



UNIVERSITÀ DEGLI STUDI  
DI MILANO

DIPARTIMENTO DI BENI  
CULTURALI E AMBIENTALI



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**Erasmus+**  
Enriching lives, opening minds.



# HAPPY POWER

## Innovative pathways for wellbeing education

**May 8-9, 2025**  
**Sala Malliani**

Via Festa del Perdono 7  
Università degli Studi di Milano

Join us to explore the preliminary outcomes of the Happy Power project, an initiative aimed at enhancing students' wellbeing through innovative teaching practices inspired by positive psychology and digital tools. Faculty and students from the five partner universities will share their experiences in using the app and educational resources developed within the project.

These pilot-tested tools will be at the center of an open dialogue among participants, contributing to the design of the next project phase.

### AGENDA

*May 8, 2025*

9-9.30	Welcome and institutional greetings <b>Marco Boffi</b> (HaPo Unimi coordinator, University of Milan) <b>Giorgio Zanchetti</b> (Head of Cultural Heritage and Environment Dpt., University of Milan)
9.30-10	Overview of the project <b>Elisenda Tarrats Pons</b> (Project coordinator, University of Vic)
10-10.30	Coffee break
10.30-13	Experiential workshop with students and teachers
13-14	Light lunch
14.00 – 18.30	Parallel Workshops Students: the HaPo app and the digital environment Teachers: the HaPo platform and the educational resources

*May 9, 2025*

9.00 – 12.00	Workshop on teaching and learning experience
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The workshops are led by the partners involved in the design and application of the teaching materials: **Marta Basco Mascaro** (University of Vic), **Annekatrien Depoorter** (Artevelde UAS), **Gabriel Mares** (University of Bacau), **Lotte Mertens** (Artevelde UAS), **Laura Paaso** (OAMK), **Nicola Rainisio** (University of Milan), **Ulla-Maija Törmälä** (OAMK).

### Partners

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