

## ORGANIZATION INFORMATION

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*Complete this form by either filling in the information electronically or printing out the form and filling it in by hand. Answer each question completely. If you are not sending this form electronically, type or print clearly in ink. We prefer material submitted electronically. However, if that is impossible, then you may submit by mail.*

**Legal Name of organization:** MTÜ Equilibre

Mailing Address for Official Correspondence: Koordi, Roosna-Alliku vald, Järvamaa, 73212.

Email address: sven@equilibre.ee

Web address: www.equilibre.ee

ASBL No.: 80259367

**Exact Date established as an ASBL:** December 11, 2007

**Name and title of Organization Contact Person:** Sven Aluste M.Eng, member of the board.

Contact Person Email Address: sven@equilibre.ee

Contact Person Telephone Number: +37256203777

Languages Contact Person Can Speak:  English  French

**Name of NATO CHARITY BAZAAR ASBL Member Contact:** Mirjam Nõmme

Email Address: [mirjam.nomme@gmail.com](mailto:mirjam.nomme@gmail.com) Telephone Number: +32489467366

**Geographic Location of the Project (provide city, state and country):** Koordi village, Järva county, Estonia

**Focus of Project:**

<input checked="" type="checkbox"/> Health <input type="checkbox"/> Environment <input type="checkbox"/> Education	<input checked="" type="checkbox"/> Women <input checked="" type="checkbox"/> Children <input checked="" type="checkbox"/> Seniors	<input checked="" type="checkbox"/> People with disabilities Other, please explain below
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## FINANCIAL INFORMATION

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*Complete this form by either filling in the information electronically or printing out the form and filling it in by hand. If filling in by hand, please PRINT. We prefer material submitted electronically. However, if that is impossible, then you may submit by mail.*

### **PROJECT BUDGET**

**Total Project Cost € :** 9103 EUR

**Will the Project be completed within a 12-month time frame?**

If YES, Project time frame: 01 Feb 2012 to 01 July 2012

**Amount Requested:** 9103 EUR

**Are you approaching other funding sources for this project?** \_\_\_YES , X NO

**If YES, for how much of the project budget? €** Not Applicable

**If we can only fund part of the project, specify the smallest amount required to make this project viable:** 4348 EUR

**BANKING**

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## PROPOSAL SUMMARY

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Is the name of the Proposed Project different than the name of the Organization?  YES  NO

If YES, what is the name of the Project?

Riding therapy saddles for physically/mentally disabled people.

**State Your Organization's Mission** (2 sentences or less. Provide text in English and French.

Application is considered incomplete if the information is not provided in both languages):

### ENGLISH VERSION

*Our goal is to improve health and quality of life of physically/mentally disabled people through riding therapy, cooperation and communication with a horse. Benefits of riding therapy: increased motivation, better self-confidence and self-esteem, higher body awareness, strengthened muscles and balanced body.*

### FRENCH VERSION

*Pour améliorer les conditions et la qualité de vie des personnes handicapées physiques et mentales en fournissant une thérapie de coopération et la communication avec un cheval. Avantages de l'équitation thérapeutique: une motivation accrue, une meilleure confiance en soi et l'estime de soi, une conscience corporelle plus élevée, renforcement des muscles et de l'équilibre du corps.*

**Summarize the proposed project** (4 sentences or less. Provide this text in English and French.

Application is considered incomplete if the information is not provided in both languages).

### ENGLISH VERSION

*The aim of the project is to buy specific riding therapy saddles. Special saddles are essential in therapy sessions for physically/mentally disabled people who cannot ride a horse without it, because of their weak body posture. It supports client's physical and psychosocial skills/needs.*

### FRENCH VERSION

*L'objectif de ce projet est de fournir un traitement spécial de selles pour l'équitation, centre de thérapie. Les selles sont essentielles pour les personnes handicapées physiques et mentales qui ne peuvent pas monter à cheval sans; en raison de leur posture faible. Elles prennent en charge les besoins physiques et psychosociaux du patient.*

**Attach 2 digital photographs of your organization and its work. If your organization is deemed eligible for funding, these pictures will appear on our web site.**

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## FUNDING PROPOSAL NARRATIVE & ATTACHMENTS

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*On a separate sheet, please provide the following information. We prefer material submitted electronically. However, if that is impossible, then you may submit by mail. If submitting material by mail, then copies of requested material should be attached.*

### I. Organization Information

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1. Brief Summary of Organization's history and mission.

