

city

WHAT'S HAPPENING
AT THE BB CENTRUM

**Be flexible
at Flexi**

Interview

Run with your dog. Canicross will improve your fitness, as well as your relationship with your pet

**Radek Mráz, G4S:
I like to surround myself with positive people. Shouting doesn't work here**

SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

RESTAURANTS

- 1 Ristorante Pizzeria Grosseto
- 2 Maranatha – vegetarian restaurant
- 3 Baifu – sushi bar
- 4 Dian – modern Vietnamese restaurant
- 5 Dhaba Beas – vegetarian Indian restaurant
- 6 Ugo – fresh juice & salad bar
- 7 GTH – canteen
- 8 Vyskočilka – Czech restaurant
- 9 Perfect Canteen Moneta Money Bank – canteen
- 10 Mango – Chinese restaurant
- 11 Puzzle Salads
- 12 Sushi Time
- 13 Roast & Grill Bistro
- 14 Office food – canteen
- 15 Puzzle Pasta

SHOPS

- 1 Albert – supermarket
- 2 dm drogerie – drugstore
- 3 Sommellerie – wine, coffee, delicatessen
- 4 JK Jitka Kudláčková Jewels
- 5 Romantika Florist
- 6 Anthony´s – men´s clothing
- 7 bikero
- 8 Maranatha – health food store
- 9 Bianco & Rosso – Italian delicatessen
- 10 Don Pealo – convenience store
- 11 Novus Optik
- 12 arena – sportswear
- 13 Asko – showroom

CAFÉS

- 1 Tlap´s Coffee
- 2 Costa Coffee
- 3 Coffee Perk
- 4 Hájek & Hájková – confectioner´s
- 5 O2 HUB Café

SERVICES

- 1 Česká pošta/Czech POINT – post office
- 2 Bomton – hair and beauty studio
- 3 Automyčka Collection – car wash
- 4 BB Centroom
- 5 Rezidence Oliva Showroom
- 6 Cebia – vehicle history check
- 7 We Hate Ironing – dry cleaner
- 8 Radka Chvalova Beauty Studio
- 9 Adams Barbershop
- 10 FLEKSI – coworking and flexible offices

BANKING

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

ATM

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

EVENTS/SPORTS/RELAXATION

- 1 Brumlovka Square
- 2 Balance Club Brumlovka
- 3 Brumlovka Park
- 4 Children´s playground
- 5 dog off-leash area w/ agility elements
- 6 Tennis courts
- 7 Baar Park
- 8 Athletic stadium
- 9 Children´s playground
- 10 Multifunctional sports court
- 11 Body Express
- 12 Ellen G. White Square
- 13 Beetle – kinetic art installation

HEALTH SERVICES

- 1 Magistra – pharmacy
- 2 Urosanté – urology and andrology center
- 3 Roseta – health clinic
- 4 MUDr. Denis Krupka – dentist, dental hygienist

EDUCATION

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

CHARGING STATIONS

Filadelfie Building (public parking)
 Delta Building (public parking)
 Brumlovka Building (public parking)
 ČEZ Building (1 Duhová st.)
 ČEZ Building (Duhová/U Pomníku st.)

DISPENSING POINTS

PPL (Filadelfie Building, Sommellerie)
 Blocks (Filadelfie Building,
 Office entrance from Želetavská St.)
 Z-BOX – Zásilkovna (18 Baarova)
 Z-BOX – Zásilkovna (Václava Sedláčka St.)
 AlzaBox (Beta Building, public parking)



Dear readers,



Welcome to the new BB Centrum

We are delighted to be able to bring you more news and points of interest from the BB Centrum. Over the last year and a half, we have been working on a further pleasant transformation of the area so that it becomes an even better place to work, do sport, relax and simply to live.

A large section of this edition of the City magazine is dedicated to the renovation of a number of public areas, where the Passerinvest Group has invested more than a quarter of a billion Crowns of its own funds. We are very pleased to be able to acquaint you with last year's transformation of the BB Centrum in a pictorial and audio-visual form. We will take a look at revitalized Želetavská Street, the newly built Ellen G. White Square, "Beetle", the kinetic art sculpture, and the "new" Balance Club Brumlovka, which has seen its greatest transformation to date.

The fact that the BB Centrum is an attractive location is borne out by the growing number of tenants in the reconstructed Budova B Building. From November of this year, we will also offer flexible office and co-working areas under the name FLEKSI. The first two retail stores have already opened there, namely bikero, number one in the Czech cycling goods market, and Anthony's men's boutique, which is able to clothe any man from head to toe. We have also interviewed Mr. Mráz, Managing Director of the G4S security agency, which is also a tenant in this building. He revealed to us, for example, how the company achieved its growth despite the ongoing pandemic, and what he likes about the BB Centrum.

Thank you for your ongoing support

Kristýna Samková
Passerinvest Group

Where to Find Us

If you are interested in what is happening here, visit our website at bbcentrum.cz or check out our Facebook profile.

www.bbcentrum.cz

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The Filadelfie Building

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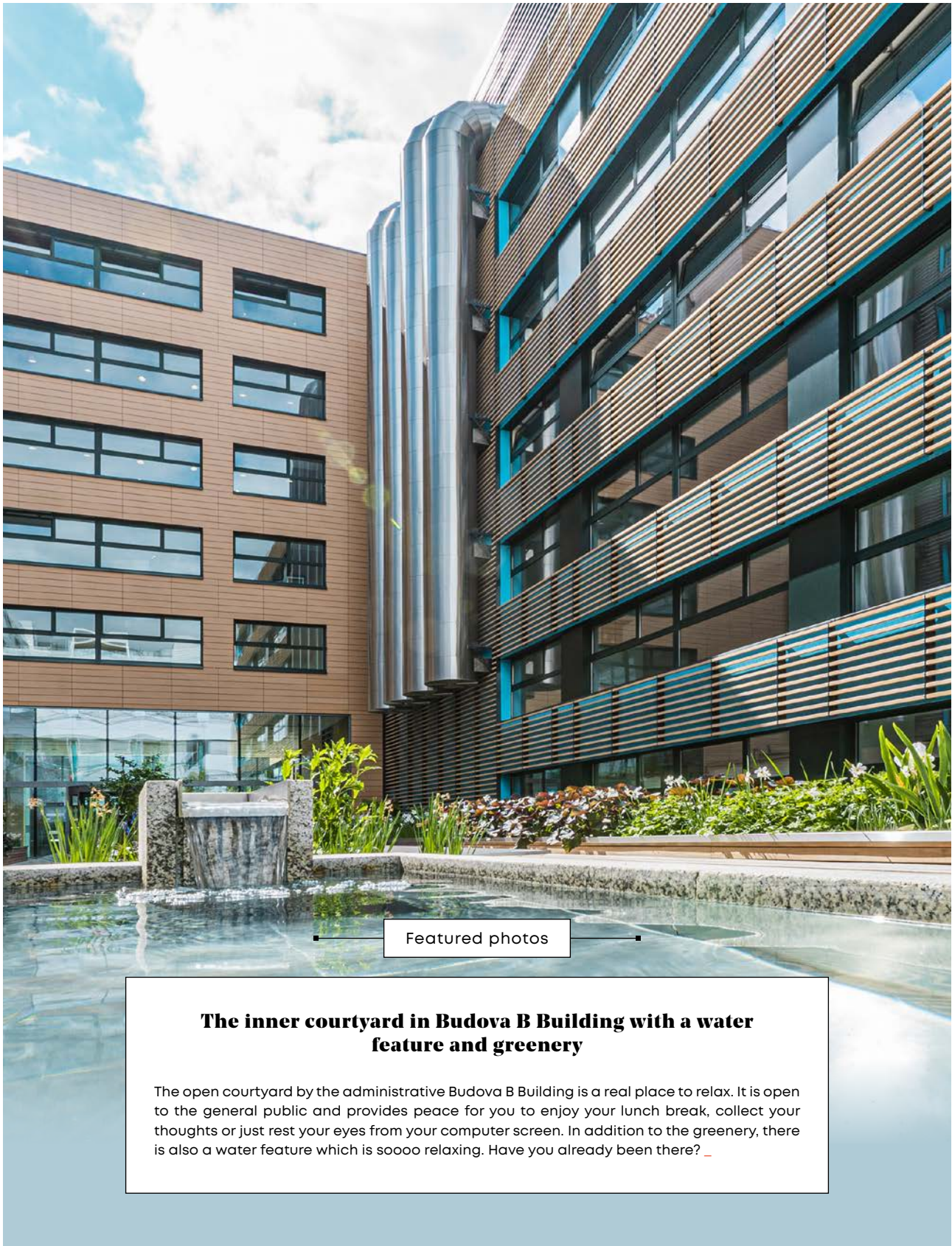
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Featured photos

The inner courtyard in Budova B Building with a water feature and greenery

The open courtyard by the administrative Budova B Building is a real place to relax. It is open to the general public and provides peace for you to enjoy your lunch break, collect your thoughts or just rest your eyes from your computer screen. In addition to the greenery, there is also a water feature which is soooo relaxing. Have you already been there? _

The transformation of the BB Centrum

If you are interested, come with us to see what's new at Brumlovka, i.e. how the area has been transformed in the last year. The Passerinvest Group invested a significant amount of money in structural modifications and construction of the outdoor area at the BB Centrum in 2020 and the first half of 2021. And the results are clearly visible. The amount of 275 million CZK, which does not include any state or other subsidies, has been used, for example, to modify Želetavská Street, to build new relaxation zones and to reconstruct the Balance Club Brumlovka. This involves a comprehensive set of changes that often may not be apparent at first glance, but for all that have shaped the image of the fresh location at Brumlovka. We would therefore like to acquaint you with the individual fragments of the mosaic and to compile the full picture of a BB Centrum that is even better than it was a year ago.





