



# Equal Business Park

## News

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**Nr 01/2022** quarterly

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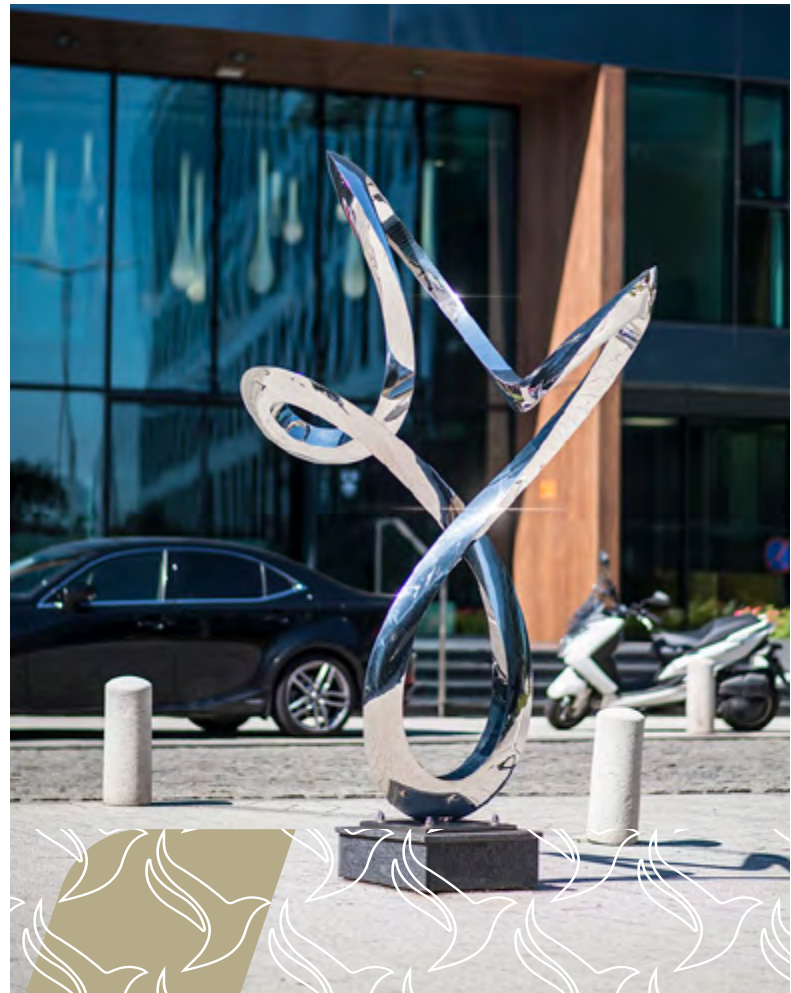
*Dear Sir/Madam,*

We are delighted to present the first issue of our quarterly newsletter for 2022. In this issue of the news you will find out what we have already done in the first months of the year. You will also check out what activities we are planning for Spring in the Equal Business Park.

In this issue:

- We will remind you why it is worth saving energy following our **12 green office principles**.
- We will thank you for your participation in this year's final of the **Great Orchestra of Christmas Charity**.
- We will plan activities for celebrating **Earth Hour - March 26**.
- We will mention the fantastic **Mindfulness** workshop for tenants that took place in January as part of Equal Days.
- For those who would like to continue their **yoga adventure** and take care of their beauty, we have a surprise - Yogatractive Face Yoga workshop!
- We will show you how we celebrated **Fat Thursday**.
- We will present our new administrator - **Dariusz Świder**.
- And... we will check what is going on **in Kraków**.

*Enjoy reading it!*  
*Apollo-Rida Poland team*



## *We save energy*



At Equal Business Park, we care about the environment! We encourage you to take initiatives that aim to save electricity and reduce the consumption of natural resources. How to do it? We remind you the 12 principles of a green office!

## *12 rules of a “green office”*

- Unplug the power supply from the mains after charging the laptop.
- Turn off the monitor when not in use. Almost half of the energy consumed by a computer is used by the monitor.
- Unplug the phone charger after charging.
- Turn the printer on only when you need it.
- Before leaving the office, turn the computer and monitor off from stand-by mode.
- Do not use artificial light unnecessarily. Make optimum use of daylight. It is the healthiest for your eyes!
- If you don't use your computer for a long time, set it to automatically switch to stand-by mode.
- Close the windows and doors when air conditioning in the office is on. Then it is the most efficient.
- Use recycled paper in printers, fax machines and copiers.
- Replace your “regular” writing utensils with environmentally friendly pens and pencils.
- Turn down thermostatic radiator valves when airing the offices.
- Remember to be positive every day! Share your energy with your workmates. This will surely make even those upcoming gloomy and cold days in the office warm, pleasant and bright.

## *We played for WOŚP*

The mission of the Great Orchestra of Christmas Charity is especially close to our hearts. Therefore we decided to support the foundation's activities by organising a fundraiser in our complex. **Thank you very much for supporting this year's WOŚP fundraiser!**

Throughout January, we played together for the most beautiful and colourful orchestra in the world. On behalf of Apollo-Rida, we would like to thank all those who took part in this year's WOŚP fundraiser at Equal Business Park!



