

BB CENTRUM



Spring  
Summer  
2018

BB Centre  
Turns 20

review

[www.bbcentrum.cz](http://www.bbcentrum.cz) | free  
The Zlatý středník corporate  
publications competition award winner

Tomáš  
Vlček:  
Software  
for modern  
aviation being  
developed in  
BB Centre

Colours  
affect our  
mood and  
thoughts

# SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business  
Comes to Life

## RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Express Grill
- 3 Baifu – sushi bar
- 4 Maranatha – vegetarian restaurant
- 5 Mango – Chinese restaurant
- 6 Kiindi – 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 GTH – canteen
- 14 Kobe – steak, grill, sushi
- 15 Momento – canteen
- 16 Momento – canteen
- 17 Perfect Canteen – canteen

## SHOPS

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

## CAFÉS

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

## SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Automyčka 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 B)  
 ČSOB (BETA Building)  
 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

## 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 Eliáš Christian Nursery School
- 2 Eliáš Christian Primary and Secondary School
- 3 Bible Study Lessons
- 4 Bethany Community Centre
- 5 Morning Devotionals

## CHARGING STATIONS FOR ELECTRIC CARS

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



Metro  
Budějovická

www.bbcentrum.cz



# Dear Readers,


The spring-summer edition of BB Centre Review brings you news and interesting details of upcoming events and what stores or services have been added or will soon be added. You will also find regular columns such as “What’s being talked about” or interviews with interesting people from companies located in our complex.

In summer, we will be opening the new Brumlovka Square and with it we plan to organize more social, cultural, and sporting events.

On Thursday, 30 May 2018 don't forget to bring your children to Brumlovka Park and Baar Park, where a children's day will be held from 1 to 6 p.m. It's best if you mark 14 June 2018 in your calendar, as you are invited to celebrate the 20th anniversary of the BB Centre, starting in the morning near the square. At around 4 p.m. there will be a musical performance and from 7 to 10 p.m. you are cordially invited to a traditional summer concert in Baar Park. Tomáš Klus will perform with his band, together with Ewa Farna. Snacks and an accompanying program are a matter of course. In August, you are also invited to the Kinobus summer cinema, which will screen films from 9 August 2018 in Brumlovka Square. And that's just a fraction of what's already planned. We will be holding other events in July and August, too.

Do you know about an interesting sports or entertainment program worth organizing at the BB Centre? Are you a musician, have your own band (can even be a company band) or act in the theatre? Or do you know someone like this and would like to recommend them? Let me know at [kristyna.samkova@passerinvest.cz](mailto:kristyna.samkova@passerinvest.cz). Every idea counts and it would be a shame not to give it a try!

**Kristýna Samková**  
Passerinvest Group

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

 BB Centrum

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# BB Centre talk show welcomes first guest



Thursday, 22 February saw the first of the regular public talk shows, in which we want to introduce BB Centre employees with interesting professions or business stories. We started the series with a narrative about the journey “from paragraphs to salad.”

The first to take the chair next to presenter Hanka Koutná was the owner of the Puzzle-Salads network of salad bars, Stanislav Štrobl. And where else could the show take place than in one of the PuzzlePasta restaurants in the BB Centre? The audience learned about where the idea of building a network of Puzzle-Salads, of which there are now five in Prague today, was born. Stanislav talked about how he got started in business, where he found the courage to make a radical change in his life, what obstacles he had to overcome, and what he plans for the future. The show concluded with a tasting of the latest salads from the PuzzleSalads kitchen. oo

## Talk Shows in the BB Centre are also open to your questions

Our regular open access talk shows bring you the stories of small business owners as well as senior managers. Which fields do they work in? What motivates them? Is there a recipe for success? What do they do in their free time? These and other questions will be answered by the talk show guests.

# BB Centre free of panel buildings: New apartment building to be built



Until recently, among the modern administrative and residential buildings of the BBC Centre there were four ugly prefabricated panel buildings that in the 1970s served as housing for construction workers building the Jižní Město suburb. Two of them are no longer standing. Within ten days they were pulled down to free up space for a new apartment building.

### Non-obtrusive demolition works

The successful demolition of the old panel buildings began in March 2018 and saw them gradually dismantled while neighbouring residential and administrative buildings as well as roads remained open as usual. The developer of the project, PASSERINVEST GROUP, performed the demolition in the shortest possible time and with minimal disruption to work and operations in the BB Centre complex.

### The new building will respect the typology of the site

The construction of a new rental apartment building will begin at the turn of 2018/2019 on the site of the old buildings based on a design by the Aulík Fišer architectural firm. Pre-

serving the site typology will be a priority. “We want the BB Centre to be a full-fledged city district where people reside, work, and, most of all, live. That is why we don’t want to keep the panel buildings and just make some quick necessary modifications; we want a modern high-rise apartment building with all the comforts one expects in contemporary housing,” explains Radim Passer, Chairman of the Board of PASSERINVEST GROUP, a.s.

### Apartments, parking and shopping

A residential building with retail space on the ground floor will be built on a plot of some 6,000 m<sup>2</sup>. Part of the apartment building will be an aparthotel with 78 apartments for short-term rentals, for example for managers and employees of companies based in the area or visitors to Prague. In the second part there will be 94 units for long-term rental, i.e. flats, which are still lacking in Prague. The building will have four underground floors with 210 parking spaces. The whole of the ground floor will provide space for business units and services for the public. The building should begin serving its purpose by the end of 2020. oo

# BB Centre again involved in the Open House Prague Festival

○ In May, the BB Centre took part in the Open House Prague Festival for the fourth time now. As part of this festival, other buildings and spaces normally inaccessible are open to the public for free. There was again a great deal of interest in the BB Centre.

The fourth year of the festival, which took place from 19-20 May 2018, opened up more than 60 buildings and spaces. The BB Centre was once again involved, letting in dozens of people interested in seeing the FILADELFIE and DELTA buildings as well as the BETHANY Social Centre. Visitors admired the buildings' beautiful terraces and the unique view of the entire complex.

Open House Prague is part of the Open House international network of festivals founded by architect Victoria Thornton, holder of the Order of the British Empire for architecture. Over one May weekend, tens of thousands of people head out with the Open House Prague catalogue to explore the city's hidden or usually inaccessible architectural treasures. ○○



# Blue zones in Prague 4

○ From 1 July 2018, according to information from Prague 4, parking zones will be established in some parts of the city district, which should make life easier for residents. For more information about blue zones, see [www.praha4.cz](http://www.praha4.cz).

## **BB Centre offers six parking lots**

Visitors to the BB Centre have six public parking lots available for nonstop parking: four underground and two outdoor. On normal business days, you pay CZK 50 per hour for parking, during the night and on weekends parking in underground garages costs just CZK 10 per hour. If you want to use weekend parking for more than 15 hours (from Friday 4 p.m. to Monday 7 a.m.), the total rate will be CZK 150 (applies to one-time parking for more than 15 hours). ○○



# BB Centre will have a new Brumlovka Square



○ This year we are also presenting other projects that develop and cultivate the BB Centre's public space. One of them is to build a new square in front of the BRUMLOVKA building.

Visitors and tenants of the BB Centre can enjoy the new Brumlovka central square, which offers a seating area, seasonal and themed markets and space for a cultural program. The space between the BRUMLOVKA building and the ALPHA and BETA buildings will be modified in the same spirit. ○○

## Where do I park?

Instead of the parking lot in front of the BRUMLOVKA building, which will be removed to make way for the new square, you can use the renovated public parking spaces in the underground garages in the BRUMLOVKA building and other public parking areas of the BB Centre.



## FIVE QUESTIONS FOR: MARTIN UNGER

**Chief Technical Officer at PASSERINVEST GROUP, a.s.**

We present a new section titled "Five Questions for:" in which we will regularly talk to interesting people working at the BB Centre. First up is Martin Unger, Chief Technical Officer at PASSERINVEST GROUP, a.s.

### What did you want to be when you were little?

My fates did not have much choice in the matter. Our family used to have a brickworks; my grandfather built dams and my uncle came up with bricklaying improvements for his colleagues. Every holiday I fixed something with my grandfather, clearing sand and mixing mortar. I have loved the smell of fresh plaster ever since. As a child, I talked about nothing but construction. And that's still the case today.

### In which historical period would you have liked to live and why?

If I could choose, it would be the turn of the 19th and 20th centuries. It was an extraordinary time full of energy, belief in the future, enthusiasm, inventions, and explosive development of cities. We can find a lot of inspiration and examples from this era for the present day.

### What music or band do you like best?

I listen mainly to grunge, bands like Nirvana or Pearl Jam. It's harsh music, but it contains everything. Truth, energy, emotion, exaggeration. In short, life.

