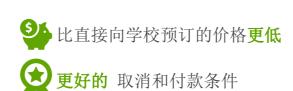
## **Cultural and Leisure Activities**

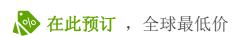
F+U offers a varied cultural and leisure programme consisting of at least one activity per week throughout the year and at least two activities a week in the summer season (July and August), for example: orientation tours of Berlin's city centre (free); regular 'Stammtisch' gatherings (free); cycling tours of Berlin's most attractive districts (free); boat trips on the Spree; visits to the German Bundestag (parliament); museum and concert visits; sporting activities (e.g. climbing, canoe tours in the Spreewald and more); company tours; afternoon workshops for phonetics, academic writing for higher education, university applications (e.g. through Uni-Assist), training for interviews and oral exams; all-day or halfday excursions to Poland, Potsdam, Leipzig, Hamburg and Dresden, and much more. The minimum number of participants, the fee and the registration deadline are all based on the type of activity.

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