

Brumlovka.

Magazine 1/2023



WHAT IS HAPPENING
New services
at Brumlovka
WHAT IS HAPPENING

Stillness,
a clear head
and
a clear life

News

Passerinvest and ESG

SHOPS AND SERVICES

RESTAURANTS

- Ristorante Pizzeria Grosseto
- Maranatha – vegetarian restaurant
- Baifu – sushi bar
- Dian – modern Vietnamese restaurant
- Dhaba Beas – vegetarian Indian restaurant
- Ugo – fresh salad bar
- Lunchbox.cz – canteen, Delta
- Turnovská pivnice – modern Czech restaurant
- Perfect Canteen Moneta Money Bank – canteen
- Mango – Chinese restaurant
- Puzzle Salads
- Sushi Time
- Roast & Grill Bistro
- La Fresca – canteen
- Puzzle Pasta
- Lunchbox.cz – canteen, Alpha

SHOPS

- Albert – supermarket
- dm drogerie – drugstore
- Sommellerie – wine, coffee, deli
- JK Jitka Kudláčková Jewels
- Romantika florist
- Meera Design – ladieswear
- KITSTORE – LEGO® bricks
- Anthony's – men's clothing
- bikero
- Papýrek – stationery
- Maranatha – health food store
- Bianco & Rosso – Italian deli
- Don Pealo – convenience store
- Lens Optik
- arena – sportswear
- Mandala Montessori – creative toys
- Asko – home appliances
- Aluprof – window/door aluminium systems

CAFÉS

- Tlap's Coffee
- Zrno Zrnko
- Costa Coffee
- Coffee Perk
- O2 HUB Café
- Parkofka

SERVICES

- FLEKSI Filadelfie – coworking and flexible offices
- We Hate Ironing – dry cleaner
- Radka Chvalova Beauty Studio
- FLEKSI Budova B – coworking and flexible offices
- FLEKSI Beta – coworking and flexible offices
- Lady Li – hairdressing and beauty services
- Automyčka Collection – car wash
- Brumlovka Centroom
- Cebia – vehicle history check

BANKING

- UniCredit Bank
- MONETA Money Bank
- OK POINT/mBank

ATM

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

PICK-UP POINTS

- Blocks (office entrance from Želetavská St.)
- Z-BOX – Zásilkovna (Baarova 18)
- Z-BOX – Zásilkovna (Václava Sedláčka St.)
- AlzaBox (Václava Sedláčka St.)
- OX Point (Za Brumlovkou, public parking)

EVENTS, SPORTS, RELAXATION

- Brumlovka Square
- Balance Club Brumlovka
- Brumlovka Park
- Children's playground
- Dog off-leash area
- Tennis courts
- Relax zone and children's playground
- Baar Park
- Athletics stadium
- Children's playground
- Multifunctional sports court
- Body Express
- Relax zone
- Ellen G. White Square
- Beetle – kinetic art installation
- Na Křivíně multifunctional sports court

HEALTH SERVICES

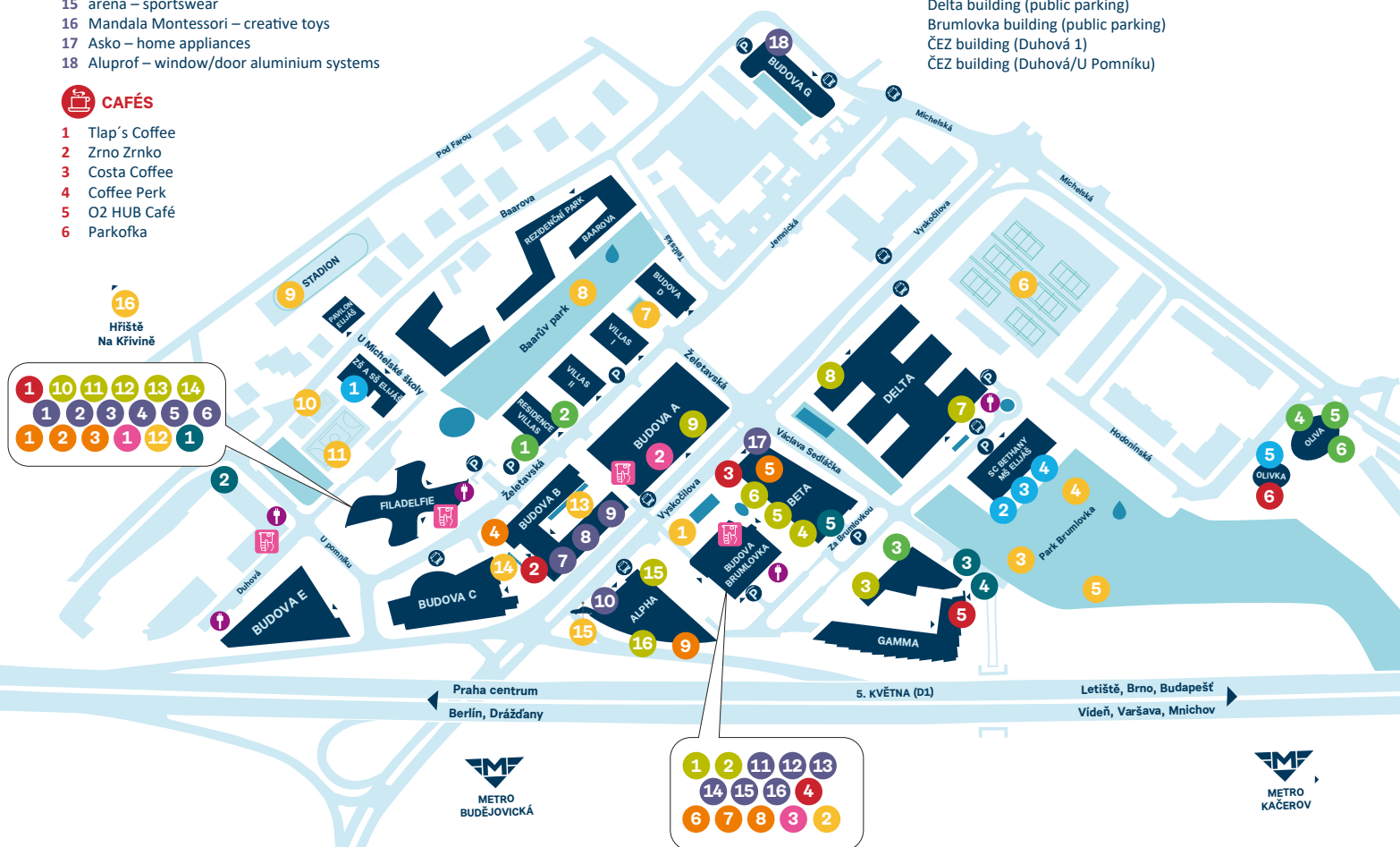
- Lékárna Lemon – pharmacy
- Urosanté – urology and andrology center
- MUDr. Denis Krupka – dentist, dental hygienist
- Urosanté – Androfuture urology center
- Lékárna Oliva – pharmacy
- Dentique – dentist, dental hygienist

EDUCATION

- Eliáš Christian Primary and Secondary School
- Eliáš Kindergarten
- Bible study lessons and morning devotionals
- Bethany Community Center
- GENIUS Kindergarten

CHARGING STATIONS

Filadelfie building (public parking)
 Delta building (public parking)
 Brumlovka building (public parking)
 ČEZ building (Duhová 1)
 ČEZ building (Duhová/U Pomníku)



Dear readers,



You are holding the summer issue of the Brumlovka magazine, presenting lots of new information from our site, showcasing the services we offer, as well as some of the interesting people you can meet here.

One of the first articles describes the completion of the Residence Oliva and Olivka multifunctional building projects, which are close to Brumlovka Park. We also present some other services for the general public, such as the Dentique dental clinic, the expansion of the services available at the Urosanté urology clinic, and physiotherapy at the Balance Club, which is so important in these hectic times (especially for those of us who have sedentary jobs). Apart from health topics, other businesses we have chosen to present include the Parkofka family café and the Papýrek stationery store. It is worth reading the interview with Patrik Nehyba, the young chaplain who now offers his services and support to each and every one of you at Brumlovka.

In this edition we also focus on the ESG strategy of the Passerinvest Group. Although ESG is a relatively new concept, social responsibility is deeply rooted in our company's business and history, which dates back more than 30 years. As part of our efforts focusing on social responsibility and promoting biodiversity, you can also read about the beehives we have placed on the roof of the Delta building.

This time we have chosen wakeboarding as the theme of the issue, a topic you're sure to find interesting. We give you a glimpse into the world of Čestmir Řanda, who is a keen fan of this sport. Our interview with him might make you want to give this fun watersport a try during the hot days of summer. And if you need to calm your mind and clear your head, we also feature an article on the topic of stillness. After all, everyone needs to relax in summer.

Thank you for supporting us and have a wonderful summer!

Kristýna Samková
Passerinvest Group

Where to find us

If you are interested in what's going on here, visit brumlovka.cz. or take a look at our Brumlovka Facebook profile.



www.brumlovka.cz



Brumlovka



Brumlovka



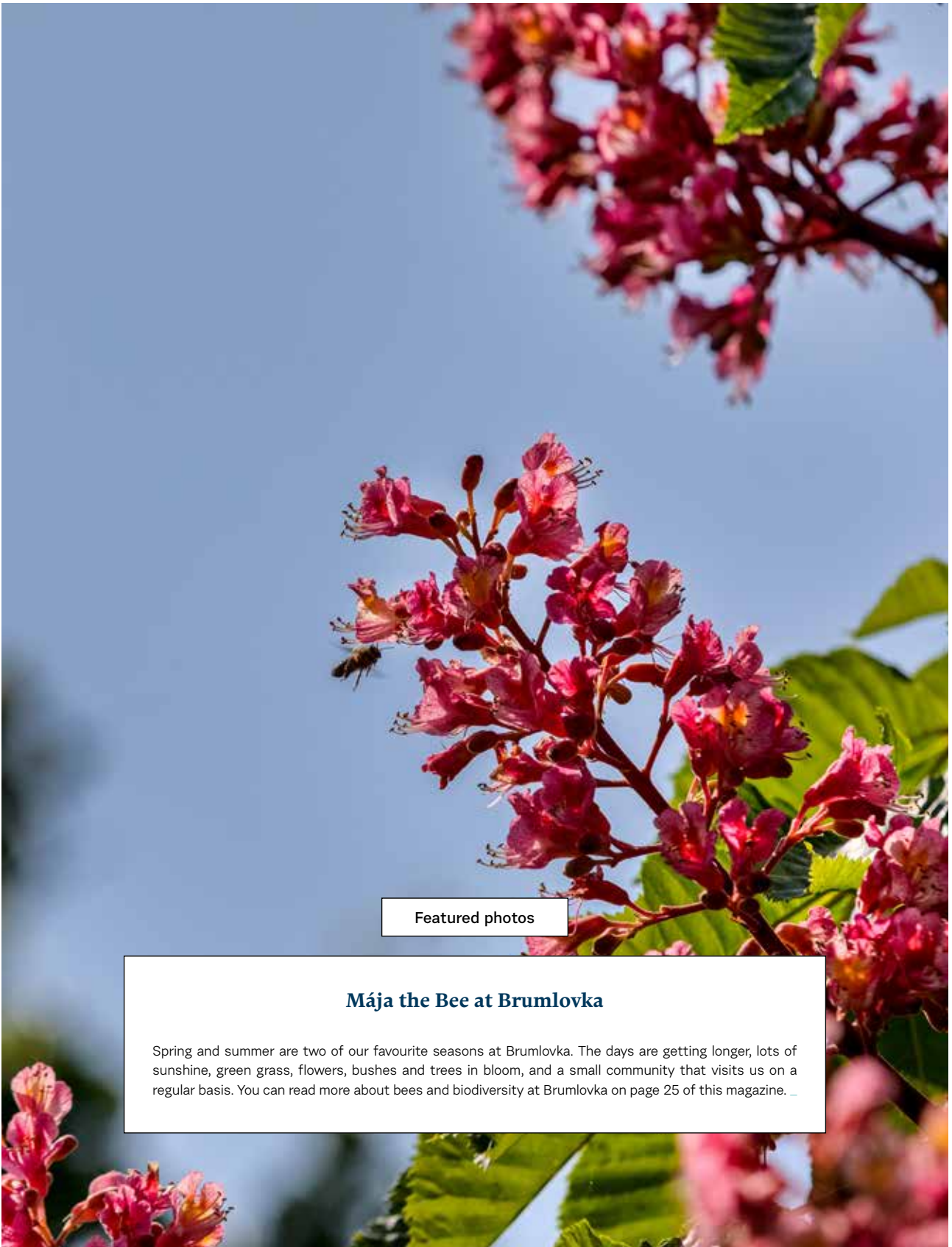
Filadelfie building

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Featured photos

Mája the Bee at Brumlovka

Spring and summer are two of our favourite seasons at Brumlovka. The days are getting longer, lots of sunshine, green grass, flowers, bushes and trees in bloom, and a small community that visits us on a regular basis. You can read more about bees and biodiversity at Brumlovka on page 25 of this magazine. _

