



review

www.bbcentrum.cz | free
Successful in the contest **Zlatý středník**

Biljana Weber:

I always aim high
and work hard

Trend
in glasses:
Imaginativeness
and creativity

Brumlovka
Park:
Green areas are
an obvious part
of a modern city



BBCENTRUM

Where Business
Comes to Life



BBCENTRUM
is proud to present

MIG 21

at 7:30 pm

AND

DĚDA MLÁDEK ILLEGAL BAND

at 6:00 pm

WHEN: June 25, 2015

WHERE: Baar Park | Želetavská Street | Prague 4

The event starts at 5:00 pm (barbecue, photobox etc...).

FREE ENTRANCE

www.bbcentrum.cz



Dear Readers,

Once again I am pleased to present you with the new issue of our magazine BB Centrum Review. To begin with I would like to share my joy with you of the success achieved by our magazine in the contest Zlatý středník. In the thirteenth year of this prestigious contest and based on the votes from experts in the field of marketing and media, our magazine has been placed among the best acclaimed magazines in its category! We would like to maintain the quality of our work in the future, also thanks to your support. And because the aim of our magazine is to acquaint you with what the BB Centrum offers, this issue will be no exception.

Did you know that there are more than ten restaurants and canteens and five cafés altogether in the BB Centrum? That until today we have planted ten thousand trees, shrubs and plants here? Try to unwind a little from your workload during this summer weather in the BB Centrum and enjoy a picnic lunch with colleagues in Baar's Park, play pétanque or come and see the traditional summer concert, this time with the band MIG 21.

And because the summer is inseparably linked to traveling and vacations, let me wish you peace and quiet on your travels, lots of positive experiences and a safe homecoming, too.

Enjoy your summer!

Vendula Malochová

Editor in Chief

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The 15th BB C CUP

○ Fifteen years have passed since the first kick-off of the BB C CUP, a five-a-side football tournament. This year, the sports event, organised for the BB Centrum tenants regularly every year by the PASSERINVEST GROUP, is halfway to celebrating another jubilee. The Cup will take place on June 19th at the FK Slavoj Vyšehrad field in Prague 4 as before.

Last year these company teams took part: Hewlett-Packard, Fresenius Kabi, Gemalto, GE Money Bank, GolfProfi Store Praha, Microsoft, Balance Club Brumlovka, and PASSERINVEST GROUP; for a few years in a row, however, no team had bested Balance Club Brumlovka. Bring your team to this year's tournament, too. The starting fee for the whole team is CZK 2,000.

If you are interested, register your team before June 15th, 2015 at the following e-mail address: nela.kadlecova@passerinvest.cz. ∞

MIG 21 at the Baar Park

○ Remember to come by at the Baar Park on Thursday, June 25th! A concert of a popular band, MIG 21, is planned for this day. Děda Mládek Illegal Band will play before the main concert of the distinctive MIG 21. Bring your colleagues, friends or family. This relaxing retro pop music experience will be accompanied by a barbecue, the chance to try out a Balance Club Brumlovka massage, and we are also preparing a photo corner. **Free entrance.** ∞



Open-air cinema at the BB Centrum

○ Do you like open-air cinema? From August 17th to 20th, you don't have to go anywhere - Kinobus (Movie-bus) will come to the BB Centrum with this summer's movies.

The special projecting Kinobus will be parked in the area in front of the building of the Eliáš Christian Nursery School, U Michelské školy Street, at the edge of the Baar Park. It is a fully-equipped moving cinema which will bring us many movie experiences, a big projection screen, and benches for the audience. You won't be deprived of the necessary "movie" refreshment either. The programme of the 8th year of the Kinobus project will be available on the website www.bbcentrum.cz and the Facebook page of the BB Centrum well in time. You can look forward to Czech films with the right topics above all.

Stay a bit longer at the BB Centrum and bring your friends, too - everybody is welcome. An open-air cinema is simply part of the summer. Don't miss the unusual movie nights at the BB Centrum. ∞



Studying the Bible with Radim Passer

○ Are you concerned with what is happening around us? Are you interested in biblical topics? It is the Bible where we can find many references and messages related to current affairs as well as the near future. Radim Passer is preparing unique seminars for this autumn on the study of the biblical prophecies of Daniel and the Revelation. These books were inspired by God and written mainly for people living from the 19th century up to now. The seminars are intended for beginners, too - all chosen topics will be presented in an accessible form which can be understood by everybody.

The studies will be held once a week in a limited group of 12 people at most. If you are interested in the seminar, contact the e-mail jana.dudova@passerinvest.cz. ∞

Brumlovka Park: Green areas are an obvious part of a modern city

As is customary in the BB Centrum, all of the buildings will come with their own fresh greenery. Just like Baar Park is adjacent to the FILADELFIE building, the new Brumlovka Park will be next to the southern side of the DELTA building.

○ Its first stage will be finished simultaneously with the DELTA building. Ing. arch. Jakub Fišer from the Aulík Fišer Architects studio, who designed the park, and Petr Novotný, executive head of Zahrady a zeleň s. r. o. – the company responsible for its construction – will tell us what the park will look like.

What can people look forward to in the new Brumlovka Park?

JF: The park will offer a place for recreation not only for the BB Centrum users and visitors, but also for the people living in the area. Among other things, the first stage of the park will include a large playground with many features for playing. There will also be a network of pathways and a connection to Hodonínská Street. Of course, we will also recultivate the landscape and plant more greenery.

PN: Primarily, you will have a pleasant feeling from the plants, bushes and trees in bloom combined with natural paving. You will leave the office building, sit on a bench... It is reminiscent of a sleepy summer resort, where the garden is being prepared for lunch. You can slow down and relax for a while.

What would you highlight about this park?

JF: This park is an integral part of the BB Centrum development concept – it supplements the environment for parents with children, its central motif is the aforementioned playground. In the upcoming stages, there should also be a water feature, sculptures and other attractions for both children and adults.

PN: I appreciate the fact that greenery is not simply a “necessary evil” for the investing PASSERINVEST GROUP, but that it creates an attractive environment where you can sit down or take a relaxing walk.

What part of this project brings you the most joy?

JF: Besides the aforementioned playground, which I think will be truly exceptional, I like that the old trees from the former gardens were kept and still stand in the park. We couldn't keep all of the trees, due to their age and health, but the existing mature trees definitely improve the new park's atmosphere. Of course, we will plant new trees as well.

PN: I am happy that in the course of the project the green areas got larger and not smaller, which often happens else-



Visualisation of Brumlovka Park

where. And I will be even happier once everything starts blooming and the plants thrive.

What do you think the role of greenery is in development areas like the BB Centrum?

JF: Green areas are an obvious part of a modern city providing a good environment for its inhabitants – and undoubtedly, the BB Centrum is such a place. That's why greenery is irreplaceable here. We have been cooperating with the investor since the start of the BB Centrum construction, and together we keep looking for ways to improve the local environment and public space. It's a long-term development strategy, which began more than 10 years ago with the promenade between the BETA and BRUMLOVKA buildings.

Since then, we have added Baar Park, trees and bushes in the Vyskočilova street, water fountains in front of the E and GAMMA buildings and more. I must also mention the roof gardens, which have become the standard in all of the newly constructed buildings. At the moment, we are finishing the rich improvements of the park along the Václava Sedláčka street by the DELTA building, which will include new water areas.

However, we aren't only talking about the new projects and the related development of greenery and parks. People's feedback allows us to keep improving the current area of the BB Centrum, where we are preparing further improvements and modifications of the public space in cooperation with the PASSERINVEST GROUP.

PN: Greenery is definitely very important for relaxation and for being able to “switch off” for a while and have a rest. It is the greenery that completes the construction of such projects. Without it, a complex isn't homely and feels cold. With today's range of choice of such centres, all details are important and nice greenery can have the lion's share in the success of the entire project. ○○



Relocation to the DELTA building begins

The BB Centrum multifunctional complex has a new dominant feature in the form of the DELTA building. It is the largest of the existing 147 buildings within the Michle complex in Prague. The first part of the building has already undergone the construction approval procedure and two major global companies - Hewlett-Packard and software giant Microsoft will be moving in during the year. The construction approval procedure for the second part of the DELTA building will take place in September of this year. In total the DELTA building will offer 40 thousand square metres of office space over 8 floors. It also features 800 square metres of commercial premises and parking places for approximately 800 cars over 5 underground floors.

The DELTA structure consists of two buildings connected by a parterre with an H-shaped floor plan. The two buildings are connected by a footbridge on each floor. This feature attracted Hewlett-Packard, who have acquired a unique office space covering an area of 4,500 square metres on a single floor.

“The concept of the DELTA building enables us to create a working environment which is consistent with our vision of working from anywhere,” says Ms. Biljana Weber, General Manager Czech Republic at Microsoft, about the new premises.

You can read the interview with Ms. Biljana Weber on page 8.

BB CENTRUM
review
 www.bbcentrum.cz / free

Michaela Zemličková:
 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

ZLATÝ STŘEDNÍK 2014

RATED

PRKlub

The magazine BB Centrum Review was successful in the contest Zlatý středník

On April 22nd, 2015, the magazine BB Centrum Review won an award in the 13th annual contest Zlatý středník. This competition of professionals evaluates Czech corporate media designed to represent companies and promote their products, services or other information to customers, business partners or employees. Since 2002, the expert jury of the contest has chosen the best printed and electronic media in various categories - the magazine BB Centrum Review is ranked among the best B2C newspapers and magazines and it succeeded from among more than one hundred corporate publications of renowned companies, such as Ahold, T-Mobile, Škoda Auto or Vodafone.

Balance Club Brumlovka celebrates through exercise

Just like in previous years, also this year the Balance Club Brumlovka chose to celebrate its birthday through exercise, fun and joy. On the April 11th, its members could, from 10:00 a.m. till 06:00 p.m., enjoy a range of sports activities for free (and non-members for just CZK 300) - there was zumba, pilates, aqua aerobics and other sports and the mood was excellent as always!

