

BB CENTRUM



02  
2017

review

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Successful in the contest Zlatý středník

For Medicinal  
Mushrooms,  
Look for  
the Trees

Ctirad Lolek:  
O2 Employees  
are Happy at  
BB Centrum

Discussion  
is an Art



Keeping Fit  
at the Office

# SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business  
Comes to Life

## RESTAURANTS

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

## SHOPS

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

## CAFÉS

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

## SERVICES

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

## BANKING

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

## CASHPOINT

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

## SPORT / RELAXATION

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

## HEALTH SERVICES

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

## EDUCATION

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

## CHARGING STATIONS FOR ELECTRIC CARS

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





# Dear Readers,

You hold in your hands the latest issue of BB Centrum Review.

This year, PASSERINVEST GROUP is celebrating the 25th anniversary of its founding, so we'll take one more look at this milestone here in the pages of our magazine. The turnout for the celebration, which took place on the longest day of the year, was fantastic. Thanks for coming out and celebrating with us. We hope you had a good time and made it all the way to the end to see the dance performance on the facade of the FILADELFIE Building as well as the art of the tightrope walker with his dramatic finale.

A quarter of a century under our belts and we hope to stay just as fit for the next twenty-five years. Everyone at Balance Club Brumlovka is ready to help us achieve just that. Read more about the extensive renovation that took place over the summer and come try the new cardio and strength training machines that use the latest technology, considered to be some of the best in the world. At Balance Club, you'll also find an extensive functional training zone with structures for bodyweight training, as well as new bikes for group cycling. If you don't have lots of time, we offer some tips for exercises that you can try in your office. We also take a closer look at some other office trends.

All this and more interesting and practical information about what's new at BB Centrum or what's planned can be found here in the pages of the latest issue of BB Centrum Review. I hope you find it interesting and inspiring.

**Kristýna Samková**

Editor-in-Chief

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Take a look at the BB Centrum Facebook page.

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# BB Centrum Celebrated with Fun, Suspense and the Holy Word

The development and investment company PASSERINVEST GROUP, a. s. celebrated the 25th anniversary of its founding in grand style. BB Centrum organized an event for its co-workers, friends, tenants, and residents that won't be forgotten for a long time. PASSERINVEST GROUP is eager to face the challenges ahead, symbolically represented by the dramatic final performance at a height of seventy meters.



▷ Performers including The Děda Mládek Illegal Band, Hana Zagorová, Jiří Dvořák's Boom Band, and No Name.

# HAPPENINGS AT BB CENTRUM

Radim Passer's company chose the longest day of the year - June 22 - for the celebration. On the day of the celebration, a huge podium went up in Baar Park and was graced by stars of the Czech music scene - Hana Zagorová, Jiří Dvořák's Boom Band, The Děda Mládek Illegal Band, as well as Slovakia's No Name. The day's program included lots of activities for kids and adults, such as face painting, competitions, and a bouncy castle. There were also all kinds of stands featuring vegetarian and exotic delicacies, as well as more traditional food and drink from local restaurants. Attendees could take home a souvenir of the day - a 90s-style photo from our retro photo booth.

Around 3,000 people attended the festivities. For those who stuck it out until the wee hours, a stunning surprise awaited. Seventy meters above their heads, a tightrope walker balanced and on the facade of the FILADELFIE Building, 50 meters up, acrobats performed a vertical dance.

One of the highlights of the evening was a speech by the founder and chairman of the board of PASSER-INVEST GROUP, Radim Passer. He looked back on the company's history, on its successes so far, but also on its low points, which paradoxically pushed it further in the right direction. Mr Passer spoke openly about his own personal story, which is closely linked with his development plans. "I am enormously grateful to God for all that we've accomplished so far," said Mr Passer during his speech and also gave thanks to his family, friends, and all his co-workers, including all BB Centrum tenants. oo

The concert program was accompanied by lots of activities for kids and adults, such as face painting and competitions. There was also a variety of food stands.



◀ A dance performance at 50 meters up was one of the highlights of the celebration.



◀ The weather turned out great.



◀ Viewers held their breath as they watched the tightrope walker perform.

# The Annual Battle for the BB C Cup

On Friday, June 16, 2017, the 17th annual BB C CUP football tournament took place among BB Centrum tenants. Like every year, the matches were very exciting and even featured some surprising moments.

○ This year, teams from Mars, Microsoft, Moneta Money Bank, Balance Club Brumlovka, Passerinvest Group, DAS, Savencia Fromage & Dairy, Cebia, and UniCredit Bank took part in the annual tournament. And how did BB Centrum tenants do? MARS came in first place, MICROSOFT took second place, and in third, BALANCE CLUB BRUMLOVKA. Marek Chrobák of BALANCE CLUB BRUMLOVKA earned the title of Best Scorer. You can find more photos and a video from the BB C CUP on the BB Centrum Facebook page. ○○



◁ The winning team from MARS with the cup and legendary footballers Karol Dobias and Antonin Panenka



◁ Everyone played great, active, and friendly football

# Radim Passer Receives the European CEEQA 2017 Award

BB Centrum has yet another reason to celebrate. Radim Passer, founder and chairman of the board of the developer and investment company PASSERINVEST GROUP, is the latest recipient of one of the most prestigious awards one can get in the entire CEE region. He accepted it during a gala evening that took place on April 26 in Warsaw.

Every year the CEE Insight Forum in cooperation with the prestigious financial newspaper the Financial Times presents the Central & Eastern European Real Estate Quality Awards (CEEQA), in which they choose the top individuals, companies, and projects throughout the 18 countries of Central and Eastern Europe. The CEEQA Lifetime Achievement in Real Estate goes to a person who has had transformational impact and made lasting contributions to the real estate sector in the "new" Europe. Only one person receives this award annually and its presentation is the pinnacle of the entire evening. An independent jury awarded Radim Passer with this title primarily for the construction and further development of the BB Centrum multifunctional complex as a "city within a city". The jury, made up of bankers, consultants, investors, and other real estate experts, declared the founder and general director of the developer and investment company PASSERINVEST GROUP as one of the most active reconstruction pioneers in Central and Eastern Europe after the fall of communism.





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# The Kinobus Brings Summer Fun to BB Centrum

In the second week of August, the ever-popular Kinobus parked at BB Centrum and offered up a fun program for all fans of summer cinema.

Viewers took in the Czech and foreign films in front of the mobile cinema, which was parked on U Michelské školy Street near Baar Park. Over the course of four evenings, viewers had the opportunity to watch the animated film Zootropolis, the Czech films Všechno nebo nic and Špunti na vodě, as well as the French drama Polina. The screenings under the summer night sky were made more comfortable with benches to sit on and traditional “movie” refreshments for a perfect film experience. ○○



# Big Fun at Children’s Day at BB Centrum

As every year, PASSERINVEST Group organized a great program for kids for International Children's Day. On Thursday, June 1, children enjoyed a fun-filled afternoon with lots of activities, competitions, and goodies at both Baar Park and Brumlovka Park. There were lots of fun things to do, such as the ever-popular face painting, a bouncy castle, and a clown show. ○○



# Baar Park Keeps Blooming Even in the Autumn

PASSERINVEST GROUP continues to invest in greenery and public areas. Baar Park has been undergoing an extensive replanting of individual flowerbeds since last fall. A delightful autumn floral surprise awaits visitors to the park, who have been enjoying beds of new flowers since early spring.

○ In the spring, visitors to Baar Park admired the gorgeous bluebells, yellow daffodils, colorful tulips, and spring crocuses, the late types of which also bloom in the early days of autumn. The flowerbed near the petanque pitch, blanketed in spring with snowdrops and snowflakes, is now awash with perennials known as astras. Also on display until autumn are the dark red blooms of a new type of rose (Rosa cv. Pusta) that was newly planted at the nearby terrace near the water feature.

Work in the park doesn't stop with the end of summer. During the autumn months, the shady areas under the plane tree will be planted out to create a striking solitaire in the back part of Baar Park near the drinking fountain. Finding their new homes here will be hostas, as well as bluebell, daffodil and hyacinth bulbs, which will perk up this flowerbed with their vibrant colors next spring. Also this autumn, the bed under the oak tree will be entirely replanted with three types and colors of spiked speedwell. Red and yellow tulip bulbs will also go in, which will spring to life in the central part of the park after the winter ends. ○○



# Roztyly's Revived Forest Park is Just Steps From BB Centrum

PASSERINVEST GROUP opened up the first part of the forest park, located near the Roztyly metro station, to the public and has already held two fun-filled sports afternoons here for families with children.



children's laughter during a fun-filled family afternoon. PASSERINVEST GROUP organized great activities for children and their parents, such as slackline walking, archery, and frisbee. And yet another, but definitely not the last, fun-filled afternoon took place at the start of the school year.

▽ Both big and small enjoyed the disc golf



△ Antonín Panenka and Karol Dobiaš also took part in the children's afternoon

## ○ There's a New Place for Sports and Relaxation

In Prague, you'll find a lot of "dead zones", - places you definitely wouldn't want to go for a walk or a picnic. One such zone is the Interlov complex to the northwest of the Roztyly metro station. But this year, PASSERINVEST GROUP (the owner of the property) opened up the first part of the park to the public - here you'll find a newly landscaped meadow which is perfect for sports, relaxation, or even a picnic.

