

ART FOR WELL-BEING

# Connections

## An experience of presence and listening beyond words

The Equal Opportunities Unit – Team POLIPSI is offering two new free 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, April 23, 2026**

5:00–6:30 PM Room B2.2.7 (via Candiani 72)

**Thursday, May 7, 2026**

5:00–6:30 PM Room B2.2.7 (via Candiani 72)

**Thursday, May 21, 2026**

5:00–6:30 PM Room B2.2.7 (via Candiani 72)

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

Attendance at all three sessions is essential to fully experience and benefit from the program.

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

[Information and registration](#)



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