

city

A magazine for everyone
at the BB Centrum

WHAT'S HAPPENING RIGHT NOW
The Completion
of Building B
AT THE BB CENTRUM

**Do you know
what the most
common types
of cancer are,
as well as their
risks and means
of prevention?**



The Main Topic

**Josef Fuchsa:
The Maranatha
restaurant
aims to cook
and educate**

**Nordic walking
will get you into
great shape**

SHOPS AND SERVICES AT BB CENTRUM

RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Roast & Grill Bistro
- 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 Momento – canteen
- 15 Momento – canteen
- 16 Perfect Canteen – canteen
- 17 SushiTime

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 arena – sportswear
- 8 Bianco & Rosso – Italian delicatessen
- 9 Romantika Florist
- 10 Romantika Florist
- 11 Novus Optik

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,



We are delighted to be able to present you with what we have managed to complete at the BB Centrum this year through the medium of our magazine. This may be news to many of you and we believe that the articles and interviews will interest and inspire you.

Let's start with the Beetle. If you haven't seen it in person yet, stop by the ALPHA Building on the way to work or just go for a walk and have a look at the Beetle in the form of a Porsche 911 impaled on a huge pin. The installation has become a remarkable artistic element at this site. We opened the brand new Ellen G. White Square with seating under mature trees by a water fountain right next to it across Vyskočilova Street in the middle of the year. On the other hand, Brumlovka Square was furnished with permanent seating, deck chairs and two new swings, which have become popular with adults and children alike. Those who prefer a quieter place to sit among plants and water can go to see the newly created atrium in Building B, which can be easily reached using the footbridge over Vyskočilova Street. The footbridge has been newly complemented by a grand staircase leading directly to the entrance of the atrium. Another topic addressed in this issue is the introduction of shops and services. We also provide tips for a healthy lifestyle. The main focus is a sport that everyone can enjoy – Nordic walking. This issue of BB Centrum City also contains information on where to play sports at the BB Centrum and where to go for healthy food.

Thank you for your support.

Kristýna Samková
PASSERINVEST GROUP

Where to find us

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

www.bbcentrum.cz

[f](#) BB Centrum

[@](#) BB Centrum

<#> The FILADELFIE Building

The BB Centrum is full of new things

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□ A track and field stadium on the grounds of the BB Centrum



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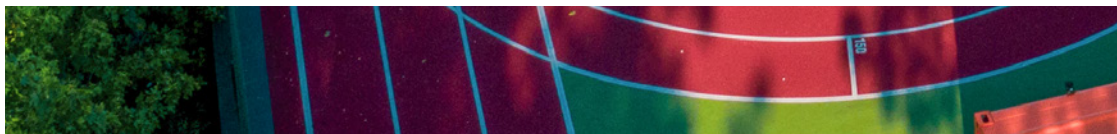
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Featured photos

The reconstruction of Building B is complete

Administrative Building B, which has undergone complete renovation, has passed its final approval inspection. The most significant change is the walk-through atrium with a water feature, greenery and benches connected to a new public space – the Ellen G. White Square. _

Building A won at the HOF Awards



We are proud that our Building A, which underwent complete reconstruction in 2018, won first place at the HOF Awards (Hall of Fame – Best of the Best) in the Best Reconstructed Commercial Projects category.

A reward for good work

The reconstruction of the building with a total leasable area of 21,600 m² was undertaken in cooperation with the exclusive tenant, MONETA Money Bank, a leading Czech bank, whose headquarters are located here. “The award from the competition is confirmation of the fact that we do good work. I would like to thank my colleagues and all those who participated in this sensitive and purposeful reconstruction and who have helped to keep the BB Centrum attractive and popular,” added Radim Passer, the founder and CEO of the PASSERINVEST GROUP, which is continuously developing the BB Centrum complex and modernising the existing buildings. Building A prevailed against projects from the Czech Republic, Hungary, Poland, Romania, Serbia and Slovakia in the competition, which acknowledged the best projects, companies and personalities from the real estate market across the entire CEE region. _

The HOF Awards

For the fourth year in a row, the HOF AWARDS BEST OF THE BEST competition has recognised the projects of the year in the fields of office, retail, residential and logistics real estate, as well as companies operating in the real estate market (real estate agencies, construction companies) and banks and project managers.

The BB Centrum showroom has stood on the medal platform twice



The “BB Centrum” multimedia room in the Brumlovka Building, which is used to present the history, present and future of BB Centrum’s development, was successful in the 7th year of the Fénix content marketing competition. The showroom took 3rd place in the Best Business Content Distribution category and 1st place in the Best in Real Estate category. The multimedia room features an unconventional curved projection wall with immersive projection (180 degrees) on an area of 14.3 m², which gives visitors the feeling that they are part of the display. The intensity of the experience is heightened by a 3D sculptural model of the BB Centrum at a scale of 1: 450. The showroom will be open to the general public until the end of the year during Open Houses at the BB Centrum. You can find the dates on the BB Centrum and PASSERINVEST GROUP social media sites.

What to do in your free time. The BB Centrum offers walks, games and sports

You don't want to sit at home? The BB Centrum offers many opportunities for outdoor activities, either quiet walks or something more active. There are two large parks, joint running and yoga lessons, a track and field stadium and other places for active and passive relaxation.

A picnic on the lawn or pétanque

The Baar and Brumlovka Parks are ideal for walks, during which you can enjoy blooming flowers and have a picnic. The reception desk at the FILADELFIE Building will be happy to lend you blankets for sitting on the grass or balls for traditional French pétanque, which you can play on a special pitch in Baar Park. Brumlovka Park has a large, nicely equipped playground for children and also a dog meadow, where your four-legged friends can have great fun.

Track and field, yoga, running... something for everyone

If you are looking for more active relaxation, you can use the track and field stadium with its running oval, sprinting straights, long and high jump pits and workout area. Goals and a net are available on the smaller indoor court for floorball and badminton players. The large multi-purpose court behind the FILADELFIE building is perfect for football and basketball. The PASSERINVEST GROUP, the investor and administrator of the BB Centrum, also organises many interesting sports events free of charge.

Experienced instructors from the Running2 duo will accompany you around the BB Centrum on a short jog. Runners meet at the BETA building reception desk every Tuesday at 5.20 p.m. Morning yoga is available in Brumlovka Park every Thursday, while yoga classes for senior citizens are held in the same location on Wednesdays. Lessons are not held in bad weather, so be sure to follow the up-to-date information on the individual lessons on the BB Centrum's Facebook profile.

Brumlovka Square is alive

We are also delighted that we have been able to renew the popular regular events held on Brumlovka Square. Various cultural events await you and the outdoor seating areas of the restaurants and cafés and newly installed designer swings offer pleasant relaxation. You can find the current program of events at the BB Centrum in the News and Events section of the BB Centrum website. _

Don't miss out! A tour of the BB Centrum and the Children's Day

Two guided tours of the BB Centrum will be held at 10 a.m. and 6 p.m. on Wednesday, September 2. Those interested in the tour will be picked up by PASSERINVEST GROUP representatives at the FILADELFIE building reception desk and be guided around the buildings and roof terraces of the BB Centrum, including the BB Centroom multimedia showroom and sports venues located in the complex, over a period of almost two hours. The walk is not only intended for tenants and residents of the BB Centrum, but also for the general public, including children, for whom the PASSERINVEST GROUP has organised a fun afternoon full of competitions with prizes on the same day. The children's program will take place simultaneously in the Baar and Brumlovka Parks from 1 p.m. to 7 p.m.

Beyond the borders of the BB Centrum: Nové Roztyly Park has a new cross-country track

The PASSERINVEST GROUP has built another public sports ground at the former Interlov complex near the Roztyly underground station; a new outdoor cross-country circuit. It is ideal for fitness training and measuring time intervals. The new project is part of the long-term plan to revitalize the land owned by the company, which also manages all the sports venues, so the general public can use them for free all year round.

In order to ensure safe running

The new 650 metre long cross-country trail is equipped with information signs

that define the start and two 50-metre running sections on flat terrain. There are six benches near the circuit where runners can relax and stretch. The trail is easily accessible from the Roztyly underground station and from the adjacent Krč Forest. The 100-metre flat section following the starting area is parallel to the yellow hiking trail and the A222 bike path separating Krč Forest from Nové Roztyly Park.

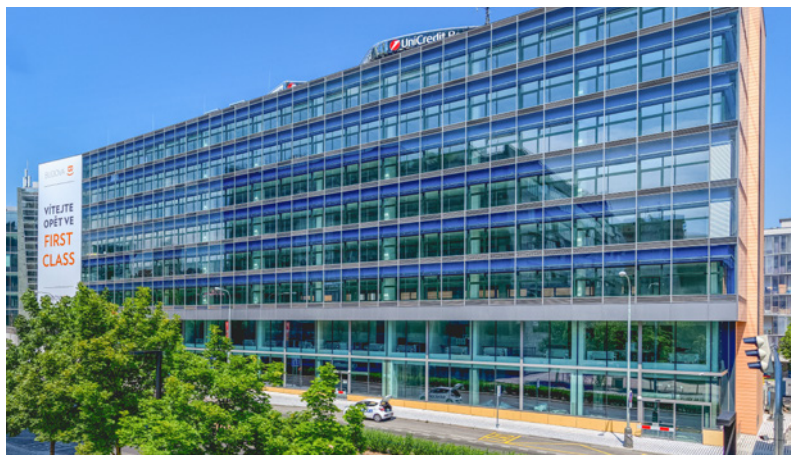
And what about the adults?

There are places for them to play too!

The cross-country track is not the only place in Nové Roztyly Park which

is suitable for sports. Several other public sports areas have been added to PASSERINVEST GROUP land in recent years. These include disc golf and a workout course with exercise equipment for training using the weight of your own body. An outdoor gym was opened for all generations, especially for senior citizens, in the neighbourhood in the same year. 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 trim their body or to undergo a more demanding exercise regimen.

Approved! The complete reconstruction of Building B is finished



Administrative Building B has undergone complete renovation and passed its final approval inspection. We trust that it will provide all its tenants with a friendly space for work and relaxation.

Visible and invisible changes

The most significant change is the walk-through atrium with a water feature and the greenery and benches connected to a new public space, the Ellen G. White Square. It is also apparent at first glance that the building has received a new façade in

pleasant earth tones. The change that is not readily apparent, but all the more important for that, concerns all the technology that ensures a quality working environment. Thanks to this modernisation, the building now conforms to standards guaranteeing economical and efficient operations.

