



Marco Boffi

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Marco Boffi, Ph.D., psychologist, is Assistant Professor in Social Psychology at the Università degli Studi di Milano. Since 2007 he is involved in research and teaching activities on wellbeing and sustainability for universities, NGOs and private companies. Since 2015 he participates in research activities in collaboration with the Laboratorio di Simulazione Urbana Fausto Curti, Department of Architecture and Urban Studies at the Politecnico di Milano. He was member of the Politecnico team for the “Augmented Reality for collaborative Urban Planning” AR4CUP 2019 H2020 and AR4CUP 2020 H2020 projects, and designed an app for participatory urban planning through psychological assessment of individual architectural experiences and community needs. The app is on the market with the commercial name of CitySense, to support participatory processes in urban transformations.

He contributed to the process of co-design with the elders for a public healing garden, activity that is included in the CARIPLO project “Green age. Green space for active living: older adults’ perspectives” (2019-21). He was involved in the European Project “Start the Change!” (2017-20), to analyze the impact of training courses inspired by Millennium Development Goals about environmental and social sustainability. He was part of the H2020 Lighthouse project “Sharing Cities” (2016-17) for the co-design methodology and the assessment of attitudes towards sustainability promoted by sharing economy and smart city initiatives. He was involved in the European Project “A Possible World” (2013-15), to analyze the impact of awareness initiatives about sustainability.

His research focuses on the relation between environment, individual wellbeing and collective quality of life. His interests are about the assessment of wellbeing to support the transition towards environmental and psychological sustainability, applied to national and international case studies. He is experienced in consulting for policy makers and associations on best practices, aimed at designing inclusive processes and wellbeing indicators. He is author of over 60 publications and conference presentations, organizer and scientific coordinator of conferences.

CV INDEX

CV index	2
ACADEMIC APPOINTMENTS.....	3
EDUCATION.....	3
COPYRIGHTS & INTELLECTUAL PROPERTIES	3
AWARDS AND GRANTS	3
FUNDING HISTORY	4
SCIENTIFIC & ORGANIZING COMMITTEE	5
INSTITUTIONAL ROLES	6
WORKSHOPS AND SUMMER SCHOOLS.....	6
PUBLICATIONS.....	7
TEACHING EXPERIENCE.....	11
MENTORING AND RESEARCH ADVISING.....	12
PROFESSIONAL EXPERIENCE	12
MEDIA COVERAGE (selective listing)	13
OTHER SKILLS	14

ACADEMIC APPOINTMENTS

2020 – ongoing | UNIMI – Department of Cultural Heritage and Environment | ASSISTANT PROFESSOR of SOCIAL PSYCHOLOGY | Milano, IT
Research and teaching activity.

2012 – 2016 | UNIMI – Department of Cultural Heritage and Environment | RESEARCH FELLOW | Milano, IT
Research title: *Study of the dynamics of replication of active citizenship*. Research focuses on the role of subjective experience in favoring individuals engagement in activities for community enhancement.

EDUCATION

2011 (Nov) | UNIMI | Milano, IT
Ph.D. Thesis title: *A psychosocial model for good politics: from the well-being of the individual to the well-being of society*. Supervisor: P.Inghilleri

2007 (Feb) | UNIMIB | Faculty of Psychology | Milano, IT
MSc in Psychology (110/110 cum laude). Thesis title: *The logic of xenophobia. Cognitive and social components in racist reasoning in Italy*. Supervisor: P.Cherubini

2003 (Oct) | UNIMIB | Faculty of Psychology | Milano, IT
BSc in Psychology (102/110). Thesis title: *Effects of the context on testimony*. Supervisor: L.Macchi

COPYRIGHTS & INTELLECTUAL PROPERTIES

2021 | Experiential Environmental Impact Assessment - exp-EIA® (Copyright BOIP N. 130516 - 25.02.2021 - B. Piga, M. Boffi, N. Rainisio)
Development of the methodology for assessing the experience of people in current and future places also through VR\AR simulation and psychological\architectural constructs.

2020 | Experiential Environmental Impact Assessment - exp-EIA® (Copyright BOIP N. 123453 - 06.05.2020 - B. Piga, M. Boffi, N. Rainisio)
Copyright of an innovative methodology for pre-assessing the experience of people in places through simulation and psychological\architectural constructs.

AWARDS AND GRANTS

2021 | INTERNATIONAL CONFERENCE ON THERAPEUTIC ARCHITECTURE FOR HEALING ENVIRONMENTS
Best presentation award for the work entitled *Co-Design with Older People: The Case of a Public Restorative Garden in Milan (Italy)*. May 20-21, Berlin.

2010 | BRIGHT CONFERENCE
Selected to represent the University of Milan at the Bright Conference 2010 in Munich on the theme *University Teaching in Europe: Challenges and Perspectives*.

2009 | INTERNATIONAL FORUM RAVELLO LAB '09
Selected by the Minister of Youth for the *International Forum Ravello Lab '09. 2007-2013: Culture and Development. Actions, tools and projects for the European Cohesion Policy*, aimed at producing policy recommendations for social cohesion strategies.

FUNDING HISTORY

EUROPEAN FUNDED PROJECTS

2020 | POLIMI - DASTU - LABSIMURB | CO-INVESTIGATOR & COPYRIGHT OWNER | Milano, IT
H2020 Eit Digital (Digital Cities) 2020 European Project

<https://citysense.fr/en/>

Research title: *AR4CUP: Augmented Reality for Collaborative Urban Planning*. Design of the participatory process and of the psycho-environmental assessment made through a mobile app and web platform. The project is based on the use of experiential simulation through Augmented Reality (AR) and Virtual Reality (VR) for assessing the current urban citizens' experience at the neighborhood scale. The project further develops the AR4CUP app (commercially CitySense) for an innovative co-design solution for assessing the current perception of the neighborhood by citizens.

