

BBCENTRUM



01
2014

review

www.bbcentrum.cz | free

Michaela Žemličková:

It's great to
participate
in the creation
of something
new

Are you single
and you want
to change it?

You can become acquainted
even at BB Centrum



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BB CENTRUM

*Where business
comes to life*

Dear readers,

The time after Christmas and New Year is a time to take stock and plan the next steps in our professional and private lives. Our true self often wakes up in such an atmosphere. And that is the reason why we decided to dedicate this issue to endowment and charitable activity. We believe that you will also be inspired by the interview with Michaela Žemličková, Director and Vice-President of the board of directors of the ČEZ Foundation.

Our motto, „Where business comes to life,“ led us to reflect on the quality of our lives, especially the lonely ones. But why should we be single when the right partner could be found right here among the tens of thousands of people who come to work every day at the BB Center? We would like to develop this idea further. Please join us! Are you interested in meeting somebody or do you want to help someone else meet somebody? Please write me your thoughts - how do you prefer meeting people, what is your experience in this area and the like...

We hope that you will enjoy reading this issue. I am looking forward to your emails.

PASSERINVEST
GROUP

Vendula Malochová,

Chief Editor

vendula.malochova@passerinvest.cz

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Editorial office: Gabriela Bartošová, Petra Vychodilová,
Alice Škočková, Jiří Pešek, Nela Kadlecová

Translation of the English version: Sophia, s. r. o.

Client Service Manager: Martina Vřnatová

Adverts: Ditta Dvořáčková, ditta.dvorackova@copu.cz,
tel: +420 603 196 614

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Filadelfie passage with its new facelift

What is a “facelift”? In the world of automobiles, it is a minor cosmetic modification, during which a certified model obtains newer accessories. In the world of plastic surgery, it is an operation which targets the face to remove signs of aging and to strengthen the patient’s self-confidence.



In the case of the commercial passage in the Filadelfie Building, we decided to give it a facelift so that the passage would get a new face and its appearance would be uniform. At the same time, we also wanted to make everyone here feel even more comfortable, to have for example a sandwich in the Express Sandwich restaurant during lunch time and to come back also after work – for example to Sommellerie. There is also a new wifi connection and sound system in the passage. A pain free facelift with the most pleasant resulting operations. You can see for yourselves, since mid-November 2013, if the procedure was successful.

Markéta Svobodová, the engineer-architect, was involved in renovating the passage and said: “ The target should be to create a pleasant relaxing environment for visitors of the



passage. We coordinated requirements for appearance and functionality with appropriate standards from a study up to an implementation. Therefore we chose the simple, convenient style and functional design of a well known Italian furniture company".

The look of the passage would not be complete without flower arrangements. That was provided by specialists from the Romance florists, who bet on the latest trends and artificial flowers. „When considering the new appearance of the passage, we preferred decorating with a clean, simple and practical style. For example there you can find winter decorations of Amaryllis at the entrance, impressive zamoculcas and sansevieria inside, which is now back in fashion,“ says Judita Waissi, the owner of the Květiny Romantika shop. ▶▶

Improved subway underneath the expressway



Not all of us drive to work, use public transportation or the special BB shuttle bus. Some of us like to walk. In fall 2013 there was improvement made to the subway underneath the expressway. The subway was newly painted and the lighting was improved.

Robert Vano: launch of the Klapzuba's Eleven calendar





Autograph session of a wall calendar of black and white retro photographs by Robert Vano was held in the Filadelfie passage on 10 December 2013. The respected photographer shot photos of popular Czech soccer players themed the Klapzuba's Eleven, completely free of charge and with a clear objective. Calendar sale proceeds will go to support people suffering from multiple sclerosis; specifically a unique register of patients will be financed from it.

Everyone probably remembers from school the comic story by Eduard Bass called the Klapzuba's Eleven about consistency, diligence and ceaseless activity. But who of us can say anything about multiple sclerosis? The calendar works as a means of introduction to this disease, and also as a motivation for people with multiple sclerosis to live an active life.

"Multiple sclerosis has so far been a fatal disease about which not much is known. Appearance of the disease has a clearly increasing trend. I would not be afraid to call it a disease of civilisation, which is probably triggered often by stress. Therefore it can affect each of us. The highest-risk group is women from the ages 20 to 40," says Jan Bárta, director of communications and PR for the IMPULS endowment fund. The fund was established in 2000. Its aim is to support projects which help ensure comprehensive and quality treatment of multiple sclerosis, its research and educational activities.

The autograph session in the BB Centrum was a huge success, as evidenced by the high number of calendars sold. In addition to Robert Vana, the event was also attended by soccer players Vladimír Šmicer, Horst Siegl, Ivan Hašek and of course many of you. Thank you for a successful event and the resources that we have managed to collect for a good cause because of your interest in the calendars.



Christmas music in the Filadelfie passage

Like last year you could listen to Christmas ballads in the commercial passage of the Filadelfie Building. Sounds of live piano music have become a favorite part of advent in Filadelfie.

Regular use of the sauna

More and more people classify sauna use as one of their regular leisure activities and some have even made it a hobby. Saunas represent relaxation, prevention, treatment and a form of socializing all in one. The number of public saunas therefore continues to grow, enticing people especially in the cold autumn and winter months to come in and relax in the warmth.

Hot air and steam baths are not an achievement of modern times. Their effects were enjoyed back in the time of our ancient ancestors. The roots of sauna use can be found in Finland, where the term „sauna“ comes from. Finnish nomadic tribes probably brought this tradition from Central Asia, where steam baths were operated in tents and other shelters. However, the biggest boom of saunas was experienced in the 1960's, when people discovered their full health benefits. Regular sauna use actually strengthens the immune system and reduces the incidence of various diseases. In addition, heating the body above the normal body temperature is pleasant and relaxing and causes the body to release endorphin-like substances into the blood. Sauna use relaxes tired muscles and creates calming thoughts, relaxing the body and especially the mind. That's one of the reasons that people usually don't talk in saunas. We also can't leave out the cosmetic effects - the complexion is softened thanks to steaming, while the heat opens the pores and thus helps fight acne and has positive effects against cellulite.

Finnish saunas play a primary role

For us, the most widespread are Finnish saunas, which are rooms paneled with wood, perfectly isolated from their surroundings, with a sauna heater inside that usually heats at a temperature of 60-120 ° C. Daredevils can also try out saunas at a temperature of 130-140 ° C. Unlike steam rooms, the humidity in them is low, only a few percent (in steam saunas the temperature is only a few degrees higher than the temperature of the body, but the humidity is almost one hundred percent). If you are choosing between a Finnish sauna and a steam room, you should know the difference between them - Finnish saunas are primarily used to warm up the body while steam rooms are more used for the prevention of respiratory distress. Besides Finnish, there are also other public saunas available here: Swedish, or dry (where the



stimulates the body and mind



temperature is about 100 ° C, but water is not added to the heater, and the body perspires less), infrared (infrared is used for deep warming of the body and the muscles) or different aromatic saunas such as herbal or honey (the space is saturated with steam with a nice fragrance, which loosens up the airways when inhaled).

The uncertainties around sauna use **Why is water poured onto the heater?**

In Finnish saunas there are stones on the heater that can be sprinkled with water. The reason is that the resulting steam increases humidity for a while and improves breathing.

Why do we go into saunas naked? You don't go to saunas in swimming suits because they prevent the skin from sweating. The heat opens up the pores causing the elimination of impurities from the body. Nude skin defends better against heat than clothed. However, a sheet or (towel) is recommended, which not only covers the intimate parts, but unlike a swimsuit also soaks up the dirt and sweat. If you don't cover yourself up with a sheet, it is necessary for hygienic reasons to at least lay it under yourself (even under the feet) to avoid the contact of sweat with the bench.

Where do you sit in a sauna? Beginners on the lowest bench, advanced can sit on the highest. It is known that there is a greater temperature up higher.

How long should one stay in the sauna? If we are healthy, it is generally recommended to undergo three sauna cycles of 10 to 15 minutes. We should also cool for the same amount of time (under an icy shower, outside on the terrace, in the icy

pool, the ice bucket etc) and relax. It is also suitable to drink liquids, preferably mineral water or fruit juice (be careful with alcohol as it suppresses the effects of the sauna).

What devices should one use in the sauna? You can take a variety of brushes and washcloths into a sauna, which are intended for self massage. By gently scrubbing the skin you get rid of (like when peeling) dead skin cells and the skin regenerates. In Finland, birch rods with leaves are frequently used, which people in the sauna lash themselves with, in order to bring forth more heat on the skin and to breathe in the ethereal substance of the crushed birch leaves.

