



02
2014

Golf experience
full of extremes

Chinaski concert at
BB Centrum

review

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Where Business
Comes to Life

Dear readers,

Finally, summer is here again! The first word that comes to mind this season is vacation. Everyone with a crammed work diary can certainly agree, that for such a vacation to really be worth it, you need to at least plan a little. Or should you just go into the world this year without any plans, just on your own?

Czechs supposedly go mostly to Slovakia, Croatia and Italy in summer. But when I take a look around myself in the BB Centrum, it seems to me that many of us go against the tide in many ways ... Destinations that were considered exotic just a few years ago are becoming more and more popular. Today, increasingly younger tourists who are not only looking for adventure, but also a cost-effective and very rich holiday experience are embarking on adventure tours to destinations in Vietnam, Indonesia or South America. In the newsroom it therefore occurred to us to look at holidays in a completely different light. You can read what attracted me personally in our article on golf holidays. Golf with a holiday, summer sun and "recharging the batteries" beautifully complement each other - Work out the body, strengthen immunity and clear the mind with long walks in the fresh air. I'm sure you will be surprised at the destinations where you can play golf...

So if you are still pondering what to do with the "start of summer," I think now is the right time when you can start something new, unconventional, just break away from old habits and truly enjoy summer!

We wish you a pleasant holiday and a lot of inspiration with our magazine

Vendula Malochová,
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BB C CUP launches its 14th season

Football frenzy breaks out this year on June 13 from 8.00 a.m., this time on the pitch of FK Slavoj Vyšehrad, Prague 4. Yes, the 14th year of the popular tournaments BB C CUP is already here, which for the tenants of the BB Centrum is being organized by the PASSERINVEST GROUP. Last year's tournament, besides the organizer, was attended by teams from the companies Hewlett-Packard, UniCredit Bank, Microsoft, Fresenius Kabi, Balance Club Brumlovka and Telefónica Czech Republic. Balance Club Brumlovka came in first, Microsoft took second place while UniCredit Bank came in third. As the list of last year's participants suggests, in good company you don't just win on the sports field. The green turf could also boast of the successful conclusion of a series of business agreements and contracts.

In case of interest, please inform us about your team's participation by 30 May at the e-mail address nela.kadlecova@passerinvest.cz. The ideal conditions of play are ensured by the third generation artificial grass and the professional referees.

Don't hesitate and register your team! The winning cup will look great at your reception and the entry fee for the whole team is only CZK 2000!



June 19: Chinaski concert in the Baar Park

Where Business Comes to Life is holding a Chinaski concert for all from the BB Centrum. Come and listen to a concert on June 19 and also enjoy the other interesting program. Life in the BB Centrum's not just a job! You can also have fun here, meet people, relax or play sports. It's a place Where Business Comes to Life. We look forward to seeing you!



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Comes to Life*



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WHERE

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at 5:30 pm

For more information, see
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FILADELFIE passage back in rhythm of blues

The SOMMELLERIE Cafe and wine bar has set in motion for the second consecutive year a great blues concert in the FILADELFIE passage. Each visitor here on March 19 can look forward to a great performance of one of the most respected harmonica players Charlie Nightingale, who will be accompanied by a selection of stars of the younger generation of musicians. However, it wouldn't be Sommellerie if the nice music wasn't combined with something pleasing to the palate such as a tasting of some of our best wines. Charlie himself gracefully conducted the tasting of new wines from Znovín Znojmo wineries in 2013 for visitors along with the co-owner of Sommellerie Libor Kumsta. The action is slowly becoming a tradition, so we are already looking forward to next year!



BB Centrum through the eyes of children: an exhibition of photographs of children in FILADELFIE

From 10 to 24 April you had a chance in the passage of the FILADELFIE Building to see the assembly of pictures and art from students from the elementary school Na Liše. The local sixth, seventh, eighth and ninth graders presented their coursework on various topics, such as plants, architecture, silence or vistas. And what was really great for us - the kids photographed the individual buildings in the BB Centrum through their eyes! The Na Liše Elementary School is located in the close vicinity of the BB Centrum and many of its students have grown up in the immediate neighbourhood. It is a school with that focuses on visual art, of which there aren't so many, and which regularly performs well in photographic and art competitions.

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Balance Club Brumlovka celebrated its seventh anniversary

On 2 April, exactly seven years passed since the opening of Balance Club Brumlovka. Seven is a lucky number and exercise brings happiness. What better way could one celebrate this nice anniversary than through exercise in a wonderful atmosphere!

Right from March 17, for example, seven weeks of benefits kicked off for club members. Every week until May 4 massages, the solarium and items at the fitness bar of the club were available under special conditions.

For those who are not yet members of the club, a day full of movement was set up on March 29. A storm full of popular lessons in rapid succession awaited all on that day: Naam Yoga, Piloxing, Zumba, Spinning and TRX, while massages were being provided in boosted mode and the sauna world and swimming pool for other relaxation of strained muscles were also available.

Seven, it is the number of years that Balance Club Brumlovka has been in existence, seven is of course also the number of days in a week, for which the fitness and wellness club in the Brumlovka Building will always be delighted to welcome you.

There is also free WiFi in the Baar Park and on the terrace of the FILADELFIE Building

As of April 1 you can now use a freely available WiFi connection with all the amenities in the Baar Park and on the roof-top terrace of the FILADELFIE Building. It has been working in the shopping mall since last autumn.

Golf full of extremes

At first glance, golf looks like a boring sport for serious people that has no place for extremes. That's a mistake. A closer look will find that golf can be fun and full of adrenaline. For example, if you play it among the lions. Or at minus fifty degrees.

That's how golf is played in Greenland. On the field near the town of Uummannaq, the world championship in ice golf has been held since 1997, when the weather allows it. They have a sovereign right to this, since another course farther north can't be found. Uummannaq is located 600 kilometers north of the Arctic Circle.

While elsewhere in the world you can count on the fact that a golf course won't change before your eyes, this doesn't apply to Greenland. Not only does it change every year, it can vary from day to day according to the weather conditions. The only architects are the sea and the weather.

A knowledge of the terrain can't be depended on too much, even though it's more than desirable due to shot accuracy - sometimes there are polar bears roaming around, which doesn't make for a peaceful game.

The idea is magical - golfers dressed in warm clothes and warm shoes, given the mercury dropping down to fifty degrees below zero during championships and the cold wind freezing you to your bones, moving down the course with dog teams instead of golf buggies. And they play the local nine "whites", as traditional greens are called in the land of snow and ice.

"It doesn't matter that the course is shorter, the pits are a little larger, the ball is orange and the greens are white. It's just golf, moreover it's the most fun under the sun," says the championship founder. Unfortunately, the championships are taking a forced break now due to the climate change - the ice is too thin and too thin to play on.

A million-dollar game

If you prefer temperatures above freezing, you can go to South Africa for your golf adventure. At the Kruger National Park, you can experience a true safari with all the animals of the five most dangerous animals in Africa. Just a short walk from the park, you come across a unique course that also looks like a safari - there are hippos, elephants, and giraffes here, and sometimes a majestic lion passes over the eighteen hole.

The local Hans Merensky resort in Phalaborwa, located a six-hour drive from Johannesburg, offers the wildest golf in the world where you have to share the fairways with animals that Czechs are willing to trudge halfway across the world to see. It's a breathtaking sight, but you have to count on some inconveniences. Maybe you should forget on trying to pull the ball from a water hazard, you might anger some other interesting residents of the eighteen hole with a par 72 - crocodiles..

Legends Golf and Safari Resort provides an unforgettable golfing experience. It's also situated in South Africa, this time in the Entabeni Park. There are two non-traditional courses here - on the ten-hole Tribute you'll find the most famous three-par from around the world, even the famous twelve-hole of Augusta; on the longest eighteen-hole African green Signature, each of the holes was designed by a leading golf professional. But nothing beats the local legendary nineteen-hole called Extreme 19.

It is a three-par, which is normally the shortest possible hole. But here the length of the drive reaches 630 meters



Legends Golf Safari Resort
19 Extreme, the most extreme par 3 in the world.
This hole-in-one will make you a millionaire.



