

BB CENTRUM

Winter
2017/2018

review

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Successful in the contest Zlatý středník

Veronika
Brázdilová:
Xerox Is in The
Best of Company
At BB Centrum

Chronic Stress
Can Lead to
Burnout Syndrome

SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business
Comes to Life

RESTAURANTS

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

SHOPS

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

CAFÉS

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

SERVICES

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

BANKING

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

CASHPOINT

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

SPORT / RELAXATION

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

HEALTH SERVICES

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

EDUCATION

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

CHARGING STATIONS FOR ELECTRIC CARS

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





Dear Readers,

The winter edition of the BB Centrum magazine is out and features reports from events that took place last year as well as an overview of what's coming this year.

Last year was a milestone year for BB Centrum's developer PASSERINVEST GROUP, as we marked the 25th anniversary of its founding. We'd like to keep the "party" going this year with a celebration of BB Centrum's 20th anniversary. In 1998, we held a gala opening of the first office building (Building C) and welcomed our first tenants, including HP, which has been with us since Day 1.

In addition to new and more events for the public, we'll work to bring you refreshing insights into the companies who make their homes here.

I hope that you'll find our columns engaging, and even an inspiration on how to get fit (in all senses of the word) throughout 2018. In this issue, we'll take a look at the newly renovated Balance Club Brumlovka, including the technical capabilities of the various new fitness machines - the only ones of their kind in the country. We'll reveal what you need to keep in mind when you head out onto the ice, as well as what "non-dairy milk" is. Perhaps you'll be interested in our invitation to an inspiring talk by the founder of PuzzleSalads and PuzzlePasta that will take place on Feb. 22, 2018 (and where we'll be delighted to see you)

Thanks for your support.

Kristýna Samková

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 www.bbcentrum.cz

 BB Centrum

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Discounted Night and Weekend Parking

Tired of circling the parking lot looking for a space? That won't happen at BB Centrum. Check out what's new regarding parking for 2018.

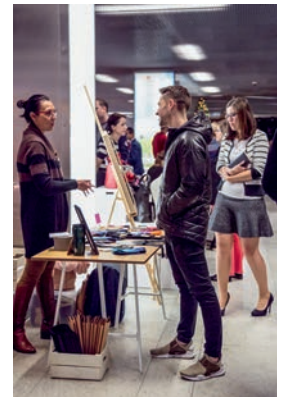
Visitors to the complex have seven 24-hour public parking lots at their disposal, three of which are outdoor and four are underground garages. On regular workdays, you'll pay CZK 50 per hour for parking; at night and weekends, parking costs just CZK 10 per hour in the underground garages. If you'd like to take advantage of weekend parking (15 hours or more between Friday 4 p.m. and Monday 7 a.m.), you'll pay a total of CZK 150 as of the new year. We also look out for those of you who need to restock your shops - parking is free for 15 minutes for loading and unloading. You'll also find electric car chargers at three of our parking lots.



Office Design Market in the FILADELFIE Arcade

On the first Wednesday in December, fans of contemporary design headed for the FILADELFIE shopping arcade to check out the Office Design Market - a mini-market of original creations by primarily Czech designers.

Under one roof, fashion, jewelry, leather goods, home accessories, toys, art prints, and much more were available, featuring both new and established sellers. For example, Alex Monhart, a designer of city backpacks that half of Prague and Berlin have fallen in love with; Kartoons, who manufactures cardboard furniture and accessories; jewelry designer Dana Bezděková; famous fashion designer Monika Drápalová; and many more. The entire event reflected the spirit of the upcoming holidays; therefore, there was a special holiday menu and Christmas cookies from the designer confectionary studio DOUX Cake Boutique and Michelle's Bakery. Live piano music enhanced the festive atmosphere in the arcade.



Electrobuses Carried Over 1 Million Passengers

Two years ago, the first electrobuses, made by Czech manufacturer SOR, started running regularly on the BB1 and BB2 routes. Since then, they've become very popular, evidenced by the fact that they've carried over 1 million passengers.

Electrobuses on the BB1 and BB2 lines connect the BB Centrum multifunctional complex with the Budějovická C-line metro station and were the first electrobuses deployed in the Prague public transport system. They are also free of charge. In addition to the free rides, passengers also appreciate other benefits, such as the buses' low noise levels, free Wi-Fi and increased connection



frequencies. Not to mention another big plus of the electrobuses: they help protect the environment.

Baar Park Receives Czech Arboriculture Association Award

Baar Park is undergoing constant changes and rightly ranks among the most beautiful public parks in the Czech Republic. The Association for the Establishment and Maintenance of Greenery has noticed and has awarded Baar Park with the Czech Arboriculture Association Award in the 2017 Park of the Year Awards. An expert jury scored it highly in particular for the park's wide variety of plants and above-standard approach by PASSERINVEST GROUP in caring for the park. PASSERINVEST GROUP also received an honorable mention for its long-term investment into the



transformation of public space that a private investor opens to the public. We look forward to the flood of spring colors at Baar Park! oo

Christening of the Czech Beauty 2018 Charity Calendar

Bold and beautiful. It's not only the name of the new JK collection, which the company's owner Jitka Kudláčková presented at her flagship shop in the FILADELFIE Building, it also describes the Czech Beauty 2018 charity calendar. Proceeds from the calendar's sales go to support two organizations: the Hanka Kynychová Foundation and the Česká Krajina (Czech Landscape) Association, including its project Butterfly SOS. The calendar is part of the Czech Beauty campaign, created under the direction of photographer Lenka Hatašová. She captured the beauty of the project's faces: trainer Hanka Kynychová and TV news presenter Gabriela Lašková. At the October christening of the calendar in the FILADELFIE building, equally beautiful project godmothers Lejla Abbasová, Eva Perkausová, Martina Kociánová, Jolana Voldánová, and Eva Decastelo toasted the project's success.

The Czech Beauty 2018 calendar is a limited edition and is available to purchase at JK Jitka Kudláčková shops for CZK 299. oo

Unmissable



Even our complex has a new logo. Well, in this case, literally a welcome sign which is visible from the main access routes to BB Centrum. Installation took about 14 days - the letters were mounted one by one, preceded of course by careful measuring, after which the climber-installers headed up. It might not look that big from a distance, but take a moment and try to guess its size.

Send your guesses as to how big the entire BB Centrum logo (including the square and letters) is on the facade of the ALPHA Building (length x height in meters) to info@passerinvest.cz with the subject line "BB Centrum Logo". oo



Christmas Concert At BB Centrum – Good Music For a Good Cause

BB Centrum isn't just offices and shops – it also welcomes the public with open arms to its frequent events. One such event was the Advent concert at the Bethany Community Centre, where musical stars performed on December 12. Some extraordinary artists sweetened the pre-holiday period with their music: baritone Vratislav Kříž, soprano Yukiko Kinjo, harpist Kateřina Englichová, violinist Jitka Hosprová, and pianist Lenka Navrátilová. And because the holidays mean good deeds, the concert organizers decided to donate the proceeds from ticket sales to Vláďa Mikuláš, an instructor at Balance Club Brumlovka who has ALS (amyotrophic lateral sclerosis). A big thank you to everyone who purchased a ticket and contributed to the total of CZK 25,000 that will make its way to the Mikuláš family. oo



How Vladimír Mikuláš Lives

Until now, forty-year-old Vladimír Mikuláš, father of three-year-old twins, led an active life that included caring for the health of others. He attended healthcare school so that he could help treat people's pain.

He went on to become a yoga instructor, massage therapist, physiotherapist for football players, and a traditional Chinese medicine practitioner. In early 2017, however, Vladimír was diagnosed with untreatable symptoms of amyotrophic lateral sclerosis (ALS).

ALS causes the progressive inability to move muscles, loss of speech, difficulty swallowing, and breathing difficulties. In the later stages, the person is completely paralyzed, entirely dependent on machines, while retaining full sensory and mental capabilities. The disease progresses rapidly, and there's no cure. It's clear that as Vladimír's health will require more intensive care, his young family will face even more existential problems.

Vladimír has taken an unprecedented courageous approach to his diagnosis: "With ALS, I received a gift – to look for a way to stop or slow down this still-incurable disease," he says.



You can also contribute to Vláďa and his family by making a transfer to the public donation account maintained by the ADRA Foundation. The account number is 57333375/0300, and please indicate 238 as the variable symbol.

Day of Movement At Balance Club



○ The Balance Club Brumlovka fitness and wellness center regularly holds exciting sports events for both Club members and their guests. This year's Day of Movement took place on October 7, 2017, and was chock-full of new activities.

On this Saturday full of movement and fun, Balance Club visitors had the opportunity to learn more about its fall/winter class schedule featuring new classes, new teachers, and new fitness, cardio, and functional training equipment. There were workouts in the water and on dry land, to break a sweat and to relax. For those who were interested, there was a grueling 90-minute Cycling class and an energetic ZUMBA + STRONG class. Soft Yoga and Guided Relaxation offered an excellent way to relax and stretch. Fitness fans recharged their batteries with great refreshments from KOBE Steak Grill Sushi and Maranatha vegetarian restaurant and had lots of fun in the Youbox photo booth, where they could create a keepsake for posterity. We're already looking forward to the spring sports reprise!

For more information, check out the Club's Facebook page. ○○

CZK 52 million = donated to non-profit organizations

Total number of contributors = 312 thousand

Total number of supported projects = 724

Total number of walked kilometers = 12,500,000 km

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Veronika Brázdilová: Xerox Is in The Best of Company At BB Centrum

She holds the position of Xerox's CEO for the Czech Republic, Slovakia, and Hungary. That would be a tough job for a man with plenty of experience, but Veronika turns all gender prejudices on their heads and makes her way through the world of hardcore business with feminine elegance.

