

**Kientalerhof**  
*We touch life*



**Kientalerhof**  
**Workstudy Programm**

# Workstudy Program

## The Vision

Our Workstudy program is proven over many years and designed to enable you to experience inner growth and help you broaden and deepen your personal view of life while living in community with others who share the same interests.

## About the Kientalerhof

The Kientalerhof is situated in a small traditional Swiss village - Kiental, where life seems to slow down and offers a calming and contemplative alternative to the normal world. At the same time the Kientalerhof is a very active place where people from many parts of the world and with different ways of life meet, live and study together. This is a very inspiring, rewarding and nurturing environment.

## What is this program about?

The program consists of four parts:

1. Study
2. Internship / participation / working
3. Self-reflection
4. Community life

**For upcoming entry options, see [www.kientalerhof.ch/en](http://www.kientalerhof.ch/en) - About us - Working at Kientalerhof**

## Conditions of participation

Everyone is welcome who is in good health, willing to participate actively with an open, positive and curious mind, and has a desire to work with others, be creative and learn.



## 1. Study

The course includes about 200 hours of Qi Gong training.

The Qi Gong afternoon classes take place over the five month in the Kiental on 10 afternoons and are supplemented with daily morning exercises from Tuesday to Sunday. The morning meditation takes place from 6:30 a.m. to 7:00 a.m., followed by morning exercises until 8:00 a.m.

## Qi Gong

Qi Gong is a holistic system reaching deep into the essence of the human body. Traditionally passed down from the East, it is a basis for all martial arts and body therapy. It is about letting Qi flow naturally and increasingly, to perceive blockages and to solve them. The more open and relaxed we are, the more Qi can flow. This natural flow makes us feel more alive, happier and healthier.

## Jos Reichenbach

Born and raised in the Bernese Oberland. Travels and experiences in Asian cultures, including several stays in Buddhist monasteries. 3 years Qi Gong lessons with Ron Timm. Lives since 2015 in the Kiental and practices and teaches Qi Gong & Tai Chi.

## Expressive Dance

We dance to connect... with our body, with our inner and outer landscape, with space, with each other and with nature. We dance to be present, to improvise, to have fun together and to enjoy music. We dance to give space for what we feel. We express ourselves and unfold a feeling of freedom by letting go.

In dancing we explore different parts of the body and feel in which ways we give space to the movements that emerge within us and let our body speak. We dance ourselves into a state of presence and interconnectedness. In good weather we dance outdoors in nature... find connectedness and play and improvise with our beautiful surroundings.

Approx. 10 afternoons (30 hours) of expressive dance alternate with the Qi Gong afternoons.

## Noah Harharah

Born and raised in Holland. Coming from the lowlands he found his way to the Swiss mountains in 2014. His desire to move led him to the Kiental and he has lived here ever since. He has a passion for dance, improvisation and playfighting. He loves to go out into nature and to find ways to connect and dance again and again. Noah has studied various dance styles that inspire to listen to and liberate the body: 5 Rhythms Dance, Butoh Dance, Contact Improvisation, Authentic Movement and Playfight. In his classes he enjoys exploring presence, free expression, improvisation and play. A strong foundation in Qi Gong supports his work.



## Exploring

The study part includes the attendance of introduction days in Shiatsu, Craniosacral Therapy, Trager Therapy, Ayurveda Massage etc. (as far as available in the corresponding time window). Holistic cooking as well as other interesting bodywork and healing modalities and musical programs are also part of the study offers of the Workstudy program.

## Cooking

On several afternoons and also with regular use in the kitchen you can experience the following contents:

Creative natural cuisine is all about developing a holistic understanding of our diet by looking at and implementing everyday needs, actions and necessities with foresight and an integrated approach. In addition to natural quality products and craftsmanship, we also draw on ecological and social quality, as well as our own identity, as important aspects of the art of food production.

Cooking and eating are bridges between people, cultures, religions and the food our planet provides.

## Andreas Bossert

Grown up in Northern Switzerland, he learnt the art of cooking. Co-founding and development of the kitchen concept and first chef at the cultural centre Kammgarn Schaffhausen. Training as a catering chef, further training in the technique of macrobiotic cuisine with Jean Torné, in the diet kitchen for people with allergies and in team building and social competence. Many years of experience in vegetarian cuisine enable him to create and offer a wide range of dishes. Long years of kitchen management at Kientalerhof. His motto is: Fresh, cheeky and irresistible pleasures.

# Practical information

## 1. Course fees

500 CHF per month. This includes seminars such as Qi Gong, dance, introductory classes in Shiatsu, Craniosacral Therapy, Trager Therapy and Ayurveda Massage (depending on availability), cooking classes and a guided tour to power places in the Kiental, as well as regular guided meditations.