Golf in Greenland



Golf in partnership with animals
- Hans Merensky Golf Club



Legends Golf Safari Resort

Little golf glossary

- Bag** – for carrying your clubs
- Birdie** – one stroke under par
- Bogey** – one stroke over par
- Bunker** – sand trap
- Caddy** – the person who helps the player with the rules
- Drive** – the first stroke on the holes, usually hit with a driver (par 4 and 5 on the holes)
- Driving range** – a place to exercise your drives
- Wood** – the club designed for longer strokes (they're not wooden anymore)
- Fairway** – low cut grass between the tee and the green
- Handicap (HCP)** – efficiency conversion for amateur player (the lower the HCP, the better the player – the max is 54 HCP)
- Par** – the standard number of strokes for a hole (3, 4 or 5) or the entire course (most commonly 72 on an eighteen-hole course)
- Putt** – a shot on the green
- Rough** – high grass on the edge of the fairway
- Tee-time** – starting time
- Iron** – clubs designed for medium-long and short strokes

long, and not even the longest holes in world golf courses are this long. This one, though, is the tallest, longest and most difficult par 3 in the world.

The whole charm lies in the fact that the tee is located 400 meters above the green. The player takes his bag, places his cap on his head, and sits in a helicopter which takes him to the tee. From here, he plays a green in the shape of Africa. The ball is in the air for about 30 seconds. To find your ball, searchers look for the ball between the tee and the green who then label it for you.

Those who succeed leave Africa a million dollars richer. No one has ever played a hole-in-one here, although more than two thousand golfers have tried, including the stars of the PGA Tour - for example, Justin Rose, Sergio Garcia, Padraig Harrington and K. J. Choi. The going maximum is two shots, while a birdie has been played by eleven players.

When the breathing gets tough...

Can you imagine playing golf at higher altitude than Gerlach? Or even the Grossglockner? The highest course in the world is Yak, which lies 3970 meters above sea level in India. Its length of less than 6000 meters is part of an Indian Army base, so you probably won't play on it since foreigners need a special permit to play.

A little higher is the Dozen Golf Club in Peru. Its lowest point was at an altitude of 4369 meters, but in the mid-nineties, the field unfortunately disappeared. Today no one would be able to find the fairways and greens, since it's all overgrown and the place belongs to a mining company.

Playing in Bolivia's La Paz will be a bit easier. It's also pretty high at an altitude of 3400 meters above sea level. You'll be fighting for breath in the thin air, but you get breathtaking views of the surrounding peaks of the Andes. The original nine-hole has been here since 1912, and in 1948 it grew to the current eighteen.

If you head for the green, definitely use the services of a caddy. There are at least two reasons - first, you save energy and second, the caddy will help you choose a club because the ball will fly up to 30 percent farther than you're used to.

Golf can also be an interesting experience and a real adventure. In the Czech Republic, though, such extremes are hard to find. Golf here is all - well - normal... Still, we can at least mention the highest resort - it's Cinovec at 865 meters. The wind blows here, and the season is short. On top of this, a project is being planned in Boží Dar in the Ore Mountains which will be at an altitude of over 1000 meters and will assume the extreme position in the future. ▲▲



COLOR KIDS – functional clothing for children

Nivosport offers children's clothing of the highest quality, designed to suit children and their individual needs, so children can play, be active and have the joy of movement! The Color Kids Collection specializes in functional clothing for children, whether for rainy days or for in the sun with UV sunscreen protection. Fabrics with this type of treatment achieve the highest level of skin protection against UV-A and UV-B rays, are pleasant to the touch and their functionality doesn't change even after washing. All products are tested for water resistance, breathability and durability, but must of course also be comfortable and flattering. The spring / summer 2014 collection is full of fantastic colors, prints and top quality materials. I'm sure you will like it and all the little rascals will be inspired to really enjoy the summer fun! ▲▲

NIVOSPORT NIVOSPORT
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Mon-Fri 9.00 p.m.-8.00 p.m.
Sat, Sun 10.00-6.00 p.m.
www.nivosport.cz



Do you protect your eyes well?

We protect the skin from the sun with sunscreen, but do we also protect our eyes to the same degree? Harmful UV rays have been proven to cause damage to the cornea and conjunctiva, penetrate into the eye and cause clouding of the eye lens (cataracts) or degeneration of the retina. It is therefore important to pay sufficient attention when selecting quality sunglasses. There are a few indications on the arms of the frame. A UV 400 label means that the lenses absorb UV radiation with a wavelength of 400 nanometers or less, while the CE marking complies with the standards of the European Union. Glasses also have the label Cat. - Category of solar filter, or "darkness" of the lenses on a scale of 0-4. A specialist in high quality sunglasses is the long-established company RAY BAN.

Ultra-violet light radiated by the sun outside, or inside your computers, tablets, book readers and LED lights are also dangerous for the eyes. This light causes the disappearance of retinal cells and could be linked to age-related macular degeneration (AMD), which is the most common cause of vision loss in the elderly. The

company Essilor introduces the totally innovative clear glasses CRIZAL PREVENCIA UV. It selectively filters ultra-violet rays and protects the eye from any light conditions. It's produced in spectacles and spectacles design.

You can buy Ray Ban sunglasses also for children and CRIZAL PREVENCIA UV glasses at NOVUS Optik.

NOVUSOptik

NOVUS Optik
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Colorful summer matching

With well-chosen accessories you can deliver a very simple and chic outfit. On one occasion you can be a mysterious femme fatale, and then at another time transform into a glamorous woman who knows what she wants, or perhaps astonish the world as a free-spirited, exuberant woman. At DM you can find inspiration in the wide selection of Parsa hair and decorative accessories.

Thanks to dm you can be different every day and always irresistible. ▲▲



dm drogerie

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Legendary Cosmetics RODIN olio lusso only in Bomton



The legendary brand RODIN olio Lusso, whose products are used by the famous beauties Jennifer Lopez, Cindy Crawford, Gwyneth Paltrow, Kate Moss and many others including even renowned makeup artists, is coming to the Czech Republic for the first time, thanks to Bomton. Bomton studios offer a new brand that is reaping prestigious awards and thousands of enthusiastic customers worldwide. Luxury skin oil and a full series of a star product boldly replace all your facial care items,

including eye and wrinkle creams. It contains 11 essential oils, each for a different problem that might bother the skin. Simply three drops on the face and neck are enough. Your skin will be nourished and radiant, and long-term use will rid your skin of unwanted problems. The studios of Bomton Spa & Wellness offer the comprehensive range of RODIN olio lusso on Wenceslas Square and Bomton Loft Brumlovka. ▲▲



Bomton Loft Studio

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Sun 10.00 a.m.-4.00 p.m.
www.bomton.cz

Great golf clothing – ALLSPORT of Austria

If you're headed towards the golf greens, make sure you've chosen a suitable outfit. The rules for clothing on the golf course used to be more strict, but the clothing of today's golfer is primarily an expression of his individuality. In principle, however, sport shirts without a collar, jeans, too short shorts and t-shirts with narrow shoulders or low cut neck are not allowed.

The Sport Resort shop offers a golf collection for beginners and advanced from the quality of Austrian production by Allsport of Austria. This is a brand that is known for quality materials and the perfect craftsmanship of each model and places great emphasis on performance as well as design. This is one of the few brands that still sews all their products at home in Austria. ▲▲



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Alpine adrenaline

Just a few hours drive and you're in the Alps, where many experiences and almost unlimited possibilities await you. You can go for an alpine hike, ride a bike or experience loads of adrenaline. If you are looking for adventure, plan a trip to the Austrian Ötz Valley, where you will find an outdoor paradise named Area 47. Even just a weekend in this amusement park is sufficient to get you pumped full of adrenaline which will pulsate through your body long after leaving for home.



After all, just your arrival to the Ötztals will increase your heart-rate. The valley is framed by more than 250 peaks with elevations over three thousand meters. Among them is Wildspitze, which after Grossglockner is the second highest mountain in the whole of Austria, with a spike up to 3770 meters. If you have more time, you can go to any of the twenty-two stages of the Ötztal Trek, whose total length is 400 km. The Adlerweg eagle trail is a great hike.

Embark on a trek or visit the rocks

A trek in the Alps can last several hours or several days. If you want to venture out on the trails, don't underestimate the equipment, which depends on the weather, the total length, water availability and of course the character of the trails. It is crucial to have suitable shoes and a backpack which should have a back ventilation system which drains off sweat and which also distributes the weight of the backpack over the whole torso.

