

Brumlovka.

Magazine 1/2024

What's happening at Brumlovka

Tips for where to find great food



**Eduard
Forejt**

„FLEKSI brings
flexible
offices to
Brumlovka.“



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The First All-Electric Transport Fleet in Brumlovka Has Already Circled the World More than Eight Times

A pair of SOR electric buses have been providing transport between metro station Budějovická and Brumlovka since 2016, and a third was added in September of last year. These are the first free electric buses that have been put into full service as part of Prague's public transport system.

These reliable emission-free vehicles have travelled over 300,000 km since being put into service, a distance far enough to circle the world more than eight times, and they have carried almost three million passengers.

The success of the electric buses operated in cooperation with ČEZ and Arriva is mainly attributed to their quiet, comfortable ride and the free Wi-Fi connections offered. •



“Electric buses have gained a firm place among passengers between Budějovická and Brumlovka. Our latest survey showed that 58% of people heading to Brumlovka use them at least occasionally. 94% of passengers are satisfied with the shuttle service, mainly due to cleanliness, sufficient capacity, and connection intervals,”

said Passerinvest Group Customer Relationship and ESG Manager Martina Draper.

Discover the Beauty of LEGO® Flowers and Plants that Never Wilt



LEGO® flowers and plants are the perfect gift that aren't just great decorations, but also add a bit of originality to each space.

The wide range of flowers and plants from the LEGO® botanic collections offers you the opportunity to create your own beautiful floral decorations full of life and colour. Each LEGO® flower has adjustable stems, leaves, and petals, which allows you to create your own unique arrangement that will fit perfectly into any environment.

The floral sets are designed to always look fresh and make a great gift for International Women's Day, birth-

days, anniversaries, or any other opportunity. LEGO® flowers and plants bring a bit of energy, calmness, and harmony no matter the season. •

The kits can be found in **KITSTORE at Brumlovka Budova B**
Vyskočilova 1422/1a, Praha 4
Mon–Fri: 9:00 a.m.–7:00 p.m.
www.kitstore.cz

The Oliva Residence Won the Building of the Year 2023 Competition

Passerinvest Group received a special jury prize for the Oliva Residence project as part of the 31st year of the prestigious Building of the Year competition under the patronage of the Foundation for the Development of Architecture and Construction.



Its shape resembles the fruit of an olive tree, making it a striking piece of architecture that sensitively fits into the surrounding environment of local parks and greenery. The residence comes from the workshop of A69 studio and was approved by Passerinvest Group in December 2022.

The facade is made of glass panels. In combination with frosted glass railings, it ensures the residents enjoy a high degree of privacy when in the outdoor spaces, while at the same time not taking anything away from the lighting comfort in the 72 apartments. The large French windows also provide brilliant light, giving the spaces much-needed air-



iness. At the same time, the building has a specially designed glass atrium with panoramic elevators that create a pleasant common and social space for the residents of the building. •

Unwind Every Wednesday at Coffee Perk

Coffee Perk at Náměstí Brumlovka will be open into the evening every Wednesday for Mocktail Time!

Sample modern non-alcoholic cocktails made by professionals from Prague's top bars. "We'll show you how relaxing it is to sit and unwind after work with your friends. We're preparing special tastings and coffee cupping, whether you're with your co-workers, friends, or even by yourself. And for those that want something with a little kick, alcoholic beverages are also available," the Coffee Perk team says.

Coffee Perk also offers various catering options for Brumlovka's companies. "A hearty breakfast? A small snack? A comfortable lunch with co-workers,

or just a relaxing afternoon coffee and a treat? We can prepare and deliver it all to your office. We offer a wide range of tasty options, and we can prepare anything you can think of in cooperation with our sister establishments," the Coffee Perk team explains. •

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Coffee Perk
Brumlovka building
Vyskočilova 1100/2, Praha 4
info@coffeeperk.cz
+420 723 584 523
.....



Brumlovka Isn't Just Work, but also relax, fun and play

Brumlovka isn't just a place you go to work. We're constantly striving to be a comfortable place where anyone can enjoy their free time. Every month we offer a program packed with workshops, exhibitions, sports, festivals, and other events, and most of them are free of charge for all.

Once a month, you can enjoy travel evenings as part of the Around the World Festival in the Filadelfie building passage where you can learn more about exotic locales and fascinating parts of our world. Get inspiration for your next destination that you can add to your travel bucket list.

Do you love yoga, running, or dancing?

