

Fall 2026

Extracurricular Activities

Student Life & Development Office

CULTURAL INTEGRATION

MONDAYS: Sports Night

Sports Night offers a dynamic space for students to stay active, bond with fellow peers, and engage in friendly competition. These recreational activities play a central role in community engagement, particularly through soccer—a fundamental pillar of Italian culture and daily life. By participating in these team sports, students not only promote their physical well-being and teamwork but also connect with a defining aspect of Italian passion, building healthy social connections within an inclusive and energetic environment.

Meeting Point: FAST/FLY, Borgo Pinti, 20red

Time: 8:45 pm

October 5th - 12th - 19th - 26th

November 9th - 16th - 23th - 30th



COMMUNITY ENGAGEMENT

TUESDAYS: Italian Family Club

The **Italian Family Club** offers students a unique, deeply personal entry point into authentic Italian life by connecting them with local Florentine families. This program creates a warm, welcoming network that offers a comforting sense of family protection—giving students a true home away from home where they feel supported and cared for throughout their stay. Students have the chance to join local families for shared home-cooked meals, festive holiday traditions, or casual weekend outings whenever they wish. Through these spontaneous and meaningful exchanges, students gain a unique insider's perspective on Italian lifestyle and values while forming lasting, multi-generational bonds within the community.

Meeting Point and Time:

Oct 13th

Italian Family Club Program Presentation **8:15 pm**
Via Ricasoli, 21



TUESDAYS: Diversity & Inclusion Workshops

Reflecting the multicultural environment of international education, **Diversity & Inclusion Workshops** provide an informal, relaxed, and interactive space for open dialogue and fun activities. Held in charming and characteristic Florentine settings—from cozy university lounges to scenic local spots—and guided by SLD in an engaging, approachable format, these sessions encourage open-mindedness, intercultural understanding, and global awareness through interactive games and group conversations. They offer students a comfortable, friendly environment to share experiences and explore diverse perspectives without the pressure of a traditional academic setting.

Meeting Point and Time: see time and locations below.

Oct 27 th	Diversity and Inclusion Worskshop — Time: TDB, Location: TBD
Nov 17 th	Diversity and Inclusion Workshop — Time: TDB, Location: TBD



COMMUNITY ENGAGEMENT

TUESDAYS: Chat-Pal

Chat-Pal is an interactive, informal language exchange program designed to connect international students with local Italian speakers in a relaxed, social atmosphere. Serving as a vital bridge for community engagement, this initiative empowers students to branch out beyond their immediate peer circles and actively immerse themselves in local life. Rather than remaining passive spectators in a foreign city, students take a proactive role in their experience by engaging in open conversational practice with their partners. By connecting directly with locals, students gain access to authentic Florentine experiences that would otherwise be out of reach, while naturally refining their language skills, picking up everyday idioms, and forging lasting cross-cultural friendships.

Meeting Point and Time:

Oct 20th **Chat Pal Program** Presentation — **8:15 pm**,
Via Ricasoli, 21



CULTURAL INTEGRATION

WEDNESDAYS: City Walks

Led by SLD Advisors, **City Walks** invite students to explore the hidden corners, local traditions, and vibrant neighborhoods of Florence. Rather than a formal lecture or standard guided tour, these walks offer an authentic, personal perspective that only locals can provide. By sharing everyday stories, neighborhood secrets, and practical insights, SLD Advisors foster a genuine connection to the territory, helping students experience the city like true Florentines while building strong bonds with their peers.

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



Oct 7 th	City Walk: San Giovanni Quarter - Piazza Duomo (on church steps) 8:45pm
Oct 14 th	City Walk: Santa Croce Quarter - Piazza Santa Croce (on church steps) 8:45pm
Oct. 21 st	City Walk: Santa Maria Novella Quarter - Piazza Santa Maria Novella (on church steps) 8:45pm
Oct. 28 th	City Walk: Oltrarno Quarter - Ponte Vecchio (by the statue in the middle of the bridge) 8:45pm
Nov 11 th	City Walk: Medici Quarter - Piazza Duomo (on church steps) 8:45pm
Nov 18 th	City Walk: The Lungarni and the Arno Bridges – FUA and AUF, Corso dei Tintori, 21 8:45pm
Nov 25 th	City Walk: Secrets of Florence - Piazza Duomo (on church steps) 8:45pm
Dec 2 nd	City Walk: Forbidden Renaissance Love - Ponte Vecchio (by the statue in the middle of the bridge) 8:45pm

COMMUNITY ENGAGEMENT

WEEKENDS: EFL - Educational Field Learning

Educational Field Learning (EFL) offers students a unique, immersive opportunity to engage with local culture through hands-on experiences that transcend the typical tourist mindset. EFL encourages students to step away from superficial observation and perceive the world through a native lens, thereby gaining a profound, clear view and creating a lasting impression of the region's traditions, history, and daily life. While exploring beyond their comfort zones, students benefit from EFL's commitment to providing a well-organized, safe, and secure environment, ensuring they feel comfortable and supported while away from home. These carefully curated field learning activities are designed to bridge classroom theory with real-world application, fostering meaningful connections with the local community and delivering an enriching, stimulating, and transformative educational experience.