Can children go into saunas? Sauna use as a prevention against disease is also recommended for children. „Children can begin to use saunas from toddler age (in Nordic countries even infants are commonly brought into saunas), but the principle should apply that a child should be able to say that they are hot. They should sit in the lower part of the sauna, initially no more than five minutes, which must be followed by cooling and replenishing fluids. The cycle should repeat only two or three times,“says MUDr. Svetlana Najmanová, a pediatrician at Masaryk Hospital in Rakovník.

Where to go for hot air

Saunas that are part of wellness complexes are especially popular. In one place, in addition to several kinds of saunas, visitors can find perhaps a swimming pool, steam room, salt chamber, jacuzzi, massage, relaxation rooms with comfortable bars and more. **The Balance Club Brumlovka**, with its 25 meter pool, offers such complete relaxation services. In addition to the classic Finnish sauna, there are also soft saunas with light therapy (strengthens the immune system, treats psoriasis, eczema, acne, helps in healing wounds and scars), round steam with a starry sky (has a lower temperature and higher humidity), a tepidarium (round aroma bath with fragrant essences), Kneipp bath with massage stones (alternating hot and icy water), circular shower sauna or whirlpool bath. On the roof terrace you can then visit a Japanese sauna where the temperature is around 90 ° C, and the advantage is that you can cool off directly outside (in winter even in the snow), or just simply relax. Even if saunas didn't have other benefits, just a pleasant rest itself and warming up the body cannot be overlooked. ▶▶



Protect your skin against cold!

If you are going to plow through the snowy slopes of the mountains, don't forget to take sunscreen with you. You can get sun tanned even in the winter. The snow and the altitude even intensify the sunshine. Of course we can't rely on the leftover sunscreen from the summer. The hydrating component plays an important role in its composition, which could harm the skin in the winter's low temperatures. And that's true not only for the use of sun protection creams but also for the use of skin care cosmetics. Hydration is important primarily in the summer, in the winter you mainly have to protect your skin!! ▲▲



dm drogerie
 Filadelfie Building
 Hours:
 Mon-Fri 8.00 a.m.-7.00 p.m.
 Sat 8.00 a.m.-1.00 p.m.
www.dm-drogeriemarkt.cz



Nice and warm and “trendy“!

Suitable winter clothes are very important for both everyday wear and also for winter sports. Despite the rapid development of all modern functional materials, powder down is still one of the best warm-insulating materials. In combination with a high-quality outer material, it guarantees an excellent wind, snow and water resistance. Most commonly used is duck and goose down.

High-quality, comfortable winter clothing can be purchased in the Sport Resort shop in Beta Building. ALLSPORT, a prestigious Austrian producer introduces Ski Pure Scindarella ladies skiing jacket. The jacket is extremely warm and comfortable, filled with goose powder down. With a modern shiny material, luxury artificial silk and embroidered star pattern you cannot be overlooked on the slope.



SPORT RESORT

Beta Building
 Hours:
 Mon-Fri 10.00 a.m.-7.00 p.m.
 Sat 10.00 a.m.-4.00 p.m.
www.sport-resort.cz



Beautiful and healthy nails thanks to news in Brumlovka Bomton Loft

The wide portfolio of hair and beautifying procedures of Brumlovka Bomton Loft was completed also with an extraordinary gentle but effective manicure and pedicure using the SpaRitual natural vegan trade mark. Treatment of hands and feet turns in really relaxing experience, at the end of which you have perfectly looking nails, young shining skin and great feeling. ▲▲

BOMTON
 beauty is what we do

Bomton Loft Studio

Brumlovka Building
 Hours:
 Mon-Fri 8.00 a.m.-9.00 p.m.
 Sat 10.00 a.m.-5.00 p.m.
 Sun 10.00 a.m.-4.00 p.m.
www.bomton.cz



6 February 2014 Day full of fragrances - mix of essential oils according to your own needs

On 6 February 2014 at the Romance florist's will be a Day full of fragrances, when you can have your own personal harmonising oil mixed. Stop for a moment in the daily hustle and bustle of work to smell the fragrances of Nobilis Tilia oils.

Essential oils are one hundred percent natural herbal concentrates that help improve physical health and mental well-being. Fragrance and active substances from up to 1 kg of medicinal plant are contained in one drop. Unlike chemical medicines, essential oils have no unpleasant side-effects and strengthen natural immunity.

Make your winter more pleasant and use your mixed oil for example for inhalation or for preparation of massage oil. ▲▲



Květiny Romantika

Filadelfie and Brumlovka Buildings
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



The HALTI winter collection for skiers is full of colours and technical elements

Due to long-term cooperation with professional skiers and experience obtained in the field of professional skiing we recognised, what exactly is required for a perfect equipment of demanding skiers.

HALTI products are the top among function clothes. They offer many technical elements and were tested by real experts. The collection is varied and offers both modern patterns and fresh single-colour models.

Enjoy colour winter full of sport successes!! ▲▲

NIVOSPORT

NIVOSPORT

Brumlovka Building
Hours:
Mon-Fri 9.00 a.m.-8.00 p.m.
Sat, Sun 10.00 a.m.-6.00 p.m.
www.nivosport.cz

Nail Studio of Radka Chválová

The well known and slightly modified saying valid in winter months says "January, February, March, we will behind a stove march, April we shall stay there still," but it would be a big shame to just lie behind a stove, when you can relax in the Nail Studio and leave regenerated.

Every woman certainly appreciates to be still smart without everyday make up. The Nail Studio offers permanent DIAMOND LASHES® for a very reasonable introductory price. It is a new, improved method of permanent lengthening and thickening of eye lashes in "eyelash on eyelash" form. DIAMOND LASHES® save your time, look natural, and are easy and comfortable to wear! They are waterproof and ultra light, you do not feel them on your eyes. Come and make the cold and short winter days more pleasant!

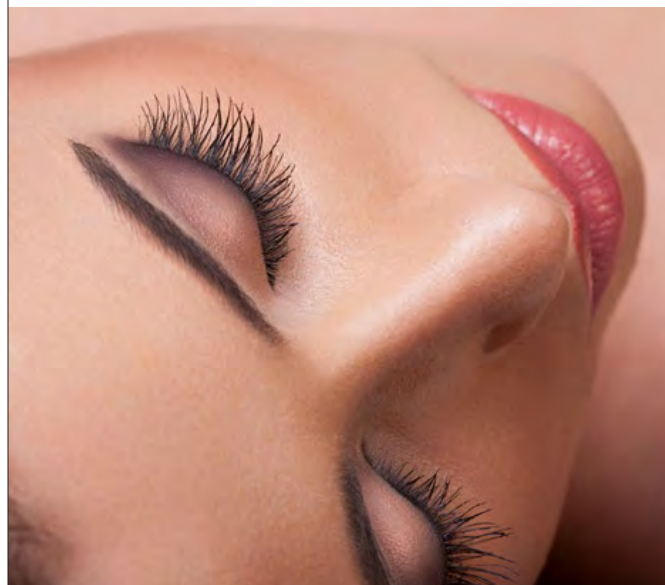
Our Studio offers the following professional services to you:

- Complete manicure
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- Gel nails
- Hair Removal
- Paraffin baths
- Permanent eye lashes from the EMPORIO Lashes® brand

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Radka Chvalová NAIL STUDIO

Filadelfie Building
Hours:
Mon-Fri 9.00 p.m.-6.00 a.m.
Sat - by appointment
Mobile: +420 603 155 922



Non-traditional winter sports: try something new!



Telemark skiing

Telemark skiing differs from the standard skiing technique mainly with a specific type of binding which leaves the heel free. However, it is not just about the heel fastening but about the overall fixing design with many other gadgets.

In this type of skiing, originating from southern Norway's Telemark area, both skis are equally loaded, one leg is kneeling while you must transfer the body weight onto the outer ski and the turn is closed. Due to that fact the turns look different than in standard downhill skiing and there is a greater load on the thigh muscles.

Telemark can be performed both on slopes, which is the most common way, or down open terrain in the form of freeriding. So-called backcountry touring is for those who feel like attempting more demanding terrain and longer trips off the beaten track - filling the gap between classic cross country skiing and ski mountaineering. Another appealing form of Telemark is freestyle done in snow parks.

You can sign up to learn telemark skiing in well equipped ski schools such as Špindlerův Mlýn www.schoolmax.cz



Snow scooting

If you are looking for an enjoyable alternative to downhill skiing or snowboarding, try snow scooting or if you like "snow biking." The technique of this new sport can be managed easily. A snow scoot is controlled using handle-bars like a standard bicycle through the movable front part. The rear surface has loops for securing your feet and is controlled by transfer of the body weight from one side to another. Stopping can be a problem, because snow scoots do not have brakes. Stopping is similar to a snowboard, by turning and riding on the edge. To prevent the snow scoot from going off if you fall, there is a rope attached to your foot with a Velcro fastener.

