

Brumlovka.

Magazine 2/2024

News from Brumlovka

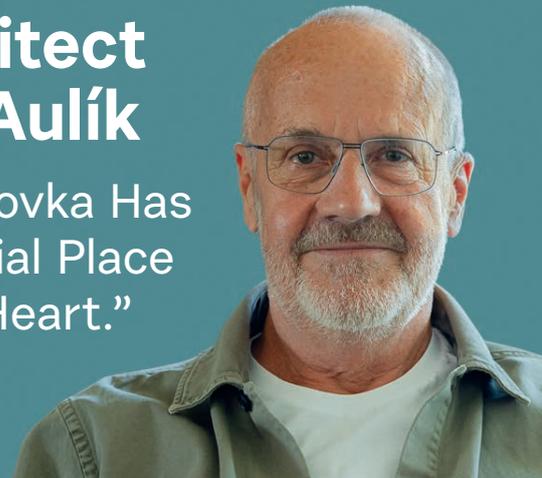
Blue-Green Infrastructure

Finding Brumlovka's Best Ice Cream



Architect
Jan Aulík

“Brumlovka Has
a Special Place
in My Heart.”



Shops and Services

RESTAURANTS

1. Ristorante Pizzeria Grosseto
2. Maranatha – vegetarian restaurant
3. Baifu – sushi bar
4. Dian – modern Vietnamese restaurant
5. Dhaba Beas – vegetarian Indian restaurant
6. Ugo – fresh salad bar
7. Goodlunch – canteen, Delta
8. Turnovská pivnice – modern Czech restaurant
9. Perfect Canteen – canteen, Building A
10. Mango – Chinese restaurant
11. Puzzle Salads
12. Sushi Time
13. Roast & Grill Bistro
14. La Fresca – canteen, Filadelfie
15. Puzzle Pasta
16. Goodlunch – canteen, Alpha

SHOPS

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2. Dm drogerie – drugstore
3. JK Jitka Kudláčková Jewels
4. Romantika florist
5. Meera Design – ladieswear
6. KITSTORE – LEGO® bricks
7. Anthony's – men's clothing
8. Bikero – bikes, service and advice
9. Papýrek – stationery
10. Maranatha – health food store
11. Bianco & Rosso – Italian deli
12. Don Pealo – convenience store
13. Lens Optik
14. Arena – sportswear
15. Mandala Montessori – creative toys
16. Asko – home appliances
17. Aluprof – window/door aluminium systems

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3. Costa Coffee
4. Coffee Perk
5. O2 HUB Café
6. Parkofka

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2. We Hate Ironing – dry cleaner
3. Radka Chvalova Beauty Studio
4. FLEKSI Budova B – coworking and flexible offices
5. FLEKSI Beta – coworking and flexible offices
6. Lady Li – hairdressing and beauty services
7. Automyčka Collection – car wash
8. Brumlovka Centroom
9. Cebia – vehicle history check
10. Better Barber – men's hair salon

BANKING

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

ATM

UniCredit Bank (Filadelfie building)
 MONETA Money Bank (Budova A building)
 OK POINT/mBank (Brumlovka building)
 Komerční banka (Duhová 2)

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 Brumlovka building (public parking)
 ČEZ building (Duhová 1)
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New Hila Building Coming to Brumlovka

On May 23, representatives of Passerinvest Group placed the cornerstone of the pioneering multipurpose Hila building to be built on the corners of Vyskočilova, Želetavská, and Jemnická streets. Besides being on the corner of three streets, the building will also offer three different functions in the form of stores, offices, and rental flats.

The 2nd to 8th floors of the multipurpose Hila building will offer about 20,500 m² of office space along with green roof-top terraces for work and relaxation. The 9th to 15th floors will offer 71 flats for rent including balconies with amazing views of Prague. The ground floor will be occupied by 2,000 m² of commercial space accessible both from the street and from a pleasant shopping passage. The four underground floors will offer about 420 parking spaces, including EV charging stations.

The renown architects at Aulík Fišer are behind the design while Gemo is the general contractor. Completion of the offices is planned for the end of 2026 and the entire building will be finished in the spring of 2027.

Hila will be fully aligned with the Passerinvest Group ESG strategy thanks to modern technologies such as ceiling heating and cooling (the latest in indoor climate control). When adding the innovative combination of heat pumps, the system will be highly effective and very economical to operate. •



“Construction on a major Prague office building to be leased hasn’t been launched in two years. I want to thank God for giving us the courage to go against the trend and start this project. The construction of Hila is also important because after a series of renovations, residential projects, and non-profit buildings, a new and significant office building is being built at Brumlovka, albeit also serving other purposes. Furthermore, combing the main purpose of providing modern offices with rental living in a single large building also means that once again we are pioneers in this market segment. I firmly believe this ambitious concept will find and satisfy its customers,”

Passerinvest Group Founder and CEO Radim Passer said.

Lean In Middle: A Development Program for Women in Business

Are you interested in personal development for yourself or as an employee benefit at your company?

The Business Leaders Forum (BLF) offers the Lean In Middle development program for women in middle management. The program is based on Stanford University’s Lean In methodology with the goal of mutual

Lean In Middle program price: CZK 30 000 + VAT.

Use the code “Brumlovka” for a 20% discount (on both Lean In Middle and Lean In Senior)!

