

# Brumlovka.

Magazine Winter 2022/2023



WHAT IS  
New services  
at Brumlovka  
WHAT IS HAPPENING

## The Big Satisfaction Survey of Brumlovka tenants



# Brumlovka is “child friendly”

Parks | Playgrounds | Sports fields | Services | Activities



# Brumlovka.

## SHOPS AND SERVICES

### RESTAURANTS

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

### SHOPS

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

### CAFÉS

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

### SERVICES

- FLEKSI BETA – coworking and flexible offices
- Česká pošta/Czech POINT – post office
- Lady Li – hairdressing and beauty services
- Automyčka Collection – car wash
- Brumlovka Centroom
- Cebia – vehicle history check
- We Hate Ironing – dry cleaners
- Radka Chvalova Beauty Studio

### BANKING

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

### ATM

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

### PICK-UP POINTS

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

### EVENTS, SPORTS, RELAXATION

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

### HEALTH SERVICES

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

### EDUCATION

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

### CHARGING STATIONS

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



# Dear readers,



Welcome to the winter edition of our magazine. A lot has happened at Brumlovka over the past few months. We have organised a large survey of satisfaction with the Brumlovka location, and present the results of that below. It is your feedback that enables us to develop Brumlovka further. Through services, for example. And we present the latest ones in this issue of the magazine. We welcome the Lady Li hairdressing studio, the Meera Design sustainable women's fashion boutique, the opticians under the new name of Lens Optik, the Aluprof showroom with aluminium door and window systems and more, and the main facilities of the Catermat catering agency. We are also giving a lot of space to a new service that has long been needed. We are pleased to announce that the Beta building has opened the FLEKSI business center, which offers the chance to work in a coworking space or to rent space for meetings or events.

Another big theme of this issue is education for the little ones. We interviewed a representative of the bilingual GENIUS Kindergarten, Mrs. Langerová, the school principal, and the operators of the Mandala Montessori store, Mr. and Mrs. Beran, whose premises are now also located at Brumlovka from this year. We asked about trends in child rearing and education, when to start, how to proceed and what to avoid. An interesting read for all parents, or those just planning a family.

Thank you for your support.

**Kristýna Samková**  
Passerinvest Group, a.s.

## Where to find us

If you are interested in what's going on here, visit [brumlovka.cz](http://brumlovka.cz). or take a look at our Brumlovka Facebook profile.

www

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

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Brumlovka

@

Brumlovka

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Filadelfie building

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Featured photos

### **Brumlovka is “child friendly”. As confirmed by children.**

At Brumlovka, we also think of the little ones; kindergartens, schools, playgrounds and sports facilities have all been built here at the initiative of the Passerinvest Group. Recently, however, the range of services and shops has expanded to include products for children. In addition to regular swimming sessions for children at Balance Club Brumlovka, you can get your kids their own zoo from Mandala Montessori, or the most famous bricks – LEGO® from KITSTORE. After all, with Lego we can discover this fascinating world of building blocks, where even an adult feels like a little child. And don't forget to check out the Papýrek shop, but more about that in the next issue of our magazine. \_



Survey

# You gave Brumlovka a thumbs up

Would you like to have a jacuzzi in every office, a slide from the Filadelfie Philadelphia building directly to the subway, or a carnivorous Adele plant in the Brumlovka Park? We presented these unusual requests to encourage people to fill out the regular Site Satisfaction Survey questionnaire in June. We didn't receive any similar outlandish requests, but we are happy to listen to and work with the reasonable one.

The Passerinvest Group conducted its sixth survey in the area in June 2022. The previous surveys took place in 2001, 2004, 2008, 2012 and 2016, when Brumlovka was still called BB Centrum. The record response proves that you care about Brumlovka. Almost 3,300 employees of companies based at Brumlovka completed the online questionnaire in Czech or English. That's more than a third of the 11,000 current employees. We would like to thank everyone who participated in the survey for your valuable input. Thanks to you, we can continue to develop Brumlovka for the better.

Furthermore, many of you received prizes from the tenants as another form of thanks, such as a year's membership for Balance Club Brumlovka, branded electronics, tickets to concerts at the O2 Arena or beer tasting sets from the AB InBev brewing company. For each completed questionnaire, the Passerinvest Group donated CZK 50 to a charity of the respondent's choice. In total, the company sent CZK 164,500 to various charities.

## Who we can meet at Brumlovka

Demographic data helps us to gain a better idea of who we meet here on a daily basis. Compared to previous years, the number of women has increased significantly and now almost equals the number of men. We've gotten younger. There is an increase in the number of young specialists and foreign workers, for example. And what we are very pleased with is that almost half of you have been working at Brumlovka for five years or more.



There are only slightly more men than women



73 %

of people are aged 18–45

10 %

of the people working at Brumlovka are foreigners



**4 out of 5** company employees think that the Brumlovka location is improving over time.





## Transport and parking

Brumlovka is also doing very well in terms of transport accessibility. The site is located on one of the city's main thoroughfares and close to the metro with a connection by conventional and shuttle buses. The proportion of people using public transport rather than driving is also increasing. In any case, there is always parking available at Brumlovka. 83% of drivers park directly on site, up from 59% in 2016. Overall, 78% of respondents who use parking in the area are satisfied with it. The availability of parking spaces and the convenience of parking itself are rated positively. And this is a singularly positive result for Prague.

**Public transport and shuttle buses are the most frequently used means of transport.**

**94 %**

**of respondents are satisfied with the shuttle service overall.**

**43 %**

**of employees walk to work occasionally.**

**70 %**

**of Brumlovka's employees live in Prague and a third of them live right in Prague 4.**

**30 minutes**

**Half of the respondents live within 30 minutes of Brumlovka.**

**Compared to 2016, use of the shuttle service increased slightly and the proportion of people who commute by car decreased.**

Overall satisfaction with parking has improved significantly, by 32 percentage points compared to the 2016 survey results. "It is very unusual for a survey on parking in Prague to yield positive results. The fact that the parking options in Brumlovka are so positively rated is a surprisingly good result," Jan Tuček, director of STEM/MARK, the company that prepared the survey, commented.



## Services and public areas



One of the most important parts of life at Brumlovka are the local shops and services. The most frequently visited shop in the whole area is the Albert supermarket, which is regularly visited by 73% of respondents. It is followed by the dm drugstore and Česká pošta (post office).

The roof terraces and Baar Park, where people can relax in beautiful natural surroundings, are among the best-rated places at Brumlovka. The local wellness and fitness facility Balance Club Brumlovka is also considered a great asset to this location. Brumlovka Square, where popular street food festivals are

### 4 out of 5

**The most popular type is food events. 4 out of 5 respondents enjoy attending the soup-making event, the street food festival, St. Martin's Day celebrations, etc.**



## Dining preferences

The most popular place to get a meal at Brumlovka is the canteens, which 2/3rds of the respondents visit at least once a week. Dining options include restaurants, bistros and cafés, of which there are plenty at Brumlovka, offering a wide range of cuisines from vegetarian and Asian, to Czech and Italian.

### 79 %

**Overall, 79% of respondents who eat at Brumlovka are satisfied with their meals. Satisfaction predominates in all evaluated aspects, such as the quality of food, speed of service, etc. Price is a sensitive topic though as it has been affected by the inflation of ingredients, energy and manpower**

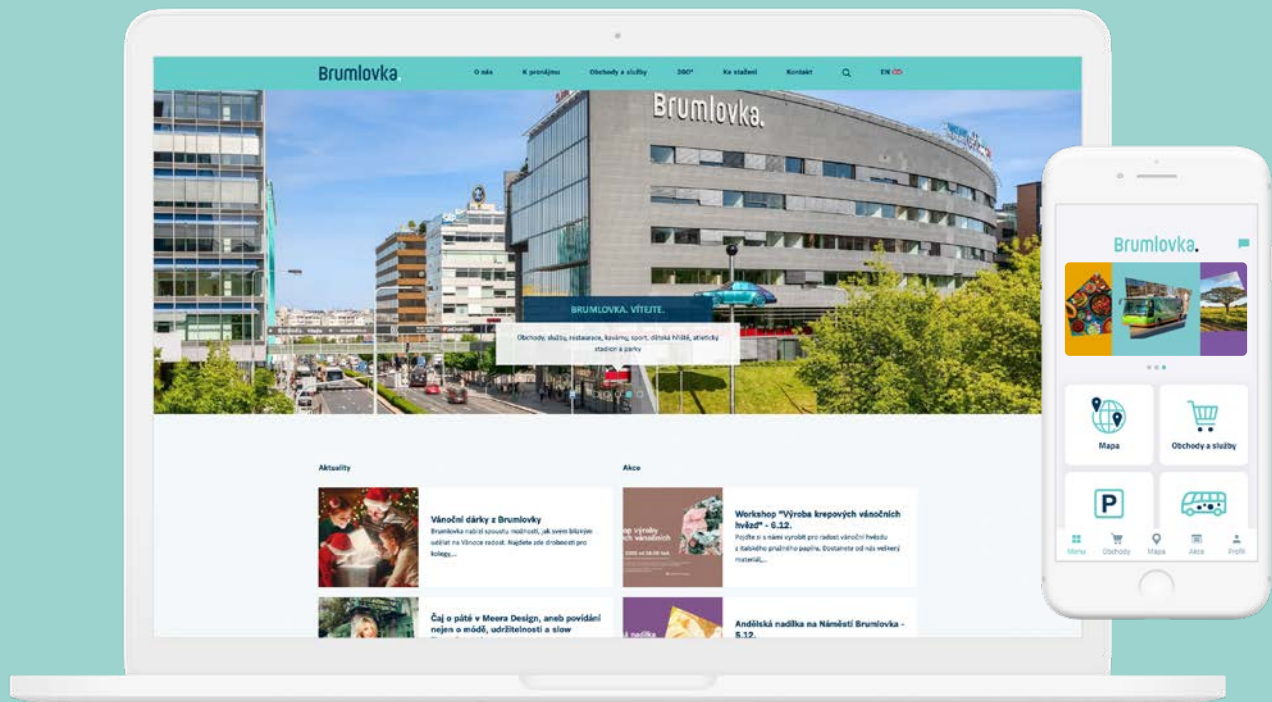


# Information

We are very happy to organise events and give you tips on what's going on, and we are very pleased that you take advantage of such offers. We distribute news about them through several channels – the website, the eBrumlovka newsletter and the pages of this printed magazine. However, the grapevine is the best source of information, just like anywhere else. Recommendations by colleagues and friends are one of the most sought-after sources of information for more than half of respondents. The readership of the eBrumlovka electronic monthly increases with the years spent at Brumlovka.

## 1 out of 4

**1 out of 4 company employees obtains information from the brumlovka.cz website. The Brumlovka mobile app was also made available in spring 2022.**



Satisfaction with the Brumlovka site **has increased** in all areas surveyed since 2016.

### Messages to Brumlovka:

Brumlovka is great. I've been commuting to work here for 17.5 years.

Brumlovka is a nice place, I like where it's heading and how communication is handled overall.

Brumlovka is an amazing place! The architecture, the trees, the cleanliness, everything is amazing. If I can visit Costa at weekends too and also shop at Albert, I'll be thrilled.

I hope Brumlovka develops into a district for everyone, not just the "suits" :)





→ Brumlovka building

Devote some time to yourself and enjoy first-class hair care, manicures, pedicures and make-up at the luxurious new Lady Li salon, which you can find in the Brumlovka building.

The Lady Li Salon offers hairdressing services, including a free consultation on styling and colour. Experienced hairdressers regularly take training courses to learn about the latest colouring techniques such as Shatush, AirTouch, and Balayage. You can order a deep hair regeneration with Brazilian keratin or a black colour wash. Of course, styling for various social events such as balls, weddings or parties is a must.

