

2. Međunarodna umjetnička i znanstvena konferencija Osobe s invaliditetom u umjetnosti, znanosti, odgoju i obrazovanju:
 Akademija za umjetnost i kulturu u Osijeku, 2.- 3. prosinca 2021.

Primjeri dobre prakse terapije i aktivnosti pomoću konja za osobe s invaliditetom
Examples of good practice of therapy and activities using horses for people with disabilities

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Zbog svojih višestrukih učinaka (fizičkih, psiholoških, socijalnih, edukacijskih) terapija i aktivnost pomoću konja doprinosi poboljšanju kvalitete življenja djece s teškoćama u razvoju i osoba s invaliditetom, a na području grada Osijeka takve aktivnosti provode dvije udruge. Udruga "MOGU" provodi ovakve programe već 24 godine kako bi se korisnicima pružila kvalitetna usluga prilagođena njihovim potrebama. Godišnje se u program terapije i aktivnosti pomoću konja uključi oko 140 korisnika bilo na temelju preporuke liječnika opće prakse, specijaliste ili mišljenja stručnjaka (rehabilitatori, fizioterapeuti, psiholozi). Na kraju svake godine provodi se evaluacija putem mjernih instrumenata stručnjaka o pozitivnim fizičkim, psihičkim te socijalnim učincima terapije i aktivnosti pomoću konja koju provode isključivo specijalisti svatko za svoje područje. Rad s korisnicima temeljen je na transparentnosti, jednakosti, međusobnoj toleranciji, prihvaćanju različitosti, empatiji, socijalnoj uključenosti i povjerenju te suradnji. Primarne aktivnosti (socijalne usluge) Udruge su provedba programa terapija i aktivnosti pomoću konja, pedagoško-preventivni program – preveniranje ovisnosti, nasilja i rizičnog ponašanja među djecom i mladima te izvršenje posebne obveze za maloljetne počinitelje kaznenih djela kroz društveno koristan rad u Udruzi. Sportsko-rekreacijski program namijenjen je djeci i mladima opće populacije te djeci i mladima s teškoćama u razvoju u svrhu ostvarivanja zdravstvenih, odgojno-obrazovnih te pedagoško-preventivnih ciljeva. Vrlo važan dio u radu su i njezini volonteri koji zajedno sa stručnim kadrom Udruge daju svoj doprinos u provedbi svih programa i aktivnosti.

Due to its multiple effects (physical, psychological, social, educational) therapy and activity with horses contributes to improving the quality of life of children with disabilities and persons with disabilities, and in the city of Osijek such activities are carried out by two associations. The association "MOGU" has been implementing such programs for 24 years in order to provide users with a quality service tailored to their needs. Annually, about 140 users are included in the program of therapy and activities using horses, either on the basis of a recommendation from a general practitioner, a specialist or the opinion of experts (rehabilitators, physiotherapists, psychologists). At the end of each year, an evaluation is carried out through the measuring instruments of experts in order to determine positive physical, mental and social effects of therapy and activity using horses, conducted exclusively by specialists for their respective fields. Working with users is based on transparency, equality, mutual tolerance, acceptance of diversity, empathy, social inclusion, trust, and cooperation. Primary activities (social services) of the Association are the implementation of therapy and activities with the help of horses, pedagogical and preventive program - prevention of addiction, violence and risky behavior among children and youth and fulfillment of special obligations for juvenile offenders through socially useful work in the Association. The sports and recreation program is intended for children and young people of the general population and children and young people with disabilities for the purpose of achieving health, educational and pedagogical-preventive goals. A very important part of the work are its volunteers who, together with the professional staff of the Association, give their contribution in the implementation of all programs and activities.

Udruga za terapijske i rekreacijske aktivnosti "4 lista" osnovana 2018., do danas je okupila brojne korisnike terapijskog i rekreacijskog jahanja te volontera zaljubljenih u konje i prirodu.

The Association for Therapeutic and Recreational Activities "4 lista", founded in 2018, has gathered numerous users of therapeutic and recreational riding and volunteers in love with horses and nature.

Ključne riječi: konji, terapija i rekreacija, Udruga "MOGU", Udruga "4 lista"
 Keywords: horses, therapy and recreation, Association "MOGU", Association "4 lista"





Provedba pilot programa EquiEdu projekta Mađarske s ciljem terapijske obuke konja

Implementation of the pilot program of the EquiEdu project of Hungary with the aim of the therapeutic training of horses

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SAŽETAK

Cilj projekta EquiEdu Visokog gospodarskog učilišta iz Križevaca je: stvoriti preduvjete za osnivanje regionalnog obrazovnog centra za konjogojstvo i konjički sport u Križevcima.