Shortly after it was established in 2007, the Balance Club Brumlovka started ranking among the best wellness and fitness centres in the capital. But they definitely do not just dwell in the past there, on the contrary! The centre always carried the newest world trends and many new exercises and programmes that came into the Czech Republic first appeared right here. ∞



MOMENTO RESTAURANT STARTS ON JUNE 15



◀ At MOMENTO Restaurant, the food will be prepared by well-know chief Martin Jiskra

New restaurant at the DELTA building

While looking for tenants of the newest administrative building DELTA, a restaurant keeper was also being carefully selected whose character and services would best suit the original style of the new building and its tenants' wishes above all. The choice is JLV - a company with an over fifty-year tradition in this business. The new restaurant called MOMENTO won't be preparing a general menu as many international chains do but, on the contrary, an individual one in line with the customers' wishes.

The chef and manager is Martin Jiskra who gained experience in top-class hotels in the Czech Republic and abroad. He worked in Austria, France, England, the USA, and many other countries around the whole world including Japan. The Kuwaiti royal family used his services in the past as well. Martin Jiskra is a member of the French professional association Chaine des Rôtisseurs and his name can be found in the Who's Who - World Chefs encyclopaedia. His specialities are the Czech cuisine and fresh fish. He enjoys bringing new elements into his recipes, for example in the form of unusual ingredients.

"The MOMENTO Delta restaurant is a modern gastronomic project responding to its customers' wishes. We believe in good and honest cuisine which the customers will be happy to come back to," says Jan Valeš, the JLV business and marketing manager. "Although this is corporate catering, we place great emphasis on quality ingredients and original combinations on the menu which the customers know mainly from à la carte restaurants. We will prepare the typical scrambled eggs for your breakfast, fresh baked goods, puddings, home-made yoghurts, and soups. You can choose your lunch from three complete menus and several ready meals. There is a salad bar available throughout the day and a wide range of complementary products including a BIO section," explains Jan Valeš.

The up-to-date menu of the MOMENTO restaurant and the nutritional values of the meals can be found at www.momentodelta.cz. You can also download an Android app on the website for easier access. ∞



MOMENTO
DELTA Building
Opening hours:
Mon - Fri 07:30 a.m. - 05:00 p.m.
www.momentodelta.cz



Biljana Weber: I always aim high and work hard

Biljana Weber has been the general manager of Czech Microsoft for almost two years now. She came here from Slovenia where she also held the position of the General Manager. Before joining Microsoft, she worked in several leadership positions at IBM.

She says her greatest passion is her family and talks enthusiastically about how new technologies help her balance her work and personal life and how the constant changes keep her young.

○ This autumn, Microsoft is moving within BB Centrum to the new DELTA building. Why did you decide to move and what are your expectations of the new space?

The decision supports our vision of the “New World of Work”, where modern cloud technologies enable people to work more flexibly and from anywhere. As a result, the purpose of a workspace changes and it becomes a space to meet, exchange, collaborate, co-create rather than a traditional office with fixed desks and fixed hours. And our new offices in the DELTA building will reflect that. In fact, our move to Delta is not just about changing our location - it’s about enhancing the way we work together.

Can you be more specific about how your new offices will move away from the “norm”?

Well, they will be very different from “the norm”. It will be a totally open space dominated by so called “hubs”, spaces designed to enable cooperation, co-creation, relaxation and interaction. These spaces will go across 4 floors and will be connected by an open staircase to help people meet and share. Around this area, there will

be various rooms to enable other types of work - from work stations to meeting rooms and executive lounges. There will also be so called “Quiet Spaces” where people don’t talk or use their mobiles, so if you need to concentrate on your job, you can choose to work there. These are just a couple of examples as the office will feature many more new elements.

Is your new vision the result of the fact that technologies are constantly moving forward, as are demands on the work environment and employee work habits?

Absolutely. Our vision stands on three pillars: technology as an enabler of mobile and flexible work and life, corporate culture that needs to adapt to new work, and lifestyle and place - because in this environment, the office starts to function differently than before. We’re not supposed to sit at our desks here and work because this can be done anywhere. The office should connect us as a team, drive cooperation and innovation.

How does the path of a person - especially that of a woman - lead to the post of general manager of Microsoft? What’s your recipe for success?

Well, I always aim high and work hard to achieve my goals. Also, I think that a good career resembles a labyrinth - a career path is neither easy, nor a one-way street. Another important element is being highly professional. I believe that professional behaviour at all times and excellent results will move you forward in your career. For a management role, it’s not enough to take one step ahead; you have to take several steps at a time. The nature of work requires a great deal of flexibility from us - both with regard to the

number of hours we put in, as well as job location. I need to stress the importance of communication, and managers must be empathetic and appreciate the good teams around them.

As far as women are concerned - I believe women should make it clear what their ambitions are, both at work as well as at home and should not hesitate to ask for the support they need. That’s the trick - if you want a career, you have to say it.

Still, it’s rather uncommon to see women working in IT. How did you yourself get into this field?

When I decided to study IT, it was still a young new industry, developing very fast and dynamically. I thought that this industry would keep challenging me, force me to develop new skills, and always provide opportunities to work with smart creative people from all around the world. And indeed, that is how it is!

But you’re right. It is still quite difficult to attract women to technology careers. Many young women still have the perception that an IT career means you have to spend endless hours programming at your computer, but one can choose from two types ▶



▷ of careers – management or technology expert. Moreover, IT will continue to offer reliable career opportunities in the years to come and a high level of flexibility which is important for women. Last but not least, salaries are higher on average too.

Currently, Microsoft has two successful programs for girls and women to show them that IT is fun and has great prospects. One is “Opening Windows” – a networking and mentoring platform for professional women. Currently the platform has over 850 members. The other is “Opening Windows @Universities” – to expand the platform to university students and graduates.

Your company has been a part of BB Centrum for more than 10 years. What do you like best about BB Centrum? Which services do you use the most?

Mainly, it's the strategic location of BB Centrum and its easy accessibility for both our people and our customers. It is part of a very well thought out business and community centre with many practical elements – shops, fitness, medical centres, cafés, a post office, etc. I love its good infrastructure – fitness club, banks, dry cleaners, etc. I use many of those services.

How do you like to spend your free time? Does your demanding work life even allow you any free time for yourself?

My greatest passion is my family and I make every effort to spend quality time with them. They live in Vienna while I work in Prague,

so our time together is limited and so we work hard to make the most of it. I am also a big user of our technology to keep in touch, so for example I Skype with my daughter every day.

But otherwise, my favourite ways to relax are listening to music, travelling, doing sports and spending time with my friends. What I like about Prague (which is in fact similar to what I like about Vienna) is that there's a lot of culture here, especially music of all kinds.

Did your personal life change in any way when you moved to the Czech Republic?

As I mentioned, I live in two places which is already a big change. Therefore, I'm a very good example of our new world of work – how current technologies enable us to integrate work and personal lives without having to choose between family and career. And it is not just about living in two places, two countries. I travel a lot anyway and thanks to all the technologies we use, I do not find it difficult at all to manage everything I need to. oo

“I think that a good career resembles a labyrinth – a career path is neither easy, nor a one-way street.”





ELLIOT GROUP: The client's wish is a challenge, making it happen is fun

ELLIOT GROUP, a company residing at the Residential Park Baarova, offers a very wide scope of services. It was founded 15 years ago as ELLIOT IDENTITY, an advertising agency. In 2010, ELLIOT ACTIVITY, a travel agency, opened new possibilities, and in 2014, the group expanded further with ELLIOT REALITY, a real estate agency. The company is made up of a team of young but professionally experienced people providing services based on a personal approach. Since its formation, it has lost nothing of its enthusiasm; on the contrary, it has gained much valuable experience now included in the know-how offered to both current and new clients. Moving to the new address in the impressive environment of the Residential Park Baarova is seen as an important milestone in the company's history.

What exactly do the individual sections of ELLIOT GROUP offer to their clients?

ELLIOT IDENTITY, an advertising agency: Specialists in all kinds of events

The oldest part of ELLIOT GROUP focuses mainly on the organisation of congresses, press conferences, professional trainings and courses, workshops, cultural and social events, Christmas parties, fashion shows, company/teambuilding/

sports and many other kinds of events. The arranging of social events is one of the company's main specialities. "To be creative is not enough. We have to ensure that everything works smoothly and that the clients can forget, at least for a few moments, how busy they are," says Eva Junková, Senior Project Manager.

ELLIOT ACTIVITY, a travel agency: Activities with children and moments of rest

It was only a short step from the rich experience with organising all kinds of events to the expansion of the offered services with a travel agency offering "family experiences". "We wanted to involve the whole family in the holiday and weekend adventures, to create collective programmes as well as give the parents an opportunity to enjoy relaxing moments on their own," Eva Junková explains the philosophy of

the travel agency. Besides summer and winter holidays, ELLIOT ACTIVITY also offers several or one-day thematic events, for example St. Nicholas Party, Children's Day, family kite flying, long cycling weekends, and much more. Read more about ELLIOT ACTIVITY on page 28.

ELLIOT REALITY, a real estate agency: The way to finding your personal space

The youngest part of ELLIOT GROUP engages in real estate, construction, and design. As in the previous cases, this is partly business, partly fulfilling personal goals. "We enjoy nice and modern but also practical and functional things. We like design, we are creative, we modernise, create, devise, and build, and we aim at delivering all this to our clients," says Eva Junková. The individual dreams and ideas of clients are important everywhere, be it the designing of a cosy home, a practical office, or a well-planned shop. oo



ELLIOT GROUP s.r.o.
Residential Park Baarova
Baarova 1542/44, Prague 4
www.elliot.cz

PUZZLE SALADS

– seasonal, local, fast, and healthy

At the end of April, the salad bar PUZZLE SALADS opened a new bar in the FILADELFIE building, which is especially good news in the summer! The first PUZZLE SALADS bar has been serving its menu in Jankovcova Street in Holešovice since last year.

