

A magazine for everyone at
the BB Centrum

city

**Office
Trends:
A Good
Presentation
Requires
Preparation**

HAPPENING RIGHT NOW
Introducing
the new
BB Centrum
AT THE BB CENTRUM

Major Topic

Perfect
Canteen's
Filip Sajler:
**Good Food
is Like Medicine**

**Do You
Have
a Sweet
Life?**

SHOPS AND SERVICES AT BB CENTRUM



BB CENTRUM

Where Business
Comes to Life

RESTAURANTS

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

SHOPS

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

CAFÉS

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

SERVICES

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

BANKING

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

CASHPOINT

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

SPORT / RELAXATION

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

HEALTH SERVICES

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

EDUCATION

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

CHARGING STATIONS FOR ELECTRIC CARS

FILADEFIE Building (public parking)
DELTA Building (public parking)
BRUMLOVKA Building (public parking)



www.bbcentrum.cz

Dear readers,



You have in your hands our magazine's summer issue. Long, warm days beckon us to spend as much time as possible outdoors. We're so glad that "our" area of Michle offers absolutely perfect conditions for a pleasant summer life, whether it is active or slow, or even perhaps sometimes a little lazy.

The BB Centrum is full of life! The playgrounds and parks are bustling, athletes big and small dash around the athletic stadium from morning to night. Even Náměstí Brumlovka Square has its fans—it's becoming a popular place for relaxation, meeting up with friends, as well as splashing around in the water for the kids. The good news is that, throughout the entire summer holiday, we will continue to organise traditional food festivals, travellers' evenings, regular Tuesday public runs with Puma, and, in mid-August, we will unfurl the outdoor cinema in Baarův Park.

We believe that this issue too will capture your interest with news and information about the BB Centrum, new ideas for your work, and other inspirations. You'll learn, for instance, where you can go to enjoy a hike, trek, or via ferrata across the mountains of the Czech Republic and abroad, how and why to limit your sugar intake in your diet, and where to go for cultural events. And, of course, what's summer without a little bit of lazing? It's the perfect season to learn how to ease up a little. Read about it in our slow lifestyle article and about everything related to it—from the Slow Food trend through mindful shopping, to slow fashion. You might even find out that you can get more done at a more relaxed pace than you would running ragged.

I wish you the best possible holiday and a relaxing vacation.

And thank you for reading us!

Kristýna Samková
PASSERINVEST GROUP

Where to find us

To find out what's going on here, visit our website, bbcentrum.cz, or find us on Facebook, BB Centrum.

www.bbcentrum.cz

BB Centrum

BB Centrum

FILADEFIE Building

There are so many new things at the BB Centrum

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□ You can read more about the film, *The Painted Bird*, on page 36

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Featured Photo

Baarova Playground

Come and work out at the public playground with modern playground features, a mini basketball court, and an artificial surface for your offspring's safe frolicking.
Open daily: 8:00 a.m. – 8:00 p.m.

□ The playground is located at the Eliáš primary school, Baarova 360, Prague 4

Reconstruction Has Commenced at Building B. Its Grounds Will Be Transformed Too

The administrative Building B on the main street of Vyskočilova in the central section of the BB Centrum complex is awaiting a comprehensive revitalisation. Its renovations will give it a new, modern façade, an expansive reception area, a restaurant, a completely new garden for the public with an open atrium, and a green relaxation rooftop patio.

The main entrance will be relocated from Vyskočilova ulice Street to the west side of the building, where there will be a small courtyard—a “piazzetta”—with large trees, seating, and a water feature. The new outdoor garden in the atrium will also be a notable change. There will be a direct entrance from Vyskočilova ulice Street and from the atrium to a new gastro zone which will house three separate restaurants open to the tenants as well as the public. The rooftop patio will also undergo renovations, and will soon provide a place for employees and future tenants to work, relax, practice yoga, and host corporate parties. Part of the ground floor will be occupied by doctor's offices from the Santé company. All of the technologies ensuring quality interior environments will undergo modernisation as well.

The building will gain a new ceramic façade in pale and medium brown earth tones, which, together with the modern design, will fulfil current demands for thermal permeability. After the renovation of the outer siding and technologies, the building will meet Category B energy standards, which guarantees affordable and efficient operation. The PASSERIVEST GROUP company is the investor and owner of the building. The author of the reconstruction is the A8000 architectural studio. _



PASSERINVEST GROUP is the third-most-admired company in the Czech Republic

The PASSERINVEST GROUP investment and development company earned 3rd place in the list of 100 most-admired companies in the Czech Republic for 2019. This list was announced by the CZECH TOP 100 Association. The enormous success is the result of the efforts of the entire company.

In addition to the bronze-level ranking in the most-admired company listing, PASSERINVEST GROUP is also three-time defender of its first place ranking in the category of “Activities in Corporate Real Estate, Services.” Other companies landing in the top ten most-admired companies of the CZECH TOP 100 ranking are also long-term tenants of the BB Centrum, including ŠKODA AUTO, a.s., ČEZ, a.s., as well as UniCredit Bank Czech Republic, a.s.

“I see this recognition as a result of the hard work of the entire company, my colleagues, who take care of not only our customers at the BB Centrum and in Ostrava, but also of the projects that relate to long-term and sustainable development in the places where we do business,” remarked founder and CEO of PASSERINVEST GROUP, Radim Passer, about the earned recognition.

The ceremonial announcement of this year's 21st-annual CZECH TOP 100 took place Thursday, 4 April at the French restaurant at Prague's Municipal House. The CZECH TOP 100 rankings are established based on evaluations by the managers of prominent companies, economic and financial analysts, representatives of industry associations, unions, and professional associations. _

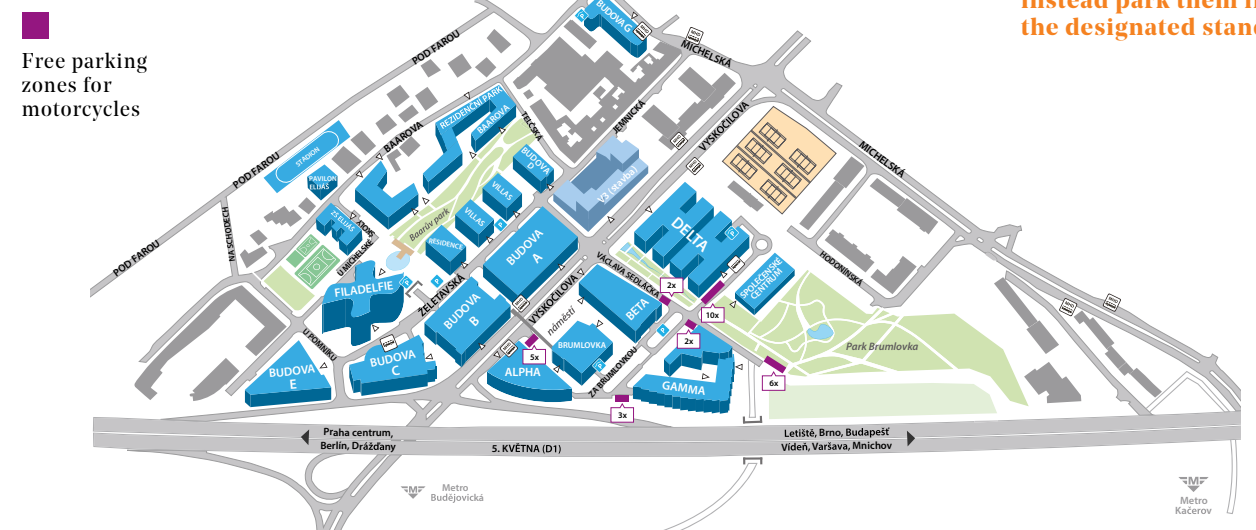
“Last year, we climbed from 8th place to 6th in the rankings. This year's 3rd place is, to me, a huge success, and I accept it with humility and gratitude toward God,” says founder and CEO of Passerinvest Group, Radim Passer, about the recognition.

Commuting to Work by Motorcycle, Bike, or Scooter: Where Can You Park?

A number of free parking zones for motorcycles have been created in the southern end of the BB Centrum. Motorcycles parked here won't limit the mobility of physically handicapped individuals in their movements about the complex, nor will they take up space in important areas and corridors surrounding the buildings, such as gas mains, access to grease traps, or spaces

for emergency personnel and vehicles. We are currently also working on a motorcycle parking solution for the north side of the complex as well. You can take advantage of the bike storage areas directly in your building for your bikes or scooters, or you can use the surface stands that are located throughout the entire complex. _

We ask that all motorcycle and scooter owners park solely in the designated parking areas, and users of the popular LIME scooters do not leave them at the building entrances, but instead park them in the designated stands.



The BB CENTROOM introduces the history, present, and future of the BB Centrum.

A one-of-a-kind multimedia room called the BB CENTROOM was created in the BB Centrum's BRUMLOVKA building. Its purpose will be to present the areas of the BB Centrum.

The atypical curved projection wall with an immersive 180-degree screen with an area of almost 15 m² will draw visitors into the programme that will take them through the creation and development of the BB Centrum, from its individual stages, through planned projects. The intensity of the experience is heightened by a 3D sculptural model of the BB Centrum at a 1:450 scale. “The multimedia BB CENTROOM allows us to show and debate the development of infrastructure and urbanism with respect to future development and the generations to come,” stated founder and CEO of PASSERINVEST GROUP, Radim Passer, about the new space.

For more information about the BB CENTROOM, turn to pages 20–21.





