

BB CENTRUM



02
2018

review

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Awarded in the "Zlatý středník"
media competition

Radim
Passer:
The Gospel
can speak
to you
any time

The hygge
and lykke
lifestyle

The big
guide
to office
etiquette

SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business
Comes to Life

RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Grill
- 3 Baifu – sushi bar
- 4 Maranatha – vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Kiindi – Thai restaurant
- 7 Dhaba Beas – Indian restaurant
- 8 PuzzleSalads
- 9 PuzzlePasta
- 10 Vyskočilka – Czech restaurant
- 11 Ugo – fresh juice & salad bar
- 12 GTH – canteen
- 13 Office Food – canteen
- 14 Kobe – steak, grill, sushi
- 15 Momento – canteen
- 16 Momento – canteen
- 17 Perfect Canteen – canteen

SHOPS

- 1 dm drogerie – drugstore
- 2 Albert – supermarket
- 3 JK Jitka Kudlackova Jewels
- 4 Sommellerie – wine, coffee, delicatessen
- 5 Maranatha – healthy foods
- 6 Don Pealo – newsstand
- 7 Nivosport – sportswear
- 8 Bianco & Rosso – Italian delicatessen
- 9 GolfProfi Store Praha – golf accessories
- 10 Romantika Florist
- 11 Romantika Florist
- 12 Novus Optik
- 13 Teta – drugstore
- 14 TR GRES – Showroom

CAFÉS

- 1 O2 HUB Café
- 2 Cupucino
- 3 Costa Coffee
- 4 Hájek & Hájková – confectioner's
- 5 Kafe kafe kafe

SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Automyčka Collection – car wash
- 3 Bomton – hair and beauty centre
- 4 We Hate Ironing – dry cleaning
- 5 Radka Chvalova Nail Studio
- 6 Adams Barbershop
- 7 Cebia – verification of vehicles

BANKING

- 1 UniCredit Bank
- 2 MONETA Money Bank
- 3 OK POINT/mBank

CASHPOINT

UniCredit Bank (FILADELFIE Building)
 MONETA Money Bank (Building B)
 OK POINT/mBank (BRUMLOVKA Building)
 Česká spořitelna (BRUMLOVKA Building)
 Komerční banka (Building E)

SPORT / RELAXATION

- 1 Balance Club Brumlovka – fitness and wellness
- 2 Baar Park
- 3 Children's playground
- 4 Multifunctional sports court
- 5 Tennis courts
- 6 Brumlovka Park
- 7 Children's playground

HEALTH SERVICES

- 1 Urosanté – urology and andrology centre
- 2 BB Centrum Pharmacy
- 3 TeamPrevent-Santé – private medical clinic
- 4 MUDr. Denis Krupka – dentist, dental hygienist
- 5 LK Clinic – aesthetic medicine

EDUCATION

- 1 Elijáš Christian Nursery School
- 2 Elijáš Christian Primary and Secondary School
- 3 Bible Study Lessons
- 4 Bethany Community Centre
- 5 Morning Devotionals

CHARGING STATIONS FOR ELECTRIC CARS

FILADELFIE Building (public parking)
 DELTA Building (public parking)
 BRUMLOVKA Building (public parking)





Dear Readers,


We are delighted that you are reading another edition of the magazine. This year is very important for BB Centre, as we celebrate its 20th anniversary! An important milestone this year is the construction and opening of the central Brumlovka Square at the beginning of summer; another is the opening of a unique athletics stadium over the holidays. All of this is for the general public. At the beginning of the school year, another important building was added to the complex, namely the school pavilion for the Eliáš Christian High School and Elementary School. These are projects that we are very happy about. We firmly believe that they have already found support from Prague residents and the employees of the companies located here.

In other news, we have begun organizing many more events that will be of great interest to you. In autumn and winter, we are planning a variety of events, such as travel evenings, Christmas concerts, jogging with a professional trainer, blood donations, running up stairs... Weather is not an obstacle.

Whether you are among those readers who first quickly skim through the magazine to see what's in it, or if you prefer to take your time while leafing through each page, do not miss out on the events that we will be holding here (Social Centre, Brumlovka Square, in restaurants). In this edition, you'll also find advice on how to avoid autumn colds and tips on where to go shopping during lunch to save time.

Thank you for reading this.

Kristýna Samková
Passerinvest Group

 www.bbcentrum.cz

 BB Centrum

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The Gospel can speak to you any time

Radim Passer began building the BB Centre 20 years ago. It is also the home of his company PASSERINVEST GROUP, whose top-floor offices in the FILADELFIE Building offer fantastic views of the largest business park in the Czech Republic. But in addition to being a successful developer, Radim Passer is a person of faith who shares his beliefs in a regular series of lectures. He is preparing another series for this November.

Who are your lectures intended for?

With only slight exaggeration, I would say they are for anyone who prefers life over death. The main theme of the lectures is the wonderful hope in eternal life that Jesus Christ's sacrifice has given to us. Although the biblical message has remained unchanged for thousands of years, people find themselves in various life situations. Just like me. I was not interested in the Gospel until I was 35 years old, but then something happened in my life that made me interested. And the same can happen in other people's lives.

You will talk about your life story in one of the lectures. Why?

In addition to lectures on various Christian teachings, I think people appreciate when they can also hear about the practical experience that someone has had with God. This experience is genuine, authentic and completely individual for everyone. So I decided to incorporate my life story into the series of lectures, as it shows how God can change a person's life.

You say that the main theme of the whole series is the eternal biblical message. What are some of the smaller themes that you want to talk about in the lectures?

Above all, the lectures are thematically related. It's best to attend all or at least as many of them as possible. Nevertheless, each lecture makes sense on its own, too. Basically, the whole series

concerns all the great biblical themes - questions about the origin of life, what we are doing here as people, what is the point of our existence and where we are heading. These are topics from the Old and New Testaments. The Old Testament is the prophecy of the promised Messiah, of Christ, and the New Testament is the story of His life. The lectures include all the essential prophecies of Jesus, which in history have been fulfilled to the last letter, and many of them also concern the present generation of people. The lectures are in the spirit of the wonderful hope that lies in Jesus Christ. In Him, God became man to show us the undistorted character of the Lord God.

The lecture series is held every two years, and you already have a number of series behind you. In your experience, what makes people turn away from faith?

Many people who don't think too deeply about the biblical message are discouraged by the existence of evil. They ask: Why is there so much evil in the world? This is an obstacle for them to accepting that God even exists. The lectures answer these key questions, because if you don't have an answer to them, you can hardly understand the true message of the Gospel.

Has people's attitude towards God changed over the years?

We live in the first world, which is certainly a great blessing. People are doing well, and when you go to the third world, you realize what a huge gift we have, because we have no

shortages. Prosperity always leads people to feel independent of God. They believe that all the good in their lives is due to their own strengths. When society gets into a state of well-being, it forgets God, which can be dangerous. God Himself warned the Israelites, when he put them in the Promised Land three and a half thousand years ago, that when they built houses and planted vineyards and were doing well, they should never forget that all they have is thanks to the Lord. In the first world we forget about this. I think that in the Czech Republic and Prague, compared with ten years ago, interest in true Christianity has decreased. But on the other hand, when people respond and are interested, the interest is more real. This is difficult to measure. [smiles]

What brings you the greatest happiness during the lectures?

I am grateful to God that thanks to Him I have met dozens of people whose lives have been transformed by God's grace and received a new quality and dimension of eternity. And I have also certainly met hundreds of other people who have learned something about God, even though they have not yet responded in their lives. Nevertheless, God is such that as long as we are alive it is never too late.

Czechs consider themselves an atheistic nation. How do you see them?

If you asked individual people, you would find very few who are true atheists, those who consciously live in

Radim Passer's lectures are held in the Bethany Social Centre at the BB Centre. More information and the complete lecture program is available at www.tvanadeje.cz.



rebellion against God. I think the biggest problem people have is with the churches, because in history they have often failed. And they continue to fail. In various surveys, Czechs call churches the least credible institutions in the country, which is certainly something to consider. However, there are explanations for this, so the lectures include the topic of why there are so many churches in the world. Looking at the Church in this way also gives people a distorted view of God. They say that if the churches and Christians are like this, they do not want to believe in such a God. In contrast, the Bible perceives people more positively. And they have the best attitude towards the Ten Commandments, which are the absolute moral principle. But when you ask them what the first commandment is, maybe eight or nine out of ten will not know.

How do you respond to a lack of faith in the Church?

That God is kind, loving and merciful. This cannot be altered even by the fact that Christians do not behave in all generations as they should. When I found God and became part of the Seventh-day Adventist Church, I at first saw everything through rose-coloured

glasses. I believed that everybody who goes to church, into the chapel, behaves like a Christian every moment of their life. But after some time, I discovered that this is not always the case. But Jesus Christ said: "In church of God let the wheat and the weeds both grow together until harvest." The harvest is the second coming of Christ. We humans do not have to judge who is the weed and who is the grain; we often cannot even know it because we do not know the motives of others. In other words - even when I see that there are not only converts in the Church, this is no reason to despise God.

In what ways is the Seventh-day Adventist Church different from other churches?

It's not easy to explain such a complex topic in a few sentences, but I'll try. When God appeared in Christ, he was crucified, resurrected and ascended to the heavens. The Church was given the authority to become God's instrument for the salvation of men. God, though he can use miracles, does not do so intentionally, but uses people who have already learned the truth about Him in order to bring it to others. This is the genius of God, that He gives man the opportunity to become His helper to save people for eternal life. In the beginning, the church was pure; the first Christians were almost exclusively Jews. Then God called to the persecuted Saul, who became the faithful apostle Paul, who was to bring the Christian message to all the pagan nations. The first Christians were followed by the next generation. This is how it was until the Roman Emperor Constantine, who "nationalized" Christianity. While in the early centuries the church was uncorrupted, then some people began to say that being a Christian could also bring worldly benefits. At that time, Christianity began to be compromised - mixed with the various pagan superstitions and delusions that had

become part of the Church's teachings. This has been going on for centuries. Europe made no progress in the thousand years after the demise of the Roman Empire. This was due to the non-observance of God's commands. Until the reformers came, who did not intend to establish new churches, but only wanted to reform the church they themselves were part of. When it turned out that this was not possible, it was only then that the new reformation churches emerged. It has often happened that, after one, two or three generations, a reformed church has become unreformable. And so others were created upon discovering additional forgotten truths. This led from the Methodists to the Seventh-Day Adventists, which takes us to the 19th century.

The Seventh-day Adventist Church does not need to be reformed?

