

BB CENTRUM



01
2016

review

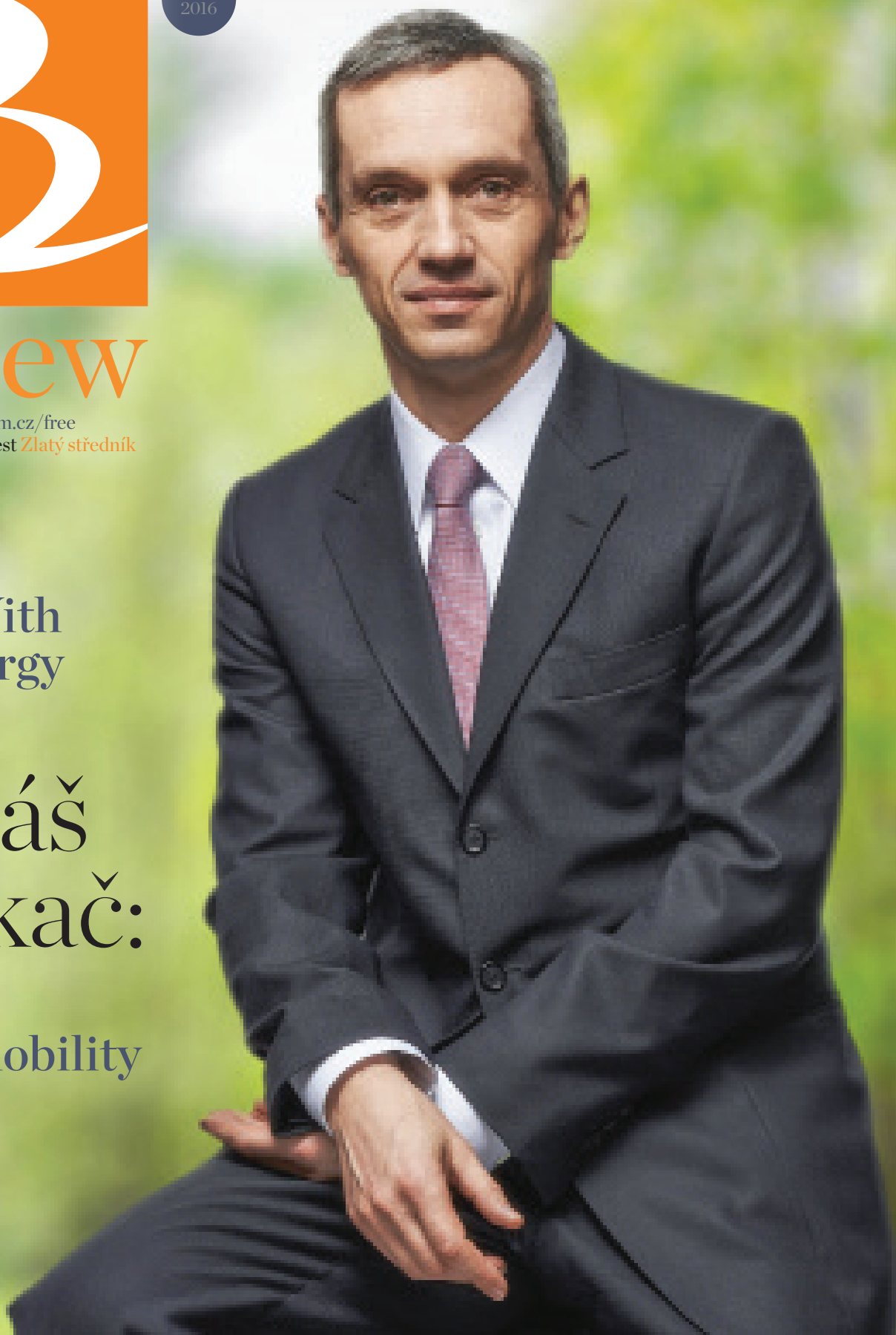
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Successful in the contest **Zlatý středník**

Welcome
Spring With
New Energy

Tomáš
Pleskač:

For ČEZ,
Electromobility
is a Clear
Choice



SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business
Comes to Life

RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Sandwich
- 3 Baifu – sushi bar
- 4 Maranatha – vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Kiindi – Thai restaurant
- 7 Dhaba Beas – Indian restaurant
- 8 Puzzle Salads
- 9 Unique Original – Czech restaurant
- 10 Ugo – fresh & salad bar
- 11 Aramark – canteen
- 12 GTH – canteen
- 13 GTH – canteen
- 14 Honest Food – canteen
- 15 Momento – canteen
- 16 Momento – canteen
- 17 Perfect Canteen – canteen
- 18 Sodexo – canteen

CAFÉS

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

SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Automyčka Brumlovka – car wash
- 3 Bomton – hair and beauty centre
- 4 Net dry & laundry
- 5 Radka Chvalova Nail Studio
- 6 Elliot activity – travel agency
- 7 Moje bublinky – kid's 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)
 BETA Building (ČSOB)

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

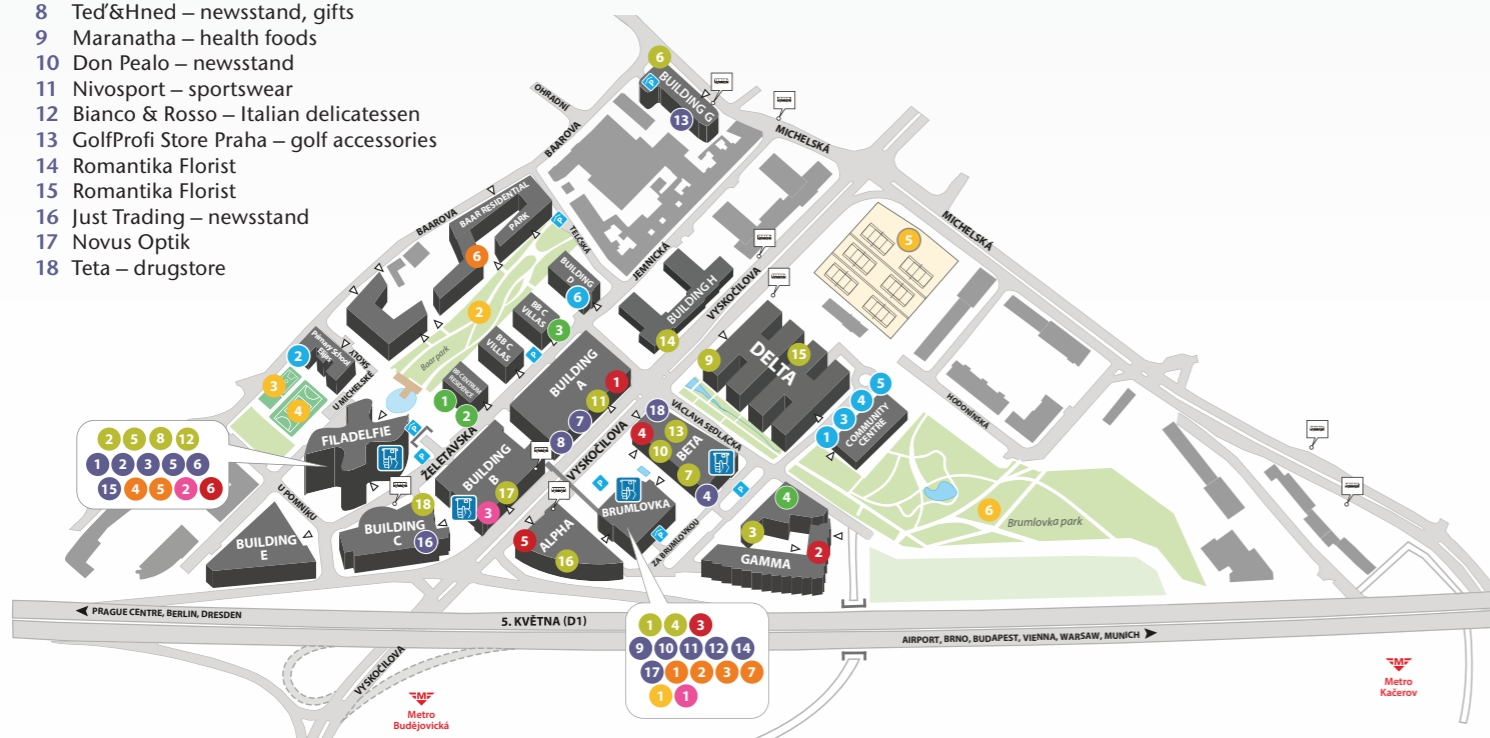
- 1 Urosanté – urology and andrology centre
- 2 Benu pharmacy
- 3 Santé – private medical clinic
- 4 MUDr. Denis Krupka – dentist, dental hygienist

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

SHOPS

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



www.bbcentrum.cz

INTRODUCTION



Dear Readers,

You hold in your hands this year's first issue of BB Centrum Review. As always, we bring you the latest news and tips from BB Centrum, and I firmly believe that you'll find inspiration in the interesting views and opinions of the people that work here with us. The theme of this issue is "restart". With the coming spring and first warm rays of sun, we've also chosen the theme "energy", as well as an article on coffee, which you shouldn't miss in the "Talking About" section. Energy is also the topic of our main interview, this time with ČEZ, a.s. board member and director of the New Energy division Tomáš Pleskač on the topic of electromobility.

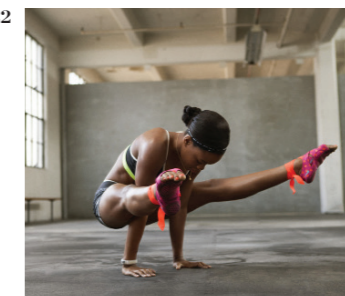
I'd also like to draw your attention to the opening of some new restaurants that are worth trying. Quick, healthy lunches can be had at the Momento cafeteria in the ALPHA Building or at Unique Original Restaurant in the DELTA Building, bringing modern Czech cuisine to BB Centrum. Their pleasant spaces are also a great place for a dinner with friends or family. But more on this inside.

Thank you for reading, and I wish you lots of fresh new energy with the coming spring.

Kristýna Samková,
 Editor-in-Chief
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Now Take An Electrobus to BB Centrum

Since February, there's something new plying the route from the Budejovicka metro station to BB Centrum and back - electrobuses, some of the first put into full operation in the Prague public transport system. Thanks to them, intervals during the morning and afternoon rush hours have been shortened to less than five minutes.

In addition to increasing the frequency of connections, passengers will appreciate the low noise level, because electrobuses are even quieter than trolleybuses, as there's no trolley sound. Additionally, they feature Wi-Fi, helping you save time by enabling you to take care of emails or other business on the way to work or shopping.

Another plus of electrobuses is their environmental friendliness. In total, both electrobuses will drive over 42,000 kilometers annually with zero emissions. The buses can drive 130-150 km on a single charge - slow recharging takes up to eight hours, and with rapid charging, it takes a maximum of one hour. Thanks to energy recovery, the vehicles' batteries recharge when braking or driving downhill.

The electrobuses are a joint project of PASSERINVEST GROUP, Arriva, and the ČEZ Group. ČEZ is currently focusing on the topic of electromobility in detail - and you can read more about it here in BB Centrum Review on pages 16 to 19.



△ You can ride one of the first electric buses deployed in the Prague public transport system to BB Centrum

Our energy moves you forward

WWW.ELEKTROMOBILITA.CZ

ELEKTROMOBILITA
CEZ GROUP



The Tatána Kuchařová Foundation The Beauty of Help Now In BB Centrum and the Surrounding Neighbourhood



Martina Kaderková,
Foundation Director

makes sense. During the day, there are many people here who are in their productive years, but at home they may have friends, family, neighbours who are in their senior years and perhaps need outside help because they don't have families of their own. Thanks to the support of the PASSERINVEST GROUP, we're delighted that we've been able to appoint a care and support services coordinator to offer free advice and assist in finding suitable solutions. They visit seniors and their families as needed at home, determine what care is needed, and secure the necessary funding, tools, and high quality services. They continue to accompany families and coordinate care in response to changes in the senior's life.

What have you achieved so far? What are you most proud of?

We are so glad that every year our circle of donors expands and that we can come up with new projects. For example, this year we're working on a very interesting and necessary project focused on exchanging intergenerational experiences.

