

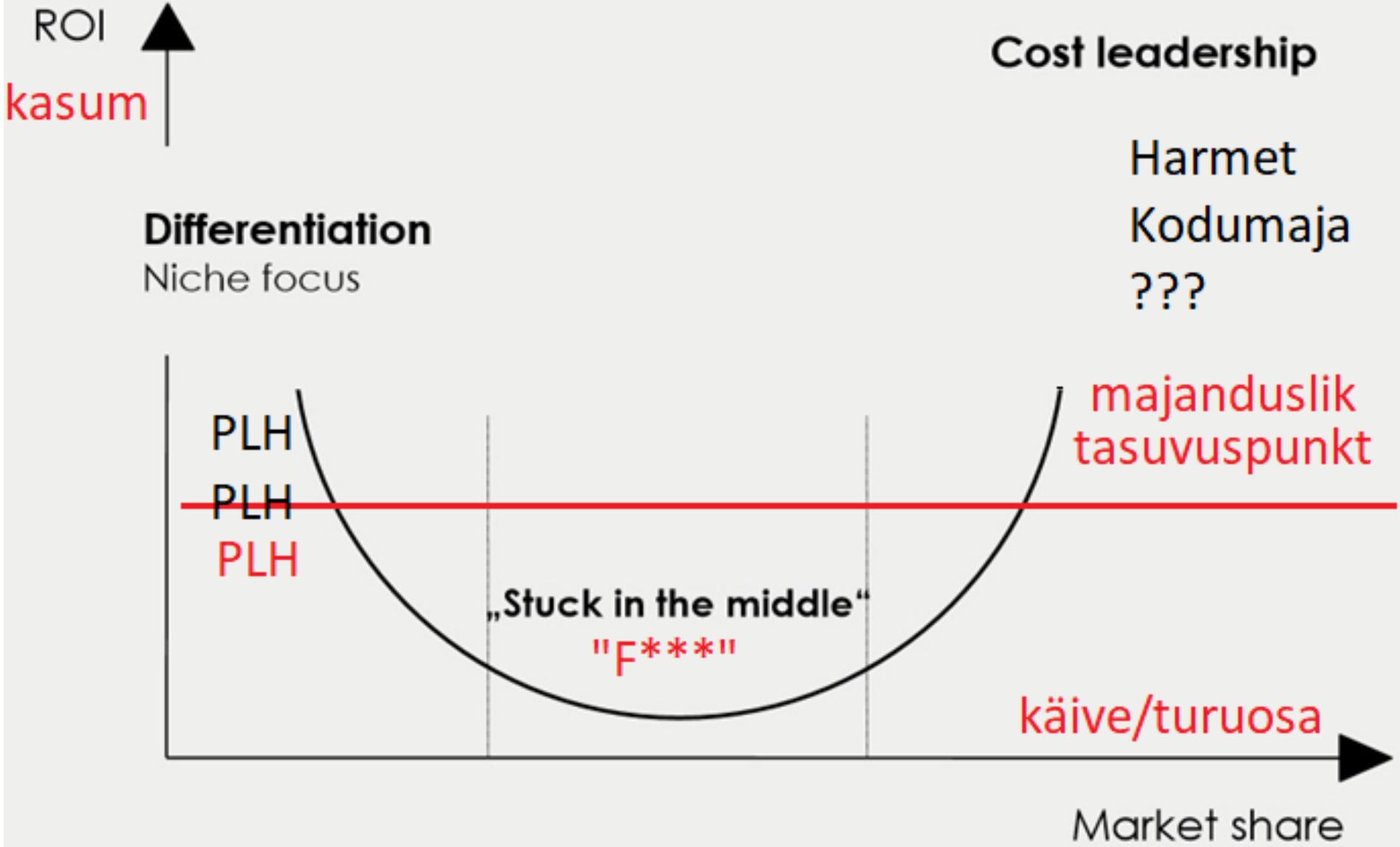
# P R E S E N T A T I O N

## design -production -assembly



PÄRNU LOG HOMES®

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Pärnu Log Homes ® - contemporary log homes  
to suit your individual needs

## DESIGN, PRODUCTION AND ASSEMBLY

We are combining heavy timbers with modern solutions

Our focus is on style that is called  
“Stavlaft” in Norway and  
„Post & Beams“ in other places

