

ALTOA

THE MEDICAL CARE WORTH TRAVELLING FOR

magazine
1/2025



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Heritage & Beauty

Wander through breathtaking landmarks and uncover Czechia's timeless treasures.

Taste & Style

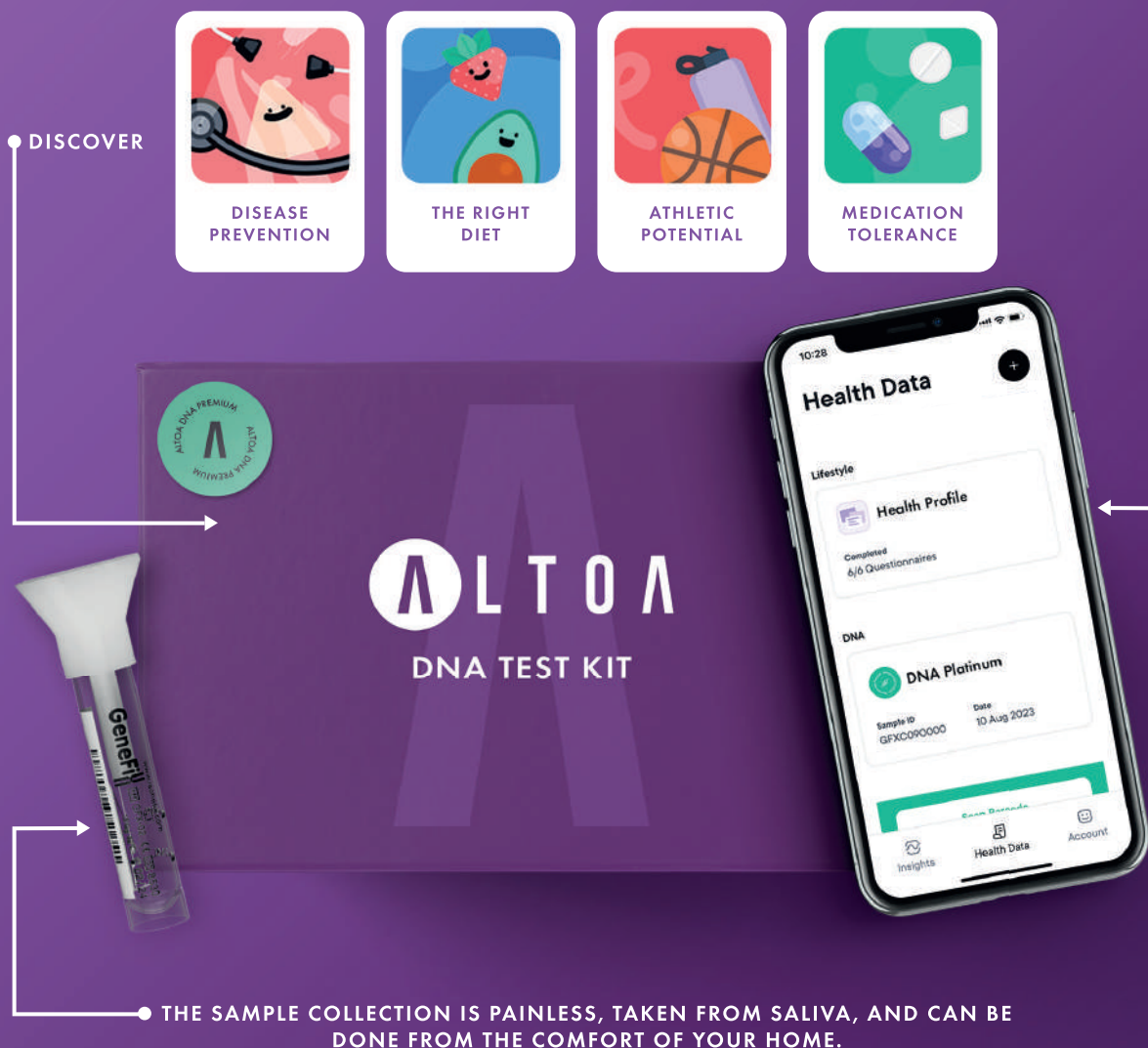
Savour Czech flavours and explore unique shopping experiences that capture local charm.

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Dear Guests,

We are thrilled that you have chosen our facility for your stay. We are honoured to have you here with us and can't wait to make your experience as pleasant and memorable as possible! As a token of our appreciation, we are delighted to present you with this special edition of Altoa magazine.

This issue is packed with everything you need to know to make the most of your time in the beautiful Czech Republic. You'll not only discover tips for delightful trips and hidden gems around Prague, Beroun, and Horovice, but also those much further afield. Whether you are looking for food, travel, or shopping recommendations, you'll find it all in these pages! Additionally, you'll get a glimpse into how Czech people love to spend their free time, with insights into local habits, traditions, favourite pastimes, and cultural activities that will enrich your stay even more.

However, this issue is not just about tourist tips. It's also chock-full of valuable information about the top-notch facilities and services available to you here at Altoa, so you can find out more about the exclusive health care we provide. If you're curious about our state-of-the-art medical equipment, our team of highly skilled healthcare professionals, or the various leisure activities we offer, we have all the answers for you.

So now, please sit back, relax, and dive into this edition of Altoa magazine. Whether you're planning your next travel adventure or simply looking to get to know us better, we hope you find the reading both enjoyable and informative!

*Warm regards,
Sotirios Zavalianis
Tomas Petsinis*

Do you speak Czech? *

Warm up to Czechs with these basic phrases

IT'S TIME FOR YOU TO EMBARK ON A REAL ADVENTURE: EXPLORING THE CZECH REPUBLIC AND ITS PEOPLE. SKIM THROUGH THE BELOW LIST OF ESSENTIAL PHRASES TO HELP YOU PUT A SMILE ON CZECHS' FACES.

- **HELLO / HI - AHOJ / DOBRY DEN**
(ah-hoy / doh-bree dehn)

This is a tricky one. Czechs address other Czechs in two different ways, either formally or informally, depending on the relationship. You would use "Ahoj" with friends, family, and people you've known for a while. "Dobry den" is formal, and you use it to greet strangers. So be careful. If you step into a store or a restaurant and say "Ahoj", you may get confused looks.

- **GOODBYE - NA SHLEDANOU**
(nah shleh-dah-noh)
- **PLEASE - PROSIM** (proh-seem)
- **THANK YOU - DEKUJI** (dyeh-koo-yee)
- **YES - ANO** (ah-noh)
- **NO - NE** (neh)
- **EXCUSE ME / SORRY - PROMINTE / OMLouvAM SE**
(proh-meem-tyeh / ohm-loh-vahm seh)
- **SORRY, I DON'T SPEAK CZECH / PROMINTE, NEMLUVIM CESKY** (proh-meem-tyeh, nem-loo-veem chesh-kee)
- **DO YOU SPEAK ENGLISH? / MLUVITE ANGLICKY?**
(mloo-vee-teh ahn-gliits-kee)
- **IT WAS DELICIOUS! / BYLO TO VYNIKAJICI!**
(bee-loh toh veen-ee-kah-yee-tsee)
- **THIS IS A BEAUTIFUL PLACE. / TOTO JE KRASNE MISTO.**
(toh-toh yeh krah-sneh mee-stoh)



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Content

What's Inside

06	WELCOME TO ALTOA
08	EXPERIENCE CZECHIA
12	10 THINGS YOU SHOULD KNOW ABOUT CZECHS AND THEIR COUNTRY
16	CZECHIA'S SEASONAL CHARMS
18	CZECH MUST-TASTES
22	MOUSSAKA MADE SIMPLE
24	MADE IN CZECHIA
26	PRAGUE: A GUIDE TO EXPLORE LIKE A LOCAL

Medical Tourism Highlights

32	DIAGNOSTIC CENTRE IN PRAGUE: A ONE-STOP MEDICAL SHOP
34	BEROUN REHABILITATION HOSPITAL: WHERE THEY NURTURE YOUR BODY AND SOUL
38	MENTAL REHABILITATION CENTRE: SUPPORTING YOUR JOURNEY TO MENTAL WELL-BEING
40	HOROVICE HOSPITAL: A REGIONAL GEM WITH TOP-NOTCH ORTHOPAEDICS AND GENERAL SURGERY TREATMENT

