

Spring 2026

Extracurricular Activities

Student Life & Development Office

Chat Pal & Community Outreach Meeting:

Wednesday - March 4

8:30pm to 9:30pm

Meeting Point: University - Mary Shelley Conference Room



MONDAY: Sports Night

This activity is a great way to keep in shape while expanding your knowledge of Italian fitness culture. Soccer is the mainstay of Italian athletics and the focus of our sports night. Even if you are not an athlete, everyone is welcome to have fun on the field or just cheer on your classmates from the stands.

Meeting Point: Centro Sportivo 'Le Giraffe' Via Fossitermi 1

Time: 8:45pm to 10:00pm

February 9th – 16th

March 9th – 23rd

April 13th – 27th



WEDNESDAY: City Walks

This activity is designed to enhance cultural awareness and to guide students in their educational outcomes and personal growth during their time in Italy. Through Connecting Cultures, students have the opportunity to interact with the Italian community and engage with the city.

Meeting Point: University - Via Sant'Agostino, 46

Time: 8:45pm to 10:00pm

February

4th – 18th

March

11th – 25th

April

15th



THURSDAY: Yoga

Unwind and energize with our yoga sessions. Improve flexibility, reduce stress, and sharpen focus in a welcoming space for all levels.

Care for your well-being and find balance through movement, breathing, and mindfulness.

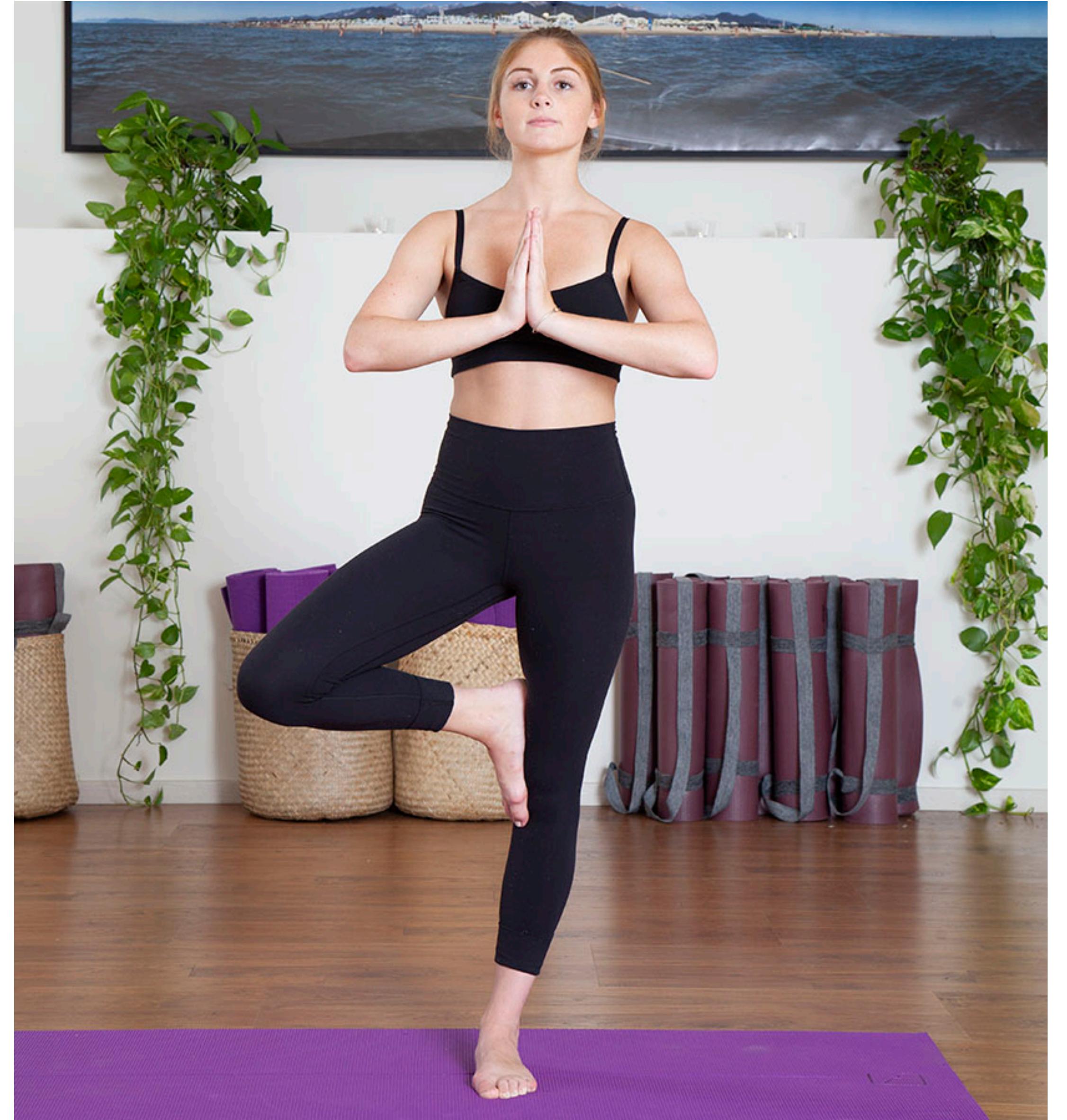
Meeting Point: University - Mary Shelley Conference Room

Time: 7:30pm to 8:30pm

February 5th – 19th

March 12th – 26th

April 16th – 30th



THURSDAY: Movie Night

Students are invited to a movie night at the cinema for an enjoyable evening together. Watch a great film on the big screen and spend time with friends. A simple, relaxed event to unwind and enjoy campus life.

Meeting Point: Cinema Il Nuovo - Via Cristoforo Colombo 99

Time: 7:30pm to 8:30pm

February 12th

March 5th – 19th

April 9th – 23th



WEEKENDS: EFL - Educational Field Learning

EFL provides students with first-hand learning experiences that show them how to step away from the typical tourist mindset and experience the world through a native lens, creating a clear view and everlasting impression on their minds. EFL offers a well-organized and safe environment that makes the students feel comfortable and secure while away from home.

Destinations

Destinations include **Milan, Modena, Cinque Terre** and much more!

See the complete list at this link and select the **Spring 2026** drop down menu:
<https://www.studentlifeflorence.it/efl/>



Contact and Sign up

To sign up and for further details,
please consult the above link or contact
efl@florencecampus.org



SIGN UP For SLD Extracurriculars

Unless otherwise stated, please sign up for all student services activities through the **MyFUA portal to participate**. You will find the activities sign-up in your personal area.

The deadline to sign up for activities is 12:00pm on Monday of the week of the activity. **It is necessary to sign up for all activities you would like to participate in.** Failure to sign up may cause activities to be cancelled. Knowing the accurate number of participants allows us to plan, organize and better serve you and we kindly ask you to respect this request. If you sign up for an activity, you are expected to attend. Please note that failure to attend an activity without cancellation will compromise your possibility to participate in future activities.

Please note: All calendar events (times, locations, activities, etc.) are subject to change. Please check our weekly email announcements for details on activities.

For further information or questions please contact:
Email [**sld-studentservices@5terreprogram.fua.it**](mailto:sld-studentservices@5terreprogram.fua.it)
Tel. **+39 018 717 55001**

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