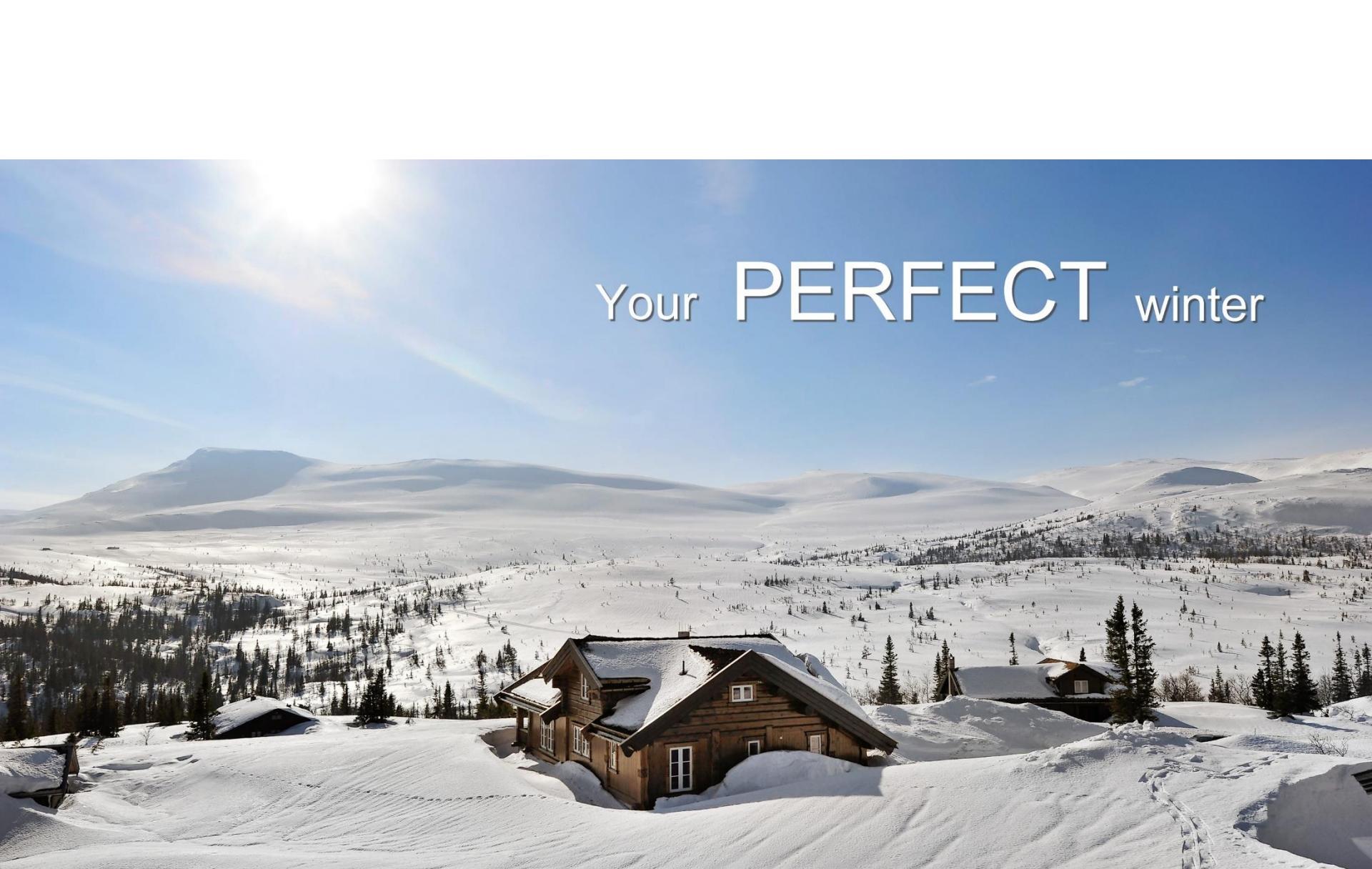




Your house of **STYLE**



Your DREAM hideaway



Your **PERFECT** winter



Your weekend  
**GETAWAY**



Your LIFESTYLE

# Classical Norwegian mountain cabin „Stavlaft“ – Geilo, Norway 2016



# Apartment buildings with Post and Beams – Geilo, Norway 2016



Unique Mountain Villa with Post & Beams and cladded with Canadian Red Cedar  
Hemsedal, Norway 2017