TRL 8 (AR4CUP-2020 app; commercially CitySense)

Copyright methodology by B.Piga, M.Boffi, N.Rainisio: "Experiential Environmental Impact Assessment (exp-EIA)" - BOIP N. 130516 - 25-02-2021

2017 - 2020 | UNIMI - Department of Cultural Heritage and Environment | CO-INVESTIGATOR | Milano, IT

DEAR (Development Education and Awareness Raising) European Project

www.startthechange.eu

Research title: *Start the change*. The research focuses on the role of attitudes towards migration and sustainability in awareness-raising activities. It also explores the effect of the emotions experienced by teachers and students during the activities regarding Millennium Development Goals.

2019 | POLIMI - DASTU - LABSIMURB | CO-INVESTIGATOR & COPYRIGHT OWNER | Milano, IT
H2020 Eit Digital (Digital Cities) 2019 European Project

<https://citysense.fr/en/>

Research title: *AR4CUP: Augmented Reality for Collaborative Urban Planning*. Design of the participatory process and of the psycho-environmental assessment made through a mobile app. The project is based on the use of experiential simulation through Augmented Reality (AR) and Virtual Reality (VR) for an innovative co-design solution for anticipating and pre-assessing the perception of future urban design projects.

TRL 8 (AR4CUP-2019 app; commercially CitySense)

Copyright methodology by B.Piga, M.Boffi, N.Rainisio: "Experiential Environmental Impact Assessment (exp-EIA)" - BOIP N. 123453 - 06-05-2020

2016 - 2017 | POLIMI - DASTU - LABSIMURB | CO-INVESTIGATOR | Milano, IT
H2020 LightHouse European Project

www.sharingcities.eu

Research title: *Sharing Cities (Grant Agreement n.691885)*. Collaboration to co-design activities for the implementation of sharing services in the urban context, focusing on the case study of Milan (WP2 - DASTU). The psychological aspect was deepened by analyzing the role of attitude and behaviors towards sustainability and sharing practices.

2013 - 2015 | UNIMI - Department of Cultural Heritage and Environment | CO-INVESTIGATOR | Milano, IT

EAS (European Administrative School) European Project

www.apossibleworld.eu

Research title: *A possible world*. The research focuses on the design of awareness-raising initiatives regarding Millennium Development Goals and their impact on attitudes towards sustainability and civic engagement.

NATIONAL FUNDED PROJECTS

2019 – 2021 | UNIMI - Department of Agricultural and Environmental Sciences - Production, Territory, Agroenergy | CO-INVESTIGATOR | Milano, IT

FONDAZIONE CARIPLO PROJECT

Research title: *Green age. Green space for active living. Older adults perspectives*. Design and execution of a participatory process with different stakeholders for the co-design of a healing garden.

2020 – 2021 | UNIMI - Department of Cultural Heritage and Environment | PRINCIPAL INVESTIGATOR | Milano, IT

PSR

Research title: *Participatory digital tools for representing psychological experiences in urban environments*.

2011 – 2013 | UNIMI - Department of Geography and Human Sciences for the Environment | CO-INVESTIGATOR | Milano, IT

PRIN 2009

Research title: *Territorial recomposition and sustainable valorization of urban and rural spaces: tourism and historical, cultural, architectural, environmental vocations in comparison*. The research investigates virtuous local initiatives pairing environmental sustainability and local community wellbeing.

PROFESSIONAL EXPERIENCE FUNDED PROJECTS

2019 – 2020 | ENEA - Energy Efficiency Unit Department | CO-INVESTIGATOR | Milano, IT

Theoretical and applied research for the project *Domestic energy behaviors. Cultural, social and individual dimensions*, developing an analysis of psychological components in the promotion of sustainable behaviors. [Link to Domestic energy behaviors. Cultural, social and individual dimensions](#)

[Link to Energy between individual and community values. An exploratory research in the Italian context](#)

2013 – 2015 | DASTU - POLIMI | CO-INVESTIGATOR | Milano, IT

Research on participatory processes and symbolic values in the framework of the *Feasibility study for the reopening of the milanese canals*, that is part of a multidisciplinary study for the reactivation of the overall system of canals and its navigability. Project Coordinator Antonello Boatti, DASTU, POLIMI.

2013 – 2014 | The International Baccalaureate | PRINCIPAL INVESTIGATOR | Milano, IT

Research on *The role of digital media as spaces for civic participation among youth*, in order to inform the design of an international curriculum for students.

SCIENTIFIC & ORGANIZING COMMITTEE

INTERNATIONAL CONFERENCES AND SEMINARS

2020 | [Scientific Committee and Organizer](#) of the *9th European Flow Researchers Network (EFRN)* for the community of scholars involved in flow research.

[Official website](#)

2016 | [Scientific Committee and Organizer](#) of the *5th European Flow Researchers Network (EFRN)* for the community of scholars involved in flow research.

[Official website](#)

2012 | [Organizer and moderator](#) of the workshop *Degrowing politics: a new model for government and participation* in the *3rd International Conference on Degrowth. Ecological sustainability and social equity*, held in Venice.