## ○ Play Disc Golf When You Head for a Walk to Krčák

The entire area will be gradually recultivated and expanded, and equipped with open sports courts for a wide variety of leisure time activities, as well as benches and other amenities. In the park, there's already a newly-installed disc golf pitch with two baskets and four tees. Just bring your own "flying disk" and you're ready to play!

## ○ Fun Family Afternoon in the Forest Park for Kids and Adults

The cleared and revitalized area began fulfilling its new function already back in April. On the occasion of its grand opening, the forest park was filled with activities and

## HOW TO GET THERE

The Forest Park (the former Interlov complex) is located adjacent to the Nosál Hotel and Za Větrem restaurant in the Roztyly district of Prague (on U Michle-ského lesa Street), 500 m from the Roztyly metro station (line C) in the lower part of the Michle Forest. There are three panels installed in the forest park which detail future plans for the Interlov complex and in the area. For more information about the area, see their website at [www.areal-interlovu.cz](http://www.areal-interlovu.cz).

# Maranatha Celebrates 15 Years

This is an exceptional year for the Christian missionary organization Maranatha – it’s celebrating the 15th anniversary of its founding. Over the course of its existence, Maranatha has successfully helped and given hope to many people and has created a number of interesting projects based on Christian principles, good relations, and positive values. So let’s take a look back at what Maranatha has accomplished so far as well as what lies ahead.

○ When Radim Passer founded Maranatha in 2002, its primary mission was to focus on spiritual educational projects to bring people hope, knowledge of biblical values, as well as practical assistance. Today, thanks to this mission, Maranatha is active in a number of different areas. Its first major project is called Youth for Jesus, and as the name indicates, it’s an initiative for young people who want to be of use to those around them. Therefore they don’t mind spending their summer holidays volunteering their own time and energy to help others share their faith. The project takes place not only here, but also in Slovakia.

The New Beginnings project is a series of 27 lectures on a broad spectrum of biblical topics for which Maranatha provided the Czech translations. The multimedia seminar is aimed at those who are interested in spiritual questions and what the Book of Books has to say on a variety of topics. Equally important is Genesis Era. The goal of this project is to provide scientific information about our origins and the beginnings and history of the world. One of Genesis Era’s sub-projects is Genesis Expo, a travelling exhibition that makes its way around the Czech Republic and Slovakia. Genesis Era will have a website on which readers can find many interesting popular science articles and videos.

The Bible has greatly influenced our history and therefore deserves a place of honor where one can learn more about its origins, history, and its modern significance - the International Bible Museum and Library is yet another project supported by Maranatha. The first Czech museum was established based on a unique travelling exhibition through dozens of Czech and Slovak cities and today is based in Jablunkov. Because of its uniqueness, Christians from many countries have come here to visit it.

Another area of activity is supporting humanitarian projects and helping others, which is one of the fundamental values of Maranatha. For example, it works on local and foreign projects with the humanitarian organization ADRA.

Over the past 15 years, it has also founded a number of Christian congregations. Worthy of mention is the BETH-ANY Community Centre, which was founded here at BB Centrum. Worship services are held here every Saturday, and the building also serves as a community center. Other congregations have been established in Štětkovice and Sedlčany. Most recently, Maranatha supported the foundation of a congregation in Bratislava. The Eliáš Christian kindergarten and primary and secondary schools are also a source of great blessings. These educational institutions were established as part of BB Centrum and enjoy great in-



△ Children’s sports day in Štětkovice



△ Youth for Jesus event

terest from parents and children. And of course, the family is another crucial topic that Maranatha involves itself with. Every year a Children’s Day celebration is held in Sedlčany for both big and small.

Also essential for Maranatha is health education to help people lead healthier and fuller lives. That’s why they run the vegetarian restaurant and shop of the same name in the BRUM-

LOVKA Building. Another very important area is that of publishing. Throughout its existence, Maranatha has sold over 500,000 books and publications. It also supports various projects carried out abroad under the auspices of the Seventh-Day Adventist Church, such as the One Day Church and One Day School projects. Over the course of a single day, a prefab steel structure can be erected on a prepared foundation to be used as a new place of worship or school. To date, about 300 such structures have been erected with Maranatha’s support, with space for 60,000 people. Overall, Maranatha has already supported missionary and evangelical projects in more than 50 countries on all continents except Antarctica.

So what’s next for the community? The organization would like to continue to support people on their journey to the Lord Jesus Christ and to eternal life, as well as to bring people practical, necessary information here and now.



**Maranatha z.s.**  
Jemnická 887/4, Prague 4  
Tel.: +420 224 210 571  
[www.maranatha.cz](http://www.maranatha.cz)

# Maranatha Vegetarian Restaurant Celebrates Its 10th Birthday

For ten years now, Maranatha has been showing its customers that healthy vegetarian food can be interesting and flavorful. It completely lives up to its motto: “Our food will win your heart.” And how is the restaurant celebrating this milestone? With great food, of course. Both real and on paper.

## All-Star Week Offered the Most Popular Dishes

Maranatha opened in BB Centrum in April 2007 and since then it has welcomed over 750,000 guests. They include vegetarians as well as those who haven't entirely banished meat from their diet, but are interested in good food and are looking for new culinary experiences. As part of the 10th anniversary celebrations, a special event called All-Star Week was held, in which the head chef prepared a selection of the restaurant's most popular dishes, such as tikka masala with tofu, robi filets in cream sauce à la svičková, and eggplant rolls with feta cheese. Also in honor of their tenth anniversary, Maranatha published the first volume of their vegetarian cookbook in early 2017, featuring recipes for some of their most popular dishes.

## High-Quality Ingredients and an Honest Approach

How does Maranatha win the hearts of its visitors? With high quality and an honest approach. Since the very beginning, it has focused exclusively on the best ingredients, to the greatest extent possible organic, and has placed emphasis on their storage and preparation. The chefs choose the gentlest cooking methods to guarantee that food maintains as much of its nutritional value as possible. Some dishes are prepared with high-quality meat substitutes made of grain, soy, or egg protein, the taste of which very successfully replicates that of real meat. In addition, their food does



not contain any ingredients or products that contain artificial colors, preservatives, artificial flavorings, or flavor enhancers such as MSG. On the menu, you'll also find gluten-free and lactose-free dishes, and even some that are suitable for vegans.

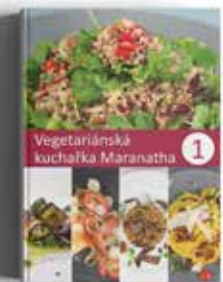
## A Modern, Varied Menu

Many people eat at Maranatha regularly, so it's important to keep the selection as varied as possible. Every week there's a new menu, which keeps an eye on modern trends in international cuisine and takes the varied taste preferences of its diners into consideration. The daily menu includes soup and a choice of several hot dishes and fresh salads. Diners can even choose a specially priced menu which consists of soup, a preselected hot entree, and lemon-

-infused water. Those who love healthy desserts will also be delighted to find such tasty treats as Greek yogurt with fruit and a chia dessert made with plant (or cow's) milk. Tap water is available for a symbolic price, and there's also a wide selection of cold and warm non-alcoholic and caffeine-free drinks.

## Portion Sizes to Suit You and Quick Service

Can't decide what you're in the mood for? Fear not! The food here is served



buffet-style, so you can take a little bit of everything. For example, try the grape leaves with rice, hummus, various salads, and more. At the cashier, your plate is weighed and you pay only for what you've “loaded” it up with. Regular guests can ask for a VIP card and receive discounts. You can eat lunch without rushing in 25 minutes. You can also take advantage of their free delivery service anywhere within BB Centrum and the immediate vicinity. The current weekly menu is published in advance on the internet and those who have registered can get it straight to their email inbox. ∞



### Maranatha Vegetarian Restaurant

BRUMLOVKA Building

Opening Hours: Mon–Thu 11:00 a.m. to 7:00 p.m.

Fri 11:00 a.m. to 5:00 p.m. [during “winter time” 11:00 a.m. to 3:00 p.m.]

Closed on Sat, Sun, and holidays

[www.restauracemarannya.cz](http://www.restauracemarannya.cz)

# Ctirad Lolek: O2 Employees are Happy at BB Centrum

O2's Prague headquarters have been located at BB Centrum for over ten years and they're one of its most loyal tenants. We met up with Ctirad Lolek, HR Director of O2 Czech Republic, in their café to talk about how satisfied O2 employees are with BB Centrum's facilities, but also about what's new at the company and how they attract fresh, young talent.

**○ The BB Centrum complex has undergone significant changes in recent years. What's your company's perception of these changes and how do they affect you?**

I like that the complex has been maintained to a very high standard throughout the time we've been here. Over the past ten years, our company has undergone a number of changes, which are related to our activities at BB Centrum. An important step for us was leaving the building on Vyskočilova Street and moving to the GAMMA Building. At present, we have over 1,700 employees here in our Prague offices and we're always working hard to make their workplace better and better.