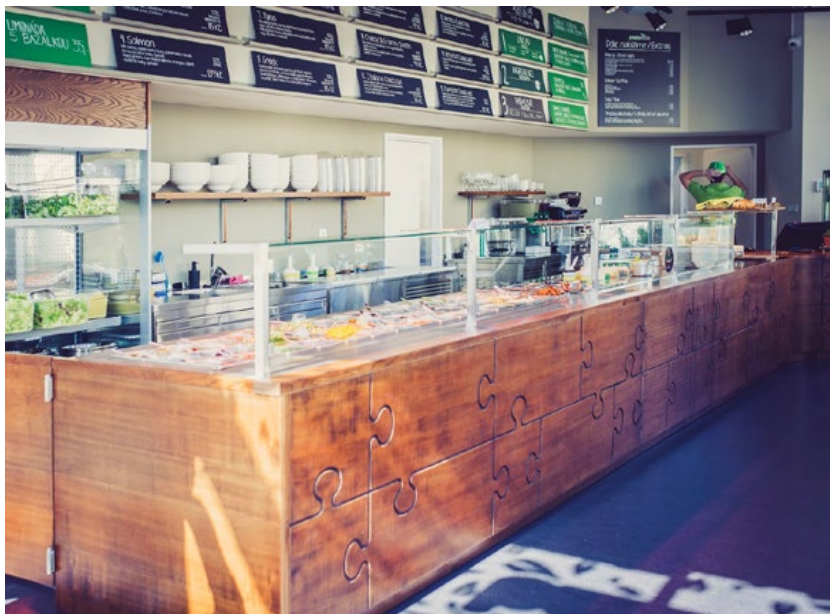
PUZZLE SALADS follows two main principals above all – fresh home-made meals every day and a friendly attitude. This is definitely reflected on the taste as well as the enthusiastic approach of Stanislav Štrobl, the owner of this salad bar, who says this about the founding of the business: “My friends know me as a good-food lover and a passionate cook. And why salads at all? Because they are neglected in restaurants although everybody I know loves them. However, you have to make them right. To limit their preparation to a simple mix of tomato-

es, cucumber, and iceberg lettuce seems too boring and wasteful to me so I started experimenting and discovering new ingredients and recipes.”

The main offer is several kinds of salads which are mixed directly in front of the customer. If you don't feel like taking any of the salads on the menu, you can have one of your choice and thus piece together your own tasty “jigsaw puzzle”. The menu also includes home-made soups, sweet and savoury baked goods, home-made lemonades, and tasty coffee. A special offer is avail-

able every day. The menu changes all the time according to the season and weather but it always follows the same principles: the food is fresh, tasty, made fresh (no ready-to-cook meals), seasonal, local, fast, and healthy.

You can eat your meal at the bar, take advantage of its outside seating with a view of the water fountain and the Baar Park, or you can have everything on the menu packed and ready to take away so nothing can stop you from having a picnic lunch in the Baar Park. Enjoy the summer to the fullest while you can! ☺



PUZZLE SALADS
 FILADELFIE Building
 Opening hours: Mon–Fri 10:30 a.m. –05:30 p.m.
 Tel.: +420 722 719 714, www.puzzlesalads.cz



Image credit: NASA/CXC/SAD/STScI/JPL-Caltech

Is life an accident or a design?

Do we really descend from monkeys? Where do the laws of nature come from? Why does every life end in death and is death really the end of everything? How did the planet Earth come into existence?

○ If you wish to know whether your existence is a simple accident or a part of some big, well thought-out plan, how man evolved as time moved on, and where we are heading, you should visit Genesis Expo, a travelling exhibition which is one of the projects under the patronage of Maranatha, a Christian-oriented association.

“How big is the universe? Bigger than we think. Bigger even than we can imagine. (...) Try to picture it like this: next time you are on the beach by the sea, take a handful of sand. If the current estimates are right, there are more stars in the universe than there are grains of sands on all the beaches in the world. What we see when we look up is just a handful of sand. (...) Nowadays, everybody knows that the Earth isn't the centre of the universe but for years we have been wondering about its uniqueness and whether it is the only populated planet in the whole universe. We have found out recently that most star systems have planets and the estimated number of planets is over a billion within our own galaxy alone. We still cannot answer the question on how many of these planets there are any animals or plants and whether there is intelligent life somewhere else in the universe - despite the fact that all astronomers have been ruminating on this. The wonders of the universe are far beyond our imagination! (...) Could

all this really have come into existence by mere accident?”

These and other substantial questions about the origins of life are asked by the authors of a book called *Beyond Imagination* - Jerry D. Thomas, John Templeton Baldwin, and James Gibson (published by Advent Orion in 2004) - and on DVD *Life - accident or design?* by the association MARANATHA. Both publications are part of the Genesis Expo project.

The project is built around an instructional historical-scientific travelling exhibition Genesis where visitors will find almost 30 panels full of information about the brilliant organisation of nature and the world's history, a unique collection of over 50 fossils from around the whole world, life-size skulls of the so called ancestors of men, and almost 200 original books and DVDs on science, history, ecology, sociology, and relig-

ion related to the topic of the exhibition. In addition to all that you can watch unique thematic videos at the exhibition and take part in evening lectures given by experts and specialists. Children will be happy to discover an exposition of original jigsaw puzzles and match cards. ○○

ARE YOU INTERESTED IN GENESIS EXPO EXHIBITION?

For more information follow the Facebook page of the Genesis exhibition or the website www.genesisexpo.sk. The accompanying DVD *Life - accident or design?* and the book *Beyond Imagination* can be collected for free at the Maranatha restaurant in the BB Centrum, BRUMLOVKA building, while stocks last. www.genesisexpo.sk



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The great outdoors

Although the BB Centrum is located close to the city centre, its surroundings are full of opportunities for employees of the local companies to actively spend their free time. And so we would like to present you with a few tips on outdoor activities which you can do around here after your working hours or even during them. As several university research studies have shown, as little as five minutes of fresh air exercise can help significantly reduce stress. Give it a shot!



Running through the oasis of peace



Baar Park, framed as a large garden, is the green heart of the BB Centrum. Just like the objects surrounding it, the park itself was designed using space composition with a variety of natural materials. The planting of almost two hundred different trees and eight hundred shrubs made it into a green oasis. It was designed for the purposes of active recreation for residents, as well as visitors from “outside”, and it offers a number of unique attractions, for example a water cascade and conference tubes, which can be used for communication between people up to fifty metres apart. The park’s dimensions make it into an ideal area for running; it can serve as both the start and finish for several different circuits which vary in length and difficulty and are thus suitable for everyone. There is, for example, a running circuit which goes north from Baar park, through the greenery of the Pod Farou Street and around the Church of the Nativity of the Virgin Mary back to the start.



THINGS YOU MAY HAVE NOT KNOWN ABOUT RUNNING

The specialized store RunPremio is not only a store with performance running shoes, but also a training and consultation centre, where you will get invaluable information about running, as well as about training for running. The lifestyle coach and specialist on running training and diet, Marcel Brož, has prepared the following ten pieces of advice for you:

- ❶ Running is the second most natural activity for people, right after walking.
- ❷ When running doesn't look good, it doesn't work well either! Many people do more harm than good through such an activity.
- ❸ More than half the customers who come to RunPremio have problems with the arches of their feet.
- ❹ Running training should start with choosing the right shoes.
- ❺ Just as every fingerprint is unique, every person has a unique style of running and foot placement.
- ❻ Individualization of shoes according to a person's feet is necessary not because ready-to-wear shoes aren't good enough, but because every person is unique. No two human feet are identical!
- ❼ If you choose your shoes well, you can run five kilometres more than with bad shoes on your first training day.
- ❽ Good shoes also protect your knees as well as the entire locomotor system.
- ❾ An hour of running means much more energy output than riding the same distance on a bicycle.
- ❿ Looking after one's feet is important from a very young age. From the medical point of view, feet are the reason why children often have bad posture, knock knees or back pain.



RunPremio
 Building G
 Opening hours: Mon–Fri 11:00 a.m.–07:00 p.m., Sat 10:00 a.m.–02:00 p.m.
www.runpremio.cz

Yoga for life harmony

Equilibrium between body and mind has become the primary focus of many activities taking place in the gym as well as outdoors. Since every occupation causes various stress levels, physical activities should mainly focus on relieving stress. Besides running, yoga and pilates are among the activities with such effects. The well-kept grass in Baar Park is ideal for both of these activities. You can exercise directly on grass, but a special yoga mat won't do any harm. And if you don't like to exercise on your own, invite a few colleagues to join you.



A TIP FROM THE BALANCE CLUB BRUMLOVKA

A vast majority of office occupations are sedentary jobs. Recent studies have shown that if you divide your work day with a break at noon including a yoga lesson and a light meal, your efficiency at work will rise significantly in the second half of the day.



PILATES

Pilates should be done at least two or three times a week. You will notice the first changes after ten lessons. After thirty lessons, even the others will notice the positive changes in your body and mind. Doing pilates is beneficial to the human body not only as a form of prevention, but also as rehabilitation.



Balance Club Brumlovka
BRUMLOVKA Building
Opening hours: Mon–Fri 06:30 a.m.–11:00 p.m.,
Sat–Sun (holidays) 08:00 a.m.–10:00 p.m.
www.balanceclub.cz

Captivated by the white sport

Although many tennis courts in Prague are open even over the winter, the biggest demand for the white sport comes in the spring and summer, when the inflatable roofs are taken down and outdoor courts open up. In close vicinity to the BB Centrum, there are several places that can serve this purpose. Only dozens of metres away from the Balance Club Brumlovka, there is the LTC 1927 Praha-Michle Tennis Club, which can offer seven clay courts. Some of the courts are reserved for the club or training purposes, but anyone can come and play after booking a court. You can also play tennis in the multi-purpose hall in Baarova Street, but again, don't forget to book in advance – especially at weekends and during peak hours it is usually full. oo

LTC 1927 Praha-Michle Tennis Club
Vyskočilova 944/6 (entrance from Hodonínská Street), Prague 4
To make a reservation, call +420 721 266 665
www.michle.tenisklub.cz



French pétanque

○ If you consider pétanque to be a peaceful game meant for pensioners, you are badly mistaken! It is actually an adrenaline-fused activity which involves a great deal of psychological pressure, especially during throws that can change the outcome of the entire game. Watching and playing pétanque are two very different things. Did you know that the Czech Republic has a good reputation in this game? Last year's Europe championship saw the Czech women team win the silver medal!

