

A magazine for everyone
at the BB Centrum

city

Brownfields: Urban Development the Right Way

HAPPENING RIGHT NOW
You can
also go
jogging in
winter
AT THE BB CENTRUM

Our Big Story

Radim
Štantejský,
Broker
Consulting:
Happy I Can
Be Part of the
BB Centrum
Story

To Work from Home or at the Office?

SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Grill
- 3 Baifu – sushi bar
- 4 Maranatha – vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Asian Street Food by Kiin – Thai restaurant
- 7 Dhaba Beas – Indian restaurant
- 8 PuzzleSalads
- 9 PuzzlePasta
- 10 Vyskočilka – Czech restaurant
- 11 Ugo – fresh juice & salad bar
- 12 GTH – canteen
- 13 Office Food – canteen
- 14 Kobe – steak, grill, sushi
- 15 Memento – canteen
- 16 Memento – canteen
- 17 Perfect Canteen – canteen
- 18 SushiTime

SHOPS

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

CAFÉS

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

SERVICES

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

BANKING

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

CASHPOINT

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

SPORT / RELAXATION

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

HEALTH SERVICES

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

EDUCATION

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

CHARGING STATIONS FOR ELECTRIC CARS

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



Dear readers,



How do things look outside the window as you sit with the winter edition of the BB Centrum City magazine? Unless the forecast has got it wrong, there are probably no snow drifts. It is true that we have not had much snow in Prague for several years now, to the great disappointment of children. And that is why our editorial team liked the idea of showing you our Baar Park in an unconventional light. Brilliantly white, snowy and interestingly captured from the roof terrace of the FILADELFIE Building. Hopefully, we will also be able to take more photos this winter in a similar vein.

And what can you expect to find in this issue? The issue includes an interesting interview with Radim Štantejský, Sales Manager at Broker Consulting, which has opened one of its OK POINTs right here at the BB Centrum. Those of you who have decided in favour of an active lifestyle in 2020 will certainly appreciate the tips for seasonal exercise, both inside and outside. Antonín Mocik, a personal trainer and fitness instructor, has also contributed his extensive experience and useful pointers. Another interesting topic involves the advantages and the darker side of working in an office compared to working from home, i.e., a home office. You will learn which variants some employers offer. We have also prepared articles on topics which resonate across all of society, such as the lack of flats and the use of neglected and unused properties, so-called brownfields, in Prague. And there is also much more!

I am sure that you'll find something to choose from what the City has to offer. Keep in contact with us and follow the current sales and special offers at the BB Centrum on our Facebook and Instagram accounts.

On behalf of the entire editorial team, we wish you a pleasant read and peaceful winter days, no matter whether they are white or free of snow.

Kristýna Samková
PASSERINVEST GROUP

Where you can find us

If you are interested in what is happening here, visit our [bbcentrum.cz](#) website or find our BB Centrum profile on Facebook.

www

www.bbcentrum.cz



BB Centrum



BB Centrum



FILADELFIE Building

The
BB Centrum
is full of new
things

Contents

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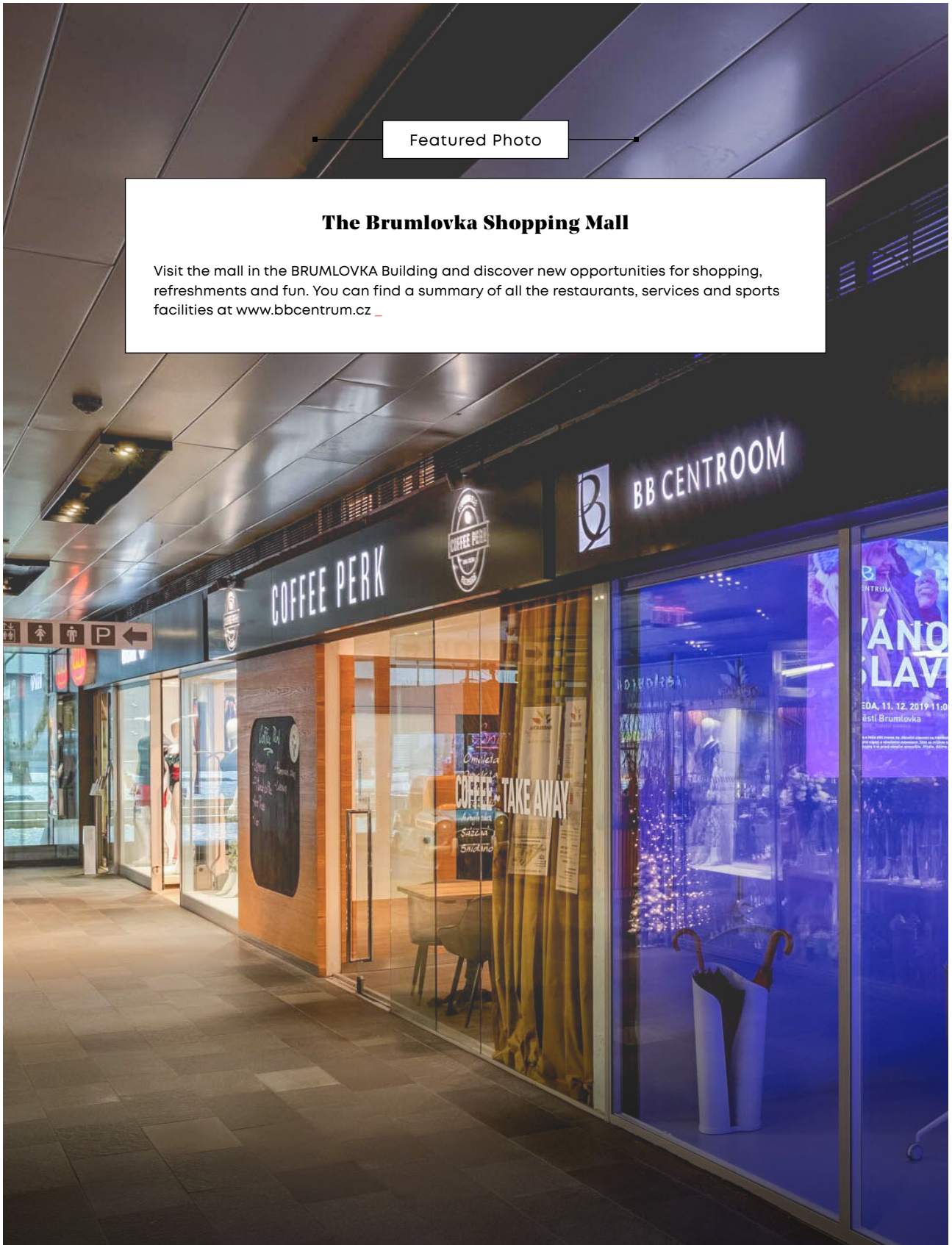


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Featured Photo

The Brumlovka Shopping Mall

Visit the mall in the BRUMLOVKA Building and discover new opportunities for shopping, refreshments and fun. You can find a summary of all the restaurants, services and sports facilities at www.bbcentrum.cz



The Tenants at the BB Centrum Had Another Joint Breakfast

Representatives from the companies based at the BB Centrum met for the third time at an informal, friendly Link and Breakfast, organised by the PASSERINVEST GROUP. The invited HR and internal communication specialists had breakfast, met colleagues from other companies and were acquainted with the current theme of changes in the field of the work environment and healthcare that Wednesday morning.

The theme was developing the locality and health

The meeting was opened by Radim Passer, founder and CEO of the PASSERINVEST GROUP, who emphasised the theme for the entire meeting in his opening remarks. That theme was the work environment and developing our locality. Another speaker was Martina Draper, Customer Relations Manager at the PASSERINVEST GROUP, who spoke about a survey among the tenants at the BB Centrum which is planned for this year. This is essential for our company, because its results will influence further changes and modifications within the locality. Oldřich Šubrt, M.D., Operations Manager at H Plus, s.r.o., spoke in the final block about current company trends in health and well-being, and healthcare risk management in the case of epidemic infectious illnesses, amongst other things.

New contacts, an informal atmosphere

The breakfast was attended by HR experts from 40 companies based at the BB Centrum, including, for example, representatives from MONETA Money Bank, O2, ČEZ and UniCredit Bank. The entire meeting and discussion took place in a pleasant, informal atmosphere; employees from the PASSERINVEST GROUP took on the task of introducing the guests to one another in their capacity as hosts. The invitees also happily made use of the opportunity to view the new BB Centroom showroom and to become more acquainted with the concept for the entire facility. _



The BETA Building leased its last free space

The administrative and retail areas in the BETA Building are now fully occupied. The last free square metres of office space have been leased by the consultancy company ANODIUS, which provides corporate solutions.

The locality of the BB Centrum is alive!

"The BETA Building is yet another 100% occupied administrative building at the BB Centrum. We are constantly building and improving the locality of the BB Centrum so that it remains permanently attractive and provides all the comforts of a living municipal borough. Several companies have been based here for a number of years, and new ones are coming. This shows us that our work and efforts make sense," said Lenka Preslová, Head of the Sales Department at the PASSERINVEST GROUP. Other building tenants include, for example, SAP ČR, Savencia, DAS, Puma, Webhelp, O2 and UPS. Last year, existing tenants Unipro and Webhelp Enterprise Sales Solutions substantially expanded their leases in the administrative section, while the Intens Corporation, which provides services in the area of transport telematics, became a new tenant.

The BETA Building is also a place for work and relaxation

The total leasable area of the BETA Building amounts to 19,000 m2 on 9 aboveground and 3 underground floors, with 330 available parking spaces. The building is located in the central section of the BB Centrum near the new Brumlovka Square. The tenants appreciate the welcoming interior created mainly through the use of natural materials such as stone and glass, as well as the roof terrace with relaxation areas which provide an opportunity for undisturbed rest. They can get refreshments on the ground floor at the canteen, in the Costa Coffee café, the Ugo fresh bar, the Dhaba Beas Indian restaurant or at the Kobe fusion Asian restaurant. The BETA Building was designed by the Aulík Fišer architects' studio. _

Jitka Kudláčková on Help for Venezuela and on the Fact that Coincidences Do Not Exist

"The older I get, the more I am convinced that coincidences do not exist," says Jitka Mlynářčík Kudláčková, Creative Manager and co-owner of JK Jitka Kudláčková Jewels, whose prestigious store is based in the FILADELFIE Building. The collection for Venezuela was created after her weeping friend told her what is happening in the country today.