The new Ellen G. White Square

The reconstruction has also included the cultivation of a public space. The new Ellen G. White Square in the space between Building B and the adjacent Building C of-



fers benches, secure bicycle stands, newly planted mature trees, designer lighting and a grand staircase to Želetavská Street. A jet fountain with interesting lighting and 21 nozzles has been built into the square's pedestrian area.

The new space undoubtedly also benefits the surrounding administrative buildings that are owned and managed by various owners. Nevertheless, the PASSERINVEST Group was still the only investor willing to participate in its construction with an investment of 27 million CZK.

A pleasant place for work and relaxation

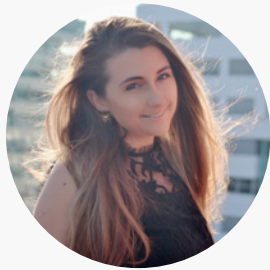
The PASSERINVEST Group also has replaced the asphalt pavement alongside Building B in Vyskočilova Street with the so-called "Prague mosaic", which helps seepage, retains rainwater and creates a more pleasant environment and it has done so at its own expense (with an investment of 2 million CZK).

The newly opened atrium of Building B, which is freely accessible to the public from Building A, provides seating among plants and is a pleasant place to relax or work, especially in summer. The PASSERINVEST Group has also built a convenient staircase to the footbridge over Vyskočilova Street for 4.5 million CZK, thus providing a direct route to the 2nd floor of the BRUMLOVKA Building.

The first tenants are moving in

"This summer, Building B welcomed its first office tenant, NEWPS.CZ. The arrival of the second tenant, Alcon Pharmaceuticals, is scheduled for November this year, along with the tenants of the ground floor commercial units, which are gradually being occupied. We anticipate more arrivals over the course of next year. We currently offer 5,500 m² of administrative and 400 m² of retail space in Building B," notes Lenka Preslová, the head of the Sales Department at PASSERINVEST GROUP, a.s.

Ellen White was one of the key figures in the founding of the Seventh-day Adventist Church in the 19th century; she influenced the church primarily through her prophetic visions. She placed great emphasis on a harmonious and healthy lifestyle. During her life, she lived and worked in America, Europe and Australia, where she organised new work, preached and published.



**Five questions for:
Gabriela Moskalová
Assistant to the CEO
at PASSERINVEST GROUP, a.s.**

What did I want to be as a child?

Growing up, I wanted to be a dentist like my dad. But then we moved to Asia and I experienced life in a developing country. I saw that it was also necessary to help in other areas, such as the education of children and women. There were a lot of children on the streets who either ended up working on machines in factories at an early age or worked in the fields to at least partially help the family earn money. I am very grateful that I had the opportunity to study, because many children around the world never get this chance.

The businesspeople I admire the most?

That's a very simple question. I respect Radim Passer the most: he runs the PASSERINVEST GROUP very well and always has new visions for it. Moreover, he is willing to help with the implementation of various charitable projects, both in the Czech Republic and abroad. I am very grateful to have the opportunity to work for him.

My favourite food?

That is a tough question. I love food! From Indian, Chinese, Japanese, Vietnamese and Korean cuisine to Italian, Mexican and American burgers and fries. And I can't forget my grandmother's cakes – they are simply the best. But if I cook myself, my favourite is Indian spices and that type of cuisine.

When was the last time you wrote something by hand?

I write by hand every day, I'm very "old school" in that sense. I prefer handwritten notes to electronic ones. I am also always happy when I receive a handwritten letter or a postcard from friends from their travels. I find it very personal and thoughtful.

Which historical or contemporary personality would I like to meet?

Queen Elizabeth II of England. She is someone who has experienced many historical events, lived through a war and many complex political situations and social changes. She has a lot of knowledge and certainly also a lot of interesting stories that I would like to hear.

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Arena

Swim further with
the Arena brand

→ The BRUMLOVKA
building

Most swimming enthusiasts immediately think of a swimming pool when they hear the name of the Arena brand. Arena offers everything you need for the water. And there is also much more! Come and see for yourself in the BRUMLOVKA “sports” building, where the Arena store is located.

N

ot just for swimming

The store has everything you need for swimming and water holidays, from swimwear, swimming shorts, swimming goggles and sandals to children’s inflatable sleeves. The range includes equipment for beginners and gear for professionals. The store has swimwear for absolute beginners, as well as for those who need the best racing swimwear for long distances. Arena is not only considered a world leader in the sports and competitive swimming segment, but is also a prestigious manufacturer of sports and fitness clothing. Thanks to its top designs, advanced functional materials and modern cuts, it can boldly compete with the leading brands in the industry.

The brand of a Czech swimming legend

It is no coincidence that ARENA PRAHA s.r.o. is the official sponsor of the Czech Swimming Sports Association and that all the members of the Czech National Swimming Team compete in the brand’s swimwear. Its founder, owner and managing director is Daniel Machek, a Czech swimming legend who finished fifth at the Moscow Olympics and whose national record in the men’s 1500 metres freestyle stood for an incredible 34 years.



In addition to his brand, this sixty-time Czech champion, eight-time world champion and fifteen-time European swimming champion in the Masters category continues to compete, and not only in the water. Last year, for example, he participated for the second time in an Ironman race, the Ironman World Championship in Hawaii, which consists of a 3.8 km swim, a 180 km bike ride and a 42.195 km run.

A proven tradition that doesn’t rest on its laurels

Throughout the 45 years of its existence, Arena has built up the position of the best and strongest sports brand in the “Waterwear” swimming category. It was the exclusive and official sponsor of the European and World Championships several times from 1987 to 2018. “The brand constantly strives to maintain its position as the market leader and thanks to the tireless cooperation between the designers, athletes and experts themselves, Arena produces technologically perfect swim gear. In 1980, Arena introduced a high-tech fabric called “Flybacks”; nowadays, its latest patented material is Powerskin Carbon, which is a lightweight non-absorbent material with virtually zero friction, carbon fibres of vary-



The Arena shop

The brand new Arena shop is located in the same building as the swimming pool and the Balance Club Brumlovka fitness studio, which means you can try out your newly purchased gear. Arena is open from 10 a.m. to 7 p.m., Monday to Friday, and from 10 a.m. to 4 p.m. on Saturdays. Apart from the “outlet” in Prague-Vestec, the shop in the BB Centrum complex’s BRUMLOVKA building is the only specialised Arena store in the Czech Republic.

ing strength and cleverly glued seams,” says the shop owner Daniel Machek. “Many racers from around the world have finished in high positions at a number of important world competitions, including the most recent Olympic Games, while wearing Arena suits” he adds.



THE ARENA SHOP
The BRUMLOVKA Building
www.arenashop.cz

Romantika Florist

Romantika Florist is here
to bring you joy

→ The FILADELFIE Building

Romantika Florist has been decorating the premises of the FILADELFIE building for several years, bringing joy to employees and visitors to the complex alike. You can buy a bouquet and order complete decorations for your premises or a workshop for your employees. And if you like fresh flowers, you can arrange home deliveries.

We know who we work for

“We have been open at the BB Centrum for eight years now. We like working here thanks to the fact that it is like a small town where everyone knows each other. That is why we often know, who we are preparing flowers for. We know what makes the recipient happy and that is a great advantage,” says Judita Waissi, the shop owner. “Flowers are luxury goods, i.e., something we don’t necessarily need to live. Still, flowers play an essential role at events such as weddings, funerals, birthdays, retirement parties and baby showers. We are prepared to provide you with beautiful floral decorations for these occasions,” says Judita. “In general, cut flowers make up the vast majority of all sales,” she continues. Recently, there has been growing interest in green house plants. “People follow trends and are increasingly ordering plants like monstera and pilea from us,” Judita continues.



in other similar stores,” notes Judita.

A workshop to show your appreciation to your employees

Romantika Florist also organises popular Christmas and Easter workshops, which have proven to be a unique gift for the employees from the companies at the BB

Centrum or for business partners. They most appreciate that the workshops offer an escape to another world for a while, away from their computers and everyday stress.

Are your plants dying? Entrust them to our care!

“We would like to become known not only to the tenants of the offices and premises in the BB Centrum complex, but also to the residents in the Baar Residential Park. We can take care of plants in offices, in flats, on balconies and on terraces and we can supply you with fresh flowers on a regular basis,” explains Judita. The recent pandemic has raised concerns about the sale of flowers, but it seems that they were unfounded. “Flowers are still in demand. And it’s pleasant work,” adds Judita. “The people who come to us usually don’t frown. They buy flowers to please someone. And that joy is then passed on to us as well,” she concludes.

Tasteful tailor-made gifts

The florist also prepares the decorations for the reception desk and terrace at the Balance Club and offers flower deliveries within the complex and the surrounding area, as well as the preparation of gifts to order. You can also order seasonal decorations at the florist, including Christmas wreaths, Easter decorations, and original gifts for various occasions. Are you looking for a nice gift? Tasteful arrangements are created in collaboration with the Sommellerie wine shop, located in the FILADELFIE building. A popular gift is a bottle of good wine and delicacies from the wine shop complemented by floral decorations. “In addition, we also offer home decorations, fragrances and a range of small gifts. We try to ensure that the range of decorations is not overly commonplace and that it is a little different to what is available

Christmas orders

Orders for corporate Christmas gifts for employees and clients begin at the end of August. Follow Romantika Florist on Facebook and Instagram so you won’t miss a thing!



Romantika Florist
The FILADELFIE Building
www.romantika-dekorace.cz

The Question of origin: creation or evolution?

Do you feel like you're dead set on your conception of the question of the creation of our world and ourselves? And how does Darwin's 160-year-old theory stand in the light of contemporary scientific findings? Has it been unequivocally proven or will it not live to see its 161st birthday?

In the following miniseries, we will bring you the musings of Mgr. Libor Votoček, a graduate of Charles University's Faculty of Mathematics and Physics and a former employee of the Institute of Physics of the Czech Academy of Sciences, on the origin and workings of the world from the viewpoint of two competing models: creationism and evolution. You will become familiar not only with a range of intentionally neglected facts, but also with some disparate interpretations of commonly-known facts and their impact on the lives of individuals as well as on society as a whole.

Part Two: Modern genetics versus Darwin's theory of evolution

Darwin didn't know anything about genetics, but still ...

Charles Darwin knew virtually nothing about genes and organic codes in general. In his day, this information was at best a hunch or a guess. Darwin sensed that there must be some internal mechanism in the body of every living organism which enabled the properties (changes in properties) acquired during life to be inherited, otherwise evolution as he had imagined it would have been inconceivable. However, it was not until many years later that geneticists discovered that the genome of virtually any living organism is an ultra-sophisticated information, language and communication network that, with today's knowledge of information technology, could be likened to a computer network at a state-of-the-art computing centre.