The first residents are already moving into Oliva



After two years of construction, Passerinvest approved the Residence Oliva apartment building in December 2022. In terms of its shape, this unique residential building with 72 apartments designed by A69 – architekti is reminiscent of the fruit of the olive tree and offers owners a modern place to live in sunny, airy interiors with plenty of privacy. Residence Oliva is located near Brumlovka Park in the residen-

tial area of Prague 4 – Michle, between Hodonínská, Michelská and Pod Dálnicí streets. There are also six commercial units on the ground floor of the building. These include a pharmacy, a dental and urology clinic and a self-service laundry. The neighbouring smaller

multi-purpose Olivka building contains amenities such as a bilingual kindergarten and a café.

Timeless design and high standard

Residence Oliva is shaped like an olive, and it is immediately obvious that the architectural style of this extraordinary project blends in tastefully with its surroundings, the local parks and greenery. Large French windows make the individual rooms fresh and airy. The interior of the apartment building is centered around an unusual yet stunning atrium with greenery, a glass roof and panoramic elevators. This naturally forms a meeting place for residents, making it the heart of the building, as it were. The entire building has been designed to a high standard and uses a centrally controlled heat recovery system. The use of quality materials and state-of-the-art technologies ensures the greatest possible comfort for the apartment owners. There was a huge amount of interest in these exceptional premises right from the beginning. All the apartments together with the ground floor commercial units sold out very quickly after going on sale. This is Passerinvest's third residential project in Brumlovka. Further housing options are planned for the site as part of upcoming developments. _

Oliva residents are satisfied with their housing

In 2013, we moved to the Residence Baarova and still love the amazing concept of this project, which was set up and implemented by Passerinvest. This was the reason why we became interested in the new Oliva project when we wanted to provide housing for our daughter a few years ago. We naturally expected a timeless architectural design, professionalism and integrity on the part of the developer, Passerinvest, and quality execution by the selected contractor. We have now taken possession of our apartment and are extremely satisfied; we were pleasantly surprised by the luxurious pavilion atrium house and the design details, not to mention that everything was on schedule, regardless of the current substandard relations with contractors.

We are delighted and appreciate the opportunity to have bought an apartment from Passerinvest, which is a guarantee of quality workmanship and a place where the residents feel comfortable and happy.

Ing. Artur Ambler



O2 has decided to stay at Brumlovka, which won over other locations in Prague

The Passerinvest Group and O2 Czech Republic have extended their lease agreement until 2032. This is the largest lease transaction of 2022, not only at Brumlovka, but in the whole of the Czech Republic. O2 made its decision after a detailed analysis of the commercial real estate market and chose Brumlovka primarily due to its strategic location, civic amenities and the potential for further modernization of the existing building. "O2 has been based here since 2002, through the former Eurotel brand. We greatly appreciate the company's loyalty and good relations, which continued even when the building was owned by another entity. We also see the extension of the lease as positive feedback on our services and the individual approach we provide to our tenants. We believe that in the years to come all O2 employees will be able to enjoy the inspiring setting of the Brumlovka complex, which we are constantly working to develop and improve," said Radim Passer, CEO and founder of Passerinvest Group, a.s. _



Passerinvest Group has completed another acquisition at Brumlovka. In 2022, it again became the owner of the Gamma building

In line with its strategy, Passerinvest has repurchased its seventh office building at Brumlovka to add to its portfolio. In 2014, it bought the Alpha building, followed by Beta in 2005, Budova A and Budova B buildings in 2016, Budova D in 2017, the Villas in 2018, and Gamma in the second half of 2022. Counting the Filadelfie, Budova G, and Delta, that have never been sold, Passerinvest currently owns 10 office buildings at Brumlovka.

The Gamma building from 2006 is the work of the Aulík Fišer architekti studio and is one of the most impressive modern office buildings. It has a total of 30,000 m² of leasable space on 10 above-ground floors. Passerinvest is planning to upgrade some of the technologies in line with the latest trends as well as to give the building an internal and external facelift to keep the office space up to the highest standards. The buyback will further contribute to the future development of the southern part of Brumlovka. _



Modern, inspiring and presentable serviced workspaces without the hassle – that's what FLEKSI business centres are all about

Passerinvest Group's FLEKSI scheme has seized an opportunity in the Prague office market and now offers more than 10,000 square metres of superior flexible office, coworking and event space at Brumlovka. The first branch opened in the Budova B building in 2021; a branch was opened in the Beta building this January in response to the great demand, and a design space in the iconic Filadelfie building opened in early summer.

The FLEKSI concept provides companies and individuals with the opportunity to rent serviced offices and individual workspaces, meeting rooms and event spaces. FLEKSI is therefore designed for anyone who doesn't want the hassle of dealing with office equipment and overheads, has a shortage of meeting rooms, or needs an office for just a month. All the spaces meet the most demanding requirements as regards quality, functionality, aesthetics and overall user comfort. The architectural design was created by Linstram, which set the individual branches apart using different colour schemes. The FLEKSI spaces in the Budova B, Beta and Filadelfie buildings offer the option of short- or long-term rental of closed offices, coworking spaces and meeting rooms. One interesting feature of FLEKSI Beta is its spacious, fully-soundproofed multi-purpose hall with a media wall and tiered seating. FLEKSI organises corporate meetings, conferences, seminars and many other types of events tailored to suit the requirements and wishes of the client. _



FLEKSI
info@fleksi.cz
+420 720 730 000

Misters and construction kits make visits more pleasant for children and their parents

On hot summer days, everyone likes to cool off with a little water. There are jet fountains in the central squares. However, these are a long way from the play areas, so Passerinvest Group decided to install additional drinking fountains in both parks and a misting station near the large playground in the Brumlovka Park. However, we believe that the cool mist will make things more pleasant for anyone visiting the park, not only children.

Blocks everywhere you look

The revitalization of the passage between the Budova D and Villas buildings has created a very pleasant space to relax in. This relaxation zone also includes a children's play area, covered in a soft tartan surface and with a large treasure chest full of large building blocks. Come and build a fort, a car or a doll with your children. Imagination has no limits. _



Ionization

"Clean air" today? 24 hours a day, 7 days a week at Brumlovka, or another investment in the quality of the working environment. Passerinvest Group will have ionizers installed in the vast majority of its buildings by the end of 2022, which will significantly improve the working environment. The quality of indoor air is affected, among other things, by ever-present electronic devices that reduce the number of negatively charged ions. This air then causes fatigue, a feeling of "stiffness", and in some susceptible individuals it can also lead to headaches, anxiety, difficulty sleeping, and a general weakening of the immune system. Ionization enriches the air with negative ions, eliminating the concentration of viruses, bacteria, impurities, and

odours. As a result, the quality of indoor air matches that found in coastal and mountainous areas. It makes it easier to breathe, increases performance, concentration and thus overall mental and physical well-being

This additional change to improve the indoor environment was initiated by Radim Passer himself, who has long promoted a healthy lifestyle. Although Passerinvest's buildings are known for their superior approach to air

quality, in response to the pandemic ionization units were installed to ensure the greatest possible protection and comfort. They were tested and commissioned in 9 buildings within just a few months. Beyond the task of increasing protection for building users, the solution chosen also meets the need to further improve user comfort in offices and common areas, i.e., to ensure air quality equivalent to that in coastal or mountainous areas.

Once the ionizers had been installed, the facilities were inspected and measured by the National Institute of Public Health, which confirmed the excellent results. Passerinvest's facilities now provide an even healthier and more pleasant working environment. _

**"CLEAN AIR" NOWADAYS?
In Brumlovka 24/7**
The ionisation of the air significantly improves the quality and comfort of your working environment.

Brumlovka
Passerinvest

**NOT EVERYONE IS THRILLED
WITH OUR CLEAN AIR**
The ionisation of air liquidates viruses, bacteria, pollutants and odours.

Brumlovka
Passerinvest

**A SEA OF AIR
IN THE OFFICE?**
The values of ionised air correspond to the quality of air at the seaside.

Brumlovka
Passerinvest

**BRUMLOVKA IS
CHANGING ITS ELEVATION**
The values of the ionised air correspond to the quality of the air in the mountains.

Brumlovka
Passerinvest

Czech Top 100



In April, the CZECH TOP 100 association published its ranking of the 100 most admired companies in the Czech Republic. Passerinvest Group, a.s. was among the top ten companies, and the only company from the development sector in the top ten. In addition to this achievement, Passerinvest also came first in the industry category "Real Estate Activities, Corporate Services" and, also received a special Management Excellence Award for the successful implementation of the Residence Oliva project.

The CZECH TOP 100 Companies in the Czech Republic is the first and also the longest-running project for the evaluation and awarding of prizes, especially in the area of the economy. The aim of the project is to provide an expert and sufficiently representative overview of key businesses in the Czech economy every year. For this year's rankings, a panel of economic experts evaluated almost 800 companies. It assessed criteria such as the quality of management, innovation, relationship to society and the environment, product quality, as well as the financial reliability of the individual companies. _

Tennis

The new courts are already being built

The LTC 1927 Praha – Michle Tennis Club is looking for its third venue in the 100 years since it was established. Thanks to the help of Passerinvest, this traditional sports club, which originally operated in Pankrác, will find a new home within sight of the old one on the busy intersection of Michelská and Vyskočilova streets, which no longer meets the appropriate parameters for a modern sports venue. We interviewed Mr. Milan Novák, the chairman of the LTC 1927 Praha – Michle Tennis Club.

Why is the existing tennis complex not suitable?

The current LTC 1927 complex provides a pleasant environment for club life, but the cascading structure of the courts does not allow the use of equipment for their maintenance following winter. Certain limitations also apply to the very complicated, almost impossible provision of security of the hall during the winter season. "For this reason, the current tennis facility is only usable during the summer season and this fact is quite restrictive due to its impact on the development of competitive tennis, which is based on training young people and the necessary provision of training opportunities over the winter period.

Increased vehicle traffic at the intersection of Michelská and Vyskočilova streets is an unpleasant burden, especially the noise pollution, which negatively affects operation and use of the current open complex, especially in the summer months," chairman of the club Milan Novák explains.

How did the partnership with Passerinvest originate?