Canadian Red Cedar

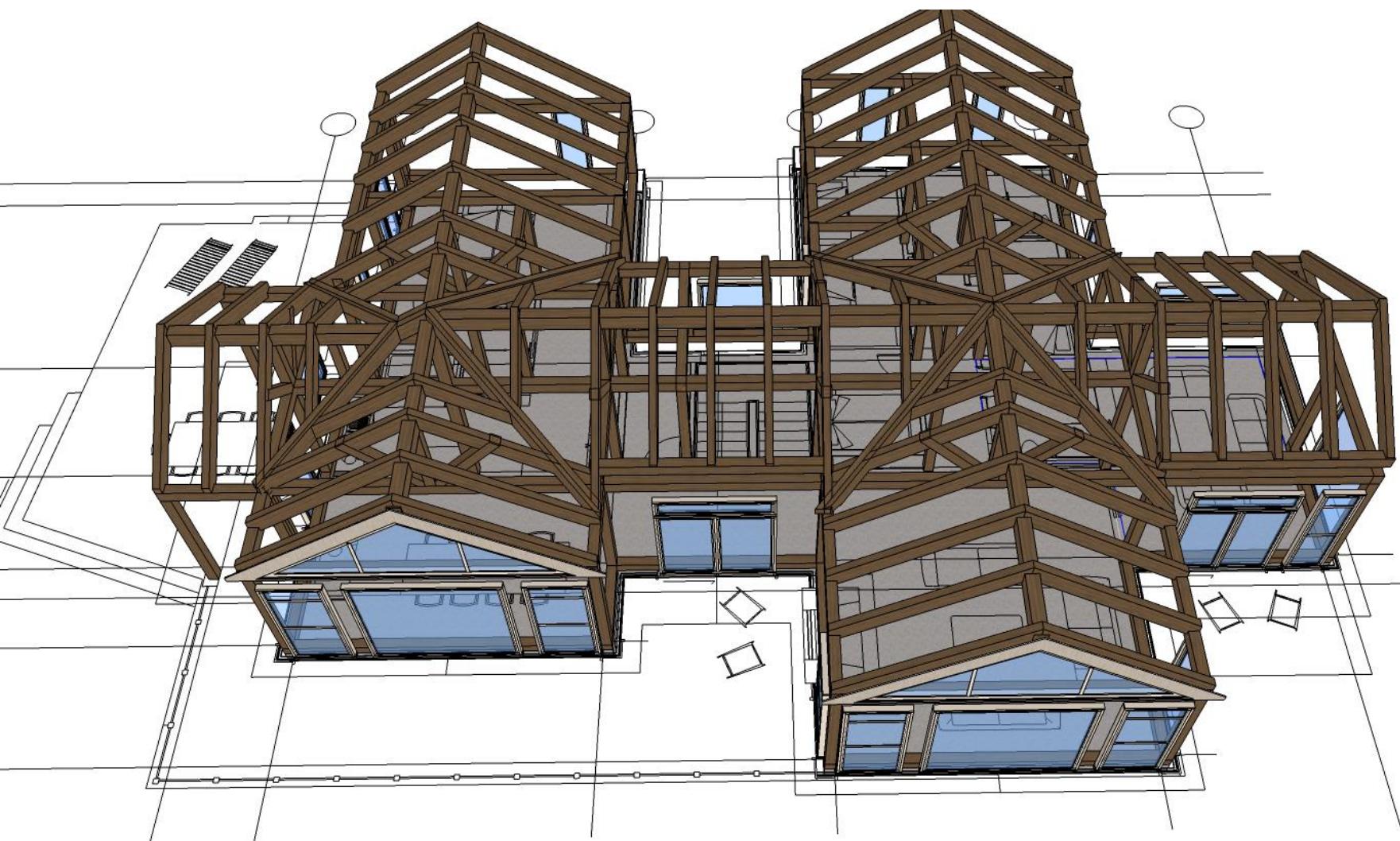


## Interior with American Post and Beams





# 3D CAD/CAM Project design and CNC production ([Link to 1,5 min video](#))



## 3D CAD/CAM Project design and CNC production ([Link to 1,5 min video](#))



**NEW UNIQUE DESIGN! – PANORAMIC.** Cabins with special large windows.



 **PANORAMAHYTTEN**  
*inspired by nature*

NEW UNIQUE DESIGN! – PANORAMIC. Cabins with special large windows.