44	REGIONAL HIGHLIGHTS: BEROUN AND HOROVICE
50	CONTACT & VISIT

Welcome to **ALTOA**

FOUNDED IN 2014, ALTOA PROVIDES INDIVIDUAL CARE THROUGH A NETWORK OF PREMIER FACILITIES. DEDICATED TO MAINTAINING THE HIGHEST STANDARDS OF PATIENT HEALTH AND PRIVACY, THE COMPANY OFFERS COMPREHENSIVE SERVICES, SUCH AS MEDICAL TREATMENT, TRANSPORT, ACCOMMODATION, ASSISTANCE, AND LEISURE ACTIVITIES. WITH STATE-OF-THE-ART HOSPITALS AND A TEAM OF EXPERIENCED PROFESSIONALS, THE HEALTHCARE SERVICES ON OFFER SPAN FROM INITIAL MEDICAL EXAMINATIONS AND PRECISE DIAGNOSES TO EXPERT SURGICAL INTERVENTIONS AND THOROUGH REHABILITATION.

25+ years of experience in healthcare

220m USD turnover

3,000 employees

1,500 total endoprostheses

1,000,000 outpatients

5,000 arthroscopic surgeries



Altoa's medical technologies, state-of-the-art facilities, and personalized treatment guarantee the highest level of care and a family-like atmosphere for all clients. In addition to commonly provided treatments, Altoa also offers specialized procedures to meet unique patient needs.



OUR MEDICAL TREATMENTS

REHABILITATION

Rehabilitation programs are designed by combining individual treatments and active movement.

ORTHOPAEDICS

We provide all of the most common procedures, with a particular focus on arthritic joint replacements in hips and knees.

DIAGNOSTICS

A comprehensive array of preventive and diagnostic examinations intended to evaluate your overall health.

PLASTIC SURGERY

We utilize the latest trends and the highest quality materials in order to provide the best possible aesthetic results.

MENTAL REHABILITATION

Comprehensive support and guidance to individuals on their journey towards mental well-being.

STOMATOLOGY

We provide a comprehensive range of dental services tailored to meet the needs of both children and adult patients.

ASSISTED REPRODUCTION

The journey to parenthood doesn't need to be hard. We provide our clients premium care in reproductive medicine, fully tailored to every couple's needs.

CARDIAC SURGERY

By utilizing advanced surgical techniques and a multidisciplinary approach, we provide effective solutions for patients with complex heart issues.



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Hidden Gems in Czechia from our Team

Jana recommends:

Discover the cosy **Blackdog Bar & Grill** in Beroun, where you can savour delicious international cuisine with a local twist. After a satisfying meal, take a relaxing stroll along the **Berounka River**, or explore the charming streets of Beroun's old town. You'll find a variety of local boutiques and authentic coffee spots, including the delightful **Mezi Dvorky Cafe**, perfect for an afternoon treat.

Jana Kasparova



Nikol recommends:

Check out the **Na Krete restaurant** for high-class Czech cuisine within walking distance of Horovice Hospital. This cosy spot is known for its welcoming atmosphere and carefully crafted dishes. If you've eaten a little too much, you can relax by taking a nice walk through the nearby **Drazovka Forest**—the perfect way to get some fresh air after your meal.

Nikol Jiroutova



Denisa recommends:

If you're in Pilsen, don't miss **Restaurant Da Pietro** for a taste of authentic Italian cuisine right in the city centre. Known for its cosy atmosphere and wood-fired pizzas, Da Pietro brings a bit of Italy to Czechia. After your meal, take a short stroll to **Walter Cafe** for a coffee break. And, of course, a visit to Pilsen isn't complete without exploring the famous **Pilsner Urquell Brewery (Plzensky Prazdroj)**, where you can dive into the history of Czech beer and enjoy a fresh Pilsner straight from the source!

Denisa Cechova



Pavlina recommends:

Treat yourself to a special dining experience at **Cafe Imperial**, right in the heart of Prague! Step into a stunning **Art Deco building**, where every detail shines with beauty, and enjoy the best of Czech food. The famous braised beef with a creamy sauce, dumplings, and cranberries made perfectly by one of the best chefs in the country will leave you wanting more. After this feast for your senses, take a walk along the **Vltava River** or explore the beautiful streets of historic Prague.

Pavlina Rabasova

Experience Czechia

A land of timeless architecture and stunning natural beauty

EXPLORE THE ENCHANTING CZECH REPUBLIC, WHERE FAIRYTALE CASTLES, VIBRANT CITIES, AND BREATHTAKING NATURAL LANDSCAPES AWAIT YOU. WITH ITS WELCOMING LOCALS, DELICIOUS CUISINE, AND DIVERSE EXPERIENCES, THIS COUNTRY PROMISES AN UNFORGETTABLE ADVENTURE FOR THE WHOLE FAMILY.

Horovice | Horovice Hospital

Modern multidisciplinary hospital recognized for its high-quality orthopaedic and surgical procedures, along with a wide range of healthcare services beyond basic medical disciplines.

Beroun | Beroun Rehabilitation Hospital

A premier facility specializing in rehabilitation, physiotherapy and other treatment methods. We provide care for patients recovering from injuries or surgeries in a pleasant environment. Additionally, the hospital also features a one-day surgery unit that provides a wide range of procedures.

Beroun | Mental Rehabilitation Centre

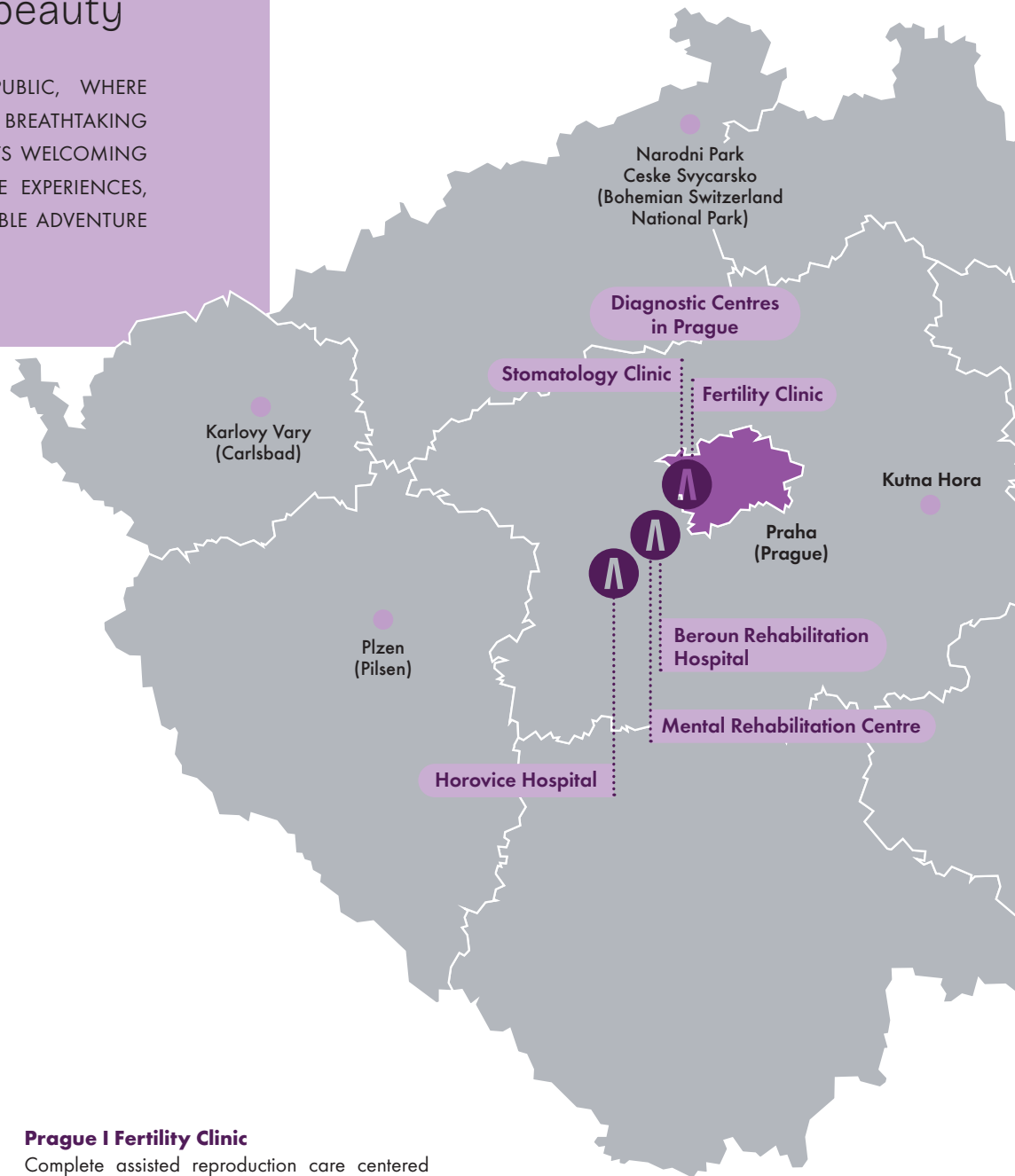
The centre provides comprehensive mental rehabilitation services utilizing the latest methods for treating mental illness. Our primary focus is on mental well-being, guided by qualified professionals in contemporary psychiatry.