Our greatest success last year was our presentation at the UN headquarters in New York and Geneva. We became the first nonprofit organisation from the Czech Republic to have the opportunity to communicate the theme of positive ageing at the United Nations.

How can we support your foundation?

You can support it year round by sending donations directly to our account **26262626/0100**, or by sending the text message **DMS FONDSENIORU** (one time donation of CZK 30, of which the foundation receives CZK 27) or **DMS ROK FONDSENIORU** (regular monthly donation for 12 months) to **87 7777**. You can also become a volunteer, buy a t-shirt with the slogan "I'm Here Thanks to Grandma and Grandpa", or buy our board game "Finally At Home". ☺



Radim Passer,
BB Centrum Founder
and Chairman of the
Board of PASSERINVEST
GROUP, a.s.

"We became involved with the Beauty of Help project because we want to improve the lives of people who work at BB Centrum every day, as well as also those who live here and in the surrounding neighbourhood."

Nine out of ten seniors would like to spend their later years at home. Most, however, spend their last days inside institutions. The **Tatána Kuchařová Foundation - The Beauty of Help** works to help seniors live dignified and satisfying lives where they feel most comfortable - at home. Foundation director Martina Kaderková sat down with us to tell us about one of their important projects.

How does the foundation work?

The foundation supports fifteen proven nonprofit projects long-term throughout the country, projects that

ensure high quality professional care for seniors at home. Since 2008, we've distributed nearly 26 million crowns to support personal assistants, care services in the field, volunteering in seniors' homes, and motivational projects, and this amount increased by another 3.2 million crowns in 2015.

One of the projects that the foundation supports is your charitable organisation DOMA BEZ OBAV (AT HOME WITH CONFIDENCE). How would you describe it?

The AT HOME WITH CONFIDENCE project provides comprehensive support and information to seniors and their families in situations when health issues and problems with independence begin to appear. The goal is to ensure that such a person can remain in their home environment and still have a good quality of life despite their physical limitations. The topic of ageing affects us all at some point, and therefore increasing awareness at BB Centrum and its immediate surroundings is not only extremely important but it also

Information

If any reader is currently dealing with this issue, they can turn to **Mgr. Kateřina Bláhová, contact person for Beauty of Help, o.p.s.** at +420 725 692 170 or by email at poradna@krasapomoci.cz.

More information can be found at: www.krasapomoci.cz.

BB Centrum: Constantly Modernising

PASSERINVEST GROUP is not only BB Centrum's developer - its goal is also to be a long-term investor. In line with this strategy, the company has decided to gradually buy back some of the buildings it has already built at BB Centrum. These buildings will of course then undergo revitalisation and modernisation.

▷ ALPHA Building entrance hall prior to renovation



▽ ALPHA Building entrance hall after renovation



○ PASSERINVEST GROUP has purchased two buildings to date, and another purchase is currently being negotiated. The ALPHA Building has undergone the biggest transformation so far. A number of changes can't be seen - they have to do with the building's electrical, ventilation, and other technical systems. But some of the changes are very visible. The building's lobby has undergone a significant upgrade, including a new reception desk in the middle with the building's logo as well as a new orientation system. The space is fitted with four televisions, together forming a single screen. The floor was refurbished, and the lobby has a new ceiling, wall colours, and furniture. In the large inner atrium with a negative slope across all floors, the facade has been extended to the ground and in the resulting "shelter", visitors will find a small pleasant café. A new distinctive decorative element will soon appear - a green wall. Tenants can also look forward to modernisation of the cafeteria and renovated walkways with new railings, as well as an updated, revitalised rooftop garden with freshly planted greenery.

Another improvement, aimed at facilitating the movement of tenants in the FILADELFIE Building, is a new footbridge inside the building. It connects the office areas of FILADELFIE with the shopping arcade. Employees and visitors can now stop for coffee or lunch without getting their feet wet. ○○



△ A new footbridge in the FILADELFIE Building connects the office area with the shopping arcade

"I Don't Like It When Time is Wasted"

says the new head of PASSERINVEST GROUP'S PR and marketing department Kristýna Samková.

○ What's it like to work in the company that was behind the founding and development of the largest multifunctional complex in the Czech Republic?

I have to say that it's extremely interesting. There are about 50 people working at the company, so we all know each other, and when you imagine the breadth of the business and the size of the individual projects, it's almost inconceivable that we can manage it all. Another thing I rate very highly is the speed at which discussions, decision-making, and implementation take place. Personal responsibility is highly valued here, and that suits me. There's no complicated organisational structure, various levels of approvals, etc., which is most certainly a benefit compared to larger companies. At the same time you're in constant contact with clients from a range of multinational companies as well as young emerging companies. It's really quite inspiring.

What do you enjoy most about your work?

I really like seeing the results of my work. It doesn't matter whether it's a big campaign or a seemingly insignificant support task for the sales team. When something works, it's a satisfaction in itself.

What makes BB Centrum unique?

That it's not just individual office buildings - you can find those everywhere around Prague. BB Centrum is really a living place. On an average working day, around 12,000 people either work here or visit the area for personal reasons. Therefore it's important to present BB Centrum to them in all its comprehensiveness, to let people know what's new, and also to come up with ideas for projects that will give our clients added value. BB Centrum - it's not just buildings and offices. It's important to show everything that's available here for work, relaxation, and entertainment. Not everyone might know, for ex-



It's important for us to present BB Centrum in all its comprehensiveness, to let people know what's new, and also to come up with ideas for projects that will give our clients added value.

with this very question from everyone at BB Centrum - in a couple of weeks we'll be carrying out a big survey, and that's definitely one of the questions we'll be asking.

You seem like a very positive person. Is there anything that you don't like? I don't like hypocrisy, people who show up late, rice pudding, and public transportation in the summer (laughs). I like it when time isn't wasted and things quickly fall into place.

What events do you have planned for BB Centrum this year?

Of the traditional favourites, there will definitely be the Children's Day celebration and the concert in Baar Park. If everything goes well, you'll be able to sing "Želva" ("Turtle") or "Help!" at a concert in June. But I can't reveal more right now. We also plan to expand Health Day, and at the beginning of June, the BB C CUP football tournament will once again take place - so readers from companies here, don't hesitate and get your teams together. We'll be a part of Open House Prague in May, during which we'll be making the views from the FILADELFIE Building available to the general public and also allow them to visit the DELTA Building and the BETHANY Community Centre. Other events are in the planning stage, but I welcome any fresh new ideas - please send them to me at kristyna.samkova@passerinvest.cz. ○○

ample, that our parks and roof terraces have wi-fi connections which lets people literally work "in nature" and leave the office for a little while, or that they don't have to spend lunch every day in the same cafeteria, but that they can choose from 18 restaurants and cafeterias and 6 cafés. But there are obviously many other things as well, so communication is extremely important.

When I look at it through the eyes of an average person who spends their workdays here, I definitely like the possibility of getting out of the office, taking a quick break at a nearby café. From the practical side, I appreciate being able to do some quick shopping in the supermarket or pharmacy. The question of what I think is missing here is tougher to answer. I love the sea, airports, and airplanes, and those aren't really small things that could easily be implemented here at BB Centrum. But very soon I'll be getting help

You've been at BB Centrum for a number of years. What do you like best here, and what do you think is missing?

A New Holiday: Good Friday

Every year we look forward to Easter, a holiday that signals the arrival of spring, as well as a few days when most people don't have to work. This year, a new day off has been added to the calendar: Good Friday. Why is this day so significant that it's been encoded in the law as a state holiday? What story actually takes place against the background of Easter?

○ Easter has its origins in ancient history, when the nation of Israel languished in Egyptian slavery. Pass-over was the moment of deliverance for the Israeli people, the day when God miraculously brought his people out of slavery. This event was also a major prefiguration of the next deliverance – the deliverance of each of us from the slavery of sin through the Son of God – Jesus Christ. It prefigured the day when God sacrificed himself for mankind.

And it is on that day, on Good Friday, that God, born as man, reached the culmination of His mission. Jesus, who took our sins upon himself, was crucified on this day in our place so that we might receive the gift of His merciful life in God's Kingdom.

Let us recall what happened on that day. During the night, Jesus was betrayed by Judas and soldiers arrested him. They waited till morning for judgement by Jewish priests and leaders. Later, Jesus was maligned, mocked,



spat in the face, and beaten, and was then sentenced to death. However, they needed permission of the authorities, in this case King Herod and the Roman governor Pilate. Both of them condemned him to death. In addition, Pilate had him mercilessly flogged. His suffering continued with further mocking and beatings, and a crown of thorns was placed on his head. Finally, Jesus was forced to carry his own cross to the place called Golgotha, where he was crucified. And for what, exactly?

When Jim Caviezel, the actor who played Jesus in Mel Gibson's film "The Passion of the Christ", was asked what went through his mind when portraying the great suffering of Jesus, he answered: "At that moment I was aware of

all my sins and evils, and felt I was not worthy to play this role...but I realized that Jesus forgave me, that he died for me, and that he loves me."

On Good Friday, after three hours, when Jesus was dying on the cross, the battle to save not only Jim Caviezel, but every human being, culminated, fulfilling the words:

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved." (John 3:16-17)

The struggle for salvation has been won for all who yearn for it. ∞



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For ČEZ, Electromobility is a Clear Choice

We spoke with Tomáš Pleskač, ČEZ board member and director of the New Energy Division, about new electric buses in Prague, the prospects for electricity gaining traction in transport, and energy of the future.

○ At the beginning of February, new electric buses began running at BB Centrum as part of the regular transport system thanks to cooperation between ČEZ, PASSER-INVEST GROUP, and Arriva. What led ČEZ to support this form of transportation?

Emission-free vehicle power is more than necessary today, especially in cities, and we are honoured to be one of the driving forces behind the development of this environmentally friendly form of transportation. Our primary commodity is still electricity and by supporting this type of transportation, we are in essence supporting ourselves. Also important is of course the place. BB Centrum has one of the greatest concentrations of large companies, including our own headquarters. The shuttle bus service between the Budějovická metro station



Through the Electromobility Project, ČEZ has already been deliberately working for the past five years to create the conditions for domestic development of electric motors in transport.

and BB Centrum is used by thousands of employees of these companies, as well as other passengers.

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Can you share some details regarding the current cooperation between ČEZ and BB Centrum?

ČEZ has become a primary partner in the project with the PASSERINVEST GROUP and Arriva, which has placed two SOR electric buses into regular operation on the BB1 and BB2 shuttle bus lines along with the existing diesel buses. During the first stage of the project, the electric buses will run on this route for five years. We will continuously evaluate various aspects of the operation and on the basis of those evaluations make a decision as to whether to continue with the project.

ČEZ isn't a total newcomer to electromobility...

You're right, and right now it's another, wider theme of our involvement in the BB Centrum electric bus project. Through the Electromobility Project, ČEZ has already been deliberately working for the past five years to create the conditions for domestic development of electric motors in transport. At the moment, we offer more than 50 public charging stations throughout the Czech Republic, 10 of which are fast-charging stations.

In addition, we are available to help our clients with issues regarding electromobility at our Customer Service Centres and ČEZ Paint locations, where we offer home charging stations (wallboxes), as well as the sale of cables for professional charging.

The construction of an extensive network of stations was not possible without cooperation with other partners. Can you tell us who they are?

We work with 50 partners, including automakers, municipalities, shopping centres, commercial entities, and town halls throughout the Czech Republic. When building the charging stations, partnerships with retail or food service chains are very important for us. Our project is supported by territorial units such as the Pardubice, Usti, Liberec, and Moravian-Silesian regions; our governmental and institutional supporters include the Ministry of Industry and Trade, the Ministry of the Environment, the Ministry of Transport, and the Ministry of Labour and Social Affairs. Our partners also include the Krkonoše National Park and the Šumava National Park.

How advanced is the development of electromobility in the Czech Republic, and how many electric car owners use ČEZ's services?

The number of electric cars in the entire country is currently approaching 1,000. It doesn't make us any kind of superpower, but with over 600 cars sold during the past two years, it's clear that the entire industry is experiencing a boom in the Czech Republic. Socially responsible companies as well as individuals increasingly prefer electric cars despite their purchase price. Electric cars are ceasing to be curiosities, and especially in city traffic, we see them fairly often. By the end of this year, it's estimated that there will be over 1,500 electric cars on Czech roads. Hundreds of electric car owners use our charging stations.

How much electricity does an electric car actually consume per year?

