

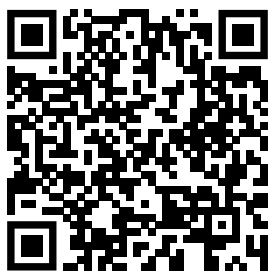
Equal
Business
Park

EBP News

Nr 02/2024 kwartalnik



Electronic version in pdf



Happy Easter
We wish you health,
joy and happiness!



What happened in EBP in Q1 2024?

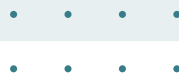
March 8 Women's Day

and opening of a new hairdressing and beauty salon

In addition to the warm wishes on Women's Day, ladies were rewarded with 30% off any beauty service on the opening day of 'Beautiful Story.' Guests were welcomed with complimentary hairdresser and beauty consultation and a cold Prosecco drink. At the conclusion of the day, a prize draw was held to give away 10 free treatments to lucky winners.



BEAUTI*full*
STORY



Muay Thai

Regular training Muay Thai!

At the start of the New Year, we had a surprise for the tenants - we started a pilot Muay Thai Training program! We are happy that you liked our project! We want to emphasize that Muay Thai is a sport that is suitable for all ages, genders and fitness levels. The Muay Thai class is held every Wednesday at 20:30 at the 2nd Floor of Building A. You are welcome to join anytime.

Muay Thai is one of the oldest martial arts and self-defence methods in the world. It has its roots in ancient times and is a perfect combination of the culture, tradition and history of the people of Thailand. Just like boxing, Muay Thai is also a combat sport. Fighters use punches, but they also use legs, elbows and knees. In addition to building muscle and sculpting your figure, Muay Thai also improves agility, flexibility, reflexes and endurance. Practicing Muay Thai can help you to develop character, mental strength and endurance. It can also help you to develop self-confidence. It can help you to control your body and calm your mind.

Classes are offered on a first-come, first-serve basis. To register for a class, please email: kontakt@maximuskraow.pl, writing "Muay Thai in EBP" as the topic of your email.

Please note that you will need to bring your own sport shoes and drink bottles.

The training is carried out by szymon Harat, who is an employee of the Tenient EQTek and a trainer of the "Maximus" martial arts club.

While the training is carried out in accordance with all safety regulations, any sport can lead to injuries. By participating in the training program, you assume full liability for any injuries sustained in the course of classes.



This is how
we celebrated
the sweetest
day of the year

Fat Thursday

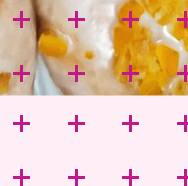
February 8!

At the end of the carnival this year, our tenants got the chance to sample donuts from our neighborhood bakery: the classic cinnamon donut and the heart-shaped donut. As always, several hundred donuts were gone in an instant.

Did you know that Fat Thursday is a holiday that celebrates the consumption of donuts?

According to folklore, Fat Thursday is one of the best days of the year to eat donuts.

It all started back in ancient times when people used to clean out their pantries of all the fatty and sweet foods before Lent and the start of abstinence.



How many calories does a donut have?

1 donut, weighing 80 grams, has about 350 calories. That's roughly the same amount of calories as 10 angel wings. Let's say on Fat Thursday we eat 3 donuts and 20 angel wings.

What do we need to do to burn these calories?

- Fast running - 1 hour,
- Jogging - 2 hours 5 minutes,
- Fast cycling - 3 hours 20 minutes,
- Slow cycling - 5 hours 50 minutes,
- Playing tennis - 3 hours 45 minutes,
- Swimming - 4 hours 45 minutes,
- Gym workouts - 5 hours,
- Bowling - 6 hours 15 minutes,
- Vacuuming - 6 hours 15 minutes,
- Window cleaning - 7 hours 30 minutes,
- Ironing - 15 hours,
- Lying down - 35 hours.



We already have 500 followers on LinkedIn!

We invite you to like EBP LinkedIn page where we share the latest updates about the complex, news on new products, event invites and reports from Equal Business Park events.

Looking forward to the next 500!

New foodtruck Dratewka Burger!



**DRATEWKA
BURGER**

→ street food ←

More recently, we have been hosting a new food truck in the area. Every Monday - Dratewka Burger - offers excellent burgers with a Krakow accent, such as Smok Wawelski Burger, Dratewka Burger, Wanda Burger, Król Krak Burger, Lajkonik Burger, mini waffles made with potatoes and onions, bbq fries, onion rings and more.

We highly recommend it!



Hamburgers originated in the United States in the early 1900s with the invention of the hamburger by a Danish immigrant living in America, **Louis Lassen**.

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Plans and upcoming events for next month

We won't go into too much detail here, but we've got plenty of surprises and attractions lined up for you.



22.05 Blood Collection

In partnership with Qurate, a blood donation event will take place in EBP. By donating blood, you are helping to save lives! More information soon.



21-22.05 Bicycle Service

Traditionally, at the beginning of the bicycle season, we encourage tenants to come to work by bicycle. We invite everyone to take advantage of a free bicycle inspection.