

Fall 2026



Extracurricular Activities



Cinque Terre Program
FUA | FLORENCE UNIVERSITY OF THE ARTS

Board Game Night

Enjoy board games in a **relaxed environment** creating **memorable moments**. Boost your teamwork and communication skills and challenge your friends!

Play, Connect and Have Fun!

Meeting Point: University - Via Sant'Agostino 46

Time: 6:00pm to 7:00pm

September	2nd-15th
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October	12th-26th
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November	9th-11th
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December	9th
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Mind, Body and Moon

Designed to foster **emotional detox and self-discovery** through a series of workshop, 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.

Meeting Point: University - Via Sant'Agostino 46

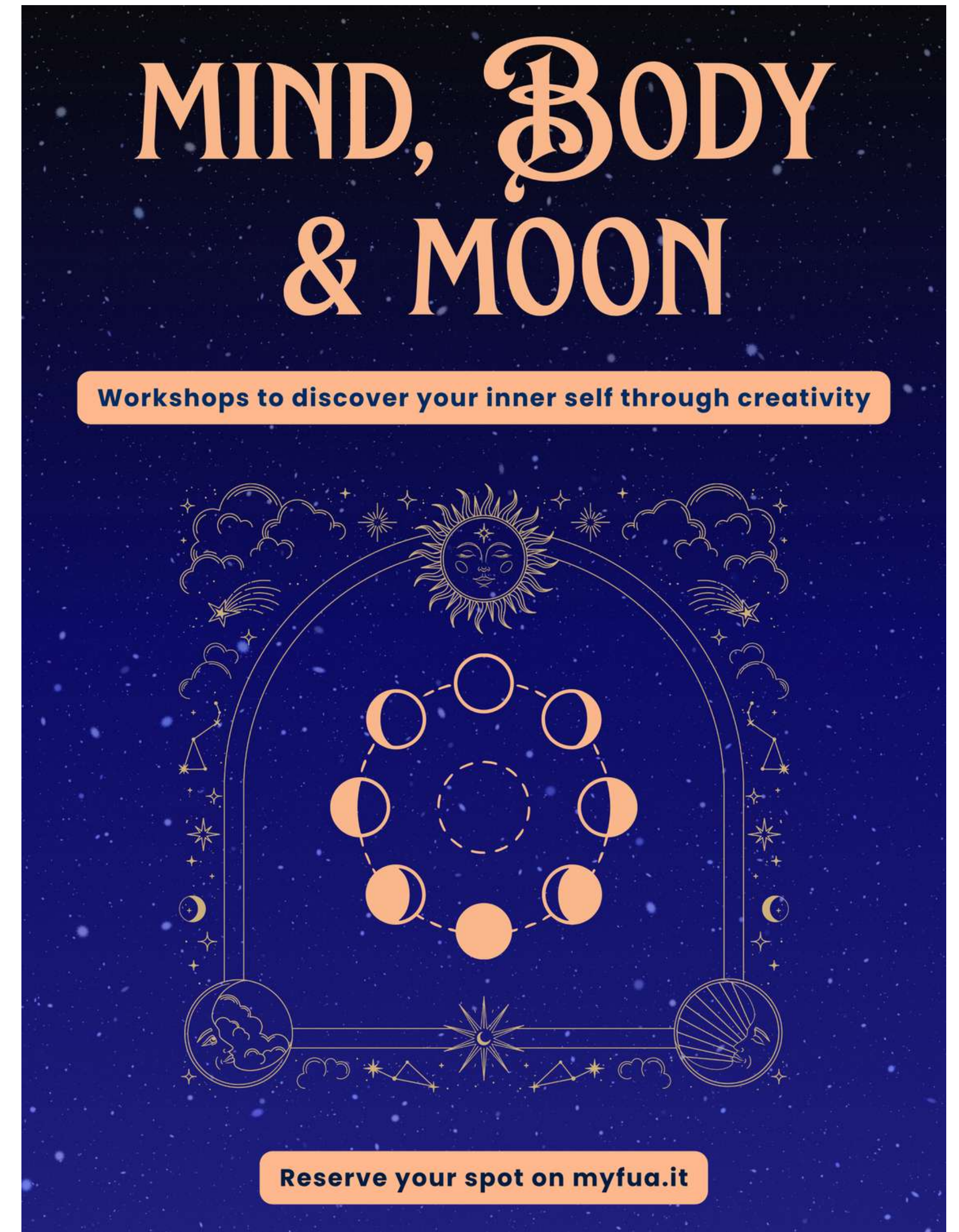
Time: 6:00pm to 7:00pm

October

1st – 19th

November

2nd - 17th - 30th



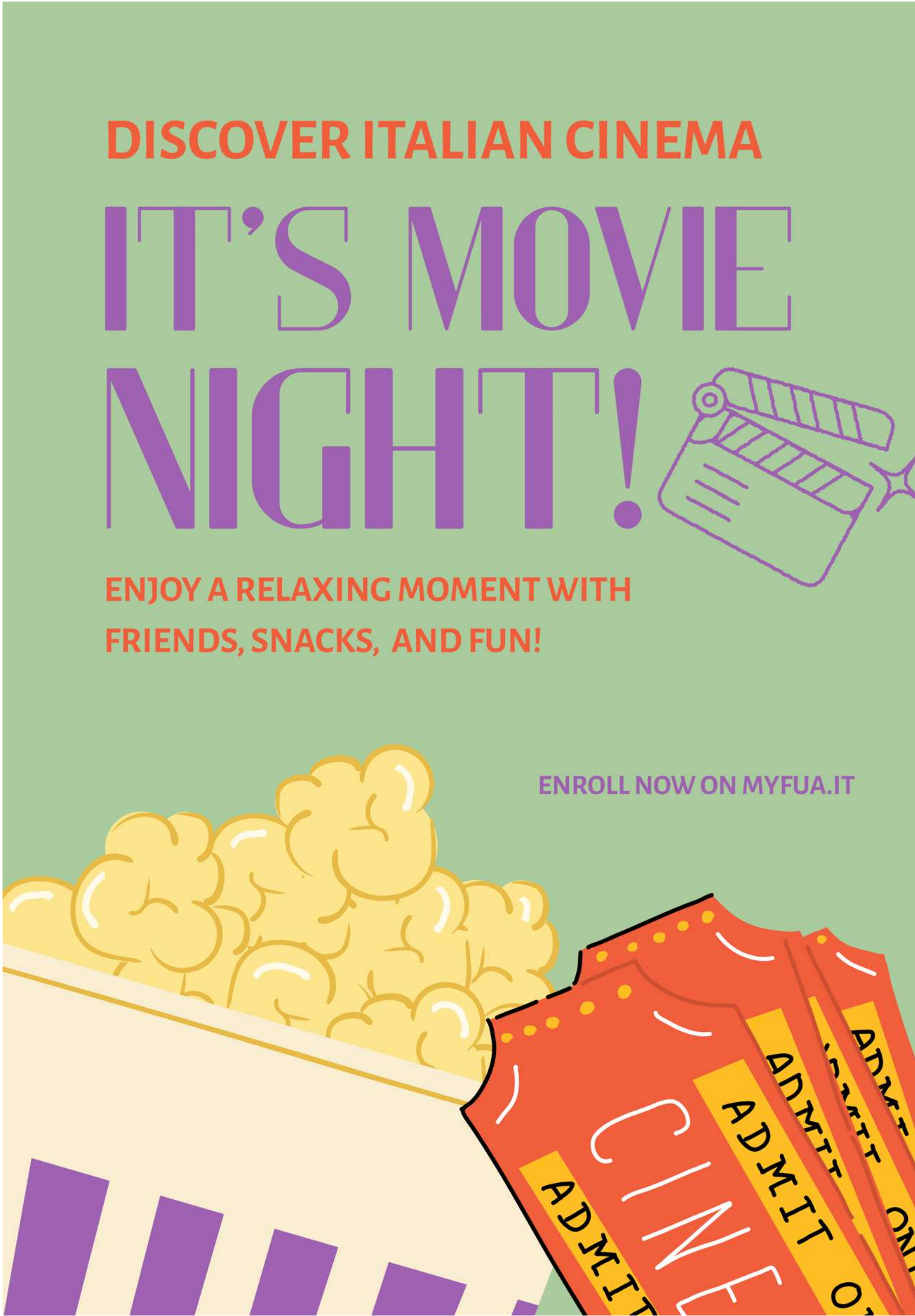
Movie Nights

Come to movie night for an enjoyable evening together discovering Italian Cinema! 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: 6:00pm to 7:00pm

September	7th
October	13th-27th
November	10th-24th
December	7th



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 - Via Sant'Agostino 46

Time: 6:00pm to 7:00pm

September

3rd-16th-30th

October

7th-14th-21st-28th

November

4th-11th-18th-25th

December

2nd

DISCOVER FUA'S
EXTRACURRICULAR ACTIVITIES

YOGA CLASSES

Breathe & energize



weekly classes
6PM-7PM

RESERVE YOUR
SPOT!
ON MYFUA.IT

Find balance through movement, breathing, and mindfulness.

Chat & Paint

Paint, draw and sketch creating your own scrapbook filled with memories, discoveries, and meaningful moments! This activity combines artistic expression with informal conversations, share your experiences with others and connect while learning basics of Italian culture and territory. Creatively document your study-abroad experience!

Meeting Point: University - Via Sant'Agostino 46

Time: 6:00pm to 7:00pm

September	8th-14th
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October	5th-20th
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November	3rd-16th
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December	1st
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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 **Genova** | Cinque Terre and many more places!



Contact and Sign up

To sign up and for further details, please consult the above link or contact

efl@florencecampus.org



How to Sign up



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.

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



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For further information or questions please contact:

Email cinqueterre@student-life.it

Tel. +39 018 717 55001

Student Life & Development Department, Via Sant'Agostino 46