

TROPICAL NATURAL BUILDING COURSE

January 20th 2025 – February 2nd 2025
Cabarete, Dominican Republic

WHAT IS NATURAL BUILDING?

Natural Building has been given many different definitions by various people. The simplest way to describe natural building is "building a structure with natural materials found in the local area". But it goes beyond that.

Natural building is the way of constructing in a holistic approach where sustainability, durability, community and natural flow all blend together with the elements of nature. The use of locally sourced, natural materials (like sand, soil, straw, bamboo, ...) and avoiding concrete reduces the environmental footprint a lot and contributes to a sustainable and healthy home.



The advantages of natural building are plenty. In the basic building techniques where everybody can help out, the process strengthens the community while working towards a mutual goal. Often materials are available on site and not much needs to be brought in, which reduces the building costs significantly. If well designed and well constructed, a natural structure outlasts modern building as history has shown already.

And last but not least: „You live in a home that is healthy, breathing and uniquely shaped to your preferences in perfect harmony with the surrounding nature. The options are endless.“

„Natural building was part of the past, but even more it is the future if we want a healthy and sustainable way of living.“



WHO IS THE NATURAL BUILDING COURSE (NBC) FOR?

- Those who are ready for a new experience. Learning how to apply ancient building techniques with a modern touch.
- Those who are looking to create with like-minded people from all corners of the world, working on the same goal. Uniting our energy to create a sustainable future.
- All who are ready to create new friends and connections.
- Those who want to learn how to build their own healthy and eco-friendly natural house.
- Everybody can join. No previous experience needed. All ages welcome.

WHAT YOU WILL LEARN AT NBC

During the 14 days NBC we will create a structure from foundation to roof. We will focus on all the key ingredients that need our attention to create a long-lasting and sustainable home.

The most known quote in natural building is „Give your structure a good hat and a great pair of boots“.

DESIGN SKILLS

- Reading the elements of nature
- Basic layout and measuring
- Passive solar design
- Orientation
- Water flow / drainage
- Ventilation

BUILDING SKILLS

- Earth theory
- Basic carpentry
- Foundations
- Walls and arches
- Plastering
- Roof types

MATERIAL & TECHNIQUES

- Earth techniques
- Mud brick
- Wattle and daub
- Integrate bottle bricks
- Rammed earth
- Cob
- Natural roof

COMMUNITY

- Working together
- Patience
- Coherence
- Creativity



SCHEDULE

Arrival and check-in is planned on Sunday 19th of January 2025 from 3pm onwards. We provide a light welcome dinner buffet. Check out is Sunday 2nd of February 2025 in the late afternoon after spending our last day together.

The average day plan looks like following:

- 6:30 – 7:45: Breakfast buffet
- 8.00 – 12.00: Morning workshop (healthy snack break at 10 am)
- 12.00 – 13.30: Lunch and siesta
- 13.30 – 17.00: Afternoon workshop (little break at 15:30)
- 18.00 – 19.00: Dinner
- 19.00 – open end Social gathering, Music, Creative thinking



The 14 day course will be roughly as follows. Natural building comes as it comes, so often small changes are needed and we need to be flexible as we work with the elements. But this is how the two weeks will roughly look like.

WEEK 1		MAIN TOPIC
DAY 1	Morning	Farm Tour and Introduction NBC
	Afternoon	Basics of Natural Building Theory – Soil types Testing
DAY 2	Morning	Drainage – rubble trench
	Afternoon	Rubble trench – Pipe – Gravel
DAY 3	Morning	Stone foundation
	Afternoon	Gravel floor
DAY 4	Morning	Cardboard and earth floor
	Afternoon	Free afternoon
DAY 5	Morning	Bamboo harvest and cutting
	Afternoon	Basic carpentry structure
DAY 6	Morning	Installation wattle
	Afternoon	Roof structures
DAY 7	Morning	Free day – plan follows in workshop
	Afternoon	Free day – plan follows in workshop

WEEK 2		MAIN TOPIC
DAY 1	Morning	Making cob – glass bricks workshop
	Afternoon	Integrate Glass Bottles – Light earth walls
DAY 2	Morning	Light earth walls/rammed earth bench
	Afternoon	Earth walls – creative figures
DAY 3	Morning	Earth walls – kitchen carpentry
	Afternoon	Earth sculptures
DAY 4	Morning	Space to fine tune all steps
	Afternoon	Free afternoon
DAY 5	Morning	Plaster workshop
	Afternoon	Plastering
DAY 6	Morning	Flexible day
	Afternoon	Flexible day
DAY 7	Morning	Free day – plan follows in workshop
	Afternoon	Free day – plan follows in workshop

WHO IS YOUR FACILIATOR.?