Prague | Diagnostic Centres in Prague

Located on three dedicated floors, we offer tailored medical care designed to meet your individual needs. Our diagnostic centres in Prague provide comprehensive outpatient medical services for both children and adults.

Pardubice | Oncology Centre

The Oncology and radiological centre offers advanced radiotherapy, among other modern treatment methods, to provide comprehensive care for patients facing oncological diseases.

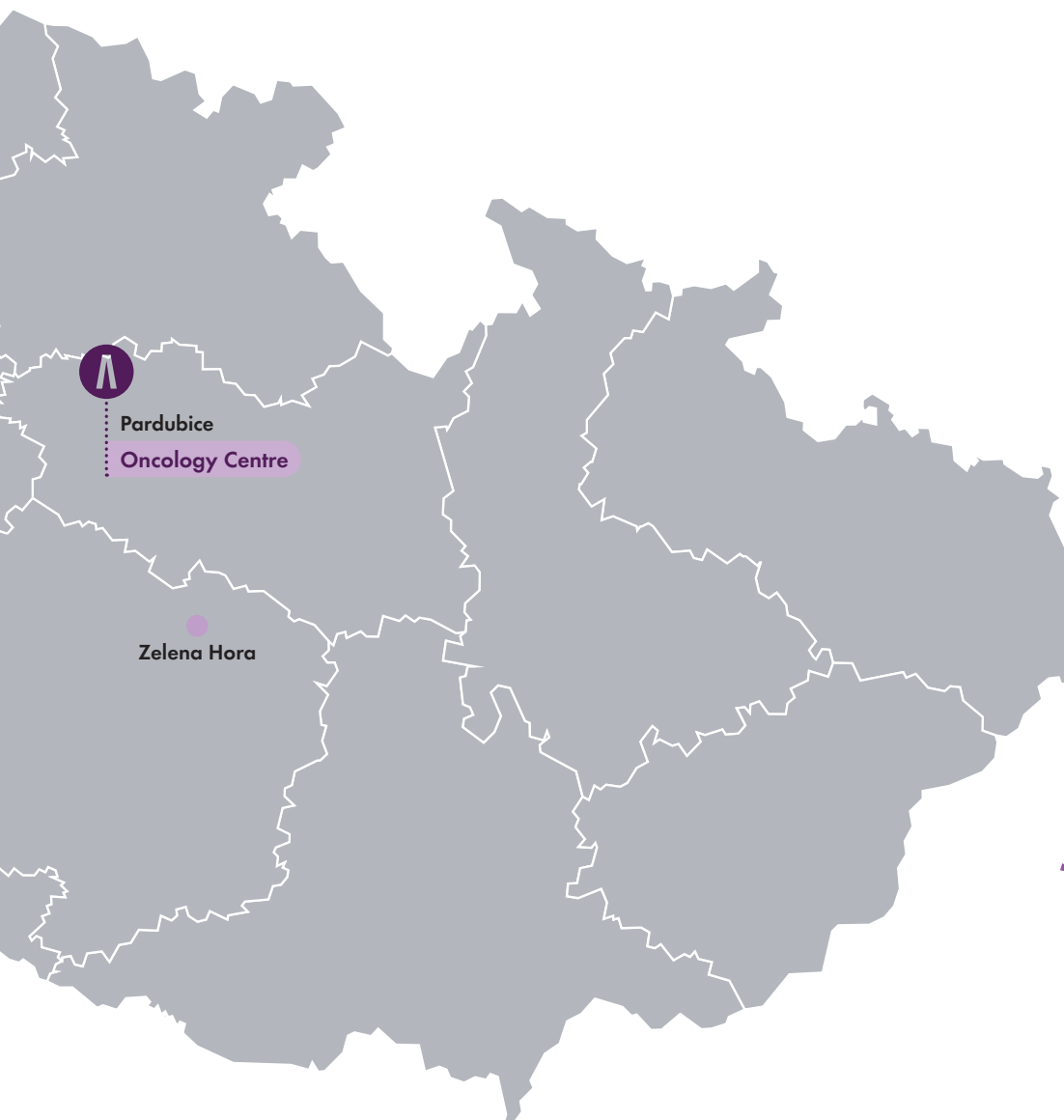


Prague | Fertility Clinic

Complete assisted reproduction care centered around you in an exclusive location. The fertility clinic is built with your comfort in mind, offering a warm, pleasant and peaceful environment near Prague Castle.

Prague | Stomatology Clinic

Painless and gentle treatment in a comfortable environment. The clinic is equipped with the latest technologies, ensuring that patients receive painless and professional dental procedures.



* Czechia facts you need to know

Rich vocabulary: The Czech language contains over 250,000 words - more than Russian, French, and Arabic.

Safety: One of the safest countries in the world! (Ranked 12th according to the Global Peace Index 2024).

Popular in Hollywood: Movie makers love the Czech Republic! Just watch Casino Royale, Hellboy, Amadeus, or the Mission: Impossible series - all of them were filmed here.

Weather: Warm summers, cold winters, mild springs and autumns - so many things to enjoy in every season.

Castles everywhere: The country with the highest density of castles in the world - around 2,000! It makes you feel like you're in Game of Thrones.

Political system: Parliamentary democracy, with the President as head of state and the Prime Minister as the head of government.



Population:

10.5 million people

similar to Greece, Portugal, and Jordan

Land area:

78,871sq km

around the same size
as the United Arab Emirates

Location:

**A landlocked country
in Central Europe**

(in fact, Prague is more west than Vienna)



FOR MORE
altoamedicaltourism.com/hospitals



Praha / Prague (UNESCO):

Considered to be one of the most beautiful cities in the world, Prague will amaze you with its UNESCO-listed historical centre and vibrant cultural scene.



Karlovy Vary / Carlsbad:

Enjoy world-renowned hot springs and luxurious wellness treatments in the Czech Republic's favourite spa town.



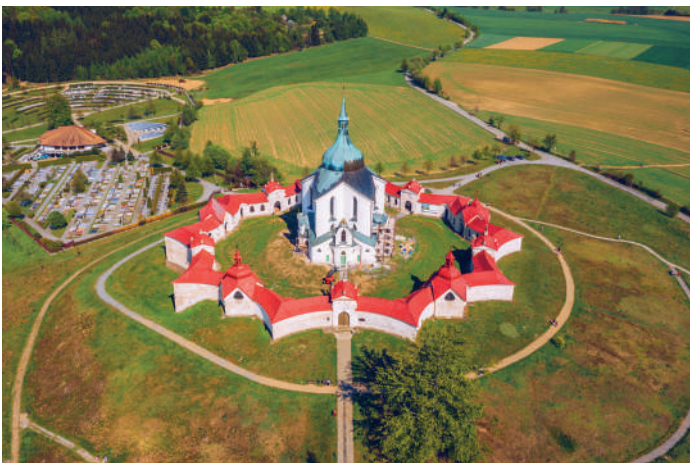
Narodni park Ceske Svycarsko / Bohemian Switzerland National Park:

Dive into adventure surrounded by dramatic rock formations and lush forests that make every hike a thrilling journey.