I have to say that in the twenty years that I have been part of the Seventh-day Adventist Church, I have found it to be true to the teachings of the Bible. Nothing is added, nothing is arbitrarily removed. I am extremely grateful to the Lord for having such a church on Earth.

Your lecture program is very busy - on most evenings you have two lectures planned. Was preparing it difficult?

This is already the fifteenth series of lectures and it is not as demanding as it was at the beginning, but I will spend at least three hours preparing for each lecture. When I count all the lectures, it's about two weeks of work.

How do you manage to combine it with a busy job and family life?

I try to work as efficiently as possible with every free hour that I have. There's no other way, as each of us has only 24 hours in each day. We have to sleep; the rest is then divided between work and family, and for some also service to God. And if there's anything left over, you can devote this time to your hobbies. Of course, when I'm lecturing, which is generally the most beautiful time of the year for me, my hobbies get pushed to the side. I try to set aside time in the morning and the evening to prepare the lectures, or on Sundays, when I usually prepare for the new working week. ○○



4. – 22. 11. 2018

LECTURE SERIES

JESUS, YOUR HOPE

SPEAKER
**RADIM
PASSER**

BETHANY COMMUNITY CENTER
ZA BRUMLOVKOU 4, PRAGUE 4



WWW.TVANADEJE.CZ

SUN **04** 18:30
November (NOT) SINGLE EUROPE?
FASCINATING ANCIENT PROPHECIES

MON **05** 18:30
November JESUS AND THE PINNACLE
OF OUR HISTORY – WHEN?

MON **05** 19:30
November THE COMING OF JESUS
AND RELIGIOUS TEMPTATION

TUE **06** 18:30
November ARE WE HERE BY CHANCE
OR INTENTIONALLY?

TUE **06** 19:30
November THE BIBLE
AND ITS CREDIBILITY

WED **07** 18:30
November ORIGINS OF EVIL REVEALED!
THE KEY TO UNDERSTANDING INJUSTICE

WED **07** 19:30
November JESUS' DEFINITIVE
VICTORY

THU **08** 18:30
November AN INVITATION TO ETERNITY –
A GIFT FROM GOD OR OUR REWARD

THU **08** 19:30
November THE SUMMONS
TO DIVINE JUDGEMENT

SUN **11** 18:30
November THE TEN COMMANDMENTS –
THE KEY TO FREEDOM

SUN **11** 19:30
November GOD'S SANCTUARY IN TIME –
A SURPRISE FOR MANY

MON **12** 18:30
November DID MANKIND WILFULLY CHANGE
THE TEN COMMANDMENTS?

MON **12** 19:30
November WHAT HAPPENS
AFTER DEATH?

TUE **13** 18:30
November THE ENEMY OF GOD
AND MAN REVEALED!

TUE **13** 19:30
November CAN RELIGION
BE FALSE?

WED **14** 18:30
November JESUS
AND TRUTH

WED **14** 19:30
November SIMPLE PRINCIPLES
FOR A HEALTHY LIFE

THU **15** 18:30
November THE CONTRACT BETWEEN
MAN AND GOD

SUN **18** 18:30
November THE LIFE STORY
OF RADIM PASSER

MON **19** 18:30
November GOD AS YOUR
FINANCIAL PARTNER

MON **19** 19:30
November CAN TRUE PROPHECIES BE
DISTINGUISHED FROM FALSE ONES?

TUE **20** 18:30
November WHY ARE THERE
SO MANY CHURCHES?

TUE **20** 19:30
November THE VATICAN YESTERDAY,
TODAY AND TOMORROW

WED **21** 18:30
November THE ROLE OF THE USA
IN BIBLICAL PROPHECY

WED **21** 19:30
November THE SEVEN SIGNS
OF THE APOCALYPSE

THU **22** 18:30
November THE END OF THE HISTORY
OF EVIL

THU **22** 19:30
November THE GREATEST DEVELOPMENT
IN THE HISTORY OF THE UNIVERSE

BB Centre builds new Brumlovka Square



The public car park in front of the BRUMLOVKA building has been turned into a new square, which can be used for meetings, rest and refreshments or for organizing cultural and sporting events.

Brumlovka Square, with an area of almost 4,500 m², grew over three months on the site of a parking lot that predates the BB Centre. The new public space is appreciated by employees working in the BB Centre and local residents, who can take their lunch there or enjoy an afternoon coffee or evening get together with friends or colleagues. In addition, the square will host lectures, sporting events, musical and theatrical performances and other cultural events.

At Brumlovka Square, people can relax at one of the 73 tables and other sitting areas. Shade is provided by seven 15-year-old plane trees, while the pleasant atmosphere is accentuated by greenery, a mosaic of imported stones from Portugal, water installations and a jet fountain embedded in a walking area. A special anchor for a Christmas tree was also placed on the square, which will brighten the square during the holiday season.

The architectural concept, designed by the Aulík Fišer architectural firm, took into account the context of the BB Centre complex and, in an effort to cultivate the area, designed a pedestrian crossing and a new bus stop, which simplifies and makes more pleasant movement through the whole area. The sole investor in the project, PASSERINVEST GROUP, invested CZK 65 million in the project. ○○

Elijáš Christian School has a new pavilion



300 m² building contains a cafeteria with two glass walls, one of which is retractable, permitting direct access to the wooden garden terrace. The adjoining garden and the newly built athletics stadium will give the children the chance to exercise and relax in the fresh air. On the ground floor of the building there is a cloakroom and on the upper floor there are clubs for pupils and teachers' facilities.

The children of the Elijáš Christian School can look forward to another new space. The new building, which was erected where a dilapidated family house once stood, serves as a cafeteria and a place for leisure time activities.

The main impulse for the construction of the school pavilion was the extension of the Elijáš Christian School by a lyceum, which welcomed the first students this year. The ground floor of the more than

The architectural concept of the pavilion is the work of architect Jan Aulík of the Aulík Fišer architectural firm. The pavilion was designed to naturally fit into the existing houses in Baarova Street, and the different typology of the building is expressed in its asymmetrical shape and unusual facade solutions. The investor of the project is the non-profit organization MARANATHA, z.s., which Radim Passer oversees. The total investment in the construction of the pavilion was CZK 55 million. ○○

Children & animals: Animal feeder event was fun and educational

In mid-September, instead of their usual lessons, pupils of the Pošepný Elementary School headed to the Krč forest to build birdhouses and feeders in the beautiful meadow near the former Interlov area.

The children and their teachers headed for the former area of Interlov, which PASSERINVEST GROUP recently transformed into a park with a playground. They went on a nature walk and then built birdhouses and feeders, which later stayed in the forest to serve its animal inhabitants. The event not only gave the pupils new knowledge and



skills, but mainly the feeling that cultivating the environment is something each of us can do. ○○

New jewellery collection by Jitka Kudláčková saves butterflies

Jitka Kudláčková has introduced a collection of jewellery from her workshop entitled *Water and Our Butterflies*, which have been created to support nature. The presentation of the jewellery was accompanied by a fashion show featuring the *ARTE DIVA* collection by Renata Glosová and was attended by well-known personalities and experts in the field of the environment.

For one August morning, the water cascade in Barrova Park in Prague's BB Centre was transformed into a fashion runway. It was not just about jewellery and clothes, but especially about the idea that Jitka Kudláčková is trying to support with her work: the issue of water scarcity is often discussed, but the loss of butterflies in the wild is not widely known. Kudláčková and her team decided to help not only the water, but also these fragile creatures, and part of the proceeds from the new collections will go to the non-profit organization Česká krajina, which deals with the issue of butterflies. This beautiful idea has already produced tangible results: 42% of the original butterfly species were returned to a 40-hectare meadow. "This story is living proof of our mission: Creating jewellery is beautiful, but it can also have value for society," said Kudláčková.

The Creative Director of JK Jitka Kudláčková invited experts to speak at the event. Diana Siswartonová, a sought-after expert and consultant in the field of non-chemical water purification and regeneration, spoke about the problem of water shortages. Dalibor Dostál, the founder of Česká krajina, spoke about butterfly conservation in the Czech countryside.

A number of likeminded people met, agreeing that nature should be protected so that our children will be able to see what a butterfly or a forest spring looks like. There were also well-known figures, like Linda Finková, Aneta Vignerová, Monika Leová, Gabriela Filippi, Andrea Kalivodová and Hanka Kynychová, who talked about how they contribute to protecting the environment. oo



BB Centre tenants vied for the BBC CUP



The BB Centre organized the 18th annual football tournament for tenants. On the first day of June, teams made up of employees of companies at BB Centre vied for the BBC Cup. Who emerged victorious?

Eleven teams of tenants of BB Centre played in this year's traditional football tournament. Team Mars finished on top for the third year in a row, and thus retain the BBC Cup, while second place went to Balance Club Brumlovka, and third to PUMA.

In addition to the sporting spirit, a pleasant and relaxed atmosphere dominated the event, and therefore we are looking forward to another informal get together of BB Centre tenants. oo

BB Centre Facebook

You can find news and up-to-date information about BB Centre events at <http://www.facebook.com/BBCentrum>.

BB Centre decorated with a new mosaic. Its creator wants to make passers-by think

The until recently neglected underpass beneath the GAMMA building at Prague's BB Centre was revived thanks to a mosaic created by young artist Jan Lukeš as part of his Shards of Joy project. More than ten months of work and around 50,000 hand-cut pieces of tile have produced a result that captures the attention of passers-by and stimulates thought. What did the author tell us about the mosaic?

1. Where did you look for inspiration to create the mosaic at the BB Centre?

The theme of the underwater world was already in place. I searched for its opposite, and on the other side of the underpass I chose a terrestrial harmonious landscape. Both mosaics point to the variety of nature and the main elements of life: water, earth, air, sun, fire, plants and everything alive.

2. What is the main impetus for your work?

The purpose of my work is to make a more colourful and cheerful world. And also cleaner. The advantage of a mosaic is easy maintenance. I would like to give a dark and sad corner a new shape and enrich the city with something nice that will please its inhabitants.

3. Why mosaics?

I like the interactive nature of mosaics. They can be funny, they have a plastic effect, kids can touch them, mums can adjust their hairstyle in the mirrors... I dream of making my mosaics interesting and readable for all generations.

4. Are you planning any other projects in the BB Centre?

I'm preparing eight mosaic paintings for the newly opened athletics stadium. The topic is not final yet, as I always work on more variants. It's always important for me that my mosaics tell an idea or a story that does not have to be seen at first glance. I'm very glad when people stop at the mosaic or slow down and think about its meaning. oo



The new athletics stadium in the BB Centre is open to everyone



At the former site of a dangerous and unused asphalt playground, a new athletics stadium was built in the BB Centre. It is open to the general public.

