

# Healing Through Horses

*Help impaired children experience the freedom of movement! This unique volunteer opportunity combines a love of horses with helping children and is a real benefit.*

## Project summary:

With the help of volunteers and trained instructors, children with very low mobility can experience the freedom of moving their limbs on the back of a horse. Volunteers should have experience working with horses, love children and have patience with disabilities. This very special project is extremely popular and has limited spaces, so be sure to sign up early to avoid disappointment.

It has 15 workhorses, all carefully selected. The work is hard and it is important that the horses have a good temperament. They are regularly put through special training exercises and their health and fitness is crucial to the success of the therapy.

Riders have a special relationship with their individual horse, and for many it is the first uninfluenced relationship they have experienced.



## Requirements:

- Minimum age: 18 years (younger on request).
- Riding experience is an advantage, but all new volunteers will receive proper training.
- A lot of physical work is required, so you should be fit.
- Language skills: Intermediate English (be able to follow instructions).
- Minimum duration: 4 weeks

## Included:

- Transfer from/to Cape Town airport
- 3 day orientation
- 2 meals daily
- Accommodation
- Rechargeable sim card

[more information](#)