The club's management had not considered building a new facility in the past, because this is not

just a question of creating a concept, but mainly the issue of having the funds and especially the land for it. In addition, when a club moves, even just a few kilometres from its current location, the original membership base usually breaks up. LTC has been in contact with the Passerinvest Group in Michle since about 2000, when the club's premises were adjacent to a building directly affected by the construction of the new Brumlovka, and was therefore a direct participant in the building proceedings in some cases. "Our tennis club's relationship with Passerinvest has always been based on a mutual understanding of the other party's needs, respect, trust and, above all, fairness," says Novák.

Surprising offer

In December 2015, the club's management received an invitation to a personal meeting from Radim Passer himself. "We had no idea what the subject of the meeting would be. But, to our surprise, we received an offer of the possibility of constructing a new tennis complex on Pekárenská Street, on land owned by Passerinvest. The size of the area would correspond to the area of the existing tennis complex and the essence of what makes tennis tennis would be preserved, i.e. the same number of courts with a new clubhouse and facilities for members and visitors. There were naturally additional positive aspects with regard to the future concept and development of the tennis club – new tennis courts, the option of operation even during the winter season and, above all, a much quieter environment, free from the high noise level and with cleaner air. I am very grateful to Mr Passer and his colleagues for this opportunity," the chairman of the club says.

The new complex is already under construction

The new tennis facility is scheduled for completion in 2024, but initial construction work is already visible





Five courts will be clay and two will have an artificial surface with the option of year-round use in an inflatable hall. The site will also include a car park with approximately 12 spaces.

at the site. "The utilities, fencing around the land, a foundation slab for construction of the clubhouse, basic surface treatment and a retention tank for use of rainwater for maintenance of the grounds, especially for sprinkling the courts, are all ready. All the basic prerequisites for the construction work have been resolved," Novák says with satisfaction.

What will tennis players find at the complex?

The new facility will have seven tennis courts meeting ITF (International Tennis Federation) parameters, and one youth training court. Five courts will be clay and two will have an artificial surface with the option of year-round use in an inflatable hall. The new, much more energy-efficient modern building will include a clubhouse, sanitary facilities for club members and visitors and an apartment for the manager. The site will also include a car park with approximately 12 spaces. "Compared to the current clubhouse, the club building

will have two storeys, and will also afford the opportunity to watch championship matches from the terrace on the first floor," Novák outlines.

Club members and the public

Just like at the existing LTC facility in Michle, the new courts will serve both club members and the general public. "However, it must be remembered that a tennis club is not a public court without any rules. Just like they won't let you on a golfing green without a green card, a test to demonstrate your knowledge of how to behave on the green, what the appropriate footwear is, or what basic rules you need to follow when playing. This is not the case with tennis, but we sometimes have to make public visitors get their tennis shoes, because they would destroy the clay court with the shoes they intend to play in and wipe out days of work by the people who put the courts together after the winter. Some of the visitors – not club members – also sometimes confuse the complex with a party space. That's certainly not what a tennis club is for. The complex will be open to the public, but under the condition that certain rules of conduct specific to the tennis club are respected," Novák points out.

Will the trend reverse?

The chairman of the Michle LTC believes the brand new facility will help reverse the negative trend of a declining membership base. This has declined by two-thirds in the last twenty years, from 216 to 74 members. "This trend is influenced by the many new leisure opportunities that were not as available before 2000 and also by a demonstrable decline in physical activity among young people and the unwillingness or the heavy workload of parents, which prevents them from intensively participating in their children's sports education. In this respect, tennis is one of the most difficult sports and mastering it requires not just talent but also patience in performing a drill in the form of almost daily training," Novák adds, believing that the new facility will attract new enthusiasts interested in this traditional white sport. _



Urosanté – Androfuture

Our aim is not just to help men
become ageless

Urosanté – Androfuture is a private health clinic providing state-of-the-art urology, andrology and uro-oncology services. This comprehensive and complementary care is provided by experienced professional doctors with many years of practice in their fields.

The Urosanté health clinic has been open at Brumlovka on Želetavská Street for 15 years now and many of you are clients. It not only provides its services to men and women, but also caters to children, as it has a paediatric specialist on its team.

A new branch, Androfuture, will be opening in October 2023, which you will find in the Oliva Building on Hodonínská Street. It is designed especially with male anti-ageing care in mind. It is only a slight exaggeration to say that its aim is to make men 'ageless'.

"When we hear the words 'ageless man', we think of someone who, although he might not have that many years under his belt (although he may), accepts ageing as a natural process and is aware of the fact that this gradual progression is inevitable. However, he also cultivates an active interest in his physical and mental well-being, takes a responsible approach to both, and takes good care of himself. No matter how busy he is in what could be a very demanding career, he is well able to organise and enjoy

his life, keeps in good shape and in a balanced state of mind, feels fit, takes general pleasure in life, is active and sociable, finds the time to devote himself to his family, and takes an interest in what is around him. If he has any doubts about his health, he's not afraid to discuss them with experts who use state-of-the-art findings and technology from the relevant fields of medicine," clinic founder MUDr. Martin Lukeš says.

"Although this branch is primarily for men, that doesn't mean that women can't enter," MUDr. Tomáš Novotný, co-founder of the clinic, smiles. "One of the services the clinic will be providing is a special Emsella incontinence chair, which ladies in particular are sure to appreciate," he says.

Our tip: Revolutionary treatment for incontinence – the BTL Emsella chair



The BTL Emsella chair uses high-power focused electromagnetic field technology to stimulate the deep muscles of the pelvic floor.



MUDr. Martin Lukeš and MUDr. Tomáš Novotný

"Another excellent piece of news is that we are continuing to work with doc. Laura Janáčková, an experienced psychologist and sexologist," MUDr. Novotný adds.

The team of doctors and nurses at the Androfuture branch will mostly be providing services that are not covered by health insurance. These mainly include shock wave testosterone treatment, hot steam treatment, echolaser treatment, the application of SpaceOar barrier hydrogel before cancer treatment, and others. The clinic also has an operating theatre, where the doctors will carry out minor surgery. _

→ Olivka

Café Parkofka

Delicious home-made cakes and amazing coffee at Brumlovka now on the weekend, too

Are you looking for a café in your area where you can relax and enjoy a cup of coffee at the weekend? Then the new Café Parkofka is just for you. You can find it in the Olivka building, right next to Brumlovka Park.

Does the name Café Parkofka sound familiar? You're not mistaken. This is the second café for its owners. Customers of the first one, in Prague Modřany, love the wonderful coffee, home-made desserts and home-made ice cream. Now you can visit the other café – at Brumlovka – and see for yourself whether these tasty rumours are true.

If you've got time and are not in a hurry, try the pleasant outdoor seating area with a view of the greenery, top up your energy in the sun and treat yourself to some coffee from the doubleshot roaster just how you like it best – from espresso to flat white, decaf or with alternative milk. And if you're rushing off to meet the kids at the playground, take your coffee with you. It's sure to get you up on your feet and switched to rocket mode.

Fun after work? Parkofka is the first café at Brumlovka that is open in the late afternoon and on the weekends. Stop by for a bite to eat after work, as your family or friends can wait for you there so you can enjoy an afternoon or evening together with a home-made soda, a summer cocktail or a glass of pro-

Call in at Parkofka and treat yourself to a slice of delicious Olivka cheesecake, named after the building where Parkofka is located.

secco. You can count on Parkofka to always take good care of you.

A creative bite to eat

These days, a really good café offers more than the traditional chocolate "coffins" or "Indians", and so Parkofka has plenty to please foodies with the most varied of tastes. It offers raw and vegan home-made desserts, so



low-carbers are sure to enjoy it, while there are also gluten-free and lactose-free delicacies for anyone suffering from allergies. Many guests pop in regularly for some Olivka cheesecake, named after the building in which the café is located. Don't worry, the dessert isn't flavoured with olives, but green pistachio.

The perfect place for the kids to have fun and for you to relax

The café is also a great place to visit when out with the children. It is right next to Brumlovka Park with its children's playgrounds. The kids will have plenty of fun there on the climbing frames. As the children play together, you can relax and enjoy the sunny day with your favourite drink.

One vanilla

Parkofka is famous for its home-made ice cream, which comes in a wide range of flavours. There is a creamy gluten-free option for lovers of the classic cornet, while anyone who fancies fresh fruit can tuck into the fruit sorbet, which is raw, vegan, gluten-free and lactose-free.

Stop by and have a bite to eat! _



Café Parkofka

Olivka

[f](#) Café Parkofka

[@](#) Café Parkofka

→ Residence Oliva

Dentique

For a sunny smile all your life

The new Dentique dental centre opened in June. It is situated in the Oliva building on the corner of Michelská and Hodonínská streets. The centre's head dentist is MUDr. Kristýna Krejsová, who draws on her 20 years of experience at some of Prague's leading dental clinics, including the Schill Dental Clinic and the Ořechovka Dental Centre.

These days, so many people boast of using state-of-the-art technologies and first-class materials. Yet that should go without saying, and is not enough in itself. So what makes a first-rate dental centre different from an ordinary one? MUDr. Krejsová has the answer: "People are the key to an excellent result. Dentists with good qualifications, experience and an empathetic approach." And what does she think really makes the best dentists stand out from the average? "It's all about craftsmanship and care. The beginnings of my dental career date, somewhat accidentally, to when I was a child in my grandfather's workshop. I spent many long hours there making wooden toys, from a folding dog to high-heeled shoes."

Modern dentistry is no longer the domain of individualists. It's about teamwork, which calls for perfect coordination between the dentist and the nurse. Often, the result is the work of an entire 'orchestra' of experts: the dental hygienist, laboratory technician, and medical specialists such as a dental surgeon, orthodontist or anaesthesiologist. A concert for four hands over the chair literally turns into a symphony. However, for the perfect result, you need everyone to put on a professional performance. MUDr. Krejsová states from her own experience: "You can be the best dentist, but if the implantologist does a bad

job, you won't get a good result. A top-class dental centre therefore chiefly needs a top-class team, with you putting excellent conditions in place to enable them to work."

How has a dentist's work changed in recent years?

Everything involved in the work of a dentist has changed completely over the last 30 years. The technology, the materials, the workflow. In the past, there were no magnifying glasses, microscopes, CEREC computer 3D modelling, rubber dam protective membrane or implants. In the past, the slightest problem was often dealt with by immediately extracting the tooth. A national survey showed that, before the revolution, rough-

ly 40% of women and 30% of men aged 64 and over were completely toothless, while everyone in that age category was missing an average of 25 teeth.

Fortunately, the exact opposite is true today. MUDr. Krejsová summarises the goal of the Dentique dental centre: "Our centre focuses primarily on restorative dentistry and it is no exaggeration to say that we are dental rescue workers, as it were. It's definitely great that if you lose a tooth today, you can have an implant fitted instead. But it's much better to have your own teeth, even as you get older. So that you have a sunny smile all your life."

If you want to smile all your life, entrust yourself to the care of the professional and first-rate team at the DENTIQUE centre. Simply book an initial check-up using the booking form on dentique.online. _



Dentique
Residence Oliva
dentique.online

Papýrek

A slightly different stationery shop

→ Alpha building

Creativity knows no boundaries, especially not that of a child. Filip Malý runs his three Prague “Papýrek” stationeries with this idea in mind. You can find one of them at Brumlovka in the Alpha building.

The sales area of almost 100m² is full of all the colors of the school and office ranges. You can purchase anything you can think of here – from stationery, all school, art and office supplies, to educational tools and games. There is also a “party section” with a wealth of supplies for the perfect celebration – wrapping paper, gift bags, cards and festive decorations. Customers can also print photos from their smartphones at the shop or pick up ordered photo products from the Cewe app. And you can now also use the services of Zásilkovna.

