

Lydia Zijdel Foundation

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TO WHOM IT MAY CONCERN

I herewith like to wholeheartedly recommend Preddöhl International e.V., Centre for Health, Violence Prevention and Personal Development.

The founders and trainers at Preddöhl International e.V. possess the right spirit, dedication and expertise to work with a variety of women, girls and men/boys and especially with the most challenged women and girls in our societies in the most respectful and feminist way we can imagine. The founders and many of their dedicated students and colleagues put all their private funding, their personal hard earned income and hours and hours of hard labour in building the place and the programs into the centre it is today, to make it inclusive of women and girls with disabilities.

I have had a small contribution to their growth in working with girls and women with disabilities within self defence and martial arts.

I have seen their centre grow into a full potential and the warmth and dedication towards their students and especially towards women and girls with disabilities and everyone concerned with them is not only moving but also inspiring to everyone in their circles and beyond.

Their work is carried out in deprived circumstances, realising that this part of Germany belonged once to the former Eastern part, where unemployment rates are still very high, where traditional gender patterns still discriminate women and girls, and where the vision on the potential of women and girls with disabilities is still biased.

We tend to focus more often to developing countries in the South, while around the corner women and girls are still suffering due to lack of income, lack of respect and being deprived of economic, social and personal empowerment. This is even more so in rural areas like Preddöhl.

Please recommend this Centre to your organisations, your friends and families and whenever you can go yourself to follow one of the many great programs, or spend a short or long holiday there with your family.

Sincerely yours,



Lydia la Rivière-Zijdel

International Consultant on Disability, Gender, Sport and Development
Patronage Lydia Zijdel Foundation

The Lydia Zijdel Foundation is an International knowledge- and training center for administering, developing and propagating the knowledge of empowerment, psycho-physical self-defense, assertiveness and sport and physical activity for and by disabled wo/men (girls/boys).

Their programs contribute to the development of expertise of professionals in the field and the autonomy of disabled persons.