For reservations and more information, contact: leanin@blf.cz, or complete a non-binding application at the BLF website: www.blf.cz/lean-in-program



support leading to personal and professional success. The sessions facilitate discussions in a group of up to 10 women from various companies and sectors led by an experienced coach focusing on the individual development and goals of each participant. Once the course is completed, the women become part of the Lean In

When:
From September 24, 2024 to April 8, 2025

Number of meetings: **8 meetings from 9:00 a.m. to 11:00 a.m.**

Meeting frequency:
Once a month

Where:
FLEKSI space, Beta building, Vyskočilova 1481/4

Alumni Network, which now includes more than 300 women that we invite to regular inspirational and networking events.

We’re also organizing a Lean In Senior program for women in top managerial positions and board members. For more information, please contact: leanin@blf.cz. •

Brumlovka's Busiest Residents

The Delta building has been home to Brumlovka's busiest residents known for their tireless industriousness for the past year and a half. Four beehives were installed on the Delta building roof in cooperation with the group Včely na střechách (Bees on Roofs), a project that supports beekeeping in urban environments.

City vs. Country

Some people think bees can't thrive in a city, but quite the opposite is true! Actually, cities are a great environment for bees and extend their active season. And although it may not seem possible, Prague has quite the range of plants that liven up the city's green spaces.

In fact, cities often have a more diverse palette of plants than rural areas. Gardens, parks, and balconies that bloom in different periods offer bees a wealth of nectar and pollen during most of the year.

Furthermore, urban environments often have fewer pesticides than agricultural areas, although that depends on the specific location. Bees in cities are often less exposed to dangerous chemicals, which leads to lower mortality rates and healthier hives.

Why Are Bees So Important?



By installing beehives, we're helping to maintain and preserve the environment and biodiversity for future generations. Bees are a massive boost to maintaining biodiversity through pollination, which improves the health of local ecosystems and makes them more resilient to climate change and invasive species. Diverse ecosystems also better absorb and store carbon, which helps to reduce the speed of climate change.

On top of that, bees are the chief mode of pollination for many types of food-producing plants. Estimates

You can also support your local bee population by planting various types of plants that provide food and shelter to worker bees.



"We're so pleased the bees are doing very well here at Brumlovka, which we can see from the amount of honey they produce. It took a while to work with the experts and decide where to place the hives, and we can now see we made the right decision. Supporting local biodiversity is one of our long-term strategies, and we believe the bees will continue to do well,"

Passerinvest Group Technical and ESG Director Martin Unger said.

show that up to 75% of plants around the world rely on animals for pollination, including bees, and food production would plummet without them.



Besides pollination, bees provide products such as honey, wax, bee glue, and royal jelly, which are used in foods, cosmetics, and medicine.

Bees at Brumlovka

Passerinvest Group has been developing the Brumlovka locality for 25 years, transforming it into a major Prague neighbourhood with its own greenery, parks, relaxation zones, children's playgrounds, sports facilities, natural road and sidewalk surfaces, and roof-top

DID YOU KNOW THAT ...

- Bees are social insects and can only survive in groups.
- A single hive is home to 50,000-70,000 bees.
- Bees create a natural cooling system in the summer by bringing water into hives and using their wings to mist it and cool the air.
- They perform an average of 155 flights during their lifetimes.
- They can reach a speed of 29 km/h and visit about 800 blossoms per hour.

terraces that are an integral part of the area. These are not just for people, but they are also home to many types of plants and animals.

In 2022, Passerinvest Group decided to install two beehives on the roof of the Delta building, later adding two more.

The diverse greenery at Brumlovka, its parks, and the near-by Krč forest give the bees a range of food sources, and these favourable conditions result in a high level of honey produced. Last spring saw the harvesting of 20 litres of blossom honey, which was donated to the Letokruhy seniors group, which then uses it to make treats for their community. Passerinvest also offers tenants the opportunity to become patrons of bees by installing their own hive at Brumlovka.

Care for the bees is provided by experts from the Bees on Roofs project, which also performs all maintenance. The founder of the project, RNdr. Bc. Pavel Mach, created the ProBee system to monitor the bees through acoustic signals, weight, and temperature inside the hive in real time. This data offers beekeepers the latest information about the condition and activity within the hive, allowing them to quickly and effectively react to the bees' needs •

If you want to see how the bees at Brumlovka are doing, you can watch them live online:





New Tennis Centre Opens for Business

You can now enjoy eight tennis courts, a luxurious clubhouse and locker rooms, as well as parking and modern maintenance equipment that are now only steps away from Brumlovka in Prague-Michle.

In May, Passerinvest Group held a ceremony to open its brand-new tennis centre for the LTC 1927 Praha – Michle tennis club in Pekárenská street. Passerinvest invested and built the centre to support local efforts to create sports facilities for residents of Michle and the wider area.

This modern tennis centre launches a new era in the history of LTC 1927 Praha-Michle, z.s., opening its doors for existing and new members from the public and young tennis players. •



“The completion of the new tennis centre’s construction allows us to renew efforts to further expand Brumlovka with a another multipurpose building that will bring local residents new spaces for work, living, and public areas with greenery and bodies of water,”

Passerinvest Group Technical and ESG Director Martin Unger added.