Bart has been interested in building, movement, nature and creating since a young age. In his early twenties he explored off grid living through van life and built a few camper vans himself. 2 years of working in conventional building and renovation opened his interest in building his own house, but in a more natural way. In his early thirties he moved to south Portugal and started experimenting with natural building and continued that in the Dominican Republic. Building an earth cellar with rammed earth tyres, wattle and daub, cob, wood frame construction ... In the course we will address many techniques so you too have a basic understanding on how to start your own build. Its less complicated than you think!!



As a surf-, kite-, sport instructor he is passionate about sharing his knowledge with people around him in a vibrant hands on way. The beauty of natural building is that everybody can learn it, whether you want to just have a new experience or want to build your own house one day. Follow us on this journey and book your fourteen day Natural Building Course in the Dominican Republic.

PRICES

a) Course:

The course is 5,5 days per week in which we have basic theory and plenty of practical building experience.

During the 1,5 day off you can enjoy the relaxed farm life or come with us to explore the beauty of the North Coast of DR. Visit some stunning beaches, jungle or waterfalls. A farm tour is included, exploring the permaculture garden and aquaponics system and for sure not to forget our magical river tubing, river barbeque on Sunday and evening connecting sessions with nature and each other around the fire.

1. Two weeks: 850,- \$ / 777,- €
(early bird bookings until 31st of October 800,- \$ / € 730,- €)
2. One week: 500,- \$ / 457,- €
(early bird bookings until 31st of October 470,- \$ / 430,- €)
3. Day experience: Course and lunch: 110,- \$ / 100,- € p.p.,
Breakfast: 11,- \$ / 10,- €, Dinner: 17,- \$ / 15,- €

If you can't join the full 14 days or 7 days, you can still come and join per day, on which ever day you want and feel free to hang out with us on the evenings to get some of the farm life.

b) Food & accommodation

We have got you covered. You can choose out of different types of accommodation catering to your own needs. Next to that we offer a full board meal plan for the full period of your booking.
 7x Breakfast, 6x lunch and 6x dinner and a river barbeque inclu-

ACCOMMODATION	7 DAYS	14 DAYS
Bring tent / camper	540,- \$ / 490,- € p.p.	285,- \$ € 260 p.p.
Jungle hut (5 people shared)	770,- \$ / 700,- € p.p	405,- \$ 370,- € p.p.
Mountain view single	1,380,- \$ 1.260,- € p.p	715,- \$ 650,- € p.p.
Adventure Hut Single	1,315,- \$ 1.200,- € p.p	680,- \$ 620,- € p.p.
Mountain view Double	1,840,- \$ 1.680,- € p. 2 pers.	945,- \$ 860,- € p.2 pers.



LOGISTICS AND FAQ

We want your stay and experience to be as smooth as possible, make sure to reach out with any additional questions or if you have specific needs we need to take in consideration. Visit the Taino Website www.tainofarm.com to have a closer look.

Personal

Be sure to bring all your personal items you need to have the comfort you need. A good mix of clothing to be protected against all the elements. We can have rain and sun on the same day. Come prepared. Working barefoot gives the full natural building experience. If you don't have jungle feet yet, bring some solid shoes to support you. Light clothing that breaths well is most advised.

Accommodation

All beds are equipped with mosquito nets. Wifi is available in the rooms and public areas of the farm.