Dance lovers can enjoy dance lessons at Brumlovka led by experienced instructor and professional dancer Lenka Nora Návorková, who you may know from the Czech version of Dancing with the Stars. Each class, held on Náměstí Brumlovka the summer and in the Filadelfie passage in the winter, focuses on a different Latin dance.

EVENTS FOR EXERCISE LOVERS



- Dance lessons with Lenka Nora Návorková at Brumlovka every month
- Running classes with Running2.cz every Tuesday beginning at 5:30 p.m.
- Morning yoga sessions with Natálie Löwová every Thursday at 7:00 a.m.



Experienced yogis and newcomers alike can take advantage of yoga lessons every Thursday led by the energetic Natálie Löwová. They begin at 7:00 a.m. in Building B's FLEKSI



space, and in the summer the classes move outside to Brumlovka Park. Start your day with relaxing meditation, breathing exercises, and a range of yoga positions.

If you're not an early bird, we also organize evening runs with experienced instructors from Running2.cz Soňa Hrabec Kotulková and Michal Hrabec. Meet up every Tuesday at 5:20 p.m. at the Beta reception area. Learn the benefits of running, a sport you can do any time, and learn how to run so you enjoy it.

You'll need to refuel after a good workout, and we organize regular food festivals at Náměstí Brumlovka

where you can sample specialties from various parts of the world. Everyone can find something delicious to enjoy, with sweet and savoury options as well as those for vegetarians and vegans.

WHERE CAN YOU FIND THE CURRENT LIST OF UPCOMING EVENTS?



www.brumlovka.cz



In the Brumlovka mobile app



In the eBrumlovka newsletter



On the Brumlovka Facebook page



ONLINE EVERY MONTH: BRUMLOVKA TALKS

- Inspiring interviews with fascinating individuals associated with Brumlovka.



Where to after work?

Singles can take advantage of dating nights. You don't have to worry about awkward silences thanks to our experienced and vivacious host and the comfortable surroundings

SAVE THE DATE

- International Children's Day at Brumlovka
- 30 May 2024, 1:00–7:00 p.m.
- A packed program at Brumlovka and Baarov parks



of one of Brumlovka's cosy establishments.

There are also thematic lectures and workshops for men and women of all ages each month. And for creative souls we offer artistic exhibitions

SOMETHING FOR EVERYONE AT BRUMLOVKA

- Themed food festivals at Náměstí Brumlovka every month
- Regular art exhibitions in the Alpha building ground floor
- Travel evenings on the first or second Wednesday of every month in the Filadelfie passage
- Dating nights for singles at Coffee Perk every month
- And many more events at Brumlovka

on the ground floor of the Alpha building. •

VISIT BRUMLOVKA'S ROOFTOP TERRACES



- Festival Open House Praha
- May 18–19, 2024, 10:00 a.m.–6:00 p.m.
- Visit the green roofs at the Filadelfie, Delta, and Building B free of charge



Dentique: The Most Complicated Care Is the One That's Been Neglected

The cost of premium-care dentistry is directly related to the time the dentist spends with the client. The calculation method is set by law and includes all the cost of operating the dental office.

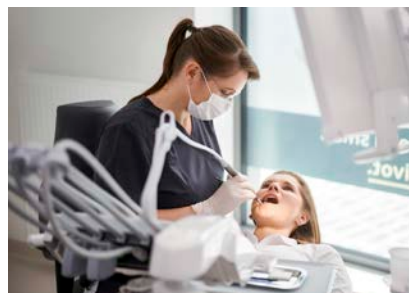
Don't Forget About Prevention and Detect Problems in Time

Another fundamental factor in the price is early detection. If a dentist can discover a problem in time and quickly solve it, the cost of care can be 10x-20x less than if you don't regularly visit a dentist.

Want to avoid needlessly spending money? Don't forget about preventive check-ups and make an appointment before problems arise. Regular check-ups can result in early detection and the care needed in that case is usually simpler and takes less time, which is then reflected in the final price.

Are You Giving Cavities Time? The Costs Could Rise Exponentially!

Serious diagnoses, like cavities and tooth infections, don't happen over-



night. A cavity is the result of long-term neglect of dental hygiene. You can avoid them by improving your dental care regime and your diet, either on your own at home or with the help of a dental hygienist.

If you give bacteria time and feed them a diet rich in sugars, you'll need to see a dentist instead of a hygienist, but the removal of a cavity and creating a high-quality filing

will cost you much more than good simple dental hygiene.