[Official website](#)

2010 | [Member of the working group](#) of the Sbilanciamoci! Campaign defining policy recommendations in the document *Wellbeing and Sustainability. The use of social and environmental quality indicators in public policies: the proposals of civil society*, held in Rome by Sbilanciamoci!

https://sbilanciamoci.info/wp-content/uploads/2018/10/2010-benessere_sostenibilita.pdf

2010 | Organizer and moderator of the seminar *Communities toward Wellbeing and Sustainability. Proposals and best practices*, University of Milan-Bicocca, October 2010
[Official program](#)

SCIENTIFIC COMMITTEE

2021-ongoing | Member of the *Regional Energy Action (REACT) group* created by Enea to support H2020 European project ENPOR in facilitating a fair energy transition for citizens vulnerable to energy poverty.
[Official website](#)

2017 | Member of the jury of the International Competition *Envisioning the City of the Future: Making the Invisible Visible* within the *H2020 Sharing Cities*. Participants were asked to imagine and design possible scenarios of the city of the future.
[Official website](#)

PUBLIC ENGAGEMENT

2021 | Speaker at the event *Building the place where we would live* [Costruire il luogo in cui vorremmo vivere] during the *Wired Next Fest 2021*: the role of psychology and architecture in describing the people-environment relationship and its application in participatory urban transformation through digital tools.
[Link to the event](#)

2021 | Organizer and speaker at the event *Experiencing the city of today and tomorrow* during the *Milano Digital Week*: public presentation of the CitySense app to support public participation in urban transformations. With Università degli Studi di Milano and Politecnico di Milano.
[Video of the event](#)

2019 | Organizer and speaker at the event *Experiencing Vitae* to present the Vitae project developed by Covivio and CRA: involvement of local stakeholders in the transformation of the Scalo di Porta Romana neighborhood through the beta version of the CitySense app. With Covivio and Carlo Ratti Associati (CRA).
[Link to the event](#)

SCIENTIFIC REVIEW

Frontiers in Psychology
International Journal of Environmental Research and Public Health
Ricerche di psicologia
Sharing Cities Shaping Cities Symposium | within: H2020 Sharing Cities
Sustainability

INSTITUTIONAL ROLES

2020 – *ongoing* | **MEMBER of the ERASMUS COMMISSION** for the Department of Cultural Heritage and Environment

2019 | **MEMBER of the UNIMI GROUP for INTERNI HUMAN SPACES - FUORISALONE DESIGN WEEK**, co-researcher in the project *Urban Island. Immersive Spaces, Videomapping, Emotional Maps*

2008 – 2011 | **MEMBER of the INTERNSHIP COMMISSION** for the Department of Cultural Heritage and Environment

PROFESSIONAL AFFILIATIONS

2021 – *ongoing* | **MEMBER of the Italian Association of Positive Psychology (SIPP)**

WORKSHOPS AND SUMMER SCHOOLS

2011 (Jul) | Oxfam Italia & Atlante Advanced Training Centre | Firenze, IT
Summer school. Title: *Measuring wellbeing and sustainability to address local policies*

2010 | Professional course | Pavia, IT
Training course on ATLAS.ti qualitative analysis software.

2009 | Associazione GeA | Milano, IT
Post master course. Title: *The mediation of conflict*

PUBLICATIONS

JOURNALS, BOOKS AND BOOK CHAPTERS

1. Piga, B.E.A., Stancato, G., **Boffi, M.**, & Rainisio, N. (under review). A Systematic Review of Web and Mobile Apps for Collaborative Urban Planning and Design.
2. **Boffi, M.**, Pola, L., Fumagalli, N., Fermani, E., Senes, G., & Inghilleri, P. (under review). Nature experiences of elders for active aging. An interdisciplinary approach to co-design of community gardens.
3. Piga, B.E.A., Stancato, G., Rainisio, N., & **Boffi, M.** (under review). Urban simulation for citizens engagement: the emotional effect of green elements.
4. Salvia, G., Morello, E., Arcidiacono, A., **Boffi, M.**, Piga, B.E.A., & Rainisio, N. (under review). Participatory methodology for a sharing city: Understanding citizens' practices and perceptions of sharing in Milan.
5. Piga, B.E.A., Stancato, G., Rainisio, N., **Boffi, M.**, & Faccenda, G. (2021). Emotions and places. An investigation through Virtual Reality. In *Connecting. Drawing for weaving relationships*.
6. Piga, B.E.A., Cacciamatta, S., & **Boffi, M.** (2021). Smart Co-Design for Urban Planning. Augmented and Virtual Reality Apps in Collaborative Processes. Springer. ISBN: 978-3-030-67841-8
7. Piga, B.E.A., **Boffi, M.**, Rainisio, N., Stancato, G., Ceravolo, C., & Tavares, G.M (2021). An interdisciplinary approach to urban planning via augmented/Virtual Reality and Process Mining. In C. Smaniotto Costa, J. Solipa Batista, I. Almeida, M. Menezes, A. Skaržauskienė, M. Mačiulienė, D. Botteldooren, T. Van Renterghem, R. Pizzi, P. Ceravolo, I. Šuklje Erjavec, V. Žlender & B. Goličnik Marušić (Eds.) *C3Places - Using ICT for Co-Creation of Inclusive Public Places*. Edições Universitárias Lusófonas. ISBN 978-989-757-154-1. DOI 10.24140/2021/EB-978-989-757-154-1
8. Piga, B.E.A., Rainisio, N., & **Boffi, M.** (2020). The experiential walk diary. Mapping urban experience combining architecture and psychology. *Urbanistica Informazioni - Special Issue - 12th International INU Study Day. Welfare and/or Health? 90 Years of studies, policies and plans* (pp. 14-18). INU Edizioni ISSN n. 0392-5005.
9. Inghilleri, P., **Boffi, M.**, Pola, L., Rainisio, N. (2020). *L'energia tra valori individuali e comunitari. Una ricerca esplorativa sul territorio italiano*. Agenzia Nazionale Efficienza Energetica – ENEA. ISBN: 978-88-8286-404-0
10. Fumagalli, N., Fermani, E., Senes, G., **Boffi, M.**, Pola, L., & Inghilleri, P. (2020). Sustainable Co-Design with Older People: The Case of a Public Restorative Garden in Milan (Italy). *Sustainability*, 12(8), 3166. <https://doi.org/10.3390/su12083166>
11. Inghilleri, P., **Boffi, M.**, Pola, L., Rainisio, N. (2020). *Comportamenti energetici in ambito domestico. Dimensioni culturali, sociali ed individuali*. Agenzia Nazionale Efficienza Energetica – ENEA. ISBN: 978-88-8286-405-7
12. Piga, B.E.A., **Boffi, M.**, Rainisio, N., & Stancato, G. (2019). Augmented Reality For Co-Design: The Perspective Of Real Estate Developers, Architectural Firms, And Public Administrations. In *Challenges and paradigms of the contemporary city* (pp. 1-15). UPC.

