

Spring 2026

# Extracurricular Activities

Student Life & Development Office

# MONDAYS: 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 and Time:** 8:45 pm, FAST/FLY, Borgo Pinti 20red

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**February** 2nd – 9th – 16th – 23rd

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**March** 2nd – 9th – 16th – 23rd – 30th

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**April** 13th – 20th – 27th

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# TUESDAYS: Career Center Activity

The Career Center guides our students towards their professional future. You will be challenged to understand your strengths and improve your skill set. Learn how to brand yourself to find the professional path that best fits your aspirations.



**Meeting Point and Time:** 7:30pm Excelsior Room, Via Ricasoli 21

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February 17th

**CV Building** (Application process, Advertising, Job Description, Sources, CV building).

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March 3rd

**Personal Branding** (Personal Branding, Personal Statement & Cover Letter).

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March 24th

**Interview Process** (How to manage the interview process, professional etiquette, body language).

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April 21st

**Employability Skills** (Soft Skills, Personal Development & Employability skills. Coaching, Mentoring, Orientation, Personal Aspiration, Strengths, Area of Improvements, Future Career Goals).

# TUESDAYS: Mind and Body – Art Therapy Seminar

## THURSDAYS: Yoga

“*Mens sana in corpore sano*”, a sound mind in a sound body, is the philosophy behind the Mind and Body series of activities. This series includes fitness opportunities meant to inspire and empower students through guided runs/power walks in new neighbourhoods to help you keep fit and embrace the Florentine terrain at the same time, as well as special workshops aimed to empower students during the study abroad experience.

**Time:** 8:30 pm

### Meeting Points:

- **Yoga:** Wellness Lab, Via Ricasoli 21
- **Art Therapy:** Excelsior Room, Via Ricasoli 21



<b>Feb. 3<sup>rd</sup></b>	<b>Art Therapy Seminar: Intuitive Drawing – Excelsior Room</b>
<b>Feb. 5<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Feb. 12<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Feb. 24<sup>th</sup></b>	<b>Art Therapy Seminar: Intuitive Drawing – Excelsior Room</b>
<b>Feb. 26<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Mar. 5<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Mar. 12<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Mar. 17<sup>th</sup></b>	<b>Art Therapy Seminar: Intuitive Drawing – Excelsior Room</b>
<b>Mar. 26<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Mar. 31<sup>st</sup></b>	<b>Art Therapy Seminar: Intuitive Drawing – Excelsior Room</b>
<b>Apr. 9<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Apr. 16<sup>th</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Apr. 23<sup>rd</sup></b>	<b>Yoga - Wellness Lab</b>
<b>Apr. 28<sup>th</sup></b>	<b>Art Therapy Seminar: Intuitive Drawing – Excelsior Room</b>

# WEDNESDAYS: Connecting Cultures

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

**Meeting Point:** see time and locations on the right.



<b>Feb. 4<sup>th</sup></b>	<b>Chat Pal Program Presentation</b> <b>8:00 pm</b> – FUA, Corso dei Tintori 21, Firenze
<b>Feb. 4<sup>th</sup></b>	<b>Italian Family Club Program Presentation</b> <b>8:30 pm</b> – FUA, Corso dei Tintori 21, Firenze
<b>Feb. 11<sup>th</sup></b>	<b>City Walk: San Giovanni Quarter</b> <b>8:45 pm</b> - Piazza Duomo (on church steps)
<b>Feb. 18<sup>th</sup></b>	<b>City Walk: Santa Croce Quarter</b> <b>8:45 pm</b> - Piazza Santa Croce (steps in front of church)
<b>Feb. 25<sup>th</sup></b>	<b>Chat Pal Program Presentation</b> <b>8:00 pm</b> – FUA, Corso dei Tintori 21, Firenze
<b>Feb. 25<sup>th</sup></b>	<b>Community Outreach Program Presentation</b> <b>8:30 pm</b> – FUA, Corso dei Tintori 21, Firenze
<b>Mar. 4<sup>th</sup></b>	<b>City Walk: Santa Maria Novella Quarter</b> <b>8:45 pm</b> - Piazza Santa Maria Novella (on church steps)
<b>Mar. 11<sup>th</sup></b>	<b>City Walk: Oltrarno Quarter</b> <b>8:45 pm</b> - Ponte Vecchio (by the statue in the middle of the bridge)
<b>Mar. 18<sup>th</sup></b>	<b>City Walk: Medici Quarter</b> <b>8:45 pm</b> - Piazza Duomo (on church steps)
<b>Mar. 25<sup>th</sup></b>	<b>City Walk: The Lungarni and the Arno Bridges</b> <b>8:45 pm</b> - FUA, Corso dei Tintori 21, Firenze
<b>Apr. 8<sup>th</sup></b>	<b>City Walk: Secrets of Florence</b> <b>8:45 pm</b> - Piazza Duomo (on church steps)
<b>Apr. 15<sup>th</sup></b>	<b>City Walk: Forbidden Renaissance Love</b> <b>8:45 pm</b> - Ponte Vecchio (by the statue in the middle of the bridge)
<b>Apr. 22<sup>nd</sup></b>	<b>City Walk: San Giovanni</b> <b>8:45 pm</b> - Piazza Duomo (on church steps)
<b>Apr. 29<sup>th</sup></b>	<b>City Walk: Santa Croce Quarter</b> <b>8:45 pm</b> - Piazza Santa Croce (steps in front of church)

# Diversity and Inclusion Series

DEI activities offer a space where students can delve into the experiences of different identities, as part of FUA commitment to foster a diverse and inclusive academic environment.