"If I hadn't met her, I wouldn't know anything", the well-known jeweller added.

Hunger is forcing Venezuelans to flee the country

Venezuelans do not have anything to eat and the situation is so desperate that up to five thousand people are leaving the country every day. They are leaving on foot with just a suitcase in their hands. "I personally lived in the country for more than a year shortly after completing my training, and even then I saw enormous social differences and homeless children. That is why I had the idea to organise the collection. I contacted the ADRA organisation, because I trust it implicitly and it had already established an account to help Venezuelans," is how Jitka Kudláčková described her reasons. She then organised an event at the JK Jitka Kudláčková store in the FILADELFIE Building to present the issues, which was supported by a number of well-known faces led by Leona Machálová and Tereza Mátlová.

A meeting on an aeroplane and other helping hands

The fact that nothing happens by chance is also borne out by yet another story which happened to Jitka Kudláčková in association with the organisation of the collection for Venezuela. The members of the Czech-Moravian Association of

Businesswomen and Female Managers encouraged Jitka to visit Armenia.

At Prague airport, she boarded a plane headed to Warsaw and an unknown young man sat down beside her.

"We chatted the whole way, amongst other things about his new job. At the end, we exchanged telephone numbers. When I arrived in Yerevan, I received a text message with an invitation to attend a concert by the young man's band along with the offer of promoting the collection for Venezuela before the concert and collecting money on site," recalls Jitka Kudláčková.

"It was a big challenge to go around the people, who had come to hear the concert, with a collection box," she continues. "But that is not the end of the story. A few days later, the young man called me - I knew by then that his name was Fanda - and said: "Hi Jitka, I'm standing in your shop!" It became clear that the company where he had his new job was based in the BETA Building at BB Centrum.

And because he liked what we do at JK, he came to choose an engagement ring



□ Jitka Kudláčková with items which were auctioned in support of Venezuela

for his girlfriend from us," says Jitka at the end of this almost unbelievable story.

A reward for donors

"To date, we have managed to collect 102,000 Crowns. The money will be used to buy corn flour. This is a basic foodstuff in Venezuela. If you want to contribute to the ADRA account, the account number is 66888866/0300 and the variable symbol is 397. We would like to thank you in advance, and if you leave your contact details, there will be a gift for you. My life philosophy and motivation is to combine the pleasant with the useful. Therefore, we are preparing another benefit concert with Jaroslav Dušek. The evening will be dedicated to the theme of the fragility of a child's soul. We will give all the proceeds from the benefit concert to talented autistic individuals. The event will be held on 23 February 2020. Tickets and more information are available by email at jitka@jk.cz," added Jitka Kudláčková. _

The Electric Buses at the BB Centrum Have Already Carried Two Million Passengers

Passengers on the route between the BB Centrum and the Budějovická metro station have been able to use two free bus lines, which feature ecologically clean operations, for more than three years. Did you know that these are the very first permanent electric buses in Prague's public transport system?

The regular shuttle transport on the BBC 1 and BBC 2 lines already

had 2 million passengers and 150,000 travelled kilometres to their credit as of November 2019.

To give you a better idea, that is the same as if they had driven around the globe four times or completed the journey from Prague to Brno 750 times. Our buses travel approximately 115 km every day and this consumes about 80% of their total battery capa-

city. Recharging takes place regularly at night, when the electric buses are parked in the depot, and as such their regular operations are not interrupted. One charge is sufficient for up to 150 km. The electric buses are a joint project between the PASSERINVEST GROUP development and investment company, the ČEZ Group and the ARRI-VA transport company.



Let's Fill Up the Street Libraries at the BB Centrum!

"Bring a book and exchange it for another." That is the slogan which describes the essence of the Street Library project. The project is in its fifth year of operation in the Czech Republic. Two of these free public street libraries can also be found at the BB Centrum, specifically in Brumlovka Park and Baar Park. Let's fill them up together!

The street libraries are often established in former telephone boxes, unused cabinets or display windows, or they are sometimes brand new. And that is the case of the bright orange Street Libraries at the BB Centrum. Here too, you can lend, gift, exchange or just take not only books, but also magazines, journals, dictionaries for all genres and other printed works every day from eight in the morning to four in the afternoon in winter and until eight in the evening in summer. It is necessary to supplement the stocks in the Street Libraries if the project is to be able to continue. So, if you have any books at home which you have already read or you never intend to read, donate them to one of our Street Libraries. Every book counts! _



5 questions for: Petra Tyrpeklová General Manager at Balance Club Brumlovka

Which historical period would I want to live in and why?

I am grateful for the fact that I live here and now. I am thankful for the opportunity to fulfil my dreams for my family and career in peace and quiet in a beautiful country in the heart of Europe. I have the freedom to choose most of the things in my life. Thanks to this, I logically also bear full responsibility for my decisions.

There are many historical periods which appeal to me, but for all that I feel that the prevailing ratio of benefits outweighs any negative aspects in the present.

What is the most expensive item I have ever purchased?

The most expensive thing I have ever bought was without doubt my flat in Prague, everything else is just "trifles". I don't like spending a lot of time in brick-and-mortar stores or even in e-shops – I have been like that all my life. If I omit securing a place to live, I have been quite successful at purchasing just the bare minimum.

My favourite literary genre, author or the last book I read?

Recently, any time spent in repose with a book in my hand has been a great rarity for me. Nevertheless, I like to read about "more complex topics", which force me to really switch off and disconnect myself from my daily reality, in the evening before going to sleep. I recently read all 14 war books by the Danish writer Sven Hassel and I am currently reading the Jewish-themed novel Fateless by Imre Kertész.

My favourite food?

Apart from sushi, definitely cauliflower flat cakes made by my grandmother. And I am generally a very grateful diner, because cooking has never been one of my great hobbies.

When was the last time you wrote something by hand?

I never stop training, because my handwriting is rather messy. Even today, I prefer to take a pen and paper to a meeting than a computer. And even though I use shared calendars, I swear by my own written diary. So pen and paper are and long will be my "daily bread".



Two New Playgrounds in Nové Roztyly Park

PASSERINVEST GROUP is preparing a construction project in Roztyly and as such it is further cultivating the park at the edge of Krč Forest, not far from the Roztyly metro stop. The latest endeavour in the territory of Nové Roztyly involves the construction of two playgrounds for the general public which can be used all year round free of charge.

An outdoor fitness playground, which is equipped with a set of exercise machines that are suitable for all age groups, has been newly opened there. Outdoor gymnasiums have recently become an increasingly popular and sought after activity for all generations, especially senior citizens. Everybody can select a suitable load on the machines which corresponds to their level of fitness, no matter whether they want a light stretch, to tighten up their body or to undergo a more demanding exercise regimen. A new workout playground was added at the beginning of summer, where it is possible to exercise using the weight of your own body and thus to improve your fitness and motor skills.

“Our objective is to create a pleasant, functional and balanced urban unit, which we consider to be the only correct way to achieve a user-friendly, yet modern and sustainable city,” says Martin Unger, Technical Manager at PASSERINVEST GROUP, which has built both playgrounds as part of its wider program of revitalisation of the former Interlov facility. “Visitors to the revitalised park can also look forward to walking, running and cycling trails, a floral meadow and a water feature created by discharging piped water back to the surface,” he said, revealing a number of further plans for the future. “A city is a living organism that is constantly developing and adapting to the needs of its inhabitants. I am very pleased that we are succeeding in building modern leisure time facilities in the Roztyly area,” added the Mayor of the Borough of Prague 11, Jiří Dohnal.

Orange Bike



In **2019**, you supported **27 events** on Orange Bikes of the CEZ Foundation. Together you pedaled **CZK 2,845,974** which will contribute to charity projects of **47 nonprofit organizations**. Thank you.

A mission to Bangladesh

From Rice to More than One Thousand Children in Schools

As a ten-year-old boy, dentist Milan Moskala wanted to be a missionary.

“I heard a missionary speak at one church service and I told myself that I wanted to do that one day too. It was a small seed which the Lord planted in my heart and it has grown with me. I always remembered it, whenever I later decided what I wanted to do. Each further step was a step towards what I had dreamed of,” he said in an interview for BB Centrum City.

What was another crucial point of your journey towards being a missionary?

The journey to the entrance examinations at the medical faculty in Olomouc. This was during socialism, so I knew that I had no chance of being accepted – I had not been a Pioneer, in the Young Communist movement or a candidate or member of the Party, and neither had anybody else from my family. And I was encumbered with so-called religious prejudices. I prayed on the train: “Lord Jesus, you know that it is pointless going there, so what is your plan for my life?” Then I opened the Bible and read: “I am the Lord, your God, who teaches you to profit, who leads you in the way you should go.” His words became engrained into me.

I went to the entrance examinations where I stood no chance and it was like somebody, who was above everybody, had a clear plan. As if the Lord was with me and said: “Even if

the chancellor, the vice chancellor and everybody else says no, I say yes and I will open the way for you.”

What happened next?

The boulder of uncertainty and all tension fell from me. I found my inner strength and what happened next was beautiful – they accepted me despite my background. At college, I studied in the knowledge that this was God’s path for my life. And that makes studying SO different.

When did you receive your first opportunity to help abroad?

In 1996, ADRA called me and asked if I would go with a travelling dental surgery to Bosnia and Herzegovina. I welcomed the opportunity and my family agreed. We spent two and a half years there and when the mission ended, I received the opportunity to occupy an empty position in a dental clinic in Bangladesh. One door closed and another opened. This is the twenty-first year that I have been going back there.

What have you experienced in Bangladesh?

There are enough things to fill a book! Immediately after landing, I was struck by how many people live in the country and how many of them die of starvation, mainly women and children. I asked God what to do and I felt that I had to give them something to eat and not just fix their teeth. We talked about it at home, bought several kilos of rice and vegetables, and prepared one hundred portions. We set off with the food to the slum directly next to the clinic, but we had hardly opened the van door when we were surrounded by a mass of children. They tore the portions out of our hands. There were many more who did not receive any food. They cried out to us that they were hungry. I had thought how it would be a miracle to feed one hundred children, but instead I was disillusioned.