13. Piga, B.E.A., Rainiso, N., & **Boffi, M.** (2019). Experiential Simulation and Psychological assessment as a learning process in architectural higher education. In *14th European Architecture Envisioning Conference* (Vol. 64, pp. 1-6).
14. Inghilleri, P., Rainiso, N., **Boffi, M.** (2018). Psychology in the city. From subjective experience to new urban identities. In M.R. Ghibusi & F. Marchetti (Eds.) *Ecologies: a project for urban environments* (pp. 117-126). Santarcangelo di Romagna: Maggioli Editore. ISBN 9788891627070.
15. Riva, E.F.M., Riva, G., Talò, C., **Boffi, M.**, Rainiso, N., Pola, L., et al. (2017). Measuring Dispositional Flow: Validity and reliability of the Dispositional Flow State Scale 2, Italian version. *PLoS ONE 12(9)*: e0182201. <https://doi.org/10.1371/journal.pone.0182201>
16. Piga, B.E.A., Morello, E., **Boffi, M.**, Rainiso, N. & di Liberto, G. (2017). Sharing the experience of urban design schemes through immersive simulation. In T. Maver, P. Chapman, C. Platt, V. Portela & D. Eaton (Eds.) *The Proceedings of the 13th Biennial International Conference of the European Architectural Envisioning Association at the Glasgow School of Art*, Mackintosh School of Architecture and the School of Simulation and Visualization at the Glasgow School of Art, pp. 244-251.
17. Piga, B.E.A., **Boffi, M.**, Rainiso, N. (2017). Experiential Simulation and Environmental Psychology for Anticipating Users' Reactions to Design Projects: An Application in Architectural Higher Education. *Proceedings of the International and Interdisciplinary Conference IMMAGINI? Image and Imagination between Representation, Communication, Education and Psychology vol. 1, n. 9:968*, pp. 1-9.
18. **Boffi, M.**, & Rainiso, N. (2017). To Be There, Or Not To Be. Designing Subjective Urban Experiences. In B.E.A. Piga, & R. Salerno (Eds.) *Urban Design And Representation: A Multidisciplinary And Multisensory Approach*. Springer International Publishing, Cham. https://doi.org/10.1007/978-3-319-51804-6_4
19. **Boffi, M.**, & Rainiso, N. (2017). Design Positivo: Il Benessere Psicologico Come Elemento Per La Pianificazione Urbana. [Positive Design: Psychological Wellbeing As Tool For Urban Planning] *Newsletter Di Psicologia Positiva*, 35.
20. **Boffi, M.**, Riva, E., Rainiso, N. & Inghilleri, P. (2016). Social Psychology of Flow: A situated framework for optimal experience. In L. Harmat, F. Andersen, F., Ullén., & G. Sadlo (Eds.), *Flow Experience. Empirical Research and applications*. Springer.
21. Piga, B. E. A., Chiarini, C., Vegetti, I., **Boffi, M.**, Rainiso, N., Bonnet, A., Signorelli, V., Tourre. (2016). Mapping Ambiance. A synopsis of theory and practices in an interdisciplinary perspective. In N. Rémy & N. Tixier (Eds.), *3rd International Congress Ambiances, demain | Ambiances, tomorrow | Ατμόσφαιρες, Αύριο, International Ambiances Network & University of Thessalie. Vol. 1*, pp. 367-373.
22. Inghilleri P., Riva, E., Rainiso N., **Boffi, M.**, Pola L. (2015) Milano Città d'acqua tra storia e futuro: Un modello per la comunicazione sociale e il coinvolgimento dei cittadini. In A. Boatti, (Ed.) *Attività di ricerca scientifica e tecnica finalizzate allo studio di fattibilità della riapertura dei navigli milanesi nell'ambito della riattivazione del sistema complessivo dei navigli e della sua navigabilità – Progetto definitivo*. Comune di Milano.
23. Mannarini, T., **Boffi, M.**, Brondi, S. & Sarrica, M. (2015). Collective action as response to unresponsive institutions: A psychological insight into the theory of counter-democracy. *Psicologia sociale*, 1/2015.
24. **Boffi, M.**, Riva, E. & Rainiso, N. (2014). Positive change and political participation: well-being as an indicator of the quality of citizens' engagement. In P. Inghilleri, G. Riva & E. Riva (Eds.), *Enabling Positive Change. Flow and complexity in daily experience*. De Gruyter.
25. Rainiso, N., **Boffi, M.** & Riva, E. (2014). Positive change in environment: aesthetics, environmental flowability and well-being. In P. Inghilleri, G. Riva & E. Riva (Eds.), *Enabling Positive Change. Flow and complexity in daily experience*. De Gruyter.
26. Riva, E., Rainiso, N. & **Boffi, M.** (2014). Positive change in clinical settings: flow experience in psychodynamic therapies. In P. Inghilleri, G. Riva & E. Riva (Eds.), *Enabling Positive Change. Flow and complexity in daily experience*. De Gruyter.
27. **Boffi, M.** (2014). From students to citizens. Pathways of civic engagement in an era of global media. *Short paper commissioned by International Baccalaureate*.

