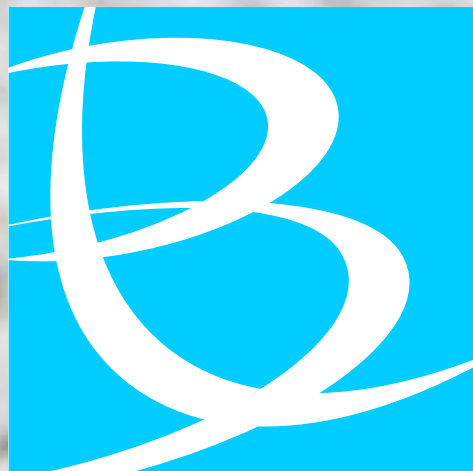


BB CENTRUM



02  
2016

Healing  
plants  
help year  
round

review

[www.bbcentrum.cz](http://www.bbcentrum.cz) | free

Successful in the contest *Zlatý středník*

The art of  
positive  
change or  
“how to tame  
an elephant”

Tanja  
Vainio:

ABB is helping  
transform  
the world into  
a better place



# 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

### 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 Maranatha – health foods
- 9 Don Pealo – newsstand
- 10 Nivosport – sportswear
- 11 Bianco & Rosso – Italian delicatessen
- 12 GolfProfi Store Praha – golf accessories
- 13 Romantika Florist
- 14 Romantika Florist
- 15 Just Trading – newsstand
- 16 Novus Optik
- 17 Teta – drugstore

### CAFÉS

- 1 O2 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 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 MONETA Money Bank

Cashpoint  
 FILADELFIE Building (UniCredit Bank)  
 Building B (MONETA Money Bank)  
 BRUMLOVKA Building (Česká spořitelna)  
 BETA Building (ČSOB)

### SPORT / RELAXATION

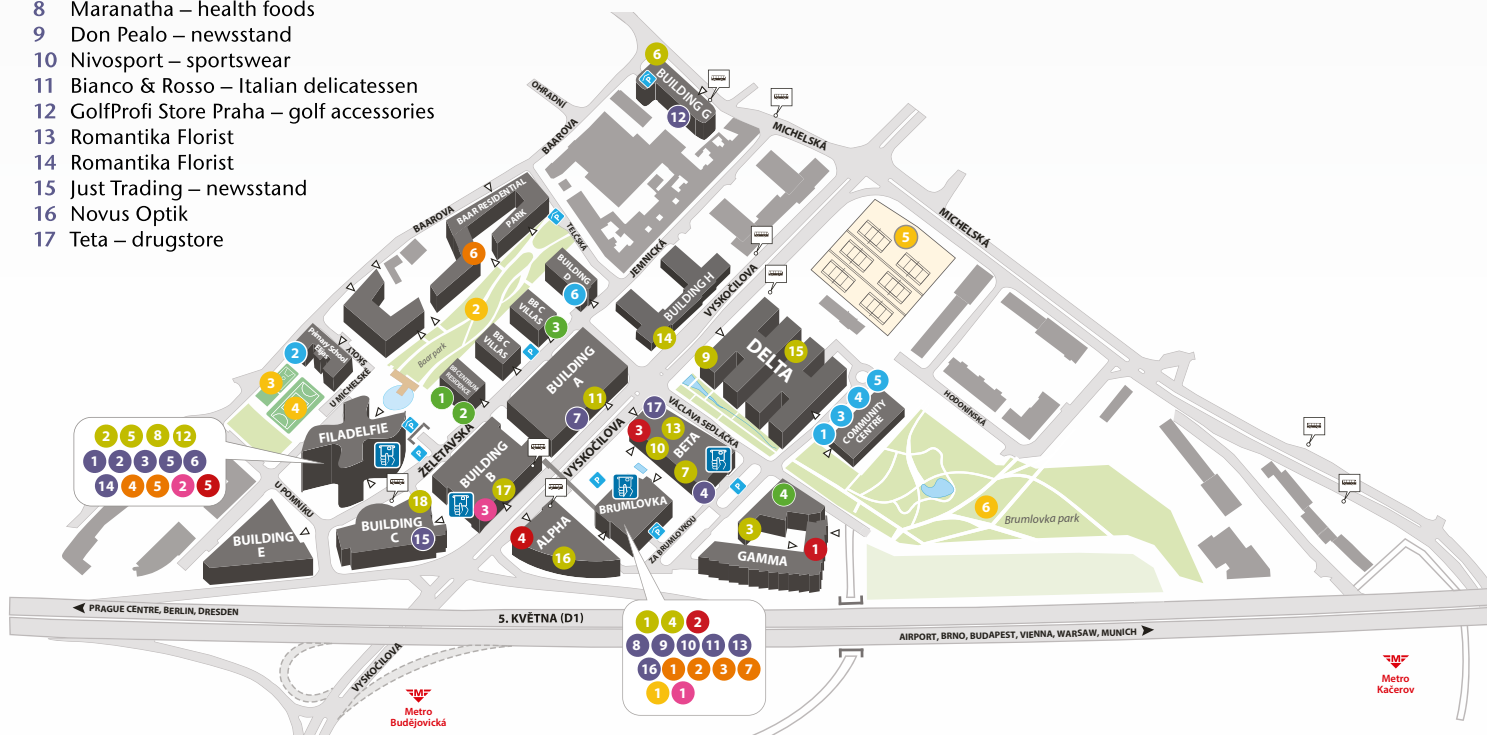
- 1 Balance Club Brumlovka – fitness and wellness
- 2 Baar park
- 3 Children's playground
- 4 Multifunctional sports court
- 5 Tennis courts
- 6 Brumlovka Park

### 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







# Dear Readers,

You now have in your hands the second edition of our Review.

One of the main topics of this edition of the magazine is the results of the satisfaction survey carried out in BB Centrum. The survey was conducted on-line at the end of May and beginning of June and all employees working at companies with offices in BB Centrum could take part in it. We conduct it every four years and we were very pleased this time by the large number of questionnaires filled out – the most since 2001. In the survey you also gave a positive evaluation of our magazine, which we constantly strive to ensure meets your needs and expectations. We have already begun to work with the results and suggestions from the survey. For us they are an invaluable source of information and inspiration for the continued development of the whole complex. Thank you to everyone who took part!

The continuous development of BB Centrum complex is attested by the fact that we continue to welcome important new tenants. In June, ABB Česká republika moved into the DELTA Building. Its CEO, Tanja Vainio, kindly sat down with us for this edition's exclusive interview.

You can also keep track of all events planned in BB Centrum as well as news at [www.bbcentrum.cz](http://www.bbcentrum.cz) or on Facebook.

Thank you for reading our magazine and have a great summer!

**Kristýna Samková,**

Editor-in-Chief

[kristyna.samkova@passerinvest.cz](mailto:kristyna.samkova@passerinvest.cz)



Visit  
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Facebook page

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# ELIJÁŠ CHRISTIAN NURSERY SCHOOL

OFFERING  
LAST FREE  
PLACES



Motto: "Every single day is a big Gift for us"  
Vision: "Maintain and preserve children their childhood"



You can find us at BB Centrum,  
Za Brumlovkou 1519/4, Prague 4





Praised by  
**9 out of 10**  
employees



*"I'm satisfied. You can see that people care. I like coming here. Thank you!"*

# People are happy in BB Centrum

What do you like in BB Centrum? And what would you like to see improve? Every four years we try to figure out how satisfied the people who come here daily are with our office complex. This is the fifth survey in the history of BB Centrum, allowing us to constantly move forward, to get better and expand our offer of services to improve the local work environment and develop the community in which many of you spend at least a third of every weekday.

That's why it was very important for us to get as many people involved in the survey, which was conducted from 19 May to 10 June. And we succeeded! The bilingual Czech and English on-line questionnaire was filled out by almost 3,000 employees of companies with offices in BB Centrum. That is almost a quarter of the more than 11,000 employees who currently work here. It was the largest number of filled out questionnaires since 2001, when the first survey was conducted (others followed in 2004, 2008 and 2012). The largest number of questionnaires was submitted by employees from O2 Czech Republic, Moneta Money Bank and the UniCredit Group, which together represented half of all respondents.

Thank you to all who found time to fill out the questionnaire. As a special thank-you gift, many participants in the survey also received prizes from companies with offices in the complex, such as a Xerox home printer, tickets to concerts at the O2 Arena, a one-month membership to the Balance Club Brumlovka, vouchers to the BOMTON hair studio, laptop bags and professional calculators from HP, a smoothie maker from Gorenje, a month of free parking from PASSERINVEST GROUP or a gift basket of products from stores with outlets in BB Centrum.



#### The busiest store? Albert supermarket

The survey revealed a lot of interesting data and information. We plan to use a lot of it to improve the quality of services and the extent of the offer in the complex. In addition, we would like to share with you information about the socio-demographic characteristics of employees of the companies operating in BB Centrum.

## Who are the people in BB Centrum?

Are there more men or women? What is their household income? What are the most common job positions? Do they live in Prague or do they commute? How long have they been working in BB Centrum? What do they eat? What services do they use? Where do they shop? The survey provided very interesting answers to these and many other questions.