### When's the last time you wrote something by hand?

Sometimes I'll write something; maybe a post-it note. Of course in print letters, so I can still read it later. By the way, I had to do this back in technical school. On the other hand, I've got first-class calligraphy skills. At home I write name tags, cards and the like. I can also write in kurent (similar to late medieval cursive writing), but it's not very practical.

### What was your favourite subject at school?

Descriptive geometry, what else? A fantastic subject. You didn't have to memorize anything, just think a little and make deductions. And it always looked good on your report card.

# PASSERINVEST GROUP reacquires VILLAS



○ In January 2018, PASSERINVEST GROUP purchased two BBC buildings from Revetas Capital Fund II - Villa Houses, known as VILLAS. PASSERINVEST GROUP is thus successfully continuing its strategy of long-term ownership and management of previously sold office buildings in Prague's BB Centre.

The VILLAS buildings were designed by the Aulík Fišer architectural studio. The complex consists of a set of two administrative buildings with a total area of 8,000 m<sup>2</sup> over six storeys, 405 m<sup>2</sup> of which is retail space on the ground floor and 220 parking spaces in the underground floor. The buildings are home to long-term tenants such as Tchibo, GEMALTO, and Audatex. "This year, we took another step in our plan to repurchase the BB Centre administrative buildings, which we want to maintain long-term at the highest level," said Radim Passer, founder and CEO of PASSERINVEST GROUP. The company repurchased the first building, ALPHA, in 2014. It also gradually reacquired ownership of the BETA, A, B and D buildings. ○○



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# How far does the work of Maranatha reach? Only God knows

The mission of the Christian-oriented Maranatha organization is to help people find their way to God and eternal life. Maranatha's range of activities and projects is so broad that it can hardly be summed up in just a few paragraphs. That is why we can only present a fraction of the mosaic of the activities of this organization, whose name means "The Lord Comes."



## Young people spread the gospel

"I'm grateful that we don't even have a comprehensive overview of our extensive activities and who we've addressed; only God knows that," says Radim Passer, summarizing the work of the Maranatha organization, which he founded and of which he is the chairman. One of the key projects is the Youth for Jesus initiative, in which young volunteers spread the good news – the gospel – among people in the Czech Republic and Slovakia. Youth for Jesus works on the basis of an evangelistic program called Touch Heaven, organized by the individual groups involved in the program. This year the 10th anniversary of the initiative will be held in Prague and Kladno in July.

TIP: If you are interested in topics relating to society, psychology, culture, media, science, lifestyle and humanitarian activities, don't miss Beyond

the Horizon magazine, which is supported by MARANATHA z.s. as part of the Touch Heaven project.

## Health days help protect the gift from God

One of the areas that Maranatha focuses on is a healthy lifestyle. Believing in God also means taking care of your health and protecting the life it gives us. Maranatha fulfils this message not only in practice, for example by running vegetarian canteens of the same name and healthy nutrition stores at the Prague BB Centre, as well as through theoretical education. The association organizes a series of lectures accompanied by body measurements, courses and tastings as part of Health Days, which will also be held this year. For more information on dates and venues, visit SC BETHANY.

## Life's Questions lecture series

For those looking for answers to life's core questions, a set of lectures called "Life's Questions" is designed to explore questions of faith in God today and to provide space for

## MARANATHA

The Christian-oriented organization MARANATHA was founded in 2002 by the Czech developer Radim Passer. The word "Maranatha" means "The Lord Comes." The association's mission is to share the hope stemming from faith in Jesus Christ and to gain insights into many key questions. The answers come from information written in the Bible, which Christians believe is God's letter to mankind.

discussion. Reflections on why God allows suffering, what happens after death, or when Jesus Christ will return are explored in a cycle of 15 lectures at the BETHANY Community Centre from July 9 to 27, 2018.

## Marriage and family first

Promoting marriage and family is key, so many Maranatha activities take place with this in mind. The association is also a partner of National Marriage Week, the 12th edition of which was held in February 2018, in the spirit of the motto Marriage without Myths. One attraction designed for the family – and for active leisure in particular – is the Drama of the Age Park with an adjacent playground in Štětkovice near Sedlčany. The Maranatha relaxation area is a great tip for spring weekends.



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# Software for modern aviation being developed in BB Centre

He was a successful businessman, and when he sold his company, Tomáš Vlček started working with one of his original clients, the Austrian company Frequentis. After a branch office was established in Prague, he took over its management. Today, more than 20 employees work on developing software for airline and coastal services used around the world.

**○ Frequentis has a wide range of activities. What is the company's main focus?**

The Air Traffic Management division, dedicated to air traffic control. It covers everything that goes on in airport control towers, from tower to pillar communications, to organizing arrivals and sorting aircraft. In old movies you may have seen flight dispatchers watching huge radar screens, and next to them racks on which they lay plates with the designations of the individual planes. That's how planes used to land a long time ago. Today everything is done using software. Projects implemented by the Aeronautical Information Management division, which processes aeronautical information, are predominant in Prague.

**What does it cover?**

All the data needed for flying itself. These include special aerial maps, whether for VFR flights where the pilot is visu-

ally orientated, or for flights where the pilot flies guided by instruments. It's not just the flight routes themselves; they also include landing maps at a particular airport, which show the flight profile, when and at what distance they need to land. There's also a point showing the last moment when the landing can safely be aborted. All these parameters depend on the type of aircraft, its category, weight, etc. The maps contain a great deal of information and the necessary data is managed by national authorities. Maps need to be generated automatically, so you need specialized software. And that's what's being created here in Prague.

Artificial intelligence is applied today in a number of industries. In the past 20 years, intensive research has been underway in the field of autonomous systems, able to communicate with and adapt their behaviour to one another. I see this as the future of flying.



**What else are you developing in Prague?**

We supply systems for so-called self-briefing pilots, i.e. flight preparation. Each pilot is responsible for the flight plan and plans a specific route when preparing it. This requires up-to-date information for a pre-flight briefing with weather information on a given route or a variety of specific modifications (for example, a shuttle might be temporarily closed at the airport, or some work is being done, etc.), and adapt the flight plan accordingly. But it's not as though the pilot makes the plans himself and sets out. All plans are subject to approval. In Europe, this is overseen by Eurocontrol, the European air safety organization that consolidates flight plans. On the one hand it approves the plans from a formal and technical perspective, while it also coordinates and reserves the capacity of the flight routes for the specific flight. To do this, pilots use software to send information to the central systems. It's not just web-based software; we also develop mobile apps for iOS and Android smartphones and tablets.

**So now pilots have tablets instead of paper maps in their briefcase?**

Pilots still have paper maps and flight manuals, but they are also in electronic form. Some airlines, such as in the U.S., equip pilots with tablets containing maps and other



materials. In addition, everything is also recorded in the airplane's on-board system. However, a paper map still remains the last certainty.

**In Prague, you also create software for coastal services within the maritime division. This is a totally different field to aviation...**

The set of problems we deal with is surprisingly very similar. Large airports as well as large ports need to communicate, monitor traffic with radar systems, and today every ship and every aircraft issues some data. Although ships move relatively slowly, it's hard for them to stop. Aircraft on the other hand are faster, but they have better manoeuvring abilities. From a technical point of view, they have a lot in common, and that is why we cover two such different elements – air and water.

**How large is the Prague branch?**

We have around 20 people, which is just a fraction of the 1,700 Frequentis employees around the world. We focus on development; we don't have a conventional sales department. There are similar development offices in other countries, such as Germany, Slovakia, Romania, but also in California, with which we work closely together. And then there are of course sales branches and offices all over the world.

**Are you planning to grow?**

We would like to take on around ten people. I believe we offer work in an exciting area, and that aviation will attract developers more than, say, tax management software (laughs). In addition, we work with our customers to implement our products and often travel to attractive locations such as Hong Kong, the USA, Canada, Myanmar or New Zealand.

**Will you be expanding your offices here in the BB Centre, too?**

Yes, we like it here. The offices are within easy reach of the city centre and I appreciate the working infrastructure of the complex. We use the cafeterias and restaurants for our employees. I like to swim during the week and work out at the Balance Club Brumlovka; I'll go to Costa for a tasty coffee. Cooperation with PASSERINVEST GROUP is good, and works smoothly.

**Are there any pilots on your team?**

We have four pilots on the team. They have licences for smaller aircraft, from ultralight to multi-seat Cessna planes. One colleague is the European champion in ultralight aircraft navigation. They don't work as software developers, but are, for example, air map and data specialists.

**And do you fly?**

It's my dream. However, I'm gradually making my dreams come true, so I'm planning to do it.