○ You originally wanted to study folk dance choreography. How did you end up in such a diametrically different field?

I come from southern Moravia, specifically from Uherské Hradiště, considered to be the mecca of Czech folklore. I've danced for as long as I can remember. I started with ballet but switched over to folklore dancing in primary school. Dance has always been and always will be my great passion. But as they say, man proposes, and life disposes. I did very well on my entrance exams to the folk-dance choreography department - the school accepted me, but in the end, "my" year didn't open due to a lack of instructors. I ended up studying economics and international relations and don't regret it to this day.

What did your journey to the post of director of Xerox entail?

I love to try new ways of doing things. For me, overcoming both obstacles and my own fears are the challenges. And this was indeed a challenge! The recruitment process was

I think that women still lack the courage to go for more senior positions.

I'd like to encourage them not to be afraid and to believe in themselves more. Women definitely have something to offer and can be great complements to men.

tough, but the toughest part was yet to come. To lead three different markets is hard work; each country requires an entirely different approach. I had to understand how the company works, both locally and globally. And it wasn't easy. The results have been a tremendous reward for me. I'm so happy that I had the opportunity to build a team that I can believe in, that works well together, and that loves to help me fulfill my strategy and vision.

What obstacle was the most difficult for you and what do you enjoy most?

It's still challenging for me to devote energy only to things that I can control and influence, and on the other hand to stop wasting energy on things that someone else is in charge of and that I, therefore, have no control over. I most enjoy the fact that I have a team of satisfied people around me, people who enjoy their work. I'm very proud to have three such teams that run like Swiss watches.

The first CEO of Xerox promoted the idea of equal opportunity. What do you see as the role of women in your company?

This idea comes from our first CEO Joseph Wilson, and Xerox continues his legacy to this day. Internal recruitment guidelines ensure that both genders have the same chances. I, of course, make sure that the same is true in the Czech, Slovak, and Hungarian offices. I often, therefore, have

very lively discussions with male and female colleagues. But we respect each other, and thanks to that, we can take advantage of the best that both worlds have to offer and combine them perfectly. It's interesting to observe the differences between the individual markets. In Hungary, the issue of diversity is still somewhat in its infancy. It's hard to find female candidates for senior positions there. I'd say that the situation is slightly better in the Czech Republic.

What would you change in this regard?

I think that women still lack the courage to go for more senior positions. I'd like to encourage them not to be afraid and to believe in themselves more. In my experience, Czech men are more open to female bosses than men in Slovakia and Hungary. They see the potential in them, the added value, and the support. Women definitely have something to offer and can be great complements to men.

Have you been able to promote gentle, feminine principles in such a rational, masculine environment?

I don't think I have to promote anything. The other women on the team and I behave and think naturally - like women. Men welcome it and appreciate how the advent of women has changed the dynamics of the team. One example is faster decision-making. Men have a natural tendency to discuss things more and think about things from all sides. For women, on the other hand, basic facts and intuition are sufficient. There's no sense in denying it or fighting it; you have to take advantage of it to reach your common goal. Personally, I think that nature allows for diversity in the proper sense of the word.

What does your average workday look like?

If I'm not traveling, I'll pick up colleagues on the way to work, and we'll go over business and personal issues in the car. Once I get to work, I make myself coffee, walk around the entire office and greet everyone. I take care of small things that my colleagues are concerned about. I might have to quench a hot deadline. Then come the



rounds of meetings with both colleagues and clients or with business partners. We solve, plan, and think. I finally get to my email in the late afternoon. But I can't say that this is what an average day looks like. My schedule often changes from minute to minute.

How do you spend your free time?

Most of all, I enjoy traveling in my free time; it's a real passion of mine, whether it's with my husband, with friends, around the world or here in the Czech Republic, by car, by plane, or by bike. My other great love is my 1.5-year-old nephew. Although we're a few hundred kilometers apart, we call each other often. The older he gets, the more fun it is to spend time with him. But best of all is when I can afford to do absolutely nothing – just be. It doesn't happen very often, so when it does, I take full advantage of it.

Which places do you like returning to?

I am a truly a passionate traveler. I like short and long vacations. I love traveling to exotic destinations, but love visiting friends in Šumava just as much. Sometimes we organize our trips ourselves, especially the ones we take just to relax. For the more adventurous journeys to faraway destinations, we usually use a travel agency. Asia cast a spell on me, but for some inexplicable reason, my heart belongs to Africa, and I often return there. I truly love it there. At the same time, I feel the need to help people in need. That's why Xerox works with UNICEF in the Czech and Slovak Republics.

Have you ever found yourself in a precarious situation on your travels?

Travel complications have happened quite a bit – the latest one is still pretty fresh. A few weeks ago, I was with my husband and some friends in Jordan. It was a great trip – over the course of a few days we traveled throughout the entire country. But I have mixed feelings about it. You can feel the political in-

stability emanating from the surrounding regions. You can sense the tension in the air that comes from people's fear and aggression. Unfortunately, we got caught in a shooting when traveling through a village. It terrified me, and I realized how lucky we are to live where we do.

Xerox sits in newly renovated offices in the ALPHA Building. What do you like best about BB Centrum?

I like that you find strong brands at BB Centrum. I'm proud of the company that Xerox keeps. The civic amenities are also fantastic. You can go out for lunch, have business meetings, grocery shop on your way home in the evening; there's a pharmacy, post office, dry cleaners. I'm a huge fan of the roof terraces at BB Centrum – they're a fantastic place to take a quick break during a busy working day. And when it's warm, they make excellent outdoor offices. We like to hold events for employees here, such as barbecues and kids' days. Kids can even pick a few strawberries on the terrace. I also greatly appreciate the approach of Mr. Passer and the entire PASSERINVEST GROUP. They build long-term relationships with their clients and strengthen loyalty by continuously expanding and improving BB Centrum.

Where would you take your clients and customers to at BB Centrum?

Colleagues from many countries envy us for the visual appearance of our space – it even inspires them when building their own offices. Our offices have a unique décor that traces the history and inventions of Xerox and combines them with our vision. I'm especially proud of our showroom, where you can try everything out and touch everything in real life. Customers enjoy that a lot. Anyone who is interested in the present and future of digital printing or document management services is welcome. My terrific colleagues will be happy to demonstrate and explain everything to them.

**THIS OR THAT:
VERONIKA
BRÁZDILOVÁ**

Dress or trousers?

Dress – it's feminine, fun, and comfortable.

Mountains or sea?

I love both skiing and swimming, so both – ideally separately.

Dog or cat?

Dog! We have a beautiful chocolate Lab at home, our sweetheart.

Movie or book?

It depends on my mood. I relax when watching films; books, on the other hand, inspire me.

iOS or Android?

iOS for sure. Nothing else would make it through my front door.

At BB Centrum, the civic amenities are fantastic. You can go out for lunch, have business meetings, grocery shop on your way home in the evening; there's a pharmacy, post office, dry cleaners.

What would you like to achieve at Xerox?

I'd like to keep working on our long-term vision. The goal is to be an inspirational and respected company. We'll achieve that through our customer approach, the use of technology, and the breadth of what we have to offer. Because of that, we can provide our customers comprehensive solutions for production printing as well as individual solutions for smart offices. That means less paper, less administration, and more time for business itself. Xerox is far more than just printers. We offer a comprehensive portfolio of services, and while doing so, we take on the entire administrative burden. I'm delighted that our name is gaining traction on the market and customers are turning to us expressly for the quality of our services – and that we do things differently.



OK POINT: Financial, banking, and real estate services under one roof

Wouldn't it be great if your money worked for you and not vice-versa? Presenting OK POINT! A new branch office has opened in the BRUMLOVKA Building, right across from the post office.

OK POINT is unique. Its goal is to make life easier for clients and help them navigate the seemingly infinite offers available on the market. In one place you can take care of everything you need, get up to 2% higher returns, 20 to 30% cheaper insurance on average, and cheaper mortgages. Nine out of ten OK POINT clients achieve financial independence in 15 to 25 years – the point when they can live off the funds they've saved.

With its unique and sophisticated OK Financial Plan software, the company's primary mission is to provide comprehensive financial advice.

"The most attractive thing about OK POINT is the combination of several services in one place coming together in the OK Financial Plan software and complemented by real estate services. It's a special concept, one



that's a unique benefit to the client. What's noteworthy is that the company operates like this throughout the whole country", said Regional Director Drahomír Olšiak.

OK POINT offers concrete and exclusive services, such as residential mortgages comparing deals from several banks at once, real estate services to find or sell properties, significantly cheaper insurance than what the market offers, above-average appreciation of funds, and the possibility of early loan repayment. OK POINT's biggest advantage is the ability to customize products and services from current offers among financial institutions with the best rates on the market.

"After a detailed analysis, the client is guided on how to reach their strategic financial goals with the help of effective products from the market. Their relationship to risk is taken into consideration when creating a custom solution", added Drahomír Olšiak.

OK POINT services are not only interesting to individuals, but companies. This is the reason for associating its success story with BB Centrum's prestigious location, as its services are potentially a tremendous benefit to other tenants. oo



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Elijáš School Plans Lyceum to Guide Children From Age 3 to Adulthood

The Elijáš Christian Primary School opened in 2008 in temporary premises in Kunratice. In 2010, the school moved to its current location, the renovated neo-Renaissance school building close to Baar Park at BB Centrum.



Hana Loderová,
School Director

In 2009, the school expanded to include a kindergarten, located in the Bethany Community Centre, also inside BB Centrum. We spoke with school director Hana Loderová, who has been with the school now for six years, about Elijáš's past ten years and its upcoming changes.