□ Jitka Kudláčková and Tereza Mátlová, musical singer, who donated her CDs for the charity

Jeweller Jitka Kudláčková Calls Upon Us to Support Venezuela

Years ago, leading Czech jewellery designer, Jitka Kudláčková, drew her inspiration for her work from the gorgeous wilderness of Venezuela and the country's joyous atmosphere. This is why the crisis situation that currently reigns over Venezuela is particularly painful for her. And so she decided to help. Alongside the Českomoravská asociace podnikatelek (the Czech-Moravian Association of Female Entrepreneurs), the owner and founder of JK Jitka Kudlackova Jewels has launched an initiative called "Give Up Your Lunch for Venezuela," which is linked to the humanitarian projects of the ADRA organisation. The donors can donate any amount of money and, in return, they can look forward to an award for their generosity. "I am contacting famous people and asking them to donate a signed autobiography, books, or CDs in support of the event," said Jitka Kudláčková. "I'm donating one of my own pieces of jewellery from the SOL collection, which was inspired by South America," she added. Funds collected for this campaign will go toward the purchase of the basic food item, cornflour. The situation has gained the attention of other Czech cultural figures as well. The initiative has been supported, for instance, by singer Leona Machálková, actress Kristýna Janáčková, as well as opera and musical singer, Tereza Mátlová. _

How can you help Venezuela? Give up your lunch and send your contribution to the ADRA organisation's account, 66888866/0300, variable symbol 397. Donors can look forward to receiving items donated by prominent cultural figures as recognition for their contribution. Or purchase a designer jewellery item from the SOL collection. For more information, visit www.jk.cz or jitka@jk.cz.



With Renovations Complete, Building A at the BB Centrum is Once Again "A 1"

The administrative Building A at Prague's BB Centrum underwent a comprehensive revitalisation last year. The renovations were carried out in collaboration with the sole tenant of the building, leading Czech bank, MONETA Money Bank, whose headquarters are housed here.

The most significant transformation occurred with the façade. The original stucco was replaced with smooth white metal panels, and the outer steel structure on the Vyskočilova ulice Street side acquired a bold turquoise hue. A new large rooftop garden with gazebos, mature greenery, and relaxation zones was created on the 7th floor, as were green areas in glass atria on the ground floor. The building is also equipped with six new lifts with intelligent destination operation, and the heating and cooling is taken care of by a comprehensive aquatherm black radiant ceiling system.

During the Building A renovations, repairs to the adjacent pavement were carried out, and a pedestrian crosswalk across Vyskočilova ulice Street was created, as was a new public transport bus stop bay.

The owner of the building is the investment and development company, PASSERINVEST GROUP. The total investment for the reconstruction of Building A reached CZK 500 million. The sensitive and functional renovation was designed by the A8000 architectural studio.



Barbora Strýcová
Professional tennis player
and women's doubles
Olympic bronze medalist



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NADACE ČEZ



SKUPINA ČEZ



5 Questions For:
Jiří Majer
Property Manager,
PASSERINVEST
GROUP, a.s.

What did you want to be as a child?

If I exclude the earliest typical childhood dreams of being a garbage collector, astronaut, or policeman, the one plan I had for a long time was to be a zoo keeper. When I was young, I was really interested in books about animals, such as those by Gerald Durrell, which inspired me to have all sorts of "critters" at home and to explore meadows, forests, puddles, and ponds, and track all sorts of living creatures.

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

Because I read only a handful of books each year, I have the advantage that I am always able to choose from only the best books. The type that you simply must read in your lifetime. I alternate the genres as I go; most recently, I've been reading mainly historical and war novels as well as sci-fi. Over this past year, the books I enjoyed the most are 'The Book Thief', 'Two Against the Reich', and 'The Hitchhikers's Guide to the Galaxy'.

If you could do any job in the world, what would you choose?

Over the course of my life, my dream job has changed. Right now, if I didn't have any obligations, I would like to be a dive master (diving guide) at some beautiful destination by the sea. For instance, I could definitely last a few years in the Maldives or Egypt. But a slightly more realistic dream job that is more compatible with family life is to be a pilot. To fly long hauls and to have a few mandatory days off at exotic destinations and travel across the world.

What did you buy with your first paycheck?

With my first paychecks from temp jobs as a construction worker and delivering stationary supplies, I bought my first proper mountain bike that is currently still parked in my garage.

What subject did you enjoy the most at school?

If I skip physical education—which was by far my favourite—then I'd definitely choose one of the technical subjects. In primary school, I liked maths the most, and in secondary school it was descriptive geometry.



→ Building G

It doesn't take much. Just open the door and enter. And suddenly you're in a place where golfing dreams become a reality and golfing desires are fulfilled. Welcome to GolfProfi in Building G. Here, you'll find everything a golfer's heart desires: from golfing gear through apparel and footwear, to excellent service and fitting.

Prague's brand-name GolfProfi Store with a retail area of 500 square metres is literally the flagship of the GolfProfi company, which is the largest chain of golf stores in the Czech Republic. The GolfProfi retail points not just in Prague, but also in Brno and Ostrava as well as twelve golf resort pro-shops offer top-of-the-line brand-name products from over sixty renowned international manufacturers for all categories of players—from complete beginners to experienced professionals.

"There is no golfing desire that we can't fulfil. Our experienced staff will help you choose the perfect golf clubs, single as well as sets, bags, apparel, balls, golf carts, and other golfing goods. Our diverse and comprehensive range has something for everyone, all categories of players—both in terms of performance and age," noted GolfProfi manager, Tomáš Krebs.

In short, at GolfProfi we'll outfit you with everything you need so that you can enjoy golf to the fullest and feel great when playing. You can choose from not only clubs, but also apparel and footwear from all of the renowned golfing brands.

GolfProfi Store Prague

- A modern shop and facilities, professional services
- Golfing equipment for all categories of players
- A diverse range of golfing products
- Fitting, repairs and maintenance, and consulting



Not just with a guarantee of elegance, but, more importantly, the guarantee of functionality of all of our models.

A diverse and broad range of golfing products is just a part of everything that GolfProfi offers. Choosing the perfect club that fits like a glove can take a while. "But we at GolfProfi can help with that too," divulged Tomáš Krebs. This is because another thing that GolfProfi offers is golf club repair and maintenance, because sometimes all it takes is switching a shaft or grip, and suddenly you have in your hands the perfect club.

Without the slightest exaggeration, you can definitely say that the experts at GolfProfi can choose the perfect club for anyone who wants to discover the enchantment of golf, and a with a tailored fit, at that. In addition to professional repairs and maintenance as well as

consultation, GolfProfi also provides golf club fitting, right in their Prague GolfProfi Store, which is an excellent service for anyone who is serious about golf or simply wants to play better golf and take their performance to the next level. "Most players who have had a golf club fitting and have played with customised clubs never want to play with anything else," stated fitting specialist Jan Kubín. _



GolfProfi

GolfProfi
Building G
www.golfprofi.cz



→ FILADELFIE Building

Last year was a year of expansion for the Sushi Time brand. Sushi Time entered new markets, opened new establishments in additional cities, and introduced a new concept, called Sushi Time Corner. You can enjoy quality, fresh food at one of these establishments at the BB Centrum complex.

The Sushi Time restaurant chain was founded in 2010 as the first sushi delivery in Slovakia, and just a year later, its Slovak owners were successful in expanding to the Czech and Hungarian markets. It offers three establishment concepts: Kiosk, Bistro, and the new "Corner." The Kiosks—its smallest sales points—places Sushi Time in high-traffic shopping centres so that they are as close as possible to the customer. Here, they offer sushi sets or Asian salads—"freshboxes" directly from the counter that you can take away without a wait. Bistros, on the other hand, are larger establishments where customers can treat themselves to a healthy lunch or dinner on site but can also order take-away as well. Customers can savour their delicious menu at five kiosks around Prague, two in Brno, three in Bratislava, and two



in Budapest, as well as at four bistros in Prague and two in Bratislava. The e-shop also offers a wide range of dishes.

Healthy and Fast at the BB Centrum

Sushi Time Corner is an entirely new concept. And one of them is opening in the BB Centrum complex. The size of the restaurant and menu is somewhere between a Kiosk and Bistro. It has a seating capacity of around 20 guests, and also offers hot dishes in addition to sushi sets and fresh boxes. Every day, you can savour several kinds of soup, such as the popular Tom Yum, Pho Bo, as well as Pork Ramen. Similarly, the selection of popular curries is broad and changes regularly.

Asian Flavours for Europeans

Sushi Time strives to offer its customers the most interesting exotic national cuisines with an emphasis on quality and freshness. "It's a healthier fast casual," said Olga Pavlíková, kiosk manager. "We draw on inspiration from Asian cuisines that is healthy, easy to prepare, and light. Our menu changes according to customer demands as well as the season. Customers can look forward to Korean, Indian, Japanese, Indonesian, and many other dishes. We adapt our recipes a bit to European tastes, so that we can offer customers light, easily-digestible food but don't have to battle with such things as extreme spiciness. A large portion of our menu is dedicated to sushi, which is prepared fresh all day long. At this pace, our Prague branches consume two tonnes of tuna per month," she added. _

What is the "fast casual" concept?

"Fast casual" can also be interpreted as quick and informal. The principle is based on a reduction of the services customers are accustomed to in standard restaurants while maintaining the premium quality of the dishes offered. The ingredients are high-quality, fresh, they don't use frozen ready-made items nor the harsh food preparation methods that we know from typical fast food establishments. The customer can eat the food there or take it with them.



Sushi Time
FILADELFIE Building
www.sushitime.cz

The New Fellowship Centre in Sedlčany Will Be a Calm Refuge in the City Centre

Backed by Radim Passer, the Maranatha Christian organisation is building a Fellowship Centre in Sedlčany.

By the autumn of this year, we can look forward to exciting gatherings, lectures, and leisure-time activities for children and adults. The open space in front of the building will host a wide variety of community activities, such as markets, small cultural events, among others. A prayer hall will be established along with this project, whose architectural and interior designs are quite atypical when compared to similar buildings. The entrance and other parts of the building will have large glass

surfaces, which means that the interior will be aglow with natural light. The visible baptismal font will also be a rarity.

"The Fellowship Centre and prayer hall will function as places to share the hope that we have found through faith in Jesus Christ. Hope for more fulfilling lives, better relation-

Maranatha z.s.