Over an area of more than 1,500 m², a fully equipped stadium with a running track, sprinting lanes, long jump and high jump, floorball and badminton courts, workout area and other elements was created. The opening ceremony of the athletics stadium was attended by former world record holder, combined track and field and Olympic champion in the decathlon Roman Šebrle. The stadium was subjected to its first test as first-grade pupils from the nearby primary school competed in a triathlon.

The total investment in the non-profit public project in Prague 4 is CZK 18 million. The sole investor is PASSERINVEST GROUP. The stadium is open to everyone for a symbolic annual fee of CZK 500. More information contact us at stadion@bbcentrum.cz or call us at 221 582 111. The stadium is open daily from 6:00 to 22:00. oo

Popular Kinobus livens up summer evenings at BB Centre



For four August evenings, BB Centre became a stop for the mobile summer cinema Kinobus. The warm summer weather and selection of films attracted more than a hundred spectators each night to watch international and Czech films for free.

PASSERINVEST GROUP along with the Prague Transport Company prepared a screening by the Kinobus Summer Cinema in Prague 4 for film enthusiasts. Fans of the silver screen or just wandering passers-by could enjoy the summer cinema just outside their home or workplace. The program featured the action comedy *Spy*, a science fiction film about the possible future of humanity *Downsizing*, the road movie *The Interpreter* or the Czech comedy *Theory of the Tiger*. oo



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Dobroběžka gives children the chance to go to school

Traveller Marek Jelínek will undertake a 9,000-kilometer-long trip through Asia on a scooter. He will ride to raise money so that Bangladeshi children can go to school. And as he is an adventurer as well as a traveller and is riding for a good cause, his scooter is called Dobroběžka, which combines the Czech words for “good”, “adventure” and “scooter”.

Marek's dream is to ride his scooter around the world. Last year, he embarked on a 9,000-kilometer-long scooter journey in Latin America, this year he will take on Asia, and next year he wants to do Africa. This year, Marek's efforts have gained a new, charitable dimension. In cooperation with the humanitarian organization ADRA, the scooter became Dobroběžka and the new website www.dobrobezka.cz was created to support educational projects in Bangladesh. Marek's journey aims to draw attention to the inaccessibility of education in the tourist destinations of Southeast Asia and to help Bangladeshi schoolchildren receive high-quality education.

Marek set off from New Delhi in early April. He passed through the beautiful, varied and sweltering country of India, then visited Nepal, without being side-tracked by Annapurna and the Himalayas. After a dramatic struggle to obtain a visa at the border of Bangladesh, he visited schools in which Czech donors to the ADRA humanitarian organization support 1,161 children. Apart from India, Nepal and Bangladesh, Marek will also visit Thailand, Laos, Vietnam, Cambodia and Malaysia. He will travel 70 to 80 kilometres daily. His return to Prague is planned for the end of 2018, from Singapore. ∞



Support Dobroběžka

At www.dobrobezka.cz you can support the Dobroběžka charity expedition and give the gift of education to other children.



FIVE QUESTIONS FOR: JITKA MLYNARČÍK KUDLÁČKOVÁ

Creative director of JK Jitka Kudláčková

Which historical or contemporary person would you like to meet?

I am very fortunate to meet with great people – whether public figures or not. I am happiest in the company of people with whom I can be myself and who have open hearts and minds.

The most expensive thing you ever bought?

Probably the two expensive opals that the owner of an Australian mine brought to show us. They attracted me with their uniqueness and the unparalleled beauty of opalescence, which only true natural opals have.

What is your favourite literary genre or author, and the last book you read?

The latest book whose title grabbed me was Home Cleaning, but unlike previous years, I've been buying fewer books. But I get them from friends who wrote them. And from one friend I got a travel Bible in a beautiful orange leather case. I also like to go to the Social Centre, where the Bible is read every morning and discussed. It's such a relaxing way to start the day.

If you could do any profession in the world, what would you choose?

One that I enjoy, that brings me happiness and is also my lifestyle. And I already have it.

What did you buy with your first ever salary?

It was less than a thousand crowns. I gave my mom half for the household and spent the rest on the entrance to a club.

What TV series do you miss?

Twenty-three years ago I spent a year in Venezuela, where they broadcast many series. One was called Dirty Face – Cara Sucia – and it was an incredible story where the main character was swapped from a rich family to a poor one, and where the main heroine played about six roles, and the women in that country dropped everything they were doing and watched each episode. At that time I said that we are an intelligent nation, that we do not do anything like this. But I did not know it would happen to us. I don't judge; TV series have their place, including emotions. Sometimes I watch something and when it's funny I like to laugh. I also liked Colombo or Poirot. And I enjoyed a Turkish historical series about the Battle of Mohács.



INSIDE IDEAS HUB

There is no other place like it in Prague. The multipurpose hub located at the BB Centre in the Ga Building offers a creative environment for teams of varying focus. The Hub is equipped with everything you need to work, whether you're a big business or a small start-up. The Inside Ideas Hub can serve as a meeting place, brainstorming room, for workshops or teambuilding thanks to interactive tools and variable layout options.

The Inside Ideas Hub was designed by Oliver Agency Central Europe, which works directly for clients like O2, Adidas and Unilever.

Find out more and reserve the space here: www.ideasinprague.com.

BB CENTRUM

FULL CALENDAR OF EVENTS BB CENTRE

A lot is happening at BB Centre! Choose from a wide selection of events. Listen to good music, work out, or come and get inspiration for your next journey. In December come and taste the holiday atmosphere at the illuminated Christmas tree!

EVENTS IN OCTOBER

Every Tuesday
11:30 – 13:30
Náměstí Brumlovka
Music productions at lunchtime

Every Wednesday
12:00 – 13:00
Afternoon run with PUMA around the BB Centre

Wednesday 24.10
Travel evening

...and much more!
Follow the BB Centre website and Facebook

EVENTS IN NOVEMBER

Wednesday 21.11
Travel evening

Wednesday 28.11.
Christmas tree lighting and Christmas concert

EVENTS IN DECEMBER

Wednesday 5.12
St. Nicholas Day at BB Centre

Tuesday 11.12
Bethany Social Centre
Christmas concert

Wednesday 12.12
Travel evening

Maranatha invites you to lectures on physical and spiritual health

A healthy mind and body are God's most valuable gifts. Though it may seem obvious, we often forget this and treat them unwisely, without humility. Thanks to the lectures regularly held at the BETHANY Social Centre in the BB Centre with the support of the Maranatha organization, we can return to the basics of physical health and also open up important spiritual topics.



BETHANY Centre Building

The BETHANY Social Centre was erected in the BB Centre thanks to a partnership between PASSERINVEST GROUP, a.s. and Maranatha z.s. The BETHANY Centre is used not only for religious services and Christian activities, but also houses a Christian kindergarten, and part of the premises is hired out to companies for training or conferences. Rental can be arranged at www.spolecenske-centrum.cz.

Don't miss Health clubs

Since 2003, health clubs have been operated by the Life and Health Association, which has been working in the Czech Republic for more than 25 years. The courses, taught by medical staff or trained laymen, are not just about theory, but also consist of practical demonstrations. The lectures that started in mid-September reveal the power of emotional intelligence and forgiveness as well as the secrets of a healthy and balanced diet. In one of the lectures, the Head of Clinical Biochemistry at Thomayer Hospital,

Dr. Klára Bořecká, will talk about the risks of vitamin D deficiency and will explain how to minimize it by eating properly. Selected courses are accompanied by tastings of healthy food that you can prepare at home.

Take inspiration from the Book of Books

In November, a series of lectures by Radim Passer will be held at the Bethany Community Centre. Based on the Bible, he discusses essential topics such as the credibility of this book, the causes of evil, the future of the world, and the meaning of the Ten Commandments. The founder of PASSERINVEST GROUP, a.s. and the Christian association Maranatha also discusses his own inner experience and spiritual journey, which led him to spread the biblical message and hope for eternal life in Jesus Christ. oo

MARANATHA

The Christian-oriented organization MARANATHA was founded in 2002 by Czech developer Radim Passer. The word "maranatha" means "The Lord Comes". The mission of Maranatha z.s. is to share the hope stemming from faith in Jesus Christ and to bring people insights into many key questions. The answers come from information written in the Bible, which Christians believe is God's word to mankind.



MARANATHA z.s.
Jemnická 887/4, Prague 4
Tel.: +420 224 210 571
www.maranatha.cz

Every tenth wage in the Czech Republic is paid thanks to us

Elanor was founded in 1991. Over the years, the company has expanded to 11 other Central and Eastern European countries, where it employs more than 250 people. It specializes in HR and payroll software, payroll outsourcing and basic human resources, primarily for corporations and state institutions with many employees. “We currently process around 10% of all wages in the Czech Republic,” says a smiling Tomáš Grec, CEO of the company, which moved to the BB Centre this May. He considers the move another important step in Elanor’s transformation into a modern European company.



Does the move really play such an important role in the life of your company?

I see it as a big step forward as thanks to it we’re right in the centre of the action, in an environment where there are many companies that are our clients or that could become our clients. I think of the BB Centre as a high-tech park in Prague, a little Silicon Valley. A lot of tech companies have their headquarters here, like Hewlett-Packard, Microsoft and other tenants who are market leaders in their segment. For Elanor this move is another step towards the very peak of the industry.

Does it have other effects, too?

There are certainly plenty of benefits. Let me tell you where we were before the BB Centre. Until April of this year we were based in an older building from the 1960s in Vršovice. Working environment and employee performance are closely linked. The inefficient floor plan and heating and lighting conditions of the office started to present fundamental

problems for the company and its employees. I realized this and, given that I attach great importance to a healthy and modern work environment, I decided to make a radical change. Yes, the new offices cost more, but I believe that it is an investment that will pay off over time. The new premises have met our high expectations for excellence. For example, we can now have this conversation on a pleasant terrace. We have built an attractive space for our employees as well as rest zones, and we are still working on further improvements. We are currently preparing a small BBQ for clients, which we could not do in the old place. All of this is a huge benefit for the company.

How difficult was the move?

I consider the whole move to be one of the fundamental changes in the “life” of Elanor during its transformation into a modern European company. I’m happy that it all worked out in the end. Every change is painful – you get out of your comfort zone, but even losing something good can often lead to something better. And that’s what happened in our case. I dare say that now everyone is happy about the change. Our employees are comfortable in the BB Centre. Most of them take advantage of the benefits that the new office offers – better transport access, biking to work, complete amenities from restaurants to schools, kindergartens, parks and sports and leisure time activities. There are concerts, a mobile cinema; it’s a great place to both work and play. I value this as I’m a big believer in the modern approach to employees. People spend at least a third of their lives at work; managers and highly qualified specialists maybe even more.