Compared to a snowboard and skis the snow scoot is easy on joints, because you do not have your feet tight to one position. Riding a snow scoot, which came to life for the first time in 1990, is popular especially in USA and Canada, however it has been getting popular also in Europe recently.

If you want to try, you can rent a snow scoot for example on www.snowbe-snowscoot.com.

What to do, when you are weary of skiing or snowboarding on a slope? We offer several types of non-traditional winter sports, which you can try in the Czech mountains.



Ski mountaineering

If you are not a fan of slopes or skiing centres, you can go to snowy mountain parts, where there are no tracks and where you will be dependent only on yourself. This activity is called ski mountaineering and its beginning dates a hundred years back, when it was basically the only way to transport materials in the mountains.

Ski mountaineering activities are very wide. The most popular are winter tours to the top of a mountain peak. For such a trip, you will need special skis with bindings which are fixed to the front and heel and prevent slipping on snow. Ski mountaineering skis are shorter and have a different shape. Boots are fastened using laces or Velcro fasteners unlike standard skiing boots.

When moving around mountain terrain it is necessary to count on possible avalanche danger; therefore the basic equipment of a ski mountaineer includes, along with a helmet also an avalanche searcher, a spade and avalanche detector. For the most demanding form of ski mountaineering climbing equipment is also used.

You can rent all ski mountaineering equipment at www.namche.cz.



Snow kiting

While for traditional winter sports you usually need a steep mountain slope, ideal terrain for snow kiting is a flat surface covered with snow. It is no wonder that this relatively young sport enjoys the biggest popularity in Canada and Scandinavia, where there are many of such large plains. A large amount of suitable locations can also be found in the Czech Republic. Then you can just wear your skis or snowboard and be drifted along by the wind with the help of a kite.

Suitable weather conditions are the basic prerequisite for this adrenaline sport, which can be performed with wind from 5 m/s, which is fulfilled in our location on more than half of the winter days.

There also is a special snow kiteboard which has a bigger radius, making your ride less difficult because it does not make you ride turns the same as a standard snowboard. A trapezoidal band is an important accessory which helps transfer some of the force from the kite, from your hands to the rest of your body. Boží Dar in Krušné Mountains is one of the largest snow kiting centres in Czech republic due to its high altitude. See more at www.kite-skola.cz.

Types of snow kiting

Freeriding
free terrain and deep snow ride

Freestyle
jumps and tricks in the air

Kite-flying
“paragliding“ using a kite, when a rider can reach the height of several tens of meters

Jibbing
a ride using various obstacles such as rails, boxes etc.

Residential Park Baarova: housing that is appreciated



**BEST OF REALTY
NEJLEPŠÍ Z REALIT
2013**
15th edition of the competition | 15. ročník soutěže

We have frequently written about the housing complex Residential Park Baarova on the pages of this magazine. We wrote about the style, comfort and security that it provides, about its strategic position, accessibility, public facilities. We shared with you the opinions of architects, the developer and female designer of the flats. We also related the direct experiences of the inhabitants themselves who appreciate the safety of the locality and the comfort of living.

It could seem that everything has already been said. Nevertheless Residential Park Baarova has recently pleased us with something new.

We have already informed you that the complex was finished at the end of the year 2012 and that it immediately made an impression on jury members of two prestigious competitions: Construction of the year and Real Estate Project of the Year. In the competition Construction of the Year, the complex got the Prize of the city mayor of the capital of Prague, in the second year of the competition Real Estate Project of the Year the complex even won two prizes: the prize for a project realized at the area of Prague 4 and the Prize of Architects.

Now the complex has also gained points in the 15th year of the respected competition Best of Realty - The Best of Real Estate 2013. It was one of sixteen projects that were nominated in the category of Residential projects, in the total evaluation of this category it advanced among the four best complexes to the close final and finally it bore the victorious trophy in the category Reader's Prize.

You too will also certainly appreciate such highly regarded living. There are flats available for sale in categories 2 + KT, 3 + KT, 4+KT. ▲▲



The advantages of living in Residential Park Baarova :

- **Location:** not far from the center but in a calm place with green vegetation
- **Safety:** elaborated conception for safety of inhabitants
- **Accessibility:** excellent accessibility by car as well as by public transport
- **Public facilities:** schools, kindergartens, social center, restaurants, cafés, post offices, modern sporting facility (fitness and wellness club Balance Club Brumlovka), shops
- **Comfort:** every flat has a balcony, terrace or a front garden, every flat has its own parking place and a spacious cellar room



Contact:
PASSERINVEST GROUP, a. s.
Želativská 1525/1, 140 00 Praha 4
Václav Černý
Mobile: +420 724 607 209
E-mail:
vaclav.cerny@passerinvest.cz

Kateřina Čelakovská: That is who I am and it can't be changed



Kateřina Čelakovská,
Assistant of Area Sales Director
for East Europe in the Alstom Grid
company

It is said that no one can do everything but we all can do something. And Kateřina Čelakovská, an assistant of ASD EE in the Alstom Grid company really does more than just "something". In the BB Centrum, where Alstom Grid has its offices, you could meet, for example, at the Christmas market or in the Baar park, where she goes often to clear her head. But in some things she is different than most of us. In addition

to her everyday job, she works as a volunteer in the Lety children's home, she cooperates with the Radost children's home and the social welfare institution for the mentally disabled in Chotěšice.

Q> What led you to do volunteer work?
That is simply who I am, and it can't be changed. I have liked to help since my childhood when I would bring home

dogs and children (laugh). My teacher in eighth grade in primary school introduced me to my first experience with the environment of ones in need. She was disabled herself and opened the door to the Jedlička Institute to me. I helped out there for about a year. Due to my experience at university - in the field of social work - I got to the children's home in Lety. They allowed me to hold several events there and

offered me a space where I could apply my enthusiasm. I met Kristýnka there. We found a way to each other and I am her hostess now. I take her home for weekends. I also organize events for children's homes, such as collecting clothes or toys.

Q> You work also for a social welfare institution with mentally disabled people. What do you like about this work?
I am very pleased with my cooperation with the social welfare institution in Chotěšice. Although working with disabled people is certainly physically and mentally demanding. These people manage to show their pure innocent gratitude with their joy of life, smiling, crying and rejoicing. It balances all the negatives.

Q> Why become a volunteer? What does it bring to you?
It is not possible to fully describe with words. It is a deeply internal matter. It brings me energy, pleasure, it drives me forward. It is simply a heart-matter. It is up to you if you want to become a volunteer. Each of us has different limits, goals and desires. It is important to have good heart and courage to help. ▲▲



Photo: K. Čelakovské archive,
Adam and Kristýna

The social responsibility of companies in BB Centrum

Tchibo

As an active member of society, Tchibo supports projects that adhere to the principle of „helping others to help themselves“.

Mount Kenya

The project was launched in 2011 to support women coffee farmers and their families. Through the project, the company assists in the creation of infrastructure for water supply, organizes training courses, monitors the school attendance of orphans and offers assistance in the construction of sheds and fences. Overall this helps to improve the living conditions of these women.

School project in Benin

Tchibo initiated the project with the help of partners in 2010 in Benin, where it purchases cotton. In six communities there, it is working to improve school infrastructure and the quality of teaching. So far, two schools have been built, 20,000 school uniforms and 10,000 textbooks have been distributed and 10 school gardens have been established. Other events have included the establishment of school cafeterias and the construction of wells.

Corporate Volunteering

The employees of Tchibo in the Czech Republic engage in co-operation with the non-profit sector and help specific local communities - such as the elderly and the handicapped, lending a hand in restoring vegetation, etc. Tchibo concludes long-term partnerships with non-profit organizations and social enterprises

Microsoft

Microsoft is the worldwide leader in software, services and solutions that help people and businesses throughout the world realize their full potential. Social responsibility is part of the Microsoft corporate strategy.

Technology for a good cause

Microsoft uses its technology to help where it is needed. The company focuses mainly on modernizing education and developing the technological skills of children and youth. Currently they are helping to digitize teaching at several Czech primary schools and have trained 14,000 teachers and 60,000 students to use technology in teaching and in practice.

For a long time they have supported innovation and the strengthening of the competitiveness of small and medium-sized enterprises. Microsoft Innovation Center services, which provide access to education, the latest technologies and technological facilities, have so far been used by 12,000 people.



Photo: Tchibo



Photo: Telefónica

Telefónica

NADACE

Microsoft also facilitates the functioning of non-profit organizations and helps to improve the employability of people with disabilities or other barriers. The company offers non-profit organizations access to the latest technologies for no cost or for a minimal cost. Since September 2013, non-profits have also been able to take advantage of the free cloud-based solution Office 365. Since 1996, Microsoft has been supporting the Charter 77 Foundation, helping severely disabled people in need of guidance find work in the labour market.