28. Inghilleri, P., Riva, E. & **Boffi, M.** (2012). Il flow in una prospettiva culturale. [Flow in a cultural perspective] In M. Muzio, G. Riva, L. Argenton (Eds.), *Flow, benessere e prestazione eccellente. Dai modelli teorici alle applicazioni nello sport e in azienda.* [Flow, well-being and optimal performance. From theoretical models to applied tools in sport and business] Milano: Franco Angeli.
29. **Boffi, M.**, Riva, E., Inghilleri, P., Riva, G., Argenton, L., Diana, B., Villani, D. & Muzio, M. (2012). L'adattamento italiano della Dispositional Flow Scale II – DFS-2. [Italian adaptation of the Dispositional Flow Scale II – DFS-2] In M. Muzio, G. Riva, L. Argenton (Eds.), *Flow, benessere e prestazione eccellente. Dai modelli teorici alle applicazioni nello sport e in azienda.* [Flow, well-being and optimal performance. From theoretical models to applied tools in sport and business] Milano: Franco Angeli.
30. **Boffi, M.** (2012). Politicians as cultural selectors: favoring or discouraging youth participation. *Human Affairs: Postdisciplinary Humanities & Social Sciences Quarterly*, 22 (3).
31. **Boffi, M.** & Guerini, M. (2010). *La Teoria della Decrescita, i Comuni Virtuosi e il Parco Lombardo della Valle del Ticino: dati recenti e prospettive future.* [Degrowth Theory, Virtuous Municipalities and the Park of Ticino Valley in Lombardy] Research report, Dipartimento di Geografia e Scienze Umane dell'ambiente, Università degli Studi di Milano.
32. Riva, E. & **Boffi, M.** (2009). Psicologia e decrescita. Le origini psicologiche dei comportamenti di consumo contro-culturali. [Psychology and degrowth. Psychological roots of countercultural consumer behaviors] *Newsletter di Psicologia Positiva*, 14.

INVITED TALKS

1. **Boffi, M.** (2021). *The psychological aspects in the AR4CUP Project.* Invited talk given at The Future of XR. Current ecosystem and upcoming opportunities, organized by [Arete](#) and the [iv4XR](#) projects, May 2021.
2. **Boffi, M.** (2020). *Environmental experiences for smart co-design. Exp-EIA method.* Invited talk given at Department of General Psychology, Università degli Studi di Padova (Padua, IT), May 2021.
3. **Boffi, M.** (2021). *The psychological aspects in the AR4CUP Project.* Invited talk given at Augmented Urbans – Technologies for urban participation and resilience, organized by [Augmented Urbans](#) project and the [Metropolia University of Applied Sciences](#), January 2021.
4. **Boffi, M.** (2020). *The experience in the environment. Theories and methods in psychology for landscape design.* Invited talk given at Department of Agricultural and Environmental Sciences - Production, Territory, Agroenergy, UNIMI (Milan, IT), October 2020.
5. **Boffi, M.** (2020). *The experience in natural environments.* Invited talk given at the Community Museum of Caprino Bergamasco, October 2020.
<https://www.liberisogni.org/events/visita-guidata-alla-mostra-arda-che-con-marco-boffi/>
6. Piga, B.E.A. & **Boffi, M.** (2020). *Colloquium about the results of the exp-EIA methodology (AR4CUP European Project) applied to the Vitae design project developed by Carlo Ratti Associati.* Invited talk given at Carlo Ratti Associati (Turin, IT), February 2020.
7. **Boffi, M.**, & Rainiso, N. (2017). *Evaluating Urban Desig Project from the Environmental Psychology Perspective: an interdisciplinary discussion on students' assignments outcomes.* Invited talk given at DASTU – POLIMI (Milan, IT), January 2017.
8. **Boffi, M.**, & Rainiso, N. (2016). *To be there or not to be.* Invited talk given at DASTU – POLIMI (Milan, IT), November 2016.
9. **Boffi, M.**, & Rainiso, N. (2016). *An experimental approach to ecological validity: from in-situ to in-vitro environmental experience.* International internal seminar organized by AAU-Crenau, PoliMi Labsimurb, and UniMi at Nantes (FR), July 2016.
10. **Boffi, M.**, & Rainiso, N. (2016). *You are here. Where Psychology meets Architecture and Design.* Invited talk given at DASTU – POLIMI (Milan, IT), January 2016.
11. **Boffi, M.** (2015). Invited talk given at the conference “Community and utopies between sustainability and degrowth. Good landscapes and good places”, organized by UNIMI (Milan, IT), February 2015.

12. **Boffi, M.** (2010). *The experience of Degrowth in Virtuous Municipalities of the Ticino Park*. Invited talk given at the conference “Landscapes, territories, cultures. Journey through the memories and places of the Ticino Park” (IT), April 2010.
13. **Boffi, M.** (2009). *Psychological well-being: the cultural dimension*. Invited talk given in the cycle of meetings “Degrowth: ideas, projects, experiences”, UNIMI (Milan, IT), March 2009.