At Lady Li, they also take care of your nails with classic wet or dry pedicures and manicures. The salon offers gel polish, shellac or French polish, as well as gel correction. In addition to regular make-up for special occasions, the make-up artist's services also include permanent fixing and shaping

of eyebrows, including colouring and correction, and eyelash extensions and colouring.

#### Hair trends for the 2022/2023 season

- The turn of the year calls for warm tones. This year's main trends are shades of copper, caramel and auburn with hints of red. They look best either on smoothly straightened hair or on natural curls.
- The nineties are still in as far as fashion, make-up and hair

#### Lady Li Salon TIP

If you want to look like you've just come back from the seaside in winter, we recommend the Shatush colouring technique, which can be applied to both light and dark hair. The Shatush technique achieves a natural look by perfectly blending light and dark shades. This makes the hair look as though it's not dyed, but sun-bleached.



styling go. Get yourself a powerful hair dryer so you can create a fluffy "blow-out look" with curled waves anytime.

- If you're in the mood for trendy Bohemian waves, a curling iron is the way to go. But you can also achieve messy waves by braiding your hair into pigtails at night.
- Sleek hair pulled back into an elegant bun will be especially suitable for formal events. A high ponytail also looks elegant. In any case, bold, large earrings go well with a sleek hairstyle.
- The natural texture of healthy hair is key to a voluptuous ponytail. A sloppy bun, or "messy hair bun", with a few loose strands of hair around the face goes perfectly with a casual oversized sweater or turtleneck. \_



**Lady Li Hair salon&academy**  
Brumlovka building  
ladyli.cz





→ Brumlovka building

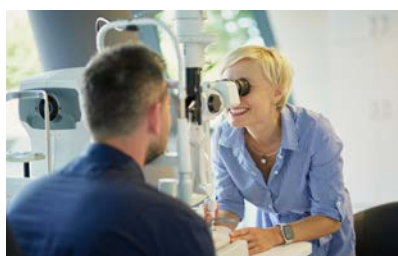
The optician's in the elegantly rounded corner of the Brumlovka building is known to many under its old name, Novus Optik. Since it has been refurbished, you'll now find there the new Lens Optik shop, whose sole owner is Monika Szaló, an experienced optometrist. As she's been in the same place for fourteen years now, in some cases she's taking care of what is now her second generation of customers.

**L**ens Optik provides a range of services. One of the most popular is the eye test, which is essential for clear sight with correction, i.e. with glasses or contact lenses. The renovated examination room is fitted out with new, state-of-the-art instruments. The optician's advantages include short waiting times and an individual approach. "As an optometrist, I focus on measuring sight, but occasionally I encounter a problem in the process, and then I refer the customer to the ophthalmologist I work with," explains Monika Szaló. "In one case, the person even had

a serious degenerative corneal disease that needed to be dealt with urgently," she adds.

In addition to a comprehensive range of services, from measuring your sight to making glasses, Lens Optik will be happy to replace the lenses in your glasses, help you choose frames, repair your glasses or clean them using the ultrasound method. The staff can also help you with special requests such as self-tinting glasses, prescription sunglasses, swimming or diving goggles.

Another specialisation is contact lenses, which are a popular alternative to glasses, especially for athletes. "We are in an office area where everyone is staring all day at a computer in air-conditioned rooms, so contact lenses are not ideal for most



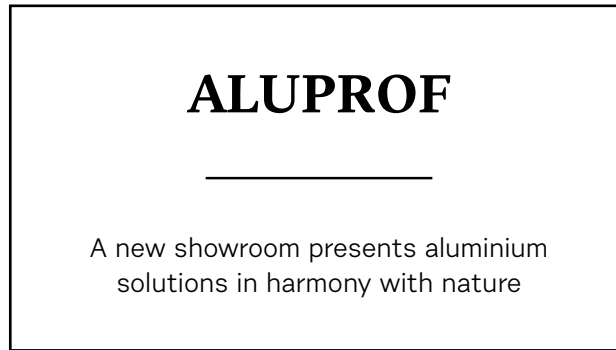
Companies based in the Brumlovka area can book an optometrist to visit and screen their employees in their own premises. The optometrist will measure their vision, or check that their existing corrective lenses are suitable.

people. They mostly wear glasses, but for sports they tend to prefer one-day lenses, which are the best in terms of hygiene. However, you can also choose two-week or monthly lenses," says Monika Szaló. When selecting contact lenses, they measure the curvature of your cornea as well as your sight, and then recommend the appropriate type based on how often and when you want to use the lenses. In the examination room, you are given expert guidance not only on how to insert the lenses, but above all how to remove them. "I won't let a customer go home without giving them all the information on how to handle and care for their lenses and without them showing me that they can take the lenses out themselves. This often proves to be an insurmountable problem at home," says Monika Szaló. "I already have customers who come in regularly to pick up their lenses. However, they should also be examined once a year with a slit lamp to check for any changes in the eye," she concludes. \_

**A Tip:**  
All Brumlovka employees get a 15 percent discount on sunglasses and prescription glasses at Lens Optik. Selected employee benefits, such as in the form of a Flexi Pass, can also be applied separately.



**Lens Optik**  
Brumlovka building  
lens-optik.cz



→ Budova G building

At the end of last year, Brumlovka welcomed a new tenant. ALUPROF offers a wide range of products in its modern showroom in the Budova G building and provides architects, manufacturers and end customers with the opportunity to discuss their individual needs with trained consultants. It is also a place where anyone interested can find out about new products on the market.

With more than 60 years' experience, ALUPROF is a leading manufacturer of aluminium systems in Europe. It develops and supplies high-quality systems for the production of windows, doors and glazed façades, including fire-resistant variants, as well as systems for the production of roller shutters and doors. It supplies products to most European countries as well as to the United States. ALUPROF's leading position in the construction industry is backed by many prestigious awards, which are proof of the company's rapid and dynamic development and the top quality of its products.

"Let's build a better future!" That's the ALUPROF motto. "Our vision encompasses buildings that take care of the planet, with no gas emissions. Buildings that produce no waste, leaving a zero carbon footprint. This will enable self-sufficient cities to grow, both in terms of energy, raw materials and water," Tomáš Buček, Project Manager for the Czech Republic and Slovakia, sums up. "Proof of this can be seen in the number of reference buildings built using ALUPROF systems that have been awarded the prestigious BREEAM, LEED or Green Building certificates," Buček adds.

"One great example is the Sara Cultural Centre in Skellefteå, Sweden – currently one of the tallest wooden buildings in the world. The cladding of this 20-storey wooden building is based on glass and aluminium. ALUPROF supplied several systems for the building, including the MB-SW55 developed specifically for this project. The façade of the building has attracted the interest of experts and media from all over the world. The solution developed by ALUPROF experts has been awarded a BVB environmental certificate and a GOLD/BREEM SE rating," Tomáš Buček concludes.

You can also see systems with an emphasis on ecology in the showroom in the Budova G building, including the MB-86 and MB-104 Passive window and door profile series for energy-efficient and passive



buildings. Also on show are MB-Skyline panoramic frameless sliding doors, lift-and-slide systems, folding doors and a wide range of façade systems. Most of the shading technology that ALUPROF also offers, i.e. roller blinds, external blinds, sunbreakers and shutters, further helps to achieve the correct energy balance and thermal comfort in buildings. ALUPROF fire protection systems are also noteworthy, as they are some of the most widely used systems in the Czech Republic and Slovakia.

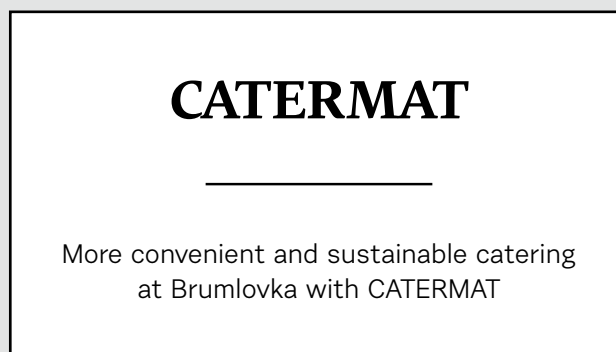
Property is protected by systems with up to class RC4 burglar resistance. During an evacuation, these safety features help to gain valuable time, save lives and eliminate property losses.

If you would like to speak to one of ALUPROF's experts, please choose the date of your visit and make an online appointment on the website or by emailing [showroom-praha@aluprof.eu](mailto:showroom-praha@aluprof.eu).

**ALUPROF**  
ALUMINIUM SYSTEMS

**ALUPROF**  
Budova G building  
[aluprof.com](http://aluprof.com)





→ Budova G building

Since May this year, Brumlovka has added the opportunity to easily and conveniently provide company refreshments not only for meetings and workshops, but also for regular operations. How about starting the day at the office with a tasty breakfast from CATERMAT?

The CATERMAT concept and its sister, end-customer focused ROAST and GRILL bistro are nothing new at Brumlovka. Under the previous Express Sandwich brand, the same company has operated one of its baguette bistros on the premises since 2009. “Some time ago we changed our concept and focused more on sustainable corporate catering,” explains Lukáš Nejezchleb, the company’s managing director. “At the same time, space became available in the Budova G building in Michelská Street and we, as trusted tenants of Brumlovka, were offered the chance to use that space. We bring high-quality fresh food closer to everyone, even those

who are located far away from the Brumlovka centre. We created CATERMAT, a platform for ordering and requesting catering for corporate clients for 10 up to 300 people throughout Prague. The word “catermat” encompasses our vision = care for our clients and the effort to operate as efficiently as possible,” Nejezchleb continues.

The establishment in the Budova G building primarily prepares breakfasts, lunches, dinners, snacks and desserts,

which you can order in advance for your employees, business partners or as a treat for corporate events. Besides first-class refreshments, CATERMAT can help you find venues for corporate events or arrange an accompanying program. Lukáš Nejezchleb plans to offer the CATERMAT premises in the Budova G building to Brumlovka tenants for corporate workshops and team-building sessions. Another of its advantages is the adjacent garden, shared by all tenants, which is ideal for barbecues and outdoor events in good weather.

In addition to process efficiency and quality, CATERMAT’s values also include sustainability. This played a role during the construction of the new establishment in the Budova G building. “We made the most of everything that was left over from the previous tenant, the Asian restaurant. The next step was to work out how to dispose of leftover food. An electric composter, capable of processing up to 90% of waste within 24 hours, has proven to be a great solution. The resulting substrate is a great source of nutrition for our herbs, which we then use in the kitchen,” says Lukáš Nejezchleb.

CATERMAT is also very choosy about its ingredients, their quality, and the approach their producers take towards the environment. Suppliers include, for example, MeatPoint, a farm butcher’s shop with its own herd in the Ore Mountains, and Les & Louka, a small family-owned company specialising in venison. “We offer the ingredients that CATERMAT can’t process to end customers at the ROAST and GRILL bistro in the Filadelfie building. They are in great demand, which shows that our primary focus on quality is the right decision,” concludes Lukáš Nejezchleb. \_

**Company refreshments can be ordered via the online system at least one working day in advance. To access the system, contact [catermat@catermat.com](mailto:catermat@catermat.com).**



[Catermat.com](http://Catermat.com)

**CATERMAT**  
Budova G building  
[catermat.com](http://catermat.com)

# Meera Design

Awakening self-confidence in women

→ Filadelfie building

On the ground floor of the Filadelfie building you can look forward to visiting Meera Design, a store with original designer fashion. Meera Design strives to accentuate natural feminine beauty by offering clothing made from natural materials, and its vision is to help protect planet Earth.

**K**lára Meera, the founder of Meera Design, got into sustainable fashion through her successful sporting career. However, designing clothes was not a completely new field for her. Klára had already gained extensive design experience before founding her brand in 2016. "As a trainer and stage aerobics choreographer, I spent twenty years coming up with costumes for competitions. And even back then I was thinking of what happened to those costumes after they were no longer needed. How the fabrics were made and how they degrade," Klára says. What really prompted her to start designing clothing for everyday wear was a stay focusing on personal development, during which the other women naturally gave her the role of fashion consultant.