The magical world of children’s creativity

Papýrek focuses primarily on young customers in order to encourage their creativity and imagination. That is why there is a creative corner where children and their



Educational. Entertaining. Creative. That is the Papýrek stationery shop, which the owner refers to as “CREATIVITISM”.



parents can try out the art and writing items. “Creativity needs to be developed from an early age,” the owner explains, adding that this is why he calls his enterprise “creativityism”. Children can also draw or create in the art corner while their parents choose and shop for their supplies. This modern stationery shop organizes regular thematic children’s workshops for FREE, where young artists can create their own original works.

Whether you have a preschooler who’s passionate about creating, a creative schoolchild, a teenager starting a new school or you need to resupply your office, head to the Alpha building and let the creative world of Papýrek enchant you. _

Our tip: Stop by for a gift

You’ll find one at Papýrek even if you go there for a gift for your colleagues or loved ones. The store has a display case with Parker writing supplies and offers a variety of elegant notebooks, including a retro collection. Original mugs, a variety of games, and much more. They will be happy to help you choose a suitable gift. And you can also get a gift bag or card to go with it.

Papýrek

Papýrek
The Alpha building
papyrek.cz

Series

The question of origin: creation or evolution?

Do you believe you have a clear understanding of the origin of our world and of ourselves?
And how does Darwin's one hundred and sixty-four-year-old theory stand up in the light of contemporary scientific findings? Has it been unequivocally proven or will it not live to see its 165th anniversary?

In the following miniseries, we will bring you the musings of Libor Votočka, a graduate of Charles University's Faculty of Mathematics and Physics and a former employee of the Institute of Physics of the Czech Academy of Sciences, on the origin and workings of the world from the viewpoint of two competing models – creationism and evolution.

Part seven: Have space observations proved that the world is billions of years old?

Science is completely different to what most people think

In previous issues, we explained that human efforts to understand the world cannot be limited solely to laboratory science, as tends to be the custom today, unfortunately, and we cannot then declare everything else to be unscientific in the sense that it is untrustworthy. Unfortunately, the media has also come to hold a similar position of absolute authority in recent years, so anything that is not said or confirmed by the media is also untrustworthy in the eyes of many. Modern society has succeeded in claiming that all this should be relegated to the realm of fairy tales or simply abolished, arguing that the best approach to the universe is laboratory science and experience spiced with consumerism. This misunderstanding of science and what it is capable of is like a battering ram, one that that many liars and manipulators use in an effort to break into people's minds and hearts. Nowadays, all most people need is for someone to tell them that this or that has been scientifically proven or that they heard it on TV (or read it in the newspapers). This trick was used not only by Darwin, but also by all contemporary advocates of the evolutionary worldview. However, science is much deeper and broader than the materially-minded claim.

Astronomy and astrophysics – science without experiments

As an observational science, astronomy is paradoxically one of the oldest sciences. It was paramount in

the era when laboratory science was still in its infancy. Its main goal and its greatest achievement is to record and describe the order of the heavens. We cannot take a star, planet, solar system or galaxy into the laboratory, but we can observe changes in their structure over time and look for regularities in relationships between them. Of course, in addition to observing the universe, astronomers make theoretical models of it, using a computer to examine how their models behave and then comparing them with real observations. There are several problems with this approach; for example, even a faulty model can give a result that matches a certain partial observation. To put it simply, by applying the right logic even a good observer can draw completely erroneous conclusions from his observations if he starts with the wrong assumptions, which is the essence of the dispute between evolution and creation. In addition, it is blatantly obvious that astronomers cannot look through a telescope to see the full origin and history of the universe, that is, unless they believe that the further they see in terms of distance, the further back in time (history) they see.

This is one of the main points of contention between the evolutionary and creationist views of the universe. Evolutionary astronomers generally believe in the Big Bang and a universe that is billions of years old, as well as in

the gradual clustering of cosmic dust and gases to form stars and planets, the spontaneous emergence of life from base chemicals, etc.

Creationist astronomers, however, believe in a 'big speech', i.e. the intentional and rapid creation of a fully organised and functional universe, in a matter of days from the Earth's point of view, not through physical and material processes, but by informational and super-material ones, which created matter simultaneously in all parts of the universe and at the same time organised it to form stars, planets, planetary systems, star clusters and galaxies. God said the word and it was so, as the Bible's Book of Genesis tells us! In addition, astronomers have discovered the global concentric structure of the universe and the homogeneity and anisotropy of relict radiation, which are incompatible with the idea of a Big Bang and a billions-year-old universe, and instead support the biblical scenario of rapid and recent creation.

The Bible is right once again

It is interesting to note that the Bible speaks of God who created the sun, moon, and stars to mark the time, days, months and years, i.e., He arranged the heavenly bodies into structures that, from the perspective of terrestrial observers, coincide with significant historical events here on Earth and also enable us to reliably find our way at night! It is as though God, while creating the universe, foresaw what events would occur in the history of mankind and when, and provided people with an astronomical guide and heavenly assistance in marking time.

Naturally, 'progressive man' immediately came up with watches and mobile phones, on which hands run across a dial or numbers appear on a display. If such a person sometimes looks up at the night sky, then he no longer knows how to orient himself by observing the order of the heavens, just as he no longer knows how to orient himself in his heart and relationships according to the moral order laid out in God's Ten Commandments. But more about that next time. _

To be continued



5 questions for: **Ivona Hronová,** **General Manager of FLEKSI**

Serviced offices, spaces for coworking and even events – all these are available here at Brumlovka. FLEKSI offers space in Building B, the Beta Building, and additional space has just been made available in the Filadelfie Building. We asked Ivona Hronová, who is in charge of these modern hybrid facilities, five questions.

What do you consider the main advantage of the FLEKSI concept?

Our business centres provide added value to the entire Brumlovka location. Companies looking for temporary space, during renovation of their own offices for example, as well as companies looking for a smaller space, but with the option of expansion in the future, can all find offices with us. Because we take care of all operating requirements, FLEKSI clients are relieved of the burden of acquiring their own furniture and much more. Most importantly, they save time spent negotiating contracts for utilities, an internet connection and cleaning, and they save money spent hiring their own reception or office manager.

Are these classic office spaces suitable for everyday work, or do you offer other options?

We offer a wide range of options. From closed offices dedicated to a specific company, through reserved workplaces in an open space, to a so-called hot desk within the coworking area. We are able to satisfy the requirements of entire companies as well as individuals.

Do you provide any other services in addition to these options?

All of our business centres have highly presentable meeting rooms and conference facilities available for hire, from periods as short as one hour. We can organise various types of customised events for our clients, including excellent catering.

What do your customers appreciate the most?

The multifunctional hall with its full sound system, Full HD LED wall and cascading seating, with a capacity of up to 60 seats, is very popular.

You have just completed the new FLEKSI in the Filadelfie building. What makes this space so special?

The Filadelfie is an iconic building, and the very exclusive and elegantly furnished coworking office space offers attractive views of the greenery and treetops that surround the building.

So that you have somebody to turn to and never remain unaided



So that you can always be sure you'll have enough energy for all the things you love. So that you can always rely on the very best care.

That's why we're here for you.
CEZ. Clean Energy of Tomorrow.



**CLEAN
ENERGY OF
TOMORROW**

www.cez.cz

Social responsibility

ESG and PASSERINVEST

We have been hearing the acronym ESG more and more often recently. We will try to outline what it means and how Passerinvest has grasped this issue of social responsibility, how it implements it in practice and how this Czech construction and investment company fulfills the principles of sustainable development in the following article. This is just a concept, which will be published and presented in a comprehensive form in the coming months.

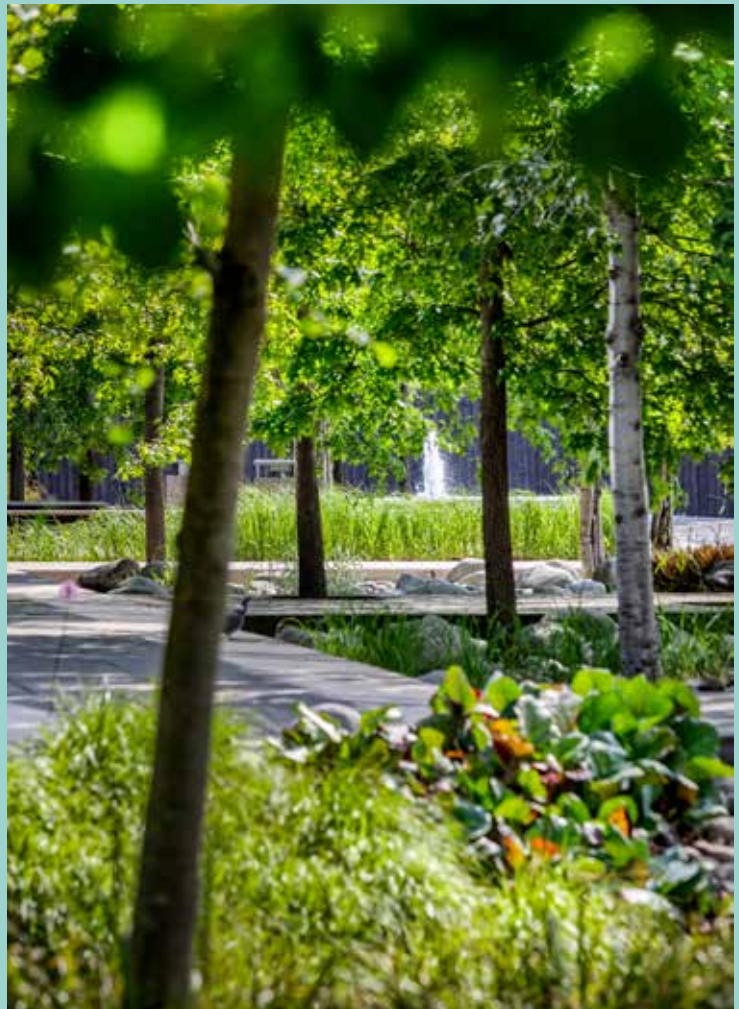
Passerinvest Group, a Czech construction and investment company, perceives social responsibility as a natural aspect of its business and has automatically implemented its various areas in its key projects in Brumlovka in Prague 4 and Nové Roztyly in Prague 11 since the beginning of its operations.

The corporate DNA of Passerinvest inherently includes transparent and responsible business, sustainable supply chain management and adherence to the moral and ethical values enshrined in the biblical Ten Commandments. Passerinvest honours these values both in relation to its employees and to its business partners.

In the autumn of 2015, the United Nations General Assembly adopted an agenda that set out 17 Sustainable Development Goals (SDGs) as a global challenge to improve the conditions and quality of life for all people around the world. Although these Sustainable Development Goals are primarily aimed at states and governments, by preparing and implementing this policy, Passerinvest is actively supporting the pursuit of these goals.

In the context of current social developments and European legislation, Passerinvest began intensive work to create a comprehensive ESG strategy as early as 2022, which, in connection with the Group's business activities, describes in detail the company's policy in the field of CSR activities and the setting of

The corporate DNA of Passerinvest inherently includes transparent and responsible business, sustainable supply chain management and adherence to the moral and ethical values enshrined in the biblical Ten Commandments.



the company's objectives in the area of social responsibility.

Within the terms of these pillars, Passerinvest has focused on specific areas that

have been assessed by both its management and its partners as being crucial in perceiving the company's impact and effect with respect to sustainability. We will now try to explain these pillars and selected areas of the company's activities. _

E Environmental



Passerinvest actively supports the pursuit of sustainable development aiming to maximize the efficient use of resources, reduce energy consumption and emissions, promote circular economy principles in the use of materials, energy, water, waste or land, and promote healthy natural conditions for a sustainable state of environmental biodiversity. Compliance with environmental regulations and standards, as well as our own voluntary commitments, is therefore a fundamental prerequisite for all of the company's activities.