Inheritance and the stability of species

We know that while each individual of each species is completely unique, it exhibits a stable set of characteristics and abilities over time that belong to a particular species category. For example, if we put all dog breeds side by side, we see that there are significant differences between them at first glance, e.g. in the colour and length of their coat, their body size, the length of their limbs, their

ears and snouts. Nevertheless, they all have a common set of characteristics that make a dog a dog, allowing them to interbreed in principle. However, Darwin apparently made the mistake of interpreting the unique variations in the characteristics of each individual of a given species as evidence of a certain global developmental trend that has, in principle, no boundaries.

However, the evolution of the species in the sense that, over time, completely new properties and organs would emerge, so that, for example, a non-flying organism would gradually learn to fly and its efforts would lead to the growth of wings, lung sacs and "thin" bones (including the relevant changes in genes) is obviously a completely unscientific notion. On the contrary, modern genetics has confirmed the stability of the basic species approximately at the level of the families that Moses spoke of in the book of Genesis as early as the 16th century BC.

Irreducible complexity completely invalidates the idea of evolution

It is known from genetics that, if an organism does not have all the basic and fully functional body systems which enable breathing, searching for, receiving and processing food from the environment, the regulation of metabolic

processes and their control and correction, orientation and movement in an unknown environment, memory, communication with other individuals of its species and other species of organisms, procreation and some other properties in some species, it is impossible to develop any of these basic life functions on their own over time, regardless of how much time is available. The time aspect is not only completely irrelevant to the question of evolution, but above all it is clearly a negative factor. The more time, the more wear and tear, the more harmful mutations and degenerations.

The functioning of nature is based on information that is highly organised and protected and, if it is damaged or lost in any way, it is practically impossible to replace or supplement it. Living organisms exhibit something called irreducible complexity. This means that all the basic functional components of the body and genome that are necessary for the survival of a given species must be in place from the very beginning of their existence.

For example, if you want a bee to function like a bee, it must have everything that allows it to fly from the very beginning. It also needs a fully functional visual system with a compound eye, a properly functioning suction system and a complete digestive system, otherwise it would starve to death. Likewise, if the queen bee did not have a perfectly functioning reproductive system, bees would have become extinct long ago, which would have had absolutely catastrophic consequences for nature and all of humanity. Bees must have had these basic life functions and abilities from the very beginning of their existence, when (among other things) the first adult generations of all basic insect species were created.

This act of creation had to take place not by natural (material) but by supernatural (super-material) information processes, which were so rapid that no organism began to live and perceive itself and the world around it until it had been fully formed. _

MARANATHA

The Maranatha restaurant aims to cook and also educate, says its manager Josef Fuksa

If you like something you eat at the Maranatha restaurant, you can ask for the recipe and go and buy the ingredients in the shop of the same name just a few steps from the restaurant.

We met the manager of both establishments, Josef Fuksa, shortly after the restaurant reopened after a forced break to talk about the past, the present and his plans for the future.

We are sitting in the vegetarian restaurant in the BRUMLOVKA Building. Were you on hand at the birth of the idea for a place where people can eat well even without meat?

I became the manager of the Maranatha store in 2005, which at that time had been operating at the BB Centrum complex for a year, though in the neighbouring ALPHA Building. The plans for a vegetarian restaurant began during the following year and we opened it in 2007. So yes, I was present at the birth, but this vision came from Radim Passer. I originally came from a completely different field, but my great strength is that I like learning new things and I'm flexible, so I took it as a challenge and went for it. Throughout the preparation and implementation and also during the first three months after the restaurant opened, I had a person by my side who had been working in the food business for many years. This person gradually introduced me to the field, so I was not completely "thrown in the deep end" without any training.

The restaurant opened at the same time as the BRUMLOVKA Building, which has a different focus to the other buildings at the BB Centrum.

Yes, the main idea was for BRUMLOVKA to function as a service building for the people who work here, as well as for visitors to the BB Cen-

trum. And not just that. Its intent is to be something like a "healthy building" in which people can find ways to take care of their bodies and their health. In addition to two restaurants, a hairdresser, a car wash, a post office, a café and financial services, there is also the Balance Club and now also

a health food store, which moved to Brumlovka in 2012. As such, the vegetarian restaurant fits into this concept perfectly.

Why is Maranatha purely vegetarian? After all, this means that you lose clients who cannot imagine their lunch without meat.

Certainly one of the main reasons is that Mr. Passer is a big fan of vegetarianism and wanted people to be able to eat well without meat. ▶



► According to our surveys, our clientèle is 30% vegetarians and vegans, while the others are “omnivores”. Many guests are pleased that they are not as tired after lunch as when they have a piece of meat elsewhere and that they have the energy to continue working.

For some professionals, vegetarianism is a rather problematic dietary direction in terms of nutrient complexity. What is your opinion?

There are many opinions among experts about a vegetarian diet; some of them are quite biased, others are based on relatively outdated nutritional recommendations and myths. But it has been shown that a vegetarian diet can be eaten without suffering deficiencies of substances that are essential for the proper development and functioning of the body. It is said that meat is necessary for building muscle mass. But even plant sources contain a lot of protein. The body breaks them down and composes its own amino acids, from which it then builds muscle mass. It is just a myth that this is not possible without meat. Of course, a vegetarian diet must be compiled very carefully so that the body gets all the nutrients it needs. You can't just take salami off bread and declare yourself a vegetarian. But it is possible. Veganism is a different matter. Probably the biggest problem for vegans is vitamin B12, which is only contained in animal sources. Our restaurant serves so-called lacto-ovo vegetarian food. We use milk, Greek yoghurt, quality sheep cheese and eggs. As for meat substitutes, you can choose from soy meat, tofu, seitan (pure wheat protein), Šmakoun (egg white) and Goody Foody (a combination of soy and egg protein with gluten). We can prepare a wide range of dishes with them, even Czech classics such as pork tenderloin (“svíčková”). Tofu is my clear favourite, both in terms of its composition and the production method.

What does your daily offer look like? Can your guests enjoy a “lunch menu”, a popular feature at Czech restaurants?

We have a lunch menu – we call it our “discounted daily menu”. It includes soup and a predetermined dish, as well as water with lemon. The dishes are served on a plate by our chef to ensure a reasonable portion, but you can be sure that it is really decent. It costs 120 CZK, whereas it would be 180 CZK by weight. If guests choose for themselves, they can also compile their own tasting menu. They can try a little bit of everything. Every day there is a choice of four or five hot meals, five or six salads and a variety of appetizers, such as sliced vegetables, olives, “ajvar” pepper spread and more. And dessert lovers won't miss out on a thing. Desserts are prepared from Greek yoghurt in combination with fresh fruit and are mainly sweetened with honey and natural syrups.

Why did you choose the concept of a buffet and not a classic restaurant with service?



□ Josef Fuksa has been at the Maranatha restaurant since its opening

The back lounge, where we are now sitting, originally served as a traditional restaurant with an a la carte ordering system, but there were few guests. By contrast, it became difficult to find a place to sit in the second section. In addition to unnecessarily paying waiting staff, it was also more difficult to choose cooks in terms of food preparation.

A chef who is able to cook non-traditional dishes off the menu must be properly compensated and this was not feasible for us in view of the workload. For our clients, on the other hand, the buffet concept is a great advantage, because they can eat faster than at a classic restaurant. Even though there is a long queue to the restaurant entrance, you

The Maranatha restaurant purchases ingredients from renowned organic food suppliers, including Country Life and PRO-BIO. Vegetables, fruit and herbs are purchased from a farmer in the Sedlčany region.



can sit at a table with a full plate in just twelve minutes and you've already paid, so you can eat in peace. Another great advantage is that having the food in front of you means that you can choose with your senses. We take great care to present the food so that it looks attractive.

Where do you buy the ingredients you cook with and how do you monitor their quality?

The Maranatha restaurant purchases ingredients from renowned organic food suppliers, including Country Life and PRO-BIO. We also genuinely appreciate our cooperation with a small farmer from the Sedlčany region who supplies us with fresh herbs, vegetables and fruit during the season. I am convinced that our guests will recognise the difference between the taste of crops that have grown in the soil and ripened in the sun and those that have been grown in containers and warehouses. Our raw materials do not necessarily have to be of organic quality, but about 30% of them are, but you will definitely not find any artificial flavours or flavour enhancers, harmful preservatives or food colourings in them.

We select them according to strict criteria. E-number food additives are divided into five categories ranging from those that are beneficial to those that are downright harmful. We only use foods with additives from the first two categories, i.e., those that are clearly beneficial and neutral. We do not use additives from the other categories in our dishes. We only use one or two semi-finished products and we make the rest ourselves, so that we have everything under control. Nearly all the ingredients we cook with, except the fruit and vegetables, can be purchased at the Maranatha store located not far from the restaurant. Our recipes are no secret. If a guest likes something they've tried, we'll be happy to pass

on the recipe. Or you can buy the cookbook we published to celebrate the 10th anniversary of the opening of the restaurant.

What all can I buy in your store?

The offer is truly broad – from handmade fresh pastries supplied by small bakeries, dried fruit, nuts, pasta, various types of flour, muesli mixes, herbs and flavourings to healthy drinks, a large selection of teas, honey from small beekeepers and a large selection of “gluten-free” products, as well as natural cosmetics and ecological cleaning products. We have two refrigerated display cases with dairy products, yoghurt, vegetarian pâtés and organic eggs. We get offers of new foods every day, but unfortunately our space is limited. When we add a new item, we have to remove something else at the same time. We assess everything according to the aforementioned strict criteria and consider whether the food is healthy for our customers. But, naturally, we must also adapt to demand. I, for one, am not a fan of the highly popular protein “bombs”. I simply don't trust a bar that contains the same >

Instead of coffee, you can refresh yourself with fruit and vegetable juices, herbal and fruit teas and coffee substitutes.

▷ amount of energy as a steak. But customers want them, so we have a few in our offer.

I don't see any coffee, black tea or alcohol on the restaurant menu. Why? Most people like a cup of coffee after lunch.

It's true that alcohol and coffee are the most lucrative items from a commercial point of view, but the main mission of the restaurant and shop is not primarily to generate profit, but to educate and guide our guests and customers towards a healthy lifestyle, consideration for animals and the environment and responsibility for their own health. This is gently set within the spiritual context of the mission of the Seventh-day Adventist Church, of which Mr. Passer and I are members. This spiritual convergence is apparent in the very name of the company. "Maranatha" means "the Lord is coming" in Aramaic. According to many lifestyle experts, coffee, black tea and especially alcohol are not very compatible with a healthy lifestyle, which is why you will not find them on our restaurant's menu. Instead, you can refresh yourself with fruit and vegetable juices, herbal and fruit teas or coffee substitutes such as Caro or organic spelt coffee in various flavours. You can enjoy a classic coffee in the café opposite the restaurant.