One of the most interesting things about pétanque is that the surface on which it is played is not defined in the rules at all, so it doesn't need to be only grass. This opens up a wealth of possibilities for the game - where and under what conditions the players will compete against each other and the metal balls. Still, there are several courts in Prague built specifically for this originally French pastime. A nice new court in Baar Park is one of them. If you haven't tried this game yet, there's no reason to wait any longer. Both individuals and teams of several players can compete. ○○



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CHALLENGE YOUR COLLEAGUES TO A MATCH!

Beautiful weather also enables group sport activities, which are a lot more about active recreation for groups of friends or co-workers, than about top performances. The ideal place for these activities is the multifunctional sports court next to the Eliáš Elementary School.

It is open all year round and the inflatable roof comes down at the start of April, when it becomes fully available for various outdoor group activities. Its dimensions - 44 x 24 metres - and artificial surface make it ideal for five-a-side football, floorball, handball or basketball and possibly tennis or badminton.

There is also a playground very close to the multifunctional sports court, which is also open to the public. It features, among other things, a multifunctional jungle-gym and a climbing wall, which will please mothers with children in particular. The playground is open daily, including holidays, 08:00 a.m.-08:00 p.m.

TIP: The multifunctional sports court is ideal for training for the annual five-a-side football BB C CUP tournament, held yearly by the company PASSERINVEST GROUP for the tenants of the BB Centrum. You can read more about the BB C CUP on page 4.

Multifunctional sports court
 Opening hours: Mon-Sun 08:00 a.m.-10:00 p.m., (including holidays)
 Tel.: +420 734 524 544
 E-mail: karel.lukas@zselijas.cz
www.viceucelovehriste.cz



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Trend in glasses: Imaginativeness and creativity

“When a woman puts on her glasses for the first time, it means that her curiosity has got the better of her vanity,” says a quotation by the painter, Vladimir Lebedev. At a time when we are literally flooded with offers from eye clinics offering laser and other eye surgery to permanently or partially correct one’s eyesight, it may seem that traditional corrective eyeglasses are on the retreat. They are not. On the contrary – there are still a lot of people among us who prefer wearing eyeglasses to surgery or contact lenses. And it does not hurt their vanity – they look well wearing them.



NOVUS OPTIK TIP: COLOURED XPERIO™ LENSES

The XPERIO™ polarized lenses come in two variations – uniform and gradual (the gradual lens treatment means gradual darkening of the lenses from their upper part), in brown, grey, grey-green, blue-magenta, purple and sky blue. There are also monofocal or bifocal and progressive lenses Varilux.



NOVUS OPTIK
BRUMLOVKA Building
Opening hours: Mon–Fri 09:00 a.m.–
07:00 p.m., Sat 09:00 a.m.–04:00 p.m.
Orders: +420 605 858 859



○ Like for example writer Michal Viewegh who even after laser eye surgery has kept wearing his glasses, as they are a part of his personality. Glasses belong to the image of some actors, for example Jiří Bartoška, Lukáš Hejlík, Dana Morávková or the TV presenter, Štěpánka Duchková, who took a particular liking in wearing various interesting glass frames. This trend – glasses as a part of a person's outfit – started sometime around 2005. Until then, short-sightedness had been considered a sort of handicap and in an effort to conceal this handicap, people preferred wearing contact lenses. But when glasses began to appear in the collections of world-famous fashion designers and when renowned “trend-setter” Victoria Beckham made a public appearance in glasses, a new trend was born – glasses are just hot right now!

Choose according to the shape of your face

Which glasses should you buy, so that they go well with your face? A careful selection procedure must precede the purchase of glasses; get advice from an expert optician and also take someone with you who knows you and can tell what suits you. The basic criterion is their size proportionate to the size and shape of your face and head. If you have a round face, you should choose square frames of a darker colour, which make your face look thinner. Avoid round frames – they could make your face look childish. Glasses of an oval or round shape with narrow frames or without frames, on the other hand, go best with a square face – rounded shapes can soften up sharp features. The lucky ones are those who have an oval face, they look good with all kinds of frames. Generally speaking, oval-shaped frames soften up the facial features and the square-shaped ones add to the hardness. Corrective glasses are a very individual accessory or, if you want, a tool, so their selection is a delicate process that cannot be rushed.

Season of the sun commencing, eyes at the ready!

Glasses are not used only to correct bad vision or as an attractive fashion accessory, their

other equally important role is eye protection and we should remember it all year long and especially with the coming of summer. “Harmful UV rays cause a variety of diseases such as cataract or the degenerative disease of the conjunctiva and they are also the primary cause of skin cancer. One out of ten cases of skin cancer occurs on the eyelids,” says Monika Škrétová Szaló from NOVUS OPTIK and points out that we should also protect our children's eyes from the sun – we wear sunglasses ourselves, but keep forgetting about our children's eyesight, even though it is up to six times more sensitive to UV light than adults' eyesight!

How to protect the eyes? Nowadays it's no longer true that wearing corrective glasses would automatically rule out sunglasses. “An entire range of sunglass dioptr lenses is also available,” says the NOVUS OPTIK optometrist in the BRUMLOVKA building.

Another possible clever solution are photochromic glasses. They are clear when in a room and turn dark when outside, fully replacing sunglasses. “Newly available are also photochromic lenses that can turn dark even behind the windshield of a car. It's because they don't only react to UV rays, but also to the intensity of sunlight. Additionally, the reaction to the change of lighting is rather quick,” adds the optician. You can choose from three colours – brown, grey and newly also the trendy grey-green.

In certain conditions, comfortable and clear vision can be disturbed by sun glare. This can even be dangerous for some activities, such as driving a car or skiing. Conventional sunglass lenses reduce the bright light, but do not eliminate reflections, and that can cause problems in some situations. “In such cases I would recommend the Xperio polarized lenses. These, in addition to protection from sunlight and reduction of glare, have other functions as well. You will see the outside world more clearly and brightly,” says Monika Škrétová Szaló. Drivers using the Xperio polarized lenses have a shorter reaction time and are able to stop 7 metre sooner at a speed of 80 km/h! ☺



Our tip! Ombré glasses

Ombré hairstyles are already out of fashion, but ombré glasses still have a place in the sun! These are sunglasses with a gradual transition of the glass colouring, so that they are darker on top and lighter towards the bottom. You can, for example, choose from the new ombré collection of the GANT brand.



TIPS FROM THE PHARMACY: NATURAL PRODUCTS FOR HEALTHY EYES

The health of our eyes can be supported by various products freely available in pharmacies. To protect the retina, especially in older age, we can recommend food supplements containing lutein or zeaxanthin, e.g. the capsules Farmax Ocumax Lutein. With advancing age, our eyes cannot eliminate the free radicals created through oxidizing reactions to light and this leads to their aging, which causes impaired vision. The production of these free radicals can be reduced by antioxidants. Essential fatty acids, such as omega-3 or omega-6 also have a role to play. Of the dietary supplements that are available, you can try for example Protectum Ginkgo or Protectum Omega-3, capsules with a special combination of antioxidants, carotenoids, vitamins and unsaturated fatty acids. Other dietary supplements for healthy eyes with a similar composition include Avilut, Walmark Lutein or Ocutein.



Pharmacy BENU
RESIDENCE BB CENTRUM
Open: Mon–Fri 8:00a.m.–6:00p.m.
www.lekarna-bbc.cz

Do you protect your eyes properly? Even the design of your glasses plays a role in this

“Even though the UV radiation is more intensive during summer, it was proven that it has a harmful impact on the eyes during the whole year, no matter if its sunny or cloudy. An important tool for protecting the eyesight against the harmful impact of UV radiation is sunglasses, corrective glasses or contact lenses with a UV protection. Given the diffusion of the rays of light, an important aspect of glasses is also their design. Those with peripheral protection yield better results,” says Dr. Markéta Svobodová, an ophthalmologist from the clinic SANTÉ, based in the BB Centrum in the building BB C VILLAS.

Another issue associated with the spring and summer periods, are allergies. Allergy sufferers, diabetics, elderly people and women after menopause should preventively moisten their eyes with artificial tears that are freely available in pharmacies. This is recommended especially in air-conditioned, smoky or dusty environments. It also holds true for all people that spend prolonged periods in front of a computer screen. “Eye fatigue is a common problem in people who work with computers. During concentrated and prolonged work, a person’s blinking frequency starts to decrease, which leads to evaporation of tears and desiccation of the eye surface. This is also often supported by air-conditioned environment and can lead to impaired vision (even tear film is involved in the formation of optical defects). Other causes of eye fatigue include wrongly corrected (wrong number of dioptres in glasses) or uncorrected dioptre defect (the absence of glasses), or signs of incipient presbyopia (gradual aging of the eye which causes deterioration of distance vision). That’s why I would like to recommend to blink regularly while working with a computer, use artificial tears to moisten your eyes and rest by closing your eyes, looking in the distance or by taking a short walk and changing the environment, if air-conditioning is present. Don’t forget to use the right correction (glasses) when working at close proximity or medium proximity,” says the ophthalmologist.



MUDr. Markéta Svobodová,
Ophthalmologist

Our tip! Exercise for tired eyes

One of the causes of fatigue is dry eyes. Remember to blink often when working with a computer – blinking spreads the tear film and removes dirt from the eye. Even eye muscles can be trained. Alternate looking at a close and a distant object, so that your lenses are forced to focus alternately. You can place your finger about 20 cm in front of your eyes – look at it for a while and then look at a distance for a while, preferably outside the window. To release the strain from your eyes, you can also warm up your hands by rubbing them against each other, create a “cup” from them and place them before your closed eyes so that they don’t touch them, but cover the light. Feel only the darkness and the warmth of your hands. Just one or two minutes of this can refresh and relax your eyes.