Efficient use of energy and reduction of emissions

At Passerinvest, we consider the topic of efficient use of energy and resources and reducing emissions a key element in the structure of the measures of the environmental pillar of the company's ESG policy. We actively, in the long-term, apply the principles of sustainable construction, invest in new, modern and energy-efficient materials and technologies, and strive to maximize the efficiency of our buildings and the entire Brumlovka site.

In practice, this means a systematic approach, from the preparation of new projects, consisting of the right choice of long-lasting materials and the most modern energy-efficient technologies, through the sensitive renovation of buildings with the emphasis on maximum utilization of existing structures and technological units, to continuously optimized operation of the buildings we manage. Our steps are therefore aimed directly at the construction of buildings generating zero greenhouse gas emissions, ensuring a sustainable supply chain, reducing greenhouse gas emissions by using electricity from renewable sources and intensive work on the energy optimization of operation of buildings, both in terms of technological processes and innovations and in terms of environmental education of the users of our buildings. We believe that all the steps described here will further improve the working and living environment at Passerinvest's sites and contribute to reducing dependence on the volatile energy market in Europe.

Sustainable water and waste management

Water and waste management is another area of the environmental pillar where Passerinvest considers its efforts to take a sustainable and responsible ap-

proach in ensuring the protection of the environment and natural resources have the greatest effect.

The availability and sufficient abundance of water is a prerequisite for life and a natural and healthy environment. The preservation of clean natural resources for future generations is directly dependent on our judicious use of natural resources, meaning use which does not exceed their natural regeneration and replacement potential. As employees of Passerinvest Group, a.s., we are aware of the importance of protecting and preserving a healthy and flourishing environment. This issue is also crucial because it affects the biodiversity of natural spaces, another of our key topics. In Passerinvest's view, the main objective for the implementation of sustainable water management is the dissemination and application of rainwater retention and reuse measures, the elimination of accidental or other water leakages, the reduction of consumption through individual consumption points within projects, and the education of company employees as well as residents and users of the site. Developing the above themes and measures in line with current legislation will help us to further strengthen a responsible approach to the environment and sustainable building design.

Passerinvest is aware of the growing importance of proper waste management as a means of environmental protection, both from the aspect of reducing pollution and the need for circular use of waste as a source of materials. Passerinvest has a Methodological Procedure for Waste and

The status quo must always lead to a better and more suitable environment for everyone.

Hazardous Waste Management based on the national regulation, which aims to ensure a high level of environmental protection, human health and sustainable use of natural resources. The provisions in question contain guidelines for the prevention and management of waste in accordance with the waste management hierarchy. The waste policy's other objectives are to educate the company's employees and users of the site in order to raise awareness of the possibilities of preventive elimination of waste, recycling and circular waste management.

Biodiversity

Biodiversity is another important parameter that Passerinvest emphasizes in its business activities and in the context of the urban space in which it operates, and it strives to significantly develop and support it. In practice, this means a systematic approach on the level of preparation, within the terms of which the issue of biodiversity is implemented in projects for individual buildings, including the public space that is part of the construction project, and also on the level of subsequent management and maintenance of individual buildings and the entire Brumlovka and Nové Rožtyly locations.

The Group's policy is based on the principle that the status quo must always lead to a better and more suitable environment for everyone. This policy is gradually being fulfilled, both within the Brumlovka area in Prague 4 of about 25 ha, which was originally the brownfield left from the extensive complex of the Prague Construction Renovation Facility, and on the brownfield of the former Interlov area of about 11 ha in Rožtyly in Prague 11. _

S

Social



As part of this sustainable strategy, Passerinvest aims to create and operate a high-quality and safe working environment for tenants to ensure their maximum satisfaction. The aim is also to promote a healthy lifestyle, the development of amenities and social and cultural life and continuous improvement of the satisfaction and development of Passerinvest employees. Last but not least, creating mutual respect, support and neighbourly cooperation and togetherness in relations with local communities is a key objective.

Employee satisfaction and development

One of the very important topics of the social pillar is employee satisfaction and development. Passerinvest considers this area crucial as how a company treats its employees is linked to how it treats its entire social environment. Human capital development, professional training and employee satisfaction are central to any growing company. It is aware that an organization that pays attention to its employees also has a competitive advantage on the labour market, and this area will increasingly influence decisions made by potential job applicants.

Creating a safe and healthy environment

Caring for the health of employees, tenants and local communities, as well as striving for as safe an environment as possible, is a never-ending, multi-layered and highly interconnected process in Passerinvest's concept.

By health and healthy environment, we mean both respect for and continuous improvement of occupational health and safety practices and recommendations in the workplace, as well as a wide range of actions to promote health and healthy lifestyles, along with the continuous effort to achieve the best possible indoor and outdoor environment at buildings. This is based on a number of scientific studies on the impact of a healthy and safe environment on its users. It specifically includes the installation of ionizers in the air-conditioning system, a superior volume of supplied air, 100% barrier-free accessibility and applied biophilic design.

The health of the users of the Brumlovka site is emphasized by Passerinvest by the building of sports grounds and other elements for active leisure (e.g. relaxing natural spaces with water elements, walking trails, pétanque courts, etc.), and organizing

educational and sports-relaxation events for employees and tenants, such as sports tournaments, yoga lessons, workshops focusing on a healthy lifestyle and preventive healthcare. For example, employee health care is further motivated by a beneficial membership programme in the Balance Club Brumlovka fitness and wellness club, regular organization of Health Days, etc.

Integral to our perception of the promotion of health is a strong emphasis on a quality diet and the availability of a wide range of healthy food options. The company's goal is to offer local users a sufficient selection of proven and quality healthy food options.

Respect, support, cooperation and neighbourliness

Passerinvest considers the topic of respect, support, cooperation and neighbourliness a key theme in the structure of the measures of the social pillar of the company's ESG policy.

It actively, in the long-term, applies the principles of strengthening cohesion and building strong relationships. It seeks to support local communities and establish long-term partnerships between people, neighbours, non-profit organizations and charitable initiatives within the area, with the aim of creating and building strong social ties and cohesion. We believe that, through this support and cooperation, we can contribute positively to the quality of life and create a sense of belonging.

We actively seek to support the development of the local economy and local communities, which can lead to the creation of new local businesses and shops. —



G

Governance



Within the terms of this pillar, Passerinvest actively supports efforts to meet the objectives of sustainable development and protection of the environment and resources by implementing effective methods of sustainable and environmentally friendly management and procedures in the construction, reconstruction and operation of buildings, managing the risks arising from these processes, and seeking opportunities to reduce the negative environmental impact of its activities.

Risk management

According to the European Academies' Science Advisory Council (EASAC), buildings consume around 40% of all energy produced in Europe and are responsible for around 25% of Europe's greenhouse gas emissions. In accordance with the legislatively established objectives of the European Union and the letter of Act No. 406/2000 Coll., on Energy Management, as amended, and in particular, Act No. 3/2020 Coll., we will strive

to reduce the energy consumption of buildings, significantly reduce greenhouse gas emissions and, together with efficient use of energy, work towards the stated goal of reducing greenhouse gas emissions – i.e. to reduce CO2 emissions produced by the operation of buildings so as to achieve complete climate neutrality by 2050.

Clearly defined risks and objectives are a prerequisite for good corporate management and, in this case, risk management. With regard to the defined criteria for sustainable development, while simultaneously managing all risks, the company has developed procedures and rules that enable it to manage them both in relation

to company employees, suppliers, tenants, business partners and institutions.

Ethics of corporate governance

Passerinvest has set and is prepared to maintain and continue to develop its high standards aimed at conducting its business in a moral, ethical and sustainable manner and in compliance with all generally applicable laws and regulations, and in accordance with the company's internal policies, in particular its Code of Ethics.

Supply chain

Passerinvest has set criteria and established mechanisms for meeting conditions within the terms of its supply chains, which result from the defined principles of sustainability and protection of the environment and natural resources. One of the key documents that enables the implementation of these principles and risk management is the Passerinvest Supplier Code. _

Spiritual support

Patrik Nehyba: My role is to provide spiritual support and encouragement

Visitors to Brumlovka can now enjoy the spiritual ministry offered by young chaplain Patrik Nehyba. He welcomes all believers and non-believers looking for someone to listen to their concerns and provide understanding and support.

What does the work of a chaplain involve?

Imagine the chaplain as a spiritual guide for anyone who needs to listen or talk about their problems and concerns with someone who is not judgemental and does not pressure them. A chaplain is similar to a pastor or preacher, but he works outside the church – in my case here in Brumlovka. My role is to provide spiritual support and encouragement to those who need it, regardless of their religion, status, and so on.

How can you help people at Brumlovka?

People can come to me with any problem, from stress at work or problems in their personal life, to those suffering mental anguish. I believe that in this world, there is a place for the “work” of a chaplain. We’re all kind of looking for ways out of the difficulties we face in life, and we don’t always have someone we can confide in without worrying about how they will respond. Companies nowadays provide their employees with various health benefits, such as wellness, nutrition, yoga, food vouchers, car fuel, etc. But here’s the question: What about mental and spiritual fuel? Where can you go to find that? Especially in a world where existential issues tend to be seen as weakness. I am sure that today, as ever before, it is also about the spiritual aspect, something that simply cannot be separated from the person as a whole. That’s why I am glad that after years of pastoring for the congregation community, I can be here for everyone in Brumlovka, for anyone at all.

Can your service be likened to “psychological help”?

If we really want to simplify it, we could say that it’s similar to psychological help, but with a spiritual dimension. However, I should point out that professional psychological help requires qualifications, but

I studied theology! (laughs) So my mission is not to serve as a substitute for this professional help but to provide support and aid in spiritual aspects and values that undoubtedly lead to a better life.

But it’s not just about “healing”, as I also want to help people find their inner ability to give. Personally, I’m fascinated by the life stories of people who have chosen to serve by giving. Let me explain this with an idea that has helped me a lot personally. Part of the Jewish faith is “tikkum olam”, which translates as “repairing the world”. It is a concept and an ethical principle that emphasizes the responsibility and active participation of each and every one of us in improving the world around us. But it’s not about us all coming up with a cure for cancer, solving hunger or starting a revolution right now. The Bible says that man is endowed with talents, gifts, and I believe we are to use these to “repair” the world around us. This is true of each individual, wherever we reach: at work, in the family, among friends. The search for meaning on life’s journey is one of my favorite topics, something I feel is important. It’s one of the areas I explore with people. I’m sorry, but there are people coming in who have troubled minds or are

under inner pressure from work. I often feel sorry for them because I believe that life is a gift full of beauty. I find it more positive when I have the opportunity to talk with people and join them in seeking answers to Bible-related questions.

What concerns and thoughts have people most often been coming to you with lately? What is troubling the current generation?

I think that all generations, regardless of age, are troubled by relationships. I have the feeling that it is relationships that are currently having the hardest time of it. The modern age, which is all about haste and the time-consuming demands of work, is not helping in this. This “instant” world gives us the feeling that we can just throw away what doesn’t work. We apply it to things, but subconsciously we also treat relationships and people around us the same way. But you can’t do that. People don’t work that way, and it won’t work in your career or in your family life.

You’ve already mentioned that you don’t judge people and their concerns. Are chaplains also bound by something like “medical confidentiality”?

