



UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2026/27
BACHELOR
Occupational therapy (Classe L/SNT2)
Enrolled since 2026/27 Academic Year

HEADING

Degree classification - Denomination and code:	L/SNT2 Health professions for rehabilitation
Degree title:	Dottore
Length of course:	3 years
Total number of credits required to complete programme:	180
Years of course currently available:	1st
Access procedures:	Cap on student, student selection based on entrance test
Course code:	D71

PERSONS/ROLES

Head of Interdepartmental Study Programme

Prof.ssa Giulia Marta Lamiani

Tutors - Faculty

Per l'orientamento:

dott.ssa Ingela Johnson

dott.ssa Noemi Penna

Per stage e tirocini:

dott.ssa Ingela Johnson

dott. Mariano Nardiello

dott. Marco Pastori

dott.ssa Diletta Pisaniello

dott. Pietro Carlo Battain

dott. Fabio Bonora

Per mobilità internazionale:

dott. Mariano Nardiello

Degree Course website

<https://terapiaoccupazionale.cdl.unimi.it/it>

Academic Office for the Degree Programme

Email: lauree@dongnocchi.it

CHARACTERISTICS OF DEGREE PROGRAMME

General and specific learning objectives

The main educational goal for this degree programme is to build skills in occupational science to promote the health and wellbeing of patients of all ages who have limitations during daily living. At the end of the study period, students must be able to seek out, process, and apply information, possess a high degree of clinical thinking and skills with respect to their patients, and in their group work. Such skills must fall within the following areas:

- the relationship amongst individual-occupation-environment, and its connection to health
- patient and professional relationships
- the occupational-therapy process
- professional conduct and reasoning
- the professional-practice environment

The Bachelor's degree programme strives for a series of specific objectives. We describe these below, in their three-year course sequence.

Professional profile and employment opportunities

Occupational therapists work to prevent, treat, and rehabilitate persons afflicted with physical and mental illnesses and disorders, which might be either temporary or permanent. OTs use expressive, manual-representative activities, play therapy, and everyday living situations to treat their patients. Those earning a degree in occupational therapy, in concert with the diagnosis and prescriptions given by the patient's physician, within the scope of their skill set, and in collaboration with other social and healthcare professionals, conduct a functional and physiological assessment of the patient. Based on this assessment, they develop (whether individually or as part of a multi-disciplinary team) a rehabilitation programme for the patient. The goal is to identify and help the disabled person overcome their needs, and to put them on track towards independence, both in terms of daily life as well as integration into the community. OTs treat physical, mental/psychiatric, temporary/permanent conditions in patients of all ages. They use both individual and group therapies, promoting the recovery and optimisation of a person's faculties so that they might reintegrate, adapt, and adjust to their personal environment, whether at home or in the community. They discern a person's potential to adapt, and motivate them towards their goals, within the scope of specific occupational therapy; they take part in choosing and designing braces or orthotics, for use alone or in tandem with assistive devices; they propose (where necessary) modifications to the person's living environment, and provide education to the person in treatment, to families, and to the community at large; they ensure alignment between the rehabilitative strategy chosen, and the patient's functional and psycho-social recovery objectives; they conduct study and research, teaching, and provide support where their specific professional competencies are sought; they contribute to the training and professional development of support staff; they practice in public or private clinics and hospitals, as either employees or independent professionals.

Initial knowledge required

Admission into the programme is capped, at a national level, pursuant to Law no. 264 of 2 August 1999.

To be admitted into the degree programme, a candidate must have an Italian secondary-school diploma or similar diploma obtained overseas and deemed equivalent.

The number of students who may be admitted is set each year pursuant to a decree of the Ministry of Universities and Research (MUR), based on findings provided by the university in terms of available instructional, classroom, and clinical resources (human and otherwise), as well as the demand for the type of professionals contemplated for this Class as determined by the Region of Lombardy, and the Ministry of Health.