The Christian-oriented organisation, Maranatha, was founded in 2002 by Czech developer Radim Passer. The word "Maranatha" means "the Lord is coming." The mission of Maranatha z.s. is to share hope rooted in faith in Jesus Christ and provide insight on the views on many key questions. The answers come from information written in the Bible, which Christians believe is the Lord's letter to humankind.

ships, a healthier lifestyle, as well as forgiveness. The Fellowship Centre will create a sort of calm refuge not far from the city centre. The plan is to also build a city park nearby with sport elements and a playground. The Fellowship Centre will also include a retail space, which will house either a charity shop or a health food store," said founder of the Maranatha organisation, Radim Passer. _



Maranatha z.s.
www.maranatha.cz

The Question of Origin: Creation or Evolution?

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

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

Part one: Is so-called natural selection the driving force of evolution?

The natural sciences are unaware of any evolution

Since the end of the first half of the 1800s, belief in natural selection—namely evolution and the millions of years over which the worm is said to have metamorphosed into you and me—began to be publicly mass-propagated as an alternative to the biblical view of the creation of the world by the people surrounding Charles Darwin, and, since then, this trend has gained extraordinary momentum. Today, this unscientific concept with its ideological roots in spiritism, is, by law, taught in all schools, from preschool to university, as the supposedly most-logical explanation of the origin and history of the world.

Very few people know, however, that Darwin's theory in particular—and any evolutionary version of the history of the world in general—founded on millions and billions of years and an almost endless series of blind trial and error, conceals a number of fatal flaws in their foundation. Despite the fact that it has never been scientifically proven, it was officially declared scientific fact and simultaneously the sole scientifically relevant model of the origin and history of the world. True science, however, welcomes discussion with opponents, and the number of opponents of the evolutionary world view continues to grow in the scientific circles. Sadly, neither the public nor children in schools learn about this fact, because evolution and millions of years have

become the contemporary national religion that must not be disputed.

Belief in evolution leads to indifference to suffering

The belief in evolution can, in actuality, evoke the feeling that a natural world—not to say human society—full of destruction, pain, and suffering, is actually normal. In fact, according to this theory, trying to save disabled or sick animals (or even people) and thus allowing them to produce offspring is a grave sin. Without the presence of a kind-hearted human to protect, feed, and care for it, a physically disabled or sick deer can't naturally produce offspring or find its own food, condemning it to certain death. But we would not treat our pets or loved ones like this, even if we often fail in this department as well. The desire to protect the weak is not entirely natural, and, what's more, is completely contrary to the theory of evolution that leads us toward self-centeredness and unhealthy independence. In other words, our faith dictates our words and actions

Death as an intruder and life as a complete miracle

Believing in evolution and millions of years means believing that humankind appeared on this Earth as a result of a blind, merciless struggle for survival hundreds of millions of years after the first live organisms were

said to have developed spontaneously from the Earth's elements. It is important to point out that, in this world, death is, unfortunately, natural (essentially inevitable), yet birth and life are not natural—by contrast, a complete miracle and, furthermore, evolutionarily inexplicable. In other words, birth is extremely capricious, but death is always certain. Death and decay therefore seem to be paradoxically more natural and stronger than birth, health, and life. This means that the evolutionary world view rises and falls on the existence of death. Evolution, in actuality, cannot exist without death, because only death can destroy its failed "experiments," thus making room for new "experiments." And that's what so-called natural selection is all about.

Natural selection isn't evolution

These days, people often talk about natural selection because they see it as a sort of magic wand for explaining everything. But it's actually nothing more than differential reproduction, i.e. that all living systems comprise individuals that are better at reproducing than others, and they are, by definition, the "most capable." This, of course, doesn't explain the origin of the first "most capable" individual or pair of the given species, nor the origin of life or nature as such. The explanation of the origin of the world itself is thus one of the many Achilles' heels of evolutionary theory. In addition, selection is inextricably linked to rejection. This isn't a problem for non-living things, but for living things this means suffering and death, which is a serious matter. The thesis of natural selection is, therefore, a sort of dry statement of fact that the sick, weak, and abandoned are simply the first to die in this disturbed, merciless environment, often without offspring, which means, in other words, that mercy and compassion are, in actuality, a rebellion against the natural order of things. This can serve as the perfect justification—or even excuse—for ruthlessness and cruelty for some people. This therefore begs the question: How long has the world been damaged like so, and what is the cause? _

To be continued...

Perfect Canteen

Good Food is Like Medicine

Chef and entrepreneur Filip Sajler is a perfectionist. He's never completely satisfied with anything, and sees success as a journey during which you should never stop, because gastronomy simply keeps moving endlessly forward. This is one of the reasons why the chain of corporate restaurants that he founded is called Perfect Canteen. "It's not because we're that arrogant and think we're perfect. It's a reminder of the fact that we need to be attentive to every single detail. This is because in our field, if you're not, you lose," he said during a conversation at one of his canteens at MONETA Money Bank in Building A.

You dedicate yourself to cooking, your own business endeavours, filming for television, automobile racing, as well as your family. How are you able to keep all the balls in the air during such a juggling act?

I divide all of the things I do into three worlds. The first is my family—it comes first, and is also probably the hardest project. Then there's business, which is also very important to me, and, what's more is that without it, even my family wouldn't be happy. And in addition to all that, I also have a passionate hobby, which is motorsport. Each of these worlds has a different biorhythm and it's important to find a balance among them. I'm lucky in that everything I'm involved in is something that I love. And doing things from the heart is absolutely fundamental to me.

So you dedicate yourself with the same passion to each of your three worlds?

There always has to be passion, otherwise it would only be a sort of half-life. Because of the passion, I can also interconnect all of these things and then get something out of each of them.

With you, it all started with cooking. Did you have any sort of goal when you were beginning? Like earning a Michelin star?

Not at all. I was looking for something that I would enjoy doing and would be fulfilling. And something with which I could earn money. I later had a vision that I would open my own business, but you quickly realise that you're not ready for it yet and need to learn a number of additional skills. So I took it step by step, project by project. A Michelin star is the Oscar of cooking, and it takes a huge amount of work. But more important than any other award is the fact that you do your job well and

people come back to you. What we were able to achieve in the segment of corporate canteens is like a Michelin star to me. We realised this from the reactions of our global suppliers, who tell us that what we've built here is amazing. And another thing that is just as encouraging are the responses from our canteen at Avast. Avast is a global company, but its founders, Eduard Kučera and Pavel Baudiš, say that the best corporate restaurant is in Prague. And this says a lot, since they can compare us to the facilities of such giants as Google and Apple.

Your company, Perfect Canteen, continues to grow. How often do you actually get to cook?

When I cook, then it's usually either at home or when filming Kluci v akci (Boys in Action). I still enjoy cooking, but I don't get around to it much during my day-to-day job, which is Perfect Canteen. But of course I deal with products and food on a daily basis, through Perfect Canteen, among other things. I somehow managed to create a monster with 20 branches and 250 employees. On top of everything, we also do catering and come up with new projects.

Fifteen years ago, when we began in the cellar of my house in Strašnice, I had no idea that we would grow to this size, but it hasn't always been smooth sailing.

So you have a culinary start-up, you just don't call it that...

I used to use that term, but my colleagues reproached me for it, so I don't any more. But that's essentially what it is. Years ago, we realised that global players aren't very good at providing good food to their employees. I don't really understand why, I don't want to poke around in it much, I like to look toward the future instead. But it was an unusual market, very price-focused. We were lucky that we were at the right place at the right time, and that we were ready. We'd always wanted to approach the corporate canteen as a restaurant, and I'm glad that it we succeeded, and that it shows.

What's it like, being at the helm of a business in which you built 20 canteens in the span of a few years?

Maybe you've seen the documentary, Constructing Albert, which depicts Spanish chef Albert Adria during the creation of his Michelin restaurants. I'm not trying to compare myself to him, he's in a different league, but what we do have in common is the building of our enterprises. In recent years we're a sort of Constructing Perfect. We're always building something, developing. At the beginning of 2019, we opened a number of new branches, and also renovated the old ones. What I personally love the most is the time when we can stop for a bit and we can fine-tune what we built—when we have time to dedicate to our products, our employees, and, of course, our customers. In our trade, you see, we



□ You can find Filip Sajler's Perfect Canteen in Building A at MONETA Money Bank

have to keep innovating and invigorating our concepts, because the competition is constantly at our heels.

And you mean not just other businesses, but even your own canteens too, right?

That's the case a lot of the time, that we're our own competition. For instance, the O2 canteen is also at the BB Centrum. I think that it's a good thing, because we want our teams to compete against one another. Our business model is set up so that key individuals have a stake in the results. Thanks to this, they work hard, vie against one another, they want to be successful. And it works great, which the customers, in particular, appreciate. Currently, we would like to like to bring Perfect Canteen O2 to the same level as the canteen at MONETA Money Bank, and we're already working on that.

So how do you like being at the BB Centrum?

First of all, I'm grateful for the opportunity and trust that we received here. We had the chance to embark on a project that we've had on the back burner for a long time. We wanted to change the corporate catering segment, do it our way. The BB Centrum is unique in the number of dining options it offers, which is an incredibly competitive environment. But the concept of the PASSER-INVEST GROUP is based on giving everyone the same conditions, and then the customer decides what is good. We see that nowadays the customer chooses according to quality, which is a huge shift.

Gastronomy is a field where a range of trends has always intermingled. What is the biggest one right now?

I'd start more generally. Cooking, you see, is a disciple just like any other. And that's why it always needs to be founded on good training. In essence, you need to master the basic techniques, understand how it works, and build upon cultivated theory and experience. Otherwise it won't work. Cooking isn't a trade where you can just do whatever you want. Other important ingredients include equip-

ment, the place where you cook, the people for whom you cook, and fresh ingredients. The first person to compile these elements into a modern culinary bible was French chef, restaurateur, and gourmand, Auguste Escoffier at the turn of the twentieth century. I continue to be inspired by him, I have his book by my bed and often refer to it. And I continue to find things in it that are distinctive to gastronomy, which denigrates it. Gastronomy must simply always be founded on the basic principles: and this exactly the approach we take in our work and with our employees. You can't establish any trends until you understand everything. This is why the French, Italians, or even Scandinavians are so much further ahead. The foundation upon which they are based is so strong that they can come up with innovations that bring the culinary arts to the next level. And it's thanks to this foundation that no subsequent generation has to begin from scratch.

