

VT- My topic is my favorite sports, Karate and football

Hi My name is V and I have been practicing karate since I was three years old. I love it! I am a blue belt, and my favorite technique is a punch, but there are other moves too. Karate is my favorite sport, I practice it for an hour 2 times a week. Karate is a very big part of my life!

I love football because I play with my friends. In the summer I meet up with my friends and we play in San Marco or at Palestra Salus. Sometimes I play football with my brother and sometimes we play twice. I let him win so that we don't fight. My favorite position in soccer is the goalie because it is a very important position.

FF- My love of reading

I read a lot of books. I usually read a book per week. I love reading because I relax and it sometimes feels as if I have entered the book. I feel like I am transported to a new place. I like to read with my sister. Her and I read many genres, such as fantasy, science fiction, romance. My favorite book is the "Portrait of Dorian Grey". This book is about a beautiful boy whose soul remains trapped in a painting. At the end, after many difficulties he commits suicide.

My second favorite book is "Quest'anno non scendo". This book is about a boy who can't travel to the south for Christmas. So, the family decides to travel to Milan to visit him. They travel across Italy on a single goat to remain unified.

Another book that I really like is "Storie per Bambine Ribelli". In this book there isn't a single story, but there are many short stories of women who have changed their lives. These stories are of very brave women and it is very beautiful.

The books that I mentioned are just some of the ones that I have read. I want to share my love of reading and I tell others "If you open a book, you open another world" because of this I feel that reading is good for humanity.

AT- My favorite sports

My favorite sport is football. I have been playing since I was 4 years old. On my football team I like to play the central defender, or the right or left fullback. The team I play on is Fevian Soccer Academy in Sassano. I have played with them for two years. I love playing for them because it makes me happy. In the beginning I started playing soccer to lose weight and be healthy. But now I do it because I love it and am very passionate about it. I go to the football school on Tuesdays and Thursdays. When I play central defender, I pass my adversary. When I play right or left full back, I still pass my adversary, but I run straight. I really love football!

Three times a week I go to the pool, on Mondays Wednesdays and Fridays. When I practice different strokes, or swim styles. I do like to swim, but I mostly go to the pool for my allergies. I like to swim.

On Saturday's I like to ride a bike. My first two bikes were the same, except one was red and the other was green. Now I have an orange mountain bike. I am very happy when I ride a bike because I like to pedal. I like to feel the breeze when I go very fast.

In August I go to a summer camp where I play tennis. It is fun to play tennis. At school I play volleyball with my friends. It is a very difficult sport, but it is a lot of fun.

FL

I like to stay with my friends at my house. I like to do this when it rains or when the pitch is wet. When it doesn't rain and the sun is out we go to the pitch to play. At night my friends and I go out to eat a pizza. During festivals and also on Sundays we go to the park to watch soccer matches. I like to watch my favorite team. On Sundays after eating at my grandparents' house with my family, I go outside and play with my friends.

During the winter and on rainy days I play with my PS4. Sometimes I invite friends over to my house to play on my PS4 when we don't go to the pitch. I also like playing in my PS4 because it frees my mind.

MB

In my free time I meet up with my friends. We usually go to the town square or the café and we have so much fun. I ride my bike when the weather is sunny. During the summer I ride it every day with my sister or with my friends. I also like to go shopping with my family or with my friends. I like to shop because I love clothes, I have a lot of clothing.

I often prepare biscuits and cakes because I love to make them. Baking is very relaxing for me! I often do homework, once it is done, I like to listen to music. Usually when I listen to music I am happy because I love music. I also watch TV, use my cell phone or watch a video on my computer. I usually watch drama, police, comedy and fantasy series on TV. When I use my phone, I chat with my friends, go on social network sites and when I use my phone for homework I usually research topics for school. When I watch videos on my computer I like to watch my favorite youtubers.

AS

My favorite holidays are the summer holidays, I love them! I love the sea and the beach. Every summer, in August I go to Praya a Mare with my grandmothers and my brother C. I go to the sea with my grandmothers because my parents work.