Does the modern environment of the BB Centre help you when recruiting new people?

I believe that people will appreciate the intangible benefits of working here more and more, which will help



5 QUESTIONS FOR TOMÁŠ GREC

Mountains or sea?

Definitely the sea, even though I'm a December baby. My wife and I have especially fallen in love with Indonesia and the island of Bali. But I don't really like lying on the beach; we prefer meeting local people and learning about their customs and culture.

Cat or dog?

Dog, Mia.

Books or movies?

Movies. I love sci-fi, fantasy and superhero movies. I used to read a lot, but today it's hard for me to find the time.

Android or iOS?

Definitely iOS. I'm an admirer of Apple, its marketing and customer approach.

Do you have an idol?

My parents. In their day, they reached the top, and people around them still value their professionalism, honesty and approach to working with hundreds and even thousands of subordinates and colleagues.

us not only recruit new people, but also retain our current employees. This also results from research among the world's largest corporations, in which wages play a much smaller role in people's decision-making process when choosing an employer than before. On the other hand, greater emphasis is put on the company's vision, products or services, the team, environment and other benefits. In the Czech Republic, people still pay more attention to wage conditions, but perhaps that will change in the future. At Elanor, we try to make people choose added value and not just an extra thousand on their pay cheques.

You offer payroll and HR outsourcing in 11 European countries. How complicated is it to keep track of all the legal differences?

That's probably the most demanding part of our work. That is why we have offices in the countries where we operate, and thanks to them we build our knowledge base. Our country managers know local market conditions in detail and track changes and trends across countries. Local specialists who understand the legislation monitor the legislative changes. Our work is based on the know-how of these people and they are our company's most valuable assets. We also work with other partners to help cover our payroll and HR activities for our clients where we don't have branches. Therefore, if a global corporation asks us to calculate wages involving countries beyond our reach, we are able to provide this service as well.

Is it possible to come up with software that can calculate wages across the whole EU?

It sounds like a great idea, but at present it is probably unrealistic. This is due mainly to specific complications and constant changes in legislation and wage regulations. In the Czech Republic and Slovakia, we take care of such software ourselves, and in third countries we use third-party software.

What part of your offer has greater weight now – software or outsourcing services?

It has changed a lot over the years. The systems that we developed at the beginning are no longer sold today. Now we have the fourth generation of our own SW solution. The key product is now Elanor Global Java Edition, a complete HR management tool that handles payroll, staffing, attendance and other HR structures. But the trend is clear. It goes from software to outsourcing services and, of course, the cloud solutions that we also offer.

You focus on big corporations. But what about small and medium-sized companies?

For small businesses with one or two employees, we are not really useful. In medium-sized companies with between 100 and 500 employees, the effort to have their own "in-house" solution still prevails, which in the end means that you must keep up-to-date software and infrastructure. In addition, companies need an experienced payroll accountant, who is difficult to replace. If they leave, procedures and know-how go with them. These companies often reach out to us because they suddenly find themselves in a blind alley. In today's competitive labour market, it is difficult to find a good replacement. Getting accustomed to new software is important here. Elanor, on the other hand, simplifies the process for customers and enables them to focus on their core business.

What preconceived notions do you encounter most often in talks with potential clients?

Since we are talking about sensitive data, companies are worried about outsourcing their data. In Central and Eastern Europe, it is still the prevailing way of thinking, while corporations in Western Europe have no problem with it. They do not want to waste energy unnecessarily. Can you imagine how big a department would have to be to take care of this agenda in Accenture with 300,000 employees around the world? In our region, companies still think it's safer to have all the data with them. In the context of the GDPR and other regulations, there is a greater risk. Some employers also deal with the social dimension. Particularly in the public sphere, it is hard to say goodbye to payroll accountants.

If a company is wavering about whether to outsource payroll and HR, what would you tell them?

I would compare our services to, for example, legal services. What company has its own corporate lawyer today? Most lawyers are hired, which is logical – no lawyer is a specialist in everything and has no way to keep abreast of everything that comes out of parliament. For this reason, businesses hire top lawyers in each area, making them much more effective, and the results are much better. The same goes for accounting services. Logically, then, there are payroll and HR services. We will take care of you. In Central and Eastern Europe, we are the largest company with excellent know-how, high standards and a minimal error rate. This is confirmed by the audits of our partners and global players such as ADP or NGA. And our biggest trump card – the personal, pro-customer approach of our people. Our employees are people who really care, who do not go to work just to make money, but focus on every client. ○○

We have branches in each country where we operate, and thanks to them we build our knowledge base. Our country managers know the local market conditions in detail and track changes and trends across countries.

Balance Club Brumlovka: Fitness and wellness in one at your fingertips

Balance Club Brumlovka truly knows the right recipe for a healthy body and mind. A combination of fitness and wellness works best. In this regard, Balance Club Brumlovka holds the top spot in the Czech Republic. Throughout the year you can choose from the following offers...

Fitness

Extensive reconstruction of the fitness zone took place last year and the exercise equipment, including machines, was completely replaced. Here you will find all the most technologically advanced brands from Technogym in the top ranges of ARTIS and SELECTION PRO. In the Octagon functional zone by Escape you can also work with your own weight or use the stretch zone. At Balance Club Brumlovka we have a number of experts and specialists in fitness training, back pain, muscle contraction, exercise for pregnant women and new mothers, strength training, seniors training, cardiotraining, sports training, racing, rehabilitation, nutrition and a balanced and healthy lifestyle. We adapt to your requirements and our approach is completely individual. We work with the latest methods and we include extensive training in physiotherapy and various exercise aids.

Group classes

You can choose from more than 100 hours of classes per week: body shaping classes, body & mind classes, choreographic and dance classes, aqua classes, indoor cycling or outdoor classes. Balance Club Brumlovka also organizes special workshops and courses for its members (e.g. inline skating, paddleboards, climbing).

Aqua zone

The unique Aqua Zone includes a 25-metre swimming pool (depth 1.45 – 1.65 m and average water temperature 27 – 28°C) and an outdoor and indoor whirlpool.

Relax zone

Relaxation and rest are very important for exercise to have the right effect. At Balance Club Brumlovka you can enjoy relaxation in the club spa after exercise. You can choose from several types of saunas, steam rooms, a tepidarium or Kneipp bath.

Terrace

The latest addition to the Aqua & Relax Zone is the club terrace. On the terrace you will find new Finnish saunas, rest areas with modern sun loungers and outdoor areas with a stainless steel whirlpool and a cooling pool, all in beautiful designs.

Massage

It is a well-known fact that massage improves muscle and joint activity and has a very positive effect on one's physical and mental state. A properly chosen massage has a beneficial effect on the body even when recovering from illness or injury. Balance Club Brumlovka offers massages ranging from purely relaxing to health and healing. Just choose.

Each new member receives an entry package that includes diagnostics, an hour with a fitness trainer and a massage. You have a chance to start your new regimen under expert guidance. A special membership offer is prepared for BB Centre staff. For more information, contact the client department: info@balanceclub.cz.



Balance Club Brumlovka
BRUMLOVKA Building
Open: Mo – Fri 6:30-23:00, Sat, Sun (holidays): 8:00 – 22:00
E-mail: info@balanceclub.cz
www.balanceclub.cz

BALANCE CLUB BRUMLOVKA



Each new Balance Club member receives an entry package that includes diagnostics, an hour with a fitness trainer and a massage.





BB CENTRUM

BB Centre is developing, innovating, living!

○ It's been 20 years since the first office building was constructed in BB Centre. Today, the complex has an area of 250,000 m², with 17 buildings surrounded by two parks and greenery with water features and a playground. With its wide range of jobs, housing, services, dining, education and relaxation options, it constitutes a full-fledged city district.

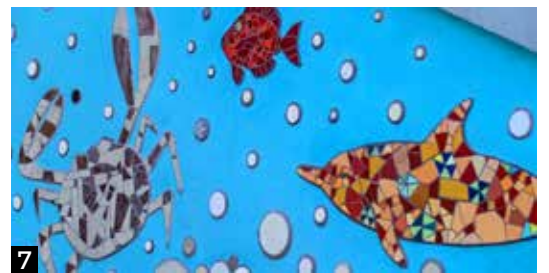
Buildings A and D have been recently revitalized, and the reconstruction of building B and the reacquired Villas is being prepared. At the turn of 2018 and 2019, an apart hotel with rental apartments and retail space will begin on the site of the original Communist-era prefab buildings. Let us remember in pictures the projects that have been implemented for you this year. Because BB Centre grows with you and for you! ∞

- 1 View of BB Centre and view of building ALPHA
- 2 Reconstruction of building A
- 3 Reconstruction of building D
- 4 Creation of the central square with seating areas and water features in front of the BRUMLOVKA building
- 5 Opening of the athletics stadium behind the pavilion of the Eliáš school (between Baarova, Na Schodech and Pod Farou streets), where you can play floorball and badminton or go for a jog, exercise, or try the long jump or high jump
- 6 The new pavilion in Baarova street for extracurricular activities and meals for the Eliáš school. The Christian school was also extended by a high school
- 7 The underpass beneath the BB Centre is decorated with a mosaic.
- 8 New lighting and barrier-free crosswalk for pedestrians crossing Vyskočilova street (under the footbridge)
- 9 Modified exterior space at the FILADELFIE building suitable for popular summertime barbecuing



BB CENTRE IS DEVELOPING

More cultural,
sports
and social events
for the public
all year round



The big guide to office etiquette

Some of us spend most of the day in the office, maybe even more time than at home or with family. And we all know that it is much better to work in a good atmosphere. After all, it takes so little: considerate and decent behaviour, a bit of empathy, and a little theory. We bring you 13 basic rules to help you get along better with colleagues.

1

Who comes first? A woman or the boss?

The rules of company etiquette speak clearly: socially, the most important people are women and older people. A woman is first to extend her hand for a handshake, is first to enter a room and is the first to sit. But how to deal with these principles in the workplace when the boss is socially more important than the subordinate? Does it mean the boss is ahead of everyone? Nobody doubts that the boss should maintain authority over subordinates. But a wise boss knows that gallantry and consideration need not be cast aside entirely. A male boss should therefore treat women and older colleagues with respect and not think twice about helping them with their coat, letting them enter a room first or opening a car door for them. Superiority should be expressed at the professional level, not the social level.