A more modern and quieter Želetavská Street

Želetavská Street has undergone comprehensive revitalization and now resembles a pedestrian zone. The original asphalt on the footpaths has been replaced with Prague mosaic and the street has been paved with paving stones which enable rainwater to penetrate down to the lower soil layers, do not accumulate heat in the summer months, and are also more aesthetically pleasing. Everything has been modified so that the flow of traffic has been generally slowed in the mixed zone (with a maximum permitted speed of 30 km/h), and the comfort and safety of pedestrians have been increased.

As in the past, we took inspiration from life when planning the changes, and as such, new relaxation and rest elements (wooden benches in the street's pedestrian area) have been installed instead of the beaten paths and trodden places on the slope next to Budova D Building, the Villas and the Residence.

The newly modified line of trees provides pleasant shade in the summer months. The trees have sufficient room to develop their root balls and are regularly watered by an automated system. The maintained areas will ensure their healthy growth. ▶





Two new relaxation zones provide places to rest

The area around the newly reconstructed Budova B Building has undergone the most distinctive transformation. The Ellen G. White Square with benches, mature trees, and a fountain stretches out before its main entrance. Part of the reconstruction also involved the establishment of a new, publicly accessible atrium supplemented with park features designed for both relaxation and working outside the office. In addition to the wooden surfaces designed for seating, the courtyard also includes water features and abundant greenery that fully complies with the Brumlovka strategy of being a pleasant place to live and work.

Another completely new public relaxation area has also been established between the Budova D Building and the Villas. It is a natural continuation of Baar Park and provides a number of pleasant nooks. Visitors will especially appreciate the open gazebo, with seating made from natural materials, in the summer months.

Brumlovka Square provides swings, tables with high stools, and deckchairs by the fountain. This has created an exceptionally useful relaxation



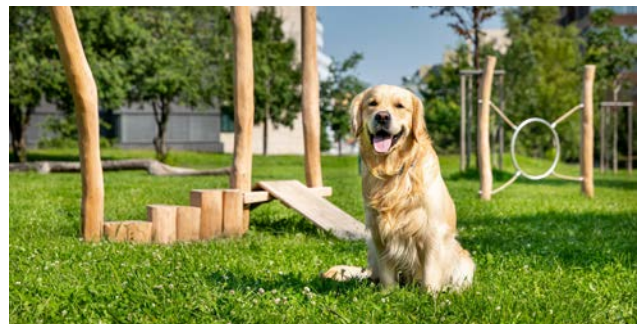


area that has become popular with local employees and mothers with children who like to cool off in the flowing water on hot summer days.

Shady pergolas and additional greenery have been installed on the roof terraces of the Alpha Building and Budova B Building and this not only has a positive effect for building users, but also for the ecology.

The green areas and parks have also not been forgotten during the ongoing revitalization. The original wood-plastic boards in Baar Park have been replaced with a more aesthetic Prague mosaic with tropical wood, while the children's zone in the Brumlovka Park has been supplemented with a misting system and the outdoor athletics stadium has also been improved. There is even something for our four-legged friends, as the dog off-leash area in the Brumlovka Park has been supplemented with new agility equipment.

All visitors to the BB Centrum are welcomed by the Beetle, an original kinetic art installation by David Černý that is reminiscent of the legendary Porsche 911. There is no way you can miss it. It is located right in front of the Alpha Building at the exit from the Prague arterial road. ▶





We take care of your comfort and safety

A new turning lane has been constructed in Václava Sedláčka Street as part of measures aimed at increasing the traffic flow, which in turn has led to reduced emissions, improved driver comfort, and increased pedestrian safety.

Protection of pedestrians was also at the forefront of the alterations made in the area of Vyskočilova Street. In addition to protective columns on the footpaths, a magnificent new, safe stairway to the footbridge has also been added. It also serves as a roof for the benches so that people waiting for a bus there are protected from the rain or sharp sunlight. There is also a new convex mirror, which shows those coming to the bus stop from Želetavská Street whether a bus is approaching the stop and therefore whether it is necessary for them to run to catch it or whether they can take their time getting there.

The Filadelfie bus stop has also been modernized and is now covered with a roof. It is an excellent example of a modern, functional and at the same time beautiful bus stop for urban public transport. ▷

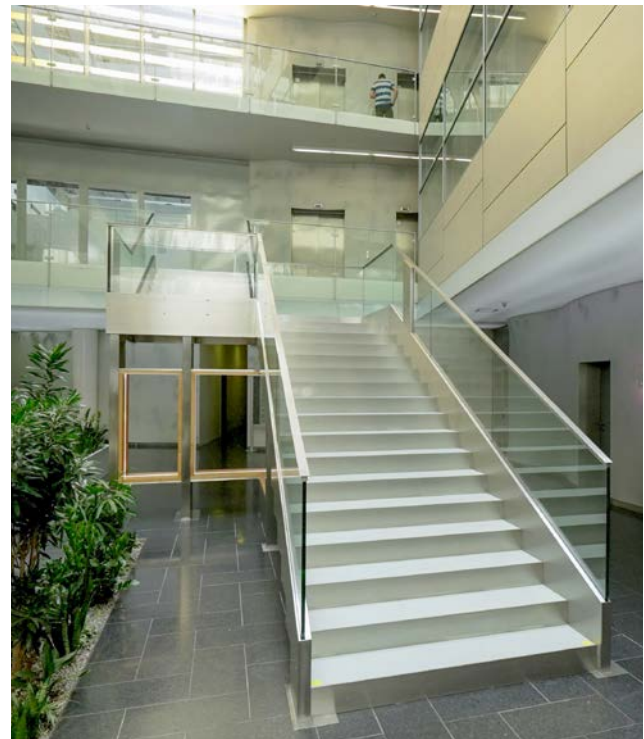




The buildings have received new representative areas

The changes at Brumlovka have, of course, not only been made outside but there have also been a number of modifications to the buildings' common areas. For example, the entrance lobby and reception area of the Filadelfie Building have undergone a complete facelift and are now pleasantly connected with the shopping center thanks to the vertical garden. There are actually two vertical gardens there. A separate area for informal meetings has also been newly opened opposite the new reception area with computer and information video mapping.

The Beta Building now has a new interior staircase that simplifies movement between the ground floor and the first floor and has also resulted in reduced use of the lifts, as well as reduced electricity consumption and a reduction the building's impact on the environment. Moreover, new greenery has also been added to the atrium so that the Beta Building is not only ecological but also aesthetically greener. —





An absolute relaxation experience is now within reach

We could write an entire article here and it still would not be enough. The Balance Club Brumlovka fitness and wellness center has successfully completed its mission to fully renovate the area. Visitors can now use the 25m stainless steel swimming pool and the whirlpool, the completely new sauna zone, the reconstructed changing rooms, the new reception area, and so on and so on. You can find out more about the new Balance Club in a separate article on page 28. _



A video tour of the BB Centrum

The pages of this magazine are unfortunately not enough to encompass everything that we would like to share with you. We have therefore also prepared a video that outlines the atmosphere of the new Brumlovka in just three minutes. You can watch it here.



4 questions for: Marie Tlapáková the owner of Tlap's Coffee in the Filadelfie Building

The congenial owner of the coffee bistro on the ground floor of the Filadelfie Building is in her second year of delighting BB Centrum employees and visitors with her premium coffee and excellent home-made cakes. So, what else could we have talked to her about other than coffee?

Are you able to guess what type of coffee someone will order according to the type of customer?

I would say that it was easier 5 years ago, but nowadays some of our most popular beverages are flat white and batch brew, which everybody seems to drink regardless of gender or age.

What is the most complicated thing about running your own café?

And on the other hand, what gives you the most pleasure? The most complicated thing is how time-consuming it is. Running a café doesn't only involve working during opening hours. We do our own baking and prepare all the food in order to ensure the quality, which often takes more time than we spend behind a coffee machine. The nicest thing is the fact that people appreciate our work and we see that we have given them pleasure by serving a good coffee or dessert.

Do you follow coffee trends? What is the current or upcoming coffee hit?

It isn't possible to run a café at the level we want without following trends. Personally, I really enjoy experimenting with processing coffee. It's no longer just about the washed, dry and honey methods. It is absolutely amazing what flavours the beans can have after being subjected to varying periods of fermentation.

What do you think about adding milk and sugar to coffee?

I think that premium coffee deserves to be tasted in its pure form. On the other hand, a barista has to realise that coffee is "just" a hot drink, a caffeine source or one of the small joys of the day for many people. If a large latte with hazelnut flavouring brings a smile to a customer's face, I am happy to prepare it for them.

Which type of coffee do you personally prefer?

I like filtered coffee or flat white best. I like the weaker intensity of the flavour of filtered coffee, which gives room to enjoy the individual tones that are specific to premium coffee.

We love taking care of you

At ČEZ, we make life easier for our clients. We always try to help as if you were family.



www.cez.cz/en

CEZ GROUP



Anthony's

Don't compromise between comfort
and a flawless appearance.

→ The Budova B Building

Do you have trouble choosing something off-the-peg, but you don't want to wait for made-to-measure tailoring?

Anthony's boutique has found the recipe for great fitting off-the-peg shirts. The secret to success is the wide range of sizes and cuts and an individual approach to each customer. You won't leave Anthony's empty-handed.