**Can you tell us what's new at O2?**

Last year we opened an informal co-working hub, called the O2 Hub. We regularly hold inspirational meetings with interesting people at the Hub, as well as creative and technology workshops, and all kinds of after-hours activities take place there as well. O2 employees can look forward to regular inspirational Mondays, creative Wednesdays, and various networking activities. Part of the O2 Hub is a small technology showroom where employees can try out the newest products from O2. The Hub is designed both for employees and for anyone who'd like to stop by for coffee.

At present, we have over 1,700 employees here in our Prague offices in the GAMMA Building, and we're always working hard to make their workplace better and better.





Another new thing is our new training center in the BETA Building. The training facilities are set up in such a way that various teaching methods can be combined with maximum use of digital technologies, and the instructors can still give employees individual attention. We're gradually replacing traditional classes with practical workshops based on cooperation, mutual sharing of experiences, and personal interaction. More and more we're integrating all kinds of digital technologies into our training - videos, e-books, and mobile applications. At this point, we plan to have over 11,000 employees passing through the training center yearly.

**What do your employees like best about the complex?**

The high-quality facilities at BB Centrum and easy transportation access are two of the things that people praise the most. There are plenty of places to go for lunch or coffee, to the hairdresser, to the dentist, or to exercise. There's also a post office, banks, and ATMs. In addition to normal public transport lines, two special bus lines - BB1 and BB2 - run to BB Centrum daily, so access is really great.

That's very important as parking spaces in the area become harder and harder to find as well as the upcoming introduction of blue parking zones.

**Where do you personally like to go at BB Centrum?**

I visit Balance Club Brumlovka regularly - at least twice a week. From there, it's just a short hop to work. And I have to say that after the renovation, the equipment and facilities are even better than before! I also like the great restaurants and cafés in the complex - I often hold business meetings in them.

One of the other articles in this issue discusses "health at work". How do you deal with this topic at O2?

The high-quality facilities at BB Centrum and easy transportation access are two of the things that our employees praise the most. There are plenty of places to go for lunch or coffee, to the hairdresser, to the dentist, or to exercise. There's also a post office, banks, and ATMs.

**MOM, DAD, SHOW ME WHERE YOU WORK!**

In late June, over 300 children aged 2 to 15 filled the GAMMA Building as part of an open house where parents could show their children where they worked. In addition to a tour, children of employees enjoyed treats and lots of fun activities.



Healthy employees are of course very important to us, and we have a whole range of programs to support them. Every employee is entitled to a contribution towards sports activities. We also organize regular Health Days, both here at our headquarters in Prague as well as at our regional offices. Regular, high-quality food is essential, so I'm glad we were able to get a new supplier for our cafeteria. We chose Perfect Canteen, which offers balanced meals made with fresh ingredients.

Because we recognize that the key to physical health is psychological health, we try to organize events such as Family Days. One of these was our "Mom, Dad, Show Me Where You Work" event, which took place in June. Our employees could bring their family members - mostly kids - to work. We organized some fun activities and parents could show their kids where they worked.

**What do you like best about your job?**

Above all that it's not stereotypical. There's always something going on and I constantly have to learn

new things. And most of all - I have lots of interesting people around me.

**Does such a large company as O2 attract young people? Why do you think young people are so important?**

In my opinion, working with young people is extremely important. This generation brings a new perspective, they're more open and critical. O2 is a digital company. Therefore, it's essential to have the younger generation in the company - they're the biggest users of technology. We focus on young people in a number of ways. We have a special program called SmartUp, which helps people up to age 26 realize their non-profit projects to support the community. We also have a long-term focus on the younger generation in recruiting. We just completed a multi-year Internship Program, through which we offer students what's often their first work experience. I'm delighted that 70% of the interns have stayed with us as full-time employees after finishing their studies.

# KOBE FUSION RESTAURANT: Indulge Your Taste Buds at BB Centrum

Where is the art of gastronomy born? Right here. On July 10, KOBE RESTAURANTS' ninth restaurant opened in the BETA Building. The new "fusion" restaurant presents international cuisine focusing on meat and Asian specialities.



Jaroslav Křenek,  
Executive Chef, KOBE  
FUSION RESTAURANT

The new restaurant has all the typical elements of a KOBE restaurant: a designer interior, perfect service, a unique eye for detail, and an excellent menu. Steak lovers aren't given short shrift at this branch either: KOBE's exclusive meat from the world-renowned Japanese cattle breed Wagyu, which experts rightly consider to be the best beef in the world, is available here as well.

"I think our menu will satisfy even the most demanding foodies with its variety and originality. I would of course like to highlight our Kobe beef specialities, which you can't get just anywhere in the Czech Republic," says Jaroslav Křenek, executive chef of the KOBE RESTAURANTS network, which along with the other culinary masters and professionally trained staff is a guarantee of the highest quality.

Křenek has been the head of the KOBE culinary team for the past seven years. He helped develop the menu and set up the first KOBE on Wenceslas Square, and since that time has been in charge of planning and opening all its other restaurants. Křenek has been working as a chef for over 20 years now. He gained his most significant experience at Le Bistrot de Marlene and has worked in many other French restaurants. According to him, the turning point

in his career came when he worked with French chefs during the openings of their Prague restaurants and of course the opportunity to be a part of the founding of the KOBE RESTAURANTS s.r.o. brand on the Czech restaurant scene. In addition to coming up with a whole new series of new dishes and a seasonal menu, his primary goal is to seek out the best suppliers and ingredients in order to ensure the highest possible culinary experiences for his guests.



#### KOBE FUSION RESTAURANT also offers:

- Professional catering - an unforgettable experience for your company events, meetings, conferences, or trainings
- Sushi school - a great team-building idea
- Sushi delivery right to your desk
- Special weekly and lunch menus
- Open kitchen
- Outdoor seating in warm weather
- 150 seats including outdoor seating ∞



**KOBE FUSION RESTAURANT**  
BETA Building, Vyskočilova 1481/4, 140 00 Prague 4  
Opening Hours: Mon–Sun 11:00 a.m. to 11:00 p.m.  
Tel.: 222 232 134, [www.koberestaurants.cz](http://www.koberestaurants.cz), [facebook.com/KobePrague](https://facebook.com/KobePrague)



# Cebia: Proven Vehicle History and Security

In June, the ALPHA Building welcomed a new tenant – Cebia – which deals primarily with verifying vehicle histories, origins, and originality. Are you thinking about buying a used car, but can't shake your nagging suspicions about its origin and potential problems? Turn to the experts right here in your area.



"At BB Centrum, we like the overall environment of the complex, the individual buildings and their surroundings, and especially the amount of greenery. There are many interesting companies here and the area also offers excellent transport accessibility both for us and our customers," says Ing. Martin Pajer.



○ Cebia offers services that those interested in buying a used car can take advantage of even before they buy. It's very important to verify the odometer reading, for example (to determine whether or not it's been tampered with), the actual date of manufacture, its service history, accident record, and other data and events from the vehicle's past, and for imports from abroad, its origin in that particular country.

Cebia's key system is AUTO-TRACER, which is available online at [www.zkontrolujsiauto.cz](http://www.zkontrolujsiauto.cz), and lets you check a vehicle's history, including its past recorded odometer readings. Over 100,000 customers use this system every month. Cebia has also protected hundreds of thousands of cars with its windshield engraving service. This service can be performed on your vehicle at their headquarters in the ALPHA Building. It's one of the most common, as well

## SPECIAL DEAL FOR BB CENTRUM TENANTS

70% discount on windshield security engraving for all BB Centrum tenants and their employees! Just call 222 207 207 for more instructions and to make an appointment.

as most effective, methods on the market for securing your vehicle.

"Cebia's service offer is unique, and I dare say that there's not another company in the world that offers similar services to a comparable extent as us. In addition to services for consumer motorists, we also provide a range

of services for companies, including verification and security for vehicles, as well as software development and fleet audits," says Ing. Martin Pajer, Cebia's CEO.

Last year, Cebia celebrated the 25th anniversary of its founding. The company is still growing - it continuously introduces new products, and its services are used by more and more customers. It was because of this growth that they made the move to the ALPHA Building where they have 1,200 m<sup>2</sup> of office space. In the building's underground area, the company has a newly built workshop where they perform windshield engraving, mount satellite units, and carry out physical vehicle inspections. ○○



**Cebia, spol. s r.o.**  
ALPHA Building, Vyskočilova 1461/2a, 140 00 Prague 4  
Tel.: +420 222 207 207, Fax: +420 222 207 107  
[www.cebia.cz](http://www.cebia.cz)

# Attention Gentlemen: Pamper Yourself in FILADELFIE at ADAMS Barbershop

Barbershops – those places where men go to for a shave and a haircut – are becoming more popular both in Prague and in smaller cities. One of the newest entries on the map of the Czech metropolis and of BB Centrum is the stylish ADAMS Barbershop & Gentlemen’s Club in the FILADELFIE Building.

