G|R|I|D

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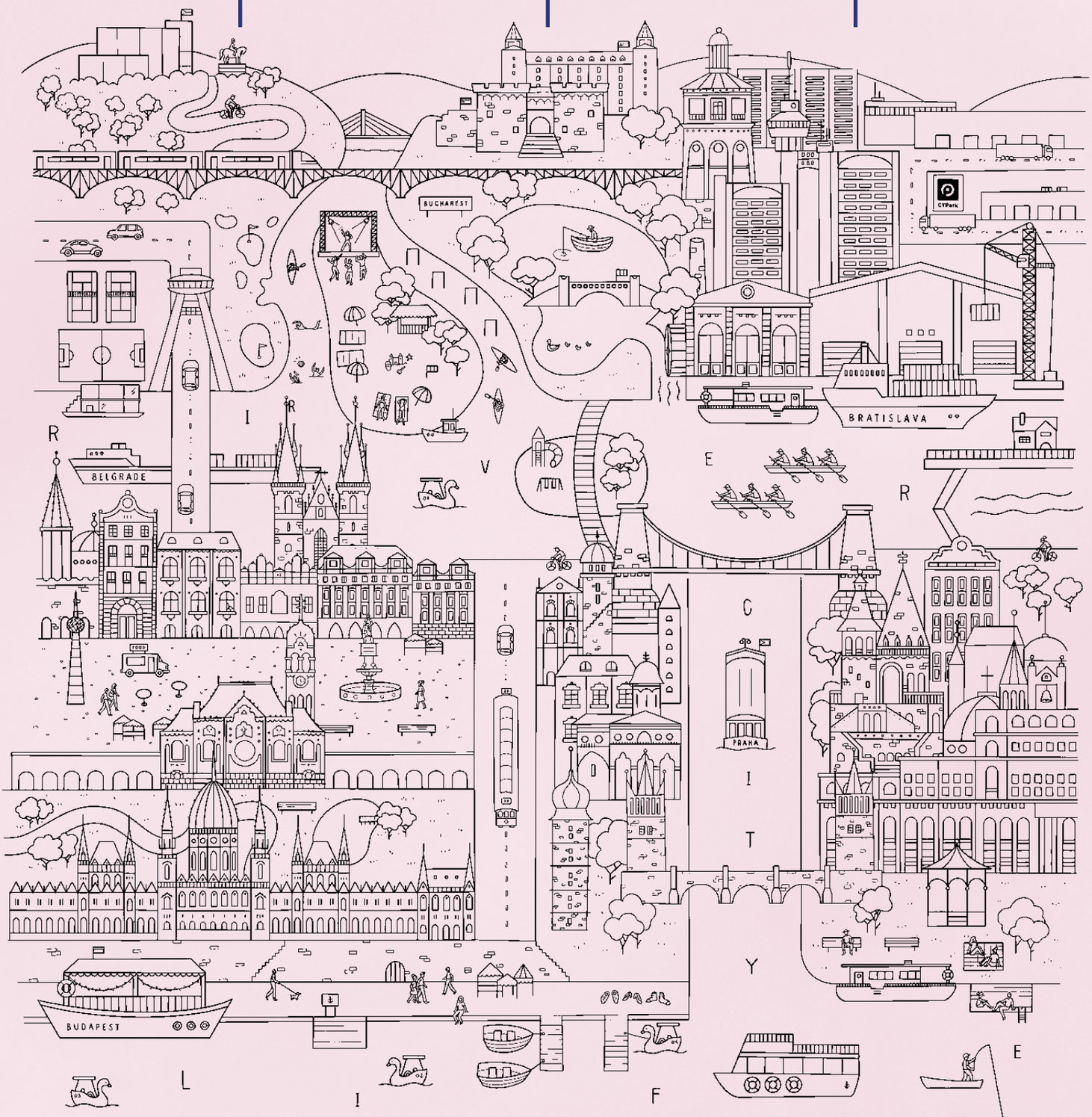


Early morning fishing
boats on the Danube

Important milestones

In the first six months of 2019, CTP achieved a number of key milestones on our way to achieve a portfolio of 10 million m². I am very proud of the different teams who helped to realise our goals. One of the most important highlights is that at the end of June, I took over full ownership of CTP. This will both smooth implementation of strategic decisions and improve our focus on our core business and our clients.

A second major milestone was the refinancing of our Czech portfolio in the largest real estate transaction in CEE history. The development financing will support our growth, and we estimate that around 70% of this growth will come from existing clients. We expect approximately 11% to come from new clients and the remainder from acquisitions.

CTP benefits from the sustained GDP growth in its markets and from its diverse and stable client base. The expansion of e-commerce across CEE is leading to increasing demand for new logistics solutions, while the region continues to be in demand for a broad range of high-tech activities based on the skilled workforce and support from local governments. Many of our clients are also starting to roll out automated processes at their facilities.

Other key achievements were the completion of our first own-built facility in Serbia in early August; the acquisition of new land in Poland; an acquisition for a completely new park in a brownfield in Brno, near CTPark Brno, where we have no more room for growth; the acquisition of a park in Košice, Slovakia; continued growth in Hungary due to a significant bank of permitted land while our competitors are mired in bureaucracy; and continued take-up in Romania and growth of both CTPark Bucharest and Bucharest West. In addition, just prior to publication, we launched operations in Bulgaria for the first time.

These strong half-year results allowed us to grow the portfolio to over 5.2 million m², with 96,000 m² newly developed, and nearly 400,000 m² under construction with completion planned before the end of the year. In addition, we acquired over 100,000 m² of prime properties and an additional 120,000 m² of acquisitions is planned by December 2019.

Our continued reduction in vacancy to a stable and moderate level combined with the continued growth and upward pressure on rents in our markets where demand remains strong lead us to predict EUR 277 million in gross rental income for the year.

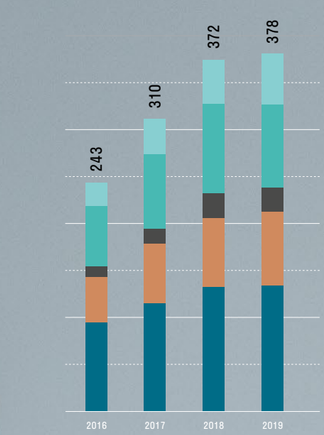
Operationally, we continue to improve internal processes and can see the end of the tunnel in our implementation of new, company-wide IT systems that will enable us to better handle growth, improve communications with our current clients so we can care for their issues in an increasingly timely manner, and monitor the company's overall health.

We continue to lead in our environmental record. Our first two buildings at Vlněna—pre-leased before completion—were awarded BREEAM Excellent in July, with the third building expected to be certified in the coming months. CTP ranks no.1 in the Czech Republic in terms of BREEAM-certified buildings. By the end of this year, the entire portfolio will be certified according to BREEAM standards, as all our new buildings are already built to the highest energy efficiency, water containment and working environment specifications. Additionally, we will be begin to certify our work environments to the WELL specification, which demonstrates our commitment to building work environments where our clients and their employees can thrive.

In this issue of GRID we focus on the five main capitals of central Europe where CTP is active. In place of the usual approach, we wanted to invite our readers to see the beauty and dynamism of these cultural capitals and give a local's perspective on why they are significant engines of their respective countries—both historically, today, and for the future.

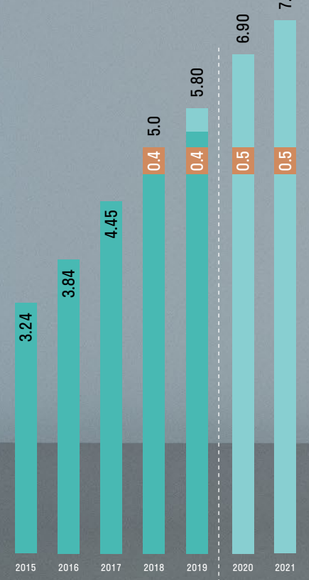
Now that summer is over, we are looking forward to the busy autumn schedule where we will meet our business partners and colleagues at various events and share memories of our summer travels and adventures, as I do with the photo essay at the end of this issue.

ENJOY, AND FULL SPEED INTO 2020!!



CTP employee count by department, August 2019
In order to maintain high-quality service and accommodate our growing list of clients, we increased staffing in all departments through the first half of the year.

- Property Management
- Accounting
- Legal
- Construction / Procurement / Design
- Business / IT / Management Support



Lettable area development (In million m²)
CTP's plan is to grow by the portfolio by 15% annually, primarily through organic growth of our current clients.

- Actual
- Under management only
- Projected

15% growth
per year

Remon L. Vos, FRICS
CEO

Residual maturity of bank loan financing (In EUR million)
In an historic EUR 1.9 billion syndicated loan transaction carried out in Q2 2019 with our largest banking partners, CTP consolidated 40 outstanding loans, streamlining loan administration, improving loan terms and placing the company on a more stable financial footing.

After refinancing

going large

Big numbers

The numbers, as always, are looking up. After the first half of the year we are confidently predicting total rental income of EUR 277 million for 2019, which would represent an 8% annual increase—an excellent result given that we sold a significant portion of our Czech portfolio last year. Rental income was boosted in Q2 this year, during which we signed new leases, prolongations and acquired income-producing properties covering 327,000 m² resulting in annualised income of nearly EUR 18 million.

Financing: CTP recently closed on three major re-financing packages: one covering our Czech industrial portfolio, the second our Romanian, and the third for Hungary. In June, we agreed a EUR 1.9 billion syndicated loan package with a consortium of our major banking partners in what was CEE's largest-ever real estate finance deal, which secured EUR 1.6 billion in mid-term financing for existing assets and an additional EUR 269 million for further developments over the next 18 months. The transaction consolidated 40 existing loan agreements into one syndicated loan. The new loan structure significantly simplifies our previous financing arrangements, making us fitter for the future.

This transaction improves our long-term financing and provides guaranteed financing for our ambitious development plan in the Czech Republic. In H2, we will utilise the loan facility to continue our development plans in Ostrava, Cerhovice, Blučina and others.

In the second major financing transaction, CTP obtained an EUR 82 million loan in Romania from BRD and Komerční banka—one of the largest real estate finance transactions on the local market in H1 2019.

In August CTP finalised the refinancing of the Budapest West portfolio with Erste Bank, securing long-term funding for a major part of our Hungarian portfolio as well as for new developments at the park. In other markets CTP continues to deepen and develop its relationships with our core banking partners, who continue to have significant freedom to support our growth plans.

In H1 2019 CTP divested of a number of non-core industrial buildings and land in the Czech Republic and Germany, releasing a total of EUR 7.8 million of equity.

As we go into the second half of the year, CTP's finance is on solid footing, enabling us to reach our growth targets with adequate cash flow to further invest into improving our existing properties and to seek new opportunities for growth.