First I go to the sea with my grandmothers and my brother. Then my grandmothers and my brother return to Teggiano. After my mother and my best friend, her mom and her sister come to Praya a Mare. I like my best friend, Francesca because she is so funny, I hope that our friendship lasts forever.

Once we return to Teggiano, our home town, we get together with our other friends who live here, after we finish our homework. Every evening I meet up with Francesca and I see her family too. In September it's her birthday. I love her birthday parties! They are so much fun and all of our friends come. Her birthday is so beautiful. I love and hate September because it's also the month that we go back to school. I am okay with it, because I have enjoyed my summer.

PG

I love to swim. I practice swimming once a week on Tuesdays. I practice different styles and strokes; frog, dolphin and breaststroke. I like to swim free style because it's easy and I don't like the breaststroke because water gets in my nose. I swim in lane 3 with my friends, Felice, Antonio, Francesco and Giuseppe. I don't swim competitively, I am still deciding if I want to. To swim I need a bathing suit, and in my swim bag I bring the other things I need to take a shower.

During the summer I practice at another swim camp. The camp starts in July. We play different sports, not just swimming. We play football, tennis, volley and we swim. The camp starts at 8 o'clock in the morning. First, we practice football for two hours. After that we have a break and then we practice tennis. At the end of the day we swim in the pool. Our camp finishes at 1 o'clock in the afternoon.

AO – How I celebrate the holidays

Christmas is coming and I can't wait. I hope it will snow. It is our family tradition to put up the tree on December 8th. My family and I bought a Christmas tree. We decorate it together with ornaments and silver tinsel and a star on the top of the tree. I love presents, most of all those that are a surprise.

For Easter, my aunts and uncles come to Teggiano. We have lunch together. After I open the Easter eggs they give me.

On New Year's Eve we celebrate the New Year. We count down and set off fireworks, I really like it.

My birthday is my favorite festivity. My birthday is on the third of July. Sometimes we celebrate it at a restaurant with my friends.

PC – My Summer Holidays

I stay with my friends who live far away. During the winter I don't see them. We miss each other. I never stay at home because I stay out all the time. I go out in Buonabitacolo or in Sala Consilina, where I live, I rarely go to Teggiano. I don't like doing homework, actually I hate it. Sometimes I go shopping, I buy shorts, jean skirts and t-shirts.

Every year I go to the sea, in Sapri. I love this town all year round. During the winter I remember all the fun I had and I love the ice cream. This is my happy place! I met Aurora in Sapri. She lives in Naples. We have known each other for four years. I have wonderful memories with her. Every evening I eat something in Sapri, yogurt, ice cream, or a hot croissant with Nutella. My favorite flavor of ice cream is blue raspberry, it is a difficult flavor to find, but you can find in here! I stay here a month each year. While I stay in Sapri I also like to bike ride. I love staying in Sapri!

VT

My hobbies are listening to music, watching videos, often reading a book. There are a few books that I like the most. My favorite hobby is watching videos. Mostly I watch videos of video games, like Minecraft. I like to watch videos on the bed.

I also love listening to music. My favorite type of music is pop, because I find it relaxing. I always listen to music to and from school. At home I listen to music when I am bored. I often read a book, usually before bed. My favorite book is "La Ragazza Porcospino", but I always read e-books. Sometimes I also like to take a walk. When I go for a walk I prefer to be alone to think, or listen to music while I walk.

RA- How I celebrate Christmas and New Year

During the Christmas holidays I eat lots of foods. I eat lunch at my grandmother's house. I mostly eat pasta, meat and pannettone. Sometimes it snows, and when it does, it is much nicer! My brother and I can have a snowball fight and we can make a snowman. It is cold at Christmas time so I wear sweater, boots, scarf, gloves and trousers. This year I'd like gifts, just like all the other years. I would like a phone this year, by brother has one. On Christmas morning we wake up at 6 o'clock to open gifts. We make a gift opening video. After Christmas, there's New Year. I celebrate New Year with my aunt and uncle. At the stroke of midnight, we celebrate the New Year with fireworks.