Does "not recommended" also apply to meat? Is that why the restaurant is vegetarian?

The beliefs of our church do not generally prohibit meat, only certain types. We

follow the Bible, which divides animals into clean and unclean, as you find in the Jewish and Islamic beliefs.

For example, sheep, goats, cows, fish with scales and fins are clean, while pigs, beasts of prey and seafood are unclean. I eat meat myself, usually about once a week, and I prefer poultry and fish. But maybe I'll give it up completely one day, as I did with coffee. I sometimes like to have cocoa instead of coffee.

What are your plans for the future? Has the recent state-mandated closure of the restaurant somehow shuffled the cards?

During the quarantine, we focused on preparing new dishes, which we are now trying to incorporate into the menu. We are also thinking about how we could deliver ready-made meals that people could take with them to their fridge or freezer. After all, the recent situation could happen again. And yet, it is still true that people prefer the chance to choose on the spot and to put their meal together on their own. During the time when we could only dispense food from a window, we once again saw that guests needed to see the food and combine it according to their own tastes.

One last question. What is the most successful dish at your restaurant?

Mashed potatoes baked with eggplant, mozzarella and tomato sauce, and then hummus. It is supplied by the company I Love Hummus, but we still flavour it. It is truly delicious! _

Either or

A house or a flat?

A flat. It's cheaper and easier to maintain, but there is still work to be done. And I also have a cottage. I can devote the time I save to my hobbies.

Early bird or night owl?

I'm an early bird. I start work at 8 o'clock, not just to beat the rush hour traffic. Even on vacation, I get up between six and seven o'clock, when most people are still asleep, and I enjoy the peace in the woods or by the water.

A book or a film?

Preferably a film. I'm a big fan of the Vinnetou films.

Summer or winter

I love summer, water, forests, singing around a campfire ...

Mountains or the sea?

Definitely the sea. With a diving mask, snorkel and fins I can be in the water all day.



Josef Fuksa is married and has three adult sons. He graduated from the University of Chemistry and Technology. In 1986, his study of the natural sciences led him to question the origin of life, to faith in God and later to the Seventh-day Adventist Church. It was also an impulse for him to change his lifestyle. He began to be interested in what was good not only for his soul, but also for his body. He enjoys cycling, running and growing fruit and vegetables in his garden. Almost every year, he rents a yacht with friends and goes for a cruise in Croatia, where he is an enthusiastic snorkeler. He also devotes his free time to music, especially country, folk and blues. He has traded in the clarinet and saxophone, which he played in a dance ensemble, for a more practical harmonica.

A Cosy Home

How to use your home to the fullest? Exercise, learn or just rest

How do you spend time at home? Housework, the couch, TV ...? Away with the stereotypes! The space delimited by four walls can also be used for much more interesting activities. Make full use of your flat and turn it into a gym, a classroom, a jungle or the perfect “hideout”.



At home like in clover ... Just hole up and dream

Even in a small apartment, you can create a private area for reading, watching films or just staring at the wall. Take advantage of every available corner and separate it from domestic traffic. And you don't have to tear down or build walls to accomplish this. How can you do it?

- If the layout permits, partition the room with a furniture wall, which will also provide additional storage space. In a room with two windows, you can afford a solid wall; a room with one window is partitioned by an air wall that does not cut off the other section of the room from the light.
- You can also create a pleasant corner with the help of a Japanese sliding wall, which has a very elegant and timeless look. Choose the fabric transparency based on how you need to work with the light in the room.
- A fabric curtain is the simplest and one of the cheapest solutions. Choose thicker textiles that will hold well in place, even over a larger surface.
- The advantage of a room divider is that you can fold it or move it to another room at any time. You can choose from various shapes and materials. Room dividers standing with the frame directly on the floor ensure full optical separation of the space.
- High ceilings allow you to expand vertically. You can create another living space on a built-in floor. ▶



At home like at the gym ... The main thing is a good plan

Exercising at home is a great idea. You won't be disrupted by bad weather, a faulty car or a closed gym. Plus, it's free, and you need almost nothing but the necessary equipment, such as a mat, dumbbells or a resistance band. And naturally a good internet connection. But there are two things that are essential. A good plan and determination! How can we avoid underestimating the preparation?

- 1 Set a goal and choose the appropriate exercise sets or online lessons accordingly. What do you want to achieve? Do you need to strengthen certain parts of your body, lose weight or just stretch regularly? You should also consider any health restrictions.
- 2 If you do not have your own exercise set, browse the internet to see what is available. While you must pay for some lessons, YouTube has plenty of free videos. There are also a lot of mobile applications available. Some can even count the calories you've burned.
- 3 Think about how much time you are able or willing to devote to exercise. The ideal frequency is three to four times a week for 30 minutes. You should also think about the time of day you train best. And remember: the key to success is regularity.
- 4 Choose a place to exercise where you will have enough space and peace. Even a small flat can provide enough room for a mat which defines your workout space.
- 5 Before your workout, prepare everything you need, including something to drink, so that you don't have to go anywhere. Change into sportswear when you exercise at home. It will help you get into a sporting mood. _

TIP: Custom home yoga



The Daily Yoga app offers lessons from five to forty-five minutes. If you don't know what to choose, enter your personal information (age, weight), the level of difficulty and goal of the exercise into the program. The application itself will suggest the best session for you. You can also compile your own lesson from individual exercises.

At home like
at school ... Use the
internet for personal
development



Are you always surprised when you get another report about how much time you have spent online? Make the most of your online time and work on what you have always wanted to improve. We've selected three platform tips to help you do just that.

The Khan Academy: A high quality education for anyone, anywhere

MIT and Harvard graduate Salman Khan founded his school with a vision of education accessible to anyone in the world. The largest online school in the world offers tens of thousands of instructional videos in 42 language versions, including Czech. The content covers the basic fields of human knowledge, from small multipliers to macromolecular chemistry.

Learn more at khanovaskola.cz.

Coursera: Just like at a world-class university

Have you always wanted to graduate from Yale, but you didn't have enough money or time to do it? It doesn't matter. Foreign universities offer online courses for people from all over the world. One of the best-known platforms is Coursera, which was founded in Silicon Valley and mainly focuses on fields such as IT, mathematics, business and start-ups. The benefit is that you will not only improve in the field that interests you, but you will also hone your English skills. If you pay the necessary fee, you can get a certificate of course completion.

Learn more at www.coursera.org.

Naučmese: A community unto itself

Naučmese is a purely Czech project. It was created as an alternative to the American Skillshare educational project. It works on the principle of a community of people who want to share their skills and knowledge. In addition to off-line courses, it also offers a large number of webinars in a wide range of disciplines. With them, you will learn, for example, how to edit a video, bake sourdough bread, organise your day effectively or travel inexpensively.

Learn more at www.naucmese.cz.

At home like in the jungle ... let some greenery into your flat

Back at primary school, we learned that plants convert carbon dioxide into oxygen, thus helping us to breathe better. They are beautiful living things that radiate positive energy and have the ability to literally turn our dwellings into oases of tranquillity. Along with the House Plant Team, we bring you advice for complete beginners on how to keep your greenery as green as possible.

How to pick a plant

When choosing a plant, the most important thing to take into account is the environment that you can provide the plant. How much light and space do you have at home? How much time can you devote to your plant? Some species need water just once every few days, while others require a daily spray. Consider these factors ahead of time.

And be careful not to over-water!

You might be surprised to learn that the vast majority of house plants die from over-watering. "People live under the conviction that you need to keep watering plants. But it isn't true. With most species, the substrate should be allowed to dry between watering. The roots rot, when the soil is always moist or they are always

standing in the water. The plant gradually dies from over-watering," explains Zuz Gašparovičová from House Plants.

Indirect light is best

Plants need sufficient light, but direct sunlight is not desirable in most cases. "When people ask us which plant grows well in a habitat without direct sunlight, we happily answer that more or less all of them," says Zuz.

Transplant and fertilise

Regular transplanting is always essential in the spring and plants must also be fertilised. Many people make the mistake of not feeding their plants. Plants cannot obtain the nutrients they need from water and air alone. Plants suffer, if they are not fed for a long time," explains Zuz. _

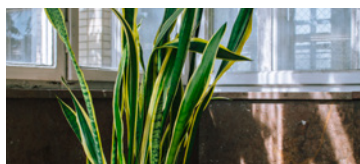
Who are the House Plant Team?

Three friends – Anet, Rozi and Zuz – who carefully select interesting, healthy and undemanding plants for their customers and teach them how to take care of them. „We want everyone to be able to enjoy house plants and to love growing them as much as we do,” they say. **More at www.pokojovky.co**



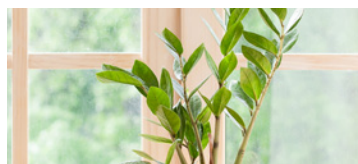
A TIP for you: Three easy plants for beginners

They are undemanding, suffer from almost no diseases or pests and only need to be watered a little from time to time. They are forgiving, even if you forget about them or occasionally over-water them. Which plants are these?



Sansevieria

The long spiky leaves have the ability to rid the air of harmful substances, which is why they are particularly effective in apartments that suffer from urban dust and smog.



Zanzibar gem (Zamioculcas)

The shiny, fresh green exotic leaves belong to a plant, which can handle even longer periods of drought. An ideal plant for beginners.



Devil's ivy (Epipremnum)

Those who want to create a home jungle should try a hanging or climbing plant. This house plant with green "marbled" heart-shaped leaves is easy to grow.



**Dear tenants
and visitors to the
BB Centrum,
Prague residents
and neighbours,**

I would like to take this opportunity to address you in an effort to discuss certain topics that are not receiving the attention they deserve in our social debate. Although these are societal and macroeconomic topics, I would like to introduce and comment on them with the awareness of my basic responsibility as a citizen, parent, entrepreneur and resident of Prague 4 and try to explain their fundamental impact at our local level.

In the coming issues of our BB Centrum City magazine, my colleagues and I will express our views on several key topics listed below, including their basic characteristics. I expect that and will be happy, if their publication leads to a public discussion. I am also ready to take an active part in this discussion. The first selected societal theme that affects us all is the current pension system, which is unfortunately unsustainable in the long run, or, more precisely, impossible to finance.

