

ART FOR WELL-BEING

Connections

An experience of presence and listening beyond words

The Equal Opportunities Unit – Team POLIPSI is offering two programs dedicated to students and PhD candidates at Politecnico di Milano. Safe spaces, guided by professionals, to foster wellbeing, expression, and sharing.

During the sessions you will:

- Explore expressive modalities beyond words
- Use simple and accessible artistic materials
- Give shape to emotions through creative experience
- Deepen the relational dimension through artistic practice

BOVISA CAMPUS

Thursday, May 28, 2026

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

Thursday, June 04, 2026

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

Thursday, June 18, 2026

5:00–6:30 PM - Room B2.2.7 (Durando Bovisa)

The sessions will be held in English.
Limited places – Free participation.

*Please note: No previous experience with artistic materials is required.

[Information and registration](#)



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