The British Anthony's brand specializes in formal and "smart casual" wear exclusively for men. In addition to shirts, you will also find a complete range of clothing at the boutique in Budova B Building, i.e. suits, shirts, T-shirts, casual trousers, and jackets. Shirts are often the hardest nut to crack for men and that is why Anthony's has focused and fine-tuned its offer and approach to the customer down to the very last detail.

The cut is the alpha and omega of a well-fitting shirt

"Everything starts with the cut," explains the boutique owner, Jiří Vlček. "We have four cut variants so we can satisfy customers who enjoy more comfort and those who prefer their shirts to be close-fitting," he continues. The size of the shirt goes hand in hand with the circumference of the collar. The selection starts at size 37, which fits adolescent customers, through to size 51. "We only sell a few of those shirts a year. They are purchased by customers who probably could not otherwise purchase off-the-peg shirts and would have had to get them made to measure," says Jiří Vlček. Perhaps the most important aspect is the length of the shirt's body and sleeves. Czechs rank among the ten tallest nations in the world. Regular off-the-peg shirts are usually designed in countries with smaller men and therefore do not have sufficiently long sleeves for Czech customers. "At Anthony's, we offer four shirt sleeve and body lengths, so even these men will be able to find a shirt at our store. We have even clothed the entire Nymburk basketball team from our regular stock in the store," says the owner with a smile.

Measured in just five minutes

Men don't like spending a long time shopping and the staff at Anthony's are fully aware of this.

You will first be attended to by the professional staff, whose job it is to select the right size combination. They will ascertain the correct measurements and have you try on a test shirt. The measurements will be done in just five minutes and you only have to undergo this procedure once. Once the shirt fits, the rest is easy. You will receive forty different colors and patterns to choose from. The range includes shirts with regular button-up cuffs and shirts for cuff links. Your measurements will then be stored in the database. As such, all you have to do is give the staff your name or email address whenever you come in for a new shirt, and then you can shop. Likewise, your wife will be able to get you a shirt in the same way, because the sizes and proportions of the shirts do not change.



A suit that fits like a glove

There is also a wide range of suits: Three variants of cut, three different length variants, and twelve different sizes. What's more, it is also possible to combine any size of jacket and trousers. "This resolves the frequent problem that men have when choosing a suit, i.e. that the jacket fits quite well on the shoulders, but it is too long or short. And if the length also happens to be right, then the size of the trousers is wrong. We always shorten the trousers to the customer's required length and we do it free of charge while the customer waits," says Jiří Vlček. In addition to shirts and suits, Anthony's also sells high-quality footwear, including the Barker Shoes brand.

Anthony's TIP: "We recommend that customers should always purchase a second pair of trousers to go with the suit jacket. This makes sense because the trousers always wear out faster than the jacket. If you purchase two pairs of trousers, you will increase the service life of the entire suit," advises Jiří Vlček.

ANTHONY'S
LONDON

Anthony's
The Budova B Building
www.anthonys.cz

bikero.cz

High-quality cycling supplies for everyone, now also comfortably at the BB Centrum



The Budova B Building

If you want to choose a bike or cycling accessories without any waiting or queues, you can now easily do so at the BB Centrum. The bikero store has opened in the Budova B Building.

There was a great cycling boom during the pandemic. Sales of bicycles increased by up to three times compared to the period before. Are you thinking the shop will be crowded with customers? Don't worry. If you are thinking about taking up cycling, or would like to buy a new model and equipment, there are no queues at bikero.

A luxurious brick-and-mortar store

Forget about narrow aisles, confusing rows of bikes, and the small spaces inside classic brick-and-mortar bike shops. Check out the new store at Brumlovka.

First of all, you choose a bike and accessories on-line from the comfort of your home and the professionals from bikero will get everything ready at the shop, where you can try it out in peace. If you are satisfied, you can take your purchase home immediately. Or the shop staff

will advise you which products will suit you better.

If you visit bikero personally, don't forget to try the simulator for testing the revolutionary All-Wings seat.

Courier service on-line

Are you short of time? Or you don't feel like visiting a brick-and-mortar store yet? Try the bikero courier service. The courier will deliver the assembled and adjusted bike to you at home! The assembly and adjustment are very important at bikero, so it also provides services like this, which are comparable to those offered at classic brick-and-mortar stores, by delivery.



The bikero company was established in 2015 by a group of sports enthusiasts from Hradec Králové. From the very onset, the company's goal was to make high-quality cycling more popular among people. The concept is celebrating success – the branch at the BB Centrum is their third one and the chain will soon expand by another two branches.

The new store at the BB Centrum reflects the new bikero "Bike-Air Connect" concept, which uniquely combines brick-and-mortar shops with an e-shop. It has an airy and light design and functional gadgets, which increase the customer's comfort when shopping and save time. Jan Coufal, the founder of bikero, says: "Bike-Air Connect reflects the world of cyclists, which is airy, fast, affords space, has no limits and provides freedom. It is also a smart concept, which adopts the best of on-line and retail shopping and combines it into one smart solution in the post-Covid era. _



bikero

bikero
The Budova B Building
www.bikero.cz



→ The Beta Building

When buying household appliances people have always chiefly assessed how much energy or water these appliances consume. However, the pandemic has changed the viewpoint of our home and thereby also the requirements for its furnishings. ASKO appliances, which combine functionality and timeless beauty, are just the right item for the most discerning customer. You will find an ASKO showroom in the Beta Building from June.

ASKO offers practical and designer appliances for the kitchen and bathroom. These are appliances for cooking, storing food and wine, or caring for clothes. They always contain the latest technologies and functions, which have been tested by chefs and professional operations. These appliances are economical, they use reduced amounts of water and energy, but they are also durable and therefore have a longer service life.

Scandinavian style – even a washing machine or oven can look good

The most powerful trend at present is the absolutely simple design of appliances, which blend in perfectly with the interior. ASKO appliances are distinguished by their appearance, as well as their innovative functions, economy of use, and durability. Their Scandinavian style is a distinctive aesthetic in the form of modern but timeless and minimalist design, free of all unnecessary elements.

Beauty is not just appearance

The ASKO brand's style is also based on expedience and considerateness, which Scandinavians have been taught by their harsh climate and limited resources. At ASKO they believe that meticulously designed products should not only look good. They should also improve the quality of life. This is why they make their appliances from high-quality and durable materials, which are masterfully executed and perfectly functional. As Daniel Ragin, ASKO Brand Ambassador, says: "The brand is based on timeless and premium design, high-quality craftwork, and consideration towards resources and the environment."

One example: The newest wine cooler for 190 bottles of wine

This wine cooler is capable of much more than just



making sure that the space is kept dark, at a stable temperature, with correct air circulation and humidity. It will store up to 190 bottles of wine in exactly the right conditions so that they age as they should. It will take excellent care of your collection of wines. Because it has three individually regulated and reliably separate temperature zones, clean, filtered air, vibration-free compressors, an elaborate shelf system for holding the wine, and even a special area for preparing the wine and glasses before serving.

The first Czech showroom is at the BB Centrum

You can find the first showroom in the Czech Republic in the Beta Building at the BB Centre

from June 2021. The architectural design is based on the ASKO concept, which could be seen at the prestigious IFA international trade-fair of electronics and household appliances in Berlin and in other countries where ASKO appliances are sold. The project authors are Maša Kresnik and Saša Hribernik.

"The multifunctional BB Centrum is absolutely ideal for the new showroom for deluxe ASKO appliances, intended for kitchens and laundries. Many prestigious Czech and foreign companies are based here, there is also an extensive residential area and excellent traffic access and parking opportunities here. Our appliances are first-class from both the technical and design aspect, and make every activity a pleasure," says Regina Netolická, Head of Marketing CZ/SK. _



ASKO
The Beta Building
cz.asko.com

→ The Filadelfie Building

We Hate Ironing

Everyone will love ironing
with We Hate Ironing!

Have you ever calculated how much time you spend a week washing, folding, and ironing laundry? Maybe you haven't. But you have certainly dreamt of what it would be like to transform a mountain of dirty washing into sweet-smelling, nicely folded stacks, with just the wave of a wand. This dream can now come true with We Hate Ironing, the first on-line laundry in the Czech Republic. All the work will be done within twenty-four hours, without you having to set foot outside your home.

Take your suit to the dry cleaners on your way to work and collect it on your way home. Nothing unusual. But what if you work at home or don't have a dry-cleaner on your way to work? One of the owners of We Hate Ironing, Jan Kmoch, who has been successful in the field of laundry and dry-cleaning for several years, asked a similar question. This is why the idea to expand two brick-and-mortar shops – in Florentinum in Prague and at Brumlovka – by a service from which you can order washing and ironing on-line in Prague, was born seven years ago. The courier collects your dirty laundry and returns it, clean and fragrant, the next day. The willingness of the couriers, who don't hesitate to run up to the fifth floor with

a bag of laundry, for example, is a bonus.

Simply throw your dirty laundry into a bag

"We most often launder classic items, such as shirts, suits, and dresses, but we also take on winter clothing, bed linen, or covers. We also offer a "sensitive programme" which is intended for the sensitive skin of our youngest customers," Jan Kmoch describes the services he offers. "If you don't have the time or energy to sort your

Do you want to eliminate ironing in your life?

Simply go to www.wehateironing.cz and fill in the simple on-line form, which will guide you through the order step-by-step. Simply select the hourly interval during which the courier should collect the laundry and bring it back.

laundry before the courier arrives, that's no problem. Simply throw it all in a bag and we will take care of everything. We will inform you of the exact number of items and the resulting price to pay by e-mail. We can also help you if you just need to iron your laundry," says Jan Kmoch. As well as dry-cleaning, washing, and ironing, We Hate Ironing also offers a shoe polishing service.

