

Summer 2026

Extracurricular Activities

Student Life & Development Office

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: University - Via Sant'Agostino 46

Time: 6:00pm to 7:30pm

May 25th

June 1st – 15th – 21st



TUESDAYS: Mind, Body and Moon

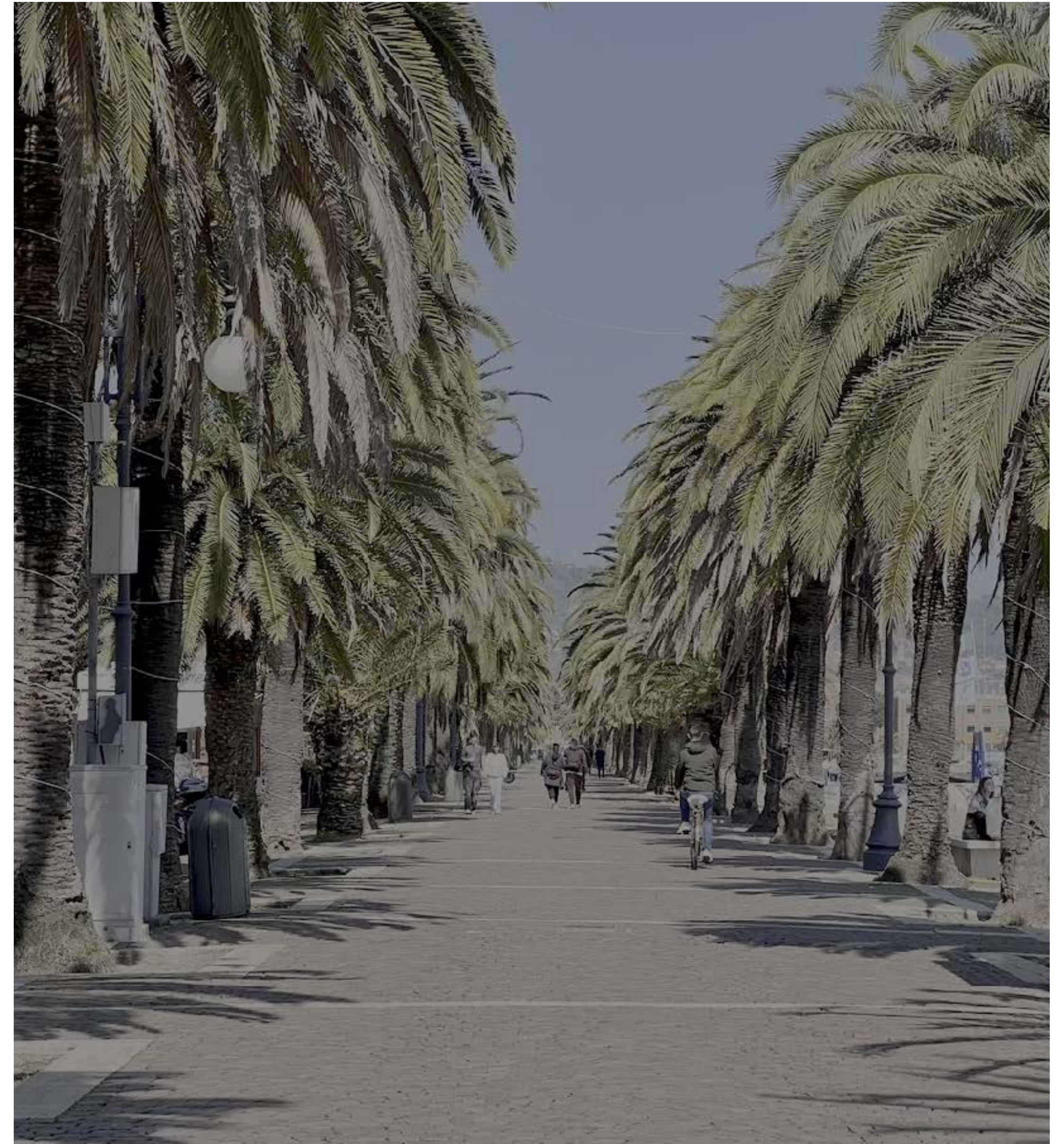
Designed to foster emotional detox and self-discovery through a series of workshops. Utilizing iconic outdoor locations across the city as a backdrop for introspection, each self-contained session integrates movement, creative arts, tarot archetypes, and astrological exploration to help students navigate the balance between their inner strength and vulnerability. Whether attending a single session or the full series, participants are guided through a journey of personal reflection.