Certainty should come from my faith and the fact that the Bible clearly says: “Don’t judge!” Judging people is not in my nature; it’s certainly a gift from the Lord God, and so it’s really not for me to judge. On the contrary, as a chaplain, I try to create a safe environment where no one has to fear either judgement or a breach of trust. You see, an important element of chaplaincy is abiding by the principles of confidentiality and secrecy, but it also protects me from anyone prying into the information. I can just say I’m bound by confidentiality, and that’s it. I think that without this principle my “work” would be completely meaningless, as it is trust that is essential in relationships. ▶





Faith gives one a deeper meaning, hope and strength on our journey through life. It provides direction and values that help us overcome obstacles and find inner peace and harmony.

▷ **Where do you work? Where can people interested in this service find you?**

I work in Maranatha, which is located on Jemnická Street, but I move around all over the Brumlovka site, so I'm never far away. But that doesn't mean we always have to meet in person. For some people, that can be stressful, so they can call me or contact me via my website. It's then up to them whether they want to meet somewhere in a café, in the park, in the office, somewhere more private, or just start by talking on the phone.

How do you prepare for your work? What does it all entail?

It's new for me too, but I think that the preparation won't be any different from other ministries that are based on contact with people. Studying in various fields is crucial, as is preparation, one's own mental hygiene, etc. I think that everyone needs to take care of themselves in all aspects of their life: mentally, spiritually, and physically. I'm of the opinion that every now and then we choose between growth or the opposite – there's nothing in between. As you see, I'm already acting as chaplain to myself. (laughs)

How does a young man like you, with ordinary interests like working out or playing video games,

get into theology? What led you to become active in the service of God?

In my opinion, human joys, interests and faith are not mutually exclusive, but I myself did not understand this until I found myself in a difficult situation in my life. At a certain point, one starts to ask questions, and if one is honest with oneself, one comes to conclusions, but these may involve more radical life changes. My personal story would make for a longer chat, but there's no room for that now. I should just mention that in my search, I found something that gave me a purpose and a mission – faith. Now I am happy that I can combine my interests and beliefs into one. I was led to this by my search for a deeper meaning in life and my desire to serve others. I must admit, though, that I don't have that much time to play computer games these days. But

I'm sticking with the exercise. It's a form of rest, relaxation, and mental hygiene for me.

You say that your wife is a great support in your life. Do you think it's important to share your worries and thoughts with your partner?

Just as you say, it's part of my life. I can't imagine being there for others without having a real blessing in my family at home. I see my marriage as one of the greatest gifts I have. That's why it's one of the topics I like to talk about, read a good book, or listen to a podcast on the subject. It's an inspiration for me and still a great unknown that I am striving to discover and improve at. My wife and I have a very close relationship and are as open and honest with each other as possible. I can't imagine not having her. However, there are some things I cannot discuss with my wife, the things I hear in confidence from people who come to me. I have the Lord God here for that; He knows everything anyway, so I don't break my vow of confidentiality.

Can people from Brumlovka come to your services as well?

I occasionally preach at the Bethany Community Centre, which is the smaller building behind the Delta building, a place some people know more as the Elijáš Christian School. People can find some of the sermons from other services on YouTube. But if anyone is interested, they can listen to my podcast "Kto si?". The title is not a mistake, it means "Who are you?" in Slovak. (laughs) You can find it on almost all the platforms such as Spotify, Google Podcasts, etc. That's probably where you can get the best insight into my approach to spiritual topics, which I think are inextricably linked to everyday life. I'll be glad if we can get to know each other a bit this way and you don't feel as though you're on a "blind date".

A simple question to finish: How can faith help on our journey through life?

I'm tempted to say: "In everything!" And that would be very true. But rather than simplifying things, I can tell you that faith gives one a deeper meaning, hope and strength on our journey through life. As Martin Luther King Jr. said: "Faith is a model of the unseen, a longing for the unknown and an encouragement in our efforts to let our hearts overcome the greatest of challenges." Many times I've heard it said that faith is a crutch. However, I know from my own experience that this claim is more based on ignorance. To believe requires tremendous courage to leave things to the Lord God, something that is not easy for our ego. Yet faith provides direction and values that help us overcome obstacles and find inner peace and harmony. It is a journey that helps us find answers to our questions, gives us strength in difficult times, and shows us how to love and support others. So in the end you can see for yourself that faith helps in everything. _

**Patrik
Nehyba**

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Biodiversity

Beehives on the roof of the Delta building

At Brumlovka, we are constantly working on expanding areas of vegetation and natural features, and the generous roof gardens where people can spend time are an integral element of our complex today.

New “residents” also found a home here in October – Carniolian bees.

Placing two beehives on the roof of the building is not only in line with our social responsibility but also with our goal of promoting biodiversity. As there are plenty of parks and gardens in Brumlovka and the surrounding area, including Krč Forest, and therefore plenty of food for bees, we placed two beehives in the technical section of the terrace of the Delta office building after consulting experts. The safety of the tenants and the bees themselves is assured by their sufficient distance from the terrace intended for use by people.

Carniolian bees hesitate to use their stings

Each of the two hives houses around 60,000 Carniolian bees, a genetically bred species popular among Czech breeders. Every bee colony has its queen. “This is a tame, calm and gentle breed,” says beekeeper Jindřiška Hinge, who cares for the bee colonies with her colleague, RNDr. Pavel Mach. The beehives are part of the “Bees on Rooftops” project, which aims to monitor the vitality of beehives in cities and analyze the collected data. “In addition to scales, thermometers and GPS trackers in the hives, we also have acoustic sensors to detect conditions within the hive, such as sufficient space, stress, confusion, crowding, colony development, i.e. laying, and other parameters important for beekeepers. We use AI to compare the quality of life of these important species based on the collected data,” Jindřiška Hinge explains.

Brumlovka is good for bees

The bees have experienced their first winter, which they survived without harm. “As early as the end of February, we measured a temperature of 30 °C in the cluster – a clump of bees in which they maintain a constant temperature over the winter. We have now added an extra storey to the hive to support the bees’ development in spring,” the expert adds. Bees are doing very well in towns, as evidenced by the quality of the honey produced, among other things. “The food of honey bees in cities is much more varied than in agricultural areas, where it tends to be single species – mostly rape. Prague manages over 160 hectares of orchards. In the city, the bees feed from March to the end of October,” Jindřiška Hinge explains.

If the weather is like last year, the beekeepers expect a yield of around 40 kg from both hives. Some of the honey is donated to the local Letokruh seniors’ association, some will be given to the tenants of Brumlovka and some will be left for the bees before the autumn preparation for wintering because honey itself is the most nutritious form of feed and provides a sufficient supply of minerals. _



Watch our bees online

Cameras are set up in front of the hives and also inside one of the hives, so you can see the movement of the bees online on our website brumlovka.cz/vcely.

Physiotherapy

Physiotherapy as a cure for pain

Back pain or cervical spine pain caused by sitting at a computer or unilateral loading for extended periods cannot be treated by a massage once a month. It needs to be prevented by establishing good movement habits and addressed comprehensively. The physiotherapists at Balance Club Brumlovka will help you with this.

Physiotherapy is a discipline that focuses not only on diagnosis and therapy, i.e., treatment of musculoskeletal disorders, but also on prevention, i.e., avoiding these conditions. In other words, physiotherapy can uncover the reason why you have long-standing back pain, a blocked neck or a preference for one side when sleeping or performing other activities. It may appear to be a small thing that you do not pay attention to, such as always carrying a bag on the same shoulder, incorrect positioning of an office chair, improper placement of a computer monitor on a desktop, sitting sideways in front of the TV in the evening, etc. A physiotherapist can detect the cause of these problems and then treat them, relieve headaches, alleviate difficulties associated with mental strain and stress, etc.

At Balance Club Brumlovka, an experienced team of physiotherapists and masseurs is at your disposal in a pleasant environment. Feel free to stop by and get advice.



What a physiotherapist can help you with

- The full range of musculoskeletal pain – acute and chronic
- Headaches and migraines, pains associated with mental strain
- Post-traumatic and post-surgical issues (muscles, joints, tendons, ligaments...)
- Soft tissue and scar care (including care following a cesarean delivery)
- Painful conditions caused by sports activity (tennis/golf elbow, Achilles tendon, heel spurs, etc.)
- Occupational pain (e.g. carpal tunnel syndrome)
- Poor posture, scoliosis, flat feet (including advice on correct footwear), and other muscular imbalances
- Digestive (reflux) and breathing disorders

It all starts with a conversation

Communication plays an important role when visiting a physiotherapist. The physiotherapists here will ask about your medical history – your current health, injuries you have suffered, your job position and job description with regard to stereotypical movements, sitting and standing, your fitness and physical activities, etc. Subjective and objective difficulties will therefore be assessed with regard to your overall lifestyle.

The examination itself is carried out by sight and touch (palpation) or with the use of specific tests. If you visit a physiotherapist due to a sore neck, you may be surprised to be asked to strip down to your underwear. But that's perfectly fine – the therapist needs to examine your whole body; not just the area that's bothering you, but also the torso, shoulders, or hips.

Therapy is not just about exercise

The physiotherapist will then suggest treatment for your problems – a therapy plan. Therapy includes various relaxation, stretching, and movement exercises (according to the latest special musculoskeletal techniques), which help to eliminate pain, adjust muscle tension, release joint blockages, and remove other



causes during the initial phase, as well as supportive techniques such as Kinesio taping.

The examination includes compensatory recommendations regarding the ergonomics of the working environment and movement behavior during normal daily activities. If your job requires you to sit at a computer all day, the correct sitting position at your desk – the height of your desk and chair, the position of your knees and elbows, ergonomic back and forearm support, monitor height, and more – will help significantly. A current trend recommended by physiotherapists and orthopedic surgeons is the ergonomic vertical mouse, which not only increases comfort at work but also helps prevent occupational diseases such as carpal tunnel syndrome.

If you stand or walk all day at work, proper medical footwear is essential. It may seem unlikely, but poor footwear can also cause headaches.

The quality of the movements performed is important

During the subsequent phase, you and your physiotherapist will focus on the longer-term elimination of issues in the musculoskeletal system, the ability to perceive the body, control the quality of the movements performed and your posture in order to ensure individual muscle groups effectively work during normal daily activities or sports. Your physiotherapist will also advise you on the appropriate physical activity. The services of a physiotherapist are often sought by active amateur athletes who have poor playing habits,

during golf or tennis for example. This is where it is appropriate to employ a personal trainer for the sport who will adjust your grip on the club or racket and teach you the correct movements.

Athletes are welcome here

So it's not just pain that should bring you to the physiotherapist. Physiotherapy is a complex discipline that helps to eliminate problems and also prevent them, reduce overloading and wear and tear on the musculoskeletal system, increase sports performance and also accelerate recovery. Regular visits have an almost 100% effect.

Improve your working conditions

To prevent pain and musculoskeletal strain in your job, think about how your body works at work. Are you hunched over your computer? Do you sit with your legs crossed all day? Do you press your forearms or wrists against the worktop? Do you hold your neck and shoulders stiffly behind the

Learn to feel your body and relax if you feel tension.

wheel? Learn to feel your body and relax if you feel tension. Take frequent short breaks at work to relax your body with simple quick exercises such as back stretches, wrist rotations, side-to-side head tilts, etc.

At Balance Club Brumlovka they will help you find your daily balance so that you are not limited by pain, and not just at work. Under one roof you will find physiotherapy and massage services, as well as a fitness area, group exercises such as pilates or yoga, wellness and spa facilities. Become a member, come to the club for advice, a relaxing massage, exercise or relaxation. There is no doubt you deserve it. _



Balance Club Brumlovka
Brumlovka building
balanceclub.cz

Lifestyle

Stillness, a clear head and a clear life

You're sure to be familiar with the terms "fitness" and "wellness". If you're purposefully trying to do something to stay healthy, they're probably also part of your life. When you find out what stillness means, you'll probably think that this is exactly what you need to become completely in tune, not only physically, but also mentally.