Telefónica Czech Republic

The Telefónica Foundation

The company Telefónica Czech Republic established its own Telefónica Foundation. Within its framework, it also supports Safety Line and Lines for Seniors services as well as participating in the development of the project, Donor SMS.

The Telefónica Foundation has distributed over 218 million crowns to help develop local civil society, of which over 6.8 million was donated by the employees themselves. They also

donated more than 88,000 hours of their time to support community projects of the Foundation. Thanks to their active involvement, projects operate successfully, such as: fund-raising for people in need; The International Volunteer Day where Telefónica employees around the world help non-profit organizations; Teambuilding for a good cause, where teams on group trips help the needy; Give blood or Help Your Community – a grant program in which employees can apply to the foundation for finance for a non-profit organization in which they are volunteers in their free time, work successfully.

Think Big

Through the Think Big program, the Foundation has been helping young people to carry out their ideas to support the communities in which they live for more than two years. So far it has supported over 2,000 young people and more than 700 projects throughout the Czech Republic in the amount of 37 million crowns.

Marks and Spencer

Marks & Spencer has been working with UNICEF since October 2013. The company has already launched four major campaigns. The projects are very successful and both employees and customers contribute funds to help children around the world.

„When I grow up“ project

This is a project with children for children, called „When I grow up“. Little boys and girls paint their desires and dreams for the future in red, blue and white on postcards of which when folded make a huge Czech flag. For each painted card, Marks & Spencer donates 20 CZK to UNICEF. The flag will be sent to England, where a competition for the best card will be held.

Sale of crayons and silicone bracelets

By buying crayons or bracelets for 50 CZK with the logo „M&S for Unicef“

you too can contribute to the education of children in developing countries. The campaign is taking place at all Marks & Spencer stores.

Cheesecake Sale in the Brumlovka building

October 9th was designated for the sale of cheesecake. Marks & Spencer provided a total of 24 whole cakes, which were cut into pieces. Each piece was sold for 30 CZK. They raised a total of CZK 2,880 that was sent to UNICEF.

Wages for UNICEF

The employees of M&S themselves actively contribute to good causes. They may devote one, two or three hours of their hourly wage to UNICEF.

UniCredit

For a long time, The UniCredit Bank of the Czech Republic has been strengthening its position as a socially responsible company and actively participates in a number of major projects.

Gift Matching Program

In the Gift Matching program, employees of the bank themselves decide which non-profit organization should be supported. The UniCredit Foundation then matches the amount collected by the employees to donate to the chosen non-profit organization. It is sufficient just to create a team of eight colleagues who collect at least 150 EUR between them.

One employee, who for several years has been actively engaged in the Gift Matching Program, is a former tennis representative and current private banker Karel Nováček, who has been methodically helping the asylum house in Karlín. „To our original group of nine, other colleagues have been gradually added, and last year we supported the shelter project for the third time in an amount that exceeded two hundred thousand crowns, with

the help of the Matching Gift Program,“ says Karel Nováček, in praise of the cooperation.

Several teams have arisen every year in the bank and all of them are supported under the program. This year, more than 190 bank employees were involved in 15 different projects which is the most in its ten-year history.

Hewlett Packard

Social Impact

The company HP supports non-profit organizations as part of its Social Impact program. HP employees have the opportunity to participate in a number of volunteer activities. HP allows employees to perform these activities during working hours up to four hours per month. This year projects for the non-profit organization include Bumblebee, Licorice, the Open Society Fund, Toulcův Court, CRM for nonprofits, ROSA, MS in Athletics for mentally disabled athletes, Scientist's station, Society for the Protection of the Prokop and Dalejské valleys, Thirteen, and more. For example, in the Bumblebee organization, HP volunteers are building a new forest in the Liberec region; in the CRM association for nonprofits, employees help to implement CRM systems (i.e. systems managing relationships with customers) in various non-profit organizations.

Volunteering also works on a global level – at the moment we are finishing the first wave of the campaign „Projects with Purpose“. HP employees from the Czech Republic, for example, participated in a project for the non-profit organization Art in Action in Palo Alto in the USA, which has been trying to promote art education in American schools since 1982.

Corporate responsibility is an integral part of the overall business strategy of HP.

PASSERINVEST GROUP

The company PASSERINVEST GROUP, along with its owner Radim Passer, has been among the main partners and supporters of several international projects of the non-governmental organization ADRA .

BanglaKids

For example, they contribute to the BanglaKids program that focuses on the education of children and young people in Bangladesh. In Bangladesh, only a little over half of adults can read and write; over 3.3 million school-age children in this country do not go to school. Education means a chance at a better life, changing current living conditions as well as future opportunities. Thanks to the program, more than 1,100 children have been able to study at different village and boarding schools. The PASSERINVEST GROUP has supported this project since 1999, since its very beginning.

The PASSERINVEST GROUP, in addition to the regular Bangladesh program, is regularly, financially involved in humanitarian help during emergency assistance. This always concerns immediate assistance after a natural disaster or armed conflict, both at home (e.g. floods in the Czech Republic) and abroad (e.g. tsunami, earthquakes in Pakistan, Haiti and Japan, and the cyclone in the Philippines). This financial support helps ensure items such as drinking water, food, health care, shelter, etc. ▲▲



Photo: Adra



Photo: Telefónica



Photo: Hewlett Packard

Michaela Žemličková:

I get to know mainly myself when travelling

Michaela Žemličková, a passionate traveller and occasional photographer says what she likes most when travelling is to experience unplanned situations which she must react to. This statement offers a sort of connection with her professional career – Michaela Žemličková is a director and vice-chairman of the executive board of the ČEZ Foundation, which was established in 2002 as the first one of the company foundations in the Czech Republic. Every year this foundation supports many projects according to actual needs of the society.

Q> How long have you been working for the ČEZ Foundation?

I have been cooperating with the Foundation since its establishment in 2002 and my current job as a director I perceive as a nice and logical result of that cooperation. It is great to be involved in the creation of something new and I have the same good feeling from the fact that we have still been developing the activities of the foundation.

Q> The ČEZ Foundation covers a wide spectrum - according to which criteria do you make decisions on which areas to support? What projects have a chance?

The ČEZ Foundation helps everywhere, where the ČEZ Group is active. Next to general support to regions we have also many specialised programs. They develop in cooperation with municipalities or non-profitable organisations – we select possible topics of support together and prepare new grant proceedings according to them. There is the example of Orange stairs, which is removing barriers at primary and secondary schools. From the fresh projects an excellent one in my opinion is The Trees - it is hard to believe that we are still the only entity in our republic who systematically support the planting of alleys.

Q> Which project do you consider the most successful and which one pleased you the most?



Photo: M. Žemličková archive

This year's project called Your Choice has had an excellent response, in which we support construction of lighting for the most dangerous crosswalks - and it is logical, because with relatively inexpensive work we can reduce the number of accidents at crosswalks by two thirds. And I personally am very pleased with Employee grants - we supported over one hundred non-profit entities, in

which our employees are involved. It had an enormous response in ČEZ, employees were heroes in "their" non-profit entities and we all are surprised to find how many coaches, environmentalists, volunteer firefighters, role models and nurses there are among us.

Q> How does your job enrich you? Is it sometimes frustrating?

Communication with my colleagues enriches me at work every day. Difficult professional environments in the company makes us to work hard on ourselves, not to stop. That is very inspiring. I am not the sort of person who would be easy to frustrate. And I would never do work which would frustrate me.

It is beautiful to travel based on own conviction, not for beautiful photos

Q> How do you manage to balance your work with personal life? Do you still have time for it?

I always manage to find time for my personal life. You must "charge" somewhere and one should know how to relax. I relax the best by meeting friends. If I want to be alone, I read, listen to music or go out with my camera. In spring my partner started teaching me to climb the climbing wall and I experienced a rock for the first time. That has been my most intense relaxation so far.

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.

Photo: M. Žemličková archive, Austria - Drachenwand



Q> You spent a lot of time by travelling. How does travelling attract you?

I like to meet new people, I like to experience unplanned situations, which I can react to. During real travelling you get to know not only new places but also yourself. Everyone who has ever experienced a real journey will confirm that.

Q> Is there any season when it is best to travel? Can for example the grey Czech winter be overcome this way?