Richard Wilkinson
CFO

DANUBE / ODER / ELBE

RIVER BASINS

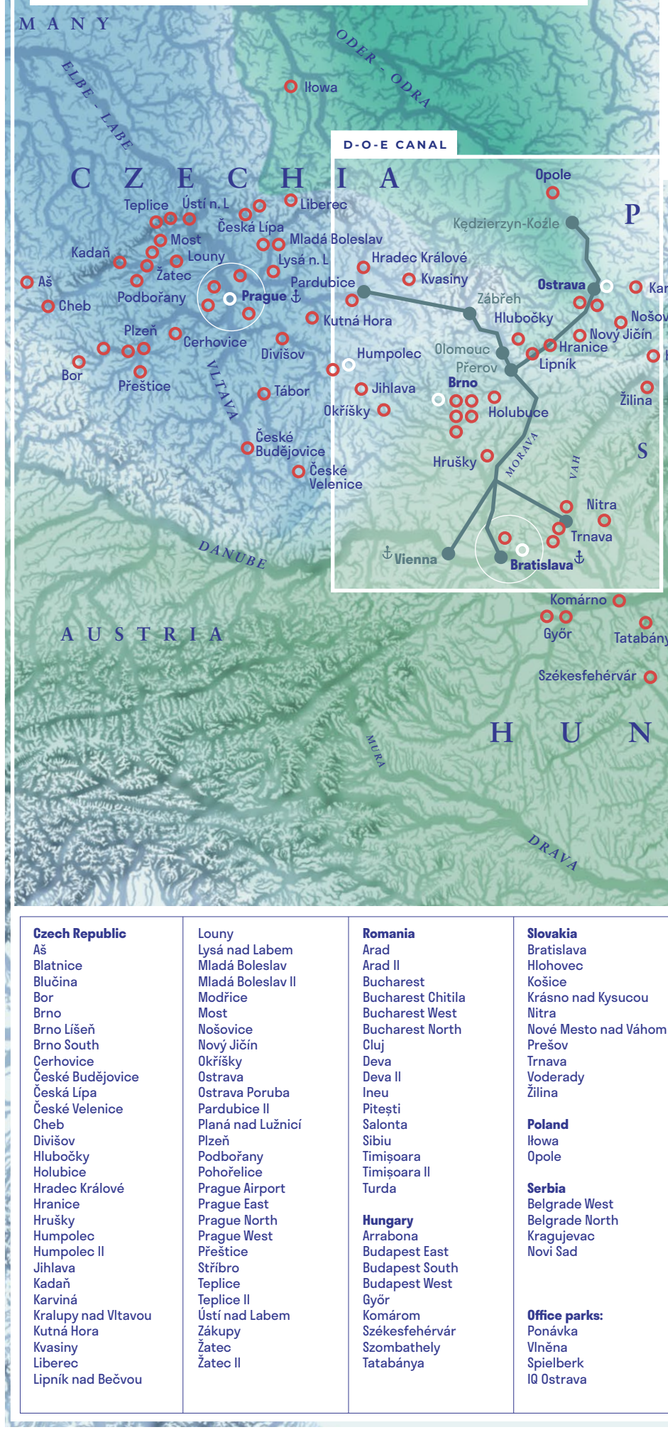
CTPARK NETWORK

CTP Office · CTPark · Port

DANUBE-ODER-ELBE CANAL

The Czech Republic is the only EU Member State that does not have quality access to the sea. Back in the 14th Century, the Holy Roman Emperor, Charles IV, dreamed of sailing ships from the Oder to the Danube. Today the centuries' old idea to link the Black Sea to the Baltic Sea by connecting the Danube to the Odra and Elbe rivers is being revived. Dubbed the "Suez Canal for Bohemia," at completion the partially built project would include some 320 km of canals. The city of Přerov in central Moravia would sit at the centre of the canal network, as several channels will meet there. The project is currently under consideration and requires approval not only from the Czech authorities but also in Poland and Slovakia. The European Union has set a deadline of 2023 to submit a co-financing proposal. If approved, work would commence in 2028.

D-O-E CANAL



Czech Republic		Romania	Slovakia
Aš	Louny	Arad	Bratislava
Blatnice	Lysá nad Labem	Arad II	Hlohovec
Blučina	Mladá Boleslav	Bucharest	Košice
Bor	Mladá Boleslav II	Bucharest Chitila	Krásno nad Kysucou
Brno	Modřice	Bucharest West	Nitra
Brno Líšeň	Most	Bucharest North	Nové Mesto nad Váhom
Brno South	Nošovice	Cluj	Prešov
Cerhovice	Nový Jičín	Deva	Trnava
České Budějovice	Okříšky	Deva II	Voderady
Česká Lípa	Ostrava	Ineu	Žilina
České Velenice	Ostrava Poruba	Piteşti	
Cheb	Pardubice II	Salonta	**Poland**
Divišov	Planá nad Lužnicí	Sibiu	Ilowa
Hlubočky	Plzeň	Timişoara	Opole
Holubice	Podbořany	Timişoara II	
Hradec Králové	Pohořelice	Turda	**Serbia**
Hranice	Prague Airport		Belgrade West
Hrušky	Prague East	**Hungary**	Belgrade North
Humpolec	Prague North	Arrabona	Kragujevac
Humpolec II	Prague West	Budapest East	Novi Sad
Jihlava	Přeštice	Budapest South	
Kadaň	Stříbro	Budapest West	
Karviná	Teplice	Győr	**Office parks:**
Kralupy nad Vltavou	Teplice II	Komárom	Ponávka
Kutná Hora	Ústí nad Labem	Székesfehérvár	Vlněna
Kvasiny	Žákupy	Szombathely	Spielberk
Liberec	Žatec	Tatabánya	IQ Ostrava
Lipník nad Bečvou	Žatec II		

ODER/ODRA

The Oder River rises in the Czech Republic and flows northward for 840 km, traversing western Poland and reaching the Szczecin Lagoon north of Szczecin, where it splits into three branches that reach the Baltic Sea at the Bay of Pomerania. The Oder River basin encompasses an area of 120,000 km², 90% of which is in Polish territory. In ancient times, the navigable sections of the river formed part of the Amber Trail from the Baltic Sea to southern Europe. Improvements to the waterway have been made over the past 400 years. In 1605 the Finow Canal, one of Europe's oldest man-made waterways, was built to connect the Oder and Havel Rivers. In the mid 1700s, Frederick the Great undertook a major project to divert the river to improve navigability. Additional canals were built in the late 1800s and early 1900s. Since the end of World War II, the Oder forms part of the German-Polish border. The main cities of the Oder include Ostrava, Wroclaw, Frankfurt (Oder) and Szczecin.

Rivers are the lifeblood of humanity. Like veins that provide nutrients to the body to keep it alive, rivers sustain the land with life-giving water before emptying into the seas and oceans. In central Europe, the Danube, Elbe and Oder river basins nourish the region. Along their course one finds the seats of the most historic and important cities, as navigable rivers formed the natural networks for trade routes. While the historic function of rivers has largely been superseded by a similar network of road, rail and air links, Europe's major waterways continue to play an important economic role and are central to the identities of the major cities across the region.

ELBE/LABE/VLTAVA

The Elbe River rises in the Krkonoše Mountains in the Czech Republic and flows northward for 1,094 km before emptying into the North Sea at Cuxhaven, 110 km north of Hamburg. The Elbe River basin, including its tributaries, has a catchment area of nearly 150,000 km², making it Europe's fourth largest. Over 99% of the basin is located in the Czech Republic and Germany, with a small portion in Austria and Poland. The area is home to over 24 million people. Since ancient times the Elbe River has served a major conduit of commerce. The Romans knew it as Albis, Latin for the Germanic word *albiz*, which means "river." In the year 9 AD the Romans tried to move their eastern border from the Rhine to the Elbe but were defeated by Germanic tribes in the Battle of the Teutoburg Forest. In the early Middle Ages the Elbe River formed the eastern border of Charlemagne's empire. In the later Medieval period the river was essential to the success of the Hanseatic League. From the sixth century the Elbe marked a general border between Slavic and German-speaking cultures. In more recent times the river formed part of the border between East and West Germany. The main tributaries of the Elbe include the Vltava, Saale and Havel rivers. Its main cities include Berlin, Hamburg, Prague, Leipzig, Dresden, Plzeň and Ústí nad Labem.

DANUBE

The Danube River forms at the confluence of the Brigach and Breg rivers in south-west Germany and flows for 2,850 km through ten countries to the Black Sea, making it the world's most international river and Europe's second-longest after the Volga. The Danube River basin is Europe's second largest with a total area of over 800,000 km². Encompassing 19 countries, it is the world's most international river basin and is home to 83 million people. Once the northern border of the Roman Empire, the importance of commerce on the Danube gave rise to major trading centres, including Regensburg, Linz, Vienna, Bratislava, Budapest and Belgrade. In the not-so-distant past, the Danube River and its basin formed the core of the Austrian and Austro-Hungarian empires. In more remote times, the area was home to some of the earliest known human cultures. Dating from the Neolithic period around 5,500 BCE, the peoples of the Danubian culture cultivated land, domesticated animals and developed a sophisticated technique of pottery making. The civilisation reached its peak in what is called the Vinča culture, which existed in the area of the lower Danube basin in present-day Serbia and Romania. The people of the Vinča culture developed the world's first-known system of writing with over 700 characters and symbols—long before writing appeared in the ancient civilisations of Mesopotamia and Egypt.

CTPARK NETWORK

REGIONAL ROUND-UP

IN SMALL BULLET POINTS

GDP Growth

CZ

2.9% 2018

- Over 110,000 m² newly signed and under construction in North Moravia
- Nearly 250,000 m² build opportunities at 2 new parks in Ostrava Poruba and Brno
- 35,000 m² soon to launch construction plus 75,000 m² soon to be permitted in the Brno and Ostrava regions
- 7,000 m² leased to Hydratech at CTPark Žatec and 8,300 m² signed with NVH at CTPark Česká Lípa
- We plan handovers at CTPark Most and CTPark Kadaň covering 22,000 m² in August and completion of our first 8,000 facility at CTPark Cerhovice in early October

RO

4.1% Q2 2019

- We completed 24,000 m² at Bucharest West and handed over 12,000 m² to Quehenberger
- An additional 20,000 m² completed at CTPark Cluj and a 6,000 m² complex BTS facility in Pitești
- Acquired an additional 80,000 m² at CTPark Bucharest, only 13 km from the city centre, where we plan on introducing smaller-size units unique on the Bucharest property market
- In H2 we plan to deliver 12,500 m² in Sibiu, an 8,300 m² extension for Faurecia in Pitești and our unique 3,600 m² cross-dock facility in Bucharest West, with chilled and frozen storage space for the largest meat producer in Romania
- At CTPark Bucharest we will finalise a 33,000 m² facility for our new Premium Business Unit offering, with unit sizes from 1,000–3,000 m²

HU

4.9% Q2 2019

- During H1 we delivered 47,000 m² in three projects at CTParks Győr, Komárom and Tatabánya, and reonvated an additional 6,600 m²
- We began construction of two projects totaling nearly 60,000 m² at CTPark Budapest East and CTPark Budapest South
- In total, we agreed deals covering 40,000 m² of space, and achieved 100% occupancy at CTPark Budapest East
- In H2 we expect to deliver over 40,000 m² of fully pre-leased space at CTPark Budapest West, as well as and additional 9,000 m² to the company Dana, who is expanding at CTPark Győr
- We plan on completing another 22,000 m² at CTPark Budapest South
- Construction works will start at two locations, for buildings of 31,000 m² and 5,300 m²

SK

4.1% 2018

- In August we launched the final phase of construction at CTPark Trnava of a 49,000 m² facility, with expected handover in Feb. 2020. The facility will provide nearly 60,000 m² of space due to construction of two floors
- In eastern Slovakia we plan to close on an acquisition near Košice, with nearly 55,000 m² of lettable area and adjacent land to build up to 21,000 m²

PL

5.1% 2018

- In H1 we acquired an additional 14 ha of land at CTPark Iłowa, which will allow us to build up to 140,000 m² of production/warehouse facilities

RS

3.3% 2018

- Completed first own developed 14,000 m² building in Belgrade West, handed over one-half to Emmezeta in early August
- Began construction of 25,000 m² at Kragujevac with 20,000 m² pre-leased. Completion planned for this year
- New deal for a 12,000 m² facility at CTPark Novi Sad, with a 5,000 m² extension; construction start planned in H2

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FIG 1: WOODEN SKYSCAPERS

BUILDING A FUTURE-PROOF FUTURE

There's a lot of talk these days about climate change and what can be done about it. One big area often overlooked in the conversation is the built environment. According to the UN 2018 Global Status Report, the global buildings and construction sector (including the construction and usage of buildings) accounts for around 39% of all energy-related CO_2 emissions and 36% of final energy use.