And the main trend today?

In my opinion, today's trend is real food. It doesn't matter if it's a hot dog in a bun from the street corner, some sort of fast food, our corporate canteen, or even a fine dining restaurant. It always has to be high-quality, real food that has some sort of story. That's what we're trying to do with our establishment—cook good food that makes sense, of course from only the best ingredients, with a high level of culinary skill and technique, with modern technology. The goal of our concept is for people to be able to choose solely from foods such as these. This is why we're completely different from typical school or corporate canteens—with us, customers can build a highly diverse diet according to their own wants and needs. And, at the same time, it doesn't matter which cuisine they champion. Unfortunately people quite often underestimate food, however, food is a key factor in how you feel, how you function, and whether you are healthy or sick. Every food, if it is prepared well, is, in actuality, like medicine. And every investment into food is, in essence, an investment into ourselves. _



Thanks to his successful show, *Kluci v akci* (Boys in Action), **Filip Sajler** is one of the Czech Republic's most famous chefs. He has professional experience from top-ranking restaurants and catering companies in the USA, Germany, Singapore, and the Czech Republic. He was a member of the National Culinary Team. Currently, Filip Sajler is CEO of Perfect Canteen and Perfect Catering, which he founded in 2006. He focuses on fast fine restaurants, modern corporate catering, and premium catering. This includes 20 restaurants in Prague, Brno, and central Bohemia, as well as a catering division; he directs over 200 employees and a group with a turnover of over CZK 300 million. From his position, he actively participates in company management and dictates the direction of its further development.

Either, or

The mountains or the sea. "For me, the best thing would be mountains by the sea"
Cats or dogs. "Preferably dogs."

Books or films. "Definitely books. I don't read fiction, I prefer scholarly literature, and I also enjoy inspirational life stories. Most recently, for example, about one of the most famous photographers in the world, Helmut Newton."
Android or iOS. "That's clear: Apple."

Whom do you look up to. "I like perfectionists. Even though it might sound like a cliché, the greatest role models for me are entrepreneurs Steve Jobs and Elon Musk, but also, for instance, Pavel Baudiš and Eda Kučera from Avast, and in a moral sense too. And just today, when we're talking about this, the legendary racer Niki Lauda passed away; he has been a huge idol for me since childhood. It's given me goosebumps. Strong and inspirational stories don't occur solely in business and motorsports, however—even among chefs, there are people with a broad reach who, through gastronomy, were able to enter into charity work or other fields. One great role model from our field, in my opinion, is German chef and restaurateur, Tim Raue, who said (and it's the truth) that success means that you've invested a lot of time, effort, and money into something for which you now carry a huge responsibility. And we should think long and hard about whether we want something like that, because, in the end, we always pay dearly for it."

When dealing with people, body language is extremely important

How to prepare a good presentation

A Good Presentation Requires Preparation. Work on Your Voice, Body, and Emotions

So now let's look at the next slide. What could I say about this? We can skip this... No, not like that! No matter what thoughts you're trying to impart to your audience, proper preparation is a must. Excellent content and a precise visual aspect isn't enough. The link between the audience and the thought is the speaker, who can either "sell" or "sink" a presentation with his/her performance.

10

The Ten Commandments of a Successful Presentation

- 1 **The listener is king**
Your audience plays the starring role. Make sure you're clear on who they are, what they want, and what language they speak. The content they need to learn should be the core of the presentation.
- 2 **Don't be afraid of emotions**
Be honest and enthusiastic, connect to your audience. Tell them what is personally important to you in the presentation and what you care about. Concentrate on their responses and react to them.
- 3 **Be clear and succinct**
When preparing your presentation, ask yourself this fundamental question: What message do you want the audience to take home with them? And construct a clear and succinct answer. Some recommend creating a 30-second excerpt from the presentation, others recommend a short message that can be written on the back of a business card or can be stated in 15 words.
- 4 **Smile and...look at me!**
It sounds simple, but a large portion of lecturers don't focus on this. A smile and eye contact will help you build a relationship with the listener, making mutual communication easier. At the same time, you'll be less nervous because you won't be talking to an anonymous mass of people, but to specific individuals. This means that the audience should be able to see not just your presentation, but you as well.
- 5 **A strong introduction is key**
The beginning of your presentation is critical. Take advantage of the first few minutes before attention begins to wane. Don't waste time on introducing yourself, but begin by entertaining the audience, capture their interest. Include a story in your presentation or prepare an interesting picture.
- 6 **Adopt the 10/20/30 Apple Rule**
Find inspiration in the Apple company's marketing guru, Guy Kawasaki, who recommends that a presentation should not have more than 10 slides, should not last more than 20 minutes, and the font should be no smaller than 30 points. Don't try to cram too much information onto one slide. The rule here is that a well-prepared slideshow should contain less information rather than more, and should be more of a guide for the lecturer. If you would like to impart more information to your audience, create a syllabus for them and hand it out after the presentation.
- 7 **Tell stories**
Everyone understands stories and enjoys them. Stories can help us capture the audience's attention and comprehend problems. There are two ways to build a quality story:
 - Focus on characters, not things. If, for example, the subject of your presentation is cars, create a story with a driver that races around in a car, or an engineer who had been puzzling for so long that he invented the most efficient car in the world.
- 8 **Control your voice**
The spoken word is a relatively inefficient tool because it targets only one of the audience's five senses. This is why presenters use visual aids. However, you can help yourself by utilising your voice to the maximum, change the tempo of your diction, emphasise certain passages and elsewhere let your voice drop. This will help you better keep your audience's attention.
- 9 **Engage your hands and feet**
It probably won't surprise you to learn that over three-quarters of communication is non-verbal. Your tone of voice as well as your stance and movements will do a lot of the work for you. So use them to your advantage. Don't cross your arms, don't have them behind your back or in your pockets, don't walk from place to place. Move naturally, make open and confident gestures.
- 10 **Loosen up, breathe, enjoy it**
Maybe you're nervous about your presentation. This makes it hard to seem calm and relaxed. Try to focus on your breath, slow it down and take deeper breaths. When you're enjoying your presentation, your audience will sense it and will become more involved. _



Body Language. Ten Stances That You Should Avoid

1. Crossed arms or legs act as a physical barrier that implies disagreement with what the other person is saying to you. Despite the fact that you're smiling, your listener may sense negation that will almost certainly deter him/her.
2. Insufficient eye contact. If you avoid eye contact, it could mean that you're trying to hide what you really think, that you're not interested, or lack self-confidence. Never, under any circumstances, look down at the floor. When you're looking at the floor, you will not seem trustworthy.
3. Excessive eye contact. The other extreme is eye contact that is too intense, which the audience may interpret as an expression of aggression or attempt at dominance. How you interrupt eye contact is important as well. A downward look implies submissiveness, a sideways look, on the other hand, indicates self-confidence.
4. Raised eyebrows are a sign of insufficient respect toward others.
5. Hands clenched into fists. Just like crossed arms or legs, hands clenched into fists imply a sense of being closed off against the opinions of others or a defensive stance or challenge to a fight. This may make your audience uneasy.
6. Playing with your hair. Fixing your hair expresses nervousness or inattention. The audience may interpret this as you focusing more on yourself than on them.
7. Checking your watch. Peeking at your watch or checking your mobile can be perceived by your audience as disrespect or impatience. This demonstrates that you'd like the presentation to be over.
8. Excessive gesticulation. Bold gestures can be interpreted by others that you're trying to hide something. Try to make small, controlled gestures, which reflect self-confidence and the ability to lead the audience. Focus on an open stance. Open palms and hands apart mean that you're not hiding anything.
9. A hunched back. Proper posture incites interest and respect. A straight stance expresses strength because it maximises the space that your body takes up. A hunched back and slumped shoulders, on the other hand, are a sign of disrespect, disinterest, boredom, or low self-esteem. _



Dealing with performance anxiety

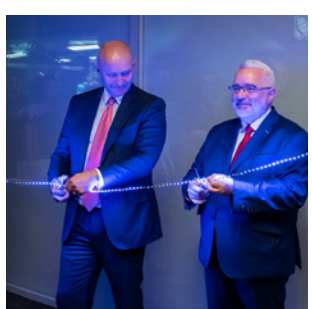
Train hard, fight easy. Careful preparation is the key to success. This doesn't mean you have to learn your presentation verbatim, but focus on the beginning and on key thoughts and transitions between the individual topics. First jot down your thoughts on paper. Cross out, erase, rewrite. Only then should you begin to create your presentation in PowerPoint or different programme. Make sure you're clear on what you're trying to achieve and who your audience will be. Try autosuggestion before your presentation. Imagine yourself doing great at your presentation and how the audience is applauding. Relax, slow your breathing, warm up your voice. Have a glass of lukewarm, non-sparkling water on hand that will help quench your dry mouth. When you reach for your glass and take a drink during your presentation, you'll also gain a few moments to think. Make natural movements and gestures. It will relieve your tension and the audience will simultaneously see you as a dynamic and energetic speaker. Skip the alcohol as "liquid courage."

A TIP for warming up
Do you know what "ouvex" means? Absolutely nothing! But you can use this word as a warm-up before your presentation. Repeat it several times, exaggerating your pronunciation, and add variations such as "zouvex," "mouvex," and "louvex." This will help you stretch the muscles essential to articulation.