Prevention, just like with your teeth

While most of us go to the dentist regularly once or twice a year, we tend to neglect our ophthalmologist a little. But preventive eye examinations, even if we don't have any problems at the moment, are very important. "There are diseases and conditions of the eye that aren't in their early stages manifested by any vision-related problems. Conversely, cases when the patient comes with problems can already mean an advanced stage of the disease. One example is glaucoma - a chronic, progressive and creeping disease that results in irreversible loss of optic nerve fibres, which leads to blackouts in the field of vision. An eye examination can reveal the disease in a timely manner and proper treatment can stop its progression," says Dr. Svobodová. People under 40 years of age without any eye diseases should undergo preventive examinations roughly every two years and older people once a year. Register at an ophthalmologist as soon as possible.

How do I know that there is something wrong with my eyes?

To keep our eyes healthy for as long as possible, it is important, as with the entire body, to follow a healthy lifestyle. It is essential not to smoke and people with diabetes and with high blood pressure require sufficient compensation for their disease, because these diseases negatively impact on retinal blood vessels, thereby having a negative effect on the eyesight. We ourselves, in the mirror, can also spot some symptoms that should alert us to go see a doctor. "The most common state is the red eye, which is caused by hyperemia of the conjunctiva due to various conditions, most commonly inflammation. Another symptom is the change of colour of the sclera to yellow in both eyes, which can be a sign of jaundice. Additionally, you can notice overall change in the appearance of the eyeballs, bulging eyes or exophthalmos, which is often a sign of thyroid disease. Changes of colour and pigmentation of the iris, especially in brighter irises (blue, green), can also be spotted in the mirror. It's mostly the case of the not-so-serious nevi of the iris, a condition similar to the appearance of nevi on the skin. But those that grow, change shape or bleed can be a sign of emerging melanoma," warns Dr. Svobodová. oo



Santé
Health Clinic, BB C VILLAS
Želetavská 9, Prague 4
Opening hours: Mon–Fri 07:00 a.m.–08:00 p.m.
www.sante.cz



TIPS FROM DM DROGERIE: MAKE-UP UNDER GLASSES

- ❶ Astor Mono eye shadows – in beige and violet
- ❷ Gel Dermacol Longlasting black – gel eyeliner
- ❸ Miss Sporty Fabulous Eyes – eye shadows in pencil
- ❹ Rimmel Wonderful extreme black – mascara
- ❺ S.he Stylezone Indian – eyeliner



dm drogerie
FILAELFIE Building
Opening hours: Mon–Fri 8:00 a.m.–7:00 p.m.,
Sat 8:00 a.m.–1:00 p.m.
www.dm-drogeriemarkt.cz

Make-up under glasses? Thicker layers allowed



Tereza Škrbková,
Beautician and
a make-up artist

Ladies, if you like to use make-up, you can use more of it under glasses. It is because glasses dilute colours and the make-up then feels softer. "If you have subtle frames, you can use volumizing mascara and bold eyeshadows. In thick frames I would recommend aligning your make-up with their colour. Another important fact is whether you are short-sighted or long-sighted. Glasses for the short-sighted make the eyes look smaller, and so they should be made larger optically through make-up. Just use luminizing primer and soft or shimmering eyeshadows. Glasses for the long-sighted, on the other hand, make the eyes look larger, so we should make them smaller through make-up. Use dim shades, pastel colours, darker eyeliners and multiple layers of mascara. It is also good not to forget about groomed and highlighted eyebrows, you can easily add some hue with an eyebrow pencil or shadows. Since glasses subtly cover the eyes and the make-up, you don't have to be afraid to use a bolder lipstick. And apply blusher so that it's actually visible!" advises Tereza Škrbková, a beautician and a make-up artist from the studio Bomton Brumlovka.

"Women who use make-up must make sure they remove their make-up thoroughly and carefully every night. They should only use make-up removers that don't irritate the eyes. Women who suffer from inflammation of the eyelids should not, in the acute stages of the condition, use make-up at all and in the resting chronic stage always ensure that make-up is removed thoroughly combined with regular nightly eyelid hygiene through ophthalmic products intended for this usage. Since eyelids are in direct contact with the surface of the eye, there is a possibility of transition of the inflammation to conjunctiva and possibly even to the cornea, subsequently causing red eye and significant subjective problems," warns the ophthalmologist Dr. Markéta Svobodová.

This year's trend is natural and soft make-up, highlighted by different colours of lipstick. "A big hit of the season is plum lipstick, but you can find other shades as well. Various shades of orange or blood red will be trendy as well. Eyeshadows should be in tones of beige, light brown or apricot. An interesting trend is unusual lines that frame the eye. They are suitable for evening make-up. There is always the rule that if we have bold eye make-up, we need clean lips and vice versa – bold lips and soft, natural eye make-up," says the make-up artist Tereza Škrbková.



Bomton Brumlovka
BRUMLOVKA Building
Opening 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

Hydrobike: a thousand names, a thousand advantages!

Only a few sports activities are called so many different names; somewhere it is called hydro riding, elsewhere aqua spinning, pool biking or aqua cycling but everybody is talking about the same thing – riding a stationary bike in a pool.

○ Since the human body contains 60 per cent of water, it is also water that is its most natural exercising environment. The beneficial effect of moving in water had already been known to the ancients. The Greeks and the Asians realized that, as one of the elements, water is the most natural thing to people after air; the Romans then noticed its substantial healing and therapeutic effects, for example during arthrosis treatment. However, water made its comeback as a remedy only at the beginning of the eighteenth century when the term hydrotherapy first appeared. The German doctors, father and son Siegmund and Johann Siegmund Hahn, dedicated most of their lives and work to hydrotherapy as they considered water nature's greatest cure.

“Spinning” underwater

The modern history of water as the ideal exercise environment for the human body began in the United States of America. In the early fifties, doing exercise in the water was much promoted mainly by Jack LaLanne, a fitness instructor, nutrition advisor, and the father of fitness, who introduced aqua aerobics to the world. In the eighties, spinning was born thanks to the work of the South African Jonathan Goldberg. It is said that the idea of a stationary bicycle came to him when he was recovering after a nasty accident and felt afraid to go back on the road. He didn't want to give up exercise, however, so he put a bike into his room. All that was left was combining spinning and the water environment; then the hydrobike was born. The place of its origin is said to be a place called Tribeca, a part of New York's Manhattan, from whence it spread quickly around the world.

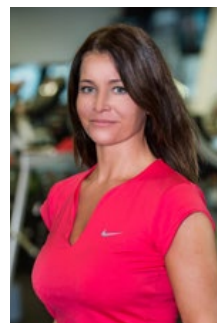


The seven biggest mistakes about hydro biking:

1. Hydro biking is a hard exercise which I can never do. Hydro biking isn't hard at all if you follow the trainer's instructions. It is even suitable for older people and people suffering from obesity or joint problems.
2. My hair will be wet after the class. No! Your hair won't touch the water during the exercise unless people splash water around.
3. I have to exercise barefoot. No, water shoes or non-slip socks are recommended as you shouldn't pedal barefoot. It could affect the feet's centre of gravity, which would be unnatural and uncomfortable during the exercise.
4. Each hydro biking class is the same. It is not! This depends on the instructor who takes care of everybody having fun and not being bored while riding a bike in a pool.
5. I will be cold in the water. You won't if you keep moving. The temperature of the water in the pool is pleasant for physical exercise – if you get warmed-up the water is nicely refreshing.
6. My muscles will ache the next day. As with every sport, this depends on whether you do regular exercise. However, the water environment makes the exercise much easier so you won't overdo it as if „on land“.



We talked to Sylva Přečková about the specifics of hydro biking



How is hydro biking different from spinning?

Spinning follows the music's rhythm but this would be impossible in a pool due to the water's resistance. The music here works as positive motivation during the exercise. During a hydro biking class, the water reaches up to your chest so you work your lower body as well as your upper body. We often use fitness tools, too, for example dumbbells or gloves. We also get off the bike in the pool and use it as a support for other kinds of workout and stretching.

How is the hydro bike different from a spinning bike?

The bike's frame is stainless and the load here is the water's resistance which you can regulate with a tap. The bike is attached to the bottom of the pool with suction pads so that it is stable and can be used for other kinds of exercise, not just the pedalling motion.

How warm is the water during your hydro biking classes?

In our pool, the standard temperature of the water is 27.5 to 28 degrees Celsius which is comfortable for recreational as well as workout swimming and water activities in general.

What clothes does one need for hydro biking?

We always exercise in a swimsuit which has to be comfortable. Very important are water shoes or at least non-slip socks as pedalling barefoot is not comfortable underwater.

How often do you do hydro biking at Balance Club Brumlovka?

At the moment, we offer classes three times a week with four-teen bikes available.

Better and more effective

Compared to its sister variation on dry land, the hydrobike offers a number of advantages. The water reaches at least up to one's waist so the whole lower body works underwater. Pedalling underwater works completely different muscle groups than spinning and, due to water resistance, it is very effective. But that's not all! According to the latest research, exercising underwater affects positively both our muscular system and mental health. Many people will be happy to confirm that riding a spinning bike underwater is much more fun than on land. And which exercise is better than the one that makes you smile?

Prevention and rehabilitation

After a single hour of hydro biking, the human body burns up to 800 calories; moreover, the water pressure positively affects blood circulation and the whole exercise boosts fat burning. Hydro biking is also a powerful ally in the fight against cellulite as the water acts as a natural massage tool and has

a wholesome effect on the lymphatic system. People who suffer from pain and numbness in their legs and lower body will benefit from staying and exercising in the water, too, as reducing the load on the lower body improves blood circulation. Hydro biking is not only a good prevention but it is also suitable as a rehabilitation exercise for pain in joints and after various leg injuries.

