



BAAN DOI Newsletter

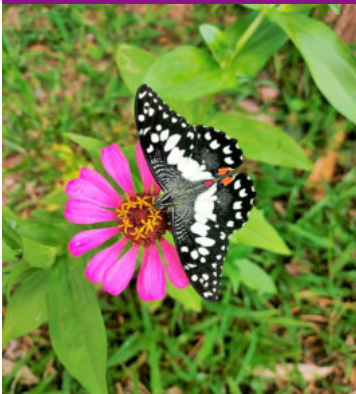
Nr. 29 / July 2023

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Introduced:
One of our girls from the children's house introduces herself and gives us an insight into her life.

The first guest house on our organic farm is completed. Here are first impressions.

The charity bike tour around Lake Constance from September 15 - 17, 2023. Registrations are possible at any time.



Dear BAAN DOI friends,

Baan Doi's main goal is to enhance the quality of life of our supported children and families in Chiang Rai province. In order to reach this goal we are working three projects: our BAAN DOI Home, our BAAN DOI Outreach Support Program and our organic farm.

Within this goal of a better life, sustainability is an essential quality. It's always important to take into account of how to make our support for the children and families long-lasting and how to have them maintain the benefits continuously over time.

The opportunity to receive a good education and especially the support for legal documents and citizenship has definitely had a life changing impact.

But let's see what a good quality of life means for daily existence. In this Newsletter we will join one of our girls to listen to her story and see the world through her eyes.

Especially with our farm project we aim to gain ecological balance by not being harmful to the environment in the way we plant our food and give back to the soil, as well as in the way we do the construction of the buildings.

In this Newsletter we want to take a closer look at the first guesthouse at our organic farm and also explain the reasons for choosing natural construction materials.

BAAN DOI is more than lucky to have long-term partners and supporters, who are always eager to create new events and have imaginative ideas for funding our projects; for example, the upcoming Charity Bicycle Tour around the Lake Constance is open for applications. Learn more about it in this newsletter and join us for a good and sustainable cause!

We wish you a great summer 2023!

Barbara Meisl & BAAN DOI Team





My home - One of our girls (9 years old) describes to us happily how she spends her time.



Top right: Time for homework

Above: Every child has tasks to perform for the community

Bottom: Learning together and music



Compliance with our child protection guidelines is very important to us. Therefore, we do not mention the names of the children in the report.

I get up at 06:00 o'clock in the morning and make my bed before I go to the washroom. Then I put on my school uniform and do my hair. Sometimes I do my hair by myself but sometimes one of the older girls in my room or the children caretaker helps me.

Before breakfast everyone does their morning duties. At the moment I am cleaning the tables in the garden, but soon it will change to collecting the leaves under the trees in the playground.

Before I bike to school I get my pocket money. I usually get it every day, but sometimes when I sleep too long or when I am too sleepy to do my work I have to go without. Never mind - I can ask my friends at school to share some sweets with me.

We all ride our bicycles to school together. We need to be very careful, because the street has so many holes in it. I like the parts where the street is good, then I can ride my bike without hands. It's much more fun.

After parking my bike at school, we have some morning activities. We are standing in rows when the Thai National flag is hoisted and we sing together. Before the teachers start the lessons, we sit down in the classroom and meditate together.

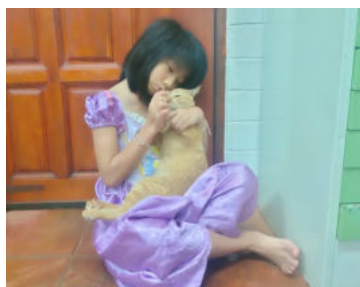
I love school, because I have many friends to play and talk to. Sometimes we open a beauty salon and do our hair. Sometimes we cook and sell things.

My favorite subject is Thai and I also love to read. It's so good here because we get knowledge and sometimes go on a trip. And sometimes the teacher even forgets to give us homework.

Everything is just so interesting. When I grow up, I want to have my own shop and sell things, but I also want to become a singer and dancer. I could also be a teacher and finish all the documents and reports quickly. Then I will use the holidays to work as an actress.

I also want to become a fashion designer like my older sister Amy. She first draws the design on paper and then cuts the fabric and sews it together. That is amazing.





Normally we have lunch at school and later bike home together around 16:00. When I arrive I play a little and wait for everyone to get home. We have some chores to do before dinner.

In the evening I work together with one of my older brothers, I clean the washroom, throw out the garbage and water the asparagus in the garden. Then we have time to play and shower.

I love to play with my dolls and stuffed animals. Sometimes we create a story and sometimes we make new clothes for them. I also like to jump on the trampoline and ride the bike in the garden and on the small street in front of Baan Doi.

After dinner we do home work and we get 30 minutes screen time, so I can watch cartoons and sometimes listen to music and dance.

On the weekends we do the laundry and clean up the sleeping room. We have music lessons here, with Mr. Charoen and his family. His wife and children come too and they all play different music instruments.