“We’re very pleased we were able to build this new tennis centre. After 50 years of activity on the corner of Vyskočilova and Michelská, we are embarking upon a new phase in the history of our club. We look forward to our existing and new members, as well as children and all tennis enthusiasts in an impressive space that meets the highest expectations,”

TK LTC Praha – Michle, z.s. Chairman Milan Novák said.

Address: Tenisový klub LTC 1927 Praha – Michle, z. s. Pekárenská 1598 141 00 Praha 4

Open every day during the season from 7:30 a.m.-8:00 p.m.

**Reservation:
+420 721 266 665
www.ltcnichle.cz**



Water and Greenery Isn't Just There to Look At

As we care for the entire Brumlovka locality, we can approach it responsibly and create a complex system that prevent the creation of thermal islands. This isn't about a one single measure, but a collection of many steps that together make-up an effective solution.

What Is Blue-Green Infrastructure?

This is a concept in urban planning and architecture that combines elements of traditional green infrastructure (such as parks, gardens, and green roofs) and elements of blue infrastructure (such as water surfaces, rivers, reservoirs, and other bodies of water) with the goal of creating more sustainable, environmentally friendly, and pleasant urban environments that offer a series of benefits to residents and the environment as a whole. A final but not insignificant benefit is that the human eye doesn't have to exert itself when looking at the colour green, and thus viewing vegetation is important for recovery and it acts as a calming visual element.

“The fundamental question is not how to cool down the city, but how to avoid overheating in the first place,”

Passerinvest Group Development and Business Director Eduard Forejt said.

The main benefits of implementing blue-green infrastructure include improved air quality as vegetation doesn't just create oxygen, but it also helps to capture pollution. Greenery

and blue elements also cool the urban environment and reduce the creation of thermal islands in the city. The rainwater retention systems also help to prevent flooding. Furthermore, greenery and water offer habitats for various plants and animals. And finally, parks, gardens, and bodies of water increase the attractiveness of the urban environment and provide spaces for rest and relaxation.

Blue-green infrastructure integrates elements of nature into urban planning with the goal of creating a more sustainable and pleasant urban environment for everyone.

How Do We Utilize Blue-Green Infrastructure at Brumlovka?

Facades that reflect sunlight, water surfaces that reduce the temperature in the surrounding areas, retention of rainwater and its use for irrigation, using light-coloured natural materials on streets, green roof terraces, and planting mature trees all make Brumlovka a place with a pleasant microclimate.

There are also water elements such as fountains, cascades, waterfalls, and drinking fountains, and the future will bring a large body of water as well. Roof-top gardens on the buildings are not just beautiful to look at and a great place to relax, but they

also help keep interior and exterior temperatures down.

“At first glance, Brumlovka's roof-top terraces look like comfortable oases of greenery and trees, but they are much more. They not only beautify the buildings, but they also act as insulation and increase energy efficiency. Rainwater is used to water trees, meaning they basically water themselves. Excess water is held in reservoirs so it can be reused. The careful selection of materials used on accessible and non-accessible roofs keeps the buildings from overheating,” Forejt added.

Streets are also made with natural paving materials whose light-coloured surfaces reflect most sunlight, which can mean a difference of dozens of degrees Celsius compared with asphalt that's been under the hot summer sun. Mature trees also offer immediate shade and contribute to cooling an area.

We want people to feel good at Brumlovka and to spend their free time here. Parents and children can enjoy the large playground at Brumlovka Park and a number of relaxation zones with educational and quirky play equipment in Baarova Park, which also has a large fountain, cascades, and drinking fountains. You can forget you're in the middle of a city in the summer as we work to make Brumlovka a place that you don't want to leave. •

Brumlovka has 35,000 m² of accessible green spaces in two public parks and other areas. There are countless bushes, plants, and nearly 1,000 mature trees.

Architect Jan Aulík: Brumlovka Has a Special Place in My Heart

Jan Aulík is a leading Czech architect known for urban planning and designing office and residential complexes, and he has been tied to Brumlovka since its beginning. Together with Jakub Fišer and the rest of their Aulík Fišer architekti studio, he has authored 11 buildings at Brumlovka, and in the following interview he discusses his beginnings, his first buildings at the site, and his plans for the future.



When you were a child, did you want to be an architect? What made you decide to study architecture at the Czech Technical University (ČVUT)? Although I grew up around construction, my path turned to architecture only later on. Originally, I wanted to study art, but in the end, I discovered that combining technical thinking with creativity makes more sense in architecture. I realized that architecture allows me to work with certain limitations, which is something I enjoy, paradoxically.

You began your architecture career under the communist regime. What were your beginnings like? Right after graduation, I joined the Prague Planning Institute in the studio led by the Machonins, and despite the political limitations of the time it was a very inspiring environment. I worked under Mrs. Machoninová, which was a wonderful education. She didn't do pre-fab housing, and despite it being a very grey time, our projects were anything but grey, like the Kotva building, the Hotel Thermal, and DBK. I worked as Mrs. Machoninová's assistant on the Teplotechna building in Ječná street.

You've been in the field for almost 4 decades. What has changed in architecture during that time? Architecture is a field that isn't evolving as fast as IT or medicine. Its development is gradual and it incrementally reacts to the socio-economic environment. There are jumps, such as the one caused by the oil shocks of the 1970s that brought a need for energy-efficient buildings, which was something no one cared about up to then. That was the end of brutalism, a time of compositionally interesting, segmented structures, and brought a time of insulation-wrapped energy efficient buildings where the support structures are always covered by a façade.