Did you come up with a solution?

I realised that it made no sense to cook one batch. At home, we discussed how much of our budget we would have to invest and we started preparing regular meals. Initially, we went to the slums around the clinic, but there were so many of them that it took fourteen days before we found them all. That is why we only focused on one where we could help them every day. We fed the children rice and vegetables, but after a while I discovered that the children were constantly vomiting and that they had diarrhoea and were gaunt.

Why?

White rice is not a very nutritious food. During one moment of prayer, it was as if the Lord had indicated to me that I should give them bananas





Milan Moskala

He is active as a dentist and a missionary. In the 1990s, he worked in a travelling dental surgery in Bosnia Herzegovina, after which he set off for one of the poorest countries in the world, Bangladesh. In this famine-stricken country, he has not only treated teeth, but has also helped the needy. For example, he was at the inception of the BangBaby project, which involves the remote adoption of children, and he also secures better nourishment and education for children from the local slums.

– they are full of vitamins and are very nutritious. This was a life-saving idea and the very next day I bought one hundred bananas and handed them out. Thanks to this, the children stopped being ill and they gained strength.

Sometimes it only takes a little, right?

One banana can truly change everything for malnourished children. And so that was the beginning of our banana project, which has now been ongoing for more than twenty years.

But that was not the end of it ...

No, because the education authorities came to us in the slum and said that they were pleased that we were giving the children food, but that they were not studying. I had been waiting for this – I wanted to give the children an education so that they would have the opportunity to find better work and be able to afford better food in the future. So I opened the first school in the slum – at that time, I had two students at the clinic and each of them taught one week in the morning, and in the afternoons they were then together in the clinic. Now, we have 1,050 children in several schools in the slums.

That's wonderful. How much have the lives of common people in Bangladesh changed over the last twenty years?

The economy has improved and so has the life. They have also survived a period when there were a lot of violent floods. However, the biggest problem is still overcrowding. Bangladesh covers an area approximately the same as the Czech Republic and Slovakia combined, but 180, possibly 200 million people live there. This leads to hunger, unemployment, illness and a lack of education. Most people are illiterate. That is why schools are important. Moreover, even the children want to be able to read, write and count. We are still trying to help the biggest possible number of children and will open a new school for them at the beginning of this year. _

You can also help by contributing any amount to the Account for Bangladesh, 2600871992/2010. Thank you!

→ VILLAS

s.Oliver

A Top Quality Fashion Label
at a Top Quality Address

Quality recognizes quality and that is why the headquarters of s.Oliver CZ/SK has been based in the VILLAS Building at the BB Centrum since June 2019. This German fashion label, which takes pride in the flawless workmanship of its products, celebrated its fiftieth birthday last year, both at the s.Oliver stores and at its new address in the BB Centrum.

T

he era of the hippies had finished, the ground-breaking Woodstock festival had been held in the States, the Beatles had played their last public concert, the Americans had landed on the Moon and the s.Oliver fashion label had broken onto the scene. s.Oliver is proud of its family tradition. Its ownership structure has not changed in the last

fifty years. If you like modern but at the same time comfortable style and high-quality fashion, then this is the brand for you. Moreover, it puts out twelve new and absolutely unique collections every year and you can always be sure to find something new.



s.Oliver has 17 stores in the Czech Republic and Slovakia. You can find their stores in Prague at Centrum Černý Most, Letňany Shopping Centre, Metropol Zličín, the Fashion Arena Prague Outlet in Štěrboholy and now also in the Máj Shopping Centre on Národní třída.

"We have been attracted by BB Centrum for quite some time. It represents an attractive work environment for us with excellent transport accessibility both for our employees and our wholesale customers. We were also surprised by the significant number of public amenities in the area. In short, the environment is a very pleasant place for the time which one wishes to make use of after work hours," said Ing. Vladislav Hypš, Country Manager of s.Oliver CZ/SK. _

s.Oliver
VILLAS
www.soliver.cz

Coffee Perk

Have Breakfast
at Any Time of the Day

→ Brumlovka

The BB Centrum has had a new café since October. It serves coffee from the first Czech roasting plant, La Bohème, home-made desserts prepared at the Belcredi bistro in Letná, and home-made beverages such as lemonade or iced tea.

They say that breakfast forms the basis of your day. Try, for example, the harmonious taste of avocado toast, coffee whose aroma will pleasantly wrap around your tongue, a crumbly butter croissant or yoghurt with fruit and watch the emerging morning rush from a comfortable armchair, treat yourself to time to read the daily news and newsletters that you don't have time to get to during the day.. And simply enjoy your breakfast.

Does this sound like a fairy tale of one thousand and one mornings for those lucky people who get there in time for the breakfast menu? Not at all! At Coffee Perk, you can have breakfast at any time of the day. Here, it is never too late for a good-quality breakfast.

The coffee has been chosen for you by experts from La Bohème, who take pride in their

careful selection of the very best from Ethiopia through to the countries of Central and South America, and in their coffee expertise and sustainable behaviour, which is environmentally responsible.

The coffee is prepared in the classic manner in a coffee machine, but you can also have percolated, filtered, drip (V60) or AeroPress coffee.


You can also have a healthy breakfast. The offer includes fresh bread, yoghurt with fruit, hummus, smoothies, fresh juices and a number of other titbits. Or you can breakfast in style with a glass of Prosecco or a cup of hot chocolate (there is white, milk and dark chocolate on the menu). And if there really isn't time and you have an early-morning meeting, you can have breakfast delivered right to your office in a so-called office box.

"If you have a sweet tooth, I would like to draw your attention to our cakes and cupcakes. We have our own confectioner, who is a true expert in her field. Everything is always fresh and melts in your mouth... Once you've tried it, you'll be hooked," added the café owner, Miroslav Matějka.

You can also follow Coffee Perk on Instagram or



Facebook, so that you don't miss out on any interesting events. We are preparing, for example, cupping (tasting different types of coffee), other tasting sessions, a business breakfast and so on. _



Coffee Perk
Brumlovka
www.coffeeperk.cz

OK POINT

Happy I Can Be Part of the BB Centrum Story, says Radim Štantejský

There were several reasons why we met Radim Štantejský, the sales manager at Broker Consulting, at the BB Centrum. His work and family life, as well as his leisure time, are closely associated with the multifunctional premises in Michle. After taking his daughter to school, he often heads to the OK POINT in the Brumlovka Building. He is a tenant in one of these business premises, at whose inception he stood as the idea-maker and project manager.

What idea did you bring to the project and why did you open an OK POINT at the BB Centrum?

We wanted to create an alternative to standard bank branches for our clients at Broker Consulting. As such, the OK POINTs were established in cooperation with mBank, our strategic partner. This involves a place where our clients can find highly professional services in the area of financial and banking products and real estate. We offer our clients optimal solutions tailor-made to their needs. And why is one of the branches located at the BB Centrum? From the very beginning, we wanted to focus our branches at the most attractive places across the Czech Republic. If I consider just Prague, it is clear that we have managed to completely fulfil this resolution and the BB Centrum was a clear choice within this context.

How does an OK POINT differ from a traditional bank branch?

Bankers/consultants always only prepare one offer at standard monochromatic institutions. And even if they prepare it to the very best of their ability, they always work according to the rules of the team they are currently in. By contrast, our financial consultants at OK POINT always prepare an individual tailor-made offer for the client. Our product does not merely consist of individual financial products such as mortgages, insurance or investments, but of a financial plan which clearly respects the client's long-term goals and needs. We are not sellers of products, as is usually the case in regular financial institutions. The OK POINT concept has been inspired by the western model of providing services from a number of areas all in one place. The client therefore does not have to go to the bank, the insurance company and then

to the real estate agent's. The client does not have to tell the same story to several people, but is able to have everything resolved by a single consultant who has everything available, knows the client's financial options and as such saves the client time.

Real estate services constitute a special category where we are growing in double digits. It is an area where we are very successful and not only through our OK POINTs. The response from our clients to the services in this area and the security which we bring to these issues has truly been extraordinary.

Of course, you cooperate with mBank at the OK POINTs. Doesn't that mean that their products come first?

We exclusively offer transactional banking only, i.e. current accounts, from mBank. The range of other products comes from the entire financial market and we then work with individual offers within the framework of the client's financial plan and use them to put together an optimum solution for the client.

If a client comes to us with the intention of concluding

insurance, we don't ask what insurance the client wants, but why he or she wants it. We find out the reasons, we ask about any other circumstances, and we try to find the most suitable solution which will meet the client's needs.

The OK POINT concept works on the principal of a franchise. How is that advantageous?

The advantage lies in the motivation of the franchise holder to succeed. A lot of people come to us from large corporations, often banks or managers of high standing who are tired of the corporate world and want to achieve a better price/performance ratio. Most of them function very well here, because they are used to the system. It is necessary to realise that franchise business is not for overly creative people. There are clearly set limits and rules within which it is necessary to function. Moreover, if these people are very hard-working and want to move in the world of finance and help their clients, then OK POINT is just right for them. Their age is not important. Often people come to us to start a so-called second career and to stand on their own two feet. The most important thing is personal engagement. This involves a way of finding a suitable form of doing business for oneself under the brand of a market leader, i.e. in a highly trending and expanding field.

When you speak of the transition from corporate to franchise, you are describing your own story in some ways, aren't you?

Basically, yes. I worked in a high management position at UniCredit Bank and had achieved the goals which I had set myself, but it did not satisfy me, even though I cannot complain about my former employer in the slightest. I wanted to >



□ Radim Štantejský, the Sales
Manager at Broker Consulting

▷ rely on myself. At Broker Consulting, I started from scratch, working with clients, and my manager, who was one of the main driving forces in the realisation of the change in my professional life, helped me a great deal at the beginning. Just like our franchise holders, I also had to make a resolution to change and work on myself. The loss of solid ground under one's feet can be destructive for some people, but for others it can become a great life challenge. In retrospect, I also rank this decision as one of the most fundamental in my life. Broker Consulting is a life choice for me not only from the point of view of my professional career, and I enjoy working with people who see things similarly.

How did your children view the change?