Elijáš School includes the word "Christian" in its name. Does this mean it's primarily intended for children from Christian families?

Our kindergarten, primary, and, as of next year, secondary school are open to everyone. It's designed not only for Christians but also for children of parents who are sympathetic to Christian principles and want their children to be guided in this spirit. Christian principles are reflected primarily in relationships at school. I don't like to use the term „moral principles“ – it's more about an overall approach to the world and to other people that we try to convey to the children. The demands we make on students at our school and their responsibilities are no different than at any other school. Students have no problem getting into the second-

ary school of their choice after completing their primary school studies with us, whether they want to attend a trade school or a prestigious gymnazium.

Do you get the feeling that the school's overall atmosphere is different from that in standard educational facilities?



You can definitely tell the difference. In the small collectives at our school, we can quickly identify and immediately resolve any seeds of risky behavior. We're a small, family-style school and we make every effort to treat each child as a partner. We've placed a limit of 18 children in each class – the maximum for the teacher to be able to provide each child with adequate personal attention. All parents are considered partners with the teacher and are in close communication. They're regularly informed as to their child's progress, whether through weekly reports in the first to third grades or through regular three-way meetings in which the teacher sits down with the parents and the child.

Next year you're planning something big – you're opening the Elijáš Lyceum. How did this idea come about?

I built on the idea of a Christian school with the concept of a comprehensive educational system, which allows the child to learn in a calm, safe environment from age 3 to adulthood. Finally, I looked at it from an economic point of view. There are fewer and fewer school-aged children across the country and many schools, so offering the next level of education at Elijáš was a way to ensure its continued existence. The combined Elijáš Lyceum will have the status of a secondary vocational school where students will receive a general college preparatory education. From the third year, the program is enriched with the basics of a general vocational education, specifically humanities and natural sciences. The lyceum's curriculum will also include basic economics; students also will be required to undertake internships based on their chosen focus. We'll open the school with one class with a maximum of twenty students. As of now, we have no idea how much interest there will be in the lyceum. But when you consider that we opened Elijáš ten years ago with six children and now there are over 200, I'm not too worried.oo

ELIJÁŠ CELEBRATES ITS 10TH ANNIVERSARY

Elijáš will celebrate its key anniversary not once, but twice. The first celebration will take place on March 22, 2018, as part of its annual school show, in which the entire school will participate. The second will take place in the fall – a gala concert to which all fans of Elijáš School are cordially invited.



**Elijáš Christian Kindergarten,
Primary and Secondary Schools**
Baarova 360/24, Prague 4 - Michle
www.elijas.cz



BBCENTRUM

*Where Business
Comes to Life*

RETAIL UNITS FOR RENT

Get one-of-a-kind spaces in the multifunctional BB Centrum complex in Prague 4 for your business. Retail space on the ground floor of the office buildings, where prestigious Czech and foreign companies are headquartered.

- More than 12,000 people moving about the complex each weekday
- Excellent accessibility: Close to the D1 motorway, the Prague ring road and mass transit (bus stops right in front of the buildings)
- Problem-free parking in the complex
- Possibility of leasing retail space from 62 m² up to 161 m² in the following buildings: Building G and FILADELFIE

BBCENTRUM.CZ mobile: 724 607 209

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GROUP

Offices You'll Want to Work In

We spend a third of our lives at work. Companies themselves are aware of this fact, and over the past five years, they've begun to invest in higher quality working environments with the goal of ensuring the well-being of every employee. What are the trends currently dominating the world of the office?



○ In the past, company interiors focused mainly on functionality. Even just a few years ago, it was still the exception to have an architect design a company's offices. Companies carried out their own "studies", which were then often reflected in the resulting quality of the space. Today, the situation is a bit different and companies work more often with specialized architectural firms.

Open Space Done Differently

The open space office phenomenon reached the Czech Republic a few years ago. "When you say 'open space', people usually imagine endless rows of desks and all the negatives associated with it," said Erika Bohatá of Capexus, a company specializing in office space, alluding to the lack of privacy and the noise.

Today's architectural solutions for open-plan offices find ways to reduce the negatives. Open-plan offices designed today are smaller and include elements that divide them both optically and functionally. "We use partitions, walls with storage space, mobile phone booths, and large write-on walls. They don't even have to be sophisticated solutions. To divide individual workspaces, we can use plants, for example, which offer the bonus of helping keep the air clean," added Bohatá. Also ideal are acoustic screens, which, in addition to separating individual workspaces, also reduce echo in offices, thereby increasing acoustic comfort.

Noise-Fighting Solutions Exist

Noise is the most pressing problem facing large open-space offices. Acoustics have found their way into the public's consciousness, and more such solutions for reducing noise have been rolled out over the past couple of years. Noise affects concentration, comfort, and health.

One of the primary causes of noise is a particular intolerance among co-workers and lack of space for making business or private calls. Some architectural studios now always include closed telephone "booths" where employees can make calls in peace, and small closed-off areas for work that requires more concentration. These spaces are called focus rooms.

Playstations and Whirlpools

And why are companies beginning to focus more on providing their employees with a friendly, high-quality work environment? It's a combination of several factors: the revival of the economy, generational changes, high turnover, and extremely low unemployment.

Companies want to be attractive employers even as far as the work environment is concerned. So they're creating relaxation zones, kitchenettes with bars, and places for informal meetings where employees from different teams can congregate naturally, which wouldn't often happen in a traditional, cubicle-style office or a large open-plan office.

△ People under 30 like having a choice of spaces where they can relax or work, and prefer flexible workspaces.

▷ In these meeting rooms, Capexus took inspiration from individual sports.



△ These booths are perfect for short meetings with colleagues.

ping up in offices, things that have nothing to do with work. In the future, companies will provide even more services, along the lines of what we're accustomed to at leisure centers and hotels.

Companies are still increasingly benevolent towards home offices, job sharing, and working from abroad, which saves them money. However, there are fewer and fewer people physically present in offices, and employers must now search for ways to keep them in the workplace. We can already observe a reversal in which, for example, large international IT companies are gradually eliminating home offices worldwide.

It has taken companies a relatively long time to comprehend the consequences of people spending a third of their lives at work. Today, employees – primarily younger ones – want to relax or exercise while at the office. But it doesn't mean they do less work. It's been proven that regular breaks actually improve efficiency and creativity.

The Future is Digital

A recent trend predicts that the entire real estate market is about to undergo a technological revolution. The real estate segment is one of the few fields which is not yet fully digitized. But it's coming. Proof of this is the emergency of proptech companies ("property technology" - Ed.) and various "smart home" solutions which are slowly migrating from our homes into our offices.

A more significant emphasis on activities, on sufficient services, on the way offices are equipped, and on getting people involved have led to higher comfort levels. All these have led to digitalization of community life and – importantly – services. In Czech office buildings, you can already find applications that simplify communication with building maintenance, provide information about services, and connect individuals within the building, such as commuting apps (which, incidentally, is used by employees at BB Centrum and available on bbcentrum.cz). In short, in the future, companies need to deal with the fact that the boundaries between work and leisure time will be thinner and young people will want not only to enjoy being at the office but also to take advantage of the potentials of digitalization. ○○



Millennials Are Changing The Way We View Work

The aforementioned generational change is responsible for many of the new amenities and wide range of benefits. One-third of today's employees are so-called "millennials". People under 30 like having a choice of spaces where they can relax or work, and prefer flexible workspaces, rather than

strictly separated offices and meeting rooms.

It's also true that millennials want a better balance between work and leisure time. Today we can already see things like fitness centers or spaces for workshops and other events crop-

Is Evolution the Best Explanation for the Origins of Nature?

Did you ever think about why a giraffe can lower its head to drink without the fear that high blood pressure in its brain could kill it? And what about animals that can be cut in half, or even lose their heads, and still regenerate? Did you know that some birds can live for two and a half months without food or water in the bitter cold? Then you'll most certainly be interested in the three-part documentary Incredible Creatures That Defy Evolution, the Czech version of which has been available in the Maranatha e-shop since December 2017.

The documentary's creator, medical doctor and university professor Dr. Jobe Martin, was formerly a proponent of Darwin's theory of evolution. During his teaching career at Baylor College of Dentistry, his students challenged him to defend the theory of evolution as it addresses questions surrounding the origin and history of the Earth and all its living things. During his research, he met with discrepancies and errors.

Dr. Martin's doubts about the acceptability of Darwin's theory led him to study some types of animals whose abilities to survive and produce offspring cannot be explained by gradual evolutionary development over millions of years.

His attention was first drawn to a predatory beetle called the bombardier beetle, which can't fly; it can only

walk on the ground and is, therefore, an easy target for its enemies. The bombardier beetle compensates for this with the ability to deter its enemies with jets of hot, acrid, stinging fluid that it shoots from the tip of its abdomen at a speed of up to 1000 pulses per second. Had the bombardier beetle not had this ability right at the beginning of its existence, it would have long ago fallen victim to predators and become extinct. Dr. Martin began to examine many other extraordinary animals more closely. Under the weight of the evidence, he gradually shifted away from Darwin's theory to the other "side" and became an advocate of creationism. Upon taking this step, he began studying for his master's degree in theology at the Dallas Theological Seminary, where he earned his degree in the field of systematic theology.

The three-part series Incredible Creatures That Defy Evolution has been released on two DVDs. In the first part, you'll learn about the peculiarities of the bombardier beetle mentioned above, as well as the giraffe, the woodpecker, and the platypus. Dr. Martin has devoted the next two parts to such topics as the human eye and eardrum. He wrote about his revolution in understanding in a book called The Evolution of a Creationist, which has not yet been translated into Czech. oo



Incredible Creatures That Defy Evolution is available in the Maranatha e-shop at <https://eshop.maranatha.cz/>.