*"Best of luck with your new ideas and innovations."*



There are more men than women



59% work as "Specialists"



60% are between the ages of 31 of 45



Half have children



Three-quarters live in Prague 4

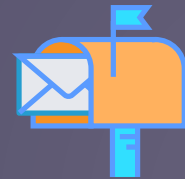


80% live within 30 minutes by car



*"Great complex. Love coming to work here."*

One of the most important parts of life in BB Centrum is the local shops and services. The busiest shop in the whole complex is the Albert supermarket, which is regularly visited by 73% of respondents. Next is the post office in the BRUMLOVKA Building, which is used by 43% of respondents. Many people favourably mentioned the larger number of counters opened in January this year. A total of 40% of respondents said that they are very satisfied with the range of shops and services in the complex.



### BB Centrum now has an "Uloženska" point

In the survey several employees mentioned that they would like to have a place to pick up personal consignments in BB Centrum, operated by Uloženska or a similar service. This service has already been operating for several months now in the shopping arcade of the FILADELFIE Building – a drop-off and pick-up point for consignments up to 10 kg is located in the SOMMELLERIE store.



### Better meals in the cafeterias

Since last year we have been developing the concept of open cafeterias, and therefore we have made most of the cafeterias in the complex accessible to the general public. Almost 40% of employees believe that this step has led to an improvement in the quality of food served in the cafeterias.



## Employees welcome quiet electric buses



Employees of companies with offices in BB Centrum come to work in many different ways. A third of them use their own car as their main means of transport, but the rest often use other forms of transportation, with two-thirds using public transport at least sometimes and more than half using the BB1 or BB2 shuttles. The vast majority of people praised the electric buses, which are quiet and environmentally friendly. Interestingly, 7% of respondents bike to work at least sometimes.



### The most popular restaurant is Puzzle Salads

There is also general satisfaction with the food options in BB Centrum. Three-quarters of employees are completely satisfied in this regard. A quarter of all employees eat daily in the canteens and cafeterias. The most popular canteen is GTH in the BETA Building, which focuses on meals prepared using fresh ingredients or MOMENTO in the DELTA Building, which serves breakfast, snacks and lunch and has a salad bar open throughout the day.

Most people go to the restaurants in the complex around once a week, with the most popular being Puzzle Salads in the FILADELPHIE Building, which serves high-quality, quick and healthy meals made from seasonal and local produce. In addition, customers can create their own salads according to their preferences.

Also very important for the well-being of people working in BB Centrum are the green areas and relaxation zones. The most popular of these is the rooftop terrace, on which a quarter of people take a break at least once a week. Another favourite is Baar Park, especially in the warmer months around noon, where people go to enjoy their lunchbreak.

We are pleased that the people working in BB Centrum see the relaxation and green areas as more than just aesthetically pleasing elements and actively use them during their workday. We can therefore assure you that in the future development of this complex we will be paying close attention to creating these areas near your offices.



## You appreciate the information that we give you

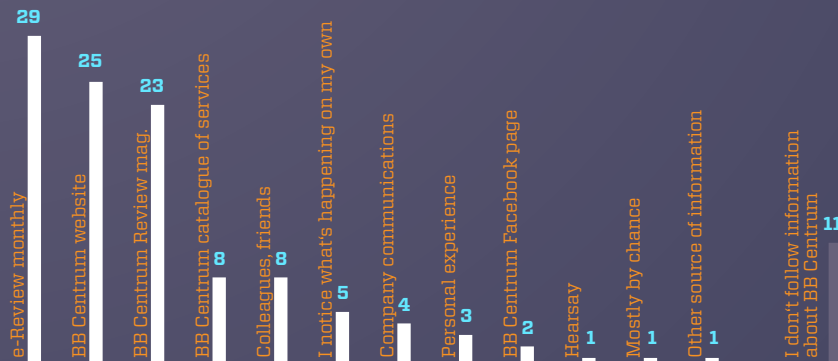


In addition to green zones, a key aspect for a great workplace is the technical equipment of the buildings. Three-quarters of employees are happy with the level of technical equipment in BB Centrum. We are happy that participants in the survey expressed appreciation for the continuous improvement of the complex - almost 75% of respondents are convinced that BB Centrum improves over time. Nine out of ten respondents added that they are satisfied with BB Centrum overall.

They also value information about events taking place in the complex, which they most often learn about via the monthly e-Review newsletter, BB Centrum website and *BB Centrum Review*, which you are reading now. We are happy that the magazine is an important source of information for you and that you enjoy reading it.



We would like to thank you once again for taking the time to participate in our fifth survey. It is a great source of inspiration for us that we will be drawing upon over the weeks and months to come. We are delighted that the development of the whole complex is of interest to you and that you want to actively contribute to its future appearance.



# BB Centrum gets its second Bookbooth



At the end of May, another non-traditional public library was ceremoniously opened in Brumlovka Park. This Bookbooth was created out of an old telephone booth with the support of PASSERINVEST GROUP and its sponsors are football legends Antonín Panenka and Karol Dobiaš. The first Bookbooth was opened in Baar Park almost a year ago and reviews have been very positive.

Visitors to Brumlovka Park, tenants of BB Centrum and the general public,

can borrow books for free, take them home or read them to their children in the local parks. Anyone who wants to bring already read or unwanted books to the Bookbooth for other readers to enjoy may do so whenever they wish.

Each Bookbooth also promotes a non-profit organization. For example, the one in Brumlovka raises awareness about the DOMA BEZ OBAV project that supports seniors in Prague 4, which was created under the auspices of the Taťána Kuchařová Foundation. oo



# A fun day for the kids

On Wednesday, 1 July, Children's Day, a special day for kids was held in the Brumlovka and Baar parks full of fun activities and contests for prizes. The children enjoyed a bouncy castle, face painting, balloon making, a clown show and vast amounts of cotton candy. The great atmosphere went on well into the afternoon. oo







## Another exciting battle for the BB C CUP

○ On Friday 10 June, the 16th annual football tournament between tenants of BB Centrum was held to determine the winner of the BB C CUP. The traditional tournament featured a battle between teams representing MARS, Microsoft, MONETA Money Bank (formerly GE Money Bank), Balance Club Brumlovka, PASSERINVEST GROUP, D.A.S., O2 Czech Republic and Savencia Fromage & Dairy Czech Republic.

The trophy was presented to the winning MARS team by football legends Antonín Panenka and Karol Dobiaš.

Microsoft came in second and MONETA Money Bank placed third. It was the first time in several years that the trophy was raised by a team other than Balance Club Brumlovka, which had won the last three tournaments (2013 - 2015).

The most goals in the tournament were scored by Petr Janovský of Microsoft and the award for most congenial player went to Nikola Kubalová of PASSERINVEST GROUP. You can see more photos and videos from the BB C CUP on BB Centrum Facebook page. ∞



▷ Antonín Panenka in action



◁ The winning MARS team

# Baar Park was full of music, good food and fun

In mid-June, Baar Park again came alive with music. PASSERINVEST GROUP for the third time prepared for tenants of the complex and nearby residents an afternoon and evening full of great music and entertainment.

○ Visitors to Baar Park had the opportunity to listen to Czech rock legends Olympic and a fantastic Beatles revival band called the Brouci Band, who brought a real flavour of the '60s to the concert.

There was also a fun accompanying program as well as booths serving refreshments from local restaurants. Visitors could play pétanque, take a picture in the style of rock stars in the photo booth or test their dexterity at a stand set up by

Balance Club Brumlovka. And for children there were various fun arts activities.

Throughout the event BB Centrum's Facebook page held a competition on the theme of "How are you enjoying today's concert in Baar Park". The person whose photo got the most likes received a gift basket from PASSERINVEST GROUP containing gourmet foods from stores in BB Centrum worth CZK 2,000. The winner was Karel Klestil of UniCredit Bank. ○○



▷ The Olympic band



# HAPPENINGS AT BB CENTRUM



▶ Radim Passer welcomes visitors



## The winning photo in the “How are you enjoying today’s concert” contest

We asked Karel Klestil a few questions when he received the award.

### How will you celebrate the victory?

I'll invite the people who were in the photo over to my house for a meal and a glass of wine. We'll eat everything that we won.

### Which band or singer would you like to see return next summer for a concert at BB Centrum?

I'd be very happy to see Chinaski! They were here once before. And maybe Kryštof or Čechomor.

### Do you have any other suggestions for events that BB Centrum could hold?

Anything where there's good food, drinks and music. For example, great burgers or steaks could be made for us by chef Zdeněk Pohlreich, who I'd love to see cooking in person. I'd take the opportunity to invite him to do his show in our canteen in the FILADELFIE Building. ☺



▶ Brouci Band - The Beatles Revival



# New pedestrian crossing and sidewalk in BB Centrum



▷ The crosswalk at Michelská Street

○ BB Centrum is constantly modernizing and improving in order to offer the best environment possible.

In April and May, a new crosswalk was built at the corner of Michelská and Baarova Streets, which not only increases pedestrian safety, but also improves traffic flow.

Another new feature is the sidewalk on Baarova Street, which will allow all pedestrians to walk safely around places where they used to have to dodge between parked cars.

The investor in both these projects is the developer of the complex - PASSERINVEST GROUP. ○○



◁ The sidewalk in Baarova Street



# Launch of the Czech Architecture Yearbook 2014–2015 in the DELTA Building

Each year, one Czech architect is tasked with finding the 30 or 35 best buildings completed in the previous two years in the Czech Republic. The selected buildings are included in the Czech Architecture Yearbook, a prestigious publication that presents an overview of the most inspiring structures built in the given period.