2

Formal vs. informal

When addressing colleagues in Czech, you must contend with the problem of whether to use the formal “vy” or the informal “ty”. In everyday life, the socially more important person is the one to suggest using “ty”, but that is not the case in the office. The boss must maintain a certain distance, and therefore manage relationships in the workplace with respect to women and older people. A boss should correctly determine whether the offer to use “ty” can be perceived as a kind of “promotion”, and doesn’t lose authority. A boss can confidently offer younger men and women to use “ty”, while with older women and colleagues they should use their intuition and assess the situation. If they feel that an older female colleague is inclined to use “ty”, the groundwork can be laid by starting with first names, e.g., “Lucie, would you like a coffee?” Depending on the reaction, he can then offer to use “ty”.

If using “ty” is company policy, this rule must be followed in all cases.

3

Quiet, please

Especially if multiple people share one space from which there is no escape, you should be careful about loud conversations, phone calls or even music. Do not engage in long and especially loud phone calls in the office. If you are dealing with an urgent private matter, be very brief and quiet, or go off to the side, perhaps to the kitchen. In the office, always turn down the volume of the ringtone or switch the phone to silent mode to avoid disturbing others.

4

Impolite Phubbing

Eyes fixed on your phone can disrupt relationships not only in private life. We know how uncomfortable it is when we try to communicate with someone who checks their incoming messages and newsfeed every second. The term phubbing was coined as a combination of “phone” and “snubbing”. According to research, 44% of us check our phone several times per hour, and 27% spend as much as a third of the day on their smart device. Try to avoid overuse of mobiles and tablets not only in your private life but also in the office, and focus on your conversation with a colleague.



5

Don't come to work when sick

Just one sick employee, and the whole department collapses. A handkerchief and hand in front of the mouth are commonplace, but they do not protect from infection. All you have to do is touch something they have. Especially during flu epidemics, it is necessary to behave thoughtfully and stay with the illness at home. If possible, ask for home office or take a sick day if your company permits it. Require consideration from others. Try suggesting to an obviously sick colleague that they should go to the doctor or home to bed.

6

Clothes make the employee

A tasteful wardrobe also belongs to the rules of company etiquette. First of all, you have to adapt your look to the nature of the company and the position. An assistant at a sporting goods company can afford a more relaxed style than a receptionist at a major bank, but neither should cross the boundaries of good taste and restraint. Women in particular should avoid skirts that are too short, a deep cleavage, shorts, flashy colours and other fashion extremes. But that doesn't mean formal wear has to be boring. You can dress formally and still be comfortable and imaginative. It goes without saying that good hygiene and clean clothing are musts.

Some companies have casual Fridays, but employees should still dress accordingly for their position and in good taste.

7

Who does the cleaning?

Even when a cleaning service regularly cleans the office, there is still a lot of room for mess. Colleagues can bother each other by leaving their personal things lying around, by leaving dirty dishes in the kitchen or leftover food in the fridge. A messy desk can disturb not only colleagues, but also visitors or clients. Even if you spend a large part of your day in the office, don't leave personal items on your desk such as souvenirs from your holiday or your kids' pottery creations.

Be considerate even when choosing a meal and eat more aromatic dishes in the kitchen or even better at home.

8

Leave talk of work during the dessert course

Work lunches happen outside the office, but here too you have to pay attention primarily to the purpose of the meeting and adhere to the unwritten rules of business. To avoid unnecessary distractions, try not to order overly complicated foods that could cause you embarrassment. When picking out fish bones or opening mussels you can easily lose the thread of the conversation. Typically, one doesn't discuss work when eating. You can gently introduce work topics between each course and then delve into them completely after finishing the main course, over dessert and coffee. Until then, keep the conversation general and avoid controversial topics like politics and inappropriate personal questions.



9

Don't harass!

What one person sees as a show of friendship can be interpreted as sexual harassment by another. This is how any manifestation that the other party feels is harassment is defined. It's not just a confidential pat on the back, but also a verbal hint or a precisely pointed look. If this behaviour is felt by an employee, whether a woman or a man, as sexual harassment, they should report it to the boss or the authorities.

10

What happens at home...

Sometimes, interest is reciprocated and a couple is formed in the office. But not all employers are inclined to tolerate relationships between employees. The office is a place primarily to work. The law does not forbid love affairs in the workplace, but they can be regulated by an amendment to the employment contract which stipulates that partners cannot be part of the same team or work in the same office, or cannot be a boss and subordinate. Regardless, the golden rule applies that "What happens at home is none of my business", especially when it comes to relationships between bosses and subordinates. In any case, leave expressions of emotion outside the office.

11

Have you heard that...?

Office gossip is a detonator that destroys relationships and turns the workplace into a battlefield. Do not engage in slander of the "who with whom" variety. Be particularly cautious with respect to minorities, such as members of another nationality, religion or sexual orientation, or people with physical disabilities. Always be polite and empathetic with your colleagues. Any possible misunderstandings should be dealt with in a fair manner directly with the person concerned.

12

First days at a new job

The first days at a new job are often accompanied by nerves and doubt. The first impression is decisive. Try to sense the atmosphere and manner of communication in the office and try to adapt to it. Be humble and considerate, even if you feel you are more capable than your new colleagues. It is better if your work does the talking.

13

No dead fish handshakes

When meeting a new colleague, shake their hand quickly and firmly, with a smile on your face and looking them in the eye. Never give them your hand to shake while sitting. Your hand shouldn't be dirty, sweaty or covered in your sleeve. It's also not polite to shake hands over your desk or crossing over the hands of others. Offering your hand like a dead fish is unpleasant, as is a crushing grip lasting more than one second.

Not sure how to act according to the rules of etiquette? Rely on your intuition. And remember that it's always better to be overly polite than rude.



BB CENTRUM

Be kind to the environment, ride together

OR

Even the trip to work can be fun



CARPOOLING.BBCENTRUM.CZ

Do you frequently drive your car to work at BB Centrum? Or would you like to make use of the opportunity to carpool? If so, you can sign up on the aforementioned web pages, thereby making use of joint trips to and from work. Thanks to carpooling, not only will everyone save money, but you will also significantly help the environment, as well.

Plus travelling with your new friends will be more pleasant!

DEVELOPED BY

PASSERINVEST
GROUP

Six reasons to get off the couch and try track & field

The magic of running, shotput, jumping and throwing was discovered already by the inhabitants of ancient Greece. They thus laid the foundations of light athletics and Olympic competition.

○ Athletics cultivates the body because it develops all movement skills but also has a positive effect on the psyche. It also provides a foundation for all other sports.

Besides running, try the technical disciplines to diversify. You can learn the basics from trainers in the Olympa Praha in Stromovka or at the "Sokol" clubs in Kbely, Vinohrady or Smíchov.

The benefits of athletics

Accessibility

It's hardly an exaggeration to say that you become an athlete when you can run, do high jump or throw weights over a distance. But seriously: The most commonly practiced athletic discipline is running. All you need is special shoes for as little as a thousand crowns or more. And other equipment is not costly in comparison to other sports.

Fairness

You are always competing with seconds or metres. And using these variables you can measure yourself against other athletes or against yourself. There is no risk of human failure (errors by referees) or subjective assessment (figure skating, ski jumping, etc.).



Safety

When running on a track, you definitely don't risk a hit to your face or elbow to the back of your head. You can only injure yourself if you don't warm up properly.

Variety

Compete to throw heavy objects such as a hammer or ball, or concentrate on the technique and choose the discus or javelin. Try high jumping or pole vaulting. Or the long jump or triple jump. You can also specialize in running. You can choose between sprints and long runs, with or without hurdles. Or try the legendary marathon.

Health

Sports generally improve blood circulation and heart rate. This improves the blood circulation of the muscles and organs (including the brain). Physical activity helps reduce cholesterol, strengthens bones, regulates diges-

tion, prevents insomnia and strengthens the immunity system.

Happiness

You can thank endorphins for that indescribable feeling after exercise. Your body makes it clear that it enjoys increased activity and tries to convince you to get up from the computer and go for another workout.

If you have just decided to try athletics, do not underestimate muscle stretching before and after training. Without stretching before exercise you risk muscle damage. Without stretching after exercise your muscles won't recover properly.

And if you plan to start running, it is definitely good to start with the ABCs of running. It will help you to master proper running technique right at the beginning. Learning later on is often much harder. ∞

Modern track and field is associated with England, where long-distance races were held in the 17th century. They began spreading to the rest of Europe in the second half of the 19th century.

The ABCs running

**Toe lifts**

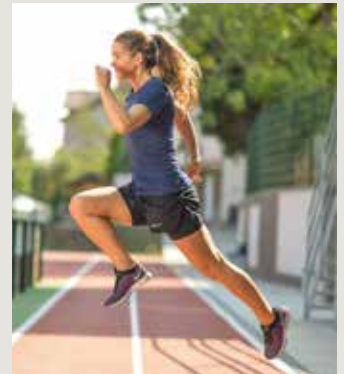
Alternately lift from heel to toe and gently swing your arms at stomach level. You always have to be on tiptoe; your heels should not touch the ground. The movement comes from the ankle; the feet rise only a little, the hands work the same as when running.

**Skipping**

Hop from toes to your full height and pull your knees to a 90-degree angle. Land again on your toes. Alternate legs. Keep your back straight, push your elbows down; use your hands as if you were running.

**Kicking**

Kick out your legs straight, don't bend them at the knees, raise your toes towards you while kicking. Don't bend your back, try to stay upright and look ahead.

**Speed drills**

Push-off from your toes forward, the front knee bent at a 90-degree angle, and land again on your toes. Then repeat, this time with the other leg.

How to add variety to the running ABCs? Try some other warm-up exercises:

Standing quad stretch

With body straight, bend your legs alternately to touch your buttocks with your heels. The knees should not be bent before the body's axis. Stand upright, look ahead.

Heel raises

Stand on your toes while stretching to your maximum height. Use your arms to stabilize you and land again on your toes.

Hop trot

Hop on one leg while raising the other leg up. Alternate legs.

Side runs

The body remains in a static position, only the hips revolve and the legs cross. Perform on both sides.



Stretching after running

Stretching the quadriceps

Bend one leg at the knee and grab it with both hands behind your back. Tighten the heel to the buttocks, making sure your knees are at the same level. To keep balance, lean against a wall or a partner. Stretch both legs.

Stretching the hamstrings

Extend one leg forward while standing (or kneeling). Hold your toe as if you want to pull the foot up, while keeping your heel on the ground. Don't bend; the back must be kept straight. Alternate legs.

