

# IBE 215: Design for Health



This seminar focuses on the Building Biology principles and their relevance and practical applications in the design of our homes, workplaces, public spaces and communities in North America today. Both provocative and practical, the curriculum provides the inspiration and the know how for creating healthier and more ecologically sound built environments.

Open to all working professionals as well as to the general public, this seminar benefits architects, builders, interior designers, indoor air quality consultants, home inspectors, home dwellers, and other building professionals.



INTERNATIONAL INSTITUTE FOR  
**BUILDING-BIOLOGY® & ECOLOGY**

# Seminar Syllabus: IBE 215

## Table of Contents

Policy and Tolerance	page 3
Seminar Synopsis	page 4
Seminar Objectives	page 4
Seminar Schedule	page 5
Instructor Bios	page 6
Venue/Meals/Travel/Shuttle Information	page 7

The International Institute for Building Biology & Ecology (IBE) does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities refer to any and all interactions involving our potential or current students and our alumni; these operations include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We have been and remain committed to providing an inclusive and welcoming environment for all.

IBE does however reserve the right to deny enrollment, whether first-time or continuing, of students it deems to present the risk of being or becoming disruptive of our program presentations, and/or a distraction for our students from what they have come to us to learn and experience.



Please direct all inquiries to:  
outreach@buildingbiology.net • (866) 960-0333  
Click [here](#) for more information on Building Biology

## Seminar Syllabus: IBE 215

### Cancellation Policy

Seminar students who paid their tuition in full, and then cancel at least thirty (30) days before the first day of classes, will receive a tuition/tuition deposit refund in full (100%). Those who cancel less than thirty days out, but more than ten days out, and had paid their tuition in full, will receive a fifty percent refund; the amount they forfeited will be considered on deposit for one year, and may be applied toward any subsequent IBE event or online course. Those who cancel ten or fewer days out will not receive a refund, but their entire forfeited payment will be considered on deposit for one year.

If a student cancels out of a seminar after having received a digital and/or hard-copy of that seminar's manual, and elects to apply their tuition credit to a seminar *other* than the one for which they cancelled out, their tuition credit will be reduced by the value (\$375.00 USD) of the course manual for the seminar out of which they cancelled.

Regarding seminar room & board, our refund policy is dependent on the chosen venue's cancellation policy; if the venue should issue a refund, IBE will pass 100% of the venue's refund to the student. In like manner, should the venue refuse IBE a refund, in whole or in part, then said venue's policy becomes fully representative of IBE's policy.

### Extended Policy Stipulation

IBE does not endorse products, methods, practices, services and/or business opportunities (hereafter referred to as “offerings”) that are extraneous to IBE’s policies, practices, and/or curriculum, regardless of whether they are vended/sponsored by our alumni, students, or by outside third parties or organizations.

This policy extends to our seminars, our biennial conference, and all other live or interactive events. And while participants in our events are not restricted by IBE from apprising their fellow participants of any offerings, regardless of whether they are or may be or may not be in conflict and/or in competition with IBE, they may in no way solicit or otherwise “pitch” their fellow attendees during said event(s). Subsequent to said events, neither offerings nor follow-up appraisals of offerings may be made or attempted by any means - telephone, e-mail, or snail-mail - without the expressed *prior* consent of their intended recipient(s).

IBE reserves the right to deny/rescind enrollment, whether first-time or continuing, to students it deems to present the risk of being or becoming disruptive of our program presentations, and/or a distraction for our students from what they have come to us to learn and experience.

### Discrimination: Zero Tolerance

The International Institute for Building Biology & Ecology (IBE) does not and shall not discriminate on the basis of race, color, religion (creed), gender, age, gender expression, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities refer to any and all interactions involving our potential or current students and our alumni; these operations include, but are not limited to, hiring and firing of staff, recruiting/selecting of vendors, volunteers, and providers of services. We have been and remain committed to providing an inclusive and welcoming environment for all.

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## Seminar Syllabus, IBE 214

### Seminar Synopsis

This 4-day seminar focusses on a broad spectrum of Building Biology design principles and applications for design and building professionals. It is also a beneficial course of study for homeowners with a special interest in creating healthy environments for their family. From family residence to community design we will explore the Building Biology principles and criteria and their application to modern day North American built environments.

Topics include:

- Site selection
- Community design
- Design for Climate
- Building product evaluation
- Interior furnishings and finishes
- Renovation
- Prioritizing for health

Resources: *IBE Natural, Healthy Building Course* [IBE 101], *Prescriptions for a Healthy House*, by Paula Baker-Laporte, et al.