### Organic cotton with no unnecessary washing or ironing

The main priority for Meera Design, as a brand that sews its products exclusively in the Czech Republic, is using top-quality material. All its clothes are made from organic cotton grown without the use of synthetic chemical, often toxic pesticides, herbicides or fertilizers. Organic cotton fabrics are less heavily processed, meaning that they are more durable and



retain their natural softness. This makes them feel more pleasant on sensitive skin and gives them excellent properties. "They are cool in the summer and warm in the winter. They are extremely breathable, which means they prevent excessive perspiration. And they don't crease. And that's good news for everyone who "loves" washing and ironing like I do", quips Klára Meera, who now works on the brand with her colleague Klára Vostárková. What is more, the highest GOTS (Global Organic Textile Standard) organic cotton certification guarantees that the cotton growers have fair working conditions. This means that Meera Design makes customers feel good in three respects. The clothing is kind to the skin, the planet and those who grow the cotton to make the material used to sew it.



### Its mission is to light up women

"It's beautiful to watch how women transform when they change out of jeans and into our dresses, skirts and jackets," says Klára. Meera Design wants to restore self-confidence to women, encourage them not to be afraid to accentuate their femininity and show them that even supposed flaws can be resolved with high-quality and well-fitting clothes. "Our team's mission is to light up the women around us," Klára explains. The Meera Design brand assures the comfort of its customers just like its products do. "When you place an order in the e-shop, someone from our team will contact you and go over your measurements and preferences with you. You can also choose the shade that suits you best from our colour swatch. We also cater to the individual wishes of our clients and sew custom-made fashion for them, such as party dresses," Klára says, describing the brand's customer care. Meera Design also sews custom-tailored clothing, so it is very popular with women wanting sizes not available off the rack. \_



**Meera Design**  
Filadelfie building  
meeradesign.cz





### 5 questions for: **Veronika Procházková,** **Key Account Manager, O2 Media**

#### **How long have you known Brumlovka?**

I have known Brumlovka since I was a child. I grew up in the Budějovická neighbourhood and as a child went to the original sports hall for ballet classes. It's been a very long time, but I still remember what the original Brumlovka looked like, and now it's so much better.

#### **How do you rate the development of Brumlovka?**

Definitely an A with a star. It's great that you can choose from several restaurants for lunch every day, and in the summer, when it's nice, you can eat outside with live music, or in Baar Park, or among the greenery on the beautiful roof of the Gamma building where our O2 is located.

#### **What services do you use here?**

Dian is very popular with our whole team now – their Pho Bo is truly delicious. Otherwise, I am at the Balance Club almost every other day, where I appreciate the great trainers, thanks to whom even night owls are happy to get up and train at 7 a.m. And I have to mention the markets on Brumlovka Square, those are also great events that I always like to visit.

#### **Is there anything you're really "into" here?**

My favourite is Balance Club Brumlovka, it's the best. I started going to Balance Club when at university and I can't get enough of it. For me, exercise is extremely important in life and it's great that I can work out with great trainers, either in the morning before work or right after I leave the office.

#### **If you didn't live in Prague, where would you choose to live and why?**

The Algarve in Portugal. It's a place that I find utterly enchanting because of its beautiful nature, sandstone cliffs and beaches, and I have such wonderful memories of the place that I definitely need to visit it again. If I couldn't live in Prague, then I would go to the Algarve.

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



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

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



**CLEAN  
ENERGY OF  
TOMORROW**

[www.cez.cz](http://www.cez.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 164<sup>th</sup> anniversary?

In these miniseries, we will bring you the musings of Libor Votoček, a graduate of the Charles University 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.

## Episode six: Have dating methods confirmed that the world is billions of years old?

### The science of time

Time plays an exceptional role in physics, helping to define a number of important quantities and to formulate the key equations of all physical theories. Yet no one can say what time is, just as astronomers cannot say what the universe or gravity is, or psychologists can say what the soul is. This is because these entities cannot be derived from matter or the laws of nature, a definitively insurmountable problem for materialistic evolutionary science. Some philosophers and scientists consider time to be a human construct and essentially an illusory quantity whose only purpose is to distinguish what has gone before or what is the cause of what. This is used mainly by historians, but also by natural scientists, who are constantly striving to find out what there was before or what came from what.

And it is precisely these questions that the two wholly incompatible models of history, as we have already shown in previous episodes, the creationist and the evolutionary, are trying to answer. The creationist theory, based on the Bible, claims that the history of this dying world is very short – a matter of thousands of years – and is intelligently and deliberately guided by God's superintelligence so that as many human souls as possible are saved for eternity. The evolutionary model claims the exact opposite, i.e. that the history of the world is extremely long – billions of years –; it is not guided by anyone, there is no Creator or eternity or salvation of the soul, and everything, including man,

evolved spontaneously from chemical elements over billions of years.

To decide which model is true, we need to clarify a few facts about time. People have been measuring time since time immemorial, namely by counting equally long cycles of a certain cyclical event, usually using the hexadecimal number system. For example, a minute is a period of time that contains 60 equal lengths of time, called seconds. In the SI system of units, a second is then defined by a precise number (9,192,631,770) of equally long periods (cycles) of radiation emitted by caesium-133 atoms cooled to a few microkelvins. So, we see that if we find in nature or in the universe a periodic event that takes place at equally long cycles (periods), we can measure time simply by counting those cycles. It is not for nothing that the very beginning of the Bible says that on the 4th day of the world God created the moon, the sun and the stars to tell (measure) time, because the movements of these heavenly bodies follow precise cycles that can be easily counted. "And God said: Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years. And let there be lights in the vault of the sky to give light on the earth. And it was so."

### The fundamental immeasurability of the past

Imagine you've just turned on the TV and an F1 race is on the screen.

However, the TV studio that is broadcasting the race has a fault with the subtitling and sound equipment, so all you have is footage of the cars racing around the circuit. The question is: "How long has it been since the start?" Obviously, this question can't be answered based on what we see on the screen, unless someone who has been watching the race from the start can tell us how long it's been going on. Likewise, there is no way of knowing how many times day and night have alternated since the beginning of the world, even though this cyclical process has accompanied humanity throughout its history.

However, this fundamental immeasurability of the past has been challenged by radioisotope dating methods, which do not measure time by counting cycles, but calculate it using the radioactive decay rate, which is assumed to be immutable. Many scientists and lay people have become so enthusiastic about these methods that they have almost completely overlooked their fundamental limitations. This is because radioactive elements in nature do not always decay at the same rate over time; and besides, we can never retrospectively measure how much of the parent (radioactive, which decays) and daughter (non-radioactive, which is the result of decay) elements were in the sample at the time it originated. Nor can we determine retrospectively when the radioactive isotopes themselves were created in the past. If we add to this the fundamental fact that any possible contamination or leaching of the measured isotopes cannot be detected, it is clear that these methods cannot provide reliable results.

### The Bible is right once again

Secularists who hold to an evolutionary model of history came up with dating methods primarily to discredit the biblical account of history. They wanted to replace eyewitness testimony with machine measurements of the material composition of rocks in the laboratory, not realizing that unrepeatable history can never be measured or invented as a matter of principle, but only accepted as the testimony of those who lived it. And that's what the Bible is all about. ...

*... to be continued*





# Brumlovka

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# The GENIUS Olivka Kindergarten believes that children are born creative geniuses

How do you recognise a good kindergarten? For parents, the main criterion is a safe and loving environment that fully develops the potential of the child, while respecting their personality and needs. And for children? They want to be somewhere they look forward to going to every day. The new private Czech-English GENIUS Olivka Kindergarten at Brumlovka, which opened for its first little students this September, meets all these requirements.

**T**he newly opened branch of the bilingual GENIUS Kindergarten in the Olivka multifunctional building is the third branch of GENIUS Kindergarten, which has been in operation for 12 years now. “We believe that children are born creative geniuses with potential that needs to be discovered and nurtured, or it will be lost”, says director Michal Zuza. “That is why we created our own GENIUS MIND educational programme in cooperation with leading experts, such as the Talent Centre (Centrum nadání) and Mensa Czech Republic, which follow only the most modern and proven trends in education. We also emphasise learning foreign languages and cultures. The educational programme is bilingual (Czech-English), and we have professional English language teachers. Many other modern and proven educational methods are integrated into the programme, including Montessori, NTC Learning, Growth Mindset and programming”, he continues.



**The environment surrounding the children is important, not only from a safety perspective but also for the formation of aesthetic sensitivity.**

### **A school that knows how to uncover talent**

How do you identify a child's potential? “Our kindergarten is the only one in the Czech Republic to use the latest comprehensive diagnostics for this purpose”, says Petra Langerová, director of the schools. “This permits comprehensive diagnostics of the child's entire development. As such, we can precisely determine the

child's talent, strengths and needs, and identify developmental deviations in time. But above all, we know how to work with this potential and make up for weaknesses. We want every child to have the opportunity to develop what they were born for. With professional guidance, they gain confidence in themselves and their abilities, which is important for success in life”, Langerová explains.

### **Children also need to learn how to relax**

In addition to looking after the talent and physical well-being of the children, the Olivka Kindergarten also places



Petra Langerová, director of GENIUS Olivka Kindergarten



heavy emphasis on their psychological health. Even the very youngest children learn how to make themselves feel good and relaxed. Petra Langerová adds: "We must realise that, now more than ever before, it is essential in today's hectic post-Covid world to teach children how to look after their own mental health, to teach them mental hygiene and how to relax. All of these habits lead to establishment of a healthy life pattern. We put an emphasis on well-being and incorporate methods such as mindfulness into the daily regime." This is also linked to the small class size of the kindergarten, which contributes to the family atmosphere. Children attend

preschool from the age of two; they begin kindergarten at the age of three, followed by the specialised GOLDFISH preparatory class for the GENIUS Primary School. Children work at all levels in small groups, which provide space for individual care. Teachers carefully record the child's special needs and respect requirements such as faith, diet and other preferences important to the family.

## The GENIUS Kindergarten network

The GENIUS Kindergarten network has been operating on the Czech market for 12 years. The first branch was opened in 2010 in Prague-Strašnice, a second branch was added in Smíchov in 2020 and the GENIUS Primary School in Krč and the third branch in Olivka opened in September 2022. The primary school continues to build on the unique GENIUS Kindergarten concept and enables its students to further develop their potential in a respectful and motivating environment.

### Afternoon clubs and professional testing

In addition to its exceptional educational content, the school also provides a comprehensive range of specialised examinations on school premises – eye examinations, paediatric examinations, musculoskeletal examinations and many extracurricular activities in the form of afternoon clubs, such as skating, athletics, ceramics, dancing, ski training and even regular visits to the hairdresser.

### A tasteful environment fosters aesthetic sensitivity

Equally important is the environment surrounding the children, not only from a safety perspective but also for the formation of aesthetic sensitivity. The GENIUS Olivka Kindergarten is located on the second floor of the Olivka building, an architectural gem in the shape of the fruit of the olive tree, designed by the A69 – architects studio. The school is furnished in a minimalist and harmonious style that encourages and motivates children to concentrate and to play and work calmly. Interesting elements include the circular skylights that bring natural light in from the outside, as well as the large windows lining the entire space. These elements create the feeling that you are outside in a natural setting. There is a new café, Parkofka Brumlovka, situated on the ground floor of the building where parents and their kids are able to enjoy tasty hot beverages and amazing deserts.