LT

On school days I have different subjects. I study math, Italian, English, French, art, history and geography. I also have two subjects which I see as 'free time'. In physical education we go to the gym, sometimes we play volleyball. In music I catch up on my homework because the teacher starts to play his flute and we don't do anything. I also participate in extra activities in school. For example, and English PON, to improve my English. I also have an extended day. In my school section B has extended day in the cafeteria. On extended days we do three extra hours and I return home at 6 o'clock in the evening. These long days everyday are only until December, then the PON will end and I only have extended days twice a week.

IG

My holidays are really beautiful. On Easter my parents give me an Easter egg with a gift inside! My parents record me opening it, it makes me feel so happy but also shy at the same time. In the summer I go to the beach and I have fun with my family and friends. In August I begin doing my homework for school, it is very annoying. My birthday is on the fourteenth of December, my family wishes me a happy birthday and gives me gifts and flowers or roses. Winter holiday starts on the twenty-second of December and end on January seventh. I can stay in bed and drink hot chocolate. On Christmas day my family and I exchange gifts and we watch a film. On the night of the thirty first od December we wait to count down the New Year! I feel so happy, and I hope to have a lucky year! The holidays are fun and wonderful! I love to spend time with my family and sometimes with my friends too!

GG

My favorite sport is football. I like to play with my friends at weekends. In the summer I meet up with my friends and we go to the San Marco Football Field. I often go to San Paolo Stadium in Naples to watch football matches, Napoli is my favorite team.

I also like to play volleyball with my friends. I play volleyball twice a week for an hour. I sometimes watch volleyball games. My friends and I usually play on Mondays, Wednesdays and Fridays. I love volleyball because it is a way for me to play with my friends and a ball!

AI

I have practiced soccer for five years. I love this sport, but I no longer practice it. I have loved soccer since I was three years old. My favorite soccer team is Juventus. When I played I practiced with Sporting Sala in Sala Consilina, and when I played for Teggiano I was with Valdiano. I like to play the forward striker position, like Johan Cruyff. He is an important Dutch soccer player.

I also play soccer on two video games. I play Efootball PES 2020 and FIFA 20. At home I have many jerseys. Some of my jerseys are from Juventus, Liverpool, Italy, Brazil and Portugal.

AD

During my summer holidays I usually stay in Tortora, Calabria. My family has a house in this city. I love this place because it is very comfortable and my friends are there. I stay in Tortora with my family and my best friend. In fact, she and I meet up only during the summer because she lives in Milan. We met in Tortora seven years ago. We went to the same lido and we spent all of our time together. Her name is Carlotta. I usually stay in Tortora for a month, sometimes less, but this year I will stay for the whole summer after exams.

On an ordinary day during the summer, I usually spend the whole day with my friends. During the day we may play volleyball or other games. At night my friends and I are still together. We watch films, walk around and sometimes we eat together at a pizzeria.

For two weeks in August I usually go to a different place in Italy. However, I would like to go to other countries such as France or Spain. I would also like to visit the USA, I think it is a beautiful country. I remember two years ago I went to Sicily. I stayed in different Sicilian cities such as Agrigento, Catania, Messina and others. I love this island, and I would like to return as soon as possible.

ND

Hello my name is N and I live in a small city, Teggiano. In my free time I go to the pool or I read a book. My favorite hobby is swimming. I love swimming and have practiced it since I was four years old. I go to the swimming pool on Tuesdays and Saturdays. I swim for an hour each time. My favorite swim style is the breaststroke because I am very fast when I swim it.

My second favorite hobby is reading. I read a book when I have time. I usually read every evening. My favorite genre is fantasy, I particularly love Harry Potter. The last book I read was "Il giro del mondo in ottanta giorni". I really enjoyed it because there were so many adventures.