Pilsen / Pilsen:

Explore the stunning architecture of St. Bartholomew's Cathedral and the Great Synagogue, and have fun in the ZOO and Botanical Garden with your family.



Zelena Hora (UNESCO):

Visit the Pilgrimage Church of St. John of Nepomuk, a Baroque Gothic masterpiece designed by architect Jan Santini-Aichel.



Kutna Hora (UNESCO):

Wander through medieval streets filled with historical treasures - including the magical Sedlec Ossuary and St. Barbara's Church.

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We carefully select all supplements to ensure they meet the highest quality standards.

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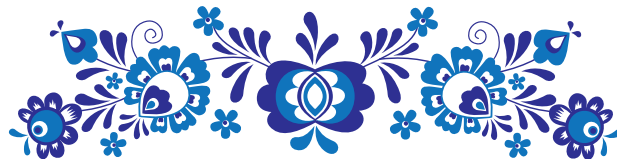


ALTOA
ESSENTIALS



Are You Ready to Immerse
Yourself in Czech Culture?

10 Things You Should Know about Czechs and Their Country



EVEN THOUGH THERE ARE ONLY A LITTLE UNDER 11 MILLION CZECHS WORLDWIDE, MANY THINGS SET THEM APART. FROM SPEAKING A LANGUAGE SO COMPLICATED THAT YOU GET OVERWHELMED JUST LISTENING TO IT, TO WORSHIPPING THEIR BREAD, DUMPLINGS, AND PASTRIES, CZECHS HAVE PLENTY OF CULTURAL SURPRISES UP THEIR SLEEVES. HERE ARE THE TOP 10 THINGS YOU SHOULD KNOW ABOUT THE CZECHS AND THEIR COUNTRY TO MAKE THE MOST OF YOUR STAY.



1 Shoes off

Remember to take your shoes off if you are invited into someone's home. The host may also offer you a pair of slippers; it's a common practice. Czechs are all about cleanliness, and some even change into "home" clothes right after closing the door behind them after spending their day in the office, sitting on trains and buses, or catching a break on a bench in a park.



2 Ask for a daily lunch menu

There's a secret to having lunch in Czechia. Many restaurants offer a daily lunch menu that combines soup and a main course, usually complemented by a salad or a dessert. This is the quickest option, as it takes a few minutes for the waiter to bring you the meal compared to ordering a la carte. Plus, the meals from the daily offer are considerably cheaper, too. You can get yourself a lovely lunch for under 10 USD. Most of the halal restaurants in Prague will offer these more affordable lunch options.

3 Cafes, bread and pastries

Coffee culture is very strong in the Czech Republic. You'll find many beautiful cafes in Prague and at least a couple in any little town. Unlike Italians with their espressos, Czechs will usually drink an americano, a latte or a cappuccino. The thing you can guarantee though, there will be pastry with the coffee. Many places offer vegan options, which are more likely to be halal. Ask for "kolac" (pie) or "buchta" (scone) if you have a sweet tooth, or try some of the open-side sandwiches. Czechs love their bread, and you'll remember the taste forever! On the pastry theme, it's just a few steps over to dumplings, which Czechs are also obsessed with. They mostly go with meat and sauces, but you can enjoy them with plenty of vegetarian halal dishes, too.



4 Letter Ř, the sound like no other

When you listen to Czechs carefully, you may identify a sound you have never heard before—something between "r" and "zh" that makes them sound like a rumble of thunder. It's a sound that doesn't have a counterpart in other languages and is extremely difficult for foreigners to pronounce. Are you ready to give it a try?

The "ř" sound is like mixing the rolled "r" and "zh" together. You want to make it continuous and fluid.

5 Czechs love their traditions and folklore



Folk music, costumes, dances or local crafts. When visiting smaller towns around Czechia, especially in Moravia (in the south), you'll be amazed by how much the local traditions are preserved. You may get a glimpse of it in Prague, too, during themed festivals held throughout the year, or if you head to the National Museum to explore their exhibition.



6 Punctuality

Make sure your watch is wound!

Czechs like to be on time. If you're meeting someone for a coffee or have a checkup at the doctor, arrive on time or, even better, a few minutes early. This doesn't necessarily imply that Czechs are a workaholic nation, though. You'll see them clocking off right when 5 PM hits as they appreciate their free time a lot, doing sports, strolling in countryside, gardening or mushrooming (that's practically the national sport!).



7 Dobry den anywhere you enter

This is undoubtedly one of the most unique Czech quirks. When entering literally any establishment, a Czech will say "Dobry den" (Good day). And when leaving, you'll hear "Nashledanou" (Goodbye). Whether it's a restaurant, a store, or a doctor's office, there'll always be a polite greeting to start with. Try to blend in by greeting everyone, too. Kindness takes you a long way in Czechia!



Holidays with carp and coal

8

Some of the holidays Czechs love to celebrate are Christmas, Easter, All Souls Day, or St. Nicolas' Day. On Christmas Eve, they eat fried carp and potato salad, Easter is marked by an outdated but ongoing tradition of men whipping women with a willow stick, "pomlázka", to keep them young. On All Souls Day, Czechs visit cemeteries to commemorate those who are no longer with us. On St. Nicolas' Day, kids have to recite a poem to a trio comprised of St. Nicolas, a Devil and an Angel (usually friends or family members dressed up in costumes) to get their treats. If they fail to do so, they're handed coal and, in extreme cases, put into a bag and supposedly taken to hell. You can see why parents nowadays might move away from these traditions.

All the shops larger than 200m² are closed during the most significant holidays.

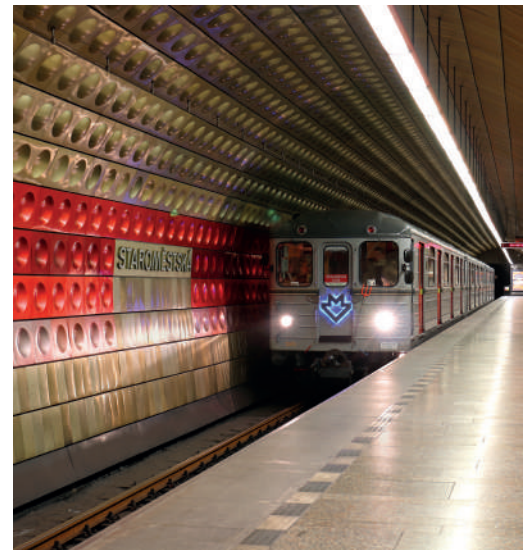
- **January 1st,**
- **Easter Monday,**
- **May 8th,**
- **September 28th,**
- **October 28th,**
- **December 24th, 25th and 26th**



9

Ditch the car

Making it to places on time in the Czech Republic is pretty straightforward, even without using a car. The public transportation system is excellent in Prague and other bigger cities and you can easily walk around in any little town. Czechia is generally very safe, so you can explore as much as you like on foot, saving on taxis. And if a Czech person invites you along for a wander? Brace yourself and put on good shoes. They don't mind walking long distances at all!



10

First standoffish, then warm

When interacting with Czechs, they may give off a reserved vibe at first. However, that's nothing you should take personally. After spending some time with Czech people and getting closer to them, you'll notice them opening up and being way friendlier and hospitable. It just takes a little time.