**Time:** 7:00 pm

**Meeting Point:** To be confirmed

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**March 9<sup>th</sup> to  
March 15<sup>th</sup>**

**STANDING INSTALLATION**

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**April 14<sup>th</sup>**

**STIR THE POT  
COOKING CLASS**

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# 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](mailto:efl@florencecampus.org)



# ONGOING: Palazzi Community Center

Ongoing events at the Palazzi Community Center in Via Ricasoli 21 are open to the FUA and AUF community and the general public. Readings, seminars, exhibits, local producers, and much more are featured on a regular basis.

Please visit the community center calendar the following link for exact dates, times, and featured topics: <https://www.palazziflorence.com/eventi>



**Scan the code to view the calendar.**

For further details, please contact:

**[info@palazziflorence.com](mailto:info@palazziflorence.com)**



# SIGN UP For SLD Extracurriculars

Unless otherwise stated, please sign up for all student services activities through the **MyFUA or MyAUF 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@florencecampus.org](mailto:sld-studentservices@florencecampus.org)

Tel. **+39 055 2633127**

Student Life & Development, Corso dei Tintori 21

Spring 2026

# Dining in Florence

Student Life & Development Office

# FEDORA School Pastry Shop & Bistrò

FEDORA is a school pastry shop and bistro that reinterprets Italian Pasticceria from an international perspective, operated by the students and faculty of AUF/FUA-AUF through experiential learning.

FEDORA's menu satisfies the palates of diners seeking international and seasonally inspired dishes.

**OPEN MONDAY TO SATURDAY**

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Pasticceria **8:00AM - 9:00 PM**

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Lunch **12:00PM - 3:00 PM**

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Afternoon and Aperitivo **4:00PM - 11:00 PM**



**Via Ricasoli 21 Firenze – Italy**

**Scan the code to view the menu.**

For further details, please contact:

**[info@fedoraflorence.it](mailto:info@fedoraflorence.it)**



# GANZO School Restaurant

**Ganzo** is the creative laboratory of Apicius **International School of Hospitality**. A **school restaurant** that reinterprets Italian cuisine from an international perspective, open to the public and operated by the students and faculty of FUA and AUF through experiential learning.

**OPEN TUESDAY TO SATURDAY**

**Dinner** 6:00 pm - 11:00 pm

**Aperitivo** 6:00 pm - 8:00 pm

**APERIGANZO**  
(only on Wednesdays) 6:00 pm - 9:00 pm



Via de' Macci 20R, Firenze – Italy

**Scan the code to view the menu.**

For further details, please contact:

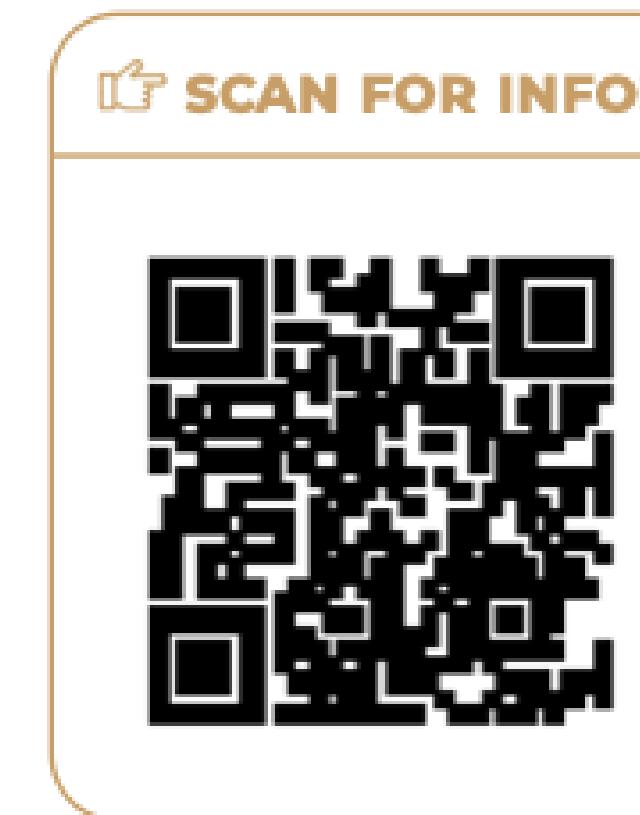
**[info@ganzoflorence.it](mailto:info@ganzoflorence.it)**





# YOGA CLASSES

AT PALAZZI COMMUNITY CENTER



Single lesson: **15 €**  
Package of 4 lessons: **40 €**

**Reservations are mandatory by the Tuesday before the session.**

Free yourself from stress and rediscover the well-being of body, mind, and spirit! Join us **every Thursday from 7:00 PM to 8:00 PM** for a rejuvenating yoga experience, set in the beautiful surroundings of the Palazzi Community Center.

## CONTACT US

[info@sorgivaflorence.it](mailto:info@sorgivaflorence.it) | 055 2658135