You've created a series of award-winning buildings at Brumlovka and elsewhere. Where do you get your inspiration? From the world I live in, from cities, and from nature. There is no one specific source. Professionally, I have always respected the works of Renzo Piano, Richard Rogers, and Jean Nouvel because they weren't frightened off commercial projects and still maintained the highest standards of architecture. I like buildings by Peter

Zumtor, who carefully selects his projects, and he probably wouldn't do a shopping centre. Smaller and less commercial projects are more appealing because they are more readily accepted by the public and experts. All the various projects by these architects are beautiful and function perfectly.

This year marks 30 years since you won the competition for the Brumlovka-Baarova urban plan. Could you imagine at the time how much Brumlovka will develop? Not at all. We had great ambitions and enthusiasm for the construction of the first building, C. That seemed like a huge thing in the 1990s. If someone at that time had showed me the map of the area today, I wouldn't have believed that it was possible.

During your career, Brumlovka has been transformed from a neglected location into a vibrant city neighbourhood. What's your view of building C, which was the first? Building C was the first to be built, but it was a bit of a leap of faith. It was a strange situation at the time because not many office buildings were being built in Prague at that time, and none

were outside the heart of the city. The land was a real brownfield. Mr. Passer presciently saw the potential in the location near the main artery through the city. We didn't have much experience. We made up for it by quickly studying types of offices and planned trips throughout Europe. We realized this first brownfield conversion was a revelation and was fundamental for the area's further development. It was a great deal of responsibility.

Today, you are behind 11 buildings completed at Brumlovka. Which one was the most difficult?

Every building is a challenge, but the C building as the headquarters for HP really was just the beginning. Convincing the tenant about its benefits that overshadowed what at the time was understood to be a weaker address was fundamental. Then the location acquired some renown and Brumlovka (formally BBCentrum) could begin to grow. Then came the South stage and with it new enthusiasm. The Alpha Building was even nominated for the prestigious Miese van der Rohé prize. It seemed like we couldn't improve anything, until the E building, the ČEZ headquarters, came along. Its expressive architectural form isn't just a flare of design, but a complex solution to reduce the noise of car traffic in the residential area behind the ulicí 5. Května thoroughfare.

People associate your work with individual buildings here at Brumlovka, but not everyone knows you designed Náměstí Brumlovka. With the benefit of hindsight, has it fulfilled its function as you envisioned for the square?

Definitely. For me, Náměstí Brumlovka is confirmation that you can create a lively urban environment people use and enjoy even in areas dominated by office buildings. It actually works better than we expected. The fact people feel good here isn't just thanks to the architecture, but primarily because of the constant care for the area, its program, and its maintenance. It shows the important role played by the community and the owner in the quality of public space.

Mr. Radim Passer often says Brumlovka is the project of his professional life. As the architect of Brumlovka, do you see it as your life's work too?

Absolutely. Brumlovka is a project that has accompanied me along my entire professional life. Without the opportunity here, my professional life would have looked completely differently. I probably wouldn't have received as many major projects from other clients. I started here and at 65 I still have three unfinished projects ahead of me here, so Brumlovka is really my career's work.

Brumlovka also has several buildings from other architects. What do you

think of them? Are they in tune with your vision?

It's good there are other architects here. Each one of us brings something of themselves into the project, and the result is a diversity that enriches Brumlovka. All the buildings communicate with one another and form a coherent urban unit. The latest projects that really pleased me was the Oliva residential building by Atelier 69.

The construction of the new Hila building started in May at Brumlovka. What makes this project different from the previous ones?

It's not just a little different, it's completely different. It's a complete change in task. For the first time, it combines offices, stores, and flats in a vertical form that will lead to the creation of a living 24/7 environment, which is fundamental for the entire complex. There is administrative space up to the ninth floor, while commercial space and passages are on the ground floor. Above all of that are five floors of residential units that start on the ninth floor. It's a completely different building to anything else we've designed and singular in the second city ring. Thus far, these types of buildings have only been built in the city centre.

Besides the novel combination of functions, did you approach the building differently than previous buildings?



HILA – THE NEWEST ADDITION TO BRUMLOVKA

The multi-purpose Hila building under construction at Brumlovka combines three different functions: offices, commercial space, and residential units. The lowest floors will offer new stores and services, the middle floors with recessed roof-top terraces will be offices, and the tower on the corner of Vyskočilova and Želetavská streets will offer new flats to rent. The building's completion is planned for 2027.

www.budovahila.cz

This combination by itself is such a fundamental thing that everything else is based on the concept. The challenge was to achieve harmony between the various types and create a harmonious unit. Each building has its own specific demands, from the construction to the modulation of the façade, and the technical equipment used inside.

How does this multipurpose concept work in relation with the surrounding buildings?

That's a very important thing. Hila has been designed to respect its surroundings and contributes to the overall development. Strengthening the flat rental function in the area is positive, and their location on the upper floors with a better environment could become a good way of building in dense environments. The solution also includes special modelling of the upper floors to provide enough light for the surrounding buildings.

The recently completed Roztyly Plaza is your first work for Passerinvest Group outside Brumlovka. Did you need to use a different approach?

