



UNIVERSITÀ DEGLI STUDI
DI MILANO

DIPARTIMENTO DI BENI
CULTURALI E AMBIENTALI



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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

Marco Boffi (HaPo Unimi coordinator, University of Milan)

Giorgio Zanchetti (Head of Cultural Heritage and Environment Dpt., University of Milan)

Maria Luisa Vampa (COSP University Study and Career Guidance Service, University of Milan)

9.30-10

Overview of the project

Elisenda Tarrats Pons (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

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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