Climbers in the Ötztals may also choose from a wide variety of routes - there is a total of seventeen climbing areas and about six hundred options on how to conquer the rock walls. Climbing in the mountains is much more difficult than on training walls, hence the need to once again bet on good equipment. On the multi-length routes in the mountains you also need more material than is the case for smaller rocks.

Set out for the Alps at least in twos on the climbing routes and also pack a map in addition to the equipment as well as a climbing guide. For the Alps there are several of them. When packing do not forget the seat and shoulder belts, helmets, HMS carabiners, locking carabiner, loose carabiners with a flat lock, quickdraws, figure eight descenders, round and flat

loops, a set of anchors, climbing shoes, magnesium and other possible safeguards. You will also need a first-aid kit.

... or by bike

If you do not want to tread on your own, you can take advantage of the hundreds of miles of bike trails. The Ötztals covers almost 900 km, on which you can fantastically enjoy yourself on mountain bikes.

Every year the popular Ötztaler Radmarathon is held there, a bike race during which people travel 238 km in one day from start to the finish in Sölden. The highest point during the race is 2509 meters in Timmelsjoch, and the lowest point is in Innsbruck at 600 meters above sea level. After several hours of exertion the competitors have 5500 m of elevation in their legs.

The tired cyclists can then relax in the unrivalled spa Aqua Dome in Längenfeld, which will amaze you with its exceptional and futuristic-looking architecture. In an area of fifty thousand square meters you will find extensive thermal baths, saunas and as well as an ice cave and sports complex. The heart of the complex is the Ursprung bathhouse in the shape of a crystal,

where there are two large swimming pools with thermal water, extracted from a depth of 1865 meters.

Outdoor paradise Area 47

That was all just a prelude to the ton of outdoor experiences that open up before you in the Area 47 park. Don't waste another minute and head straight upon arrival to the 350 meter long rope slide. The so-called Flying Fox will get you properly warmed up and ready for all the activities offered here. In addition, you'll see at least part of the area from way up high. Afterwards you can try out the huge swing about thirty meters above the ground, where you fly between the bridge piers, where it is located.

The rope park under the bridge

All of this is the perfect preparation for visiting the rope park, which daredevils will put to the test from a height of 27 meters above the ground. The ropes and obstacles are not hung on trees there, but straight on the pillars under the giant bridge that spans the whole area.

You can also try climbing on the bridge. On the pillars, very difficult routes along the vertical walls, or even the overhang can be encountered. This area is called Climbers Paradise, which is fully confirmed by the presence of the tallest climbing wall in all of Austria. You can have your own equipment, or borrow it on the spot.

Adrenalin on the water

If you're more of a water person, head to the foaming waters under the local bridge, in which you can experience alpine rafting, and canyoning. Wild passages between rocks, wading in the rapid water, climbing over boulders and rocks, abseiling down waterfalls and overcoming other pitfalls of the mountain canyon, this is another challenging pastime in Area 47, which requires a large helping of physical fitness and mental resilience. However it's not just the experienced guys who can enjoy it, but also those who just want to get a taste of canyoning.

Canyoning equipment can also be rented on site - it is a specific sport that requires quite a lot of equipment, such as a neoprene suit, sturdy canyoning shoes (or at least trekking boots) with non-slip soles, a life jacket, helmet, rope, climbing harness, abseiling and securing aids, canyoning bag for the items, a waterproof headlamp, a knife for cutting the rope, etc.

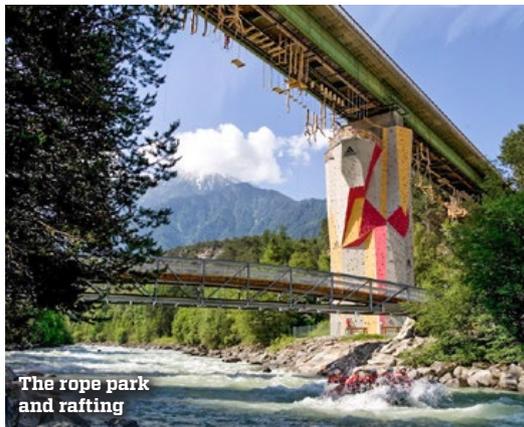
Part of the outdoor activities can include a visit to the complex of tunnels under the Amberg. Not for claustrophobics. Those who prefer fresh air, can go mountain biking on the perfectly prepared cross-country trails or try downhill straight away. Descents here are even "taught" in a two-hour intensive training course.

Motorcycles and long dinner parties

The water park includes a large lake with an area of 7000 square meters, around which two thousand visitors can fit without any problems. The total water area has an incredible twenty thousand square meters and contains a giant toboggan park, towers and even ski jumps connected with a water slide. On some of the bridges you can stand with skis on



Jump and slide tower



The rope park and rafting



Downhill from the tower

How do you get to Area 47 in the Ötztals?

The journey from Prague takes about five and a half hours. It is best to go from Prague through Plzeň and Munich. From there, follow the signs towards Salzburg/Innsbruck and Italy, in Austria continue along road A12 via Innsbruck, from where you get off at exit I23 to the Ötztals. Then just let the local navigation guide you to the destination.

The Alps – enjoy summer by the water!

Summer vacation is usually associated with time in the water and swimming, but we often spend it on expensive plane tickets to the seaside or tiring car trips. But just around the corner there's a place that offers swimming, relaxing on the beach, wellness and hiking.

And where is this magical place? In the Austrian Alps at the Carinthian lakes!

Just a 6-hour drive from Prague, you'll find a grassy beach on the shores of the alpine lakes with luxury hotels and all inclusive service.

PS: In the summer, the water in the lakes is warmer than the Adriatic!



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your feet and experience the feelings of an acrobatic jumper.

At the amusement park there are also beach volleyball courts or beach football playing areas, in the off-road section bikers can enjoy themselves on the local trails on endurance motorcycles or buggies.

Accommodation can be found directly in the complex. In addition to rooms in the classic Tyrolean style, you will also find a variety of log cabins and wooden teepees. Before hitting the sack, you can enjoy live concerts and long parties that often stretch into the early morning hours. Concerts and other events in the Ötztal Dome can hold up to eight thousand visitors while the party club River House can hold up to four hundred guests.

Leisure activities in the Christian Nursery and Primary School Elijáš:

Few parents can afford to pick up their child immediately after school and spend the afternoon with him everyday. As a rule the situation is quite the opposite. Parents are busy with work until the late afternoon and often, especially with older children, completely lose track of their activities. We met with the headmistress of the Christian Nursery and Primary School Elijáš Elijáš, Ing. Hana Loderová and asked her how children there spend their leisure time.



Ing. Hana Loderová,
director

educational program. Children spend their time actively in the after school programs, but of course they also have space and time for relaxation. A lot of them go outside and play.

Is it hard to work with the older children who attend the after school club in a similar way?

Children up to fifteen years old attend after school clubs, so the program is tailored to their age and is thus more relaxed. The children themselves are free to decide whether to do their homework and study the material from school or if they need to play ping-pong, sit at the computer or spend their time talking. For the entire period, the activity is accompanied by an educator, which, however, should not make the child feel that he is under surveillance. If a child chooses to work with a PC, the educator's role is to direct them, for example, to Internet sites that are good for them and helpful. Children have the freedom to carry out activities in the club, which they like, and therefore like to come here.

In addition to the after school club, children may also choose a special activity. What's your offer?

There are really a whole range of special activities. First and foremost, there is sport. Especially the smallest need to properly wear themselves out. Floorball is very popular for smaller and larger children, sports and physical games or a course of Israeli self-defense krav maga, in which children learn to defend themselves, not to attack. Swimming is very sui-

table for small children. During the courses, which are held in Balance Club Brumlovka, not only do all the children learn to swim, but they also have the opportunity to relax in the Jacuzzi, and play. In the healthy gym activity, kids stretch in the morning before school and are reminded how to properly sit during the day. Furthermore, children can develop their talents while playing the guitar, piano and flute, and that in the context of the dramatic and creative activity. Our teacher who leads the ceramic class is a professional designer, so this activity is really at the highest level with us. I can't forget English either. Older children have conversation, the younger learn the language through games. And during the science activity, the

children engage in chemical and natural science experiments.

