

Internship Announcement

Equine-Assisted Therapy and Personal Development

Winter Semester 2025/26 and Summer Semester 2026

Period

- **Winter Semester 2025/26**
- **Summer Semester 2026**
- **Short-term option:** In **August and September 2025**, trial internships starting from one week are possible.
- Regular internships are possible from a minimum duration of **4 weeks**.

Internship Activities

Students will gain insights into:

- Planning, implementation, and reflection of equine-assisted therapy and development sessions
- Psychological foundations of human-animal interaction
- Documentation and evaluation of sessions
- Co-facilitation of group processes and exercises in mindfulness, self-regulation, and personal development
- **Project-oriented work** in the fields of equine-assisted therapy, research, and innovation
- Contribution to the development of **AI-based tools** designed to enhance and deepen the impact of equine-assisted sessions
- Support in ongoing research projects (e.g., analysis of therapeutic factors such as changes in heart rate variability during horse interactions)
- Development of materials and contributions for public relations and social media

Location

The internship takes place on a **horse farm in Tuscany (with a second site in a neighboring region)**.

A shared student apartment is located directly on site.

- Cost per room: **€800 per month**

Funding

- For internships of **2–3 months**, financial support through Erasmus+ or national mobility programs is possible:
 - Erasmus+: approx. €750/month + travel allowance
 - Switzerland: approx. 450 CHF/month (SEMP – Swiss-European Mobility Programme)

Special Opportunity (optional)

Preparations are currently underway for a larger research project within the framework of **Horizon Europe**, involving collaboration with several European universities.

- Within this context, it is possible to link **Bachelor's and Master's theses** to the project. This is optional and not the main focus of the internship.
- Focus: Development and evaluation of **group-based equine-assisted interventions** as well as the investigation of specific therapeutic mechanisms (e.g., HRV).

Requirements and Language

- Bachelor's or Master's student in Psychology
- Strong interest in equine-assisted therapy, research, personal development, and innovative AI applications
- High level of initiative and ability to work in a team
- **Very good English skills** (English is the working language during the internship)

Application

Please send your application including CV, current study status, preferred period, and a short motivation letter **via email to: elisabeth.koestner.13@gmail.com**.

Contact & Links

- LinkedIn: Elisabeth Karoline Anna Köstner
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