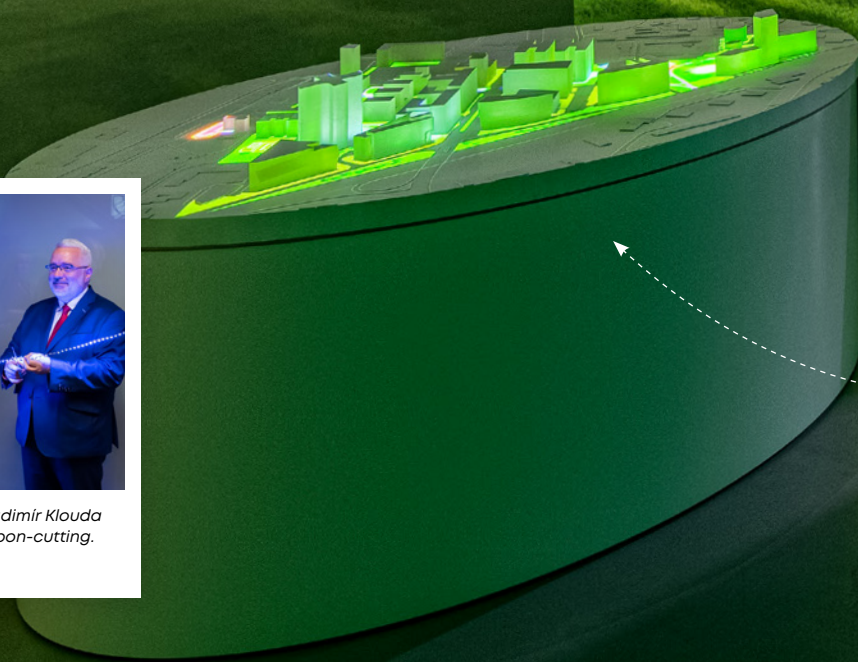
Unique technology



Simona Babčáková and Radim Passer at the ceremonial opening



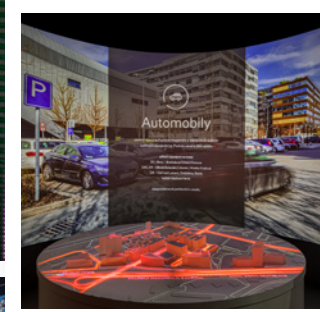
Radim Passer and Vladimír Klouda at the ceremonial ribbon-cutting.



The model can display such things as leisure time and cultural events...



...a depiction of the entire complex on a virtual stroll...



...or you can even find out practical information for drivers.



The multimedia centre can be operated using a touch-screen display

This is where it's at

All New in the Brumlovka Building: the BB CENTROOM

This one-of-a-kind multimedia room functions as as a presentation of the history, present, and future development of the BB Centrum area. Visitors will be virtually engulfed in the giant projection wall with an immersive, 180-degree projection screen and a realistic 3D sculptural model with a scale of 1:450.

BB Centrum

Balance Club in the summer

Relax on the New Club Patio

Over the summer holidays last year we opened a brand-new club patio, thanks to which we significantly expanded the services of the Aqua & Relax zone. Yet another reason to come and relax at the Balance Club.

So what all did the new club patio bring with it? We completely renovated the existing Japanese sauna and transformed the underutilised room into a Finnish-type sauna. We had the walls of both saunas fitted with alder wood, whose surface in one of the saunas was treated using hand planing and brushing. The grid siding of the second sauna flows along organic lines. Both of the saunas now offer views into the greenery, which heightens the sense of relaxation and contributes to the calming effect. Relaxation rooms with sun loungers were added to both saunas. Other elements you'll certainly enjoy include two new water features and a stainless-steel hot tub, as well as the cooling pool that we were all looking forward to so much. The pleasant atmosphere of the patio is also underscored by new green areas.

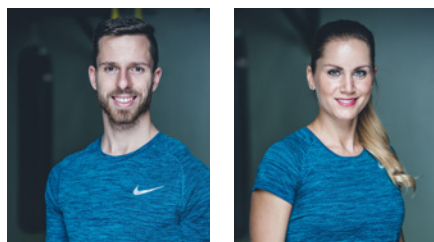
What can you look forward to on the new patio?

- 2 Finnish-type saunas with a view of greenery
- 2 separate relaxation rooms with sun loungers
- An outdoor relaxation zone with sun loungers
- A cooling off pool with 10 °C water
- An outdoor hot tub with 36 °C water

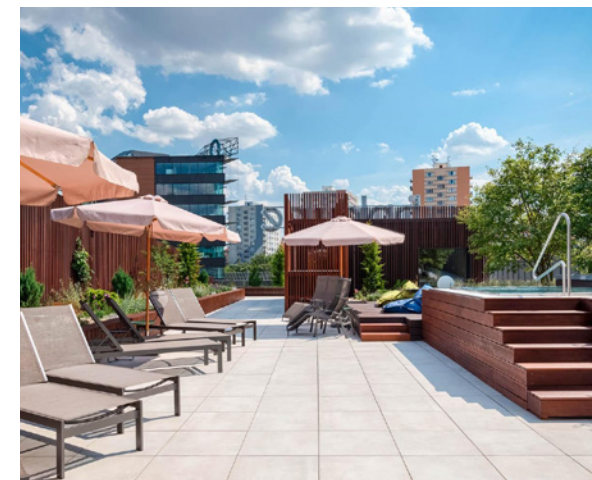


Balance Club Brumlovka
BRUMLOVKA Building
www.balanceclub.cz

Come run with us!



Every Wednesday at 6:00 p.m. you can join Tonda Mocik and Denisa Barešová for regular Running lessons, which is designated for Balance Club Brumlovka members. Employees of companies based at the BB Centrum can take advantage of the special club membership terms. For more information, contact our Client Centre at +420 234 749 810 or info@balanceclub.cz.



Enjoy Summer to the Fullest on the New Patio





Mountains

To the Mountains in the Summer? To the Czech Republic and Beyond. For Hiking, Treks, and Via Ferratas

Proč bychom se nepotili aneb Jak se chodí po horách (Why Not Sweat a Little: or How to Walk the Mountains): this is the title of what can today be called a cult classic book written with affable humour by Zdeněk Šmid about a group of people and their experiences conquering mountains. Although the book was published 35 years ago, this is a must-read for anyone who would like to decipher the difference between an ordinary hiker and a mountaineer. You can look at it as a supplementary “discipline” in the true conquest of the mountain peaks, trails, and valleys in the Czech Republic and beyond. All you need to do is go. On single-day hikes or multi-day treks—and, for the

more adventurous, perhaps even on a via ferrata.

The truth is that a lot has changed since the the aforementioned book was published. From hiking gear to accommodations, through today’s countless options of mountain destinations. One thing, however, remains the same: you have to conquer any route you choose on your own two feet. It doesn’t really matter whether you set out for

a single-day, relatively easy hike or for a multi-day trek that requires not just good physical fitness but also quality equipment.

So, which mountain destination should you choose? Perhaps one of the attractive treks or via ferratas in the nearby Alps in Austria or Italy? Or to our eastern neighbours in Slovakia, to the Tatras?

You can choose the High Tatra Mountains or the Low, but there are also attractive places in the Fatras, this time either the Little Fatra or the Great. And what about here at home, in the Czech Republic? The fact is that although you can’t ascend to such high altitudes like those in the Alps,

Crossing the Krkonoše Mountains is a Bohemian ridge classic. It leads along both sides of the Czech-Polish border, and its apex is the ascent to the highest Czech peak, Sněžka.

you can still enjoy hiking and trekking euphoria to the fullest at a number of destinations across Bohemia and Moravia as well.

The mountains in the Czech Republic may not reach any dizzying heights, but that doesn’t change the fact that they offer tourists a wide range of destinations, including unique ridge hikes, hikes through rock formation groups or over deep river canyons, essentially not just hikes that are picturesque and laid-back, but also ones that are rough and even treacherous at times. You can set out for the highest Bohemian mountain range, the Krkonoše, just like the Jeseníky Mountains, Beskydy Mountains, or to Šumava or the Ore Mountains.

It could be said that crossing the Krkonoše Mountains is the Bohemian ridge classic. It leads along both sides of the Czech-Polish border, and its apex is the ascent to the highest Czech peak, Sněžka (1,603 m). Depending on your level of physical fitness, this Krkonoše ▶

The Ten Commandments of “How, in What and With What to the Mountains”

1. In the mountains, use only tested, performance clothing and footwear.
2. Always have a change of clothes with you. The weather can change in an instant in the mountains, even in the summer.
3. Plan your hike carefully, monitor the weather, and prepare an alternate route.
4. Take a charged mobile with you, as well as maps, a torch, and a stocked first-aid kit.
5. Have identification, your health insurance card, and important contact information with you.
6. Download and use the Horské služby (Mountain Rescue Service) mobile app.
7. Do not go on a trip in the mountains by yourself, don’t take risks, don’t deviate from the planned route.
8. Always let a third party know where you’re going and approximately when you will return.
9. Drink plenty of fluids, don’t drink alcohol, protect yourself from the intense mountain sunlight.
10. Use trekking poles for walking. This will help you conserve energy and maintain your balance.



What to take on a via ferrata?

- Basic equipment, such as a harness, climbing helmet, gloves, quality footwear and clothing, and a via ferrata set.
- Look up the weather forecast. Storms and rain are huge risk factors and are dangerous.
- Do not embark on a via ferrata by yourself. If possible always go under the leadership of an experienced climber.
- Always check your gear and harness equipment. Be careful where you place your feet and what you hold on to.

▷ trek can take two to three days. Most trekkers get their fill with the ridge between Harrachov and Pomezni boudy, however the Krkonoše continue even further east over the Rýchory mountain ridge. This section is relatively neglected. Unjustly.

The Krkonše are a quite frequented mountain range with an excellent infrastructure and a good number of mountain lodges, even at higher elevations. This is one of the reasons why some of the high-profile routes can be extremely busy during the peak season. For this reason, it's better to visit during low season or at times when there is less of a chance of encountering crowds of people, meaning early morning.

However, the Krkonoše aren't the only interesting domestic destination. The Jeseníky Mountains are the second-tallest mountain range, but, unlike the Krkonoše, some of their parts are much less marred by civilisation and offer countless beautiful places. You can set out across the Jeseníky mountain ridges between Skřítek and Rejvíz across the Kepernická hornatina or Medvěděská hornatina highlands. Both can be walked in the opposite direction and both ridge routes can be managed in two days.