Do you also use "outdoor" activities from different agencies?

No, we have lots of offers, but we use only our own resources. We want to know the educators who spend their free time with the children. It's all about their safety. With us teachers who have a teaching qualification for the given field work with children, people with a master's degree in the field and lecturers with years of experience who really understand what they teach. For example, a historian who is a Prague native with deep knowledge, works with us and organizes educational walks around the capital for the older children. Those are very popular.

Q> What options do your children have after school?

Younger children up until the fourth grade spend time in the youth center, from fifth grade there is a school club. After school program educators also form and lead a variety of activities during free time, within the scope of the



A sense of security for children, a sense of security for parents



Nowadays children have very little time for rest and for doing nothing. How many activities a day or a week, do you think children should participate in?

Children who are starting first grade, are so busy, that I think it is reasonable in their case to not pile on too many activities. I see in the after-school program, how happy children are when they can lie down after lunch on the pillows and listen to the educator read to them. For the smallest I would choose one sports activity, where the child can run around, a music activity, and then perhaps an educational one. Two to three activities a week is more than enough, but, of course, it depends a lot on the individuality of the child. Children also need to relax, just go out to play. For this purpose we have a playground which turns into a covered hall in the winter, where children can spend the afternoon. We can also make use of the Baar Park.

What do you think is most important about leisure activities?
The purpose of leisure in our school is to accommodate the parents and help them as much as possible, by providing their children with a safe environ-



Children during art-workshop

ment where they can comfortably and efficiently spend their free time until half past five. During the day, parents can be absolutely certain that the child is fine. The child does not have to wander around the city with a key on their neck or wait alone at home for the parents to arrive from work. After school, they do not have to go anywhere because all the activities take place directly in the building, in an environment that they know intimately. And if they leave the building, it is accompa-

nied by educators or teachers from our school.

And what are you planning for the future?
Lots of ideas are still in their infancy. We are a growing school, many ideas are forming, we mainly try to find the best for the children. We find out what is interesting for on the parents and children and we set up everything in order to make our activities more meaningful. I love doing meaningful things. ▲▲



Computer schoolroom



Children during teaching lesson

Active babysitting at BB Centrum

The wellness and fitness center Balance Club Brumlovka offers active babysitting according to individual needs and mutual agreement. During their stay, children are involved in physical and creative activities that develop their motor skills, sensory perception and creativity. The dominant feature of the children's corner is a Jungle climbing frame and an interior in the form of a sea aquarium. In the children's corner, you can also organize a birthday party, styled on a variety of themes, including the animal world, from all kinds of fairy tales with magicians, Indians, sailors or spies.

The Rybička children's corner is intended primarily for children aged 3 to 12 years. The price for club members is 150 CZK per stay, the price for non-members is 300 CZK per stay.



Dětský koutek Rybička

Brumlovka Building
Hours:
Mon, Wed, Fri
8.45 a.m. - 1.30 p.m.
Thu 8.45 a.m. - 0.30 p.m.
www.balanceclub.cz

Shopping in the rhythm of the city

SPAR offers fresh and quality food every working day. There is certainly something for everyone in the pleasant environment of the supermarket. New in the assortment are gourmet salads and spreads from the Retro series, made according to the recipes from the days of our grandmothers and mothers, from traditional ingredients. These are the typical Czech mayonnaise-based "pochoutkový" and "vlašský" salads, Budapest spread, and Niva cheese spread. You can also sample a variety of packaged fruit or vegetable snacks or top quality packed lunch salads. Of course, there is a diverse selection of fresh bread. On summer days, you will appreciate the wide range of non-alcoholic refreshments.

Come and see how the SPAR supermarket is the ideal spot for your everyday fresh quality purchases in the rhythm of the city!



Supermarket SPAR

Beta Building

Hours:

Mon-Fri 7.00 a.m.-8.00 p.m.

www.interspar.cz



Shellac – gentle and quick nail manicure

Well groomed and beautiful hands are no longer just the prerogative of women with lots of free time. Every woman can enjoy perfect nails with Shellac, whose application is incredibly fast and which keeps nails looking lovely and shiny for three weeks. Shellac's revolutionary method does not destroy the natural structure of nails. Unlike gel-polish, it is not necessary to abrade the nails before applying the nail polish and even removal is gentle due to a special nail polish remover. With manicured nails like these, you can do practically anything and they still look wonderfully shiny. As for pedicures, what's great about Shellac is that unlike gel it is so thin that it does not get in the way with pumps or athletic shoes.

Radka Chvalová Nail Studio offers both women and men quality services in pedicures and manicures, including gel nails and also eyelash extensions.

Here, every woman finds what she needs.

Radka Chvalová Nail Studio looks forward to your visit.

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Radka Chvalová NAIL STUDIO

FILADELFIE Building

Hours:

Mon-Fri 9.00 a.m.-6.00 p.m.

Sat - by appointment

Mobile +420 603 155 922,

+420 777 271 477

Projection and events in Sommellerie

It's not just fans of the Olympics who have watched their favourite sport broadcasts from Sochi many times at Sommellerie in the FILADELFIE passage. Sommellerie is also happy to have organized a number of celebrations or good-bye parties with colleagues, seminars or even business breakfasts. But has it ever occurred to you to organize your own private gathering for your colleagues and friends with projections from your own holiday in the background? And to do it at your place of work, after working hours, casually with a glass of wine (or soft drinks) and a cutting board full of delicious Dutch cheese and homemade sausage?

With the motto Always something extra we are happy to prepare your event exactly according to your wishes from A to Z! ▲▲



Sommellerie

FILADELFIE Building

Hours:

Mon-Fri 7.30 a.m.-7.00 p.m.

Mobile +420 604 210 157



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Napapijri Stores
Prague Palladium, Centrum Chodov, OC Nový Smíchov

Jakub Kolesa

We wanted to find a place where we would feel at home

One thing is characteristic of the general manager of Mars Czech, s.r.o. Jakub Kolesa: although he claims that he is still too young for golf, he loves any activity and exercise. Exercise is simply an inherent part of his life. He has just completed one of the most challenging “actions”. Mars has just moved at the start May from Poříčí nad Sázavou to us at the BB Centrum.

The company can now be found in Building G. The energetic manager has also shared his observations with us of the BB Centrum, Balance Club Brumlovka and his holiday plans.

Q> Why did your company decide to move?

We have the historical opportunity to create the first One Mars Office in Europe. All the companies of Mars Incorporated, which operate in the Czech and the Slovak Republic, can find one common home.

We moved from Poříčí nad Sázavou, where the company Wrigley has a factory, to the centre of Prague and we hope that this change will not only bring us closer to our customers, but also increase our attractiveness on the labour market. The very fact that our three companies will be based under one roof will increase the options for our associates in Mars Inc.

Q> What did you consider when choosing the new offices and what was the most important thing?

One important element was good access in the direction from Brno because many of our colleagues commute daily from the Benešov district. Another important condition was to find a place in which we would feel at home and would express the family nature of our corporation well.





Q> And what finally made you decide to choose BB Centrum?

Apart from the two abovementioned factors, these are brand new premises which can be adapted to suit our needs. And given that our corporate culture works in a completely open environment, we also find the chance to hold meetings away from work desks - perhaps on the terrace or in the garden. Our new offices are also very light, with simple and modern furnishings, there are own parking spaces and good access by the city's public transport.

Q> Has any service at BB Centrum impressed you? What do you think that you will make most use of here?

I was certainly most impressed by Balance Club Brumlovka. Not just me personally, but also my colleagues. We are currently preparing our AAD (All Associates Day) there. I hope that they will be just as charmed as I was. I have already tried out the Club and asked to become a member. Exercise is a part of almost each and every one of my days.

Q> At the time of the holiday season we must ask you - where are you planning to go on holiday this year?

This year we are planning to go to the seaside with the children and for a tennis week. There will be less holiday time in the summer because we are at the turn of the year at the antipodes in Australia - so this region is also our further holiday dream destination. However, besides travelling during the holidays, nothing can compare with the weekend breaks in Bohemia - in the Ore Mountains or the Bohemian Forest. Bohemia is beautiful! 🟡🟡

Have you gained interesting experience and achieved exceptional results? Is there an interesting person on your team? Tell us about them in an e-mail sent to: info@passerinvest.cz and share their stories with others. The best stories will be published and rewarded.



