

IBE 215

2024

Healthy Design & Community Planning



This seminar focuses on Building Biology principles and their relevance and practical applications in the design of homes, workplaces, public spaces and communities in North America. Both provocative and practical, the curriculum provides the inspiration and 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, other building professionals and home owners.



Building Biology Institute
The science of healthy buildings

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The compilation of information for this course originated in February 1995, and its content is updated annually by BBI seminar instructors. It combines data from Germany and other areas of Europe, from the United States and Canada, as well as from other countries of the world.

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Seminar Syllabus: IBE 215

Healthy Design & Community Planning

October 28-31, 2024

This seminar benefits home dwellers, architects, interior designers, indoor air quality consultants, home inspectors, and other building professionals. The daily schedule includes lectures and group activities, with practical experience in building science principles, demonstrations, research assignments, and interactive discussions.

“Today more than ever, we need inspiration and cutting-edge information to transform our homes into havens for the body, mind and spirit.”

~ David Pearson, *Building Biologist, author of The New Natural House*



PLEASE DIRECT ALL INQUIRIES TO:

infopod@buildingbiology.net or (866) 960-0333

Click [Here](#) for more information on **Building Biology**

SEMINAR SYNOPSIS

Bau-Biologie, or Building Biology®, is a specialized branch of science with human health and ecology as the central focus. This seminar explores This 4-day seminar focuses on breadth 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:

- Introduction
- Building Biology® Principles & philosophy
- Designing for climate
- Site Selection
- Community design
- Building product evaluation
- New Construction and Renovation: Prioritizing for Health
- Interior Furnishings and Finishes

RESOURCES:

- *Natural, Healthy Building Course* [IBE 101]
- *Prescriptions for a Healthy House*, by Paula Baker-Laporte, et al
- *Natural Remodeling for the Not-So-Green House: Bringing Your Home into Harmony with Nature*, by Carol Venolia and Kelly Lerner
- *Indoor Climate Overview*
- <http://www.yourhome.gov.au>

SEMINAR SCHEDULE

Day One

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

Q and A Session

Student Practicum

Daily Quiz

Day Two

SITE DESIGN

Day One Review

Community Design

Q and A Session

Daily Quiz

Day Three

PRODUCT EVALUATION

Day 2 Review

Evaluating Toxicity Overview Evaluation

Tools Material

Materials Evaluation Practicum

Designing a New Home for Health

Renovation Priorities for Health

Day Four

FURNISHING AND FINISHES

Day Three Review

16 Building Biology Criteria for selecting Furnishings and Finishes

Furnishing

Room by room: specifying health, Design decisions and material choices.

Summary

Day 3 Review

Exam

MEET THE INSTRUCTORS

IBE 215: Design for Health



Paula Baker-Laporte FAIA BBEC graduated from the University of Toronto, School of Architecture in 1978 and from The International Institute of Building Biology and Ecology in 1995. In 2007, she was elected into the College of Fellows of the American Institute of Architects. She headed her architectural practice based in Santa Fe, New Mexico and then in Ashland Oregon since 1986. 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 is founder and current CEO of EcoNest Architecture Inc.

Paula has lectured, taught, and published extensively on the topic of healthy and ecological design throughout the USA and Canada. She has been an IBE instructor since 2007. She is the primary author of *Prescriptions for a Healthy House, 1st, -3rd edition*, (New Society Publishers 2008) and the co-author with her husband Robert Laporte, of *EcoNest: Creating Sustainable Sanctuaries of Clay, Straw and Timber*, (Gibbs Smith, 2005) and *The EcoNest Home*, (New Society 2015). She's 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 are featured in several books. Those books include *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. Paula has had many articles published in nationally distributed 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: <https://www.econestarchitecture.com/>



Andrea Allen Sis, AIA is a licensed Architect in the State of Oregon. She holds a Master's degree in Architecture from the University of Nebraska and a Healthier Materials and Sustainable Building certificate from The New School – Parsons School of Design.

Andrea joined Paula Baker-Laporte and EcoNest Architecture in 2015 and became the firm's Materials Research Specialist. She has developed protocols for finding, vetting, and maintaining a database of healthy building materials which is the basis of EcoNest's Healthy Home Consulting practice. For more about EcoNest Architecture, visit our website: <https://www.econestarchitecture.com/>

She is on a continuous quest for knowledge about the ever-changing world of healthy and sustainable materials and is passionate about sharing this knowledge with others. Andrea firmly believes that healthy, nurturing spaces should be accessible to everyone and is consciously focusing her architectural career on creating healthy and sustainable homes for her clients while bringing the practice of building without harmful substances into mainstream design and construction.