**So 20 people in Prague are deciding how planes fly over our heads?**

Since one of Frequentis's clients is the Eurocontrol – European Organization for the Safety of Air Navigation or the Air Traffic Control Authority of the Czech Republic,

## FREQUENTIS

A tech company founded in 1947 in post-war Vienna. It now has over 500 customers in more than 120 countries around the world. In addition to systems for air and sea transport, it also develops software for public transport, security, and the military. It employs about 1,700 people in more than 50 countries. There is a development centre in Prague, and others in Germany, Slovakia, Romania and California. Its clients include NASA, Eurocontrol, Deutsche Bahn, Deutsche Flugsicherung, the London Metropolitan Police, the U.S. Navy, and many other companies and institutions.

then yes, you could say that. There is of course less traffic over the Czech Republic compared to the really large agglomerations around the world. For example, our annual traffic has doubled over the past 15 years to more than 800,000 air movements per year, which is comparable to the annual operation of a huge airport like Atlanta. So even though the sky is getting busier, the traffic in our country is not so dramatic. The problem is rather our relatively small size in the middle of Europe, which means a large number of descents and ascents not only from domestic airports, but mainly from substantially larger airports near our borders, such as Vienna and Munich.

**And in Europe?**

That's a different story. Europe is much more crowded, which is why we are increasingly seeing flights outside of fixed routes. Even over the Czech Republic you can already fly outside the predefined routes at night, if approved by air traffic control. The goal is to shorten flight times, to increase transport capacity and to use the airspace as efficiently as possible.

**In order to increase airport capacity various "sci-fi" solutions have been proposed, such as circular runways. Is this realistic?**

Taking off and landing into a turn is not optimal. There are lots of ideas



like that, trying to respond to the fact that airplanes are creating so-called turbulence in channels that limit airspace capacity. Even though the capacity is great, like in Dubai, you can't send planes into the air faster, because there are a lot of big planes flying around and you have to wait for a safe take-off. Otherwise, the planes could get into turbulence, which could result in a crash. Manufacturers try to reduce turbulence; the weight of the aircraft and take-off parameters play an important role. New procedures are being introduced at airports, and as turbulence is greatly influenced by atmospheric conditions, wind shear measurement systems are also being used to measure turbulence.

**A big current trend is drones. What do you think of them?**

Although they don't fly as high as planes, the plans for using them are so bold that relatively significant changes to the air traffic control system are required. That will be a big challenge.

**Are drones really such a hot topic?**

Yes, I think so, because there are big players like Amazon who want to deliver shipments consignments drones. Just look at the automotive industry: today self-driving cars are on the road. That's why the idea of self-controlled drones carrying goods may not be at all unrealistic. And this must be addressed. In the Czech Republic you can no longer fly drones weighing more than 25 kilograms without a drone pilot licence. And there are also restrictions on where you can fly – not just around Prague Castle and the Prague Astronomical Clock, but also around other monuments, in the immediate vicinity of buildings, over private land, nature reserves, etc. There are a lot of restrictions, but the problem is enforcing them. Therefore, systems such as geofencing are being introduced, which is

an artificial geolocation measure that makes the drone stop at the border of the protected site. Another solution to protect certain areas is the Drone Reporting System. But you shouldn't imagine that someone in a control tower will be navigating you like airplane pilots. It will only record and approve the flight. Frequentis is also working hard on some drone solutions.

**Getting back to planes, how do you see the future of air traffic?**

Artificial intelligence is applied today in a number of industries. In the past 20 years, intensive research has been underway in the field of autonomous systems, able to communicate with and adapt their behaviour to one another. I see this as the future of flying. Today, aircraft are equipped with emergency avoidance and collision avoidance systems. In the future, there will be systems that, like adaptive cruise control in a car, will maintain the distance between aircraft, correct it, or at least provide correction information, to give them much more air. Similarly air convoys will emerge, which can already be seen on the runways of large airports. Additionally, we will see conceptual changes that will make it possible to optimize traffic without any limitation of national airspace boundaries.

**Can we also expect autonomous passenger jets?**

There is no reason why the technology used in drones should not sooner or later be developed for large aircraft. One day it will happen, but that moment is still far away. While they offer greater security, the problem is that they can fail in a situation where a person would not. And there are plenty of situations where the technology cannot do without human intervention. People are also looking into decision-making problems where the system must select the "lesser evil." A frequently used ex-

## EITHER... OR, WITH TOMÁŠ VLČEK

**Mountains or sea?**

Sea. I like the Mediterranean Sea, I've been traveling there with my children for years and I've gotten used to those places. But I also like Asia, maybe Thailand. Although I prefer the sea, I like to go skiing in the mountains in winter.

**Cats or dogs?**

Dogs. We have one at home and for some reason I find dogs much more appealing than cats. You can form a relationship with one, which you can't really with a cat.

**Books or movies?**

Books. It's hard to choose my favourite. I read to relax, so I also alternate among different genres. I like books by Peter May and Agatha Christie, especially with Hercule Poirot, because they are so clever, but I also like to read biographies, such as Madeleine Albright's latest. When I was a kid I loved adventure books by Jaroslav Foglar.

**Android or iOS?**

Definitely iOS.

**Do you have an idol?**

There isn't one single person whom I admire above all others. For every area of life I have a slightly different model, because no one is perfect.

ample is when you have the responsibility to decide whether a car will hit a group of five pedestrians and kill them or hits a mother with a stroller. The system has to choose. The risk of damage caused by a large aircraft is still infinitely greater than for cars. These problems, however, lie outside the field of technology; they are ethical and moral dilemmas.

**Will control towers eventually disappear altogether?**

In recent times, a number of countries have indeed switched to the "remote tower" model. This is particularly beneficial for a small airport where it doesn't pay to have full air traffic control. Such airports are then controlled remotely from one centre, which at the same time can serve several similar airports. In the Czech Republic, even small airports like Karlovy Vary have their own control tower, but the overall air traffic control over the country is in Jeneč u Prahy. Towers at Czech airports serve for operational management, landing, moving planes around the airport, and departures. From the moment a plane leaves the airport, it is taken over by Jeneč, which accompanies it until it leaves our airspace. ○○

# CHG-MERIDIAN: Efficient financing and technology management models

What is effective technology management? Consulting, cost cutting, and intelligent planning and service reporting in one place. The result is efficient investment in technology. In the case of CHG-MERIDIAN, it also includes technical know-how and business thinking independent of banks, products, and service providers.



Lukáš Uhlířik,  
Sales Director for  
the Czech Republic  
and Slovakia

CHG-MERIDIAN is a German company active in the market since 1979. It is a world leader in providing financial leasing services through IT leasing, from mobile phones, industrial technology, to medical devices. The company's customers include major companies from various market segments, such as automotive, retail, healthcare, etc. It currently operates in 25 countries around the world.

"Our company is proud to be independent of suppliers of equipment, banks, and other entities that are trying to control the financial world," said Lukáš Uhlířik, Sales Director for the Czech Republic and Slovakia.



"This allows us to provide independent advice, map the efficient use of IT equipment in companies and, based on this knowledge, offer flexible equipment financing models."

CHG-MERIDIAN also has the largest remarketing centre of used equipment in Europe, with branches near Frankfurt and in Skien, Norway. It also has its own financial data and technology management tool for the transparent reporting and tracking of facilities throughout its lifecycle. It also offers customized supplementary services such as certified data erasure, insurance, etc.

And what brought CHG-MERIDIAN to the BB Centre? A success story and a desire for change corresponding to the company's growing prestige. "An attractive business location, full civic amenities and first-class offices were a decisive factor for us," Uhlířik added. "After almost 10 years spent working in the Bohdalec district of Prague, we decided to make a significant change and we are delighted that we are part of the BB Centre, which can rightfully call itself a city within a city." oo



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[www.chg-meridian.com](http://www.chg-meridian.com)

# Five-star care for your car: Collection hand carwash now in BB Centre

Do you regularly wash your car by hand or are you thinking about quality care for your vehicle in the future? Now you've got it close by. The Collection hand carwash has opened in the Brumlovka underground car park, so you can get a professional hand wash and interior cleaning.

Everybody knows that you need to wash your car regularly. But fewer people realize that the benefits are much more than simply aesthetic. Grease and dirt binds itself to water and other harmful substances, such as aggressive road salt. This, in turn, is a significant factor in the build-up of corrosion, loss of gloss, etc. Why not consider a hand wash instead of the carwash next to the gas station?

## Lots of reasons to prefer hand washing

### Quality

Hand washing is much more intimate than regular automated carwashes. Hands reach where brushes don't. And these "hard to reach" parts are the most vulnerable, for example, to corrosion.

### Care

Cleaning brushes often cause micro cracks and abrasions in the bodywork.

