



Finca Soley – Costa Rica

- Natural Horsemanship & bitless riding following classical principles
 - Ecological life close to nature
 - Building & Wood Work
 - Organic gardening
 - Community life

We are excited that you are interested in our project. Finca Soley is a place for you to develop, learn and explore new things. Here you will find a natural horsemanship & classical art of bitless riding trainings facility, a Spanish language school, a wood workshop and loads of fruit trees and veggi gardens. We are welcoming people who like to get involved into our daily farm life and are interested in making new experiences and exploring new ways of life. In addition, you can learn new skills like Natural Horsemanship or woodwork, improve your foreign languages or even learn a new one.

We offer different options for our work & study programs:

Working Student: As a working student you will be part of our working team. For this position we ask you to bring solid horse knowledge and an minimum understanding of Natural Horsemanship. If you have no knowledge in Natural Horsemanship you can take part 2 weeks in the “Full Horse” program and then support us as a working student. Your work is split into 2 hours help with all work around the horses and 3 hours help with the maintenance of the farm, gardens, kids and animals. You receive lessons in Natural Horsemanship and the bitless art of riding; you will be able to join on trails.

Full Horse Student: As a horsemanship student you will receive daily class (5 x per week), 2 trails or hikes, 1 theory class and as many tours as you like to book. Your work is all around the horses: grooming, feeding, mucking, tack cleaning and exercising.

Our offer is much diversified. All together we take care of the cleaning of the houses as well as cooking.



The Farm

Accommodation

The students will be accommodated in a shared house with bathroom and kitchen. There is a large living area, veggie garden and fruit trees, hammocks in the gardens, jungle and much more. We enjoy doing handcrafts such as baking bread, cook Costa Rican style, and make kombucha or woodwork.



The Gardens

As much as possible we try to grow our own vegetables, for example tomatoes, peppers or lettuce. The greenhouse is always looking for "green hands". There are plenty fruit trees on the farm.

Dogs, Chickens and other farm animals

Beside the horses there are other farm animals that have to be cared for. After a briefing, the students take on a task for which they are responsible during their stay. For example, the chickens and the dogs must be fed. Dogs must be washed, chicken stall cleaned. All the animals need attention and love.



Working Students work 5 days for approx. 5 hours a week in the projects.

The workshop, Crafts & landscape work



All buildings and furniture on the farm we have done ourselves. We love creative hands to make the place nicer. There is a small workshop. Furniture is built and if you're interested in craft, you can participate here. The workshop team is also responsible for reparation and renovation, work in the garden or help cut grass for the horses. Here you are working with Milton and you can practice your Spanish.

For more information about the workshop and Milton's work simply visit his Facebook page:

www.facebook.com/hombreparatodosloscasos



Aventura Doma Natural – Adventure Natural Horsemanship



The horses - Natural Horsemanship

The horses live in a natural herd on a trail paddock. The paddock needs to be cleaned daily and horses need to be moved from and to pastures. They have to be groomed, fed, massaged and exercised daily.

In the stables you can learn about horse care, herd behavior, barefoot care (we do the hooves ourselves!), medical care, feeding, grooming and much more.



In our work with the horses we follow the principles of natural horsemanship (Parelli, freedom based training, positive training) and combine it with the classical art of riding. Our goal is to combine ETHIC, ATHLETIC & ESTETIC. Our principles are love, communication and boundaries.

As a student, you get lessons from isa our onsite trainer, or one of her assistants. All horses are trained here and are educated by isa and her students. You receive a project horse that you can develop your skills with during your stay at Finca Soley.

The lessons are held on the ground: on rope and liberty and riding: in a bitless halter or bridleless. In the theory lessons we deepen the new learned information and put the philosophical frame around it. There is also a library with DVD's and books to

which you have access. The lessons are held in English.

We want to bring our horses to a high level, keep them physically fit and mentally healthy. Our horses are trained in the Natural Horsemanship program and specialized in bitless dressage and the classical art of riding. The relationship with

our horses is our primary focus. For students who begin with natural horsemanship here, our horses are excellent teachers and you can learn a lot and progress fast. If you already bring experience, you can bring this to a higher level and have lots of fun with our horses.

Taken the horses out on the trails, is part of their training. We have horses all sizes and ages!



Spanish class

You can book onsite Spanish lessons by a Costa Rican Spanish teacher. Packages are also offered.

- Spanish Extra: 1 hours Spanish for 5 days per week.
- Full Spanish: If you choose the full Spanish course you will receive 4 hr per day for 5 days. If you choose this course you help 2 hours per day on the farm. You cannot take part in the work student program in the same time but you could f.e. take 2 weeks Spanish and then 4 weeks' work student.
- Just a lesson



The Finca Soley Family

Milton and Isa

Milton is originally from Nicaragua and lives since over 20 years in Costa Rica. He grew up on a horse farm in the jungle within a huge family. He is the constructor and his built all buildings on Finca Soley. He also builds furniture and repairs everything that can be fixed.

