



# ELLADA MUSTAFAYEVA

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Ellada is an IVLP alumna from Azerbaijan who participated in the Sports Management and Sports as a Tool for Social Change in the U.S. program in July 2017. The first day of the program, she met with the University of Denver Graduate School of Professional Psychology, CHSAA Conference and Colorado Governor's Council for Active & Healthy Living, and Trips for Kids. She also participated in a backyard BBQ WorldDinner and excursions to Rocky Mountain National Park and Garden of the Gods.

“IVLP had a great impact on me. I will never forget our time with The University of Denver Graduate School of Professional Psychology (GSPP), Colorado Governor’s Council for Active and Healthy Living, Outward Bound USA, Rocky Mountain National Park and of course backyard barbeque home hospitality. Thanks to this program, I made new friends and a great team. It was the beginning of a new phase in both my personal life and my career. The problems I experienced in my personal life motivated me to resurrect myself when I was frustrated and closed to myself. I’m a media project manager and trainer specialising in new media, marketing, social media, and PR. After my IVLP program, I was one of founders of the first MA Sport Journalism programme in Azerbaijan and the Caucasus region. I have also attended conferences and training programmes in Turkey, Georgia, Germany, and the UK.

Denver was the most memorable place for me on my trip to America. I was impressed by the hospitality and the positivity of the people, especially the team that worked with us really showed us what WorldDenver really is. The city felt to me rich in celebration. Everywhere, statues greeted us. Another hipster thing we’ve seen are scooters – everywhere. Denver also has great bike lanes. And the atmosphere is just so much more relaxed. The guys all have mesh hats and the girls’ outfit of choice seems to be a nicer T-shirt and jeans or shorts, even for going out to dinner at a nice restaurant in the evening. Denver is full of fun and joy. Everywhere you go, every bar, every day of the week, there are drink specials. The Rocky Mountains, visible to the west of the city, are also only a short drive away, and it seems to be the norm that everyone does mountain-related activities on the weekends.

By the way it was nice that our friends we met in Denver later met us while visiting Azerbaijan. It was a very sincere and friendly meeting. I wish to see our friends from Denver again.”

– **ELLADA MUSTAFAYEVA**