Barbershops are exclusively for male clients – the first one opened in Prague six years ago, but the biggest boom hit two years ago. Since that time, barbershops have sprung up not only in large cities, but in smaller towns as well. And Prague in particular is full of men wearing full beards. And it’s because of these beards that barbershops have undergone a true renaissance.

You can head to a barbershop for a haircut and shave – with a straight razor, of course, as was common back in the 1930s. But barbershop services don’t end with straight razor shaves. “We offer men haircuts, shaving, paraffin wraps, and facials,” says Simona Sýkorová, manager of ADAMS Barbershop. The branch at BB Centrum opened last December and is the second barbershop under the ADAMS name. The first one has been successfully running for two years now in Prague’s Holešovice district.

“Right from the very start we wanted to be a bit different. We wanted to be not just a barbershop, but rather a gentlemen’s club. Our goal was to give men a place to come and relax, and to get a haircut on top of that was just an additional benefit,” explains Sýkorová from the middle of the spacious, well-designed barbershop. Since last December, ADAMS Barbershop has acquired hun-

dreds of regular customers – both employees of BB Centrum tenants, as well as local Prague 4 residents, as there’s nothing similar nearby.

“We here not only for individual customers, but we also work with BB Centrum companies whose employees come to us. They offer barbershop visits as a benefit. Most recently, the director of one of the IT companies contacted us to see if her employees could come to us. We’re aware that



IT people are more conservative, so we definitely won’t push them into modern hairstyles that they wouldn’t like. Our philosophy is to give everyone their own haircut – the one that looks best on them,” says Sýkorová. In addition, ADAMS is always looking for something new to add to their menu of services. During the summer, customers received refreshing drinks while getting their hair cut – an alcoholic beverage is, after all, part of any barber-shop’s service. From the comfort of the chair, you can also try premium rums. And before Christmas, VIP clients can look forward to a party celebrating ADAMS’ one year anniversary in Prague 4. We hear it’s going to be huge!

ADAMS even keeps the ladies in mind, but not as traditional customers. Here they can pick up gift certificates for barbershop services for their husbands, partners, or friends.

## ADAMS’ UNIQUE STYLE EMERGENCY SERVICE

If you just don’t have time to go to the barber, ADAMS Barbershop offers a Style Emergency service – the only one of its kind here. You can make an appointment and their barber will come to your office, and within an hour transform you into a well-groomed gentleman.



**ADAMS Barbershop**  
FILADELFIE Building, Želetavská 1525/1, 140 00 Prague 4  
Opening Hours: Mo–Fri 10:00 a.m. to 8:00 p.m., Sat 10:00 a.m. to 4:00 p.m.  
[www.adams-barbershop.cz](http://www.adams-barbershop.cz), [facebook.com/adamsbarbershopcz](https://facebook.com/adamsbarbershopcz)

# What's Hot in Men's Hairstyles

The modern man doesn't consider going to the barbershop as a punishment. With a drink in his hand, he's learned to sit back in the barber's chair, relax, and enjoy the pampering. He knows very well that style is not just about a well-put-together outfit, but also about well-groomed head and facial hair. So what are the latest trends?

Just as fashion designers are inspired by history, top hairdressers also look to the past for ideas. Right now, men's hairstyles are dominated by the 90s (characterized primarily by high-quality cutting), and for those who can get away with it, styles from the 40s and 50s, with their combed quiffs and shaved sides.

"But what remains true is that it should be a combination of a modern hairstyle with a real classic," adds Simona Sýkorová of ADAMS Barbershop. "In our experience at BB Centrum, we see that Czech customers aren't particularly fond of the most recent trends - in general I'd say that the business clientele is rather conservative. Instead, they look for a high quality cut that suits them. Of course we respect trends, but for example the

lumberjack look isn't for everyone, so we don't blindly adhere to trends at any price. On the other hand, in our salon on Veletržní Street, the age of our clientele starts at about 25, and these customers can indulge in trends and aren't afraid to experiment," she explains.

And what's essential for a good men's haircut according to Simona Sýkorová? "A top barber should learn how the hair falls, what happens to it when it's cut, and how it moves. They should be able to work with how everything 'sits' after the haircut. In the end, it's not about creating something trendy on the client's head, but rather a practical cut that will look good under any circumstances. Our motto is: Invest in your hairstyle - it's a crown you wear every day." ∞

## WHERE DID BARBERSHOPS COME FROM, OR MEN ONLY, WOMEN KEEP OUT

The word 'barber' comes from the Latin word 'barba'. Originally, barbers weren't just hairdressers, they also served as dentists and doctors, as well as something like personal confessors for men. Barbershops weren't only a place to get a haircut and beard trim, but also a place where men met, discussed, and expressed their own opinions. This was particularly important on the other side of the ocean. In the USA, an integral part of the history of barbershops were the so-called 'black' barbershops. Here, groups of African-Americans met and gradually formed communities, and visiting a salon came to be a way to spend their free time. But a warning! Women were not allowed into these 'clubs'.



# PRO.MED.CS: Pharmaceuticals – Originality – Art

Proven, effective, safe medicines? That's PRO.MED.CS Praha, a.s. The company's main manufacturing facility is located just a few meters from BB Centrum on Telčská Street, and part of the company has moved to new space in the DELTA Building! A major role in the new office design is played by works by Czech artists, and this unique combination of art and company culture is definitely worth a look.

○ PRO.MED.CZ Praha, a.s. has been active on the pharmaceutical market for over a quarter of a century. It specializes in the manufacture of tablets, coated tablets, and capsules – over 2 million a day. The company portfolio lies primarily in the gastrointestinal, cardiovascular, and musculoskeletal areas. It exports its products to over 25 countries.

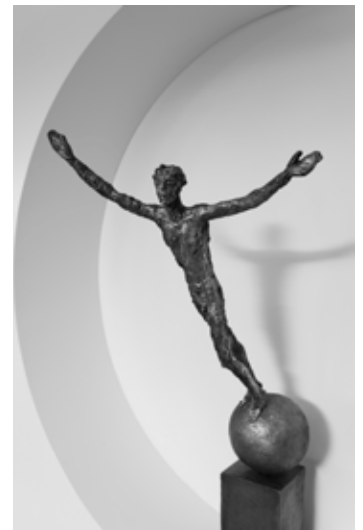
And it's still growing – both in the number of drugs it produces as well as in its number of employees. The decision to move part of them to new space in the DELTA Building in the BB Centrum complex wasn't just a question of resolving capacity issues. It was also an opportunity to provide more comfortable working conditions for employees, and to work in a completely new, modern space. From the start, the design of the new offices had specific



△ Ivan Ouhel:  
Woman – Landscape



▷ Ivan Ouhel:  
Mácha Region



△ Olbram Zoubek:  
The Victory of  
Thought



▷ Svatopluk  
Klimeš

goals: to provide new impulses to the senses, to inspire new ideas and ways of thinking, as well as to ensure that people felt good there.

The result is a work environment that's set apart by its unique works of art, lent to PRO.MED.CS Praha, a.s. by the Artists' Union. Paintings and sculptures by leading Czech contemporary artists interact in mutual harmony with the architecture of the space. With this combination, the environment takes on the appearance of an unconventional gallery while ensuring practicality and effectiveness. The office's char-

acter and atmosphere complement the company's culture and direction.

After a year in the new space, employees rate their new workplace on the sixth floor of the DELTA Building very positively – they like the space and its openness, which has helped improve communication. They also appreciate the services that the BB Centrum complex offers. ○○



**PRO.MED.CS Praha a.s.**  
DELTA Building  
Za Brumlovkou 1559/5, 140 00 Prague 4  
[www.promedcs.com](http://www.promedcs.com)

# How to Keep Fit in the Office

Spending the day sitting at the computer is a plague in today’s digital era. Most of us spend over ten hours a day sitting – not only at work at the computer, but also in the car and then at home in front of the TV. But the human body wasn’t created for such an onslaught of sitting, and the spine, core muscles, and circulatory system suffer.

○ Sedentary jobs often lead to rigid, often unnatural body positions. The parts of the body most at risk are the neck, shoulders, forearms, and the ligaments in the elbow, wrist, and fingers. Conditions can worsen, pain can be accompanied by burning or numbness of the upper extremities. It’s not uncommon for pain in the entire spine from the lower back to head pain to appear. You know how that is, right?

## Carpal Tunnel Syndrome

And there’s the constant repeated small movements of the hand that guides the mouse. These can lead to big health nuisance known as carpal tunnel syndrome. Women are most often afflicted – they have smaller hands and hormonal changes make them more vulnerable, such as using birth control pills, during pregnancy, or during menopause.

This syndrome can be prevented by eliminating stress on the wrist and hand muscles caused by repeated movements or by leaving them too long in one position. If you perform



such stressful activities, it’s good to take regular breaks to relax, stretch your hands, including loosening your fingers and your entire hand.

### Prevention: Take a Break

The proper prevention of health problems relating to work on a computer can often help avoid chronic problems. You won’t release stress on the spine just by taking short breaks for stretching and movement throughout the day. It’s also important to have a good office chair which has multiple adjustments, and make sure your

workspace is laid out well so that you can sit properly without excessive strain and without slouching.