What does the familiar-sounding concept of stillness involve? If it makes you think of something healthy, that's exactly what it is. However, it's not a fad, a special "offshoot" of fitness and wellness. One problem with such a specialization is that it can somewhat dilute the original benefit. But stillness has the opposite effect. It is aimed at expanding and strengthening the abilities and skills that allow us to live a full, ideally balanced life. Stillness can easily be thought of as an overarching lifestyle, or, if you like, a way of taking care of yourself. Stillness is a new, internationally accepted term for calmness and activities aimed at optimising one's thoughts, inner dialogue and the working of the autonomic nervous system.

We live in a society that places great emphasis on our individual physical and mental performance. Facing up to this pressure, which is very complex, is not easy. Stillness allows you to achieve the necessary calm through specialized, scientifically proven procedures. These procedures help us to manage stress, gain peace of mind and help the body to regenerate. Stillness means a clear head, peace of mind, and is a methodology intended to help us survive the pressures of modern life, difficult situations, and overcome the crises that life throws at us in good health, using simple techniques.

The path to the secret of stillness

While stillness is now well-established in other countries, it is not yet so easy to find a place where you can dedicate yourself to training and mastering the

necessary techniques in the Czech Republic. One pioneer activity of the emerging Stillness Institute is the Path to the Secret of Stillness – the 24/7 Stillness Protocol, conceived by Kamil Polák, who has long specialized in the psychology of strain, stress and cognitive management, and has developed, in co-operation with Newton University, a special methodology for teaching stillness. We asked how it all started.

"I am currently the mental coach for some of our Olympic athletes, the head of the specialized methodology department at the Ministry of the Interior of the Czech Republic, where we are in charge of training employees and members of security forces of the Czech Republic, managers and even athletes who come under the ministry's sports centre OLYMP. I also teach strain and stress psychology, cognitive management and mental training for athletes and managers at university. And these athletes, managers and students came to me saying they were unable to clear their heads, unable to stop or channel the negative internal dialogue

that prevents them from playing better, performing better, sleeping better, or simply living a better life. They want to be in the flow/zone, relaxed in their work, free of bodily tension, free of heightened brain frequencies caused by intense internal dialogue. This was one of the things that prompted me to develop the methodology I call the Path to the Secret of Stillness. These are techniques I use during the day under the 24/7 Stillness Protocol. After waking up in the morning, when I'm eating, walking, running, stretching, meditating, communicating and during all my day-to-day activities – so that I am more attuned to the flow and feel more at ease. And then, when a crisis arises, the training and practice I've already done mean I'm much more likely to be able to work with it. It's easier on the body. The body already feels it, is aware of it, and knows how to act. Simple techniques help us learn to work with it. It's like when you go to the gym and want to bench-press a hundred kilos, or when you're gearing up to run a marathon. You have to train. It's not enough to say that you'll keep a clear head. If you want to reach a state where you can keep a clear, calm head in a crisis, then you have to train for that, too. We often make assumptions; various fears and stresses take shape and it is very difficult to stop this in a crisis. This is because difficult situations in our lives, such as divorce, times when money is short or when you're not doing well at work, are such a complex problem for the head that when the moment comes, without training you're essentially unable to stop the tension or the negative internal dialogue. That's why this methodology accompanies us on our path to finding peace." >

Mental training process



The three basic areas:

- 1** FLOW/ZONE – we're working with an understanding of how to use flow in your work and creative life, when I explain how I compose music and poems in this state. I'll also explain how to get into the Zone when doing sports and how to build a 24/7 Stillness protocol.
- 2** Measuring biological and neurobiological signals to assess the total strain on the body and the level of relaxation and concentration. Neurovisual and cognitive training.
- 3** Stillness techniques for training concentration, relaxation and stress management – Zen meditation, stopping negative internal dialogue, mindfulness techniques while eating, walking, running, reducing muscle tension, floating, pre-sleep NREM protocol, ...



Stillness helps us to survive the pressures of modern life.

Heart and brain measurements

Training in these techniques goes hand in hand with scientifically proven procedures. Anyone interested in embarking on the Path to the Secret of Stillness can expect measurements to be taken to gauge important indicators of their physical and mental state, among other things. Kamil Polák tells us more about what this is and what clients can expect.

"We always start by presenting and explaining the individual steps and scientific methods. The client is introduced to case studies of people who have completed the sessions to get a better picture. Initial assessments are then carried out to gauge physical and mental stress and heart rate variability. They also determine the ratio of the sympathetic and parasympathetic nervous system, predict the condition of blood vessels, measure brain waves, etc. We conduct these sophisticated measurements to determine the client's basic condition before they start. And then we start teaching the individual lessons, of which there are ten in all. Each lesson is focused on one area that the client experiences repeatedly during the course of their day the whole week. Each lesson, i.e., the explanation and training of the technique, lasts for at least one hour. Clients receive methodical sheets to enable them to devote themselves to the lesson and training without needing to write anything down. During the week, they then process the lesson following the methodology sheet. They think, train and complete tasks."

Tailor-made techniques

What makes the methodology exceptional is that it uses special measurements so that clients know what is happening inside their body, in stressful situa-

tions, when under attack, or while relaxing and meditating. Kamil Polák adds: "We measure the heart rate and brain wave variability so that clients perceive and understand their physical and mental state, such as when they are tense or when they use a certain breathing and mental technique. We want to see whether and how well it works for them. Because there are a great many breathing techniques. You can compare it to seeing a nutritionist – they will also give you a menu tailored to suit you. We provide you with tailor-made breathing and mental techniques that are suitable for you and that resonate with you. The aim is to motivate the client to learn the secrets of the scientific discipline of kinanthropology, which is the study of human movement. One key measurement of brain waves and heart rate variability is taken at the beginning, followed by another at the end. And there are also continuous measurements taken during the individual sessions."

Who is Stillness for?

Stillness is for those who are interested in a healthy lifestyle, have a

mentally or physically demanding job and want to optimise their body's performance, from athletes, through managers, to people who simply enjoy an active life. Sessions are also prepared for individual employees in collaboration with companies that take an interest in the psychological and physical condition of their staff and are open to new methods that help them. At the beginning of this year, for instance, a seminar was held for managers, trainers and members of Balance Club Brumlovka; after having gone through all the ten lessons, they tried some of the techniques, such as optimizing of the thought process with insight into Zen meditation and heart coherence training. They showed each other how to practise techniques to manage stress, increase one's physical and mental resilience, and thus reduce the accident and illness rate within their profession.

Anyone interested in Stillness can find out more about it at one of these seminars or through Kamil Polák's project – The Path to the Secret of Stillness. The training sessions are held individually or in groups in specific environments with an almost Zen-like simplicity. You don't need anything to take part, and most of the techniques are inspired by the basic ten-second heart coherence technique and minute-long non-meditations. A mindful diet, for example, is about the process of what to eat, how to eat it, and what to do after eating, with the scientific aspects covered as part of the Prostřeno event. Breathing and mental techniques are learned in the bamboo garden, in the Fata Morgana greenhouse at Prague's Botanical Garden, or amongst the rocks in Prokop Valley, while fear management and self-protection are taught underground. Every year we also organize a one-week training stay by the sea. The experience associated with the energy of the setting is an unforgettable one for most clients... _



Who is PhDr. Kamil Polák

He is the head of the Department of Specialised Methodology (OME) of the Services Facility for the Ministry of the Interior. He compiles methodology, lectures and provides training in health, fitness and psychological resilience for the security forces of the Czech Republic, the Ministry of the Interior and athletes of the Ministry of the Interior Olympic Sports Centre. He and his team have won a total of five national and European awards from the European Agency for Safety and Health at Work (EU-OSHA). Their OPTIMA project was evaluated as a recommended project and the DETOXIKON project as a winning European project. www.optimazsmv.cz.

In his private practice, he specializes in psychophysical and mental training for members of the public in the form of experiential education.

As a university lecturer, he teaches the psychology of strain, stress and cognitive management, and mental coaching for athletes and managers.

He is putting together a team to develop the stillness methodology, which you can join. Write to Kamil.polak@newton.university.

Pamper your body and mind with products from Maranatha

A relaxing bath and a subtle fragrance are just what you need after a hard day. Visit Maranatha and you're sure to find what you need in the store's extensive selection.

Himalayan salt with rose or lavender

Himalayan salt treats and nourishes the skin, and contains a number of minerals and trace elements. The effect is complemented by added herbs. Rose cleans and treats the skin, smooths wrinkles, and is also suitable for dry, tired or irritated skin. The fragrance of a lavender bath is ideal for a good night's sleep, is relaxing, soothes the skin and generally revives the body for both adults and children.

Body massage cream with salt from the Dead Sea

This velvety, subtly fragrant cream is immediately absorbed and floods the skin with moisture, leaving it soft and supple. It contains selected vitamins, a complex of Dead Sea herbs and minerals, which improve the healthy tone of the skin, leaving you feeling relaxed, rested and blissful.

Essential oils

Essential oils for aroma lamps and diffusers, to scent your home and calm your troubled mind. Try the "Joy of Life" blend of essential oils to soothe your nerves, or "Harmony" for the perfect balance between activity and relaxation.



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Peace and relaxation from drogerie dm

A cup of tea or a fragrant bath? Drogerie dm has everything you need for a perfect rest.

Calm and Relaxation herbal tea

Flavoured with lemon balm, rooibos, passion fruit and mint, this tea is the perfect choice for relaxing your mind and body. We recommend it before bed, to help you calm down and relax. What's more, it's 100% vegan and there are no metal clips on the bags.

Balea herbal eucalyptus bath oil

This bath oil contains beneficial eucalyptus oil, which helps the body to relax while supplying it with fresh energy. Immerse yourself in the refreshing fragrance and forget your worries.

Balea cornflower and orange blossom bath ball

This bath ball is ideal for those pleasant moments spent relaxing. Bask in the pleasant fragrance and forget all your worries.

Balea pomegranate and orange bath salt

Enjoy the sensual fragrance of pomegranate and orange for a truly unique bath. Contains natural sea salt, which boosts the skin's immunity, fights inflammation and restores your skin's natural pH balance.



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Wakeboarding

Adrenalin four meters above the water

Main
topic

The tow rope snaps taut and the rider strapped to the board leaps towards the surface of the water. The rider's tightly-held body creates a great deal of resistance against the water, the speed quickly ramps up and the spectators watching from the shore of the lake wait with bated breath for the rider to reach the first obstacle. Welcome to wakeboarding, the world of Čestmír Řanda.

Initially wakeboarding seems to have something in common with surfing, skateboarding or snowboarding. And, like these related sports, it also originated in the United States back in the 1980s. "It's all connected; guys who used to go surfing or snowboarding were looking for another place to ride a board," says Čestmír Řanda.

Where can you go wakeboarding?

It all depends on what tows the rider over the water. The first option is a boat, and then there's cable wakeboarding, where the rider is pulled by a tow built above the water; the third option is a winch. A boat is used on large lakes, reservoirs and rivers that are wide enough. For the second option, there are special purpose-built wakeboarding parks, where there is a

tow with four to six posts and obstacles on the water, like those in a snow park – jumps, rails, funboxes, and so on – or you can do air tricks, where you use the energy between the board and the surface to launch you into the air. The winch is a portable drum with a motor and a rope fifty meters or so long, which can be used pretty much anywhere. "However, in practical terms, it's only good for shooting videos in places where you can't use a boat," Řanda explains.

Kiteboarding is not wakeboarding

You might have seen a rider standing on a board on the water, being pulled along by a kite driven by the wind. This sport is called kiteboarding and the parachute wing is attached to the body, while in wakeboarding you grip handles like on water skis. There are also differences in the actual boards, the fundamental one being in the bindings. "The kiteboard is a bit like a slipper, so you can jump off it at any time. In wakeboarding, your feet are firmly strapped to the board," Řanda explains.