You know me mainly as an entrepreneur and an investor, but, in the spirit of my Christian principles, I also devote myself to other activities related to the spiritual development of society, a healthy lifestyle and, last but not least, social responsibility for a functioning and prosperous Czech Republic and the Capital City of Prague. These are all reasons and motivations for calling for this discussion.

Sincerely,
**Radim Passer, the founder of the
PASSERINVEST GROUP, CEO**

Discussion

7 facts and many key figures, or what we should be discussing



Pension reform

In 2020, there are 2.5 working people per pensioner, whereas the ratio is projected to be 1.5 per pensioner in 2050. It is clear that this is an economically unsustainable system, the functioning of which will deteriorate significantly after 2030 and will no longer be able to generate funds for the payment of pensions after 2050.



Financing the state

The Czech private sector includes 3.8 million economically active citizens. The taxes these individuals pay are used to finance all government activities, including all its employees and their taxes, and expenditure paid from public funds (education, healthcare, the police, the judiciary, public media, all municipal and national politicians and officials, etc.). Thanks in particular to the activities of the private sector, the Czech Republic has not yet gone bankrupt during the 30 years since the revolution.



The economic environment

All competent state and municipal politicians and officials have a fundamental responsibility to the private sector from an economic point of view, because only through its economic activities can they ensure the functioning of all publicly needed services and, thanks to private sector funding, secure social peace in society.



The labour market and economic policy

The Czech labour market suffers from a complete shortage of workers. The critical situation is mainly prevalent in the crafts and trades across the entire economy. After the revolution, apprenticeship education disintegrated, the social credit of craftsmen was irresponsibly reduced and there was woefully inadequate support for the arrival of whole families from culturally-related backgrounds (for example, only about 100,000 workers from Ukraine work in the Czech Republic, but 1,300,000 in Poland!) who could have closed the gaps in the professions that Czechs do not want to pursue and which are absolutely crucial for the functioning of the private sector and the country as a whole (statistically, the current situation is the logical outcome of the entire post-revolutionary policy and corresponds to simple mathematics).



The transport infrastructure

There is no long-term concept for the development of the motorway and railway network across the Czech Republic and the underground in Prague. It is based on concepts that were developed in the 1970s and it is necessary to present a new vision (or to work on it) within the context of the expected challenges and societal demand in the coming decades.



Housing policy and housing prices

According to a study by the City of Prague, at least 13,000 flats should be built in Prague every year, so that the supply and demand of flats in the Prague market can reach an equilibrium within 20 years. An average of only 3,500 flats per year have been built in Prague over the past five years and yet sufficient construction capacity is not available. But who would build new flats, if the number of necessary flats were actually to be built? The lack of workers is one of the key reasons for the rising cost of construction work and therefore also for the housing units themselves.



City development and value added

Office buildings bring amazing benefits to modern cities with their contemporary architecture and the jobs offered in them. Prague alone has 3.5 million m² of quality office space. These facilities have job opportunities for at least 250,000 people from the private sector. Their comprehensive payroll deductions bring a total in excess of 80 billion CZK to the state budget and therefore also to city budgets, which is more than the annual budget of Prague as a whole, including investments. _



Pension reform

Pension reform or where does the money for pensions come from?

In 2020, there are 2.5 working people per pensioner, while the ratio is projected to be 1.5 per pensioner in 2050. It is clear that this is an economically unsustainable system, the functioning of which will deteriorate significantly after 2030 and will no longer be able to generate sufficient funds for the payment of pensions after 2050.

Where does the state get the money for pensions?

The Czech Republic has a so-called continuous pension system, which simply means that working people contribute part of their payroll taxes to pension insurance. This collected money is further redistributed by the state to pay for

pensions. However, a problem arises when the number of pensioners increases and therefore a sufficient amount of money is not collected, or rather won't be collected, to keep this system viable. Con-

sider that the taxes of only 3.8 million citizens in the private sector finance the operation of the entire Czech Republic today, i.e. not only pensioners, but also officials, paramedics, police officers, etc. For example, the taxes paid by the employees from the offices at the BB Centrum cover the pensions of almost 23,000 pension-



Those who are getting close to retirement age should quickly start reckoning with passive income.

ers with an average pension of 14,408 CZK per month.

However, this ratio is changing dramatically as society ages and there will not be enough money for pensions. Like many other countries, the Czech Republic is facing the phenomenon of an ageing population living to an older age. However, the state's options for financing old age with dignity are very limited. The state has few choices for financing old-age pensions in the future, if it does not want to put us into debt to the detriment of future generations by "printing money for pensions". It either has to tax workers at a higher rate, postpone retirement or simply give pensioners less and leave at least part of the responsibility for old age to citizens. Today, we must have worked for at least 35 years to apply for a pension at the age of 65. However, if we take into account our demographic situation, it is clear that people currently in their forties will be eligible for retirement at the age of 70 or higher.

Of course, we are lucky to be living longer and in better health. Still, it must be kept in mind that the large older generation is unlikely to be able to do any demanding physical work and the

state should therefore focus its policy on supporting less strenuous professions, especially administrative ones. Both the timely retraining of ageing workers to do less physically strenuous professions and support for the creation of appropriate administrative jobs and sufficient space are necessary for such a change, and not only in Prague.

Personal responsibility and the family

As I have indicated above, the responsibility for pensions is not essentially borne by the state, but by ourselves. Both by our attitude to work and by increasing the population of our country and therefore our cities. Hence, collecting larger sums of money for pensions is either a question of raising

taxes or providing better support for population growth. Each additional million inhabitants in our country will bring another 250 billion CZK to the state budget per year, which covers 1.5 million average pensions for the whole year. So, whether the state supports the birth rate, families or the immigration of entire families of working age (workers) from culturally related countries in Eastern and Western Europe, it will allow us to retire before the age of 70. Unfortunately, the birth rate itself will not "save" us. Demographers have calculated that each family would have to have an average of more than 2.1 children to prevent a decline in the Czech population. Therefore, if we want to ensure a dignified old age for our elders, while not paying more taxes than we can bear, we must also responsibly accept the country's growth through the desirable and controlled migration of working families to our country. However, the family will continue to play an indisputable role in cases where pensions are simply not enough to cover the cost of living, especially for those who no longer have time to create a passive income "buffer", as I describe below.

Passive income

Passive income means income for which we do not have to do much at the time when we receive it, i.e., we receive money for retirement without having to work. In countries where pensions cannot be completely relied on, a frequent alternative to passive income is either ongoing savings (often lifelong) or, for example, investing in the purchase of an apartment, where we can improve our retirement using the rent we collect from it. Today's retirees no longer have many options and as such the family will have to, and should, take care of them. However, those who are closing in on retirement age should start calculating their passive income quickly so that they do not remain completely dependent on the state or others. In terms of savings, the situation in the Czech Republic is relatively satisfactory; however, the situation is completely different in terms of the possibility of purchasing an investment apartment for retirement. This is due to the price of housing, which is disproportionately high due to lengthy legislation, activists' opposition to any, albeit self-evident, changes, as well as desperate shortages of labour, which we will not allow across our borders. All of these factors lead to overpricing, including the planning process, the actual construction and the final price of apartments. At the same time, global forecasts predict that 68% of people will live in cities in 2050, a figure that will jump to 85% of the world's population in 2100. However, 84% of the population in Europe will live in cities as early as 2050. As such, there is no avoiding urban growth in the future. If we therefore want to live a dignified old age, we must allow both construction and the influx of working families into our country, of course in combination with the highest possible birth rate in the Czech Republic. _



BB CENTRUM

SUPPORT LOCAL RESTAURANTS AND CAFÉS THEY NEED YOU

The COVID period was long and difficult. Restaurants need your help. There are more than 20 places to enjoy a good breakfast, lunch and dinner in the complex.

So, don't hesitate and give them a try.

YOU CAN ALSO LOOK FORWARD TO MUSIC TUESDAYS ON BRUMLOVKA SQUARE FROM 11:30 A.M. TO 1 P.M.

Asian Street Food
by Kiin

Sushi Time

Express Grill

Mango Chinese
restaurant

Pizzeria
Grosseto

Puzzle Pasta
Puzzle Salads

Maranatha vegetarian
restaurant

Baifu
sushi bar

UGO
fresh and salad bar

Vyskočilka

Dhaba Beas

Tlap 's coffee

Coffee Perk

Costa Coffee

Hájek&Hájková
pastry shop

Come, enjoy and listen

More information on additional events is available at: [bbcentrum.cz](https://www.bbcentrum.cz)



Please use the "Instant translation" function in your Translate App to read this poster in other suitable language.

English version of all BB Centrum activities are to be found also at
<https://www.bbcentrum.cz/en/about-us/photos-publications/cultural-and-sport-events>

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BBCENTRUM

What's happening at BB Centrum?

Where to go for lunch?

Live or online event?

Markets on Bruulovka Square?

Follow **BB Centrum** info channels
for the latest information.

www.bbcentrum.cz



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You can look forward to

We have given Balance Club Brumlovka a new look

The premises of Balance Club Brumlovka emptied for several long weeks in mid-March due to the pandemic. We took advantage of the situation and decided to welcome the club members back to a new, more beautiful environment. We believe that the new look will benefit your workouts and relaxation at the club.

Head home with a dry swimsuit

We launched the reconstruction in mid-April to welcome the first visitors again in mid-August. We managed quite a lot in four months. We have built a modern reception area with unusual elements, including moss paintings on the ceilings, and we have improved the locker room facilities, where you can look forward to more spacious lockers, more comfortable seating, new showers and the fulfilment of our clients' wishes; a swimwear dryer and a clothes iron. Beautiful

ceilings and new sanitary facilities have been created in the space between the halls.

The new third floor

You can look forward to the opening of other renovated parts of the club in the autumn, especially the third floor with a new pool with a stainless steel lining and a stainless

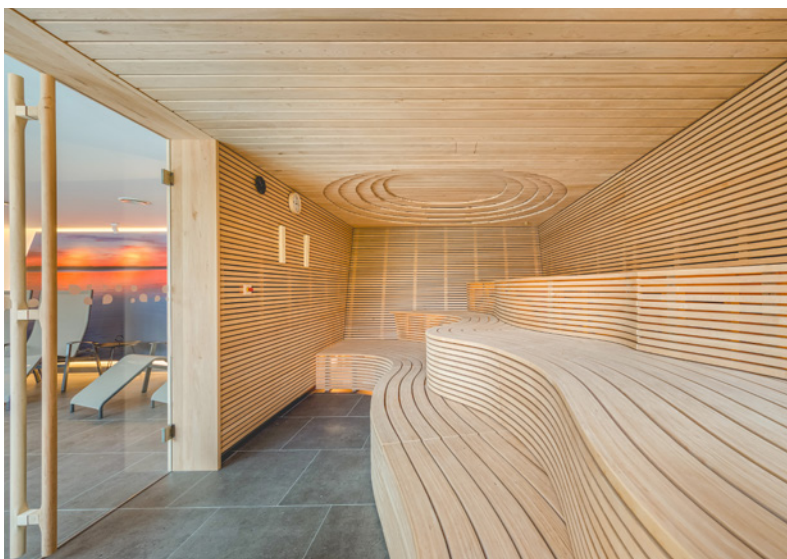
steel whirlpool. The saunas, which we will equip with a crushed ice maker, have also undergone a complete transformation and you can also look forward to a new spa area, not only for massage rituals.