"If you avoid seeing your dentist for too long and only remember when the pain gets too serious, you probably won't avoid a root canal or anaesthesia. Or you could lose the tooth entirely," said MUDr. Kristýna Krejsová, head dentist at the Stomatologické centrum Dentique at Brumlovce.

"That can also be dealt with. It can be replaced with an implant, but the costs will grow exponentially. And needlessly. All it takes is regular care and preventive check-ups," MUDr. Krejsová added in conclusion. •



**Stomatologické centrum
Dentique
Oliva Residence
Hodonínská 1595/1, Praha 4
www.dentique.online**

Eduard Forejt: FLEKSI Space Brings Flexible Offices to Brumlovka



The way we work is changing and so are offices. Trends that took off in recent years were accelerated by the pandemic, which exacerbated the need for flexibility and a partial work-from-home regime. However, these developments also confirmed that people need social interaction and that permanently working for home isn't a productive solution for most. This led to the creation of various hybrid services that will allow companies to better plan how to use their offices. Passerinvest Group was quick to react and created modern flexible offices and FLEKSI co-working spaces at Brumlovka that we discussed with Passerinvest Group Business Development Director Eduard Forejt.

It's now been four years since the pandemic. How has the understanding and use of offices changed?

The last few years have brought substantial changes in how people work and the environments they most prefer. Specifically, processes seeking an optimal blend were accelerated, especially among young people that shun rigid rules of being in the office five times a week during set working hours.

The coronavirus pandemic significantly sped up certain existing trends such as work-from-home and an emphasis on flexible working. People are now seeking an environment that allows them to work productively while maintaining social cohesion with their co-workers. We are a social species, and we need a certain amount of interaction.

And what has been the effect?

The pandemic locked us indoors for a while, and we had to get used to connecting through technology. That meant a change in our working envi-

ronments, which led to a certain equilibrium that's now called the hybrid model. This offers people the flexibil-



"FLEKSI is basically like carsharing or "AirBNB" offices, but professionally prepared and fulfilling all legal regulations."

ity to work where it's best for them while meeting others and collaborating in the workplace, resulting in a balance that boosts productivity and strengthens relations between co-workers.

We're all looking for the new normal, and it's important to think about what's the best for each company and its processes. Onboarding and instilling new hires with a business's corporate culture is one thing that is impossible without being present on premises.

These hybrid models in the form of various alternatives to traditional offices such as co-working, shared offices, flexible offices, and serviced offices are thus on the rise. There are many different names for this, but what do they have in common and what differentiates them?

The basic commonality in all these spaces is their short-term nature. At Brumlovka, we call these spaces FLEKSI, and in general it gives the user flexibility whether. If we're discussing



co-working, it's a large space and where individuals can choose where they want to sit where there is space.



Flexible offices are those that regardless of who wants to use them be it an individual or a company, they can begin working without investments. It's a simple concept that basically means that I can start working immediately upon arrival. That's why I like to call them instant offices, even though some don't like the term because it makes them think of instant soup, although they are basically correct. It's a sort of package: You call, and you've got a desk waiting for you regardless of whether you reserve it for an hour, a day, a week, or a year.

So what are Brumlovka's FLEKSI flexible and co-working spaces?

FLEKSI is an environment that offers various types of working spaces that can be leased for different lengths of time. This means a company can use office spaces according to their current needs while avoiding long-term costs.

FLEKSI is basically like carsharing or "AirBNB" offices, but professionally prepared and fulfilling all legal regulations.

What do FLEKSI offices provide?

FLEKSI spaces are designed to offer flexibility, comfort, and productivity in a single package. They include various types of spaces including open seating that is divided into smaller sections with 10-16 individual workspaces. We also offer private offices, conference rooms, and spaces fully equipped for events up to 100 people. We even offer the services of an event manager that will help with anything you need.

We also offer other services, such as a reception area, administrative support, and the option to use shared spaces, including fully equipped kitchens and relaxation zones. The quality of the space is the key, which is why FLEKSI offers the best with no exaggeration. Regardless of whether you're starting out or you're an experienced professional, our offices provide a dignified environment where everyone is valued equally.

You mentioned people starting their own businesses and experienced professionals. Who are FLEKSI spaces designed for?

Flexible offices are widely used, especially by people just starting their own businesses and smaller start-ups that can't afford their own spaces. They can rent a desk in the FLEKSI space and forget any worries about administration and maintenance. But it isn't just for them. FLEKSI is also ideal for those that need to use working spaces for a short amount a time or need space during renovation of their offices, for example.