Stretching the calves

Brace yourself, extend your leg backwards, bend your front knee. Press the foot of your rear leg on the ground, thereby increasing the pull on the calf. Don't stick out your butt; the body must be kept straight with your leg extended.

Stretching the arms

Push your elbow against the body, hold in a slight stretch for a few moments. Then repeat with the other arm.

Stretching the back and hips

Standing with legs together, grasp your knee and pull it up towards your chest. The body and head remain upright. Alternate legs.



NEW TRACK & FIELD STADIUM AT BB CENTRE

At the brand new facilities you can play floorball, badminton, jog, jump or work out.

The stadium is open to the public by means of an access card, which you can request by calling 221 582 111 or by sending an e-mail to stadion@bbcentrum.cz. The annual fee is CZK 500.

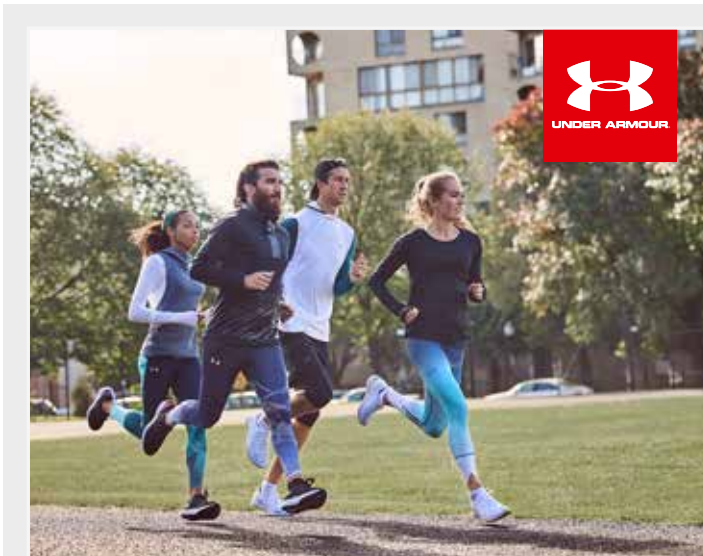
Track & Field Stadium

Na Schodech, Prague 4

E-mail: stadion@bbcentrum.cz

Tel.: 221 582 111

Open: Mon–Sun 6:00–22:00



THE RIGHT ATTIRE FOR SUMMER AND WINTER WORKOUTS

NIVOSPORT is the exclusive importer of the brands Venice Beach, Color Kids and Pure Lime for the Czech Republic and Slovakia. In the NIVOSPORT shop you will find complete equipment for running, cycling, outdoor activities, fitness, tennis, swimming and winter sports. Here you can buy men's sportswear by UNDER ARMOR, which with revolutionary technology ensures optimal temperature control and provides maximum comfort even in the most demanding conditions. In cold weather you can use the ColdGear® technology, which drains moisture away from your skin while keeping you warm. On warm days, on the contrary, you can use HeatGear® technology to keep you cool and mainly dry. This men's functional underwear is made of the most advanced materials and tests have shown that the lower layer of this sportswear is about 53% lighter than cotton after 60 minutes of sporting activity! There is no better functional underwear than Under Armor.

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Big
topic

Would you like a cup of tea?

Tea is often something hurriedly made in the morning without paying much attention to it. Why not get inspired by old tea ceremonies and create your own tea ritual that will help you relax after a busy day? It may seem that the preparation of tea is the privilege of the nobility, but in fact it is not science.



Green teas

Where does tea come from?

The tea plant is a green shrub or tree. It comes from southern and southeast China and the adjacent areas of India and South-east Asia. Today it is grown in tropical and subtropical areas all over the world. The tea bush is harvested mechanically or by hand with freshly grown upper leaves, the so-called tips that are the most juicy and delicate. After being harvested, the leaves are dried, rolled, dried again, and then carefully sorted. An important step in the process of tea production is fermentation, during which the leaves undergo chemical changes. According to the degree of fermentation, the teas are divided into green, white, yellow-green (so-called oolongs), black and secondary fermented (pu'er).

TIP: An interesting alternative to caffeinated tea is, for example, Rooibos, Honeybush or Lapacho, which are more suitable than acidic fruit teas.

Tea comes with ceremony

The history of tea is indissolubly linked to tea ceremonies, which Japanese tea masters brought to perfection. The preciseness and sophistication not only of the tea ritual itself, but also of the utensils, dishes and social rules, is an expression of humility towards tea leaves, which best describes the final dialogue between the host and the guest in the oldest tea ceremonies. To the tea master's apology that the guest must drink his tea, the guest responds I apologize that you have gone to so much trouble for us.

TIP: Do not sweeten high-quality teas. Doing so detracts from their naturally noble and delicious flavour.



ABOUT THE TEA

Green tea consists of leaves that are heated up immediately after harvesting. There is no oxidation, so the drink retains all the beneficial natural antioxidants. The taste of the tea is softly grassy with floral tones. Green tea contains vitamins C, B, E and P, minerals and, above all, antioxidant polyphenols that have a proven effect in preventing cancers and lowering blood cholesterol. Green tea contains much less caffeine than coffee, and as it is repeatedly doused with water, caffeine content is lower than black tea. Nevertheless, green tea has stimulating effects.

PREPARATION

Never pour boiling water on green tea! Add about three teaspoons of tea to a warm container, pour in water at 85-80°C, with Japanese teas up to 60°C. Allow the leaves to steep for 2.5 - 3 minutes, then pour them through a sieve into a kettle and sip the tea. Use hotter water (about 90°C) for the next batch, and for the highest quality tea, pour water at a temperature of 100°C over the leaves. Green tea should be prepared in a small bowl with a lid (gaiwan), which does not damage the leaves due to its bowl shape. So you can pour tea in the bowl five times.

Yellow-green tea



ABOUT THE TEA

Yellow-green teas (oolongs from Chinese Wu Long, or Black Dragon) are partially fermented. Depending on how long the leaves are oxidized (browned), we can distinguish between light and dark oolongs. Their scents and flavours are very diverse, ranging from flowery tones to fruity to hazelnut. Oolongs contain vitamins C, B, E and P, minerals and beneficial antioxidants in the form of theaflavins. Thanks to multiple pouring, caffeine content is lower than that of black teas.

PREPARATION

You can prepare semi-fermented teas in the same way as green teas, i.e., infuse them at a lower temperature, strain and re-pour. Another option is to prepare the tea in a special small pot. Put about three teaspoons of the petals directly into the pot, douse with a small amount of boiling water and pour the water immediately. This will "wake up" the leaves. Then add almost boiling water again, steep for about 15 seconds and pour the whole contents into the prepared bowl. This way you can use the leaves repeatedly, increasing the time of each additional steeping.

Black tea

ABOUT THE TEA

Black teas contain fully fermented, oxidized (browned) leaves. Quality tea has a sweet taste with chocolate tones. Black tea leaves have a higher caffeine content and contain vitamins C, B and E. Drinking black tea stimulates the body and combats fatigue. It also has antibacterial and antiviral effects. The content of tannins is beneficial for fat digestion; vitamins P and C help strengthen the vascular walls.

PREPARATION

Put three teaspoons of tea leaves into a warm pot of about 0.5l, cover with boiling water and let them steep for 3.5-5 minutes depending on the type of tea. Pour the tea into a warm cup and sip.

Pu'er

ABOUT THE TEA

Pu'ers are teas that have undergone secondary fermentation, i.e., by additional oxidation. Often they are formed into bricks or cakes and aged for several years. Their taste and aroma are earthy, dense and gentle. Thanks to the secondary fermentation process, these teas have a strong anti-inflammatory effect, lower cholesterol in the blood and promote digestion, and are therefore nicknamed "Chinese penicillin".

PREPARATION

Pu'ers are prepared in the same way as black teas and can be re-used once more.

Matcha

ABOUT THE TEA

Matcha, which the Japanese call thin tea, is a green tea leaf, ground to a very fine powder. Making matcha is difficult, because the tea plants need to be protected from sunlight. Thanks to this procedure, the tea leaves are richer in amino acids and are typically emerald green in colour. In addition to antioxidants, minerals, vitamins and fibre, it also contains the unique amino acid L-Theanine, which helps to induce deep relaxation in the brain and improves the memory and mood.

PREPARATION

The fine tea powder requires specific preparation and utensils. The tea powder should be sifted through a sieve and then spread with a special bamboo stick that is placed on a traditional chasen stand. Add about three heaped spoonfuls of tea to the tea bowl, add a drop of water, and make a jelly. After a while, pour the rest of the prepared water (100ml of liquid per 1 gram of matcha) and whisk into a foam. The water should be at a temperature of about 70°C. An experienced hand is able to spread the powder in just one second so that a green foam is formed on the surface, which is a sign of a well-prepared drink. While there are special shakers on the market for fast matcha preparation, it is a shame to deprive yourself of the joy of preparing this tea in the traditional way.