Wakeboarding is not suited to the sea

Although a wakeboard could potentially be towed behind a boat on the sea, surfing, windsurfing, kite-surfing, and kiteboarding are more common sports in this setting. What makes wakeboarding so special is that it can be done on inland bodies of water. "And that makes it a very accessible sport. If I want to kite, the nearest suitable place is at Rügen. Whereas the closest wake park near Prague is in Brandýs nad Labem. I pay 800 crowns there and I can ride all day," Řanda says.

The Czech Republic offers plenty of options

Where can you try wakeboarding in the Czech Republic? The closest place to Prague is the above mentioned Proboštská jezera lakes in Brandýs nad Labem. With regard to obstacles and facilities, the best wake >

Neither skiing, nor surfing

The first in the U.S. to begin specializing in wakeboarding was LiquidForce, a company that still drives the development of the sport as a whole today. It was founded by Tony Finn and Jimmy Redmon, who initially each sought an alternative to surfing and water skiing. Finn came up with the first Skurfer board, while Redmon was the first to fit bindings on his Redline. Finn had the better head for business, Redmon was the more successful designer, and their paths came together in 1991. That was the start of the wakeboarding boom in the U.S., which gradually spread all over the world.





park in the country is in Hradec Králové. There are more tows in Stráž pod Ralskem, on the Velký otvický pond near Chomutov, in Pasohlávky near Brno, on the Těrlická reservoir near Havířov and on Hlučinský lake near Ostrava. “Germany is another very popular place to go wakeboarding. The parks in Dresden and in Schwandorf near Rozvadov are within easy reach for us. And also Bratislava in Slovakia. However, I have to say that Hradec, Brno, Brandýs and Chomutov offer conditions comparable with sites in western Europe,” Řanda says.

A large tow for experienced boarders, a small one for beginners

Wake parks have two basic types of tow. The large one is stretched across four to six posts, with the rope constantly running around the oval. The small (‘two-point’) tow only has two posts and you simply ride it back and forth. Although that’s ideal for beginners, more experienced riders will probably want a large tow. Places where parks with just small tows can be found include Česká Lípa, Ejpovice near Plzeň, or near Soběslav. Even so, the resorts with large tows as mentioned above still tend to have one or two small ones. “As the first experience of the rope jerking as you start often ends in some epic falls, it’s a good idea to start on a small tow, where the operator can adjust the speed. On a large tow, the speed is a constant 30 km per hour or so,” Řanda points out.

How to start

Tips for beginners

How to start wakeboarding?

Pack your swim gear and head off to a wake park. You can hire all the other equipment when you get there – a board, a life vest, or a wetsuit if the weather is colder, and a helmet, which you need to tackle the obstacles. You can do without it when riding on calm water.

Is wakeboarding for everyone?

Anyone with basic motor skills. Like skiing, cycling and other sports.

Can children try wakeboarding, too?

It’s essential that the child is a good swimmer. In parks, you’ll also see pre-schoolers on small tows. A large tow needs more strength to grip the bar, especially when launching and in turns.



Be patient when practicing the technique

Is riding a wakeboard a difficult technique to learn? Anyone with no previous experience of sports such as snowboarding may initially find it difficult to ride sideways. “From my own experience, learning to snowboard seems easier in the beginning, and you can generally get down the hill somehow on the very first day. I spent my first day on the wakeboard just practicing the launch and riding through the turns, and I still didn’t feel fully ready even after four days. I know some people who spent the whole summer on basic training. It’s important to be patient and not get discouraged,” Řanda, who is equally at home on his board on the snow or on the water, advises.

Benefits

If you take up wakeboarding, you’ll enjoy the feeling of your body – especially your core and arms – getting stronger by overcoming the resistance of the water. After the first day, however, you’ll probably feel an ache in muscles you had no idea you had.

Hire equipment is enough to get you started

How expensive is wakeboarding as a sport? If you want to buy really top-class equipment, you’ll need 20 to 25,000 crowns just for the board and the bindings. Add a life vest, helmet and wetsuit, and you can easily shell out 30,000. “In general, however, equipment from the rental center at the park is more than enough for the first two seasons or so. And there’s a lively second-hand market in the wakeboard community,” Řanda offers as an alternative option.

What should I do if I want my own gear?

First of all, you need to be clear on three things. How much do you want to invest, how much time do you want to spend wakeboarding, and what type of boarding do you want to do – being pulled by a boat or by

Czech wakeparks in Hradec Králové, Brno, Brandýs and Chomutov offer conditions comparable with sites in western Europe.

a tow in a park? Park boards have a more durable bottom, while the ones for riding behind a boat have fins, which allow you to corner more sharply when you hit a wave. But you can't take these across the artificial obstacles in parks. There are also two different types of bindings, ones with an open toe and the other with a closed toe. The latter is firmer, grips the foot better and is intended for more experienced riders who jump over obstacles. Your second basic investment will be a life vest. A basic vest will do fine to begin with, but you can also purchase a special lightweight one filled with gel inserts. This also provides protection and cushions you from the hard blows you often get from falling in the water. "You have to bear in mind that, with the board's resistance to the surface of the water, you can reach a speed of 45 km an hour just on the tow, and jump to a height of three or four meters. And if a trick doesn't go as planned, that's a pretty nasty fall..." says Řanda, revealing the hidden pitfalls. You also have to wear a protective helmet at a wake park.

Can I go and check out a wakeboard in a high street store?

Wakeboarding is rather limited in this respect and gear can't generally be found in high street stores. One exception is Snowboard Zezula in Brno, which specializes in freestyle sports and also holds test days. The full range of gear can only really be found in e-shops, such as wakeguru.cz or wakeshop.cz.

Season tickets like in the mountains

These days, the cost of a day spent riding in a Czech wake park works out roughly the same as a ski pass, around 1,000 crowns. Generally, however, you can also buy a short-term ticket, for just an hour or two. Or, if you prefer, you can buy a year-round season ticket, which is definitely worth it if you live near the park and visit it really often. "One year I spent a full 52 days riding in the park in Stráž pod Ralskem. It's well worth it to have a season ticket," Řanda adds, smiling. _



Who is Čestmír Řanda?

He's been into sport all his life, and has spent the past fifteen years mainly playing rugby, as an active player for Tatra Smíchov. At the same time, however, he really enjoys 'the sideways ride'. and it was his time as a snowboarder that led him to wakeboarding, which he fell in love with.

Energy from the Maranatha store

Need to top up your energy during or after sport? Try a Bombus energy bar from Maranatha. They're made from natural ingredients with no added sugar, no gluten, no lactose and no preservatives, and are also suitable for vegans. There are various different flavours on offer – try banana, peanut, or the salted caramel bar.



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Culture



Photo by: Dan Materna

Exhibition

David Černý: Permanent exhibition of selected works

Musoleum Gallery, Prague-Smíchov

Sculptor and artist David Černý has opened his new exhibition space, called Musoleum, in the historic building of the former Smíchov distillery. Modern art is presented here on five floors, both in Černý's permanent exhibition and in the form of guest exhibitions. The interior of the gallery incorporates some elements and artefacts from the former distillery but is largely filled with selected works by this well-known eccentric artist. It contains a cross-section of works from his early drawings to his most recent work, including a section containing design and architecture that has not yet been seen by the public. The building includes a café and viewing terraces, and is open every day. _

Book

Alena Mornštajnová: Forest in the house

Host Brno, published in April 2023



The best-selling author of "Hannah", "The Silent Years" and "November" has published an unexpectedly chilling novel about how nothing in life is as it seems at first glance, and how no secret is ever buried so deep that it cannot be dug up. The main character of this dramatic tale is a little girl, whom the author calls "Cácora", whose father disappeared during floods and whose mother turns to lovers and alcohol to escape her responsibilities. The girl is cared for by her resentful grandmother. But there's a forest all around that hides something sinister, and one-day Cácora starts to talk... _

Celeste Ng: Our lost hearts

Odeon, published in June 2023



The third novel by this American writer with Hong Kong roots is set in America following a devastating economic crisis. During this period, anti-Chinese sentiment gradually prevails, leading to the introduction of laws to protect American values. As a result, Americans of Chinese and other Asian descent come under intense scrutiny by the authorities and the public. However, all those who speak out against discriminatory laws in any way are persecuted, punished, and liquidated. One of the measures taken against these people is the removal of their children... _

Concert

Igor Orozovič & CO.: There's one place

Vyšehrad Summer Stage, Saturday 29 July 2023

Igor Orozovič, an actor, singer with a charismatic dark voice and writer of distinctive songs, presents a new chanson-styled repertoire. This will be presented to Prague audiences at the end of July on the Vyšehrad Summer Stage. In his original songs, you will hear not only poetry but also a specific style of humor, through which he views the world with light sarcasm and exaggeration. Together with his musicians, he will spice up chanson-like songs with elements of rock, blues, and soul. _



Photo by: Lenka Hatašová

Film

Two words as a key

Première in July 2023

This film, based on the book of the same name by writer Josef Formánek, is a loose sequel to the successful "Smiles of Sad Men", in which the lead role of an alcoholic was excellently and very convincingly played by actor David Švehlík. Directed by Dan Svátek, this new film tells a story about the search for the meaning of life, the relationship between parents and children, fate, and the unknown forces that guide our actions. Each of the stars faces a major choice and change in their lives. _

Theatre



Photo by: Eva Neuzilová, Kampa Museum Summer Stage

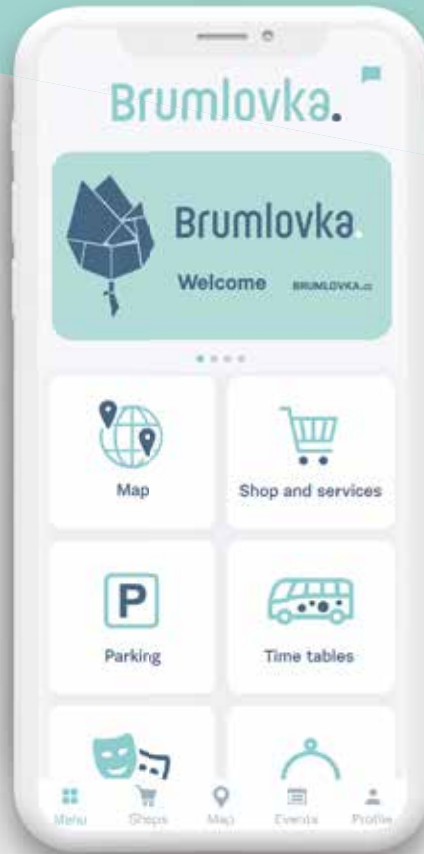
Marta theatre recital

Kampa Museum Summer Stage,
July and August 2023

For the second season, the summer stage of the Kampa Museum in Prague is presenting the successful Marta theatre recital, which was created to celebrate Marta Kubišová's jubilee last year. Actress and singer Berenika Kohoutová excels in the lead role in alternation with Hana Holišová. The performance pays tribute to one of the most prominent singers and personalities of the Czech music scene, presents her life story, is full of songs and live music performed by Václav Kopta and other musicians and, given the positive reviews from critics, will delight even the most demanding of viewers. _



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Frame alloy 7005 folding,
components SHIMANO Altus/Revoshift (8),
brakes TEKTRO V, weight 12,6kg/M.





Offices & Meeting Rooms without worries in FLEKSI!

Fully serviced and furnished office space ready for immediate move-in

Hot desks within coworking zones

Meeting and conference rooms
with a capacity for 2-60 persons for rent from 1 hour

Full equipment and modern AV technology included in the price

FLEKSI team will take care of everything you may need