Last year I learned Thai dance, but now I started to play the Ukulele. On Sunday morning we learn English with Mr. Richard, he is always there on Sunday and we sing songs and write and draw and sometimes he reads a book to us.

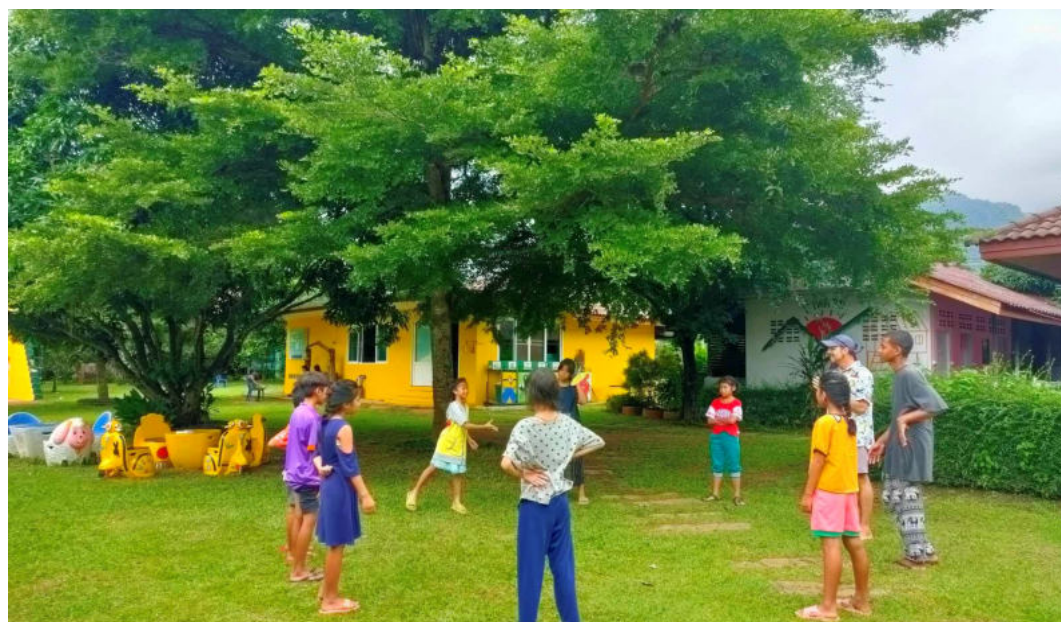
We also like to go to our farm and get some vegetables and fish and swim in the pond. Weekends are always different. Sometimes we have guests and sometimes we go out.

Thank you for the happy interview!

Currently 20 children and teenagers aged from 8 to 20 years live in the BAAN DOI Children's House.

A few teenagers have started their internship or studies and live in the city during the week.

At BAAN DOI there are no set guidelines at what age the children leave. They leave when their education requires it or when they are ready.





The first guesthouse at our organic farm

In the last three months of 2022 the postgraduate students of BASEhabitat came to build our first guesthouse at the farm under the supervision of Florian Fend and Marta Rota. The guesthouse with private bathroom, and a terrace with an outdoor kitchen has been finished at the beginning of 2023 and is not only fully functional, but also very cozy and simply beautiful.

It is the first of four planned guesthouses, which we will complete in cooperation with BASEhabitat. At the same pace that allows us to learn more about organic farming and the implementation of new permaculture techniques, we will build the other guesthouses, one guesthouse a year. The guesthouses are meant to welcome visitors and guests at the farm and to support the project to generate jobs and income in order to be self-sufficient in the future.

For the construction of the house, sustainable materials have been chosen. Let's look a little closer at 2 of the main materials: Adobe Bricks and bamboo.

The walls of the house are from Adobe Bricks. Adobe Bricks are one of the oldest and most sustainable building materials in the world. We made about 2500 bricks from red soil, sand, rice husks, rice straw and water. We then shaped them into forms and dried them in the sun. After about 10 days of drying the bricks could be used for the masonry of the walls. Adobe bricks are durable, renewable, affordable and energy efficient. They create a room climate that is very pleasant. The first guesthouse and its adobe walls blend beautifully with the natural surroundings.



Above: the guesthouse with planting

Bottom: Site plan with already realized and further planned projects

Already since the beginning of our agricultural project BAAN DOI and BASEhabitat (architecture for change, Art University Linz) have been working together.

Three further vacation homes are to be built in 2023-2025.

The expansion of the BAAN DOI Farm with its own bamboo plantation will start in 2023.





Above: The guesthouse is located directly on the lake

Below: The outdoor kitchen and the bedroom



The use of bamboo makes the construction project special. We used bamboo for the poles, the roof construction and the flooring of the terrace. Bamboo is a fast growing and a naturally renewable tree-like grass.

It requires little maintenance to farm as it doesn't need pesticides and herbicides and very little water to grow. There are many different kinds of bamboo used in construction.