CONFERENCE PRESENTATIONS

1. **Boffi, M.**, Piga, B.E.A., Rainisio, N., Faccenda, G. & Stancato, G. (2021). Il benessere come elemento di progettazione urbana. Una proposta ‘smart’ [Wellbeing for urban planning. A ‘smart’ proposal]. Presented at *13° Giornate Nazionali di Psicologia Positiva [13 National Days of Positive Psychology]*. June 11-12, Università di Pavia (online conference).
2. **Boffi, M.**, Piga, B.E.A., Rainisio, N., Faccenda, G. & Stancato, G. (2021). A psychological assessment mobile app for collaborative urban planning processes. Presented at *11th European Conference on Community Psychology*. June 3-4, Oslo (online conference).
3. Fermani, E., Fumagalli, N., Senes, G., **Boffi, M.**, Pola, L., & Inghilleri, P. (2021). Co-Design with Older People: The Case of a Public Restorative Garden in Milan (Italy). Paper presented at *International Conference on Therapeutic Architecture for Healing Environments*. May 20-21, Berlin (online conference).
4. Rainisio, N., **Boffi, M.**, Pola, L., Inghilleri, P., Sergi, I., Liberatori, M. (2021). A micro-scale analysis of attitudes and behaviours towards sustainability and domestic energy saving in Italy. Presented at *BEHAVE 2020 - 6th European Conference on Behaviour and Energy Efficiency*, 21-23 April, Copenhagen (online conference).
5. Piga, B.E.A., Rainisio, N., & **Boffi, M.** (2020). The experiential walk diary. Mapping urban experience combining architecture and psychology. Presented at *12th International INU Study Day. Welfare and/or Health? 90 Years of studies, policies and plans*. December 18, Naples.
6. **Boffi, M.**, Fumagalli, N., Fermani, E., Senes, G., Pola, L., & Inghilleri, P. (2020). Nature experiences of elders for greening cities. An interdisciplinary approach to co-design of community gardens. Paper presented at *Greening Cities Shaping Cities*. October 12-13, Milan.
7. Piga, B.E.A., Stancato, G., Rainisio, N., & **Boffi, M.** (2020). Urban simulation for citizens engagement: the emotional effect of green elements. Paper presented at *Greening Cities Shaping Cities*. October 12-13, Milan.
8. Piga, B.E.A., Rainisio, N., & **Boffi, M.** (2018). Experiencing your own design project: an interdisciplinary urban design approach in architectural higher education. Paper presented at *25th IAPS Conference – Transitions to sustainability, lifestyles changes and human wellbeing: cultural, environmental and political challenges*. July 8-13, Rome.
9. **Boffi, M.**, Riva, E., Talò, C., Rainisio, N., Pola, L., Inghilleri, P., Riva, G., Villani, D., Diana, B., Argenton, L. (2016). Dispositional Flow Scale 2: validity and reliability of the Italian version and discussion of the applications to different samples. Paper presented at *ECPP 2016. 8th European Conference on Positive Psychology*. June 28-1 July, Angers.
10. **Boffi, M.** (2014). La buona partecipazione. Riflessioni sulle qualità della cittadinanza attiva [*Good participation. Reflections on the qualities of active citizenship*]. Presented at *Costruire comunità ospitali e sostenibili. Nuove sfide per la Psicologia di Comunità*. June 19-21, Cesena.
11. Rainisio, N., Riva, E., **Boffi, M.**, Pola, L. & Bagnasco, G. (2014). Tarquinia tra eredità culturale e proiezione verso il futuro: una metodologia per l'intervento di comunità [*Tarquinia between cultural heritage and look towards the future: a methodology for community intervention*]. Presented at *Costruire comunità ospitali e sostenibili. Nuove sfide per la Psicologia di Comunità*. June 19-21, Cesena.
12. **Boffi, M.**, Riva, E. & Rainisio, N. (2014). Benessere e partecipazione sociale: pratiche quotidiane, coinvolgimento sociale e sviluppo del Sé. Presented at *Giornate di Psicologia Positiva – VII Edizione – La Psicologia positiva e la sfida alla complessità*. June 6-7, Firenze.
13. Rainisio, N., **Boffi, M.** & Riva, E. (2014). Esperienza ottimale e ambiente urbano: un nuovo approccio per la preferenza ambientale. Presented at *Giornate di Psicologia Positiva – VII Edizione – La Psicologia positiva e la sfida alla complessità*. June 6-7, Firenze.
14. Riva, E., Rainisio, N. & **Boffi, M.** (2014). Flow e esperienza quotidiana in adolescenza: interiorizzazione degli oggetti culturali e sviluppo del Sé. Presented at *Giornate di Psicologia Positiva – VII Edizione – La Psicologia positiva e la sfida alla complessità*. June 6-7, Firenze.