Physical and mental health

There is another great benefit to spending time in the water. As you don't put the whole weight of your body on the muscles, you don't feel almost any muscle pain or fatigue the next day. The joints, too, are strained less than during a regular spinning class - underwater, there is no undesirable contact between bones, joints, and muscles, which might cause pain or injury. Furthermore, hydro biking improves your breathing capacity which in turn improves oxygen distribution to the muscles when breathing.

There are more than just physical benefits, however. Whoever tried hydro biking can confirm that exercising underwater is especially great at reducing stress and that one sleeps better after the classes. oo



Balance Club Brumlovka
BRUMLOVKA Building, Opening hours:
Mon–Fri 06:30a.m.–11:00 p.m.
Sat–Sun (holidays) 08:00 a.m.–10:00 p.m.
www.balanceclub.cz



Superfoods are beneficial for your health

The term “superfoods” that is being used more and more these days, entails a very long list of various foodstuffs. There is, however, no official medically-proven definition of what it actually means. What, then, makes them so “super”?

○ The common denominator of these heroes among foodstuffs is an exceptionally high content of nutrients that are naturally included and have a much more positive effect on our health than individual isolated nutrients or industrially manufactured food supplements. It still holds true that the best way to ensure a balanced food intake for optimal physical fitness is a diet based on a high variety of food. However, the proportion of nutrients contained in food such as fresh vegetables has been steadily declining due to the deteriorating environment and exhausted soil. The inclusion of quality superfoods coming mainly from organic agricultural production is, therefore, a good choice for all who like to think about their diet in a broader context. ○○



Young barley

Green barley is harvested at an early stage when it contains the highest amount of nutrients. It acts as a base, slows down cellular aging, can be used against constipation, helps during mobility, respiratory and cardiovascular problems, skin problems, sleeping disorders or impaired concentration. It also helps control blood sugar and cholesterol levels and inhibits the growth of cancer cells.

TIP: By mixing crushed young barley with water, you can create a beverage full of biologically active natural substances that protect the body on many levels. Thus one green smoothie is so rich in nutrients that it can replace one meal a day.



Sea buckthorn

Sea buckthorn is especially rich in vitamin C which is 10 times higher in content than in oranges. It contains a wide range of vitamins – A, D, F, K and the B group vitamins, as well as minerals, rutin that is beneficial for blood vessels and also a substance called hippophein, which the body converts into the “happiness hormone” serotonin.

TIP: Mix the freshly squeezed juice of sea buckthorn (which contains the highest amount of valuable substances that are destroyed if heated) with a quality liquid honey and store in a dark and cold place. Use one teaspoon of the sea buckthorn honey a day to boost your immunity.



Chinese boxthorn/wolfberry (goji)

These red berries which the Chinese have been using as a remedy for two thousand years contain 18 types of amino acids, including the essential ones that cannot be created by our body, more than twenty micronutrients, B vitamins and the vitamins C and E. Thanks to the unique group of polysaccharides (Lycium), boxthorn strengthens the body's immune system and slows down the aging process. Boxthorn also supports the proper functioning of kidneys and liver, lowers blood pressure, heals skin diseases such as psoriasis and can soothe tired eyes.

TIP: You can eat wolfberries raw or add them to salads, rice, homemade granola or soup broths. Softened, water-soaked wolfberries can be mixed into cocktails with for example a banana or other favourite fruit.

PREPARE A HEALTHY SALAD ACCORDING TO THIS MARANATHA RESTAURANT RECIPE

Quinoa salad with pomegranate (4 servings of 150 g)

Ingredients: 200 g of quinoa, 100 g of cucumber, 100 g of canned peaches, 1 pomegranate, olive oil, rucola, parsley, lemon juice

Procedure:

Boil the quinoa in 1 litre of water until crispy (about 20 mins), remove the water and set aside to drain. Slice the cucumber and peaches into 1 x 1 cm cubes, add the grains and juice from the pomegranate. Add the quinoa and the rucola and stir well. Season the mixture with olive oil, lemon juice and finely chopped parsley.



Restaurant MARANATHA
BRUMLOVKA Building
Opening hours: Mon–Thu 11:00 a.m.–07:00 p.m.,
Fri 11:00 a.m.–05:00 p.m. (October to March until 03:00 p.m.)
www.restauracemaranatha.cz



Cashew nuts

Thanks to linoleic acid, vitamin E and a high content of B vitamins and minerals, nuts are ideal for those who strain their brain and nervous system. Cashew nuts are rich in iron, so eating them is desirable during states of fatigue and poor concentration. There are also carotenoids that have a positive effect on skin, mucous membranes and eyes.

TIP: Soak cashew nuts in lukewarm water for about 2 hours. When they get soft, puree them with a bit of water until you get a smooth mash. You can use the mash as a basis for a fruit dessert, instead of cream for soups or you can flavour it with herbs and onion and get a delicious spread.



Chia seeds

Fruits of the plant salvia hispanica, small, black or white seeds with a slightly nutty flavour, were already known and cultivated by the Mayans and the Aztecs. Thanks to a high content of proteins, calcium, potassium, fibre, omega-3 fatty acids and antioxidants, the chia seeds are considered one of the leading superfoods.

The seeds excel mainly in the ability to absorb fluids. If you exercise, you will appreciate their ability to prolong the state of hydration and the ability to supply your body with stamina and vitality, especially during extremely long running performances.

TIP: Chia seeds themselves don't have any taste, so you can add them to yogurts, salads, oatmeal or fruit and vegetable juices. They are also excellent in pastry or homemade granola bars. From the chia seeds you can also create a tasty pudding; just pour them in a pureed mixture of milk, oats, banana and honey and leave everything overnight in a refrigerator to swell.



Peruvian Maca

The positive effects of the maca root powder were already known to the Incas. It contains vitamins A, B1, B2, B6, C and E, micronutrients, a large amount of amino acids, fatty acids and other beneficial substances that can improve physical and mental health. It's also sometimes called "Peruvian Ginseng" for its ability to strengthen the body, replenish energy and improve stamina and reproductive fitness.

TIP: The powder can be mixed into your morning beverage or directly into your food - porridge, pudding, sauces, smoothies, etc.



Quinoa

This traditional South American plant resembles couscous because of its spherical grains and is one of the true nutritional bombs. It contains a lot of protein, folic acid, minerals and micronutrients and a variety of vitamins, such as vitamin C, B2 - riboflavin and B1 - thiamine, which is desirable during periods of stress and physical exertion. Thanks to the fibre,

it is easily digestible, and because it doesn't contain gluten, it is also suitable for coeliacs.

TIP: Quinoa can be prepared as a sweet variety with honey and fruit, as well as savoury with vegetables and spices. Quinoa is especially delicious prepared with mustard salad dressing, chopped dried fruit, chopped roasted walnuts and celery.



OTHER SUPERFOODS: BROCCOLI, OYSTER MUSHROOM, FRESHWATER ALGAE CHLORELLA, SALTWATER ALGAE KOMBU, UNROASTED COCOA BEANS, HEMP SEEDS, ALOE VERA, AÇAÍ BERRIES AND CAMU CAMU, SUBTROPICAL FRUITS LUCUMA OR BERRIES, SUCH AS BLUEBERRIES, CRANBERRIES, MULBERRIES, OR BEE PRODUCTS, SUCH AS POLLEN, PROPOLIS, HONEY...

YOU CAN BUY SUPERFOODS IN THE MARANATHA SHOP AND IN THE DRUGSTORE CHAIN DM DROGERIE.

dm drogerie
 FILADELFIE Building, Opening hours:
 Mon–Fri 08:00 a.m.–07:00 p.m.
 Sat 08:00 a.m.–01:00 p.m.
www.dm-drogeriemarkt.cz

Shop MARANATHA
 BRUMLOVKA Building, Opening hours:
 Mon–Thu 07:30 a.m.–07:00 p.m., Fri 07:30 a.m.–05:00 p.m. (October to March until 03:00 p.m.)
www.obchodmaranatha.cz

Fresh food and fresh air

Do you share the feeling that breakfast, lunch or dinner on warmed grass tastes different from eating within four walls? While eating outdoors, we may have to fight some uninvited guests like ants or wasps but the feeling of freedom richly compensates for all the discomfort, whether you are having a weekend picnic or have just popped out from work to the nearby park.

BB Centrum offers many places where you can buy a healthy takeaway meal as well as places where you can eat it quietly. Clean and tidy parks in the surroundings and green roof terraces with a view of Prague are perfect for this and in warm weather they present inviting places to spend a lunch break in the fresh air. oo

EXPRESS DELI: BARBECUE WITH COLLEAGUES



EXPRESS DELI offers an unusual experience for the summer which will surely liven up your company events – a barbecue directly at the workplace. Discuss this with your colleagues and order an EXPRESS DELI barbecue at the roof terrace or a piazzetta as part of training, teambuilding, party, brainstorming, or just for a lunch. EXPRESS DELI provides everything necessary – they bring a professional grill, order quality meat by a proven supplier, prepare all the popular side dishes made of seasonal ingredients, mix fresh vegetable salads, and make delicious sauces. Those with a sweet tooth can choose from a variety of home-made standard desserts as well as smart mini-desserts. Of course, a wide selection of soft and alcoholic drinks including home-made lemonades with fresh herbs is available as well.



Express Sandwich, Express Deli
 FILADELFIE Building, Opening hours:
 Mon–Thu 09:00 a.m.–04:00 p.m., Fri 09:00 a.m.–01:00 p.m.
www.sandwich.cz, www.expressdeli.cz

FRESH BAR UGO: THE MELON SEASON

The fresh bar UGO has prepared an outside seating for this season where you can sit and enjoy both the beautiful summer days and healthy food. The local, always fresh fruit, vegetable, and yoghurt salads are always a great choice for a light refreshing lunch. You can also have ice added to your favourite drink on your request. Melon, strawberries, and mint will be the hit of this season. Meals taste best under the open sky on sunny days, come and see for yourself.