### Better appearance

A hand wash can provide a better aesthetic effect.

The Collection carwash offers extra services in addition to this detailed care. It works with high-quality car cosmetics and its premises are monitored 24 hours a day. As a result, the customer can watch their vehicle being washed and cleaned via the camera system while they are away. The Collection carwash is an expert in the complete cleaning of cars, hand washing, waxing, and car body refinishing with Sonax, Fraber, and 3M auto cosmetics, impregnation and leather treatment or interior cleaning. All this is done exclusively by trained personnel. Every car is perfectly washed and clean in just 60 minutes.

Companies enjoy a special offer. In addition to interesting volume discounts, Collection provides a unique car pick up service. oo



**Collection Carwash**  
BRUMLOVKA Building  
Vyskočilova 1100/2, 140 00 Prague 4 (underground parking)  
Mon–Fri 8:00 a.m. – 8:00 p.m.  
Tel.: +420 607 000 333, e-mail: brumlovka@rucnimycka.cz  
www.rucnimycka.cz



**BBCENTRUM**

**20 years  
Celebrations**

**We create**  
**We work**  
**We grow**  
**We build**

**We live**  
**We move**  
**We relax**  
**We inspire**

# Plants in the office help us

○ Not convinced that plants in the office are necessary and think a green jungle is useless? Here are some facts. Plants cleanse the air of CO<sub>2</sub> and increase the humidity of the environment, which is very important in modern air-conditioned buildings. However, it is also proven that some plants are great at absorbing the harmful chemicals produced by electronics and office equipment, such as benzene, formaldehyde or trichlorethylene. Plants also naturally filter dust, bacteria and allergens. And talking about health, the positive effects of green on eyes tired from computer screens is also well known.

## It's also about feelings

People work better in an office where there is some greenery. Plants relieve stress and help us to concentrate, boosting productivity and creativity. Very important, especially in large offices, is plants' ability to absorb noise and to create natural barriers. The aesthetic aspect is also significant. An office or meeting room with plants in it is cosier, more comfortable and harmonious.

**So which plant should I choose?**



**Dracaena**  
Its attractive appearance and the fact that it is so easy to look after make this one of the most popular plants for interiors. It is absolutely invaluable for eliminating harmful substances and practically grows before your eyes.

**Ivy**  
Great for darker and cooler rooms and survives even a beginner's care. It grows fairly quickly, so trimming is necessary if you don't want lush vegetation.



**Ferns**  
Ferns are also a very good way to add moisture to dry office air, but to keep them fresh, you need to water them regularly. They will thrive in a colder environment without direct sunlight.



**Palm**  
If you have enough space, you can choose a palm tree. They are really very effective when it comes to eliminating pollutants and humidifying the environment. All they need is a bright spot, a warmer temperature (so on the terrace only in summer) and plenty of moisture. Moreover, they evoke exotic regions and will remind you of your relaxing vacation.



**Ficus**  
Great at cleaning the air and very hardy. They just hate drafts. You will appreciate the very decorative look and literally thousands of species, so there's plenty to choose from.





There are plenty of studies about the health benefits of nature. But what if you spend most of the day in the office? In such a case, the only alternative is to bring nature to the office. How? Just choose a couple of suitable potted plants.

**Think carefully about your options**

Whether you need to add greenery to your own office, an open space, entrance hall or meeting room, you should remember a few simple rules when choosing plants suitable for offices and common rooms.

Consider in particular how much care the plant requires. No plant is maintenance-free - every plant needs regular watering, the occasional fertilizer, and occasional replanting. But if it needs water every day, it's not a good choice. Your colleagues will probably take care of it while you are on holiday, but the plant should be able to manage alone at least for a long weekend. The species you choose should not be susceptible to pests or diseases.

Also consider where the plants will be placed. If it's close to a window, go for a species that thrives on light. If you only have space in the corner behind the photocopier, opt instead for a plant that does not need as much light. There's also the question of heat. Not every plant will thrive next to the radiator.

Size is also important. In a large office, you can afford a palm tree, but in a smaller space, select a plant that does not threaten to overwhelm you after two years. Plants have to help us, not bother us. And while we're at it, don't forget to ask your colleagues about allergies. If someone has one, choose a plant that doesn't bloom or produce anything that could cause health problems for your colleagues. oo



Orchids  
**Growing orchids is not as difficult as it may seem. They need a lot of light, however, and the soil must never dry out. The beautiful flowers are extremely aesthetically pleasing.**



Peace lily  
**Invaluable when you need to humidify the air, and perfectly absorb harmful substances. Its large shiny leaves and white flowers that bloom for almost a year make it a beautiful decoration. In addition, the hanging leaves will themselves show you when they need to be watered.**



Zamioculcas  
**A very popular plant in recent years, which thrives in places where the sun does not reach. The dark green leaves are soothing on the eyes, and as far as care is concerned, it barely needs any. The less you fuss over it, the better it does. Just water it occasionally.**



Kalanchoe  
**This small plant is ideal for your desk. It's not demanding, is good for dry office air, and its tiny flowers will delight you for a long time in a variety of colours.**



Crassula  
**A completely worry-free plant. The leaves can withstand a lack of moisture and dry air in the office. Crassula grows slowly and withstands almost everything.**

**Whatever you choose, if you invite plants into your workspace, you will work better, you will cope with stress and your lungs and eyes will also thank you. The plants we have recommended have lots of different species and variants, so go for a plant that appeals to you. After all, it will be your colleague every day.**



BBCENTRUM

# 20 years working and growing for you

It has been 20 years since the opening ceremony of the first office building in the BB Centre. During these two decades, the face of the site has changed completely.

Today we can say that we have built a pleasant place to live and work. The BB Centre has an area of 250,000 m<sup>2</sup>, 17 buildings, two parks, plenty of greenery with water features, and the full range of civic amenities. By 2027 we plan to expand the area to 425,000 m<sup>2</sup>. At present, buildings A and D are being revitalized, and we are preparing to renovate buildings B and VILLAS, which we repurchased this year. At the turn of 2018–2019, work will commence on the construction of a completely new building – an aparthotel with rental flats and commercial premises in the eastern part of the BB Centre.



DEVELOPED BY  
**PASSERINVEST**  
GROUP

# Perfect weather to be outdoors: Try tricks on a slackline, fun with a Frisbee or something retro

Spring is here. It's finally time to head outside and replace indoor gyms and weight rooms with running and bike trails, tennis courts and parks. We've chosen a few tips for fun outdoor sport activities for you – the parks in the BB Centre offer the perfect venue.

## **Frisbee**

Frisbees are hardly a hot novelty: the first flying discs sailed through the air abroad in the 1940s, and mass production was launched in 1955. At the time, the entire craze was started by university students, and the name of the disc itself was taken from the Frisbie Pie Company of Bridgeport, Connecticut, whose empty pie tins were used by players. Flying discs appeared in Czechoslovakia at the Spartakiad sports event in 1975, when a formation of young students played with them. However, their popularity did not really boom until the borders opened in 1989.

Today, the Frisbee is used in a variety of sports, including Ultimate, which incorporates elements of American football, basketball and soccer. Others include ufobal, another team sport, this time resembling handball (the game is played with a softer disc to prevent injuries).

PASSERINVEST has prepared three parks for sport activities:  
Baar Park  
Brumlovka Park  
Na Roztylech Park

You can enjoy disc dog with your canine friend, who has to jump up and catch the disc before it touches the ground. Another fun sport, disc golf, is described below.

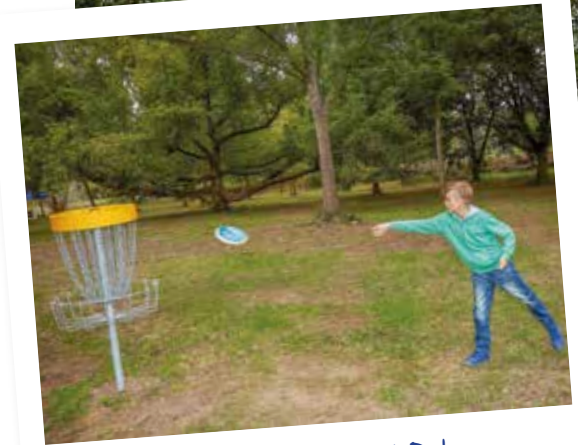
Of course, you can also find an open space and simply throw a Frisbee around with friends. Although it's physically effortless fun, players must use all the skills they acquired during PE at elementary school. It's great training for virtually any sport.

The most important factor in throwing the Frisbee is the wrist action - this is what gives the disc the proper speed, direction and rotation. You can adjust the trajectory by tilting the disc to one side or the other, since the disc always flies to the side it is tilted towards. If you want it to fly straight, the disc must be parallel to the ground when you release it.