Certainly. Roztyly Plaza is a new chapter for us. While we were working with an established urban environment at Brumlovka, Roztyly was a new challenge. We had to compete for it in a competition over a couple of years, and we did not have a free investment dialogue with Mr. Passer as was the case at Brumlovka. The main

difference is the locality. It's very close to the metro, but in a basically empty space surrounded by a forest. For now, Roztyly doesn't have the development history that Brumlovka has, which put pressure on Roztyly Plaza as the initial project founding a new urban environment. The existing older buildings in the area are solitary and were not intended for an urban environment at the time of their construction.

Roztyly is specific. It's far from the city centre beyond the inner ring road and right next to Prague's largest forest. The metro station in the middle of nowhere is also curious as people have to go through empty space to get home, which is absurd for the most effective and expensive form of public transit. Roztyly Plaza brings life to the area around the station along with greater security and offices, restaurants, a café, and improving the bus and P+R stations.

What was the most difficult aspect?

One of the main challenges was the creation of architectural forms in harmony with the Krč forest and its integration with future construction. These two opposing demands had to be combined in a harmonious unit.

How does this influence the architecture?

Fundamentally. In the planning stages, we had to consider that the building will be isolated for some time before becoming part of urban blocks in

ROZTYLY PLAZA – OFFICES NEAR THE METRO AND IN A NATURAL ENVIRONMENT

This attractive and expansive office building near the C metro line and the Krč forest is the first collaboration between Jan Aulík and Passerinvest Group outside Brumlovka. The recently opened building offers modern office space over seven floors with commercial units on the ground floor. The last spaces are now available for lease.

www.roztylyplaza.cz

the future. There are organic shapes and clear street lines, a generous light-filled atrium that can for a time be the only "square" in the area. It's really a pioneering project.

Is there anything else interesting about this building?

There are more works of art installed than is usual, as well as a water element in front of the building that creates visual water effects in the public space; a sculptured reception area and light elements in the atrium that diffuse light in the atrium and liven up the interior space.

Green roofs are a characteristic of Brumlovka's building. Is there anything special about Roztyly Plaza's roof?

The terraces are even larger at Roztyly. They offer an amazing view of the city and the forest while also being a great place to spend time. There are spaces where you can relax, enjoy the greenery, use the outdoor kitchen, as well as various protected zones for relaxation near the tops of trees. •

ING. ARCH. JAN AULÍK

founded his own STUDIO A in 1991. It was renamed to AFARCH (Aulík Fišer architekti) in 1996. He graduated with an architecture degree from the Czech Technical University (ČVUT) and worked for the Prague Planning Institute before the fall of communism.



Balance Club Brumlovka – Fun for the Whole Family

Balance Club Brumlovka, an exclusive fitness and wellness club in the heart of Brumlovka, offers a great place to work out and relax for adults while also providing a broad range of activities for kids.

Members can take their kids swimming every Wednesday from 12:00 p.m. to 4:00 p.m. and every Sunday between 8:00 a.m. and 12:00 p.m. Children that want to learn to swim can use the services of a personal trainer or attend regular Wednesday classes where coaches provide individual instruction to kids according to their ability level to improve their swimming.

Members can also ask for children's massages for kids over 5 during the listed swimming hours. The

procedures use Alqvimia's sensitive natural oil that is designed with kids in mind.

Another membership benefit is physiotherapy for kids where the therapist first diagnoses the child's movement with an emphasis on thorough knowledge of their health conditions (especially any injuries). Subjective and objective problems are then evaluated along with the child's current condition and their sports and school activities.

Children from the Eliáš elementary school can join regular track and

After swimming, the kids can look forward to a sauna ceremony packed with fairy tale motifs, music, and prizes.



field classes led by Balance Club Brumlovka's experienced trainers. And if you're looking for a summer program for your kids, Balance Club Brumlovka is also working with MŠ Eliáš on organizing a regular themed sports and creative day camp with races and treasure hunts. ●



Balance Club Brumlovka
 Vyskočilova 1100/2, Praha 4
 tel.: +420 234 749 811
 e-mail: info@balanceclub.cz
www.balanceclub.cz

It's never too late to feel great



**Fitness
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trainings**



**25m swimming
pool**



Physiotherapy



**Terrace with saunas
and whirlpool**



**Sauna
ceremonies**



**Massages
and body rituals**



Group lessons

Finding Brumlovka's Best Ice Cream

Need some sweet refreshment in the hot summer months? How about some scrumptious ice cream? Whether you love a classic vanilla or the latest combination of new exotic flavors, you'll find your favourite at one of the following:

Café Parkofka

Olivka, Pod dálnicí 1592/13
 Monday: 1:00 p.m.-7:00 p.m.,
 Tuesday-Friday: 8:00 a.m.-7:00 p.m.,
 Saturday-Sunday:
 10:00 a.m.-7:00 p.m.

Parkovka always offers RETRO vanilla, as well as a shifting range of sorbets.



Maranatha

Brumlovka, Vyskočilova 1100/2
 Monday-Thursday:
 11:00 a.m.-5:00 p.m.,
 Friday: 11:00 a.m.-3:00 p.m.



Maranatha offers a wide variety of artisanal fruit sorbets and rich creamy ice cream. These delights are prepared with love using only natural ingredients.

Zrno Zrnko

B building, Vyskočilova 1422/1a
 Monday-Friday: 7:30 a.m.-7:00 p.m.