New – running specialty shop at BB Centrum

Do you want to invest in yourself, in your health, fitness and your level of personal satisfaction? Do you find yourself asking questions like: How do you start with cross country training? What is the correct running technique? How do you run a marathon?

Come and get informed at the new modern store Runpremio in Building G, which offers all running equipment – modern clothing designs that make you feel comfortable throughout the year and most of all the best brands of shoes in the industry, which you choose upon recommendation by testing your stride.

Step down diagnosis

This modern professional diagnosis is very important for the selection of running shoes. It is performed directly in the shop on the test treadmill, which uses a camera to scan the progress of

your step – the impact of the foot, the transmission phase and the rebound (not necessary to order). Static testing of the condition of the arch of the foot, where appropriate, can show the possibility of using appropriate orthotic insoles. The wrong choice of shoes can have many negative consequences. Too hard or soft, padded or inelastic and unstable footwear is reflected in the running technique and incorrect posture. This can lead to irreversible damage to the musculoskeletal system. So be sure to devote adequate attention to the purchase of suitable running equipment and get advice

from the experts at Runpremio. Moreover, it is possible to arrange individual training here, and if you do not want to run alone, take part in group trainings in the morning or afternoon in several locations.

Runpremio is looking forward to your visit! ▲▲

RUNPREMIO
Building G
Hours:
Mon–Fri 11.00 a.m.–6.00 p.m.
Sat 10.00 a.m.–2.00 p.m.
www.runpremio.cz



GolfProfi – the national leader in golf equipment new at BB Centrum

Authorized partner of all global brands, twenty-three stores throughout the Czech Republic, comprehensive services, and especially a brand new modern store at a prestigious address in Prague's BB Centrum. GolfProfi is all of that and more, the largest retailer of golf equipment in the country.

The market leader strengthens

GolfProfi has set the tone in its segment for many years. The new highly presentable store, which holds its own with the best golf shops around the world, confirms this role. A wide range of golf equipment, including all possible accessories, ranging from balls and luxury golf-carts, electronic commerce, an annually issued catalog with its own testing of clubs, and especially the range of services, reinforces its position as the market leader.

Business GolfProfi is not just sticks and other equipment for the avid golfer. It is exceptional for its wide range of fashion and leisure shoes. It offers fashion brands everyone will choose – Galvin Green, Cross, Golfino, Chervo, BackTee, Greerg Norman, Nike, Adidas, Ecco, FootJoy and more.

Ample space...

"Never in the history of Czech golf has it been possible to visit such a generous retail space as they have in Prague. Brno has never had such a first-rate store as it does now. And Ostrava has an even larger selling area than ever before," says one of the owners of the company Vladimír Sedlář, summarizing the news with which GolfProfi intends to outdo the competition this year.

His partner Thomas Krebs notes five leading fitting centers, where golfers can have their golf equipment custom measured. "And to top it all, toss in an exclusive offer of golf shoes as well as



the widest possible range of other accessories," says Krebs enticing satisfied customers who are growing in droves.

... goods for professionals and amateurs

GolfProfi is close-by in more places than just Prague. Twenty-three stores, including those within the reach of gol-

fers directly on the courses, are all over the country. And in all places, the same as in the BB Centrum, you'll find a range of goods from which both golf rookies and experienced professionals can choose. And when you top that off with top-notch service and the professionalism of experienced professionals, you can't leave disappointed. ▶▶

GolfProfi Store Prague
Building G
Hours:
Mon–Sun 9.00 a.m.–7.00 p.m.
www.golfprofi.cz

The ten faces of an office worker



The Headache, or Two aspirin in a glass

There isn't a drug that he wouldn't try. After working hours, his first steps generally lead to the pharmacy where he has become a regular. He's able to talk about his back problems with passion for hours and hours, but still deftly drip pine water into one eye with one hand while shaking a thermometer with the other. He alternately closes and opens the window according to what he's recently read in the latest issue of his health magazine. Thanks to him, the office is filled with the comforting scent of lemon balm, and everyone has the opportunity to re-check their blood pressure during the lunch break. Degree of danger: not dangerous, just a bit monothematic and restless at work.



The Slacker, or "I did it again today"

He works hard all day, but he's never actually done anything. He's a master at delegating his duties to someone else. You'd be hard pressed to find traces of his activities even under the most accurate microscope. But he speaks, often and loudly, about what he accomplished, how much effort it cost him, and what other tasks he's got prepared. Don't be mesmerized by Slacker's sweet talk or be overwhelmed by tasks that aren't yours. Just like the Slacker stands by his duties, he'll also make plenty of promises to lure you into "cooperation". Degree of danger: moderate; his slackness may jeopardize the successful completion of a task or project.

The Brown-noser, or Plums from the garden

His main feature is his boundless servility to superiors. To be endeared, he'll eagerly nod to his boss that grass is purple and the earth is flat. Unfortunately, he doesn't have trouble sacrificing you on the altar of popularity either. Be careful, then, how you express yourself in his presence, because even the slightest self-critical remark and the most harmless joke can be interpreted as a dangerous assault on a person of higher rank, which will then have to be investigated. Degree of danger: high; he can completely disrupt relationships in the workplace.

The Inspector, or There must be a system

This is the pedant who seemingly has everything under control. On closer examination, however, we find that what's under his thumb is mostly the groundbreaking details of the proper arrangement of the dishes in the kitchen cupboard, or the type and size of the font on company documents. Fortunately, it's usually enough to just patiently listen to everything and agree. Then he'll change his subject of interest and you'll be able to place the coffee cups among the tea cups. Degree of danger: not dangerous; at most, he'll keep you from your actual work.

The Clown, or "You know this one?"

He seems to be fun and casual, but unfortunately often he's the only one who has this feeling. Each day, the corporate clown includes his colleagues in an endless succession of jokes and innuendos and happily sends various electronic humor in twenty rerouted emails. If you need to concentrate and refuse to participate in forced merriment, he won't hesitate to label you a kill-joy without a sense of humor. You can simply ignore the Clown, or fight him with his own weapon, humor, which he's usually helpless against. Degree of danger: low; sometimes he really can relax the atmosphere if he doesn't make fun of specific colleagues and doesn't get personal.

We meet them in the elevator, we eat lunch together at the same table, we share the four walls of our office with them. Sometimes they make us laugh or angry, but sometimes they lead us to reflect on our own attitudes and practices. These are the types, characters, and personalities that are rarely found in their crystalline form. We're more likely to meet them in different combinations, such as the Castaway Headache. But we almost certainly won't run into the Slacker Inspector. If it's at least a little bit possible, try to imagine their way of thinking, if for no more than to simply demarcate your personal space.



**The Castaway, or
“I really don't know...”**

It's a surprise that the cCstaway ever manages to put on socks in the morning and find his way to the office. As he puts it, his life is a tragedy, not to mention work. He's thrown off by even the simplest task. Sometimes it's enough just to look at him and inhale, and the Castaway begins to crumble. He should be approached with patience, but it's important to set the boundaries of your willingness to help that you don't intend to cross. Degree of danger: not dangerous, but his inability can regularly drive you mad.

**The Eternal Dieter, or
“No lunch for me today”**

Most commonly in female form, this is the eternal nutritionist. She usually has a calorie chart inserted unobtrusively between documents at her desk. She never goes to lunch with anyone, but rather brings a tiny plastic box from home corresponding to the trendiest diet. One month she will consume only grapefruits, which is then replaced with only meat without side orders, unless of course she hears that the only guaranteed way to lose weight is to eat according to the phases of the moon. The associates from the other departments provocatively stroll around her desk with a bar of chocolate in hand, but in principle they have compassion for her endless battle. Degree of danger: none, not dangerous.

**The Sourpuss or
“It won't work anyway”**

Two words - all wrong. He can look annoyed on a sunny Friday afternoon in May because he thinks that despite all predictions, the whole weekend will rain. He has the same approach towards work assignments which are meaningless, associates who are unbearable, nature to which he's allergic, and children who are annoying. The smile on his face appears only when his dire predictions about the futility of the world are fulfilled. Degree of risk: low; but he sure can poison the air.

