



Co-funded by the
Erasmus+ Programme
of the European Union

KA2 Strategic Partnership
2015-1-IT02-KA201-015458

Slow down, Move your body, Improve your diet,
Learn for life, and Enjoy school time

S.M.I.L.E.

**INTERVIEW WITH
NICOLA RAVAGLIA**

<https://www.youtube.com/watch?v=bXjohQcDNgs>



Nicola Ravaglia is an Italian footballer. He is 27 years old. He was born in Forlì in the region of Romagna – Italy - on 12 December 1988. He is 1 m 84 tall and he weighs 75 kilos. He plays for Cremonese, an Italian football club based in Cremona, as a goalkeeper.

We interviewed him on 15 April and he told us:
“Sacrifices are part of the first set of rules you must know when you start practising sport. Sacrifices depend on your willpower. I remember that synchronizing school, friends and soccer was very demanding but if your willpower, your dreams and your desires are stronger than anything else then you don't mind giving up something, making sacrifices to achieve your objectives.”

And this is his message to us:

“If you have a dream I feel like telling you that nothing is stronger than your desire. If you have a desire and strong willpower through sacrifice and ambition you can reach something GREAT.”

INTERVIEW WITH
GIADA CECCHETTO
AND
CARLOTTA CAMBI

<https://www.youtube.com/watch?v=94wdtMrVWfA>



Giada Cecchetto was born in Milan on 06/06/1991.

She is 1 m 63 tall. She plays volleyball in Pomì Casalmaggiore in the first division.

Carlotta Cambi was born in San Miniato on 28/05/1996.

She is 1 m 76 tall. She plays volleyball in Pomì Casalmaggiore in the first division.

We interviewed them on 21 April and these are their words:

G: “Sport is a school of life but cool, in the sense that there is less pressure, less stress. So if you love a sport, cultivate it because it's the best thing you can do, it gives you the opportunity to meet new people, to play. Remember that it is a game not a duty, you must do it for the pleasure of doing it and then don't forget the sacrifices.....that's difficult because nowadays it is difficult for boys and girls to make sacrifices, take hours away from the mobile phone or TV but then you get much more than staying in front of a TV set. You acknowledge the importance of self-sacrifice. You must be determined to get at certain levels but anyway approaching sport is a school of life and sport is a game that must be enjoyed.”

C: “Of course I'd recommend doing sport because it's fun and not because it's a duty. If you do sport out of duty, as we were saying before, it only produces stress and it isn't worthwhile. You must do sport because it's fun, because you feel good with the people around you, whatever sport it is. Everyone has their character, they will certainly find a sport they like.”

INTERVIEW WITH
DAVIDE SPERONELLO

<https://www.youtube.com/watch?v=JIp8JpckuII>



Daide Speronello was born in Cremona on 5 September 1995.
He is 1 m 93 tall. He plays basketball in Leonessa Brescia.

We met him in Brescia on 27 April and like Giada and Carlotta he stressed that:

“If you decide to do sport it must be something you feel like doing, you mustn’t be forced to do it. You must start practising a sport you like and if you find out it’s not the right one for you, you should be allowed to change. What’s important is to have fun and feel good with yourself.”