We can see a clear increase in the number of electric cars from the frequency of our charging station use. Some locations no longer have sufficient capacity and additional stations will need to be added. The total annual consumption in tens of MWh is probably not the best way to present the data. But if we take the more than 600 new electric cars registered from 2014-15 and an average yearly mileage of 15,000 km, at an average consumption of 15 kWh/100 km, they use about 1.35 million kWh of electricity annually. That's about equal to the annual

consumption of over 500 Czech households. A thousand electric cars isn't a small number, but these cars are still very much in the minority on Czech roads.

What form of incentives or support would motivate users to purchase an electric car?

As I mentioned earlier, the major barrier to faster development of electromobility remains the actual price of electric cars and their relatively low range. Not even the very favourable operating costs help, which at 30-70 hellers per kilometre is many times lower than traditional automobiles. Thanks to lower operating costs, the VW e-Golf is worth the price versus a traditional combustion engine model if you drive over 70 km per day.

Electric cars won't catch on very quickly until certain practical operational steps are taken, such as offering benefits to electric car drivers in urban situations. Or maybe one of our electric car drivers has experienced free parking in the centre, or the privilege of driving in bus lanes, etc.? We don't have to think up anything new - these solutions already exist in many countries.

Do you believe the situation would change dramatically if cities would restrict combustion engines in favour of electric cars?

It's definitely one way. But we're still only at the municipal, maximally the regional level. Based on logic and the experiences of other countries - especially those to our west - it's apparent that the state needs to take on the leading role. It's obvious, of course, that the goal and ideal state is the overall profitability of electric cars for the broadest layers of the population - from acquisition through operation. After setting the minimum conditions, in the next five years, up to 7,000 new electric cars and hybrids could be sold, according to

Socially responsible companies, but even individuals, more and more often prefer electric vehicles despite their acquisition costs. Electric cars will cease to be curiosities. By the end of this year, we estimate that the 1,500 car barrier will be broken on Czech roads.

the latest study by Roland Berger. In subsequent years, further rapid growth could lead to electric cars achieving a 20% share of the total sales of passenger cars and light commercial vehicles. That would mean the sale of at least 50,000 cars annually. We still need to consider how to make people's transition from traditional to electric cars easier. And that's our task! I believe, therefore, that someday someone will write the history of electromobility in the Czech Republic, and the reader will find ČEZ on every page.

Socially responsible companies as well as individuals increasingly prefer electric cars despite their purchase price. Electric cars will cease to be curiosities. By the end of this year, it's estimated that there will be over 1500 electric cars on Czech roads.

Back to your company's activities. What else can we look forward to from ČEZ's "electric car workshop"?

Since last year, our employees in Prague and Central Bohemia have had the option to use a pair of electric cars for their business trips. During the first few months, they drove them more than 15,000 km. This interest has forced us to think about expanding this service to other regions. Specialists at some of our subsidiaries currently use electric cars during fieldwork. In this way we can test driving performance and reliability of electric cars in action. We also continuously analyse new trends and opportunities and are working on more new ideas.

You are the head of ČEZ's New Energy division. Can you shed some light on what that means for our readers?

Within the Development team, we strive to ensure future growth of our company primarily through expansion in the field of renewable energy sources and decentralised energy focusing on the end consumer. We want to offer our clients partnerships, know-how, tools, and financing to resolve their energy needs. That's why even now we're presenting new business models on the market or investing into opportunities and technologies in their early phases.

And just so we don't talk only in generalities - we operate nearly 100 co-generating units, small combined sources of electricity and heat working at 90% efficiency. Our subsidiary ČEZ ESCO, after acquiring EVČ and Enesa, is the market leader in energy savings, decentralised heat and electricity production, and in other areas. One of the projects undertaken in this segment is the installation of solar panels on the roof of the New Stage of the National Theatre, which will save them CZK 13 million a year on operating costs. Through our acquisitions of

shares in the German high-tech companies Sonnenbatterie and Sunfire, we once again gained access to the latest technology in solar energy storage, specifically a unique two-way fuel cell that contributes to reducing CO2 emissions.

You are also responsible for ČEZ's activities abroad. Do you also look there for inspiration on how to speed up the electric car boom here?

It depends on what part of the world you have in mind. But seriously - just as the energy sector of every country is based on relevant specifications, the condition and the use of electric cars is also limited. Of course we collect information from the practical experiences and implementation of electric cars in the central and eastern European countries in which we're active, including

the cases where these vehicles are used by our specialists in our local subsidiaries.

In western Europe and Scandinavia, they are much farther ahead in many ways. A recently published French development plan is particularly interesting and inspiring. It includes extensive grant bonuses of EUR 10,000 towards the purchase of an electric car on the assumption that it will replace a combustion engine vehicle or the requirement that every second vehicle acquired in the public sector be an electric car. The programme foresees the tax-free construction of 7 million charging stations by the year 2030, which will be required at every parking lot near a train station, airport, or supermarket.

How long have you actually been working for the ČEZ Group? What has been your biggest challenge to date?

WORKING AMONG US

ČEZ's long-term strategy is to achieve carbon neutral electricity production by 2050. With this aim, we have exceeded obligations set by the EU and most countries in the world.

In 1993 I began working at the Dukovany nuclear power plant as deputy director for economics and trade, and since that time my connection with the ČEZ Group has remained unbroken. I consider my greatest challenges to be the management of all our foreign activities, as well as the current opportunity to develop our activities in the area of "new energy".

As part of the climate conference last year in Paris, ČEZ signed on to very specific goals to reduce CO2 emissions. What are these goals and do they change any aspect of ČEZ's long-term strategy in this area?

The ČEZ Group pledged to improve energy efficiency and reduce emissions of CO2 in the Czech Republic per MWh of electricity produced by 46% from 2001 levels by 2020. ČEZ's long-term strategy is to achieve carbon neutral electricity production by 2050. With this aim, we have exceeded obligations set by the EU and most countries in the world. Because ČEZ has invested over EUR 5 billion into low-carbon technologies over the past decade, which have already reduced emissions by 30%, I consider this goal to be entirely realistic.

What other environmental activities does ČEZ take part in?

Last year we moved forward in renewal and modernisation of all our sources - from nuclear to coal to hydropower plants. What's more, in 2014, we began installing technologies to reduce nitrogen oxide emissions from our coal plants. We are actively working on acquisition projects for the construction of renewable energy resources in Germany, Poland, and other countries. Of all the significant measures to protect water, soil, and fauna, I'd mention the project under which by 2024 all high-voltage power lines will be secured in such a way as to prevent injury to birds.



Unique Original Restaurant at DELTA: Modern Czech Cuisine at Lunch and Dinner

Can Czech cuisine be modern and light? It certainly can – see for yourself at the new Unique Original Restaurant in the DELTA Building. Here they emphasise high quality ingredients and a menu carefully planned in conjunction with nutritional specialists.

Only the very best ingredients are used in the Unique Original Restaurant kitchen, which means no processed foods and no ingredients with artificially prolonged expiration dates, no products containing GMOs, and no products from countries with lower quality controls. The beef used

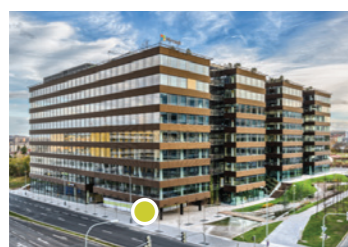
bears the Swiss Qualivo brand, which means the cows are raised without the use of drugs and other supplements, such as antibiotics, genetically modified feed maize, etc. The animals also have far better living conditions, and they graze in high-altitude pastures with plenty of room as opposed to industrial livestock production. As a result, their meat is tender and juicy, has a high nutritional value, and excellent digestibility.

Another mainstay of Unique is the way its menu is put together, using the advice of nutritional specialists. The food combinations support digestion and make it easier to eat balanced meals. The same approach can be seen in the selection of beverages, which are also prepared using fresh

ingredients. Homemade veggie and fruit drinks are minimally sweetened, or only with honey or brown sugar.

Every day you can choose from a number of main courses, one of which is always a salad, as well as two soups and desserts. There's also a daily chef's special and a varied dinner menu.

You'll find a range of beverages from their partner, Pilsner Urquell, on tap: pre-cooled Prazdroj, alcohol-free Birell, Velké Popovice Kozel dark beer, and Kingswood Cider.



UNIQUE ORIGINAL RESTAURANT

Unique Original Restaurant, DELTA Building
 Opening hours: Mon-Fri 11 a.m. to 10 p.m.
 Reservations: booking@unique-restaurant.cz, info@unique-restaurant.cz
 Tel.: +420 702 180 348
www.unique-restaurant.cz

UNIQUE RESTAURANT can be found here

The ALPHA Building Welcomes a New Tenant - Gorenje

Gorenje needs no lengthy introduction - it's one of the leading European manufacturers of household appliances, and has been active on the Czech market for over 40 years.

The company offers customers a wide range of products from the Gorenje and MORA brands: cooking equipment, fridges and freezers, washers and dryers, and a large selection of small household appliances. As of January, the company's Czech seat can be found at its new address - on the 5th floor of the ALPHA Building.

Gorenje's mission is to create a comfortable home through reliable, efficient, technologically advanced appliances with exceptional design that are also environmentally friendly. Gorenje uses design as a way to distinguish itself from other players on the global market. The company has been working for years with icons from the design world, such as Karim Rashid and Orlaio. The newest line of built-in kitchen appliances, Gorenje by Starck, bears the signature style of French designer Phillippe Starck. The product line, which includes an oven, cooktop, extractor fan, fridge/freezer, warming draw-

er, and decor panel for dishwashers, brings together minimalistic design and a stylish combination of stainless steel and high-end reflective glass.

As a confirmation of the success of its sleek, functional design strategy, Gorenje has received numerous awards at the prestigious international Red Dot Design Awards. The expert jury ranked a number of Gorenje products among the best designs in the world, including a washing machine with SensorIQ intelligent technology, the unique IQcook induction cooktop, and the HomeChef oven with electronic touch controls that work with just a swipe of a finger.

Gorenje Czech Republic's move to BB Centrum is a reflection of the comprehensive modernisation that the company is undergoing. "At our former seat in Prague 4, we were spread out over three floors, which was rather unpractical for communication within the team. We see the move to our new address as a fresh wind in our sails, a step in the right direction. We believe that we'll enjoy being at BB Centrum, with all the benefits it offers," said Veronika Vlášková, Gorenje's marketing manager for the Czech Republic and Slovakia.

gorenje

GORENJE
 ALPHA Building
 Vyskočilova 1461/2a, Prague 4
www.gorenje.cz



Xerox: Your New Neighbour Working Magic With Print and Documents

Xerox moved into the ALPHA Building in January. The company, once best known primarily for its copiers, now offers its customers a range of other innovations and comprehensive solutions that many are not aware of.



Veronika Brázdilová, Xerox CEO

Xerox is no longer just a manufacturer of copy machines. "We're a modern, innovative company, a technology leader in the field of print solutions and document management services," said the company's CEO Veronika Brázdilová.

The company of course still offers printers and multifunctional devices. Today they're like small computers with high-quality software and can communicate perfectly with a company's infrastructure. They can add a scanned document into a workflow and convert it into the proper format (not just to PDF, but also into an Excel or Word document that you can immediately begin working with) and the controls can be set in such a way that more complex operations can be carried out with one click thanks to individual presets. Xerox's portfolio is wide, from simple desktop printers to multifunctional devices to digital printing machines. It also offers a wide range of services.

A properly chosen solution with Xerox can save any company up to 25% on direct and indirect costs. It makes



no difference whether it's a medium-sized company, a large corporation, or an entire government.

"We pride ourselves on the fact that the company builds solutions perfectly tailored to the client's needs and requirements. We take care of everything: we analyze the current situation, design an optimisation solution, deliver the necessary software and hardware. We design and implement solutions. In addition, we fully service not only new equipment, but we can even take in equipment from other brands under our administration. Our service contracts also include automatic replenishment of consumables. We let companies focus fully on their own business - and we take care of the print solutions and document workflows," said Ms Brázdilová.