MARANATHA

MARANATHA is a Christian-oriented organization founded in 2002 by Czech developer Radim Passer. The word "Maranatha" means "the Lord is coming". Maranatha, z.s.'s mission is to share the hope that springs from faith in Jesus Christ and offer insights into critical questions, including those regarding our origins. Answers come from information contained in the Bible, which Christians believe is God's message to mankind.



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BB CENTRUM

What's New at BB Centrum



Updated public area next
to the FILADELFIE Building
suitable for summer barbecues

Completion: **Spring 2018**
Investment: **CZK 650,000**



Ornamental mosaic walls
featuring an underwater motif in
the pedestrian underpass from
Brumlovka Park to Kačerov

Completion: **Spring 2018**
Investment: **CZK 500,000**



New Brumlovka bus stop
in the direction of Budějovická
(in front of Building A)

Completion: **late 2017**
Investment: **CZK 1.5 million**

Updated public area between
Building A and Building B with
greenery and new, more convenient
entrance via a footbridge

Completion: **Spring 2018**
Investment: **CZK 6 million**



New public cafeteria
in Building A

Completion: **Summer 2018**
Investment: **CZK 10 million**

WHAT'S NEW AT BB CENTRUM

Lighted accessible pedestrian crossing across Vyskočilova Street (under the footbridge)
Completion: **Summer 2018**
Investment: **CZK 3 million**



More public cultural, sports, and social activities
Completion: **Year-round**



New pavilion on Baarova Street for after-school activities and dining for the Elijaš School. The Christian school will also expand to include a secondary school.
Completion: **Sept. 1, 2018**
Investment: **CZK 52 million**



New central square with seating and fountains in front of the BRUMLOVKA Building
Completion: **Summer 2018**
Investment: **CZK 35 million**



New athletic field behind the Elijaš school pavilion (between Baarova, Na Schodech, and Pod Farou streets), where you can play floorball, badminton, run, long jump and high jump, or just exercise
Completion: **Summer 2018**
Investment: **CZK 17 million**



TOTAL INVESTMENT IN NEW BB CENTRUM PROJECTS: OVER CZK 125 MILLION

Balance Club Brumlovka: A New Design and The Latest Equipment

Many of you are intimately familiar with Balance Club Brumlovka. As of this past fall, the fitness and wellness center at BB Centrum has a new look, featuring contemporary interiors as well as a new fitness zone, top-of-the-line bodyweight training machines, and much more. Come take a look!

○ During the winter, no one really wants to run outside in the freezing weather or drag their bike out and plow through the snowy roads.

If your goal is to keep in shape year-round, the fitness center is the ideal choice. What's more, studies show that even if you eat well, if you don't exercise, you can stand on your head all you want, but in the spring, you'll still be roly-poly. What's more, you'll still be more or less apathetic and in a bad mood. Both strength and endurance training improve quality of life on their own. You'll have more pep

and a greater appetite not only for work, but also for your hobbies and life in general. And that makes it worth it!

The Best on the Fitness Market

Since Balance Club Brumlovka opened in 2007, its goal has been to offer the latest trends in taking care of your health and a sports-oriented lifestyle. As the name suggests, it's not just about sports performance, but also about emotional wellbeing and reaching a balance between body and mind. For its 10th birthday, the Club gave its members the gift of an extensive renovation of its large and air-conditioned halls as well as building new fitness zones and equipping them with the latest fitness, cardio, and functional machines from the ARTIS and SELECTION PRO series by Technogym. Of particular note is the ARTIS RUN UNITY treadmill, which is a real treat.

Balance Club Brumlovka in Bullet Points

- The most spacious and comprehensively equipped fitness and wellness center in the country
- Located in the BRUMLOVKA Building at the BB Centrum office complex
- Fitness and cardio machines, aerobics halls, a 25m swimming pool, a relaxation zone, massages, physiotherapy, a solarium, a fitness bar, and a Japanese-style roof terrace, all within the 5,000 m² complex
- Classes on offer aimed at preventing „diseases of affluence“, weight-loss counseling, anti-stress sessions, and special training sessions aimed at correcting muscular imbalances.



It has simple, straightforward operation; the Fast Track Control function lets you adjust the speed and incline of your run without interrupting your rhythm. Another favorite cardio machine is the CLIMB stair trainer, the first machine to give the feeling of climbing real stairs. Infinite stairs with pre-programmed training programs at a variety of lev-



els will satisfy both beginners and more experienced users.

Fresh from the FIBO 2017 trade show is the SKILLROW rowing machine for increasing both anaerobic performance and aerobic capacity. Its primary advantage is that rowing on the SKILLROW is incredibly similar to rowing on water. Spinning fans were not left out either - they get GROUP CYCLING bikes from Technogym. These bikes have built-in watt meters, and the energy you create by pedaling powers the LCD display. GROUP CYCLE bikes can be used during group classes and in the fitness center as part of your cardio training. And now, thanks to a unique virtual training environment, Group Cycling classes take on a whole new dimension.

OCTAGON Functional Zone by Escape

The OCTAGON functional zone by Escape for body-weight exercises has been given a prominent position in the gym, as has CrossFit equipment. You can use horizontal bars, parallel bars, exercise bands, and a boxing bag, as well as targets and bouncing surfaces for medicine balls.

Both Technogym and Escape are leading global suppliers of wellness and fitness equipment. Well-designed machines that respect biomechanics and natural movements in connection with the latest technology provide the best fitness experiences the market has to offer. Technogym has also been chosen as the official supplier of sports equipment for the past six Olympic Games.

Unity Touchscreens: Feedback and Entertainment

For those who want performance feedback, but also want to enjoy themselves while exercising, there's a new cardio-cinema in the fitness zone. The touchscreens work like a tablet - in addition to essential indicators on the progress of your exercise, you can tune in to TV channels, YouTube, Facebook, Skype, or just browse the

internet or read emails.

You can also set up walks or runs in the city or out in nature. And what's more, your workouts will always be saved to your smartphone thanks to the links with the MyWellness app by Technogym and social networks.

New Class Schedule, Gunning, and Hydrobike

Balance Club Brumlovka also has a new schedule featuring dozens of group classes, as well as various types of yoga. It also includes gunning, a group class that uses heavy elastic ropes that will test your agility, speed, strength, and endurance. And your old favorites are still there as well - body form, functional training, TRX, and much more. The fitness zone also features the popular vibrating Power Plate.

Ladies who'd like to burn calories and reduce cellulite without breaking a sweat can give the hydrobike classes a try. In these atypical spinning classes, you ride a bike suspended about two-thirds of the way into the water, which can reach up to 27 °C. After your exercise session, we recommend a short visit to the sauna to help rid your body of even more toxins. Balance Club Brumlovka has an extensive sauna world including relaxation zones. ∞∞

Don't Depend on Yourself to Get Motivated – Use a Personal Trainer

Every newbie to the fitness center is confused as to what exercises to do, and how many reps and series. Fitness is a bit of a science in this respect - muscles react differently to lighter and heavier weights, as well as to different numbers of exercises and training frequency. For those who are more advanced, differing intensification techniques are good - training methods that increase the intensity of a workout and help prevent stagnation. That's why it's always best to consult a personal trainer or fitness instructor. At Balance Club Brumlovka you'll find a large team of highly qualified instructors, personal trainers, diagnostics specialists, and massage therapists.



Balance Club Brumlovka
BRUMLOVKA Building
Opening hours: Mo-Fr 6:30 a.m.
to 11:30 p.m., Sa-Su (holidays) 8 a.m.
to 10 p.m., www.balanceclub.cz

Hooray for Skating! On the Rink and On the Pond

Winter is here. And if it's as cold as it was last year, skaters definitely have something to look forward to.

Bear in mind, though, that not all skates are created equal. And there are also many places where you can skate. Skating on natural ice is a fantastic experience - like skating on the "black" ice on the frozen Orlik Reservoir with a view of Zvikov Castle - truly breathtaking. But there's one fundamental fact: the weather has to cooperate with a hard freeze to create an ice crust on the water's surface.

Before we head out onto the ice, let's glide through the options - what to skate with, what to wear, and where to skate.

Good Skates Are Key

Let's start with the skates. Good, high-quality skates are essential: skates which fit properly and support your ankles firmly. There's no need to pay CZK 10,000 or more - especially if you only plan to skate now and then, but don't base your purchase only on price either, either for yourself or for your kids, especially if you want to imbue them with love for skating.

Just as with poorly-fitting shoes, bad skates make themselves known very quickly. It definitely won't be enjoyable, and what's more, you'll find yourself falling without any real reason. Choose skates with laces - they support your feet better and more evenly than those with buckles.

The skates must fit well - try them on wearing the socks that you'll skate in. If you're an adult whose feet have already stopped growing, your toes should touch the plastic tip in the front very lightly, and if you crouch slightly with bent knees, you shouldn't feel it at all. The skate liner will stretch a bit with time. For children whose feet are still growing, it's best to buy skates

that are a little too big so that they last a while longer. But no more than a finger's width at the heel.

Men generally choose traditional hockey skates, while women can choose between figure skates with toe picks or hockey skates. If you inline skate during the summer, it's just a matter of swapping the wheels for a sharp blade...only the braking method is somewhat different.

But there's one other kind of skate - Nordic-style cross-country skates, used for skating on natural ice. What are they? The skates have a steel blade that's about 40 to 50 cm long attached to cross-country ski bindings, which allow free vertical movement of the heels. For long-distance skating, it's a big advantage, but for those trying it for the first time, it takes some getting used to. But we'll come back to skating on natural ice.