#### NPO EQUILIBRE

Was founded in December 2007 with the purpose of establishing a riding therapy center in Central-Estonia for all those who need riding therapy for improving their health or wish to experience the immediacy of relating themselves to the natural environment and animals.

Our goal is to build a riding therapy and training centre with lecture rooms, stables, indoor riding arena for therapy and retreat lodges. All this will be surrounded by quiet and magical forest routes, alleys and labyrinths.

Many projects will be fund-raising and our aim is to attract local people into our new developmental directions. The goal of riding therapy is to improve person's physical and mental wellbeing through contact, cooperation and communication with horse. It is suitable to every age group and for a variety of special needs – physical, psychological, emotional etc. Riding therapy is very new field in Estonia.

2. Description of current programs, activities, and strengths/accomplishments (highlighting the past year), including what makes your organization unique.

Our NPO is unique in Baltics, we are one of the few organizations using horses to improve quality of life and health of challenged people.

Since summer 2010 our NPO Equilibre is part of Järvamaa Hospital's rehabilitation team. In April 2011 one of our therapist was nominated as a best young entrepreneur in Järva county. Currently we have one approved funding from HMN fund (Taxes from Gambling Council) to organize a project - „Equine Assisted Learning for people with special needs” (4300 EUR) in June 2011. Also we are waiting for an answer from Estonian Agricultural Registers and Information Board for funding request to form a plan of „Inner arena for horse therapy”. (9 000 EUR) in August 2011. We have recently participated in trainings – in 2010 „Art of Leadership, Equine Assisted Learning”, Germany – our therapist is now licenced partner of EAHA. 2009 October, „Horse Assisted Education: Liberal Ground-Work with Horses”. Education Program for Trainers – Individual Training. Susanne Schwaiger: Das Pegasus-Projekt. Poettmes, Germany. 2009 May ”Horses in Psychotherapy”. Monika Mehlem from Germany. Ypäjä, Finland.

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## II. Purpose of Funding Request

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1. Please explain your need for support and also the impact this support will have.

There are many clients who cannot attend riding therapy session with a regular saddle or bareback pad because of weak upper body posture. Special therapeutic riding saddles will offer extra support for a rider and makes therapy lesson safer. Also therapy assistants will benefit, their purpose is to assist and secure the rider during session. Throughout the therapy session assistants need to hold their hands high to support the rider with hands and often they have back problems and pain themselves because of that. Using special saddles will help to avoid such problems and makes assistant's work more pleasurable. With those special saddles our organization can offer riding therapy for more people in need.

2. List the Proposal's Target Population. In other words, Exactly who and how many people will benefit from this project?

Through this project there will be a large group of people with special needs - in every age group and with big variety of disabilities – physical, psychological, emotional. Our therapy center is located in the Central-Estonia and clients come from all over Estonia (1 hour drive max).

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## III. Itemization of Project Budget

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1. Provide an itemized budget for the project.

-**Special Needs Saddle** (one saddle) with back support: 4755 EUR  
<http://www.grayscustomsaddlery.com/>

-**Therapeutic riding saddle** (two saddles): 1924 EUR each, two saddles : 3848 EUR  
[http://www.thornhillusa.com/saddles/Therapeutic\\_Saddles.html](http://www.thornhillusa.com/saddles/Therapeutic_Saddles.html)

-**Shipping from USA** approx: 500 EUR

2. Please indicate your **order of importance** for funding, if there are separate parts to the project.

- 1- **Special Needs Saddle**
- 2- **Therapeutic Riding Saddle**

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## IV. Attachments (If possible, all attachments should be in English and/or French)

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1. Bank statement giving official details of the bank account, including IBAN, BIC, SWIFT codes or ABA/Routing Transit Number (USA). No donation shall be made to a personal account.
  2. Organization statutes.
  3. Annual financial report.
  4. Two (2) digital photographs of your organization and its work will appear on our web site. By sending the photos with this application, you are giving your authorization to the NATO Charity Bazaar to use them. If your organization is deemed eligible for funding these pictures will appear in our annual booklet.
  5. When the project is finished, you are requested to send receipts for items purchased and photographs of the completed project.
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