The Šumava crossing is a bit of a different kettle of fish, because it does not have a single main ridge, so you can plan a number of treks of different lengths right off the bat. However, if you plan on walking Šumava properly and will be popping over to Germany as well, you can look forward to roughly 150 km, for which you will need five to seven days, depending on your physical fitness. The Beskydy Mountains don't have one continuous ridge either, but the route across the range's highest peaks, Smrk and Lysá hora Mountain, will definitely put you to the test.

The mountains of our current eastern neighbours were already an attractive destination during the time when the Czech Republic and Slovakia formed a single nation. And this still holds true. The Tatra Mountains are the highest Slovakian mountain range and Gerlachovský štít peak towers at 2,655 metres above sea level. This peak can be conquered as well, but you must be accompanied by a mountain guide. The same applies for the second-highest peak, Lomnický štít, which is also accessible by ski lift. However, there are other hard to miss peaks to conquer: Křivan, Rysy, and Ďumbier.

The Tatras are attractive not just for their peaks, but just as much so for their tarns—from the "biggest clichés" (sorry about that term), like Štrbské pleso tarn, through the easily-accessible destinations, which include Popradské pleso tarn, to the less-accessible, such as Zelené pleso tarn, which will make any moderately sensitive hiker's soul dance.

Unfortunately, the same rule applies for the Tatras as does for the Krkonoše. At times they virtually groan under the throngs of visitors, so if you want to avoid the crowds, set out for the less well-known destinations. Like across the eastern part of the ridge of the Belianské Tatras. They're



slightly different from the classic Tartas, and here too tourist access is limited.

However, Slovakia has additional hiking aces up its sleeve, like Malá Fatra. The ascent from Vrátná dolina lowland to the famed peak, Rozsutec (1,610 m) can be tackled in one day. Slovak Paradise is not so much about high peaks, but more about deep, steep gorges, trails along ladders and footbridges aided by chains and cramp irons. Something like Prielom Hornádum, Velký Kysel', or Suchá Belá, which will leave you drenched down to the last thread, are worth a visit. However here too it's better to set out in the early morning in order to avoid traffic jams on the ladders.

Today, the Alps are an easily accessible destination, however, it would not be a good idea to underestimate any ascent. Some peaks are forbidden for mere mortals. Even the tallest peak in the Austrian Alps, Grossglockner (3,798 m) is accessible solely to mountain climbers, views of it can be enjoyed from the Franz Joseph observation deck, situated at an altitude of almost 2,500 metres above sea level.

However, in light of the fact that the Alps span across the territories of the majority of the Austrian Länder—from Tyrol all the way to Upper and Lower Austria—the selection of places to see is virtually endless. And it's not solely about conquering peaks—the "menu" also includes extraordinary mountain lakes, rivers, and waterfalls.

If hiking or even challenging treks aren't enough, then maybe via ferratas are your thing—the next mountain adventure. In brief, a via ferrata is a trail through challenging mountain terrain whose conquest requires various crampons, stemples, iron ladders, safety cables, hanging bridges, and other tools. There are various difficulty levels to choose from among via ferratas—from easier ones that can be enjoyed by complete novices, to the extremely difficult that truly are only for experienced climbers.

With more than 550 via ferratas (Klettersteige in German), Austria is something of a promised land for this type of mountain pastime. One true gem that can be appreciated by highly experienced climbers is the Burgeralm-Panorama via ferrata, which is allegedly the most difficult via ferrata in the world.

Although it may not seem likely, you can embark on a via ferrata here in the Czech Republic too. While they don't boast the same parameters as the ones in Austria or other Alpine countries, they are just as competent at satisfying your thirst for adrenaline. And usually at a number of difficulty levels. For instance, you can go to Pastýřská stěna by Děčín, experience the Cesta do nebička (Road to Heaven), or try conquering Vodní brána by Semily or Slánská hora with seven trails. _



To the mountains with a healthy, tasty snack from DM drogerie drugstore

Getting ready for the mountains? Choose a healthy, tasty snack from the vast selection at the DM drogerie drugstore. Some great choices include fruit bars—perhaps with raspberries, cranberries, or blueberries—or even granola bars with muesli, nuts, with chocolate or coconut. Kids and grown-ups love them, and they're a great source of energy: DM fruit purées, and the organic hazelnuts or cocoa biscuits with a delicious creamy filling made from the finest cocoa cream are also tasty and healthy snacks.



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www.dm-drogeriemarkt.cz



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www.unicreditbank.cz



Travel, pay, and withdraw cash with the Men in Black card

So you think the world of film and payment cards don't go together? They do at UniCredit Bank! For all science-fiction and MIB (Men in Black) series lovers—and anyone else—UniCredit Bank created the UNIVERSE designer cards for U konto accounts, which they will launch on the day of the premiere of Men in Black, planned for 13 July. This card is a stylish debit MasterCard that has a cool black design inspired by the film. Use it when paying or for withdrawals from any ATM both here and abroad, and look COOL doing it. All withdrawals under the U konto account are free of any fees. Don't hesitate and travel in style. The U konto account with the MIB-design payment card will be available only until 31 July 2019!

Healthy, Energy-Boosting, and Delicious—the Definition of the Foods at Maranatha

Before taking off for the mountains, stop by the Maranatha store at the BB Centrum in Prague 4 and choose from the diverse selection of organic-quality foods, from which you can easily build a healthy and tasty menu for your trip. For instance, the fruit snacks in the form of apricot, fig, or banana bars are literally packed with energy, as are crisps with red beets, poppy seed, or chia seeds. Choose one of the Maranatha store soups—lentil, Italian, or chickpea—for more difficult and lengthy ascents. And you can taste the wide variety of delicious (and, more importantly, healthy) foods made from quality ingredients right there in the pleasant atmosphere of the Maranatha restaurant.



Maranatha Store
BRUMLOVKA Building
www.obchodmaranatha.cz



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Major
Topic

Do You Have a Sweet Life?

Try going without sugar occasionally

It's everywhere around us, even in places where you'd least expect it. This means that we have more than enough of it in our diets, even when we are careful to avoid all sweets. So if you'd like to try going a couple of weeks without the "white delight," you need to learn all about it.

So what actually IS sugar?
Simple carbohydrates...

Carbohydrates are a significant source of energy for the body. There are two types of carbohydrates that differ in how the body absorbs them. Some simple carbohydrates—commonly referred to as sugar—include the sugar contained in sugar beets, fruit sugars, grape sugar, and others. After consumption, simple sugars are absorbed directly into the bloodstream, where their levels are regulated by insulin, and from here they make their way to the cells. The energy obtained is then used by the body to maintain its functions. For some tissues—like the brain or retina, for instance—glucose is the sole source of en-

ergy, and is therefore essential to their proper function. If the body has an excess of simple carbohydrates, it doesn't utilize them for organ and muscle functions, but stores them in the form of fat as an energy resource.

... and complex carbohydrates

Complex carbohydrates (polysaccharides) are complex sugars that must first be broken down into simple sugars before they can be absorbed into the bloodstream. This means that, contrary to simple carbohydrates, polysaccharides release energy more gradually. As a result, there is no fluctuation in blood sugar levels and

overburdening of the insulin-producing pancreas that occurs with the "flooding" of the body with "fast" sugars. Sources of polysaccharides, which should outnumber simple carbohydrates in our diet, are predominantly what we consider "sides"—ideally the whole-grain variety and without colour or flavour additives. These include potatoes, rice, millet, oat flakes, couscous, baked goods, and others.

Refined sugar...

Refined sugar is obtained primarily from sugar beets and sugar cane. In the course of production, it's stripped of all of its nutrients, which is why it is a source of pure energy without any sort of nutritional value. It's often referred to as "empty calories." So if we add conventional white refined sugar to a food or a dish, the energy content significantly outbalances the nutritional value.

... and naturally-occurring sugar

Conversely, some foods contain natural sugars—chiefly fruits, dairy products, grains, and legumes. Foods with added sugar should form a significantly smaller ratio of our diet than foods with naturally occurring sugars. This is because naturally-occurring sugars aren't a source of "empty" calories, but rather contain important nutrients. For instance, although fruit contains fructose—a simple sugar—it also offers fibre and other fundamental micro-nutrients.

How much sugar is in...

- 30 g of children's cocoa cereal = 4 sugar cubes
- fruit muesli bar = 2 sugar cubes
- fruit yoghurt = 5 sugar cubes
- one tablespoon (15 ml) of ketchup = 1 sugar cube
- 500 g of bolognese sauce = 6 sugar cubes
- can of sweetened soft drink = 40 g of sugar



What are the risks of excess sugar in the diet?

Cavities. Some of the most significant destroyers of tooth enamel in the oral cavity include bacteria that feed on sugar and contribute to the formation of plaque. If the sticky, transparent film isn't removed by saliva and dental hygiene, it creates an acidic environment in the mouth that begins to dissolve tooth enamel minerals. This disrupts tooth enamel, making it susceptible to cavities.

Obesity and obesity-related diseases. This greatest risks are Type 2 diabetes, cardiovascular disease, and some types of tumours.

Insulin resistance, which is characterised by a reduced ability of the tissue to respond to insulin, which increases its concentration. A breakdown in the balance between glucose and insulin leads to higher blood pressure, a higher level of uric acid, and speeds arteriosclerosis, which causes heart attacks and strokes.

A disruption in the balance of the intestinal micro-flora and increased risk of inflammatory processes in the body. This often manifests in the skin in the form of various rashes and eczema.

Increased fatigue. Foods with a high sugar content cause the blood sugar level to rise rapidly and fall quickly too. These abrupt swings lead to excessive fatigue, among other things.

Sleep disorders. The consumption of sweet foods later in the evening can lead to excessive energy at the time when your body should be focusing on slowing down and getting ready to rest.

Weakened immunity. The majority of the immune system is dependent upon a healthy gut, which is supported by beneficial intestinal bacteria. A diet high in sugar, however, benefits less-desirable bacteria and yeasts, which leads to a disruption in the proper functioning of the immune system.

What can you use as a sweetener instead of white sugar?