It is always good to travel when you feel like it and have an opportunity. Of course, my job does not allow me to decide today, get my rucksack tomorrow

Photo: M. Žemličková archive, ČEZ Orange Bike project



row and leave for Asia for a month the day after. I want to say that it is not the season that matters when travelling but the inner feeling of the traveller. You really must want to go somewhere. Besides, I do not think that the Czech winter is grey. On the contrary - when one wants, it is full of fragrance and atmosphere. It is different than in spring or summer and certainly less comfortable but for me definitely not grey. It is also not important for me to start persuading someone what is worth seeing and where to travel. It is important where he or she wants to go himself or herself and what to see. It is beautiful when one travels because of their inner voice and not to show off with photos from their journeys.

Q> When talking about photos... you have already mentioned that you like taking photographs. What do you take photos of the most often and is the world different than the real one when looked at through a camera?

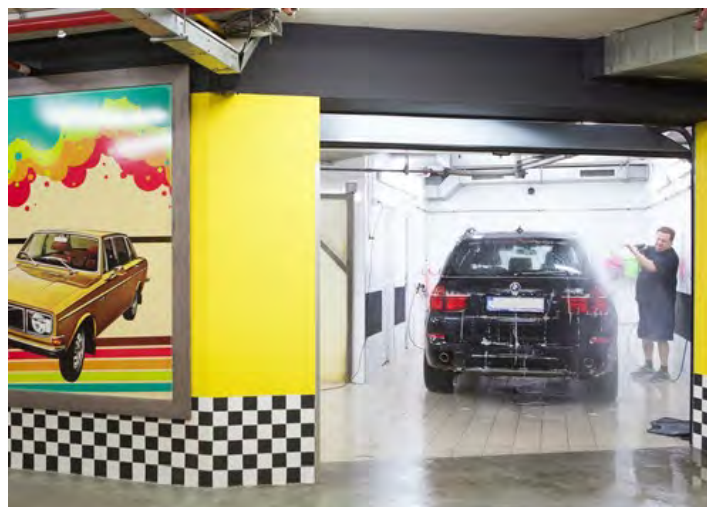
I take photographs of people the best. The world of photography completes the real world. It is the stopping of time, which is not possible in the real world. Memories are subject to many of our ideas about the past. A photo on the other hand brings us back to the reality of the moment.

Q> In conclusion let us return to your professional reality. What do you like here in BB Centre? What services do you use? What would you recommend to the others?

I've had the possibility to see the growth of BB Centre almost from the very beginning; I even remember the old Brumlovka building. I go for lunch or dinner to the Grosseto restaurant, buy delicacies for my friends in its delicatessen shop. For shorter meetings I like to use Gaviota Cafe Lounge. And I certainly cannot forget the delicious strawberry-banana ice cream from the Hájek & Hájková sweetshop. 🍓🍌

Brumlovka Car Wash: Also protects your car from the cold

Suitable preparation for winter will protect your car and your wallet against costly spring repairs. So it's more than appropriate to let your car be prepared by experts for the upcoming winter season.



Particular attention has to be paid to the varnish of the car which protects the individual components of the bodywork. Entrust your car to the hands of trained experts who have experience with the selection of products and their application. Brumlovka carwash offers you hand waxing of your car body with high-quality carnauba wax that will protect the varnish of your car against oxidation as well as unfavourable influences of weather while also providing your car with an excellent shine. The application of varnish in winter months helps to prevent damage to the car body from road salts.

Don't neglect the interior of the car either. At the carwash we recently began offering cleaning by ozone which

perfectly microbiologically disinfects and destroys bacteria. It removes all odours in the car and is also used for the disinfection of the air-conditioning.

The new car wash Brumlovka also offers you services in the area of car care products, hand washing and cleaning of cars. It provides complete service in car care like washing the exterior, both dry and wet, as well as the treatment and cleaning of the leather parts of the interior.

Not only can private individuals have their cars washed, but also entire companies. Brumlovka carwash is able to "tailor" washing programs according to clients' needs and requirements. We also provide pick-up service; we can pick-up your car according to your

order and then we will return it back to the parking place.

Brumlovka carwash fulfills valid ecological standards for the area of water and air protection, as well as the treatment of waste and hygiene of the working environment.

Trained and qualified employees are able to adjust the time of the order according to the wish of every client to their absolute satisfaction. ▴ ▴

Carwash Brumlovka
Brumlovka Building
Hours:
Mon-Fri 7.30 a.m. - 8.00 p.m.
Phone: +420 725 222 002
www.automyckabrumlovka.cz



The Maranatha vegetarian restaurant attracts with its balanced food

Offering a wide selection of meals, top quality ingredients, portion sizes to measure, and last but not least a quick self-service system. These are all reasons to have a healthy and quiet lunch at the Maranatha vegetarian restaurant.



Maranatha vegetarian restaurant
Brumlovka Building
Hours:
Mon-Thu 11.00 a.m. - 7.00 p.m.
Fri (summer) 11.00 a.m. - 5.00 p.m.
Fri (winter) 11.00 a.m. - 3.00 p.m.
Sat, Sun and holidays closed
www.restauracemaranatha.cz

Varied menu

The kitchen staff prepares daily one affordable menu, along with 2 to 3 hot meals and several types of fresh salads. Neither do lovers of healthy desserts come off badly. They can have for example homemade whole grain cakes or desserts made of true Greek yoghurt with fruits, nuts and honey. The offer is changed every day. So-called "tap water" is available free of charge in unlimited amount or guests

can choose from a wide spectrum of cold and hot non-alcoholic caffeine free drinks.

Quality meals for vegans

Maranatha prefers high quality, fresh, raw ingredients. Without exception, all meals are meat free, prepared from good quality ingredients made of grain, soya or egg proteins, which taste very similar to meat. The menu can satisfy even the people with vari-

ous dietary restrictions, for example gluten or dairy allergies, etc. The menu labels meals which are gluten-free or vegan (containing no animal products).

Personalized Portions

Your meal is weighed at the cash register so you pay only according to what you "loaded" on your plate. Regular guests can get a VIP card and receive many advantages.

Fast self-service

Given that the meals are offered as a self-service buffet, you can manage to have your lunch without rushing, within 25 minutes.

Other services

You can also use the free meal delivery of meals all over BB Centre and its close surroundings. The current menu for the entire week is published in advance on the internet and people who register can receive it to their email box.

Healthy food shop

In the same building you can visit the Maranatha health food shop, where you can buy the ingredients necessary for making meals like those from the restaurant, natural cosmetics or ecological cleaning agents. ▶▶

Singles

We've all already read it before. More and more young people prefer to live the "single" lifestyle and argue that there are a lot more important and wonderful things in the world than the search for a permanent partner. The media image of these cheering, confident and ambitious beings is already starting to look a bit like a poster. What about those whose tense pace of life gives them no possibility, strength or courage to change their "single situation"?



Statistics show that more and more men and women are living without a partner. Domestically, roughly every third household is a one-person household. And that doesn't just apply to the Czech Republic. In fact, this trend seems to be some sort of characteristic of contemporary Western civilization. For example, in Scandinavia, one-person households represent 40% of all households, while in the U.S. singles make up a whole half of society!

But there are a number of scientific studies that confirm the feelings of all those who don't feel great being alone and who still have the impression that a soul mate brings joy and meaning to life. According to research by the U.S. Centers for Disease Control and Prevention (Centers for Disease Control and Prevention, CDC) it even seems that married people receive numerous health benefits. It turns out that married people are less likely to smoke or indulge in alcohol, have headaches less often and do not suffer from mental health problems as much as people who live alone.

Therefore it is worth mentioning the latest trends in dating which may help singles on their quest for happiness.

How the pros do it

In the Czech dating waters the biggest news in recent months is actually Business & Pleasure Networking. It is a combination of classic networking that builds on the acquisition of business contacts and networking for pleasure, so to speak. At events where there is a club atmosphere, you naturally get to know the „same kind“ of people as you, who you will most likely get along with and who will seem interesting in your professional or private life. Moreover, according to this key, the people at these evenings are also carefully selected. In practice, it looks like about forty invited people divided into small groups. The groups change during the evening, so everyone has the opportunity to really communicate with everyone. The evening then consists of several tasks, which the participants gradually fulfill. The tasks have



a purely conversational and mutually cognitive nature and in a fun and informal way you focus on getting basic information about others.

Love on the fast train, or Speed dating

Speed dating has already been up and running in the Czech Republic for several years. This is an event organized by a dating agency, which usually rents a space in a bar or restaurant where people interested in meeting others are invited to a kind of mass date. At individual tables you then have a chance to talk for a few minutes to all present counterparts. Then you fill out a simple form about who you would like to someday meet again. If the same person who you choose also chooses you, the agency shall provide you both with contact information and any additional communication is purely up to you.