### Seminar Objectives

1. Learn about the considerations for analyzing and choosing a healthy building site.
2. Examine the historical context for the formulation of the Building Biology recommendations for community design. Understand the challenges occurring world-wide and those specific to North America and study current exemplary movements and case studies.
3. Explore passive design strategies for each of the climate zones that maximize comfort while minimizing fossil fuel dependence.
4. Gain practical knowledge using the available tools to screen for healthy building products and learn about the limitations of these tools.
5. Discover the 16 Building Biology criteria for selecting finishes and furnishings.
6. Learn the essential priorities for building and renovating to support optimal health.

## Seminar Syllabus, IBE 214

### Seminar Schedule

Hotel Santa Fe, Hacienda & Spa  
Santa Fe, New Mexico

#### Day One, Friday, December 7, 2018

##### DESIGN FOR CLIMATE

- Student introductions
- IBE Introduction
- Preview/review Building Biology-Building Physics
- Design strategies for passive climate control
- Four Climate Zones and natural building responses for health, comfort and energy efficiency
- Student Practicum
- Daily Quiz

#### Day Two, Saturday, December 8, 2018

##### COMMUNITY DESIGN, FIELD TRIP

- Day One Review
- Site Design
- Community Design
- Field trip to “The Commons”-a co-housing community.

Daily Quiz

#### Day Three, Sunday, December 9, 2018

##### PRODUCT EVALUATION

- Day 2 Review
- Evaluating Toxicity MSDS, SDS
- Evaluation Tools
- BB 16 criteria for selecting interior finishes
- Daily Quiz

#### Day Four, Monday, December 10, 2018

##### PRODUCT EVALUATION

- Day 3 Review
- Furnishing
- Room by room: specifying health, Design decisions and material choices.
- Renovation priorities for health
- Summary
- 1:00 PM Proctored exam (2 hour time limit)

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## Seminar Syllabus, IBE 214

### Meet Your Instructor The author of this seminar



**Paula Baker-Laporte FAIA** was graduated from the University of Toronto, School of Architecture in 1978 and from The International Institute of Bau-Biologie and Ecology in 1995. In 2007, she was elected into the College of Fellows of the American Institute of Architects. She has headed a wide-ranging architectural practice based in Santa Fe, New Mexico since 1986 and now lives and works in Ashland Oregon. Since 1992, Paula has dedicated her practice to the precepts of environmentally sound and health-enhancing architecture and her firm continues to lead in the fields of healthy and natural design and design and consultation for the chemically sensitive. She was selected as one of our nation's top 10 green architects in Natural Home's July/August 2005 edition.

Paula has lectured, taught and published extensively on the topic of healthy and ecological design through out the USA and Canada. She is the primary author of *Prescriptions for a Healthy House*, 1st,-3rd edition, (New Society Publishers 2008) and co-author with husband Robert Laporte, of *EcoNest: Creating Sustainable Sanctuaries of Clay, Straw and Timber*, (Gibbs Smith, 2005). She is a contributing author to several other books.

Together, Paula and her husband Robert, have developed the EcoNest® home concept. EcoNest projects have been built throughout North America and featured in several books including *Designing your Natural Home* by David Pearson, *Green by Design* by Angela Dean, *Sustainable Residential Interiors* by Associates III, and *Space Matters* by Katherine Cox as well as nationally published magazines including *Natural Home*, *Fine Homebuilding*, *Residential Architect*, *Organic Style Magazine*, *Yoga Journal*, *Inspired House* and *Ultimate Home*. For photos of Paula's architectural designs, articles, upcoming seminars and lectures and to contact Paula please visit the website:

[www.econest.com](http://www.econest.com)

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## Seminar Syllabus, IBE 214

### Venue

IHM Retreat & Conference Center  
50 Mount Carmel Road, Santa Fe, New Mexico 87505

*All students who are not local to Santa Fe, New Mexico are asked to please lodge overnight and dine on campus for the duration of this event. Our caterer stands ready to meet or exceed extraordinary dietary requests.*

**IBE arranges your lodging and your food via contracts with two separate vendors, and your contract is with IBE, not with its vendors. We must ask that any issues, concerns, or needs you may have regarding your room or your food be addressed to Erik Rosen, our Administrative Director, who will be on-site and available to serve you 24/7.**

We make every effort to ensure that the classroom, dining room, commons areas, and overnight guest rooms at this venue meet Building Biology Standards for a health-supporting environment, and this venue's management joins us in our efforts. The main building, Santa Maria Hall, has no WiFi service. The nearest cellphone tower is nearly a mile away. The few magnetic fields in Santa Maria Hall are very localized, fall off quickly, and do not exceed a level for concern. The secondary residential building, San Miguel Hall, *does* have a WiFi signal that emanates from the Archbishop's residence therein. We house only those students who are not sensitive to WiFi in San Miguel Hall. This WiFi signal of course is password protected, and not available for our guest's use.