## **Disc golf**

It sounds crazy, but you can actually play golf with a Frisbee. Disc golf was invented in the United States in the 1970s, with the first courses appearing in California in 1976. You can now play this fun and simple game in the Czech Republic. For example, in the park on the former grounds of Interlov in Prague-Roztyly (around 500 m from the metro C station of the same name), PASSERINVEST GROUP has created a relaxation zone with a disc golf course with two targets and four tees. The disc golf course is open to the public.

Unlike classic golf, you don't need a bag of clubs - just one Frisbee. The objective is the same as in golf - to use the fewest number of throws to get the



You can play disc golf at Na Roztylech Park.



The sport can be played with discs of different sizes and weights

disc in the “hole” – in this case a special disc golf basket. The total length of the holes in Roztyly is 213 metres and the par for the course, i.e. the number of throws it should take you, is 12. The designers wanted to create a course that could be enjoyed by beginners and advanced players alike.

You can spend the whole afternoon playing disc golf with family or friends, or simply throw a few holes on your lunch break. And once you get the hang of disc golf, you can start experimenting with discs of different sizes and weights. The parameters of the disc change the flight characteristics – there are “drivers”, i.e. discs used primarily for the first throw on a hole, whereas “mid-ranges” are discs used

for medium distances and more precise approach throws to the baskets. Finally, a “putter” is a Frisbee that is easiest to throw into the basket to finish the hole.

### Slackline

As a child were you amazed by the tightrope walkers in the circus? Did you long to be one yourself? If you never found the time as a kid, you can certainly manage it now. Slackline was invented in the 1970s by two American mountain climbers as a way to kill time, and their amusement gradually caught on all over the world – modern tightrope walking is no longer just an acrobatic pastime but full-fledged entertainment, sport,

and a great way to work off everyday stress. Give it a try. Simply stretch the “line” between two trees and attempt to overcome that merciless gravity.

At the same time, you needn't fear falling into the abyss, as the line is just a few centimetres above the ground in any park. Still, you can expect some serious adrenaline. Slackline uses webbing that is 2.5 or 5 cm wide. Although the experts at Slack.cz say that the wider webbing offers a broad place for your foot, it has a tendency to twist sideways and throw one off balance. The narrower webbing does not twist the foot, though a beginner's hesitant foot might miss it, resulting in a short fall.

Regardless of which width you choose, a length of five or ten metres

## Go retro!

### Jumping with elastic bands

Remember housing estate fun back in the 1980s, when girls (mostly) were jumping over elastic bands everywhere you looked outside? This retro form of recreation is back in – after nearly 40 years, elastic bands have returned to fashion. Brightly coloured bands have replaced white elastic waist bands, but the basic principles remain the same. The only difference today is that more boys are jumping than in the past. If you don't remember how it's done, elastic bands are available with complete instructions.

### Marbles

Shooting marbles is one of the oldest games in the world – the ancient Egyptians played it 5,000 years ago. It is wonderful outdoor fun that is perfect for training eye-hand coordination. What's more, all you need is a few marbles, a patch of hard ground and a “bunny hole” made with your heel. You can also play without the hole, by shooting into a goal marked by branches, into a glass or a drawn circle, for example. There are truly countless ways to play, all requiring just a few square metres in the park.



is fine to start with. This length can be tightened like a string, which is better for beginners. Experts recommend stretching the webbing no more than 50 cm above the ground and spreading mats underneath for greater safety. Choose a ratchet slackline set to make it easier to tauten the line.

And how to walk the line? You can wear shoes or go barefoot – the choice is yours. Either way, always keep your feet parallel to the line, i.e. don't turn your feet out. When just starting, a helping hand from a friend or family member will certainly help. The most important thing is to learn to balance on the line – you'll have plenty of time for additional tricks later. When you've got a good command of everything, you can set your sights a little higher – highlines (dozens or even hundreds of metres above the ground), waterlines or longlines. oo

# Balance Club Brumlovka to get a new terrace with a view

After sports activities at the BB Centre, be sure to leave some time for relaxation as well. A new oasis for recharging your energy and regenerating your body is being built just a short distance from your office. The Balance Club Brumlovka has a new pleasant, aesthetic, and effective space.

○ The existing Japanese sauna is being transformed into a terrace with a beautiful view. The main new feature will be a Finnish sauna that, in keeping with global trends, will offer views of the surrounding greenery and ample space for sauna rituals. Thanks to the views, evenings in these spaces offer visitors a unique atmosphere. A relaxation area, a cooling pool and a cooling shower are being added. The icing on the cake is a stainless whirlpool spa which can be used all year round. ○○



**Balance Club Brumlovka**  
Brumlovka building  
Opening hours:  
Mon–Fri 6:30 a.m. – 11:00 p.m.,  
Sat, Sun (holidays): 8:00 a.m. – 10:00 p.m.  
[www.balanceclub.cz](http://www.balanceclub.cz)



# BALANCE CLUB BRUMLOVKA



Even without reaching for the sugar bowl, we have more than enough white sugar in our diet. Refined sugar stripped of all nutrients during production is in fact added to many foods, even those where we wouldn't expect it. Therefore, when you're deciding what to use to sweeten your tea or make the batter for a cake, use a healthier sweetener with a more interesting flavour and which contains at least small amounts of nutrients. Remember, you should also go easy on syrups and cane sugar. Sweeten sparingly and change the type of sweetener often.

Hot  
topic

*Sweeten  
your life  
a bit more  
healthily*



Maple syrup

**WHAT IS IT MADE FROM?**

Maple syrup comes from the sap of sugar maple trees, mostly from Canada, a country with a long tradition of maple syrup production. The lighter the colour of the syrup, the more intense and refined its flavour and the more expensive it is.

**USE IN THE KITCHEN?**

Higher quality syrups are suitable for directly sweetening and flavouring foods such as crepes, pancakes, and porridge. Darker, lower quality classes of syrup are ideal for baking and cooking.

**WHAT DOES IT CONTAIN?**

The syrup contains B vitamins, calcium, iron and other trace minerals essential for the human body, particularly manganese, zinc and certain antioxidants.



Molasses

**WHAT IS IT MADE FROM?**

Molasses, a thick, dark brown or black syrup, is a side product of the refining of sugar from cane or beets. The sweet juice thickens with cooking while refined sugar gradually crystallises and is removed by centrifugation. This process removes the amount of sugar in the remaining syrup, while preserving all of the valuable substances.

**USE IN THE KITCHEN?**

Molasses can be added to various foods – desserts, bread, creams, and marinades for meat. Thanks to its high content of nutritious substances, molasses can also be used on its own, e.g. to help digestion or as a remedy against insomnia, either in concentrated form (1-3 teaspoons daily), or dissolved in warm water.

**WHAT DOES IT CONTAIN?**

Compared to other sweeteners, molasses contains fewer calories, only two-thirds of the sugar in honey and half of the calories in refined sugar. Molasses contains protein, minerals, vitamins (especially B vitamins), unsaturated fatty acids and trace elements, especially a high proportion of iron.

All good things in moderation

In order to obtain a significant amount of vitamins, minerals, and other beneficial substances from sweeteners, you would have to consume them in large quantities, which is not advisable given their high energy values. The old Czech saying even applies to healthier types of sweeteners: “All good things in moderation.” An adult should not eat more than 50 g of sugar a day, including, besides beet sugar, fructose, grape sugar, maltose, cane sugar, and lactose.

Agave syrup

**WHAT IS IT MADE FROM?**

Agave syrup is concentrated natural syrup acquired from agave succulents growing in Central Mexico.

**USE IN THE KITCHEN?**

Agave syrup has a mild neutral flavour and, like maple syrup, is very sweet – sweeter than white sugar or honey. The uses are practically the same as with maple syrup. Agave syrup dissolves well even in cold drinks.

**WHAT DOES IT CONTAIN?**

Due to the fact that it contains a higher share of fructose, which has a lower glycaemic index than sucrose (sugar beet and sugar cane), it is a somewhat better sweetener for those trying to lose weight and type-2 diabetes patients than white refined sugar.





*Syrup from  
barley malt*

#### WHAT IS IT MADE FROM?

Syrup from barley malt is a cereal syrup made by reducing complex carbohydrates into simple forms using natural enzymes. Other cereal syrups include those made from corn, wheat, spelt and rice. Barley malt syrup is the darkest, and least sweet of all cereal syrups.

#### USE IN THE KITCHEN?

The typical malt flavour of the syrup is ideal for cookie dough and gingerbread and also tastes great in marinades and salad dressings.