Prague for singles

Prague hosts a series of special events for singles. They can attend events for the thick-skinned and for example on weekends use the central metro train cars on route A for travelling, which are reserved for all those eager to meet others, or they can indulge in the spree type of dating singles parties or parties in various bars and restaurants,

where, for example, from the colour of the bracelet or straw you learn whether the respective individual is single or not, inclined towards dating or even looking for a serious relationship

Interesting events are also organized by some theatres. In the Theatre Na Fidlovačce, the eighth row is earmarked for singles at every performance. Tickets for the row are sold only as a single ticket, and it is pointless to search for any indication of a seat number on them. In the eighth row, you can sit anywhere, maybe right next to someone good-looking, who you can be sure is also interested in meeting someone. The Rococo Theatre even organizes a whole performance for singles. After the show, a very interesting program follows with a tour behind the scenes. Just check out the theatre's website (the next event is currently scheduled for 17 February 2014).

Online classic

Internet dating in today's world is almost a classic. It is becoming increasingly popular throughout the world and it is no longer true that dating sites are used only by the desperate. For example, in the USA you would insult forty percent of American singles with such a label. That many of them have already arranged a date over the Internet and a quarter have even met their permanent partners on an internet dating site. It's also similar in our country, although we have no exact statistics. It is preferred, however, to invest a little bit and register for an elite, paid dating service. That way you filter out the entire mass of people who are only meeting people out of boredom or who don't take finding a suitable counterpart so seriously.

Without fear, personally

For all those who do not prefer any organized way of meeting people, there's always the possibility to directly address the person you are interested in. You can get acquainted with someone anytime and anywhere. An unsuitable place for meeting doesn't actually exist, and right in the **BB Centrum** you will find plenty of opportunities. Just keep your eyes open everywhere, be in a good mood and open to meeting new people, and then it all happen by itself - in the elevator, waiting for a coffee in a cafe or in the corridor. For those who appreciate form and structure there is always the Balance Club Brumlovka, for example, which organizes a romantic evening swim by candlelight. However, good opportunities for relaxed conversation are also available in the relaxation area in the sauna area located there.

In conclusion some advice from psychologists:

1. Don't be afraid. Do not be afraid of rejection, do not be afraid to do new things and experiment.
2. Remember that dating begins with looking into the eyes and smiling. Therefore, make direct eye contact and be open to whatever comes.
3. Think of dating as a game and an opportunity to meet new people. Do not expect that everyone you contact will be your true life partner.
4. Do things that you previously did not. Go for a swim, sauna or even to the gym. ▶▶

The BB Centrum supports singles

The balance of your work and personal lives is important to us, and therefore you can look forward to a singles event this year right in the BB Centrum. Is this idea appealing to you? We look forward to all your suggestions, which you can send to the email address vendula.malochova@passerinvest.cz.

LOUIS PURPLE – Revolution in clothing now also in Filadelfie!

Let yourself be pampered by a team of professionals at the newly opened, second in Prague, French Louis Purple tailoring in the sales gallery of the Filadelfie Building.

Forget standard boring and ready made suits here. This tailoring shop offers only first class 100% Italian materials in an inexhaustible amount of variations, colours and cuts to suit you.

Trendy suits, shirts or separate casual bespoke jackets are tailored specifically for your wardrobe. So come and choose from our new fabric samples, 100% wool materials, which will not only warm you. The actual collection in modern design will inspire you.

“Think of your image, Louis Purple ...“



LOUIS PURPLE

Louis Purple

Filadelfie Building

Hours:

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

www.louispurple.cz



CZECHPOINT

Extracts from the Land Registry easily and quickly

Extracts from the Land Registry will help you protect your assets. At post offices with Czech Point you can request an extract from the Land Registry. You can make sure that no changes have occurred, which can affect the ownership of your property. Extracts from the Land Registry can also be received in regular intervals through the post and in Czech Republic can ask for it as an anonymous applicant. You just need to know the cadastral area number as well as the certificate of ownership number, the parcel or descriptive number (or apartment number). ▶▶



Česká pošta

Česká pošta

Brumlovka Building

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

www.ceskaposta.cz

One can save thousands by an optimisation

Do you regularly pay consumer loans and do not even think about it any more? Did you think that consolidating loans is intended just for people who are having trouble paying them off and who need to reduce the monthly payment? If you pay your credits and loans duly and on time, call UniCredit Bank, we have a solution for you.

If you have a consumer loan, use credit cards or even an overdraft, you can consolidate all these loans in the total volume of up to 1 million Czech Crowns in one. You will save on your regular monthly payments, eventually you will obtain more money with the same or lower monthly payment. If you have accounts at other banks or financial institutions, it does not matter – we will pay the fees for their prepayment. ▶▶



UniCredit Bank

UniCredit Bank

Filadelfie Building

Hours:

Mon, Tue, Thu 8.30 a.m.-5.00 p.m.

Wed 8.30 a.m.-6.00 p.m.

Fri 8.30 a.m.-2.00 p.m.

Infoline 800 144 441

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The possibility to use the sky box for all the games held in Allianz Arena (more than 40 games a year - Bundesliga, Champions League, DFB Cup, DFL Supercup).

The exclusive space to use 7 days a week for meetings and development of quality business relationships, as well as for various private events and celebrations.

Exclusive location

- Capacity of 15 persons, 40 m²
- 5th floor - almost in the middle of the stadium, opposite Davidoff Lounge and next to the boxes of Adidas and Audi - the main sponsors of FC Bayern Munich
- Wi - Fi
- Direct access from the box to the balcony - 15 luxury seats
- Excellent catering, bar and beverage service throughout the game - new menu every game
- Free access to Business Club
- Merchandising, stadium tours and FC Bayern Erlebniswelt in Allianz Arena
- VIP parking - 5 places

When spring asks, or winter events at Balance Club Brumlovka

At Balance Club Brumlovka, we are constantly expanding our wellness and fitness club services. During the last six months we have acquired kettlebells, a Power Plate vibration platform and a unique system of monitoring heart activity, MyZone, into fitness zones. In addition, new classes have been added to the calendar and the range of massages has been extended. In order not to fall into stereotypes, Balance Club Brumlovka is also trying to diversify its program with other sports, special themed Saturday afternoons as well as

pleasant relaxation. Therefore, several times a month, Balance Club Brumlovka holds an event that is completely free of charge for club members while for guests of members and visitors they are available for the discounted price of 300,- CZK/person. And what specifically can you expect to meet up with or look forward to this winter season?

Cross Workout Challenge

We believe that the revolutionary concept of training in the gym called Cross Workout is one of the most effective

ways to achieve the absolute versatility of man. The system is based on functional training and the fundamentals of Cross FIT, especially including working with your own weight, weightlifting, athletics and other aerobic exercise. Cross Workout is renowned for its very high intensity exercise and enormous energy output. Today, it has a wide range of supporters, and therefore for all strong and courageous men and women, the Balance Club Brumlovka contest entitled The Cross Workout Challenge was held on 7 December 2013.



The Cross Workout Challenge was inspired by the Cross Fit Games. Trainers David Rybenský and Honza Šmidrkal adapted it to the conditions of Balance Club Brumlovka. Competitors thereby got a chance to really work on their bodies, compare their strength with others and get motivated for further exercise. The competition consisted of three parts, which took place successively in the hall, fitness centre and the aqua zone. So everyone had to undergo three short but very intensive challenges. 20 competitors registered for the very first challenge, in which Pavel Kolínský and Michael Mertová earned first place for their performances.

Evening swimming

This winter, once again we couldn't miss out on our unconventional evening swimming by candlelight, which is a very popular event among club members, and guests. This is already the third year that Balance Club Brumlovka has organized it!

Evening swimming is ideal after a hard day at work or just for enjoying the romantic atmosphere of the pool in semi-darkness. The unforgettable experience by candlelight is accompanied by nice relaxing music and a welcome drink. Afterwards you can undergo your Spa ritual in the thermal baths and saunas, or massage in the adjacent relaxation zone whose hours are extended during evening swimming until 10.00 p.m.

Evening swimming is always held one Friday evening a month. In 2014, you can look forward to Friday 17 January and the magical Valentine's day 14 February.

Ice skating at Na Františku

There's nothing like spicing up your workout routine with a nice seasonal activity. That's why just like on 15 December of last year, you can come ice skate at Na Františku (Kozí Street, Prague 1) in the new year as well. On Sunday 2 February 2014, from 7.30 p.m. the ice area will be reserved for Balance Club Brumlovka, its members and any guests.

Badminton with Petr Koukal

Balance Club Brumlovka is also preparing a badminton tournament under the patronage of our best badminton player, Olympian and Balance Club Brumlovka



member Petra Koukal. The event shall follow up on the very successful badminton training sessions with Petr from last year. You can measure your strength in the tournament at the courts of Hamr Sport Braník on Saturday 8 February 2014. From 3.00 p.m. to 6.00 p.m., you can enjoy an exhibition game, a joint

warm-up exercise and of course a wide range of matches.