This year the task was assigned to Jitka Ressorová, who together with her colleagues founded the Ellement studio in Zlín in 2002. The only commercial structure among her selections was the DELTA Building in BB Centrum (architect Aulík Fišer). The Czech Architecture Yearbook 2014–2015 was ceremoniously presented by the chairman of the board of directors and CEO of PASSERINVEST GROUP, Radim Passer, right in the rooftop garden of the DELTA Building. Those present at the event could thus admire the quality of the materials used, the precise work, clever layout and pleasant atmosphere of the garden, as well as its marvellous system of fountains. oo



## Olympians pedal for medals; we do the same for points and to help others

Thanks to the EPF mobile application, our physical activity doesn't just bring joy to ourselves.

The determination of our Olympians inspires us. We keep switching on the app to transform miles we've covered to points. We can donate the points to selected charity projects and the ČEZ Foundation will support them financially. We love the feeling that we are doing something useful for both ourselves and others.

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

# BB Centrum is part of the Sculpture Line

▽ METEORITE by Riccardo Cordero

○ The second year of the SCULPTURE LINE festival presents sculptures and works of art by leading Czech and international artists under the open sky, right in the streets of Prague. The exposition aims to enrich and enliven the public space for residents and tourists by offering a new perspective on Prague and on the artworks themselves.

BB Centrum this year contributed two stops to the Prague SCULPTURE LINE. In Baar Park visitors can admire an installation made from brushed steel entitled Meteorite, while U Pomníku Street is now home to a metal installation called E.T. Both sculptures come from the workshop of Italian sculptor Riccardo Cordero. You can find out more about the festival at [www.sculptureline.cz](http://www.sculptureline.cz).

▽ E.T. by Riccardo Cordero



## OPEN HOUSE Festival at BB Centrum



○ In May, the world-renowned Open House architecture festival, which opens up interesting buildings to the public in 32 cities in Europe, America and Australia, took place in the Czech Republic. Prague this year hosted the 2nd annual festival, in which visitors were able to enter more

than 50 buildings with extraordinary interiors, interesting histories and exceptional views of the city.

This year the buildings included the usually inaccessible parts of the Salm, Schwarzenberg and Šternberg palaces, as well as several buildings in BB Centrum, in particular FILADELFIE

(rooftop terrace), the BETHANY Community Centre and the offices of Microsoft in the DELTA Building (offices of the future).

The success of the festival is attested by the fact that over the weekend BB Centrum alone welcomed more than 3,000 fans of modern architecture. ○○



# ABB is helping transform the world into a better place

Tanja Vainio has been working for ABB since 1998, in six different countries. This March she became the company's CEO in the Czech Republic. We sat down for a chat with the executive and mother of three about her job and about balancing work and family.

**○ To which building at BB Centrum did you move and what led you to leave your previous offices? What expectations do you have from the new space? How are your new offices different?**

ABB moved to the Delta Building in BB Centrum early in June. Delta is the most energy-efficient building in BB Centrum, which was an important selection criterion for us. As one of the world's leading engineering companies, we help our customers use electrical power efficiently, increase industrial productivity and lower environmental impact in a sustainable way. That said, it is very important for us to set an example with our own actions and lead the way, i.e. "walk the talk". That was our main motivation to move to the Delta Building.

We expect a lot from our new offices and I am very pleased with our fit-out.

"I was really impressed by the intellectual abilities of your country. I think that it is a phenomenon that local companies as well as the economy as a whole can rely on."

It is a modern open-space office that provides efficient and pleasant work environment and, even more importantly, truly increases the collaboration between our teams. I am confident this was the right decision for us and I am looking forward to our success here in the Delta Building.

**What do you like best about BB Centrum? What services do you expect**

**to benefit from? What else would you like to see there?**

I very much like the concept of BB Centrum providing state-of-the-art offices with modern technologies closely connected, for example state-of-the-art energy-efficient solutions as well as the planned fast-charging stations for electric cars, just to name a few.

The concept also brings the work life closer to our private lives by hav-

ing many important amenities in the neighbourhood, such shops, pharmacy, fitness centre and restaurants. It makes the everyday life simpler and easier for our employees, giving us more leisure time and time to spend with our families and friends.

**You work in a field that is rather dominated by men. What does a person's, in particular a woman's, journey to**



Tanja Vainio with her children





**the post of general manager of such a company entail? What was the most difficult part about your journey; and conversely, what part did you enjoy most?**

I guess one of the most important enablers of my career so far has been my education. I have both an engineering degree and MBA from the much respected MIT (Massachusetts Institute of Technology) in the USA. Surely, you also have to work hard throughout your career. Additionally, I believe you also need to look carefully for the challenges and jobs that you are passionate about. All this is important in order to be successful.

What I have enjoyed most is having my family beside me when exploring the world and working at different positions in different countries. For me as a mother of three daughters, the support from my family is and always has been of key importance. At the same time, thanks to ABB, throughout my career I have had wonderful opportunities to learn and develop myself. As said, this has been possible thanks to the support from my husband and my family, which is just invaluable.

I am a positive person so I don't think of my journey in terms of difficulty.

**How did you get into this field? Have you encountered any prejudices in this primarily male-dominated environment? For example, do you see any differences in the way women in managerial positions are treated here versus in Finland, the USA, or in Switzerland, where you've also worked?**

I've always wanted to help change the world for better. This is the reason why I work for ABB, as ABB power and automation technologies help make the world a better place for us and for our children. For example, the installed base of ABB drives saved about 445 TWh in 2014, an equivalent of the annual consumption of more than 110 million households in the EU-27. When compared to the generation of that much power by fossil-fuel power plants, ABB drives reduced CO<sub>2</sub> emissions by some 370 million tons in 2014. Our technologies and solutions help operate and connect renewable energy sources all around the world. We've just launched YuMi, the world's first truly collaborative robot that enables humans to work side by side with robots, totally safely.

Additionally, I am a big believer in transparency so I am happy to work for ABB because ABB is recognized as one of the most ethical companies globally and also here in the Czech Republic.

As for the second part of the question, I'd rather focus on ABB. ABB as a company values diversity and actively supports females in achieving their career aspirations, so I cannot imagine females being treated differently

within ABB. That said, I am sure there are many cultural and corporate differences outside ABB. But these are hard for me to judge.

**You've held your position here in the Czech Republic for a relatively short time. What plans do you have for ABB? What would you like to achieve?**

As a Managing Director you are always responsible for the performance of your company. ABB is well positioned, both globally and locally, to grow here in the Czech Republic to accommodate growing demand for energy efficiency, automation and digitalization, traditional and new powering solutions and productivity. I believe in participating leadership style, so it is of great help for me that I can rely on the significant accumulated knowledge of my colleagues at ABB Czech Republic. We have very large operations here (7 manufacturing plants, 4 R&D centers and 2 engineering centers, employing a total of more than 3,400 employees). My task is to further leverage this knowledge to help our customers both in the Czech Republic and abroad (we export worldwide from our factories) reach their goals.

**You and your husband are raising three children. How do you balance a demanding job with family life? What could you absolutely not do without in this respect?**

I believe the best way to achieve work-life balance is to use the time at home to really actively participate in your family life. For instance, I help my kids with their homework, I watch movies with them, go to the playground, etc. Surely sometimes my kids would like to have more time with me; on the other hand, they

**“The best way to achieve a balance between work and personal life is to use your time at home for truly active participation in family life. That means helping your kids with homework, watching movies with them, going to the playground...”**

understand that work is very important for me and that work makes me happy. Someone once told me that “a happy mother makes a happy family” and I believe it's true. My daughters are very proud that their mother is successful in her work.

Rather than absolute no-go's I would say that sometimes I have had some restrictions in terms of possible career options based on my personal situation. For example, when you have small children, it is difficult to take a position that requires a lot of travelling, not only for mothers but also for fathers. Luckily, in most companies there are also local positions, like my current one, which allow me to develop myself professionally without heavy travelling around the globe. Of course, I want to give credit to ABB that has supported me along the way by giving me different opportunities, taking my personal situation into consideration.

**What do you enjoy doing in your free time? Do you have much time for yourself with such a demanding job? What role do leisure activities play in your life?**

During my free time I enjoy spending time with my family. Family is very important to me and comes above anything else. Additionally, I also like to do sports - I very much enjoy running and playing golf. I am a long distance runner; I have completed several marathons, so running for me is a way of life rather than a hobby. I love to go out early morning when my family is still sleeping and the rest of the city is just starting to wake up. Running gives me a lot of energy and time to clear my head, no matter what issues may be bothering me. I simply love it.

**Has your personal life changed in any way with your move to the Czech Republic? What do you like about living here, and what has surprised you?**

During the past 18 years I have worked for ABB in 6 different countries and it has given me a unique opportunity to develop myself in several different aspects. Similarly, I have enjoyed my first months in the Czech Republic. I am impressed by the intellectual capability of this country, which I believe is something to strongly rely on for the local companies and also for the whole economy. I also personally experience this every day at ABB in the form of accumulated and shared knowledge of my colleagues.

During my free time I like to be outdoors doing my sports activities and I am positively surprised how much Czech nature has to offer. This is a very beautiful country and I cannot wait to explore it even more with my family. All in all, I am confident this will be a great experience for me! ☺

# ABB in the DELTA Building

The leading global supplier of technology for power engineering and automation has opted for the greenest building in BB Centrum.