Interior colors by Jotun, Osmo, etc.



Colorless interior



Transparent interior (stained cladding, timber)



Intensive painted interior



Options for interior colors - THE CHOICE IS YOURS!

**OUR UNIQUE FACADE DESIGN!** – special pine facade planks with blacksmith forging nails



2-4 days “timber shell”



3-4 weeks cabin is “ready outside”



Including also: interior separating stud walls are ready in place



Electrician and plumber can start working



„READY OUTSIDE“ DELIVERY PACKAGE



Quality control and best suppliers



## Vi leverer i henhold til Energikrav TEK 10- 2017

Byggteknisk forskrift (TEK 10, 15.07.2016) - obligatorisk i 2017

### KAPITTEL 14 ENERGI

§ 14-2. Krav til energieffektivitet

§ 14-3. Minimumskrav til energieffektivitet

§ 14-5. Unntak og krav til særskilte tiltak

For boligbygning og fritidsbolig der kun en del av bygningen har yttervegger i laft, gjelder bestemmelsen i § 14-5 fjerde ledd for laftedelen. Lekkasjejallet for hele bygningen følger kravet som gjelder for bygg med laftede yttervegger. (våre STAVLAF bygninger)

### Minimumskrav til energieffektivitet – Fritidsbolig

U-verdier, nye energikrav (TEK 10–2017) i henhold til TEK (Teknisk forskrifter)

Energitiltak	< 70 m <sup>2</sup>	70 - 150 m <sup>2</sup>	≥ 150 m <sup>2</sup> (Småhus, samt Fritidsbolig over 150m <sup>2</sup> )	Laftet yttervegg minstekrav < 150 m <sup>2</sup>	Laftet yttervegg minstekrav ≥ 150 m <sup>2</sup> (Boligbygning og Fritidsbolig)
Tak	Ingen krav	0,18 W/m <sup>2</sup> K	0,13 W/m <sup>2</sup> K	0,13 W/m <sup>2</sup> K	0,13 W/m <sup>2</sup> K
Vegger		0,22 W/m <sup>2</sup> K	0,18 W/m <sup>2</sup> K	0,60 W/m <sup>2</sup> K (min 8° laft)	0,60 W/m <sup>2</sup> K (min 8° laft)
Golv på grunn og mot det fri		0,18 W/m <sup>2</sup> K	0,10 W/m <sup>2</sup> K	0,15 W/m <sup>2</sup> K	0,10 W/m <sup>2</sup> K
Kuldebroverdi normalisert		-	≤ 0,05	-	-
Lufttethet (luftvekslinger pr.time)		≤ 4,5	≤ 0,6	≤ 4,5	≤ 4,0
Vinduer/dører/glass		1,2 W/m <sup>2</sup> K	0,8 W/m <sup>2</sup> K	1,2 W/m <sup>2</sup> K	0,8 W/m <sup>2</sup> K

## TEK 10–2017 in praksis

Vi leverer tak, vegger, dører og vinduer i henhold til TEK 10-2017

Mer info: [www.glava.no](http://www.glava.no)

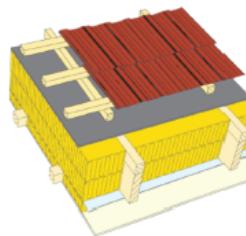


Fig. 1 Skråtak med sperre

Isolasjons-tykkelse [mm]	Fig. 1 U-verdi [W/m <sup>2</sup> K]	
	36 mm sperre	48 mm sperre
A 37	A 37	
200	0,21	0,22
250	0,17	0,18
275	0,16	0,16
300	0,15	0,15
350	0,13	0,13
400	0,11	0,12

