```latex
nel preambolo
\usepackage[english,italian]{babel}
\usepackage{fancyhdr}

\newenvironment{abstract}%
  {\cleardoublepage%
    \thispagestyle{empty}%
    \null \vfill\begin{center}%
      \bfseries \abstractname \end{center}}%
  {\vfill\null}
% ...
\begin{document}
% ...
\begin{abstract}
... versione del sommario in italiano ...
\end{abstract}

\selectlanguage{english}
\begin{abstract}
... English version of the abstract ...
\end{abstract}
\selectlanguage{italian}
```