There are no extra costs except for your own personal belongings. Further opportunities to learn and experience Kientalerhof programs are available subject to availability and different conditions.

## 2. Internship / participation / work

Your deployment consists of 5 hours of work per day (on average) 5 days a week in different departments of the house, such as

- Help in the kitchen (approx. 1 day per week) incl. dishwashing
- Gardening
- Caretaker duties
- Prepare seminar rooms
- Cleaning and heating the sauna
- Housekeeping
- Participation in our NaturHof (with permaculture approaches)

These stakes are spread throughout the day. They can- in the beginning - be exhausting for people who are not used to working physically. With your working hours, you pay for three healthy meals a day and for your accommodation.

Students have two days off - one of which is a flexible course day to be used for study classes and activities outside the regular timetable.



### 3. Self-reflection

**Space for self-awareness & self-reflection**  
You meet regularly with the other Workstudy participants to reflect on what you have experienced so far and to make room for what is important for you at this moment. Through this conscious sharing of your experiences and attentive listening, you can always orient yourself well and reflect on yourself and consciously use this time of the Workstudy program to recognize your own path. It is also important not to lose sight of the big picture of your stay and to perceive how all elements (help in daily business, body work, community life, encounter with your own themes, etc.) are puzzle pieces and belong to this experience. You can experience your time here in the Kiental even more consciously and powerfully and help to shape it yourself. Regular and conscious encounters with the impressive nature of the Kiental round everything off holistically.

### 4. Community life

Both the study and the work take place more or less in the group. Integrated into the larger community of the Kientalerhof Staff and beyond into those of the most diverse people who come and take advantage of our varied offer and go again, there are countless possibilities to get involved in this wonderful community with its essence and work.

#### How do I get to the Kiental?

Here you will find the information:  
[www.kientalerhof.ch](http://www.kientalerhof.ch) - Locations & Directions



## *What to bring along and important information about the house*

### **Clothing**

Both the winter/spring and the summer/autumn half-year in the Kiental have a bit of all seasons in them. Therefore it is advisable to bring warm clothes as well as light clothes. Temperatures can range from below 0 to 30°C in the middle of summer, and there may still be snow in April or November. It doesn't matter how long you attend the workstudy program - because we are in the Swiss Alps, it is always advisable to bring hiking boots, a warm coat, a light raincoat, sunglasses and sun cream. Comfortable slippers and work shoes, appropriate clothing, light and comfortable cotton clothing for exercise and bodywork are also needed.

### **Accommodation**

Students share a room with up to 3 beds. If you wish to change your accommodation at a later date, it may not always be possible due to lack of space. Everyone is responsible for keeping their room clean and tidy. It is also requested to keep all general areas of the houses clean. The Kientalerhof provides bed linen and towels, a washing machine and a drying room free of charge.



## Meals

Tasty, creative holistic natural meals are served 3 times a day. In addition, drinks and snacks are available at your own expense in the self-service bar. Tea, water and fruits are free.

## Smoking and drugs

The Kientalerhof is a non-smoking and drug-free house. There is a reserved area on the outdoor terrace where smoking of cigarettes is allowed. Smoking is forbidden at any other place in the houses.

## Insurance

Switzerland has its own health care concept. In order to ensure good care, everyone must have their own health insurance in case it becomes necessary to go to the doctor or hospital. We advise our students or visitors to have their own personal health or accident insurance so that if something happens while you are in Switzerland, you are covered. Participants who are not resident in Switzerland should contact us to clarify the insurance issue.

Other things you will need:

- an alarm
- a notebook and pens for lessons (you can also buy them in the shop)
- a hairdryer if required

## Recreation

You are welcome to bring musical instruments or anything (except animals) that will make your stay enjoyable. We have a wood stove sauna. There is also a campfire area outside and pianos if you would like to practice. Mountains, waterfalls and lakes are also free.

## Stay in contact by phone or e-mail or post

In the house there is a public telephone which works with telephone cards. Telephone cards can be bought at the reception. You can take calls via the public telephone in the house: +41 33 676 12 98.

Mobile telephone connection is only possible through the Swisscom network. There is a free WiFi Internet connection in the main house. Personal mail can be sent to you at the following address:

Kientalerhof  
Your Name  
Griesalpstrasse 44  
3723 Kiental

## Probationary period

Both the Kientalerhof Management and the Work Study participants have the opportunity to terminate the study and work relationship if it becomes apparent that this program is not appropriate. Duration of the probationary period: 10 days. For one month, however, the costs are always incurred.







Feel free to contact us with any other questions / concerns you may have.  
We are looking forward to helping you make your stay at Kientalerhof an  
unforgettable experience. **Welcome!**

**Kientalerhof** Bildung Körperarbeit Bewusstseinsentfaltung Auszeit  
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