### Let's head outside!

Outside in the schoolyard, students can enjoy a Kneipp walkway, a sandbox with water, and a play area with an artificial surface. A partial roof will soon be added so that the outdoor space can be used even in inclement weather. Also available to students are two nearby children's playgrounds, as well as a track and field stadium less than a kilometre away. \_



**GENIUS Olivka Kindergarten**  
Olivka  
[genius-school.cz/genius-olivka](https://genius-school.cz/genius-olivka)

# You can already start with the Montessori approach during pregnancy, says Janka Beranová

We could say that the Berans have Montessori in the family. Janka Beranová tried out most of what she knows in practice on her children, and then founded the Mandala Montessori nursery school. Her husband Jakub, who has run the Mandala Montessori educational toy shop at Brumlovka since May, has also drawn on his experience raising children in his profession.

“I got into Montessori through my eldest son, who had dysgraphia and dysorthographia and thus had special learning needs. I found a way of learning with him so that he had a sense of success and enjoyed it. It then went very quickly. I completed a two-year training course as a Montessori teacher and then trained in Montessori therapy for work with children with differences and special needs. Montessori has become a natural part of our family. After finishing maternity leave, I opened my own Montessori centre and nursery school,” says Janka.

## Montessori as an overall approach to the child

When is the best time to start with the Montessori approach to learning? Janka believes that we should master the principles during pregnancy or even when planning a family. The earlier the better. The most important time for a child are the first three years, during which the basic abilities of the child's personality are formed. However, one can start

## Three child rearing tips for all parents

“Even if you don't bring a child up following the Montessori principles, when communicating with children it's useful to keep three things in mind that will help you to build a relationship based on trust and respect,” advises Janka.

- If you want your child to do things independently, give them the right environment and means to do so.
- Let the child make mistakes. Let them explore and discover the world in this way. A mistake is a source of feedback and a means of self-evaluation and learning.
- If you respect the child and treat them as a partner, that child will respect you. “Unfortunately, this principle is often confused with parents allowing their children to do anything they want, letting them decide about everything and not setting boundaries for them. If we set those boundaries in a respectful manner, not as directives, we give the child a sense of security,” notes Jank.



with Montessori at any time. “First of all, I'd ask myself whether this approach makes sense and whether I trust it. There's no exact guide to Montessori. It's





Jitka and Jakub Beran

all about the overall approach. Each child is unique, and so it's good to learn to perceive him and be guided by his needs. Otherwise, you might take Montessori overly demagogically and lose sight of the main aspects of respect, trust, and pleasure in learning," explains Janka.

### With the right support, children grow to be independent people

It's not just about formal education, but about the ability to concentrate, persevere, the ability to think independently, be aware of oneself and interact with others. "Children who get the right form of support – support that shapes their personality – grow up to be people with inner motivation who enjoy learning, are flexible and creative in their thinking, and are aware not only of the needs of others, but of their own personal harmony," says Janka. "It's more important for children to be able to deal with various situations, to not be ashamed to ask about something or ask for

help. They then leave the nursery school with a healthy self-confidence," she adds.

### Freedom is neither loneliness nor chaos

Despite the fact that Montessori is not a precisely defined methodology, it does have principles. These were created by Marie Montessori during the observations she made while working with children and they form the basis for raising and teaching children of all ages.

The first is a well-prepared environment, a clear, organised and tidy environment adapted to the age of the child. The environment should contain suitable

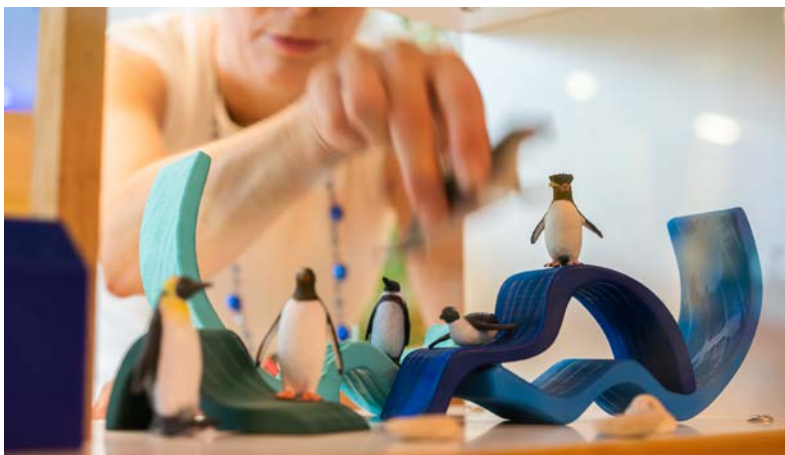
materials, aids and toys for the child's individual stages of development. The second highly important principle is the free choice of work, or also independent work. The name is derived from the fact that the child chooses the work independently. "However, all work has to have a beginning, a middle and an end. Freedom and independence certainly do not mean that we leave the child alone," adds Janka Beranová. The freedom of the child goes hand in hand with freedom of work; this does not involve allowing the child to do what they want, but to learn responsibility. The fourth principle is about sensitive periods, which are also known these days as Open Windows or Opportunities. These are sensitive phases in which the child is most receptive to acquiring certain skills and abilities. This means that they pick them up very easily. The next important principle is working with mistakes, which is best described using the motto "Mistakes are our friends". The sixth principle is polarity of attention, which enables the child to concentrate as much as possible and be 100% present. "These principles are very important to me, but they're definitely not the only ones that Marie Montessori showed us," says Janka.

### Toys inspired by children from the Mandala Montessori store at Brumlovka

The Montessori approach can be supported by quality educational toys from the Mandala Montessori store at Brumlovka, which offers aids and didactic toys designed for teaching in Montessori nursery schools and schools, as well as for playing at home. The store's flagship products are Mojo Fun figurines made for the Animal Planet film channel, the complete range of which can be seen in the shop in the Brumlovka building. The e-shop then offers more than ten thousand other items. "We can bring customers anything they choose from the e-shop to the high street store, and we will be happy to demonstrate and explain everything in a professional way. We can also recommend an aid or toy that is best suited to your child's wishes and needs," says store owner Jakub Beran.

### Jakub Beran's three tips for meaningful toys

- The hand-painted and highly detailed Mojo Fun figurines, made from phthalate-free plastic, are of animals from all the continents and regions of our planet.
- Wooden matching games and rubbing plates with animals, birds and their tracks. These are linked with a mobile application to enable children to experience a real forest with the sounds of animals and birds, from the comfort of their home.
- Wooden and textile toys for the smallest children. The natural materials make for an even more immersive game and are also environmentally-friendly. \_



**Mandala Montessori**  
Brumlovka building  
[mandala-montessori.eu/cs](http://mandala-montessori.eu/cs)



Dear BRUMLOVKA tenants and visitors, dear Prague residents, dear neighbours,

Once again, I will use the space on the pages of our Brumlovka Magazine to share my thoughts touching on social topics with you, albeit this time on the scale of the Brumlovka location. I have touched on the unhealthy imbalance in urban development, between the selfish motivations of the individual and the needs of the whole community, many times. These, for example, have brought us all to a state of general unaffordability and expensive housing, and not only that, through the obstacles constantly imposed when granting building permits. All this as a result of an emotional, unprofessional and irrational discussion about development of the city, burdened by the personal interests of individuals. Whether it is the NIMBY effect (Not in my backyard), or even urban xenophobia, the state of the debate has reached such a point that we have been forced to counter the cries of activism with information about the direct and indirect economic and social benefits of development. I am pleased that data from the initiation of the Development of Construction for a Richer Republic have become established in professional debates, which means that the discussion on development of the city has gradually become rationalised in many ways. In a space where the words and attitude "I think" have been overused, "I know or I am familiar with..." is now much more common, and that is very gratifying. In the end, we all want the same thing – sustainable development of a city that is both welcoming and resilient. But our educational mission did not end there. On the basis of this experience, my colleagues and I proceeded to execute a more detailed study of the impacts of the city's development, using the example of the development of Brumlovka, which we are familiar with and have an extensive data matrix for, which we also provided for the execution of this study. We therefore had the specialised company 4ct create a „digital twin of Brumlovka“ and insert verifiable, mostly municipal and state data into it, so that we could provide qualified answers to questions that are often raised in the public space out of fear or bias. I cannot say that some of the findings did not surprise me with their degree of positivity. It is great to see that the state of society, public space, transport, and emissions, etc., have improved significantly since 1998. Moreover, the data provided to us break certain prejudices and myths that burden the development of a quality city, and I believe that it will also serve again outside Brumlovka. Allow me to share with you the findings from the first phase of the Brumlovka Laboratory initiative, which seeks current answers to key questions related to the transformation of the original brownfield site into the Brumlovka "urban district".

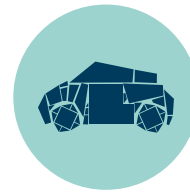
Sincerely  
Radim Passer, founder and CEO  
Passerinvest Group

# From brownfield to urban neighbourhood

## Facts and figures on the development of the area since 1998



What comes to mind when you say the word city? Streets, houses, pavements, parks, traffic jams? A city is first and foremost about its people and every responsible builder must keep them in mind. The residents of a city expect to have a place to live, an expanding range of services, and that their living space will not suffer as a result. We have been developing Brumlovka for almost 25 years and we will now use it as an example to show how well-thought-out construction affects a locality. By doing so, we believe we will be able to set the record straight on some of the long-standing prejudices and myths about traffic intensity, noise, the development of public spaces and safety.



### Development of traffic intensity

#### More people are visiting. Is this bad?

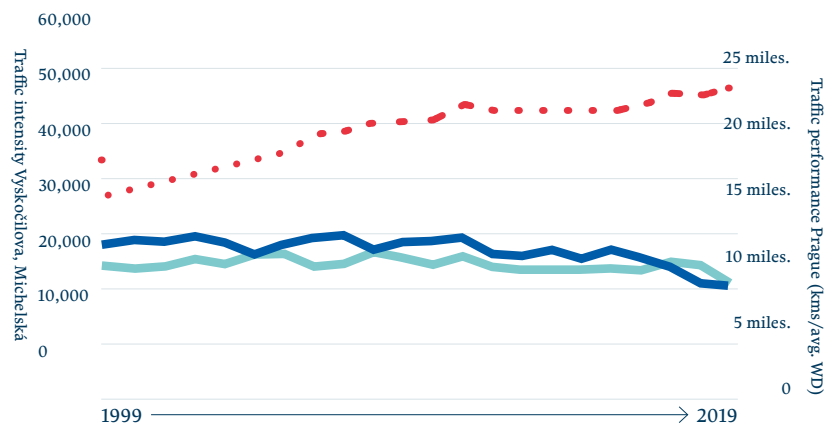
The construction of a new urban district brings with it an increase in traffic intensity. At

first glance, it might seem that this means a reduction in the quality of life in the area. Because more new visitors are coming here. However, a closer look at the data shows that traffic volume is actually decreasing. Drivers who used to pass through the area to other parts of Prague prefer to take alternative routes. Because driving through a neighbourhood that is alive slows them

### Traffic intensity at Brumlovka: decreased by 18%

down. And overall traffic intensity therefore actually decreases.

During the last 25 years – i.e. compared to the pre-transformation period – individual car traffic on the main transport axes (Michelská, Vyskočilova) has decreased by 18%.



↑ Traffic intensity trends

- intensity Vyskočilova (cars/avg. WD)
- intensity Michelská (cars/avg. WD)
- traffic performance Prague (cars/avg. WD)



**Emission trends**  
**Less transit traffic + more green spaces = inhale, exhale**

The main contributor to the significant improvement in emissions levels in Brumlovka

is the wealth of Czechs. Better and newer cars produce less pollution. Combined with the improved traffic situ-

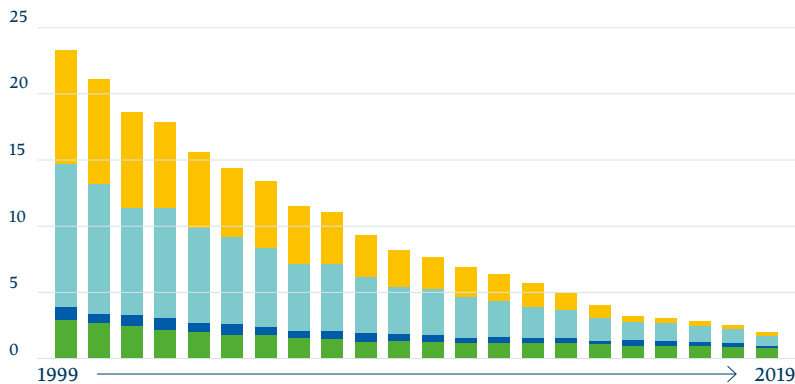
ation thanks to the development of Brumlovka and the associated decrease in transit traffic, we can all breathe better here.