From the start of June, the third floor of the DELTA Building has been taken over by another prestigious tenant, the leading global supplier of technologies for automation and power engineering, ABB. The DELTA Building conforms to their requirements for a modern office, and as confirmed by the CEO of ABB, also fits their company philosophy.

“We are very pleased that we have moved our office to the DELTA Building, which is the greenest building in BB Centrum,” said Tanja Vainio, CEO of ABB Czech Republic. “The concept of this building corresponds perfectly with our philosophy of supplying technological solutions

that bring their users greater comfort and efficiency while reducing impacts on the environment.”

Although ABB Czech Republic was formally established in 1992, ABB has been offering its products and services in the Czech Republic since 1970. In the 1990s the company grew into its current form, operating in eight locations with seven manufacturing plants, four research and development centres and two engineering centres,

and offers complete service. It employs more than 3,400 people across the Czech Republic.

As a pioneer and leader in a number of fields, ABB systematically invests in its current and new manufacturing plants, R&D and engineering centres. One of the largest recent investments was in the construction of a new production hall for switchboards and expansion of the production of transformers in Brno. This plant is one of the largest and most advanced of its kind in the world and is equipped with unique automated lines.

Another significant investment was directed at the construction of a manufacturing plant for automation systems for substations in Trutnov. Trutnov is home to ABB’s engineering centre for management and substation automation, the largest in Europe, and also offers services in the areas of engineering, project management and service support.

In the field of power and automation, constant innovation, research and development are imperative. ABB has devoted more than a billion dollars worldwide to various research and development activities. The ABB Group has seven international research centres, employs 8,000 workers and supports approximately 70 projects in cooperation with universities around the world.

ABB also has a strong base in the Czech Republic. Four centres for research and development have been established here, including the technology centre in Brno, which over the 15 years of its existence has obtained several dozen international patents.

Prague is home to a centre focusing on the development of power semiconductor devices, where four new patents were granted last year, and the development centre in Jablonec nad Nisou specializes in tools and moulds for metal and plastic parts. For example, this is where the well-known Tango, Time, Element and Neo switch and socket designs are produced.

Another result of focused research and development is the latest addition to ABB’s portfolio of robots, which was recently installed at the ABB s.r.o., Elektro-Praga plant in Jablonec nad Nisou. This is a robot named YuMi, the first robot in the world that can safely work alongside humans. It is designed primarily for the manufacturing of small components and is used in the plant in Jablonec nad Nisou mainly for the assembly of sockets.

We believe that ABB will find its new office space a good place to work and we look forward to its future successes. The modern spaces of the ABB offices take advantage of the benefits of the latest technologies. oo



ABB  
DELTA Building  
Vyskočilova 1561/4a, 140 00 Prague 4  
www.abb.cz



# Dhaba Beas: Traditional Indian vegetarian cuisine in the BETA Building

Is it possible to eat in accordance with the body's needs and with consideration for the world around us while actually enjoying your meal? Try Dhaba Beas in the BETA Building! The network of Indian vegetarian restaurants has now come to BB Centrum. Don't miss their large selection of delicious foods and unique concept!

○ Dhaba Beas self-service buffets have been in Prague for quite some time. Their philosophy is to offer meals prepared ethically with respect to the surrounding world and which at the same time are tasty, nutritious, healthy and inexpensive.

"Cooking fresh meals every day made from high-quality ingredients is something we consider standard," says Dhaba Beas co-owner Tomáš Dudek. "We don't want to exhaust our customers with assertions about our mastery of the culinary arts and we certainly don't want to offend anyone by persuading them about healthy approaches to cooking. These are simply the prerequisites of what we do. We offer tastes that you won't find anywhere else."

The meals are based on traditional Indian vegetarian cuisine, which means that meat, fish, eggs or any products containing them are not used. Every day all meals are prepared from scratch. No ready-made products are used, only high-quality ingredients. Most of the meals are gluten-free and sauces are thickened using vegetables, not flour.

The menu now also features Thai foods and traditional Czech recipes prepared in a healthy way. Of course you will also find the Indian classics that many Czech diners have quickly become accustomed to: sabji (specially prepared

vegetables), dal (a legume dish), rice, sweet desserts, fresh vegetable salads. The wide offer of beverages includes the Indian yoghurt drink lassi - sweet or salty, kombucha and high-quality teas and coffee. There are also fresh fruit and vegetable juices and the usual non-alcoholic beverages.

The buffet-style restaurants are self-service, with prices based on weight. ○○



OUR TIP:  
TRY A DELICIOUS MANGO LASSI WITH ITS TASTE OF EXOTIC LANDS OR CHOOSE A VITAMIN AND ENZYME-RICH ORGANIC SPROUTS SALAD FROM THE SALAD BAR.



**Dhaba Beas Vyskočilova**  
BETA Building

Opening hours: Mo-Fr 11 a.m. to 6 p.m., weekends 12 p.m. to 3 p.m.

Tel.: +420 774 738 983

[www.beas-dhaba.cz/cz/dhaba-vyskocilova](http://www.beas-dhaba.cz/cz/dhaba-vyskocilova)

# Get inspired by the giants of history

Galileo, Joan of Arc, the Wright brothers or Marie Curie. We all know these names. But can we place these figures in historical context? Do we know exactly what their “greatness” consists in?

The 20-part Animated Hero Classics Biography DVD Collection by American Christian company NEST may be designed for children ages three and up, but it is so engrossing that even adult viewers will want to watch.

Slovak and Czech versions of the Animated Hero Classics Biography were prepared by ŠTÚDIO NÁDEJ in cooperation with the DW agency, Mediální centrum and the Maranatha Gospel Choir. Other play activities connected with the series will be gradually released at [www.velikanidejin.cz](http://www.velikanidejin.cz).

The series was directed and produced by the experienced Richard Riche, who among other things worked for Walt Disney on such animated films as Winnie the Pooh and The Fox and the Hound.

Well-known historical figures present each episode in approximately half-hour long animated films, accompanied by songs in Czech and Slovak versions. Each episode is on a separate DVD, which also contains a multimedia quiz.

Child and adult audiences can in a playful form learn not only about people who have left an indelible mark in various fields of science and the arts, but also discover what positive moral values these giants passed down. From Louis Pasteur they can learn diligence, patience and steadfastness. Leonardo da Vinci inspires with his generosity and thoughtfulness, Joan of Arc with her humility and devotion. oo



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



You can purchase the Animated Hero Classics Biography DVD Collection in the e-shop at [www.maranatha.cz/e-shop/](http://www.maranatha.cz/e-shop/)





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# Want to improve your golf game? Hit the gym!

Golf is a sport like any other. If it's more to you than just a carefree stroll through nature and you really want to get better, you should also focus on compensation exercises, strengthening and nutrition. The staff at Balance Club Brumlovka can help you.

○ If you want to conquer an 18-hole course with a good score and in the correct rhythm, you have to focus on conditioning. Otherwise, your game may fall apart, especially on the last third of the course.

## **Invest in yourself instead of fancy equipment**

Perhaps you've already experienced something similar - on the 12th hole you make par, on the 13th you fight for a birdie, and then all of a sudden it's like you've run out of gas. You play out the last few holes with the last few

drops of fuel left in the tank, sputtering to the finish line. It's in these last rounds that the game is decided. In a typical round of golf, you may be able to narrowly escape, but if you're battling for a spot in a tournament, the fact is you're going to have to work on your end game.

It's paradoxical that golfers tend to invest a lot of money in top-flight equipment without considering the possibilities and limits of their body. But eventually they come up against a barrier - the body starts to act as a brake on the road to better results. The aim of golf conditioning is to improve your stability and mobility, i.e., the range within which the musculoskeletal system is capable of operating.

When exercise shows you what is limiting you, you can begin to correct it. Often even regular stretching can help - all that might be stopping you from great results on the

course may be 20 to 30 minutes of regular (and proper) stretching. This is definitely much less expensive than buying new equipment for tens of thousands of crowns. Especially if you're serious about golf and want to continue playing into old age.

## **Get a trainer, at least to start with**

If you have decided to start golf conditioning training, the best thing to do is get a trainer, at least at the beginning. A trainer will help you set a training plan based on your actual physical



△ Balance Club Brumlovka has prepared a golf training program for you. You can download it here.







## Three questions for trainer Dominik Špiláček



### What workouts should golfers do? Should they be lifting weights?

Golfers don't need to lift hundreds of kilos as part of their workout routine. Instead of lifting weights they should focus on their core and proper stretching. A stable posture and correct stance during your swing are crucial. Repeat certain exercises

and you will see your scores improve.

### What muscle groups should be strengthened for golf?

It's important to develop the whole body. Large biceps won't help you much at the tee if your back, abs and legs aren't strong enough to hold you steady as you lean into your swing. There are lots of muscles involved in a golf swing, even though it may not look like it at first glance.

### Does exercising help avoid golf-related injuries?

The golf swing puts stress on the body, so it can cause trouble in practically all parts of the body, from the back to the shoulders, elbows, wrists, knees and hips. That's why it is important to focus on compensation exercises.

condition, will help you set real goals and lead you step by step to fulfilling them.