Spinning Marathon

On Saturday 22 February 2014, there will be a spinning marathon, this time led by Karel Hájek and Lucie Římnáčová. In order to make the ex-

ercise even more effective, the new technology for monitoring heart activity, MyZone, will again be utilized. With its help, you can manage to stay in the right energy zone. For all those who do not yet own a MyZone belt and who would like to try it, Balance Club Brumlovka has prepared test sets.

For more information regarding upcoming events follow the website and FB page of Balance Club Brumlovka www.balanceclub.cz www.facebook.com/balanceclub



balance
club
BRUMLOVKA

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 ▲▲

Chase away the winter with healthy drinks!



Caro with ginger honey

Why ginger?

Ginger tea will not only warm you up in winter, but it can also relieve the flu or colds. The typically sharp and distinctive flavor of ginger is due to a substance called gingerol, which has proven positive effects on human health. It has an anti-inflammatory effect as well as strengthening the immune system, stimulating blood circulation, reducing cholesterol, aiding in fat loss, as well as soothing toothaches or headaches or upset stomachs with nausea. Because it stimulates the production of digestive juices, its consumption is recommended for heartburn or bloating.

How to make it?

We whip 80 ml of soy cream into a solid cream and warm up 50 ml of honey with 20g of sliced ginger. We pour water heated to 90 ° C over 2 teaspoons of the cereal drink Caro. First we pour the honey with ginger into the glass, then we carefully pour in the prepared Caro, lastly we add the whipped cream which we decorate with the remaining slices of ginger.



Tip from Maranatha: From vegetable whipped creams, rice cream can also be used in addition to soy cream. Their preparation is the same as cream from cow's milk, on cakes, desserts or fruit. They do not contain cholesterol.

Rice or soy cream 300 ml, 70 CZK

Buckwheat drink

Why buckwheat?

Buckwheat is one of those foods that warms you up in winter, especially when you use it to make a delicious hot drink with raspberries and honey. It contains proteins, minerals, polyunsaturated fatty acids, B vitamins, vitamin E, and most importantly vitamin P, alias rutin, a plant antioxidant that has a positive effect on the immune system and helps prevent heart diseases.

How to make it?

Roast peeled and cleaned buckwheat until it begins to crack (it only takes a short time). Take two teaspoons of buckwheat prepared in this way, pour boiling water over it, then cook it for a short time in 2 dcl water, add frozen or fresh raspberries to it and let it steep. When the drink cools down, strain it. Flavour to your taste with a teaspoon of lemon juice and some sweet honey, for example with Apiglukan, honey with beta-glucan. You can keep the rest of the roasted buckwheat in a sealed container for the next time.



Tip from Maranatha: Apiglukan honey, composed of beta-glucan and creamy coloured honey paste, has considerable power to activate the immune system of the human body.

Apiglukan honey 250 g, 160 CZK

When you come back from skiing or a winter stroll all numb with cold, you don't necessarily have to get warm with a hot alcoholic drink such as mulled wine or grog. Why not try drinks that will get the blood flowing through your veins and at the same time boost your immunity? You will soon find out that you won't miss the alcohol or the sugar.

Spiced Indian tea from rooibos

Why rooibos?

If you want to avoid caffeine you can replace tea with for example rooibos, a drink prepared from a plant called rooibos (*Aspalathus linearis*). As it does not contain caffeine it can be drunk by children, pregnant women and breastfeeding mothers. It contains essential minerals and trace elements, flavonoids, organic acids and vitamin C. Rooibos is usually sold loose or in sachets. The preparation is almost the same as for black tea. Pour boiling water, or water at 90°C, over a mixture of dry leaves and let it steep for 3–5 minutes. It has a sweet fruity flavour that does not become bitter even if infused for a prolonged time.

How to make it?

Boil spices (1 cm piece of fresh ginger, 4 cloves, 1 cinnamon stick, 2 cardamom pods, 1 star anise) for 10 to 15 minutes in 2 cups of water. Add a cup of milk and return to the boil. Then add 6 teaspoons of rooibos, and flavour to your taste with agave syrup and boil for a little longer. Strain into a cup and serve.



Tip from Maranatha: Tip from Maranatha: Rooibos „The sweet side of South Africa“ may be drunk without additional flavours or alternatively, with a little milk and slightly sweetened, as they do in South Africa. Since rooibos has a reddish brown colour, it is sometimes called „red tea“.

Organic rooibos tea bags 20 g, 43 CZK



Almond milk with cinnamon

Why almonds?

Sweet almonds contain large amounts of calcium and magnesium at the same time, which facilitates their proper use. From only 10 g of whole almonds we get 252 mg of calcium, which is about a fifth to a quarter of the recommended daily dose of healthy individuals. The high content of calcium, magnesium and other substances also calms the nervous system, as well as improving the condition of nails, hair and tooth enamel.

How to make it?

Finely chop or grind 75 g of almonds. Pour in 200 ml of warm water and let it sit for two hours. Blend the almonds with water in a blender and mix the resulting liquid with 200 ml of rice milk. Boil, add a drop of almond essence and strain, preferably through a clean cloth or towel. Pour into a cup, sweeten to taste with honey and sprinkle with cinnamon.



Tip from Maranatha: A suitable alternative to cow's milk is rice milk which does not contain cholesterol or other common allergens. It is suitable for the preparation of flavored beverages, desserts and baking and cooking. Due to its sweet taste is not very suitable for salted dishes.

Bio rice milk 1 l, 62 CZK



Fight your weight in the new year at Salad etc.!

In the new year, the shop is offering a new range of low-calorie salads called Bella figura. The nutritionally balanced bowls full of vegetables and other fresh and tempting ingredients will fill you up, but will also significantly reduce the amount of calories you take in. They include everything you need from the base of leafy vegetables to vitamin charged sprouts as well as low-calorie tasty dressings.

In January, the successful soup in a cup continues on. The permanent repertoire of vegetarian creams such as leek-potato, tomato or zucchini, will be complemented by Asian meat broths. Warm yourself up with some spicy Thai duck soup with coriander, a strong beef broth with Japanese udon noodles or Vietnamese Chicken Pho. The soups, which are also sold in thermo cups, can be purchased in three sizes.

Don't forget that if you have a lot of work or you don't want to come out in the bad weather, all products within the BB Centre can be delivered to you throughout the day. From breakfast, to dinner!



Salad etc.

Beta Building
Hours:
Mon-Fri 7.30 a.m.-7.00 p.m.
www.saladetc.cz

Mangaloo has the aroma of tangerines!



Sweet tangerines are back at Mangaloo! From childhood we all know that tangerines are a typical winter delicacy. In Mangaloo you can have fresh juicy drinks and smoothies mixed from them until mid-February, when they will be replaced with the popular flu fighters. Tangerines are an excellent source of vitamin C, but not many know that their pulp and membranes also contain bioflavonoids, which act in the same way as antioxidants. Although they are a citrus fruit, they are still sweet, soft and beautifully scented and their juice is simply delicious!



Mangaloo freshbar

Beta Building
Hours:
Mon-Fri 7.30 a.m.-6.30 p.m.
www.mangaloo.cz



Business Breakfast Filadelfie

Do you know that SOMMELLERIE in the shopping passage of Filadelfie is open for you in the early morning? To start the day with a pleasant breakfast is certainly a wish of more of you, to have breakfast in the morning with a business partner will definitely be useful for improving the quality of your relations. Colleagues will certainly appreciate, when you organise your morning meeting here and make it even more pleasant for example with a smell of morning coffee, fresh baked croissant or energy yoghurt and muesli. The comfort of the newly equipped interior of the passage is available, e.g. wifi or a data projector and screen.

Organise simply your Business Breakfast slightly differently. IN SOMMELLERIE.



Sommellerie

Filadelfie Building

Hours:

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

Sat 9.00 a.m.-2.00 p.m.

Orders at phone

+420 604 210 157 or right

in the store.



Warm yourself up with Fruitisimo!

Fresh tea or warm fresh Fruitisimo drinks are just what you need in the coming cold days to keep both your body and soul warm. Hot winter drinks help the body replenish energy to maintain your natural body temperature. Warm fresh Fruitisimo drinks are prepared in three phases so that they are not deprived of valuable vitamins by heating. Firstly, the green tea is made, then it is mixed with the selected fresh fruit juice. Lastly, they are blended together and are slightly warmed to an optimal 37 degrees. Afterwards you can sample some liquid strudel with cinnamon flavouring or how about a warm pineapple juice with green tea?

Don't wait any longer, come and visit Fruitisimo!