By itself, the construction industry is responsible for more than 10% of the world's CO_2 emissions—five times more than global air travel. One of the biggest sources of this heavy carbon footprint is concrete and its main ingredient, cement. If the global cement sector were a separate country, it would be the world's third-largest CO_2 emitter after China and the United States. The good news is that a radical rethink of the built environment is already underway to drastically reduce its carbon footprint and move from the current model to a sustainable, closed-loop system.

The good news

Much progress is being made to develop and bring to market a wide range of new materials and approaches to the built environment to make it sustainable for today and tomorrow. This includes the next-generation of ecologically friendly cement and concrete that not only can radically reduce carbon emissions but, over time, has the potential to make concrete a carbon-negative material. Teams around the world are also engaged in ground-breaking work to develop specialised alternative concretes that can do things like capture, store, and transmit solar energy as either electricity or light without operational costs or harmful emissions.

Natural materials like wood are also getting a rethink as part of the solution for the built environment. Advances in engineered wood make it not just structurally possible but also economically viable to build high-rise buildings with engineered wood beams rather than steel. Engineered wood has other benefits, including carbon capturing, passive cooling and the general well being that the natural material engenders.

Adding to the list, new developments in nano-technologies are enabling the roll-out of self-regulating building facades, while breakthroughs in HVAC systems are making it possible to reduce energy consumption significantly.

No one solution holds the key. This is a case where the more good ideas we have, the better.

Making the concrete jungle green

Concrete is everywhere. Each year, over 10 billion tonnes of it are consumed worldwide, making it the most-used manmade material on the planet—and the second-most used substance on Earth after water.

To meet the growing global demand for concrete, currently more than 4.5 billion tonnes of cement are produced each year. And cement production—at least in the way that most of the industry-standard Portland cements are made today—is an energy-intensive process that emits massive amounts of CO_2.

The main source of emissions is the production of clinker, which requires heating limestone to temperatures of up to 1,500 Celsius—around twice as hot as molten lava. While the energy used comes mostly from fossil fuels, as much as 60% of the carbon emissions come from the chemical reactions that take place during the production of clinker.

Eco-friendly cement

One solution for cement is to replace clinker with another, more benign material. Researchers at Princeton University have shown that it is possible to make cement-like materials using recycled by-products from industrial activities, including steel slag, fly ash from coal-fired power plants, and

certain clays. While still in the developmental phase, this technique—which has the added benefit of recycling industrial waste and capturing carbon—could reduce CO_2 emissions by as much as 80% compared to the production of traditional Portland cement.

Another possible solution in development at the Laboratory for the Chemistry of Construction Materials at UCLA is a unique cement-like material produced by upcycling CO_2 from industrial carbon emissions without the need for further processing. The material, which the UCLA team calls "CO_2NCRETE", is produced by taking the captured CO_2 from flue gas and combing it with other elements to trigger a chemical reaction, which is then fabricated using 3D printers. The current pilot project is producing up to 10 metric tonnes a day and in phase two, output should reach 100 tonnes per day.

In the UK, researchers at the University of Aberdeen are working on something they call the Carbon Capture Machine. The device captures CO_2 and converts it to materials that can replace ground calcium carbonate—another CO_2-intensive ingredient used to produce concrete. While still in the early stages of development, the technology could play an important role in eliminating CO_2 from the production of concrete.

Fixing the cracks

One big problem with modern concrete is that it doesn't last. Many modern concrete structures begin to degrade within 50 years. Repairs are costly and many structures are simply demolished without effective recycling. But what if concrete could fix itself?

The idea is not farfetched—the ancient Romans developed self-healing concrete mixtures more than 2,000 years ago that have stood the test of time. Recent analysis reveals that the Romans made their concrete from a mix of volcanic ash and rocks, lime, and seawater. The process—which modern science has not fully been able to replicate—causes a rare hydrothermal mineral to grow, which strengthens the concrete over time.

Researchers today are working on solutions to develop self-healing cement to meet the needs of the modern world. A team from Delft University in the Netherlands has taken the lead in developing a concrete mixture infused with bacteria that enables the concrete to heal its own cracks and fissures. The bacteria naturally produce limestone when exposed to air and water. Thus not only does this new material eliminate the need for costly repairs, it actually strengthens concrete structures over time. The material can be used not only for new buildings but also for repairs to existing structures. Mixing the bacteria into specialised gels before it is added to the cement enables the self-healing process to go on for centuries.

Do you see the light?

Another eye-opening innovation in the world of cement and concrete—one with numerous potential applications—is the development of light-emitting or phosphorescent cement: cement that literally glows in the dark.

Researchers in Mexico have invented a cement mixture that can absorb and store sunlight during the day and then emit light (currently in hues of blue or green) for 12 hours during the night. The material can be used to illuminate things like highways, bike paths and buildings using only the energy absorbed from sunlight during the day. It has a lifespan of 100 years.

The team figured out an ingenious way to transform the crystalline micro-structure of regular cement (which makes it opaque) into a gel that can absorb and emit light. The material is also ecological, as it is made from sand, dust or clay and the only emission during the production process is steam. The project has garnered international attention and several companies are starting to roll out production.

Hard power

Another futuristic innovation is cement that can conduct electricity. Conductive cement is already in use for things like electrical grounding, lightening protection, electromagnetic interference and thermoelectric power generation. Now, several teams of researchers around the world are working on various ways to enhance the conductivity of concrete to take its applications to the next level.

Researchers at Leeds University in the UK have developed a cement compound that uses potassium ions to conduct energy. This enables concrete structures to act as batteries to store and emit energy wirelessly. That means that our homes and offices could, in effect, power themselves.

Another breakthrough in the works is a graphene-infused cement mixture that its developer, the Australian company Talga, claims acts like the heating element of an electric stove. The potential applications of this "energised" concrete are immense: from heated floors to heated roads and walkways, which would create a safe and environmentally friendly way to clear ice in winter.

Perhaps the most exciting possibility is that conductive cement could enable electric vehicles to be charged wirelessly—either while they are being driven or when they are parked—using the solar energy absorbed by the concrete surface of the motorway or car park.

This is the kind of game-changing technology that would make it possible in the not-so-distant future for electric vehicles to replace fossil-fuel-burning cars and trucks, eliminating a huge source of CO_2 emissions.

Ferrock to the rescue?

Ferrock—a revolutionary, rust-coloured concrete-like material developed accidentally a few years ago by an environmental chemist in the United States—is a simple yet amazing substance. Made mainly from iron dust and silica (crushed glass), both of which are readily available from recycling, Ferrock actually absorbs rather than emits CO_2 during its production process, making it a carbon-negative building material.

Research is still on-going into how the material does what it does, but in essence CO_2 reacts with rust to form iron carbonate, locking in the greenhouse gas from the atmosphere. Additionally, Ferrock is produced without the need for high temperatures and also strengthens when exposed to seawater. Ferrock is five times stronger than Portland cement and much more flexible, making it better suited than traditional concrete to withstand seismic activity and industrial processes. Still in development, commercial production is expected soon.

From Earth to Mars and back again

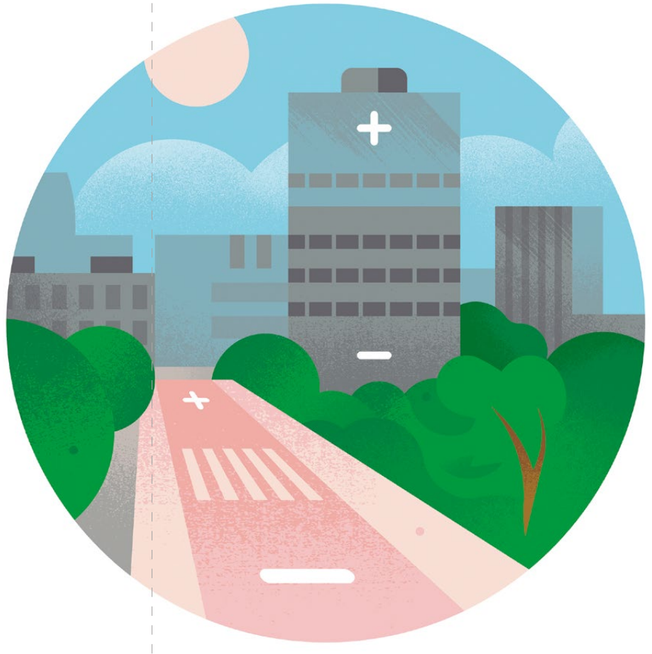
A team of architects and designers in the US working to develop a prototype habitat to support human life on Mars may have developed the ultimate sustainable building material for the future here on Earth.

The design firm AI SpaceFactory won a half-million dollars from NASA for its Mars habitat prototype MARSHA. The space-age design uses a bespoke construction material called biopolymer basalt composite, which is made from crops like corn and sugar cane and fabricated using 3D printing technology. The material has been certified by NASA to be 50% stronger and more durable than concrete.

Inspired by MARSHA, the team focused their attention back here at home and came up with TERA, an Earth-bound version of MARSHA using the same plant-based polymers. TERA is proof-of-concept for the buildings of the future. The construction material is 100% recyclable and compostable, while at the same stronger and more durable than traditional concrete.

What Roman ruin?

While we tend to think of concrete as a modern material, the truth is, it's old. Despite all the progress made to date, the world's most impressive concrete building is still the Pantheon in Rome. Built in the second century BCE, the building is made entirely of concrete and boasts the world's largest unsupported concrete dome (43.3 metres in both diameter and height)—a feat most experts today agree would be impossible to replicate.



Wood is the new concrete

Another traditional building material getting a re-think for the 21st century is wood, which is making a comeback as a construction material for all the right reasons. With proper forest management, wood is a sustainable building material that absorbs and locks in CO_2 from the atmosphere.

The big change in the world of wood is the on-going development of engineered timber—a super-wood that it is stronger, lighter and more fire-resistant than steel. Some architects now describe it as the concrete of the future.

One of the most important of these is cross-laminated timber (CLT). First developed in Austria in the 1990s, CLT is basically a super-plywood made by taking planks from different woods and binding them together at right angles. CLT constructions can be pre-fabricated offsite to a great deal of precision, allowing them to be put together almost like Lego blocks at the building site by a relatively small crew. The speed and ease of construction saves both time and money.

Although not exactly new, the use of engineered wood for construction has accelerated in recent years. In 2003, consumption of CLT worldwide was only 2,000 cubic metres. In 2018, over one million metric tonnes were used.