### Sitting Properly is Essential

A proper sitting position means both feet are resting on the floor, about hip width. This position is more natural for men, and women occasionally have problems getting used to it as they’re prone to crossing their legs. It’s also very important to move around periodically and position the body in such as way as to give your muscles a break. ○○

## 3 Easy Tips to Move More in the Office

1. Set a reminder on your phone to get out of your seat every 60 minutes. Stand up and walk around. Walk up and down the stairs or through the hallways.
2. If you need to talk about something with a colleague, suggest discussing it while taking a walk.
3. Get up and walk around when making phone calls.



## RELAX IN THE SKY

Don’t forget that in most BB Centrum office buildings, there’s a roof terrace, which are great places to take a break and stretch. And if you really need to, you can take care of a few emails or even set up a temporary office if the weather’s nice – there’s wifi available. Lovers of solid ground under their feet can take advantage of temporary offices in one of BB Centrum’s parks.

Release stress on the spine by taking short breaks for stretching and movement throughout the day. It’s also important to have a good office chair and a well laid out office.

# Exercises That Will Get You on Your Feet

You can get a good stretch workout right in your office, and it doesn't matter whether you've got a dress or a suit on. You don't need any special exercise equipment or a shower afterwards. The goal isn't to burn fat, but rather to exercise the neck and upper spine, which is most affected by long periods of sitting at the computer. Exercise regularly and with focus several times a day – each exercise should be repeated 10 times.



### 1. Hand Twists – relaxes the chest and neck muscles

Sit about halfway back in your chair, feet slightly apart, contract your abdominals, and drop your shoulders. Sit straight, but not stiffly, and twist your hands forward and backward, while activating the area between your shoulder blades.



### 2. Shoulder Circles – relaxes the muscles in the neck and shoulders

Sit straight, rest your hands freely in your lap, and perform circles with your shoulders – forward and backward. You should feel pressure in your back.



### 3. Side Arm Flutters – relaxes the shoulders and neck

Once again sit straight, arms bent at a right angle at shoulder height, drop your shoulders, and slowly move your forearms back and forth parallel to the floor.



### 4. Carpal Tunnel Exercises

Stretch your wrists by resting them against the wall, a door, or your desk. Place your hands on the table, press firmly down on your palms, but don't lift your shoulders. The more you lean forward (without bending your arms), the more effective the exercise will be. Keep your head down,



**5. Shoulder Circles and Head Turns**

Sit straight, arms at your sides or resting in your lap, turn your head to one side, and perform circles with the opposite shoulder.



**6. Side Bends - exercises the back and abdominals**

Sit straight, arms along your sides, and bend to the sides, one arm always hanging down. Don't lean forward or arch your back.



**7. Forward Bend**

Feet at hip width, bend forward and rest your chest on your legs, head between your knees, arms hanging freely down along your legs. Round your back, look at the ground, and simply "hang". Breathe deeply into your abdomen and relax for 20 to 30 seconds.

**HOW TO SIT PROPERLY AT THE COMPUTER**

Sitting in one position for long periods isn't natural. We'd like to teach you how to sit properly to ensure your position puts as little strain on your body as possible.

**5 Important Principles of Sitting Properly:**

- Rest about 2/3 of your forearms on your desk. Don't hunch your back.
- Legs should not be stretched out or tucked under you, but rather your feet should rest freely on the floor at about hip width. Under no circumstances should you cross your legs. Don't sit stiffly, but focus on strengthening your core stabilization system.
- Your upper and lower legs should be at right angles, as should your upper legs and back. There should also be a right angle between your forearm and upper arm.
- Your monitor should be at the same level as your eyes - you shouldn't need to tilt your head up or down to view it. Your desk should be low enough that you don't need to raise your arms.
- Always sit directly in front of your monitor - if you need to turn, turn your chair, not your body.

**Try an Overball**

There are great aids for those who take proper seating seriously or who are already have problems. The overball is an ideal office accessory - an inflatable ball that you place behind your spine or between your shoulder blades. It's a good idea to switch positions. Don't forget - the ball should be underinflated and don't be afraid to lean against it.

**There's No Mouse Like a Mouse**

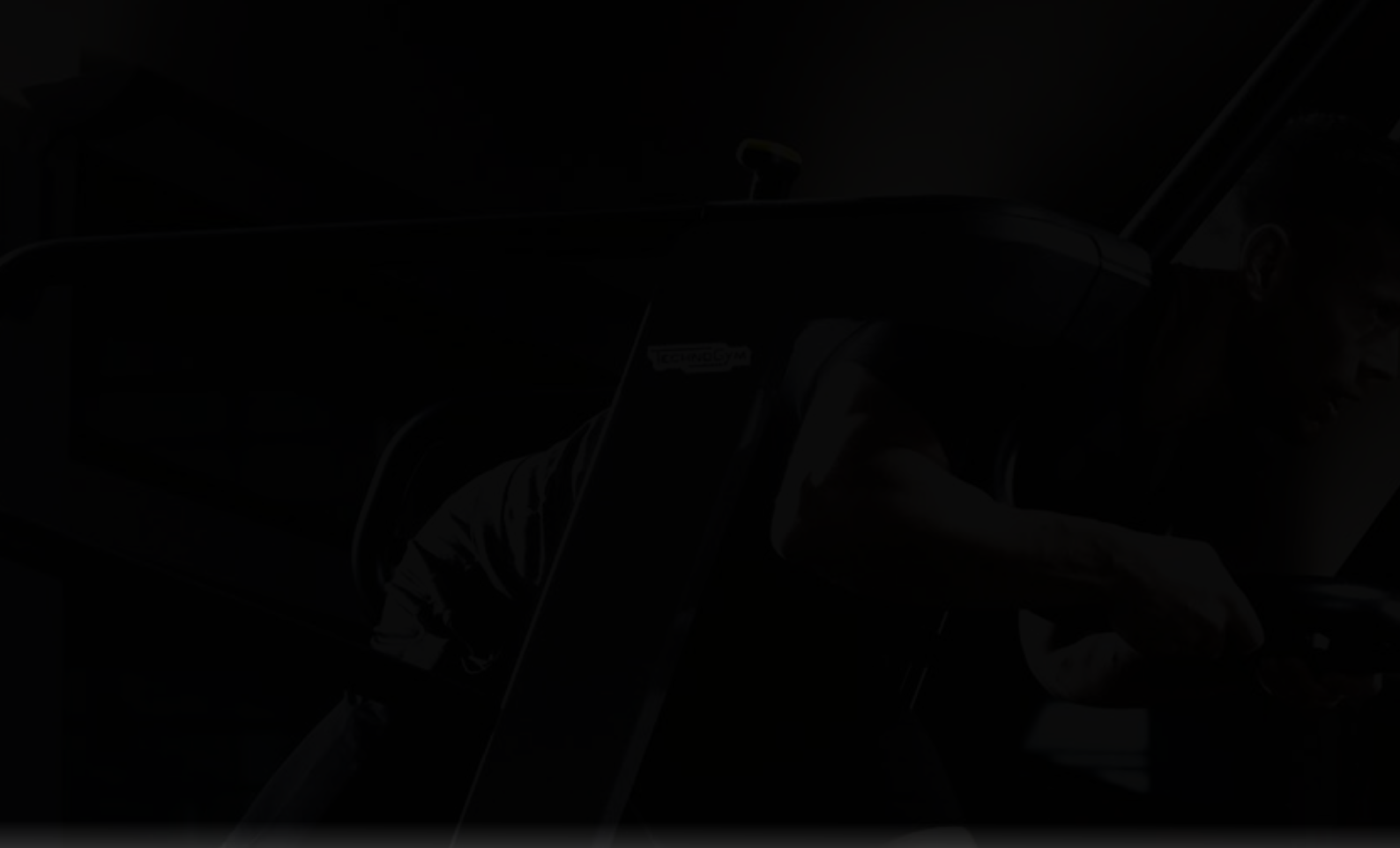
It's also important to have the right size mouse. In general, the smaller your hand, the smaller the mouse. Always choose a mouse that corresponds to the size of your hand. When choosing, follow the rule that your mouse should fit naturally in your hand. It's also a good idea to use an ergonomic gel mouse pad to reduce the negative effects when using the mouse for longer periods of time. You should also try to learn to use your mouse with both hands. It takes practice, but you'll avoid overstraining one wrist.



Example of a poor sitting position



Example of a good sitting position





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The Big Issue

# Medicinal Mushrooms

Look on the trees.

*You'll even find some in our forests*

When you head out looking for mushrooms, try lifting your eyes a little higher and maybe you'll find types that might not look as interesting as hřibky (porcini), but that contain very beneficial substances. The masters of traditional Chinese medicine were well aware of these.

Most of the medicinal mushrooms are "wood-decaying" mushrooms that feed on dead or living trees. In our forests, you can find oyster mushrooms, wood ears, and turkey tails. For other types which are rarely found in the wild, you'll have to head to a pharmacy or health food store. Or maybe try growing your own at home, such as shiitake or lingzhi.