Environment-oriented values

At We Hate Ironing they don't only think about ironing, but also consider the environment. They use recyclable plastics made from industrial recyclate and take back metal hangers from customers if required. This saves many thousands of hangers every year, which would otherwise end up in the bin. The company also has eighty trees planted in the forests at Jíloviště u Prahy every month.



WE HATE IRONING

We Hate Ironing
The Filadelfie Building
www.wehateironing.cz

G4S

Radek Mráz, G4S: I like to surround myself with positive people. Shouting doesn't work here

We spoke with Radek Mráz, Managing Director and Chairman of the Board of Directors of the G4S security agency, at the time when his company's preparations to move into the BB Centrum were culminating. The interview focused on his expectations, his open method of managing people, and how traveling around the world can affect us.

Why did your company G4S decide to move into the BB Centrum?

We sold our cash transportation and processing division last year and as such, we became more of a technological security company, which our office space in Libeň no longer suited. In addition, as a technological company, we wanted to be based amongst the best in the field, and as a provider of security services, we needed to be close to our customers. Some of them, such as Moneta Money Bank or Passerinvest, are now located right around the corner.

What does the provision of security services entail?

G4S is a global company that belongs to the Allied Universal group, which has more than 800 thousand employees worldwide and is active in

more than 80 countries in the world. We are the biggest supplier of security services in the world. We have two basic divisions. Physical guarding, which includes reception services, guard services, etc., and then a second division for security technology/systems, i.e. security equipment, camera and access systems, fire systems, etc. Our central security desk, one of the few to be certified in the Czech Republic, is the focal point. The process of combining these two divisions has been ongoing for a while because physical guarding services are totally different now from what they used to be. The market is evolving and it makes sense to combine our physical guarding services with technology so that we can provide our customers with a modern service for the 21st century.

Are there any specific products that are worth mentioning?

The products are different in each country – for example, drones are beginning to be used to a significant extent abroad and so we can draw on

the experience gained from the global coverage provided by G4S and be inspired by it. G4S is also the largest provider of electronic bracelets for prisoners in the world outside the USA. Electronic bracelets and this type of supervision of alternative forms of punishment have yet to take off in the Czech Republic. However, there is going to be a public tender which we will be pleased to participate in. In short, our portfolio not only contains guard services or the connection of buildings to our central security desk, but we also provide a broad range of other products.

How extensive is the competition in the Czech Republic?

There are tens, maybe hundreds, of competitors in the security field in the Czech Republic, but there are not many large international companies here. There are only two or three other companies that offer a similar range of services as us.

We also differ from the local competition due to our strict Code of Conduct, which maybe limits us slightly under local conditions, but it is important for us to do things ethically. We encourage our employees to not only uphold the Code of Conduct at work but also in their personal lives. Moreover, our clients often cannot afford to cooperate with anyone who has a reputational risk. Our strict Code of Conduct is a great advantage for us from this point of view.

What did the pandemic do to your company?

The pandemic affected us significantly from the point of view of business. Our clients include, for



The G4S security agency is number one worldwide in the provision of comprehensive security

solutions. It has 30 years of experience on the Czech market. At present, it has almost 1,300 employees. Its services, which it provides to more than four hundred clients in the Czech Republic, include security consultancy, physical guarding services, and security systems.



example, the National Gallery and the O2 Arena, so the downturn during the closure of these institutions was significant. By way of illustration; if there is a concert at the O2 Arena, the security services there are provided by approximately 200 people.

Last year, however, we still managed to grow our turnover by 10 % despite the impact of Covid, and we consider that to be a great success.

How do you explain this?

There are two reasons for it. On the one hand, we were able to acquire a lot of new jobs during Covid and on the other hand, we attempted to adapt our portfolio of services. For example, ▶



We provide our customers with modern 21st century services.



we expanded our services to include measuring the temperature of our clients' employees, we began offering thermal cameras to measure temperatures, automatic mask detection, etc. with our hardware products. We installed systems that count the number of people in a store for some retail chains, for example, so that the limit of one person per 15 square meters was adhered to.

Digitalization also advanced. The process admittedly was already ongoing, but Covid has accelerated everything. In this way, we endeavored to reduce the risk of transmission of the virus to a minimum.

You have been in the position of Managing Director at G4S for more than a year. What management style do you prefer? What works for you?

I try to apply a pro-employee approach to management. Shouting doesn't ever work here. I choose people for my team who apply an open-door policy and advocate a "Yes and how" instead of "No and why" approach. We always quickly part ways with toxic people. I like to

surround myself with positive people.

How many employees do you have in the Czech Republic?

We have almost 1300 employees in the Czech Republic, head office in Prague has about 50–60 people and we have a branch in Brno: otherwise, our people are active all over the Czech Republic.

Moving into the BB Centrum also conforms to our employment policy, within the framework of which we always try to secure the best working environment for our employees. The BB Centrum is an excellent location surrounded with a beautiful environment, many restaurants and green areas. In Budova B Building, where we

have been proudly based since July, we also have a terrace available.

For example, I personally really like the Balance Club. However, I think that our employees will feel good in the entire BB Centrum. It is also an advantage for us from the point of view of recruitment, because it's an attractive location. It is located near the center and has excellent transport access.

But life is not only about work – how do you recharge your batteries?

I like traveling. I have visited around 100 countries. When my wife and I set off on a backpacking journey around the world 12 years ago, it took exactly 365 days and we traveled through almost 30 countries. We kept traveling until we ran out of money. I am still living from our experiences today. I would recommend that everybody embarks on such a journey. I think that, apart from the birth of my children, it's the best thing that I have done in life. When we returned, everything in our lives began to head in the right direction.

It sounds somewhat esoteric...

This investment has truly paid for itself many times over. It is probably because it truly opened my eyes. I worked out my priorities in my head based on everything that I saw on our journey. It helped me acquire the necessary detachment and understand what is important in life and what isn't. And it is precisely this detachment that enables me to make demanding managerial decisions, in which I take the entire context into account and not just money and any economic advantage.

As my boss says: No risk, no fun. You have to take a risk occasionally. If I hadn't gone, I wouldn't be where I am today. _



Radek Mráz

The current Managing Director and Chairman of the Board of Directors received his master's degree from Mendel University in Brno. He worked at UPS for 8 years, where he honed his managerial and sales skills, eventually reaching the position of Sales Manager for the Czech Republic, Slovakia, and Hungary. He has worked at the G4S security agency since 2018 and has been Managing Director since April 2020.

With the exception of the birth of his children, he has gained the most inspiration in life from and been most influenced by a journey he made around the world. He traveled with his wife through a total of 30 countries on 4 continents on a journey that took precisely 365 days.

Either ...
or

Coffee or tea?

Tea

The mountains or the sea?

The mountains

A book or a film?

A film

Sport or a gallery?

Sport

A house or a flat?

A house

A cat or a dog?

A dog

Early bird or night owl?

Something in-between

Be flexible at FLEKSI

FLEKSI will advance your business further

Work, meet and connect. These three terms are the main motto representing the FLEKSI unique space, where everyone can find their “FLEK“ = SPOT while remaining “flexible”. FLEKSI, a new Passerinvest concern project, will offer enclosed offices and areas for co-working, as well as meeting rooms and areas for holding workshops or company parties in Budova B Building from autumn.

Get acquainted with FLEKSI

Co-working is a relatively new style of work that brings professionals from various fields and with various business plans into one place. The shared workplace, which provides space for mutual inspiration and the acquisition of valuable ideas, therefore often functions as a creative environment for completely new projects. However, an open workspace is not suited to everyone and

that is why the FLEKSI concept includes quiet, dedicated work areas and closed offices that provide a sufficient amount of privacy. It is also possible to use the meeting rooms for one-off or regular meetings with business partners, clients, or company colleagues. ▶

It is our wish to provide our clients with a pleasant area to work in, along with all the associated services.



▷ The designer areas are perfectly suited to holding company parties, celebrations, conferences, workshops, product launches, networking gatherings, and similar events. You won't have to worry about anything. You can arrange in advance to use the FLEKSI service team to prepare the entire event, including the provision of any technical equipment, catering, and other services.

The area of 3,000 m² on three above-ground floors not only houses workplaces but also event spaces, a reception area, three co-working lounges, eleven meeting rooms, and fully equipped kitchenettes. High-end quality natural materials, such as wood and metal, supplemented with greenery, play the main role in the cozy, yet modern interior. The area is dominated by neutral tones highlighted with blue and green. In addition to the FLEKSI area, you can also use the atrium and the roof terrace, which won the first prize in the 2021 Green Roof competition.

Concentrate on the important things

FLEKSI will take care of your comfort and your operating requirements. An optimal solution with regard to the time, space, and any other requirements will be drawn up for each company or individual. Clients will use the FLEKSI application, which secures the organization of the everyday life of the members and provides access to the





Investor: The Passerinvest concern
Architect: Linstram
General contractor: GEMO Olomouc

An offer for the companies based at the BB Centrum

Do you plan to relocate or bring more employees within the vicinity of your office, but you don't want to enter into any long-term leases or to have to furnish the premises? If you are a BB Centrum tenant, we will be happy to offer you special conditions. _

area in the form of a digital key. Naturally, the area is also equipped with high-speed internet.