Although it doesn't happen too often at Brumlovka, we do have large companies that need to temporarily move specific departments or other short-term needs. There are also com-



panies that encounter unexpected situations that could be the result of changes on the market or unfulfilled corporate development plans. FLEKSI spaces are a great solution that al-

lows them to flexibly react to new realities and be productive while dealing with their own business situations.

Besides flexibility, comfort, and productivity, FLEKSI spaces eliminate long leases, offering companies the agility to react to any changes. Whether you're expanding or downsizing, you don't have to worry about long-term obligations. This flexibility is crucial, even in situations such as a tax audit. Instead of hurriedly seeking space for officials in a cramped conference room, FLEKSI spaces can be used for the time needed.

FLEKSI spaces are also ideal if a company needs to innovate but their own office has become uninspiring. If you feel limited by a stereotypical office and seeing the same faces every day, it's time for a change. A company can move a smaller group of employees into a new environment that offers a different atmosphere as well as encounters with new people that foster creativity.

So the main benefit is the flexible length of use?

FLEKSI offices provide a series of benefits. Firstly, they eliminate long-term leases and allow for the spaces to be used as needed. Second, they al-

low for short-term use without capital investment. They also offer other services such as a reception and administrative support, making regular operations easier. Individuals can

thus use the professional FLEKSI space without long obligations.

We as a company stick to our promises, so if something is called FLEKSI, then that's how it should be. A person can rent a space for a meeting between two people that will be prepared, and they can do what they need and then move on.

What about office equipment? Do you need to bring anything, or can you just arrive with your laptop?

The beauty of the FLEKSI space is that it's fully equipped. There are desks, chairs, bathrooms, a reception desk, kitchens, an internet connection, coffee, etc. Everything is ready to use. Once reserved, you can immediately work at a FLEKSI space upon arrival. If you have specific demands, we'd be happy to take care of them, although this option isn't used to its fullest right now.

FLEXIBLE OFFICES, CO-WORKING, AND EVENT SPACES

FLEKSI BETA
Vyskočilova 1481/4

FLEKSI B Building
Vyskočilova 1422/1a

FLEKSI FILADELFIE
Želetavská 1525/1

More information at
www.fleksi.cz

Typical FLEKSI users are digital nomads and those that enjoy a modern work/life balance. That's something we're very proud of. The fact that everything is ready to be used, such as printers or a functional reception area, means you can concentrate solely on your work. This is the biggest benefit of the FLEKSI spaces.

If you need a co-working space or a conference room, you just reserve them?

The simplest reservations can be made through our website or app. However, we try to make things as effective as possible, so there is someone on premises to help you throughout the



working day. For example: You're on your way to Prague and discover you don't have a meeting space. Just open our app, reserve a spot, and a conference space will be reserved in your name at Brumlovka for the prescribed time. The app is connected to a payment terminal and although we are constantly working to improve our services, there are still people around to help you with anything you may need. If you aren't exactly great with technology or aren't sure about something, just call reception and everything will be taken care of for you. We try to make everything as simple as possible, so you don't have to worry about administrative matters.

What do you like the most about the FLEKSI spaces?

FLEKSI isn't anything revolutionary. It's a reaction to current trends. We're not radicals. We're just meeting demand on the market in line with or exceeding global standards. This allows us to effectively use spaces and resources, which also corresponds to today's demands for sustainability. Before, companies had to figure out where to hold irregular meetings of large teams, which led to wasting of space. We can now offer them flexible leases according to their needs, which conserves resources while using office space more effectively. This means companies don't need large

amounts of unused spaces, reducing costs while being environmentally responsible. As I said, it's better to rent space hourly and effectively share it instead of maintaining a space for just two meetings a week.

The main idea is everything comes without any concerns. You just do your work and you don't have to worry about anything else. The fundamental idea behind the FLEKSI space is that you have a place where you can fully concentrate while connecting with others. You also have a collaboration space that allows you to work without worrying about administrative matters. Finally, it's an alternative for those who travel often and need an office space in different cities at various times. Just choose what you need, and we'll take care of the rest. •

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EDUARD FOREJT

Eduard Forejt is the business development director at Passerinvest Group where he has worked since 2018. He has been in the real estate industry since 1996, and he was the first Czech Fitwell Ambassador certified by New York-based Fitwell Certification Systems. Eduard was also granted the title of CRE® by the prestigious American group The Counselors of Real Estate®.

