



NECST
experience



WHAT IS NECSTCAMP

The NECSTCamp (NECST + BootCamp) is a research project born at NECST Laboratory at Politecnico di Milano. The main goal of the project is making students more aware of themselves and their abilities.

The project was born from the idea that technical competences are just one of the key elements composing personal success.

Resilience, ability to define individual goals and concrete plan towards them. Together with awareness of personal talents and critical points are crucial part of the equation. In this context, NECSTCamp aims at helping students in the personal path towards self-awareness.

3 PILLARS:

- Self-awareness
- Fear management
- Stress management

4 DIFFERENT ACTIVITIES:

- Training activities based on CrossFit Methodology;
- Balance training activities for Breath and stress management;
- Nutritional counselling;
- Psychological counselling to guide the self-awareness process.

HOW

The main goal of NECSTCamp is to be reached by creating an environment and including students in a certain number of activities that make them recall elements of their own abilities and of themselves in general. Students are, for example, included in some sport activities, which help them to get knowing themselves in increasing their adaptive capacity and in boosting their personal motivation and self efficiency.

CrossFit and Balance training classes represent a safe environment where to experiment and understand individual strengths, weaknesses and development point to be translated in everyday life thanks to psychological counselling.

○ 150 PEOPLE

- TRAINING EXPERTS
 - PSYCHOLOGISTS
- STUDENTS
 - NUTRITIONISTS
 - DOCTORS

NECSTCamp mission can count on some key partners:





BECOME A SUPPORTER

We are always looking for organisations who share the values and the mission of NECSTCamp projects.

For more information:

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