UGO
 BETA Building
 Opening hours: Mon–Fri 07:30 a.m.–07:00 p.m.
www.ugo.cz

PIZZERIA RISTORANTE GROSSETO: HEALTHY EATING AT BRUMLOVKA

As the summer comes, the Grosseto pizzeria opens redesigned outside seating. Together with Lada Nosková, a nutrition advisor from Diet Plan, the pizzeria prepared a special menu for this time of year which follows the principles of healthy eating and is suitable for all people on various diets. If you wish to leave the restaurant bustle and enjoy a quiet sit-down for example by a fountain in the Baar Park, you can order packed takeaway meals. And in case the weather isn't very nice, you can always take advantage of the outside seating which is always pleasant due to the inbuilt convector heaters.



Pizzeria Ristorante Grosseto
 BRUMLOVKA Building
 Opening hours: Mon–Fri 11:00 a.m.–11:00 p.m.,
 Sat–Sun 12:00 a.m.–10:00 p.m.
www.grosseto.cz



PUZZLE SALADS: MAKE YOUR OWN SALAD

Come by at PUZZLE SALADS in the FILADELFIE building for a light lunch or snack and then enjoy it in one of the pleasant parks in the BB Centrum or in the outside seating of PUZZLE SALADS. Choose from the daily menu including also soups, savoury and sweet pies, and desserts. PUZZLE SALADS takes pride on all food being always fresh and home-made. Its online system gives you the possibility to go through the offered ingredients in advance and at your own pace and put together your own salad, just like a jigsaw puzzle, according to your wish, mood, and tastes. Then you can pick up the prepared salad or have it delivered.

All you have to do is pick the basic ingredient, for example "something green", pasta or couscous, add the main ingredients like various seeds, olives, mushrooms, grilled vegetables, avocado, potatoes, or apples, and then finish your salad with premium ingredients including meat, fish, or a selection of cheeses. Then you can top it all with your favourite dressing. At PUZZLE SALADS you can also borrow blankets to sit on the grass and enjoy your picnic better.



PUZZLE SALADS
FILADELFIE Building
Opening hours: Mon–Fri 10:30 a.m.–05:30 p.m.
Tel.: +420 722 719 714
www.puzzlesalads.cz, www.facebook.com/puzzlesalads



CUPUCINO: NOT JUST A CUP OF COFFEE

The pleasant and comfortable interior of the café which includes a unique wall made of living green plants will probably feel like outdoors but you can have everything to takeaway. Besides excellent espresso and other kinds of coffee, Cupucino offers light lunches such as soups, salads made of fresh vegetables, sandwiches and panini, sweets – of which the most popular is a jam cake, and other cakes made with original recipes – healthy breakfasts of fresh yoghurts, fruits, and muesli, and refreshing drinks like a variety of fresh juices, home-made fruit lemonades, musts, and smoothies.



Cupucino
BRUMLOVKA Building,
Opening hours: Mon–Fri 07:30 a.m.–
06:00 p.m.
www.cupucino.cz

INZERCE

Dental hygiene clinic

in the close vicinity of the BB Centre in Baarova Street offers comprehensive, top-quality services in the field of dental hygiene. Thanks to the state-of-the-art equipment, innovative technologies and new methods we may guarantee professional, patient-friendly and painless dental care. Do not hesitate to contact us for advice. We approach clients on an individual basis and are ready to develop a tailor made care plan leading to a perfect shining smile.

WHAT DO WE OFFER?

- Thorough entry examination, development of an individual dental care plan
- Gum inflammation and paradontosis therapy
- Professional treatment: removal of plaque, tartar and undesirable pigments (air flow, polishing)
- Individual recommendations: appropriate brushing techniques and suitable aids
- Teeth whitening



Clinident
Baarova 769/45, 140 00 Praha 4 – Michle, tel.: 601 575 828, www.cistezoubky.cz



Adventures for fathers and their children planned by specialists

Alena, 25, works at the BB Centrum; when she reminisces about her father, a smile plays upon her face. He didn't spend much time at home but as soon as he entered the room, he always became fully involved in children's games. "Mum looked after us but we basically had all adventures with him," Alena thinks back to her and her sister's childhood.



○ Their father used to come up with various treasure hunts, playing at Indians, they built castles together first made of building blocks, later of Lego. He taught them to climb trees, swim, and ride a bike... And sometimes, he came up with ideas which made other people's hair stand on end. "Only now, when I have my own children, can I appreciate that mum had to take care of many other things like the shopping list, the laundry or the dinner. Dad was never bothered by that," Alena laughs.

Her partner is a lot like that although he is a whole generation away from Alena's father. He has a heavy workload and finds it very difficult to find more time for his family in his tight schedule. However, once in a while he reserves a free weekend and does his best to spend every spare minute with his children.

Fathers are swamped with work

That is true in many modern families. Fathers find it hard to spend time with their children although they are involved in their upbringing and care much more than they used to be. About a third of fathers take part in the everyday activities related to childcare, and the interest in active fatherhood is rising every year among the young generation.

This figure is drawn from research called The Forms of Fatherhood in the Czech Republic organised by the Ministry of Labour and Social Affairs five years ago. This research showed that three quarters of fathers were happy with the time spent with children and they often answered that they liked planning their children's spare time. (An interesting point: 93 % of

the addressed fathers agreed with the statement that "Children are the best thing that ever happened in my life.")

And children appreciate the time spent with their dads, just like Alena did. Our survey "Fathers and Children" is good proof of this as well (see the box on the right). The common trait of their common experiences is the more lenient approach of fathers, more creative solutions to problems, and a more genuine interest in the children's adventures.

Fathers don't think about setting out lightly dressed, without checking the weather forecast in much detail. They resolve crises as they come. And yet, children come home excited - in spite of their rumbling stomachs, wet shoes, and chilled hands.

An original programme requires energy and a plan

The ambitions of fathers are quite obvious - to pass on their experience and knowledge to their children. They like teaching them to ride a bike, in-line skating, swimming; they do sports together or go to the mountains. They don't have much time to spare but they won't miss such moments with their children. They want to be there for their first successes and see their triumphant smiles.

However, it takes more time and energy to think up and arrange a more demanding programme. In cases like that, there are "fun experts" to help. They have ideas, they take care of all formal necessities, and they arrange a safe carefree space for family entertainment.

ELLIOT KLUB, a travelling club focuses on programmes for fathers and children among other things. "We make looking after children easier and at

the same time, we provide shared relaxation and an active holiday," says Eva Junková from the agency managing the club. "We want to entertain both fathers and children and offer new things to them, to stimulate children's playfulness, creativity, and competitiveness, to show them and their closest new places and points of interest," she continues and adds that part of the "package" are benefits, discounts, and special events for the club members only.

Everybody who takes part in some of the club's trips becomes a member automatically. These trips are made not only in the Czech Republic but also abroad. They have various forms, too - they can be thematic and longer weekends, and the agency organises suburban summer camps just for the children.

An interesting speciality will be the upcoming men and women parties for mums and dads without their children. The club doesn't forget grandparents either and various activities are planned for them. ∞

Fathers and children

We asked some of the children what they enjoy most about the shared moments with their dads. Their answers are inspiring.

Tadeáš, 8: My dad likes the band U2. When we ride a car, we listen to their CDs and we've also been to their concert once.

Jana, 12: Dad made a kind of an obstacle course at our cottage where we move hand over hand on a rope, climb trees and hop on one leg.

Petra, 6: Dad is teaching me to swim so that we can ride a boat along the Lužnice river in the summer. We always have much fun in the swimming pool because we go on the water slide.

Míša, 7: At the weekends, we build Lego figures with my dad and then make up a film about them and shoot it on a phone.

Jakub, 10: When the weather's nice, we go on a trip with dad and sleep in a tent. We follow a map, not the one in the phone but a paper map and a compass, too. My dad is teaching me how to use it.

Eva, 9: My dad takes me to a climbing wall and teaches me to climb. He promised that we can try a real rock climb in the summer if I'm doing well.



LAST SPOTS IN AN INSPIRATIONAL NURSERY SCHOOL

Would you like a nursery school for your children that offers individual care within small groups, puts an emphasis on a healthy lifestyle and the development of mathematical thinking and creativity? And close to work on top of that? The Elijaš Christian Nursery School, residing directly in the BB Centrum, Za Brumlovkou 4, offers last spots for three to six-year old children for the next school year.

Although the nursery school follows the principles of Christian upbringing, children don't have to come from religious families. It is intended for groups of twenty children at most and one of its biggest advantages is education following the Hejny method of pre-teaching mathematics; this method stimulates the mind, imagination, mathematical thinking and the effort to experiment and discover as well as social behaviour and communication skills.

Children in the Elijaš Christian Nursery School live an active life – they take part in a swimming course, a summer stay in the mountains, thematic trips or English classes. The preparation for elementary school is diverse and includes co-operation with a speech therapist.

The school fee is CZK 4,000 a month; meals are paid separately. For more information, visit www.mselijas.cz.



ELLIOT KLUB: SUMMER TIPS

With the club, dads with kids can spend a weekend in the saddle, go canoeing, follow the trail of Winnetou, the Apache chief, try out a “military” camp for little tough guys or tame kites during family kite flying.

ELLIOT KLUB also offers sports events where children can learn a given sport and borrow the necessary equipment.

Following Winnetou's trail

Do your children love stories about the dauntless Apache chief and his white brother, Old Shatterhand? In Dalmatia, Croatia, they can experience many of the Indian adventures personally – an Indian dance by the fire with friends, cooking in a kettle, lassoing or shooting with a bow. Led by the chief, they can walk on a path of courage, spend a night in a teepee like true Indians, and much else besides.

Military camp

If you don't want to go all the way to Croatia but wish to go on an adventure just round the corner, you can. ELLIOT KLUB will build a “peace military family camp” in the Slapy summer resort where the kids will get a taste of real action.