As part of the training it is important to develop the large muscle groups, for which strengthening exercises using the body's own weight and various balancing aids are appropriate, such as a BOSU ball or balance step. These exercises

are complex – they don't just isolate one muscle group like exercise machines, but activate many muscle groups at once.

The key to success in golf conditioning is variety. Just as you don't just practice drives and putting, when training you should seek diversity. You'll avoid boredom and regularly changing up

your routine is a great impulse for further development of the body. You can alternate endurance training with more repetitions and speed with less weight and an emphasis on dynamic execution. There are tons of options and a trainer knows how to correctly combine them.

### Don't forget cardio and stretching

Don't leave out cardio activities, which are the best way to get in shape. You'll improve your endurance and will feel better on the golf course. If you don't like running, try speed walking or cycling. Here too it pays off to consult with a trainer and have a precise plan to avoid unnecessary strain or injury, or on the other hand, insufficient strenuousness that doesn't lead to further development. A trainer also knows how to effectively combine the cardio and strength components of training.

Stretching is obviously a crucial part of any training regimen. Stretching helps warm up the body before engaging in more strenuous activities to avoid potential injury. After completing the activity, it helps speed up the regeneration process and lessens muscle pain. While stretching is of course excellent for golf, you can also do it when you're in the office! ∞

## DON'T UNDERESTIMATE NUTRITION AND PROPER HYDRATION

Studies have shown that nutrition plays a huge role in athletic performance. This is especially true in golf, where a typical round can last about four hours, while tournaments last even longer. Players walk up to nine kilometres, burn 2,000 calories and lose 1.2 kilograms. Even if you only shoot nine holes, you burn almost 1,000 calories.

Therefore, don't forget to eat before the tournament, even if it starts early in the morning. An empty stomach will never help you on the course – it leads to fatigue, stress and injury. When you are well-fed, on the other hand, you feel comfortable and self-confident.

It's a good idea to bring snacks to the golf course too, especially ones that are easy to digest.

Bananas or energy bars are good, although it's always a good idea to try them out ahead of time to see how your body reacts. Never experiment with food at a tournament.

In addition to food, proper hydration is critical. Make sure you are properly hydrated before the tournament – drink about a half litre of liquids two hours before the start, 200 millilitres half an hour before the start and again right before the start. Drink a lot during the game too, ideally always a few sips at every tee.

The best drinks are hypotonic sports drinks, which hydrate the body and give you extra energy. Strong tea, coffee and alcohol should be avoided.



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

# The Olympics in the Marvellous City

Seven years ago, when the International Olympic Committee (IOC) awarded the 2016 Summer Olympics to Rio de Janeiro, everything looked rosy. Brazil had one of the fastest growing economies in the world and was set to host the first Olympics in South America only two years after the FIFA World Cup. Its place as a global economic “tiger” seemed secure.

○ Seven years later, however, things look a little less rosy, as Brazil has been struggling with a number of problems. Nevertheless, for many Brazilians the Olympics remain the number one priority and they are looking forward to the first ever Games in South America. As are fans from around the world, who in addition to the Games themselves also want to discover the beauties of the *Cidade Maravilhosa*, the Marvellous City, as the local *cariocas* call their metropolis.

## Rio is used to big events

There's no reason to worry that Rio cannot handle an event as enormous as the Olympics. After all, Rio is used to these sorts of things, as it annually hosts the largest carnival in the world, with some five million revellers descending on the city every year.

And the largest ever concert took place here in 1994 when Rod Stewart played on Copacabana beach to some 3.5 million people. Not even the Rolling Stones, who attracted 1.5 million spectators to the same beach ten years ago, were able to break the record.

In 1950, Rio was the venue for the football match with the most spectators in history. Official attendance at the championship game between Brazil and Uruguay in the Maracanã stadium was 173,850 people (unofficial attendance was even greater).

## The most important sport at the Games? Football!

Football in Brazil will have a totally different atmosphere than at any other Olympic Games. At past games there was always something missing. But in Brazil? Here the whole



population will be urging their team to win a gold medal. Anything else will be a disappointment.

In Brazil the Olympic football tournament is seen as a substitute for the country's failed World Cup run, in which the home team was defeated by the Germans. In Rio the five-time world champions want to win the one title that has so far eluded them. So far they have finished second three times (most recently at the London Games in 2012).

But the *cariocas* will be excited to watch other sports as well. Rio loves sport – every beach and every field is full of young and old alike engaging in sporting activities. The locals are as passionate about sport as they are about





nightlife, dancing or romance, which is why the city is often considered one of the world capitals of sport.

**Visit a wonder of the modern world**

If you are planning to visit Rio during the Olympics this August, don't count on getting much sleep. In addition to watching the Games you have to set aside enough time to explore this magnificent city, watched over by a giant statue of Jesus Christ.

The statue of Christ the Redeemer is one of the city's main attractions and since 2007 one of the Seven Wonders of the Modern World. It measures almost 40 metres, weighs 1,145 tons and every half hour a cable car climbs the 710



*The Cristo Redentor (Christ the Redeemer) statue is one of the wonders of the modern world*

△ Ipanema Beach in Rio de Janeiro

**FREE ATM WITHDRAWALS ALL AROUND THE WORLD**

Are you heading to Brazil this summer to experience the best of what sport has to offer as well as a little tropical weather? Before you go, however, you need to solve a more mundane matter. How to pay? Czechs have for years been accustomed to exchanging money at home and travelling with their pockets full of cash. But in addition to sport and carnival, Rio also has a reputation for theft.

The safest way to travel to Rio de Janeiro, just as in the Czech Republic, is with a credit card in your pocket. All cashless payments are secured and trackable. And you can withdraw money from ATMs gradually rather than carrying around a large wad of cash in your pocket. All you need to do is choose the right account, such as that offered by UniCredit Bank. At UniCredit Bank you can withdraw money from any ATM around the world absolutely free. All you have to do is deposit monthly income of at least CZK 12,000.

So you can head to the Olympic Stadium without worry and even use the money you've saved to buy yourself something nice. And if you accidentally lose your card, you can block it any time by phone. Stolen cash, on the other hand, will never find its way back into your wallet.



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 Fr 8:30 a.m. to 2 p.m., Infoline +420 800 144441  
[www.unicreditbank.cz](http://www.unicreditbank.cz)



metre Corcovado Mountain to Christ's heels. Or you can take a taxi around the local impoverished favelas, which are becoming more a tourist attraction than a dangerous place.

Another local hit is Pão de Açúcar (Sugarloaf Mountain), from which there is an amazing view of the city. Mountain climbers will find some 50 different trails (and you can also camp here). Once you get to the peak and gaze down at the sea and the hustle and bustle of Rio de Janeiro, you'll understand why they say that God is Brazilian - or as the locals say, God is from Rio.

Head to the beach and to samba school. Also wonderful is the historical quarter of Santa Teresa with its beautiful colonial buildings and back streets. In addition to walking through the quarter you should also take a historical tram ride. The locals sometimes daringly jump on while the tram is in motion (of course they also jump off too).

You also mustn't miss the Copacabana and Ipanema beaches. As soon as you find your dream spot on the creamy white strip of sand you will be in heaven. In addition to these two popular beaches, you should also check out several others, such as Leblon, Praia de Diabo, Praia do Leme and Praia do Arpoador. If you go swimming, don't venture out too far - the ocean currents are very strong in Rio.

And of course you mustn't miss samba! Carnival may have ended long ago, but it's practically impossible to avoid samba in this city, especially in the Gamboa quarter, where there are more than ten dance schools and where you can check out the famous allegorical floats on which half-naked dancers perform during carnival. You can learn the basic steps in the local samba courses or just shuffle around in the local streets. oo

△ Pão de Açúcar, Sugarloaf Mountain, offers wonderful views of the city



## The 2016 Olympics in Rio

**When.** Everything starts with the lighting of the Olympic flame on 5 August and ends 17 days later on 21 August.

**Where.** At 33 sports facilities in four parts of Rio de Janeiro (Copacabana, Barra de Tijuca, Deodoro and Maracanã). Some football matches will be played in Belo Horizonte, Brasília, Salvador and Sao Paulo.

**Athletes.** 10,500 athletes from 205 countries will be participating in the Games.

**Competition.** The athletes will be competing for 306 sets of medals in 42 sports. Rugby returns to the Olympics after a 92-year absence and golf after 112 years.

**Czech stars.** The most famous Czech athletes at the Games include Zuzana Hejnová, Barbora Špotáková, Pavel Maslák, Vítězslav Veselý and Jakub Holuša, rowers Ondřej Syněk and Miroslava Topinková Knapková, water slalomist Vavřinec Hradilek, judoist Lukáš Krpálek, canoeist Martin Fuksa and tennis players Tomáš Berdych, Petra Kvitová and Lucie Šafářová.

**Czech team.** There are 105 athletes in the Czech team. This year the Czech Republic is not represented in any team sports and has athletes in 23 sports in total (the largest number of athletes are in track and field, followed by tennis, cycling and rowing).

**Spectators.** 7.5 million tickets were on sale, ranging in price from 40 to 4,600 Brazilian reals (about 280 to 34,000 Czech crowns).

**Facilities.** 90,000 staff and 50,000 volunteers will be looking after the athletes and spectators during the Games. There will also be some 25,000 journalists from around the world.