Castles made of CLT

Currently most CLT is used for the construction of low- and mid-rise residential and industrial buildings, including offices and warehouses. But as the use of engineered wood continues and building codes are revised to allow for taller wooden structures, we are going to be seeing more of something we haven't seen much of before: wooden skyscrapers.

The newest contender for world's tallest wooden structure is the recently announced Canada Earth Tower in Vancouver. Plans for the 40-storey building include 200 apartments and outdoor vertical gardens. Canada—with its large supply of sustainable timber—currently has over 500 mid-rise wooden building projects under construction.

Japan is another pioneer in timber skyscrapers. Last year Sumitomo Group announced plans to build the world's tallest wooden skyscraper in Tokyo. The 70-storey building, called W350, will be 350 metres tall at completion and will be made from a hybrid of wood and steel.

In addition to its ecological and cost benefits, there's another good thing about wood: people like it. While more research is needed, wood has long been known to make people feel better: it reduces stress, improves air quality and fosters overall well being.

Nano-wood is cool

Another fascinating innovation in wood is "nano-wood" developed by researchers at the University of Maryland. This new material has wide-reaching implications as a passive cooling agent for both new and existing buildings.

Although it sounds high-tech, nano-wood turns out to be relatively simple: the team developed a low-cost way to take ordinary recycled wood and remove the compounds that make it brown and hard. What remains is a woody material made only of cellulose nano-fibres and the natural spaces that transport water and nutrients inside a living tree. This material is then compressed to restore its strength, and a hydrophobic compound is added to make it water repellent.

The result is a bright white "wood" that is both extremely effective at reflecting and dissipating heat and extremely strong: ten times stronger than wood, and three times stronger than steel. These dual properties make nano-wood ideal as a building material, especially for roof tiling and facades. Tests show it to be 10% more effective at blocking heat than Styrofoam or silica aerogel and up to 30 times more durable. The natural nano-structure of the material enables it to stay up to 4 degrees Celsius cooler than the air around it, even during the hottest part of the day.

Nano-wood is inexpensive to produce (currently around USD 7 per square metre) and is ideal for both new constructions and for renovating existing buildings. Studies have shown that for buildings built after 2004, it can reduce energy costs by more than 20%. For older buildings, the savings are even higher.

Face of the future

All-glass facades have come to define much of the modern urban landscape. Such buildings may be stylish and sleek, but they are also, in effect, giant greenhouses heated up by the sun that require massive amounts of energy to cool.

According to the International Energy Agency, the amount of energy used for cooling buildings has doubled since 2000 and now accounts for around 14% of all energy usage. The high environmental cost of all-glass facades has triggered a growing campaign of prominent voices calling for them to be banned. While the debate is underway, new breakthroughs may offer the solution.

Homeostatic facades

Homeostatic (self-regulating) facades could be a game-changer when it comes to the buildings of the future.

Developed by an architectural team in the US, the system uses a high-tech ribbon woven inside the cavity of double-skin glass that contracts or expands depending on the temperature outside. The flexible ribbon is made of a special polymer material called dielectric elastomers coated with silver

that can be polarised with very little energy consumption. The ribbons react to changes in temperature and either contract to let warmth in or expand to block sunlight.

Vertical forests

Another twist on the façade of the future is to literally make it green. Vertical gardens are increasingly seen by architects and developers as an ideal way to reduce cooling costs while providing a significant contribution to CO_2 reduction and cleaning urban air.

A good example is Milan's award-winning Bosco Verticale (Vertical Forest) project designed by Stefano Boeri Architects. Completed in 2014, the twin residential towers rise to heights of 116 metres and 76 metres and contain more than 800 trees and 14,000 plants representing over 100 species.

The team also won the commission to design the Liuzhou Forest City in China—the world's most ambitious vertical forest project to date. Plans call for the creation of apartments for 30,000 people within a series of plant-covered skyscrapers involving 40,000 trees and one million plants.

Each year the trees at Liuzhou Forest City are expected to absorb 10,000 tonnes of CO_2 and 57 tonnes of air-borne pollutants while producing around 900 tonnes of oxygen. The project will decrease average air temperature in the area, create noise barriers, and boost biodiversity by creating a habitat for birds and insects.

Climate control

A less eye-catching but no less important development for the built environment is a new breakthrough that makes existing climate control systems for buildings exponentially more efficient.

Heating, ventilating and air conditioning (HVAC) systems using turbulent heat exchange is how the majority of the world's buildings regulate their internal climates. These systems are major contributors to the energy usage of the built environment worldwide.

A joint team of researchers from the US and China are making waves in the world of HVACs with a relatively small innovation with big potential. The team took an organic compound known as HFE, which is the sole fluid used in some heat exchange systems, and added it to a water-based heat exchange system to see what would happen.

After three years of tinkering, the results are impressive. The team determined that adding 1% HFE to a water-based heat exchange HVAC system can increase its efficiency by an astounding 500%, as the droplets of HFE in the water speed the process of heat exchange throughout the system.

One current limitation with this breakthrough is that it only works for vertical heat exchange. Adaptions are underway to modify the technique for horizontal heat exchange systems.

Green Industry

At CTP we take sustainability seriously. From the initial master plan to building design, construction and refurbishment, sustainability informs our decision making at each step.

CTP's office developments are market leaders in sustainability. Tower II at Spielberk was the first building outside the UK to be certified BREEAM Outstanding—the highest rating available—for overall sustainability. The first buildings at Vlněna have already been certified BREEAM Excellent. For Building I, we are aiming for BREAAM Outstanding. We are also in the process of having all buildings certified Gold under the international WELL standard, which ranks workplaces based on their positive impact on the well being of the people working there.

We have taken our best practices at our office developments and applied them to our industrial parks and buildings. In 2016 we began building all our industrial buildings to be certifiable according to BREEAM specifications. To date, CTP is the market leader in the Czech Republic with 18% of all BREEAM certified-buildings.

In 2017, we took the decision ourselves to certify our entire Czech portfolio according to BREAAM standards. By end 2019 we will have completed 17% of our Czech portfolio, with the remainder to be completed in 2020. We are also on plan to certify our Romanian, Hungarian and Slovak portfolios during 2020.

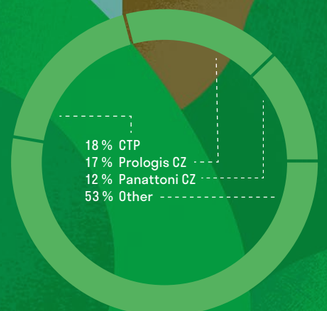
To achieve this, we work closely with the BRE organisation in London so that our White Book—the book of standards that defines all of the technology and processes used in the construction and refurbishment of our buildings—is aligned with current BREEAM standards, thus making the certification process faster and smoother.

As standards and technologies change over time, we continually seek ways to improve the technologies used in our White Book. For example, we are currently looking into a new variant of facade cladding called 'quad core' that meets our stringent fire code requirements. More interestingly, it's not a mineral wool product. Rather, it's a fire resistant, highly insulating, foam-filled product—not PIR or PUR—and safer on smoke emissions, too. The benefit of this is much higher U-values, which means much higher thermal insulation.

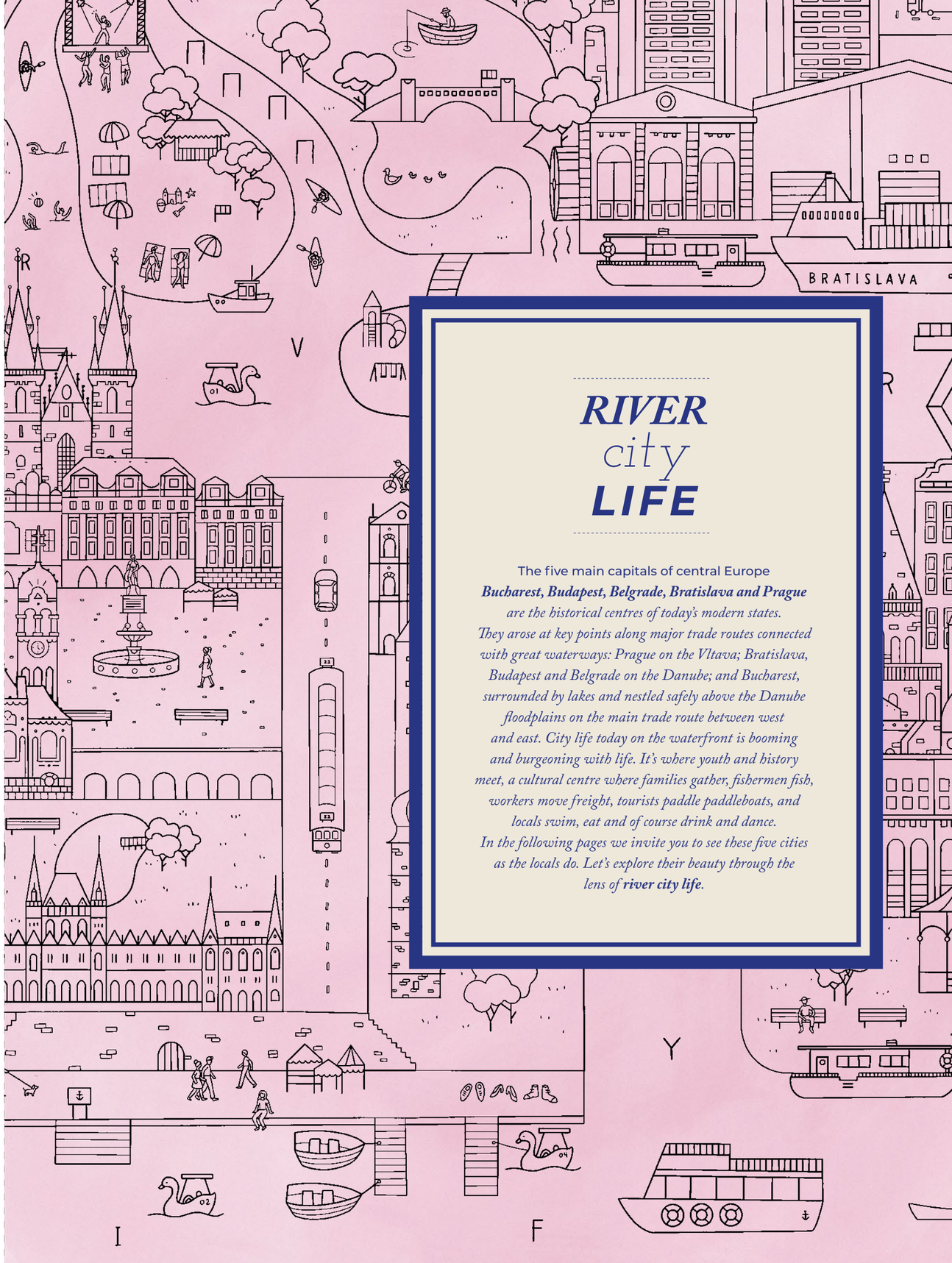
Another area of interest is IoT technology embedded into building management systems and lighting controls. We are moving towards a fully cloud-based solution that enables our service desk to monitor and control our industrial parks from Prague HQ.