15. **Boffi, M.** (2013). Good politics: when participation can build healthy communities. Presented at *Beyond the crisis. Building community and critical visions to achieve justice, fairness and wellbeing*. November 6-7, Napoli.
16. Inghilleri P., **Boffi, M.**, Rainisio N., Pola L. (2013). The sustainable lightness of participating: new paths of civic engagement for youth. Presented at *Beyond the crisis. Building community and critical visions to achieve justice, fairness and wellbeing*. November 6-7, Napoli.
17. Argenton L., **Boffi, M.**, Diana B., Inghilleri P., Muzio M., Rainisio N., Riva E., Riva G. & Villani D. (2013). *Dispositional Flow Scale II – DFS-2: validazione della versione italiana*. Presented at Giornate Nazionali di Psicologia Positiva VI Edizione. Promuovere risorse nel cambiamento. February 22-23, Milano.
18. **Boffi, M.** (2012). The quality of politics. Consequences of political participation on the society. Presented at *XI ISQOLS Conference. Discovering New Frontiers in Quality-of-Life Research*. November 1-4, Venezia.
19. **Boffi, M.** (2012). Political participation. A way towards Degrowth. Presented at *3rd International Conference on Degrowth, Ecological sustainability and Social Equity*. September 19-23, Venezia.
20. **Boffi, M.** (2012). Flow as a measure of political engagement. Presented at *ECPP 2012. 6th European Conference on Positive Psychology*. June 26-29, Moscow.
21. **Boffi, M.**, Inghilleri P. (2012). Good politics for a positive participation. Presented at *ECPP 2012. 6th European Conference on Positive Psychology*. June 26-29, Moscow.
22. **Boffi, M.** (2012). Good politics: enhancing the quality of participation. Presented at *PIDOP Conference 2012. Political and civic participation*. April 16-17, University of Surrey.
23. **Boffi, M.**, Gorrini A., Rainisio N. (2011). Online groups and the use of public space: the case of "hide and seek at IKEA. Presented at *Environment 2.0: The 9th Biennial Conference on Environmental Psychology*. September 26-28, Eindhoven.
24. **Boffi, M.** (2011). Political engagement and Well-Being. Theoretical and methodological suggestions. Presented at *PIDOP Conference. Engaged citizens? Political participation and civic engagement among youth, women, minorities and migrants*. May 11-12, Bologna. *Book of abstracts*, p. 43.
25. Guerini M., **Boffi, M.** (2010). Degrowth into political practice. Wellbeing and sustainability as intrinsic effects. Paper presented at a *XVII ISA World Congress of Sociology, Sociology on the Move*. July 11-17, Gothenburg. *Book of abstracts*, p. 179.
26. **Boffi, M.**, Guerini M. (2010). Policy of de-growth to face Global Change. Virtuous Municipalities Association promoting sustainability and wellbeing in Italy. Presented at *XXI IAPS Conference - Vulnerability, Risk and Complexity: Impacts of Global Change on Human Habitats*. June 27-July 2, Leipzig.
27. Guerini M., **Boffi, M.** (2010). Less consumption more wellbeing: evidences from the policies of Italian Virtuous Municipalities' Association. Presented at *Second International Conference on Degrowth - ECONOMIC DEGROWTH TODAY*. March 26-29, Barcellona.
28. Guerini M., **Boffi, M.** (2009). From Sustainable Development to Degrowth. Italian Municipalities on the road to Well-Being. Presented at *From GDP To Well-Being: Economics On The Road To Sustainability*. December 3-5, Ancona.
29. **Boffi, M.** (2009). Cultural artifacts promoting wellbeing. Presented at *International Forum Ravello Lab '09. 2007-2013: Culture and Development. Actions, tools and projects for the European Cohesion Policy*. October 29-31, Ravello.
30. Inghilleri P., Riva E., Guerini M., **Boffi, M.** (2008). New Practices for a Better and Fairly Life between Responsible Citizenship and Well-Being Development. Presented at *4th European Conference on Positive Psychology*. July 1-4, Rijeka.
31. **Boffi, M.**, Cherubini P., Colombo M. (2007). Xenophobic reasoning: how we justify and argue anti-immigrant stances in discourse. A preliminary study. Presented at *The second Warsaw-Jena seminar on victim/perpetrator relations in a changing Europe: Prejudice escalation and prejudice reduction*. April 13-15, Varsavia.

TEACHING EXPERIENCE

2021, Spring | Lecturer for the *Psychology course FOR 24*, Postgraduate study: Teachers Training for National Abilitation, UNIMI.

2020, Spring | Adjunct professor for the *Psychology course FOR 24*, Postgraduate study: Teachers Training for National Abilitation, UNIMI.

2019, Fall | Adjunct professor for the laboratory on *New processes of urban transformation*, Department of Cultural Heritage and Environment , UNIMI.

2019, Spring | Adjunct professor for the *Psychology course FOR 24*, Postgraduate study: Teachers Training for National Abilitation, UNIMI.

2018-2019 | Teaching assistant in the course *Architectural and Urban Simulation*, DASTU, POLIMI.

2018, Fall | Adjunct professor for the laboratory on *New processes of urban transformation: participation, street art and co-design*, Department of Cultural Heritage and Environment , UNIMI.

2016, Fall; 2017, Spring; 2017, Fall | Guest lectures on psychological factors in participatory processes for urban transformations in the course *Architectural and Urban Simulation*, DASTU, POLIMI.

2017, Fall | Adjunct professor for the laboratory on *Participatory processes in the city: from street art to new neighborhoods*, Department of Cultural Heritage and Environment, UNIMI.

2015, Fall; 2016, Spring | Guest lectures on theories and methods of psychology applied to the design of urban transformations in the course *Urban Ethnography*, DASTU, POLIMI.

2015, Fall; 2017, Fall | Guest lectures on theories and methods of psychology applied to the design of urban transformations in the course *Up_citying* for the *Doctoral Course Architectural, Urban and Interior Design*, DASTU, POLIMI.

2016, Fall | Adjunct professor for the laboratory on *Environmental psychology: street art and the landscapes of Milan*, Department of Cultural Heritage and Environment, UNIMI.