And what brought Xerox under the umbrella of BB Centrum? "There were a number of reasons - the attractive

environment of strong brands and the neighborhood itself. An important factor when choosing a new headquarters was also the transport infrastructure and accessibility for our employees, customers, and business partners. What's more, I really like how lively BB Centrum is. You can find restaurants here for quick working lunches, various shops, and a fitness centre where you can decompress after a busy day. I must also express my appreciation for the professional, friendly approach by PASSERINVEST GROUP, and their flexibility and willingness," said Ms Brázdilová, not sparing her words of praise, and added: "A big plus is the fact that they're interested in and listen to feedback from those who are located in BB Centrum. BB Centrum is continuously developing to achieve maximum tenant satisfaction."

Over 111 employees work at Xerox's new Czech headquarters. The company, with its worldwide headquarters in Norwalk in the USA, employs over 140,000 people in over 180 countries all over the world. oo



XEROX
ALPHA Building
Vyskočilova 1461/2a, Prague 4
www.xerox.cz

"I really like how lively BB Centrum is. You can find restaurants here for quick working lunches, various shops, and a fitness centre."

Momento Restaurant Now in the ALPHA Building

This modern fast food concept with high-quality food at a reasonable price is a big hit at BB Centrum! And from February you can enjoy renowned chef Martin Jiskra's cooking also in the ALPHA Building!



Martin Jiskra, head chef of MOMENTO Restaurant

Now you can enjoy breakfast, snack, and lunch at the new Momento in the ALPHA Building. The restaurant is located on the other side of the entrance turnstile, but it's open to the public. People who don't work in the ALPHA Building can get an entrance card at the building reception or at the restaurant cashier that will enable them to visit the restaurant and which can also be charged with cash or food coupons. The first Momento restaurant at BB Centrum is located in the DELTA Building and during the eight months it's been open, it has built up a steady, satisfied clientele.

The menu includes Czech cuisine, international specialties, and at least one "vital menu" item per day, designed for those who are making efforts to eat more healthily. A salad bar is available throughout the day, as well as a large selection of additional food items. Although it's technically a "fast food" restaurant, there's something for everyone in its wide variety. The current menu can be found online at www.momentoalpha.cz or www.momentodelta.cz (photos of the actual dishes on offer are posted at 11 a.m.).

Responsible for the quality of guests' gastronomic satisfaction is head chef Martin Jiskra, who has experience working in top hotels here and abroad. He has worked in Austria, France, England, the USA, and Japan. He is a member of the French professional association *Chaine des Rôtisseurs*, and his name can also be found in the *Who's Who* encyclopedia of world chefs.

Bon appetit! oo



MOMENTO ALPHA
ALPHA Building, Opening hours:
Mon-Fri 7:30 a.m. to 5:30 p.m.
Tel.: +420 724 792 351
www.momentoalpha.cz

MOMENTO DELTA
DELTA Building, Opening hours:
Mon-Fri 7:30 a.m. to 6:30 p.m.
Tel.: +420 724 792 351
www.momentodelta.cz

Plug-In Transportation

Electricity is the cleanest type of energy, and thanks to “electromobility”, it has a definite place in the automotive sector, until recently dominated by internal combustion engines. But not only there - electric motors already power bicycles and motorcycles, and in the future, aircraft designers will likely also head in that direction. In a few years, we'll all get around thanks to “socket power”.

Viewed objectively, current trends surrounding electromobility seem like a recent fad, but if you've succumbed to such an impression, you're quite wrong. And it all started with the car. The very first electric car was designed by Professor Sibrandus Stratingh in Groningen back in 1835.

The late 19th and early 20th centuries were golden years for electric cars. At that time in the USA, there were more electric cars than cars with combustion engines, and in New York they even introduced electric taxis.

Czech Tracks

The situation began to turn around at that point, but since that time, electric cars have never completely left the playing field. And lovers of electricity always made themselves known - such as the Belgian driver Camille Jenatzy, who was the first to break the 100 km/h barrier in an electric car. Three years later the Torpedo KID electric car reached speeds of nearly 170 km/h.

At the turn of the 20th century in the Czech lands, inventor František Křižík began experimenting with electric cars. His first version had a 3.6 kW electric motor, his second had a 2.2 kW

Toyota RAV4 EV today serves as clear proof of the high reliability and long service life of electric cars.



motor on each rear wheel, and his third model was a hybrid, which greatly extended its range.

During the first World War, Škoda Pilsen manufactured a number of electric trucks that were used by the local brewery.

Fiat Got the Development Ball Rolling

Electric cars unfortunately didn't completely take off and their production tapered off. But in the last quarter of the 20th century, they came blasting back onto the scene, primarily thanks to Fiat, who began successful serial manufacture of electric cars in 1975. In 1990, it introduced the Panda Elektra, which it produced for the next three years, and in 1996 it introduced the Seicento Elettra.

Nissan also joined the bandwagon. Its experience with electric cars goes as far back as 1947, when it built the TAMA in cooperation with aeronautical engineers. It had lead batteries on a wood sheathed frame, and it was able to drive up to 100 km on a single charge. Its top speed was about 30 km/h.

A few decades later - in 1991 - Nissan introduced its electric convertible President, and in 1997 it produced the Prairie Joy model, the first to use lithium-ion batteries.

The Electric RAV4 - Proof of Reliability

In 1992, Renault began the serial production of the Clio Electrique. It was manufactured for seven years. In 1995, the French automaker PSA Peugeot Citroen added their contribution when

they began the largest scale manufacture of electric cars to date. Over the next five years, they produced about 5,000 electric vehicles.

Automakers' “electroexperiments” sprouted like mushrooms at the turn of the millennium, and even Czechs got in on the action. From 1994 to 1997, Škoda Ejovice built the ELCAR electric car, at first under the Škoda brand, but then re-branded as the Tatra BETA. In Ejovice, they used parts from the Škoda 120 L and Škoda Pickup. Their cars had a range of 120 km and could reach a maximum of 110 km/h. A total of about 100 units rolled off the line, most of which were intended for customers abroad.

A major achievement at the turn of the millennium, however, was Toyota's entrance into the electric car wars with a vehicle that was capable



◀ Toyota RAV4 Hybrid



of reaching the masses. The Japanese firm produced the RAV4 EV, which made its way into company fleets as well as into private hands, and today serves as clear proof of the high reliability and long service life of electric cars.

And then Tesla Motors came along in 2008, introducing its Roadster after five years of development. (Read more about Tesla in a separate article.)

△ One of the many types of charging sockets on modern electric cars.

The Charging Station Network is Growing Rapidly

In 2009, the ČEZ Group announced its intention to support electromobility in the Czech Republic, and quickly signed a cooperation agreement with the local Peugeot representatives. In 2011, the first practical steps for electric car owners were taken when the first ten charging stations were built at the behest of ČEZ.

Since that time, more electric cars are being offered and sold - not only into private hands, but also as commercial vehicles. The network of charging stations is also growing step by step with this trend. ČEZ currently operates nearly fifty stations across the country - get an overview on their website at www.elektromobilita.cz/cs/mapa-dobijecich-stanic.html. ∞

TIP:

Normal and quick charging stations can also be found at BB Centrum at Building E.

Tesla is Changing the Auto World

You've most likely heard about revolutionary Tesla electric cars, even though there's only a few on Czech roads. Or maybe you've seen the electric car charging stations. The number of electric cars and stations is steadily growing and the automobile world is quickly changing.

In the Czech Republic, automobiles are still primarily connected with the smell of petrol or diesel, but the future lies elsewhere - in electricity. In fact, over a hundred years ago, most cars ran on electricity. And Tesla Motors, together with a few progressive automakers, are inspiring big corporations to repeat history.

Iconic Tesla Motors is changing not only the world of electric cars, but the world of cars in general. While previous “plug-in cars” looked odd and didn't arouse much interest, visionary Elon Musk, the face behind Tesla, has completely changed the perception of electromobility. And he continues to do so, little by little. Thanks primarily to him, electric cars have suddenly become sexy.

Tesla models are interesting from all sides. Above all their design is so sophisticated that many compare them to Apple products. The design is only part

of their success, however, moving forward hand in hand with performance.

Teslas are comfortable, fast, and travel far on electricity. Did you know what the record range for the top end Model S P85D is? An amazing 728.7 kilometers! And with so-called “superchargers”, the battery can be charged in about half an hour. It's no wonder that both experts and customers are so enthusiastic.

It Started With the Roadster and Ends With the Model X

With its very first model, the Roadster, Tesla proved that electric cars don't have to be ugly, clunky boxes. Two years ago, the true king appeared on the scene - the Model S. With its sophisticated battery system, it can travel well over 400 km on a single charge despite having a 362 hp engine hiding under the bonnet that can propel the car from zero to 100 in 5.4 seconds.



▷ Tesla Model X

▷ BMW i8

Although the king is still in the game, Tesla dealt another trump card in 2015 - the Model X, its entry into the SUV segment. It is reportedly the safest SUV in the world, thanks to special filters that protect the passengers from apocalyptic disasters.

Nonetheless, the Model X takes a more conventional view of safety - it easily earned a 5 star crash test rating. This is due partially to the fact that the motor is in the rear, and the space at the front absorbs impact, reducing damage. The batteries are located in the floor, making the car virtually impossible to flip.

A True Workhorse

Back to its power. You might find it surprising, but the electric SUV can haul 2.2 tonnes, has an output of 518 horsepower, and can accelerate from zero to 100 in 4.8 seconds. There's even a more powerful version, which can accelerate in 3.2 seconds. This places the Model X among supercars - the Lamborghini Murcielago can reach 100 in "just" 3.8 seconds. And even with these parameters, the Model X can cover some 400 kilometres on a single charge. What's also interesting is its operating costs - when converted to traditional consumption figures, it works out to about 2.3 litres of petrol per 100 kilometres.

With everything that Tesla cars are capable of, the price is expected to be high. The price tag for the basic Model

S is 1.7 million crowns, and the fully equipped luxury version runs about 3 million crowns. The base price of the new Model X is also expected to be around 3 million. Despite this, a fairly

large community of Tesla fans has cropped up in the Czech Republic and it's still growing. And its growth will certainly be helped by the forthcoming lower-priced Model 3 designed "for the masses".

There are currently a few dozen people in the Czech Republic who own the popular American electric car, and a special website was created for them - Teslafan.cz.

How Traditional Automakers Are Reacting

Traditional automakers are now scrambling to catch up with the trend. Toyota used to be considered an "electro-leader", but recent rapid development left them in the dust, and today they purchase technology from Tesla.

No automaker can afford to be left behind. They're all a bit haunted by the example of Nokia, the former market leader in mobile phones that got

into trouble when it didn't jump on the smartphone bandwagon in time.

That's why BMW has rolled out its i models, Volvo has its plug-in hybrid, and the others aren't far behind. Nissan's Leaf, an affordable electric car, hit a sweet spot with customers and they've sold over 200,000 units. At the other end of the spectrum is the forthcoming Mission E from Porsche.

The German sports car manufacturer is claiming their Mission E is the Tesla Model S "killer". Whether that's actually true remains to be seen, but the numbers already look promising - the "ElectroPorsche" should charge twice as fast (80% charge in 15 minutes), and should be able to travel 80 km farther than the Model S. In addition it has 600 hp, a maximum speed of 250 km/h, and acceleration from 0 to 100 in less than 3.5 seconds.

But there's a catch - the Mission E is scheduled to go into production in

5 years, and who knows where Tesla Motors will be by then. And it's the same problem with other automakers that want to compete for the title of most powerful electric car on the planet, like Audi or Aston Martin.

Will Apple Jump on the Bandwagon?

What's more, even the technology giants like Apple and Google intend to enter the market. In fact, Apple has been siphoning off talent from Tesla for some time now, and rumour has it that Cupertino has been working on its own electric car as part of a top secret project called Titan.

However, Elon Musk is not particularly concerned about the new wave of interest. He's quite confident - Tesla announced in June of last year that none of its patents will be kept secret from the world, but rather would be made freely available. So even the competi-

tion will have access to the top technology that Tesla uses in manufacturing its vehicles.

In the future, we'll probably also fly on electric power, as Elon Musk has suggested, but until then he will continue to lead the battle to areas such as electric motorcycles. It's a segment that offers

good prospects in which a big piece of the pie is up for grabs. And even manufacturers of traditional motorcycles such as Harley-Davidson want to get in on the game. The American company has presented Project LiveWire, under which it wants to hone electric engines and give them the "Harley" charm. ∞

LIGHT CARBON CONSTRUCTION, AERODYNAMIC SHAPES, A HYBRID ELECTRIC-COMBUSTION ENGINE. THIS IS THE BMW i8.