There's hardly anyone in the Czech Republic who hasn't seen Martina Sáblíková in action on the speed skating oval. Both the boots and blades for speed skating are really special. The tops of the boots, for example, are low and don't offer any ankle support. Despite this, they still belong in the list, so that it's clear what all the skating options are.

What to Wear

So we've gone over skates, but what should you wear? In short - warm, comfortable clothing that lets you move well. Ideally, you should wear base layers that wick away sweat. Add a waterproof outer layer. Don't forget sturdy gloves, even skiing gloves, to ensure your hands stay warm and to protect against injury if you fall. Children should definitely wear a helmet

(a skiing helmet is ideal, but hockey or bike helmets are excellent as well), as well as elbow, knee, and wrist protectors. Adults should also consider wearing them, as a fall on the ice hurts quite a bit, and there's a risk of serious injuries, in particular head injuries. Anyone who's already taken a fall knows what we mean...

You Can Even Skate on the Shopping Center Roof

So we've got our skates and our clothing - now we just need to decide where to skate. Public skating is possible at artificial ice rinks. In recent years, more and more temporary ice rinks have been set up at shopping centers or in the city center. Where else? You can find information about where to skate, including opening hours and prices at <http://verejne-brusleni.info/praha/>.

Skating on "Real" Ice is an Experience. But Be Careful!

If winter is kind to skaters and brings a hard freeze, artificial ice rinks get competition in the form of ponds, lakes, rivers, blind channels, and reservoirs. Those who like to glide on the pond, push the hockey puck around, or set out on a sightseeing trip will be especially happy. Let's talk some more about this last option, which we mentioned earlier. We're talking about Nordic-style skating, or long-distance skating. As the name suggests, this skating specialty has made its way to the Czech Republic from northern Europe, primarily from Sweden, but it's also a favorite pastime in the Netherlands. In Sweden, skaters head out on lakes and for easy trips, while in the Netherlands, they glide along the local canals and skating is much more of a sport.





Where to Skate Near BB Centrum

- Centrum Arkády: entrance fee CZK 50, children up to age 5 free. An open-air rink where you can skate from December to March.

Other possibilities:

- Kobra Ice Rink: entrance fee adults CZK 100, children CZK 40.
- Hasa Ice Rink: entrance fee CZK 70.
- Eden Ice Rink.
- The ice rinks at Hvězda and Letňany are somewhat out of the way, but they both have public skating sessions. From December you can skate on the roof of the Galerie Harfa shopping center, and from December until February 18, there's an outdoor rink at Letná opposite the football stadium.

Choose Your Skates

- Traditional hockey skates for men and women
- Figure skates with teeth
- Nordic skates
- Speed skates

You can certainly head out on a skating trip in traditional skates, but they aren't as comfortable as Nordic skates, which are light and long, so it's no problem to go for longer distances. Moreover, thanks to their cross-country ski bindings, you can quickly step out of them to get over obstacles or rough spots. They'll cost you about CZK 3,000.

The essential element of skating, however, is the ice. Based on experience, 5-cm thick ice can hold a person, 7 cm is enough for skating, and 25 cm can even bear the weight of a car. This is only true for solid ice on days when the temperature doesn't go above freezing.

Some might argue that conditions like those in Scandinavia or the Netherlands don't exist here, but that's simply not true. There are plenty of such places in the Czech Republic. The most

popular and probably the safest place to skate is at the Lipno Reservoir. The track there is 40 km long and regularly maintained. You can also try Orlik, where you can skate up to 200 km on somewhat unnerving black ice. Another experience is the Třeboň fish ponds, and there are plenty of other places as well.

Skating on natural ice is a truly exceptional experience and a sporting one as well. Plus a bit of adrenaline, as it always carries somewhat of a risk. Ice isn't always thick enough, and sometimes it can break. It's essential, therefore, to be extra careful. Every skater should carry ice claws – a set of sharp steel spikes with short handles that the skater wears on a cord around their neck. It's also good to have a rope and spare clothing. And you can also use cross-country ski poles. But be careful! Never go out on your own. oo

Basic Rules for Skating on Natural Ice

- Never step on the ice if you're not sure how solid it is and if it can hold you.
- Be especially cautious of snow-covered ice and ice with puddles on it.
- Don't move on the ice in a group – keep about 3 meters apart.
- If you hear the ice cracking, return to the shore as quickly as possible.
- Never step on the ice on a stream or under a bridge where the ice freezes unevenly.
- In case of emergency, lie down, spread your weight out evenly, and crawl towards the shore.
- Use your ice claws to gain traction on wet ice.
- If you fall through the ice, don't panic.
- Kick your legs to get to the surface and as far as possible onto the firm ice and to the shore.

The most popular as well as probably the safest ice track in the Czech Republic is the Lipno Reservoir. It's 40 km long and regularly maintained.



Skating With Kids



Parents with children can certainly enjoy skating as well. So how to go about it so that it's as painless as possible, so that both the child and the parents don't come away with bruised bodies – or bruised egos? If the adult can skate, they can teach their child to skate themselves, but it's probably better to find an experienced teacher.

For children in particular, weak fundamentals and bad experiences are hard to unlearn and overcome.

On the other hand, little kids are uninhibited and learn quickly, often more quickly than older ones.

Some Advice For Parents:

- Don't push your kids – skating should be fun.
- When to start? It's individual. Ideally around age 6, but there's no hard, fast rule.
- Ice is slippery and falling on it hurts. A helmet and gloves are essential.
- Knee and elbow pads are also a good idea, but they don't have to be ones specifically for hockey.
- Use single-bladed skates right from the start – don't use the double-bladed skates for children.
- Learning how to maintain balance and good posture are essential.
- Help them avoid beginner mistakes: legs should be slightly bent, not straight; avoid leaning forward too much and pushing your bottom out; and don't wave your arms around too much.
- Be patient and supportive. Don't expect them to be a Jaromir Jagr after a week.

ADVENTURE TIME WITH U KONTO WITH INSURANCE



Nordic skating in Scandinavia or on the canals in the Netherlands, or a winter holiday abroad somewhere out of the ordinary – it certainly sounds tempting! To ensure you can enjoy your new adventures in peace and to the fullest, it makes sense to take a payment card with you that you can use to pay conveniently and securely anywhere you go. With Unicredit's U Konto, you can also withdraw cash at all cash

machines free of charge.

All you need to do is fulfill a simple condition – transfer a minimum of CZK 12,000 to your account every month. And don't underestimate insurance. With travel insurance from UniCredit Bank, you can enjoy a worry-free skating holiday. More at www.unicreditbank.cz.



UniCredit Bank
 FILADELFIE Building
 Opening hours: Mo, Tu, Th 8:30 a.m. to 5 p.m.,
 We 8:30 a.m. to 6 p.m., Fr 8:30 a.m. to 2 p.m.
 Infoline: +420 800 144 441
www.unicreditbank.cz



FUNCTIONAL, PLAYFUL, COLORFUL CLOTHING FOR CHILDREN

Heading out with the kids to go skating, skiing, or just play around in the snow? We've got a great tip – Color Kids clothing. This Danish brand is a world leader in high-quality functional clothing for children aged 1 to 12 years. The Fall/Winter 2017 collection is cheerful and brightly colored, as well as supremely functional for outdoor fun and sports. With the Air-Flow membrane, your children stay dry and warm when playing outdoors for extended periods. Parents appreciate the fact that Color Kids products are sturdy and wear-resistant. And of course, you'll find essential details, such as reflective elements. Find Color Kids clothing at NIVOSPORT.



NIVOSPORT
 BRUMLOVKA Building
 Opening hours: Mo-Fr 9 a.m. to 6 p.m., Sa 10 a.m. to 4 p.m.
www.nivosport.cz



ENJOY WINTER WITH DM PRODUCTS

Enjoy winter fun to the fullest and without limitations with dm products to support your immunity during the cold and flu season. Choose from a wide range of options – we even have products for children. And if some nasty germs have already taken up residence, dm products can help loosen your breathing and relieve your cough.



dm drogerie markt
 FILADELFIE Building
 Opening hours: Mo-Fr 8 a.m. to 7 p.m., Sa 8 a.m. to 1 p.m.
www.dm.cz

The Big Issue

Non-Dairy "Milks"

Non-dairy milks are great for those who suffer from lactose intolerance or who are just looking for alternatives to cow's milk. There are a variety of non-dairy milks available on the market, but they're very easy to make at home.

Almond Milk

ABOUT: On the chart of global nut production, almonds come out on top. They came to Europe most likely from the Middle East, as did that favorite almond delicacy, marzipan.

HEALTH BENEFITS: Almonds contain high levels of calcium, as well as magnesium, which helps the body absorb the calcium. They're also a rich source of vitamin E, an antioxidant, which also protects the fats in almonds from going rancid so that they stay fresher for longer. Almond skins, which are considered to be the most nutritious of all nut skins, also contain other antioxidants. Almond milk may have a mild laxative effect. It also supports the production of breastmilk.

MAKE IT YOURSELF: Sweet almonds are preferred. Bitter almonds contain 5% amygdalin, which can be toxic in large quantities. Almond milk is white and has a delicious, slightly creamy taste. You can make it from almonds with or without their skins (natural vs. blanched). If you use blanched almonds, add the resulting pulp to porridge, spreads, and cookies.

Making non-dairy milks at home is easy. You'll need a blender, a sieve, some cheesecloth or muslin, and of course the main ingredients: nuts, seeds, or grains. Soak your raw nuts, seeds, or grains for several hours before processing. Drain the soaking water and then blend them with fresh water, usually in a ratio of 100 g per liter of water. The less water you use, the creamier the consistency you'll get. Nut creams are especially good - use only 250 ml of water when preparing. Drain the blended raw ingredient through a fine cloth and use the remaining pulp when making porridge or dough.