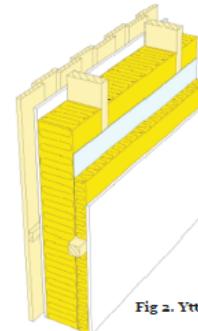


Fig. 2. Yttervegg

Isolasjons-tykkelse [mm]	Stender-dimensjon [mm]	U-verdi [W/m <sup>2</sup> K]	
		A 37	40
150	48 x 98 x 48 x 48	0,28	0,30
170	48 x 123 x 48 x 48	0,25	0,26
200	48 x 148 x 48 x 48	0,22	0,23
225	48 x 173 x 48 x 48	0,20	0,21
250	48 x 198 x 48 x 48	0,18	0,19
300	48 x 198 x 48 x 98	0,15	0,16

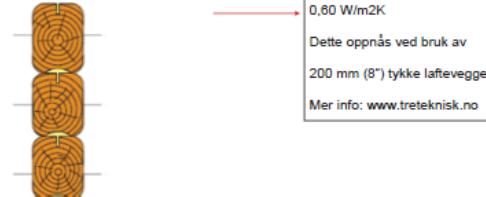


Fig. 3. Laftet yttervegg

0,60 W/m<sup>2</sup>K  
Dette oppnås ved bruk av  
200 mm (8") tykke laftevegger  
Mer info: [www.treteknisk.no](http://www.treteknisk.no)



We are delivering according to Nordic energy efficiency rules



**Ettevõtte eesmärk on teenida  
omanikele tulu!**

**(kapitali kasvatamine)**

## Health Impact Assessment (HIA)

### The determinants of health

#### Introduction

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.

#### The determinants of health include:

- the social and economic environment,
- the physical environment, and
- the person's individual characteristics and behaviours.

**Ettevõtte eesmärk - omanikule tulu teenida**

**Ainult terve ettevõte suudab tulu teenida**

- Genetics - inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses. Personal behaviour and coping skills – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.

**Toode ise. Tootearendus, uued tooted (sessoonsus)**

- Income and social status - higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the greater the differences in health.

**Rahatrüki mõju. NOK, SEK kursid**

**Eraisikute laenupiir**

**Dokumentaalmaksed - riskimaandus**

- Social support networks – greater support from families, friends and communities is linked to better health. Culture - customs and traditions, and the beliefs of the family and community all affect health.

**Professionaalsed partnerid. Klientide soovitused, Google/Fb jms müügivõrgustik/otse lõppkliendile**

- Physical environment – safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health. Employment and working conditions – people in employment are healthier, particularly those who have more control over their working conditions

**Sisendhindade tõus: tööjõukulud, puit, jms Sihturu bürokraata (ID, maksud)**

**Omahind/sihturu kohalik hind**

- Education – low education levels are linked with poor health, more stress and lower self-confidence.

**Tehnilised nõuded (sh kohalikud nõuded. ETA, CE)**

**Mida rohkem tead... seda rohkem tuleb kulutada suur või väike firma - nõuded samad (sh insener jms)**

- Health services - access and use of services that prevent and treat disease influences health

**Maksusüsteem, tugiteenused, bürokraatia koormab /toetab**

- Gender - Men and women suffer from different types of diseases at different ages.

**ettevõtte / toote elutsükkeli majanduse tsükkel???**





# Paranenud ostujõud



Tulevikumaja:

On toode (automatiseeritav tootmine)

Ei pea ehitama kohapeal (plug/play)

Saab müüa Amazonis

(globaalne turg)

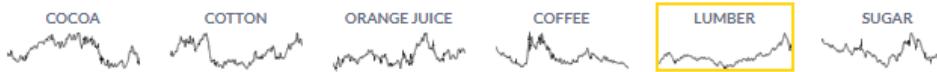
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Kuidas eristuda?

[QUOTES](#) [PERFORMANCE](#) [CHARTS](#)All • Indices • Energy • Bonds • **Softs** • Metals • Meats • Grains • Currencies5M H D **W** M