My fifteen-year-old son often asks me what I do, so he can explain it to his classmates. I tell him that I am a financial consultant, that I help people with their finances and help them along the path to financial freedom and independence. My wife and I have always guided both our children towards the knowledge that nothing in life is free. And our business activities help us in this. Our children can see from our approach to work that everything has to be earned and fought for and that nothing will just fall into their laps.

As we have mentioned your family, let's move to the fact that your private life is also associated with the BB Centrum.

I moved to the BB Centrum for work when I was still an employee at UniCredit Bank, and I have to say that the locality literally captivated me in all aspects. I like the BB Centrum concept and how Radim Passer has approached the entire locality, the way he thinks about it, the way of life which he offers through it and the personal vision

and values which he has brought to the Michle project.

I read a lot about the entire complex and our family is fascinated by the depth of detail in which everything has been conceived. Therefore, when the family had the opportunity to move here, it did not take us long to decide to do so.

What specific facilities do you use at the BB Centrum?

Before we moved here, the original plan was that we would head out of Prague at the weekends. We quickly discovered, however, that it is really not necessary to do so – we have everything here which a family and children need to live. My wife and I attend the Balance Club in our free time, we make use of the side programs and our daughter goes to school here. The services and the approach of the people who provide them throughout the entire complex are extremely good.

And are you satisfied with the school?

Our daughter attends the Eliáš school. When we first moved here, we really wanted to get our daughter into Eliáš and not just because of the references. And we were literally delighted after meeting Principal Loderová. Delighted with the approach to the children and with the way the school tries to teach the children moral values, which is exceptionally important to us, especially in today's world.

If you have any free time, how do you spend it?

I live in a kind of work–family–sport triangle. But there is not so much sport any more. I used to run a lot, but now I only go three times a week in combination with exercising at the Balance Club. My son and I occasionally go and play golf at the weekend. _



Radim Štantejský joined forces with Broker Consulting in 2013 and works in the position of the Sales Manager and also the Project Manager for the OK POINT franchise concept. His professional career began at Českomoravská stavební spořitelna, where he worked in the Cooperating Partners Department while studying in 1998. He gradually

transitioned to the banking sector, where he worked as the Retail Banking Manager at LBBW Bank, responsible for managing and developing the bank's branch network and its other distribution channels from 2006. In 2010, he transferred to UniCredit Bank with key the implementation of the banking franchise project, and contributed to the establishment and development of this strategic project. He held the position of the Franchise and Alternative Distribution Manager at the bank, where he was responsible for managing the bank's external distribution in addition to the franchise points of sale. Radim Štantejský studied bank management at the College of Banking. He is happily married and has two children. He is a passionate sportsman.

Either or

A house or a flat

We used to live in a family house, but in this phase of life, a flat definitely suits me more.

Early bird or night owl

I get up early, so an early bird.

Wine or beer

Neither. I don't drink.

Summer or winter

Summer

Android or iOS

iOS

The OK POINT concept – many services in one place

A franchise branch OK POINT is a place where clients receive all their financial, banking and real estate services in one place without having to visit a series of financial institutions. The professional staff are prepared to resolve any financial requirements across all client segments and similarly, to secure subsequent long-term services. Each OK POINT includes a bank deposit machine which operates 24 hours a day, seven days a week.

Broker Consulting has implemented this project in cooperation with its strategic partner, mBank. OK POINT facilities are accessible to clients at highly frequented locations across the entire Czech Republic.

Utilising Brownfields is the Correct Solution for the Development of the City

Many of us identify with the trend of increasing urban density rather than occupying new land in the countryside through urban sprawl. And that is why it is time to intensively deal with the revitalisation of unused properties and buildings, which are literally scattered all over the Czech Republic.

If we make correct use of brownfield potential, this will most definitely bring new life to unused, often neglected, yet suitably located areas. Many practical examples have shown that this is possible, but it requires a lot of time, patience and detailed work. Unfortunately, we currently find ourselves in a closed loop in this country and the term "brownfield" is slowly becoming a synonym for something unpleasant. Preparing these projects is protracted and cooperation between the public sector, private investors and civil society often becomes bogged down.

Most other important metropolises have one thing in common, albeit that they are developing under different social, legislative and economic conditions. They take very good care of their brownfields. They represent social and economic potential for these cities' further development. Prague should also not waste this opportunity but take inspiration from those places which have had success with this. For example, at the BB Centrum, which is doubtless an example of good land use.



□ FORMERLY building yards, fences and demolished halls



□ NOW a prospering city borough



□ FORMERLY inaccessible and unused areas



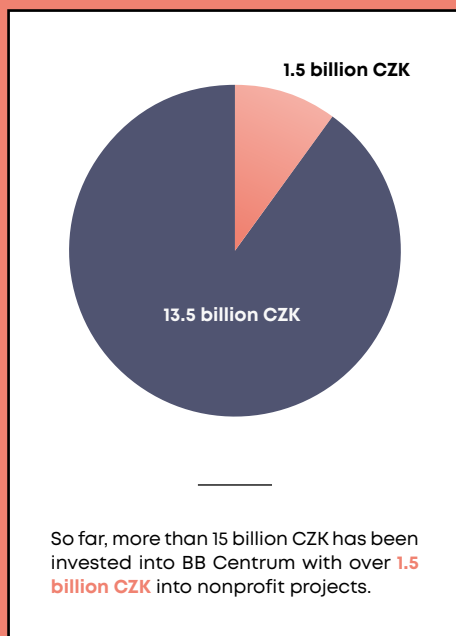
□ NOW a modern and pleasant public area



□ FORMERLY an inaccessible area, unmaintained courtyards and buildings and fly tipping sites



□ NOW a park with a children's playground for the public and housing



The BB Centrum – formerly a brownfield, now a place to live...

Many inhabitants of Prague 4 associate this area with the name Brumlovka. The interesting thing is that, apart from a sports hall (of the same name), a cinder sports ground and other predominantly neglected areas, there was nothing there. The history of the BB Centrum started at the end of 1992, when a town planning study for the transformation and use of this area by architects from the Aulík Fišer architectural studio won the tender. Over the last 20 years, the PASSERINVEST GROUP has built a fully-fledged city borough from an unused, dangerous and mainly inaccessible brownfield. Nowadays, the area includes the Brumlovka Services and Sport Centre, a supermarket in the FILADLFIE BUILDING, the Bethany Social Centre with a chapel and a kindergarten, the Elijaš Christian primary and secondary schools, a sports ground with an inflatable hall, a small athletics stadium, a new children's playground, completely new parks and roof gardens, a number of water features, new squares and open areas, attractive underpasses below the arterial road for pedestrians, new public car parks and the opening up of the entire area with a well thought-out network of new walking paths. In addition, markets and cultural and social events are often held there for all inhabitants free of charge. _



OPINION

Urban Xenophobia in Practice or Where Will Those Without a Home Live?

As an urban developer of the city environment, we have often come across the phenomenon of automatic resistance to any, albeit absolutely necessary, construction by those who already have homes. Urban xenophobia, as the absolute refusal of the need of others to live somewhere is now called, has transformed into a direct struggle led by activists, who hide their selfish interests behind the greater good. At the same time, they view the rights and needs of those who do not yet have homes as if they did not exist at all. Those who have a home simply assume the right to forbid others to be housed and, even though this may sound tendentious, this is actually the case.



This is not just a Czech or Prague matter. Nowadays, such an approach to residentially saturated societies is common throughout the world and such people are known by the acronym NIM-BY (Not In My Back Yard). Consensus on urban growth is, of course, an extremely sensitive matter, because finding common ground between the demands and fears of those who live in the given area and those who want to live there is difficult. Nevertheless, solutions can often be found, provided there is a rational debate.

The situation in Roztyly in Prague can provide an example of just such conduct. The presentation of a town planning study, which indicated possible development of the area around the Roztyly metro station, has given rise to passionate discussions about what it should look like. Some activist associations have even mendaciously manipulated the information in order to achieve their objective, i.e. the total prevention of any construction, no matter how necessary. Demagogy, half-truths and abuse of inhabitants' ignorance of the facts often result in their resistance to any construction, even in places where it logically belongs. The entire

city has fixed its eyes on former brownfields as the main areas for resolving the housing crisis. The premises of the Interlov abattoir are just such a site, where there is a plan to create 600 flats, 200 of which would be for rent, and an office building which will create a barrier against any noise entering the entire area. Once the activists run out of arguments, they begin to shout out lies along the lines that PASSERINVEST ordered the entire study and that it wants to build a concrete jungle. As if they didn't know that PASSERINVEST owns only part of the territory and intends to finance a four-hectare park within the environs of the planned construction. Not even the fact that the construction will take place on the site of a former abattoir is

□ We would not call the former Interlov premises a nice area

of any importance to them. The question therefore arises as to whether we shouldn't defend our rights? Or do those of us who are still looking for housing not have any rights?

Even though we are looking at the former Interlov premises, i.e. one of the nicer examples of a brownfield in Prague, and have a repeatedly declared plan.

The question therefore arises as to who could possibly mind the construction of flats and offices, services, a kindergarten and a park with a running track, places to relax, a disc golf and workout course or exercise equipment for senior citizens there?

However, this involves not only the former Interlov premises, which we are interested in. We are talking about a society-wide matter. If neglected brownfield areas continue to be mendaciously and expediently labelled as forests, monuments, beautiful places, etc. by activists, we will never emerge from our residential crisis. If we are unable allow the city to grow in such logical places, what will happen when we come to resolve much more debatable areas? And once again I ask: do those without housing not have the right to be housed? And shouldn't we defend the right of the city to grow?

It is only possible to fight dishonourable and manipulative conduct with facts and the truth, but we must not stay silent, otherwise the loud clamour of the activists will ensure our children a future without the chance of to enjoy dignified housing and a dignified life.

Eduard Forejt, CRE – Business Development
Director at PASSERINVEST GROUP

If activists continue to label the areas of neglected brownfields as forests, monuments or beautiful places, we will never emerge from our housing crisis.