The absorption of pollutants and the reduction of resuspension through planting, green roofs and landscaping also play a role in the final result. While the

data model has not yet reliably demonstrated the extent to which the green roofs on our buildings and new planting in public spaces contribute to the improved situation, we will continue to do so anyway. We believe that the city should be green. If only because greenery and water features have been shown to reduce the temperature in the area.

**Emissions at Brumlovka: from 21 tonnes to 2 tonnes per year**

During the last 25 years – i.e. compared to the pre-transformation period – the aggregated production of the monitored pollutants has decreased more than tenfold, from 21.1 to 2.0 tonnes of pollutants per year.



Number of tons of pollutants per year  
 ● PM10 ● PM2,5 ● NOx ● VOC



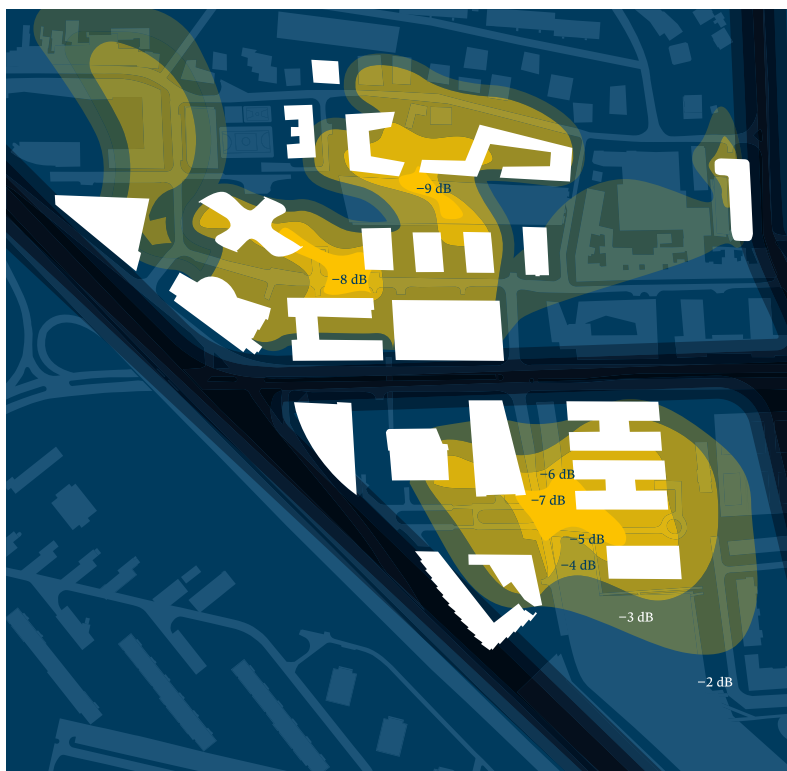
**Changes in the noise situation**  
**Things you can easily miss hearing**

Brumlovka is not the quietest place in Prague. Especially during the day. For one thing,

it's really alive. And that's good news. What is worse though, is that 5. května street still burdens the area with noise. The office buildings built along the arterial road at least partially separate the traffic artery from the residents in the Brumlovka area. And then there are things that are not as significant, but still contribute to quietening the locality. For example, the lower traffic volume and the quality of the road surfaces in the neighbourhood. These are small things, but they help.

**Noise exposure in the area has decreased by 3 to 9 dB**

The area is heavily burdened by 5. května street, with 80,000 to 90,000 vehicles travelling along the affected section daily. Due to the reduction of traffic intensity on Vyskočilova and Michelská streets and especially due to the barrier effect of the new buildings, the total noise exposure in the area was reduced by 3 to 9 dB.



The yellower the colour, the less noise there is. The darker colour shows where the situation has not changed.





**Development of public areas and green areas**

**The difference between a developer and a builder**

Over two decades of development, Brumlovka has become

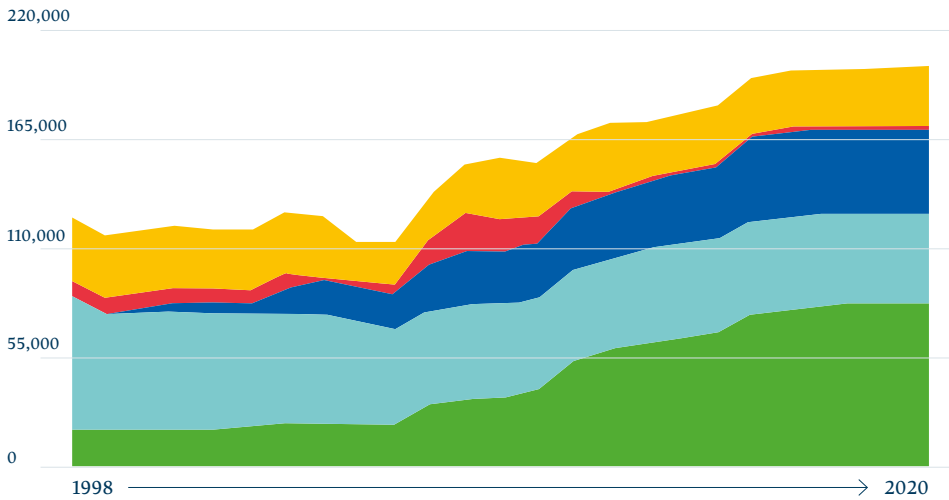
a fully-fledged district. A responsible builder knows that investing in public spaces, maintaining green areas and expanding relaxation zones has a positive impact on the quality of life of the residents. Indirectly, it also positively affects the development of community life and economic activity. The state and municipal budgets

ultimately benefit. More than 6.3 hectares of street space, parks and squares have been created or redeveloped in the area over the last 25 years. 2.6 hectares of residual areas, lay-by areas, uncultivated greenery and car parks have been removed or revitalised. Most importantly, the territory is developing as a whole.

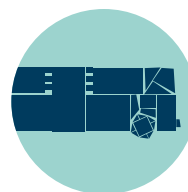
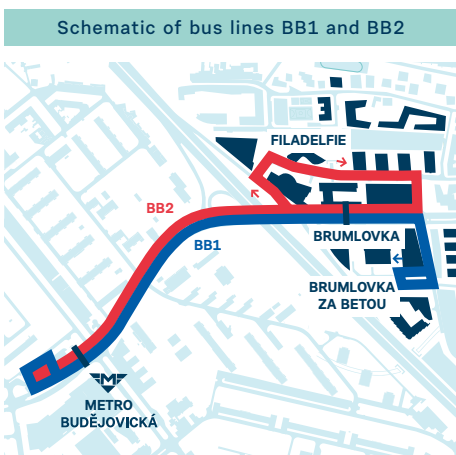
**Almost 10 hectares of high quality public spaces**

**6.3 ha**

More than 6.3 hectares of street space, parks and squares have been created or redeveloped in the Brumlovka area over the last 25 years. 2.6 hectares of residual areas, lay-by areas, uncultivated greenery and car parks have been removed or revitalised.



- Development of the typology of the area shows an increase in the total area of development together with the area of cultivated public space
- cultivated public space ● other built-up area ● built-up area from PG initiative
- surface car parks ● public amenities



**Assessing the impact of free bus routes**

**Buses help**

The introduction of bus routes for the people of Brumlovka was driven by the desire to make their lives more comfortable. In the long run, it turns out that public transport saves not only people's time, but also the environment. Buses contribute to reducing traffic intensity and emissions. The development plans for the district continue to consider additional transport capacity and there is room for a new metro stop.

Bus lines BB1 and BB2 serve to transport passengers between Brumlovka and the Budějovická metro station. Transport is provided by three buses, of which two are electric buses that alternate on the lines. At the current daily intervals, the emissions savings compared to standard buses are (based on actual journeys) 78 kg NOx and 314 hectolitres of fuel per year (with both lines travelling 437 km per day).

**Public transport relieves the neighbourhoods of up to 5,770\* cars per day**

\*Before the covid period



**Development of safety within the area**  
**Investing in safety pays off for everyone**

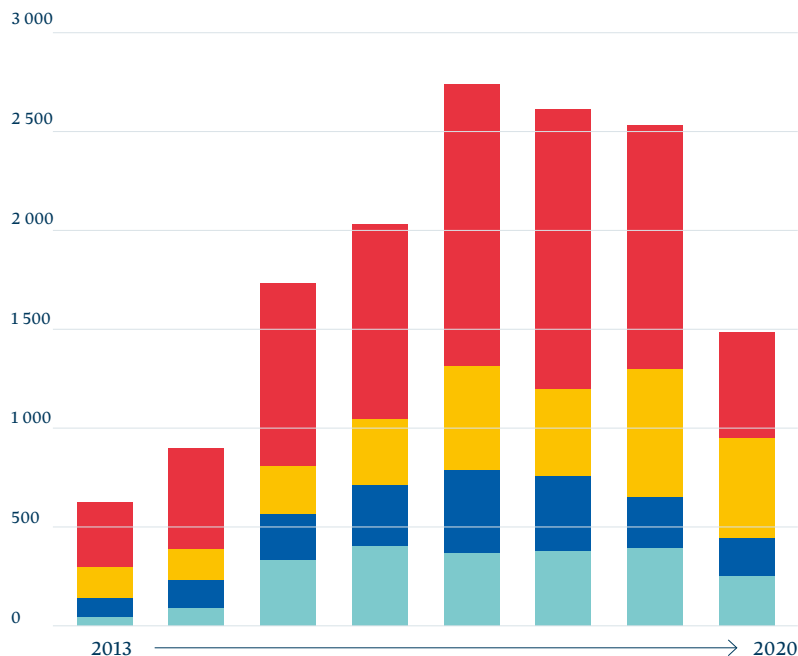
Prague, like every big city, is seeing a rise in crime. This is no surprise given the speed

at which the metropolis is growing. Brumlovka has had its own policing service since 2015. And it seems to make it a safer place. In fact, crime has grown at a much slower rate here than elsewhere.

**Crime in the area is increasing at a rate of 30%.**

**Brumlovka is the exception**

The incidence of crime is gradually increasing – not including years affected by the lockdown – in almost every monitored area of Prague. Brumlovka shows a year-on-year average change of 6.34% since 2015, compared to a 33.7% change in the surrounding reference areas.



➤ Development of incidences in Brumlovka and reference sites  
 ● Brumlovka ● Na Strži ● Budějovická ● Zelená Liška

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## Saunas

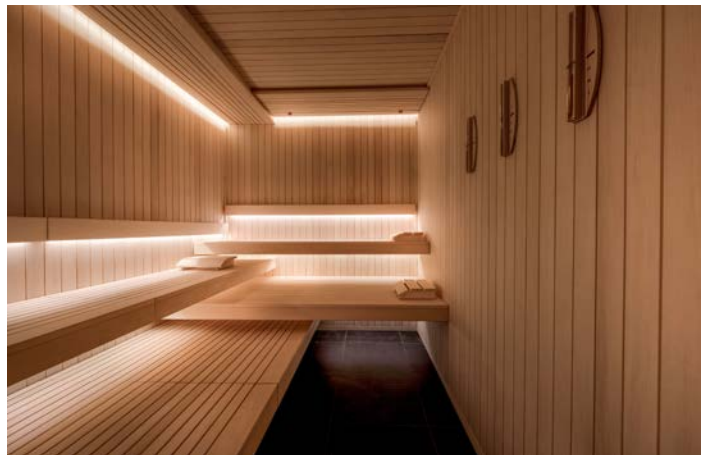
# Banish viruses and worries in the sauna!

