

Festina Lente Foundation

Festina Lente Foundation is a charity providing training, employment and leisure opportunities to people whose needs are not met through mainstream services.

These services are provided through:

- ☞ Three-year Equestrian Training Programme (supported by FÁS)
- ☞ Three-year Transition Training Programme (supported by HSE)
- ☞ 19th Century Walled Garden (supported by Pobal)
- ☞ Riding School (supported by Pobal)
- ☞ Day Service (supported by HSE)

Festina Lente Foundation

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Equine Assisted Learning Service



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Better
Ireland
Programme

What is Equine Assisted Learning?

Equine Assisted Learning (EAL) is a process where young people work with horses to develop their emotional growth, personal awareness, relationships and trust. The team involved comprises the horse, the participant, an equestrian adviser and a facilitator. The focus of the sessions is generally on the person working with a horse on the ground, so riding is not usually involved.

What are the benefits of EAL?

- ☞ Self-awareness
- ☞ Self-confidence
- ☞ Communication skills
- ☞ Relationship skills
- ☞ Problem-solving
- ☞ Teamwork

FREQUENTLY ASKED QUESTIONS

☞ **Will children learn to ride a horse?**

No, the focus is on children working with horses on the ground, observing and interacting with the horse or pony based on their own levels of comfort.

☞ **Why is working with horses so beneficial?**

Horses are able to read the most subtle cues and respond to the messages people give to them in that moment with complete honesty. Horses reflect back the emotional state of the participant, so that people learn that if they change their behaviour, the horses will respond differently.

Also, accomplishing a task involving a large and powerful horse instills confidence and self-assurance which the participant can bring to other challenging and intimidating situations in their lives.

☞ **Is it safe?**

Yes, the role of the equestrian adviser is to ensure the safety of both the people and the horses at all times.

Equine Assisted Learning



Who: The programme is available to children and young adults who would like to improve their personal and interpersonal skills.

Where: Mainly in Festina Lente Foundation, Old Connaught Avenue, Bray. However, an outreach programme will make weekly visits locally and regionally. In addition, the Equine Assisted Learning service will run quarterly sessions in Munster, Connaught and Ulster.

When: From February 2008

Cost: Kindly sponsored by AIB Bank

Duration: Sessions last 6-8 weeks, mornings or afternoons in a group of 2-5 participants

Horses: Most of the horses in the EAL team have been rescued and rehabilitated. These horses have been invited to join the Equine Assisted Learning Service team through the Irish Horse Welfare Trust.