

# CULTURAL & TRAINING ACTIVITIES

ACADEMIC YEAR 2025 - 2026

UPDATED IN FEBRUARY 2026



# 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**

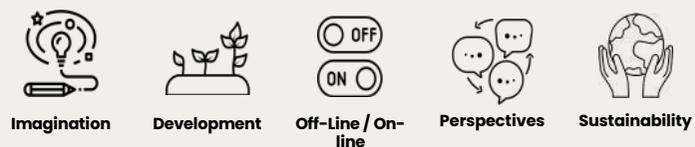


**On-site Learning in Milan**



# Focuses & insights

## The 5 focuses of our Cultural and Training Activities



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	Art	Design thinking
Startup	Programming	Creativity
Writing	Designing	City planning
Photography	Cinema	Theater
Music	Fashion	



**Perspectives**

Design	Philosophy	Research and data analysis
Development	Dialogue between knowledges	Diversity Management
Social awareness	Anthropology	Short/medium/long term
Dialogue between generations	Economy/war/pandemic	Understanding cultures
Health	Astronomy	



**Development**

Management	Soft skills	Personal and professional development
Economic development	Developing projects and events	Being young adults
Sports	Knowledge	Short/medium/long term
Sustainability Development Goals (SDG)	Languages	
Sociology	Technical skills	
	Volunteering	



**Sustainability**

Awareness	Different topics regarding sustainability (e.g. economy, firms)	Social and business responsibility
Circular economy	Finance	Decentralizing and adapting to local needs
Environmental footprint	Social sustainability	Economical sustainability
Environmental sustainability	Physical and mental wellbeing	Food and nutrition
Health		
Future		



**Off-Line / On-line**

Geopolitics	Politics	Fact-checking and critical thinking
Cybersecurity	Work-life balance	Soft skills
Social media	Metaverse	Digital well-being
Digital transformation	Technical skills	Economy
Sociology	History	

# Courses

<b>COMMUNICATION TIPS FOR "ASSOCIAZIONE LABORATORIO DEL FUTURO"</b>			<b>1 SEM</b>	
<b>CONTRO NATURA: LA VIOLENZA DELL'UOMO CONTRO L'UOMO</b>			<b>1 SEM</b>	
<b>DISCOVER MILAN</b>			<b>1 &amp; 2 SEM</b>	
<b>INEQUALITIES</b> 			<b>1 SEM</b>	
<b>L'ANTARTIDE</b> 			<b>1 SEM</b>	
<b>L'EDUCAZIONE FINANZIARIA PER GARANTIRSI UN FUTURO</b>			<b>1 SEM</b>	
<b>LA MEMORIA DEL BENE</b>			<b>1 SEM</b>	
<b>MARTIAL ARTS &amp; SELF-DEFENSE</b>			<b>1 SEM</b>	

<b>MICROSOFT EXCEL - BASE &amp; INTERMEDIO</b>			<b>1 SEM</b>	
<b>MILANO-CORTINA 2026</b>			<b>1 &amp; 2 SEM</b>	
<b>PILATES</b>			<b>1 SEM</b>	
<b>VOCI CIRCOLARI</b>			<b>1 &amp; 2 SEM</b>	
<b>WINE TASTING</b>			<b>1 SEM</b>	
<b>ARCHITETTURE A MILANO</b>			<b>1 SEM</b>	
<b>ART IN MILAN</b>			<b>1 &amp; 2 SEM</b>	
<b>DESIGN WALKS &amp; TALKS</b>			<b>1 SEM</b>	

# Courses

<b>ARGUMENTATION: THE POWER OF PERSUASION</b>			<b>2 SEM</b>	
<b>ASTRONOMY AND HUMANS</b> <small>IUSS</small>			<b>2 SEM</b>	
<b>BASKETBALL</b>			<b>2 SEM</b>	
<b>BEYOND BORDERS: ADDICTION AWARENESS</b>			<b>2 SEM</b>	
<b>BEYOND THE MUSHROOM CLOUD</b> <small>IUSS</small>			<b>2 SEM</b>	
<b>DA MARE NOSTRUM A MARE MAGNUM</b>			<b>2 SEM</b>	
<b>EUROPE WEEKS: L'EUROPA SIAMO NOI</b>			<b>2 SEM</b>	

<b>FULL-BODY FLEXIBILITY</b>			<b>2 SEM</b>	
<b>HISTORY AND TECHNIQUES OF MURAL ART</b>			<b>2 SEM</b>	
<b>MICROSOFT EXCEL - AVANZATO</b>			<b>2 SEM</b>	
<b>MUSIC &amp; CINEMA</b>			<b>2 SEM</b>	
<b>PYTHON FUNAMENTALS</b>			<b>2 SEM</b>	
<b>REBIRTH OF ART</b>			<b>2 SEM</b>	
<b>VOCI DI DONNE</b>			<b>2 SEM</b>	

# Courses

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

<b>MENTORSHIP PROGRAM</b>			<b>2 SEM</b>	
<b>SPECIAL GUEST EVENINGS</b>	 		<b>1 &amp; 2 SEM</b>	
<b>COMPANY VISITS</b>	 		<b>1 &amp; 2 SEM</b>	
<b>LEARNING BY DOING</b>	 		<b>1 &amp; 2 SEM</b>	
<b>EXTERNAL COMMUNITY SERVICE</b>			<b>1 &amp; 2 SEM</b>	

# Courses

<b>JUMP INTO THE WORK - WRITING AN EFFECTIVE CV</b>			<b>1 &amp; 2 SEM</b>	
<b>JUMP INTO THE WORK - REVERSE RECRUITING</b>			<b>1 SEM</b>	
<b>JUMP INTO THE WORK - POWER SPEAKING</b>			<b>1 SEM</b>	
<b>JUMP INTO THE WORK - MEET THE HR</b>			<b>1 &amp; 2 SEM</b>	
<b>JUMP INTO THE WORK - WHY LINKEDIN?</b>			<b>2 SEM</b>	
<b>JUMP INTO THE WORK - COLLABORARE, NEGOZIARE E DECIDERE</b>			<b>2 SEM</b>	

<b>EXPLORING WELLBEING - MINDFULNESS</b>			<b>1 SEM</b>	
<b>EXPLORING WELLBEING - LOVE SKILLS</b>			<b>1 &amp; 2 SEM</b>	

<b>READING &amp; LIVING SKILLS - TEAMWORKING: WHY &amp; HOW?</b>			<b>1 SEM</b>	
<b>READING &amp; LIVING SKILLS - LIVING &amp; WORKING WITH DIFFERENCES</b>			<b>2 SEM</b>	

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!

