



**FUA-AUF EXTRACURRICULAR ACTIVITIES – SPRING
2023 STUDENT LIFE & DEVELOPMENT OFFICE**

MONDAYS: *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 through Community Outreach, Italian Family Club and Chat Pal, as well as City Walks to help engage with the city.

Meeting Point and Time: 8:45pm for all dates, see below for locations

Feb 6 th	City Walk: San Giovanni Quarter - Piazza Duomo (on church steps)
Feb 13 th	Italian Family Club Program Presentation 9:15pm – FUA-AUF, Corso Tintori 21
Feb 13 th	Chat Pal Program Presentation 8:45pm – FUA-AUF, Corso Tintori 21
Feb 20 th	City Walk: Santa Croce Quarter – Piazza Santa Croce (steps in front of church)
Feb 27 th	Chat Pal Program Presentation 9:15pm – FUA-AUF, Corso Tintori 21
Feb 27 th	Italian Family Club Program Presentation 8:45pm – FUA-AUF, Corso Tintori 21
March 6 th	City Walk: Santa Maria Novella Quarter - Piazza Santa Maria Novella (on church steps)
March 13 th	City Walk: Oltrarno Quarter – Ponte Vecchio (by the statue in the middle of the bridge)
March 20 th	City Walk: San Giovanni Quarter - Piazza Duomo (on church steps)
March 27 th	City Walk: The Lungarni and the Arno Bridges - FUA-AUF, Corso Tintori 21
April 3 rd	City Walk: Secrets of Florence - Piazza Duomo (on church steps)front of church)
April 17 th	City Walk: Forbidden Renaissance Love – Piazza Duomo (on church steps)
April 24 th	City Walk: Medici Quarter – Piazza Duomo (on church steps)

TUESDAYS: *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 neighborhoods 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: 8:45 pm Wellness Lab, Via Ricasoli 21

Feb 7 th	Yoga
Feb 21 st	Mindfulness & Cultural Adjustment
March 7 th	Self Defense Seminar
March 21 st	Stress Management
March 28 th	Yoga
April 11 th	Yoga
May 2 nd	Reverse Culture Shock

WEDNESDAYS: 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: 8:45pm FAST/FLY, Borgo Pinti 20red

February	1 st , 8 th , 15 th
March	1 st , 8 th , 15 th , 22 nd , 29 th
April	12 th , 19 th , 26 th

THURSDAYS: Blending

A journalistic collaboration that offers students the opportunity to express ideas through inquisitive, investigative and creative writing and photography. Writers, photographers, copy editors, and graphic designers who are excited about publishing their experiences and perspectives gained in Florence, as well as novice writers just looking for a format to document their experience in Florence, are all welcome.

Meeting Point: 8:45pm FUA-AUF, Corso Tintori 21

February	9 th
March	2 nd 16 th 30 th

FUA-AUF LA PALESTRA – GYM ACTIVITIES SPRING 2023

Meeting Point and Time: 1:00pm Via Ricasoli 21- Wellness Lab

Feb 8 th	Abs & Legs
Feb 15 th	Abs & Legs
March 1st	Cardio
March 8th	Self defense
March 15 th	Abs & Legs
March 22 nd	Cardio
March 29 th	Abs & Legs
April 12 th	Cardio
April 19 th	Abs & Legs
April 26 th	Cardio

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 Fall 2023 drop-down menu:
<http://studentlifeflorence.it/Current-Upcoming-Destinations/>

Contact and Sign-Up

To sign up and for further details, please consult the above link or contact efl@fua.it.

ONGOING: PALAZZI COMMUNITY CENTER

Ongoing events at the Palazzi Community Center in Via Ricasoli 21 are open to the FUA-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/events/>

SIGNING UP FOR SLD EXTRACURRICULARS

Unless otherwise stated, please sign up for all student services activities through the MyFUA portal. 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@fua.it

Tel. +39 055 2633127

Student Life & Development, Corso Tintori 21