



Finca Soley – Costa Rica

- Natural Horsemanship & bitless riding following classical principles
 - Ecological life close to nature
 - Building & Wood Work
 - Organic gardening
- Community support: teaching of the local kids and English for teens and adults
 - Spanish lessons

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 free school for the neighborhood kids, English lessons for locals, a wood workshop, loads of fruit trees, organic veggie gardens and farm animals. 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, gardening or woodwork, improve your foreign languages or even learn a new one.

Please have fun reading about us and our projects in this pdf. The different programs we offer you will find at the end of the info pdf.



The Farm

Accommodation

The volunteers will be accommodated in our volunteer house. The house has three bedrooms with three bathrooms. There is a large living room area and kitchen, 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 woodworking.



Organic Gardening

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, cats and other farm animals

Beside the horses there are other farm animals that have to be cared for. After a briefing, the volunteers 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.



Building and crafts

The workshop, Crafts & landscape work

All buildings and most furniture on the farm we have built ourselves. We love artistic hands to make our 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.



Aventura Doma Natural – Adventure Natural Horsemanship



The horses



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 our onsite trainer, or one of her assistants. All horses are trained here and are educated by our trainer and her students.

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 different sizes and ages!



Social Projects

Local kids

At the farm we have different programs to support the kids from the neighborhood.

Due to the actual situation the schools of Costa Rica have been closed almost all the time since April 2020. Online teaching is not an option for our neighborhood kids. We have kids several ages coming to receive school with us. If you like to join our kids teacher program you need to have a decent level of Spanish.

Locals

Speaking English is a key to many more job options and better paid positions, as well as starting an own business. In cooperation with an expert on organizing English courses and the town hall of Tucurrique we now offer English class to teenagers and adults. Therefore we are receiving full support of our municipality and are able to use the installations of the city hall.

If you like to join our social programs you will be able to prepare and hold the classes by yourself. Please consider yourself as an open person who likes to deal with people from a different background and culture. You will be able to bring in your own ideas and be creative. We, the kids and the locals are very happy to receive your help!

You will receive a Spanish course to learn the Costa Rican style Spanish.



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 has 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 life 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.

Milton and Isa live with their 2 daughters and their newborn son at Finca Soley.





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 June 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!!!
- - Grown up and independent
- - 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)



Volunteer Programs offered at Finca Soley

We offer different options for our work & study programs:

Horses & Spanish Volunteer

In this position you will spend your mornings in the barn. Mucking out, grooming, training, trail rides, theory lessons etc. You will be involved every morning for several hours with the horses and have a mixed schedule with a variation of horse activities spread through the week. You will have a project horse you train with on a daily base. In the afternoons you will receive 3 x per week a Spanish course. The weekends are off to relax, explore the area or go swimming in a waterfall.

Farm & Spanish Volunteer

In this position you will be working alongside Milton. You will be spending your mornings working on construction projects, gardening, wood working etc. Work is between 7am till 12pm. In the afternoon you receive 3x per week a Spanish course.

Teaching Volunteer

If you support our kids and locals your days will be doing a variation of works. Starting with preparing the classes, printing and designing your worksheets and materials and the teaching the locals. Onside you receive your schedule including your Spanish course time table (3 days per week 2 hours). You will have off 2 days per week to explore the area, book a trail ride or learn to make chocolate.

Family Farm Experience

For families we have a special offer: Our famous family farm experience program. As a family you will be in a private room or in our guest house (see options). Your kids can be joining our pony club, receiving their own care pony. In the mornings they can come in the barn groom their pony and will be riding 2 x per week. In some afternoons we offer kids workshops together with the parents like painting, baking, hiking etc. We have a trampoline and loads of toys. One of the adults will be joining the farm volunteers in the mornings for 5 hours giving Milton a hand. If you like to learn Spanish you can book the Spanish course additionally.

Registration & Project fee in 2022

Our volunteer program schedule for 2022:

June: farm program, teaching programs

July, August & September: full horse program, teaching program

October, November, December: farm & teaching program as well as 2 spaces for our horse/farm mix program (min 4 weeks only)

Please contact us for openings on our Family Farm Experience.

Arrival is every Sunday! Anyways, if you only find a flight during the week it can be possible to arrive a different day, please ask us before that. Departure day is Saturday.

The registration fee is **80 \$ US**. Airport transfer can be arranged at a costs of 90\$ US. With the registration fee you safe you're spot and it is not refundable even if you cannot come.

Weekly fees for our different programs

Horse & Spanish Volunteer: 690\$ US per week

Farm & Spanish Volunteer: 320\$ US per week

Teaching & Spanish Volunteer: 380\$ US per week

Horse Volunteer: 550\$ US per week (without the Spanish course)

Farm Volunteer: 180\$ US per week (without the Spanish course)

Horse & Farm/Teaching + Spanish Volunteer: 510\$ per week. (2 days horse volunteer & 3 days farm/teaching volunteer)

Horse & Farm/Teaching Volunteer: 420\$ US per week. (2 days horse volunteer & 3 days farm volunteer)

For the mix programs you need first to take at least one week of the Horse Volunteer Program.

Programs also can be combined. For example: 2 weeks Program with Spanish and then 2 weeks without Spanish. Or 1 week Horse Volunteer and 3 weeks Horse + Farm Volunteer.

Family Farm Experience in a private room with shared kitchen: 650\$ US

Family Farm Experience in Casa Perla: 750\$ US

We can offer discounts for long term stay.

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.

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 bigger stores in Cartago or in Turrialba what you can reach by bus or taxi. Food can also be ordered by phone and will be delivered.

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.Finca-Soley.com

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

Address: Finca Soley, Calle el Chucuyo, Tucurrique, Costa Rica

Head-Volunteer Position: You are older than 21, have excellent riding skills and are willing to commit to our orga team for a minimum of 3 months? Contact us for more info on our head-volunteer positions!