



# THE HIDDEN CORNERS OF THE VIRTUAL WORLD



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English version of all BB Centrum activities are to be found also at

PREPARED BY

**PASSERINVEST**

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BB Centrum

## Online workshop: The hidden corners of the virtual world

**WHEN:** Wednesday, 13 May 2020

**WHERE:** online on the BB Centrum Facebook page

The virtual world is a modern phenomenon. While its environment is entertaining, it can also be very dangerous. In order to protect yourself and especially your kids from the pitfalls of the online world, you must keep up to date with how the environment works.

To take part in this workshop, please register at: [marika.duchonova@passerinvest.cz](mailto:marika.duchonova@passerinvest.cz). You will be sent a code to open the online workshop, including videos on the given issue.

**PRESENTED BY:**

doc. Mgr. Kamil Kopecký, Ph.D., a leading expert on the issue



BB Centrum

# Online travel evening: Bali, the Island of Smiles

**KDY:** Wednesday, May 20 at 5:30 p.m.

**KDE:** online on the BB Centrum Facebook page

Bali, one of the most famous islands in Indonesia, is also one of the most heavily visited by tourists, which is perhaps why many other travellers avoid this destination. But Bali is much more than just entertainment centres, Instagram tourist traps and luxurious hotel services.

Get to know another side of this enchanting island with Jana Wolfová, who spent several years in Bali. Learn about traditional ceremonies, forgotten rice fields, waterfalls hidden in the mountains and especially the uniqueness of the local culture, which will capture your heart at this popular Travel Evening, this time online



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# ONLINE YOGA FOR EVERYONE



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BB Centrum

## Online yoga for everyone – every Thursday from 6:00 pm.

Come and do yoga under the guidance of enthusiastic yoga instructor Daniela Bacíková. Regular lessons now take place every [Thursday from 6:00 pm on the BB Centrum Facebook page.](#)

The lessons are suitable for beginners and advanced practitioners of all ages.



BBCENTRUM

Brumlovka Square

# The popular market is back on Brumlovka Square!

**WHEN:** 7:30 a.m. to 2 p.m. every Tuesday in even weeks\*

**WHERE:** Brumlovka Square

The regular market returns 😊 ... come shop and taste quality products every Tuesday in even weeks. The first market will be held on May 26. You can look forward to fruit, vegetables, baked goods, including homemade bread, dairy products, smoked meats, cheese, eggs, butter, a gluten-free bakery, strudel, fruit drinks, flowers and much more.

\***Tuesdays in even weeks:** May 26, June 9, June 23, and so on. A simple way to determine whether the week is even or odd can be found here [www.jakyjetyden.cz](http://www.jakyjetyden.cz)



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Filadelfie Building

# SOMMELLERIE is still here for you

Despite the adverse situation, **SOMMELLERIE is still available** for you in the shopping arcade of the Filadelfie Building, albeit in a slightly limited mode.

Baar Park has blossomed beautifully and the benches in the surroundings and the beautiful spring weather invite you to relax, so SOMMELLERIE has prepared a wide range of **hot and cold drinks for takeaway**.

The aroma of coffee from 100% plantation arabica, delicious French Dammann Frères tea with a perfumed touch. You can choose from several types of homemade fruit drinks and celebrate the end of the working day with a mixed Aperol Spritz cocktail, a Hugo elderberry cocktail, a Prosecco and lime cocktail or a popular Rosato Frizzante.

A "Martini Bianco/Rosso & Tonic" with a wedge of lime or orange and ice is this season's novelty. The shop has all the ingredients you need to become a home bartender.

**The current opening hours are available [here](#).**

Brumlovka Building

# Do you have an **adequate** financial reserve?

The numerous restrictions and government regulations that have been in effect in the Czech Republic over the past two months have had a direct impact on family budgets. Many households are now forced to deal with a situation they could not have imagined just a few months ago. From one day to the next, many people found themselves in quarantine, unable to work as the result of a government regulation or at home as a caretaker of young children unable to attend school. All of these situations have one thing in common: future uncertainty caused by reduced or eliminated earnings.

If you also need advice on the family budget, the creation of financial reserves or a business loan, arrange an individual meeting at **OK POINT** in the Brumlovka Building as part of consultation hours: on **Mondays and Wednesdays** from 8:30 a.m. to 6 p.m., on **Tuesdays and Thursdays** from 8:30 a.m. to 5 p.m. and **Fridays** from 8:30 a.m. to 4 p.m.

**ok POINT**  
Powered by Broker Consulting

**mBank**



na celé portfolio BIODERMA\*

# 2+1 ZDARMA



**BIODERMA**  
LABORATOIRE DERMATOLOGIQUE

BB Centrum Residence

## 2+1 free on all Bioderma products

Stop by Magistra Pharmacy. You can look forward to **discounted packages** of **Bioderma products**, additional interesting sales on **Avenna cosmetics** and, with the first spring rays of sun, don't forget about skin protection when out in the sun.