Step on the Gas - With Electricity

Cars aren't the only thing powered by electricity - electric bicycles are also big. Electric bikes started out as a way to get around cities, but now you'll even find electric mountain bikes.

Bicycles with motors are appreciated especially by older cyclists or those in less than ideal physical condition - the bikes help them manage long, gradual hills. Thanks to electric bikes, people whose physical condition didn't permit them to do so can now enjoy cycling. At first glance, an electric bike looks like a normal bicycle, but closer inspection reveals the battery and electric motor.

Operating an electric bike is simple - using a normal electrical socket, the bike charges in three to five hours, and it has a range of over 100 km (depending on how often you use the auxiliary power), its maximum speed is about 25 km/h, and operating costs for 100 km run about 2 to 4 crowns.

However, electric bikes are still more expensive than traditional models - from about CZK 25,000 and up, and the price of a good quality electric bike can reach well over CZK 40,000. In general, the price difference between comparable electric and traditional bikes is around CZK 15,000. Despite this, interest is growing rapidly, and even many companies, such as Czech Post, are buying them.



△ Porsche Mission E

Sportswear: How To Take Care of Different Materials

Did you decide that this year you'll get yourself properly outfitted for exercising? You probably then went out and bought some functional clothing for your favourite sport. You should take care of your garments properly if you want them to last. Incorrect washing can interfere with their functionality, making it more difficult to return them.

The simplest method is to follow the pictograms on the labels, but what if you've cut them off and didn't save them? Caring for functional garments isn't completely simple - every material needs a different approach.

Synthetic Materials

Wash often. Because thermal undergarments are the most common base layer, it's logical that they come into the most contact with your skin. Its role is to wick sweat away from your skin and keep your body at a comfortable temperature. Synthetic materials are ideal for this, but it's important to realise that sweat is relatively aggressive and can disrupt the structure of fibres and impair their function.

Shorter cycle at a lower temperature. Washing itself isn't rocket science. It's best to wash garments inside out, fasten all zips, and choose a shorter programme for more delicate materials. Some manufacturers argue that thermal undergarments can be washed at 40 degrees Celsius, but it's safer to wash them at 30 degrees.

Don't use powdered laundry detergent or softener. You don't need any special detergent - normal liquid detergent without bleach works just fine. Powdered detergent isn't recommended because the grains of the powder can damage clothing. Most definitely do not use fabric softener - it clogs up the channels in the fibres that wick sweat away from the body.

Skip the clothes dryer. If the pictograms on the item show that the dryer can be used, choose a low temperature. However, thanks to the fiber technologies used, the garment will dry very quickly on its own.

Merino Wool

Don't wash too often. One of the benefits of merino wool is that it's antibac-

terial and therefore doesn't smell even after several demanding training sessions. Just let the garment air out and you can use it again. That's one reason why merino wool garments are popular for multi-day sports events or intensive training camps.

Take care when washing. Garments made of merino wool are usually washed at 30-40 degrees Celsius; some items contain synthetic blends and can be washed at 60 degrees C. Always check the pictograms on the label, and wash items inside out. Never use fabric softener - it degrades the fabric's performance just as with synthetic materials. Use laundry detergents designed for wool garments.

Try soap nuts. An interesting alternative for washing wool garments is soap nuts or gentle (such as olive) soap. From time to time, you should use a laundry detergent that contains lanolin.

Reimpregnate the garment with lanolin. Lanolin is a fat contained in wool and is necessary for it to work properly. Using lanolin-based products increases the wool's natural protective barrier and its overall functionality.

Don't wring, and dry flat. To avoid damage to wool, forget about wringing. Don't use the clothes dryer. Just gently dry the garment with a terrycloth towel and lay out on a dry towel - always flat. Also keep in mind that merino wool garments shouldn't be dried on a radiator.

Membrane or Laminated Textiles

Wash as often as necessary. During each use, dirt and other impurities are trapped in the membrane, even salt from sweat, etc. This clogs the membrane, causing it to lose functionality. Washing a few times a year won't damage the membrane.

Remove excessive dirt before washing. If the garment is excessively dirty, use a brush and soapy water on the soiled area, and then wash in the machine.

Gentle cycle, max 40 degrees C. Use gentle laundry detergents designed for membrane and laminated textiles. Choose a gentle cycle and set the temperature at a maximum of 40 degrees Celsius. Once again, don't use fabric softener or water softener. They disrupt the structure and strength of the fibres.

Don't forget the water-repellent treatment. Without it, sooner or later the surface of the fabric will begin soaking up water. It won't pass through the membrane, but a garment soaked in water is heavier and less breathable. And it takes longer to dry. Water-repellent treatments (in spray form or as a laundry additive) don't need to be reapplied after every wash - after every third wash is sufficient - and don't forget to iron to activate.

WHAT HELPS KEEP YOUR FORM WHILE EXERCISING?

- 1 DAS gesunde PLUS Protein 90, vanilla, 350g
- 2 DAS gesunde PLUS dextrose, raspberry, 44g
- 3 DAS gesunde PLUS L-Carnitine capsules, pack of 60
- 4 DAS gesunde PLUS isotonic drink with L-carnitine, 750g
- 5 DAS gesunde PLUS pineapple/yogurt energy bar, 30g
- 6 DAS gesunde PLUS magnesium potassium sticks, 30kss



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

NIVOSPORT: FUNCTIONAL CLOTHING FOR CHILDREN



Eva Hrachová
Nivosport store manager

The focus in sportswear trends for this year are on greater comfort and safety. "New materials and brighter colours really help," said Nivosport store manager Eva Hrachová. She added that customers are buying high quality functional clothing more and more often for their children in addition to themselves. "Parents now understand how important it is."

What functional clothing for children do you offer?

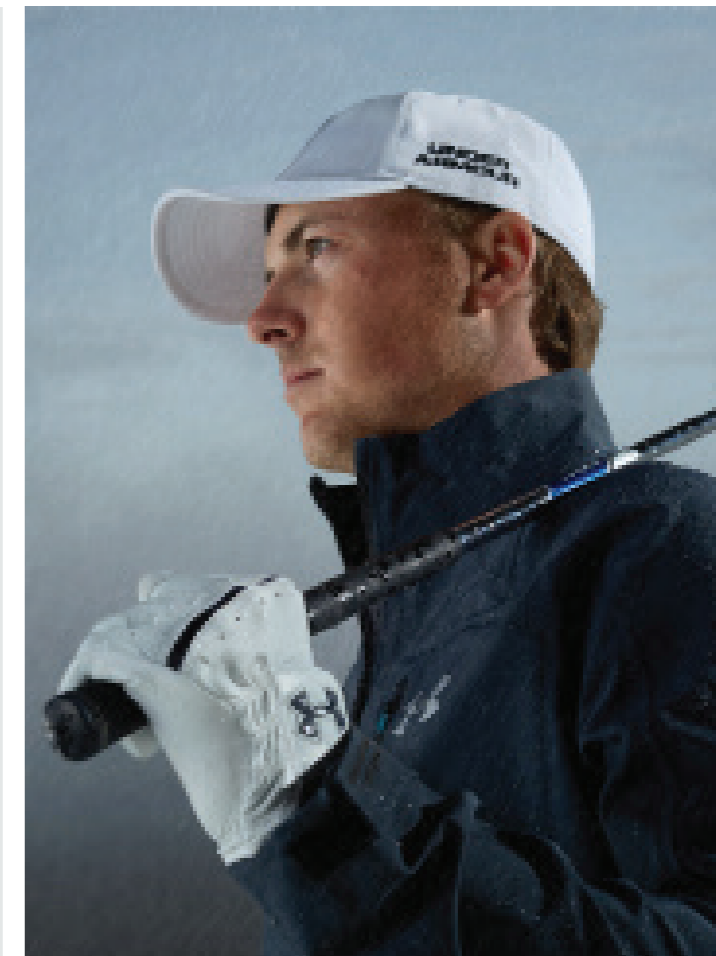
We carry a selection from the popular brand Color Kids. Parents and children prefer colourful, playful combinations, which help make children more visible when playing sports. Color Kids also uses a biodegradable coating, which is more resistant to soiling, has increased durability through home laundering, high water resistance, the clothing can be dried in the dryer, it improves the feel, and even increases seam strength.

What do you think will be the big hit this year?

As far as this year's spring and summer collections are concerned, the VENICE BEACH women's sportswear/leisure wear collection features bright, almost neon-coloured vests and t-shirts, and patterned leggings are also very popular. For men, we have compression t-shirts and trousers made from technical textiles by Under Armour, which support excellent performance and better recovery. The children's collection features spring down jackets which will keep them warm and are easily packable.



NIVOSPORT
BRUMLOVKA Building
Opening hours: Mon-Fri 9 a.m. to 6 p.m., Sat 10 a.m. to 4 p.m.
www.nivosport.cz



GOLFPROFI: YOU'LL FIND SILVER EVEN IN GOLF CLOTHES

If you're going to buy, then buy at a specialist. And if it's golf-related, then at GolfProfi, who have a large shop at BB Centrum. This year, the chain of stores (they're also in Brno and Ostrava, and at a number of golf courses throughout the country) is offering a number of new products. One new product line is Under Armour, which has begun building its empire on the Czech market. The fashion icon Chervò also returns to their product line.

New developments and modern technology can be found in golf clothing as well. Manufacturers are making fabrics lighter and adding materials such as lycra, nylon, and silver to ensure optimum performance characteristics. The phenomenon that is GoreTex remains among the permanent fixtures, but other manufacturers have come out with their own membrane textile solutions that guarantee the proper wicking of moisture out and prevent water from penetrating through the material.

In winter and on rainy days, GolfProfi recommends multiple light layers, starting with a base layer against the body, a middle layer for warmth, and a membrane textile outer layer. In warm weather, modified shirts with ventilation are a good idea.



GolfProfi Store Praha
Building G
Opening hours: Mon-Sun 9 a.m. to 8 p.m.
www.golfprofi.cz

NTC: Motivate and Get Motivated!

Nike Training Club is a challenging interval training programme, the goal of which is to effectively and interactively engage all your muscle groups during exercise. It also offers one other bonus - group workouts and competitions that let you encourage and motivate each other. From its beginnings in New York City gyms, NTC has gradually spread throughout the world and has become a huge phenomenon. It's been available for several years now at Balance Club Brumlovka.

Despite people's initial enthusiasm when they begin exercising, their interest in physical activity usually gradually declines, as well as the motivation to exercise. It's the same for both group and individual activities. With today's lifestyles, one of the most important commodities is time, the lack of which is the most common excuse to not continue exercising, or to not start at all. Therefore, for a number of years now, the latest exercise programmes have focused on the efficiency of the exercise. One of the most popular workouts is called Nike Training Club. It was created at the instigation of the American international brand Nike, which is not only a long-time leader in the area of sports equipment, but is also often at the forefront of new trends in sports and exercise. Training methods based on experiences obtained from professional athletes in many different sectors formed the basis of the NTC programme. The result is functional group training, thanks to which improved physical condition can be reached in a relatively short time, but what's most important - in a fantastic team atmosphere.

Team Spirit

The difference between exercising in a gym and doing NTC training lies primarily in the strength training method.

Work Out at Work

"Effective training can be done with just your own body weight or with a variety of props," said Balance Club Brumlovka NTC instructor Jakub Vobořil. "Warming up is always an essential part of working out. You can start off with some jumping jacks in place, and then move on to more active exercise. A good tip is to stand up and sit down in your chair over and over for a set interval. You can then lean against the edge of your desk and do push-ups. Gradually increase the speed of the exercises, do some more jumping jacks, and at the end of each series, don't forget about some abdominal exercises. I believe that in just 20 or 30 short minutes you can get a good short break from continuously sitting at the computer and get a boost of energy for working.



Balance Club Brumlovka trainer Jakub Vobořil answered some questions about Nike Training Club



What do you think is the biggest advantage of NTC?

NTC training is great, because it lets people motivate and encourage each other. This improves their performance far more than if they exercise alone. The element of competitiveness is extremely important and really spices up group workouts.

How often are NTC classes held at Balance Club Brumlovka? How long do the classes last?

Classes here last 55 minutes and take place every Wednesday at 6 p.m., every Thursday at 10 a.m., and every Saturday at 11 a.m.

