



Erasmus+

A photograph showing the back of a person riding a brown horse on a dirt path. The rider is wearing a black helmet and a dark long-sleeved shirt. The horse is brown and is being ridden in a field of green grass. In the background, there are other people on horses and a line of trees under a blue sky with some clouds.

EQUESTRIAN
WORKSHOPS

**EDUCATION,
REHABILITATION, SPORT**

GUIDE



ABOUT THE PROJECT

Horses have always accompanied people, taking an important place in their everyday life. They are associated with freedom, beauty and dignity. They have skills that not all of us are aware of. We cannot hide our true nature from a horse. The most important qualities that a good rider should show are: knowledge, patience, resourcefulness, compassion, skill, composure, self-control and courage. Horse riding is learning humility and bringing satisfaction from dealing with a horse. In addition, it is a great form of recreation, relaxation, tourism, contact with nature, as well as an opportunity to experience an unforgettable adventure. The horse also serves as an aid in the treatment of various diseases, most often mental and motor apparatus disorders. The process we call hippotherapy is a method of treating people with disabilities. Its essence is the presence of the horse as a "co-therapist". Hippotherapy opens up enormous therapeutic possibilities and introduces many innovations in the fight against some severe dysfunctions. In October 2020, the Foundation for the Development of Local Communities "Inicjatywa" from Lezyny was the organizer of the Polish-Ukrainian equestrian workshops for young people "Education, rehabilitation, sport", implemented as part of the Erasmus + program. The initiators of the project were young people from the vicinity of Yaslo in Poland and their peers from Poltava in Ukraine, whose common passion is horse riding.





ABOUT THE PROJECT

During 15 days, young people (23 people each) from Poland and Ukraine learned the arcana of horse riding, practiced at nearby horse riding centers, and most of all - they got to know each other. The project applicant was the "Initiative" Foundation from Lezyny in partnership with the "Horizon" Culture and Development Center in Poltava. - It was a unique, valuable and wonderful experience because the strength of the project was its diversity. In addition to practical classes in the stable in Lezyny, we made a series of study visits in the Carpathian and Malopolska provinces. The workshop was attended not only by volunteers associated with our foundation, but also young people from Poland and Ukraine who work with us, says the organizer of the project, president of the "Inicjatywa" Foundation, Olena Garan. - Our participants represented a varied level of skills, from professional riders - instructors, competitors, students and pupils in a field of zootechnics, veterinary medicine, horse riding to beginners, as well as people with disabilities - sheadds. The folder prepared by the participants is the result of our activities. These are short guides to the horseback riding centers where the study visits took place. It also contains a short compendium on equestrian topics, which young participants of the project from Poland and Ukraine learned about.





LOVE MEANS ATTENTION THAT COMMANDS CARE FOR THOSE WE LOVE. WE CALL IT DRIVING THE STABLE.

GEORGE H. MORRIS, AMERICAN JUMPING STYLE

The basic element of the "Education, rehabilitation, sport" horseback riding workshops were study visits to equestrian centers in the Carpathian and Malopolska provinces. Young people from both countries had the opportunity to learn about the specificity of the classes, gain new knowledge and skills in working with new horses.

STUDY VISITS:

- Experimental Station of the National Research Institute of Animal Production in Odrzechowa
- COUNTRY stable in Łęzyny
- Lalin Equestrian Center
- BOR Toporzysko Sports Club





EXPERIMENTAL FACILITY OF THE ANIMAL SCIENCE INSTITUTE NRI ODRZECHOWA

Odrzechowa, Rymanowska str. 67, 38-530 Zarszyn

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Study visits to the Experimental Station of the National Research Institute of Animal Production in Odrzechowa were a great opportunity to learn about the breeding and rearing of the Hucul horse. Many of the participants had to deal with this breed for the first time, so the horse riding lesson on Huculs was a new, interesting experience for them. The most important features of Hucul horses are: versatile usability, good health and resistance to difficult living conditions, no food preference, longevity, willingness to cooperate with humans, ease of learning, as well as a specific ability to cope with difficult situations.

One of the topics of the classes was driving. For young people it was a rare opportunity to get to know the marathon - a sports version of a carriage and the basics of driving - one of the oldest equestrian events.

The picturesque panorama of the Low Beskids was an amazing background for a horse rally as part of our project. Horseback riding in



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EXPERIMENTAL FACILITY OF THE ANIMAL SCIENCE INSTITUTE NRI ODRZECZOWA

the hills, in the valleys, galloping through the meadows, riding in the surroundings of picturesque mountain landscapes and abandoned Lemko villages provided us with unforgettable emotions. We could say that the horses and the landscape complemented each other perfectly.

In addition to horse riding classes, the young people met the plant's director, Władysław Brejta, who told about the history and the present day of Hucul breeding and shared plans for the future. Director Brejta is a person who contributed greatly to the revival of Hucul breeding in natural Carpathian conditions. The director also introduced the participants to the project of the Polish-Ukrainian Center for Breeding and Promotion of the Hucul Horse as a good practice of cross-border cooperation.