Czechia's Seasonal Charms: Embracing Summer and Winter Habits

IN THE CZECH REPUBLIC, SUMMER AND WINTER ARE VIBRANT, ACTIVE SEASONS WITH A VARIETY OF TRADITIONS AND ACTIVITIES ENJOYED BY LOCALS THAT REFLECT THEIR DEEP APPRECIATION FOR NATURE, CULTURE, AND SOCIALIZING. HERE ARE SOME OF THEM.

we love countryside



Summer habits

Hiking and countryside: Czechs love their countryside and enjoy the beautiful landscapes while hiking, cycling, and golfing. No wonder - there are beautiful mountains, rocks, rivers, and forests all over the place!

Water sports: Many Czechs enjoy spending time near lakes and rivers, engaging in activities like swimming, kayaking, canoeing, and paddleboarding. Even in Prague you can easily rent a boat or a pedal boat and chill out on the Vltava River or Berounka River in the city of Beroun.

Exploring castles and historical sites: Families, couples, and history buffs love to spend the weekends exploring the many castles, chateaux, and ruins - each with its own tales of knights, royalty, and legends. These trips often include guided tours, interactive exhibits, and activities for children.

Local festivals: Czechia has a deep-rooted folk culture that dates back centuries. Because of that, there are numerous folk festivals celebrating traditional music, dance, and crafts that will take you back in time.



CULTURAL EVENTS:

Czechia's open-air festivals are a true summer highlight, bringing people together in unique locations. Many festivals, like Hradý CZ, are set near picturesque castles, offering a blend of history and music. The famed Colours of Ostrava, held in Ostrava's industrial landscape, brings vibrant global beats to the Czech summer scene. The season also brings a cinematic touch, with the traditional Karlovy Vary International Film Festival, where world-class actors like Viggo Mortensen make appearances, adding a touch of Hollywood to the Czech Republic's own silver screen celebrations.

Winter habits

Advent and Christmas markets: Starting at Advent, Czech cities set up Christmas markets where people can buy gifts and enjoy traditional food and drinks. The main markets in Prague in the Old Town and Wenceslas Square are often listed among the best in the world!

Outdoor sports: There are several ski resorts in the Czech Republic, particularly in the Krkonose, Jeseniky, and Sumava Mountains. Skiing and snowboarding are popular activities, along with cross-country skiing. Ice skating on frozen lakes and outdoor rinks set up in cities is also very popular.

Winter festivities and customs: Czechs love their winter customs and traditions, from the charming St. Nicholas Day celebrations in early December to the lively Masopust (Czech Carnival) festivities in February. These events also offer a unique insight into Czech folklore and culture.

Spa and wellness retreats: The Czech Republic has a long tradition of spa culture, with famous spa towns like Karlovy Vary and Mariánské Lázně. Many people visit them during winter for relaxation and health treatments.

Goals!



Ice Hockey in Czechia

- one of the most popular sports in Czechia
- dates back to the early 20th century
- robust youth development system
- huge fan engagement at domestic / international events
- more than 30 active NHL players
- medals in the IIHF World Championship:
 - gold: 1996, 1999, 2000, 2001, 2005, 2010, 2024
 - silver: 2006
 - bronze: 1993, 1997, 1998, 2011, 2012, 2022
- Olympic medals:
 - gold: 1998 (Nagano)
 - bronze: 2006 (Turin)



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Eating Your Way Through the Czech Republic Is Always a Good Idea

A Brief and Tasty Introduction to Czech Cuisine

AT FIRST GLANCE, CZECH FOOD SEEMS HEAVY, WITH DISHES FEATURING ROASTED MEATS, A LOT OF PORK, CREAMY SAUCES, AND DUMPLINGS. HOWEVER, THERE ARE MANY TALENTED CZECH CHEFS OUT THERE WHO HAVE BEEN SHIFTING THE NARRATIVE. NOWADAYS, YOU CAN FIND PLENTY OF LIGHTER AND MORE CONTEMPORARY MEAL OPTIONS IN RESTAURANTS, AND YOUR AVERAGE CZECH WON'T HAVE SVICKOVA ON THEIR TABLE TWICE A WEEK ANYMORE. WHAT'S SVICKOVA? LET'S EXPLORE SOME TRADITIONAL CZECH DISHES AND FOOD ETIQUETTE AND FIND THE REASONS WHY TURNING YOUR STAY INTO A CULINARY TRIP IS WELL WORTH CONSIDERING.

CZECH MUST-TASTES

Czech cuisine has a rich history and was mainly influenced by the Czech lands being a part of the Austro-Hungarian empire. So, if you're ever planning to visit Vienna after your stay in Prague, don't be surprised if you find familiar flavours there.

But back to Czechia. What are the staples?

- **Svickova (sveech-koh-vah)** [1]
Roasted sirloin in a creamy sauce served with dumplings, cranberry sauce, and a slice of lemon. A meal usually eaten at Christmas or for special occasions, but every traditional restaurant will have it on the menu year-round.
- **Gulas (goo-lahsh)** [2]
Delicious stew with meat, vegetables, and paprika which originated in Hungary. Czechs eat it with dumplings or bread. It may be a little spicy, and some places put fresh onions on top of it. According to the original recipe, gulas is made with beef.



Heartu & Traditional



- **Vepřo knedlo zelo (vehp-shoh kned-loh zeh-loh)**
Roasted pork, sauerkraut, and dumplings. This dish combines all the main ingredients of the Czech cuisine.
- **Husa se zelim (hoo-sa seh zeh-leem)**
A very popular dish is roasted goose with cabbage and dumplings, which Czechs eat on St. Martin's Day, November 11th, but also at any other time. You can also try roasted duck instead.
- **Bramboraky (bram-boh-rah-kee)** [4]
Fried potato pancakes can be served both as a side or a main. As a side, they're usually smaller. You can often buy bramboraky at little stands at Christmas, or other markets. Topped with sauerkraut or plain, get ready to get your fingers a little greasy!

Czechs are big on soups [3], too. Their lunch usually consists of a soup, a main, and a dessert or a salad. The soups often have bacon or ham in them or even liver dumplings. So, always ask your waiter to make sure before placing your order.



Dumplings

THE CZECH NATIONAL TREASURE

As you can see above, Czechs love their "knedliky," which come in different shapes and sizes. Let's dive deeper into the dumpling universe so you can enjoy the Czech national side dish (or a main in some cases) to the fullest:

- **Bread dumplings** are made of flour, eggs, yeast, and milk with bread chunks in the dough. They're boiled in one piece and then sliced, hence their flat appearance. These are always served as a side dish.
- **Potato dumplings** are made with grated potatoes and flour. They're round and often filled with either meat or fruit. If they have a meaty filling, it's usually smoked ham [3]. Filled potato dumplings are the main course. If there's no filling and the dumplings are smaller in size, those are your side-dish potato dumplings.
- **Fruit dumpling** [5] dough is curd cheese-based and filled with plums, apricots or strawberries. It doesn't necessarily make the fruit dumplings your lighter option, as you top them with melted butter, sugar, grated quark, or poppy seeds. I mean, you can probably tell how delicious they are just from reading this, right? They will do as a main, or you can have one as a dessert, yum!

EQUALLY DELICIOUS MEAT-FREE CHOICES

Vegetarianism and veganism are fairly common in the Czech Republic, and you will be able to find meat-free meals that represent the culture as well as their meaty counterparts. Try looking for these:

- **Smazeny syr "Smazak"** (smah-zheh-nee seer, smah-zhahk)
Breaded and fried cheese served with potatoes and tartar sauce. Heavy, but sooo satisfying!
- **Koprova omacka** (koh-proh-vah oh-mah-chkah) [1]
Dill sauce. Some places serve it with meat and dumplings, but you will often get it with potatoes and a hard-boiled egg. Czechs either love it or hate it (it has a lot to do with kids being forced to eat it at the school canteen) but, especially with a contemporary twist in a modern restaurant, we believe it's a great vegetarian treat!
- **Rajska omacka** (rye-skah oh-mah-chkah)
A rich tomato sauce that can come with beef and dumplings, or you can eat it with pasta as a vegetarian meal.

If you head to a vegetarian restaurant, you can often find meatless svickova or gulas on the menu too.