Fruit: raisins, puréed bananas, dates, pears...
Grain syrups: malt syrup, rice syrup, date syrup
Agave syrup
Honey
Stevia syrup

Sugar Detox

Are you interested in finding out how you'll feel when you eliminate sugar from your diet? Try an 8-week detox inspired by the sugar-free diet of Australian journalist, Sarah Wilson. In addition to eliminating all of the obvious sources of sugar from your diet—such as desserts and soft drinks—you also need to avoid hidden sugars, such as those in baked goods or ready-made foods, and even fruit sugars. The foundation of a sugar-free diet, therefore, is vegetables, meats, nuts, eggs, fats, sides, cheeses, and dairy products. You'll need to prepare yourself for the initial withdrawal symptoms, such as mood swings, headaches, sleep disorders, or distractedness. However, according to testimonials by people who have undergone the sugar detox, it's worth the effort.

TIP: For more information, visit www.cukrfree.cz.

What are the Sources of Hidden Sugar?

We all know that sugar can be found in sweets, candies, and soft drinks. But did you know that sugar hides in places where you'd least expect it? Chiefly in commercially-processed foods, canned foods, granola bars, breakfast cereals, sauces, flavourings, dried meat, flavoured yoghurt, instant coffee drinks, as well as in puréed fruit sachets. Even seemingly low-calorie foods, like vegetable salads, can transform into a calorie bomb when you drench them in ready-made dressing, which usually includes sugar too.

You should also watch out for fitness, multi-grain, and dark baked goods that are only pretending to be healthy. These aren't necessarily whole-grain, but rather may be made from white wheat flour with added caramel or malt to give them a darker colour. This once again denotes hidden sugars, but also insufficient fibre, which is extremely important for slower sugar absorption rates and preventing a high GI.

Read the packaging information and pay attention to the table listing the nutritional values. Check the product ingredients, which are listed in decreasing order of their proportion in the product. The higher on the list sugar is, the more sugar there is in that product.

Remember that sugar also hides under names such as sucrose, glucose, dextrose, lactose, maltose, and fructose, as well as under the names of alternative sweeteners, such as molasses and cane or corn syrup. _

Maximum daily allowance of added sugar

As part of a balanced diet, the WHO recommends consuming a maximum of 25 grams (6 teaspoons) of added sugar per day. This amount includes refined sugar, sweeteners, and juices. However, it is always important to consider individual factors, such as age, physical fitness, health, etc.



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At Costa Coffee, you can choose from three types of fruit smoothies that don't contain any preservatives, artificial colours, or added sugar. The deliciously sweet flavour comes from perfectly ripe fruit. Jahodán blends strawberries and bananas, Malingo features raspberries, mango, wild blueberries, and apples, and Kokonas boasts pineapple, coconut, and milk. All of our perfectly-flavoured beverages are made of high-quality deep-frozen fruit and apple juice.



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This text was prepared in collaboration with Monika Divišová of Wellnessia.cz. Monika Divišová is a well-being coach, who has 20 years' experience in helping clients have enough energy for everything that life brings. She approaches this through nutrition, daily habits, and working with stress.

Slow is Good. Live at an Exact Pace

We get around in cars, buy clothes online, wash laundry in automatic washing machines, heat food in microwaves. And yet we still don't have enough time. Time is our enemy. We miss it when we want to meet with friends, when we want to read our kids a bedtime story, when we want to talk with our families after coming home from work. The more our pace increases, the less time we have. So it stands to reason that the only solution is to slow down. This doesn't mean we should all grow lazy, but rather that we should find our own pace that will lead us to greater contentment.

In praise of slow

The British publicist, Carl Honoré, who wrote the worldwide best-seller, *In Praise of Slow*, defines slowness as an inner calming, deliberation, and focus. "Be fast when it makes sense to be fast, and be slow when the situation requires slowness. Try to live at the pace musicians call *tempo giusto*, or 'in exact time,'" he said, explaining the philosophy of slowness. Completing a task in a slow manner actually often brings faster and better results than the furious tempo of multitasking, overflowing datebooks, and being permanently "plugged in." It doesn't matter in which area you choose to slow down. Choose the one that's dearest to you. "Every moment of slowing down adds another impulse to the philosophy of slow," said Carl Honoré. What does that mean? Perhaps you'll start with slow food, but then end with an overall slowing of your pace of life.

Everything revolves around food. First there was Slow Food

Food is generally the alpha and omega of everything. So it's no wonder that it was also at the birth of the slow movement. In the 1980s, a fast food restaurant was opened in Rome by the Spanish Steps. Many Romans were rightfully angry and disquieted. Why should the gourmand Italians frequent a fast food establishment? The Italian journalist, Carlo Petrini, led a campaign against it, and formulated a declaration in which he called upon the readers to spurn fast food and focus instead on

quality local foods and honest home-made cuisine. And this was the birth of the idea for the slow food movement, which quickly took root in other areas of people's lives. For its logo, it adopted the emblematic image of a snail. Supporters of the Czech Slow Food movement also promote good, clean, and honest food, protecting local products and dining culture, and create a parallel to the global structure of fast food.

Buy slowly, cook slowly, don't waste

The idea of "slow food" also means purchasing and preparing food in a thoughtful manner. When we free ourselves of superfluous stress and haste, what remains is more time for home cooking for our family and friends. Instead of instant and canned foods or having meals delivered, we reach for the primary ingredients to make the flavour of the food will stand out. And what's more

is that cooking is ultimately less expensive as well. We can thus break free of the vicious circle of money and lack of time. When we focus on making money, we don't have any time left over for preparing meals, which is why we choose faster and more expensive alternatives.

If you want to take it even one step further, focus on purchasing packaging-free foods and other products.

In the Czech Republic, this concept is being advanced by the Bezobalu (Packaging-Free) initiative, which was inspired by projects from other countries, such as the Italian *Negozzio Leggero*. Its goal is to highlight the unnecessary use of disposable packaging, which is expensive and harmful to the environment. Customers come to these packaging-free stores with their own jars, receptacles, and canvas bags. You can also buy cloth bags or paper packaging at the store. The selection these stores offer include not just dry foods like rice, flour, flakes, seeds, legumes, nuts, dried fruit, tea, coffee, or spices, but also fresh ingredients like vegetables, fruit, dairy products, drugstore items, and pet food.

Deliberate fashion is gentle on the purse and the environment

Did you know that we go through 80 billion tonnes of clothing ▶

"If you're a newcomer to the slow fashion scene, try following the 'Five Piece French Wardrobe' principle. This principle entails resisting impulse shopping and sales, and purchasing only 5 items of your choice per season instead. In doing this, you will carefully consider what you actually need in respect to your lifestyle and what you can combine it with."

Slow fashion for beginners, or: The Must-Haves of a Frenchwoman's Closet

1. A comfortable cashmere jumper
2. Timeless jeans or a skirt that can be combined with pumps as well as sneakers
3. A trench coat. The iconic double-breasted women's coat
4. An oversized dress shirt. White is still all the rage
5. A deep blue or black t-shirt





▷ worldwide each year? Excessive shopping places a burden on the environment due to the water consumed in watering cotton fields and the use of fossil fuel for transporting materials and finished textiles.

The idea of slow fashion appeared as an alternative to wardrobes overflowing with fashion apparel that goes out of style within the year or simply falls apart. The idea of fashion focused on the thoughtful purchase of quality items where we know the conditions under which they were produced. Slow fashion follows three primary rules: Purchase less, favour quality and local manufacturers. The advantage of quality is longevity and timelessness, which stand the test of time and waves of fashion trends. However, we can't all afford to buy designer fashion. An excellent alternative in these cases is second-hand stores, where you can find true gems for a fraction of the price. All you need to do is give yourself enough time to search and sift. Or make an arrangement with your friends and trade items that you've grown tired of. _

Slow Down, but How? Find Inspiration in the World Institute of Slowness

Geir Berthelsen, founder of the World Institute of Slowness and leading proponent of this movement, claims that more and more people are rejecting the idea of life as a race. His motto is: If you want to put your life in order quickly, slow down. The goal of his institute is to contribute to a healthier, happier, and more productive world. What are his principles?

1 Don't rush
If you need to rush, rush slowly! Festina lente. When you're in a rush, you're less productive, and you get significantly worse results. Allow yourself sufficient time for each task, and focus on it 100%.

2 Don't do multiple things at once
The typical phrase for this is multitasking. And believe me when I say that this won't do you any good. Always do one thing at a time, and do it properly. Try to make an educated guess about how much time you need for a particular task.

3 Don't do anything. Daydream
Give yourself time each day to not do anything. Slow your thoughts down and let them wander wherever they want to go.

4 Establish a work/life balance
Countless studies have shown that the longer and harder you work, the more your performance decreases. Establish fixed boundaries between work and free time and adhere to them. Don't check your inbox in the evenings or at weekends.

5 Sleep well
Your brain desperately needs quality sleep so that it can slow down and regenerate. Sleep 8 hours a night, and if you need it and are able to, treat yourself to a short nap during the day too.

6 Don't overcrowd your datebook
Don't fill your datebook with meetings and events to the bursting point. Give yourself a bit of time before each event so that you can prepare, and also a bit of time afterwards so that you can process the experience. Don't run from

meeting to meeting. There's nothing wrong with an empty datebook.

7 Unplug
Exercise control over your mobile phone use. Don't be a slave to the news or social networks. Turn it off and put it down so that it doesn't tempt you unnecessarily. Don't deal with work messages when on holiday or at weekends. Enjoy time for yourself.

8 Be on time
Plan your schedule so that you have a 10-minute buffer before each meeting. You'll see that you will be a lot calmer. Take advantage of the time saved and slow down.

9 Slow your pace too
Slow your personal "clock." Go on a long, slow walk, sit in the park, switch off your mobile and television, and just sit and think.

10 Give the gift of your time
The best gift that you can give someone is your time. Give your friends and family uninterrupted, focused time. Let them know that you are there for them, here and now.