"It is our wish to provide our clients with a pleasant area to work, while we take care of all the associated services. We are endeavoring to use this concept to not only accommodate the needs of our large corporate clientele, but to also meet the demand from smaller companies and individuals, whom we would like to provide with at least the same level of comfort and facilities that our long-term tenants enjoy, but for any period of time. FLEKSI members will have a unique opportunity to get to know interesting people, to share their experiences with them, and to receive valuable inspiration, and as such, they will not only become part of the FLEKSI project's community but also part of the entire BB Centrum community," says Lenka Preslová, Head of the Sales Department for the Passerinvest Group.

Focussed on "B"

FLEKSI is located in Budova B Building on the main Vyskočilova Street, right in the heart of Brumlovka. The building underwent comprehensive revitalization last year and was equipped with technology that ensures a high-quality working environment. Thanks to modernization, it now meets the standards that guarantee economical and efficient operations.

Budova B Building not only offers its tenants refined interiors, but also a beautiful roof garden and unique courtyard with water features and greenery for work and relaxation. The walk-through atrium is connected with the new Ellen G. White Square, where there are benches, safe bike stands, newly planted mature trees, designer lighting, and a grand stairway to Želetavská Street. _

If you are interested in a "FLEK", contact:

Lucie Stančíková
 info@fleksi.cz
 +420 724 607 291

FLEKSI

FLEKSI prostor, a.s.
 The Budova B Building
 www.fleksi.cz



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

I regularly write about society-wide topics which affect each of us in our City Magazine. This time, the topic I have chosen and its timing is much more important than ever before. The Czech Republic's deficit is rising rapidly thanks to the unexpected situation and it will be difficult to find resources during the post-pandemic period. I am very grateful to God that I live in this country and I will be very happy if my children will also want to work and live here in the future. And so I feel it is my personal responsibility to try to make sure this happens. The construction of buildings was and is an important source of wealth in our society. Unfortunately, the society-wide opinion is that "building" is evil. However, my colleagues and I are aware of the danger that our country is on a course towards becoming a second-rate European country if it supports this rhetoric. This is why we sought ways to acquaint the public with the reality of the benefits that construction brings for all of society and therefore the real need to expand construction activities. We asked renowned international consultancy companies, experts in the construction sector, to collaborate, which resulted in two extensive independent studies. After they were completed, we were surprised how heavily the results were inclined to the benefit of society and how very much poorer we will grow as an entire nation if we prevent construction for reasons of activism. Based on these studies, we established the Development of Construction for a Wealthier Republic Initiative, which we will introduce to you on the following pages. I believe that this will help us increase awareness about the construction of new buildings as a blessing for all of society and therefore the prosperity of us all, because these activities are essentially a sort of notional economic perpetuum mobile.

Yours sincerely
**Radim Passer, the founder and CEO
 of the Passerinvest Group**

Discussion

When your neighbour builds, you get richer too

We would like to present to you the Development of Construction for a Wealthier Republic Initiative, the aim of which is to bring about the necessary change in the thinking of society leading to the future development of the entire Czech Republic and the well-being of its citizens.

We believe that a new perspective can move us and our country forward. We bring a topic that is absolutely crucial if we do not want to live on the debt that our children will pay. A topic that should resonate loudly in our society.

Each building contributes significantly to the government budget and helps strengthen the economy.

Nearly 76% of each Crown invested into the construction of administrative and residential buildings ends up in the government budget thanks to multiplication. This means that the government budget makes CZK 760 out of each thousand Crowns invested into the construction of buildings.

How is it possible?

Multiplication

Investment into construction leads to the involvement of construction companies and their employees, which multiplies the positive impact on the economy. This is a chain reaction, which brings more than three times the investment into the economy. Because construction companies purchase materials and services from other companies during construction. The employees of these companies spend their wages and the companies their profit, which additionally contributes to the increase in GDP and subsequently to the overall revenue flowing into the government budget, or resources for funding the operation of our entire country, as a result.

Overall economic benefits of construction

Effect		Construction impact
Direct	Indirect	2.40x
Induced		0.68
Externalities		Non-quantified
Overall impact		>3.09x

Direct effect	the sector's positive impact on GDP
Indirect effect	impact on other sectors
Induced effect	increased household income

Indicative calculation of the impact of investments into the construction sector on government revenue

1 billion Investment \times **3.09*** multiplier \times **3.09** impact on GDP \times **25.3%*** average GB revenue from GDP = **0.76 billion.*** GB revenue

* rounded up values

Government revenue: Construction

76%

of each invested CZK 1

ends up in the government budget

New job positions

42

new job positions during construction per 1,000 m²

39

new permanent job positions after the final inspection approval per 1,000 m²

Government revenue: Operation

nearly 4x

the funds that the lessor collects in rent

ends up in the government budget





Construction = better conditions for life

The budget will gain CZK 98 billion as a result of the construction of apartment houses approved in 2020 alone, commercial areas will contribute another 93 billion. This means that the state can use the revenue from just the construction of these new projects to pay the annual wages of all government employees and invest the remaining 45 billion into the construction of kindergartens or schools, i.e., for the needs of 90,000 pre-schoolers or 65,000 students.

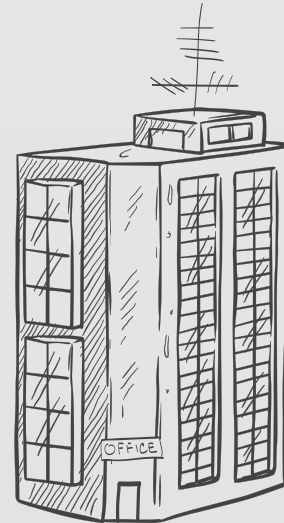
“Construction is basically a perpetuum mobile of the economic and therefore benefits the prosperity of us all.”

Government budget revenue

The revenue from construction approved in 2020



Apartment houses
CZK 98 billion



Commercial areas
CZK 93 billion

Every construction project earns money

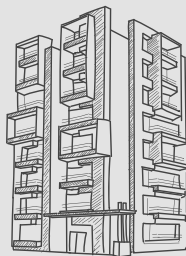
Construction of a family house of an area of 150 m² gains the government budget funds representing the annual wages of seven firemen, one apartment house with 87 apartments represents the annual wages of 395 policemen and the construction of one large (20,000 m²) administrative building secures funds for the annual pension of 5,848 pensioners.

Family house
150 m²



CZK 4 million
= 7 firemen per year

Apartment house
4,500 m² = 87 flats



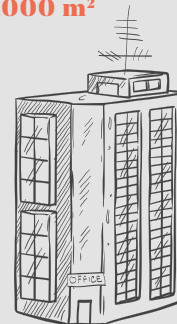
CZK 215 million
= 395 firemen per year

Small office building
2,500 m²



CZK 114 million
= 180 nurses per year

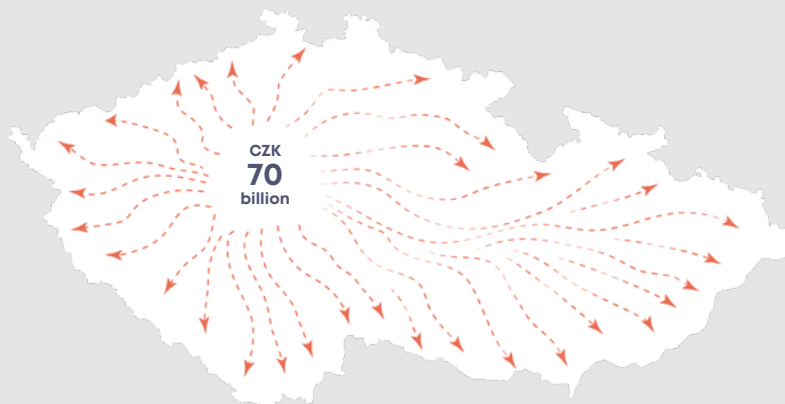
Large office building
20,000 m²



CZK 1.1 billion
= 5,848 pensioners per year

Construction generates wealth even after the work has been completed

For instance, putting an office building into operation gains the government budget nearly four times the funds that the lessor collects in rent per year. This means that the state receives nearly CZK 20,000 per each m² of a modern office building in Prague. To give you an idea, modern office buildings in Prague alone produce nearly CZK 70 billion a year for the government budget using this algorithm.



How do specific office buildings contribute to the government budget?

If we focus on calculating specific cases, a small office building of up to 2,500 m², will create 104 full-time jobs during construction and 97 permanent full-time jobs will be created across the market after it is completed. A building like this will “generate” up to CZK 47 million for the government budget a year thanks to multiplication, which will cover the monthly wages of 767 nurses for instance. A large office building of 20,000 m² will naturally bring much more to the government budget. Thanks to a building like this, funds capable of covering the monthly wages of 8,227 teachers at primary schools will go to the government budget. _

Small office building



After the final inspection approval: CZK 47 million per year
= 767 certified nurses

Large office building



After the final inspection approval: CZK 373 million per year
= 8,227 primary school teachers

“Our main concern is for our country to prosper and for our children to want to live in it.”

The Development of Construction for a Wealthier Republic Initiative is based on two independent studies executed by the Ernst & Young, s.r.o. (EY), and PricewaterhouseCoopers (PwC) consultancy firms.



