

To Whom It May Concern,

On behalf of the Association "Sport Club Forza Junior Costuleni" (ACSFJC), we are proud to extend our full support to ACPELIA for their outstanding work in coordinating the Erasmus+ Youth Exchange project, *"Sport and Mental Health: Don't Bury Your Emotions, Let It Flow"* (SPORTY MENTAL). This project has had a lasting impact on the development of the young people we work with, both individually and within our community.

As an organization committed to empowering youth, we have witnessed firsthand how this project has inspired and transformed the participants. Through a well-structured program combining physical activities, mental health workshops, and team-building exercises, ACPELIA created a unique environment where our participants felt supported, engaged, and motivated to learn. The balance between practical skills, such as stress management techniques and creative approaches like art therapy, resonated deeply with the youths and helped address issues often overlooked in traditional settings.

Our collaboration with ACPELIA ensured that participants not only benefited from the program but also returned with a renewed sense of purpose and energy to contribute to the local community. Many of the young people involved have taken proactive steps to share their experiences, promote active lifestyles, and advocate for mental health awareness among their peers. This ripple effect has strengthened the community and highlighted the value of initiatives like this.

ACPELIA's professionalism, dedication, and ability to create a supportive and inclusive environment for participants have been pivotal in achieving the project's objectives. Their efforts have left a positive and lasting impression, not only on the participants but also on us as an organization. The lessons learned and the skills developed through this project align closely with our mission to support the holistic growth of young people.

We are grateful for the opportunity to collaborate with ACPELIA and look forward to future projects where we can continue to work together to empower youth and foster positive change. We strongly endorse their work and encourage further support for their initiatives.

Sincerely,
Hilitanu Constantin Catalin
President
Association "Sport Club Forza Junior Costuleni" (ACSFJC)