**Young and Successful, or
the Latest global trend**

The tube holding his university degree still hasn't even gathered dust, and he's here to explain to everyone how they've doing it wrong up to now and what needs to be changed. It's amazing that without him, the company was able to operate at all. He loves to show off his newly acquired knowledge and skills and talk about his foreign internships and how it works “in the world”. He likes to use phrases like “old structures” or “rigid approach”. Although his overbearing enthusiasm may upset you, sometimes you have to admit that beneath the layer of pathos there hides something challenging. Degree of danger: not dangerous; sometimes tedious, but often also inspiring.

**The Creative Creator, or
“I create, therefore I am”**

Whether creativity is the essence of his position or he was hired for a different job, in either case he is an endless fountain of ideas and gimmicks. He literally believes that to be “creative” means “to create”, and so he creates. Regardless of what is needed at the moment. His stream of brilliant ideas often falls completely outside the zone of urgency. While others are united in looking for a solution to the current problem, he pulls one creative comment after another out of his sleeve and secretly marks them under the table. Degree of danger: not dangerous, especially after you learn to ignore him at certain times.

The wedding bouquet of your dreams

The wedding season is approaching and many couples in love are planning the most beautiful day of their lives. Every woman wants to feel like a princess on this day, have a beautiful dress and last but not least, the most beautiful wedding bouquet... Basically, to have the wedding they always dreamed of. It's important to have the right choice of flowers, color and type of binding for your bridal bouquet. Květiny Romantika in the FILADELFIE Building can help you with your floral decoration. It's a complete floral service, including consultation and recommendations for maximum customer satisfaction. Your bridal bouquet doesn't just accompany you throughout the day but for all the years ahead when viewing your photo album. Therefore, don't hesitate and contact the experts.



Květiny Romantika

FILADELFIE Building, Brumlovka Building
 FILADELFIE Hours: Mon-Fri 9.00 a.m.-6.00 p.m.
 Brumlovka Hours: Mon-Fri 9.00 a.m.-7.00 p.m.
www.romantika-dekorace.cz



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 Infoline 800 144 441
www.unicreditbank.cz

Multifunctional sports court during the summer season



The disassembly of the inflatable hall in the sports court near the Christian Nursery and Primary School Eliáš on April 18 marked the end of the winter season. Get ready for the summer and get into shape; you can begin right here. Near the BB Center you can play football, hockey, basketball, volleyball and handball after work, as well as individual sports like badminton and tennis. The sports court is equipped with modern and functional facilities with changing rooms and showers. Visit the website at www.viceucelovehrste.cz, choose a free date, and make your reservation. The course is available every day during from 8.00 a.m.-10.00 p.m. (including weekends and holidays).

Multifunctional sports court

Christian Nursery and Primary School Eliáš
 Baarova 360/24
karel.lukas@zselijas.cz
 Mobile +420 734 524 544
www.viceucelovehrste.cz



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- Free access to Business Club
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- VIP parking - 5 places

Golf fitness – fitness a little differently



Dominik Špiláček
fitness consultant
Balance Club Brumlovka



A golf swing is a very dynamic, explosive and physically strenuous movement, which puts strain on the body. Weak muscles and poor posture inexorably lead to the loss of the ideal swing position and reduce its speed – ultimately at the expense of the length of the stroke. The golf swing is a very unnatural, one-sided body movement. This fact is also related to a lot of health problems and complications that can occur not only with beginners and untrained individuals, but also with long-term players.

Active golf season began

The golf season officially begins in the spring when the fairways turn green,

but players should start the so-called “dry training” at least a few months before in the fitness center. Therefore the golf season is divided into active, meaning the game itself and work-outs on the teeing ground and passive, meaning the dry training. For an easy, painless active part of the season it is also necessary to work on the passive part. At this stage it is necessary to focus on eliminating the “aches and pains” caused by the long season and one-sided strain as well as improving physical fitness and proper muscle function. Last but not least, we need a mental break from golf.

It is important to pay attention to stretching, as well as preparation for

active golf season, both during training in the gym and when playing on the golf course. Stretching is one of the most effective methods to stretch the muscles needed. Regularly exposed parts stretching can prevent injuries, as shoulder girdle problems or prolapse of girdle, which can put a player out of the game for a long time. You can perform some exercises that a professional coach will teach you in the office or at home. Dynamic stretching, executed before the game, will support the higher speed sticks and subsequently then balls by the golf swing. The golf swing is a rotational movement of the back, which is for most people working in the office very unnatural. The state of health of the back affects the basic golf stance, which is an important part of the golf swing. Therefore it is recommended to warm up and mobilize these back areas. Although golf seems to be an easy sport, the opposite is true, and it is good to relax and regenerate muscles when the game is over.

Golf fitness Club in Balance Club Brumlovka

“A lack of mobility and muscle weakness prevents many golfers from keeping the body in balance from the beginning to the end of the stroke. That’s why we focus primarily on strengthening the deep stabilizing system, the postural muscles and those involved in rotary motion, during the Golf fitness programme with our clients. From the start we do not train the muscles in isolation, such as biceps, but functionally, which means we involve the whole muscular system involved in the correct execution of movement,” says Dominik Špiláček, fitness consultant at Balance Club Brumlovka. Well-trained motoric stereotypes lead to injury prevention of the wrist and shoulder blades as well as the lumbar area of the back. “We also train using a golf swing simulation with sticks exercise, for instance with pulleys, which fairly realistically mimic the golf swing. From other sports equipment we mainly use medicine balls and aqua-hits, bags filled with water, as an easily manipulated burden, the TRX suspension system or the Power Plate vibration machine.”

The balance surfaces, which alter the outer conditions of the execution of the exercise, perform an irreplaceable

function at Golf fitness. The unstable pads force the maximum involvement of the deep stabilization system, thereby making the exercise more effective and enabling golfers to be better pre-

pared for uneven terrain and the various subsurfaces.

Remember, prevention is the best medicine. Therefore, all golfers should prepare and keep in the best shape

throughout the year. Balance Club Brumlovka therefore offers both novice and professional golfers special Golf packages - unlimited three-month club membership with a professional body diagnostics, Golf fitness training, massage and relaxation, meaning everything you need and what your body really appreciates in the preparatory phase and during the season. More at www.balanceclub.cz



Balance Club Brumlovka

Brumlovka Building

Hours:

Mon-Fri 6.30 a.m.-11.00 p.m.

Sat, Sun (holidays)

8.00 a.m.-10.00 p.m.

www.balanceclub.cz ▲▲



Seaweed: Vegetables Harvested from the Sea

Teeming with a wealth of shapes while also being just as versatile in its use. Coastal nations have valued it as a source of important nutrients for thousands of years and those in our latitudes are slowly becoming acquainted with it. It is spoken about as a “vegetable” that doesn’t grow in the garden, but at the bottom of seas and oceans, sometimes up to 7,000 meters below sea level. However, sunshine is needed for its existence and growth. Although seaweed is classified botanically among the lower plants, whose roots, stem and leaves, cannot be distinguished, it is nevertheless also used at a high level of gastronomy and the amount of substances beneficial to human health and beauty is extremely high.

In shades of brown, red and green

We have counted up to 5000 species of marine algae. It can be classified into three basic categories according to color - chlorophyceae green algae, brown algae and red algae. Some of them resemble the shape of leaves of lettuce, such as “sea lettuce” (technically lettuce vegetation), others grow in narrow strips that resemble spaghetti “sea spaghetti” that are grown

in Brittany and are called “green sea beans” by the French.

Our ancestors knew seaweed as a normal part of the diet. Today, it is used as part of the diet mainly in East Asia, India, the former Soviet Union and also on the coast of North and South America. In recent years, growing seaweed has also expanded to the European Atlantic coast, where many of its fans are located. For example, in Ireland, you can encounter it under the name “sloke” in Wales “laver” and it is served as a fresh vegetable.

Why include seaweed in the diet?

Seaweed absorbs minerals from seawater, therefore having a high content of minerals and trace elements. Calcium and iron are concentrated in algae in a much greater extent than commonly cultivated plants. Seaweed provides the body with a large amount of iodine necessary for proper thyroid function. It is also appropriate for those on a diet, because it contains a very small amount of fat. Some varieties, such as nori, are rich in protein. We can also find significant amounts of vitamins A, C and D in seaweed.