What message would you send to those who haven't yet tried NTC?

To not be afraid and come. You'll get a great workout, do something for yourself, and most certainly have fun. I look forward to seeing you!

at the Club since the very beginning, when we realised what huge potential it has," said Balance Club Brumlovka instructor Jakub Vobořil.

A Trainer Always By Your Side

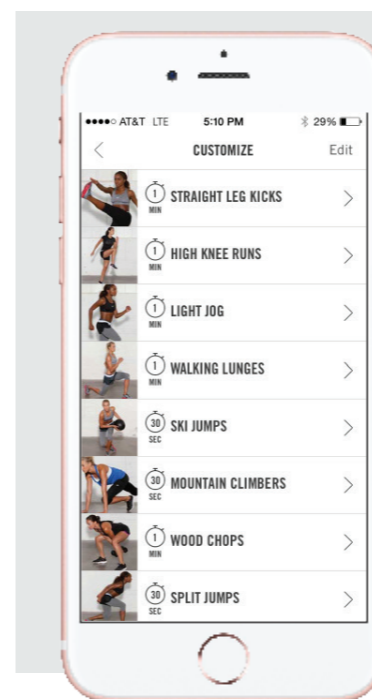
"Its variability, the multiple possible combinations of exercises, and competing with clients is what makes NTC so interesting," said the Balance Club instructor. Because a trainer's guidance is irreplaceable, especially when it comes to motivation, monitoring proper execution of individual exercises, as well as the individual contributions of the trainer, those interested in NTC have an additional benefit. An NTC personal trainer is available to them when exercising - as a phone app. Thanks to the app, everyone can choose their own intensity level depending to their abilities, whether they're just starting out or a hard-core professional. An invaluable advantage is the fact that it reflects today's hectic lifestyles, and it's perfect for those who often find excuses for lack of time to exercise. "The NTC app is best taken as a supplement, for those times when a person for whatever reason can't make a NTC class - then they can exercise on their own in the comfort of their own home or on a business trip with the help of the app," said Vobořil.

While working out in the gym usually involves focusing on individual body parts, the NTC exercises focus on overall physical fitness. Exercises are usually in the form of intervals, and training is targeted at the six basic movements: push, pull, squat, lunge, rotate, and bend. Exercises performed at considerable intensity then focus on all of the body's muscle groups, with or without the use of props.

An integral part of NTC, however, is exercising in groups, pairs, or teams, which compete together

and encourage each other to perform better. This team spirit ensures that the exercise is fun, helping one forget about the effort involved and helping members to perform much better than they thought they could. Muscles generally let you know how intense the workout was after some time.

"This type of exercise appeared around 2010 and was called Nike Dynamic Training, and has gradually transformed into the present day NTC programme. We've been doing this workout



TRAINER IN YOUR POCKET

The NTC app is based primarily on the individuality and varying needs of exercising at home. It's a great supplement to exercise classes under the guidance of an instructor. The NTC app includes over a hundred different exercises from high intensive interval training to yoga to pilates to Tabata in a number of different intensity levels. Individual workouts are a roughly 30 minute series of exercises, and each exercise is first clearly demonstrated using video. It really helps with motivation while exercising and with counting down the time remaining in the exercise. Well performed exercises are rewarded with a point system, and you can make your exercise sessions more enjoyable by choosing your own music. The NTC app is available to download for free for both the iOS and Android platforms. Along with the Nike Running app, which is a great accompaniment to the NTC app, it's one of the most downloaded apps in the Health & Fitness category.



Balance Club Brumlovka
BRUMLOVKA Building, Opening hours: Mon-Fri 6:30 a.m. to 11 p.m., Sat-Sun (and holidays) 8 a.m. to 10 p.m. www.balanceclub.cz

It's a Shame We Can't Play with Messi and Ronaldo

Football is a phenomenon for big and small. During a recent visit to BB Centrum, legendary footballers Antonín Panenka and Karol Dobiáš spoke about when and how kids should start playing football. "Talent is important, but love of sports and effort also play a role," they agreed. In our interview, they talk not only about this, but also about their favourite sports and how to help busy people find the right activity for them.

Football is popular with adults and kids alike. When should children start playing football and what should be expected of them?

Antonín Panenka (AP): It's important that kids don't specialise too early in one sport - they should focus on general sports training while they're still young. In my opinion, there are three keys to success - and not just in football: a love for the sport they're playing, to be blessed with talent, and to train harder than the others. What's interesting is that a child's dexterity begins developing while they're still in the womb.

Karol Dobiáš (KD): Today, kids start playing football, hockey, and other sports at around five or six years of age. Talent is one thing, but what's also important is love for their chosen sport, and of course effort. Problems arise during puberty - the vast majority of kids quit sports because of drugs, alcohol, or cigarettes.

Which players do you think are icons in the football world today?

AP: Two exceptional footballers who are ahead of their time in both quality and performance are Lionel Messi and Cristiano Ron-

aldo. They're the best players in the world and it's a shame I can't play with them.

KD: I agree, and in addition to Messi and Ronaldo, I'd also mention Zlatan Ibrahimovic and goalie Petr Čech.

The football highlight of this year will be the European championship in France. How do you think it will go?

AP: We're not favourites going into the European championship. If however we can move up from a very balanced group, and if the players can fulfil the expectations of the fans, the pressure will be off and in later knockout matches they can beat anyone. I'd like to see the Czech Republic pitted against Slovakia in the final.

KD: I'd like to see the team move up from the group and if they make it to the winner's podium, I'd be happy to see this generation manage to achieve what we did.

Both of you have played sports all your lives. Which sports do you still play regularly? And which sports would you recommend to busy people with sedentary jobs?

AP: Sport continues to give me great pleasure and enjoyment, so I try to always keep quite active. For example, I play tennis, table tennis, futnet, golf, and of course football. It's hard to give people advice about how they should exercise. It's important for everyone to find their own path to sports, to find something they enjoy and that gives them fulfilment. The ideal sports for working people are cycling, swimming, and running outdoors in nature.

KD: I played football professionally for 18 years; now I play not only football, but also futnet, tennis, and cards. I recommend exercising, running, and walking to people. And cross-country skiing in the winter. ○○



△ Antonín Panenka and Karol Dobiáš while visiting BB Centrum

Welcome Spring With New Energy

A sedentary job is often connected with lack of exercise, stress, and not eating properly. Warm months, when plenty of fresh fruits and vegetables are available and nature entices you to head out for walks in the fresh air, are an ideal time to make changes in your diet, whether you include meat in your diet or not.

Food is our building material

If we imagine the human body as a building, then its genetic makeup is the blueprint, the metabolism is the construction crew that carries out all the work, and everything that enters the body through the mouth, nose, and skin is the building materials. And although there isn't much we can do about our genetic makeup, we can easily change the speed and efficiency of our metabolism through changes in eating habits, exercise habits, and the rhythm of work and rest. And we can start off with diet, which should be adapted to one's lifestyle with regard to gender, age, level of physical fitness, and metabolic rate.

How to Eat at the Office

Sedentary office jobs require great discipline in eating for a number of reasons. People who lead primarily sedentary lives have significantly slower and often weaker blood circulation, reduced lung function, weakened kidney function, reduced muscle metabolism, and they usually don't drink enough fluids. The result is a greater production of adipose (fat) tissue and impaired toxin breakdown. The brains of desk workers, compared with other body parts, consume significant amounts of glucose, oxygen, and other nutrients, but can't replace them. Paradoxically, people with sedentary lifestyles tend to consume highly calorific food with a high proportion of animal products, white bread, white sugar, dairy products, smoked meats, etc.

Balanced Energy Intake and Output

If you don't do at least five intensive two-hour workouts a week over different days, you should limit the consumption of simple sugars, animal fats (and fat in general), and sodium, and you should also avoid increased protein intake, especially those of animal origin. Regular physical activity lets people "stoke the fire" more. Physically active people and athletes tend to have faster metabolisms, a higher percentage of muscle mass in relation to adipose tissue, stronger blood circulation, higher lung capacity, and eliminate metabolic waste products more quickly. They can therefore afford to consume a higher number of calories (but not empty ones), protein and high quality fat without incurring increased health risks.

A breakfast consisting of a largish bowl of fruit salad, a small handful of nuts, and a few spoonfuls of oats with a bit of honey and yogurt should be enough until lunchtime, as-

suming that during the morning, one drinks enough, such as herbal tea or high quality plain water.

The ideal diet for people who work desk jobs should consist of fresh, not too sweet fruits (ideally in the morning), fresh vegetables and salads (for lunch, snacks, or dinner), gluten-free or low-gluten grains (ideally in the morning and late afternoon), nuts and oilseeds (ideally in the morning and latest in the afternoon), beans (ideally earliest at lunch or in the evening), and even special things such as seaweed, medicinal mushrooms, and medicinal spices. Breakfast can also be supplemented with a fruit or vegetable cocktail with added flax or chia seeds, nut milk, or yogurt or kefir, called a smoothie, or with lassi, a drink made with yogurt and water or milk. Dairy products can be included to a limited extent. ○○

Prepared in cooperation with
Mgr. Libor Votoček, MARANATHA z. s.



Mgr. Libor Votoček is a highly sought-after healthy lifestyle counselor. He currently leads the nationwide traveling historical-scientific educational project Genesis [www.genesisexpo.cz]. He works for the MARANATHA civic association.

WHAT SHOULD A HEALTHY DIET CONSIST OF?

Recommended grains: millet, buckwheat, quinoa, brown short-grain rice, barley, oats, and spelt.

Recommended nuts and seeds and their products: almonds, walnuts, cashews, Brazil nuts, pistachios; pumpkin, chia, hemp, and sunflower seeds; high quality peanut butter

Recommended pulses and products: chickpeas, tofu, tempeh, lentils, and beans

Recommended dairy products: high quality yogurt from non-homogenised milk without added starch, unripened feta cheese, high quality full fat tvaroh (quark) (for making spreads)

No Breakfast! No Snacks! No Time, No Time...

○ Skipping meals is completely normal in this day and age - and not only in the office. Many people don't eat breakfast, don't snack, eat their first meal at noon, and after getting home from work, and have a tendency to try to make up their calorie deficit once they get home from work. As a result, their greatest calorie intake is in the second half of the day, a time when the body tends to store food energy for "leaner times" in the form of fat. So how can you create a good eating plan?

- Divide your daily food ration into smaller portions eaten at intervals of two to three hours. The body will receive a continuous supply of nutrients and blood sugar levels will remain steady, essential for maintaining "life energy" all day.
- Eat breakfast. In the morning, your body is ready to take in energy after a long night, energy that will act as a starter for the whole day. You should eat something within one, at most two hours after waking up. If you're not used to eating breakfast at all, start off with a small amount of food and gradually increase it.
- Don't substitute sweets for any of your daily meals - your body won't get the proper ratio of nutrients.



Mgr. Jana Divoká works as a teacher and therapist in the field of leading the population to a healthy lifestyle. She has long worked on a methodology of cognitive-behavioural therapy to treat obesity, as well as with issues related to leading children and adults to including health lifestyle principles into their everyday lives.

Three Tips for a Healthy Diet

- Your diet should include at least one fermented dairy product a day (yogurt, tvaroh (quark), kefir, buttermilk, etc.), 300 to 400 grams of vegetables, and 150 to 200 grams of fruit.
- A valuable source of protein and calcium is cheese, especially hard cheeses. Choose

those which do not have over 30% fat in dry matter (around 15% total fat) and unripened cheeses (cottage cheese, cream cheese, etc.).

- Try to eat a variety of foods. Liven things up with new foods or try new untraditional recipes. ∞

Prepared in cooperation with Mgr. Jana Divoká, STOBklub



TIP: START YOUR EXERCISE PROGRAMME OFF SLOWLY

How many times have you resolved to start exercising, and how many times have you made excuses as to why it didn't happen again? Many of us think of "movement" as running a few kilometres, in-line skating, or hours spent in the gym. Getting started can be much simpler, however. Take the stairs instead of the elevator; get off the bus or tram one stop early and walk the rest of the way; go for regular walks or excursions. Find ways to make every activity you perform even more active.

