



NORWAY VOLUNTEER RETREAT



27 May - 3 June 2017



Heidal, Norway



www.ainaegeberg.com

When I bought this magical place, my vision for it was to create somewhere people could come to find deep connection with themselves through the connection with pure nature. My happiest moments as a child was when I was roaming around the wild nature in Norway, and I wanted to share that with others.

The retreat centre is located in Heidal, Norway between the Jotunheimen and the Rondane national parks. It is surrounded by stunningly beautiful wild and untamed nature.



The place is still in a pretty basic state, and during this retreat, we will work together to get this amazing place up and running. As participants, you will be the pioneers who create and form what this place will be in the future. Your contribution will reach far and wide and it will heal, inspire and empower people for many years to come.





Some of the work we are aiming at getting done during the retreat:

- Clear overgrowth of bushes and trees from the property
- Prepare firewood
- Clear out the old barn and create a useable space inside with proper flooring
- Put up a traditional wooden fence and remove the metal wire that is currently in place.
- Build a bathroom in a part of the old barn
- Build a cosy fire pit with seating for inspirational evenings
- Clear space for the extension we are adding for the main cabin
- Set up a traditional Native American teepee
- Improve the driveway up to the property
- Clear the pipe of the old fireplace
- Oil the old buildings and paint window frames
- Remove any trees growing from the grass roof
- Have a Well drilled for water (an external company is coming to do this)
- Plus any great ideas we may get for improvement along the way



What you will get

Participation is free of charge.

We will provide all food, drink and whatever else you may need. It will be nurturing wholesome food infused with love and power to help us with the work we are doing. We will do our best to cater for any particular dietary requirements.

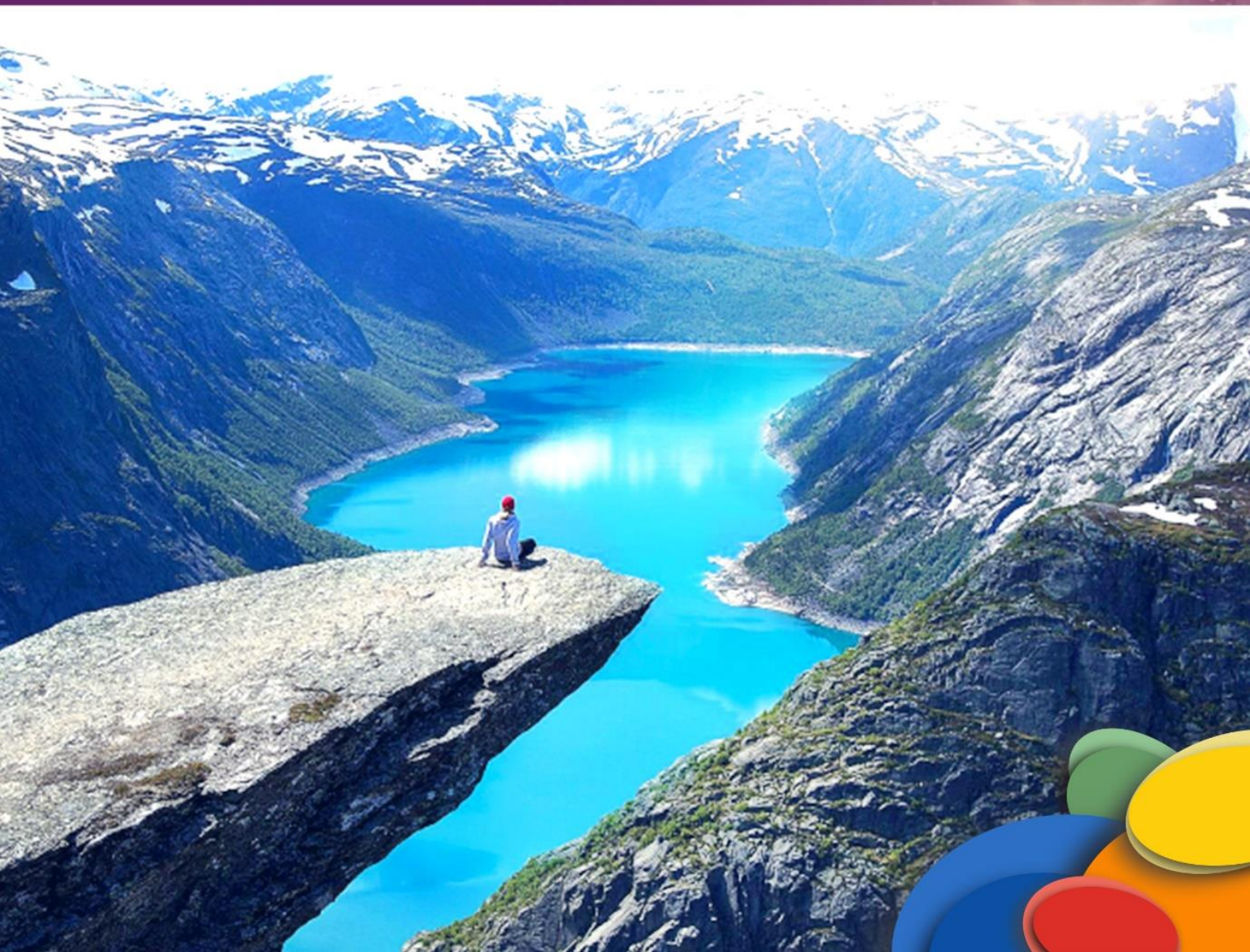
We will pick you up from either the train station or the bus stop when you arrives. This is about a 45 minute drive from the retreat centre, so please let us know when you arrive so we can be there waiting for you.