**ABOUT:** This mushroom comes from Japan where it got its name from the traditional cultivation method: the trunk of a felled tree (shii) was placed up against vegetation where the mushrooms (take) were already growing. Today, shiitakes are largely grown using modern methods in a controlled environment; after white mushrooms, they're the most widely cultivated mushroom in the world.

**MEDICINE:** Shiitake are a source of protein, potassium, zinc, magnesium, and vitamins B and D. The nutrients they contain strengthen immunity and help control blood pressure and cholesterol levels. They contain the rare polysaccharide lentinan which inhibits the development of viral, bacterial, and fungal diseases and helps minimize the negative effects of chemotherapy.

**COOKING:** Shiitakes have a delicious taste and strong aroma. You can eat as much as you want of them. They're a great accompaniment to stews, they can be fried, broiled, or roasted. Dried shiitakes can also be ground and used as a seasoning in foods where you'd like to add a delicious mushroom flavor.



Shiitake

SOAK DRIED MEDICINAL MUSHROOMS IN WATER FOR SEVERAL HOURS. ONCE THEY'VE EXPANDED IN SIZE, COOK THEM IN THE USUAL MANNER. DON'T DISCARD THE WATER. USE IT IN SOUPS OR SAUCES, OR SIMPLY DRINK IT.

Oyster mushrooms can be found in the forest from summer until winter.

Oyster Mushroom



**ABOUT:** This mushroom, whose shape and color are reminiscent of oysters, is called the “elixir of youth” in traditional Chinese medicine. This fragile mushroom, usually found growing in clusters on trees or stumps, is one of the most well-known medicinal mushrooms. You can even find it in the autumn and winter in our forests.

**MEDICINE:** The oyster mushroom contains vitamins, small quantities of protein, fiber, as well as selenium, iron, iodine, sodium, and zinc. It's also high in beta glucans. Regular consumption of this mushroom helps strengthen immunity, as well as lower blood pressure and levels of “bad” cholesterol. It also has cancer-preventing effects.

**COOKING:** Oyster mushrooms have a delicate flavor and a delightful mushroom aroma. You can add it to any dish that you'd normally put mushrooms in. Oyster mushrooms can be roasted, boiled, fried, or sautéed.

**ABOUT:** Wood ears can be found practically year-round, in particular on black elder wood. The mushrooms grow in groups and resemble human ears - which led them to be called “wood ears” or “Judas’ ears”.

**MEDICINE:** This medicinal mushroom, used in traditional Chinese medicine, is prized for its high polysaccharide content with medicinal properties and certain minerals. It has a positive effect on the cardiovascular, immune, and digestive systems; it's effective in the treatment of haemorrhoids, and is taken for exhaustion and convalescence.

**COOKING:** Wood ears have practically no aroma or taste; in the kitchen, they're often used for their texture, primarily in Asian cooking. Dried wood ears are soaked in water and boiled to make beneficial broth.



Wood Ear

**ABOUT:** The semi-circular lingzhi (also known as reishi) looks as if it was lacquered, which is why its Czech name contains the word for “glossy” twice - Lesklokorka lesklá. Four thousand years ago, people were already ascribing miraculous qualities to the lingzhi. In ancient China, it was reserved exclusively for the emperor - commoners were forbidden to use it under pain of death. Here it can be found in leafy trees, but it's quite rare.

**MEDICINE:** Lingzhi is rich in glucans, which support immunity and inhibit the development of cancer cells, as well as triterpenes, which have antioxidant properties and protect against inflammatory diseases. The mushroom is used to reduce cholesterol levels, increase immunity, and support the central nervous system. It also helps against liver disorders and insomnia.

**COOKING:** This fairly rigid mushroom is dried and then ground, or fresh it's sliced and soaked in hot water or alcohol. The broth is very bitter, similar to coffee in taste. Because of this similarity, powdered lingzhi is often sold mixed with instant coffee as “healthy coffee”.



Lingzhi / Reishi

Lingzhi is known in Chinese medicine as the “mushroom of immortality”.

Prepared with the help of Ing. Hana Málková from STOB (Stop Obesity). For over 25 years, STOB has successfully helped people lose weight and improve their life habits, without dieting and strict limitations.

For more information, visit [www.stob.cz](http://www.stob.cz) and [www.stobclub.cz](http://www.stobclub.cz).

# Where to Go For Mushrooms at BB Centrum

Fresh, dried, pickled, frozen. The autumn menu abounds with mushrooms. If you haven't made it into the woods with a basket, but you'd still like to savor some delicious mushroom specialities, head for one of the restaurants or shops at BB Centrum.



## EXPRESS GRILL LIVES BY THE MOTTO: IF YOU DON'T EAT FUNGI, YOU'RE NOT A FUN-GI



They love mushrooms at Express Grill. Long-term testing has shown that mild portobellos go great on the grill, and are even better filled with cheese, mixed vegetables, and fresh herbs. If you like American cuisine, have a burger with mushrooms. At Express Grill, they love indulging in traditional types of mushrooms. They combine pork with classic wild mushrooms – chanterelles in

particular go well with it. But mushrooms aren't just tossed on on the grill – they're also served as side dishes or as part of various combinations, and the right combination with fresh herbs helps highlight their natural flavor.



**EXPRESS GRILL**  
 FILADELFIE Building  
 Opening Hours: Mon–Fri 10:00 a.m. to 4:00 p.m.  
 E-mail: sandwich@sandwich.cz  
 www.expressdeli.cz

## GROSSETO PIZZERIA GIVES THE GREEN LIGHT TO MUSHROOMS

In real Italian restaurants, they insist on seasonal ingredients, and mushrooms are the best choice in the autumn. Try them on the Capriciosa pizza, which is loaded with button mushrooms. You also have quite a few choices if you prefer wild mushrooms. For example, their ravioli con funghi porcini – homemade pasta filled with porcini with ricotta and a cheese sauce. You'll also find wild mushrooms in tagliatelle con pancetta e funghi porcini – porcini with pancetta and garlic mounted with butter, or risotto ai funghi porcini – Carnaroli rice with real porcini flavored with truffle oil. Fans of Asian cuisine know about the Japanese mushrooms shimeji, which are a favorite ingredient in Japanese dishes. They're delicious, and when cooked, they have a mild nutty taste. Come try the fusion of shimeji mushrooms with delicate sou-vidé pork tenderloin, accompanied with sautéed spinach and potato purée.



**Grosseto Pizzeria Ristorante**  
 BRUMLOVKA Building  
 Opening Hours: Mon–Fri 11:00 a.m. to 11:00 p.m.,  
 Sat–Sun 12:00 p.m. to 10:00 p.m.  
 Tel.: +420 737 107 627, www.grosseto.cz

## COUNT ON OYSTER MUSHROOMS FROM DM

During the cold and flu season, it's a good idea to add oyster mushrooms to your diet – they help support your immune system. At dm drogerie markt, you'll find this medicinal mushroom in Patifu paté, made entirely from pure, natural ingredients. A blend of tofu, potatoes, yeast, and rapeseed oil is enriched by 3% oyster mushrooms, which gives the paté its mild mushroom flavor. The paté does not contain any glutamate or chemical additives, preservatives, or flavorings. Or if you'd like to help support your children's immunity, choose Naturline Oyster Mushroom tablets for children with vitamin C. These lozenges, with their delicious fruit flavour, contain high-quality pure oyster mushroom extract – a source of beta glucans – and a complex of selected vitamins essential for vitality and well-being.



**dm drogerie markt**  
 FILADELFIE Building  
 Opening Hours: Mon–Fri 8:00 a.m. to 7:00 p.m.  
 www.dm.cz

## MARANATHA RECOMMENDS UNTRADITIONAL MUSHROOM “KUBA”

Medicinal mushrooms are definitely worthy of attention. You'll even find some types in our own forests, such as oyster mushrooms and turkey tails, but for others you'll have to head to the grocery store. At Maranatha, you can buy shiitakes and wood ears, which are great in Asian dishes. If you like to experiment in the kitchen and are looking for a healthier versions of traditional dishes, try making Maranatha's recipe for delicious mushroom “kuba”, which combines button mushrooms and wild mushrooms with wood ears. Instead of traditional barley, try using kamut, an ancient type of wheat which is known for its high selenium, unsaturated fatty acids, zinc, and magnesium content.



Mushroom “Kuba” (serves 4)

### Ingredients

160 g fresh wild mushrooms, 310 g button mushrooms, 125 g fresh onion, 310 g kamut, 160 ml sunflower oil, 30 g wood ears, 3 garlic cloves, sea salt (to taste), freshly ground black pepper (to taste), dried marjoram (to taste)

### Directions

Soak the wood ears in cold water for 30 minutes. Pick over the kamut, rinse with cold water, and put to boil in double the amount of water (about 30 minutes). Strain and leave to drain. In a pan, heat the oil and sauté the finely chopped onion. Drain the wood ears and chop (5 x 5 mm). Clean and quarter the mushrooms. Once the onions are golden brown, add the mushrooms, and sauté briefly. Combine the mushroom mixture with the kamut. Season the kuba with minced garlic, marjoram, salt, and pepper. Spread the mixture into a baking dish and bake at 200 °C until golden brown (about 15 minutes).