GD- Rhythmic Gymnastics

I have been practicing rhythmic gymnastics for three years. I love it but it is very tiring. I go to rhythmic gymnastics twice a week on Tuesday and Thursday evenings. On Tuesday I practice from seven thirty to half past eight, while on Thursday's practice is longer, from 6:30 to 8:30. During training first we warm up with a run and warm up exercise and some other difficult things. During the lesson I use equipment like a hula-hoop, jump rope, bowling pins, and a ribbon.

We put on a performance every year in June, but this year we will have another performance in December. I don't wear a ballet uniform. Instead I wear a black t-shirt and black leggings. Aside from the performances I can also choose to participate in other competitions. These competitions may include traveling to different places. I like this sport because for many reasons. Rhythmic gymnastics make me free, I have fun, I stay fit and it feels good to receive compliments on my performance.

GC

My name is G and I attend middle school in Teggiano. I am passionate about playing football. I have practiced football since I was four years old. I play on a soccer team. I have soccer training on Thursdays and Sundays. On Saturdays or Sundays, I have soccer matches. My team is in the F.I.G.E. Championships, it is the Italian Federation of Soccer. I play the striker position and I wear the number seven. I have worn the number seven since I was a baby Cardillo! In order to play striker, you need to have good technical skills, a good kick and be good at passes.

I've to a dream, in the future I'd like to be a footballer for Milan. I have been a Milan fan since I was a little kid. My favorite Milan player is Kaká. Milan is a good team with seven champions league Trophies, the winner of eighteen Italian tournaments and many other trophies. Milan is considered by many football experts to be the best Italian team in Europe, and to some is the best team worldwide.

GD

I have done karate since I was seven years old. I practice three days a week. I love this sport. I am a green belt now, but I test to pass to the next belt twice a year. My favorite technique is a kick, it is called 'ura-ma-washi' it is very difficult. I have many friends at the gym, and some of them go to school with me, one is my brother!

I participate in many competitions during a year. Sometimes I win. For each competition I take some things with me. I bring some food, usually a sandwich some fruit and a sports drink like Gatorade, this is very important to have. I also take my kit, it includes mouth, shin and foot guards and my gloves.

I have chosen karate because I think it reflects my personality. I want to continue practicing it.

IM

Last summer I went to Baia Dominizia, a camping village. I went for five days from August twenty seventh to August thirty first. We go here because it is where the Karate world Champion spends his time with his family. To get here we departed at 8 o'clock in the morning and arrived at 1 pm.

I go to the gym with my friends and my sensei. I have practiced karate for four years, this is the third year that I attend this summer camp. This past year was my favorite because I met and spent time with new friends. At this camp each group has their own little house. I shared a house with my three friends Giulia, Claudia and Regina. This holiday isn't just about relaxing, it is about training too. We trained every day for four hours. We did three house of workouts and 1 hour of 'Kata' or 'Kumite'. After training we went to the swimming pool for an hour. After the pool we would go to the restaurant to eat. In the afternoon we would go back to our house and then we would go on the beach to relax. At four in the afternoon we would go back to train until seven pm. After we would have a shower and get ready for the evening. At 8:30 pm we would have dinner in the restaurant. Then we would walk around the village. We would dance from 11 to midnight. After we would go back to our house to talk and eat some Nutella! We would stay up late, until 3 am and then we had to get up again for the next day at 6:45. This was a very challenging and also a very fun experience. It was fantastic to have such a great time with my friends!

RC

This summer I went on holiday. Previous years I stayed at home. This past summer My family, cousins, and friends went on a cruise to Greece from August thirty first to September seventh. There were ten of us, I did not share a room with my parents. My parents had a room with a balcony, other rooms had windows too, but my room was in the middle of the hull. So, I had neither a window nor a balcony. I shared a room with my two cousins Marisol and Sara. My brothers Cono, Pierpaolo and my cousin Biaggio shared a room near ours. The adult couples all had their own rooms, my parents had their own room, Uncle Enzo and aunt Lucia, uncle Angelo and aunt Raffaella, Gennaro and Caterina and Mario and Maria. Anna, Antonio and their daughter Francesca also had their own room.