The Development of Construction for a Wealthier Republic Initiative was presented for the first time at a joint conference by the Passerinvest Group Company and the Ministry for Local Development under the title “When your neighbour builds, you get richer too”, a recording of which you can find on the website at republikabohatsi.cz

Functionality & design

The new Balance Club Brumlovka will transform an ordinary day into an extraordinary experience

Balance Club Brumlovka has undergone two phases of painstaking renovation, costing over CZK 100 million, as a result of which it can offer a completely new feeling of relaxation, whether active or passive. We focused on first-rate functionality of the equipment and the comfort afforded by the facilities, and also on ensuring that all club areas are designed in a manner that will never go out of style. This means that visitors not only leave us recharged with physical energy but also having enjoyed an aesthetic experience.

The first impression is crucial. This is why a new counter made from artificial white stone and impressive false ceilings with moss pictures were installed in the reception area. From the practical aspect, visitors will appreciate the larger safe boxes for storing their personal items, a huge digital information screen, and also the Balance Terminal, which they can use to easily access their account at the Balance Club Brumlovka, top up their credit, pay their club membership or leave important feedback for the club's management.

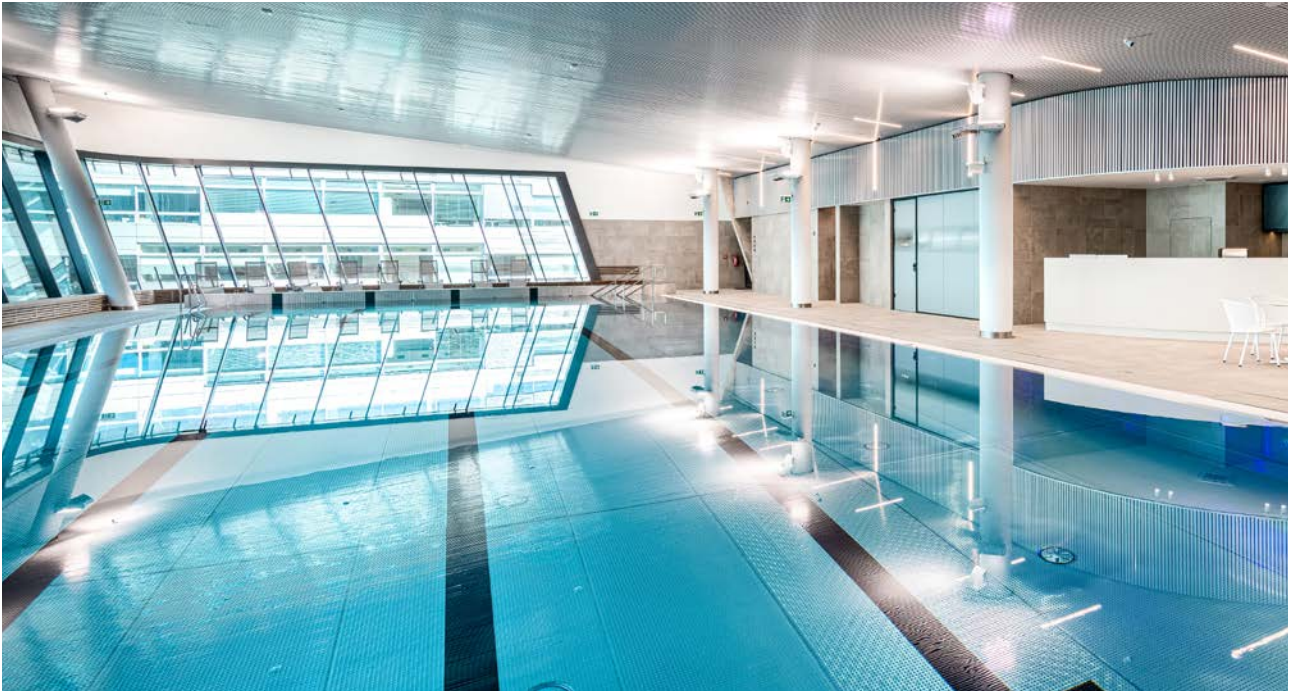
Changing rooms with larger lockers

You will find over 400 modern and spacious lockers with electronic locks, large backlit mirrors, several deluxe hairstyling appliances and a steam iron to comfortably iron your clothes in ▶

Renovated Balance Club Brumlovka: Words are not enough, you must experience it yourself.







▷ the changing rooms. Designer screens provide you with information.

More privacy in the showers

The shower areas are also practical and beautiful. Designer anti-slip tiles have been installed on the floor and you can dry your wet swimsuits in the spin dryer. We have also fitted partitions in some of the showers to provide you with more privacy and comfort. Dispensers with the required hair and body care products, which are natural and carefully selected, have also been installed. Just like at reception, which is permeated by the fragrance of essential oils with anti-bacterial properties, which work as natural antivirals.

Wellness for even more pleasant relaxation

The Wellness area with its spacious terrace is a separate chapter. Water lovers will enjoy the new Aqua zone with the 25-meter stainless steel swimming pool, sloping entrance and water heated to 28 °C, and the more spacious stainless steel whirlpool tub. There are facilities with new washrooms tiled with Italian floor and wall tiles in natural colors. The elegance of the Relax zone

area, which contains several types of saunas and baths, is underscored by a unique glass chandelier inspired by drops of water.

More options for relaxation

The regular sauna ceremonies are one of the most pleasant and popular activities at Balance Club Brumlovka. The spacious new Ceremonial sauna, with high ceilings, a built-in audio system, and the option of modifying the color shades of the interior lighting depending on the topic of the ceremony, has been specially adapted for this purpose. All fans of hot air will also find something to enjoy in the other saunas. In the slightly cooler Soft sauna, in the Steam sauna, or the Infra sauna, a new facility at the Balance Club. Special LavaTech technology in the Infra

The pool at the Balance Club Brumlovka has an ideal temperature for the personal training of adults and group lessons of small swimmers as well.

sauna also allows people with cardiovascular or other difficulties to enjoy it. The Ladies zone with sauna, showers, and rest zone, remains accessible exclusively to women.

The new Ice fountain with crushed ice can be used to cool down more carefully after the sauna. The Kneipp bath is now larger and is newly equipped with massage pebbles, which contribute to better blood flow in the feet during therapy. The spa offers new areas for massages and luxurious body rituals, which you can also enjoy due to the Alqvimia Spanish body cosmetics they use. _



New spot of the Balance Club Brumlovka



Balance Club Brumlovka
The Brumlovka Building
www.balanceclub.cz

Series

The question of origin — creation, or evolution?

Do you feel you have a clear opinion when it comes to the question of the creation of our world and ourselves? And how does Darwin's 160-year-old theory stand up in the light of contemporary scientific findings? Has it been unequivocally proven or will it not live to see its 161st anniversary?

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

Part four: Do fossil findings prove evolution from molecules to humans?

The mystery of fossils

We would like to stress right away that fossils do not originate under normal circumstances, or more precisely, they cannot originate, because of the ubiquitous elements of decomposition (scavengers, decomposers – moulds, fungi, bacteria, chemicals – acids, alkalis or water, air, sunlight, etc.), which literally liquidate every dead animal or plant body before it begins to fossilise. For instance, it is a well-known fact that not even a bone reaches the bottom of the sea, let alone the entire body of any animal, because it is eaten before it can fall to the seabed, be covered in sediment and begin to fossilise. This is similar to what happens on dry land, where any carcass becomes food for various scavengers, insects, rodents, moulds, etc., within moments and the remainder decomposes as a result of the effects of water, oxygen, sunlight and other factors. Nature basically works in a way that is not inclined towards the creation of fossils at all!

Billions of years of evolution or a sudden global flood?

However, fossils do exist and there are quite a few of them. According to estimates by some leading world geologists, such as professor Marcus Ross, director of the Centre for Creationist Studies at Liberty University, many trillions of fossils have already been found in the sedimentary layers. However, the total number of fossils in the earth's lay-

ers is probably several orders higher. How is it possible that so many of them exist? And how did they originate if fossils never originate in the modern world? Two mutually conflicting explanations, which Charles Darwin also knew about, can possibly answer this cardinal question. 1. It is the result of long-term accumulation of occasionally created fossils, which gradually originated over the course of hundreds of millions to billions of years of evolutionary history, which means, in other words, that the order of the deposited fossils is a sort of concentrated record of how evolution of the species proceeded from bacteria to humans over the course of many hundreds of millions of years. 2. It is a global mass grave, which originated during a single global disaster – floods in Noah's time, which, in other words, means that the order of the deposited fossils roughly represents the progress and dynamics of the flood, which buried the ocean ecosystems first of all, then the coastal ecosystems, then the lowland terrestrial areas and finally the mountainous terrestrial areas, which means that the majority of fossils originated at once and within a very short period (months and years). But how should you decide which explanation is true?

What do actual finds prove?

From the scientific aspect, the answer is simple. The explanation, which best corresponds

to the actual fossil findings and also the manner in which fossils originate in nature, is true. As explained above, in order for a fossil to originate, some very specific conditions have to be met, which are unachievable under normal circumstances in nature. However, these conditions can be achieved briefly during sudden disasters, such as eruptions, massive landslides, local floods, etc. But, not even such "modern" disasters are often enough for dead bodies to turn into fossils, because in many cases they are simply unable to prevent their rapid decomposition in shallow sediments, or the dead bodies are destroyed by red-hot lava or pyroclastic flows, or crushed by the sudden movement of water, mud and stone. This means that the creation of fossils is an exceptional event, despite occasional local disasters. This is why a certain group of palaeontologists supporting the evolutionary concept have decided to believe that the Earth is actually billions of years old and that it has patiently collected fossils that have randomly originated throughout its lifetime, in slowly deposited sediments. However, palaeontologists supporting the Biblical scenario have come up with an explanation in the form of a massive global flood, which created such a massive amount of sediment within 1 year, that it buried all the plants and animals alive at the time in a single moment.