# Earth Hour

26.03

We have joined WWF campaign "Earth Hour"! We are going to switch off the lights of logos on the roofs of our office buildings on **Saturday, March 26, 20:30-21:30**. Let us express our concern for the ecosystem of our planet together.

The WWF Earth Hour event this year falls on **March 26 (Saturday)**. It is celebrated annually on the last Saturday of March. Everyone can join this action by switching off the light for one hour on that day at 20:30 or signing up officially on the WWF website.



# Mindfulness Workshops

## Equal Days

On **January 27**, Mindfulness Workshop was held in our complex.

Especially for you, we invited coaches from [oddycham.pl](http://oddycham.pl). They introduced us to the secrets of Mindfulness techniques. They showed us how to calm down the body and the mind, look inside yourself and learn to „be here and now”. Such workshops are a great opportunity to detach, at least for a moment, from computer screens or cell phones. Mindfulness is a highly valuable skill, especially nowadays!

What is Mindfulness? Regular practice helps you reduce everyday stress and tension. It boosts creativity, improves the clarity of thought processes, develops analytical skills, and improves memory and concentration. It can become an efficient tool supporting the treatment of depression. It strengthens curiosity, openness and acceptance of changes that take place in life. It has a comprehensive influence on health! We would like to thank all participants for high attendance!

For those interested, we provide links to the practices mentioned in the workshops below:

<https://www.youtube.com/watch?v=Zre6PVwJd6l>

<https://www.youtube.com/watch?v=kN7F98RFnGs>

[http://oddycham.pl/pliki/nagrania/Serce/31\\_z%CC%87yczliwa%20obecnosc%CC%81c%CC%81%20pe%C5%82ne%20prowadzenie.mp3](http://oddycham.pl/pliki/nagrania/Serce/31_z%CC%87yczliwa%20obecnosc%CC%81c%CC%81%20pe%C5%82ne%20prowadzenie.mp3)

# Yogatractive

## or face yoga

We would like to invite all women to the workshop on the natural anti-ageing method - Yogatractive face yoga. It will be held on **April 21 at 4:00 p.m.** at Equal Business Park.

What is in the programme of the workshop? We will beautify and heal your faces! This is the only method in Poland with a physiotherapy certificate by FizjoPolska. Our guest will be the creator of the method, Ms. Olga Szemley-Goudineau.

We will show you how to exercise your face every day. Doing it 10 minutes a day can be your recipe for younger look without laser and needle! The effects include a smooth neck and face oval, reduction of wrinkles on the forehead, around the mouth and eyes, as well as a refreshed skin tone.

Wear a top with a big neckline for massage and tie your hair. To perform the massage you will have to remove make-up from the face (except for the eyes). So please take your beauty products with you if you would like to re-apply your make-up after the workshop. Those interested will have the opportunity to buy a book, accessories, cosmetics and Elixir to drink for a beautiful skin :) See you there!



**Yogatractive**<sup>®</sup>  
anti-aging joga twarzy

# *How did we celebrate Fat Thursday?*

For EBP, February 24 was really sweet! We treated our tenants to doughnuts prepared especially for them by "Meating Point" and "Włoska" restaurants.

Tenants could try colourful doughnuts with rose filling, tiramisu, cherries in alcohol and Belgian chocolate. Delicious!



## *Women's Day* *Equal Business Park*

For us, every woman deserves a special gift! We have prepared a nice surprise for all women for Women's Day. From early in the morning men welcomed them in our complex and gave them tulips!

## *Bike Day* *26 May*

Visit our Mobile Bike Service in the Equal Business Park complex - its services include: lubrication, height adjustment of the saddle and handlebars, brake adjustment, gear adjustment, tyre pressure.

## *Our new Property Manager*



We are pleased to present our new Property Manager to you!

**Dariusz Świder** is a licensed Property Manager. He has been dealing with commercial real estate for over 20 years.

In his long professional career, he has watched over real estate with more than 100,000 sqm of office, logistics and retail and service space.

His experience and professional approach, full of commitment, in particular in the field of building good tenant-landlord relations, translate into reliable and comprehensive implementation of tasks - both current and long-term.

In his private life Dariusz values active recreation. He dashes down ski slopes, throws a large orange ball into the basket or a small white ball over the net. He also appreciates less energy-consuming entertainment in the form of a good book or an interesting movie. They help him calm down and gain energy for new professional challenges.

## *Check out the future events in Cracow!*

- **2-3 April** Asian Festival, Tauron Arena Kraków.
- **On April 3** at 10:00 a.m. the 9th edition of Clean Dłubnia - Spring 2022 Campaign will take place at the Nowa Huta Lagoon. Eco Travel Foundation invites you to join another edition of cleaning the Dłubnia river! Contact us: [fundcja@ecotravel.pl](mailto:fundcja@ecotravel.pl).
- **23 April** Cracovia Inline Skating Marathon.
- **24 April** Join the 19th Cracovia Marathon.

*On the occasion of  
upcoming holidays, we wish you all  
the best, make it tasty and healthy!*



*Peaceful Easter  
wishes Appolo-Rida team!*

### *Contact us*

We are open to any suggestions and proposals for changes. Our administrator is at your disposal.



[www.apollorida.pl](http://www.apollorida.pl)