



UNIVERSITÀ  
DI TRENTO

# SPORT AT THE UNIVERSITY OF TRENTO

The Sports Office of the University of Trento manages all sporting activities and projects within the university for the benefit of the student community





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# Sport at UniTrento

## UniTrento Sport Project

Study & Sport courses and sporting events in collaboration with CUS Trento

## "Il Gesto Giusto"

Promoting sports volunteering in collaboration with territorial associations and organizations

## University in the mountains

The aim is to bring the university community closer to the Trentino region, in particular to the mountain environment, thanks to local associations SAT Trento, SUSAT and SOSAT



## Dual career

It includes **TOPSport**, **TOPTeam** and **UNI.Team Programs** and It aims to help student-athletes who want to combine a university career and a high-level competitive sports career

## Student associations

Supporting initiatives proposed by accredited university student associations



# UniTrento Sport Project

In collaboration with CUS Trento

To participate in UniTrento Sport courses and activities, membership is required. Membership includes affiliation to FederCUSI (National Federation for University Sport) which costs **5 euros per year** (from 1st September to 31st August).

**For first-year and Erasmus students It's free!**

**Membership is online through CUS Trento's Xprimo platform**



**Contact:** [custn@unitn.it](mailto:custn@unitn.it) | 0461 281855 | [www.custrento.it](http://www.custrento.it)

## Member Benefits

- Sport courses
- Outdoor activities
- “Facoltiadi” summer & winter editions
- Tournaments and sport activities
- Access to facilities
- Affiliation and discounts
- CUS professional teams



# UniTrento Sport Courses

## Fitness Classes

A wide range of activities to keep fit: pilates, yoga, total body, functional training and much more.

## Individual Sports

From athletics to swimming, from tennis to judo: courses for all skill levels, from beginners to experts

## Team Sports

Football, volleyball, basketball and other team sports to develop team spirit and socialize with other students.

All courses follow the academic calendar and are taught by qualified instructors. The complete and updated list is available on the website [unitrentosport.unitn.it/corsi](https://unitrentosport.unitn.it/corsi).

# UniTrento Sport: Outdoor Adventures

## Outdoor Activities

Trentino offers a perfect natural environment for outdoor activities. UniTrento Sport and CUS Trento organise

- excursions in the Dolomites
- Rafting on the rushing rivers of Val di Sole
- Canyoning in the picturesque Val di Ledro
- Climbing on natural walls
- Mountain biking on alpine trails

All activities are suitable for every level of experience and guided by certified instructors who guarantee maximum safety.



# Facoltiadi (Faculty Games)

## Summer

The most awaited sporting event in the university community, takes place in "Lago delle Piazze", Baselga di Pinè.

Teams from every department challenge each others in 4 disciplines:

- Soapy soccer
- Beach tennis
- Green volley
- Dragonboat

## Winter

During winter, competition sets place in Pergine Valsugana.

The activities are:

- Human table football
- Target Ice-curling
- Slalom go-cart





# Tournaments and Sport events

Throughout the year, interdepartmental tournaments and unconventional games are organised. The main activities include:

- **Water CUS** – Aquatic sports competitions
- **Green Volleyball** – Outdoor volleyball tournaments
- **Volleyball** - Indoor volleyball competitions
- **Table Tennis** – Ping pong tournaments





# UniTrento Sport: Facilities and Partnerships

## Sport centers available

### By membership card:

- Augsburgershof nautical centre in Calceranica
- Sport center in Mattarello (Tennis, Beach Volley)
- Sociology department's gym
- "Palestra rossa" in San Bartolomeo's gym

### Partnerships and discounts:

The Sports Office annually activates numerous partnerships to offer benefits to UniTrento Sport cardholders:

- Private sport facilities
- Sport stores
- Local sport societies and associations
- Skii facilities and wellness center

# Sport & Studying

UniTrento offers various projects designed for students who participate in competitive sport, allowing them to balance sporting activities with their academic path.

1

## TopSport/Top Team/UniTrento Volley

Programme supporting the dual career of high-level student-athletes.

Established in 2011 as the first example in Italy, it offers athletes help in balancing sporting commitments with academic ones.

It's open to all sports disciplines and all UniTrento degree programmes.

2

## Uni.Team

Programme offering athletes who competes in selected disciplines, the opportunity to continue sporting activity under CUS Trento, representing the university.

3

## Sport4Skills

Project promoting competitive activity at any level within the student community.

It's based on commitment shown on three possible levels (Gold, Silver, Bronze).

The project involves achieving specific goals in three areas (teaching, sports, seminars)



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# Promoting Student Associations



The University of Trento and Opera Universitaria support students who want to organize amateur sporting activities and participate in competitions. You can either form a student association or propose the activity within already existing associations.

Discover which associations are already active at the university:

<https://www.unitn.it/it/studiare/oltre-lo-studio/associazioni-studentesche>



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# Sport office



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