Balance Club Brumlovka and Charles University Want to Change the World Through Exercise

A healthy lifestyle has a positive effect on everyone, which is why the Faculty of Physical Education and Sport at Charles University and Balance Club Brumlovka have come together to offer students an opportunity to develop their innovative ideas and bring them to life.

As part of the Měníme svět pohybem (We're Changing the World Through Exercise) competition, we're seeking out the best student ideas to promote an active and healthy lifestyle. The contest is open to all undergraduate and graduate students at any Czech university. Applications can be filed as an individual or as a team of up to three people.

In the first round, participants will submit a written document that

describes their innovative project or idea associated with encouraging individuals to lead a healthier lifestyle, which always includes some sort of exercise. The top six will be selected to make presentations to the judges.

The award for the three winners will total CZK 100 000, and the best project from the Faculty of Physical Education and Sport at Charles University will receive an award from the dean and a fi-



ncial prize of CZK 20 000 if it does not place in the top 3 spots. •

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Project submissions can be sent to vnejsivztahy@ftvs.cuni.cz by 7 April 2024 deadline. You can find more information at www.ftvs.cuni.cz or www.balanceclub.cz.
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Balance Club Brumlovka
Vyskočilova 1100/2, Praha 4
tel.: +420 234 749 811
e-mail: info@balanceclub.cz
www.balanceclub.cz
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It's never too late to feel great



**Fitness
Wellness**



**Personal
trainings**



**25m swimming
pool**



Physiotherapy



**Terrace with saunas
and whirlpool**



**Sauna
ceremonies**



**Massages
and body rituals**



Group lessons



Enjoy Tasty Experiences at Brumlovka Every Day

Whether you're looking for a working lunch, a relaxing dinner after a long day of work, or you have a hankering to experience a new type of cuisine, there is something for everyone at Brumlovka.

Brumlovka is truly diverse in the palette of cuisine offered. The local restaurants, eateries, and cafés offer a myriad of flavours from around the world: From traditional Czech fare to exotic Asian specialities and Italian cuisine, anyone can find what they're in the mood for. And as a bonus, it's all just a few steps away.



TIP:
Try our two-week tasting challenge!

You can try a different eating establishment every working day for two weeks at Brumlovka and thus sample a wide range of cuisine and maybe visit places you haven't been in a while.

and salad bar, or Puzzle Salads. Brumlovka is also home to the only Puzzle-Pasta in Prague where salads are supplemented by pasta and stir-fry.

Sample the best of Asian cuisine

If Asian cuisine is your thing, try the Baifu sushi bar, Mango Chinese restaurant, Sushi Time, or Dian serving its modern version of Vietnamese fare. You can also select from a wide range of cafeterias with Goodlunch in the Alpha and Delta buildings, La Fresca in Filadelfie, and celebrity chef Filip Sajler's Perfect Canteen in Building A.



“Do you agree with G. B. Shaw, that “there is no sincerer love than the love of food”?”

Try the Turnovská pivnice with its modern take on Czech favourites, Grosseto's range of Italian dishes, or juicy delicacies from Roast & Grill Bistro. Vegetarians can enjoy Marantha and Dhaba Beas, the UGO juice



Where to find sumptuous desserts and excellent coffee?

If you're looking for something lighter or you have a sweet tooth, try one of the local cafés. Tlap's coffee offers excellent coffee and desserts, as does Zrno zrnko, Coffee Perk, Costa Coffee, the O2 HUB café, and Parkofka.

You can find the location of all these restaurants, cafeterias, and cafés on the map at the beginning of this issue, at www.brumlovka.cz, or in the Brumlovka app, which also offers the daily specials of every establishment. •



CLEAN
ENERGY OF
TOMORROW

Our energy moves you forward

Download the Futurego app and charge easily at the most powerful and widespread network of charging stations in the Czech Republic.



Download on the
App Store



GET IT ON
Google Play

futurego

Health+ Expanded and Renovated its Surgeries

Private premium polyclinic Health+ provides exceptional quality healthcare with a personal approach.

Chiefly focusing on above-standard medical treatments with an emphasis on prevention, Health+ has been based here in Brumlovka for nearly five years. It provides comprehensive healthcare in prevention, diagnosis, treatment, expert advice, and occupational medicine services. Health+ recently renovated and ex-

panded its offices in Building D. The design of the offices and reception was created in collaboration with architect Zuzana Bošková to produce positive feelings and wellbeing where you can now find offices for ophthalmology, dermatology, psychology, orthopedics, physiotherapy, and a new dental center. •

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If you too want premium-standard healthcare, entrust yourself to a professional from Health+.