The Bible is right once again

It may seem unbelievable, but the geological model based on the Biblical description of the Great Flood is the only explanation capable of consistently explaining the existence of several kilometre thick, uneroded multi-layers of sediment, passing across entire continents like level sandwich boards, as we can see in the Grand Canyon for instance, full of fossils of living and extinct creatures! The Biblical model is also the only explanation for the enormous deposits of coal, crude oil and natural gas in permanently frozen areas, the existence of preserved sea fossils in mountain peaks (e.g. Mount Everest), so-called polystrate fossils, or the commonly found un-decomposed soft tissue in dinosaur fossils, etc., all of which are unexplainable mysteries for the evolutionary model. _

To be continued

**Major
topic**

Fun activity for six feet

Run like the wind with your dog. Canicross will improve your fitness and your relationship with your pet

The article has been prepared in cooperation with Løype

Every runner will confirm that training with a partner is excellent motivation. And it doesn't necessarily have to be a human sparring partner. Why not start running with your four-legged friend, who will always have time for you? Running with your dog will improve your fitness, will tire out and entertain your dog, and, most importantly, will strengthen your relationship. You do canicross as a team!

Canicross is running with your dog, but it doesn't mean that you and your dog simply run next to each other. Your dog wears a special harness, reaching all the way to the root of its tail, which allows it to use all its strength to pull. You wear a running belt; with a bungee leash between you and the dog. This means that the dog runs in front of you and pulls you. It is also worth mentioning that fairly high speeds can be reached during cani-

cross, much faster than when running on your own.

How to begin with canicross?

It's simple, you just need patience and training. You need to train your dog gradually. Running while pulling is strenuous for your

dog, not just physically, but mentally. "The dog must learn that it has to work, look where it is running and refrain from sniffing the grass or greeting its four-legged friends. Most dogs gradually begin to enjoy pulling and look forward to running with you as soon as they see their harness. And that is really worth it," says Šimon Cipro, founder of Løype, a dog café, shop, and e-shop specializing in supplies for your four-legged friend.



Let's go!

Is my dog suited for canicross?

Are you not sure whether your dog is suited for canicross? Then we have good news for you! Every dog can learn to pull. It depends on how much you work with him and how you motivate him. The breed is not as important as the right motivation and teamwork when you want to enjoy some exercise and some occasional adrenalin from a race. You can see Beagles, Yorkshire terriers, or Great Danes, as well as classic sports breeds such as Pointers or Border Collies, at races. But if you are planning to race at the top level you will need an athlete in body and soul. A special cross between a pointer and greyhound – the European sled dog – excels at canicross.

When to start running?

There is no need to rush. Let your dog enjoy being a puppy, socialize it and establish a good relationship. Dogs that are too young do not have a fully developed skeleton and could injure themselves. And training also results in unnecessary mental stress for them. Buy the first harness at around 12 months of age (even later for large breeds) and start training.

What equipment do you need?

The dog harness is the most important piece of equipment. "We recommend a long harness for canicross, which reaches all the way to the root of the tail, so that the pressure is distributed evenly. Our favourite is the Freemotion by the Non-stop brand, because it also allows the dog to breathe easily. You can also try canicross with a short harness, which reaches to the middle of the dog's back, but we do not recommend it for extended use" Šimon Cipro advises. ▶

5 steps for your first training session

- 1 Your dog needs to drink**
He needs sufficient hydration. A well-hydrated dog has more energy; he could even injure himself if he doesn't have enough water. Offer your dog water roughly two hours before any activity, approximately 15 ml of water per kg of body weight. Flavour the water with crushed dog biscuits, a dissolved spoonful of meat spread, or some salmon oil to make sure your dog drinks it. If you can't manage it two hours prior to any activity, offer water at least an hour in advance, but half the amount. This allows the dog to absorb the water and not have to run with a "full belly".
- 2 Go outside**
Initially without any equipment. Training begins from this moment on. Walk the dog quietly on its leash until it urinates and defecates. Then warm the dog up with some obedience training or fast walking, basically get the heart pumping. But leave out any sprinting after a ball, your dog could injure itself. Then put your belt on, place the harness on your dog and you can set out. It is important that the dog connects wearing the harness with pulling and realizes that training ends when you take the harness off. You will see that getting ready for training soon becomes a ritual. And the dog will know what to expect and will look forward to it.
- 3 Start slowly**
Try running just a few dozen meters first of all. Then stop, praise your dog thoroughly (do not give it any treats, they are too dry), express happiness with his success, and start again. We recommend that 500 meters, one kilometer at most, is enough for the first training session.
- 4 Finish on a positive note**
Finish the phase or the entire training session while your dog is enjoying it most, this will motivate him for the next session. If your dog ends the training session absolutely exhausted and bored, it will not be easy to motivate him to train again.
- 5 START and STOP**
Start using the START and STOP commands during your first training sessions, so that your dog gradually learns what they mean. If you decide to continue doing canicross, it will also be useful to teach your dog commands to turn (right and left). For races, also practice overtaking other competitors, so your dog is not distracted by other dogs running.



Running trails in Prague

Where to go running?

Countless cross-country trails can be found in Krč Forest. The basic and most popular is the approximately eight-kilometer circular route, which you can connect to from several places, for example at the metro station line C – Roztyly, at the U labutě restaurant or at Dolnomlýnský pond. The advantage of these unique cross-country trails in Prague is the possibility to turn onto other paths leading to the interior of the forest in several places. You can also shorten the route and use one of the adjacent public transport stops.

▷ **The running belt** looks like a light version of a climbing harness. It is very important because it ensures that the pressure is placed across the buttocks and not across the lumbar spine. And you also have your hands free when you use the belt and you can use it for outings, for instance.

Bungee leash – or anti-shock leash – prevents jerking in the area of the back, for the dog and its owner. A standard length of two metres, which is also approved for racing, is used for canicross.

Extra tips for dogs that don't want to pull by themselves

Don't worry, this is fairly common. Plenty of dogs only start pulling after some time. It helps to bring

someone who has a trained dog with you, for instance. Your dog will want to catch the other dog up and will learn other tricks from him.

Let your dog pull you on your bike, scooter or cross-country skis

If you teach your dog to pull while running, you can try other human-dog pulling activities. You can harness your dog to your scooter, which is called scooterjoring, or to your bike – bikejoring. And in winter

you can let your dog pull you on cross-country skis, which is skijoring. You need similar equipment to that used for running for all these activities. But the bungee leash should be longer, ideally 2.8 meters instead of the classic 2 meters, so you don't run over your dog. We recommend you attach a bike antenna to your bike or scooter. This will ensure that a lead attached below the handlebars will not get caught in the front wheel. "Scooterjoring is an excellent activity for people who don't enjoy running or have health issues, which don't allow them to run, but who would still like to race along the paths and off them with their four-legged friend," says Šimon Cipro. "You can also let your dog pull you on a scooter to vary sessions or as a quick way to tire your dog when you don't have the time or energy for more extended physical activity," he adds. Scooterjoring provides a new impulse and motivation and is also a gentle way to improve your fitness, as it is not as strenuous as running. "However, running is good and necessary training for scooterjoring. Because your dog will be familiar with what is expected from him from running. Before you begin scooterjoring, go to canicross training or find a sparring partner who will guide you through the beginnings," Šimon Cipro says.

Take your dog swimming!

Did you know that swimming improves your dog's fitness? But you have to keep your dog in the water. Running into the water and back onto dry land while chasing a ball doesn't count. How to do it? First of all, acquaint your dog with the water, so he feels sure of himself in a calm environment. A doggy friend who can swim and motivate your dog can help you with this. Swimming vests are an excellent tool for four-legged swimmers. The vest will keep your dog afloat and provide it with the necessary support if it gets a cramp. Choose a vest that will not restrict its movement. After becoming acquainted with the new environment, slowly extend how long your dog stays in the water. A minute will be enough initially, and you can gradually extend this period to three minutes, for instance. You can even get your dog to swim for dozens of minutes in summer. But don't forget to reward your dog with a toy after the swimming session. _



No need to break records. It's about sharing the experience and joy of a well-coordinated couple.



Do you have a small or older dog, or running is not your favorite activity? Together with your four-legged friend, you can now play sports in the Brumlovka Park, where agility obstacles have been installed.



Šimon Cipro and Løype

Løype [lojpe] means track in Norwegian. The “dog” project of the same name ensures that life with your four-legged friend is (even) better! You can purchase equipment for canicross and other activities at the e-shop or the brick-and-mortar store in Vinohrady. Løype also

organizes discussions and training sessions, in canicross or dog-frisbee for instance, and also search and rescue dog training courses. You can find a website full of articles and podcasts from the dog world at www.loype.cz. The brick-and-mortar store also operates as a dog café.

Šimon Cipro, the founder of Løype, one of the founders of Běhejsesem.cz and author of the book Běhejsesem, has been riding and running with dogs in harness for over 10 years. He has successfully taken part in international races, he is the champion of the Czech Republic and won silver and bronze in the European World Championships in mushing in the relay and scooter categories in 2012 (Italy) and 2013 (Germany). He is also a pioneer in the new dog sport called “dog biathlon”, which combines running with your dog and shooting from a completely safe laser gun.