Isa is originally from Germany and lives in Costa Rica in the past 9 years. At the age of 21, she decided to devote her live completely to her passion, the horses and the study of Natural Horsemanship and classical dressage. She has been very lucky being at the right time at the right place and worked alongside great teachers like Silke Valentin in Germany and Kerri April in Texas. She shares her knowledge and love for horses with her students since over a decade. She teaches in German, English and Spanish and her students enjoy “her sensitive style of teaching and patience”. With many years of experience in the equestrian field she manages the Natural Horsemanship School and the stables.





Trips

There are local guides to take you out on trips in the area or for a weekend to the beach. For our long term students we offer flexible work days if they for example would like to go 3 days, they can work an extra day the weekend before. We ask our volunteers to follow governable restrictions or guidelines regarding trips off the farm.



Comments and Expectations

This PDF was actualized in January 2021. Things are in development and changing. It is supposed to help you to get an idea of how life can be here. However, things will be different then you imagine; therefore we considered the following of our volunteers:

- **Positive Attitude!!!**
- **Flexible**
- **Teamspirit**
- **passion for animals**
- **Ability to adapt to a new environment and the acceptance of another culture. Things are different here and we are the guests.**
- **Active and initiative (Farm work is physical work)**



Registration & Project fee in 2021

Working Student:

We have 2 placements for the working student.

The minimum duration of participation is 4 weeks, anyways we prefer students that can stay longer. For this position we require you to have solid previous horse experience, basic knowledge of Natural Horsemanship or an professional background with horses and a very good working attitude with a "can do" approach. There is the option to come a few weeks as a full horse student and then change to the working student.

The registration fee is 60 \$ US. Airport transfer can be arranged but is not included in the fee. With the registration fee you safe your spot and it is not refundable even if you cannot come.

Weekly fee is 250\$ US.

This includes accommodation shared room, organization, natural horsemanship lessons (2 x week), a project horse you train with every day, access to our library and videos.

The registration fee needs to be paid up on registration.

The project fee will be paid in cash upon arrival or has to be transferred by then.

Since we need long-term planning your registration for the booked time is binding. The project fee for the entire period specified by you is due upon your arrival at the farm. In case of early departure, no refund of the fee project is possible. This is true even if we have to exclude you because of a violation of our house and community rules on the further project work. If you wish to terminate your participation, we provide you free to find a suitable matching participant.

Additional costs are incurred by flight and arrival, food, health insurance and personal expenses.

A health insurance is considered entrance requirements and must be presented.

Once we have discussed your travel dates, you get sent the signup sheet.

Full Horse Student:

The minimum duration of participation is 1 weeks.

Any experience level is welcome!

The registration fee is 60 \$ US. Airport transfer can be arranged but is not included in the fee. With the registration fee you safe you're spot and it is not refundable even if you cannot come.

Weekly fee is 510\$ US.

This includes accommodation shared or private room, organization, natural horsemanship lessons (5 x week), trails rides (2x week), theory lessons (1 x week) and a project horse you train with, access to our library and videothek.

The registration fee needs to be paid up on registration.

The project fee will be paid in cash upon arrival or has to be transferred by then.

Since we need long-term planning your registration for the booked time is binding. The project fee for the entire period specified by you is due upon your arrival at the farm. In case of early departure, no refund of the fee project is possible. This is true even if we have to exclude you because of a violation of our house and community rules on the further project work. If you wish to terminate your participation, we provide you free to find a suitable matching participant.

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. Both programs can be combined too!

Food

There are several supermarkets in the closed by town Tucurrique. This you reach with a taxi for approx. 3\$ or by foot in 30min. Also you can do a bigger shopping in Walmart in Cartago or Maxi Pali in Turrialba what you can reach by bus or taxi. Food can also be ordered by phone and will be delivered.

Both programs to compare!

Working Student Program	Full Horse Student
<ul style="list-style-type: none"> ✓ 2 x practical lessons ✓ join and guide trails ✓ accomodation ✓ 5h work per day x 5 days (2 hours horse related and 3 hours other work) ✓ Help were help is needed ✓ Prepare food and cleaning of the volunteer house ✓ Solid horse knowledge & basic knowledge of Natural Horsemanship ✓ 4 weeks minimum stay 	<ul style="list-style-type: none"> ✓ 5 x practical lessons ✓ 2 x trails ✓ 1 x theory ✓ As many as liked excursions (extra costs) ✓ accomodation ✓ 2h work around the horses ✓ Prepare food and cleaning of the volunteer house ✓ 1 till 12 weeks stays are possible

Questions? Please send us an email at aventuradomanatural@gmail.com We are happy to answer all your questions!

Look at our Facebook page for more photos and experiences of other students :

www.facebook.com/aventuraequitacion

And on our website: www.aventura-doma-natural.com

We are happy to meet you in a Skype interview and can advise you some more personal when planning your trip.

Address: 1 km al este de la Flora, Chucuyo, Tucurrique, Costa Rica