



## HELLENIC JUDO FEDERATION

Athens, the 16th of March, 2020  
Prot.number 12461

Letter of Support for "*Back to life: Enhancing ex-addicts' willpower through Olympic Values and Sports*" project proposal

As a president of the Hellenic Judo Federation I would like to express my support for the *Back to life: Enhancing ex-addicts' willpower through Olympic Values and Sports* project proposal, in response to the ERASMUS + SPORT PROGRAM NOT-FOR-PROFIT EUROPEAN SPORT EVENTS Call for proposals 2020 EAC/A02/2019.

Sport has a tremendous capacity to bring people together, promoting a more inclusive and peaceful world through its values and principles. Sport can help individuals transmit and harness values in their daily lives by engaging with their communities, and making the right decisions. In this framework, sport can offer to ex-addicts the opportunity to identify and create new healthy priorities and to revitalize personal qualities and values that were buried by drug use, which are incompatible with substance abuse. The values gained by addicts as part of their sports experience have an immense impact on every aspect of their life in the short and long term. The objectives of the project is to introduce to the ex-addicts the importance of

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sports (Olympic) values, to inform ex-addict about the benefits of sport for a healthy lifestyle, to shape ex-addicts wellbeing through sport, physical activity, play and life values, to develop life skills of ex-addicts through sports, to inform ex-addicts about the social values sport can generate, to highlight the therapeutic value of physical activities and sport in drug addiction treatment, to inspire and motivate, to engage communities, to enhance social inclusion and the development of social capital, and to enhance learning through actions.

For these reasons and more, I am pleased to offer my support and expertise to the *Back to life: Enhancing ex-addicts' willpower through Olympic Values and Sports* proposal.

Sincerely,

On behalf of the HJF,

The President

Ioannis Kafentarakis



The General Secretary

Valentina Stefanidou