

INFO-PACK

KEFIAP CENTER & THERAPEUTIC HORSEBACK RIDING

EVS IN KALAMATA, GREECE



What?

Kefiap - Center of Physical Medicine and Rehabilitation is a service of the hospital in Kalamata. Through many activities and therapies (art workshops, music therapy, dance, cooking workshop, swimming pool, massage room...) this therapeutic centre improves the overall health and quality of life of people (teenagers and adults) with physical, mental, or emotive disorders or handicaps.

Therapeutic riding is a rehabilitation programm for children with physical and mental disabilities, where the horse is used as therapeutic medium. The horse becomes an extension of their own body; it helps them venture into new experiences and discover unprecedented feelings: the pleasure of a ride or the thrill of a walk in the countryside, or, mainly, that precious sense of movement and personal independence.

Where?

The Kefiap center is located close to the center of the city and Therapeutic Horse Riding is taking place a bit outside Kalamata, easily accessed by bus or bicycle.



Erasmus+



K.A.N.E.



Aim:

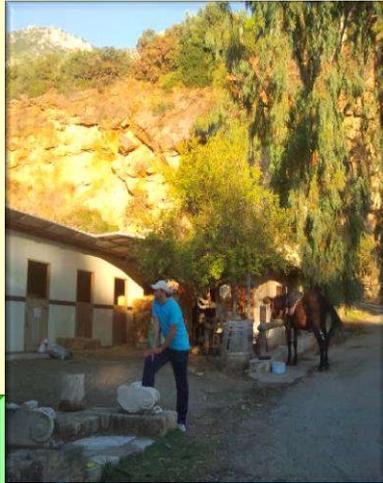
To help the centre's work, broaden the people's horizons with new activities and bring in the European dimension.

The role of the volunteer is to undertake tasks in collaboration with the Greek volunteers that already work there and the enrichment of those tasks with more and newfound initiatives. These will be the ones that will create material for the promotion of the programme that aims in the acceptance of children with special needs by society and the acknowledgment from the public regarding the actions of the organisation and the therapeutic centre. The volunteers will undertake work that has been already carried out by volunteers, is additional to the work that's produced and cannot be carried out by permanent personnel; therefore they do not replace in any case the existing personnel or possible new job positions.

Therapeutic riding is the outcome of a team effort, including volunteers and therapists. Volunteers will become the "added value" of the project. They will offer to the children the opportunity to feel part of the society, to improve themselves and get in touch with new cultures, languages.

The volunteers will be asked to work with **children, teenagers and adults** with neurological damage, psychological and learning difficulties, autism etc.





- Escorting the people in the bus. During the bus ride the volunteer will be responsible for their safety, but also they will have to be having creative ideas, in order to have a more pleasant ride, which is a painful process for some of the people.
- Raising the public's awareness on the importance of the centre and of the spread of volunteerism.
- Preparing games to be used while users are waiting in the Cafe and caring for this space, in order to be kept clean and secure for them.
- Maintaining and safekeeping of parts and materials that are used.
- Attending the activities of creative occupation during the users' waiting before and after their sessions
- Production of audio-visual material in order to raise awareness for the centre's project.

- Preparing, in cooperation with a specialist and according to each person's or group of persons' needs, the session and the non-formal education games.
- Maintaining and safe-keeping the props and other material used in or out the training court.
- Preparing and training the horse, as well as caring for the horse's warm-up, prior to the session.
- They will be the volunteer-assistants to the trainer, following the child and the horse throughout the course. One of them will lead the horse according to the trainer's instructions, while the other will be next to the child making sure that it is always safe. At the same time they will be monitoring the horse's behavior and calmness.
- They will engage in non-formal educational games and other creative activities with the children before and after the session making, thus, sure that the children's waiting time is pleasant

- Some time will have to be devoted to taking care of the horse and its gear before and after the sessions. This way, the volunteer builds a sense of trust and safety to the horse.
- After the end of the session, the volunteers and the trainer will keep a journal of the children's progress, the difficulties faced and the new aims set.
- An additional task is to help spread the word for the therapeutic horse riding's importance, promote the values of volunteering and accepting people with disabilities, by including them in the community's everyday life.
- Also, in cooperation with other volunteers and the coordinating organisation, they might be asked to inform local youth about EVS
- **ATTENTION: The project of the Therapeutic Horse Riding is taking place at an open space. Therefore, when it is raining, no lessons are taking place. During rainy days the volunteers are working on other activities.**

Accommodation...

