

# REGIONS OF SPORT

Italy has a strong tradition in many sports such as **football, volleyball, basketball, skiing, cycling, mountain biking, horse riding, fishing, climbing, swimming, water polo, skating, athletics, tennis, and golf .**



FOOTBALL

**Italian people love **football**. About 4 million  
Italians play football regularly or watch it on TV  
or at the stadium.**





**The national Italian football team won the World Cup in 1934, 1938, 1982, and 2006.**



The Italian football team is known as **gli Azzurri**.





**Italy won two European Championships in 1968, and 2020. Italy's team also achieved a third place at the FIFA Confederations Cup in 2013 and at the UEFA Nations League in 2021.**



BASKETBALL

Italy has a professional basketball league, **The Lega Basket Serie A**, consisting of 16 teams.





The Italian **basketball** team won **Eurobasket** twice in 1983 and 1999 and placed second at the **Olympic Tournament** twice.





# CAR & MOTO RACING



The world's fastest cars such as **Ferrari**,  
**Lamborghini** and **Maserati** are designed and created  
in Italy.



One of the most important events of the **Formula 1 Championship** takes place at the **Autodromo Nazionale** in Monza, a city near Milan.







Italy also has a great tradition in the well-known  
**MotoGP.**

**Valentino Rossi** is one of the most famous Italian  
pilots of **MotoGP** and a **Grand Prix** motorcycle racing  
World Champion.





VOLLEYBALL



**Volleyball**, or **Pallavolo** as it is known in Italy,  
is a popular game.

**The Italian Volleyball League** is one of the  
most famous leagues.



The Italian volleyball team won three **World Championships** in 1990, 1994 and 1998, seven **European Championships**, one **World Cup** in 1995 and eight **World League** in 1990, 1991, 1992, 1994, 1995, 1997, 1999 and 2000.











TUSCANY

**Tuscany** is the perfect place to do any kind of sport.  
You can keep fit in unspoilt locations, fresh clean air  
and discovering the most hidden and picturesque  
places off the beaten tracks.









**This region offers a series of unforgettable outdoor activities such as playing tennis or golf, fishing, trekking, horse riding, biking, rowing, canoeing...**























Tuscany offers a wide variety of waterways such as **lakes, rivers in the mountains or streams**, where you can go fishing for brown trout, carps and other species.

You can also go fishing **in the sea** in the main seaside resorts along the coast.





**Trekking** through fields, vineyards, olive groves and woods is an unforgettable experience.

You can walk in the historic centres of the main Tuscan cities such as **Florence, Lucca** or **Siena** and on **the Via Francigena** or **the Romea Strata** or climb the highest peaks of the Tuscan slopes.

















**Tuscany is perfect for **cycling** enthusiasts, from amateur cyclists to anyone just wishing to ride a bike while enjoying the beauty of the region.**

**Every area in Tuscany offers routes rich in interesting places to visit and see as well as extraordinary views.**





**You can have a *cycling* tour on *the Via Francigena*.**

**A cycling or walking tour on this route offers a gradual immersion in the roots of our culture and makes modern pilgrims really understand the landscape, the past and the present.**









**You can also go *horse riding* around the Tuscan hills dotted with vineyards, orchards, olive groves, ancient buildings and farms and discover the beauties of Tuscany off the beaten paths.**



Tuscany has a lot of **ski resorts**.

**Abetone**, a city located on the border with Emilia Romagna and around 31 miles north of Pistoia, is one of the best ski resorts in Tuscany and offers great slopes and spectacular mountain scenery.









**The Tuscan coast is a perfect place to practice water sports.**

**You can go swimming, sailing, surfing, and windsurfing in Versilia or in other seaside resorts on the Tyrrhenian Sea, especially in summer. There are also a great deal of indoor swimming pools, where you can swim even in winter.**

















**Sport has many benefits for the body.**

**Some of these benefits include:**

- **better cardiovascular fitness,**
- **bone health,**
- **decreased risk of obesity,**
- **better sleep,**
- **reduced stress and anxiety,**
- **improved mood,**
- **better coordination and balance.**

# VIDEOS

## SKATING

<https://youtu.be/T2SosnGsCoo>

<https://youtu.be/AYt2KjjWuDs>

## VOLLEYBALL

<https://youtu.be/dN7Gqz9Mwyw>

<https://youtu.be/FTnbDEcZldo>

<https://youtu.be/dYuUSQuIjzA>

<https://youtu.be/qmeybPsv9kw>



**Thank you for your  
attention !**

**ERASMUS GROUP**

**IT Cattaneo**

**San Miniato**