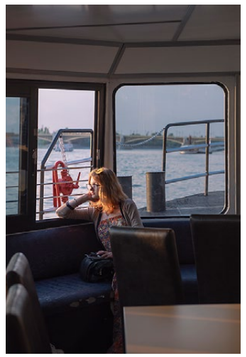
We are also working on a progressive update plan to prepare our buildings for upcoming EU climate change legislation, which is expected to be strict. We do this by simulating a model building and adjusting the building fabric, MEP and glazing properties until we reach a performance level we are comfortable with, which we then set as the target for new design. This is an on-going process and represents a balance between investment cost, benefit and operational efficiency. We are currently in the process of a design update.

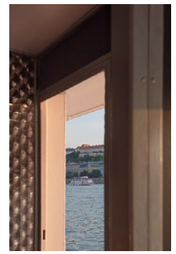
Other developments include rolling out PV panels as part of our standard for all buildings and the deployment of a next-generation BMS matrix which, when finished, will connect all technologies within the building through one system (including solar in the future).



Green leadership
Of the 109 buildings issued final BREEAM certification in the Czech Republic, CTP leads the market, holding 18% of all certified buildings in the country.

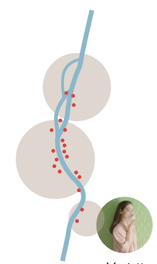




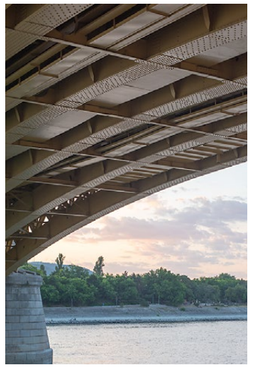


EVENINGHUES

Budapest at dusk glows pink along the Danube. What better place than the river to capture Budapest's vibe on a warm summer evening? Take a sunset cruise through the heart of the city to experience its magic and mystery. Perhaps you prefer a romantic walk along the riverfront? Or find your spot along the embankment, enjoying good company and views of the majestic river and Budapest skyline.

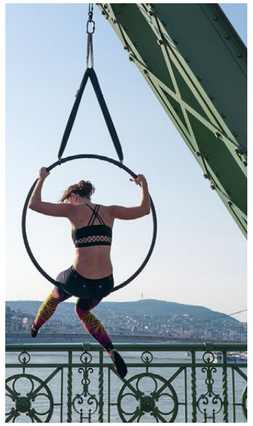


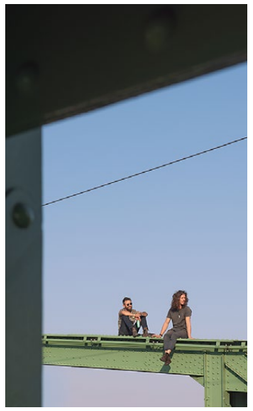
Marietta
Varga
Budapest
Photographer



COLOURFUL
SPLENDOR

On the waterfront you can feel the power of the river and it's bigger than life. Walks along the rieverbank allows you to feel the city's never-ending battle with the rivers's force. The embankments, made of hand-laid stone are heavy and strong. The river itself is crossed by seven massive bridges, each with its own charm. They connect Buda and Pest, and sometimes one of the city's four islands.





TAKING
LIBERTIES

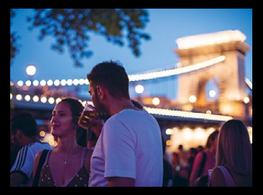
Each summer since 2016 one of Budapest's most special events takes place on Liberty Bridge. Built between 1894 and 1896, Liberty Bridge is remarkably photogenic, with its criss-cross metalwork and symbolic Hungarian design features such as Turul birds and the bright red-and-white national coat of arms. The bridge was closed to traffic in 2016 because of reconstruction, allowing it to be taken over by locals for grill parties, yoga classes and communal relaxation. This led to the more formalised Liberty Bridge picnics, an annual series of casual get-togethers on specific weekends with informal performances and activities organised by the urban activist group Valyo.

Festivals and free events are easy to find, from car-free days to island concerts and raves

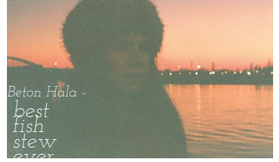
SWOLLEN

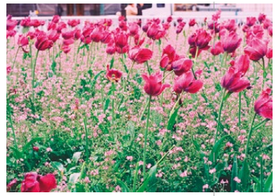
RIVERBANKS

Summer in the city comes alive along the waterfront. If nightlife and good parties with great music after a long day is your thing, the most popular open-air bars are waiting for you along the river. PONTOON and Raqpart Bar are two iconic waterfront destinations on the Pest side of the river next to the Széchenyi Chain Bridge. Of course there are many other opportunities to hang out and have fun in extraordinary places along the river.



Boat bars are the business: Budapest, to Belgrade, Bratislava to Prague!

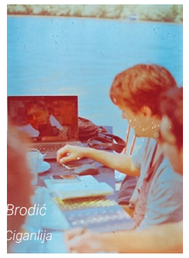




forgotten summers

At the confluence of the Sava and Danube sits Belgrade—the last great city to rise on the shore of the Danube before the river flows to its lower, flood-prone region. River life has been central to Belgrade's identity going back more than 7,000 years. "The rivers are our seaside," says one long-term resident. Today, young and old come to swim and relax during the hot days. Memories of the lazy summers of childhood—canoeing on the river, doing backflips off the dock, drinking grandma's cool homemade elderberry lemonade under the shade of a chestnut tree—return in the swelter. At night, when things cool off, Belgrade's famous party vibe lights up the riverside to the early hours, with hundreds of floating bars, restaurants and clubs lining the embankments.

Žarko and Zoran on picnics with Milena on Ada Ciganlija



Brodić

Hristina Tošić
Belgrade
Architect & photographer

Swimming from Milica's houseboat by Ada Medica Island, Sava River

Mouth of the river,
Lido beach

on the Great
War Island

early morning mists above the Sava

Stefan during his embarrassing parkur phase, under Gazela bridge

Ada the harp

from the train

Look-ing down

from Branko's bridge

a day out at the Belgrade fair

under Ada bridge

new kids on the block

FIRST dates

romantic meet-ings on Kalemegdan fortress steps

Spikey Kosmaj

on top of the hill

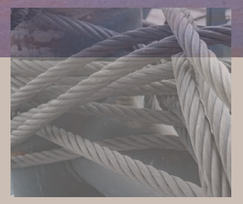
40
MILLION TONS
ANNUALLY

HAULAGE
Inland transport by waterway navigation has many advantages: lower cost, less air pollutants, less noise and fewer accidents than traditional train or truck transport

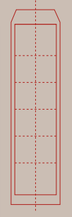
104,000
LOCKAGES

300
DAYS AVAILABLE
FOR NAVIGATION

180,327
VESSELS LOCKED

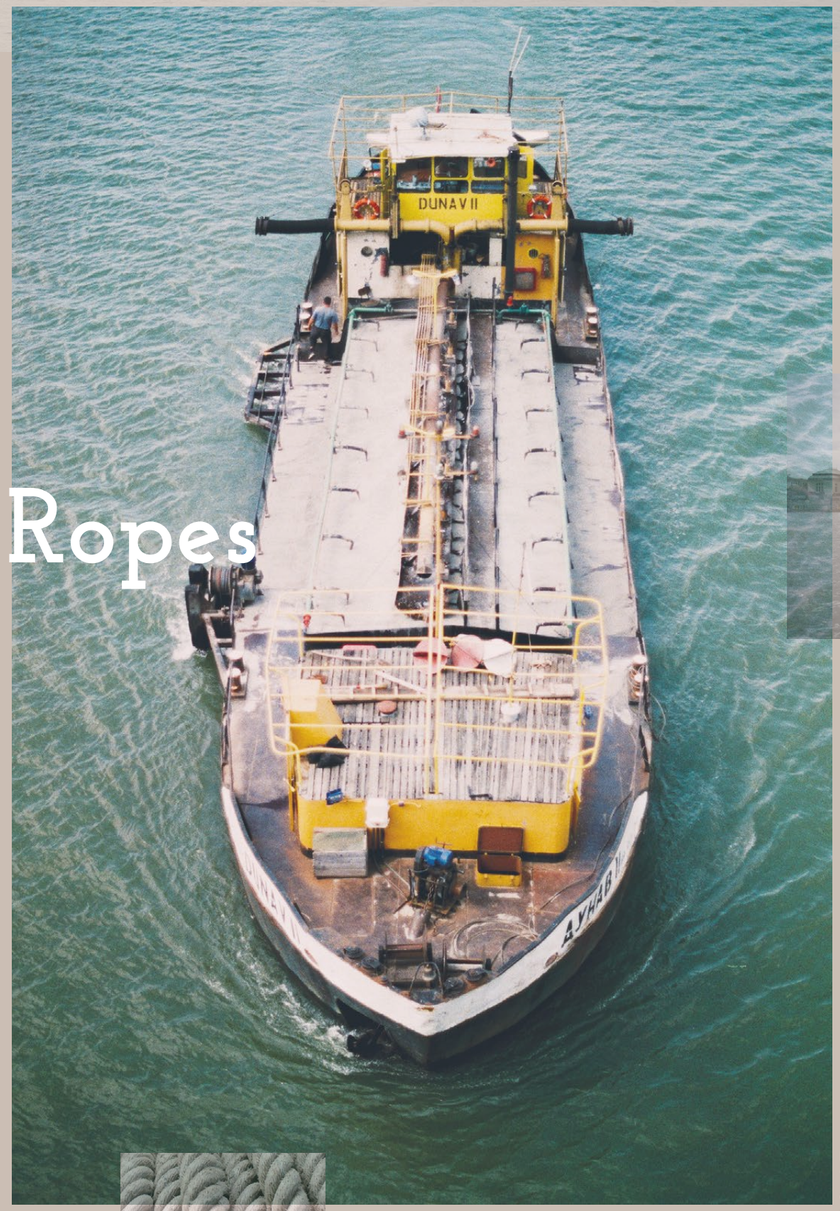


BEACH MOVERS
Barges moving sand along the Danube



RIVER BARGE
DE IIb
LENGTH:
76.5m MAX
BREADTH:
11m MAX
CUBIC CAPACITY:
cca 1,942m³

Working the Ropes



CHANNELS
Channels fill with sediment carried downstream, hampering the safe passage of large cargo ships

DREDGERS
The most stable and versatile dredger is the Trailing Suction Hopper dredgers, which drag a suction pipe connected to a 'ripper head' on the river floor, and sucks the sand and detritus up into the dredge hopper. The material is later deposited either on land or deep out to sea.

RIVER
INDUSTRY

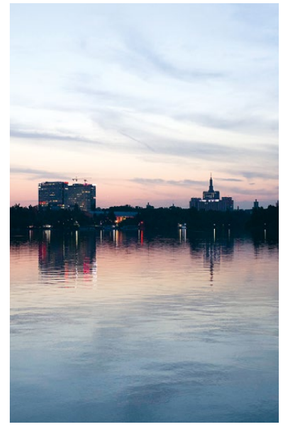
Although less vital to trade than they used to be, Europe's rivers remain an integral part of the economy. In total, over 558 million tonnes were shipped along European waterways in 2017, representing 47 million tonne-kilometres (TKM). A significant portion of that flows up and down the Danube each year on a variety of vessels. Self-propelled Motor Cargo Vessels are the largest of the Danube's river-craft. They can be up to 135 metres long, 17 metres wide and are capable of hauling up to 3,500 tonnes—either as bulk carriers, container ships or tank vessels. Pushed convoys are another common sight on the river and usually consist of two, four or even six barges operated by a push boat of appropriate power. Pushed barges can be used for bulk products, liquids, containers and general cargo. While more difficult to navigate, they are the most flexible option as it allows for multiple types of goods in one convoy and the ability to change loads at different ports of call.