### CELEBRATE THE OLYMPICS WITH NEW SPORTSWEAR

At NIVOSPORT you can choose from a wide selection of sportswear by German cult brand Venice Beach. Here you will find what you need for yoga, swimming, fitness, dance or jogging. And if you're planning to watch the Olympics in a restaurant, you can opt for elegant leisure wear.

**NIVOSPORT**

**NIVOSPORT**  
BRUMLOVKA Building  
Opening hours: Mo–Fr 9 a.m. to 8 p.m., Sa 10:00 a.m. to 4 p.m.  
[www.nivosport.cz](http://www.nivosport.cz)



# Healing plants help year round

• Venture into the fields, meadows and hillsides! •

○ You walk past them every day and at first glance they don't seem the least bit remarkable. Weeds that you wouldn't ever think to bring home and put in a vase. And yet among them grow wild herbs, treasures that folk medicine has always recognized as effective means of treatment for a multitude of problems

Once you delve into the world of medicinal plants they will never let you go. You will discover new possibilities and combinations. You will find that some wild plants can be used not only for the preparation of medicinal infusions, teas, tinctures and ointments, but also in the kitchen as a complement to salads, spreads, soups and many other dishes. ○○



**TIP:**  
BOIL CLEANED BURDOCK ROOT FOR THREE MINUTES IN BOILING WATER IN ORDER TO MAINTAIN ITS EFFECTIVENESS. THEN CUT IT UP AND DRY IT. THE ROOT MUST BE THOROUGHLY DRIED BEFORE STORING AS IT EASILY ABSORBS MOISTURE FROM THE AIR.

## Greater burdock

*Arctium lappa*

☞ A tall plant with large heart-shaped leaves, mostly known as a weed and incorrectly called a thistle that grows along roads, by water or in rubble. As a medicinal herb burdock is valued for its root and leaves. The leaves are collected from April to August. The root should be harvested before the plant blossoms, as afterwards it starts to lignify.

☞ Burdock root is used internally and externally. It improves the metabolism, liver function and the digestive tract, and has a diuretic effect. Use it to treat urolithiasis, inflammation or chronic skin problems. Place freshly kneaded leaves as a compress on wounds and bruises.

☞ Burdock oil promotes hair growth and helps treat acne. In Asia, where burdock root is called sansai and is considered a mountain vegetable, the young leaves and stems are also consumed. Burdock root can be used fresh or dried. Try it as a replacement for root vegetables in soups or vegetable patties or add it to a fresh green salad. You can also use it in mixed pickled vegetables.

## Lady's Mantle

*Alchemilla acutangula*

☞ The rugged, downy leaves of lady's mantle are often amid a drop of morning dew. Venture out into a mountain meadow, pasture or stream to find them. The small yellow-green flowers appear from May to September, which is also when the leaves can be collected.

☞ Along with diamonds, lady's mantle is a girl's best friend. It is very effective for gynaecological problems, reduces menstrual pain, and is recommended for pregnant women to prevent miscarriages and for climacteric problems. It also helps with nose bleeds, gynaecological inflammations and haemorrhoids.

☞ The green leaves of lady's mantle can be used in cooking similarly to parsley. Young leaves can be used in soups, spreads or salads. The flowers of lady's mantle are a pretty way to decorate a plate.




**TIP:**  
ADD 1/4 L OF COLD WATER TO 3 TEASPOONS OF DRIED BURDOCK, BRING TO THE BOIL AND THEN SET ASIDE FOR 15 MINUTES BEFORE DRINKING. BEST TO DRINK TWICE A DAY.







## Common daisy

*Bellis perennis*


 This tiny flower has a healing effect, whether taken internally or externally. Daisies bloom continuously from late winter until October, in mild winters and year-round.


 Fresh flowers can be directly consumed or used for the production of tinctures, syrups and honeys. Infusions made by soaking the flowers in hot water contain substances that help increase metabolism in the liver. Daisy infusions are also recommended for diseases of the gallbladder and inflammatory diseases of the airways as they support expectoration and have anti-inflammatory effects. For external use it is suitable as an additive in baths or compresses, especially for poorly healing wounds and ulcers. Gargling a decoction of daisy flowers helps treat inflammation of the throat and gums.


 Fresh daisy flowers are often used in salads or sandwiches and are great in soups or as an edible decoration for desserts.

## Cleavers

*Galium aparine*

 In medieval times cleavers were considered a protective herb. People sprinkled cleaver leaves around their homes and shrines. The shoots of this lush weed are collected from spring to autumn.


 Freshly ground leaves are used to clean lymph nodes, and help in diseases of the thyroid, anaemia, diseases of the urinary tract or prostate. Compresses made of cleavers are beneficial for skin diseases, ulcers or burns.


 Cleaver infusions are good for the hair and scalp. It has a slightly bitter taste. Fresh leaves can be added to salads or smoothies, or stewed like spinach.




## Yarrow

*Achillea millefolium L.*

 A plant commonly found in meadows among grass. It is harvested during the summer and autumn until October. In folk medicine yarrow is valued as a powerful herb, which is used when nothing else helps.

 Yarrow is considered an effective "female herb" because it suppresses cramps and relieves menstrual bleeding. It is recommended to inhale an infusion of the flowers for hay fever and mild asthma. Yarrow leaves promote the formation of gastric juices and bile, thereby supporting the appetite. Fresh leaves can be placed on cuts.

 Young yarrow in small quantities can be used in different foods, like green leaves. It can also be added to vegetable stews or roast meats.




**TIP:**  
BOIL 6 SPOONS OF NIPPLEWORT IN A 1/2 LITRE OF WATER TO MAKE A CONCOCTION THAT YOU CAN USE AS BATH FOR HAEMORRHOIDS, MOUTH-WASHES FOR GINGIVITIS OR TO RINSE OUT A BLOODY NOSE.





**TIP:**  
 USING THREE HANDFULS OF PLANTAIN LEAVES AND TWO CUPS OF SUGAR YOU CAN MAKE A COUGH SYRUP. CUT THE LEAVES INTO SMALL PIECES AND ALTERNATELY LAYER THEM WITH SUGAR IN A GLASS. EACH LAYER SHOULD BE ABOUT ONE CENTIMETRE THICK. POUR THE REST OF THE SUGAR INTO THE FULL GLASS. PLACE THE GLASS IN A WARM SPOT AND LEAVE IT FOR TWO DAYS. THE SUGAR WILL MELT. DRAIN THE CONTENTS OF THE GLASS AND SQUEEZE THE JUICE OUT OF THE LEAVES.

## Dandelions

*Taraxacum officinale auct. non Wigg.*

 Dandelions are found on every continent except Antarctica. The flowers and leaves are harvested in the spring and the root in the spring before flowering or in October and November after flowering. Leaves can be torn throughout the whole vegetation period, until October.


 The most healing effects are in the dandelion root. The leachate from the root is a diuretic and cholagogue, stimulating digestion. It is used in case of gall stones, urinary stones and jaundice. It has a favourable effect on liver function, as well as the stomach, pancreas, intestines and kidneys. An infusion of dried leaves stimulates the liver and digestive system.


 The flowers can be used to make a delicious honey or wine, and the young leaves can be added to salads. The Japanese include dandelions among the sansai, mountain vegetables, and prepare jam and miso paste from the young leaves.


DANDELIONS ARE EXTREMELY DIURETIC, SO ITS USE IS NOT RECOMMENDED FOR THOSE WITH KIDNEY PROBLEMS. WITHOUT MEDICAL CONSULTATION IT IS NOT RECOMMENDED FOR THOSE WITH GALLSTONES OR STOMACH ULCERS.

## Ribwort

*Plantago lanceolata*

 Ribwort grows in meadows, pastures and along roads. The leaves are collected from May to September, and dried in the shade.

 It is among the most widely used medicinal plants. The fresh juice is used to treat inflammation of the stomach and intestines, and also regulates stool. Freshly crushed leaves are placed on wounds, burns, inflammations and ulcers. Ribwort syrup facilitates expectoration, relieves bronchitis, catarrh and asthma.

 The spicy bitter young leaves can be added to salads and spring soups. The leaves can also be fried in batter and served with potatoes.



## HERBS FOR A BEAUTIFUL BODY

Many herbs not only help the body internally, but also support outer beauty. When you have a taste for something green, you can go to the dm drugstore and choose from products made from organic ingredients that come from ecological farming. A herbal caress is also brought to you by the natural cosmetic line Alverde, which contains no synthetic fragrances, colorants or preservatives, or substances based on mineral oils.



- 1 alverde, cream deodorant lemon grass, sage, 50 ml, CZK 69.90
- 2 alverde, shampoo bamboo, mint, 200 ml, CZK 54.90
- 3 dmBio, spread with garden herbs, 180 g, CZK 47.90
- 4 dmBio, smoothie cucumber, apple, fennel, 250 ml, CZK 44.90



dm drogerie  
 FILADELFIE Building  
 Opening hours: Mo–Fr 8 a.m. to 7 p.m., Sa 8 a.m. to 1 p.m.  
[www.dm-drogeriemarkt.cz](http://www.dm-drogeriemarkt.cz)





# Enjoy fresh herbs at restaurants in BB Centrum

Don't worry: there are no ready-made meals or artificial flavourings used at the restaurants in BB Centrum. In fact, the emphasis is on fresh seasonal ingredients, prepared with care. Naturally, these also include herbs – both well and less known – in meals, desserts and drinks. oo



## MARANATHA USES HERBS RIGHT FROM THE FARM

Maranatha emphasizes the use of natural ingredients in all its meals, including of course fresh and dried herbs. The restaurant works with a small farm in Sedlčansko, which in addition to seasonal fruits and vegetables supplies it with a wide range of herbs, such as mint, basil, oregano, chervil, sage, coriander, thyme and lemon balm. Guests can enjoy these herbs in salads as well as hot dishes.