**Maranatha Vegetarian Restaurant**  
BRUMLOVKA Building  
Opening Hours: Mon–Thu 11:00 a.m. to 7:00 p.m.  
Fri 11:00 a.m. to 5:00 p.m.  
(during “winter time” 11:00 a.m. to 3:00 p.m.)  
Closed on Sat, Sun, and holidays  
[www.restauracemaranatha.cz](http://www.restauracemaranatha.cz)

**Maranatha Shop**  
BRUMLOVKA Building  
Opening Hours: Mon–Thu 7:30 a.m. to 7 p.m.,  
Fri 7:30 a.m. to 3 p.m.

## UNIQUE ORIGINAL RESTAURANT TEMPTS WITH MUSHROOM RISOTTO



UNIQUE Restaurant offers both traditional Czech cuisine as well as a wide variety of salads, fish, pasta, steaks, and beer snacks. On the new drinks menu, you'll find Pilsner Urquell, domestic and international wines, and very popular cocktails. As of this September, head to UNIQUE Restaurant for their regular thematic weeks and enjoy grilled specialties, wine tastings, and jazz evenings. You'll also find dishes

made with fresh seasonal ingredients on the autumn menu. The head chef highly recommends the mushroom risotto!



**Unique Original Restaurant**  
DELTA Building  
Opening Hours: Mon–Fri 9:00 a.m. to 8:00 p.m.  
Tel.: +420 702 180 348  
[www.unique-restaurant.cz](http://www.unique-restaurant.cz)



## COOK UP OYSTER MUSHROOMS WITH ALBERT

Do you like to play around with traditional recipes? Selected Albert stores offer healthy, tasty oyster mushrooms, with which you can make interesting variations on traditional goulash or tripe soup. Get inspiration with other oyster mushroom recipes at [www.albert.cz/recepty](http://www.albert.cz/recepty).



**Albert Supermarket**  
FILADEFIE Building  
Opening Hours: Mon–Sat 7:00 a.m. to 9:00 p.m., Sun closed

# Discussion is an Art Form. Learn the Eight Principles for a Smarter Discussion.

You've certainly found yourself in this situation. You've gotten into a discussion with someone – doesn't matter about what – and you feel like your partner is trouncing you. They've smoothly countered all your objections and arguments, and crushed you mercilessly. You had to start what they call in military tactical terminology a "fight to survive" to avoid being completely embarrassed and losing face.

○ But the worst part was that when you got home, you kept going over the whole thing in your head and gradually came up with absolutely perfect arguments. If you had used them, it would have been obvious that your sparring partner wasn't right and that all of their assertions only seemed convincing, but in reality, they were on shaky grounds. You were angry at yourself at that moment that you weren't able to see them and point them out. What should you do so that next time you'll be able to orient yourself more quickly and react more nimbly? What did you actually do wrong? Let's focus on the most common mistakes people make in every conversation, discussion, or negotiation.

## **Principle No. 1: To Rule Means Anticipating**

To the extent possible, much can be improved by careful advance preparation. We often underestimate this. We think briefly about what we should talk about, and maybe think about what we're going to say. But that's not enough. It's important to ask questions in advance about the person you're meeting with. Do we know if they've already expressed any opinions or standpoints on the topic in the past? If so, what? What could they come up with now? What will they most likely emphasize? Even just these questions can help us a great deal to orient ourselves properly and become aware of

some salient facts. It's an old statesman's tactic: to rule means you have to anticipate. The answers to these questions immediately raise questions in us. To what extent are positions or requirements that we expect of our partner acceptable to us? What is the limit of our possible concessions, that line that we simply cannot cross?

At the meeting, tune in mentally and focus. Put all other thoughts out of your head, immerse yourself mentally in the environment where you'll meet, prepare yourself for the behavioural traits of your partner that you know about. Be like an actor getting ready to head onto the stage, and prepare yourself for it.

## **Principle No. 2: Changing Circumstances, Changing Plans**

Careful preparation doesn't mean in any way that you come up with a fixed plan and that you stick to it at any cost. That's the second mistake. Our preparations need to be flexible. What does that mean? I can have a specific preliminary idea or plan, but I have to understand that it's only a guide. That means always leaving room in case of unexpected circumstances, being prepared for new and heretofore unknown facts, and therefore going in with an open mind and the understanding that a "change in circumstances means a change in plan". Sometimes we resist and maneuver, other times we go on the offensive. A wise person keeps their

mind open, doesn't assume, doesn't come to premature conclusions, but is always alert and vigilant.

## **Principle No. 3: Don't Lose Focus**

The third most common mistake is not paying attention during the actual meeting. Not only is this very rude, even arrogant, but it's also stupid. Try to avoid this mistake. A wise person watches closely what the other side reveals, even if they already know what it is. They notice the contradictions and weak spots, without openly evaluating, judging, or commenting on them. They leave their own personal affairs behind during the meeting and do not attempt to formulate their answers before the other person has finished. They express their interest by posing questions and attempting to fully understand the message their partner is giving. Then it's impossible to overlook something or forget to respond to something.

Show your interest by asking questions and trying to fully understand your partner's message. Then it's impossible to overlook something or forget to respond to something.

**TIP:**  
DON'T EVER LET  
YOURSELF BE PRESSURED  
INTO SAYING SOMETHING  
BEFORE YOU'VE HAD  
A CHANCE TO THINK  
IT THROUGH.



**Principle No. 4:  
Never Assume Anything**

And that brings us to the fourth mistake, and that's erroneous assumptions. The most important thing is to never assume, because that's just building houses on sand. However, we sometimes take what the other has said at face value, without any kind of critical thinking, without examining its authenticity. Many factors can play a role here. We don't understand something that the other person is saying, but it's too embarrassing to admit you don't know and have to ask. We rush because we're pressed for time. We convince ourselves that it isn't important. We trust that the other person is an expert who knows their way around the topic better than we do. In these and similar situations we commit errors that we end up paying for. Don't settle for the way things appear from the outside, even with a mere semblance of credibility. Explore the facts with a critical eye. Are they really facts, or are they just assumptions and hearsay? And if you manage to catch your partner repeatedly with their pants down, the whole of their construction will be up in the air and they lose credibility overall.

**Principle No. 5:  
Don't Rush**

We make the fifth mistake when we think that we must respond quickly and immediately to what was said. Don't ever let yourself be pressured into saying something before you've had a chance to think it through. Give yourself time to respond and don't be embarrassed to think it over and even ask more questions or ask for time to consider. Prudence is more of an advantage than a disadvantage. If you don't rush now, you won't have the feeling later that you overlooked something or forgot something, or that you didn't see the obvious.

**Principle No. 6:  
Don't Let Yourself Get Trapped  
in a Corner**

The sixth mistake is similar to the previous one, but still deserves special attention. The meeting is going on, the other person is very long-winded, you see time ticking by and you've already well-exceeded the meeting's expected length. You feel tired and irritable, and you start to lose your nerve. And it's here that danger lurks - you make mistakes and agree to something that you'll

regret later. Be aware that you might have been the victim of deliberate tactics, the goal of which was to trap you in a corner time-wise and make you nervous. Don't get lured into this kind of trap. First, you always need to plan things with a reserve, because you can never know in advance how the discussion will turn out. Don't let the fact that your partner is becoming restless, clearly in a hurry, and keeps looking at their watch get to you. In this case, it's not a bad idea to propose a suspension or postponement of the negotiations. It's better to put things off than to rush into a decision, the consequences of which might complicate your life.

**Principle No. 7:  
Facts Are What's Important -  
Not Impressions**

We make the seventh kind of mistake when, during a meeting or discussion, we depend on our partner's appearance and the overall impression that they make on us. We also usually sometimes say that we "acted intuitively". But this really doesn't have anything to do with intuition. It's about the facts and arguments that we have to stand on, not on impressions, which can be deceptive. A good guiding principle is to keep your distance



and never slide into familiarity, even if it seems that you understand your partner well.

**Principle No. 8:  
Trust Yourself**

The eighth mistake is when we show a lack of confidence, that we don't fully understand something, that "we're not experts". Remember that nobody is nor can be an expert at everything. Perhaps you're dealing with a partner who deals with the issue professionally, but on the other hand, you know other things and have other skills which they can't even dream of. Don't let yourself be shouted down. Your own behavior and conduct must express a healthy self-confidence and be characterized by a certain distance – both from your partner as well as the issue being discussed. One recommendation in conclusion: Don't be discouraged by setbacks that you've suffered, nor failures that lie ahead. Everyone makes mistakes – even experienced matadors sometimes stumble. The most important thing is to learn from these mistakes and not repeat them if possible. After every discussion or meeting, try to think about it at least briefly and appraise it – to understand the causes of the mistakes you made, to extract lessons from them for the next time, and then to act in accordance with those lessons and actively avoid repeating old mistakes. If you're consistent, I have no doubt that your mistakes will quickly fade away.