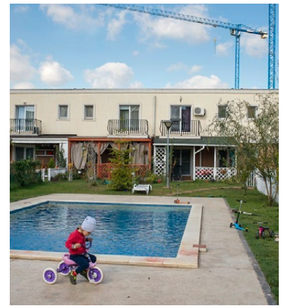
When it gets too hot, then you just swim where you can

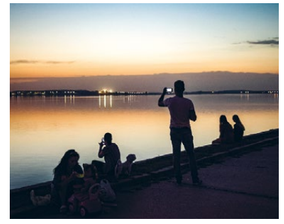
BU CHA REST

*flip*side

A bather cools off in Lacul Morii (Mill Lake), Bucharest's largest manmade lake, formed by damming the Dâmbovița River that snakes it way through the capital city. When the summertime heat becomes too much, Bucharesters hit the water. Other popular destinations include Lacul Cișmigiu and its stately gardens in the centre of the city and Lacul Herăstrău inside Bucharest's largest park.



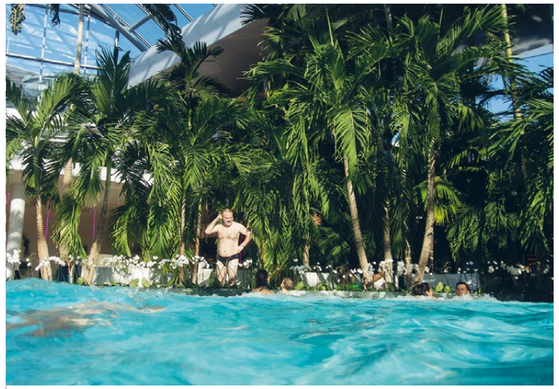


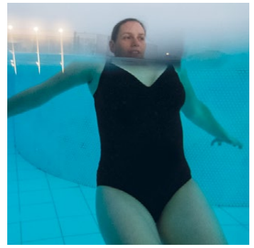


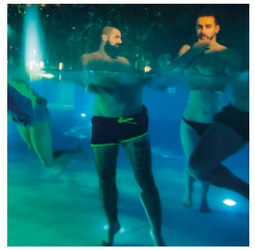
Petruț Călinescu
Bucharest
Photographer

YOUNG
FOREST

On the east shore of Lacul Morii one can find the neighbourhood of Crângași, which means "people living in a young forest." Once a small village outside Bucharest on the Dâmbovița River, Crângași became part of Bucharest in the 1920s. In the 1960s, the area was developed with a series of housing estates. In 1986, to stop the frequent flooding of the area, the Dâmbovița was dammed to create Lacul Morii.







HOT
TUB

Therme Bucharest, one of the largest indoor spas in Europe. The natural thermal waters rise from a depth of over 3,000 m in Balotești, 20 km north of the capital. The centrepiece of the 30,000 m² complex is eight swimming pools kept at a constant temperature of 33 degrees Celsius. Therme Bucharest also boasts the largest indoor and outdoor gardens in Romania, with over 800,000 plants and hundreds of species of trees, including the largest palm plantation in Europe.

LIFE

BELOW ZERO

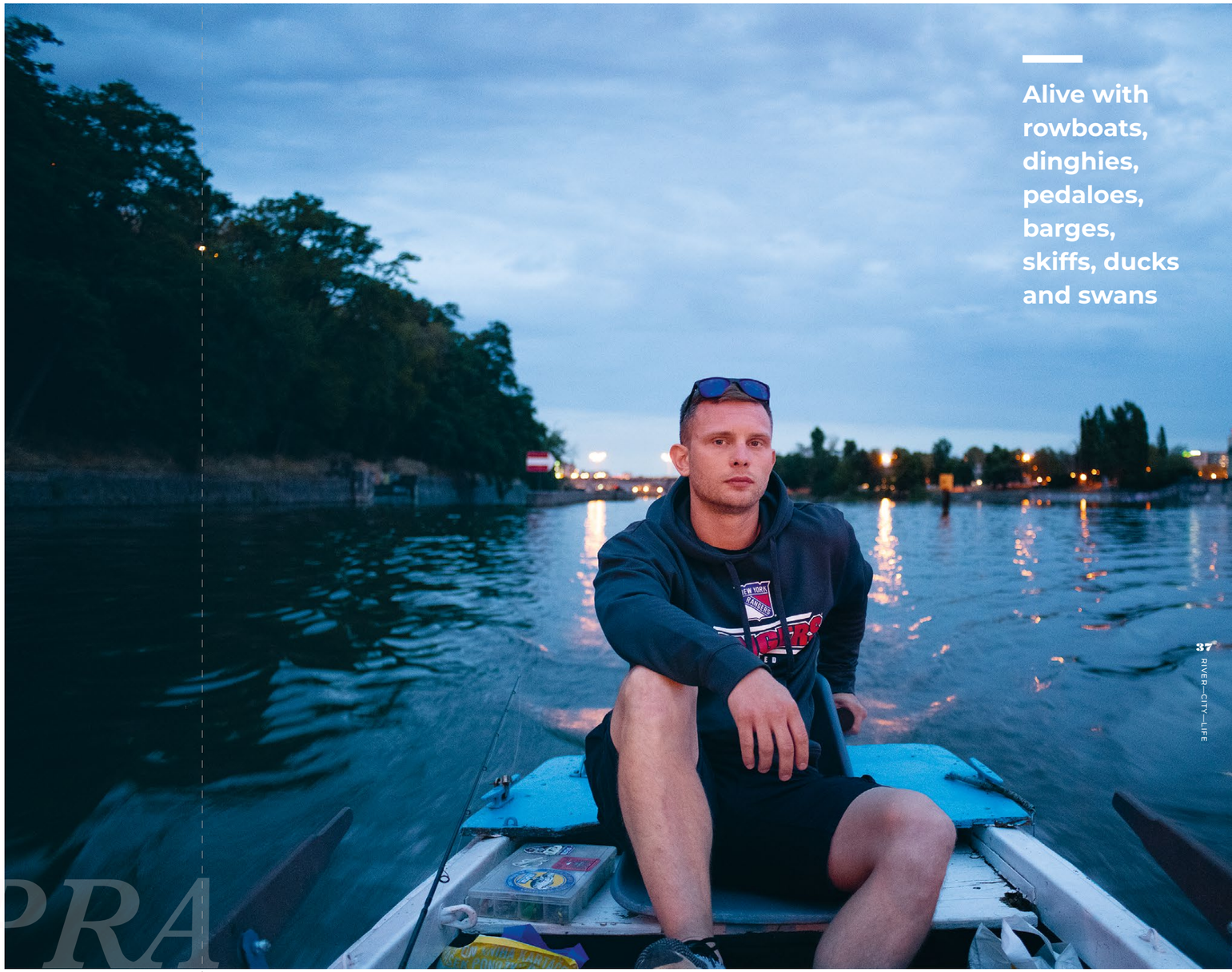
Ice fishers try their luck on the frozen expanse of Lacul Morii. It's a longstanding tradition that when the cold season comes and Bucharest's many lakes freeze over, undeterred locals head out to the water for wintertime recreation including ice fishing, ice-skating and treks across the frozen lakes.

If the smaller lakes of the region annually freeze over, the major rivers of the region rarely do, or at least only partially. However recent winters have been more severe and the Danube last froze in 2017, and most famously in 2012. A two-week spell of temperatures between -10 and -24°C wreaked havoc in Belgrade, with the ice in places 30cm thick.

The subsequent thaw was even more catastophic and happened so quickly that boat-owners watched as the ice and their boats drifted off down river, with nothing that could be done to rescue them. Locals noted that only a handful of boats remained intact in the Kapetanija marina, and the cost of the damage would run to hundreds of thousands Euros. Many boat bars, floating restaurants and barges were destroyed, floated away or were beached on the river banks, as the thaw was brutal enough to sever anchor lines. Thankfully the thaw did not result in any major flooding, which is somehting that residents along the Danube and Vltava have had to become too accusted to since the turn of the century.

BOAT TRIPS

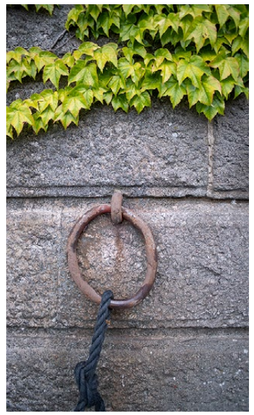
The Vltava River—the longest in the Czech Republic—flows north through the heart of Prague. In the past the river was used to bring lumber, food and other goods to the city. While it's still common today to see solitary fisherman heading out in traditional small wooden skiffs, you're more likely to meet a happy mix of tourists and locals enjoying the romance of rowboats and picnics on the river. Views from the Vltava are splendid: the Castle, Charles Bridge, the National Theatre and other iconic landmarks loom large above. As the sun sets, the reflections of lights shimmer in the river, lending credence to the city's moniker of "Golden Prague."



Alive with rowboats, dinghies, pedaloes, barges, skiffs, ducks and swans

PRAGUE

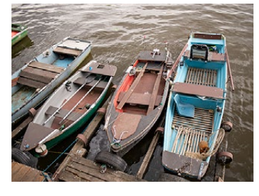
Alex Timpau
Praha
Architectural photographer