*A recipe from the Maranatha restaurant...*

### Fresh pappardelle with sage butter

#### Ingredients:

600 g fresh pasta, 20 g sage, 25 g sea salt, 150 g butter, 4 g fresh hot peppers

#### Preparation:

Clarify the butter over low heat and leave about 15 minutes until all the water is evaporated. The butter will become clear and „ghee butter“ will be produced (it can be purchased ready-made in stores). Remove the foam from the surface with a spoon. Add finely chopped sage and chilli pepper to the heated clarified butter and remove from the stove. Cook fresh pappardelle in boiling salted water for 2-3 minutes or until the pasta is *al dente*. Drain the pasta, but leave about 2-3 tablespoons of the water in which it was boiled per serving (an old Italian trick). Add the clarified butter with sage and chilli, salt to taste and serve with Parmesan.



**MARANATHA** vegetarian restaurant  
BRUMLOVKA Building  
Opening hours: Mo–Th: 11 a.m. to 7 p.m., Fr: 11 a.m. to 5 p.m.  
(in winter 11 a.m. to 3 p.m.), Sa, Su and holidays: CLOSED  
[www.restauracemaranatha.cz](http://www.restauracemaranatha.cz)



## HERBS WITH THE TASTE OF ITALY AT GROSSETO PIZZERIA RISTORANTE

Every proper Italian family has its own herb garden at home which it uses when preparing meals. Basil, marjoram, oregano, rosemary, sage... These are the herbs that Grosseto Pizzeria Ristorante uses to flavour its specialties. Try, for example, veal fillet with sage and roasted rosemary potatoes or a thick minestrone soup with basil pesto.



**Pizzeria Ristorante Grosseto**  
BRUMLOVKA Building  
Opening hours: Mo–Fr 11 a.m. to 11 p.m., Sa–Su 12 p.m. to 10 p.m., Tel.: +420 737 107 627  
[www.grosseto.cz](http://www.grosseto.cz)

## HERBS COME IN FIRST PLACE AT PUZZLE SALADS!



There would be no Puzzle Salads without herbs. You can find them in many dishes and drinks. Some appear regularly and create a distinctive flavour of the product, such as homemade mint strawberry lemonade. Herbs, however, often find themselves in the dishes due to the whims of the cooks. Customers may encounter parsley, basil, oregano, cilantro, or even spring chives in soups, salad dressings and entrees, mint and lemon balm in desserts, and thyme or rosemary in roasted Grenaille potatoes. Guests keep returning for the seasonal creams and pesto with wild garlic. Herbs in Puzzle Salads are also used to flavour oils, which are added to seasonal fruit sodas or hot teas.



**PUZZLE SALADS**  
FILADEFIE Building  
Opening hours: Mo–Fr 7:30 a.m. to 5:30 p.m.  
E-mail: [info@puzzlesalads.cz](mailto:info@puzzlesalads.cz)  
Tel.: +420 722 719 714, [www.puzzlesalads.cz](http://www.puzzlesalads.cz)



# The art of positive change or “How to tame an elephant”

The key skill of a manager, business owner, consultant or even a parent is the ability to affect change – to manage change so that in the end the expected result is attained. But you have probably wondered more than once why such a large percentage of attempts at change are unsuccessful in the long run. Let’s look at a few examples.

## **The shocking facts about change**

- Managers are often frustrated by the statistical fact that up to 80% of corporate or organizational changes ultimately fail.
- When looking into the current political situation, it is easy to see that for a large part of European political leaders it is almost impossible to change the habitual course. With dogged tenacity they cling to the dysfunctional strategies of the past, those which have survived the longest.
- According to a recent study, less than 10% of those who managed to lose weight ultimately kept it off. Most will return to their former weight and usually put on even more.
- Nearly 80% of couples struggle with the same problems that they faced at the beginning of their relationship years later. This leads to an unnecessary loss of satisfaction and positive feelings.

## **Why do most attempts at change fail?**

When Carl Rogers, one of the most cited psychologists of the 20th century, was nearly 80 years old, a journal-

The elephant – emotions, lack of energy, dwindling motivation or negative events – in most cases can be counted on to defeat us.



ist asked him: “Doctor, you have been helping people change all your life. Could you please tell me the circumstances under which people are willing to change?” The famous therapist thought it over and surprised the journalist with his directness. “You know, my more than fifty years of experience as a therapist have convinced me that most people do not actually want to change. They might talk about change,

or even desire it, but when it comes down to it, only a few actually change.”

He then stated **THREE REASONS** that awaken in people a willingness to change:

1. “It’s got to hurt enough.”
2. “They suffer from great despair or boredom.”
3. “They understand with sufficient intensity **WHY** and **HOW** they can change.”

Every change brings with it a certain amount of pain. Even though it’s a change for the good, it always means leaving something old, solid and secure. It is difficult for most people, so they dare to make a change only when they are frustrated or when the risk of the situation is greater than the fear of change or loss of comfort. According to Carl Rogers, it is therefore important to understand that **IT IS POSSIBLE** to

change, HOW it is possible to change, and especially WHAT positives this change will bring. It means accepting the principles of the change with all its consequences and also being inspired by others to change.

### Three steps to any successful long-term change

Try to think about the situation of your company and some long drawn out change. In what way has this change failed or who is to blame? Or recall a specific issue in your personal relationship. It could be something that you have repeatedly talked about together without having reached the positive and expected change. Why have old habits or circumstances won over motivation?

Psychologist Jonathan Haidt of the University of Virginia presented a concise representation of the principles of successful change through the simple parable of a rider, an elephant and a path.

Every change is like when the rider is sitting in the saddle on the elephant. Who controls the elephant? The rider, especially when the elephant is trained. But who actually has more power? The elephant. When everything is working well and nothing happens that would cause the elephant anxiety, then the rider is able to control the elephant. Otherwise, the elephant is always stronger.

With us - and with the people that we guide and nurture, or even romantic partners - it is the same. Most of us get stuck on the predictable barriers that ultimately prevent change. When everything is okay, when we are not anxious and realize our goal, then we proceed in the right direction. But then suddenly, when something is too much for us, we cease to be vigilant when there are unforeseen circumstances... It is easy to do something that we are used to or something that disturbs the process of change. We fail. We go back to square one. The elephant was stronger.

And this is the basic principle of the story of change. Whenever an elephant and his rider disagree on the direction of travel, the rider is in danger of losing, because the elephant - emotions, lack of energy, dwindling motivation or negative events - in most cases can be counted on to defeat us. The rider cannot struggle for long with the elephant, because he will eventually tire and lose his self-control.



It is important not only to choose the right goals, but also to create emotions and a clear strategy to achieve them.

### Change, radishes and self-restraint

An interesting experiment on human motivation and change behaviour was conducted. The assignment was clear: the investigated university students were not allowed to eat before the experiment for at least three hours. Then they were led into a room that smelled wonderful. On the table were two bowls. One of them contained freshly baked chocolate chip cookies, still warm from the oven. The other contained raw radishes. Half the participants were then asked to eat a few cookies, but no radishes. The other half, on the contrary, were told that they can eat all the radishes they want, but no chocolate chip cookies. Despite the temptation, everyone ate what

they were supposed to and none of the radish eaters reached for a cookie.

Subsequently, the students were asked to solve certain mathematical and logical tasks. In reality, however, all of the examples were unsolvable. The researchers wanted to find out just how long the students would persist in the difficult task before surrendering.

The results were shocking:

- The students who were not asked to exercise self-restraint about what they ate spent on average 19 minutes on the task and made on average 34 active attempts to solve it.
- The radish eaters were less persistent. They gave up the task after just 8 minutes on average and made only 19 attempts. Why? They did not have the strength to exercise further self-restraint.

### What does this experiment (and many others) tell us?

Every change is a challenge that makes demands on our self-restraint. But it is a finite resource. The bigger the change we seek, the more this situation will drain our willpower. And so, often unknowingly, we exhaust the mental muscles that





▷ According to a recent study, less than 10% of those who managed to lose weight ultimately kept it off. Most will return to their former weight and usually put on even more.



These reflections on change can therefore be summarized into three key questions for every successful change leader:

- Can you communicate your expectations so that everyone knows what the change is? What sometimes looks like resistance to change is often a lack of clarity of direction or clarity of goals. When everyone understands and sees the destination, it is easier to stay in the saddle.
- Can you positively motivate others and work in a goal-directed way with their emotions? What sometimes looks like laziness or lack of self-control is often just exhaustion and lack of positive emotions. According to research, the inability to induce and maintain the appropriate emotional component of change is the most common factor in failed changes.
- When planning changes are you able to reconfigure processes to support the change? Do you build supportive rituals and habits? Do you take advantage of their power? What at first glance seems to be a problem of people is often more a problem of a situation. It is not enough just to know WHAT we should do nor is it enough to know WHY we should do it. Every difficult change must be directly tied to a particular behaviour, which should be described, controlled and enforceable. It's about HOW to adjust the path to make the change easier.