Products from Institut **Esthederm**, for example, will help you keep your skin safe from the sun.

 **LÉKÁRNA**  
BB CENTRUM

Brumlovka Building

# Arena: Discover a new collection of swimsuits and get ready for summer

The Arena Shop at Brumlovka is already open with regular hours and you can start to slowly get ready for the summer months and choose from the new collection of swim and sports fashions. You can look forward to the current offer from the **2020 spring-summer collection** focussed on women's one- and two-piece swimsuits and men's swimsuits and shorts.

You can also take advantage of the opportunity to purchase goods on the [arenashop.cz e-shop](https://arenashop.cz) and have them sent to your home or pick them up at the shop in the shopping gallery of the Brumlovka Building.







Brumlovka Building

## Try a personal trainer at home or outside

Given the current ongoing construction, Balance Club Brumlovka has decided to provide **video lessons** for its members and to make quality outdoor space available to them at the **athletic stadium** at the BB Centrum at selected times. **Online training and training plans** are also available. Balance Club Brumlovka personal trainers are available to their members. You can take advantage of several possibilities:

- training with a trainer, during which the trainer and the client meet in person at a predetermined place
- the trainer and client agree on online training from the comfort of home
- the trainer prepares a weekly training plan for the client

The price is the same for all of these training options, **CZK 950\*** – with **CZK 100 per session going to the ALSA z.s. foundation**, which means your exercise helps others in need.

\*The discount from our loyalty programme remains in effect.  
**Don't hesitate to contact your trainer, [HERE](#).**

Brumlovka Building

## A 10% discount at the BOMTON hairdresser's for all BB Centrum tenants

Following the forced closing, **Studio BOMTON Brumlovka** is open again and has wonderful news for you! Because the people at BOMTON are delighted to be open again, they've decided to do something nice for their customers, too:

"To make you happy and help you ease back into the everyday hustle and bussle, **we're giving all BB Centrum clients a 10% discount** on all our services. While you can naturally expect a perfect cut and colour from us, we would also like to treat you to premium care.

In addition to hair services, the airy studio in Brumlovka also offers cosmetics, manicures and pedicures. Cosmetic services include the seasonal Esthederm treatment, which strengthens the skin and helps to overcome seasonal changes – in spring and summer it detoxifies the skin and gives it energy, hydration and vitality.

**BOMTON.**





Building A

## Perfect Canteen: Hot and cold meals from the comfort of you home

You can also enjoy food from Perfect Canteen at home. Order your favourite meals with ease **online on the e-shop** and then either pick them up at the dispensing point or have them delivered to your door.

You can choose from the daily offer with hot dishes and cold food, including soup in family-size packaging. Thanks to the "shock" method, cold dishes remain fresh for several days until you warm them up at home.

Select what you're in the mood for and order [HERE](#).

Filadelfie Building

# Adams Barbershop is back

Gentlemen, the days of long hair and unkempt beards are over. After the forced "break", surrender to the hands of a professional. **Adams Barbershop** will reopen its doors on **Monday, May 11**.

You can reserve your favourite service package [here](#).





BB Centrum

## Quality Egoé outdoor furniture now 20% off

Egoé is a Czech brand of outdoor furniture that the company designs and builds itself. With furniture from the unique collections, you can bring the quality and comfort of your interior out into your garden and onto your patio. Or create an outdoor office to conceive “open space” in your own personal way.

You may even know the **Leva modular system** from the exterior spaces of the BB Centrum, from the “outdoor office” installed last year on Brumlovka Square. If you are interested in any of the products, simply mention the password **“Be In, Go Out with Egoé”** to immediately receive a 20% discount on the complete line of outdoor furniture.

**EGOE**  
life

Filadelfie Building

## The Radka Chválová Beauty Studio: **thanks** **its doctor and nurse** **clients and offers free** **vouchers**

The Radka Chvalova Beauty Studio in cooperation with Sothys Paris has decided to offer twenty doctor and nurse clients a **free voucher for a seasonal treatment "with the aroma of mango and coconut"** as a way of expressing appreciation for their work during this difficult period.

The offer is valid for the first 20 clients with identification as medical professionals.

Vouchers can be reserved until the end of May, and the vouchers are valid until the end of September 2020.

**Radka  
Chvalova**  
Beauty  
Studio

 **SOTHYS**  
PARIS

*Děkujeme...*



ZDARMA  
SEZONNÍ  
OŠETŘENÍ  
VŠEM  
ŽENÁM  
V PRVNÍ  
LINII