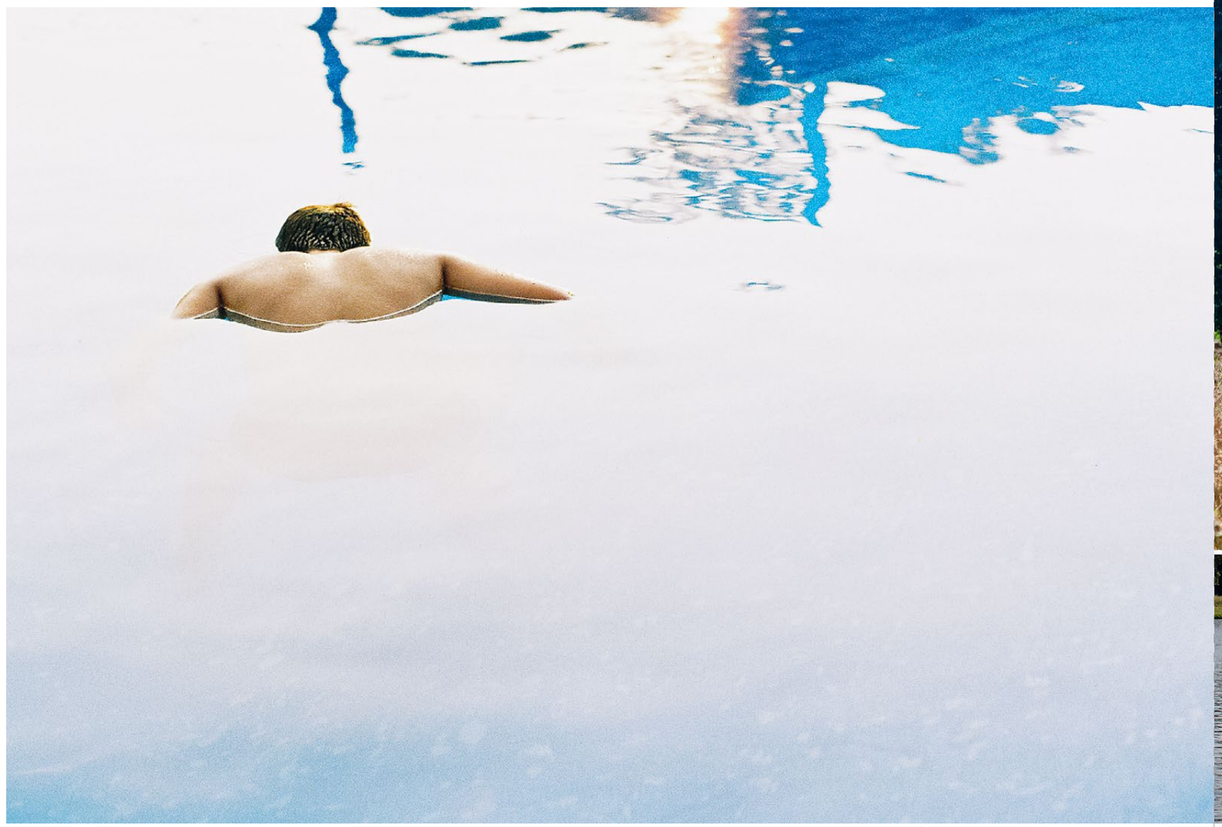


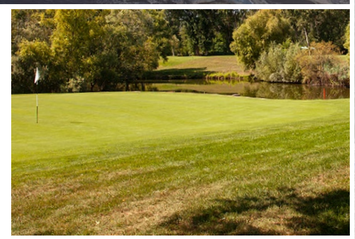
TALKING

BOATS

Boating life on the Vltava remains a vivid pastime, infused with reminders of its storied past. Old-timer paddleboats ferrying tourists up and down the length of the nearly 18 km of river that flows through Prague share the waterway with a mix of other river-faring vessels—everything from small ferries that are part of the public transit system to Venetian gondolas, which you can find in Prague's "Little Venice," the Čertovka (Devil's Canal) separating Malá Strana (the Lesser Quarter) from Kampa Island. While picturesque and popular with tourists, the real party is on the other side of the river. Since the 2002 floods, the Náplavka embankment between Palacký Bridge and the Výtoň tram stop has evolved into Prague's de facto summertime hipster hangout. Lined with old barges and riverboats converted into bars and hotels, Náplavka is also the site of regular farmers' markets, flea markets and other special events.







SPORTY

RIVERS

City life on the waterways of central Europe comes alive in the summertime offering something for everyone. City beaches for sunbathing, swimming and volleyball now line the shores of the region's capital cities. Discovering the city by paddle-board or canoe is increasingly popular. Along the water one can find bike paths, nature trails, golf courses, naturists beaches, sailing clubs, kayak runs and much more. River city life in the summer is like a holiday without leaving home.

RIVER—CITY—LIFE

DANUBE BLUES

Big boats hauling big loads under big bridges

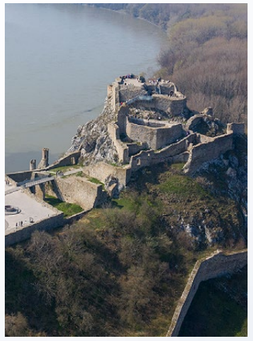
CTP's in-house photography and video guru, Michal Hluchaň, is a Bratislava native. We asked him to share his thoughts about growing up on the river.

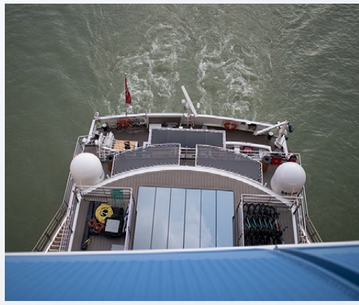
"I remember the river much the same as it is today: big boats hauling big loads under big bridges on the big river. The biggest change is the large number of cruise ships from Vienna and Budapest. The castle is the same, solemn and silent above the river and city below. The current around Bratislava is still really powerful. Even the big boats have accidents sometimes when they try to turn around."

Michal Hluchaň
Bratislava
Film director & photographer

MAKING
WAVES

"During socialist times the authorities destroyed part of the old town under the castle called Vydrica to build what we affectionately called the UFO Bridge, because of its iconic space-age inspired restaurant and observation deck. One of my favourite places on the river is Devín Castle, at the outskirts of the city where the Morava River meets the Danube. It's one of the oldest castles in Slovakia and was an important fortress on the Amber Trail back in the Middle Ages. For me, it's a powerful place, with always something new to discover. Another good spot not far from Bratislava is at the Gabčíkovo Dam. People actually go their to surf."






AHOJ
CZEŚĆ
ДОВИЖДАНЕ
ЋАО
VISZLÁT
LA REVEDERE
ADIO

RAM RACING

SPA 24 HRS

27/07/19

The **Total 24 Hours of Spa** is a storied pinnacle of endurance racing where the track, the car, the weather and the schedule test the drivers and their crew both physically and mentally. At **16:30, July 28**, engines roared into action with a **race record 72-car grid**. Our heroes, racing in the Pro-Am class, climbed into their Mercedes-AMG GT3 sporting Vos-commissoned livery never before seen on the track.Taking turns behind the wheel for **1-2 hours at a time**, the drivers battled nerves, the **40° celsius** heat, pouring rain and their competitors, ending up **358 laps** later on the podium, finishing second-in-class and just **2 minutes** behind their main rival—making it one of the closest mini-competitions in the overall race.

AGE: 32
MALE
BRITISH

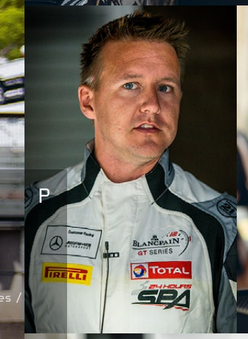
DRIVER
TOM ONSLOW-COLE
P

Experience: Renault Clio Cup /
British Touring Car /
Blancpain Endurance Series /
24H Series /
International GT Open

AGE: 37
MALE
BRITISH

DRIVER
CHRISTIAAN FRANKENHOUT
P

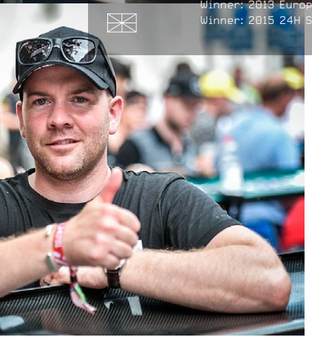
Experience: Renault Clio Cup /
British Touring Car /
Blancpain Endurance Series /
24H Series /
International GT Open



AGE: NA
MALE
BRITISH

TEAM PRINCIPAL
DAN SHUFFLEBOTTOM
TP

Experience: Founded RAM Racing team IN 2012 after serving as lead mechanic for many years with Michal Schumacher with Mercedes.
Winner: 2013 European Le Mans Series
Winner: 2015 24H Series GT3 class



AGE: 33
MALE
BRITISH

DRIVER
DARREN BURKE
P

Experience: Formula Ford / Speed Euroseries /
V de V / Asian Le Mans Series

AGE: 49
MALE
DUTCH

DRIVER
REMON VOS
A

10TH QUICKEST

Experience: Dutch Winter Endurance Series / 24H Series /
British GT Championship / Michelin Le Mans Cup

CEO CTP, central Europe's largest industrial developer

THE RACERS

CTP CEO **Remon Vos** is the 'AM' in the GT Series Pro-Am class **RAM racing team**, whose non-Am (i.e., professional) drivers include Darren Burke, Christiaan Frankenhout, and Tom Onslow-Cole. The team is led by team principal Dan Shufflebottom, who spent many years as lead mechanic with Michal Schumacher during his stints in F1. Vos impressed both crowd and team with his qualifying time making him the 10th quickest on the day—not bad for a third-year understudy.

11:50

PETROL

DAY 2: THU 25 / 07 / 19

SPA

Blancpain GT Series

QUALIFYING: *Pole position*
Pro-Am Series

Blancpain GT Series Endurance Cup

14 Apr	*3 Hours of Monza*
12 May	*3 Hours of Silverstone*
1 June	*Circuit Paul Ricard 1000kms*
27-28 July	*Total 24 Hours of Spa*
29 Sep	*Hours of Barcelona*

DAY 4: FRI 26 / 07 / 19
19:05 *POLE POSITION*

RACE DAY SAFETY CAR

BEING FAST IN THE CORNERS IS KEY

IN THE PITS

1 *set of tyres per hour*

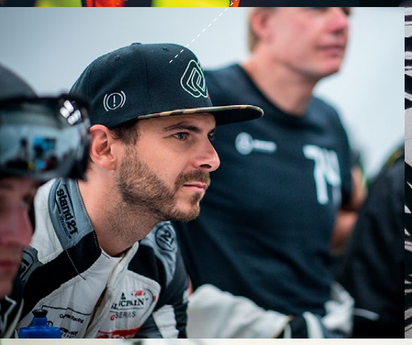
DAY 1: WED 24 / 07 / 19 **18:00**
SPA TOWN PARADE

24 *sets of tyres*

SUPPORT

KEEPING CALM

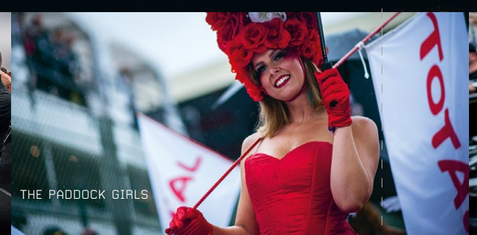
> "The main tactic in this weather is 'survive', there are so many opportunities to make a mistake. We need to not take risks, drive very conservatively, and we're in a good position to win. Just gotta maintain our position."
> **Tom Onslow-Cole**



250,000 *litres of fuel*

96 *tyres per race*

THE NERVE CENTER



THE PADDOCK GIRLS

22 turns

Qualifying Time:

00:02:22.411

THECAR

242Km/h

0:1:05.685

STRATEGY:

Dan Shufflebottom "We have the performance to win the class; we have one of the strongest cars with our drivers. Its really about having a clean race, spend as little time in the pits as possible, keep the car on the track and stay out of trouble with 'other cars"

04:30

PETROL

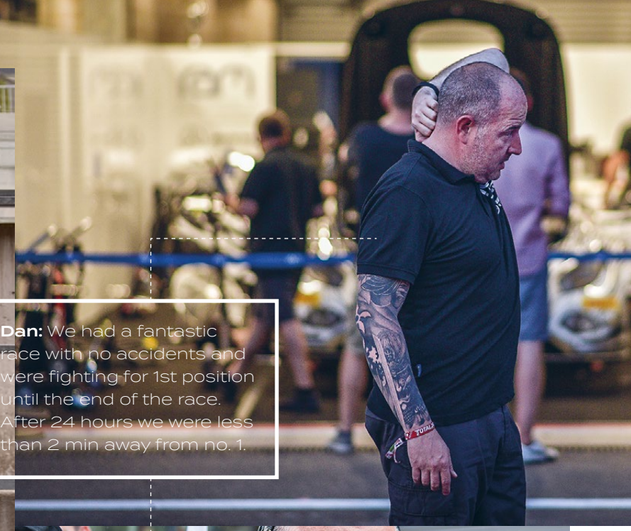
DAY 5: SAT 28 / 07 / 19

THE PIT LANE

It's won in

Final change before the race is stopped

0:5:02.0417



Dan: We had a fantastic race with no accidents and were fighting for 1st position until the end of the race. After 24 hours we were less than 2 min away from no. 1.