### Your ability to manage change = your success

The famous historian Arnold Toynbee once said: "Almost all of history can be summed up in one short formula. It's a pattern of challenge and response." What is this statement based on? It relies on the idea that if a person, an institution or a company responds to a challenge so that the response is equal to the challenge, then success is achieved. But as soon as the challenge changes - and that is the reality of an ever-changing world - the old response no longer leads to success. The circumstances are therefore constantly calling for change. The more people are willing and amenable to change, the more their actions will be successful. At the same time, however, it is necessary to consistently apply an effective strategy to help bring the required changes to a victorious end.

In this article we looked at the basic building blocks of any successful change. What supports change, what hinders it, and how we can actively influence the process of change.

The next time you attempt any change - whether a personal, process or other change - remember the three factors behind every successfully implemented change: the rider, the elephant and the adjusted path. When combined into a mutually cooperating unit, the change is usually successful. If any of these components is missing, the change is usually only temporary, and thus not a change at all. But a change brought to a successful conclusion is a success.

I wish you luck and willpower in the changes that fortune brings your way. ☺

we need to ensure we have sufficient strength to change. The radish eaters exhausted their self-restraint in denying themselves cookies. When their inner elephant began to complain, "it's too hard, it's no fun, I can't do it..." they gave up. They did not have the power to control the elephant for more than eight minutes. The elephant was stronger. The cookie eaters, on the other hand, were comparatively rested, unencumbered by decision-making, and therefore were able to struggle with the elephant for 19 minutes.

Famous football coach Vincenzo Lombardi said that fatigue makes cowards of us. We have a limited amount of energy, and if we use it all up, exhaustion follows. This makes it difficult to achieve any changes. Therefore, it is important not only to choose the right goals, but also to create emotions and a clear strategy to achieve them.

### The key issues for successful change managers

From the above follow three important aspects of change that we must take into account for change to be successful. In each change it is necessary to work with the rider and the elephant within us, but it also necessary to adjust the path so that the change is easier.



Mojmír Voráč, lecturer, trainer and management consultant specializing in effective change

Mojmír works in several companies at once - STREGONE s.r.o., 24/7 LEADERSHIP and the HAPPY JOBS Int. HR agency. In non-profit activities he has long focused on relationship counseling. In his consulting and lecturing activities, he takes inspiration from Galileo, who said: "We cannot teach people anything; we can only help them discover it within themselves."

# Culture tips

July – September 2016

## Exhibitions Festivals

### What? Emperor Charles IV 1316–2016

**Where?** National Gallery in Prague, Valdštejnská 3, Prague 1

**When?** 15 May – 25 September 2016

A Czech-Bavarian provincial exhibition of Emperor Charles IV 1316–2016, organized on the occasion of the 700th anniversary of the birth of this exceptional sovereign, presents an extraordinary selection of monuments of culture and art of his time in Prague and Nuremberg. The exhibition aims to show a portrait of Charles IV free from ideological prejudice and to present both his positive and negative sides. The figure of Charles IV will be projected against a wide background of contemporary cultural and historical events in the 14th century, such as climate change, drought and floods, crop failure, famine, plague, Jewish pogroms and a financial crisis.

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



### What? Foodparade Festival 2016

**Where?** Troja Chateau, Prague 7

**When?** 3 – 4 September 2016

The Cheparade cookery school will hold its 6th annual Foodparade Festival, which will once again take place in the beautiful gardens of Prague's Troja Chateau. This year you can look forward to more than 20 leading restaurants from Prague and its surroundings and more than 25 farmers' stalls and stalls serving delicacies. Visitors can try a tasting menu from Prague's best restaurants, delicatessens from around the world, great wines, great coffee and delicious beer. An accompanying program awaits visitors on both days in the chateau stables.

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

## Film



### What? KINOBUS

**Where?** BB Centrum, U Michelské školy, Prague 4

**When?** 15 – 18 August 2016, always after dusk, between 8:30 and 9 p.m.

Kinobus will once again be heading to BB Centrum this year to delight fans of open air summer film screenings. Kinobus will park for four evenings in the space in front of the Eliáš Christian Primary School next to Baar Park and will offer three English-language and one Czech film, *Vybíjená*, based on the novel by Michal Viewegh. Benches will be prepared for audiences and admission to all screenings is free. The popular mobile cinema is presented by BB Centrum in cooperation with the Prague Integrated Transport Company and the developer of the complex PASSERINVEST GROUP.

### Kinobus program:

15.8 – Ricki and the Flash

16.8 – Ant-Man

17.8 – Vybíjená

18.8 – Man on Wire

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





# 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: 40 parking places
- 3
P
Public underground parking (BRUMLOVKA Building)  
Capacity: 59 parking places
- 4
P
Public underground parking (FILADEFIE Building)  
Capacity: 102 parking places
- 5
P
Public paid attended parking (Želetavská St.)  
Capacity: 32 parking places
- 6
P
Public underground parking (Building G)  
Capacity: 16 parking places
- 7
P
Public underground parking (DELTA Building)  
Capacity: 66 parking places

First  
15 minutes  
are FREE  
of charge

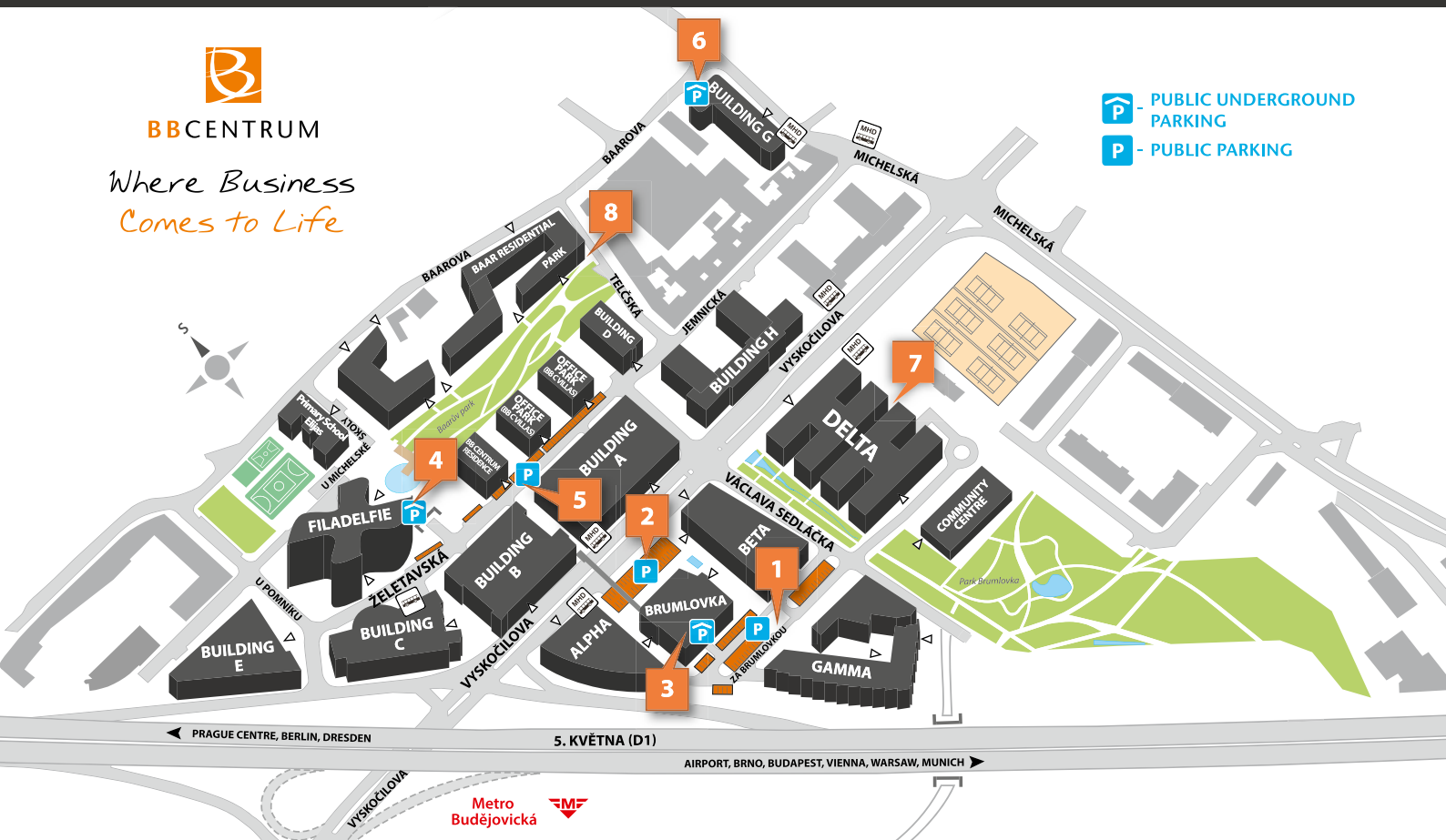
## LONG – TERM PARKING FOR RENT

- 3
BRUMLOVKA Building  
Capacity: 5 parking places
- 8
Residential Park Baarova  
Capacity: 20 parking places

CONTACT 724 607 209

P Aboveground parking: CZK 40 per hour  
(weekdays 7:30 -19:00, free of charge outside these hours)

P Underground parking: CZK 40 per hour





# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.momentodelta.cz)



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