The Ostrava project

Zimní akce se líbily i těm nejmenším návštěvníkům





Beyond the borders
of the BB Centrum

The Nová Karolína Park

In addition to the BB Centrum in Prague, the Nová Karolína Park in Ostrava is also part of the PASSERINVEST GROUP. This was established in 2012 on the main thoroughfare in Ostrava, 28. října Avenue, and in the vicinity of Masaryk Square as the administrative section of the newly urbanised centre of Ostrava. As such, it forms the entry to the new modern area of Karolina from the direction of the historical city centre. This architecturally exceptional project with a leasable area of 29,800 m² on 6 aboveground floors offers first-class office and retail space, the timelessness and variability of which complies with a wide range of tenant needs. It guarantees them a work environment which fully corresponds to their company's know-how. The tenants in the office space include significant companies such as Česká spořitelna, ABB, Stora Enso, UniCredit Bank, AXA Assistance, NESS Technologies, Y Soft and Verizon. The building's ground floor consists of retail areas including a restaurant, a café, bank and insurance company branches, a pharmacy and an e-shop pick-up office.

 [www.facebook.com/
PasserinvestGroup/](https://www.facebook.com/PasserinvestGroup/)



NOVÁ KAROLÍNA PARK

ABB

hello bank

hello bank



We keep nature in mind

Balance Club Brumlovka Is Now More Ecological

The fact that the Balance Club in the Brumlovka Building has long presented the latest trends in health and a sports-oriented lifestyle hardly needs mentioning. Now, it is focusing on improvements in the area of ecology and the nutrition of its visitors: Come and join us! Why is it important?

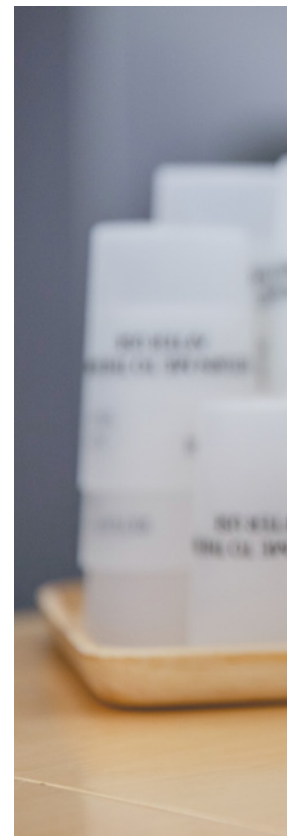
What have the figures revealed?

Balance Club Brumlovka, a fitness and wellness centre, commissioned the Envirostyl agency to draw up a report on its activities and consumption. It showed that 84,300 single-use plastic cups, over a million non-recyclable paper towels and almost 200,000 non-recyclable plastic bags are used there every year. And those are very big figures which we need to do something about.

So what will change for you at Balance Club Brumlovka?

We cannot completely avoid the production of waste when providing our services, but we will limit its amount and at the same time also better and more effectively sort whatever waste arises during regular operations.

We have therefore minimised the use of single-use products (straws, bags, paper towels and so on) and we will endeavour to be more precise when sorting waste and try to positively influence our members, their households and companies, and other sports centres in this regard.





You can also contribute to improving the environment with Balance Club Brumlovka!

How will the measures we have introduced affect you?

- We will only use china and glass for all food and beverage consumption in the fitness centre's bar.
- Multi-use cups will be available instead of single-use plastic cups.
- You will only receive a plastic straw upon request.
- You will be able to purchase beverages in your own container (bottles, thermal mugs and so on).
- It will be possible to purchase multi-use bottles or cups at the club.
- Every member will receive a bottle as a birthday gift.
- We will gradually eliminate any single-portion packaging of items, such as sugar.
- Instead of plastic bags, we will begin to use bags made from recyclable plastic and we will also further limit their use.
- We will reduce the consumption of paper towels.
- We will locate the waste sorting areas better, we will clearly label the recycling bins and we will add bins for bio-waste.
- We will endeavour to educate others in the area of correct sorting of waste.
- We will also include the issue of sorting waste and the impact of waste production on the environment in our regular employee training.

There is no need to worry. This involves a natural development which goes hand in hand with our commitment to setting the direction for a healthy lifestyle. And what's more, ecology and responsibility for our environs have become increasingly important parts of this. _

Doing sport outside

You Can Also Go Jogging in Winter. This lays the Groundwork, Says Personal Trainer Antonín Mocik

How can you get fit? Spend time doing regular movement and keep going even in the coldest season. Personal trainer and fitness instructor Antonín Mocik especially recommends doing sport outside and mainly running in winter. How should you start, what can you combine running with and how can you avoid becoming discouraged right at the very beginning? This interview full of useful tips will lead you to our popular Krč Forest, which is just a stone's throw from the BB Centrum.

Do you prefer doing sport outdoors or indoors?

I prefer doing sport outside. Naturally, if it is very cold outside, you should head indoors. But if you have a sports ground or a cycle trail in the vicinity, I recommend using it for running to maintain regular stamina.

Why do you think running is important?

It is a natural movement which is suitable at any intensity. I consider running to form the basis for a healthy, active lifestyle. In addition, it is also good to add weight training, for example, or some light exercises. It's up to you and what you want to achieve. Some people want to add muscle mass, while others want to reduce it and others just want to look good. In all cases, however, it makes

sense to combine exercise with running and mainly to do sport outside. It is possible to run all year round with the right winter gear. It is a little more complicated with exercising, so it is better to use a gym or an indoor sports facility in winter.

What if somebody does not want to contact an expert, but wants to actively do sport by themselves?

That is simpler with running, especially as far as technique is concerned. Technique is, of

course, important, but it is not so difficult to master as it is in the case of exercise. With exercise, it is necessary to have some supervision at the beginning or at least to have some experience, for example, from a sports club. Otherwise, there is the risk that you might injure yourself.

How often should we do sport?

If you want to stay fit, then at least two or ideally three times a week. For example, running once a week and exercising twice a week, or running twice a week with light exercising once or twice a week.

Is it possible that somebody takes up exercising with too much enthusiasm and overdoes it?

You will certainly feel the first day of exercising. If you choose a frequency of three times a week, it is ideal to exercise or run one day and to have a break the next. And then you can have two rest days at the end of the week. If you leave the most onerous training to the last day, it is advisable to then take two rest days. I'll give you an example: You train on Monday, you go running on Wednesday and you do some heavier training or combine training with running on Friday. And then you have two rest days. If you overdo it on the first day, you will lose your appetite for training. That can easily discourage you. And if somebody is starting completely from zero, or "from the couch" as I like to say, then it is all the more important to take it slowly. Keep in mind that a half-hour of light activity always has >





□ Personal trainer and fitness instructor, Antonín Mocik



A TIP from Antonín Mocik

Set small goals. If you set the bar too high, you will quickly lose motivation. The main thing is to enjoy your training. You will see that the results soon appear, if you can keep at it.

▷ a greater effect than a heavy strain which only lasts ten minutes.

If we combine running and exercise, what order would you recommend?

In my opinion, it is always optimal to train at the start and then to go running. For example, just do some exercise before going running, then train a little bit more and then go for a longer run. That should always be at the end. Even at the gym, the cardio section is at the end of the training session. However, we must never forget to have a rest day. I'm sure that everybody will work that out for themselves.

How much time per day should a beginner spend training?

If it is to have any effect, it is necessary to spend at least half an hour training and later on more, of course. The basic model for a beginner who wants to combine running with training could be as follows: limber up a bit at the beginning before going running. Then walk or lightly run for five or ten minutes to the track, where you should then warm up, slowly get your joints moving and do some basic stretching. Then start training, let's say fifteen minutes, and then run back. And straight away you have done 30 minutes, which is ideal for a beginner. Once you have done this six or seven times, you will realise that half an hour is no longer difficult and you will start to extend it.

What do you think of fast walking?

It is excellent movement which is slightly more natural than running. I mainly recommend fast walking to those who have long suffered from

being overweight. If they immediately start running, they can damage their knees; actually, it is risky for other joints too, such as the ankles or hips. In addition, the cardiovascular system also suffers, if a person is overweight, so physical exercise is much more demanding.

Don't forget that a certain pulse rate is important for every type of sport. In order to support burning off fat and start the metabolism, your pulse should be in the area of 70-80% of its maximum. You don't need a heart monitor watch – you can recognise this very easily. For example, during fast walking, you should not be able to put together a longer sentence without taking a breath. This is a sign that your pulse is at a level which is ideal for endurance. On the other hand, if you are unable to say anything coherently, your pulse is too high and it is necessary to slow down. This is the best feedback, both when running and walking.

What about running gear? Does it make sense to invest at the very beginning or can we start running in what we have at home?

Running clothes must mainly be comfortable, but choosing

the right shoes is much more important. Go to a shop which specialises in running shoes. You can choose from two types – with neutral or pronation support. A lot of people have ankles which roll inwards with each step so they have fallen arches and suffer from pronation.

They are also called flat-footed. If you were to run with fallen arches in neutral shoes, your ankle would start to hurt or in worse cases your knee, which is very complicated to treat. You should therefore always ascertain what type of tread you have at the beginning. Any specialised shop will be able to help you with this.

Let's take a look at the choice of running surface. What are the options and what do you recommend?

It is generally believed that soft surfaces are best. However, Prague does not have much to offer in this regard. A lot of people go running on cycle trails, which have a hard surface. Beginners often make the mistake of signing up for a race and training for it on a soft surface, in the forest or on a gravel track. In Prague, however, almost every race is run on concrete. There are a few exceptions, for example, the Great Kunratice Race. It may, however, happen that the beginner does not even finish, because he or she is not used to a hard surface. I think it is a good idea to combine hard and soft surfaces. It is also good to occasionally go running on a track, where you can do interval training.

Seeing as we have mentioned the Great Kunratice Race, how often do you go running in Krč Forest?

I go to Krč Forest every Wednesday when I lead regular training sessions with clients, with whom we run on soft and hard surfaces. There is a nice ▷



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▷ 450 metre long concrete circuit around Swan Pond so it is good for doing interval training. We run up to Krč Forest on a soft surface.

What is your favourite running track in Krč Forest?

I have two favourite sections, one of which is the aforementioned circuit around Swan Pond. It is a pleasant trail, the surface is nice and clean, and it is always in the shade whenever it is sunny. It is admittedly quite close to the road, but the fact that the pond is surrounded by trees means that you hardly notice the cars. And then you turn left from Swan Pond at the gazebo and head up the hill, where there is a track with a 200 m straight. It offers nice soft soil and is ideal for doing two-hundred metre training.

And what about exercising and weight training? Are there any suitable places for this in Krč Forest?