Reward your pet with a treat from dm drogerie

You can find a wide range of tasty food for your dog under the Dein Bestes brand at this shop. Various types of treats and chew bones have been developed in collaboration with animal nutrition experts. The chew knot, made from beef skin wrapped in delicious chicken meat, which helps strengthen the jaw muscles and also improves oral hygiene, and contributes to good bone structure, is ideal for smaller breeds. You can give your dog a treat biscuit with added calcium for strong teeth and good bone structure. Your dog will also enjoy the mix of mini-sausages with salami, ham, and liver made without added flavoring, sugar, or grains. Try the beef and chicken slices with omega-3 fatty acids and biotin, which promote healthy skin and a shiny coat.

Stay stylish even while doing canicross



Emphasize the beauty of movement with stylish Arena brand clothing, which 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 styles, it can boldly compete with the leading brands in the industry. Run into the countryside from town wearing comfortable clothing from the stylish arena ICONS collection, which will take you back to the seventies. The distinguishing element is the iconic blue arena logo and stripes with logos along the sides.



ARENA-PRAHA
The Brumlovka Building
www.arenashop.cz



dm drogerie markt
The Filadelfie Building
www.dm.cz

Healthy eyes

Screen time gives rise to computer vision syndrome

Adopt 6 ways of avoiding it.

Recent months have brought with them a large number of changes, one of which involves the method of working used in many fields. Meetings, conferences, and live workshops have been replaced by online meetings, which often involve several hours of watching computer, tablet, or mobile phone screens every day. Looking at the same distance over the long term can lead to problems with your vision that can be summarised by the term computer vision syndrome. It usually manifests itself with total or ocular fatigue, red eyes, blurred and double vision, and a feeling of having dry eyes, burning eyes or eyes that frequently tear up, or even headaches.

Computer vision syndrome is a temporary condition that results from eye strain, but it sometimes also happens that the symptoms do not subsequently subside. "In that case, this can lead to reduced ocular focus, the manifestation

of any formerly hidden ocular defects or the development of dry eye syndrome.

It depends how sensitive your eyes are to changes and how capable they are of focussing or changing the curvature of the eye lens and ob-

servicing close items," says Kateřina Škachová (a Professional Affairs Specialist at Alcon). "It is necessary to pay greater attention to children because their eyes are still developing and are much more sensitive to any changes in viewing conditions," she adds. It is possible to avoid these difficulties by adhering to some simple recommendations which you can do at home, but also at work in the office. _



Alcon

Alcon Pharmaceuticals (Czech Republic) not only focuses on products to treat dry eye, but also on eye surgery and the production of contact lenses, and is part of a world leader in eye care in these areas. The company's Vision Care portfolio includes a wide range of single-use daily contact lenses, monthly contact lenses for repeated use, and contact lenses that change the color of one's eyes. Alcon Pharmaceuticals is based in the administrative Budova B Building and its Vision Care products can be purchased at NOVUS OPTIK in the Brumlovka Building, where specialists will advise you on the choice of contact lenses according to your lifestyle and your sight correction and will help you to get accustomed to them.



Can you last 15 seconds without blinking?

An interactive test at www.systane.cz will reveal the degree of the possible presence of dry eye syndrome. You can also find information about SYSTANE™ COMPLETE lubricant eye drops with clinically proven 8-hour relief at the website.

6 ways to avoid computer vision syndrome

1

Maintain the correct distance

Adjust your seating so that the distance between you and the monitor is at least an arm's length. The 90-degree rule is the fundamental principle for sitting correctly at a computer. This means that the soles of your feet should be placed squarely on the floor, your knees should be bent at right angles and your torso and thigh bone and elbow and arm should also be at right angles. Your eyes should optimally be between 45 and 70 cm from the computer, while the upper edge of the monitor should ideally be at eye height.

2

Don't forget to blink!

We blink less when working with a computer and this increases the risk of dry eye syndrome. Air conditioning in open-plan offices does not help either. Blinking renews the lacrimal film and improves the sharpness of your vision, so it is recommended that you should blink thoroughly at least once every twenty minutes. It is a good idea to apply moisturizing eye drops if the feeling of dry eyes persists.

3

Train your eyes

Our eyes are fatigued most by constant concentrated gazing at a screen or monitor. It is recommended that you should raise your eyes and look at any dis-

tant object, for example out of the office window, for at least 20 seconds once every 20 minutes. You can also train your eyes by switching your gaze between near and distant objects. Our eyes also benefit from movements in different directions, i.e. up and down and side to side or in a circular motion. This will help to relax your ocular muscles and reduce eye fatigue.

4

Modify the lighting

Any artificial lighting in the workplace should be dimmed and should not fall directly on the monitor. External light should not shine directly in your face so that it does not force you to further strain your sight. As such, it is advisable to regulate any such light using blinds or roller shades.

5

Reduce glare

Glare impedes our concentration on the screen and strains the eyes. Use anti-glare filters on your computer or glasses with an anti-glare finish.

6

Regularly visit your eye specialist

Preventive eye examinations can often help prevent any more serious eye illnesses. You should visit an eye specialist at least once a year and have your eyesight checked if you work long-term on a computer.

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Culture



foto Václav Chocholář / @ Archiv B&M Chocholář

Film

Jan Werich: If you already exist (Když už člověk jednou je)

Czech premiere on August 5, 2021

Miloslav Šmídmajer and Martin Slunéček's film maps out the key moments in the life of Jan Werich, the establishment of the Liberated Theatre, the fight against fascism, the flight from the Nazis, his time in the United States, his disillusionment after returning, and his clashes with the regime during the Normalisation period. It also provides little-known information about his escape to Austria and his second emigration to America. The film also takes viewers to Werich's home in Kampa, to his cottage in Velhartice, and to the theatres where he performed. The portrait is hosted by Jiří Suchý, Zdeněk Svěrák, Jiřina Bohdalová, Werich's granddaughter Fanča and a friend of his daughter, Eva Tůmová. _

Book



Ted Gioia Music: Subversive history

The Host Publishing House
Released on September 9, 2021

Archaeological findings and historical research have shown that music has accompanied mankind since its very beginnings: Songs were an important part of the hunt and spiritual life, while the rustling of meadow grass sounded like a concert. Why then has music history become the study of boring throngs of successful men? The music historian and critic Ted Gioia claims in his courageous book that society first had to suppress any rebels and only later were their innovations adopted into the tamed musical canon. For Gioia, speaking about music history therefore means telling the stories of the apostates and eccentrics who looked for new ways of how, when and for whom to produce sounds or just to listen. _

**Songs were an
important part
of the hunt and
spiritual life.**

Book

Lidmila Kábrtová Waiting for devastation

The Host Publishing house
Released on October 15, 2021

Zuzana is going to the sea in order to expunge a terrifying dream. Josef has decided to bet everything on just one card. Jitka is embarrassed by the folds of her belly and does not want to compare herself with anyone ... They belong together, but for all that they pass one another by. This short novel, spread out over seventy years in a concentrated form, examines how the seemingly unimportant decisions of some affect the lives of others and how an inconspicuous event can affect somebody that we know nothing about. Each of the main characters speaks from their own perspective and each tries to add sense to their story. And despite the fact that the discoveries of some are often the losses of others, it is never too late for reconciliation and forgiveness. _

Arthur Japin Mrs Degas

The Argo Publishing House
Released on September 16, 2021

One day, a young woman appears at the door of the Parisian home of an ageing painter in order to help the blind Edgar Degas organise his collection of writings and works of art. The woman speaks with the accent of a Frenchwoman from New Orleans and her persistent questions open up a Pandora's box of memories of a time when the embittered old man's life was full of feelings and light. In the biographical novel Mrs. Degas, Arthur Japin reconstructs the artistic fumbling and maturation, life victories and defeats of the famous artist in a riveting way. _

Film

Adored (Zbožňovaný)

Czech premiere on September 23, 2021

Zdeněk, a respected and very popular paediatrician (Jiří Bartoška), retires and is looking forward to taking a well-deserved rest. However, he is looking forward to his family even more, namely his wife Olga (Zuzana Kronerová), who cannot wait to be able to take care of him, and his daughter Zuzana (Petra Hřebíčková), whose marriage to Karel (Jiří Langmajer) recently ended. The most enthusiastic of all, however, is Zdeněk's granddaughter Aneta (Martina Cizyová), who considers her grandfather to be her role model and is writing her seminar work for school about him. Except that Zdeněk is not as perfect as it would seem and so he is in for some difficult situations instead of the planned relaxation. _

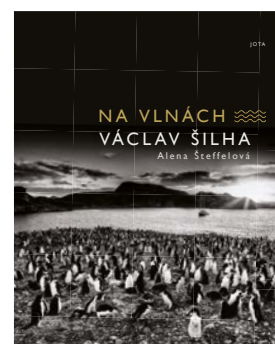


Book

Václav Šilha, Alena Šteffelová On the waves

The JOTA Publishing House
Released on September 8, 2021

This travel book by the photographer Václav Šilha captures three adventurous expeditions undertaken in the period from 2010 to 2014, when he set off with a handful of determined friends into the frozen areas of East Georgia, Antarctica and the Sandwich Islands. On the boat of the internationally renowned and idiosyncratic Captain Jerome Poncet, they discover both well-known places and those forgotten by civilisation. They not only struggle with sea sickness and the unfettered elements, but also with intransigent seals who ferociously guard their territory. Photographs documenting pure nature, its variety and harshness, as well as moments depicting life on board the yacht are an integral part of the tales about their journeys to the south. _





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Elite 27.5, model year 2021 – Fox 34 Rhythm Float air, lock out, components Shimano Deore 1 × 11 (38/11-51), engine Shimano Steps E-P800, 250 W, battery Shimano E-8036 Li-Ion, 36 V/ 14 Ah/630 Wh, weight: 24,3 kg/19".

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