#### WHAT DOES IT CONTAIN?

Barley malt syrup primarily contains maltose, which has a lower glycaemic index than classic sugar, making it a somewhat better sweetener than white sugar for people suffering from diabetes and those trying to lose weight.

## Brown versus cane sugar

Three types of sugar are available on the market: white refined sugar made from sugar beet, cane sugar made from sugar cane, and brown sugar. Although at first glance brown sugar, which is also labelled as natural sugar, looks like cane sugar, their compositions differ significantly. Brown sugar can be unrefined beet sugar that has retained some of the nutritious substances from the original ingredient. It can also be classic white sugar that has been coloured by molasses (ideally), or by caramel colouring (in the worst case). Therefore, don't rely on your first impression when selecting sugar and carefully read labels in stores.

## *Cane sugar*

#### WHAT IS IT MADE FROM?

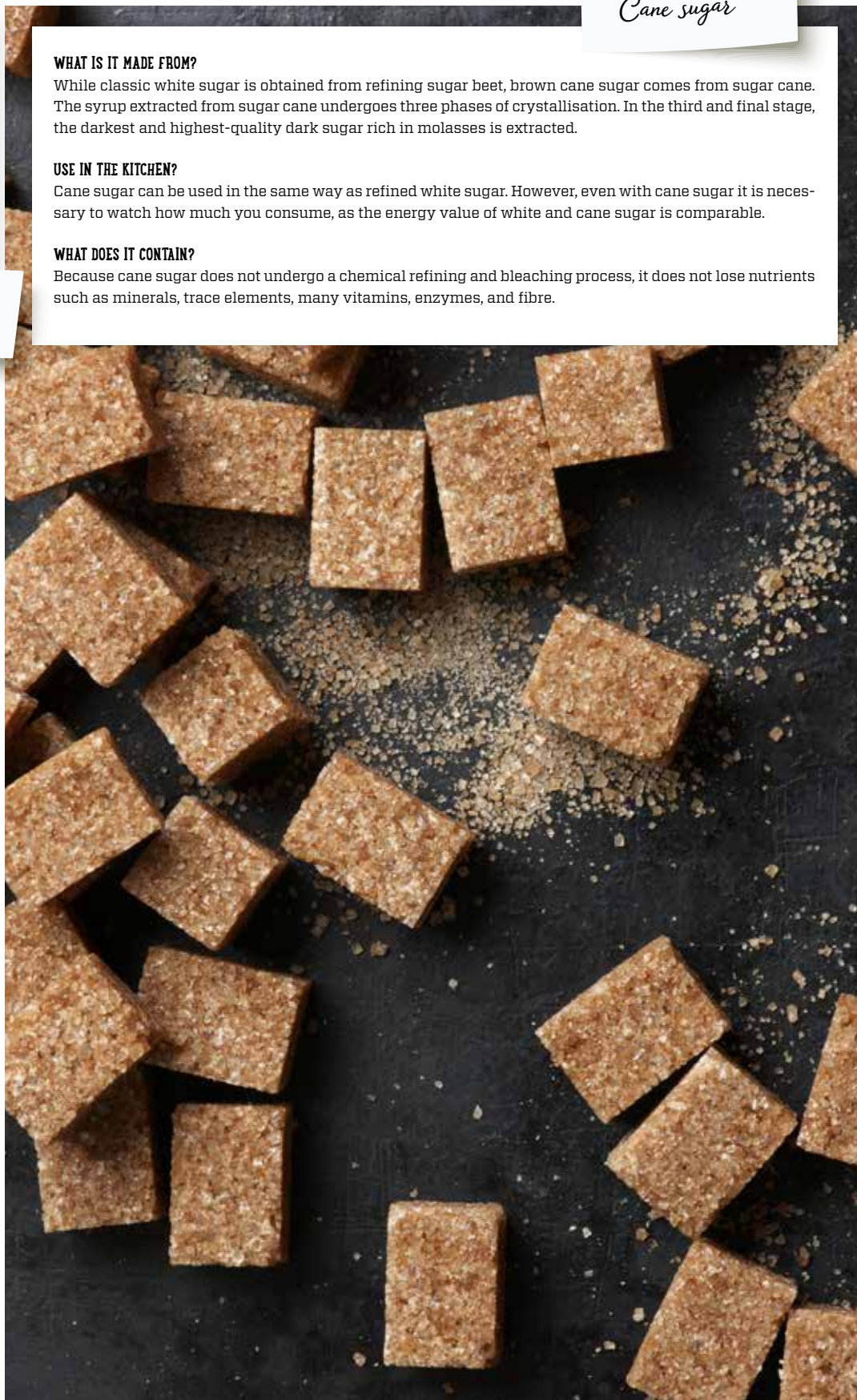
While classic white sugar is obtained from refining sugar beet, brown cane sugar comes from sugar cane. The syrup extracted from sugar cane undergoes three phases of crystallisation. In the third and final stage, the darkest and highest-quality dark sugar rich in molasses is extracted.

#### USE IN THE KITCHEN?

Cane sugar can be used in the same way as refined white sugar. However, even with cane sugar it is necessary to watch how much you consume, as the energy value of white and cane sugar is comparable.

#### WHAT DOES IT CONTAIN?

Because cane sugar does not undergo a chemical refining and bleaching process, it does not lose nutrients such as minerals, trace elements, many vitamins, enzymes, and fibre.



# When you're craving something sweet in the BB Centre

## SATISFY YOUR TASTE BUDS WITH DESSERTS FROM PIZZERIA RISTORANTE GROSSETO

Who doesn't occasionally want to finish a meal with something sweet? Pizzeria Ristorante Grosseto offers authentic Italian desserts prepared from the finest ingredients. You can try mela con crema di mascarpone e fragola (apple with mascarpone and strawberries), sautéed apples with vanilla cream with marsala and fresh strawberries, homemade cream cake with caramel, panna cotta con caramellato, and pecan cake with cranberries and vanilla ice cream, which you can find on the menu under "torta con noci e mirtilli rossi." Another good choice is warm chocolate soufflé with vanilla ice cream (sufflé di cioccolato) or tiramisù, a traditional Italian dessert made with mascarpone.



### WHAT IS IT MADE FROM?

Honey is made by honey bees collecting and condensing nectar from flowers (rape, sunflower, linden, acacia, etc.) or by processing honeydew, secreted by insects. In this way we differentiate between light flower honey and darker honeydew honey or forest honey, which has a more distinct flavour.

### USE IN THE KITCHEN?

Although tea with honey and lemon is a classic, there are many other uses for honey in the kitchen. You can use honey for baking, in marinades for meat or for preparing salad dressings.

### WHAT DOES IT CONTAIN?

Folk medicine regards honey as a medication. Besides simple sugars (fructose and glucose), honey contains B vitamins, enzymes, minerals, trace elements and important amino acids. The quality of honey on the market varies greatly and that's why it is advisable to buy products from trusted sources.

*Honey*

## Sweet tips

- Try choosing alternative sweeteners of the highest possible quality.
- Moderation is also a good idea with healthier sugar alternatives. Keep in mind that honey is a concentrated food that shouldn't be consumed without restraint.
- Alternate various types of syrup with high-quality cane sugar, and include honey in your diet every now and then.
- Try sweetening with dried fruit. Soak it first in water, mix, and add to porridge or yogurt.



**Pizzeria Ristorante Grosseto**  
BRUMLOVKA building  
Opening hours: Mon–Fri 11:00 a.m. – 11:00 p.m.,  
Sat–Sun 12:00 p.m. – 10:00 p.m.  
Tel.: +420 737 107 627, [www.grosseto.cz](http://www.grosseto.cz)

## STOCK UP ON SYRUPS AT MARANATHA

Maranatha sells many interesting alternatives to white sugar, including date syrup, a traditional sweetener in the Middle East made by mixing dried dates with water, mixing and then filtering them. The dark and relatively thick syrup with its characteristic flavour sweetens well and is very distinct, so all you need is a small amount. It can be used in cold and warm dishes, preferably those with a neutral flavour like tofu cream, white yogurt, and curd cheese. Date syrup is also delicious in oat and other porridges, on crepes, and in cereal coffee.



**Maranatha**  
BRUMLOVKA building  
Opening hours: Mon–Thur 7:30 a.m. – 7:00 p.m.,  
Fri 7:30 a.m. – 5:00 p.m. (Oct–Mar only until 3:00 p.m.)



