



POLITECNICO
MILANO 1863

CAMPUS LIFE DIVISION

CAMPUS LIFE OPPORTUNITIES FOR PhDs

Speaker: **Anna Primerano**



**LIBRARIES SYSTEM
& ARCHIVES**



**HOUSING
& DINING**



FINANCIAL AID



**COMMUNITY LIFE
& MERCHANDISING**



**EQUAL
OPPORTUNITIES**



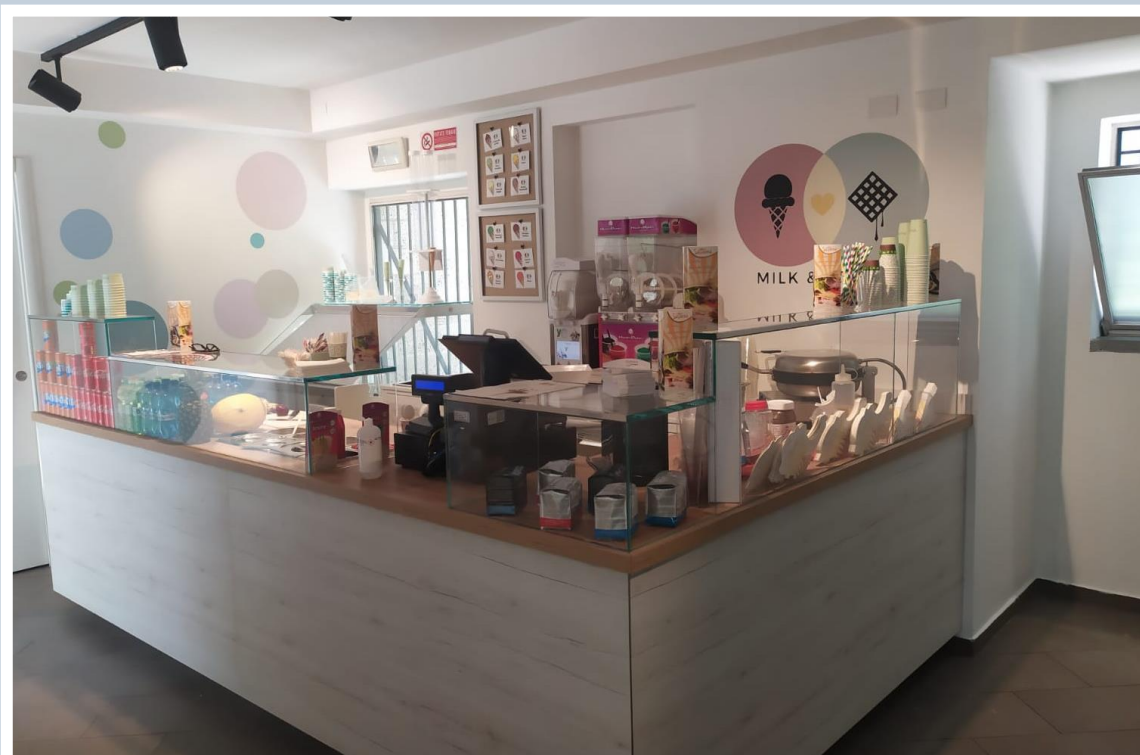
SPORT

CAMPUS LIFE
 DIVISION

CAMPUS LIFE SERVICES

Politecnico di Milano is committed to promote and maintain the best environment in which its community can study, teach, do research and live. To achieve this goal, an Area dedicated to services and opportunities for experiencing the campus at 360° was created.

DINING OPTIONS



Politecnico offers a wide range of opportunities to eat and snack in its Campuses:

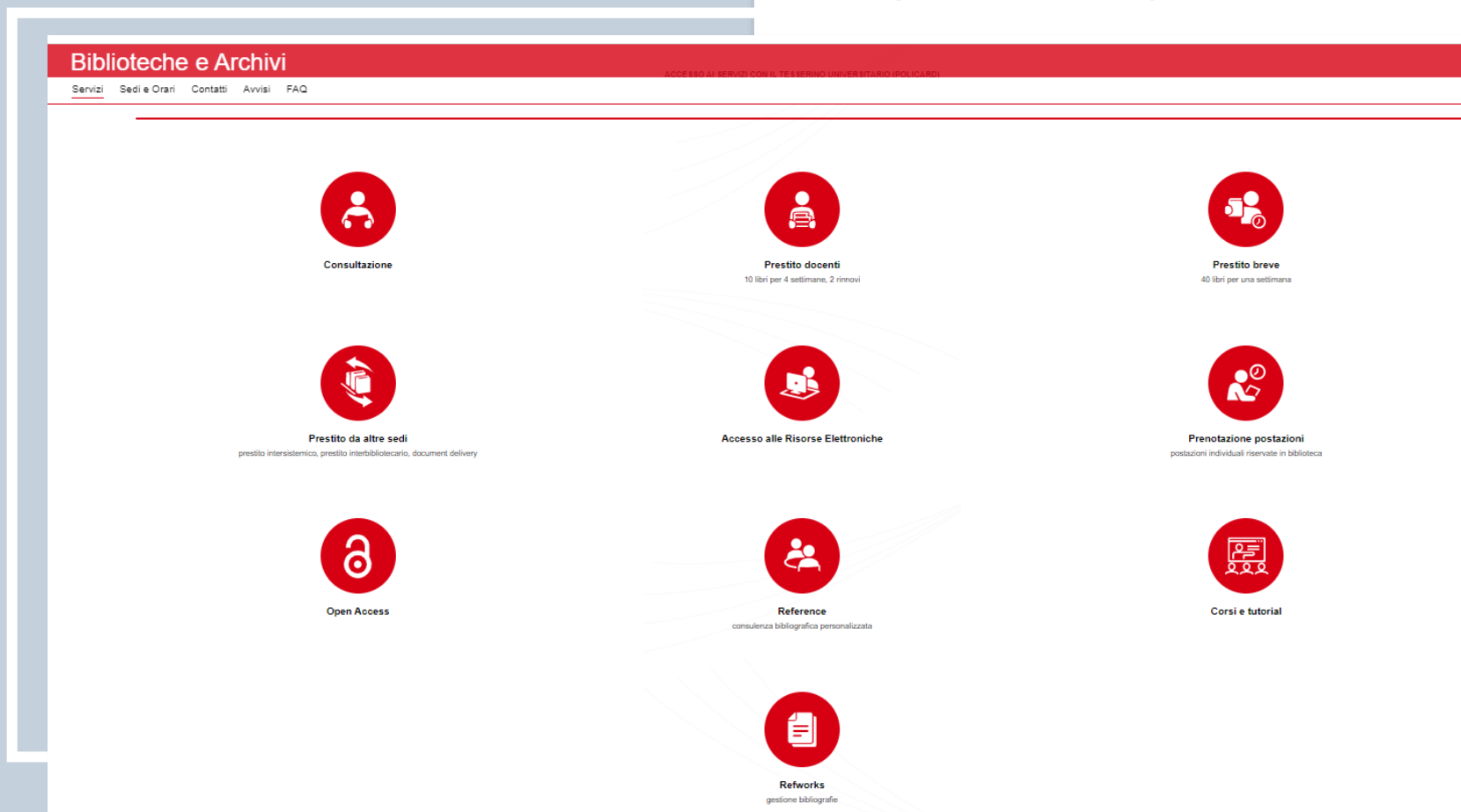
In **Campus Bovisa La Masa** you will find: a coffee Lab, a self service, a Bistrot, and 2 bars.

In **Bovisa Durando** you can find a Bistrot, and in Bovisa Lambruschini you can find a caffè.

Campus Leonardo offers 2 canteens, a restaurant, an ice-cream shop and several caffè shops and places where you can have a quick lunch: bar Giuriati near the Polimi gym, caffè Bonardi in the «Nave» building, and some temporary take-away points in our gardens. Politecnico gives a lot of importance to the quality, the variety and the safety of the food served, and we hope you will enjoy it.

LIBRARIES SYSTEM AND ARCHIVES WEBSITE

<https://www.biblio.polimi.it/servizi/servizi-per/dottorandi>



Services



OPEN ACCESS

Support to PHD on open access publication procedures (OA), editorial policies and copyright applications (copyright and user licenses), management of university funding for publications in the context of CRUI Transformative Agreement