From 11:30, we went full-speed to the finish

We had some bad ventilation in the car, Cristian was supposed to do a double stint, but could only do a single, same with remon. I nevers saw him so exhaoused in my life when he got out of the car. it was really very difficult.

Remon: The last 15 min were ridiculous with poor visibility and extreme weather conditions. I pitted at 4:30, exactly 12 hours after the start, for necessary maintenance. When Tom got in the car we had a full course yellow, followed by the safety car for an hour. With no weather improvement, the race was stopped and continued Sunday morning. The team did a great job and the car held well, fantastic support from AMG. The track in Spa is the best track I know.

YEEEEEEESSSSSSSSSSS!!!!!

Remon: The race was challenging with different weather conditions. The team worked well together and being part of this for me is a dream come true. Unfortunately, the race was interrupted due to heavy rain and so we weren't able to race for the entire 24 hours.

AFTERMATH

NO

BEER CIGARETTES LIQUER SWEETS REDBULL

Ole, ole ole ollleee, ole, ole ollleeeee

Laps:

358

CLASSIFICATION:

43rd overall

2nd in class

Fastest lap

00:02:22.411 **

Total time

24:02:0372

THE FLAG

At CTP, we have a culture of movers and shakers – people with a drive to get things done, who can work hard and play hard. Winners! We asked a few of our business development team to share with us what they do in their spare time – and their motivations for getting involved.

OK, WHATEVER

Vojtěch Peřka logged in

Vojtěch Peřka: Floorball. I have been playing floorball for 18 years. I used to play at quite a high level but 2 years ago I had a serious knee injury so I couldn'd continue at that level. I now play on our "B" team with my former team-mates from "A" team.

GRID: hmmm... boooring

Vojtěch Peřka: Ok, ok, man. I'm also a hot-shot skier–have been since my early childhood. I go every year to the Alps.

GRID:

GRID: Yah, but everybody skis....

Vojtěch Peřka: I bet not many people play hockey or in-line hockey. I'm not a pro, but unlike most people who only watch, I play (and also watch).

GRID: Ok, better, but...

Vojtěch Peřka: That's not all dude: I'm into fitness–I go to the gym to keep myself fit. I used to go more often, but (because I work so much) I now only go sometimes.

My other hobbies are fast cars–I'm addicted to watching videos, reading and driving them, and all things motosport.

I like walking with my dog. Plus, I sometimes go to the dog shelter to walk some of the dogs there, take them out to play.

U still there?....

Vojtěch Peřka logged out

Mia Šťastná logged in

Mia Šťastná: Hi GRID, U know what my hobby is: I'm an "old witch".

GRID: We know Mia, we know..

Mia Šťastná: I love herbs. I prepare elixirs from herbs, drying them our for my secret tea recipes. I also make different kinds of honey and syrup with healing effects and so on... So, if you only want to talk about sports, I'll cast a spell on you...

GRID: NO NO NO. I LOVE STRANGE BREWS, go on

Mia Šťastná: I can show you my 'how to' video. I'll send it.

Mia Šťastná is sending you a video (click to download)

GRID: Not bad, we took liberties with photoshop :-)

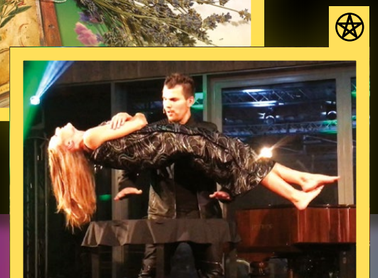
BTW, why/how did you start your hobby, bla bla bla?

Mia Šťastná: I´ve never been been big on classic 'religions' but do believe in the powers of the universe and Mother Nature! So naturally, I believe in its healing ability. Whatever problem I have, the herbs have always helped me, I don´t need doctors (much) and don't think stuffing yourself with medicaments from the pharmacy is always safe. I feel really myself when I collect herbs, prepare elixirs and so on… maybe it sounds crazy to some people but I found out–in meditation–that I was burned as a witch in a previous life, so that probably explains everything. It's not bad in my eyes– we're learning now that "witches" were just people who simply were not understood, who were different and were open, and also very close to nature. I can live with that.

GRID: cool! Can I come over for a cup of tea tonight?

Mia Šťastná promptly disappeared into some kind of weird supernatural cloud

GRID: Mia? Mia! MIA !!!!!!!



David Huszlicska logged in

David Huszlicska: I've done just about a billion things from archery ...

GRID: Like this...

David Huszlicska: ...to curling, scuba diving to Japanese sword-fighting, etc. The problem is, at the moment I'm slowly but surely inflating into a big gelatinous blob...

GRID: So what, you do nothing now ?
I can't put that in GRID :-)

David Huszlicska: Nah, I started running again 2 weeks ago. I haven't run in a while, but a REALLY long time ago I was a competitive runner.

GRID: Cool, I never make it far from the keyboard.

David Huszlicska: I started running while in elementary school–because my gym teachers pushed me to. It turned out that I have a pretty good build for it, and without too much effort I was running 100-800m races in Budapest, then later, in national races. It relaxes me better than Netflix, plus I like the feeling of achievement from going the distances I plan.

GRID: Impressive.

David Huszlicska: I haven't done much sport for awhile as I was building a new house and getting another diploma at night. When I finished, I had no more excuses. So I got up off my butt 2 weeks ago and ran 6km. Then I did it again, a bit longer. Then again. Etc.

GRID: Then why does your boss say you're so lazy...?

David Huszlicska: Dunno. Ask him. Because I used to engage in any sport I could get my hands/feet/anything on, and didn't stop until I reached some level of competence. Since I haven't done anything in ages,and running doesn't need planning–just the decision to walk out the front door Forrest Gump style and go for it. To be very lah dee dah: it's my gateway to return to sports after a period of repose.

GRID: So I can write an inspiring tale of the rise, fall, and rebirth of David the sports dude? Do you have some low-res ASCII art we can use?

David Huszlicska logged out...ptwaaaang

Bert Hesselink logged in

GRID: Hey Bert. You said you were boring. Prove me wrong.... ;-)

Bert Hesselink: Ok, I do something called "bodyweight crossfit". I started somewhere in the summer of 2016. They say it's the most time efficient way to stay fit, and you can do it anywhere at any time: at home, in a hotel room, outside, etc.
I like it because it keeps me physically fit and healthy + mentally sharp and productive.

GRID: How often do you do that?

Bert Hesselink: 4 x 40 minutes a week. For me, its a great start of the day: at 5.30 a.m. and then I can focus the rest of the day on work and/or family.

GRID: How'd u start?

Bert Hesselink: After ending up in hospital from food poisoning in combination with too much work and stress, in the summer of 2016. I came to realise that my body has its limits and that I carefully need to look after it. So I decided to set up a regular workout that I could easily combine with spending enough time with my family. I found this app that gives you everyday exercises for roughly 40 minutes for which you don´t need anything except your body.

GRID: How does it help you physically / mentally?

Bert Hesselink: I always do it first thing in the morning and it gives me loads of energy and refreshes my mind.

GRID: Why is being healthy & staying in shape important?

Bert Hesselink: The most important reason why I do it is because it helps me be more balanced mentally and confident that I am taking good care of myself.

Bert Hesselink has not stressed out

Press any key to continue

chatroom: hobbies

David Chládek logged in

GRID: Hey David, i heard you do a lot of pretty hard sports.

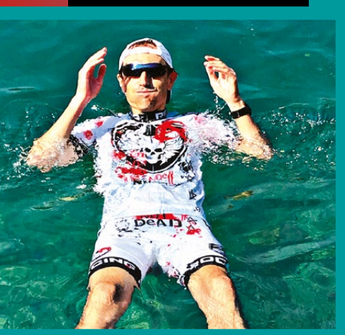
David Chládek: Yah, like gardening, especially chilli peppers.

GRID: C'mon, i said sports?

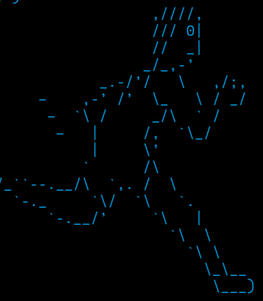
David Chládek: Ok: marathon running, Triathlons: Long distance running (or endurance sports in general). I find it similar to business: in order to succeed, you need to prepare, pur in the hard work, plan, identify your strengths and weaknesses, separate important from non important, focus on a target, solve problems... And only after you, maybe you cross the finish line. But sometimes not. You learn from losses and enjoy success.

GRID: Pretty philosophical...

David Chládek: Nah. Im practical. The real reason is that when I'm out running, my wife can't force me to wash the dishes, and I can listen to loud rock music without anybody turning the volume down :-)



GRID: :-)



GRID: Why & when did you start running?

David Chládek: 5 years ago I signed up for a 5k relay. I thought that I'm perfectly fit for my 37 years, and i could do it, no problem. Soon I realized that I'm almost dying—after only 2k. That scared me! But later motivated me to make some changes in my lifestyle. (Official version: I paid the entry fee already and i felt i HAD to do it)

GRID: What is your achilles heel?
David Chládek: My achilees heel is my achilees tendan,...really. It kills me. but I keep on running
GRID: That sounds nuts?

David Chládek: I like to overcome my own limits and probably am addicted on endorphines

GRID: What's your plan this year?
David Chládek: I did the Tokyo marathon in March, ran the Prague Marathon May 5th, a personal Best of 3:51; I did the Stockholm marathon in early June, the Olomouc half marathon June 15th. I just finished the Challenge Prague Triathlon on July 27th, and did a Personal Best of 5:54

David Chládek ran away

Upcoming Business Events

Meet CTP at these events:

Event	Date	Location	CTP Representation
CEE Property Forum, Vienna	18-19 Sep	Vienna, AT	Richard Wilkinson, Ana Dumitrache
CEDEM Prague	25 Sep	Prague, CZ	Remon Vos
EXPO REAL	7-9 Oct	Munich, DE	Remon Vos, Richard Wilkinson, Bert Hesselink
Automotive Logistics Central & Eastern Europe	8-9 Oct	Budapest, HU	Business Development, HU
Speedchain CZ	6-7 Nov	Prague, CZ	Business Development, SK
ABSL conference: Digital, Disruption, Diversity and Development	13-14 Nov	Brno, CZ	Stefan de Goeij
CEE Automotive Forum	20-21 Nov	Budapest, HU	Business Development
Property Investment Forum - Budapest	21-Nov	Budapest, HU	Rudolf Nemes
CIJ Awards	28-Nov	Prague, CZ	CTP Czech
Balkans Property Forum - Belgrade	3-Dec	Belgrade, RS	Vlatko Djuricek
CIJ Awards Serbia	3-Dec	Belgrade, RS	CTP Serbia
CIJ Awards Romania	5-Dec	Bucharest, RO	CTP Romania
CIJ Awards Hungary	11-Dec	Budapest, HU	CTP Hungary
MIPIM	10-Mar	Cannes, FR	Remon Vos, Richard Wilkinson, Bert Hesselink

GRID04

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