



September, 8th – December, 3rd - 2018

## “INCLUDIAMOCI! – LET’S GET INCLUDED” All Equal, All Different!

Once we are getting closer to **03th of December 2018 - International Day of Disabled Persons and Social Inclusion**, **EQUITABILE®** promotes " **INCLUDIAMOCI!** ," a project which has the purpose to launch a series of initiatives in the equestrian circuit that may combine the awareness of the issue of the risk of social exclusion in order to reinforce the value of the activities mediated by the horse for the development of the residual skills and abilities of the weakest. The project aims not only the disability as most of people are used to, but also Intercultural matters as a potential situation that leads to the so-called "induced disability" and new social forms of poverty in general.

On this day about thirty equestrian centers throughout Italy will carry out a series of events to approach the horse itself as well as organize integrated recreational activities addressed to all the adepts but with particular attention to young people and adults characterized by different forms of disability and /or subjected to any risk of social exclusion or social discomfort.

### *Disability is not a world apart, but part of the world*

The individual territorial initiatives will be managed as per the participants' choice and resources and under the coordination of **EQUITABILE**, but having the common objective of stimulating the exchange of experiences among the differences in an informal environment without exclusions.

This means that the mentioned initiatives will completely respect the autonomy of the hosts (Equestrian Center /Institution/Riding School) towards self- managed activities which allows the interaction between their regular users and the local public.

***The participation of the different realities will open the doors of the inclusion of individuals coming from the less favored levels of the society allowing them to have a day in contact with the horse world through an informal education.***



The horse awareness and approach, grooming sessions, horse chariot riding, horse riding, performances with disabled riders, demonstrations of dressage, vaulting and another equestrian disciplines, horse body painting, contests, games, small excursions in the stable and around the premises, snacks and parties at the club house, in conclusion, any activity that can optimize people interaction and break down the walls of the prejudice.

So many actions will be carried out to fully enjoy the many days of festivities promoted in different places during a wide range of time, focusing on a common passion which unites all the technicians and volunteers who adhere to the project: ***the horse as a fantastic facilitator of interaction and empathy.***

Simultaneously to the initiatives mentioned before, many of the Centers in Italy will also promote an additional project called

**“Genitori in Sella! – Parents on the Saddle!”**, a special moment of sensitization and practical trial where the family members of disabled children can directly experience the interaction with the horse from the point of view of Special Needs in order to utterly understand the emotional bonds and benefits that this noble animal can bring.

The period of realization of "**INCLUDIAMOCI!**" is - from 8 September until 3 December, International Day of Disabled Persons. It was deliberately thought so the participant Centers are able to promote their initiatives at the most appropriate time. In fact, this will allow those which do not have covered fields/facilities/heating system at their disposition to go ahead with their planned activities for the event even in open air without submitting their guests to the cold, mainly in the case of the Northern Hemisphere countries where December can reach extreme low temperatures.

An additional commitment of all the participating Centers, however, would be to organize a further and simpler initiative (perhaps without the physical presence of the horse) on the weekend prior to 03th of December, and once at favorable conditions and environment, why not on 03th December itself? Regarding the chosen date, we would like to suggest from a snack break to enjoy the company of each other to horse/disability related theme auditions, photo/video exhibitions, parties and leisure initiatives related to the horse world in the club houses, in short, anything that might lead to a pleasant moment together also offering the opportunity for discussion and close the event.

EQUITABILE® will coordinate the entire circuit at national and international level and will act as the facilitator and project promoter highlighting the Centers / Institutions themselves, locations as well as the nature and schedule of the activities planned by each one of the participants. From the end of August 2018, all the related information will be divulged accordingly on our website and Facebook page allowing the participation of the public in general.

For now, thank you in advance for your time and attention, we are looking forward to hearing from you soon!

Join us, **INCLUDIAMOCI!**

With kind regards, GRAZIE!!!

Roberto Lambruschi



More information on: [www.equitabile.it](http://www.equitabile.it)

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