SAMPLE MENU



**WOMAN
MODERATELY
ACTIVE
8 000 kJ**



**MAN
MODERATELY
ACTIVE
10 500 kJ**

Breakfast

Whole-Grain Roll with Tvaroh (Quark) and Carrot Spread, Fruit

Ingredients

Whole-grain roll 60 g (1 serving) / 100 g (2 servings)
Tvaroh (quark) spread with carrots and walnuts (40 g carrots, 50 g half-fat tvaroh (quark), 5 g walnuts) / (50 g carrots, 70 g half-fat tvaroh (quark), 10 g walnuts)
160 g fruit or 200 ml fresh fruit juice

Directions

Finely grate the carrot and finely chop the walnuts. Mix with the tvaroh (quark). Spread on the roll.

Morning Snack

Plain Yogurt with Banana, Grapes, and Seeds

Ingredients

150 g / 200 g plain yogurt
50 g / 100 g grapes
100 g / 120 g banana
10 g / 15 g flax or sunflower seeds

Lunch

Sautéed chicken strips on a mixed green salad with apple, celery root, chia seeds, and a dressing of sour cream and wholegrain mustard, served with baked potatoes

Ingredients

50 g / 60 g iceberg lettuce
50 g / 60 g orange sections
30 g / 40 g cooked celery root, or tinned celery root strips
a few drops of lemon juice
30 g / 40 g apples
10 g / 15 g chia seeds
30 ml / 40 ml sour cream
1/2 tsp / 1-2 tsp wholegrain mustard
pinch of salt
season to taste - white pepper and salad spices, Provençal spices, garlic
120 g / 160 g chicken breast
150 g baked potatoes (in the oven without oil)
10 g / 15 g oil to cook

Directions

Season the chicken breast to taste and quickly sauté in oil. Slice the cooked breast into thin slices. Chop the orange, cooked celery root, and apple, ar-

range on washed salad leaves, and add the chicken. Dressing: mix together the sour cream, mustard, salt, and lemon juice, pour over salad. Sprinkle with chia seeds.

Afternoon Snack

Crispbread with Chickpea Spread

Ingredients

40 g (3 slices) / 50 g (4 slices) crispbread (knakkebrot)
50 g / 60 g cooked or tinned chickpeas
50 g / 60 g farmer or greek-style yogurt (if you use thinner yogurt, use less so that the spread isn't thin)
Lemon juice to taste
Garlic to taste
a few drops of olive or rapeseed oil
salt, pepper, herbs or spices (basil, parsley, or marjoram)

Directions

Blend the chickpeas into a smooth mash, add the yogurt, a few drops of lemon juice, a few drops of oil, salt, thinly sliced garlic to taste, and mix well. Spread on the knakkebrot.

Dinner

Veal cutlet with whole-wheat pasta, broccoli and pepper salad with feta cheese

Ingredients

100 g / 120 g veal cutlets
10 g / 15 g olive oil
salt, pepper, chicken seasoning
150 g / 200 g whole wheat pasta
120 g / 150 g broccoli
50 g / 100 g red pepper
20 g / 40 g feta cheese
10 g / 15 g olive oil
salt, pepper, mustard to taste

Directions

Salt and pepper the cutlets, sprinkle with seasoning, and quickly sauté in olive oil. Add a little water, cover, and simmer until tender. Cook the pasta according to the package directions. Cut the broccoli into florets and steam until just tender. Chop the pepper and cheese into cubes, mix with cooked broccoli, and pour over a dressing made up of olive oil, salt, pepper, and a teaspoon of mustard whisked together. Serve the cutlets with the pasta and salad.

The Fresh Taste of Spring at Your Favourite Restaurants

With the arrival of spring, everything is turning green - even the menus at BB Centrum's restaurants. Their offers have expanded and their lighter dishes are prepared in such a way that they give your body all the nutrients it needs without unnecessary calories. Fresh seasonal ingredients and honest preparation methods are the foundation for great flavours that you can enjoy every day without remorse. oo



PUZZLE SALADS: THE FRESHEST SEASONAL SALADS

Puzzle Salads follows a simple philosophy: Use the highest quality ingredients and treat them with respect. These two principles are reflected not only in the taste of the food, but primarily in its beneficial effects on the body. Especially after a long winter, it's important to get your body and spirit charged up for spring activities, and Puzzle Salads are literally made to do just that. Customers can enjoy a dazzling array of fresh salad combinations as well as soups full of spring vegetables and herbs, homemade natural fruit drinks, and desserts made fresh daily, which are sure to make afternoons at work a bit more pleasant.

Puzzle Salads has also brought its popular "daily special" to BB Centrum, offering seasonal main dishes. Spring also brings with it tasty salads that consist of the freshest available ingredients. You can check out the current menu with calorie counts at www.puzzlesalads.cz or on their Facebook page, as well as get lots of other interesting information.

TIP: No time? At puzzlesalad.cz, you can order and pay for food from the comfort of your office, choose a pickup time, and then pick it up without waiting at the restaurant.

PUZZLE SALADS
 FILADELFIE Building
 Opening hours: Mon-Fri 7:30 a.m. to 5:30 p.m.
 E-mail: info@puzzlesalads.cz
 Tel.: +420 722 719 714, www.puzzlesalads.cz

GROSSETO PIZZERIA RISTORANTE: NEW BALANCED MENU



The BRUMLOVKA branch of Pizzeria Grosseto has put together a new menu that follows the principles of healthy eating and is even suitable when you are on diet. The menu planning was supervised by nutritional therapist Lada Nosková of DIET PLAN.

Under her guidance, they've created a healthy, tasty menu that includes seafood, fish, chicken, and plenty of fresh vegetables. You can also enjoy dishes such as octopus salad with tomatoes and celery, or sea bream fillet with red lentils and vegetables. Every item on the menu lists the number of kilojoules and kilocalories, as well as protein, carbohydrate, and fat content.

You can choose other lighter meals from the regular menu, where you'll find a variety of salads, vegetable soups, and healthy entrées. The new spring menu will taste twice as good in the new front garden.



Pizzeria Ristorante Grosseto
 BRUMLOVKA Building, Opening hours:
 Mon-Fri 11 a.m. to 11 p.m., Sat-Sun 12 p.m. to 10 p.m.
 Tel.: +420 737 107 627
www.grosseto.cz



EXPRESS DELI: TRIM DOWN, LIGHTEN UP, GET PUMPED UP!

Resolutions that many of us make when spring is in the air. Salad can do it all. Don't believe it? Express Deli offers a new, balanced salad that cleanses your body, gets your digestive system moving, and pumps your body full of energy. It combines red beet, which cleanses the body, a healthy portion of salad greens, which after a winter full of heavy, dense food helps to relieve the digestive system, and homemade organic roast beef and chickpeas, which supply the body with necessary nutrients - essential amino acids, iron, and vitamin B12. All drizzled with extra virgin olive oil and sprinkled with parmesan cheese. As a side dish, they recommend easily digestible whole grain bread, which gives the body slow-releasing carbohydrates.



EXPRESS SANDWICH, EXPRESS DELI
 FILADELFIE Building, Opening hours:
 Mon-Thu 9 a.m. to 4 p.m., Fri 9 a.m. to 1 p.m.
www.sandwich.cz, www.expressdeli.cz



PUBLIC CAFETERIAS AT BB CENTRUM – DAILY LUNCH SPECIALS FROM CZK 70

ARAMARK



Building A

Address: Vyskočilova 1422/1a, Prague 4
 Opening Hours: MO – FRI 7:30 a.m. to 5:00 p.m.
 Daily Menu: menu.aramark.cz/gemoney/listek

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: www.perfectcanteen.cz/images/PDF/Menu_GE-MONEY-BANK.pdf

HONEST FOOD



Building H

Address: Vyskočilova 741/3, Prague 4
 Opening Hours: MO – FRI 10:45 a.m. to 1:30 p.m.
 Daily Menu: www.gastromerret.cz/home/menu/jidelna-vyskocilova

GTH



BETA Building

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

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: www.gth.cz/bbc-filadelfie/jidelni-listek
 *Entrance only with a card issued at the building reception

SODEXO



Building C

Address: Vyskočilova 1410/1, Prague 4
 Opening Hours: MO – FRI 7:30 a.m. to 5:00 p.m.
 Daily Menu: bbcc.portal.sodexo.cz/cs/jidelni-listek-na-celytyden

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: www.momentoalpha.cz
 *Entrance only with a card issued at the building reception or in the canteen

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: www.momentodelta.cz



The Many Flavours of Coffee

Coffee is stirring up more and more emotions. There's talk of a "third coffee wave" which is taking coffee from being just a commodity to the forefront of attention. Just like wine, we're increasingly interested in our coffee's origin, roasting method, and preparation in cafés. And more and more we're playing with coffee at home with the help of sophisticated machines and equipment.

Roasting: A Game of Time and Temperature

One of the most important steps in coffee making process is roasting the raw beans, a process in which time and temperature play very important roles. The roaster's task is to find the ideal combination of time and temperature that best respects the characteristics of the given type of coffee, and to get the best out of it.

Varying roasting intensities, from light to very dark, fundamentally affect the taste of the coffee. A light roasting maintains more of the coffee's original taste characteristics; a darker roast creates a more full-bodied coffee, which is important when making espresso. Although it might seem that a darker roasted coffee is higher in caffeine, in fact roasting has no effect at all on the coffee's caffeine content. It's actually affected by the temperature of the water

that's used when brewing the coffee as well as the extraction time. The higher the temperature and the longer the coffee is "steeped", the more caffeine is released.

According to deep-rooted tradition, lightly roasted coffee is typical for northern countries, and darker roasts in southern countries. Current trends point away from espresso towards alternative brewing methods, which means the coffee is roasted in such a way that its natural flavour is fully released.

Coffee Isn't Just Bitter

Arabica or Robusta? It depends on what you expect from coffee. Higher quality - and therefore more expensive - Arabica beans have a lower caffeine content, and the flavour is more subtle, more aromatic, and quite acidic. The acidity, which some people might find unpleasant,

can be suppressed with darker roasting. The second most common type of coffee plant, *Coffea canephora*, known as Robusta, has a harsher taste and higher caffeine content. Various types of Arabica and Robusta coffees can be combined in various proportions to create a plethora of flavour profiles. Just like with wine, with experience you can learn to "taste" them. "At first, you notice the acidity, but in time, you can discover new flavour elements - undertones of stone fruits, citrus, nuts or almonds, cocoa, or dark chocolate," said Matěj Feszanicz, owner of the kafe-kafe-kafe espresso bar in the FILADELFIE Building at BB Centrum.

The Third Wave, or Italy Falls Behind

Following the first coffee wave in the 1960s, which brought coffee into every

household, and the second wave, which primarily taught us to drink espresso like the Italians, the third coffee wave is here.

The Wave of Exclusive Coffees

Making coffee has shifted to the level of art. Coffee lovers place a great deal of emphasis on every link of the chain, from the farmer to the barista. What's important is the origin of the beans, roasting, preparation that retains the coffee's complex flavour. The peak of coffee culture is no longer Italian espresso. New trends coming in from the Nordic countries and Japan focus on alternative ways of brewing coffee.

Coffee Alchemy at Home

There are a number of ways to make great coffee at home. Matěj Feszanicz,



whose espresso bar specializes in high quality espresso from single origin Arabicas and alternative brewing methods, highly recommends filter coffee. "Before you invest in an expensive espresso machine, which still can't compare with a professional machine, it's a better idea to spend a fraction of the price and buy equipment for making filter coffee. With a high quality filter, you'll get coffee without any sediment," he said. "Filtration for 3 to 4 minutes produces coffee

with much more caffeine than espresso while giving you a much wider range of flavours," he added.

Other simple helpers for making coffee at home include French press glass containers, Chemex (filter and glass decanter), aluminium Moka pots, or the relatively recent AeroPress - two inter-

locking plastic cylinders one of which has a rubber plunger on the end. A very simple, inexpensive system is drip coffee - all you need is a ceramic or plastic cup into which you insert a paper filter.

Espresso at a Café

If you want a good espresso, head for a good café. You can tell if it's good if the baristas know the origin of the coffee they offer, if they know how it was processed, and can offer you recommendations based on what you're in the mood for. Not to mention there's no sign of "piccolo", "presso" or "large presso" on the menu.

Among the most widespread falsehoods is that espresso contains high levels of caffeine. It's not true. Espresso is coffee that has undergone a short extraction, during which it's impossible for a large amount of caffeine to be released. "If you'd like to indulge in a real caffeine boost, have a filter coffee, which good cafés also offer," recommended Matěj.