Can you think of the nearest sauna in your area? This is one of the first things Finns find out when looking for a new home. And it's good that they do. Regular visits to the sauna benefit not only the body but also the mind.

Along with toxic substances, you sweat out your worries and go home with a clear head.

You no longer have to look for your nearest sauna – Balance Club Brumlovka offers seven of them.

**H**ow is taking a sauna good for your health? The list of benefits is a long one. Among other things, taking a sauna increases the body's resistance to infections, promotes the excretion of waste substances, which has a beneficial effect on the skin, relieves skeletal muscle pain, improves the mobility of the spine and hip joints, helps us to sleep better, and stimulates and balances the nervous and hormonal functions of the body. Do you feel like you're "coming down with something"? Then you'd better stay home. The sauna is excellent for prevention, but extreme heat will usually make any acute illness you have worse. What's more, the small, humid space of the sauna facilitates the spread of droplet infections.



## Steam or sauna?

The sauna is hot and dry, whereas the steam room has high humidity, from 80 to 100 %. The big difference is in the temperatures. In a steam room, they range from 35 to 50 °C, while in saunas they can reach 120 °C. Steam also has a positive impact on our health, but the effect is completely different. Steam baths can be recommended to individuals who cannot visit a traditional sauna for health reasons, and also to those who find it difficult to breathe in the sauna. For example, steam is suitable for allergy sufferers, asthmatics or people with respiratory problems, as well as for people with high blood pressure and for small children.

## How long and how often should you stay in the sauna

"We should stay in the sauna as long as we feel comfortable," Pavel Hofrichter, founder and chairman of the Czech Association of Sauna Therapists, who works with Balance Club Brumlovka, recommends. "Generally, the Finnish sauna should last 10 to 15 minutes. The best idea is to enter the sauna three times and finish the sauna cycle by cooling down and relaxing after each session. However, this is highly individual and it's no bad thing to have just one session in the sauna, or more than three. It's certainly not true that the longer you stay in the sauna, the more effective it is. Staying in

the heat for too long can cause the body to overheat and can lead to abnormal cardiac function," he adds.

## Basic hygiene principles of taking a sauna

You must wash and dry yourself before entering the sauna. Only enter the sauna with a sheet or a towel; spread this out under your whole body, whether you're sitting or lying down in the sauna.

Don't bring anything else into the sauna, not even slippers or a drinks bottle. On the contrary, a sauna cap is a good way of preventing your head from overheating.

## Into the sauna without a swimsuit

Don't be shy and take off your swimsuit before entering the sauna. This is not just a recommendation. It's a principle. If you leave your swimsuit on, the heat condenses water and sweat on your skin, and this means that the toxins eliminated in your sweat have nowhere to escape. The skin gets uncomfortably irritated and bacteria



multiply more easily in damp conditions. Covered skin also increases thermoregulation, which makes it more difficult to warm up and makes the sauna less effective.

### Evening or morning?

“An evening sauna session is definitely great if it’s followed by rest and relaxation. You then enjoy a good night’s sleep. However, you can also start the day by visiting the sauna in the morning. In this case, it is better to have just one sauna cycle,” Pavel Hofrichter recommends.

### Children and saunas

Children in saunas are not as common in our country as in Scandinavia, where saunas are a natural part of the lifestyle. A visit to the sauna is also very beneficial for children over the age of 3. A special children’s sauna, where the temperature is lowered to about 65 °C, is ideal. Children can also take a classic sauna for adults, but should sit on the lowest bench, as the temperature is lower there. They should not stay there for long, between three and eight minutes at most, and should then cool down with lukewarm water. The principle is that a child in the sauna must be able to tell when he or she is hot.

Pregnant women can also use the sauna, but should avoid it during the first three months of pregnancy. After that, you should pay close attention to your fluid intake and replenish your fluids, preferably

with water containing magnesium, which we eliminate when we sweat. Insufficient magnesium can cause cramps. It should be remembered that heat also intensifies the activity of the uterus. If a pregnant woman feels uncomfortable contractions, she should leave the sauna immediately.

### Who should avoid the sauna completely?

Taking a sauna is not only inappropriate for people with acute inflammatory illnesses or fevers, but also for those with chronic conditions, especially heart and circulatory diseases and thyroid disease, or cancer. It is also not recommended for epileptics and people with kidney problems. If you have any doubts, you should consult your doctor before taking a sauna.

### Balance Club Brumlovka is a sauna sanctuary

At Balance Club Brumlovka you can relax perfectly and recharge in several types of saunas. Those who

## What is a sauna ceremony?

A ceremony is part of the sauna experience. It makes your stay in the sauna more enjoyable, but it also enhances the health effects of the sauna. “The sauna technician comes into the sauna and pours water over the stones, humidifying the air and creating an increased sensation of heat. He uses a towel to disperse the hot air around the sauna to the sauna-goers, which warms them up better,” says Pavel Hofrichter. The sauna ceremony is accompanied by pleasant music and muted lighting. High-quality essential oils are used to enhance and improve the health benefits of the sauna.

feel comfortable in dry heat will be in their element, as will people who prefer a steam bath.

The Balance Club Brumlovka relaxation zone offers a Ceremonial Sauna, where regular sauna ceremonies are held with the assistance of professionally trained sauna staff, a Soft Sauna, where the temperature is lower compared to other Finnish saunas, and a Ladies Sauna in the Ladies Zone, for women only. There are also saunas on the terrace offering views of the greenery. These are the Panoramic Sauna and Herbal Sauna, which smells beautifully of dried herbs.

We recommend that visitors with cardiovascular problems, pregnant women, children or the elderly try the lower temperature of the Infrared Sauna, where the core of the body is slowly heated by special gentle LavaTech® radiators. Steam enthusiasts will enjoy the Steam Bath, which is ideal for relaxing and warming up, after a swim in the pool for example. \_

**Balance Club Brumlovka offers discounted membership terms for members of Benefit Club Brumlovka and employees of companies located in buildings owned by Passerinvest.**



**Balance Club Brumlovka**  
Brumlovka building  
[balanceclub.cz](http://balanceclub.cz)

FLEKSI Beta

# For an hour, for a day, a month or years. FLEKSI offers a solution for everyone

The second branch of the FLEKSI business center was opened in the Beta Building in November 2022.

Besides fully serviced office spaces and coworking on a membership basis, it also offers designer meeting rooms and smaller event spaces available to anyone to rent.

W

## We give you space TO WORK

What FLEKSI wants is to provide you with space to focus on work and your business. Whether you're an individual or a larger team of co-workers, you'll find a wide range of options here, from a private closed office to a shared coworking space. The FLEKSI team will take care of everything you need – professional customer service, reception services, internet connection, access to a copy point with the option to print documents, as well as copying and scanning. There are also fully equipped kitchenettes with selected drinks free of charge, and 24/7 access to the office space via a digital key.

## We give you space TO BE FLEKSI

Are you currently considering optimising the running of your company in terms of time, space and other services? FLEKSI is ready to resolve your requirements according to the current needs and development of your company. Here, you truly can be FLEKSIble.



## Membership types

<b>Flexi flek (hot desk)</b>	For clients who want access to shared coworking spaces without a reserved workspace
<b>Fixní flek (fix desk)</b>	For clients who want access to shared spaces with a fixed reserved workspace
<b>Fleksi vstupy (day pass package)</b>	For clients who want to use their membership for just a certain number of days a month. Grants access to shared coworking spaces without a reserved workspace
<b>Office flek (private office)</b>	For clients who prefer the privacy of a lockable office
<b>Flek na den (one-day pass)</b>	One-day access for one person to coworking spaces without a reserved workspace



### Conference rooms

State-of-the-art AV technology, can be reserved for 1 hour or longer

#### Conference rooms

- Capacity 3-16 people
- State-of-the-art AV technology
- Designer furniture and decorations

### We give you space TO MEET

FLEKSI is a meeting place; it provides you with exceptional spaces for one-off and long-term use for negotiations and meetings with business partners, clients or within your company. The stylishly furnished meeting rooms are equipped with state-of-the-art AV technology with intuitive controls. A receptionist will welcome you and your guests to the premises, offer you selected drinks, or will assist you following prior arrangement with a catering establishment. ▶



### Agile room

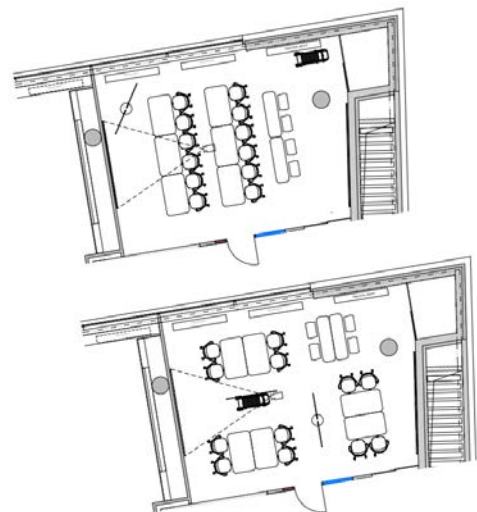
On the first above-ground floor there is an agile room that allows for various layout scenarios. Using flexible elements and modular systems, spaces can be transformed to best suit your current needs.

#### Agile room

- Capacity up to 16 people
- Flexible designer furniture
- Various layout scenarios
- Room for team projects
- State-of-the-art AV technology



Agile room



Agile room, layout example





### Spaces for events of all sizes, both formal and informal

The designer spaces in FLEKSI Beta are also perfect for holding a company party, conference or workshop. The FLEKSI team will provide you with the full range of services for your event – catering, accompanying program, decorations, hostesses, etc.

### We give you space TO CONNECT

Become part of the exceptional FLEKSI community. Here, you'll have a unique opportunity to meet interesting people from various professions, with different business plans. You'll have the ideal opportunity to share your experience and at the same time receive valuable input to encourage your further successful development. Become a part of FLEKSI and Brumlovka itself. \_

### Multipurpose room

- Seating capacity 63 people
- Full HD LED wall
- Complete sound system
- Wireless microphones
- Lectern





The interior design of the FLEKSI Beta is the work of the Linstram architectural company. High-quality natural materials, such as wood and metal, play a prominent role in this cosy, yet modern interior, with neutral tones dominating, i.e. white, grey and grey-beige, with warm red and orange. The greenery all around makes for a pleasant climate and the FLEKSI premises are completely barrier-free.

FLEKSI Beta is now the second business centre at Brumlovka. The first FLEKSI was opened in 2021 in the Budova B building and is now fully occupied. Another FLEKSI project is currently being prepared in the Filadelfie building. The opening is planned for the first half of 2023.

### Coworking – Lounge layout

- Capacity 60 people
- Full HD LED wall
- Complete coworking sound system
- Wireless microphones
- Podium with lectern
- Kitchenette
- Available from 6 p.m.
- Coworking available as a theatre layout as well

**Are you interested in renting a work place, meeting room or organizing an event? Contact our FLEKSI team: [info@fleksi.cz](mailto:info@fleksi.cz), 720 730 000**



FLEKSI Beta  
Beta building  
[fleksi.cz](http://fleksi.cz)



## Swimming

# How to stay in shape in winter?

## Swim your way to health and beauty

Looking for a way to stay in shape this winter? Try the pool! Swimming has a healthy effect on your body, boosts your immunity and is great for your mental well-being. And that applies to everyone. Water allows even those who have various limitations on land to be active.