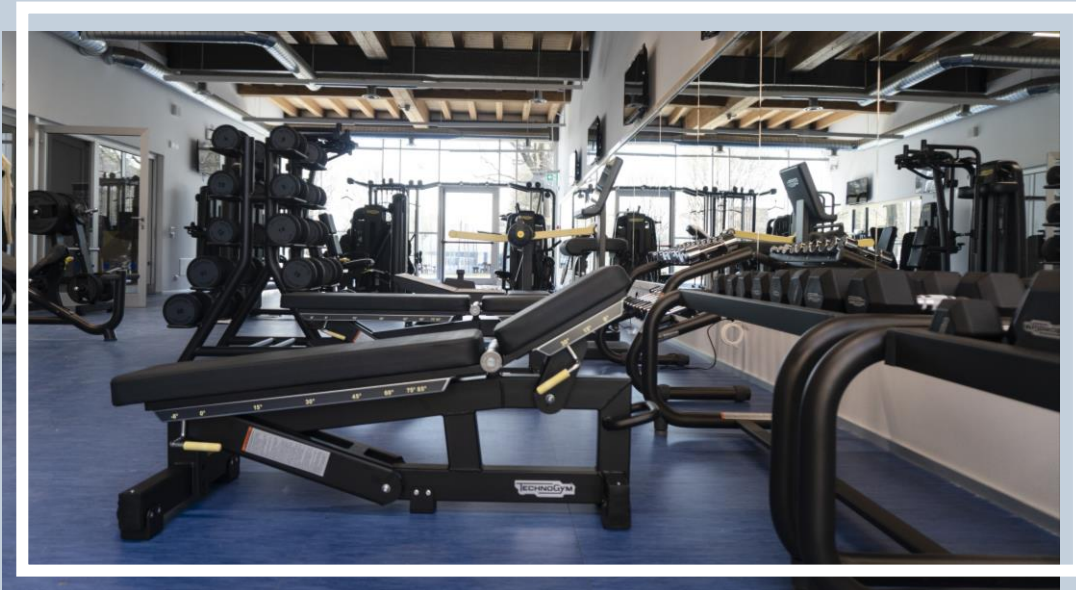
ARCHIVES

Archival consultation and consultancy desk open every morning

SPORTS FACILITIES

Giuriati Sports Center

Near Leonardo campus, a Sports Center with more than 12 practicable disciplines and a gym. Accessible upon subscription on sport.polimi.it

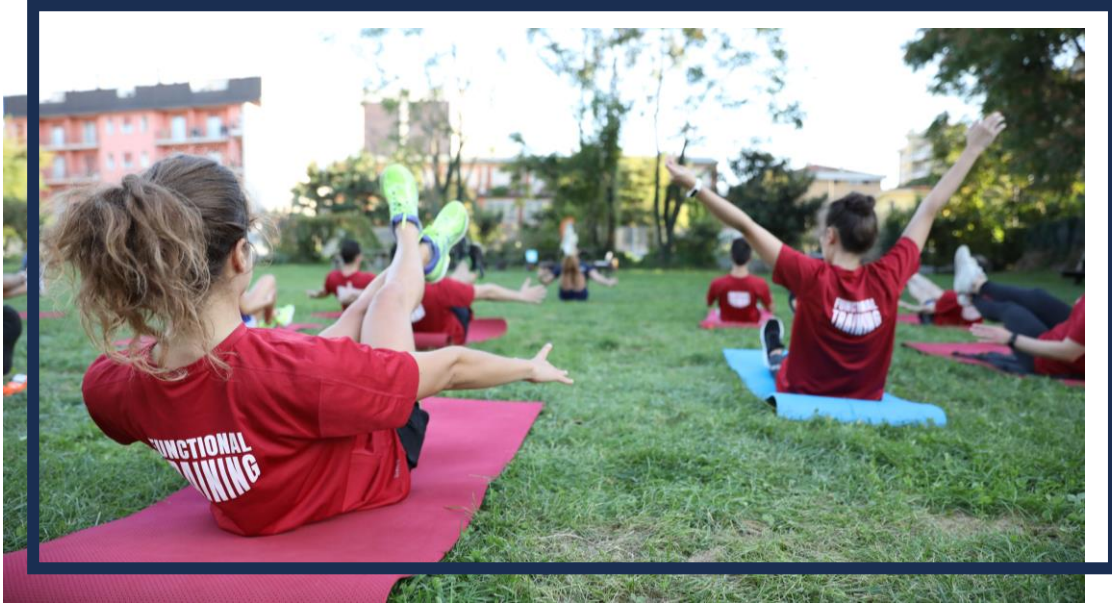


Playgrounds

TABLE TENNIS / TABLE FOOTBALL / VOLLEYBALL COURT

Located in every Politecnico di Milano campus, our playground are free and always open. Choose the field of your interest, bring with you what you need to play, challenge your friends and enjoy a break dedicated to sport.