With Milk, Please...

Milk is often added to coffee to obscure the taste of low-quality ingredients. The same is with flavourings, such as cinnamon or chocolate, which have no place in a high-quality cup of coffee. But that doesn't necessarily mean that milk doesn't belong in coffee. If the espresso blend is prepared in such a way that milk complements it, there's nothing wrong with it. The sweetness of whipped milk combines perfectly with a coffee with higher acidity. In cappuccino for example, you can achieve a smooth and delicious cinnamon flavour. Conversely, to enhance the coffee flavour in a larger cup of caffè latte, dark roasted coffee with dark chocolate or cocoa flavours can be used. ☺

Prepared in cooperation with kafe-kafe-kafe espresso bar



kafe {} kafe {} kafe
 FILADELFIE Building
 Opening hours: Mon-Fri 7 a.m. to 5 p.m.
 Tel.: +420 605 484 681
 www.kafekafekafe.cz

What's What?



Espresso

Espresso is a drink of about 30 ml brewed under pressure of about 9 bar with a recommended extraction time of 20 to 30 seconds. In one cup of espresso you'll find about 7 grams of coffee.



Ristretto

A ristretto is a smaller espresso with a volume of about 20 ml. It's usually made by stopping the extraction earlier but using the same grind coarseness.



Espresso doppio (Double Shot)

Contains twice as much coffee (14 to 20 grams) and twice as much water (60 ml) in one cup.



Espresso macchiato

An espresso with a dash of frothed milk added to the crema.



Cappuccino

A drink with a volume of 150 to 180 ml, the basis of which is espresso and warm milk, made according to the classic Italian recipe, with a ratio of 1/3 espresso, 1/3 milk, and 1/3 frothed milk. The modern version is a drink that is made of just espresso and gently whipped milk microfoam.



Caffè latte

From the Italian "caffèlatte" - coffee and milk - it's a drink that has a volume of more than 250 ml, made with espresso and milk frothed into a microfoam.



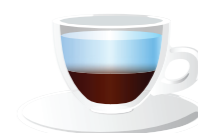
Latte macchiato

Prepared with frothed milk, which is poured into a tall glass. The frothed milk separates from the milk and forms a firmer layer on top. The espresso is poured in last, creating the typical coffee "stain" on top of the foam. Three layers may - but don't necessarily - appear: milk, coffee, and frothed milk.



Flat white

Two shots of espresso (doppio) extracted as long as a ristretto, with frothed milk poured over, creating a layer about 5-10 mm thick on top.



Americano

Espresso topped off with hot water, at a ratio of about 1:5.



Lungo

"Long" coffee is espresso diluted with water in a 1:1 ratio.

BB Centrum Cafés Invite You to Sit and Relax

BB Centrum cafés offer something for everyone. Their wide variety of beverages and food will satisfy your taste buds, whether you indulge in cafeine or prefer tea, if you love sweets or would rather recharge with a sandwich or salad. Cafés offer a pleasant place for a short break during your workday and for meetings for business or with friends. Many of them also offer break-

fast menus, offering you a nice, unhurried way to start off your new day. The most important thing is the quality of the coffee, something the cafés really care about. You can order an espresso or coffee drinks made from it anywhere, but in specialised cafés, you can even have your coffee prepared using alternative methods, such as French press, drip, or Aeropress. ☺



O2 GAMMA CAFÉ

This café, located in the Gamma Building, offers espresso and traditional coffee drinks such as cappuccino and flat white, as well as original coffee specialties combining top quality Illy coffee with unusual flavours. Customers can enjoy drinks such as Banana Choco Latté Macchiato, Ginger Honey Latté, and more. The café emphasises not only the quality of the coffee but also the skills of its baristas - they undergo regular training at the Illy School of Coffee.

TIP: Along with coffee, they offer homemade baked goods, such as strudel or coffee cake, as well as healthy desserts from Vitalsnack.



O2 GAMMA
GAMMA Building
Opening hours: Mon-Fri 8 a.m. to 6 p.m.
Tel.: +420 241 402 937



KAFE { KAFE { KAFE: ONCE IS SIMPLY NOT ENOUGH

The kafe-kafe-kafe espresso bar focuses on single-origin Arabicas from all over the world. The owners (and current baristas) know the stories of their coffees from their very beginnings - they know on which plantation it was grown and who roasted it and when. They sell and prepare lightly roasted coffee. This roasting method allows the original, genuine taste characteristics of the individual varieties of coffee to stand out better. Their main attraction is espresso and milky and iced coffee drinks, but here they're also working hard to bring back the good reputation of filter coffee, which is one of the most gentle and tastiest ways to prepare coffee - and it even contains more caffeine than espresso. Those who are interested can even try some alternative coffee preparation methods, such as French press, drip, Aeropress, and others. They also offer fresh homemade bread, cakes, and more.

TIP: Customers can purchase coffee beans by weight as well as equipment needed to prepare it at home (hand grinders, French presses, designer drip makers, etc.).



kafe { kafe { kafe
FILADEFIE Building
Opening hours: Mon-Fri 7 a.m. to 5 p.m.
Tel.: +420 605 484 681
www.kafekafekafe.cz

SOMMELLERIE

SOMMELLERIE is unique for the range of services and the quality of the products they offer. Their Premium Quality Coffee sold under the Sommeler Selection brand comes from the best plantations in the world. Mr Frolík from Borohrádek roasts the coffee for Sommelerie the Italian way using Sommelerie's owner's own original - and of course secret - recipe. They also offer whole bean coffee which they can freshly grind for customers on the spot. Sommelerie serves various types of coffee, from traditional espresso and cappuccino to "bear latte", made according to the owners' own recipe.

TIP: Be sure to try their coffee tastings, during which you can try specialties such as civet coffee, the most expensive and arguably the best coffee in the world.



SOMMELLERIE
FILADEFIE Building
Opening hours: Mon-Fri 7:30 a.m. to 7 p.m.
Tel.: +420 604 210 157
www.sommellerie.cz

COSTA COFFEE

At Costa Coffee, they prepare espresso and all other coffee drinks from their "Mocha Italia" blend, which has been produced with nearly the same composition since the Costa brothers founded the company over 40 years ago. Professional baristas prepare every cup at Costa Coffee with freshly ground coffee beans.

In addition to espresso and coffee drinks, guests can find a range of other warm and iced drinks, high quality desserts, sandwiches, panini, and salads. The Costa Coffee at BB Centrum is non-smoking and offers free wi-fi.

TIP: One of the highlights of the Costa Coffee barista's skills is the flat white, prepared from 21 grams of freshly ground Mocha Italia blend coffee beans, extracted for 15 seconds, with warm milk with a fine microfoam poured over the top. The flat white is decorated with a little work of art - a picture that the barista creates when pouring the milk from the jug onto the surface of the coffee.



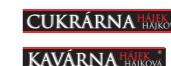
COSTA COFFEE
BETA Building
Opening hours: Mon-Fri 7:30 a.m. to 6 p.m.
www.costa-coffee.cz



HÁJEK & HÁJKOVÁ CONFECTIONERS

Hájek & Hájková Confectioners offers its customers high quality coffee - Illy 100% Arabica. In addition to espresso, they also offer other coffee drinks such as caffè latte, cappuccino, and espresso macchiato. They also offer decaffeinated beverages, such as milk shakes and smoothies from freshly pressed juices without chemical additives and sweeteners. Hájek & Hájková is popular primarily for its incredible selection of high quality desserts, including traditional cakes, cheesecakes, fruit pies, strudels with various fillings, fruit tarts, and much more.

TIP: For those who aren't fans of traditional cakes, you can enjoy soft-serve and scooped ice cream, or fruit cups, which combine fruit with various flavors of cream.



HÁJEK & HÁJKOVÁ
ALPHA Building
Opening hours: Mon-Fri 7 a.m. to 7 p.m.,
Sat-Sun 10 a.m. to 7 p.m.
www.cukrarna-hajek-hajkova.cz



CUPUCINO

Customers can enjoy Nespresso coffee in this pleasant, light-filled café with untraditional "living walls". Among the popular coffee drinks are Indian ristretto, Brazilian espresso, and caffeine-free Lungo Decaffeinato. Their specialty is Chai Latte - a combination of strong tea, whole milk, a blend of exotic spices and the sweetener of the customer's choice. It's then topped off with a Brazilian ristretto. And of course you need something to eat with your coffee. Cupucino's sweet specialties include the traditional Czech speciality povidloň, carrot cake, a number of types of mini-desserts, strawberries with yogurt mousse, and tiramisu. There's also a selection of salads, soups, toasted sandwiches, open-faced sandwiches, and flavoured yogurts.

TIP: Visitors can look forward to their forthcoming summer special: an original beverage called a Brazilian Cocktail. It's made of coffee, elderflower syrup, and fresh grapefruit juice.



CUPUCINO
BRUMLOVKA Building
Opening hours: Mon-Fri 7:30 a.m. to 6 p.m.
www.cupucino.cz

Culture tips

Festival Exhibition

What? Open House Festival

Where? Prague

When? May 14-15, 2016

The world-renowned Open House Festival of architecture, which makes interesting buildings accessible to the public in 32 cities in Europe, America, and Australia, will once again take place in the Czech Republic. Prague will play host to the second annual festival, during which visitors can peek into more than 60 buildings with exceptional interiors, interesting histories, and unusual views of Prague. Among the buildings that will be open are the normally inaccessible parts of the Salm, Schwarzenberg, and Sternberg palaces. As part of the festival, the public will also be able to visit several of BB Centrum's buildings - the FILADELFIE and DELTA Buildings, as well as the Bethany Community Centre.

More at: www.openhousepraha.cz



△ As part of the festival, the public can visit some of the buildings at BB Centrum - such as the FILADELFIE Building.

What? Titanic in Prague

Where? PVA Letňany, Prague 9, metro C - Letňany

When? February 10 - June 30, 2016

The global exhibition Titanic offers insight not only into stories of specific Titanic passengers, but also into the period of technological breakthroughs and the socio-political situation in the early 20th century in Europe and around the world. At Prague's Letňany Exhibition Grounds, you can view hundreds of original artefacts rescued from the famous shipwreck, including part of the ship's furnishings, furniture, porcelain, and a number of the passengers' personal items. When entering the exhibition, every visitor receives a ticket with the name of a specific real passenger who was on board the Titanic when the disaster struck. They then experience the entire exhibition through the eyes of that person. Thanks to realistic reconstructions of the cabins, the engine room, and the dining room, visitors can steep themselves in the atmosphere of luxury and technological advances of the early 20th century. Visitors will experience the beauty of the period interiors, the noise of the engine, and even touch the fateful iceberg.

More at: www.vystavatitanic.cz

Book



What? Nets, Petra Dvořáková, Host Publishers

When? Published in March 2016

Author and screenwriter Petra Dvořáková entered the public's consciousness with her book of interviews and faith Transfigured Dreams, for which she received the Magnesia Litera Prize in 2007 in the journalism category. Two years later she published her second book, I Am Hunger, about her struggle with anorexia nervosa, and in 2013 she published her first children's book Julie Among Words for which she received the Gold Ribbon in the young adult fiction category. Now she brings us a book of stories about how low self-esteem affects our lives. You're at risk only to the extent that you don't believe in yourself. Where there's low self-esteem, a manipulator is not far away, and they're looking for ways to exploit you for their own benefit. Three modern women, three stories that are by far not only about them.



VISIT US
1.-3.4.2016
FOR BIKES
LETŇANY EXHIBITIONS



SECTOR 29

MTB29

Mountain bikes AUTHOR 29" from 14.590,-

MODUS 29

INSTINCT 29



35.990,-

30.990,-

For more information about new models in 2016 go to www.author.eu. Follow us on Facebook – Author and Author AG Lab.

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 (Vyskočilova St.)
Capacity: 43 parking places
- 3
P
Public underground parking (BRUMLOVKA Building)
Capacity: 30 parking places
- 4
P
Public underground parking (FILADELFIE Building)
Capacity: 102 parking places
- 5
P
Public paid attended parking (Želetavská St.)
Capacity: 36 parking places
- 6
P
Public underground parking (Building G)
Capacity: 16 parking places
- 7
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: 73 parking places
- 4
FILADELFIE Building
Capacity: 100 parking places
- 8
Residential Park Baarova
Capacity: 60 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**