Work that never ends

Improving the BB Centrum and its surroundings is part of the long-term strategy of the PASSER-INVEST GROUP. "At a time when similar companies are considering closing down, cutting costs



We are also delighted to support the traditional swim around Střelecký Island organised by the ALSA Foundation, which will be held this year on 12 September 2020 during an event called the Prague City Swim. Our personal trainers will prepare a warm-up for swimmers of all categories before the competition.



We support sports

When it was not possible to train inside the club due to the epidemic, personal training took place at the athletic stadium, where the equipment from the halls and fitness centre had been moved. At that time, representatives of Balance Club Brumlovka decided to help those who had been deprived of the chance to exercise. We send 100 CZK from each personal training session at the stadium, to the ALSA Foundation, which protects patients with the insidious and currently incurable amyotrophic lateral sclerosis (ALS). We are glad that we can help our former favourite yoga instructor Vláda Mikuláš, who unfortunately suffers from this disease, in this way. After reopening the club, we will present a gift voucher to the foundation with our personal trainers.

and investments and laying off their employees, we have decided to invest significant additional funds in the club in order to substantially raise its level. The total costs associated with the reconstruction of the Balance Club will come to 100 million CZK. I firmly believe that this is a step in the right direction, which will confirm the satisfaction of club members," said Radim Passer, the founder and CEO of the PASSERINVEST GROUP, about the reconstruction of the club. _



Balance Club Brumlovka
The BRUMLOVKA Building
www.balanceclub.cz

Nordic walking

Nordic walking will get you into great shape

It doesn't matter how old you are or if you are fit. It doesn't matter what time of the year it is. With poles, you can go into the field in any conditions. Nordic walking is ideal for anyone who wants to get in shape.

Why is walking with poles so healthy?

Did you know that Nordic walking is even healthier and more effective than simple walking? Why is that? Nordic walking engages the entire body. The specially designed poles not only move the upper limbs, but also the entire upper half of the body. With the proper technique, muscle tension in the neck and shoulders is reduced and the lateral flexibility of the lumbar, thoracic and cervical spines is also significantly improved. Those who regularly practice Nordic walking prevent problems with the spine, back pain, blood vessels in the lower limbs and hip and knee joints. Burning calories is also much more efficient. When you walk with the poles, you will burn up to 30% more calories than with normal walking.

For senior citizens and top athletes

Sometimes you may hear that Nordic walking is especially suitable for older or obese people who have difficulty running and need sticks to maintain stability. "But there is much more to it than that," says Jana Stejskalová, the chairwoman of the Czech-Moravian Nordic Walking Federation. "Nordic walking is also used for training by top athletes, such as cross-country skiers and ice hockey players. It is especially effective as part of the rehabilitation of patients after orthopaedic, surgical or neurological procedures and in the treatment of type 2 diabetes, cardiovascular diseases, etc. and it is, of course, suitable for everyone who wants to keep fit," she adds.

Let's begin. How to do it?

It is not enough to just grab some poles and start walking. The key to Nordic walking is the

proper technique. In order to be beneficial, you need to follow a few basic rules regarding pole handling, footwork, hand-foot coordination and posture.

Walking up a gentle hill is ideal for Nordic walking training, as it emphasises all the important attributes of the movement. If instructional videos on the internet are not enough for you to train, sign up for "live" lessons. These have many advantages. The instructor will either "tailor" the course to your needs or you can sign up for a group course. Nordic walking instructors organise these courses throughout the Czech Republic.

Nordic walking is not trekking

"Trekking is an entirely different discipline than Nordic walking," points out Jana Stejskalová, "even though both use poles." Trekking is usually described as marching with a load in difficult terrain, most often in the mountains. The technique of walking is completely different and the types of poles that are used are also different.

How to do it?

The 10 most common mistakes

1. Leading with the same hand and the same leg. This is called "pasgang"
2. Walking without slightly bent knees
3. Steps that are too short or too long
4. Excessively bent elbows (the arm movement doesn't come from the shoulders)
5. Holding the poles too far from the body
6. Throwing the poles out in front of the body
7. Inserting the poles in the ground behind the body
8. Stiff, convulsive movements
9. Tense grasping of the poles, when the palms are not released behind the body
10. Raised shoulders

**Sports
topic**



Nordic walking came from Finland

Nordic walking was born in the early 1990s in Finland, where it had gradually become a popular training method for cross-country skiers since the 1930s. Skiers train with poles during the summer months, thanks to which it is possible to imitate ski movements in the form of more demanding ski walks or jumps in various modifications.



ČESKOMORAVSKÁ
FEDERACE
NORDIC
WALKING

You can learn more about Nordic walking on the Czech-Moravian Nordic Walking Federation's website, where you will also find a summary of the courses taught by experienced instructors. www.cmfnw.cz

▷ **How to choose the right Nordic walking poles?**

The right poles for Nordic walking should be light, strong and yet sufficiently flexible. They are therefore made of durable and lightweight material that absorbs the impact of the pole on the ground. The lower end has a tip made of hardened steel, to which a rubber "boot" is attached for walking on hard surfaces. The poles have ergonomic grips with a glove-like loop. This special loop helps with proper arm work, including releasing the palm behind the body. The poles are either telescopic (foldable) or have a constant length in the range of 100 to 145 cm.

What is the proper pole length?

We have formula for that. Pole length is very important. Simply multiply your body height by a constant of 0.68 to get the optimal pole length. For example: if you are 170 cm tall, your poles should be around 115 cm. It's best to choose your poles in person, i.e. grasp them by the handle and place them in a vertical position. In this case, the angle of the elbow joint should be at a maximum angle of 90 degrees. Beginners, less physically fit individuals and older individuals, etc. should choose slightly shorter poles (by 1 to 3 cm).

Your shoes can be one size bigger

Poles, shoes and suitable clothes – that's all you need for Nordic walking. This means that the necessary gear is not that expensive. Low-top shoes are suitable for Nordic walking. They are light, but at the same time strong and able to breathe. At the same time, the shoes should be flexible so that they fit well on your foot with every step and do not pinch anywhere. The front of the shoes is often reinforced to prevent injury. Size? Don't be afraid to buy shoes that are half or a full size larger than your standard shoes, because your feet have a natural tendency to increase in size when you walk. You should also think about the bounce of the shoe. The better the bounce, the

less pressure there will be on your joints when your heel hits the ground. The grip of the sole is important. Keep in mind the terrain you plan to train on when choosing a sole.

If you mainly walk on roads, paths or in parks,

choose a lower sole; for other types of terrain you will appreciate a higher sole.

Don't walk incorrectly

Are you walking a lot, but have the feeling that Nordic walking isn't doing anything for you?

In addition to incorrect poles and improper technique, you could also have an incor-



Equip yourself for hiking and trips to the water at a DM drug store

Balea anti-bacterial sanitary wipes

Balea sanitary wipes with aloe vera are an ideal size for travel. They work effectively against bacteria and can thus provide quick disinfection of hands and surfaces. An indisputable advantage over similar products is their composition: they do not contain dyes, aluminium salts, nano-particles, oils or fats, paraben, paraffin or mineral oil, and they are perfume-free and pH-neutral.

Sportness protein bars

Sportness bars contain a high amount of protein. Thanks to this, they contribute to growth, the maintenance of muscle mass and the normal condition of bones, making them a suitable occasional treat, especially for athletes who care about a balanced and varied diet. The bars are available in several flavours, always low in sugar and carbohydrates.

Mivolis abrasion patches, 8 pcs.

When on a trip, take along a patch that can convert the fluid from a wound into a gel, thus ensuring optimal conditions for fast healing without scarring. The pleasant dampening effect provides immediate pain relief.

Balea refreshing spray water, 150 ml

Aloe vera face and body spray not only refreshes, but also perfectly hydrates the skin. Ladies will certainly appreciate its make-up-fixing capability.

S-quito free insect repellent spray, 50 ml

This insect repellent suitable for children from one year of age provides long-lasting protection from insects and ticks. It contains a substance based on lemon eucalyptus oil, which has a particularly delicate aroma and cooling effect. The spray contains no synthetic perfumes or colourings.



DM drogerie markt
The FILADELFIE Building
www.dm.cz



word. In this case, you will have gone too far. It is simply better to have a 45-minute workout when, for example, after warming up and slowly starting, you walk for 25 minutes at a higher intensity and then cool off at a slower pace rather than going walking for two hours without losing your breath. Though this is a nice walk that will help your psyche, it will not do much for you from the point of view of your health," says Jana Stejskalová.

Try Nordic running as well

Is walking too slow for you? Try Nordic running. Running with poles, i.e., running supported by the alternating tapping of sticks, has long been used in cross-country skiing training throughout the world and in our country. Nowadays, special poles are sold for Nordic running. They look similar to poles for cross-country skiing, but are shorter. You can get the correct pole length by multiplying your height by 0.78. The correct poles for Nordic running reach the middle of the chest, but beginners and older runners should choose shorter poles. _

rectly set intensity and pulse. "If you train with a higher intensity and a higher pulse, you will burn more calories in a shorter period of time than if you walk for an hour at an easy pace," says Jana Stejskalová. "How can you recognise the ideal intensity? When it is more difficult for you to speak as you walk; you are only able to say short sentences without putting several together.

However, you must not get to the point where you cannot even pronounce a single

Enjoy your trip without any worries with UniCredit Bank



So, hit the road without worrying about the security of your finances. The new UniCredit BankVISA cards in the Czech Republic and Slovakia will be equipped with new security features from August and will also undergo a major design change. New personal and corporate debit cards will continue to be issued in both countries and prepaid personal and corporate cards will also be issued in Slovakia. The new offer replaces the existing debit and prepaid cards from Mastercard

and Visa. UniCredit Bank also has an improved version of its mobile Smart Banking, which you can conveniently log in to using the Touch ID or Face ID function. The mobile application gives you constant control over your bank account.