“The great advantage of swimming is that it strengthens the muscles of almost the entire body, evenly, without straining a particular group of muscles,” says Jolana Hojsáková, a swimming coach at Balance Club Brumlovka. “Swimming also has a positive effect on the heart and blood vessels, accelerates your metabolism, improves lung capacity and, last but not least, helps relieve stress and nervous tension. I definitely recommend swimming to anyone with joint or back problems. Your joints move through a greater range of motion in the water than on land, and since they do not touch the ground, they are not affected by shocks and impacts. But as with all other sports, it is important to focus on the right style so you do not harm yourself by swimming,” she adds.

There are four basic swimming styles. It is advisable to alternate them during training, both for greater variability and from a fitness perspective, since each style exercises the musculo-skeletal system slightly differently.

### Problems with your back? Try backstroke

The most common stroke, and also the most technically demanding, is breaststroke, the foundation of which is the gliding (extended) phase. The movements of the upper and lower limbs should be

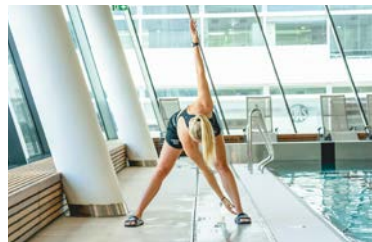
simultaneous and symmetrical; the sweep of the arms, which takes place under the surface and to the sides, must not be too wide. During breaststroke, the knees should always be closer together than the ankles. “With this stroke, the position changes from horizontal to slightly vertical, which may have a negative effect on the back. Breaststroke also causes a great deal of twisting of the knees and hips, which is not good if you have suffered injuries to these areas for example.”

“Healthwise, freestyle and backstroke are a better choice. When someone suffers problems with their cervical spine, I especially recommend backstroke, during which the swimmer is in a supine position. “Shoulder twisting” is a common concern with these two styles. But these fears are unwarranted. Properly performed, freestyle and backstroke are based on body

## Warming up before swimming



**Arm rotation:** Move your arms up, back, down and forward, performing figure eights by rotating at the shoulder joint and stabilising the torso with the other arm. Do sets of 8 with each arm.



**Dynamic torso rotation:** While bending at an angle of 90 degrees, extend the left arm towards the right leg and vice versa. Do sets of 8 with each arm.



**Dynamic stretching of the pectorals and shoulder girdle**





When someone suffers problems with their cervical spine, backstroke is the most suitable stroke

rotation, so that the shoulder is only ever in abduction. Without proper body rotation, the stroke under the water is crooked and the shoulders cross the axis of the body”, Hojsáková adds. The rhythm between the arms and legs, i.e. the proper synchronisation of movement, is important in the case of butterfly, the fourth stroke.

### Swimming is a good start for weight loss

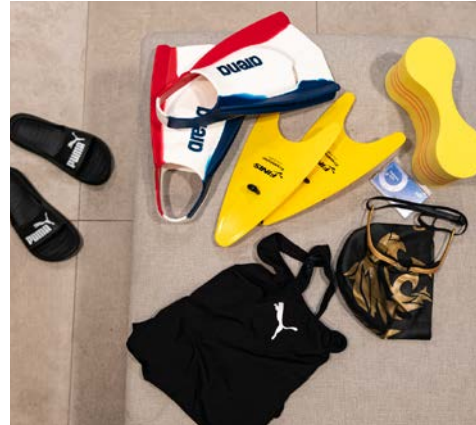
Can swimming help you lose weight? Yes, and it’s even great for those whose knee or back problems prevent them from exercising. Swimming is an aerobic activity, i.e. movement in which the muscles work in the presence of oxygen, which helps convert fat and glucose to energy. If the movement lasts long enough, the body begins to use up stored fat – fat is burned and you lose weight. Water temperature also influences the burning of fat. The ideal water temperature is 26–27 °C. Warmer water will wear you out, which means you don’t swim as much; in colder water, the body protects its fat reserves”, Jolana Hojsáková notes. And how is this effect expressed in numbers? The average person with a weight of 65 kg burns roughly 600 kcal during an hour of training.

### Inhale out of the water, exhale into the water

Lots of people swim regularly without ever exhaling with their head under the water. And yet, every swimming stroke requires ▶



## Equipment



## Swimming gear?

**Choosing swimming goggles** is a challenge for many swimmers. When trying them on, the goggles should stick to your face for at least a moment without the strap to make sure that they sit properly on the orbital arches. That’s why it’s best to go for a smaller size.

**A silicone swimming cap** available in kids’ and universal sizes improves dynamics in the water and keeps your hair out of your face, “But it won’t keep your hair dry,” notes Hojsáková with a smile.

**Short pool flippers** help maintain proper body position and prevent stiffening of the Achilles tendons. The flippers are available in different hardnesses. The stiffer they are, the harder and stronger the kick, which is why soft flippers are best for beginners.

**Swimming paddles** (yellow arrows) are used to strengthen the arms. Paddles are available in several different shapes and systems of attachment. The ‘arrows’ in the picture are intended primarily for freestyle. They are shaped to help the hand dip into the water. Round paddles are common and help strengthen the arms. Pay close attention to choosing the proper size. Paddles that are too big can harm your swimming technique.

**Pull buoys** are used as a buoyancy aid when practising the correct swimming technique or for isolation swimming in which only the upper or lower limbs are involved. When swimming with just the arms, hold the buoy between your thighs. When swimming with just the legs, grip the pull buoy with your hands.



Swimming is a suitable sport for anyone with joint or back problems.

### Why use a personal swimming trainer?

Many amateurs make mistakes while swimming, causing problems with their shoulders, cervical spine, etc. It is best to arrange a few training sessions with a coach, who will explain the exact principle of the technique of the specific style, at least in the beginning. This is the only way to avoid putting unnecessary strain on the musculoskeletal system and to ensure that we benefit from and enjoy the sport of swimming.

alternating breaths above and below the surface. Jolana Hojsáková describes how you should inhale above the surface through the mouth and the nose, and exhale underwater primarily through the nose. “Don’t try to hold your breath underwater, otherwise you will get tired quickly, and what’s more, you’ll end up with water up your nose with any small wave. Once you learn to breath like a swimmer, you’ll be able to swim longer, you’ll be more relaxed and strengthen your respiratory system,” says Hojsáková as she lists the advantages of proper breathing.

### Warm-up before and stretch after swimming

Just like any other sport, you need to warm up before swimming – in this case on dry land. A short, ideally ten-minute warm-up should be dynamic to relax the muscles, get blood flowing to them and increase the heart rate. Then perform shoulder joint mobility and swing exercises with the shoulder girdle and pectoral muscles. Warmed up? Time to dive into the water! Once you’ve finished your swim, stretch your neck, shoulders, ankles, thighs and lumbar spine. \_

### Post-swim stretching:



**Stretching the pectoral muscles:**  
hold for 30-seconds



**Stretching the shoulder girdle:**  
hold for 30-seconds



### Who is Jolana Hojsáková?

Jolana Hojsáková is at home in the water. She started competitive swimming at the age of six. She was a member of the Czech national team by the age of 12, and at 15 she was also a member of the Czech national modern pentathlon team. She is a multiple Czech national champion in swimming and the modern pentathlon. She competed for the Czech Republic in the modern pentathlon at the European and World Championships and ranked as high as 9th in the world. She finished 6th at the Junior Olympics in China. Injuries forced Jolana to end her swimming career early and she now guides her students towards the healthy enjoyment of sports with a minimum of injuries. She is the head coach of a swim team, the fitness coach of the SK Slavia Praha WU15 football team and a personal trainer in the gym and pool at Balance Club Brumlovka.



## The best swimming gear from Arena

You can also look good in the water. The new collection of Arena swimwear features new colours and patterns for women, men and children. For women we have new models with the Bodylift firming effect, made from SENSITIVE material, which is strong thanks to its high LYCRA content, and with special slimming mesh in the stomach area, which firms and models curves and helps swimmers feel relaxed out of the water. You can also feel good because all of our swimwear is produced using sustainable methods.

Are you serious about swimming? Then reach for additional gear! Arena's brick and mortar shop and e-shop at arenashop.cz have a wide selection of swimming goggles for recreational and competitive swimmers. Choose from goggles suitable for indoor and outdoor pools, as well as swimming goggles with Swipe Anti-fog technology activated by a swipe of the finger. Swimming gear includes buoys for strengthening the arms and legs, snorkels for supporting your swimming and breathing technique, flippers for lower body power training and paddles for strengthening and improving upper body endurance.



Arena Brumlovka  
Brumlovka building  
arenashop.cz



## Relax after swimming with products from dm drogerie

You undoubtedly feel great after a swim. Pamper your body with gentle and high-quality skin and hair products from dm drogerie and keep your body feeling fresh even after leaving the pool.

**1** Balea shampoo with a fruity aroma and vitamin B3 gives even damaged hair with dry ends a healthy shine. The fruit component gently cares for your scalp and leaves hair clean and nourished. The scent of passion fruit, grapefruit and pineapple lingers for a long time after washing and stimulates your senses.

**2** Have a little swimmer along? Don't forget to pack the Let's Kick It shower gel. It will come in handy for four different tasks. Use it to wash your face, body and hair and to make detangling easier. The gentle formula, which also includes a refreshing, sporty fragrance, was created for sensitive children's skin.

**3** Balea MED shower gel & shampoo 2-in-1 Urea cares for dry skin, which is often itchy and sensitive. This formula without alkaline soap is specifically intended for frequent showering and daily hair washing. The effective combination of urea, sugar tensides, pro-vitamin B5 and allantoin hydrates the skin and leaves it silky smooth, soft and shiny.

**A Tip** In the same way that you need to take care of your skin and hair after swimming, it is also worth paying attention to your swimwear. Denkmit Fresh Sensation washing gel for synthetic fabrics from dm drogerie is suitable for synthetic fibres, sports and functional clothes and also for membrane fabrics. This washing gel penetrates deep into the fibres, neutralises unpleasant odours and prevents new ones from forming. The gel is active from a temperature of 20 °C, making it gentle on your clothing and energy efficient.



dm drogerie markt  
Filadelfie building  
dm-drogeriemarkt.cz



Beyond meat

# Not every day has to be a feast. Vary your diet with a meat substitute

Whether you are a vegetarian or just want to lighten and vary your meals, you don't have to compromise. Modern meat substitutes give you a quality taste experience and a good feeling that you have contributed to the planet's sustainability.

An increasing number of studies and arguments have been appearing that confirm that eating meat regularly is not as necessary and beneficial to our health as we previously thought. What is more, producing meat has a major ecological impact," says Nelli Nehybová from VETO ECO s.r.o., a leading Czech producer of tofu. According to the FAO (Food and Agriculture Organisation), animal farming annually produces approximately 15% of all greenhouse gases caused by humans (some sources put this figure as high as one-third) and uses almost three-quarters of all agricultural land. "It is also worth

noting that extensive meat production consumes about a third of all drinking water worldwide. With a steadily growing world population and consumer lifestyle, this path is unsustainable. It is therefore primarily the ecological impact that makes it advisable to limit meat consumption," says Nelli Nehybová.

## Less meat, more health

Another argument for limiting meat consumption is the health benefits of a vegetarian diet. Vegetarians tend to have lower blood pressure and lower cholesterol levels, so they are less likely to suffer from cardiovascular diseases. They are also not as overweight as others, ▶

## Try VETO products



### Spread it on

The basic ingredients for spreads from the VETO Pochoutka range are tofu and potatoes. Tofu is an excellent source of protein and contains

a wide range of amino acids. The two main ingredients also contain other substances beneficial to your health: isoflavones, rutin, omega-3 fatty acids and lecithin. These great-tasting spreads can become a regular part of breakfasts, snacks or dinners for adults and children.

### Enjoy a grilled meal

The vegan VegiSteak is made of tofu, wheat protein, peas, rapeseed oil and sweetcorn. It's a great alternative to meat steaks, with its own unique juicy and fibrous texture. These vegan steaks are pre-fried, so you can tuck in after just heating them up. We recommend cooking them



under the grill and serving them with mustard, ketchup or a barbecue sauce, or as a simple steak or a breaded schnitzel.

