



European Fencing Confederation Confédération Européenne d'Esgrime

September 22, 2025

Solidarity Programme – Mental Health

Information Letter no. 25-2025

Dear Member Federation,

We are starting the 3rd edition of the EFC Solidarity Programme.

The first course **Mental Health** is dedicated to young athletes aged 15-20 years and their coaches.

The idea is that the federations book this workshop in connection to an already arranged camp or similar event where the fencers and the coaches are already gathered. This way it is only the mental coach will be designated to the camp.

The Mental Health & Life Skills program offers a dual workshop format over a weekend for both cadet/junior athletes and coaches/sports managers and can be integrated into a training camp or summer camp. The program uses Danish research and experience, focusing on youth life coping skills and mental tools in sports. It targets young athletes and the adults responsible for their sporting life, including coaches and sports managers. A sustainable concept minimizes travel by bringing the program to fencers and trainers, requiring only one person to travel. It runs over a weekend with fencers receiving two sessions and coaches/sports managers receiving one session.

There are two coaches on this program, making it more agile so we can hopefully cover any weekend that the federations would be interested in. It is only one of them going to each workshop.

If your federation is willing to be a part of this program you are requested click on below link to submit your application:

[Click here to submit your application](#)



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Classification: GENERAL



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Please be advised that:

- 🎯 Only member federations affiliated in the EFC can submit application;
- 🎯 DFF/NFU cover the cost of the coaches
- 🎯 EFC will subsidize two events, covering travel expenses for the coaches (airfee, hotel)
- 🎯 Selection of the event will be done applying the following criteria:
 - number of EFC licenses of the federation (not the absolute number but the evolution over time)
 - activities of the federation
 - proposal presented with regard to the project
 - federations in development will be favored
- 🎯 We would also like to remark that should you not be selected you can still turn towards the DFF as they are willing to do more than the two events.

For your convenience I have attached description of the course to this letter.

Pascal Tesch
President

Jacek Slupski
Secretary General



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