You will get a 500 Pound Bonus you can use towards any future retreat Aina runs, in Norway or elsewhere. There are currently retreats planned in Greece, Bali and The Maldives - and there will be many more coming up. You may want to try the Winter Warrior Adventure Retreat in Norway!

The work may at times be hard and challenging, but we will infuse it with coaching and motivational moments with a cup of tea and inspiring evenings by the fire place - inside or outside. We will certainly have a lot of fun and create deep meaningful connection with each other.

We will set personal goals and work on using these days to break personal sabotage patterns and any personal limits or obstacles we may be carrying around in our internal programming. It is a great opportunity to work on yourself.

We will also have adventurous experiences throughout the week. On the final day - if we have reached the goals we set together at the beginning of the week, we head for the Besseggen ridge on a day trip. You can see the Besseggen ridge on the first page of this brochure.





What you need to do:

You will need to book and pay your own flights to Norway and your own transport to and from the airport. Although the retreat dates are 27 May to 3 June, we will be available at the retreat centre from 25 May to 5 June. We are flexible with arrivals. If you need to come a day or two early, or a day or two late - that's absolutely fine. The most convenient airport to arrive to in Norway is Gardermoen. Torp is also ok. Please check with us first if you are considering other airports.

You will also need to book and pay the bus or train from the airport your land in Norway to either Vinstra, Otta or Beitostølen. If booked early, the tickets are very reasonably priced.

You may want to consider getting together with a few others and rent a car from the airport. If you rent early from www.rentalcars.com for example it can work out at close to the same price as the bus or train. Having a car will give you more freedom to explore and also more ease to get to the campsite for showers etc.

Get phone cards or wifi cards at airport on arrival. Wifi and phone coverage is really good, but we only have a limited package of data so you will need to get your own for anything but emergency use. You may want to consider doing a "detox" and stay off your phone and the internet for this week.

You need to sort your own Travel Insurance and you may also want to bring a European Health Insurance Card, which is issued free of charge from the NHS.





Warning - Viking Spirit Required:

- This is not for the faint hearted. We will be working on a retreat space that is currently in pretty basic condition. We may or may not have running water - depending on when a well will be drilled. Toilet facilities are limited - Natures own in most cases. It takes great attitude, a viking warrior spirit and a sense of humour to make this work.
- Some of us may need to sleep in tents or in bare timber wall cabins with no facilities. If its raining, we do have cabins to cover us, but it may be snug if we are all sleeping indoors.
- The main cabins are well heated and in great shape, and we have solar panels for our electricity needs.
- There is a campsite near by where we can take hot showers and do laundry when needed. The Viking way involves a dip in a nearby (ice cold) stream.
- Clothing. The weather could be anywhere from sunny and 30 degrees celsius to - well - freezing and wet. Even snow. Most likely it will be pleasant at that time of year, but we are in the mountains 1000 m over sea level - in Norway - so come prepared for anything. From shorts to layers to stay warm and rain gear to stay dry. As the Norwegians say "There is no bad weather, only bad clothing"
- Late May and Early June can be a stunning time, where the midnight sun stays up most of the night. Prepare for magical evenings.



How to Book:

We have limited spaces - 12 to be exact - so if you want to join us, its best to book early. Your place is confirmed once your flights are booked. Please send your flight confirmation to: info@ainaegeberg.com. If you have any questions about what flights to book or anything else, please get in touch either through e-mail or mobile 07917163936.

You will receive directions and guidelines on how to get there once your place is confirmed. We are happy to provide personal support in booking flights and finding solutions for travelling together with other participants, both to the airport in the UK or from the airport in Norway to Heidal. You will also receive more detailed information on what we will be doing and what to bring closer to the start date for the retreat.

Are you up for the challenge?





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