Getting to the farm

Taino Farm is located on the North Coast of the Dominican Republic. The closest airports are Puerto Plata (approx. 45 minutes by car) and Santiago (approx 2,5 hrs.) The easiest to get to the farm from one of those airports is with a taxi or Uber. We can also arrange individual pickup with a driver, costs depending on your pick up location. You can also make your way to Los Brazos by catching a bus with Caribe Tours or Metro Express to Cabarete and go from there with a taxi, moto or guagua.

Building

Building material is provided by Taino farm.

Weather

January generally provides nice warm tropical sunny days, with chances on small showers. Afternoons have a wind cooling it down nicely. At night it cools down even more. So also bring a hoodie to wear in the evening.



Electricity

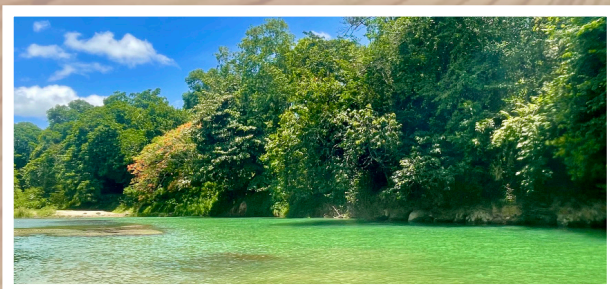
The grid system is 110v. Make sure to bring the necessary travel adapter plug. Everywhere in the DR we sometimes have short term black outs.

I am not very handy. Can I join the course?

Yes, working with earth is possible for everybody from 4 years old. You can contribute in your own way and at your own pace. That is one of the beautiful aspects of natural building. The more technical aspects like carpentry and heavy lifting you can leave to the others, but learn about the process. There is always something to do from creative design to small preparations. The more hands and hearts, the lighter the work becomes.

Can I stay longer than the course?

Yes you can book additional nights before the course to adapt to island time or after the course to enjoy your creation a bit longer. Please reach out to the booking manager.



ABOUT TAINO FARM

The Taino Farm is a permaculture-inspired, agrotourism demonstration and education center located on the tropical river "Rio Yasica" outside the kitesurfing, surfing and windsurfing town of "Cabarete" on the north coast of the Dominican Republic.

Our aim is to inspire, educate and show people how to live in harmony with nature to produce sustainable and healthy food.

We are self-sufficient with over 100 different fruit trees, a large aquaponics system, a vegetable garden, chickens, a worm farm for compost production and our own bee colonies.

Vision: Promoting growth in our community, environment and society through sustainable agriculture.

Mission: Empowering the community to develop a small paradise, employing locals and educating all stakeholders and interested parties.

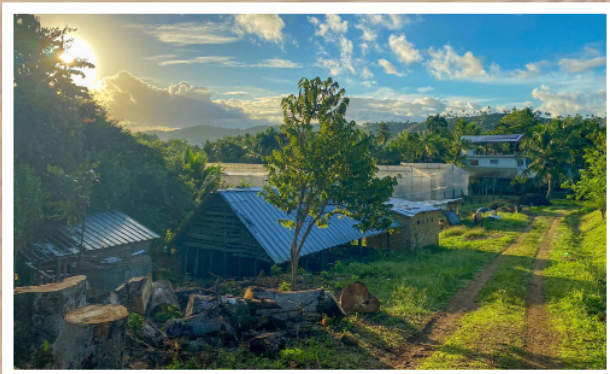
Taino Farm

Los Brazos
Espaillat, Dominican Republic
Postal Code 56000

E-Mail: info@tainofarm.com

Check our website
www.tainofarm.com

you can also find us on Facebook and Instagram
under [@tainofarm](#)

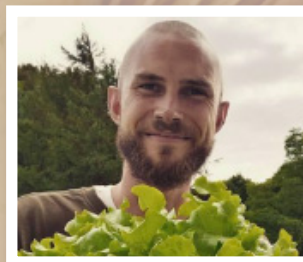


BOOKING AND CONTACT



Jessica
Booking Manager
+1 (514) 567-3705

Questions about
- accommodation / food
- bookings



Magnus
Farm Manager
+45 22 24 93 03

Questions about
- daily life at the farm



Bart
Natural Building Facilitator
+32 483 83 90 75

Questions about
- the course
- natural building