UniCredit Bank
The FILADELFIE Building
www.unicreditbank.cz

Stop at the Maranatha store for a few travel items



Dermsant cleaning spray

A natural rinse-free cleaning spray that instantly and gently cleans your hands, wherever you are. The base consists of 70% alcohol with an antimicrobial effect and moisturising glycerine that protects the skin from drying out. The spray is fast and easy to apply and leaves

the skin perfectly clean without a sticky feeling. Together with purely natural essential verbena oil, it leaves a pleasant, invigorating citrus scent on the skin. You can take the practical packaging with you wherever you go.



Raw organic energy fruit bars

This line of healthy fruit bars with organic ingredients is made from a minimum number of premium ingredients. The production of the bars involves no heating processes, so the ingredients retain their original properties. Bombus BIO means a fast energy intake for all active athletes and hikers, but also for those who have certain health restrictions or are fans of alternative diets. The bars will not disappoint as a good snack for trips in any weather. They are suitable for vegans, vegetarians and celiac sufferers; they contain no added sugar, preservatives, gluten or lactose. Choose from a variety of flavours.



The Maranatha Store
The BRUMLOVKA Building
www.obchodmaranatha.cz

Prevention

Do you know what the most common types of cancer are as well as their risks and means of prevention?

In recent weeks, we have been bombarded with information on the coronavirus from all sides. However, other diseases that deserve our attention have remained in the shadow of the pandemic, especially oncological diseases. These are the second most common cause of death in our country after cardiovascular diseases. We talked with the internist and Program Health Plus personal physician Dr Gabriele Kováčik about ways to reduce the risk of cancer, which is at the forefront of statistics.

Skin cancer:

Early diagnosis is critical

Part of the solar spectrum known as UVB radiation is responsible for skin tumours. Some other factors increase the risk, including light skin, hair and eye colour. The risk is especially high for people who have difficulty tanning and are easily burned. People with multiple birthmarks or immunosuppression (a suppressed immune response) are also more susceptible. Excessive sunbathing should be avoided and the skin should be protected with sunscreen to prevent skin tumours. Early diagnosis is essential with skin cancer, as it significantly increases the likelihood of a cure. The key is regular check-ups of the skin over the entire body and an examination by a dermatologist at least once a year. If you notice any changes in the size, shape, colour or surface of any moles, do not delay a visit to your dermatologist.

Colorectal cancer:

Lifestyle plays a leading role

It is best to start preventing colon and rectal cancer from an early age. A proper lifestyle and a balanced, high-fibre diet play a crucial role. On the other hand, the risk of this disease is increased by a high proportion of saturated fats and alcohol, especially beer. Family history, i.e. genetic predispositions, are also important.



Dr Oldřich Šubrt, CSC., MBA



Dr Gabriele Kováčik

Pay attention to rectal bleeding, abdominal pain and any change in the stool stereotype (constipation or diarrhoea). From the age of 50, preventive examinations such as stool examinations for occult bleeding and a colonoscopy are recommended.

Breast cancer:

Family history plays a major role

Breast cancer is the third most common type of tumour in the population and the most common type of tumour in women, with every fifth woman being affected. The occurrence also increases with age. The largest increase appears in the fourth decade of life, i.e. between the ages of 30 and 40. The main risk factors include the occurrence of cancer in the family, the early onset of menstruation and late menopause. Other potential factors are also being investigated, including hormonal contraceptives and excessive consumption of fats, alcohol and the like. Basic preventive measures include a healthy diet, the reduction of alcohol consumption, regular gynaecological check-ups and breast self-examination. All women should undergo regular mammograms once turning 45, while women with a positive family history should undergo ultrasound breast examinations at a younger age. ▶

**The Main
Topic**



► Prostate cancer:

Problems should be discussed with your physician

The prostate is a secretion-producing gland whose composition increases the chance of fertilisation (improves sperm motility, stimulates uterine muscles, etc.). Prostate cancer is one of the most common types of cancer in Western countries. Its occurrence increases with age. About 10% of men have prostate cancer at the age of 50 and this figure jumps to 70% by the age of 80. The cause of prostate cancer is unknown. Epidemiological studies indicate the influence of the environment and lifestyle and genetic predisposition (a demonstrably higher incidence with a positive family history). The diagnosis is made on the basis of symptoms and an examination of the prostate through the rectum and a sonographic examination or biopsy. A blood test for the prostate antigen is the most sensitive laboratory marker of prostate cancer.

From the age of 50 at the latest, every man should undergo an examination by a urologist. This is the only way to detect the early stages of cancer, when the problems are still less apparent. The chances of recovery increase significantly, if it is caught early. Men often hide their problems out of shame and forget that if they do not hurry, the doctor has no chance to identify them. These include difficulty when urinating, such as frequent urination, retention, i.e., urinary retention, pelvic or back pain.

Testicular cancer:

Self-examinations are the key to discovery

The testicles are the sex glands in which sperm develops and which also produce sex hormones, especially testosterone. Testicular cancer accounts for approximately 1% of all malignancies in men, but it is the most common cancer in men between the ages of 20 and 40. Genetic predisposition plays a major role. If one sibling or the father had the same cancer, the probability of the disease is up to six times higher. An undescended testicle at the birth of a boy, both treated and untreated, or Down's syndrome are also significant risks. Skin colour, age and geographical location play a role in this type of tumour. Caucasians are responsible for roughly 90% of all cases. Overall, the highest incidence of testicular cancer is in economically developed countries, in the group of 20 to 45-year-old white men. Regular self-examination, at least once a month from the age of 15, contributes to early diagnosis. If a man detects any changes, he should immediately consult a urologist or a general practitioner, who will then send him to a urologist. The urologist will examine the patient, perform an ultrasound examination, complete blood tests and consider any further imaging examinations (CT, magnetic resonance imaging).

Lung cancer:

The key is not to smoke

Lung cancer is actually bronchial cancer. By far the biggest risk factor is tobacco smoking, which accounts for about 90% of lung tumours. The highest risk is among those who begin smoking between the ages of 15 and 20. One pack of cigarettes a day for 30 years increases the risk of developing lung cancer by up to 20 times. If you suffer from a persistent cough, hoarseness, coughing up blood, shortness of breath and sudden weight loss, you should see a doctor immediately. A healthy lifestyle and a diet rich in fibre, vegetables and vitamins are also important for prevention, but not smoking is by far the most important factor. It is also important to limit the time spent in smoky environments and to avoid the effects of asbestos and polluted air in general. _



Program Health Plus: A polyclinic for the 21st century

It celebrated ten years of existence last year and during this time it has brought several interesting innovations in the provision of medical care to the Czech healthcare system. The Prague Program Health Plus polyclinic has focused on the development of electronic healthcare (eHealth) since its inception. It recently launched the HealthPlus mobile app and has now launched a new online chat service that makes it much easier to address all your healthcare needs. What does this mean for the polyclinic's clients?

Health under control with the mobile application and via chat

"Our mobile application provides secure access to electronic medical records containing medical reports, a list of examination dates and an overview of medication, including package leaflets. And it also offers many useful services," says the founder and operations director of the clinic, Dr Oldřich Šubrt, CSc., MBA. "It's like a polyclinic in your pocket for the 21st century," he adds. A new online chat service was also launched at the end of April. "Every workday from 7:30 a.m. to 3:30 p.m., a team of doctors, nurses and receptionists is available to answer clients' questions and solve their needs," explains Dr Šubrt. The chat staff is able to provide complete information, including the necessary documents, ePrescriptions and health certificates.

Companies based at the BB Centrum can also use the modern medical services of the Program Health Plus. The polyclinic in Building D has opened two surgeries that specialise in organising healthcare for corporate clients.

PUBLIC PARKING IN BB CENTRUM



BB CENTRUM

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- ZA BRUMLOVKOU St. 5
- ŽELETAVSKÁ St. 6



5. KVĚTNA (D1)

Airport, BRNO, BUDAPEŠT, VIDEN, VARŠAVA, MNICHOV

#prsakoule

When is the right time to think about your health? Right now, says the Loono team

Kateřina Vacková was only 22 years old when doctors diagnosed her with cancer. She was at medical school at the time. Fortunately, she is doing well. She caught the disease in its early stage by listening to her body's warning signals. Kateřina recovered and decided to inspire others with her story. And so Loono came into being, an organisation that helps people realise that right now is the time to think about your health.

Prevention is the key

Loono is a team of young doctors, medical students and other professionals which now operates in five cities in the Czech Republic – Prague, Brno, Hradec Králové, Olomouc and Pilsen. And it is planning to expand to other cities. “We provide training in the prevention of oncological (#prsakoule) and cardiovascular diseases (Žiješ srdcem) and in the field of reproductive health (Dole dobrý). We also do not neglect the prevention of skin, cervical, prostate or colon cancer,” says Loono PR manager Kateřina Svobodová. “We determined that people don't believe in prevention very much; they don't find it important and that is why they don't even go for preventive check-ups. We, on the other hand, think that the prevention of various diseases is absolutely crucial,” she says, describing the main idea behind the establishment of the company. The project is sponsored by the 1st Medical Faculty of Charles University, where most Loono medics and nurses study.

Loono's goal is for everyone to know how to take good care of their bodies.

Work that has meaning

We provide training at schools, at festivals and for companies as part of all three campaigns, i.e., #prsakoule, Žiješ srdcem and Dole dobrý. We also hold public workshops and panel discussions on various topics. We talk with experts, for example, about modern nutrition or childbirth. This year we will

have our fourth festival road show around the largest Czech music and cultural festivals. We also supply educational materials to surgeries and hospitals so that doctors can spread prevention awareness in their practices,” says Kateřina Svobodová. Loono has trained eighty thousand people during its five-year existence, with 47 having caught a life-threatening illness in time during this period. “This is the best reward,” Kateřina continues. “Thanks to that, we know that our work makes real sense.”





A TIP: A new feature involves webinars, i.e. online educational workshops that can be viewed from the comfort of your home, office or anywhere else. Everyone can log in under a unique link and ask questions via the chat window.

Education must start as early as possible

Loono's goal is for everyone to know how to take good care of their bodies. At www.preventivniprohlidka.cz, everyone can find out what they should do for their health and where and when to go for preventive examinations or screening. Just enter your gender and age and the customised information will be filtered. One of Loono's main plans for the future is to show that prevention is of fundamental importance. It therefore starts with adolescents from the age of 14, who are only just starting to become independent in the

care of their own bodies. The workshops teach them, among other things, about the prevention of sexually transmitted diseases, hygiene and proper techniques for the use of barrier and hormonal contraception.

#prsakoule: Touch them!