Poppyseed Milk

ABOUT: Poppyseeds are an essential ingredient in Czech cuisine. There are hundreds of types of poppies, the most important of which is the opium poppy.

HEALTH BENEFITS: Poppyseeds contain the most calcium in the entire plant kingdom. With 1,400 mg of calcium per 100 g of poppy seeds, it has more than even cow's milk. They're also rich in magnesium, potassium, and other minerals.

MAKE IT YOURSELF: Poppyseed milk is beautifully white and has a creamy, light poppyseed flavor. To extract the maximum nutrients from the poppy seeds, grind them first before you soak them. You can use the ground poppy seeds as a pastry filling or add it to porridge.

If you'd like to enrich a non-dairy milk with calcium, add a bit of seaweed when blending.



Oat Milk

ABOUT: Sesame is grown primarily to produce oil. Here in the Czech Republic, you mostly see white sesame, but occasionally also black sesame, which is common in Asia.

HEALTH BENEFITS: Sesame seeds are an excellent source of many vitamins and minerals. They are rich in copper, calcium, magnesium, zinc, iron, and selenium. The vast majority of the calcium is contained in the husk, also the source of most of its fiber. Of all seeds, sesame seeds are the richest in phytosterols, which strengthen the immune system. Sesame seeds help prevent constipation, support breast milk production, and are also beneficial to the joints.

MAKE IT YOURSELF: To take advantage of all the nutrients that sesame seeds contain, grind them before processing. Sesame milk has a slightly bitter taste, so it's best used as an ingredient rather than drunk on its own. If you use sesame milk on your breakfast cereal, sprinkle some of the ground sesame seeds on top.

ABOUT: Flakes are cereal grains that have been rolled to flatten them. Various grains - wheat, oats, rye, or barley - are used to make them. Oats, which originated in the region that is today Turkey, allegedly came to Europe as a weed mixed with wheat.

HEALTH BENEFITS: Oats are rich in high-quality protein, vitamin B, and zinc. Thanks to their high levels of fiber, you feel full sooner and for longer, because the nutrients have a longer time to become absorbed. Oats can be considered a very nutritious grain. They contain relatively high levels of fat - about 2-3 g per 100 g, more than any other grain.

MAKE IT YOURSELF: Oat milk is one of the cheapest non-dairy milks that can be made at home. It can be used for cooking, such as in making porridge, as well as on its own. If you want to mask the typical oatly taste, add a bit of cinnamon or nutmeg, or even a pinch of brown sugar.



Rice Milk

ABOUT: Rice is an essential foodstuff for many cultures. Varieties of rice can be categorized based on their place of origin; rice can also be classified by grain shape, processing method, or cultivation method. The queen of rice is considered to be basmati long-grain rice, grown in India, Pakistan, and Iran.

HEALTH BENEFITS: Rice is rich in polysaccharides and is an excellent source of B vitamins and a wide variety of minerals, such as potassium, calcium, magnesium, manganese, phosphorus, sulfur, selenium, and copper. Rice doesn't contain much protein, but its indisputable advantage is that it's low in fat. Whole-grain rice (unhulled rice) provides even more valuable nutrients, especially fiber. A compromise between white and whole-grain rice is rice that has only had the outer hull removed, called "natural" rice here in the Czech Republic and brown rice in the English-speaking world.

MAKE IT YOURSELF: Rice milk, one of the most common non-dairy milks, can be made from white rice, "natural" or brown rice, or from rice flakes. Jasmine rice is ideal for this. Rice can be cooked before processing or left raw; a disadvantage of using cooked rice is that it gives the milk a mushy consistency.



Soy Milk

ABOUT: Soybeans, a round bean about the size of a large pea and usually yellow, dark grey, or black, are an integral part of vegetarian and vegan diets. Soy comes from northern and central China and is considered one of the oldest cultivated crops.

HEALTH BENEFITS: There are many nutrients hidden within soybeans. They're rich in protein, saccharides, and fats; they also contain fiber, iron, manganese, phosphorus, B-group vitamins, vitamin K, magnesium, and zinc. Because they also contain substances that affect the human hormonal system, soybeans should be consumed as an occasional addition to the diet. Soybeans also contain "anti-nutritional" substances that can affect digestion and absorption of some other substances. Heat destroys the majority of the anti-nutritional substances, so it's essential to cook milks and foods made from soybeans thoroughly. Ideally, soybeans should be eaten fermented, such as miso paste, tofu, or natto.

MAKE IT YOURSELF: Before making soy milk, you should soak the soybeans for at least 10 hours in water, and then blend them. Then boil the resulting milk for about ten minutes - while it's boiling, spoon off the foam from the surface and then strain through a fine sieve. Soy milk is less tasty than other non-dairy milks, so it's better used as an ingredient in other dishes and drinks. The pulp that remains after straining can be used to make spreads.



Don't forget to count non-dairy milks towards your overall caloric intake, as they're made from calorie-rich ingredients such as nuts and seeds.

Prepared with Mgr. Jana Divoká,
nutritional expert

TIP: Non-dairy milks last about three days in the refrigerator. You can extend their shelf life by adding a pinch of salt, sugar, or natural liquid sweetener.

THERE'S PLENTY TO CHOOSE FROM AT MARANATHA

Don't feel like making your own non-dairy milks at home? The Maranatha shop offers a wide selection of non-dairy milks. Make something delicious them, such as pumpkin soup using Maranatha's own recipe.



Pumpkin Soup with Coconut Milk (serves 4)

Ingredients

500 g Hokkaido pumpkin, 100 ml coconut milk, 100 g fresh onion, 100 ml sunflower oil, 25 g fresh ginger, 10 g pumpkin seeds, sea salt to taste, fresh coriander leaves to taste, 600 ml vegetable broth

Directions

Quarter the pumpkin, remove the seeds, and cube the flesh (if the pumpkin is fresh, you don't have to remove the skin, but if the pumpkin is older and was stored for a longer period, you should peel it). Peel the ginger and chop finely. Chop the onion and saute until golden in the oil. Add the cubed pumpkin and ginger and saute for 5 minutes. Cover with vegetable broth (the broth should be about 2 cm over the vegetables), add the coconut milk, and boil gently until the pumpkin is soft (about 20 minutes). Use a hand-held mixer to puree the soup. Season with salt and finely chopped coriander leaves, and garnish with dry-toasted pumpkin seeds.



Maranatha Vegetarian restaurant
BRUMLOVKA Building
Opening hours:
Mo-Th 11 a.m. to 7 p.m.,
Fr 11 a.m. to 5 p.m. [during "winter time" 11 a.m. to 3 p.m.],
Su and state holidays: closed
www.restauracemaranatha.cz

Maranatha Shop
BRUMLOVKA Building
Opening hours: Mo-Th 7:30 a.m. to 7 p.m., Fr 7:30 a.m. to 3 p.m.

HEAD TO DM DROGERIE FOR NON-DAIRY MILK



DM drogerie also offers a wide range of non-dairy milks, both flavored and unflavored. Try spelt milk, with its light nutty flavor, which tastes great on its own or with pureed fruit. You can add non-dairy milks to muesli, porridge, or various desserts. Top up your energy with rice milk and chia seeds, and almond, coconut, or oat milk.



dm drogerie markt
FILAELFIE Building
Opening hours: Mo-Fr 8 a.m. to 7 p.m., Sa 8 a.m. to 1 p.m.
www.dm.cz

DAIRY AND NON-DAIRY MILKS AT COSTA COFFEE



Being able to choose from whole and skimmed cow's milk at Costa Coffee is now considered perfectly normal. The cafe's customers are also accustomed to having the option of soy milk, which is gluten, lactose, and wheat-free. Coffee lovers who for a variety of reasons have limited lactose in their diets will be thrilled to hear they can now order lactose-free cow's milk. And all these different kinds of milk can be frothed up for one of Costa Coffee's most popular drinks - their caffè latte.

COSTA COFFEE

Costa Coffee
BETA Building
Opening hours: Mo-Fr 7:30 a.m. to 6 p.m., Sa-Su closed

HEAD TO ALBERT FOR COCONUT MILK AND MORE



Albert is another place where you can find a selection of non-dairy milks. Try their coconut milk enriched with calcium, vitamin B12, and vitamin D.



Albert supermarket
FILAELFIE Building
Opening hours: Mo-Sa 7 a.m. to 9 p.m., Su - closed

Hungry? You Can't Go Wrong With BB Centrum Restaurants.

What are you in the mood for? A lot is going on in 2018 in the restaurants and cafeterias.

GTH CATERING IN THE BETA AND FILADELFIE BUILDINGS

GTH Catering operates two restaurants at BB Centrum, both of which are open to the public. They're located in the BETA and FILADELFIE Buildings. The restaurants offer hot and cold breakfasts, a choice of eight main dishes at lunch (seven in the FILADELFIE Building), of which at least one is suitable for vegetarians. During the winter, warm yourself up with delicious soup – there's always a choice of two kinds. Or create a menu according to your taste from the hot food counter or the salad bar.

Our professional chefs prepare your food with care from fresh ingredients from trusted suppliers.



GTH Catering
BETA Building
Opening hours: Mo-Fr 8 a.m. to 3 p.m., lunch 11 a.m. to 2 p.m.

FILADELFIE Building
Opening hours: Mo-Th 7:30 a.m. to 4 p.m.,
lunch 11 a.m. to 2:30 p.m., Fr 7:30 a.m. to 3:30 p.m.,
lunch 11 a.m. to 2:30 p.m.
www.gth.cz

ELEGANT CANAPÉS NOW AT EXPRESS GRILL



Need refreshments for a conference, training session, meeting, or company party? Give Express Grill a try. Their new mixed canapés are sure to satisfy everyone's tastes. Canapés aren't typical Czech chlebičky or cocktail snacks – they're far more refined. These tiny savory mouthfuls come in both vegetarian and non-vegetarian versions and offer original, carefully selected flavor

combinations. Try roast beef and delicious cream, Spanish chorizo and olives, or goat cheese and beet. Express Grill blends great taste with modern food styling, suitable for both private and company events.