The name of the cruise ship is the Costa Victoria. It was very, very big. There were 13 floors, 3 restaurants and 3 buffet tables! There were two pools and four jacuzzies. There was also a library a disco, a theatre, a volleyball court, a casino, four bars, a spa and a gym. There were so many bedrooms.

Every day we left the ship to go sightseeing with a guide, except for the first day. The first day was all-day sailing. When we were on the cruise we would wake up at 8 o'clock and go to the buffet table to have breakfast. After we would go to the pool or the gym. Then we would go to the restaurant to have lunch together. After that we would go to our rooms to shower and get ready for the evening. We would eat again, go to the disco (which was very small). Sara, Francesca and I stayed there until 2am then we would finally go to bed.

During this week we visited four cities; Corfu, Santorini, Mykonos and Athens. The second day we visited Santorini, the third and fourth day we stayed at Mykonos, then we were in Athens and the sixth day we were in Corfu.

My favorite city was Santorini because every house was white and small, it was very different from Italian homes, and I appreciate things that are different. This holiday was wonderful and fun, and I recommend it to anyone. I'd like to go on another cruise.

LF

I am funny, timid and sometimes shy. I have many friends, but Michela Pia is my best friend. She is my most cherished friend, even if we argue sometimes. She is tall and plump, she has straight brown hair and brown eyes. Her look is casual, but sometimes she likes to dress elegantly. She is chatty and sometimes seems bipolar, we are happy and peaceful and then she starts to argue. She is funny and intelligent.

My relationship with others is good, but sometimes I we fight. We usually start to joke around again after every fight. We talk about many different things, smile and tell jokes to one another. I like them, but some things do frustrate me. Most of my friendships are from people I have met, but some friendships are friends of friends. When we meet up we usually go to the park, the ice cream shop, town square or sometimes we meet up in Sala Consilina. During the summer and most of autumn I almost always go out. We stay together every day and have lots of fun. If my family and I are seaside I might not go out for half the week because we are busy. Once it gets colder we don't go out every day, just on Saturdays.

EC – My winter holiday at Roccaraso

This year I went to Roccaraso in Abruzzo from March second to ninth. I went with my family and with family friends to go skiing. It was about ten adults and children. I was very excited for this holiday because two years ago was the first time I tried to ski and I really liked it. I would like to get better and improve my skiing.

On the day we departed we left home at 5 o'clock in the morning, we arrived by about 11 o'clock in the morning. We left home very early so that we could spend more time in Roccaraso. We went to Roccaraso to ski. First, we went to the hotel, we put down our bags and got the keys.

After that we wore our wool clothing and ski suits and went to the ski slopes. We met our ski instructor and got out gear, skis, helmets and more, we had rented all of these things before arriving using our cell phone. On our first day we didn't have any lessons, we explored the ski slope and the mountain until we got to the top where there was a café. The mountain was very beautiful with a great snowy landscape. From the peak I could see all of the professional skiers, who were very good and made it look so easy! Finally, we went back to the hotel and we looked at all of the amenities. It was very big, there was a cinema too! There were about five to six floors of rooms, two game rooms. One game room was for children, it had three trampolines, a big bouncy house and other games. The second game room had billiards and a TV. Near these rooms there was a cinema and a small theatre with a stage, where the animators performed in the evenings.

My daily routine began when I got up at about 8 o'clock am. I would get dressed, wearing my ski suit to go and have breakfast. After that I would go to the ski slope. I skied for about two hours with my teacher. Then I would ski with my parents and friends for another two hours. Finally, when I was very tired I would go to have lunch at the restaurant in the ski slope and then I would go back to the hotel. During the afternoon I would stay in the game room with my friends until dinner. I usually would have dinner at the hotel. After that we would go to the center, usually to a café for some hot chocolate. When we would come back to the hotel we would stay in the lobby until we went to sleep. The best day was when we went to a very big mountain which we skied down. The view from the top of the mountain was so beautiful, I could see the whole panorama. That evening we went shopping in the center and I bought lots of clothes. This holiday was great and I can't wait until March when we go back to ski again. I am so excited!