I never used to look for such places much before - I only trained using my own weight. There are a lot of nice places for that. But new workout places are also being added, which have the advantage that they do not occupy a lot of space, they look nice and they are fun for people to use. Like the one at Roztyly.

Passerinvest Group only just installed the aforementioned training equipment in Nové Roztyly Park last year. Do you use it?

I like the training area a lot. It is in a nice place, right by the cycle trail, so it is easy to get there by bike. There are a lot of training options, including a lot of horizontal bars. The soft surface is also great and there is enough room all around it. Another plus lies in the fact that it can take a larger number of people at the same time, so large running groups can also exercise there during their training. I have even taken clients to the training area a number of times. _



After sport, have a healthy snack from the Maranatha store

RAW bars and flapjacks from the Maranatha store are the ideal snack when on the road or doing sport outdoors, but also a healthier treat with coffee for those who are watching their weight. The bars are very filling and will suppress hunger for a surprisingly long time. In addition, they are full of vitamins, minerals, enzymes and antioxidants. The wide range of flavours consists of dried fruit, nuts and other natural ingredients.

The flapjacks, oat bars which are full of energy and taste great, do not contain any artificial colourants or flavours, just oats of the highest quality and the taste of juicy fruit or crunchy nuts. They are also suitable for people who wish to avoid dairy products.

The life-bar raw & organic power bars are hand made from the best organic ingredients processed at a temperature of up to 42 °C, thanks to which they maintain the maximum amount of natural nutritious substances. The bars are sweetened exclusively with dried fruit and do not contain any refined sugar, artificial sweeteners, shortening or gluten.

Come to dm drogerie markt for freshness



Did you work up a sweat outside? Then head for the showers with Balea MEN shower gel, which cleans and cares for your skin gently, but thoroughly. You can supplement the aroma, which will get you started for what you have to do next, with Balea roll-on antiperspirant. It effectively protects your armpits from sweat and body odour for up to 48 hours, and leaves you feeling fresh. You can also get the same feeling with

Balea MEN antiperspirant spray without any alcohol content. It effectively regulates sweat formation for a long period and also provides reliable protection during sport thanks to the special technology of its aromatic capsules. Balea water spray provides a pleasant feeling during work, sport or when travelling, and it can be used to revitalise the skin on your face or entire body.


 Our
Big
Story

Why it is important to get a good night's sleep

And here we are again. Trees without leaves, the countryside without any colour, darkness – welcome to winter, which directly invites us to sleep.

It is precisely during this season, which HAS A DETRIMENTAL EFFECT on our immunity, that good quality sleep is important. Do you want to know where to find the time for it? And who in this day and age can afford the luxury of an uninterrupted and sufficiently long sleep?

Every fifth person suffers from insomnia

It was easier for our ancestors. Their lives were governed by sunrise and sunset. This natural rhythm was interrupted by the invention of the light bulb and the Industrial Revolution. Naturally, the most palpable blow to our nocturnal peace has come in the last twenty years: the information revolution, affluence, stress, light pollution... Our ancestors could not have imagined any of this.

The consequences are quite destructive and this is actually a paradox. On every corner, there are sleep studios with the very best beds, slatted bases and mattresses. Science is coming closer and closer to recognising just how important nocturnal rest is for us. And all the while, we are sleeping worse and worse.

According to Dr Martina Pretl CSc., a doctor from the Prague sleep consultancy INSPAMED, more than twenty percent of the population suffer from chronic insomnia and

one quarter of all men have sleep apnoea.

Something is wrong

Bad sleep is simply a disease of affluence. Almost everybody considers sleep to be a waste of time and would like to organise things so as to sleep as little as possible in order to have time for work, family, friends and fun. In addition to underestimating the importance of sleep, yet another cause of poor sleep is shift work and irregular working hours, summer time, stress or the rapid boom in information technology, which clogs our senses with an enormous amount of stimuli.

The most common sleep disorder is insomnia, closely followed by obstructive sleep apnoea. This is a disorder which is especially suffered by people who are overweight. It manifests itself

with short pauses in breathing during sleep which wake the sufferer without him or her being aware of it.

People who sleep badly put on weight and whoever puts on weight sleeps badly

I'll sleep when I'm dead! Forget it. This classic saying can have unpleasant consequences. If we omit the work INJURIES or accidents as a result of inattention, overly short or poor quality sleep can contribute to the development of cardiovascular illnesses and diabetes, and may also cause some types of cancer. Moreover, it accelerates ageing and weakens the immune system. A sleepy person has psychological problems, has trouble concentrating, becomes irritable and has a reduced ability to learn. And all of this is capped off by obesity, which sets off the spiral of the vicious circle, because: people who sleep badly put on weight and whoever puts on weight sleeps badly.

Sleep deprivation experiments have shown that after twenty hours of sleep deprivation a person's reaction times are reduced to the same LEVEL as if he or she had drunk almost a whole per mil of alcohol. Irritability, aggression, indifference and poor judgement follow four hours LATER. ▶

▷ Why we sleep

Sleep research, which has been developing for some 70 years, has provided many fascinating findings on the importance of night-time physiological and mental processes.

However, we still do not know exactly why we sleep.

Scientists currently believe that resting at night is especially important for our brains. The information and perceptions which we are ex-

posed to during the day are processed during sleep and sorted into essential and non-essential information. Sleep also plays an important role in regulating our emotions. When asleep, we process perceptions which have somehow emotionally disturbed us during the day. Recent research has also proven the direct

EFFECT of sleep on learning and strengthening our memory.

Neurologists probably have the simplest explanation. The brain is simply a very demanding machine which uses up twelve percent of our energy. Its hunger for information increases with the number of active neural connections, so that it is necessary to take stock at the end of the day and to weaken some of the connections. Otherwise, this organ would become too energy intensive and would not be permanently sustainable. _



Get your beauty sleep with products from dm drogerie markt

Before closing your eyes and drifting off into a deep sleep, apply Beauty Effect night-time skin cream to your face to support your skin's natural regeneration and reduce any small wrinkles. The hyaluronic acid contained in the product will moisturise your skin and give it internal suppleness. Tired eyes will find relief with the Ebelin sleeping mask with cooling gel, which is suitable for use at home or on the road. The pleasant satiny material combined with terry cloth supports peaceful sleep, the mask protects your eyes from any disruptive light and the cooling gel refreshes them. Are you disturbed during the night by noises from the street or by parties at your neighbours'? Try Mivolis earplugs, which perfectly adapt to the inner ear and provide excellent sound insulation. Wake up beautiful and refreshed.



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www.dm.cz

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Nervousness does not help us get a peaceful night's sleep. Rid yourself of it with the help of the Sédatif PC homeopathic curative substance which, in addition to treating light sleep disorders, is also used to treat anxiety and emotional tension, irritability and concentration disorders. MELATONIN FORTE dietary supplement may also help in this. It contains the "sleep hormone" melatonin, which regulates the biorhythms in our bodies and creates the conditions for a good quality sleep. A lack of this hormone may cause sleep disorders and trouble falling asleep. The tea mix for a peaceful sleep enables an uninterrupted night's sleep and is recommended during general unease and irritability and for light digestive disorders associated with stress. Lemon balm tea is a traditional herbal tea which assists in overcoming sleep disorders and relieving slight symptoms of mental tension. Moreover, it also treats slight digestive difficulties which manifest themselves through bloating, flatulence and tension in the abdomen. Go straight to bed after visiting the pharmacy!



Lékárna BB Centrum
BB Centrum Residence
www.lekarna-bbc.cz

Teas from Maranatha for a good night's sleep



Have you already counted an entire flock of sheep to no avail? Forget sleeping tablets and try natural remedies. Teas from Maranatha will help you get a good night's sleep. "Čepice plná spánku" ("Cap full of sleep") tea contains organic yarrow, lemon balm, blackberry leaves, lavender, orange rind and fennel. Sleepy Me organic mix, consisting of camomile, lavender buds, hop leaves, Valerian root and lemon balm, will also ensure sweet dreams.

Healthy Sleep with Lavender, which consists of St. John's wort, wild marjoram, yarrow and granadilla in addition to lavender and lemon balm, will also take you to the land of dreams. Good night!



Prodejna Maranatha
The BRUMLOVKA Building
www.obchodmaranatha.cz

6

tips on how to improve your sleep

1 Interrupted sleep

According to some scientists, good quality sleep cannot be defined as something which should last for an uninterrupted eight hours. On the contrary. Our ancestors apparently slept discontinuously – they divided sleep into two blocks. They went to sleep two hours before sundown and then woke up and spent an hour or two awake. They were relatively active during this break – they got up, read, wrote and often prayed.

It would seem that this rhythm is deeply rooted within us and that sleeping without any interruptions is actually not good for our health.

2 An afternoon doze

On the other hand, it appears that sleeping during the day was not part of our ancestors' original lifestyle. This is rather a response to TIREDNESS brought on by a demanding lifestyle. However, a number of scientific studies have found that a short nap after lunch has beneficial effects on your life and WORK. A short nap increases alertness and performance and improves concentration and motor skills. Companies such as NASA, Google, Uber and Samsung all provide special rooms reserved for an afternoon doze.

However, scientists recommend approaching a daytime nap with care. It is certainly not for everybody and the rest period should not exceed half an hour. Otherwise, the sleep could become too deep and the sleeper then awakes feeling slow and dull-witted.

3 Getting enough sleep

Less than 5 hours' sleep is simply not enough, regardless of the sleep habits of Thomas Alva Edison, Margaret Thatcher, Angela Merkel or Andrej Babiš. At least, this holds true, if you do not want to end up with health issues. Each of us has an internal clock in the part of the brain called the hypothalamus which knows precisely when and for how long we should ideally sleep. Most people need at least seven (but eight on average) hours a day. According to scientists, those lucky individuals who can do with less sleep without suffering any ILL EFFECTS are in the absolute minority.

At the same time, a one-off deviation from the ideal sleep period does not matter. However, long-term irregularity is harmful. The World Health Organisation has even placed shift work on the list of potential carcinogens because of this!

4 You will not sleep better after a "nightcap"

Alcohol may help you fall asleep, but at the same time it also dramatically aggravates the quality of your sleep. It mainly disrupts the REM (Rapid Eye Movement) phase of sleep, which is important for memory and learning. Alcohol also has diuretic EFFECTS, so you will probably have to get up in the night because of a full bladder.