BEER OR A PASTRY GOES WITH EVERY MEAL

One thing you will notice almost immediately is that most Czechs wash their meals down with beer. Czechs are the number one beer drinkers in the world, and it shows. It is not unusual to see them drinking a bottle of beer quite early in the day. Non-alcoholic beer is popular, too, and you'll find it in stores and restaurants.

And besides beer? Czechs love pastries almost as much as their hoppy delight. Make sure to stop by a local bakery, let the sweet smell enchant you, and pick a few treats.

The most traditional thing you can ask for are "kolace" (koh-lah-cheh), round and sweet pastries filled with fruit preserves, quark or poppy seeds. You'll also find other beloved treats like buchty [4] (filled pastry), koblihy (Czech doughnuts), loupaky (twisted rolls), babovka (bundt cake), Marlenka (layered honey cake), kremrole [2] (pastry rolls with whipped cream), and venecky (small choux pastry rings with vanilla cream). A far cry from "trdelnik", a pastry you will see ads for around almost every market in Prague. If it looks appealing, give it a try. But please be aware that it is not a traditional Czech treat, even though all the signs and posters say it is.



FINAL WRAP: LITTLE BITS OF CZECH DINING ETIQUETTE

Before we send you off to find your favourite Czech dishes, there are a few details we think helpful to know. Czechs don't usually share their meals; every person gets an individual plate, and you may see exchanges of little bites between couples or friends to taste the other person's meal, but it is not a full sharing experience.

It's also considered polite to wait until everyone is served their meal before you start eating. When you're done with your meal, you place the knife and fork parallel to each other, with the handles resting on the edge of the plate. Compared to southern countries like Spain where dinners starting at 10 PM are regular, Czechs dine early in the evening. It's okay to make dinner reservations starting at 6 PM.

Dobrou chut!

Ok, we've probably made you drool already. Now comes the best part. Head out there and explore all the tastes of Czech cuisine and try some meals that will make you want more! And before you dig in, remember to say "dobrou chut" (doh-broh khooh), which means "enjoy your meal".

Moussaka Made Simple

CZECHIA AND GREECE MIGHT SEEM WORLDS APART, BUT THEY SHARE A COMMON THREAD THROUGH THE HERITAGE OF THE AKESO GROUP. THIS RECIPE BRINGS YOU THE AUTHENTIC TASTE OF GREECE WHILE SHOWCASING THE CULTURAL DIVERSITY PRESENT IN OUR NETWORK. CRAFTED WITH HIGH-QUALITY INGREDIENTS, THIS HEARTY DISH PROMISES A TASTE OF GREECE IN YOUR OWN KITCHEN USING INGREDIENTS THAT ARE EASILY AVAILABLE WORLDWIDE.

INGREDIENTS FOR 4 SERVINGS:

- 400 g aubergine
- 400 g courgette
- 400 g potatoes
- 160 g minced lamb
- 320 g minced beef
- 100 g onion (finely chopped)
- 20 g garlic
- 200 ml sweet red wine
- 320 g tomato sauce (concasse)
- 20 g parsley
- 100 ml sunflower oil
- 100 ml olive oil
- Spices: salt, pepper, sugar, ground cinnamon, nutmeg

INGREDIENTS FOR 10 SERVINGS OF BÉCHAMEL SAUCE:

- 100 g butter
- 100 g flour
- 1 l milk
- 160 g Kefalograviera cheese (Greek hard cheese)
- 3 egg yolks
- Spices: salt, pepper, nutmeg



Chef's tip

Kefalograviera, a hard cheese made from goat and sheep milk, is a traditional choice. However, you can substitute it with any hard goat or sheep cheese for equally delicious results.

PREPARATION:

1 Fry the vegetables:

Deep fry the aubergine, courgette, and potatoes in sunflower oil until golden brown. Place the fried vegetables on paper towels to absorb excess oil.

2 Prepare the meat mixture:

Sauté the onion in olive oil over low heat for 5–6 minutes. Add the minced lamb and beef, stirring continuously until the meat is cooked and crumbly. Deglaze with red wine and cook until the alcohol evaporates. Stir in the tomato sauce and garlic, adding the remaining olive oil. Simmer over low heat until the liquid is absorbed. Sprinkle with parsley and set aside.

3 Make the béchamel sauce:

Heat the milk gently, avoiding high temperatures. Melt butter in a saucepan, then add flour, stirring until golden brown. Gradually whisk in the milk in four parts, ensuring no lumps form. Once thickened, season with salt, pepper, and nutmeg. Stir in the cheese and finally the egg yolks.

4 Assemble the moussaka:

Preheat the oven to 175 °C. Mix half of the béchamel sauce with the meat mixture. Drizzle olive oil into a non-stick baking dish and layer the potatoes on the bottom. Follow with half the meat mixture, then the courgette, another layer of meat, and finally the aubergine. Pour the remaining béchamel over the top and sprinkle with grated Kefalograviera cheese. Bake for 25 minutes until golden.



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FROM SUGAR CUBES ON YOUR CAFÉ TABLE TO THE CARS ON THE ROAD, CZECH INNOVATIONS ARE MORE PRESENT IN DAILY LIFE THAN YOU MIGHT REALISE. VISITING CZECHIA OFFERS THE CHANCE TO CONNECT WITH THE ORIGINS OF THESE CREATIONS AND DISCOVER EVEN MORE HIDDEN GEMS.

Whether through its groundbreaking inventions, globally recognised brands, or cultural contributions, Czechia proves that a small nation can have a big impact. Next time you encounter one of these iconic innovations, you'll know it proudly came from the heart of Europe.

The visionary world of contact lenses

Did you know that modern soft contact lenses were invented in Czechia? Professor Otto Wichterle, a Czech chemist, revolutionised eye care with his invention in the 1960s. Today, his groundbreaking work continues to improve lives globally.

A sweet innovation: sugar cubes

A simple yet transformative idea, the sugar cube was invented in the Czech town of Dacice in the 19th century. This convenient creation changed the way people sweeten their tea and coffee, making it an enduring household essential.

Revolutionising travel with the ship propeller

The ship propeller, a crucial component of modern maritime travel, has Czech roots. Josef Ressel, a Czech engineer, patented the design in 1827, revolutionising the efficiency of ships and shaping international trade.

The birth of the word "robot"

The term "robot" was coined by Czech writer Karel Capek in his 1920 play R.U.R. (Rossum's Universal Robots). This groundbreaking concept introduced the world to artificial beings and continues to influence science fiction and robotics today.



ICONIC CZECH BRANDS

SKODA AUTO

A global leader in reliable, innovative vehicles.

MOSER

Luxurious crystal creations admired worldwide.

BATA

Iconic footwear blending durability and style.

KOFOLA

A herbal, uniquely Czech soft drink.

BUDWEISER (BUDVAR)

The original Czech lager brewed in Ceske Budejovice.



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Your Guide to Prague:

**Where to sightsee,
dine and shop for
an unmatched experience?**



VITEJTE V PRAZE. (VEE-TEH-YEH V PRAH-ZEH) THAT'S HOW YOU SAY "WELCOME TO PRAGUE" IN CZECH. WE HOPE YOU HAD A GOOD JOURNEY AND ARE EXCITED TO EMBARK ON THE GRAND ADVENTURE OF EXPLORING CZECHIA'S CAPITAL. THE CITY HAS SO MUCH TO OFFER THAT WE COULD PROBABLY WRITE A WHOLE BOOK ON IT (AND MANY ALREADY HAVE). SO WE'LL KEEP IT SHORT AND SWEET BY PROVIDING YOU WITH A LIST OF SIGHTS YOU SIMPLY CAN'T MISS, RESTAURANT RECOMMENDATIONS FOR YOU TO TRY ALL THE STAPLES, AND LAST BUT NOT LEAST, WE'LL TAKE YOU SHOPPING, RECOMMENDING MALLS TO VISIT, GROCERY STORES TO POP IN TO, AND DELIVERY APPS TO TRY WHEN YOU FEEL LIKE HAVING A COSY NIGHT AT YOUR HOTEL. READY?