For the sake of completeness, it should be noted that the often featured information about the high content of vitamin B12, due to which seaweed is often recommended for vegetarians and vegans, is misleading. In fact, it is the “analogue” of vitamin B12, which is not its active form.

Seaweed in the medicine cabinet in the bathroom

Seaweed extracts are part of skin care cosmetics and shampoos. The sea-

weeds kombu and wakame are traditionally consumed as a means of preventing the graying of hair, possibly helping already gray hair to darken. Seaweed, however, can also be used as a direct therapeutic agent. Slices of nori seaweed can be placed in a first-aid kit in case of small abrasions or lacerations and can be attached to the affected area and allowed to act.

Seaweed available on the market

For culinary, but also in economic terms NORI is the most important. Just in Japan the annual harvest is 300,000 tons of fresh weight. Thin slices, which are used to prepare sushi, are made from the nori by pressing it between bamboo matting and drying it in the sun. For starters, you can try nori flakes, which don’t need to be modified in advance. You can use them to flavor soups, legumes, cereals and vegetable salads.

WAKAME is the second most important variety of Japanese seaweed, after nori. Its green color and leaf structure resembles the classical terrestrial vegetables. It is used fresh or dried, broken

Agar-agar

Agar-agar, which is prepared from the red seaweed *Gelidium* (in Japan under the name *Tengusa*) is a healthy alternative to gelatin, which is produced from animal cartilage and skin. It is used as a pure gelatin in creams, icings, to prepare puddings, jelly and cake decorating.



up into dried seaweed and used as a spice for flavoring rice and cereals for example.

A very pleasant and subtle aroma is characteristic of “sea oak” which is sometimes called ARAME seaweed, with its brown leaves that remotely resemble oak leaves. It is particularly suited to thick soups or salads. It belongs to the group of brown seaweed, which is rich in iodine and iron.

HIJIKI seaweed is a brown seaweed with a strong aroma of the sea, characterized by high concentrations of calcium, of which it has fourteen times more than in cow's milk. It is used to prepare soups and dishes from tofu or vegetables. In its natural state it is very stiff and is usually sold dried. When it is boiled in this form, it increases its volume about five times as compared to the dry state.

Near the northeast coast of Japan, the finest varieties of KOMBU brown seaweed grow in the cold waters and are used for cooking, frying and deep frying. Along with dried fish flakes form this seaweed in dried form is the basis of the Japanese broth dashi, which is used to prepare other dishes, mostly miso soup. Eight grams of this dried seaweed provides much more calcium than a cup of milk. TIP: If you add kombu to water in which legumes are being cooked, it speeds up the cooking process and also improves the digestibility of the legumes.

The red algae seaweed DULSA thrives in the waters of the Atlantic and Pacific Ocean. Like nori, it can be purchased in the form of dried flakes that can easily be added to various dishes as a spice without further preparation. ▲ ▲



Recipes from seaweeds

Japanese miso soup with wakame seaweed

Ingredients:

wakame seaweed (in a size about 4 × 4 cm), 350 g 2-3 kinds of seasonal vegetables, 750 ml water or vegetable broth, 4 teaspoons of miso paste, Green tops, 2-4 fresh shiitake mushrooms (if dried, soak at least 1 hour in advance), 100 g sliced tofu, fresh ginger (about the size of 2 × 2 cm)

Procedure: Wash the wakame, place it in a bowl with water and allow it to soften for a few minutes. Remove the softened seaweed from the water, cut into pieces and put aside. Store the water in which the seaweed was dipped. Boil about a quart of water. Cut the vegetables into thin strips and the mushrooms into slices. Put the vegetables and mushrooms (dried with the soaking water) into boiling water and after a while also the seaweed (pour the soaking water into the water). Cook on low heat for 5 to 10 minutes depending on the size of the vegetables until the vegetables are “al dente”. Put one ladle of hot soup into a small bowl and stir in the miso paste. Turn the flame down to a minimum and return the mixed miso into the soup and do not cook anymore. Allow the soup to remain under the boiling point for about 3-5 minutes.

Finally, add the green stems, tofu and a few drops of fresh ginger juice.

Azuki beans with kombu seaweed and hokkaido pumpkin

(according to the Japanese expert on macrobiotics Michio Kuchi; from the book *food, Our daily cure*)

Ingredients:

1 cup azuki beans, 1 cup hokkaido pumpkin, kombu sea weed, sea salt, soy sauce (shoyu)

Procedure: Wash the beans and soak them overnight. Soak a few pieces of kombu seaweed and cut it into pieces of about 2.5 cm long. Place the kombu in the bottom of the pot and put the beans on it. Pour water over it, covering it completely. Bring to the boil and cook for about 40 minutes. Cut the pumpkin into 5 cm pieces – the amount of pumpkin is supposed to be about the same as the quantity of beans. Put the pumpkin into the pot as a third layer over the beans and kombu. Lightly sprinkle with sea salt, cover and cook for about 25-30 minutes until the beans and pumpkin are soft. At the end, lightly season with soy sauce and add a little sea salt.

Dried seaweed Dulse

We recommend North Atlantic seaweed Dulse dried by low temperatures and not flushed (to preserve all nutritional values including minerals) which is not cooked. It is ideal in salads, soups, sandwiches and sushi. Seaweed significantly enriches food with vitamins, minerals, trace elements and fibers. We recommend adding seaweed after cooking to retain all nutritional value. Available in the form of whole leaves or as flakes.

Price 175 CZK, 100g



Maranatha

Brumlovka Building

Hours:

Mon-Thu 7.30 a.m.-7.00 p.m.

Fri 7.30 a.m.-5.00 p.m.

www.obchodmaranatha.cz



Liquid gold

Despite the fact that rapeseed oil is less and less popular in our country from the viewpoint of mass popularity, its contribution to our diets is undeniable. This is mainly due to the high proportion of alpha-linolenic acid from the omega-3 fatty acids group which the human body cannot produce itself, along with a low proportion of unhealthy saturated fatty acids. Oil from rapeseed is similar to olive oil in its composition and even surpasses it in some values. Nutritionists recommend a daily consumption of rapeseed oil preventively to improve immunity against cancer and heart disease

FitOil rapeseed oil, which has a delicate buttery flavor, is produced in Sweden by gentle pressing of the highest quality natural and genetically modified rapeseed oil without the use of chemical solvents. This results in a purely natural product that has a high content of natural vitamin E and K, and high levels of the mentioned omega-3 fatty acids. It can be used in cold dishes, stewing and baking. The product is particularly suitable for people with allergies.



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Fri 7.30 a.m.-5.00 p.m.

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Legume salads are the most popular at Salad etc.

With the early arrival of spring the green garden chairs of Salad etc. have been gradually filling up. The delicious salads from this store have helped all those who have tried to maintain a slim figure or just work positively on their diet at the beginning of the year. The numerous Bella Figura salads will also continue in the summer months and will be pleasantly refreshing for you even during the hot summer days.

The cold legume salads with chicken traditionally win out in popularity. They fill up all those who perhaps have just finished working out at Balance Club Brumlovka and need to add protein and watch their caloric intake. The most successful dish, however, has become the lentil salad with grilled peppers and chicken. The soups are also gaining more and more fans.

At Salad etc. most of the ingredients used are bio quality and you will not find any additives! This is also on account of the fact that all meals are prepared completely fresh each day at 6 am! And if it's raining outside and you just don't

want to go out or you simply have a lot of work, don't let that keep you from our Salad etc. dishes. All dishes can be found on the website www.salad-etc.cz and can be ordered within BB Centrum right to your office.



Salad etc.

Beta Building

Hours:

Mon-Fri 7.30 a.m.-7.00 p.m.

www.saladetc.cz





Fruitissimo loves fruits and the queen of its heart is ice cream

The ice cream season is coming and so Fruitissimo is bringing both refreshing drinks from fresh fruit and vegetables as well as faithfully produced ice cream scoops to BB Centrum, that will not just make your hard work day more pleasant, but also after work when you are entitled to your dose of sweets. The hand-made ice cream with a royal portion of fruit (as much as 82%), inspired by the Italian ice cream scoops, is produced in the Czech Republic in the first ice cream factory. You can also see the production of Fruitissimo ice cream with your own eyes. And not just see, but also taste, in the premises of CCM and at the Fashion Arena in Štěrboholý. Come and taste the best of what Fruitissimo has to offer. After all, there's nothing like the real thing! More info can be found on www.fruitissimo.cz.