One must expect that the children will get sweaty, dirty, and tired during the “training” so pink summer dresses and designer clothes should be left at home. This is about discipline, training, tactics, getting stronger and toughening up. Children will learn to creep, to find their way off the paths, work as a team, and brave the path of courage. “Fathers will be duly proud of their children and no doubt they will be happy to take part as well. There are also trips to interesting places, a boat ride or a barbecue by a campfire prepared for the campers,” Eva Junková adds.

For more information, visit www.ekelliot.cz.



ELLIOT GROUP s. r. o.
Residential Park Baarova
Baarova 1542/ 44, Prague 4
www.elliot.cz

Elijaš Christian Nursery School
BETHANY Community Center
Za Brumlovkou 1519/4, Prague 4
www.mselijas.cz

Cultural tips

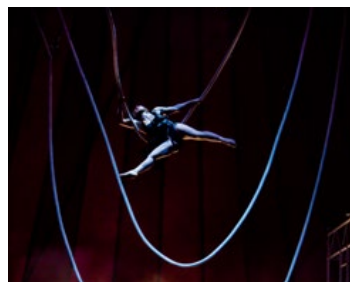
Festival Exhibition

What? International Festival of New Circus and Theatre, Letní Letná 2015

When? August 16th to September 3rd, 2015

Where? Letenské sady, Prague 7
During the eleven years of its existence, the Letní Letná festival has been bringing the best of the world and local circus. This year's extraordinary performances, the likes of which had not been seen in the festival's history, will be presented to the Czech audience between August 16th and September 3rd by two major stars: the best known British new circus company NoFit State Circus and the French company Compagnie Rasposo. Besides the two star appearances above, the festival will bring more new circus companies, motion theatre companies and clowns, both local and from abroad, performances for children, art and circus workshops, and a chance to have a sit-down at a nice café which turns into a busy bar every night.

More at www.letniletna.cz/20155



What? Václav Cigler: Here and Now

When? May 6th to November 1st, 2015

Where? Troja Chateau, U Trojského zámku 1, Prague 7

The exterior and interior of the Troja Chateau presents the work of an outstanding artist who transcends the limits of glass-making in many ways and even touches upon a number of environmental and architectural issues. He is a pioneer in the use of optical glass, the basic material for the construction and creation of optical components, which he has taken from the world of technology and science and applied to the world of art. Thanks to this method, he is able to create objects which optically absorb and dynamize the surrounding world. The lumino kinetic element is permanently present in a great number of his works, be it mediated by glass, polished metal, water surface or their combination. The Troja exhibition places emphasis on the interaction of works of art with the baroque setting of the chateau and its gardens. Existing works or art can be seen here in new perspectives as well as new pieces made for this occasion.

More at www.ghmp.cz.

Book



What? Jo Nesbø: Krev na sněhu [Blood on Snow] (Kniha Zlín)

When? Out on June 19th, 2015

Blood on Snow is the first part of a duology written by Jo Nesbø under the pen name of Tom Johansen. The author's real name is revealed on the book's cover, however. After the Harry Hole series has ended, the readers get to visit Oslo of the seventies with Olav Johansen, a simple man who is not good at anything else besides killing people. He tried robbing a bank, pimping or collecting debts but to no avail. Although he visits the library often, he is dyslexic, bad at sums, and falls in love easily. However, he is a great shot. He is a contract killer but one with a flaw - a heart in the right place. Olav is sympathetic to his victims, even helps some of them, and he is just - so much so that he is caught up in his own charity when he gets a new contract - to kill the boss's wife.



AUTHOR
BICYCLES



PATRIOT TR 3.0, 120mm

model 2015 by AUTHOR AG Lab

For more information about new models in 2015 go to www.author.eu. Follow us on Facebook - Author and Author AG Lab.



Ferrari 208 GTB Turbo, manufactured in 1984, mileage 32 000 km



Ferrari 348 GTS, manufactured 1993, mileage 48 000 km



Ferrari 328 GTS, manufactured 1987, mileage 25 000 km



Ferrari 512 TR, manufactured 1992, mileage 66 000 km

Investing in a car? Yes!



Mirek Cipra,
INVEST ENGINE

Although nine out of ten financial analysts confirm that investing in a car ranks among the less profitable kinds of investment, but there are exceptions to this rule.

That is, if you choose an older car carefully, its value can multiply within a few years. This strategy was adopted by INVEST ENGINE s. r. o., a company newly based at the underground of public car park of BRUMLOVKA building. This company provides unique Ferrari youngtimers as a form of investment. Youngtimers or modern classics are cars younger than classic cars but there is no precise age limit. We generally consider as youngtimers vehicles of twenty to twenty-five years.

The Ferrari cars sold by this company are unique. "They are cars made in small series, for example only in their hundreds, and there are only a few of them on the roads now," says Mirek Cipra from INVEST ENGINE s. r. o. He also says that it is no easy task to get such a car nowadays. "The cars we buy need to be in very good condition but they also need to have perfect documentation and servicing and operating history. These are the cars we offer and their value is slowly rising, even by tens of per cent each year in case of certain models."

"Unfortunately, people here aren't used to these kinds of investments yet," Mirek Cipra elaborates on investing in cars. "Of course, there are private collections but their owners usually don't sell their cars. It seems that investing two or three

million [Czech crowns] in a car is too much money but people don't realize that three million can become five in a year! This means that, for the time being, most of our clients are investors from Western Europe. First we advertise the cars on European websites and then buyers get in touch with us of their own accord," Mirek Cipra describes the business.

Visiting INVEST ENGINE is a very interesting experience for every car lover. At the moment, there are several unique models to be seen, for example the Ferrari 328 GTS Turbo with only 828 made, Ferrari 512 TR of which just 2,280 rolled of the production line, Ferrari 208 GTB Turbo with 437, or Ferrari 348 GTS of which only 137 were made!!

INVEST ENGINE also offers half-a-year-old BMW cars with a mileage of under 5,000 kilometres. These are fairly new cars with a full warranty which come from auctions all over Europe and are supposed to impress the buyer with their price. "Selling Ferrari is not just a business but also an interesting form of marketing. These cars attract attention and that brings BMW buyers as well," Mirek Cipra concludes. ∞



INVEST ENGINE s. r. o.
BRUMLOVKA Building – garage -1
Tel.: +420 608 206 566
E-mail: mirek.cipra@investengine.cz
www.investengine.cz

PUBLIC PARKING AT BB CENTRUM

PUBLIC PARKING

- 1
P
 Public paid attended parking (Za Brumlovkou St.)
 Capacity: 117 parking places
- 2
P
 Public paid attended parking (Vysočilova St.)
 Capacity: 40 parking places
- 3
P
P
 Public underground parking (BRUMLOVKA Building)
 Capacity: 59 parking places
- 4
P
P
 Public underground parking (FILADEFIE Building)
 Capacity: 102 parking places
- 5
P
 Public paid attended parking (Želetavská St.)
 Capacity: 36 parking places
- 6
P
P
 Public underground parking (Building G)
 Capacity: 16 parking places
- 7
P
P
 Public underground parking (DELTA Building)
 Capacity: 70 parking places

All parking lots
are open
24 hours
a day

LONG – TERM PARKING FOR RENT

- 3
 BRUMLOVKA Building
 Capacity: 30 parking places
- 4
 FILADEFIE Building
 Capacity: 100 parking places
- 8
 Residential Park Baarova
 Capacity: 96 parking places

CONTACT 724 607 209

P

Aboveground parking: CZK 40 per hour*

(weekdays 7:30 -19:00, free of charge outside these hours)
 *First 15 minutes free at aboveground parking lots

P

Underground parking: CZK 40 per hour



SHOPS AND SERVICES AT BB CENTRUM



RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Sandwich
- 3 Baifu – sushi bar
- 4 Maranatha - vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Honest Food – canteen
- 7 Aramark – canteen
- 8 GTH – canteen
- 9 GTH – canteen
- 10 Sodexo – canteen
- 11 Kiindi – Thai restaurant
- 12 Puzzle Salads
- 13 Momento – canteen
- 14 Ugo – fresh and salad bar



CAFÉS

- 1 Office Café
- 2 O2 Café
- 3 Cupucino
- 4 Costa Coffee
- 5 Hájek & Hájková confectioner's



SHOPS

- 1 Louis Purple – tailor
- 2 dm drogerie – drugstore
- 3 Albert – supermarket
- 4 Romantika Florist
- 5 JK Jitka Kudlackova Jewels
- 6 Sommellerie – wine, coffee, delicatessen
- 7 Albert – supermarket
- 8 O2 Store
- 9 Ted&Hned – newsstand, gifts
- 10 Maranatha – health foods
- 11 Don Pealo – newsstand
- 12 Nivosport – sportswear
- 13 Bianco & Rosso – Italian delicatessen
- 14 GolfProfi Store Praha – golf accessories
- 15 Runpremio – everything for runners
- 16 Romantika Florist
- 17 Just Trading – newsstand
- 18 Novus Optik



SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Automyčka Brumlovka – car wash
- 3 Bomton – hair and beauty centre
- 4 Net dry cleaning & laundry
- 5 Radka Chvalova Nail Studio
- 6 Elliot Activity – travel agency
- 7 Moje bublinky - Kids' Corner



BANKING

- 1 Česká spořitelna
- 2 UniCredit Bank
- 3 GE Money Bank



Cashpoint

FILADELFIE Building (UniCredit Bank)
Building B (GE Money Bank)
BRUMLOVKA Building (Česká spořitelna)



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



HEALTH SERVICES

- 1 Urosanté – urology and andrology centre
- 2 Benu pharmacy
- 3 Santé – private medical clinic
- 4 MUDr. Denis Krupka – dentist, dental hygienist



EDUCATION

- 1 Elijáš Christian Nursery School
- 2 Elijáš Christian Primary School
- 3 Bible Study Lessons
- 4 Bethany Community Centre
- 5 Morning Devotionals
- 6 NeuroLeadership Group – education, coaching



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BAAR PARK - A PLACE FOR YOUR PICNIC

BB CENTRUM, PRAHA 4

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