



FUA-AUF EXTRACURRICULAR ACTIVITIES – FALL 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.

See Below for Meeting Point and Time:

Sep 11 th	City Walk: San Giovanni Quarter - Piazza Duomo (on church steps) 8:45pm
Sep 12 th	Italian Family Club Program Presentation 8:00 pm – FUA-AUF, Corso Tintori 21 Sala Rosa
Sep 18 th and October 3 rd	Chat Pal Program Presentation 8:30 pm – FUA-AUF, Corso Tintori 21 Sala Rosa
Sep 18 th	Community Outreach Presentation 8:00 pm - FUA-AUF, Corso Tintori 21 Sala Rosa –
Oct 2 th	City Walk: San Giovanni Quarter - Piazza Duomo (on church steps) 8:45pm
Oct 9 th	City Walk: The Lungarni and the Arno Bridges - FUA-AUF, Corso Tintori 21 8:45pm
Oct 16 th	City Walk: Santa Croce Quarter – Piazza Santa Croce (steps in front of church) 8:45pm
Oct 23 rd	City Walk: Santa Maria Novella Quarter - Piazza Santa Maria Novella (on church steps) 8:45pm
Oct 30 th	City Walk: Oltrarno/ Santo Spirito Quarter – Ponte Vecchio Bridge (In front of the statue in the middle) 8:45pm
Nov 13 th	City Walk: Medici Quarter – Piazza Duomo (on church steps) 8:45pm
Nov 20 th	City Walk: Secrets of Florence – Piazza Duomo (on church steps) 8:45pm
Nov 27 th	City Walk: Florence Transformed– Piazza della Signoria (on the steps) 8:45pm

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: **8:30 pm Via Ricasoli 21**

Sep 19 th	Seminar Anxiety and Panic Attacks Redi
Oct 10 th	Seminar Self-Esteem and Ourselves Redi
Oct 17 th	Yoga Wellness Lab
Oct 24 th	Yoga Wellness Lab
Oct 31 th	Seminar Me, Myself, and my Body Redi
Nov 14 th	Seminar Love Addiction Redi
Nov 21 st	Yoga Wellness Lab
Nov 28 th	Yoga Wellness Lab
Dec 5 th	Seminar Food as a Friend or Enemy? Eating Disorders within the context of Italian Cuisine— Redi
Dec 12 th	Seminar Me and Others - Relationships in the 21st Century Redi

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

September	6 th , 13 th
October	4 th , 11 th , 18 th , 25 th
November	15 th , 22 nd , 29 th
December	6 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, **Via Ricasoli 21 Redi**

September	September 21 st
October	5th, 19th
November	2nd, 9th

FUA-AUF Wellness lab–Workout Classes FALL 2023

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

Oct 6 th	Abs & Legs
Oct 20 th	Cardio
Oct 27 th	Self defense
Nov 3 rd	Abs & Legs
Nov 17 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