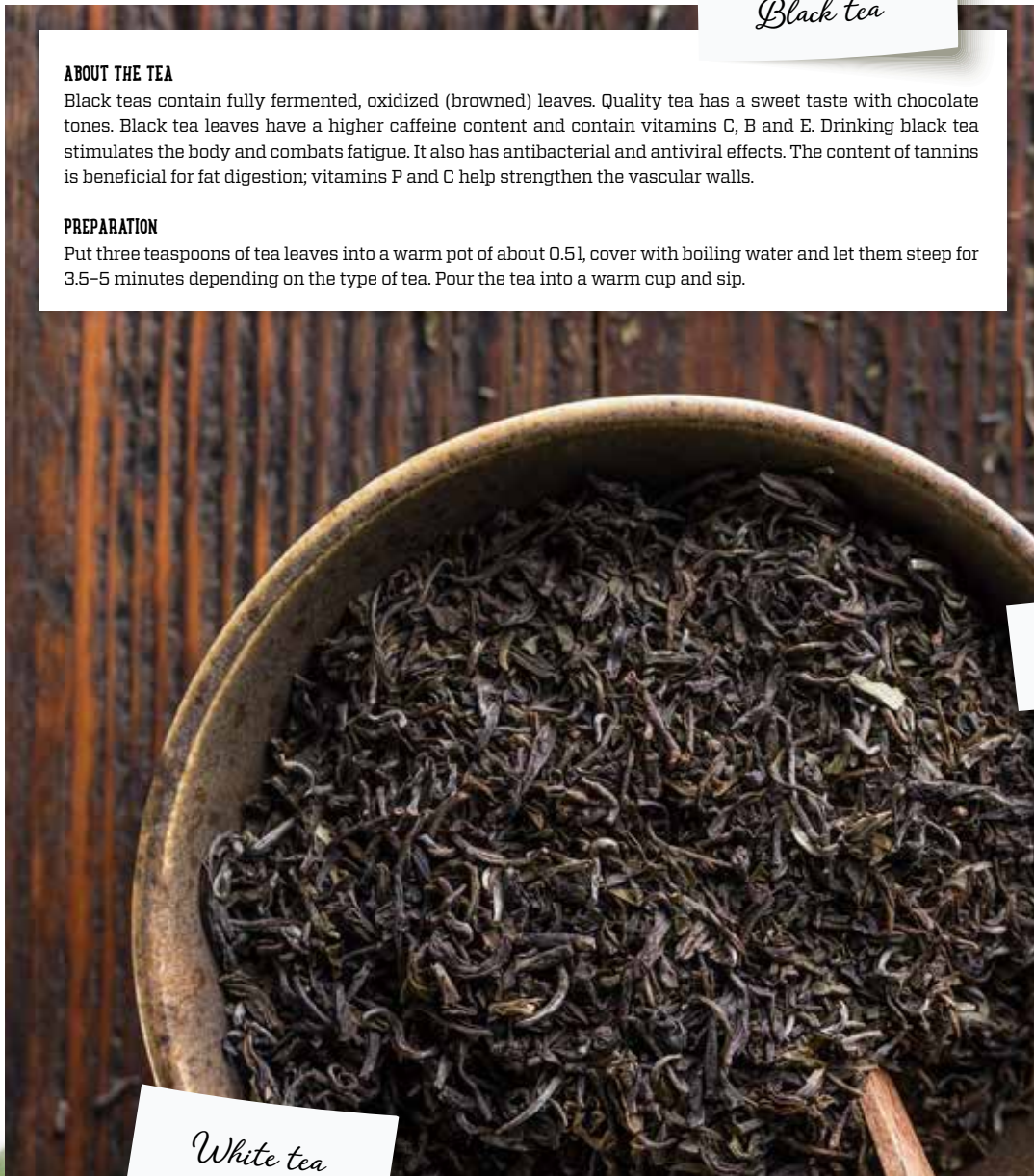
White tea

ABOUT THE TEA

As rulers in ancient China hosted the most important visitors with a cup of white tea, it earned the title "Emperor's Tea." Indeed, it has an exceptional position among tea. It is made just by drying the buds and youngest tea leaves, so it keeps the most beneficial substances, especially antioxidants, which are also used in cosmetics to rejuvenate the skin. The positive effects of white tea have also been proven to help in weight loss. The substances contained in it not only effectively block the formation and storage of fat cells, but also promote the burning of existing ones.

PREPARATION

In the case of white tea, careful attention should be paid to water temperature, the amount of tea leaves, steeping time, and cleanliness of the tea utensils. Bring the water to a boil, let it cool down to about 80°C, pour over the tea leaves and steep for 3 - 5 minutes. Some white teas can be doused repeatedly, especially those of high quality.



Relax in BB Centre restaurants and cafés

Colder seasons mean furry sweaters and warm socks, flickering candle light, rain on windowpanes, and a cup of delicious hot tea. If you want to warm up, energize or calm your mind, visit one of the restaurants or cafés at the BB Centre and enjoy a moment of peace, whether you call it hygge, lykke or just a tea break. And if you want to be reminded of summer, go to Express Grill for wonderful grilled delicacies.



ENJOY TEA SPECIALTIES AT KOBE FUSION RESTAURANT

AT KOBE FUSION RESTAURANT, besides a selection of classic teas, the beverage menu contains a spectrum of Asian specialty teas, which are beneficial to the body and the mind. Genmaich tea, made from roasted white rice tea, helps with digestion. Eight Treasure Tea blends green tea and a variety of Chinese herbs, soothes the mind and strengthens overall resilience. Amber Spring's premium white tea helps with weight loss and stress and prevents aging. If you feel tired, order the most popular Japanese tea, the harmonious sweet tasting Sencha or the exclusive Japanese Gyokuro tea. Mental well-being follows a glass of Gaba Black Tea, while the antioxidants in Gaba Green Tea restore your body's defences. The preparation of special teas at KOBE is a small ceremony, in which the trained staff will gladly initiate you.

EXPRESS GRILL KEEPS ON GRILLING!

At EXPRESS GRILL it's still summer. You can continue to enjoy your favourite burger. Let yourself be guided by the scent of grilled meat and vegetables, baked handmade buns and fresh salads. We also grill them thematically, for example, with typical Italian ingredients and flavours. As far as the meat is concerned, we focus on products of domestic origin. Most of the time this means Czech Angus beef. Meat lovers will be pleased to learn that we also offer a double burger. Choose from our daily offer of burgers and main courses in meat and vegetarian variants accompanied by homemade soups, light wraps and ciabattas, fresh vegetable salads and fresh fruit juices.

KOBE
FUSION RESTAURANT

KOBE FUSION RESTAURANT
BETA Building
Open: Mon–Fri: 11:00–22:00
E-mail: josef.adamek@koberestaurants.cz
Tel.: +420 222 232 134, www.koberestaurants.cz



EXPRESS GRILL
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E-mail: brumlovka@expressgrill.cz
www.expressgrill.cz

TEAS FROM ALBERT BRING HEALTH FROM NATURE

Under the exclusive brand name of Albert Nature's Promise, which offers gluten-free products, lactose and vegan or organic products, you can find a whole host of teas. You can choose from several kinds of delicious fruit, classic black or stimulating and healthy green teas. All Nature's Promise teas come from an organic farm and are designed to meet the high demands for organic products. The green and black teas hold the UTZ certification, which can only be obtained by products produced in a manner that is considerate to farmers and the environment.



Albert supermarket
 FILADELFIE Building
 Open: Mon–Sat 7:00–21:00, Sun: closed
www.albert.cz

DELICIOUS TEAS SOLD BY MARANATHA

At the Maranatha shop you will find not only great organic foods, healthy cosmetics, environmentally-friendly cleaning products, ceramics and small gifts, but also a wide variety of teas for every occasion. Try tea from English Tea Shop. English Tea Shop comes from England, and the production plant is in Sri Lanka. All the teas were grown by small farmers in limited quantities, without the use of chemical fertilizers or pesticides, with respect for the environment and sustainable agriculture, all in order for the next generation to enjoy the tea.



Prodejna Maranatha
 BRUMLOVKA Building
 Open: Mon–Thu 7:30–19:00, Fri 7:30–17:00
 (from October–March only until 15:00)



SOOTHING AND STIMULATING TEAS FROM DM

The broad range of teas from dm drogerie offers tea to both stimulate and calm the body and mind. A cup of fruit, green, black or herbal tea is soothing, but can also ease or cure some health problems. Try herbal tea with green oats, lemon balm and elderberry, classic black tea with a strong aroma that warms you up in the cold season, or tea specialties like Japanese dmBio Matcha made from dried green tea leaves or dmBio Ayurvedic tea made from cocoa husks and mint, which is a good companion after a busy day or evening.



dm drogerie markt
 FILADELFIE Building
 Open: Mon–Fri 8:00–19:00
 Tel.: +420 241 412 794
www.dm.cz

COSTA COFFEE OFFERS MORE THAN JUST COFFEE

While most people come to Costa Coffee cafés for a delicious cup of coffee, tea-lovers have plenty of reason to stop by, too. The high-quality German brand Teahouse Exclusives offers carefully balanced and interesting flavours. Go for a cup of black tea, Earl Grey or English Breakfast, get a gentle Green Tea made from delicious petals from Zhejiang province, or enjoy the fruity flavours of a mixture of juicy apple and berry fruit in harmony with hibiscus and liquorice root in the Summerfruits tea. The Wellness – Balance tea blends bring refreshment from apples and citrus while Relax is prepared from South African Rooibos with its natural orange flavour.

COSTA COFFEE

Costa Coffee
 Open: Mon–Fri 7:30–18:00 Vyskočilova 4
 Prague 4 – Pankrác
www.costa-coffee.cz

LET'S
Hygge

Hot
topics

Hygge
and lykke
as roads to
happiness

You can find guides to a happy life in almost any magazine (except car magazines). But there are countries where they do not need to teach you how to be happy, simply because people live there happily. In Europe, surprisingly these are the Scandinavian countries, which the rest of the continent considers to be beautiful, but somewhat gloomy. So how can we experience everyday happiness in weather that remains gloomy for most of the year?

○ Tips to help you lead a happy and fulfilled life can be found in many cultures around the world. Previously, Eastern philosophies were a great source of inspiration, but in recent years Europe has turned to its own roots. The Scandinavians, especially the Danes, have long been at the top of satisfaction surveys. How is that possible? And can the degree of happiness be defined? “When we can measure depression, why can’t we measure happiness,” says Meik Wiking, director of the Happiness Research Institute in Copenhagen, and author of best-selling books that have spread awareness about the *hygge* and *lykke* phenomenon far beyond Denmark. These simple concepts, according to which Danes have lived for generations, are obviously working.

What is it?

Hygge in Danish means something like comfort or cosiness. It is a word that indicates the feeling when you are really well, in and out of the body. Articles on *hygge* are most often accompanied by a picture of a person sitting in front of a blazing fireplace, wrapped in a soft blanket with a cup of hot cocoa while a snow storm rages outside. Somewhat clichéd, but everyone can imagine that feeling. However, *hygge*, and along with it *lykke*, which translates as “happiness”, go much further. It is a lifestyle that is simply based on the principle of conscious happiness in everything you do. In short, you lead a life that makes you really happy everywhere, even if you do not have everything you dream of. Consciously experiencing time, maintaining relationships, sharing, being attentive and kind to your surroundings ... It all gives you a sense of security, home, inner peace and bliss.

Christmas every (second) day

When you think about it, the *hygge* / *lykke* concept reminds us of our ideal Christmas. Not Christmas when everyone goes crazy buying gifts and cleaning, and praying for annoying family dinners to finish. We mean Christmas as it should look: family comfort, warmth from the

blazing fireplace, nice music, candles, smells, and above all, experiencing the moment with those you love, without half the family immersed in their phones. So we know how to do it; we just have to “force” ourselves once a year in the holidays. But nothing prevents us from transferring this sense of well-being to our everyday lives. At least we can try. Here are some inspirational ideas.