Fruitisimo.

Fruitisimo Fresh bar

Filadelfie Building

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

www.fruitisimo.cz

Soup is the base!

Homemade true soups free of artificial flavour enhancers and thickeners from EXPRESS DELI will definitely improve your mood on cold winter days. Soups are prepared fresh for you every day made from the best quality ingredients. We offer the most popular ones: tomato, kulajda, goulash or minestrone. If you have a salad with your soup, your body gets an ideally balanced combination of meal with enough fibres, vitamins and energy for the rest of the day.

Enjoy your meal!



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



Culture tips

Exhibition Theatre



What? Retrospective exhibition of Olbram Zoubek, the sculptor

Where? Prague Castle Riding School, U Prašného mostu 55, Prague 1

When? 29 November 2013–2 March 2014

The largest ever retrospective exhibition of Olbram Zoubek offers the best of the sculptor's life work. The concept of purely the artist's exhibition using natural light and impressive premises of the castle gallery presents over two hundred sculptures created from mid 50's to the present. However, some art works are displayed for the very first time.

See more at: www.olbramzoubek.cz

What? Yes, Prime Minister!, František Ferdinand Šamberk

Where? Divadlo bez zábradlí, Jungmannova 31, Palác Adria, Prague 1

When? Premiere on 27 January 2014

Directed by: Karel Heřmánek a Michal Pavlík

One of the most successful British comedies Yes, Prime Minister! written by Antony Jay and Jonathan Lynn is loosely based on the cult television series Yes, Minister! In the razor-sharp satire, full of funny situations, the brisk word plays and flurry of one-liners go back to one thing: politics. The government is in crisis and Prime Minister Jim Hacker has a problem. It is necessary to save the country from bankruptcy, Europe, but most of all his position. In the searing comedy translated into Czech by Martina Stropnická, viewers can look forward to Karel Heřmánek, Dana Morávková, Josef Carda, Karel Heřmánek Jr., Petr Pospíchal and Stanislav Zindulka.

See more at: www.bezzabradli.cz



Action



Národní týden manželství | Good marriage is not granted

WWW.TYDENMANZELSTVI.CZ
REMEMBER THAT MARRIAGE IS TO BE CARED FOR

What? National Marriage Week

Where? Social centre Bethany, Za Brumlovkou 1519

When? 10-13 February 2014, starting at 6,30 p.m.

The second week of February is holding its traditional 8th annual National Marriage Week, which the Maranatha association participates in. As every year, a weekly series of seminars is prepared for the public, to promote and develop partner relationships. This year's theme of National Marriage Week is: „Great trivia: Small steps to a great relationship.“ Many experts will be attending in the fields of psychology and counseling in relationships, family life, and parenting. The seminars will be from Monday to Thursday at the Social Centre.

See more at: www.tydenmanzelstvi.cz

Book



What? Vegetables my love, Marcel Ihnačák, Slovart

When? December 2013

Author of the book is Slovak chef Marcel Ihnačák, who gained professional experience at a restaurant awarded two Michelin stars, Pied-a-terre in London and Jamie Oliver's Fifteen restaurant. Continuation of the book „Joy cook“ offers interesting and delicious dishes of zucchini, asparagus, beans, tomatoes, peppers and other vegetables. There is also a slovak classic dish of cabbage and potatoes which Marcel Ihnačák presents in an unusual and very inspiring way. Bonuses are 4 chapters about the fruit, sweet and savory recipes.

This book can be purchased at the store Maranatha, Brumlovka Building, for a discounted price of 485 CZK.

Film



What? The Monuments Men, USA

When? Premiere on 16 January 2014

Directed by: George Clooney

An all-star cast film dealing with a lesser known military platoon, a group of art-historians, which was tasked to find, rescue and return European arts stolen by Nazis from the countries they occupied during World War II. Seven soldiers – originally directors of art galleries, curators and art historians – fight time to prevent damaging of century-old European culture. Alongside George Clooney, the director of the war comedy-drama, there also star Matt Damon, Cate Blanchett, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban and Hugh Bonneville.

Rent advertising spaces at BB Centrum



↑ **BB Centrum magazine Review**

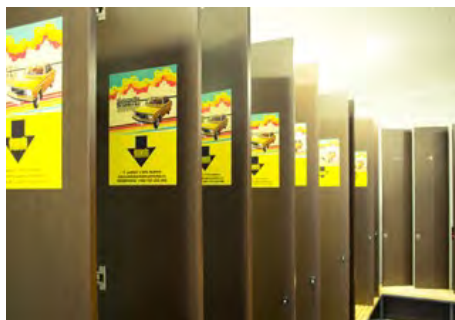
Promotion possibilities
Location: promotion racks at the receptions of BB Centrum

↑ **Promotion PVC Banner**

Location: Vyskočilova St.

↑ **Citilight**

Location:
pedestrian zone
Brumlovka
Building,
vestibule of the
Filadelfie
Building



→ **Places for promotion in fitness club**

Location:
Brumlovka
Building, Balance
Club Brumlovka



↑ **Promotion bridge**

Location: Vyskočilova St.

Contact:
PASSERINVEST GROUP, a. s.
Želetavská 1525/1, 140 00 Praha 4
e-mail: nela.kadlecova@passerinvest.cz

SHOPS AND SERVICES AT BB CENTRUM AND ITS NEIGHBOURHOOD



RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Dock House – restaurant
- 3 Baifu – Running Sushi
- 4 Vegetarian Restaurant Maranatha
- 5 Restaurant in Michelská
- 6 Express Sandwich
- 7 Mango – Chinese restaurant
- 8 Pub – Salon u Loučků
- 9 Merett – canteen
- 10 Restaurant Chameleon
- 11 Salad etc.



CAFÉS

- 1 OFFICE CAFÉ
- 2 Café O₂
- 3 Gaviota Cafe Lounge
- 4 Mangaloo – fresh bar
- 5 Fruitísimo – fresh bar
- 6 COSTA COFFEE
- 7 Confectioner's Hájek & Hájková
- 8 Confectioner's Jemnická
- 9 Wineport VinoVinoVino
- 10 SOMMELLERIE – wineshop



SHOPS

- 1 GORENJE kitchen studio
- 2 BIANCO & ROSSO – Italian delicacies
- 3 Small grocery shop
- 4 H&T foodstuffs
- 5 Floor Forever – floors studio
- 6 INTERIÉR ČÁP – kitchen studio
- 7 Louis Purple
- 8 dm drogerie
- 9 albert
- 10 Florist Romantika

- 11 Sushi-cz – groceries, foodstuffs
- 12 Brudra – work clothing
- 13 Bikebros – shop
- 14 Sport RESORT – shop
- 15 EVROM – watchmaker's, jewellery
- 16 JK Jitka Kudlackova Jewels
- 17 Spar City
- 18 Telefónica O₂ – shop
- 19 TEĎ&HNED – newsstand, gifts
- 20 Florist Romantika
- 21 MARANATHA – healthy nutrition
- 22 DON PEALO – newsstand
- 23 NIVOSPORT – shop
- 24 APPAREL – interior design
- 25 Flowers & more – florist



SERVICES

- 1 Automyčka Brumlovka – hand car wash
- 2 BOMTON – hair and beauty centre
- 3 Dry cleaning and laundry
- 4 Kid's Corner Rybička
- 5 Tire service Michelská
- 6 GLANZ – hairdresser's
- 7 24U – IT services
- 8 K&K automobile service, used car sales
- 9 Solarium
- 10 Duna House – estate agency
- 11 Auto Kelly – car parts



BANKING

- 1 Česká spořitelna
- 2 Česká pošta
- 3 UniCredit Bank – branch
- 4 GE Money Bank – branch



Cashpoint

Building FILADELFIE (UniCredit Bank)
Building B (GE Money Bank)
Building Brumlovka (Česká spořitelna, EURONET)



SPORT / RELAXATION

- 1 Balance Club Brumlovka – exclusive fitness and wellness
- 2 Baar park
- 3 Playground
- 4 Multipurpose playground
- 5 Squah courts in Ohradní
- 6 Tennis courts
- 7 Cycle route



HEALTH SERVICES

- 1 Novus Optik
- 2 Veterinary surgery in Michle
- 3 Urosanté – andrological urology centre
- 4 Pharmacy Benu
- 5 SANTÉ – dentist, ophthalmologist, internist
- 6 Denis Krupka MD – dentist and hygienist



EDUCATION

- 1 Christian Nursery School Elijaš
- 2 Primary School Elijaš
- 3 Christian Family Centre Samuel – babysitting
- 4 Bethany Community Centre



balance
club
BRUMLOVKA

It's not about kilos,
It's about feeling



www.balanceclub.cz