Zrno Zrnko hand-makes its signature Nanooky without any artificial colors, thickeners, palm oil, or preservatives, allowing their natural flavors to stand out. They are also gluten-free, and the fruit flavors contain at least 93% fruit, making them ideal for vegans and the lactose intolerant.

Ugo

Beta, Vyskočilova 1481
 Monday-Friday: 7:30 a.m.-5:00 p.m.

UGO offers summer soft serve refreshment made from 100% unpasteurized fruit juices. This means it's vegan, lactose- and gluten-free, and contains no preservatives or artificial colors.

Coffee Perk

Brumlovka, Vyskočilova 1100/2
 Monday-Friday: 7:30 a.m.-5:00 p.m.,
 and every Wednesday evening

Coffee Perk offers popular Grom and Ben & Jerry's ice creams, which you can enjoy in this pleasant café or take with you to savor wherever you want. Grom is an Italian brand full of the highest quality fruit, fresh milk, and eggs from free-range chickens. Ben & Jerry's is an American ice cream made from high-quality milk and cream

Roast & Grill Bistro

Filadelfie, Želetavská 1525/1
 Monday-Friday: 8:00 a.m.-6:00 p.m.

If you love Angelato, stop by Roast & Grill Bistro at Brumlovka where you can sample their exquisite coconut, pistachio, or chocolate gelatos, which are some of the best in Prague.

If you are not a fan of sweets, but would like to cool down with something on hot summer days, we have one more tip for you!

Tlap's Coffee

Filadelfie, Želetavská 1525/1
 Monday-Thursday:
 7:45 a.m.-4:00 p.m.,
 Friday: 7:45 a.m.- 3:00 p.m.

If you're not into sweets, but you want something cold and refreshing in the hot summer months, Tlap's Coffee offers its special nitro cold brew, which combines cold macerated coffee with nitrogen. This creates a rich creamy consistency that will really cool you down.



Brumlovka.

Brumlovka App

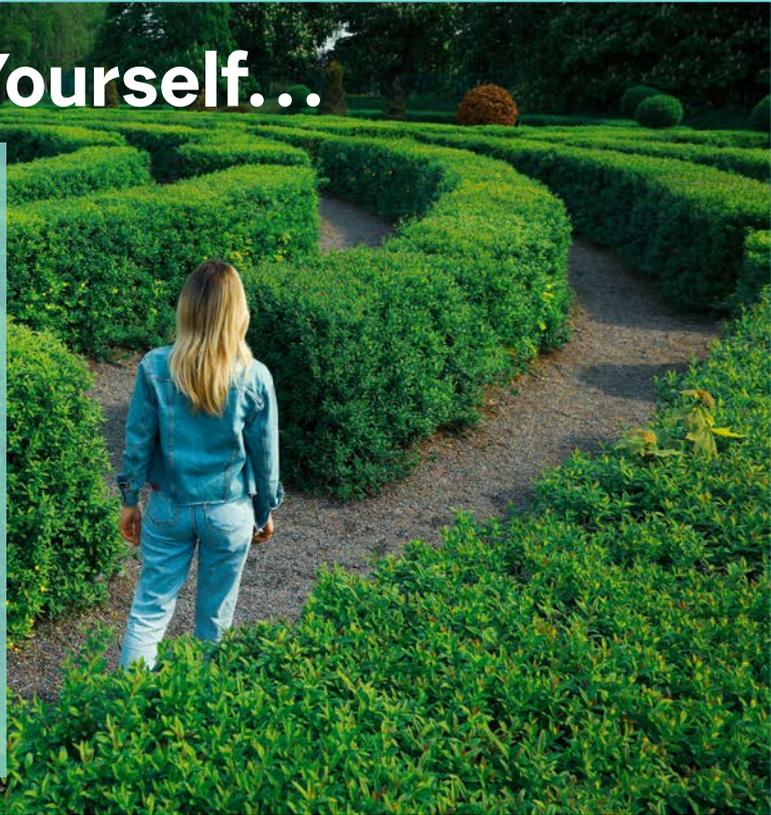
Download our mobile app and always have an overview of upcoming events, daily menu, map with navigation, news and more practical information that will come in handy, whether you live, work, or just like to spend your free time here in Brumlovka.

Download the app here:



How to Find Yourself...

What does it mean to find yourself? “They’re trying to find themselves,” people sometimes say about others; someone who often changes careers, jobs, partners, groups of friends; sometimes they’re happy and then the next day they’re not; they welcome something only to condemn it soon after. They’re trying to find themselves. Their decisions and emotions are always changing; they feel remorse about themselves or fell inferior...



What causes this condition? It could be a feeling of inferiority that comes from comparing themselves to others. The Bible gives an interesting answer to this problem. In the Gospel of Mark (6:38), we read that Jesus urged his disciples to feed a large group of people he had just preached to. They replied they did not have enough food to satisfy his request. And he answered: “Go and see how many loaves you have.” In other words: I’m not interested in what you don’t have, what you can’t do, but what you have and what you can accomplish. We shouldn’t be so concerned with what we can’t accomplish, but with what we can do. It’s not as much as others can? It’s possible that those that can accomplish a wide range of activities can’t do what we can.

