

# Create a nature journal - A workshop

## Information about required materials

The most important thing that you will be required to bring to the workshop is the sketchbook or journal that you would like to work in. Your requirements for this will depend on what you would like to focus on in your journal or sketchbook.

I am very passionate about paper, so I have a lot of advice to share about the selection of your sketchbook. Please do not hesitate to contact me if you would like me to clarify anything! My list of required materials at the end of this document is very short, I promise!

### A few words about size:

I always prefer A5 (14.85cm x 21cm) sized pages or even smaller, but if you prefer a larger book that is also perfectly OK.

My reasons for preferring a smaller sketchbook or journal are 1.) a smaller book is easier to carry around and 2.) filling up a smaller page, especially in the beginning, can feel less daunting than if you are faced with a big white page. (I believe I am not alone in fearing the white page - it always becomes easier once I have made the first mark!)

### 1. Writing or drawing, or both?

The first thing to consider is whether you would like to focus on writing or drawing/sketching in your book.

If you prefer to focus on creative writing with the occasional addition of a pressed flower or photograph, you will not need heavy paper in your journal. You may also prefer to have your pages lined. I would still recommend that you look for acid free paper to ensure that your journal will last for years to come.



Good options are: A [Moleskine](#) or [Paperblanks](#) journal, available at any Exclusive Books or Wordsworth branch.

If you prefer unlined paper, any sketchbook would also be suitable. In our area I have found that PNA in the Somerset Mall have the best selection of sketchbooks. (Please also see my advice below about selecting a sketchbook.)

## 2. If you would like to draw / sketch / doodle / paint

If you prefer to draw in your book, a sketchbook would be preferable. The kind of sketchbook you select, will be dependant on whether you would like to work mostly with dry media or wet media (watercolour, ink, markers).

The most important criteria is that your sketchbook paper should be acid free. (Most sketchbooks are marked with an “acid free” label or sticker these days.) This will ensure that your paper will last for decades to come.

For dry media (pen, pencil, coloured pencils, pastels) you can get away with a lighter paper weight (I would recommend 100 - 150 grams to ensure that you cannot see through the individual pages.)

A bound sketchbook (ringbound or hardcover) is preferable to a pad. (The pages in a pad are meant to be torn from the pad and will therefore come loose over time and need to be folded at the top.)

I can highly recommend Fabriano’s sketchbooks. I use Fabriano paper for all of my final illustration work, and there is a wonderful selection of their sketchbooks available in our shops as well. PNA in the Somerset Mall has a great selection in different sizes and paper weights.

The black ringbound [Fabriano drawing books](#) offers 160 gram paper weight. They are available in a selection of different sizes from PNA in the Somerset Mall. These books are affordable and the paper weight will withstand getting a little bit wet without warping too much.

If you would like to splurge, I can recommend Fabriano’s beautiful “[Venezia book](#)”, a red and cream hardcover book with 200 gram paper weight. I spoiled myself with one of these beauties



recently - they are also available from PNA in the Somerset Mall. This paper weight is ideal if you would prefer working in watercolour and/or ink.

Phew! That was a lot of information about paper! I hope that I didn't overwhelm you too much! Now for a list of suggested materials for you to bring along:

### 3. List of suggested art materials

Required materials:

- **Pen and notebook to make notes**
- **B, 2B and 5B pencil**
- **A tube of quick-drying glue**, for example Bostik clear gel or similar

Optional:

- If you have pressed flowers or nature photos that you would like to work with, please bring them along.
- Any art materials that you **already have**, for example coloured pencils, watercolour and brushes, permanent markers, coloured pens, inks, etc. \*

I will bring my own art materials for you to experiment with, and I will also be giving you lots of advice on which art materials are best for which types of sketching and illustration, so please don't feel that you need to buy loads of art supplies before the workshop. This is a great opportunity to get advice on new ways of using art supplies that you already own.

*\* Please do not bring art materials that are very messy or require a long drying time, for example acrylic or oil paint. These materials are more suited to using in a studio than for sketchbook work.*

The B, 2B and 5B pencils will be required for sketching exercises we will be doing as a group.

The glue will be needed to add some of the the pressed flowers and photographs that I will supply to your book. (I will bring these along or if you prefer you can also bring your own.)



In summary, you will need to bring the following to the workshop:

- Your sketchbook
- A pen and notebook
- B, 2B and 5B pencils
- A tube of quick-drying glue

Optional:

- Your own pressed flowers or nature photographs
- Art materials you already own

For more information about the workshop, please visit <http://liesl.me/>

You are welcome to contact me (Liesl van der Hoven) at one of the numbers below if you have any questions I can assist with!

+27.21.853.0609 | t

+27.82.563.0721 | c

