



WORKING STUDENTS

Tina Mareen Buddeberg

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Working students help with all the horse related works and take part in Dreamvalley's life on a sharing-the-work-principle. The main focus is on developing the Dreamvalley project in all its different aspects: farm working, horse keeping, promoting and developing a social network. It includes keeping the life of a beautiful, basic mountain farm going on and experiencing the responsibility for 9 horses. We live with them and take part in strong moments of togetherness in the untouched, norwegian nature.

The regular horse time follows the philosophy of Sabine Birmanns „Being with horses / Mit Pferden Sein“ (www.mitpferdensein.de) and takes about 1-2 hours a day, if weather and circumstances allow it. This way to be with horses is about deep friendship, trust and mutual respect. Because of that, short time visitors and beginners cannot be involved too close to the horses. We have to find out over time with interactions between the specific student and the horses allow personal growth and joy on both sides. Please mind that Tina herself is a student and not a teacher in Sabine Birmann's name. Your personal development will depend on your perception skills. People, who love horses and want to learn more about this alternative way of interacting with them, are always welcome.

I'm looking for people, who are burning for studying horses and learning more from these extremely subtle and intelligent animals. If you are interested to live a life close to nature, together with animals and peaceful loneliness, Dreamvalley is the right place for you.

Since there are not many machines in Dreamvalley, most of the work is done by hand. The tasks are sometimes hard and everything takes a little more time. During winter time slow feeding nets have to be filled at different places on the farm, which involves physical work to pull the hay bags through the snow. You will also have to do some mucking daily. Depending on the season, other specific works have to be done in addition. For example building and re-building the pasture fences, minor building projects, making and transporting the hay, working in the wood, assist trimming the hooves, clean the outdoor stables and move the herd to different pasture grounds.

Working students are expected to take care of the daily cores, whilst Tina is mostly working with the physical development and organizational aspects of Dreamvalley. Since she also is working as a professional artist, she has to leave the farm for meetings and commissions sometimes. In this case you'll have to take care of the animals by yourself. The day-rythm is determined by the herd feeding times, by sun dawn and sunset. In december it's already getting dark at about 3pm. Half the day Tina is busy doing her art. At least once a day it's time for playing and learning and simply being with the horses.

There will also be times without any activities, for example long winter evenings or rainy days. You should bring enough books or other things you are interested in, so you can enjoy the quiet loneliness. This farm is situated far away from civilization.



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WHAT YOU GET

- Insights into the „Being with horses“ - philosophy and therefore into a new and alternative way to look at horses and interact with them.
- Discovering and studying the language of horses in a well established herd and their natural environment.
- A lot of fun, friendly people, wonderful nature, the true life on a norwegian mountain farm, depending on the seasons
- Shared life with an amazing herd of polite and self-confident horses and people which all have their own and very different personalities.
- Experiences with natural ways of keeping horses.
- Bare hoof theory and practice.
- A bunch of dvds and books about horses for all the long winter evenings and rainy days
- The option to take part in the daily yoga and meditation sessions, if you like.

WHAT I EXPECT

- A special and intense interest for a friendly and sympathetic communication with horses, alternative to the conventional ways.
- A willingness to help with all tasks around the horses and farm works.
- Sharing all house work such as cooking, cleaning and so on.
- Reliability, responsibility, an independent way to think and take care of your cores.
- A polite, caring and reliable way to act with animals.
- A fit body with an awake, positive mind.
- Fitness and a balanced body awareness.
- Take care and look after the animals when I leave the farm for my art projects.
- An interest in vegetarian and vegan food.



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ABOUT THE VILLAGE & THE FARM

Sollia is a very small remote village situated nearby the Rondane mountains. It has 137 inhabitants. Nordre Finstad is placed far away from civilization, which makes it a perfect place to enjoy nature and quietness. Around it you'll find nothing but true wilderness to discover. You can explore it by foot, skiing or together with Tina and the horses. Since the farm is situated at 800 meters altitude, the snow may arrive at the beginning of october and stay until the end of may. The farm Nordre Finstad is situated nearby the river Atna, 5,5 km off Atnbrua. A wonderful ski track (løype) passes the farm - bring your equipment if you like long distance skiing.

ACCOMODATION & CATERING

There are many sleeping places around the farm: a circus wagon hut, two mongolian round tents („Yurt“), the old store house, or simply a bed on the second floor of the barn. The living is simple and very basic, in close contact to nature, with an outdoor- bath, -kitchen and -toilet. During winter time only one working student can be here at a time. Then you will have your own comfortable circus wagon hut with a small fire stove, a fridge and a cooking option, but no running water. The windows give you a great view to the horses. If you go for the option of sharing food with Tina, we will cook in her house, an old timber blockhouse from the 18.th century. Everything is very rustic. During summertime Tina often has visitors like friends or former interns coming over, but especially during the winter time it can be pretty lonesome. The summer time is more active and social. The food can be ordered by email at the local shop and is delivered once a week. As Tina is a vegan, only this kind of food will be ordered. But you can buy your own stuff in addition, if you like. Food in Norway is quite expensive, so if you have space left in your luggage, it's smart to bring as much food as possible.

TRAVEL

The cheapest way to come to Norway from Germany is by flight. Norwegian Air (www.norwegian.no) has good offers, if you book early enough. Trains from abroad have become more expensive. Busses are a cheap alternative, but they are less comfortable of course. In Norway trains and other public transport systems have developed well. It is possible to handle life without an own car - such as I do. From Oslo Lufthavn (Gardermoen) there exist several train connections to Atna station. From there either a school buss or other ways of transport will bring you to the farm. Take contact with Tina for specific information.



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WEATHER AND CLOTHES

Winter season (oct - may) is accompanied by a lot of snow permanently. Because of the site in the mountains, the temperatures can fall down to -20 to -30 + degrees celsius. The average is -15 degrees, which doesn't feel as cold as you think, because of the dry air. Adding to that you move a lot outside working on the farm and with the horses. In that way you get to know and experience the different atmospheres, which are really amazing. You will experience snow storms, northern lights, the milkyway with a thousands of stars, days when the sun is shining upon the snow and nights when the mountains are lightened by the moon. You will feel our dependency from the weather - gray clouds, fog, extremely windy days and friendly sunny times with water dripping from the grass roofs will follow one another. Warm long wool-underwear and winter-boots are an absolute "must have". During summer season we spend time with the horses almost every day and in any weather condition. You need good outdoor equipment, for example rain-clothes (and rubber-boots). Every month of the short norwegian summer has its own characteristics. In april and may the snow melts and there is more and more light and sun. June is the brightest month with fantastic summer nights, when the sun only disappears shortly. The mountains around us are still covered with snow and in Dreamvalley the grass already grows. July is the hottest month (sometimes also the wettest). In August the nights can already return to below zero degrees. We can watch the stars again and eat the best berries! Autumn has more colors than you can imagine and winter is something all of its own. Every season is very different and intense.

LIVING EXPENSES

You don't have to pay rent, but for the share of electricity, fire wood and food I charge NKR 140.- per day. If you receive guests, which will be living here as well, it is NKR 160.- per day. If you want to base your stay on self-catering you will pay NKR 80.- per day. Working students have to stay minimum 2 months.

CONTACT

On the moment we both agree on your internship, we will sign an internship-contract, which serves as a security for both of us.