Experimental Station of the Institute of Animal Production PIB ODRZECZOWA Sp. z o.o., manages picturesque areas located along the Wisłok gorge to the south-east of Rymanów. The Station breeds dairy and meat-and-milk cattle of the Simmental breed. In addition to cattle, it breeds Hucul horses perfectly adapted to the difficult mountain conditions, and since 2005, it has been carrying out a reconstruction breeding of the disappearing Carpathian goat in Poland.



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COUNTRY STABLE

Lezyny 273, 38-230, Novy Zmogrod

<https://www.facebook.com/countrystajnia>

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The "Country" stable is a place associated with the activities of the "Inicjatywa" Foundation. Therefore, a visit to it was an important point of the workshop. The participants had the opportunity to visit the stables, learn about the horses kept there and other animals - Cameroon sheep and fallow deer. - We love horses and there is nothing that gives us more joy than being with them. We want to share our passion with others, which is why we open the door to the world of horses and equestrianism. We cordially invite parents and guardians with children who require special care. It has been known for a long time that contact with animals helps children overcome their own barriers, and we specialize in this - said the president of the foundation, Olena Garan, briefly about the activities of the "Country" stable.

Here, practical lessons in hippotherapy took place, i.e. a form of psychomotor rehabilitation in which a horse can be used. It is one of the forms of multi-profile rehabilitation, i.e. having a physical, sensory, mental and social impact at the same time. The participants gained new, specific knowledge and skills. In practice, they got acquainted with the basic forms of hippotherapy. During the study visit, everyone prepared themselves and took part in the recording of the image and the statements for the film promoting the project.



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GRANGE TOPORZYSKO

Toporzysko 454, 34-240 Jordanov

<http://www.toporzysko.pl>

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The equestrian center in Toporzysko has been operating since 1993. It was founded by Krakow scouts. The staff - instructors, coaches and educators grew out of young people who took their first steps in horseback riding here. The Bor Sports Club works in the center. Experienced riders can go in for off-road rides, rallies, individual lessons or sports training.

Here you can pass exams for sports categories or take part in instructor courses (IRR, ISP and hippotherapy).

The project participants got acquainted with the base of the center, learned about the opportunities for studing in equestrian college and the program of courses for recreation instructors specializing in horseback riding. They also met with coaches of the Polish Equestrian Federation.

The Bor Club includes the Topozysko detachment in the colors of the cavalry riflemen of the Crown Hetman Stefan Charnetsky's regiment.





EQUESTRIAN CENTER LALIN

Lalin 84, 36-207 Grabownica Starzenska

<http://www.lalin.pl/lalin.php>

Phone: +48 600 290 517, e-mail: lalin@lalin.pl

Horse jumping over obstacles will provide you with extraordinary pleasure and a good dose of adrenaline. We learned the secrets of this difficult art during our visits to Lalina. The Lalin Equestrian Center was established in 2004 and is one of the outstanding and recognized equestrian facilities in the region. It has a certificate of the Polish Equestrian Federation. The Lalin Riding Club is active here, aimed at training young equestrianists in show jumping. It was this specialty that was devoted to study visits combined with workshops.

The Lalin Center (Sanok commune) has a covered hall, two outdoor riding squares (including one with lighting), a covered merry-go-round and a lunging device, and pastures for horses. In total, it has 3 stables: recreational, sports and English. It offers 9 club (sports) horses and 7 recreational horses. It also runs a pension for horses.



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NO GOOD RIDER WHO HAS PROPERLY MASTERED HIS ART HAS HIMSELF TO BE PERFECT.

ST. BREZA

The advantage of international contacts is gaining new skills and knowledge, as well as getting to know each other and integrating. We spent several unforgettable days together. We are convinced that what we have learned will be of great benefit to everyone, and that the ties and relationships established here will bear fruit in the future.

WORKSHOPS REALIZED

- Hippotherapy and art therapy
- Equestrian photography
- Horse psychology
- Driving
- Horse tourism
- Horse breeding and welfare





HIPPOTHERAPY

Hippotherapy - one of the forms of multi-profile rehabilitation, i.e. having a simultaneous movement, sensory, psychological and social impact. The participants gained new, specific knowledge and skills. During the workshops at the "Country" Stable, they learned in practice four basic forms of hippotherapy: physiotherapy on horseback, psycho-pedagogical horse riding, therapy through contact with a horse, and therapeutic vaulting.



HORSE PSYCHOLOGY

Are we not confident enough? The horse will ignore us. On the other hand, when our messages are clear and consistent, he lets himself be led without hesitation. Because he does what we want only when he trusts us. At the horse psychology workshops, we learned their language, behavior in a herd, the basics of behaviorism, we learned to ensure its safety through the consistency of our behavior.



