

CULTURAL & TRAINING ACTIVITIES

ACADEMIC YEAR 2025 – 2026 | 1ST SEMESTER

UPDATED AT SEPTEMBER 2025



Our keywords

The **Cultural & Training Activities** are complementary to the university courses and aim to provide the tools to understand the complexity of reality by experimenting:



Multidisciplinary approach



Social mobility



Culture of merit



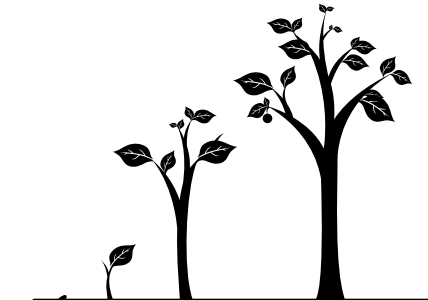
Soft skills



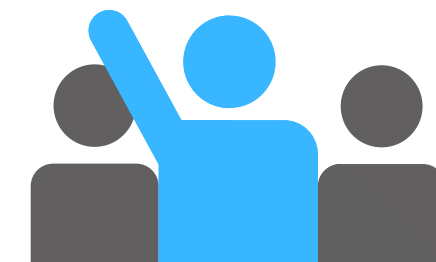
Internationalization



Connection with professional world



Personal and professional growth



Active citizenship

The Cultural and Training Activities, both meant as a whole and as single activities, also help the students consolidate **critical thinking, judgment ability and sense of responsibility** towards themselves, towards others, towards the community of Collegio di Milano and towards the society.

Objectives and organisation

The Cultural & Training Activities have been elaborated upon by the **Scientific Committee** in compliance with the enacted legislation of the Italian Ministry of University and Research (**MUR**) about Collegi di Merito. At the same time, they are the outcome of a **continuous dialogue with students** and the broader academic and cultural context of Collegio di Milano.



The Cultural & Training Activities are designed with a diversified schedule of classes, seminars & other events covering the whole A.Y. At the beginning of **each A.Y.** we present the **annual plan**. Anyway consider that it will be **also enriched during the A.Y.** Additional opportunities will be communicated via email and/or CdM News. Being aware of the given information **each student is responsible** for planning the participation in Collegio's activities also balancing their university commitments throughout the whole A.Y.

Teaching methods



Seminar



Workshop



Project Work



**Special
Guest
evenings**



**External
Community
Service**



**Company
visits**



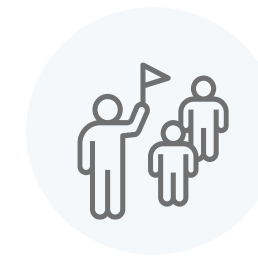
**Languages
activities**



**Job
shadowing**



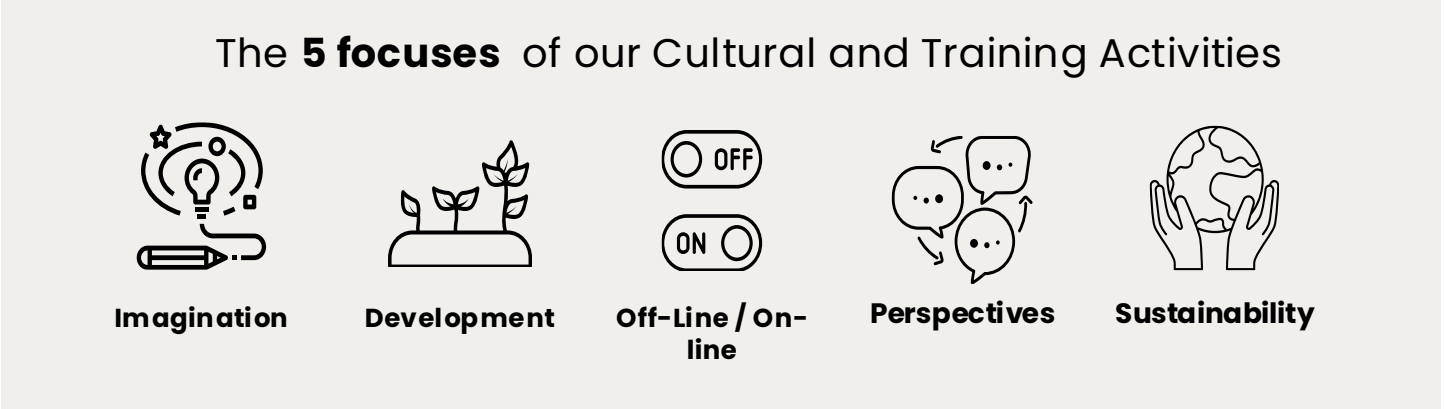
**Learning
by doing**



**On-site Learning
in Milan**



Focuses & insights



To better define the focuses covered within the **Cultural & Training Activities**, we identified a few **key words** and **tags** that represent the **knowledge** and **awareness** that you will develop within each theme.