Static

Interactive



## Lumber

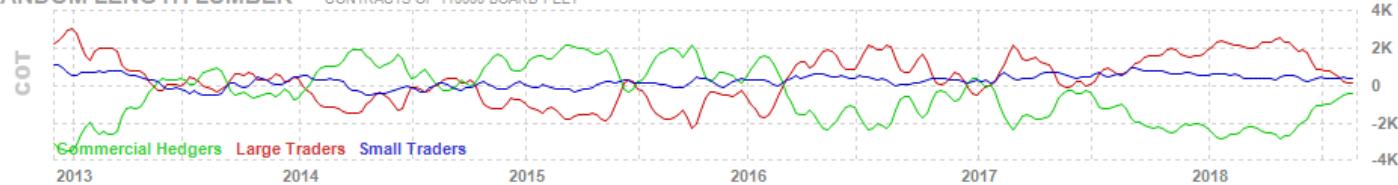
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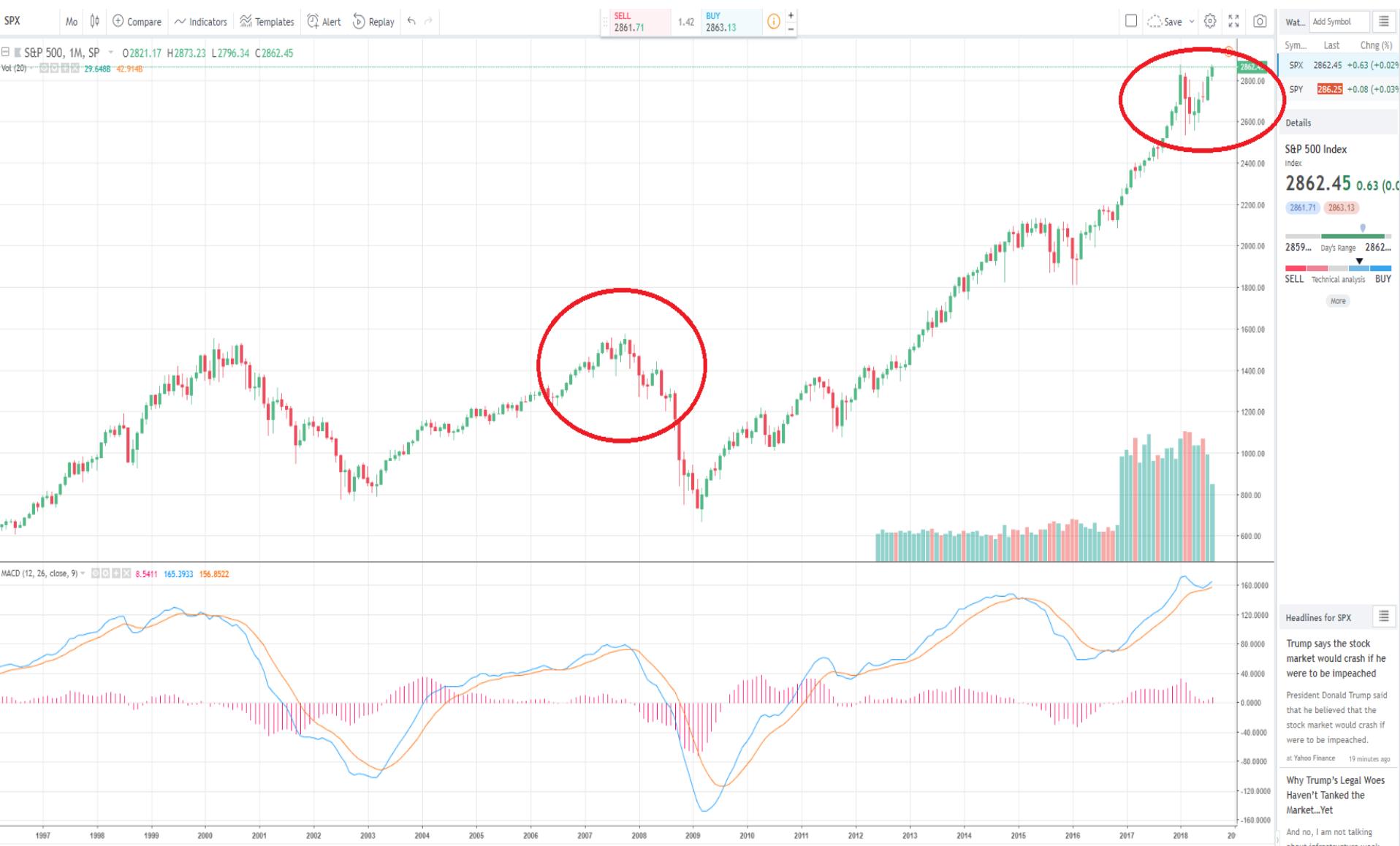


# WALL ST. CHEAT SHEET™ WE'VE GOT THE WORD ON THE STREET

## PSYCHOLOGY OF A MARKET CYCLE

THE FEELINGS APPEARING AS THE MARKET FLUCTUATES.