The admission test is given in accordance with directives and timetables established from year to year by the MUR.

The admission test will be administered as a national exam, generally in the month of September. The date will be set pursuant to a decree of MUR.

Additional learning requirements (OFA)

Students who answered less than 50% of the Biology and Chemistry questions on the admission test will be required to finish a set of additional learning requirements (OFA). These prerequisites may be met through specifically assigned remedial work. Any failure to complete the OFA will make it impossible for the student to sit exams in: Biological and Morphological Life Sciences - Physiopathology

Timely notice of the various courses will be posted to: <https://terapiaoccupazionale.cdl.unimi.it/it>

Compulsory attendance

Attendance of all educational activities contemplated in the study programme is mandatory.

To be allowed to sit the for-credit exam, students must have attended at least 75% of the educational programming contemplated for each course.

Degree programme final exams

Degrees in Occupational Therapy are awarded at the end of three years of study once a student has passed all relevant exams, including the English-language proficiency examination, for a total of 173 CFU, as well as a final theoretical/practical exam worth 7 CFU, for a total of 180 CFU.

The final examination acts as a State Exam which serves to license students to practice the profession.

EXPERIENCE OF STUDY ABROAD AS PART OF THE TRAINING PROGRAM

The University of Milan supports international mobility by providing its students with the opportunity to spend study and internship periods abroad. It is a unique chance to enrich your educational path in a new exciting environment.

The agreements entered into by the University with over 300 universities from the 27 EU member countries under the European Erasmus+ programme allow regularly enrolled students to carry out part of their studies at one of the partner universities or to undertake internships at companies, training and research centres and other organisations.

Similar international mobility opportunities are provided outside Europe, through agreements with a number of prestigious institutions.

The University of Milan is a member of the 4EU+ European University Alliance that brings together eight public multidisciplinary universities: University of Milan, Charles University of Prague, Heidelberg University, Paris-Panthéon-Assas University, Sorbonne University of Paris, University of Copenhagen, University of Geneva, and University of Warsaw. The 4EU+ Alliance offers integrated educational pathways and programmes to promote the international mobility of students (physical, blended and virtual).

Study and internships abroad

International opportunities for students enrolled in bachelor's degree programmes began in 1987, through the efforts of the European Community with the institution of ERASMUS, which stands for "European Region Action Scheme for the Mobility of University Students". European university students were given the opportunity to complete a for-credit study-abroad period on an international campus partnering with the student's home campus.

UNIMI's Bachelor's Degree programme in Occupational Therapy, established in 2001, launched an international exchange programme (within the Erasmus framework) with the University of Burgos, Spain, beginning in the 2008/2009 academic year. Since then, about a dozen Spanish students have taken Year III coursework on the Milan campus, with stays ranging from six to nine months. These students have attended lessons and completed practicums.

The European Community's Erasmus+ programme was renewed for the 2014-2020 period, providing students study-abroad and traineeship/internship opportunities for 3-12 months thanks to bilateral agreements between the degree programmes. The Bachelor's degree programme also provides students, on an individual basis, contacts with short-term (from a few weeks to a few months) international-university experiences, in the U.S. in particular. As with other degree programmes where students have studied abroad, we have found students to be very happy with their experience. In many cases they have found inspiration for their thesis, and contacts for work opportunities after graduation.

The Erasmus experience and international exchange are not just a university experience, but an opportunity to learn from, and live with, persons of a different culture and language. It's about more than learning a different language: it's a chance for the student to begin to take on responsibilities, and to begin to feel a part of a professional community that includes students from different countries.

How to participate in Erasmus mobility programs

The students of the University of Milan can participate in mobility programmes, through a public selection procedure.

Ad hoc commissions will evaluate:

- Academic career
- the candidate's proposed study programme abroad
- his/her foreign language proficiency
- the reasons behind his/her application

Call for applications and informative meetings

The public selection for Erasmus+ mobility for study generally begins around February each year with the publication of a call for applications specifying destinations and requirements. Regarding the Erasmus+ Mobility for Traineeship, the University of Milan usually publishes two calls a year enabling students to choose a destination defined by an inter-institutional agreement or to find a traineeship position on their own.