HORSE PHOTOGRAPHY WORKSHOPS

The workshops allowed us to gain valuable knowledge on working with a horse on set, as well as useful information on cooperation with breeders. During the workshops, we learned a lot of interesting and useful information, incl. how to properly capture a horse in the frame, how to properly position it for photos. There were also photos at the horse farm, as well as an open-air art "With a horse in the background".





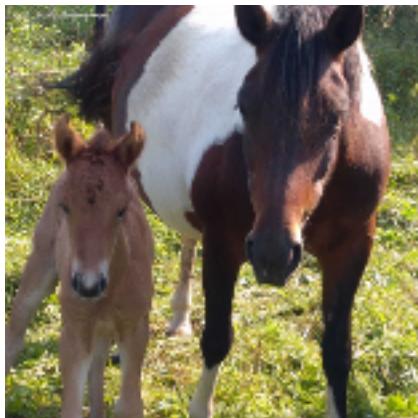
DRIVING

One of the oldest equestrian competitions, it is currently one of the 7 disciplines supported by the International Federation for Equestrian Sports (FEI). In this discipline, the driver sits in a horse-drawn vehicle and drives a horse, a pair or four horses. During the workshop at the Experimental Station of the National Research Institute of Animal Production in Odrzechowa, we learned about the basics of this discipline.



HORSE TOURISM

it is a special type of qualified tourism, offering e.g. all kinds of rallies. Due to their duration, we distinguish between: one-day, two-day (weekend), weekly and two-week rallies. During the workshops at the Experimental Station of the National Research Institute of Animal Production in Odrzechowa, we familiarized ourselves with the horse trails of the Beskid Niski and took part in several rallies.



HORSE BREEDING

Native horse breeds - let's be proud of them! This was the title of workshops on horse breeding and welfare. During the presentations prepared by the participants, we learned about the famous breeds from both countries. During practical classes at the Experimental Station of the National Research Institute of Animal Production in Odrzechowa, we familiarized ourselves with the conservative breeding of the Hucul horse.





SHOW JUMPING

Show jumping - an equestrian discipline that we can see at the Olympic Games. The horse and rider pair overcome an obstacle course set on a large square, the parkour. For each mistake the pairs of horse and rider receive penalty points. The winner is the one who collects the least number of penalty points. In case of the same result - the shorter journey time is decisive. It often happens that the winners are decided in extra time. There are also contests that allow you to collect point discounts and such contests where the priority is the travel time.

DRESSAGE

Dressage (French: dressage, training) is an Olympic equestrian competition in which the horse and rider move on a special square for riding, called the arena. They make previously learned movements called figures. Knowledge of the basics of this discipline is necessary when practicing other equestrian disciplines, for example jumping. Dressage is also one of the three trials of the comprehensive riding competition. The aim of dressage is to harmoniously develop the natural abilities and abilities of a horse that is balanced, flexible, well and quickly responding to commands.





HELPFUL ORGANIZATIONS

**POLISH HIPPOTHERAPEUTIC
ASSOCIATION**

 **POLSKIE
TOWARZYSTWO
HIPOTERAPEUTYCZNE**

The Society was established and operates in order to: support and popularize hippotherapy as a method of rehabilitation in selected diseases of children, adolescents and adults, a form of beneficial psychotherapeutic, sociotherapeutic and pedagogical influence; improving and unifying the skills of hippotherapists; as well as providing its members with access to professional literature and information on the progress of rehabilitation at home and abroad.

More on: <https://pthip.org.pl/>



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POLISH UNION HORSE BREEDERS

is the most important horse breeding organization in Poland, the tradition of which dates back to 1895. Then, in the Prussian partition, the Poznań Society for Registering Mares in Pedigree Books was established. It evaluates the breeding and performance value of horses, and makes entries in breeding books. It organizes shows and exhibitions.

More on: <https://www.pzhk.rzeszow.pl/>



MET PTSS

The Commission of Mountain Equestrian Tourism of the Polish Tourist and Sightseeing Society issues authorizations for GTJ leaders (instructors of mountain equestrian tourism), and also affiliates with equestrian centers. The GTJ mark is a guarantee of good quality services.

More on: <https://gtj.pttk.pl/>



POLISH UNION EQUESTRIAN (PUE)

An organization associating competitors, coaches, judges and activists of Polish equestrianism, veterinarians related to equestrianism. PUE is currently the only official Polish equestrian organization recognized by the Polish Olympic Committee and the International Olympic Committee, and from 1928 it belongs to the International Equestrian Federation (FEI). The qualifications issued by PUE for instructors and trainers, as well as its certificates have the highest status in Poland.





WARSZTATY HIPICZNE EDUKACJA, REHABILITACJA, SPORT



<https://www.facebook.com/warsztatyhipiczneerasmusplus>

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