Meeting Point: University - Via Sant'Agostino 46

Time: 6:00pm to 7:00pm

May 26th

June 15th – 22nd



WEDNESDAY: 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: University - Via Sant'Agostino 46

Time: 7:30pm to 8:30pm

May

20th – 27th

June

3rd – 10th – 16th – 23rd



THURSDAY: Yoga

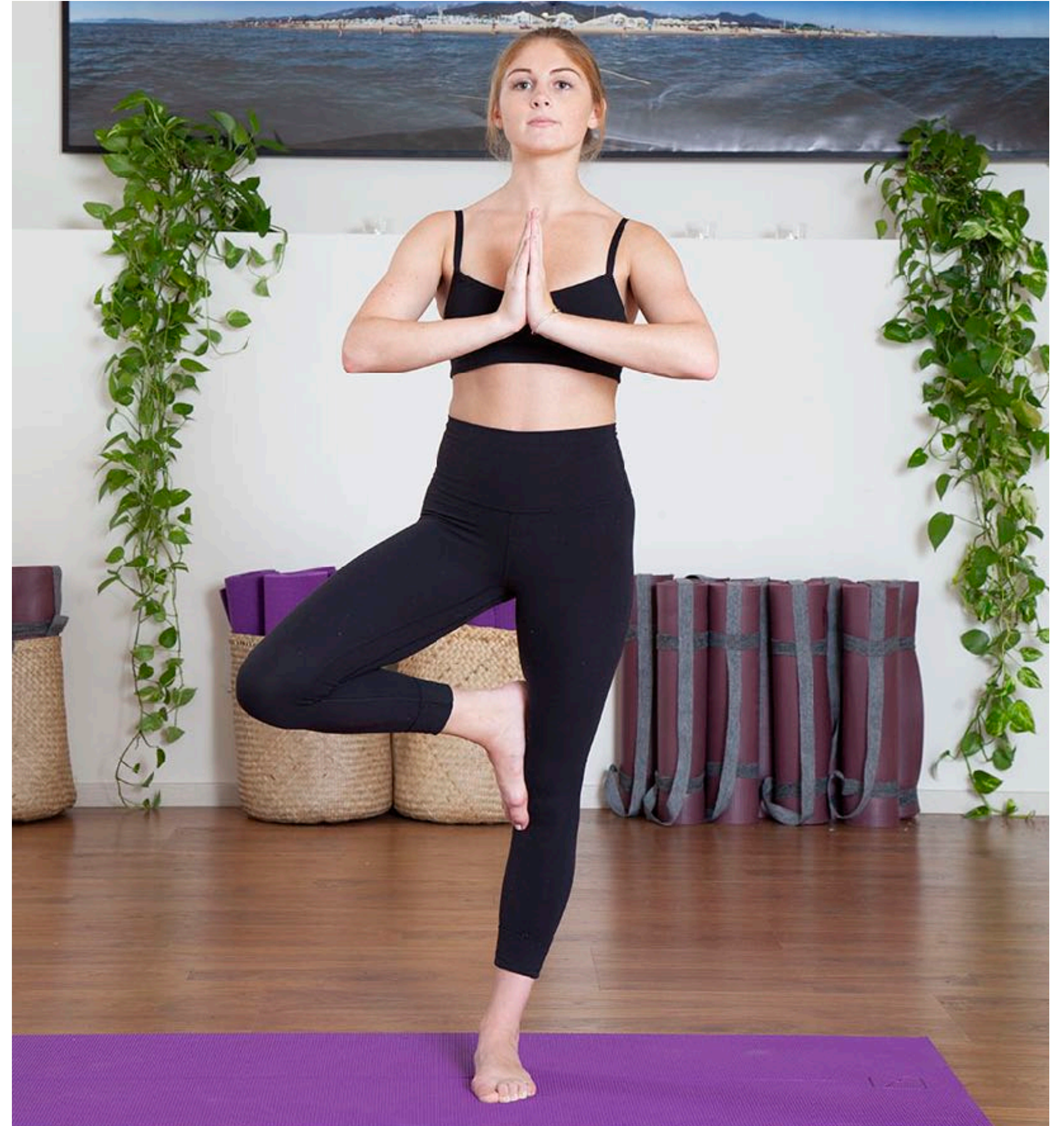
Unwind and energize with our yoga sessions. Improve flexibility, reduce stress, and sharpen focus in a welcoming space for all levels. Care for your well-being and find balance through movement, breathing, and mindfulness.

Meeting Point: University - Mary Shelley Conference Room

Time: 7:30pm to 8:30pm

May 21st – 28th

June 11th – 17th



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 **Genova** | *Sat, May 30* and much more!

See the complete list at this link and select the **Summer 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**

Student Life & Development Department, Via Sant'Agostino 46