

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

February 2nd – 9th – 16th – 23rd

March 2nd – 9th – 16th – 23rd – 30th

April 13th – 20th – 27th



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



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).
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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



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

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.



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

March 9 th to March 15 th	STANDING INSTALLATION	-
April 14 th	STIR THE POT COOKING CLASS	-



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



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



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

Pasticceria	8:00AM - 9:00 PM
Lunch	12:00PM - 3:00 PM
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



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
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Aperitivo	6:00 pm - 8:00 pm
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APERIGANZO (only on Wednesdays)	6:00 pm - 9:00 pm
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Via de Macci 20R, Firenze – Italy

Scan the code to view the menu.

For further details, please contact:

info@ganzoflorence.it





LESSONS
IN ITALIAN,
ENGLISH
AVAILABLE
UPON
REQUEST.

YOGA CLASSES

AT PALAZZI COMMUNITY CENTER

👉 SCAN FOR INFO!



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 | 055 2658135