The place to be for history lovers

Strolling around Prague is like walking through a movie set. First, you will notice the quaint, narrow, cobblestone streets where you can often hear the clip-clop of horse hooves. Next, tilt your head a little to look at all the architectural gems and you'll soon realize that Prague is a city like no other. It's where Gothic meets Renaissance and Baroque churches stand side by side with sleek, modern office buildings. What are the main sights you should put on your list?

- **Staromestske namesti (Old Town Square)** [1]

Imagine what stories all the charming buildings on the Old Town Square could tell. Probably the busiest tourist area in Prague, but well worth making your way through the crowds. However, if you head out early in the morning, you'll have this gem that has been a significant gathering spot since the 12th century for yourself. Don't forget to stay for the hourly performance of the Astronomical clock [2], one of the main sights of the square.

- **Prazsky hrad (Prague Castle)**

Where would you head if you wanted to wander around one of the oldest medieval castles in the world? Correct. To Prague. Visiting the castle can easily take up a whole day. As one of the largest castles in the world, it has over 1000 years of history. Can you soak it all in?

- **Karluv most (Charles Bridge)**

Without a doubt, this is the most significant landmark in Prague. Its construction began in the 14th century and you can enjoy over half a kilometre long walk across it while enjoying the spectacular views and baroque statues lining the bridge.

- **Local parks:**

Prague is a green city. On top of Petrin hill, you'll find a Czech miniature of the Eiffel tower, a pretty cool sight. If you don't feel like climbing the hill, you can take the funicular. That's what most people do, and that's why it often gets crowded. But take our word for it as locals, it's not a strenuous hike if you decide to do it on foot! After you're done with Petrin, you can explore Stromovka or obora Hvezda, both great parks for a romantic walk.



Do you want to explore Prague like a local and avoid tourist scams? Run to your computer or get your phone and look up Honest Guide on YouTube. Janek and Honza, the show hosts, will immediately become your favourite local guides, you'll see!

youtube.com/c/HONESTGUIDE





A delicious meal after your stroll? Be Prague's guest!

Is your stomach growling after taking a tour of the castle complex or walking up to Petrin? No problem. There's always great food around in Prague. You can choose from bistros and pastry shops for a quick snack, or head to one of the many sit-down restaurants we love. And if you fancy an extra special dinner, you can put one of the two Michelin-star restaurants on your list. Or try the menu in both to make the trip truly unforgettable!

A snack will do

- **Knedlin:** A recently opened bistro with a wide selection of dumplings ("knedlik" in Czech, hence the name). You can pick from savoury or sweet fillings and make your own mix as they sell dumplings individually.
- **Cukrar Skala, Mysak, If Café, Kolacherie:** These are the spots you want to hit if you love sweets. They're some of the best pastry stores in the city and have cakes and pies of flavours and textures you have never tasted before. Yum!
- **Oh Deer:** This bakery specializes in "cronuts," a delightful fusion of croissants and doughnuts, offering a variety of flavours that have captivated both locals and visitors.

I need a full meal

These are some of our favourite restaurants in Prague:

- **FILEMA:** Are you still in Prague? You are! But it feels like Greece so much, right? This is a place where to get delicious Greek food, one of a few in the city.
- **Jaffa:** Traditional Middle Eastern cuisine. This restaurant is located in a mall, so don't get frustrated if you can't find it for a while.
- **U Mateje:** Both traditional and contemporary Czech cuisine. A famous Czech chef, Jan Puncocchar, will prepare you a meal you won't forget along with his team.

- **U Modre kachnický:** With two locations in Prague, this place serves great traditional meals and you can even opt for a tasting menu!
- **Lokal:** This one is a very popular chain where you get Czech staples in the setting of a traditional pub. It gets loud and crowded, but that's just a part of the experience. It's cosy in its own Czech way, don't picture anything rowdy.
- **Cerveny jelen:** If you're an architecture lover, this is a must. A great restaurant where food never disappoints, but the interior steals the show.
- **U Pinkasu:** This is probably one of the best spots in Prague to get traditional Czech food. Very central, but not super touristy. This place has an ambience you'll want to experience!
- **Obecni dum (Municipal House):** Located in one of Prague's most iconic Art Nouveau buildings, this restaurant combines elegance with excellent Czech cuisine. You'll be dining surrounded by stunning architecture and history.
- **Michelin star restaurants:** Prague has two restaurants holding Michelin stars, La Degustation bohème bourgeoise and Field.

Where to buy halal food in Prague

Anatolia Grill Restaurant has been recognised as one of the best halal restaurants in the city. For groceries, you can try FARAH Halal Grocery & Butcher, Halal meat Sabilco, or Al-Madina.



Does a shisha bar sound like a great idea after dinner?

There are several very cool spots to enjoy a smoke. Try Foggy Prague Shisha Lounge Bar, Kaleean Shisha Lounge Bar, or The Mist Prague.



1



2



3

Shopping in Prague is excellent, both in a mall or on a high-end street

Are you looking to buy some souvenirs? Prague has a shopping scene that won't bore you. There are several shopping malls in or close to the city centre and a couple you can go to with public transportation or a cab.

Centrally located

- **Palladium** [3]: One of the biggest malls in the city situated in the heart of the city centre. You'll find everything you need there, but brace yourself, it can get crowded.
- **Parizska** [1]: High-end shopping street directly connected to the Old Town Square. If you walk all the way through it, you'll find yourself in the former Jewish quarter. Do you happen to be in Prague around Christmas? Awesome. Go check out how some of the most renowned fashion brands have decorated their shop fronts, it'll leave you in awe.
- **Maj** [2]: The ideal stop after enjoying knedlik in the Knedlin bistro nearby. It's also on Narodni Street, recently decorated with a huge art installation of butterflies by David Cerny. You may have seen it on Instagram or in the media as it's been making headlines for a while.
- **Prikopy**: Bustling street full of mid-range stores you can easily spend a few hours browsing. There's also a Hamley's, a famous toy store, if you need to shop for gifts.

Take a metro, tram or a cab

- **Novy Smichov**: Your classic shopping mall with modern design and spacious interior. Located in Smichov, a district easily accessible by local transportation.
- **Metropole Zlicin**: This is the furthest mall from the city centre, but it's the closest one to Horovice and Beroun, making it a convenient stop for those in the region.
- **POP Outlet**: Just a short distance from the airport and close to Beroun, POP Outlet is a unique shopping destination where the interiors are inspired by famous Prague landmarks. It's perfect for those looking to shop near the airport or on their way to explore other Czech towns.

That's a wrap... Did the word just make us think about food again? It sure did! On that note, falafel wraps from local kebab stores are also an excellent option for a quick meal! Just find one nearby and take a delicious bite.

Getting around Prague is easy. If you save the names of the places in Google Maps, you can quickly look up public transportation or even a walking route to most of them. Or call an Uber or Bolt to work in more stops in your busy schedule (and give your feet a break, too!)

Have fun exploring what we believe is one of the best cities on Earth.



The Czech garnet, with its deep, fiery red hue, is a treasured gemstone symbolizing the rich history and artistry of Czech jewellery-making.

Reach for your phone when you don't feel like dining out

Sometimes, it's just convenient to have your food come to you instead of chasing the best meals around the city. If that's the case, you can rely on these apps:

Restaurant deliveries:

- Foodora
- Bolt Food
- Wolt

Grocery deliveries:

- Rohlik
- Kosik





Diagnostic Centres in Prague: A One-Stop Medical Shop

MIXING BUSINESS WITH PLEASURE IS ALWAYS POSSIBLE IN PRAGUE. THE CITY OFFERS INCREDIBLE SIGHTSEEING, FOOD AND CULTURAL EXPERIENCES, AND SECOND-TO-NONE MEDICAL FACILITIES. SO WHY NOT TAKE CARE OF YOURSELF WHILE VISITING ONE OF THE MOST BEAUTIFUL CITIES IN THE WORLD? SOUND GOOD? GREAT! TAKE A YELLOW METRO FROM THE CITY CENTRE TOWARDS ZLICIN, AND IN AS LITTLE AS 20 MINUTES, GET OFF AT NOVE BUTOVICE. ONE QUICK 4-MINUTE WALK LATER, AND VOILÀ! THE DIAGNOSTIC CENTRES IN PRAGUE. A STATE-OF-THE-ART MULTIDISCIPLINARY CLINIC THAT OFFERS PREVENTIVE PROGRAMMES AND TREATMENTS FOR CHILDREN AND ADULTS WHICH YOU CAN SIGN UP FOR SIMPLY BY REACHING OUT TO CLIENT@ALTOAMT.COM.