Volunteers are hosted in the youth hostel/guest house, two volunteers in each room. The houses are fully equipped with refrigerator, washing machine, vacuum cleaner, heating system, oven, plates, glasses, sheets, blankets, pillows, towels etc. etc. etc.

The Town / Life:



As you might know, Kalamata is a medium size city (a bit less than 80,000 habitants) but beautiful. You will have the opportunity to travel around the town and visit nice places, archaeological monuments, the mountain and many different beaches. The town is situated between the mountain of Taygetos and the Messinian bay.

At the links below you will find some information about the town and the area, you will be able to see some pictures but unfortunately some texts are in Greek:

<http://en.wikipedia.org/wiki/Kalamata>

http://www.visitgreece.gr/en/main_cities/kalamata



Weather...

During **summer** (from May/June to the end of September/October) you will be able to swim (the sea is clean with variety of rocky or sandy beaches) but in Greece summer is very hot (during July and August the temperatures are between 30 to 40 degrees!), you will have to take care while staying under the sun.



During **winter** the town gets more “moody” as everywhere during winter. There can be a lot of rain, it is snowing once every 3-4 years and the temperatures are between 0 to 20 degrees. During winter you have to be careful when it gets too windy and walking near the sea. As you can understand the climate is mild during winter and a hot during summer; wearing the right clothes and being careful with the sun exposure will protect you all year. You will have to bring with you all kind of clothes, summer clothes, your swimming suit, winter clothes and light winter clothes (for months September, October, April, May- temperatures: 10 to 25).



In Kalamata you will have the opportunity to make sports, swimming, and mountain hiking (we are cooperating with the hiking club), walking around, hanging out and going to cafes, bars, clubs and parties.



People...

One can meet in Kalamata, except from Greeks, Italian, German and French tourists, mostly older people or families. Also political and economical refugees are living here. They are coming from Albania, Eastern Europe, Arab countries and Africa. They are mostly families or workers so it will be difficult to meet young people from these countries except from Albanian youngsters.

Kalamata is a town which offers a safe environment. It is not facing serious criminality and even the robberies are not so often. Actually it is a peaceful environment and you will not face any serious danger if you take the basic safety measurements.

People are generally very helpful and have this feeling of hospitality. Older people don't speak English and this will be a challenge for you in the beginning. If you try to speak with them in Greek they are always getting smiley and more helpful to you. So the faster the volunteers learn Greek, the faster the life will get easier. Most young people, on the other hand, speak English pretty well.

Greek Language

Volunteers have Greek language lessons, conducted by a professional teacher with years of experience teaching English as a foreign language, especially to EVS volunteers.

In case you would like to make the first steps in learning Greek, below you will find some links that can be very helpful:

<http://www.xanthi.ilsp.gr/filog/>

<http://www.bbc.co.uk/languages/greek/>

<http://www.greece.org/gr-lessons/gr-english/>

Useful links

Volunteers in Kalamata

EVS blog: www.evskalamata.blogspot.gr

Click here to read our EVS newsletters: <https://issuu.com/kane.kalamata>

K.A.N.E. Organisation

Website: www.ngokane.org

Facebook page: [KANE Social Youth Development](https://www.facebook.com/KANE.Social.Youth.Development)

Youth Centre of Kalamata

Website: kentroneon.wordpress.com

Facebook page: www.facebook.com/kentroneon

Facebook group: www.facebook.com/groups/112750556744/

Youtube Channel: www.youtube.com/channel/UCL3SGt3ZJQ-AgB1fHe_NWtQ