E-CROSS 29

The **E-CROSS 29** is based on today's requirements, the popularity of the 29 "wheels and the comfortable sitting position make the models a comfortable ride on the city streets and forest paths. For 2019, the Author brand offers new, more affordable models, the **ESSENCE** (Women's), the **EDICT** (Men's), with a 250W Bafang Max Drive engine. Both models have suspension fork RST VOLANT AIR, 9-speed Shimano drivetrain. The multifunctional LCD display keeps your performance under control.

More information about the new Author 2019 collection can be found at www.author.eu.

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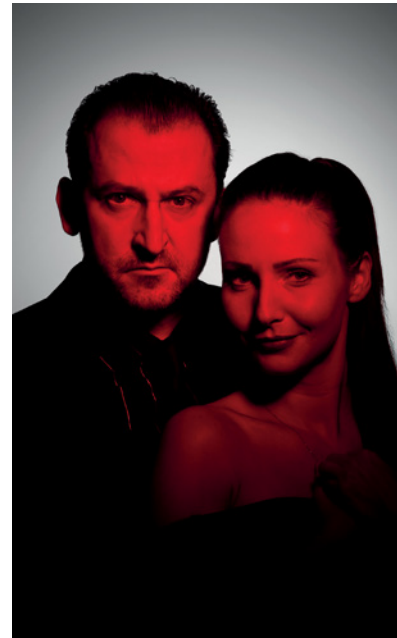
Film

Nabarvené ptáče (The Painted Bird)

Première 12 September 2019

A boy's parents send him to a relative in the countryside somewhere in Eastern Europe in the hopes of protecting their child from the mass genocide of Jews. However, the child's aunt dies unexpectedly, so he is forced to go on the road and struggle through the wild and inhospitable world by himself, where harsh rules, prejudices, and superstitions are rampant. His literal battle for survival is substituted by an entirely different struggle after the war is over. It's a struggle with himself, a struggle for his own soul and his future. The Painted Bird is a deeply dramatic tale that deals with the direct relationship between horror and cruelty on one side and innocence and love on the other. The film is an adaptation of Jerzy Kosinsky's worldwide best-selling novel, directed by Václav Marhoul. _

Festival



Summer Shakespeare Festival 2019 in Prague

Prague Castle
Royal Garden
25 June – 6 September 2019

The largest outdoor showcase in Europe, focused on presenting the works of William Shakespeare, runs from the end of June to the beginning of September each year, and takes place on open stages in Prague (at the Prague Castle Supreme Burgrave's House, and, beginning in 2007, also in the courtyard of AMU's Music and Dance Faculty on Malostranské náměstí Square 13), in Brno (Špilberk Castle), in Ostrava (Silesian Ostrava Castle), and in Bratislava (Bratislava Castle). This year, we can look forward to 13 plays, 157 performances, and four premières! The Summer Shakespeare Festival 2019 will be inaugurated by The Winter's Tale at Prague Castle, followed by The Taming of the Shrew in Ostrava, and Romeo and Juliet in Bratislava. And for lovers of Shakespeare productions in the original language, the Prague Shakespeare Company will be presenting the tragedy Othello. _

Event

Černín Palace Open Gardens

Loretánské náměstí
Square 5, Prague 1
8 May – 30 September 2019

The garden adjoining Černín Palace on Loretánské náměstí Square was established in the late 17th century according to designs by the architect Francesco Caratti. Many other prominent architects of their time also contributed to the garden's appearance, including Domenico Rossi and František Maxmillián Kaňka. The older, geometrically-designed section of the garden is accessed by the palace stairs to the upper pool terrace, behind which lie the lower cascade fountain and a small pavilion. The new section of the garden has a free composition with groups of trees. The garden enjoyed renovations in the 19th century and was transformed into an English-style park. Today, the garden is utilised by the Ministry of Foreign Affairs of the Czech Republic. In 2019, the garden will be open to the public from 8 May until the end of September at weekends and on public holidays from 10 a.m. to 5 p.m. Admission is free. _



Exhibit

French Impressionism at Kinský Palace

National Gallery – Kinský Palace
28 June – 20 October 2019

The Kinský Palace will present the most famous names in French modern painting, such as Claude Monet, Edgar Degas, Pierre Auguste Renoir, Alfred Sisley, Camille Pissarro, but will also offer an overlap with other artistic trends. Romantic painting will be represented by Eugene Delacroix, with Gustave Courbet representing realism, and artists such as Jean-Baptiste Camille Corot and Charles-Francois Daubigny representing the so-called Barbizon School. Standouts of the 60-piece collection include the works of the post-impressionistic artists, Paul Cézanne and Paul Gauguin. The Danish collection is complemented by small sculptures and paintings from the Prague National Gallery, as well as a number of works by French masters from Czech private collections. _



Books

Petr Pithart, Osmašedesátý (‘Sixty-Eight)

Published 9 May 2019

Written at the end of the "year of Charter 77," this book was first disseminated as a copiously-copied typewritten samizdat and was reprinted by exile publishing houses in Cologne (Index) and in London (Rozmluvy). It was and continues to be a persistent attempt to ascertain the purpose of "sixty-eight," which is still mythologised today, in both a positive and negative sense. The author offers broad commentary on his original text in this first book edition on Czech soil. In the extensive commentary to the original unchanged text, he supplements information to the raw message from the time of the dissidents, provides interpretation and, in some places, highly personal reflections on what once was and what has happened since then, in reality and in our heads. _

Lecture

Lectures by Radim Passer Will Once Again Present Interesting Biblical Topics

Park Drama věků, Štětkovice, 30 June 13 July

Radim Passer is not just known for being a successful developer, but also as a highly spiritual person whose faith brings him closer to others. Each year, he presents a regular series of lectures in which he studies interesting biblical topics along with the audience.

In addition to questions posed by religious and non-religious people alike, such as the existence of life after death, the end of the world, the existence of justice, Radim Passer also touches on his own life story, which captures painful life events as well as happy moments. In his lectures, he discusses whether it is possible to harmonise business and religion.

A total of three lecture series have been planned for this year, of which the first titled, "Jesus and Hope, Even for the Rich and Powerful," already took place at the end of March in Velké Karlovice. The second lecture series, titled "Jesus: Your Hope," will take place from 30 June to 13 July in Štětkovice, somewhat unconventionally in a large tent in a meadow of Park Drama věků.

A Czech-speaking native English speaker will be in charge of a children's learning experience programme. Bearing the same title, the third series this year will take place from 20 October to 7 November in Prague–Kobylisy at the Společenské centrum NADĚJE community centre. _

Admission to lectures is free. Audience members can look forward to music and raffle prizes in the form of books dedicated to the specific topic. At the end of the lecture, they can take away with them a summary of the most important ideas or biblical verses that they can then contemplate in the quiet of their own home. For more information, visit www.tvanadeje.cz.

30.6. – 13.7.2019

VSTUP VOLNÝ

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NE 30 Cervenc	18:00 ŽIVOTNÍ PŘÍBĚH RADIMA PASSERA.	NE 07 Cervenc	18:00 CO SE DĚJE PO SMRTI?
PO 01 Cervenc	18:00 (NE)JEDNOTNÁ EVROPA? FASCINUJÍCÍ STARÉ PROROCTVÍ.	NE 07 Cervenc	19:00 NEPŘÍTEL BOHA I ČLOVĚKA ODHALENI!
PO 01 Cervenc	19:00 JEŽÍŠ A VYVRCHOLENÍ NAŠICH DĚJIN. KDY?	PO 08 Cervenc	18:00 MŮŽE BYT NÁBOŽENSTVÍ FALEŠNÉ?
ÚT 02 Cervenc	18:00 JEŽÍŠŮV PŘÍCHOD A NÁBOŽENSKÉ SVODY.	PO 08 Cervenc	19:00 JEŽÍŠ A PRAVDA.
ÚT 02 Cervenc	19:00 JSME TU NÁHODOU, ČI ZÁMĚRNĚ?	ÚT 09 Cervenc	18:00 JEDNODUCHÉ PRINCIPY KE ZDRAVĚMU ŽIVOTU.
ST 03 Cervenc	18:00 BIBLE A JEJÍ DŮVĚRYHODNOST.	ÚT 09 Cervenc	19:00 SMLOUVA ČLOVĚKA S BOHEM.
ST 03 Cervenc	19:00 PŮVOD ZLA ODHALENI KLÍČ K POROZUMĚNÍ NESPRÁVEDLNOSTI.	ST 10 Cervenc	18:00 BŮH JAKO FINANČNÍ PARTNER.
ČT 04 Cervenc	18:00 JEŽÍŠOVO DEFINITIVNÍ VÍTĚZSTVÍ.	ST 10 Cervenc	19:00 LZE ROZEZNAT PRAVĚHO PROROKA OD FALEŠNÝCH?
ČT 04 Cervenc	19:00 POZVÁNKA K VĚČNOSTI. BOŽÍ DAR NEBO NAŠE ZÁSLUHY?	ČT 11 Cervenc	18:00 PROČ JE TOLIK CÍRKVÍ?
PÁ 05 Cervenc	18:00 PŘEDVOLÁNÍ K BOŽÍMU SOUDU.	ČT 11 Cervenc	19:00 VATIKÁN VČERA, DNES A ZÍTRA.
PÁ 05 Cervenc	19:00 DESÁTERO – KLÍČ KE SVOBODĚ.	PÁ 12 Cervenc	18:00 ROLE USA V BIBLICKÉM PROROCTVÍ.
SO 06 Cervenc	18:00 BOŽÍ KATEDRÁLA V ČASE, PŘEKVAPENÍ PRO MNOHÉ.	PÁ 12 Cervenc	19:00 SEDM POSLEDNÍCH RAN.
SO 06 Cervenc	19:00 ZMĚNIL ČLOVĚK SVEVOLNĚ DESÁTERO?	SO 13 Cervenc	18:00 UKONČENÍ DĚJIN ZLA.
		SO 13 Cervenc	19:00 NEJLEPŠÍ DEVELOPMENT V DĚJINÁCH VESMÍRU.

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