

Summer 2025

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

May	26th
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June	16th, 23rd
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July	7th, 14th
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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:



Date	Time	Activity	What	Meeting Point
May 28th	8.45pm	City Walk	Santa Giovanni Quarter	Piazza Duomo <i>(steps in front of church)</i>
June 4th	8.45pm	City Walk	Oltrarno Quarter	Ponte Vecchio <i>(by the statue in the middle of the bridge)</i>
June 18th	8.45pm	City Walk	Medici Quarter	Piazza Duomo <i>(steps in front of church)</i>
June 25th	8.45pm	City Walk	The Lungarni and the Arno Bridges	FUA and AUF <i>Corso dei Tintori 21</i>
July 9th	8.45pm	City Walk	Santa Maria Novella Quarter	Piazza Santa Maria Novella <i>(steps in front of church)</i>
July 16th	8.45pm	City Walk	Santa Croce Quarter	Piazza Santa Croce <i>(steps in front of church)</i>
July 30th	8.45pm	City Walk	Secrets of Florence	Piazza Duomo <i>(steps in front of church)</i>

THURSDAYS: Mind and Body

“*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.

Meeting Point: 8:30 pm Wellness Lab, Via Ricasoli 21



May 29th

Yoga

June 5th

Yoga

June 26th

Yoga

July 10th

Yoga

July 17th

Yoga

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 **Rome, Venice, Cinque Terre** and much more! See the complete list at this link and select the **Summer 2025** drop-down menu:

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



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 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

Summer 2025

Dining in Florence

Student Life & Development Office

GANZO School Restaurant

GANZO is a part of the school and represents the institution's approach to experiential learning.

At GANZO, students and supervising faculty create high quality, versatile, and both traditional and innovative menus.

OPEN TUESDAY TO FRIDAY

Dinner	6:00 - 11:00 PM
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Aperitivo	6:00 - 8:00 PM
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Aperiganzo	6:00 - 9:00 PM	<u>Wednesday Only</u>
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Via dei Macci 85r Firenze – Italy

Scan the code to view the menu.

For further details, please contact:

info@ganzoflorence.it



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	8:30AM - 9:00PM
Lunch	12:00PM - 3:00PM
Afternoon and Aperitivo	4:00PM - 9:00PM



Via Ricasoli 21 Firenze – Italy

Scan the code to view the menu.

For further details, please contact:

info@fedoraflorence.it