For the guesthouse we used 3 different sorts of bamboo, which we treated in our bamboo workshop to make it durable.

Bamboo can be harvested after 3-5 years to use it for construction. When harvested it regrows from its own root system and does not need to be replanted again! It is

very strong, the tensile strength of bamboo is even stronger than steel and at the same time it is lightweight and therefore easy to work with.

Also, other natural materials such as earth tiles for the ceiling or lime for the plaster have been used. The target was to build using as much natural materials as possible, but still guaranteeing a good functionality.

A lot of attention and love for details has been put in every step of the construction & furnishing of our first guesthouse!

Thanks to everyone who has contributed to this wonderful project.

The clay walls ensure that the guesthouse is cool in summer and warm in winter.

From the bedroom you can see the mountains and from the terrace you can enjoy the swimming pond.

In the small outdoor kitchen you will find everything, for a self-sufficient experience in the middle of nature.





Charity-Bicycle-Tour from 15th to 17th September 2023 Join us!

For the second time, the three BAAN DOI supporting associations Baan Doi Germany, Baan DOI Austria and Baan Doi Switzerland are organizing a Charity-Bicycle-Tour around the Lake Constance, the lake connecting the three countries.

Some of you may still remember our first Charity-Bicycle-Tour in 2021. At that time, a total of 55 cyclists managed to finance a tractor for BAAN DOI's organic farm.

This year we would like to contribute to the financing of the construction of guest-houses at the farm, a project creating training and income opportunities for the youth at BAAN DOI.

On Friday, September 15 from 3:00 p.m., we would like to invite you to a celebration at the Don Bosco House (Rotenmoos 18, 88046 Friedrichshafen).

We start with coffee/cake and the Zeppelin Clarinet Ensemble, and then seamlessly move on to Thai food and a presentation by Selena, a childcare worker from BAAN DOI and musical entertainment by the Dixie band "Wine Guys".

We again have amazing raffle prizes.

On the way we are organizing some stops at the food and stamp stations, to gather enough strength for the total of 180 km.

Whether you want to join us as a family and you belong to the fast speedsters, or if you are more the cozy leisure cyclist type - everyone is welcome.

We - the three supporting associations and BAAN DOI Thailand - are looking forward to your support and participation in the Charity Bike Tour 2023.

The last BAAN DOI charity bike tour around Lake Constance took place in 2021. The net proceeds were used to finance a tractor for organic farming.

A complete success!

Become a part of the Charity-Bicycle-Tour and join us at the start in Bregenz on September 15, 2023! The itinerary of the tour is as follows:

Friday, 15 Sep., from 1:00 p.m.	Bregenz to Friedrichshafen, approx. 32 km
Saturday, 16 Sep., from 9:00 a.m.	Friedrichshafen to Konstanz, approx. 80 km (or 40 km by ferry)
Sunday, 17 Sep., from 09:00 a.m.	Konstanz to Bregenz, approx. 68 km

Simply download the registration form at <https://baandoi.org/charity-fahrradtour-bodensee> and send it to us by e-mail to germany@baandoi.org by 01.08.2023



Charity-Bicycle-Tour Join us!



There is also time for swimming
pleasure in between

What if you are not a cyclist or not free on this weekend but still want to contribute?

Then you can support the project financially. We receive financial contribution according to your intentions/desired amount or per kilometer.

You can either pay directly via PayPal to germany@baandoi.org with the reference "Charity Bike Tour 2023" or let us know your name, address and the amount by e-mail to germany@baandoi.org.

Then, after the tour, you will receive a final report with a request to transfer the corresponding amount.



Upcoming events of the support associations for the benefit of BAAN DOI

Germany:

September 15 - 17,
2023

Charity bike tour around
Lake Constance

Start: Friday, 14.00 h
Seepromenade Bregenz

Austria:

December 2023

Advent markets in Kuchl
und Golling

Dates to be announced

Switzerland:

August 14, 2023

Asia - People in extreme
situations

Lecture Karin Wenger
in the Waldhaus Sils

November 03, 2023

Charity Dinner
in the Waldhaus St. Moritz



Many thanks!



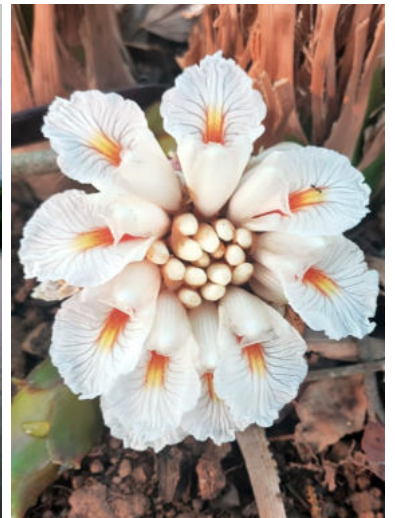
**BAAN DOI — Home and
Healing Center for
Children**

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Chiang Rai, Thailand

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