Provodi se u okviru programa prekogranične suradnje Interreg V-A zajedno s mađarskim partnerom, Sveučilištem za poljoprivredne i biotehničke znanosti iz Kaposvára. Konjička akademija Pannon sa istoga Sveučilišta ima aktivnu ulogu u obrazovnim programima i teoretskom i praktičnom osposobljavanju studenata koji se specijaliziraju za konjički sport na vrlo visokoj razini. Domaćin je prestižnih nacionalnih i međunarodnih prvenstava u konjičkom sportu provodeći odgovarajuće programe obrazovanja i stručnog usavršavanja koja omogućavaju stjecanje kvalifikacija u području rada s konjima, sporta ili pružanja usluga u ruralnom turizmu.

Osim toga Akademija pruža usluge stručnih tečajeva za stočare, trenere konja i terapijske obuke konja. Pilot program EquiEdu projekta u Kaposváru predviđa osposobljavanje stručnjaka koji će moći aktivno, učinkovito i na visokoj razini u granama konjičke terapije provoditi hipoterapiju, specijalno pedagoško jahanje i voltažiranje te konjičku psihoterapiju i tako pomoći u sigurnom provođenju razvoja terapije pomoću konja. Visoko gospodarsko učilište u sklopu ovoga projekta razvija nove predmete na svom preddiplomskom stručnom studiju i nove programe cjeloživotnog učenja vezane uz konjogojstvo i konjički sport uz odličnu suradnju s Akademskim konjičkim klubom koji djeluje u prostorima Učilišta u Križevcima, kao idealan pogon za provedbu terapijske i rekreacijske usluge na konjima.

Ključne riječi: pilot program, EquiEdu projekt, terapijska obuka konja

ABSTRACT

The goal of the EquiEdu project of the Križevci College of Agriculture is: to create preconditions for the establishment of a regional educational center for horse breeding and equestrian sports in Križevci.

It is implemented within the Interreg V-A cross-border cooperation programme together with the Hungarian partner, the University of Agricultural and Biotechnical Sciences in Kaposvár. The Pannon Equestrian Academy from the same University plays an active role in educational programs and theoretical and practical training of students who specialize in equestrian sports at a very high level. It hosts prestigious national and international equestrian championships by implementing appropriate education and professional development programs that enable the acquisition of qualifications in the field of work with horses, sports or the provision of services in rural tourism. In addition, the Academy provides professional courses for breeders, horse trainers and therapeutic training of horses. The pilot program of the EquiEdu project in Kaposvár envisages the training of professionals who will be able to actively, effectively and at a high level in the field of equestrian therapy conduct hippotherapy, special pedagogical riding and voltaage and equestrian psychotherapy and thus help safely implement horse therapy. As part of this project, Križevci College of Agriculture is developing new courses in its undergraduate professional study and new lifelong learning programs related to horse breeding and equestrian sports in excellent cooperation with the Academic Equestrian Club operating on the grounds of Križevci College of Agriculture, as an ideal facility for therapeutic and recreational services on horses.

Keywords: pilot program, EquiEdu project, therapeutic training of horses





Selection of Therapy Horses for Persons with Disabilities



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The therapy and recreation for the persons with disabilities was previously known as **therapeutic riding and it is relatively new discipline** which takes place in many European countries in last 10 to 20 years, but still not in the R. of N Macedonia and some other Balkan countries.



The situation in Croatia is much better, because they started the alterations in relation to the development in all fields, from the introduction of a new terminology, field distribution, and harmonization with the standards of the European norms. According to the World Health Organization, there are approximately **15% from the whole world population are people with disabilities, but in Balkan countries, it is 10 to 25%** from their total human population according to the country.

The equine-assisted therapy is recommended for persons with intellectual disorders, persons with handicaps and physical disabled, persons with mental disorders - multiply sclerosis, cerebral paralysis, brain stroke, fears, back curving and scoliosis, persons with chronically diseases, anxiety, persons with genetic disorders (Down syndrome), autism, with speech disorders, with disorders with hearing and sight, with depression, with hyperactivity, persons with several types of disorders, as well as especially now with Covid depression.



The equine-assisted activities are other activities with horses in an equine environment for the sake of recreation, not therapy and children need used of preschool age and in the primary school as well as for all age categories. **To select a horse aimed for equine-assisted therapy and rehabilitation we ought to pay attention on several topics: horse breed, exterior, condition, frame, temperament, character, constitution, previous needs in people with some disorders, trust, training level, health and resistance, etc.**

The main objective of this paper is to define the criteria for selection of therapy horses for the persons with disabilities.



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