The University organises informative meetings to illustrate mobility opportunities and rules for participation.

Erasmus+ scholarship

The European Union grants the winners of the Erasmus+ programme selection a scholarship to contribute to their mobility costs, which may be supplemented by the University funding for disadvantaged students.

Language courses

Students who pass the selections for mobility programmes can benefit from intensive foreign language courses offered each year by the University Language Centre (SLAM).

<https://www.unimi.it/en/node/8/>

Learn more at <https://www.unimi.it/en/node/274/>

For assistance, please contact:

International Mobility Office

Via Santa Sofia 9 (second floor)

Tel. 02 503 13501-12589-13495-13502

Contacts: InformaStudenti;

Student Desk booking through InformaStudenti

1st COURSE YEAR Core/compulsory courses/activities common		
Learning activity	Ects	Sector
Biological and morphological bases of life (biology, anatomy and histology)	6	(2) BIOS-10/A, (3) BIOS-12/A, (1) BIOS-13/A
Clinical and developmental psychology	6	(4) PSIC-04/B, (2) PSIC-02/A
Clinical training, 1st year	16	MEDS-26/C
Computer Science Course	3	INFO-01/A

Occupational therapy I	7	MEDS-26/C
Occupational therapy II	7	MEDS-26/C
Physiology and pathology	5	(2) MEDS-02/A, (3) BIOS-06/A
Sociological, psychological and pedagogical sciences	6	(3) GSPS-05/A, (1) PAED-02/B, (2) PAED-01/A
	Total compulsory credits	56
<i>Elective courses</i>		
<i>2nd COURSE YEAR (available as of academic year 2027/28) Core/compulsory courses/activities common</i>		
Learning activity	Ects	Sector
Clinical training, 2nd year	20	MEDS-26/C
English assessment B1 (2 ECTS)	2	NN
Internal medicine (oncology, geriatrics, nursing, neurology)	7	(2) MEDS-05/A, (1) MEDS-09/A, (1) MEDS-24/C, (3) MEDS-12/A
Locomotor pathology; Physical and rehabilitation medicine	6	(1) MEDS-14/A, (3) MEDS-19/B, (1) MEDS-09/C, (1) MEDS-19/A
Occupational therapy III	6	MEDS-26/C
Occupational therapy IV	6	MEDS-26/C
Pediatrics and neuropsychiatry	4	(2) MEDS-26/C, (1) MEDS-20/B, (1) MEDS-20/A
Psychiatry and clinical psychology	4	(2) MEDS-11/A, (2) PSIC-04/B
	Total compulsory credits	55
<i>Elective courses</i>		
<i>3rd COURSE YEAR (available as of academic year 2028/29) Core/compulsory courses/activities common</i>		
Learning activity	Ects	Sector
Clinical training, 3rd year	24	MEDS-26/C
Evidence-based research methods and practise	4	(1) MEDS-26/C, (1) PSIC-04/B, (2) MEDS-24/A
Health science and services	5	(1) GIUR-04/A, (1) MEDS-22/A, (1) ECON-08/A, (1) MEDS-25/B, (1) MEDS-24/B
Latest developments in advanced assistive technology and environmental design	4	(3) IBIO-01/A, (1) CEAR-08/D
Occupational therapy V	6	MEDS-26/C
Occupational therapy VI	7	MEDS-26/C
	Total compulsory credits	50
<i>Elective courses</i>		
<i>COURSE YEAR UNDEFINED Core/compulsory courses/activities common</i>		
Learning activity	Ects	Sector
Language and computer skills	3	NN
Professional laboratories	3	NN
	Total compulsory credits	6
<i>End of course requirements</i>		
Final examination	7	NN
	Total compulsory credits	7