Destinations

Destinations include **Siena, Modena, Turin** and much more!

See the complete list at this link and select the Fall 2026 drop-down menu:

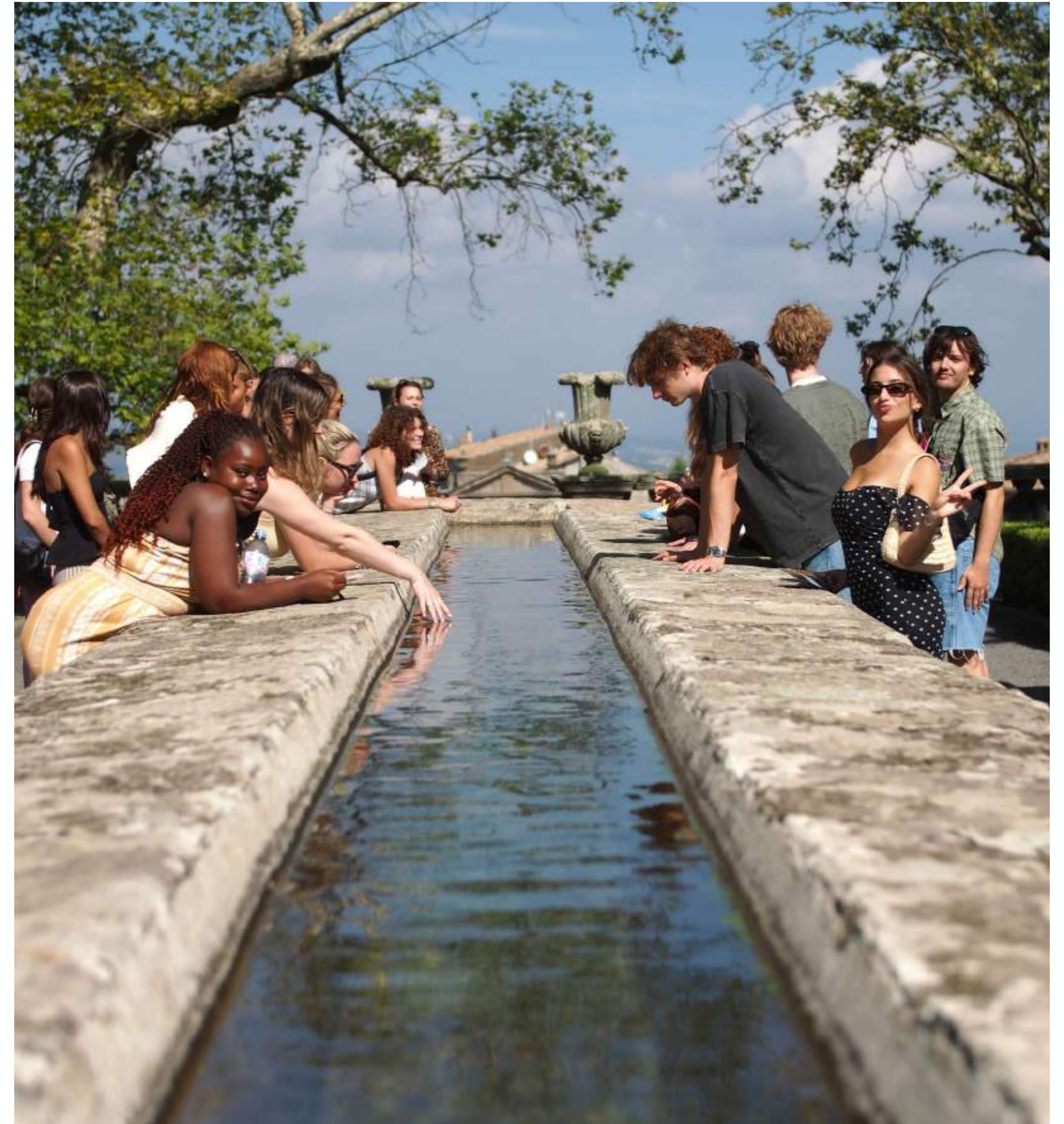
<https://www.studentlifeflorence.it/efl/>



Contact and Sign up

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

efl@aei.education



COMMUNITY ENGAGEMENT

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 more are featured regularly. Please visit the community center calendar at 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 Student Portal. You will find the activities sign-up in the Activity Signup area.