Fruitissimo.

Fruitissimo Fresh bar

FILADELFIE Building

Hours:

Mon-Fri 8.00 a.m.-6.00 p.m.

www.fruitissimo.cz

How about a SALAD?!

Leafy vegetables are a major source of folic acid and also contain vitamins A, C, beta carotene, calcium, fiber as well as other healthy substances. Fresh green leafy salads that crunch when you bite them and whose flavor is accentuated by extra virgin olive oil - in summer they're a safe bet if you want to eat healthily. EXPRESS SANDWICH recommends yummy fresh baby spinach with soft goat cheese, but there are countless other variations of salads supplemented with cheese or meat that can be combined just how you like them. Prior to indulging in your salad you can treat yourself to some hot homemade soup. Give your body a balanced combination of food with lots of fiber, vitamins and energy for the rest of the day. Bon appetit!



Express Sandwich

FILADELFIE Building

Hours:

Mon-Thu 9.00 a.m.-4.00 p.m.

Fri 9.00 a.m.-3.00 p.m.

www.sandwich.cz

www.expressdeli.cz

Spring is full of herbs and summer smells like melons at Mangaloo

Are you in the mood for something that is really fantastic, but also healthy at the same time? At Mangaloo freshbar, that's how everything on the menu is!

In the spring at Mangaloo, you'll find a special seasonal menu full of freshies and smoothies with fresh herbs. Basil, mint, lemon balm, parsley... Spring is simply green and fragrant at Mangaloo. And if you haven't had enough greens, have a green smoothie off the regular menu.

You get a lot of vitamins, fiber and other beneficial substances all in one shot and it tastes great too. In the summer, have a seasonal melon cocktail for a change. Melons are at their sweetest this time of year and are also great refreshment on hot days.

Mangaloo tip: melon-strawberry smoothie. You'll find nothing but fresh summer fruit blended right before your eyes in this cute pink summer drink.

At Mangaloo, we simply know how to serve up the best of each season. Enjoy your meal!



Mangaloo freshbar

Beta Building

Hours:

Mon-Fri 7.30 a.m.-6.30 p.m.

www.mangaloo.cz

Culture tips

Opera

What? Mozart at the Estates Theater

Where? Estates Theater, Železná 540/11, Prague 1

When? 16. 7.-17. 8. 2014

The premiere of Don Giovanni at the Estates Theater is one of the top events of summer cultural life in Prague, where the famous opera by Wolfgang Amadeus Mozart had its gala premiere in 1787. From 8 pm every evening, this excellent 18th anniversary performance with impressive scenery, original period costumes and a top-class international cast will play. Soloists from leading opera stages alternate in the main roles, such as Jiří Hájek, Matěj Chadima, Oleg Korotkov, Michiyo Keiko or Marie Fajtová.

See more at www.dongiovanniprague.cz



Dance



What? Festival TANEC PRAHA 2014

When? 26. 5.-26. 6. 2014

The International festival of contemporary dance and movement theater TANEC PRAHA shall “dance around” Prague and another ten cities in the Czech Republic in May and June, just as every year. The program is certainly full of diversity as a combination of more intimate projects with large dance ensembles, high-quality domestic and foreign projects and established, already renowned names with talented “newcomers” in the Dance laboratories. The accompanying program consists of talks, dance workshops and symposiums, exhibitions of photographs and varied performances from the theatrical disciplines. In addition to productions intended for adult viewers, the program also includes productions for children in the May prologue of the festival - TANEC PRAHA DĚTEM.

See more at www.tanecpraha.cz



Film



What? *Zakázané uvolnění, Czech Republic*

When? Premier 12. 6. 2014

Director: Jan Hřebejk

The centerpiece of Hřebejk's new conversational and situational comedy based on the successful stage play by Petr Kolečka is a wedding. In the simplicity and period of this story there is also something very timeless: love, temperament, betrayal, death, love-making ... and a surprising punch line. The director tried to maintain the comic exaggeration mainly in the brisk pace, otherwise he sought maximum authenticity in all means of expression. The main roles of the film *Zakázané uvolnění* are played by Zuzana Stavná, Jana Stryková and Hana Vagnerová and the male roles are played by Ondřej Sokol and Igor Orozovič.

Walk

What? *Open Gardens Weekend*

Where? The gardens under Prague Castle, Valdštejnská 14, Prague 1

When? 14. 6.-15. 6. 2014

During the fifth annual Open Gardens Weekend event those interested have the opportunity to look into normally inaccessible gardens throughout the Czech Republic, get to know their favorite parks in a new way and enjoy a rich accompanying program including guided tours, children's activities, concerts and other events. In the gardens under Prague Castle they will have the opportunity to see a number of underground spaces, including a unique original Baroque gallery.

See more at www.palacove-zahrady.cz

Concert

What? *Gospel concert for Africa*

Where? Bethany Community Centre, Za Brumlovkou 1519

When? 22. 5. 2014, starting at 5.30 p.m. and 8.00 p.m.

The Marantha civil association supports the project "GOSPEL FOR AFRICA" for the fourth year now. The proceeds from the special souble-performance of the Marantha Gospel Choir will go to one of the projects supporting social assistance in Tanzania, near the town Mafinga.

See more at www.gospelforafrika.cz

**4TH BENEFIT
CONCERT
GOSPEL FOR AFRIKA**
WWW.GOSPELFORAFRIKA.CZ

MARANATHA / ELIJAS ELEMENTARY SCHOOL STUDENTS
GOSPEL CHOIR / GUESTS / MARTIN RŮŽA / MARKÉTA STEINERT
MAY 22nd 2014 / BETHANY COMMUNITY CENTRE
5:30 PM SHORTER VERSION OF THE CONCERT / ZA BRUMLOVKOU 4
8:00 PM FULL VERSION OF THE CONCERT / PRAHA 4



Exhibition



What? *Tim Burton and his world*

Where? The City Gallery of Prague – Dům u Kamenného zvonu, 13 Old Town Square, Prague 1

When? 28. 3.-3. 8. 2014

The exhibition from the private archives of the American director and graphic designer Tim Burton presents 500 drawings, paintings, photographs, sketchbooks, animated works and sculptural installations. The exhibition showcases expositions related to his most renowned films and book projects, such as *The Nightmare Before Christmas*, *Edward Scissorhands*, *Charlie and the Chocolate Factory*, *Alice in Wonderland* or *Batman*, but also displays his never before seen creations, thereby offering the public a stimulating opportunity to truly dive deep into the world of horror and dimensions of this modern storyteller.

See more at www.citygalleryprague.cz

Current commercial space offer at BB Centrum



G Building

A retail unit area of 250 m² located in the ground floor of the new completed office Buildings G, which is on the corner of Michelská and Baarova Street. The spaces have a separate entrance from the Baarova Street and are ideal for a showroom or customer service center. The building has a beautiful courtyard with greenery and a terrace with seating. The advantage is the possibility of public parking and excellent transport links - bus stop right outside. ▲▲



FILADEFIE Building

Commercial unit of 133 m² is on the ground floor of an administrative building called FILADEFIE., Želetavská Street, towards the Baar Park. The space is suitable for the establishment of a café or small restaurant (not required) with front gardens. The space can be divided into two units of an area around 70 m². ▲▲

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AM I IN THE RIGHT?



YOUR ACCESS TO JUSTICE

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"A beautiful spring day made me drive my car into a car wash right in the morning. I bought the best washing program from the assistant and waited for the wash door to open. There are things you do automatically and do not think about potential consequences. So I drove in, cut the engine, and got out of the car. I was however surprised to find all the exits locked. The washing program picked up speed, me becoming a part of the washing process. The following 15 minutes left me with incredible feelings inside, including the completely wet and destroyed clothes. However, the assistant with a faint smile refused my displeasure and request for compensation for destroyed clothes. But subconsciously I sensed that I was in the right..."

Karel, age 41, manager

The legal protection insurer of **ERGO**