Breast cancer is one of the most common diseases in women aged 20 to 54. About seven thousand women receive this diagnosis every year. Regular self-examination by touch is an easy way to of detecting this serious disease. Did you know that a woman (or her partner) touches her breasts an average of 167 times a month, while men touch their testicles 369 times a month? Let's use this contact to detect changes that may signal a problem, Loono urges. This mainly applies to younger women, who are not entitled to free mammographic screening every two years, unlike women over the age of forty-five.

Loono

What does Loono do?

- Hosts workshops for schools and companies.
- Organises panel discussions on medical topics.
- Educates the public through its website and on social media.
- Delivers educational materials to surgeries.
- Produces its own podcast and operates a blog.
- Provides online consultations.

At a workshop it feels almost like the real thing

Each training session includes a practical part with aids, thanks to which participants can try everything and better understand the issue. At the #prsakoule workshop, they use faithful models to learn how to properly and regularly examine their breasts and testicles and reveal a possible problem in time. These are, for example, objects with hidden lumps or resuscitation cubes, which flash when you „massage“ them correctly during first aid training. The models are made of special rubber that faithfully imitates human skin. _



Why Loono?

Where did the name Loono come from? The two "o"s in the name are meant to resemble the shape of the breasts and testicles, while the pronunciation of Loono should then refer to an intimate atmosphere and evoke a sense of safety.

#prsakoule

The #prsakoule workshop at the BB Centrum helped with prevention

During the #prsakoule workshop at the BB Centrum, the participants not only learnt how to properly and regularly examine their breasts and testicles and thus detect possible cancer in time, but also tried out their new-found skills on rubber models. We are delighted that interest in the event was high and that we contributed a little to important prevention, especially to the men's topic, which is still not being sufficiently discussed.



Participants at the workshop at the BB Centrum learned how to properly and regularly examine their breasts and testicles.



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Culture



Film

Bábovky

Czech premiere 24 September 2020

The second film by the authorial duo of Radka Třeštková and Rudolf Havlík is coming to cinemas. The romantic comedy *Bábovky* is based on the best-selling book of the same name by Radka Třeštková. It connects the stories of women trying to make big life decisions, but fate always gets in the way. The individual small stories eventually become one big one. We are all part of the most complex network interwoven with emotions, including humour, irony, pain, tension and, of course, love and passion. The film stars Jana Plodková, Táňa Pauhofová, Lenka Vlasáková, Bára Poláková, Ondřej Vetchý, Jiří Langmajer, Marek Taclík and Rostislav Novák. _

Exhibition

František Muzika in Drawings and Prints

**The Trade Fair Palace,
Dukelských hrdinů 47, Prague 7
Until 3 January 2021**

The Gallery of Modern and Contemporary Art at the Trade Fair Palace presents František Muzika and his imaginative drawings and prints from the collections of the National Gallery in Prague, which are the stage for poetic metamorphoses full of enigmatic references. In addition to paintings, drawings and prints, illustrations, calligraphy, caricatures and stage designs for the theatre also constituted an integral part of František Muzika's versatile work. Muzika was a member of Devětsil, Nová skupina and SVU Mánes. He devoted himself to art criticism and worked as a teacher at the Academy of Arts, Architecture and Design. The exhibition is taking place as a celebration of the 120th anniversary of the painter's birth. _



□ **František Muzika (1900–1974),
Kneeling figure, 1932, pencil,
watercolour, paper, 310 x 240 mm,
The National Gallery in Prague**

Book



Jakuba Katalpa: Zuzanin dech (Zuzana's Breath)

Out on 31 August 2020

The latest novel by contemporary Czech writer Jakuba Katalpa, the author of the successful novel *Němci* (Germans) nominated for the Magnesia Litera Award, tells a dramatic story that begins in the 1930s in the family of Liebeskind, a sugar magnate. In May 1937, Liebeskind launches a new product, canning sugar, which is advertised in all the women's magazines. His daughter Zuzana begins to prepare to attend the French Lyceum in Prague's New Town. She practices her German and French and forces her father to dance with her in the evenings. But the upcoming times are definitely not going to provide a "sweet life" for the girl from a Jewish family... _

**Jakuba Katalpa
made her debut
in 2006 with the
novella *Je hlína
k snědku?*
(Is Soil Edible?)**

Screening

Coral Reef 360

The Prague Planetarium, Královská obora 233, Prague 7

The Prague Planetarium will enable you to dive into the ocean and explore the colourful world of coral reefs, one of the most diverse and endangered ecosystems on planet Earth. You will learn how this underwater world is connected to human life and why we must save it. The submersion below the surface by means of the large dome will surely amaze you. Its diameter of 23.5 metres means that it is the largest screening area in the Czech Republic and the Prague Planetarium is one of the largest planetariums in the world. The film was a joint project with the California Academy of Sciences and is suitable for both children and adults. The show is accompanied by a freely accessible thematic exhibition called Earth, Air & Water in front of the planetarium building. _



Exhibition

The Stone Treasures of Prague's Gardens

Troja Palace, Prague 7
Until 1 November 2020

Artistic decoration and small architecture were an integral part of Prague's historic gardens. These works of art on display for decades have either been irreversibly destroyed by the vagaries of the weather or replaced with copies. The salvaged original sculptures and architectural elements have found a safe place in the depositories of the Prague City Gallery. At the exhibition of the Stone Treasures of Prague Gardens, you can see, for example, stone fountains with figural motifs of Nereids and dolphins found in the 1980s during the reconstruction of Troja Palace and its gardens and sculptural originals from the Vrtbovská Garden, a group of Chinese from the Cibulka Landscape Park and busts by Matthias Braun from the Portheimka Summer House. _

Art

David Černý impales his Beetle at the BB Centrum

Vyskočilova 1161 2a, Prague 4
(Brumlovka public transport stop)

A new mobile installation by David Černý featuring a Porsche 911 has been catching the eyes of pedestrians walking down Vyskočilova Street since April of this year. The artist “impaled” the sculpture of the legendary car close to the ALPHA Building and gave it the distinctive name Beetle. The PASSERINVEST GROUP, which is behind the development of this site and has been investing in non-profit projects and the development of the public space for years, has now enriched this place with an unconventional and interesting installation.

Ten tons in motion

The almost seventeen-metre high, eight-metre long and a three and a half metre wide statue depicting the legendary Porsche 911 impaled on a large pin truly resembles a beetle mounted in an entomological collection. The ten tons of metal are divided into eleven segments moved by hydraulics.

Why a Beetle?

With the Beetle, David Černý has expressed his admiration for the design of the iconic Porsche model and, at the same time, his ambivalent relationship to cars. “On the one hand, I see cars as a social fetish, but on the other hand, I have had a heavy addiction to the iconic Porsche 911 since childhood,” says the artist, explaining his initial



□ The statue by David Černý at the BB Centrum comprises eleven segments moving by means of hydraulics

idea and the reason for naming the mobile Porsche Beetle: “Ferdinand Porsche, a native of Liberec, is the spiritual father of the iconic VW Beetle. It is not so well known that he was inspired to design this fundamental model by another designer, the Austrian head of Tatra development, Hans Ledwinka, who worked and lived in Kopřivnice for many years. The Porsche 911, this beautiful piece of car design, is, of course, based on the Beetle. As such, it’s kind of a Czech-German car loop.”

Art against negation

The PASSERINVEST GROUP, a.s., which is the investor in the sculpture, the production of which lasted just under two years, has been developing the BB Centrum for more than twenty years. During that time, it has invested nearly 1.6 billion CZK in non-profit projects such as parks, a school and kindergarten, a community centre, sports fields, playgrounds, squares, water features and more. “The idea of having an unconventional artistic element here was

Are you interested in when the “BEETLE” is in motion?

The movement sequence of the Beetle always starts at three-quarters of the given hour (6:45 a.m., 7:45 a.m., etc.) and runs once an hour, every day between 6 a.m. and 7 p.m. The movement lasts 6 minutes. As the days shorten at the end of the summer, the Beetle will be illuminated and its operation will be extended until 10:45 p.m., when the last sequence will start.

born a few years ago. We thought about different possibilities. In the end, we liked the idea of the car installation by David Černý the most, especially thematically with regard to the chosen site,” says Radim Passer, the founder and CEO of the PASSERINVEST GROUP, a.s. “I am very glad that it was completed almost two years after the first designs for the sculpture had been submitted. We all want life to return to normal as soon as possible, and I believe that Mr. Černý’s Beetle will also help to dilute today’s rather negative flood of information. And when life has fully revived, the Beetle will become yet another interesting cultural and tourist point in Prague,” adds Radim Passer. _



David Černý

One of the most famous Czech artists is best known for his oversized sculptures located in public spaces. In Prague, these include the head of Franz Kafka at the entrance to the QUADRIO Shopping Centre, the Horse in the Lucerna passage and, above all, the black laminate toddlers who have been climbing the Žižkov transmitter, albeit with a short break, for twenty years.

RADIM PASSER

**3 a 1/2
ROKU IV**

**3 1/2 YEARS
PT. IV**

*aneb
Boží láska
vítězí*

*or
God's Love
Prevails*

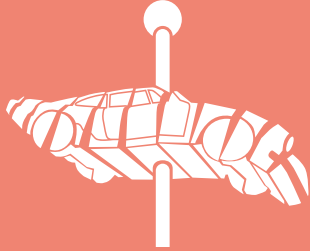
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The vast majority of Czech citizens have already had their fill of corrupt politicians, who at the national and local level have literally disgraced Prague, the Czech Republic and democracy in general.



YOU CAN READ THE ENTIRE STORY IN THE LATEST VOLUME OF RADIM PASSER'S SERIES OF BOOKS ENTITLED 3 A 1/2 ROKU.

The book is not recommended for readers suffering from envy, resentment or self-righteousness. Everyone else can buy the book from all good booksellers or online at www.radimpasser.cz.



GREETINGS FROM BB CENTRUM

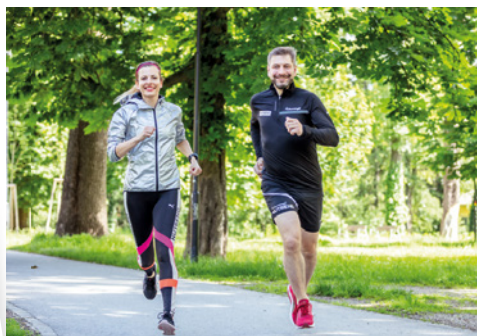


BBCENTRUM

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DOG MEADOW IN BRUMLOVKA PARK

TRANSPORT AND PARKING: The "Brumlovka" bus stop and BB Centrum public car parks
Current and more detailed information on the above and other activities can be found at:

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