## SHOP AT DM DROGERIE MARKT FOR INGREDIENTS

Thinking about a finishing touch for your favourite dishes? DmBio grade-A golden maple syrup with its mildly sweet flavour is ideal for refining sweet and sweet and sour dishes. DmBio grade-C dark amber maple syrup with its very sweet flavour can also be used for cakes, marmalade, waffles, and pancakes. DmBio agave syrup also has many uses in the kitchen, and thanks to its intense fruity sweetness, it is ideal for sweetening beverages, muesli, and desserts. To sweeten salad dressings or wok dishes, use dmBio sugar from coconut blossoms, a traditional basic ingredient in Asian cuisine. You might be surprised by its caramel flavour similar to dmBio natural cane sugar, the flavour of which stands out especially in milk rice, coffee, and tea. Dm drogerie markt also offers stevia, a sweetener made from the plant of the same name from South America, where it is a traditional sweetener in beverages and dishes.



**dm drogerie markt**  
FILAELFIE building  
Opening hours: Mon–Fri 8:00 a.m. – 7:00 p.m.,  
Sat 8:00 a.m. – 1:00 p.m.  
Tel.: +420 241 412 794, www.dm.cz



## SWEETEN YOUR LIFE IN YOUR OWN WAY AT COSTA COFFEE

Why not treat yourself to something sweet every now and then? At Costa Coffee, you can choose from a large selection of desserts, from classic cakes and sweet pastries to gluten-free desserts for those who don't eat gluten. Enjoy delicious strawberry cheesecake or warm sweet pastries from the early morning selection. We haven't forgotten those who choose to sweeten their coffee with alternative sweeteners. Some of the syrups we use to flavour coffee drinks, e.g. vanilla and caramel, are also available without sugar.

**COSTA COFFEE**

**Costa Coffee**  
BETA building  
Opening hours: Mon–Fri 7:30 a.m. – 6:00 p.m.,  
Sat–Sun closed

# Colours influence thoughts and feelings

Our life is full of colours. Sometimes we have black thoughts, see red or act like grey mice. At other times we wear rose-tinted glasses and see only blue skies. And sometimes we have to show our true colours. We think about colours as we get dressed in the morning, when we furnish our homes, sit at the hairdresser's or go for a manicure, and even when we go shopping for groceries and allow ourselves to be swayed by packaging design.

## Colours significantly change the mood of an interior

As the colours in our home reflect our personality and simultaneously influence our mood and thoughts, careful thought should be given to the choice of paint and decoration,

especially when using colours on large surfaces. Colours can change not only the feeling of large rooms but also the size and shape of furniture. Light colours make spaces seem larger and airy. Dark colours warm a room and add a note of sophisticati-

on. Choose colours for individual rooms based on your expectations for the specific space.

## It also depends on shades

Colours act in three basic directions in a room: active, passive, and neut-

ral. Each colour has its own psychological trait. While blue is calming, red can be unsettling. Bear in mind that different shades of colours can have a major impact. Light blue can make a room feel cold, while dark blue can be depressing.




## Ultra violet is the 2018 Colour of the Year


The firm Pantone named ultra violet the 2018 Colour of the Year. This colour evokes the mysteries of the universe and all the uncharted areas of human life. It is a colour that stimulates concentration and a desire for knowledge. As a combination of calming blue and passionate red, ultra violet has a mysterious effect. With its blue base, ultra violet evokes a sense of mystery.

“If I was commissioned to use ultra violet in an interior, I would use it with a distinct feature such as an armchair in the living room or an armchair for guests in the waiting room of an office. I would definitely not choose it for a larger surface, since every intense colour optically reduces the size of a space,” explains Jakub Seči, an architect with the firm CAPEXUS, which designs office interiors.


Don't be swayed by current trends when choosing colours. Instead, let your feelings and preferences guide you.


The most intense colour, one that increases your adrenaline level and heart rate. Red charges a room with energy. In the living room and dining room it brings people closer and stimulates conversation. On the walls of your entrance hall, it evokes a strong first impression of the entire home. In daylight, red in the bedroom is stimulating, while under artificial light it is subdued and elegant. Unless your aim is to stimulate passion, go easy on the red.

 Yellow evokes sunbeams and radiates joy. It has a stimulating effect, making it an excellent choice for kitchens, dining rooms and bathrooms. It creates a hospitable impression in entrance halls and in small spaces. And yet, while yellow is a joyful colour, it shouldn't dominate the interior, as it can also induce anger and frustration on larger surfaces.

 Blue reduces blood pressure, slows breathing and lowers the heart rate. It makes an interior look peaceful and tidy, which is why it is recommended for bedrooms and bathrooms. While pastel blue looks very nice on colour chips, on walls it can radiate an unpleasant coolness, especially in rooms without much natural light. If you choose light blue as the main colour, balance it out by choosing warm shades for furniture and textiles.

While blue has a calming effect as the main colour in an interior, it's best to choose its subtler tones. Dark blue is not recommended as a main colour because it evokes a sense of sadness. For relaxation spaces such as the living room or live-in kitchen, choose warmer tones of blue such as periwinkle or a bright blue such as azure or turquoise.

 Green is an oasis for the eyes. Green in combination with refreshing blue and joyful yellow is great for almost any room. It's calming in the kitchen and helps one to relax in the living room while also being warm enough to create a feeling of comfort and cohesiveness. Green as the main decorative colour reduces tension and stimulates tranquillity.


 Violet in its darker shades (aubergine) is a dramatic and sophisticated colour associated with luxury and creativity. Used as an accent or a complementary








## Tips for selecting colours for your interior

- Be moderate in the number of colours you choose: more than three or four colours could have a disruptive and chaotic effect in the interior.
- Start by selecting the colours of tiling, textiles, and rugs, the colour spectrum of which is not as broad as the range of paint colours. Only then decide on the colours of walls.
- As the choice of colours for your interior is a matter of personal preference, let your own taste guide you when selecting colours. While general recommendations and trends can guide your decision, they are by no means decisive.
- Don't be swayed by current trends when choosing colours. Fashions change, whereas you'll be looking at the colour in your interior every day for years to come.

colour, it brings depth to a space. In the bedroom, lighter shades of violet such as lavender and lilac invoke the same calming feeling as blue without the coolness normally produced by that colour.

 The colour of energy, passion and enthusiasm. While orange as the main colour in a living room or bedroom does not have a good effect, it is great in rooms where you exercise, as it is able to bring to the surface emotions you can capitalise on during a workout.

 Carmine manages to upset certain people. As it elicits feelings of hostile aggression, it shouldn't be used as the dominant colour in a space.

    Neutral colours. Flexible and timeless neutral colours make up the decorator's basic palette. It's best to use black spar-

ingly, just as an accent. Some experts claim that every interior needs a certain amount of black, as it lends depth to a space.

### Black outlives all trends

“The colour black will certainly survive the current trend of minimalist spaces in which it is often used. As a neutral colour, it is suitable for rooms intended for relaxation or, say, for enjoying music. It is definitely not recommended in smaller spaces and is a colour that should be used on one wall, in a dominant space or as a blackboard,” says architect Jakub Seči.

### Must ceilings be white?

The ceiling makes up one-sixth of a room and is most often painted white. The basic rule applies that a ceiling that is lighter than the walls gives the impression of greater height, whereas a darker ceiling has the opposite effect. And yet, a lower ceiling needn't necessarily create a confined impression. In contrast, a dark colour on a high ceiling in a large room creates a cosy feeling.



## EXCLUSIVELY FOR MEN: DYE YOUR HAIR!

You will certainly agree that hair colour has a major impact on appearance. People with lighter hair seem more fragile, those with dark hair mysterious, redheads provocative. And yet, hair dye isn't just for women. Men also play with the colour of their hair, and not just to cover up their grey.

There is no good reason why men shouldn't dye their hair. It just depends on how brave they are and what exactly they wish to express with their hair style. What are the hair colour trends for men this year?

Light platinum remains the favourite. While you might not be able to achieve the desired lightness with your hair type, you'll still create a good impression with a perfect tinting. Equally popular is rose gold to light rose, the colour of millennials and one that perfectly flatters your skin. If you are more restrained, you can just go for lighter highlights at the tips.

Darker types will feel good in chocolate brown with subtle gold-brown highlights. The shade of roasted almonds, which lends hair golden sub-tones, is also popular in the brown palette. Grey never goes out of style. Whether you decide on an undercut (short on the sides, long on top) or an Ivy League hairstyle, don't be afraid of silvery grey, which will give you a sophisticated look.

Those looking to step off the beaten path can choose neon green, metallic blue, bright violet, red, or bluish green, which create a lovely contrast with darker beards. A more restrained yet distinct option is subtle orchid, which looks magnificent on dark hair.