2016, Fall | Guest lectures on psychological factors in participatory processes for urban transformations in the course *Design of urban and territorial interventions - Strategies and vision*, Domus Academy - Nuova Accademia.

2009, Fall; 2010, Fall; 2011, Fall; 2012, Fall; 2013, Fall | Adjunct professor for the laboratory on *A good psychological selection: psychological processes, environment and politics*, Department of Geography and Human Sciences for the Environment, UNIMI.

2009, Fall; 2013, Spring | Adjunct professor for lessons on the role of psychological factors in participatory processes for American students abroad, selected as Italian representative for the *Positive psychology Core Course Study Tour* by the DIS – Danish Institute for study Abroad.

2009, Spring | Adjunct professor for the laboratory on *Journal texts analysis and communication psychology*, Department of Geography and Human Sciences for the Environment, UNIMI.

MENTORING AND RESEARCH ADVISING

2015 - *ongoing* | Master's and Bachelor's Theses co-supervisor over 5 theses co-supervised with Prof. Barbara Piga at the DASTU, POLIMI.

2010 - *ongoing* | Master's and Bachelor's Theses Supervisor over 15 theses supervised at the Department of Cultural Heritage and Environment , UNIMI.

2019 | Mentoring of international visiting post-graduate scholar co-supervising the psychological aspects for a research on the ecological validity of simulation tools in participatory processes for urban transformations in the Chinese context, with Prof. Barbara Piga at the DASTU, POLIMI.

2016 | Post-graduate Theses Co-supervisor 1 thesis supervised at the Master in Urban Vision & Architectural Design, with Prof. Elisa Poli at Domus Academy - Nuova Accademia.

PROFESSIONAL EXPERIENCE

2020-2021 | Liberi Sogni società cooperativa sociale A | SCIENTIFIC SUPERVISION | Calolziocorte, IT
Scientific supervision for the design of experiences in natural environments addressed at children of various ages in the Project EduCare Airuno.

2020 | Liberi Sogni società cooperativa sociale A | SCIENTIFIC SUPERVISION | Calolziocorte, IT

Scientific supervision for the design of experiences in natural environments addressed at children of various ages. Materials produced during the entire educational path were collected for the exhibition part of the Community Museum in Caprino Bergamasco.

2015 – 2020 | COM Metodi | PRINCIPAL INVESTIGATOR | Milano, IT

Consultant for research and teaching about risk assessment of work-related stress (Decree 81/08), to define measures promoting well-being in the workplace: design and application of methodology, design of qualitative and quantitative tools and data analysis, design and application of participatory organizational practices for the reduction of psychosocial risks.

2018 – 2019 | Lissone Municipality | CO-INVESTIGATOR | Lissone, IT

Research consultant for the project *Reading the territory with Arts*, which organized a series of events and temporary installation artworks to explore the role of **Mo.VE** as a landmark in the city of Lissone. The project is part of an interdisciplinary methodology using arts to inform urban planning.
<https://leggereilterritorio.com/>

2015 – 2016 | Resilio | CO-INVESTIGATOR | Milano, IT

Research consultant for the construction and analysis of a database informing a web platform mapping the third sector services in Lombardy.

2015 | Arexpo | CO-INVESTIGATOR | Milano, IT

Research consultant for the reconversion of the EXPO area, to define the psychological components to include in the guidelines for the strategic plan of the area.

MEDIA COVERAGE (selective listing)

January 21, 2021

Radio Popolare – C'è luce | Radio interview on the psychological contribution to favor sustainable behaviors
[Link](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

December 21, 2020

la Repubblica | Efficienza energetica, ENEA: "Pubblicato studio su comportamenti individuali e comunitari"
[Link](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

October 26, 2020

la Repubblica | Consumi elettrici, indietro tutta ma l'eolico trascina le rinnovabili
[Paper edition](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

October 3, 2020

Corriere della sera | Il «giardino terapeutico» per gli anziani dell'Ortica
[Link](#) (project Green age, Fondazione Cariplo)

October 1, 2020

la Repubblica | Anni sempre più verdi
[Paper edition](#) (project Green age, Fondazione Cariplo)

September 29, 2020

Il Giorno | I cittadini scendono in campo. Giardini e spazi verdi rinascono
[Paper edition](#) (project Green age, Fondazione Cariplo)

September 16, 2020

il Sole 24 Ore – Condominio | Report Enea sui comportamenti energetici in casa: in Italia contraddizioni più che altrove in Europa
[Link](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

September 15, 2020

la Repubblica | Consumi domestici: gli italiani e la sostenibilità, un rapporto contraddittorio
[Link](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

September 15, 2020

Il Messaggero | Energia, ENEA: "Sui consumi domestici Italia divisa tra sostenibilità e individualismo"
[Link](#) (project Domestic energy behaviors. Cultural, social and individual dimensions, ENEA)

July 6, 2020

la Repubblica | Il giardino terapeutico per gli anziani della Rsa
[Paper edition](#) (project Green age, Fondazione Cariplo)

May 26, 2020

la Repubblica | Il giardino che cura gli anziani dell'Ortica tra fiori e socialità
[Paper edition](#) (project Green age, Fondazione Cariplo)

March 20, 2019

Corriere della sera | Fuorisalone, i disegni degli studenti debuttano alla Statale
[Paper edition](#) (project Interni Human Spaces - Fuorisalone Design Week)

OTHER SKILLS

Languages (oral & written): *Italian* (native), *English* (C1), *Spanish* (B1).

Milan, 27/05/2021

Marco Boffi

I hereby authorize the use of my personal data in accordance to the GDPR 679/16 - "European regulation on the protection of personal data".