Being a very popular travel destination in Europe, millions of tourists visit this beautiful country every year from around the globe. There are so many tourist attractions; it is, in fact, difficult to choose a few among them. You name it, and they have it! That is the beauty of this country, with its numerous World Heritage Sites, mountains, lakes, beaches, museums, beautiful cities, and the list goes on.

The most popular tourist attraction is the capital city Rome itself, with its rich cultural heritage. The Colosseum, Castle Sant'Angelo, Fontana di Trevi, the Pantheon, and the Vatican are some of the most visited sites in Rome. Venice is another city in Italy that is famous for its beautiful canals and gondolas. And if you are a lover of Italian art, the Uffizi Gallery in Florence is a place you cannot afford to miss. The city of Naples is known around the world for its architectural beauty and surely it is a photographer's delight. The Leaning Tower of Pisa, being on of the Seven Wonders of the World, attracts the highest number of visitors, not only in Italy, but in the whole of Europe.

Apart from these world renowned sites, Italy offers some of the most panoramic natural sceneries. Due to the temperate climate in the coastal areas, visitors throng its beautiful beaches throughout the year. While in winters, tourists visit the world-class ski resorts in Alps and Dolomite mountains. Italian cuisine is famous and available around the world, but there is a different kind of pleasure in experiencing this taste in its homeland. So, don't miss the pizzas, gelato, and lasagnas while you are visiting Italy.

Being a tourist-friendly country, you need not worry about the accommodation at all. There are enough hostels and hotels to suit everyone's need and budget. All you need is enough time to see all Italy has to offer its visitors.

Learning something new can be a scary experience. One of the hardest things I've ever had to do was learn how to swim. I was always afraid of the water, but I decided that swimming was an important skill that I should learn. I also thought it would be good exercise and help me to become physically stronger. What I didn't realize was that learning to swim would also make me a more confident person.

New situations always make me a bit nervous, and my first swimming lesson was no exception. After I changed into my bathing suit in the locker room, I stood timidly by the side of the pool waiting for the teacher and other students to show up. After a couple of minutes the teacher came over. She smiled and introduced herself, and two more students joined us. Although they were both older than me, they didn't seem to be embarrassed about not knowing how to swim. I began to feel more at ease.

We got into the pool, and the teacher had us put on brightly colored water wings to help us stay afloat. One of the other students, May, had already taken the beginning class once before, so she took a kickboard and went splashing off by herself. The other student, Jerry, and I were told to hold on to the side of the pool and shown how to kick for the breaststroke. One by one, the teacher had us hold on to a kickboard while she pulled it through the water and we kicked. Pretty soon Jerry was off doing this by himself, traveling at a fast clip across the short end of the pool.

Things were not quite that easy for me, but the teacher was very patient. After a few more weeks, when I seemed to have caught on with my legs, she taught me the arm strokes. Now I had two things to concentrate on, my arms and my legs. I felt hopelessly uncoordinated. Sooner than I imagined, however, things began to feel "right" and I was able to swim! It was a wonderful free feeling - like flying, maybe - to be able to shoot across the water.

Learning to swim was not easy for me, but in the end my persistence paid off. Not only did I learn how to swim and to conquer my fear of the water, but I also learned something about learning. Now when I am faced with a new situation I am not so nervous. I may feel uncomfortable to begin with, but I know that as I practice being in that situation and as my skills get better, I will feel more and more comfortable. It is a wonderful, free feeling when you achieve a goal you have set for yourself.