Imagination

Architecture

Startup

Writing

Photography

Music

Art

Programming

Designing

Cinema

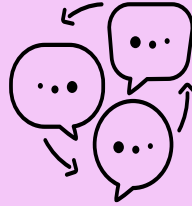
Fashion

Design thinking

Creativity

City planning

Theater



Perspectives

Design

Development

Social awareness

Dialogue between generations

Health

Philosophy

Dialogue between knowledges

Anthropology

Economy/war/pandemic

Astronomy

Research and data analysis

Diversity Management

Short/medium/long term

Understanding cultures



Development

Management

Economic development

Sports

Sustainability

Development Goals (SDG)

Sociology

Soft skills

Developing projects and events

Knowledge

Languages

Technical skills

Volunteering

Personal and professional development

Being young adults

Short/medium/long term



Sustainability

Awareness

Circular economy

Environmental footprint

Environmental sustainability

Health

Future

Different topics regarding sustainability (e.g. economy, firms)

Finance

Social sustainability

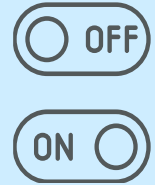
Physical and mental wellbeing

Social and business responsibility

Decentralizing and adapting to local needs

Economical sustainability

Food and nutrition



Off-Line / On-line

Geopolitics

Cybersecurity

Social media

Digital transformation

Sociology

Politics

Work-life balance

Metaverse

Technical skills

History

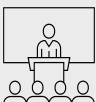
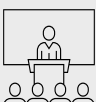
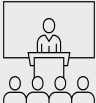
Fact-checking and critical thinking

Soft skills

Digital well-being

Economy

Courses

COMMUNICATION TIPS FOR "ASSOCIAZIONE LABORATORIO DEL FUTURO"			1 SEM	
CONTRO NATURA: LA VIOLENZA DELL'UOMO CONTRO L'UOMO			1 SEM	
DISCOVER MILAN	 		1 & 2 SEM	
INEQUALITIES 	 		1 SEM	
L'ANTARTIDE 			1 SEM	
L'EDUCAZIONE FINANZIARIA PER GARANTIRSI UN FUTURO			1 SEM	
LA MEMORIA DEL BENE			1 SEM	

MICROSOFT EXCEL - BASE & INTERMEDIO			1 SEM	
MILANO-CORTINA 2026	 		1 & 2 SEM	
VOCI CIRCOLARI			1 & 2 SEM	
MARTIAL ARTS & SELF-DEFENSE			1 SEM	
PILATES			1 SEM	
WINE TASTING			1 SEM	

Courses

ASTRONOMY AND HUMANS 			2 SEM	
BEYOND THE MUSHROOM CLOUD 			2 SEM	
DA MARE NOSTRUM A MARE MAGNUM			2 SEM	
MICROSOFT EXCEL – AVANZATO			2 SEM	
MUSIC & CINEMA			2 SEM	
HISTORY AND TECHNIQUES OF MURAL ART			2 SEM	

REBIRTH OF ART			2 SEM	
THINK & SPEAK	TBD		2 SEM	
VOCI DI DONNE			2 SEM	
ARCHITETTURE A MILANO			1 SEM	
ART IN MILAN			1 & 2 SEM	
DESIGN WALKS & TALKS			1 & 2 SEM	

Courses

ACTIVITY WITH ENGLISH ASSISTANT			1 & 2 SEM	
ACTIVITY WITH ITALIAN ASSISTANT			1 & 2 SEM	
CORSO DI LINGUA E CULTURA ITALIANA			1 & 2 SEM	
CONVERSATION EXCHANGE	Italian, English, French, German, etc.		1 & 2 SEM	
LANGUAGE PREPARATION CLASSES	English, Spanish, French		1 & 2 SEM	

MENTORSHIP PROGRAM			2 SEM	
SPECIAL GUEST EVENINGS	 		1 & 2 SEM	
COMPANY VISITS	 		1 & 2 SEM	
LEARNING BY DOING – Conversation Exchange, Special Guest Evenings, Instagram takeover, CdM Ambassador	 		1 & 2 SEM	
EXTERNAL COMMUNITY SERVICE			1 & 2 SEM	

Courses

JUMP INTO THE WORK – WRITING AN EFFECTIVE CV			1 & 2 SEM	
JUMP INTO THE WORK – REVERSE RECRUITING			1 SEM	
JUMP INTO THE WORK – POWER SPEAKING			1 SEM	
JUMP INTO THE WORK – MEET THE HR			1 & 2 SEM	
JUMP INTO THE WORK – WHY LINKEDIN?			2 SEM	
JUMP INTO THE WORK – COLLABORARE, NEGOZIARE E DECIDERE			2 SEM	

EXPLORING WELLBEING – MINDFULNESS			1 SEM	
EXPLORING WELLBEING – LOVE SKILLS			1 SEM	
READING & LIVING SKILLS – TEAMWORKING: WHY & HOW?			1 SEM	
READING & LIVING SKILLS – LIVING & WORKING WITH DIFFERENCES			2 SEM	

During the Academic Year students will have the possibility to participate in various extra events and opportunities in collaboration with different partners too.
For insights and news about all these activities, follow our social media!