Another reason for this feeling may be that we are not as successful as others. And this is where our own point of view is important. T. A. Edison once said: “I have not failed. I’ve just found 10,000 ways that won’t work.” See, it all depends on our point of view. Did I fail, or did I discover a way that won’t work? We shouldn’t be so quick to criticize ourselves. Edison said: “Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

Another problem could be we don’t realize our own worth. Every person has their value because each one

of us is an original “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16) God does not differentiate. For Him, every individual is precious, so much so that he gave the highest price for all of us, the life of his Son.

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“Go and see how many loaves you have.” In other words: I’m not interested in what you don’t have, what you can’t do, but what you have and what you can accomplish.

“The goal of education and wisdom is for each person to see their life’s path ahead of themselves, and carefully travel down that path while remembering the past, knowing the present, and predicting the future” (J. A. Komenský). That’s another thing about trying to find yourself: Living makes sense. We have an unknown future and know the past, which often explains our present. I believe we are not a product of chance, but that we came forth from

the Creator, and He gives us the meaning of being.

I would like to end with Psalm 37:5 “Commit your way to the Lord; trust in him and he will do this.”

For more similar content, see www.genesisera.cz



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This article was written by the Christian non-profit group Maranatha z.s.



Better Barber: Brumlovka's Newest Barbershop

A new barbershop will open soon in the completely renovated space of a former wine shop in the Filadelfie building where you can look forward to a comfortable atmosphere and most importantly expert barber services.

"We tried to create an environment that we would like to go to," Better Barber owner Jakub Stehno said. The opening hours will be adapted to both those that want a fresh look before work, or those who want to get a clean cut on their way home from work. It will be also open on the weekends, which is great for dads and other busy individuals.

Whether you want a great fade, a beard trim, or comprehensive services, you'll always get an experienced barber to take care of you. Prices start at a very affordable CZK 590 and a complete session costs CZK 890. "We also have a bonus system for our loyal customers where we add our card to their mobile phones and every tenth visit is free of charge," Jakub Stehno added.

Easily make a reservation at www.betterbarber.cz, and Better Barber also welcomes walk-ins if you get a spur of the moment desire to refresh your look. If they are free, the barbers

will spruce you up and make you look your best. •



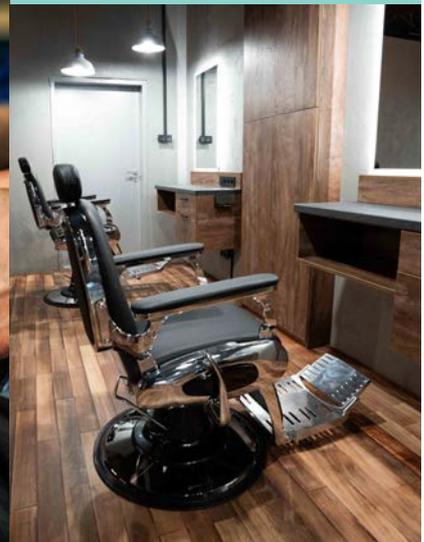
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Better Barber owner Jakub Stehno said.

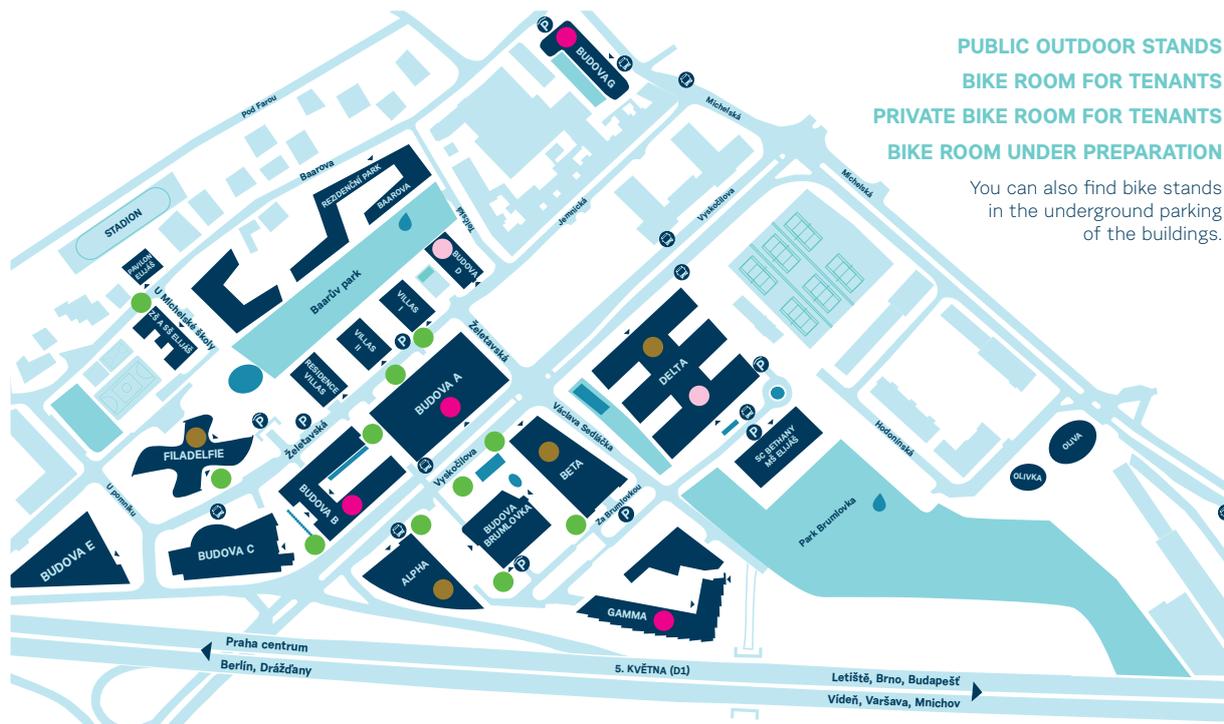
Opening Hours:

Mon-Fri: 7:00 a.m.-8:00 p.m.

