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 projects 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.

**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.

**WHAT IS NECSTCAMP**

**3 PILLARS:**
- Self-awareness
- Fear management
- Stress management

**150 PEOPLE**
- TRAINING EXPERTS
- PSYCHOLOGISTS
- STUDENTS
- NUTRITIONISTS
- DOCTORS
NECSTCamp mission can count on some key partners:

- SPORT POLITECNICO MILANO 1863
- CrossFit Politecnico di Milano
- AVIS MILANO
- MathWorks
- BCG
- HUMANITAS UNIVERSITY
WE ARE ALWAYS LOOKING FOR ORGANISATIONS WHO SHARE THE VALUES AND THE MISSION OF NECSTCamp PROJECTS.

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BECOME A SUPPORTER