

HELLENIC VOLLEYBALL FEDERATION
31 MARCH 2020

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

On behalf of Hellenic Volleyball 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 ROGRAM NOT-FOR-PROFIT EUROPEAN SPORT EVENTS Call for proposals 2020 EAC/A02/2019.

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 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, Hellenic Volleyball Federation offers its support and expertise to the *Back to life: Enhancing ex-addicts’ willpower through Olympic Values and Sports* proposal.

Sincerely,



Nikolaos Sofianos
Director