SPORTS ACTIVITIES



Sports Masterclasses

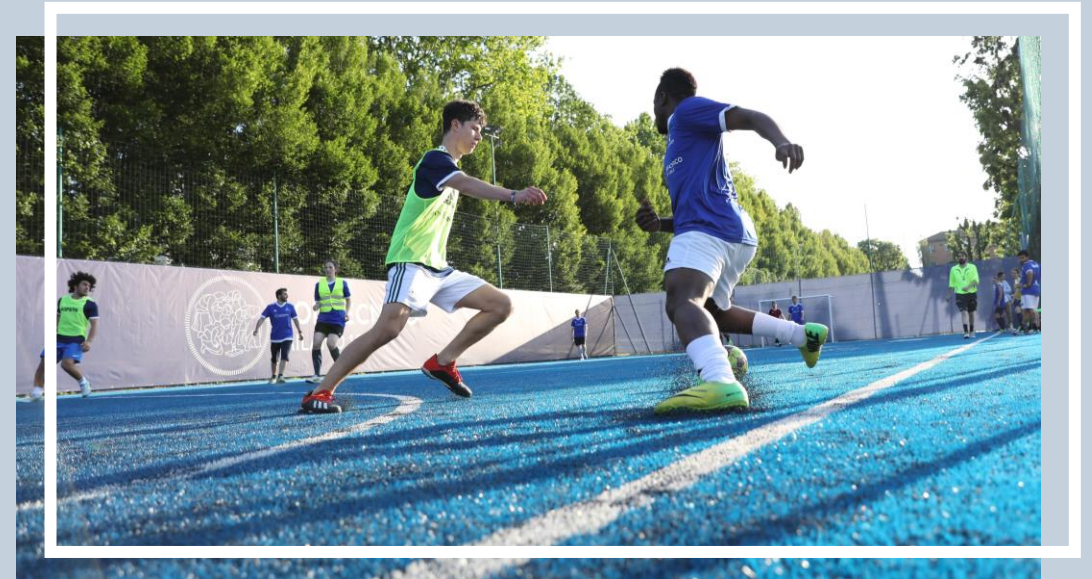
- 18 disciplines to choose from: Running, Yoga, Kick boxing and many more
- Held in Bovisa La Masa campus and in the Giuriati Sports Center
- Open to everyone upon registration



Tournaments

- Activities reserved for Politecnico di Milano students that will be held in each semester
- 5 a side football, 3vs3 Basketball, Volleyball, Padel and Athletics.

Registration for the Polimi Spring Games opens on February!



SPORTS EVENTS

POLIMIRUN WINTER – November 13, 2022 LECCO CAMPUS

The 10 km winter run of Politecnico di Milano: a mixed route, road and dirt, through the Lecco mountains and the beautiful surrounding landscape. Registration is open!



POLIMIRUN SPRING – May 2022 MILAN

The race of Politecnico di Milano open to all! 10 km that connect the two milanese campuses of Politecnico, from Leonardo to Bovisa through the renovated Giuriati Sports Center.



