

# NORTHERN CALIFORNIA STUDY ABROAD CONSORTIUM

## NEWSLETTER

Vol: 11

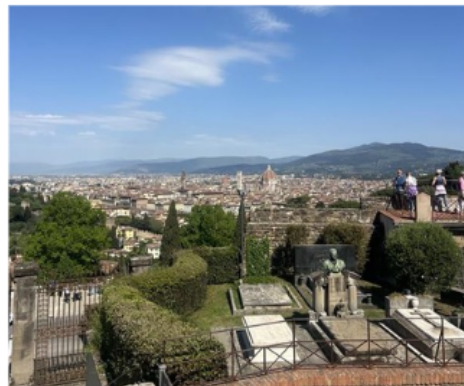
Florence, Italy  
22 April 2026



### NCSAC WEEK 11

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Week 11 – Students had wellness week which offers them a week of wellness activities to recoup from all of their hard work over the semester. Hopefully this allowed for a much-needed reset so they could head into the final stretch with renewed energy.



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## CHIANTI DAYTRIP 1

Two weeks ago, the first group of students traveled to Chianti by private bus to visit two local wineries. The day included a cheese tasting, a three-course Italian lunch, and—of course—wine! It's always a favorite day trip, and they lucked out with beautiful weather. They were accompanied by our wine sommelier, Todd. Our second group goes this coming Friday!



## WELLNESS WEEK - ART ATTACK & GELATO SCAVENGER HUNT

This week, students participated in wellness week. A time to relax and reset before the last couple of weeks here in Florence. On Monday, we started our gelato scavenger hunt. Students were given 5 clues about gelaterias in Florence and were to find the location, a fun fact and then take some pictures!

Monday evening we also had a chance for students to listen to music and paint, bead and other art activities!

## ILC LECTURE & GUIDED TOUR

Tuesday afternoon, students listened to a lecture by Dr. Elena Brizio on The Medici Family. This was an introduction to the history of the infamous "Medici" family and their rise to the power in Florence. The class links the importance of this Florentine family to today's prestige in both fashion and arts. Thursday was followed by a guided visit to the Ferragamo Museum – exhibiting Salvatore Ferragamo from 1898 to 1960, a major retrospective focused on the life, career, and artistic creations of the Shoemaker to the Stars.



## WELLNESS WEEK YOGA CLASS

Another event part of wellness week was a vinyasa yoga class. Students came to the studio that was once a home to a well-known family in Florence, was previously a church, art gallery and also a night club. This space offers an open area for students to focus on moving their body, breath and mind.



## GENOVA AQUARIUM DAYTRIP

As part of the cultural calendar, we included a daytrip to Genova and a visit to their aquarium. Students enjoyed the visit and then spent time in the city-center exploring and having time for lunch. We then stopped in La Spezia, just as a drop off point for students who wanted to spend the weekend in the Cinque Terre.

## WELLNESS WEEK - URBAN HIKE

On Saturday morning, some students joined staff on an urban hike. We walked 2 miles at a gradual incline on the back road (Viale Micheangelo) to Piazzale Michelangelo, the lookout point to see the city from above. We then traveled further up to San Miniato Church, ending our hike at one of the highest view points of the city-center.