5 Watching television in bed will not relax you

In addition to the stress which the nightly news may induce in you, the television screen, like your phone or tablet, produces blue light which may delay the production of the sleep hormone melatonin in your body.

6 Don't be a night owl

Everyone's body possesses an internal clock, which is regulated by the sunrise and sunset. That is why we sleep at night. Some of these clocks run differently to others, however. Early birds get up early and are unable to stay awake in the evening. Night owls like to stay in bed in the morning and remain active long into the night. They therefore have problems fitting into the regular world, where work starts at nine and ends at five. The alarm clock wakes them hours before their body is ready, which naturally also causes them greater health problems (cardiovascular diseases, cancer, diabetes).

So what should you do if you are a night owl and not an early bird? Luckily, it is possible to change our sleep rhythm. Effective techniques include, for example, going to bed 2-3 hours earlier than usual, limiting evening light and allowing in sufficient light in the morning, eating breakfast as early as possible, only exercising in the morning, having lunch at the same time every day and not eating after 7 pm, not drinking coffee from 3 pm, and going to bed and getting up at the same time every day. This can help night owls re-adjust their internal clocks and improve their overall physical and mental health. _

Office or home office?

To Work From Home or at the Office? A Dilemma for Employees and Employers

Half those in traditional office positions spend up to 80% of the time writing various texts and reports. The question is, therefore, whether it really is absolutely necessary to do this in an office. And what about in creative professions where it is necessary to think up something and prepare it creatively?

Working from home is a trend. Or is it?

Modern technology connects the world, average rates of unemployment in western economies are at historic lows and millennials and their renowned way of life are starting to increasingly affect the job market. It seems that if companies wish to attract and retain the most talented employees, working from home has to be the first benefit they offer them.

American research has even indicated that by 2025, work done from home in the USA will be just as much, as that undertaken in an office, if not higher. Working outside the office is now offered by almost two-thirds of companies. In figures, this means that 115% more people worked at home in the USA in 2018 than in 2005.

Not all that glitters is gold

Doubts as to whether or not this is really a trend emerged in 2013. The giant Yahoo, which was experiencing a number of problems, announced that all of its employees would only work at the office from June of that year onwards and that the home office benefit would be cancelled. This was followed by similar measures at Bank of America in 2014, Aetna in 2016 and even the technological giant IBM in 2017.

The companies stated the necessity of CLOSE cooperation and communication between members of individual teams when explaining this controversial step.

Wicked tongues claimed that technological giants such as Yahoo or IBM could no longer compete in the rapidly changing world of innovation. EXTREMELY successful small start-ups naturally are not bound by any corporate rules, they do not have to manage teams with thousands of people and are able to bring out new products and services very quickly.

Advantages and disadvantages or should we stick with the good old office?

The question for employees and companies therefore is whether working from home is really an ideal solution. Both variants have their indisputable pros and cons.

Work ethic and productivity


Working from home demands a good work ethic. It is necessary to set a fixed regimen and to separate the time when you are at work and "at home". If a person does not have

a good sense of discipline, they will have difficulty working from home.

And the employer will not be satisfied with their performance. "Home office" is all about responsibility, which is a term many people mistake for freedom.

People who work at home often cannot avoid the suspicion that they are "goofing off". However, the opposite is true. The work efficiency of people working at home tends to be fifty percent higher than that of their colleagues in the workplace. There is nothing to distract or interrupt them. A number of studies have confirmed this. According to one, which was commissioned by a significant German company in Dortmund, people working in a so-called open-plan space carry out the least work, while people who could work at home and were not subject to checks were the most productive.

Research by the Chinese travel portal Ctrip had the same results. People working at home were up to 13 percent more productive, there was a reduced risk that they would leave the company and they also stated that they were happier. However, a pitfall uncovered by this research and a warning signal for those interested in working from a home office may be the fact that the greater productivity achieved may be caused by the fact that people simply work more hours at home. ▶

A woman with long dark hair is smiling and looking towards the right. She is sitting at a white desk. A dog with white and brown spots is sitting on the desk next to her, looking in the same direction. On the desk, there is a laptop, a tablet, and some cables. The background is a bright, modern interior with a framed picture on the wall.

The work efficiency of people working at home tends to be fifty percent higher than that of their colleagues in the workplace.

What terms can you come across when working from home?

Home office

Working from home, usually several days a month based on an agreement between the employee and the employer.

Homeworking

Working from home where the employee only works from home and does not go into work.

Freelancing

Working as an independent supplier. There are no employment relations between the company and the worker.

Digital nomad

A person who spends a lot of time travelling and makes a living on-line.

▷ Not at any cost

Working from home is not for everybody. Everybody has to make the decision for themselves and a good employer will also only offer work from home to those employees, whom the employer feels will be good at it.

Even though different types of communication technology exist at a very high level today, it is still possible to feel isolated. Not to mention the lack of any team spirit. People also want to have a feeling of certainty. Paradoxically, most people prefer to be paid for the time they devote to their employer rather than for their work.

Working from home is also not suited to those who do routine work. According to findings from practice, this requires greater socialisation, and these people work better in an office. More creative work is better suited to remote working. Practice has also shown that domestic peace is also more suited to those who need to concentrate on more demanding tasks.

Time, space and who can save them

The right conditions are necessary in order for a person working from home to be truly efficient. It is necessary to create a work space. This makes it easier to concentrate on work. And it is especially important to define the working hours. The advantage lies in the fact that it is possible to set the period when the person in question is most efficient. Of course, this depends on the agreement with the employer. The company may require the employee to work at the same time the company is open. This then somewhat eliminates any such advantage. Employees working at home, of course, can save the time and money associated with travelling to work. If they do not have to commute to work every day, they can not only save time, but also reduce emissions!

The SAVINGS are much greater for companies. There is even research in America which shows that a person working in the home office system may save the employer up to 10,000 dollars per annum for each employee. The employer saves on energy, water, cleaning supplies, work clothing and meal allowances. It also saves on funds for the recruitment and training of new employees which it would have to outlay if the existing employees had to leave, for example, due to taking care of a small child.

Moreover, working from home provides companies in large cities where the cost of living is high with the opportunity to acquire new talents from other parts of the country or even the world at much lower cost. It also represents a chance to acquire professionals who refuse to move for their work.

Health advantages and stress

Some people feel happier when working at home, while others have even noted an im-

provement in their state of health. However, recent UN research claims the opposite: employees working remotely are subject to higher levels of stress and bouts of insomnia in comparison with other workers. According to the conclusions of the study, this is caused by the fact that remote working brings the risk of "longer working hours, greater intensity in the undertaken activities and disruption of the work-home balance".

And what is the situation in the Czech Republic?

According to research, less than 4 percent of Czechs are able to work from home, which is 4 times lower than in Western Europe.

Companies in Bohemia are somewhat reticent about providing the benefit of working from home. According to Eurostat statistics, the Czech Republic is below the average for the entire European Union when it comes to enabling employees to use home office. According to research undertaken by LMC

last year, only a quarter of Czech companies offered the option of working from home.

There may be many reasons for this. Working from home has not been sufficiently regulated in the Labour Code, which in practice poses problems when ensuring occupational safety. Companies must therefore agree on those matters which have not been covered by law using their own provisions.

There are also a number of preconceptions in companies. The main one usually involves insufficient control of the employee. Such employers do not acknowledge that the quality and volume of the work undertaken constitute sufficient controls in and of themselves. Other stated reasons include organisational grounds, the inability to coordinate work from home with the work of other employees in the workplace, and also envy among colleagues.

What can we expect in the future?

Whether or not we accept the fact that working from home is on the increase, the fact remains that corporate America is now limiting such options.

According to the remoters.net server, more companies are likely to support the option of "flexibility" rather than working from home. Companies are beginning to realise that even though a number of people prefer working from home than in the office, the option of choice and flexibility still remain the most important for them. Every person is different and has different needs. People do not want to constantly travel, work only from home or work only in a specific place. Flexibility is the future. _



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Culture

Book

Radim Passer: 3 and 1/2 Years or God's Love Will Win

To be released in February 2020

Radim Passer has concluded the fourth volume of his autobiographical tetralogy with confessions of his life struggles which CULMINATED in his believing the joyful message of the Gospel, accepting Christ and deciding to be baptised into the Seventh-Day Adventist Church.

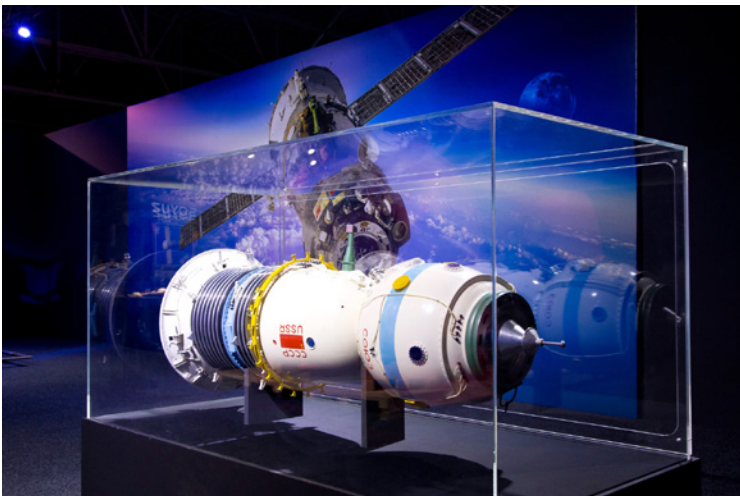
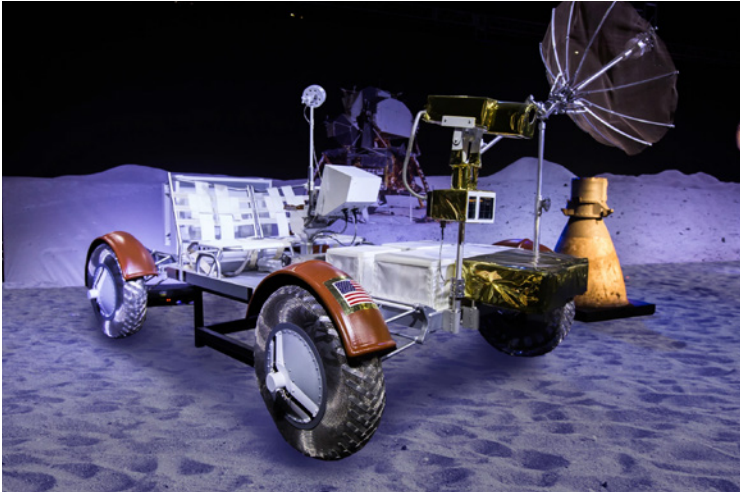
Radim Passer needs no long introduction. This successful businessman and developer, football fan and Christian, who has given his life and his property to Jesus Christ, depicts in his autobiographies the mishaps in life which have led to his fundamental awakening. The last of the four-part series describes the events from 2010 to 2013. This period followed the stage of his SUCCESSFUL business activities marked by family pain, which Radim Passer described in the previous book, entitled Falls and Rises. The following event is one of the most important for him. Radim Passer was faced with a critical decision which fundamentally changed the company's direction and his personal life. This not only resulted in the comprehensive restructuring of the Passerinvest Group, but also in coming to terms with the definitive loss of his broken marriage and seeking a new family circle and support for his son.

