



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 & baroque art of 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: "Casa India". 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, produce dairy's and cheese and make bread or do artworks around the house.



Our self built
volunteer house:
casa India



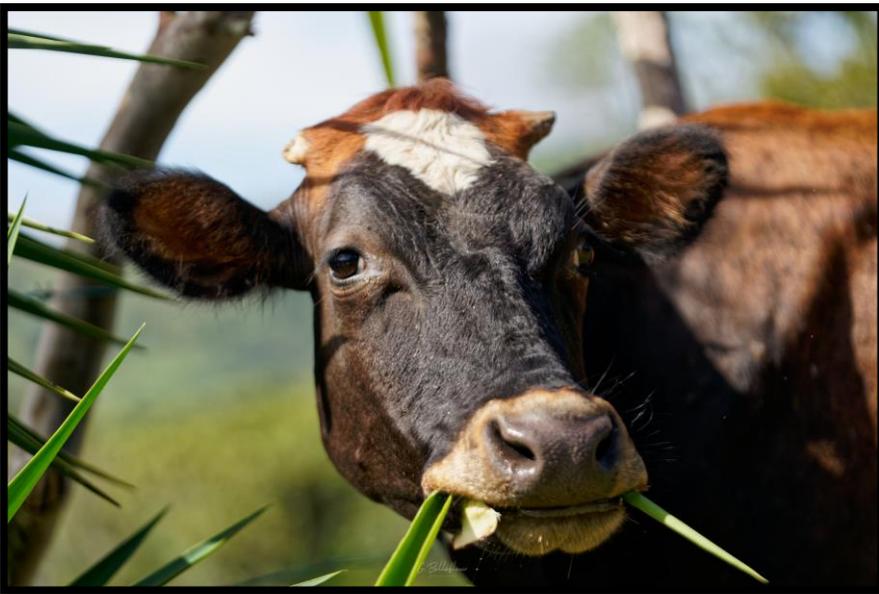
Organic Gardening

The Gardens

As much as possible we try to grow on our own. The farm provides us always with organic bananas, flor di tavo, herbs, spinach and vegies from our permaculture gardens. The gardens are always looking for "green hands ". There are plenty fruit trees on the farm too.

Dogs, Chickens, cats, cows 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. We have a milk cow and her calf, when it is milking period volunteers can also learn how to care for a family cow and milk as well as making: yogurt, butter, cheese etc. All the animals need attention and love.



Pinta our mama cow



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 prettier. If you join our farm program you will help us with farm animals, gardening and building. We are now going to build a new horse barn. You will see how you can create things and really change a place in short time. You will be 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, baroque style 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. Training is done from the ground first before there is riding. Experienced riders will have plenty of chance to ride as well. Beginners will also get riding lessons but for shorter times. This program is designed for you to learn really about horses (and about yourself =) and not just for people to sit on a horse without the horses wanting to be ridden. There are many places where you can just ride a horse; here we live with our horses as our friends together! Therefore we put our horses' needs first!

The lessons are held on the ground: on rope and liberty and riding: in a bitless halter or for advanced riders with a bit for better physical training. 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, specialized in bitless riding and 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.

The maximum weight for riders is at 75kg. You can also join if you don't fall under this, as you can

work our horses from the ground.

Social Projects

Local kids

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

We have kids several ages coming to receive school with us at the farm. If you like to join our kids' teacher program you need to have a decent level of Spanish.

You will also teach English at a local primary school for one hour per week.

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 Tukurrique we now offer English class to teenagers and adults. Therefore we are receiving full support of our mare 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 25 years in Costa Rica. He grew up on a horse farm in the jungle within a huge family. He is the constructor and he 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 10 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.



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



Theory
lesson in
the horse
paddock



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.



Rafting
trip

Comments and Expectations

This PDF was actualized in November 2022. 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 (for our horse volunteers: to put the horses' needs over your own!)
- - 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)

View from our pasture:



Volunteer Programs offered at Finca Soley

We offer different options for our work & study programs:

Horses Volunteer

In this position you will spend your mornings in the barn. Mucking out, grooming, training, tack cleaning, 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 and over the weeks. In the afternoons you can receive 3 x per week an Spanish course. The weekends are off to relax, explore the area or go swimming in a waterfall.

