

MATRICOLANDO PROJECT

BASED- ACTIVITY WORKSHOP FOR
INTERNATIONAL FIRST-YEAR STUDENTS AY 2025/26

NAVIGATING THE BEGINNING EMOTIONS, CHOICES & CONNECTIONS

To share, to listen, to reconnect.
To understand that you're not alone.
To learn to recognize what you're feeling
and find your own rhythm.

Meeting Program

10/11/25

Rough Seas – When Everything Changes

Recognizing and embracing what you feel
when starting a new journey

17/11/25

Personal Course – Staying Well Without Losing Yourself

Understanding your needs, finding
balance between expectations and reality

24/11/25

Voices On Board – Sharing to Feel Welcomed

Building connections, speaking without
judgment, listening with presence



Location

At "Spazio Studenti"
In the Cedisu Meeting Room
in VEuropa 39, Brescia

Schedule

h 20.00 - 22.00

Facilitators

A team of psychologists with a
psychodramatic orientation,
experienced in leading groups
using active methods

CONTACT US

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UNIVERSITÀ
DEGLI STUDI
DI BRESCIA
CENTRO DI ATENE
SPAZIO STUDENTI



Scuola di Specializzazione
in Psicoterapia Psicodrammatica