This book will provide the attentive reader with answers to many of the questions which are sure to have occurred to him or her when reading the previous volumes: Is it possible to do business honestly in an environment of ever-present corruption? How are business and politics linked? Is it possible to forgive people who subject you to illegal actions and efforts to take your life? And where can one find the strength to forgive those who have robbed us of happiness? Radim Passer's book is not only interesting with regard to the lives of the rich and successful, but mainly through his testimony on the daily search for God's will and the desire for as many people as possible to open up their hearts to God's love and mercy. _



The book **3 and 1/2 Years or God's Love Will Win** will be distributed and on sale from February 2020: pre-orders can be made on-line at <https://eshop.maranatha.cz/>.

An exhibition



Cosmos Discovery

27 December 2019 – 30 April 2020

This magnificent exhibition, which has been created in association with NASA, the CosmospHERE Education Center and Space Museum and Czech experts, will take you through the history of piloted cosmic flight from its beginnings through to the present and planned future missions. The exhibition has been installed in the premises of selected pavilions of the Prague Exhibition Centre in Holešovice and contains hundreds of original exhibits from the USA and Russia which have been in space, a unique collection of space suits and realistic models of space ships, shuttles and rockets. A special gallery has been devoted to the Apollo missions and the Moon landing, including the original jets from the engine of the Saturn V rocket and the Apollo 11 ship. The Soviet Soyuz program is also represented, not only by a Soyuz space ship, but mainly by an accessible model of the MIR space station, where you can experience how the cosmonauts felt in micro-gravity. Visitors are guided through the entire exhibition by an entertaining audio-guide which they will receive free of charge at the entrance. _

Theatre

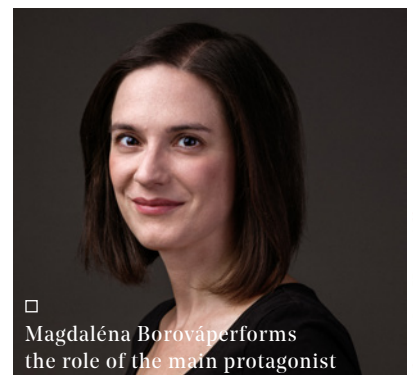


Photo: Daniela a Linda Dostálkovi

Stát jsem já

Czech premieres on 12 and 13 March 2020

In March, the drama company at the Estates Theatre will perform the Czech premiere of a provocative production by the French author Vincent Macaigne entitled *I am the State*, which is set in a certain kingdom with characters which are conspicuously reminiscent of our politicians. The play tells the story of the myth of the genesis of the nation and the state. It is the story of a kingdom, yet at the same time also a family saga. The plot is set in an unknown country, an unknown kingdom, but it constantly refers to our world. It is an invented country, which is, however, somehow all too dangerously related to us. The play works with real speeches by Nicolas Sarkozy, quotations from the plays of Thomas Bernhard and references to Donald Trump, and it mentions perhaps all the countries on our planet. It is a play about a society which is unable to reinvent itself and twists in a spiral of a curse and its own failures. Ultimately, it is a play about one kingdom, where murder must first be committed in order for everybody to prosper. _



□ Magdaléna Borová performs the role of the main protagonist

Photo: Jan Hromádka

Music

A Concert by James Blunt

6 March 2020

The British singer James Blunt, who has been nominated five times for a Grammy Award, will perform in the sports arena at the Exhibition Centre. This will be part of the tour promoting his new album, *Once Upon a Mind*. After flirting with electronic music on his last album, *Once Upon a Mind* sees Blunt return to what he does best. He writes classic songs which tug on the heartstrings. As such, the album signifies a return to song writing and contains classic ballads, pop songs and slight hints of country. The forty-five year old singer attended a prestigious school and his entry into the world of music was by way of the army, where he served for six years. At the end of the 1990s, he was posted to the former Yugoslavia and was one of the first NATO soldiers to enter Pristina, the capital of Kosovo, after it had been bombarded by Serbian units. Blunt, who used to go out with the Czech model Petra Němcová, has sold 23 million albums to date. _



James Blunt will perform in Prague as part of the tour to launch his new album *Once Upon a Mind*

Film

Call of the Wild

Premiere: 27 February 2020

Jack London's most read book has undergone a new adaptation. The film's director is Chris Sanders, who has three animated hits to his name: *Lilo & Stitch*, *How to Tame your Dragon* and *The Croods*. He has adapted the popular classic, the *Call of the Wild*, which tells the story of a kind-hearted dog called Buck. His pleasant family life is suddenly changed when he is stolen and has to pull a sled through deep snow during the 1890s gold rush in the Klondike. Harrison Ford plays the character John Thornton, who eventually takes in the stolen animal which has been passed from owner to owner. Thanks to him, Buck soon finds that his innate instincts will not only enable him to survive, but that he can also find pleasure in an independent, free and wild life. The other main characters in the film are played by Karen Gillan, Dan Stevens, Colin Woodell, Omar Sy, Terry Notary and Micah Fitzgerald. _



Book

Tomáš Šebek: The Sky above Yemen

Published on 17 October 2019

This well-known surgeon, who works with Doctors without Borders, has published his second book, this time describing his recent mission to Yemen. Despite the daily rumble of artillery, the ever-present threat of cholera, operations on seriously wounded children and a lack of sleep, the author endeavours to observe the regular local life which has been overshadowed by war and a humanitarian catastrophe. What is life like for female Muslim doctors? What human stories lie behind the faces of the patients and what do our names reveal about us? We learn all of this from his pen, while Tomáš Šebek does not forget to engage his famous sense of humour and hyperbole. _

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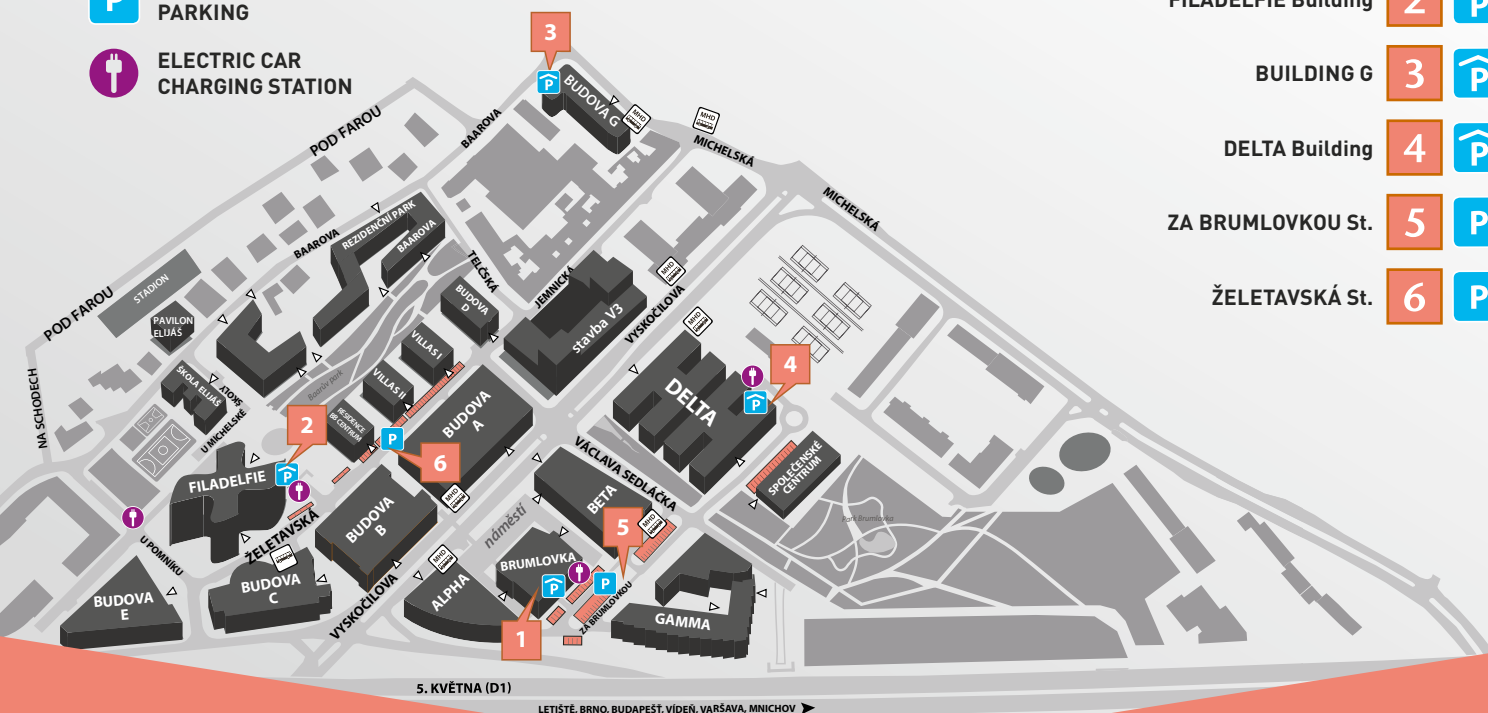
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 Daily Menu: www.gth.cz/provoz/bbc-beta/jidelni-listek



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