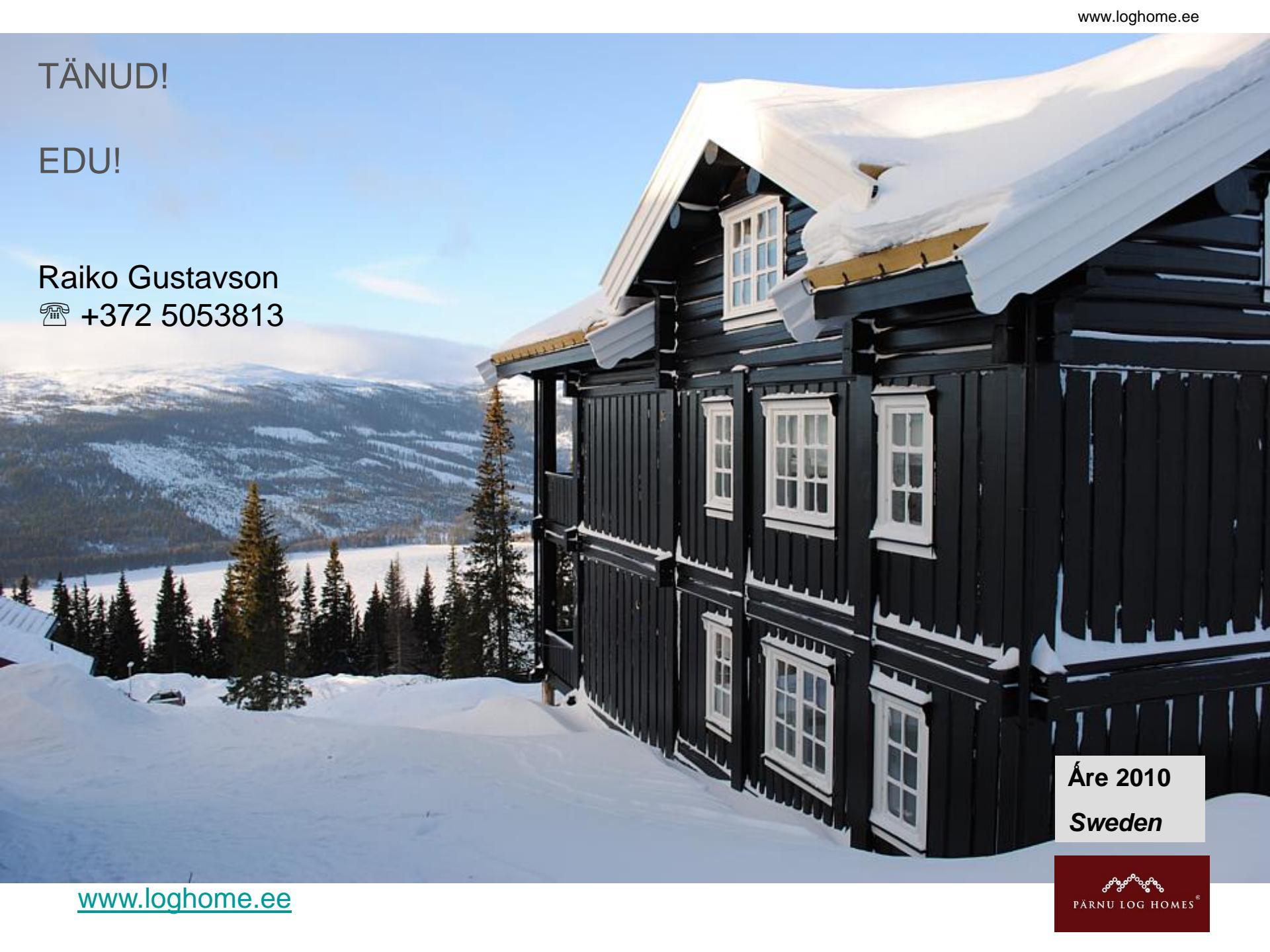
# Kui palju on veel aega languseni?



TÄNUD!

EDU!

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