

Local



There are three clubs in Kuwait where competitions are held. "Sometimes it's here (Equestrian Club), Kuwait Riding Center or Messila Club, which all host equestrian events. The competitions usually start in the morning, then after a short break, continue in the afternoon," she added. Vohrde loves her work. "When I finished school, I took a professional master's course. We have a very strong educational system in Europe to develop coaches and athletes," she highlighted.



The most difficult part of this profession is that it's very money-dependent, so very strong backup support is needed, as horses are very expensive to buy and maintain. "You need monthly expenses to keep a horse, and you need more of them as one horse is not enough," she said. "You are dealing with horses - and every horse has its own character and behavior. So a new horse is a new challenge. It takes a long time to get the experience to be able to ride many different horses. A good rider should be able to ride all kinds of horses. For me as a woman, one of the biggest challenges is that men have more physical strength, which is an advantage for them, while I have to spend more time schooling my horse," Vohrde pointed out.

Some horses suit men better, while others fit women better. "At the end, it's about technique and about being able to balance your horse. It's not like playing piano or tennis where you can train 12 hours a day - with horses, you train once a day, so if you want to be better, you have to ride as many horses as possible to get the routine in the rink," she explained.

"I train horses for clients and help riders train their horses and make them ready for shows. I mostly focus on

schooling horses and riders, which is the field of my education. I don't compete anymore, and only do coaching. There is a lot of work and responsibility associated with equestrian sport. Like other sports, if you want to do it at a high level, it's a lifestyle. It needs work all the time, so you need to say no to other things. As horses are our partners, they should get the right nutrition, rest and training," concluded Vohrde.