EXPRESS GRILL
FILADELFIE Building
Opening hours: Mo-Fr 10 a.m. to 4 p.m.
Email: sandwich@sandwich.cz
www.expressdeli.cz

KOBE INVITES YOU TO ASIAN EVENINGS

KOBE RESTAURANTS – a designer setting, impeccable service, a unique eye for detail, and an excellent menu featuring an exceptional selection of meat, including exclusive Kobe beef, considered by experts to be the best beef in the world. KOBE also offers high-quality sushi, fish and noodle specialties, salads, soups, and scrumptious desserts. KOBE invites you to their newest series of ASIAN EVENINGS, featuring all-you-can-eat sushi and Asian specialties, a welcome drink, and a tea corner.

ASIAN EVENINGS will take place on Jan. 25, Feb. 22, Mar. 22, and Apr. 26, always from 4:30 to 7 p.m.

Price: Adults CZK 790, children aged 13-17 CZK 395, children up to age 12 free

Reservations are required, please call +420 222 232 134



KOBE FUSION RESTAURANT
BETA Building
Opening hours: Mo-Fr 11 a.m. to 10 p.m.,
Sa-Su 12 p.m. to 10 p.m.
Email: Josef.adamek@koberestaurant.cz
Tel.: +420 222 232 134, www.koberestaurant.cz

NEW MENU AT UNIQUE RESTAURANT

UNIQUE Restaurant has some new things planned for its customers. The main event is the all-new menu, which features dishes to satisfy both fans of classic Czech dishes as well as those whose tastes run to fresh fish and carefully selected steaks. The new wine list offers excellent Moravian and Italian wines, and the beverage menu features perfectly poured Pilsner Urquell.

Regular customers can take advantage of bonus cards, which they can use to earn free lunches. Another exciting new feature is regular music evenings especially for jazz lovers, as well as regular thematic dinners and wine tastings.



UNIQUE Original Restaurant
DELTA Building
Opening hours: Mo-Fr 7:30 a.m. to 10 p.m.
Email: info@unique-restaurant.cz, tel.: +420 702 180 348
www.unique-restaurant.cz

The Most Important Thing? Stick With It, Says PuzzlePasta Owner

Just over three years ago, Stanislav Štrobl changed the rules of gastronomy. Today he owns the PuzzleSalads chain of salad bars, two of which (PuzzleSalads and PuzzlePasta) are at BB Centrum. All the restaurants stick to the original concept: always fresh, always tasty, always handmade.



Stanislav Štrobl,
owner of PuzzleSalads

○ You were originally an attorney. Why led you to make such a radical change?

I always loved cooking. It's been a calling in one way or another my whole life. The idea of a salad bistro seemed so good that I just had to go for it.

I never had any huge ambition to be a lawyer. But I don't regret going to law school. It's immensely enriching no matter what plans one has. It gives you a general overview and excellent foundation for many other professions.

How long did it take you to decide to make the change?

I was never particularly dissatisfied with my original profession, but I didn't love it either. Before I took the definitive step to enter the culinary world, I worked at Metrostav. I had a good job there, a vision for my future, a great team, and an even better boss. The road to the change was long. I didn't just up and leave

my job. Once I decided to try opening a salad bistro, it took nearly a year until I gave my notice. Of course, I had to go to my boss and tell him that I was going to open a salad bar. It wasn't a particularly easy conversation. My announcement was met mostly with amusement or amazement.

MEETUPS WITH INTERESTING PEOPLE

Next year at BB Centrum, we're planning various meetups with interesting people. Our talk show with Mr. Štrobl will take place on Thursday, Feb. 22, 2018, at 5 p.m. at PuzzlePasta (ALPHA Building). Check our website at bbcentrum.cz or Facebook.



In what ways has it been satisfying for you?

I'm satisfied in all respects. But it's taken a long time to reach this point. It wasn't like I just took off my suit, put on an apron, and everything changed for the better. I like that I can make decisions for myself, with no corporate policies or regulations, except for those that I came up with myself or approved. In certain respects I have more freedom; on the other hand, I have a lot more responsibility. But my work is definitely fulfilling.

What advice would you offer to those who are considering a similar life change?

I don't feel that I'm in a position to give anyone advice. But from my experience, I can say that the most important thing is to stick with it. If you decide to take the leap for radical change and then actually do it, you have to give it time, even if doubts creep in and everyone around you is convinced that it won't work. You have to count on the fact that you'll probably have to work weekends, holidays, nights. For me, the most important thing was to stick to my beliefs. In the beginning, those closest to me were a big help - even those who didn't believe in the project. ○○



puzzlesalads

PuzzleSalads
 FILADELFIE Building
 Opening hours: Mo-Fr 10:30 a.m.
 to 5:30 p.m.
www.puzzlesalads.cz

puzzlepasta

PuzzlePasta
 ALPHA Building
 Opening hours: Mo-Fr 8 a.m. to 7 p.m.

I Can't Take It Anymore! Chronic Stress Can Lead To Burnout Syndrome

Have you felt overloaded and overworked for a while now? Take these feelings seriously. Chronic stress, ongoing time pressures, and high emotional tension can lead to total psychological burnout.

It Starts With a Feeling of Inadequacy

Lenka worked as a successful manager in a multinational corporation. She enjoyed her work, and it gave her a sense of satisfaction. After some time, she found herself in the situation where she had to defend her position from a young, ambitious colleague. Despite a high level of engagement in her work, Lenka's performance didn't seem to reflect it. One day she fell ill with a high fever, a seemingly ordinary case of the flu. But when she couldn't get out of bed or leave her flat after ten days, she realized that it was something more serious. Her doctor suspected chronic fatigue syndrome. Lenka eventually ended up at the psychological crisis center where she was given a definite diagnosis: burnout syndrome. The psychologist warned her that her recovery would be long and that she'd likely have to make fundamental changes to her life and the demands she made on herself.

Use It to Your Advantage

Even bad things can be used for good. You can take advantage of burnout syndrome and the crises associated with it for personal growth, recognizing your weaknesses and strengths, and re-evaluating your system of values and interpersonal relationships.

What Are the Signs of Burnout?

Burnout syndrome can manifest itself at the psychological, physical, and relational levels. At first, Lenka's problems were psychosomatic. She slept poorly, was often tired, she suffered from headaches, she lost her appetite, and often caught whatever bug that was making its way around her office. Patients with burnout syndrome also frequently complain of muscle aches, digestive problems, or high blood pressure. Psychological issues are linked to physical problems, such as the inability to concentrate, forgetfulness, depression, a sense of powerlessness and frustration, apathy, and loss of the sense of responsibility and desire to work. Those around you notice changes, too. A social person becomes irritable, sometimes even aggressive, someone who finds any and all social contact a nuisance. In the helping professions, considered to be at the highest risk, typical symptoms include a loss of interest in clients' problems, a cynical or indifferent attitude, and belligerent behavior.

Burnout syndrome comes on gradually and stealthily. There are typically four stages:

1. The enthusiastic phase: You throw yourself into everything with enthusiasm, full of energy and ambition. You're eager to work, despite not getting enough feedback and less-than-ideal working conditions.
2. The stagnation and disillusionment phase: You work hard but don't see the expected results. You realize that you can't reach all your goals, and your initial enthusiasm wanes.
3. The frustration and apathy phase: You feel exhausted. Once neither success nor rewards appear, fatigue, disappointment, and irritation towards those around you descends.
4. The burnout phase: You are completely emotionally and physically exhausted, your zest for life is gone, you've lost your motivation to work, you see everything negatively.

Who Is at Risk?

The highest-risk groups are those who work with and communicate with other people, such as healthcare workers, teachers, psychologists, social workers, lawyers, police

officers, managers, journalists, help-desk and hotline employees, as well as people who, for example, provide long-term care for a member of their family. For "professional" burnout syndrome, it's typically connected with a particular environment or type of work. But in certain circumstances, burnout can affect anyone regardless of gender, age, or profession. The most at-risk are those with certain personality traits. These include hypersensitivity, perfectionism, a tendency to be a workaholic or a pedant, excessively naive optimism, and the inability to turn down more and more tasks. Other breeding grounds for burnout syndrome include loneliness, a dysfunctional family, few friends, or difficult relationships within the working team.

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How to Treat Burnout

After Lenka's collapse, she realized that treating her condition would be a long-term process and require radical changes in her lifestyle. It's always es-



Eight Steps to Avoid Burnout Syndrome

1. Don't place excessively high demands on yourself. Accept the fact that it's normal to make mistakes and sometimes mess something up.
2. Learn to say no. Limit yourself if you feel that those around you are asking too much of you.
3. Set your priorities and learn to plan your work and your leisure time well. Save your energy – you don't have to be everywhere all the time.
4. Get help. Share your concerns with others; don't be embarrassed to ask for advice or specific help.
5. Don't be negative. Avoid self-pity, learn to appreciate yourself.
6. Recharge your batteries. Give yourself enough time for your hobbies, exercise, spending time in nature, and meeting friends.
7. Lose the feeling that you're responsible for everything and everybody. It's not within your power to be aware of and solve all the problems around you.
8. Express your feelings openly. Learn to communicate effectively. Share your expectations and goals with your co-workers and clients right from the outset.

essential to start with yourself. You need to review your strengths and limitations and re-evaluate your plans, ambitions, and value system. The best way to fight burnout syndrome is through exercise, relaxation, plenty of sleep, better organization of your work and leisure time, cultivating hobbies, and maintaining social connections. The sooner you start resolving the problems, the better. If the burnout syndrome is already in full swing, it's best

to put yourself in the hands of a professional – a psychologist or psychiatrist who can help you overcome your difficulties and help get you back on track to a healthy life. Sometimes, however, changing your job is the only solution.