The deadline to sign up for activities is 12:00pm on Monday of the week of the activity.

You must sign up for all activities you would like to participate in. Failure to sign up may result in activities being canceled. Knowing the accurate number of participants allows us to plan, organize, and better serve you; for this reason, we ask that you respect this request. If you sign up for an activity, you are expected to attend. Please note that failing to attend an

activity without canceling will compromise your ability 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 activity details.

For further information or questions please contact:

Email: **sld-studentservices@student-life.it**

Tel. +39 055 2633127/128

Student Life & Development, Via Ricasoli 21

Fall 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 FUA and AUF through experiential learning.
FEDORA's menu satisfies the palates of diners seeking international and seasonally inspired dishes.

Starting from September is **OPEN FROM MONDAY TO SATURDAY**

Pasticceria	8:00AM - 9:00 PM
Lunch	12:00PM - 3:00 PM
Afternoon and Aperitivo	4:00PM - 9:00 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.

Starting from September, **OPEN FROM 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 <i>Every Wednesday, we serve only Aperitivo, not dinner.</i>	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



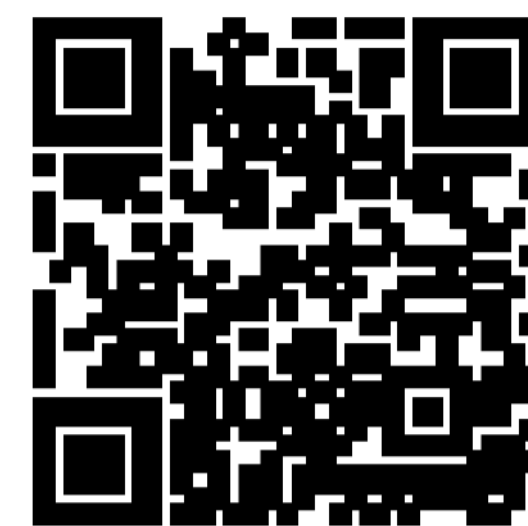


YOGA CLASSES

AT PALAZZI COMMUNITY CENTER

LESSONS
IN ITALIAN,
ENGLISH
AVAILABLE
UPON
REQUEST.

👉 SCAN FOR INFO!



Single lesson: **15 €**

Package of 4 lessons: **40 €**

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

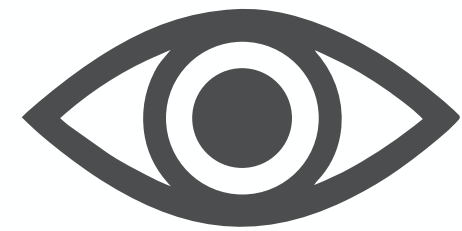
Free yourself from stress and rediscover the well-being of body, mind, and spirit! Join us **every Thursday from 7:00 PM to 8:00 PM** for a rejuvenating yoga experience, set in the beautiful surroundings of the Palazzi Community Center.

CONTACT US

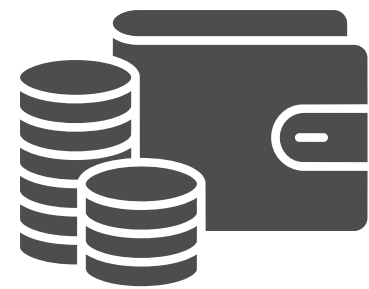
info@sorgivaflorence.it | 055 2658135

WEEKLY MEAL UNIT EXPIRATION REMINDER

To serve you better, meal plans operate on a weekly cycle. Here is how it works:



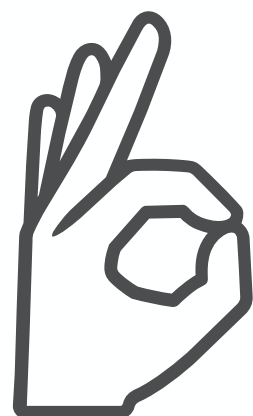
CHECK MYFUA: All your units for the semester are preloaded via your program provider on myFUA.



WEEKLY ALLOWANCES: Your specific program grants you a set amount of units to use each week.



USE THEM OR LOSE THEM: If you do not use your full weekly allowance by the end of your 7-day cycle, those specific unused units will expire.



FUTURE WEEKS ARE SAFE: Only the unused units from the current week are deducted. The rest of your semester's balance remains ready for future weeks!