If you participate without the Spanish course you will join two afternoons to help with projects around the farm.

Farm 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 can receive 3x per week a Spanish course.

Finca Soley Volunteer

The Finca Soley Volunteer program integrates a mix of different activities through out the week. You will be joining some days the horsemanship lessons and take other days to support the Costa Rican locals by teaching English or help the neighborhood kids with their school task. Then you will be involved in the farm work, maintenance, animal care etc.. You will be fully involved in the day to day life of our sustainable farm. There is a weekly Spanish course included in your program.

Weekends are off.

Minimum stay is 4 weeks.

Family Farm Experience

For families we have a special offer: Our famous family farm experience program. As a family you will be in our guest house (casa Perla). 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 & 2023

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 100\$ US. San Jose pick up at 85 \$ US.

Weekly fees for our different programs

Horse Volunteer: Week 1-4: 550\$ US per week

Weeks 5-12: 420\$ per week

Weeks 13-24: 350\$ per week

Farm Volunteer: 180\$ US per week

Finca Soley Volunteer: 1890\$ US for 4 weeks,

Weeks 5+6: 420\$ peek week,

Weeks 7-12: 350\$ per week

Weeks 13-24: 300\$ per week

Programs also can be combined. For example: 2 weeks Program with Spanish and then 2 weeks without Spanish.

Family Farm Experience in Casa Perla: 750\$ US

Spanish Course: 130\$ US per week (3x2hours lessons)

Feel free to contact us for your personal offer on the programs and length you wish.

A 50% deposit has to be paid 6 weeks prior to your arrival. The remaining 50% is due at your arrival day. 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.

If you cannot arrive we are happy to find an alternative date for your stay with us within one year.

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.

To sign up please use our apply form on our website or fill out our signup sheet and send it to us via email.

Food

There are several supermarkets in the closed by town Tukurrique. 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. We have a veggie truck delivering to the farm every Wednesday.

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

Insta: Jungle_Horses and FincaSoley

And on our website: www.Finca-Soley.com

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!

Packing List

Please try to bring as less as possible plastic packaging and make sure all your care products are made of natural ingredients as we are an ecological farm.

- Riding pants
 - Long trousers to work (Jeans, Leggings, etc.)
 - Comfortable clothes for the evenings (It can get cold)
 - Clothes for trips
 - Everyday clothes
 - Closed shoes for riding
 - Sneakers or hiking boots for working and hiking
 - Rubber Boots (We have plenty on the farm or you can buy new ones quite cheap in CR too)
 - Flip Flops, Sandals or something similar
 - Light longs-sleeve shirts to protect against sun and insects
 - Cap or sunhat
 - Working gloves
 - Long Raincoat for riding and umbrella
 - Riding helmet (We have plenty on the farm too)
 - Towel
 - Swimsuit
 - Sunscreen and repellent (please use organic ones)
 - Flash light
 - Water bottle with carabiner
 - Toiletries (shampoo bar & soap bar, organic and bio gradable products as our water maintains in our gardens we cannot use silicone or plastic in our soaps, we also recommend you the moon cup instead of commercial tampons for your trip)
 - Wash nuts for your laundry you can use with the washing machine
 - Camera
 - Small backpack
 - Booklet and pen to make notes (For Spanish- and Theory lessons)
 - Maybe bum bag
 - Credit card (Mastercard or Visa. Some banks also accept debit cards)
 - Spanish dictionary
 - First Aid (Plaster, ointment, charcoal tablets, etc.)
 - Our number(isa): 00506 83694339 (=
- We don't have wifi but you can purchase a phone card here to use on your phone, therefore make sure you have a phone where you can add a SIM card in
 - IF YOU HAVE SPACE LEFT IN YOUR SUITCASE, please let us know. A lot of things you can get easily in your country are difficult, very expensive or impossible to get in Costa Rica.
 - We are always happy about any donations for the horses like leather care products, brushes, treats, hay nets (= or everything that is needed in a horse stable.

Arrival info: At the airport check for the "Finca Soley" sign. If you choose to be picked up our driver will offer you to stop at a supermarket and do grocery shopping. Please use this chance and buy yourself a SIM card aswell. We all use Movistar or Claro but if you only find a different brand no problem.