How to Avoid Burnout

The first step is to admit there is a problem and speak about it openly. If you can catch it in its early phases, you can handle it yourself or with the

help of loved ones, family, or friends. If you feel that the burnout syndrome is gaining traction, don't hesitate to seek the help of a professional. The best way to avoid it is active prevention. ∞



About the author

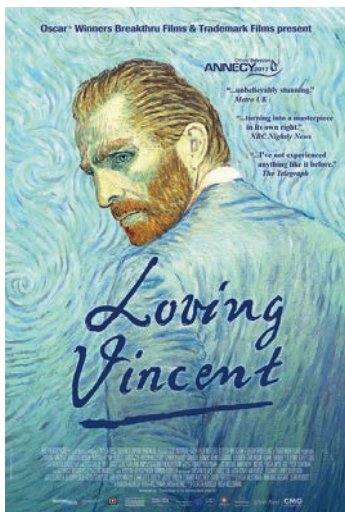
Prepared with MUDr. Eva Kašparová from TeamPrevent-Santé, s.r.o.



TeamPrevent-Santé
BB C VILLAS
www.sante.cz

Culture Tips

Cinema Exhibition Book



What? Loving Vincent

When? Premieres Jan. 25, 2018
This feature film about painter Vincent van Gogh was filmed using a combination of live action and animation using original oil paintings. It's the first film of its type in the world. According to the film's creators, the oil paintings created by the 125 painters and animators from all over the world would cover all of London. The film's screenplay is based on van Gogh's letters to his brother Theo. The story culminates in July 1890, when van Gogh, who was under treatment for depression, shot himself in the chest and died two days later, at age 37, as a result of his injuries. The circumstances surrounding his death have never been fully explained.

What? The Sevens of Josef Lada - A Retrospective

Where? The Dancing Building Gallery, Prague

When? Nov. 15, 2017 - Apr. 1, 2018

The Dancing Building Gallery and the heirs of Josef Lada have organized a retrospective exhibition on the occasion of the 130th anniversary of the popular artist's birth and the 60th anniversary of his death. The exhibition offers a comprehensive insight into Lada's work and personal life. Over 400 works are on display over four floors of the Dancing Building, some for the first time since 1957. These include some of Lada's most famous paintings, illustrations, works for children, interactive exhibits, and the artist's personal items.



The Josef Lada retrospective remains on view at the Dancing Building until April 1, 2018.



What? Petra Soukupová: Nejlepší pro všechny (The Best Thing for Everyone), Host Publishers (in Czech only)

Publication Date: Dec. 1, 2017

Ten-year-old troublemaker Viktor lives in Prague with his mother, a theater actress who has a hard time dealing with both his upbringing and her own personal life. When

Hana receives an offer to film a TV series, she sees it as an opportunity to resolve her problems. She sends Viktor off to live with her mother in the country, convincing her that the change of scenery will do him good and that it'll be good for her not to be alone. Petra Soukupová, the most successful contemporary Czech author, is in top form here, showing yet again how brilliantly she can capture escalating family relationships and the young protagonist's feelings at the moment he becomes aware of his own helplessness in the adult world, as well as the helplessness of adults when faced with their own ideals of happiness.

Show



What? Festival Cirkopolis 2018

Where? Palác Akropolis, PONEC Theatre, Prague

When: Feb. 11-17, 2018

Palác Akropolis and CIRQUE-ON, Centre for Contemporary Circus, are bringing the fifth Cirkopolis Contemporary Circus Festival to Prague's cultural scene. The festival annually hosts several interesting and progressive foreign

groups, workshops with instructors from abroad and a supporting programme. This unique festival focused on a new form of circus overlapping with contemporary dance, physical and visual theatre and contemporary musical genres presents exceptional projects of the current European scene.



PUBLIC CAFETERIAS AT BB CENTRUM

PERFECT CANTEEN



Building B

Address: Vyskočilova 1422/1a, Prague 4
 Opening Hours: MO – THU 7:30 a.m. to 5:30 p.m.
 FRI 7:30 a.m. to 4:00 p.m.
 Daily Menu: <http://www.perfectcanteen.cz/en/our-canteens/moneta-money-bank>

GTH



FILADELFIE Building*

Address: Želetavská 1525/1, Prague 4
 Opening Hours: MO – THU 7:30 a.m. to 4:00 p.m.
 FRI 7:30 a.m. to 3:30 p.m.
 Daily Menu: <http://www.gth.cz/bbc-filadelfie/jidelni-listek>

*Entrance only with a card issued at the building reception

GTH



BETA Building

Address: Vyskočilova 1481/4, Prague 4
 Opening Hours: MO – FRI 8:00 a.m. to 3:00 p.m.
 Daily Menu: <http://www.gth.cz/bbc-beta/jidelni-listek>

MOMENTO ALPHA



ALPHA Building*

Address: Vyskočilova 1461/2a, Prague 4
 Opening Hours: MO – FRI 7:30 a.m. to 4:00 p.m.
 Daily Menu: <http://www.momentoalpha.cz/en/>
 *Entrance only with a card issued at the building reception or in the canteen



BB CENTRUM

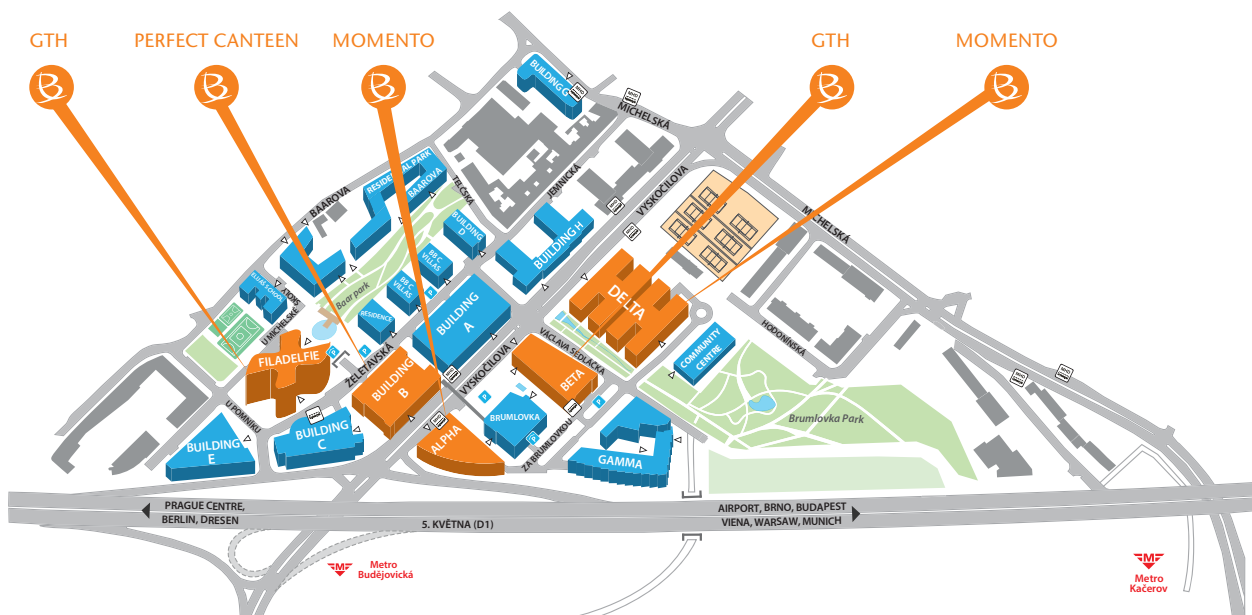
Where Business Comes to Life

MOMENTO DELTA



DELTA Building

Address: Za Brumlovkou 1559/5, Prague 4
 Opening Hours: MO – THU 7:30 a.m. to 5:00 p.m.
 FRI 7:30 a.m. to 4:00 p.m.
 Daily Menu: <http://www.momentodelta.cz/en/>



Public Parking at BB Centrum and Hourly Rates as of January 1, 2018

Public Underground Parking

Basic hourly rate:

Mon–Thu 7:00–19:00; Fri 7:00–16:00

Weekday overnight rate: Mon–Thu 19:00–7:00

Weekend rate: Fri 16:00 – Mon 7:00

CZK 50/hour

CZK 10/hour

CZK 10/hour,
max. CZK 150*

Public Parking Lots

Basic hourly rate:

Mon–Thu 8:00–19:00; Fri 8:00–16:00

Weekday overnight rate: Mon–Thu 19:00–8:00





Weekend rate: Fri 16:00 – Mon 8:00

CZK 50/hour




FREE

FREE

*valid for a single parking period lasting over 15 hours within the weekend rate hours

- 1**  Public paid parking garage (BRUMLOVKA Building)
- 2**  Public paid parking garage (FILADEFIE Building)
- 3**  Public paid parking garage (Building G)
- 4**  Public paid parking garage (Building DELTA)

- 5**  Staffed public paid parking lot (Za Brumlovkou St.)
- 6**  Staffed public paid parking lot (Želetavská St.)
- 7**  Staffed public paid parking lot (Vyskočilova St.)

-  – ABOVEGROUND PUBLIC PARKING LOT
-  – PUBLIC PARKING GARAGE
-  – ELECTRIC CAR CHARGING STATION



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www.bbcentrum.cz