

 **The school of life**  
**05/09/2005**

Slovenia

"As a former top-level sportsman I spent the first 18 years of my life on the athletics field. Due to a knee injury I gave up competition. I replaced sport venues with bars and wild parties and started smoking – and I became addicted. I certainly smoked for too long, almost 19 years.

Between 1989 and 1995 I pursued a business career and held various senior positions within an international company whose main activity was the sale of tobacco products.

In 1998 a significant personal change occurred. I would be lying if I said that I had never considered quitting smoking, or indeed making a radical change in my choice of business area –so as to stop working for the tobacco industry.

The final reason for my actual quitting smoking was my father's serious illness. I quit smoking for his birthday, as a gift. I knew that was his real wish. Since then I have not had a single puff and my dad has recovered. After so many years my health is much better and I actively take part in sport again. Quitting cigarettes was one of the best decisions of my life.

Today I run the "Z glavo na zabavo" foundation, which helps raise young people's awareness of the harmful effects of alcohol abuse and shows them that it is possible to have fun without the "help" of drink or drugs."

