



OCTOBER 2026 ACTIVITY PROGRAMME

5–7 October Sala degli Affreschi – Palazzo Spaventa – Via Andrea Bafile – L'Aquila

L'AquilarARTE

4:30 p.m. to 6:30 p.m.

As part of the International Music Therapy Conference organised by the A. Casella Conservatory of L'Aquila, from 5 to 7 October 2026, between 4:30 p.m. and 6:30 p.m., students will have the opportunity to attend experiential activities led by students of the two-year postgraduate programme in Music Therapy Theories and Techniques. These activities will serve as an introduction to subsequent hands-on experiences that will be organised exclusively for the Collegio.

The full conference programme, for those who would also like to attend the events scheduled on the following days, is available at the following link:

<https://laquila2026.it/evento/laquilarthe-convegno-internazionale-di-musicoterapia/>

9 October Parco del Castello – square in front of the entrance to the Renzo Piano Auditorium

Rescuer for a Day

9:00 a.m.

Mountain Rescue experts will introduce you to rescue techniques and involve you directly in simulated interventions, using manoeuvres, ropes and equipment. The activity is designed to help you experience the mountain environment with greater awareness of its potential risks and hazards.

Sportswear and trainers are required.

12 October Collegio premises – Common Room, 5th floor

Mountain Safety Education

4:30 p.m.

Together with the experts from the CAI Nestore Nanni Mountaineering School, participants will learn that prevention is essential for safety: zero risk does not exist in the mountains, but proper training is already an important starting point.

The mountains are an environment where rules, even when unwritten, must be carefully respected in order to protect and enhance them and to enjoy them safely, both for oneself and for others.

16 October Collegio premises – Common Room, 5th floor

Artificial Intelligence

5:30 p.m.

The first lesson of the Artificial Intelligence training course will provide a comprehensive overview of the topics that will be covered throughout the programme, with the aim of encouraging motivated and active participation. The course will have a total duration of XXX hours, distributed over two lessons per month.

21 October Collegio premises, park and sports field

Soft Skills – Outdoor Training

9:00 a.m.–1:30 p.m. ---- 2:30 p.m.–5:00 p.m.

Breaking away from conventional learning patterns and from the formality of the traditional teacher–student relationship creates the conditions for opening all the senses to new and unexpected stimuli. The outdoor training day marks the beginning of the soft skills course: it is the first step towards recognising and developing transversal skills through experiential activities followed by guided analysis, both before and after the experience. Activities will take place mainly outdoors and will include direct experiences and debriefing sessions. If the minimum number of participants required for the activities is not reached, the course will not take place.

28 October Collegio premises – Common Room, 5th floor

“Words in Action and Actions of Words”

5:00 p.m.

Making theatre means communicating: communicating on stage just as in life, through body and voice, with words and actions, and transforming words and actions into EMOTIONS. This is the first of eight meetings dedicated to theatre: a short artistic journey in which each participant will explore the methods needed for the proper use of body and voice through introductory theatre exercises. “Words in Action” is a training pathway focused on theatre as a tool for personal growth.

31 October Piazza San Bernardino da Siena

Urban Trekking

Departure at 9:30 a.m.

Duration: 4 hours – Length: 8 km – Difficulty: easy

From Piazza San Bernardino da Siena, the route reaches the “Quattro Cantoni” and then continues towards the fourteenth-century city walls. From there, panoramic viewpoints illustrate the areas outside the city walls once frequented by Franciscan monks who, especially during the fifteenth century, enhanced the prestige and importance of the city through their works. Along the route, participants will encounter squares, churches and historic buildings, offering the opportunity to enjoy an original cultural experience combined with physical activity that benefits both mind and body.