Email
recepce@healthplus.cz
or call 222 071 111.

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Alcon Center for the Development of Ophthalmologists Starts Operation in Brumlovka

Alcon, a global leader in vision care, has inaugurated its training center for the professional development of ophthalmologists.

The Alcon Training Center is the first of its kind in the Czech Republic and aims to deepen education in the field of eye surgery. The Alcon training center is equipped with state-of-the-art equipment and technologies that allow teaching in the field of ophthalmic surgery according to the latest trends and discoveries. •



Professional development and education have always been Alcon's strategy for bringing new technologies to market. I am glad that we are continuing this strategy here in the Czech Republic, which in many ways plays a very important role as a center of excellence,"

said Sergei Dubitsky, Alcon's head of the cluster for Central, South-Eastern Europe, and the Baltics, during the opening of the ATC.



Storage Boxes and Delivery Points in the Area

Do you like to order online and have the goods delivered to your delivery boxes? You can choose from a wide range of delivery locations in Brumlovka

A Zásilkovna Z-BOX can be found in Václava Sedláček street near the Gamma building (O2) and in U pomníku street near the ČEZ building. A Zásilkovna branch is also in the Papýrek stationery store in the Alpha building



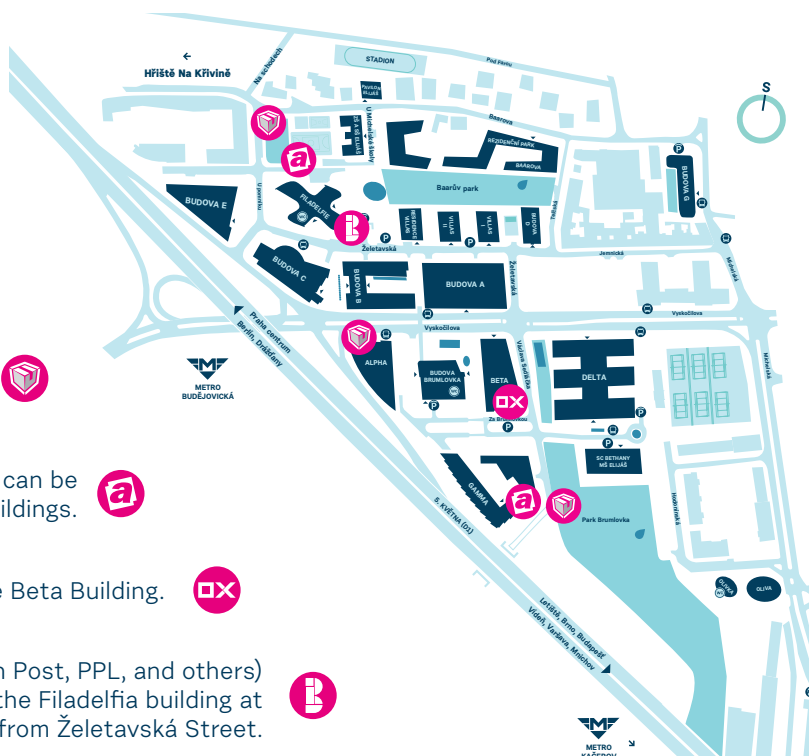
ALZA BOX and Balíkovna self-service delivery points can be found behind the Gamma and Filadelfie buildings.



OX Point is behind the Beta Building.



Packages regardless of supplier (Czech Post, PPL, and others) can be stored in BLOCKS in the Filadelfia building at the entrance to the offices from Želetavská Street.



Brumlovka.

Brumlovka App

Download our mobile app and always have an overview of upcoming events, daily menu, map with navigation, news and more practical information that will come in handy, whether you live, work, or just like to spend your free time here in Brumlovka.

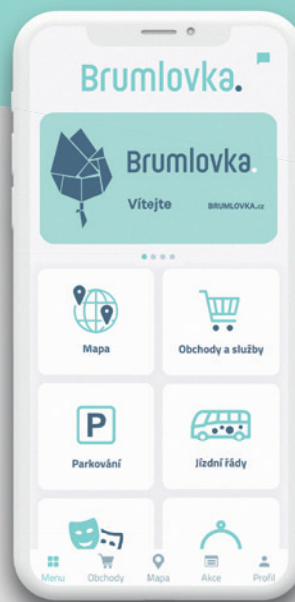
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