### VETO ECO: For joy in health

This is the slogan of the VETO brand and also the motto of the entire VETO ECO s.r.o. company, which began producing and promoting the then unknown soybean in 1992. Using modern Japanese technology, it produces both established and innovative soy products using traditional Japanese methods, focusing on tofu and tofu products, such as spreads, meatballs and salami.

**Selected VETO products can be purchased from the Maranatha shop in the Brumlovka building.**

**Main  
Topic**







and do not suffer from type 2 diabetes or gallbladder stones as frequently. As a result of consuming more fibre and almost no animal fat, they are at less risk of colorectal cancer.

### Let's take inspiration from the diets of our ancestors

Won't we be missing important nutrients if we cut meat out of our diet? "A common argument is that it is irreplaceable as a source of quality animal protein," says Nelli Nehybová. "However, when we combine foods containing the necessary amino acids, we get a sufficient amount of the full range of proteins without meat," she points out. Even a vegetarian diet can be well-rounded when properly designed. Especially for children and pregnant women, it is doubly true that it is not enough

to exclude meat from the regular diet. The diet needs to be designed so that both mother and baby receive all the nutrients necessary for development on a regular basis. It is important to think carefully about food combinations to ensure they get enough calcium, good quality protein, iron, vitamin B12 and omega-3 fatty acids. "Let us take inspiration from the diets of our ancestors, who did not have meat on their plates every day, but it was actually a rarity associated with important events. Most nutrients were obtained from tree



## Go shopping at the dm drugstore to make vegetarian meals

Stock up on meat-free ingredients at the dm drugstore. This is where you will find both ingredients for preparing vegetarian meals and readymade products that will save you time in the kitchen.

### Organic falafel mix

This dmBio brand mix offers a combination of selected herbs and spices to prepare a staple of Arabic cuisine. Preparation is very quick and easy. Just mix the contents of the bag with boiling water and let it rest for 15 minutes. The dough is shaped into balls with moistened palms and fried until golden brown on all sides in a large frying pan in sufficient oil on medium heat. They taste great with salad, pita bread or home-made hummus.

### Organic vegan spicy slice

dmBio vegan spicy slice, based on wheat and soy protein, is suitable for grilling or pan frying. This steak is ideal with curry sauce or pan seared in a little oil. Tastes great with potatoes, pasta or grilled vegetables.

### dmBio Jackfruit Natur

dmBio Jackfruit Natur is a rich source of fibre and is gluten-free. The flesh has a fibrous texture that resembles meat. It is particularly suitable as a meat alternative for pan frying or in soups. Enjoy it with seasonal vegetables, rice, couscous, in a burger or with a salad.



dm drogerie markt  
Filadelfie building  
dm.cz



fruits or from ingredients such as potatoes, legumes or cereals. Some types of nuts, dairy products and eggs also have a high protein content," says Nelli Nehybová.

### Many ways to diversify your diet

"Our products are healthy, come in interesting flavours and are very varied, they are suitable for vegetarians and vegans as well as for everyone who wants to enjoy a healthier lifestyle while really enjoying their food or diversifying their diet," says Nelli Nehybová. VETO ECO products are made from soy, wheat or pea protein, tofu or cereals and other ingredients that make them a suitable source of protein and provide the full range of macronutrients. The company has three brands on the market. Firstly, Pâtifu premium tofu pâtés, which have a long shelf life without requiring refrigeration thanks to sterilisation, making them a great choice for a quick high-quality snack. Then there is VegiSteak, a range of products not just for grilling, which are characterized by their juiciness and great flavour typical of grilled meat products. And the hot new product is the Veto





### Try the recipe for vegetarian gyros from Maranatha restaurant

Do you enjoy experimenting with meat substitutes? Try the Greek speciality gyros made with wheat gluten seitan. This recipe was shared with us by Tomáš Hrdina, the chef of the Maranatha vegetarian restaurant, where this is one of the most popular dishes. You can buy the ingredients at the health food store of the same name.

Preparation time 25 minutes, 4 servings

#### Ingredients:

750 g seitan  
200 g fresh onion  
200 ml virgin olive oil  
fresh oregano (to taste)  
sea salt (to taste)  
sweet paprika (to taste)  
whole cumin (to taste)

#### Procedure:

Cut the seitan into coarse noodles and mix with crushed cumin and fresh oregano. Add some ground sweet paprika, salt and 50 ml of olive oil. Peel the onion and cut it into thin slices. Briefly fry the chopped onion in hot oil, add the marinated seitan and sauté the mixture for about 5 minutes. Season with salt and serve with pita bread, fresh bread or baked potatoes.

**Let us take inspiration from the diets of our ancestors, who did not have meat on their plates every day, but it was actually a rarity associated with important events.**

brand's plant-based spreads. "In this new concept, we have left soy and chosen the path of whole legume seeds and gluten-free cereals, using peas, beans, millet, oats and buckwheat, for example," Nelli Nehybová concludes.

#### Test and explore

How to choose a quality meat substitute at the store? "With regard to taste and texture, or sensory qualities, then you have to keep trying until you find

the right one. If we are talking about quality in the sense of the ingredients used, then we won't get far without studying the ingredients and market orientation. We should lean towards products without glutamate, chemical additives, preservatives or certain types of flavourings," Nelli Nehybová advises. \_



**Maranatha Restaurant**  
Brumlovka building  
restauracemaranatha.cz

# Culture



Concert

## Lewis Capaldi

**O2 arena**  
**February 17, 2023**

Talented Scottish singer and songwriter Lewis Capaldi is one of the most successful and critically acclaimed artists of his generation. He has broken music records and is rewriting history in terms of what is possible in the music industry. Suffice to say that he sold out a hundred thousand tickets in just ten minutes even before his debut album was released. The speed at which his shows sell out around the world, as well as the number of times his music is streamed, are nothing out of the ordinary for Lewis. Besides the musical experience, the audience at the O2 arena will enjoy Lewis's characteristic Scottish humour with which he entertains his fans not only on social media, but also at his concerts. \_

Book

## Petra Soukupová: No One Is Alone (Nikdo není sám), Host

**Comes out in December 2022**



No one is alone, but they might sometimes want to be. Or are we all alone, regardless of who we live with or how? Veronika has a job she enjoys, a husband who understands her, and two teenage children who never cause any real problems. Although she doesn't have a particularly good relationship with her parents, she maintains a safe distance from them. Yet sometimes all this is not enough. The delicate balance is suddenly disrupted by the death of her mother, and Veronika's vision of a happy life begins to collapse like a house of cards. \_

## Aj Wej-wej: 1000 Years of Joys and Sorrows, Paseka



**Comes out  
in January 2023**

This book, by the most famous contemporary Chinese artist, is far more than the usual memoir. The tale starts long before Ai Weiwei came into the world. The stories of Ai's father, Mao Zedong's close colleague and acclaimed lyrical poet Ai Qing, and that of Ai Weiwei himself, span the broad canvas of Chinese history of the past few hundred years. Just as the father travels to Paris for artistic inspiration as a young man, at the age of twenty-four the son chooses to escape Chinese reality and travel to the United States, where he meets Allen Ginsberg and discovers Andy Warhol. The author also describes the Chinese art scene at the turn of the millennium and the situation in China following the suppression of the democratic movement, as well as his own efforts to achieve free artistic expression. At the same time, he takes the reader on a tour through his own work, including sculptures, photographs, film and electronic works. \_

Exhibition

## Clay Sculptures: Terracottas by 15<sup>th</sup> – 18<sup>th</sup> Century Italian Masters

Sternberg Palace  
November 8, 2022 – March 26, 2023



This chamber exhibition, prepared by the National Gallery Prague in collaboration with the University of Chemistry and Technology in Prague and the Institute of Archaeology of the Czech Academy of Sciences, will present methods of researching works of art from the perspective of both art history and the natural sciences. Technology and the latest non-invasive analyses will give visitors the chance to take a look beneath the surface of works of art, find out how material analysis is evaluated, and, most importantly, learn how these analyses help in the restoration and daily care of cultural heritage. \_

## Stanislav Kolíbal: Books and Buildings

Museum Kampa  
November 5, 2022 – February 12, 2023



Stanislav Kolíbal, sculptor, scenographer, and creator of drawings, illustrations and installations, presents two iconic tours of his work at Museum Kampa. The entrance hall features drawings from Ostrava from the 1940s, which have not been on display since they were created, as well as book illustrations. Stanislav Kolíbal was inspired by literature; he created a visual parallel to texts such as those by Marcus Aurelius, A. P. Čechov and James Joyce. He came up with a new way of illustrating children's books, based on simplicity to give free rein to the imagination. The second chapter of his work comprises Buildings, originating from his Berlin drawings from 1988. With the turn of the epoch, Kolíbal's work ceased to be metaphorical and turned towards architecture, growth and construction. The 'double chord' of his early and contemporary work culminates in his reliefs created for this exhibition in 2022. \_

Theatre



## The Landscape of the Body

Laterna magika – New Stage of the National Theatre  
Première: November 10, 2022

This performance, which combines state-of-the-art film technology, classical and contemporary dance, physical theatre and ground and aerial acrobatics, explores the question of what beauty is and the standards by which it is judged. Whether there is still such a thing as an "ideal of beauty" or whether this traditional concept has already been surpassed. A visual poem set in motion, it sings the praises of human life and finds a metaphor for the landscape in the body. Drawing on mythology, ritual and folk tradition, it looks at the transformations of nature and man. It unveils the inner dialogue between old age and youth, but is not bound by realistic time or setting. It celebrates beauty, spontaneity and fragility, while finding vulnerability in physical expression. \_

Film

## America

Czech première: December 8, 2022

Following the success of The Cakemaker, director Ofir Raul Graizer presents a film that pays loving homage to the cinematography of the 60s and 70s. This drama, co-produced by Israel, Germany and the Czech Republic, tells the story of Eli, who is working as a swimming coach in Chicago. News of his father's death forces him to return to his native Israel. He appears to keep his past at a distance, but despite this he decides to get in touch with his childhood friend Jotam, who now runs a small florist's with his fiancée Iris. The rekindling of their old friendship sets a series of events in motion that will change the lives of all those involved forever... \_



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PLACE

Teplé drinky

LAB Svařák

Punch Punč

Horký Cider

Budíček

Penicilin

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## **romm<sub>SL</sub>**

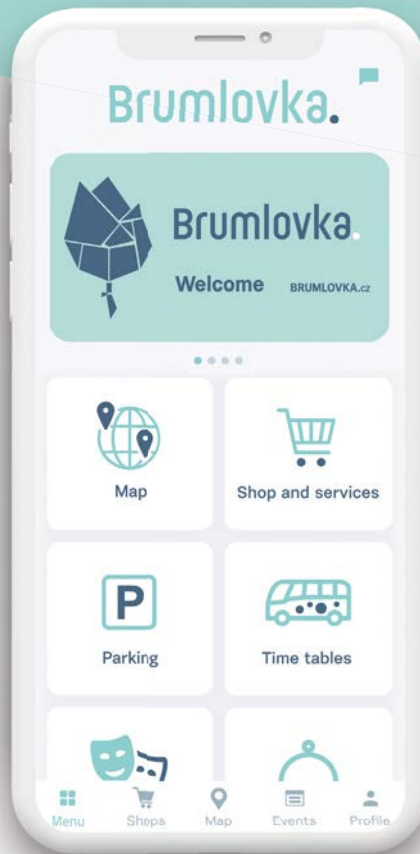
REYNOLDS triple butted cromoly frame, AUTHOR karbon 1.5" tapered fork, SHIMANO GRX (2x11) components, SHIMANO GRX hydraulic brakes, MAVIC Allroad Disc CL UST wheel set, weight 10,2kg/54cm.

AUTHOR.EU



**AUTHOR**  
BICYCLES

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