Nonetheless, please note that no venue situated "on the grid" is entirely ideal. While we have served nearly one hundred IBE students at this venue over the past eighteen months, two of those students did find their guestroom experience incompatible with their environmental sensitivities, and were moved to off-campus accommodations for the remainder of the seminar.

**Overview:** Tuition and room & board must be paid in advance, please, to the International Institute for Building-Biology® & Ecology. Payment may be arranged online at IBE's website ([click here](#)), or by check, or by calling IBE's executive director (505-428-0901). To pay by check, please mail your payment to: IBE, P.O. Box 8520, Santa Fe, New Mexico 87504.

You are required to arrive the day before classes begin (Thursday, 6 December) and remain on site through your completion of the final exam. You may opt to arrive earlier and/or depart later, at an additional cost (\$112 per night, USD), based upon venue availability. This is a lodging fee only, as meal service is not available for those extraneous days (the nearest restaurants are one or more miles away). Check-in begins at 3:00 PM on Saturday. To arrange early arrival, or an extended departure date, please contact our administrative director, Erik Rosen, not the venue: <[erosen@buildingbiology.net](mailto:erosen@buildingbiology.net)>. (the nearest restaurants are one or more miles away).

There will be a Meet & Greet Saturday evening at 6:30 PM in the venue lobby. At this time, attendees arrange among themselves for an off-site meal or snack, all together or breaking into groups according to their individual dietary and culinary preferences. The nearest restaurant is one mile from the seminar venue. Downtown Santa Fe, with its broad selection of restaurants and cuisines, is situated two miles from the seminar venue.

**Arrival/departure:** Santa Fe is served by two airports: Albuquerque International Sunport and Santa Fe Regional Airport. Sandia Shuttle serves those arriving at Albuquerque International Sunport with hourly service (8:15 AM to midnight; [click here](#) for schedule) with drop off at the IHM Retreat Center's front door. From Santa Fe Regional Airport there is taxi service only to the IHM Retreat Center. Both airports are served by major national rental car companies, on-site.

## Seminar Syllabus: IBE 215

**Rooms:** Each student will be provided a private room with private bath. Those who might want to share a two-bed room will save \$20 each per room per night, but you must arrange this with your fellow student and then alert IBE. We cannot coordinate room sharing for you. Students wishing to share must alert IBE's administrative director at least two weeks in advance, at [erosen@buildingbiology.net](mailto:erosen@buildingbiology.net). WiFi will be turned off in all guest rooms, as well as the classroom and dining room; the nearest cellphone tower stands nearly a mile away.

**NOTE:** The venue does not permit alcoholic beverages anywhere on their property, and all indoor areas are smoke-free. We ask that all students, in consideration of attendees who may suffer from allergies, to please refrain from using/wearing scented personal products.

**NOTE:** The building directly adjacent Santa Maria Hall, to the west, is the private residence of cloistered nuns, and the building directly east of Santa Maria Hall is the private residence of the Archbishop of the Santa Fe. We ask that you please consider all outdoor areas to be a quiet zone.

**Meals:** All meals are prepared from scratch, on-site using mostly organic and/or locally sourced free-range ingredients. Vegan, vegetarian, carnivore/omnivore, and gluten-free options are available daily. Meal service (breakfast, lunch, dinner, and between-meal snacks) begins with breakfast Monday morning and ends with Friday lunch. All meals will be prepared and served on-site by Piñon Catering of Santa Fe. Seminar tuition includes daily lunch; breakfast and dinner are included in the room & board charge (\$785.00 USD).

**Attire:** While Santa Fe is located at a somewhat southerly geographic latitude, it is situated 7,500 feet above sea level. Expect nighttime temperatures dropping as low as 18°, Fahrenheit. Average daytime temperature is 42°. Please dress accordingly (layering recommended), and at your own comfort level (as casual as you please).

**Rental cars:** Students who drive to Santa Fe or opt to rent a car for the duration of their stay are asked to consider volunteering their driving services for transporting their fellow attendees to and from group's dinner in Santa Fe on Wednesday evening. If you expect to be volunteering this service, please contact IBE's executive director, Michael Conn, at: [mconn@buildingbiology.net](mailto:mconn@buildingbiology.net).