Sat-Sun: 10:00 a.m.-6:00 p.m.



Parking bicycles and shared means of transportation in Brumlovka



We admire the power of art

That is why we support people who make our culture flourish. To inspire and enrich us with extraordinary experiences.

We help where we are.

ČEZ. Clean energy of tomorrow.



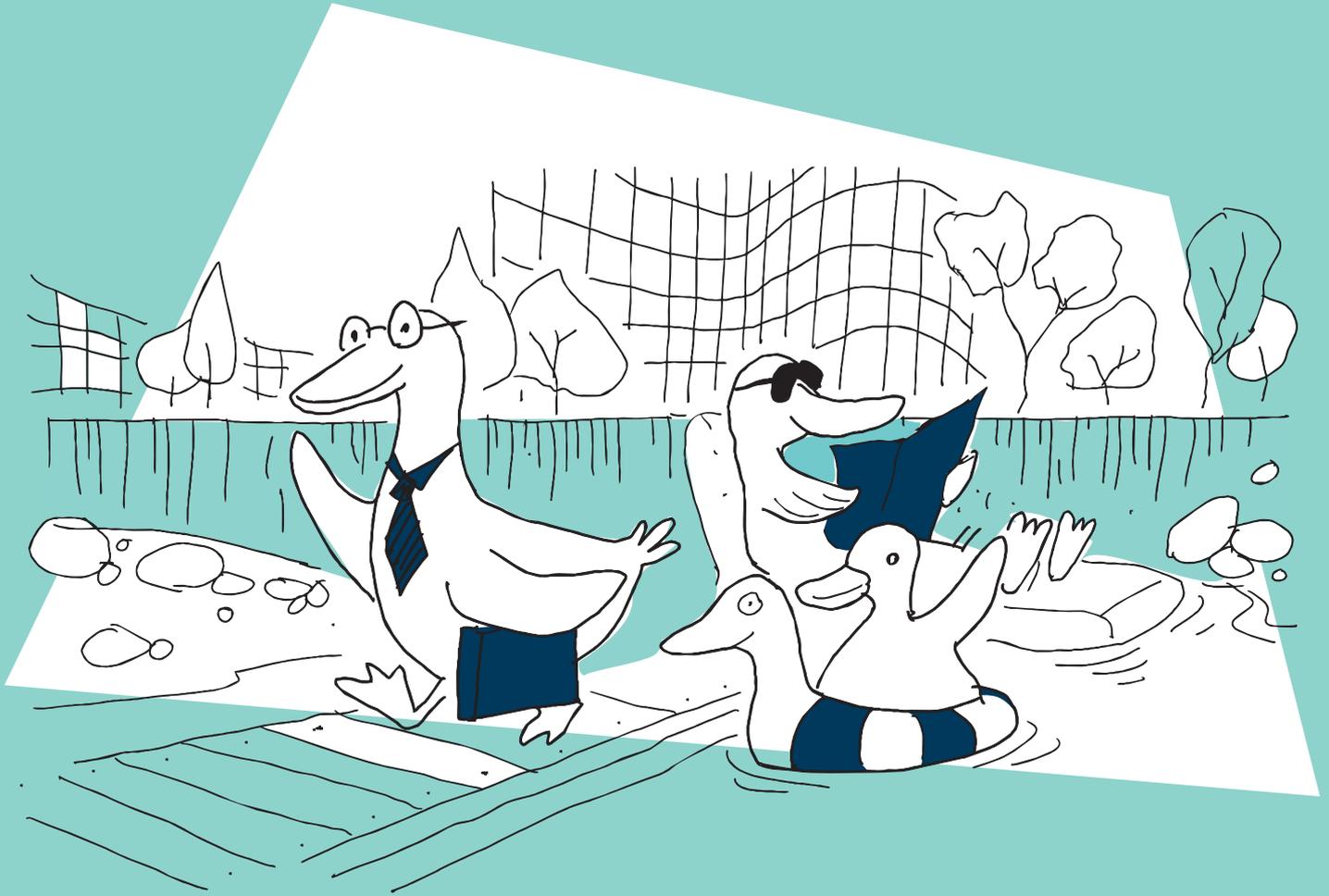
**CLEAN
ENERGY OF
TOMORROW**



www.cez.cz/pomahame

We try every day.

Brumlovka.



Did you know that ducks return to Brumlovka after every winter, once the large fountain in Baarova Park turns on its water?

The ducks have everything they need at Brumlovka, specifically water, food, and space for their nests. These ducks aren't afraid of humans and can often be seen relaxing on the Filadelfia building terrace. They also regularly parade their chicks, which can walk and swim right after hatching. These birds are mallards and can very quickly adapt to changing conditions and environments.

ESG

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