Comfort and cosiness

Make yourself a corner at home that will be for peace, relaxation or family reunions. It can be a seat on the terrace, a living room with plenty of pillows or just a place where you can relax with coffee and a good book. Blankets, pillows, but also sweatpants and soft socks are essential items. If you have a cuddly cat or dog, even better!

Fire

Obviously we don’t mean your house burning down! Imagine a fireplace, candles on the table or a bonfire outside. Fire simply fills us with a sense of safety, comfort and warmth.

Live in the moment

One of the diseases of our time is haste. We are in a hurry, don’t have time for anything and are always thinking a few days or weeks ahead. It’s exhausting. When we go on holiday, it’s different, right? We focus precisely on what we are experiencing. We take in the atmosphere, enjoy people, discover the countryside and enjoy the magic of the moment. We live in the here and now, because we can “afford” it. How about doing this a bit every day? It takes training, but consciously try to experience a family dinner and not think about those two work emails you have to write before you go to bed...

Rediscover the beauty of solidarity

We need people around us. If we are alone, we usually lose body and spirit. What we need is a sense of togetherness and sharing. To be happy, take care of your surroundings. Organize

Try to experience a family dinner and not think about those two work emails you have to write before you go to bed...

family meetings, call your parents and siblings more often, invite your friends to dinner at home, arrange a family day with friends... Live in a family or community, share your time with those around you and give them your attention. The sentence "I don't have time" is forbidden.

Show kindness

Every day call one of your friends or send them an SMS. You don't have to talk for hours or solve organizational matters on vacation. Just let people know you like them and care about them. All you have to do is ask if they arrived home safely in the evening, how their work meeting went, or if you can help them with painting the house over the weekend.

Take a digital detox

Modern technology is difficult to avoid, and although it makes life easier for us, it often complicates it, too. Let's be honest - most of us meet a friend for a drink and the first thing we do is to put our phone on the table. Every time we hear a beep (and often even if we don't), we look at the display and write a message or answer a call. So who do we spend time with? With friends or with people writing mostly banal messages on the phone? Try to control this vice and leave your phone in your pocket. Nothing will happen if you are not online for an hour or two.

Find a favourite pastime and share it

Good fun is obviously central to a sense of well-being. It can be watching a movie, playing board games, or making birthday party decorations, but the key is to have fun and share it with others as much as possible. On the other hand, even moments alone with a great book count.



Bake together!

Not everybody loves cooking or baking, but with a little practice, you and your partner and children can prepare dinner or a Sunday lunch where everyone is involved. It's an experience! It does not have to be a perfect four-

course meal. The important thing is that you are together, creating something, and still having a lot of fun.

Pamper yourself

A healthy lifestyle is important to make you feel good. A healthy, bal-

anced diet and plenty of movement will certainly benefit anyone. It doesn't mean, however, that you should deny yourself the goodies that do not fit completely in the "healthy" box. Your favourite cake or a glass of good wine are definitely hygge! You should never go overboard, even when it comes to health. And talking about how to rejuvenate your body - a candlelit bath or massage is always a good idea!

Hygge and lykke also work in summer

Imagining well-being and cosiness in the months when it's below zero outside and you are sitting by a crackling fire in a quiet home is easy. But what about summer when the morning is hot? That's possible too. But instead of a fireplace you can choose a balcony overlooking the city or a terrace overlooking the garden. And the fireplace can be there after all. Instead of outside light, light candles, gaze at the view, and with a glass of something good, enjoy the company of the one you love.

Talk and share

If you do not know what to talk about with a partner or family member when you are together all day, you can start with "safe topics". Talk about what you enjoyed today, what you would like to experience tomorrow, about the view from the terrace... In the family circle, these are perfect moments for grandparents and parents to tell children about what it was like before the internet and when the TV had only two black-and-white channels. Imagine that!

A final bit of advice

In truth, with advice on hygge and lykke, it's the same as with anything else: it's all up to you and your determination and will to try. When you decide to be happier, to see positive things in the world around you and to consciously experience what is good in life, you can really have a happy life. If you wrap yourself in a blanket in a cosy candlelit room and say "Well, so show me, make me happy", it will not work. Unless you work on your thoughts and change your habits, no amount of cocoa by the fire will make you happy. oo

Bring hygge and lykke to the office

Is it possible, you ask? Absolutely. And it's not hard; you just have to think about it, because it will not happen by itself. For example, if your team is expecting a busy day at the end of a project, bring your colleagues homemade cake. When you're going to lunch, go out with a colleague to the restaurant round the corner, where it's cosier than the cafeteria. When Christmas or other holidays are near, decorate your office and play nice, quiet music. And what about a Towel Day? If you are a fan of The Hitchhiker's Guide to the Galaxy by Douglas Adams, then you certainly know that there is no way to travel around the galaxy without a towel. As a reminder of this iconic book and its author, every year on May 25 his fans throw a towel around their neck. When you go to the building where you work and you meet a stranger with a towel, you are sure to exchange a smile. There are a lot of ways to make your office job better.



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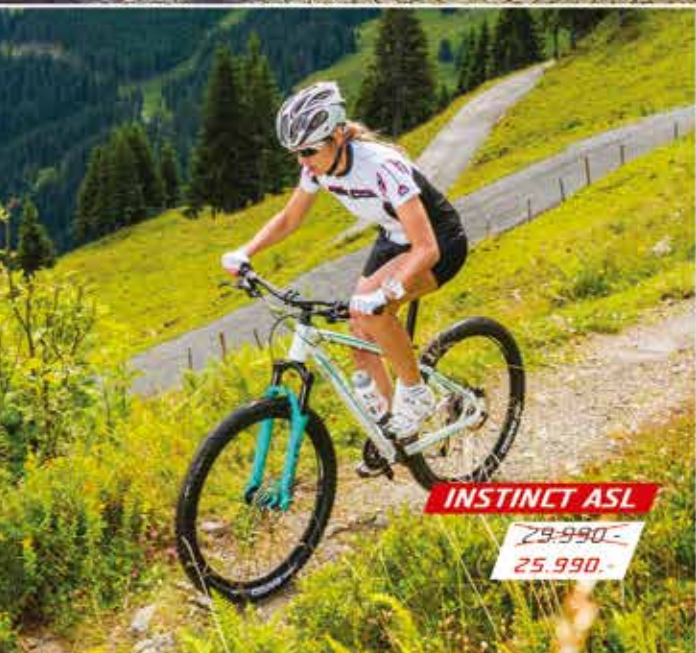
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Cultural tips

Film



What? Bohemian Rhapsody

When? Premiere 1 November 2018

The long-awaited film *Bohemian Rhapsody* follows the musical career and the uncontrollable life spiral of Freddie Mercury, from the establishment of Queen to the famous Live Aid concert in 1985. Sacha Baron Cohen, Ben Whishaw and Daniel Radcliffe all vied for the part. Eventually it went to Rami Malek, who became famous thanks to the series *Mr. Robot*. He had the main role in *The Pacific* and also appeared in the *Twilight* series and *Night at the Museum*.

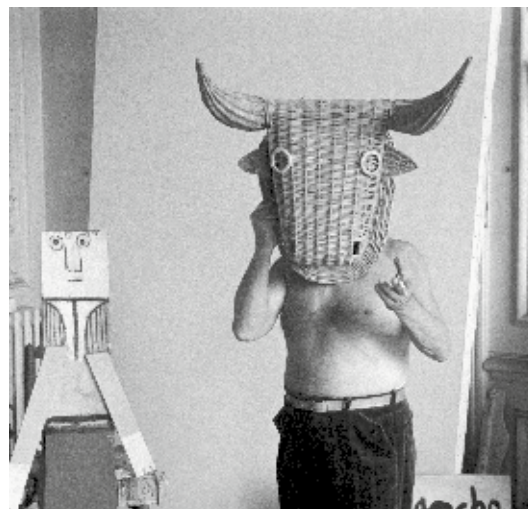
Exhibition

What? Pablo Picasso: Passion and Guilt

Where? Museum Kampa, Prague 1

When? September 2018 - January 2019

The Kampa Museum has prepared an exhibition of the work of world art icon Pablo Picasso. *La Suite Vollard*, on loan from the Reina Sofia Museum in Madrid, is a cycle of hundreds of scenes from the life of the artist and his struggle to create. The work, created between 1930 and 1936, can be seen as a journal in which Picasso presents his belief that love and creation are works in which an artist ceases to be human and behaves like a god. The Minotaur, the rapist and the destroyer suddenly enter idyllic scenes between the artist and the model. The main hero of the cycle is Picasso himself: a disgruntled creator and a passionate Minotaur. The contrast between the silence of the workshop and the madness of love culminates in the preparatory sketch for the image of *Guernica*, warning about the horror that engulfed Europe.



Music

What? Buddy Guy

Where? Palác Lucerna, Prague 1

When? 8 November 2018



Buddy Guy, the biggest living blues star, and a major model for major blues and rock guitarists from Jim Hendrix through Keith Richard, Eric Clapton to Jack White, will be coming to Europe this November. Buddy Guy has won many awards.

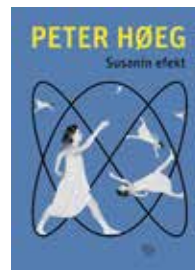
He has eight Grammy Awards, countless Blues Music Awards, and is a member of the Rock'n'roll Hall of Fame, introduced in 2005 by Eric Clapton and B.B. King.

Books

What? The Susan Effect

Author? Peter Hoeg

When? Goes on sale 31 October 2018



Susan Svendsen has a remarkable ability: she can make anyone reveal their deepest secrets and wishes to her. But it does not pay on her trip around India, and now she's in jail. Susan receives an offer from a high-ranking person who could allow her to return to Denmark immediately if she helps him with his top-secret international plot. A proper Scandinavian crime novel from the author of *Smilla's Sense of Snow*. The traditionally dark genre is mixed with political fantasy and black comedy.



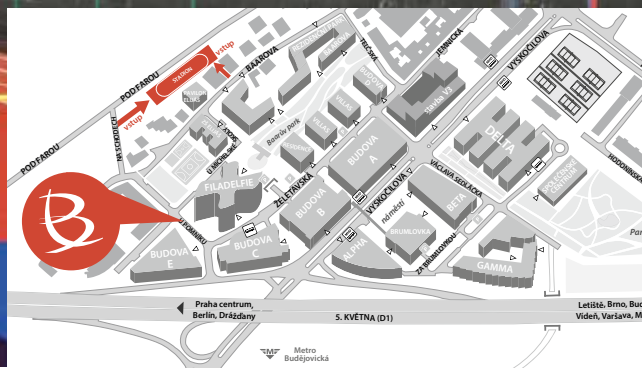
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