



### **Internship at Höllbachhof – a personal note:**

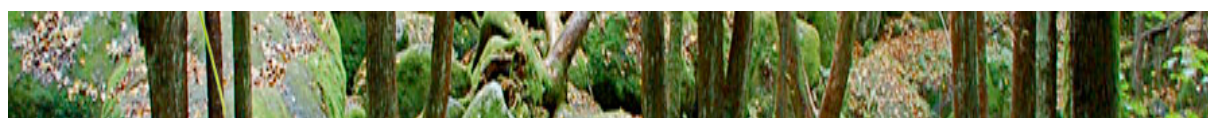
*“The possibility to come to Höllbachhof as an intern emerged shortly after a period of radical changes in my life. Work, relationship, place of residence – I had been questioning all that for a long time; the time to make a decision had finally come. The next step took me to Höllbachhof and after only 3 months I could see clearly that I wanted to stay longer at this place. That's how my one-year internship at Höllbachhof started. I found here a safe haven, a place for deceleration, the possibility to take a deeper insight into myself. But that was not all – at Höllbachhof I found a new family, close friends, fulfilling encounters, new impulses for my life, a strong relocation of my priorities and much more. It was a year of transformation, in so many ways.” - Ciara, Höllbachhof, April 2011*

### **What is an internship at Höllbachhof?**

The Höllbachhof offers the possibility to spend a part-time or a full-time stay as an intern. We kindly invite new people to be part of our community, which is still at an initial state of creation. We like it when things develop organically and therefore are willing to accept a certain amount of „chaos“. We don't have a boss – neither among each other, nor for interns. Therefore, we totally rely on everyone taking responsibility for themselves and their tasks and are happy about interns and visitors that are willing to contribute with their own ideas and want to actively design our life together.

Our communal life is strongly characterized by a familiar touch. Currently, there are 4 children and teenagers (aged between 3 and 17) living here at the Höllbachhof and providing for a lot of liveliness. At the same time, we are a community of people strongly committed to personal development. This commitment finds its expression in a different way in each of us and changes consistently. We are happy to welcome people that are committed in a similar way and that, by living together at the Höllbachhof, are willing to get to know themselves and others better. The areas of responsibility are varied; the allocation of tasks relies, as far as possible, in the individual skills and personal affinities.

### **On which conditions do interns come to the Höllbachhof?**





- ✓ 3 to 4 hours of work per day in case of a part-time internship, 7 hours of work per day in case of a full-time internship, 6 days of work per week (1 day free per week). Possible tasks are:
  - In case of events: support the kitchen crew. In these cases, the workload is usually longer than 7 hours per day – the additional hours will be compensated with more free days
  - Project and office work (mainly foundation's projects)
  - Housekeeping (cooking, cleaning, tidying, etc.)
  - Feeding and caring the animals
  - Gardening (planting, watering, etc.)
  - Maintenance (painting, renovating, etc.) and craftsman tasks
  - Childcare and babysitting
- ✓ In case of part-time internships, the accommodation costs per day amount to 50% of the regular price (meaning 11 € per person/day after the 50% discount). For board and energy costs, we charge a contribution of 12 € per day. On request, this contribution may be dropped, in case the intern offers special skills, that are specially needed in the community in that specific moment. Please indicate in your application if you wish this kind of reduction and specify the skills you offer in return.
- ✓ Full-time internships begin with 1 week probation; subsequently all involved parties (intern, community and foundation) will decide whether living and working together works for all in the long-term.

### **What do interns receive for their dedication (working hours and on a financial level)?**

- ✓ Board and lodging in the rooms of the foundation (dormitory or guest rooms, in case these are not occupied by guests).
- ✓ The chance to experience and create actively circle culture and community-life
- ✓ Within the foundations' research and education tasks: to deal with the topic sustainability in different areas such as ecological, personal, etc. and explore them on a personal level.
- ✓ Upon request, single coaching sessions and support in personal and cognitive processes
- ✓ Upon request, reduced participation fees for some workshops, if organized by the foundation.

### **Some impressions**

An internship is a beautiful possibility to become part of the Höllbachhof community for a limited period of time, immersing deeper into the life of this place. You can find some impressions online by following this link:





[http://hoellbachhof.net/pdf/Eindruecke\\_Praktikum\\_2011.pdf](http://hoellbachhof.net/pdf/Eindruecke_Praktikum_2011.pdf)

### **How to become an intern**

If you are interested in spending some time with us as an intern, please send us a detailed application. This is what we need from you:

- A short curriculum vitae (either a few sentences or listed in tabular form).
- Two or three sentences about what you're expecting from your stay here, what's drawing you towards us.
- A picture if you're ok with sending it to us
- Please let us know when you'd like to come and how long you'd like to stay; if possible, then please give us a few alternatives.
- Tell us about any special abilities or areas, where you think you could make a special contribution.
- Just tell us whether or not you have got an insurance.

Please send your application via email to Stiftung Höllbachhof ([info@hoellbachhof.net](mailto:info@hoellbachhof.net)) or via mail to Stiftung Höllbachhof, Postfelden 20, 93191 Rettenbach.

Any questions left?

Please contact us via email:

[info@hoellbachhof.net](mailto:info@hoellbachhof.net)

or call her at +49 9484 743

We are looking forward to getting to know you!