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Sport.polimi.it



sport@polimi.it



@polimisport



Sport – Politecnico di Milano

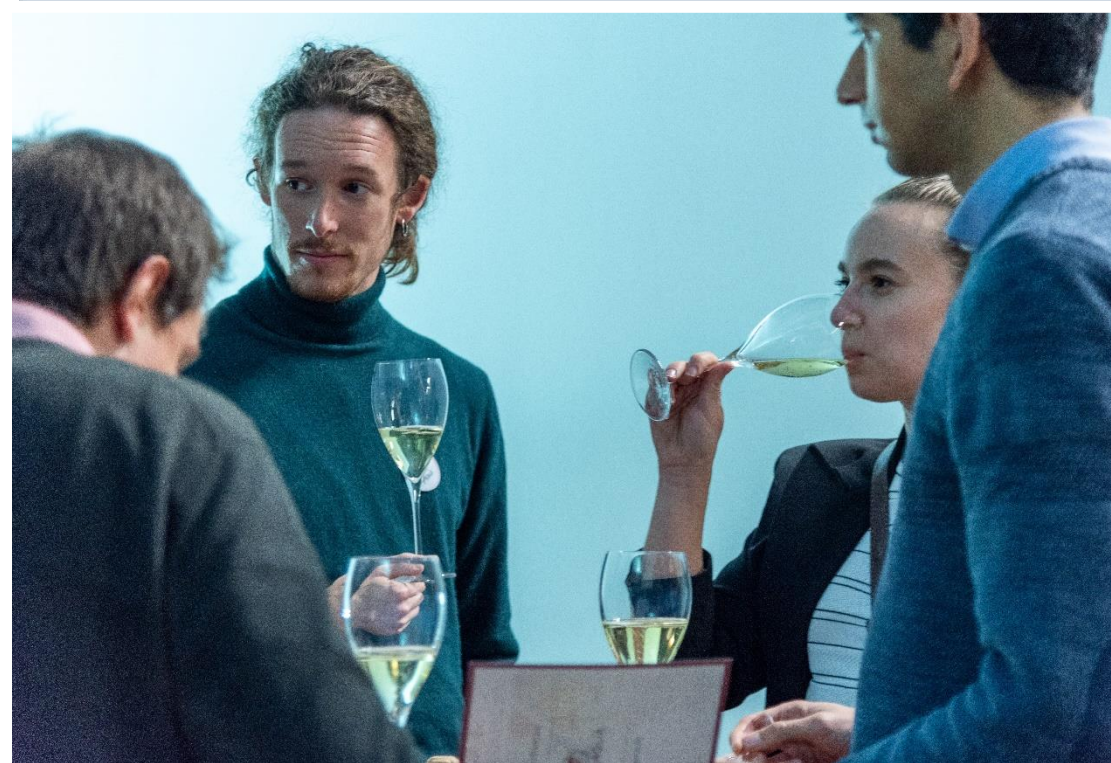


NETWORKING EVENTS



PhDs Happy Hour

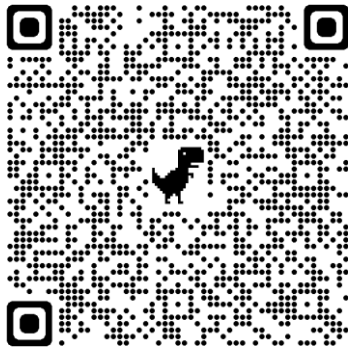
From December at
Collina degli studenti caf 



Wine Tasting

AGREEMENTS

Discounts on many products and services:



Culture and information

Delivery and supermarkets

Sustainable mobility

Delivery and storage

Travel

WORK-LIFE BALANCE AND INCLUSION



WLB initiatives

- Free child-care in university creshes for male and female PhDs with kids 0-36 months
- Discounted rates in selected creshes nearby Bovisa and Leonardo Campuses (kids 0-36 months)
- Easter and summer camps for PhDs' children (4 to 13 years) in Bovisa and Leonardo Campuses
- Increase of INPS rate up to 100% of scholarship during compulsory maternity leave
- Increase of INPS rate during compulsory maternity leave in case of children with disabilities

Inclusion and empowerment

- Mentoring paths and empowerment courses
- Role modeling (EnginHering Polimi; Il Politecnico delle Donne)
- Womens' association PoliHero
- Pride Month celebrations
- LGBTQ+ association Poliedro

DISABILITY, SLD, PSYCHOLOGICAL SUPPORT

Certified Disabilities and Specific Learning Disorders

Multichance Poli Team service offers, free of charge:

- Compensatory measures during academic courses and exams
- Administrative, technological and logistic support
- Academic tutoring and psychological support
- Placement dedicated path

Please contact multichance@polimi.it

Psychological/Psychoterapeutic support

PoliPSi service offers, free of charge:

- Educational counseling (seminars + individual meetings)
- Psychological and Psychoterapeutic support (dedicated courses and labs + individual path)

You can request the support through your personal Online Page by selecting PoliPsi and following the instructions. For info please contact polipsi@polimi.it

DISCRIMINATIONS AND STALKING

Our measures

- **CUG - Unified Guarantee Committee** acts as a tool for preventing and combating discrimination, not only due to gender, but also to age, disability, ethnicity, language, origin and sexual and affective orientation. A PhD representative is member of the CUG.
- **The Confidential Counselor** provides advice and help in case of discrimination and bullying, or sexual, moral and psychological harassment. Appointments can be made with the Counselor, Ilaria Li Vigni, at: consiglieradifiducia@polimi.it
- **Stalking Support** - the service offers:
 - ✓ a meeting with a psychologist or psychotherapist to analyse what is happening and to agree on methods of coping with it;
 - ✓ coordination with other university bodies and local authorities (university disciplinary commissions, police, social and health services...) for appropriate intervention

You can contact stalkingsos@polimi.it



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EQUAL OPPORTUNITIES



<https://www.polimi.it/en/campuses-and-services/equal-opportunities-and-inclusion>

<https://www.polimi.it/en/campuses-and-services/psychological-wellbeing>



equalopportunities@polimi.it
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