No one can be an expert at everything. Perhaps you're dealing with a partner who deals with the issue professionally, but on the other hand, you know other things and have other skills which they can't even dream of.



**About the Author**

Josef Hlavicka is a lawyer. From 2002–2012 he worked for PASSERINVEST GROUP, a.s., where he took part in the work connected with building BB Centrum. He's currently retired and devotes himself to writing, among other things. In June 2016, Eugenika Publishers released his book *O životní moudrosti aneb Jak žít s moudrostí a vtípem*, and in April 2017, they published his next book *Život jako hra i umění*.





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# Culture Tips

## Exhibition Theatre



**What? Křištof Kintera:**  
**Nervous Trees**

**Where?** Galerie Rudolfinum, Alšovo  
nábřeží 12, Prague 1

**When?** Sept. 7 to Nov. 26, 2017  
Prague's Galerie Rudolfinum organized a new large-scale project by Czech contemporary artist Křištof Kintera. The exhibition is a retrospective of the artist's work from the past five years and comprises two dozen sculptures, installations, and interactive objects. Part of the exhibition is a "laboratory" that visitors enter during the creation of Kintera's current installation *Postnaturalia*. It's a 100 m<sup>2</sup> covered artificial landscape made of electric appliances - poetic, and at the same time drastic. The exhibition opened on September 7.

**More at:** [www.galerierudolfinum.cz](http://www.galerierudolfinum.cz)

**What? Lámání chleba (Breaking Bread), a family saga surveying sixty years of Czech history**

**Where?** Švanda Theatre, Štefánikova 57, Prague 5

**When?** Premiere Oct. 21, 2017

The confrontational drama *Breaking Bread* will have its premiere at Smíchov's Švanda Theatre. It takes viewers through domestic events from the post-war period through the Velvet Revolution. This original theatrical work by Josef Holcman is based on actual events in southern Moravia and from his self-reflections after 1989. This story of friendship that takes place amidst the gears of history will premiere on October 21 in the Great Hall, directed by the Švanda Theatre's artistic director Dodo Gombár. "Josef Holcman gives us an open glimpse into family chronicles so that we can look at our own past from a new point of view," says Gombár, who also co-wrote the script. Holcman will be the third fiction writer who wrote his theatrical debut specifically for the Švanda Theatre. After renowned writer Petra Hůlová, who adapted her *Betonová zahrada (Concrete Garden)* for the Švanda, the Smíchov stage also engaged Natálie Kocábová with a new play in the repertoire, a comedy called *Pohřeb až zítra (The Funeral Tomorrow)*.

**More at:** [www.svandovodivadlo.cz](http://www.svandovodivadlo.cz)



△ Petr Buchta, Jacob Erftemiejer, and Tomáš Červinek, the three main characters in the play *Breaking Bread*.

Photo: Alena Hrbková



## Book



**What? Haruki Murakami, Birthday Girl, Odeon Publishers (Czech edition)**

**When?** Published in September 2017

Popular Japanese writer Haruki Murakami has been active on the literary scene for over thirty years. He has millions of fans throughout the world, including the Czech Republic. His works have been released here in the Czech Republic through Orion Publishers since 2002. Murakami fans have a brand new gem to look forward to. His illustrated novella *Birthday Girl* came out in September, translated into Czech by Tomáš Jurkovič. The eighty-page story presents the mysterious story of a noble older man who offers to fulfil any wish of a young girl. Wishes that she can never take back...

## Music

**What? Mireille Mathieu**

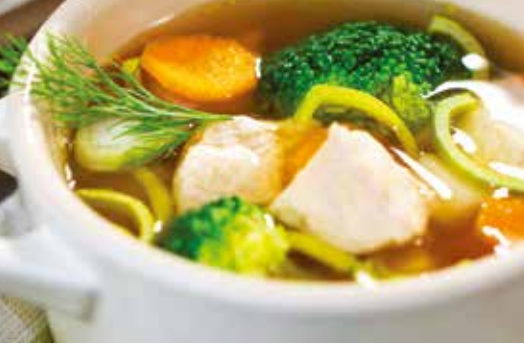
**Where?** Prague Congress Centre, 5. května 65, Prague 4

**When?** Oct. 24 and 25, 2017

The world legend of chanson, French singer Mireille Mathieu comes to Prague on October 24 and 25. She'll be performing with her orchestra in the Prague Congress Centre, where she performed last year in front of a sold-out auditorium. The Avignon native will sing her most famous songs, which fans from all over the world have known for decades.

**More at:** [www.kcp.cz](http://www.kcp.cz)

◁ After a year's hiatus, French singer Mireille Mathieu returns to Prague.



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## PERFECT CANTEEN



### Building B

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

## GTH



### FILADELFIE Building\*

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

\*Entrance only with a card issued at the building reception

## GTH



### BETA Building

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

## MOMENTO ALPHA



### ALPHA Building\*

Address: Vyskočilova 1461/2a, Prague 4  
 Opening Hours: MO – FRI 7:30 a.m. to 4:00 p.m.  
 Daily Menu: <http://www.momentoalpha.cz/en/>

\*Entrance only with a card issued at the building reception or in the canteen



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## MOMENTO DELTA



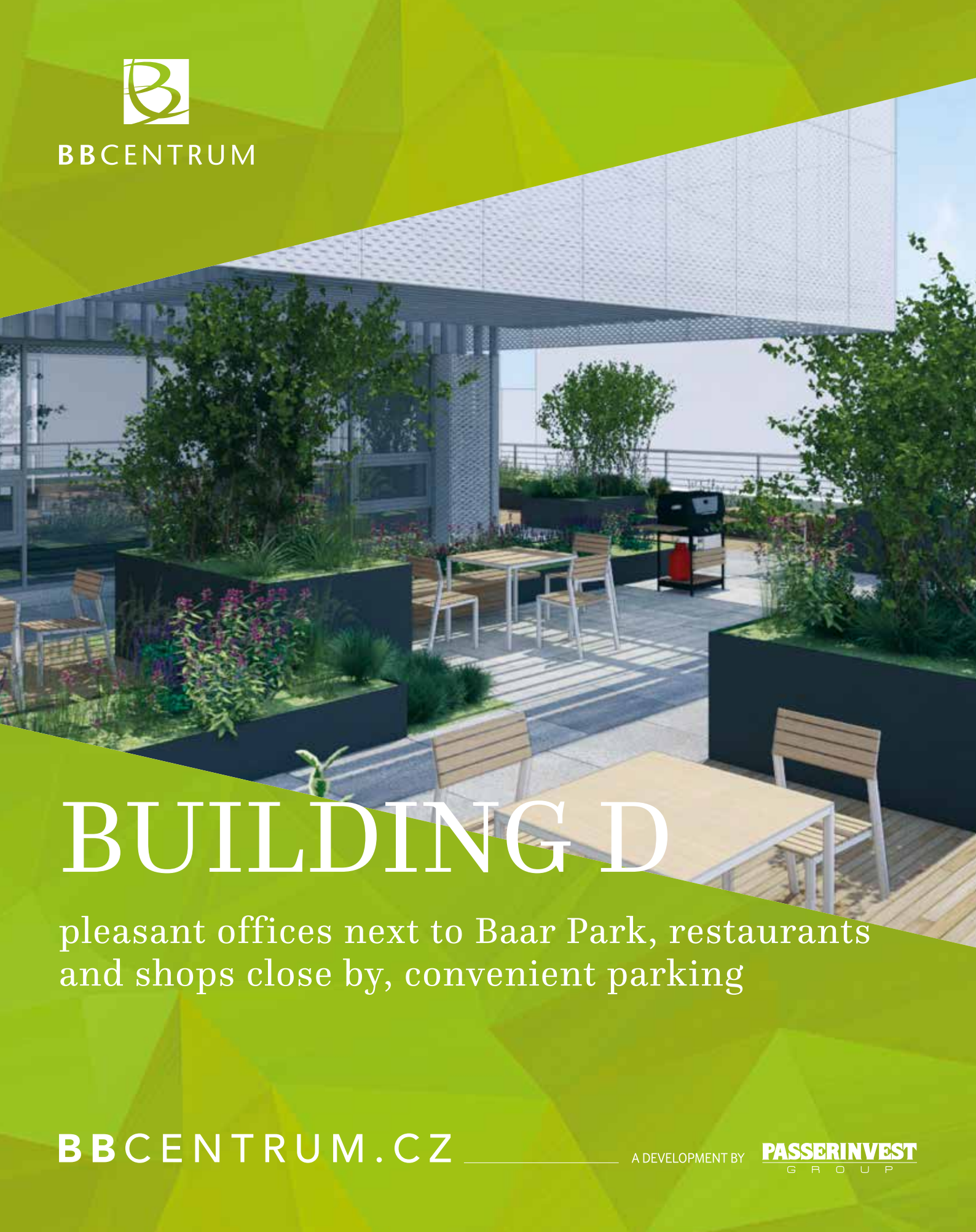
### DELTA Building

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





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