**Adams Barbershop**  
 FILADELFIE building  
 Opening hours: Mon–Fri 10:00 a.m. – 6:00 p.m.  
 Tel.: +420 777 008 561  
 www.adams-barbershop.cz



## NEON NAILS ARE FUN, THE 'CLASSIC' LOOK ADDS CONFIDENCE

Red, neutral, or neon fingernail polish? Just choose – there are no limits to your imagination. The most important thing in any case is to have healthy and well-kept nails, which are just as essential as clean clothes and shoes.

### Coloured fingernail polishes are nearing the century mark

Ancient Egyptians painted their nails using natural henna to obtain shades ranging from terracotta to ruby red. Manicured nails were a status symbol in ancient cultures. Long, painted nails were a sign that their owners were not forced to perform manual labour and hence belonged to the higher social classes. The coloured fingernail polishes as we know them today were first produced in the 1930s. Each decade then had its own hits in fingernail styles, from “crescent moon” manicures that left an unpainted space in the lower part of the nail, through to decorating nails with ornaments. Film stars were one source of inspiration. For example, women in the 1990s painted short nails Rouge Noir after Uma Thurman's character in the film Pulp Fiction.

### Fashion trends have no borders

“Style trends are highly variable in all fashion directions today. In the case of nails this means that you can choose any colour, glossy or matte, loud or subtle,” says Radka Chvalová from the Nail Studio in the FILADELFIE building at the BB Centre. Neon colours in shades of yellow, green, orange, violet, light blue, or pink are fun and give a positive charge to your everyday life. Even so, any “classic” colour will also look great while also boosting your self-confidence,” adds Radka. Bright shades of pink are popular on toenails throughout the summer.

*TIP: If you want to improve the appearance of natural nails, try the hot new shellac treatment, which leaves your nails undamaged while offering a broad palette of beautiful colours with a shine and long-lasting effect.*

**Radka.  
Chvalova.**  
 Nail.  
 Studio.

**Radka Chvalová Nail Studio**  
 FILADELFIE building, Želetavská 1525/2  
 Opening hours: Mon–Fri 9:00 a.m. – 6:00 p.m.  
 Tel.: +420 603 155 922, email: radu.chvalova@seznam.cz



## THE BRIGHT PALETTE OF FLOWERS

White calla lilies are pure and innocent, while red roses inspire passion. When choosing flowers as a gift, pay attention to both the type of flower and the colour of the bouquet to ensure you're sending the right message.

Judita Waissi's Romantika shops in the FILADELFIE and BRUMLOVKA buildings offer flowers and tasteful decorations and specialise in romantic bouquets in shades of pink and old pink. However, the florist can also create bouquets in the entire range of colours to suit the customer's wishes and preferences. The colour of bouquets is also influenced by the season. "In the spring customers are interested in brighter arrangements, for example combinations of white, violet and yellow," says Judita. "In general, red is best for privacy, while white is universal. For example, we use white flowers to create floral arrangements for funerals," she adds.

### Warm up colours with miniature carnations

Miniature carnations are ideal flowers for vases; they're easy to work with and last a long time.

Moreover, small flowers come in a wide range of shades, from white to yellow, pink, orange, shades of red, salmon all the way to dark violet. Shades of light green and flowers in their natural state. Striped flowers or those with contrasting edges creating a lacy effect look beautiful in arrangements.

### In the language of flowers, each colour has its own meaning

*Yellow flowers invoke joy and a carefree feeling, while also being a symbol of friendship. Yellow flowers can dominate bouquets for friends.*



*Red is the colour of passion and excitement, while dark red is serious and dignified. Bright red arrangements express intimacy, dark red bouquets are ideal for people you respect.*



*The warm colour of orange radiates energy and enthusiasm. When you give someone an orange bouquet, you are expressing trust, satisfaction and a passion for life.*



*Violet is dignified and proud – it is the colour of success. Violet colours express admiration.*



*Pink is for youth, delicacy and chastity, making pink bouquets ideal for very young girls.*



*White is the colour of innocence, humility and respect. Simple white arrangements are elegant and are suitable for virtually any occasion.*



*Blue is the colour of peace, serenity and openness. Blue arrangements are great for reconciling with a friend.*



**Romantika flowers**  
BRUMLOVKA building  
Opening hours: Mon–Fri 9:00 a.m. – 7:00 p.m.  
[www.romantika-dekorace.cz](http://www.romantika-dekorace.cz)

FILADELFIE building  
Opening hours: Mon–Fri 8:30 a.m. – 6:00 p.m.





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# Culture tips

## Film



**What? Escobar**

**When? Premiere 31 May 2018**

The journalist Virginia Vallejo, who now lives in asylum in the USA, wrote the book *Loving Pablo, Hating Escobar*, which was the basis for the new Spanish-Bulgarian feature film. The film tells the story of the journalist's intimate relationship with the controversial drug boss who was hugely popular especially among the poor people of his native Columbia because he invested money, for example, to build dwellings replacing miserable slums, handed out cash and sponsored small football clubs. The film is directed by the Spaniard Fernando León de Aranoa, Virginia Vallejo is played by Penélope Cruz, Pablo Escobar by Javier Bardem

The main roles in Escobar are played by Penélope Cruz and Javier Bardem.

## Concert

**What? Lenny Kravitz concert**

**Where? O2 arena, Prague**

**When? 2 July 2018**

On his summer tour with a stop in Prague, singer and guitarist Lenny Kravitz will play his hits and songs off his new album *Raise Vibration*. Lenny Kravitz, the most distinguished rock musician of our times, one who transcends genre, style, race, and class, is well-known as a talented songwriter, producer, and multi-instrumentalist. To date he has put out ten studio albums that have sold more than 38 million copies worldwide. He received Grammys four years in a row (1999–2002) and is also the record holder as the most frequently awarded artist in the Best Male Rock Performer category.



## Exhibition

**What? MARIA LASSNIG, 1919–2014**

**Where? Trade Fair Palace, Prague**

**When? 16 February – 17 June 2018**



The National Gallery in Prague presents the first major exhibition devoted to this leading contemporary artist and her remarkable work. The Austrian painter and media artist Maria Lassnig is regarded as one of the most important artists of the 20th century. She became a pioneer of women's liberation in the art world traditionally dominated by men. The exhibition delves into Marie Lassnig's long interest in exploring the body and self-presentation and covers the more than seven decades of her professional life. Her pictures, for which she posed as her own model, draw attention to the fragility of the body, aging, and the passing of time.

## Book

**What? Dědina (The Village)**

**Author? Petra Dvořáková**

**When? Published April 2018**



Set against a background of humorous narration, tumultuous rural life is depicted in all its unembellished rawness. The natural physical proximity of the main characters, their work together, and their longing for a better life are the source of constant discord and close ties, as well as futile efforts to heal past wounds. And yet, the brisk narration of the Formanesque action is not cynical: it is lively and devoid of judgment. Dvořáková gained attention more than ten years ago with a book of conversations on disillusionments of religious faith titled *Proměněné sny* (*Transformed Dreams*), for which she won the Magnesia Litera Prize. Her subsequent works, *Já jsem hlad* (*I am Hunger*), and *Sítě* (*The Net*) were also well-received.



# PUBLIC CAFETERIAS AT BB CENTRUM

## PERFECT CANTEEN



### Building B

Address: Vyskočilova 1422/1a, Prague 4  
 Opening Hours: MO – THU 7:30 a.m. to 5:30 p.m.  
 FRI 7:30 a.m. to 4:00 p.m.  
 Daily Menu: <http://www.perfectcanteen.cz/nase-kantyny/moneta-money-bank>

## GTH



### FILADELFIE Building\*

Address: Želetavská 1525/1, Prague 4  
 Opening Hours: MO – THU 7:30 a.m. to 4:00 p.m.  
 FRI 7:30 a.m. to 3:30 p.m.  
 Daily Menu: <http://www.gth.cz/bbc-filadelfie/jidelni-listek>

\*Entrance only with a card issued at the building reception

## GTH



### BETA Building

Address: Vyskočilova 1481/4, Prague 4  
 Opening Hours: MO – FRI 8:00 a.m. to 3:00 p.m.  
 Daily Menu: <http://www.gth.cz/bbc-beta/jidelni-listek>

## MOMENTO ALPHA



### ALPHA Building\*

Address: Vyskočilova 1461/2a, Prague 4  
 Opening Hours: MO – FRI 7:30 a.m. to 4:00 p.m.  
 Daily Menu: <http://www.momentoalpha.cz/en/>

\*Entrance only with a card issued at the building reception or in the canteen



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## MOMENTO DELTA



### DELTA Building

Address: Za Brumlovkou 1559/5, Prague 4  
 Opening Hours: MO – THU 7:30 a.m. to 5:00 p.m.  
 FRI 7:30 a.m. to 4:00 p.m.  
 Daily Menu: <http://www.momentodelta.cz/en/>





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