Under one roof, you will find general practitioners and medical specialists from various fields, such as orthopaedics, gynaecology, neurology, urology, and cardiology, who are ready to help. The centre also offers vitamin therapy, plastic and aesthetic consultation, dermatology treatment, and much more.

If you decide to get treatment at Diagnostic Centres in Prague, rest assured that all of the equipment you'll encounter is truly top-class, and so is the laboratory technology used to assess

your tests and draw results. Magnetic resonance imaging, X-rays, and ultrasounds are available on-site, too. The stomatology department has recently been renovated, so now going to the dentist feels more like visiting a spa.

All this makes for a great experience, whether you are coming in for a routine examination or a comprehensive health check-up. You'll especially appreciate the centre's excellent service when it comes to preventive screening. You can visit the clinic in the morning and receive your results in the

afternoon, after having already talked everything over with a physician.

These preventive screening programs are gaining popularity among patients, as is DNA testing, which can reveal predispositions to certain diseases. We talked with Michaela Malackova, M.D., to learn the details about these trending treatments. How many preventive screenings does she do a month, and do Czechs opt for different programs than foreign clients of the centre? Keep reading to find out.



"Czech and international patients seek the same things regarding prevention"

- Michaela Malackova, M.D.

Let's explore the clinic's preventive programs in more detail. What variants are there, and which ones do patients typically choose?

I can only speak from a general practitioner's perspective, not for the whole clinic, but the prevention programs are top-rated. The most in-demand one is probably cancer prevention screening. We offer both basic and comprehensive prevention programs. There's no better or worse when choosing the right screening; it always depends on what the client expects to get from it and learn about their body.

Can you take us through the whole process?

The first part is a clinical examination of the patient, which means discussing medical history, talking to the patient about what's bothering them,

what they're being treated for, what medications they're on, their allergies, and any other details. We then move on to the next part, the clinical examination itself, where we examine the patient from head to toe using the classical methods. If needed, we would do ECGs or spirometry.

The second part of both programs is laboratory testing. The extent of this varies depending on whether the patient has chosen the basic or comprehensive preventive program. The last component of the process is imaging with ultrasound or X-ray. Afterwards, we go over the results together with the patient, discuss where there are any red flags, and recommend further screenings or actions.

Can all of this be done in one day?

Those comprehensive prevention programs are designed to be done in one day or according to the patient's schedule.

That's perfect, especially when it's part of a vacation schedule. Speaking of vacationing, do you see any trends in the treatments international clients are looking for?

The preventive programs are as popular with international patients as they are with Czech patients. The medical examination and approach are the same. We treat everyone the same - we have patients from Europe, America, China, and Arabic countries; the only difference is language. However, as general practitioners, we need to know that certain diseases show differently in people from different corners of the world. While some test results can be alarming for Czech patients, they may be normal for a foreign client, or vice versa.

Is there anything else clients can do regarding prevention when visiting the clinic?

Prevention is crucial, and I'm happy that we offer multiple services in that area. Monthly, I have anywhere from single digits to dozens of patients interested in preventive programs—and that's just my department. Recently, we launched at-home DNA saliva testing in addition to the programs we've discussed. It's aimed at patients who are interested in knowing their genetic predisposition to certain diseases, whether it's high cholesterol, heart attack, stroke, or possibly some kind of cancer.

These tests can indicate some genetic predisposition to certain diseases, but that doesn't necessarily mean that the disease has to occur because many of the diseases we're looking for with these genetic tests are influenced by genetic factors and some lifestyle factors. And if the patient finds out that he or she has a higher risk of, say, a heart attack or lung cancer, he or she may try to prevent the outbreak of the disease by adjusting their lifestyle. That's why prevention is so important. Based on the test results, we can also design tailor-made checkups to help patients explore possible health issues in more detail.



Beroun Rehabilitation Hospital

**Where they nurture your
body and soul**

TOP LEVEL MEDICAL CARE CAN BE FOUND ALL OVER THE CZECH REPUBLIC, NOT JUST IN PRAGUE. HEAD 30 KM WEST, AND YOU'LL SOON SPOT BOTH THE SIGN FOR "BEROUN" AND THE MODERN-LOOKING HOSPITAL COMPLEX ATOP THE HILL. ONCE YOU'RE THROUGH THE GATES OF THE BEROUN REHABILITATION HOSPITAL, YOU'LL NOTICE HOW EXPANSIVE THE GROUNDS ARE. THAT'S BECAUSE THERE ARE 16 DEPARTMENTS WHERE 800 TOP PROFESSIONALS ARE READY TO TAKE THE BEST CARE OF YOU. THE MOST SOUGHT-AFTER SERVICES ARE REHABILITATION, MENTAL HEALTH CARE IN THE MENTAL REHABILITATION CENTRE, AND ONE-DAY SURGERIES, WHICH REQUIRE PATIENTS TO SPEND JUST ONE NIGHT IN THE HOSPITAL, SO THEY CAN GO BACK TO RELAXING IN THEIR HOTEL ROOM OR DIVE BACK INTO EXPLORING THE BEAUTY OF THE CZECH REPUBLIC IN NEXT TO NO TIME AT ALL.



REHABILITAČNÍ NEMOCNICE BEROUN

HOWEVER, THE HOSPITAL DIDN'T ALWAYS LOOK LIKE IT DOES TODAY. IN FACT, TWO DECADES AGO, THINGS WERE A LITTLE BLEAK, AND THE ESTABLISHMENT'S FUTURE WASN'T CLEAR. AFTER PRIVATISATION IN 2007, THE HOSPITAL GOT A WHOLE NEW LIFE, WITH INVESTORS COMING IN WITH A STRONG VISION OF MAKING BEROUN REHABILITATION HOSPITAL ONE OF THE BEST MEDICAL FACILITIES IN THE COUNTRY.

HAS THE VISION BECOME A REALITY? FOR THE REHABILITATION CENTRE, ONE OF THE BEST-EQUIPPED AND MOST COMFORTABLE REHABILITATION FACILITIES IN THE CZECH REPUBLIC, THERE'S NO DOUBT. WE HAD THE PLEASURE OF SITTING WITH MILENA KOLAROVA, M.D., HEAD OF THE REHABILITATION DEPARTMENT, AND ASKING HER A FEW QUESTIONS. HER ANSWERS WILL HELP YOU GET TO KNOW THE CENTRE BETTER, WHETHER YOU'RE ALREADY SCHEDULED FOR TREATMENT OR JUST LOOKING AROUND.

"The key for me is quality staff and individual approach"

- Milena Kolarova, M.D.

Please fill us in on the journey that led you to the Rehabilitation Centre in Beroun.

I originally started in gynaecology and then moved to rehabilitation. I worked both here in the Czech Republic, for example, at the Motol University Hospital, and at two clinics in Germany. I've been with this rehabilitation centre since 2010, so you could say practically from the beginning, operating from the old hospital building that was gradually renovated into this beautiful centre with 150 beds.

Are all those beds usually taken? What is the occupancy rate?

We usually have between 130 and 150 hospitalised patients. The wait time now is two to three months, so you can tell we're pretty busy. However, we also try to keep a few free spots for acute cases coming from hospitals, such as stroke patients. In general, we strive to keep our total capacity booked so that as many patients as possible get treatment.

What is a typical diagnosis?

We're a rehabilitation facility, so you could say the diagnoses are varied. We have patients after major joint surgery and patients after trauma, whether it's limb or head injuries. Then there are neurological patients, that is, acute stroke patients, who come directly from neurology or chronic neurological patients, like patients suffering from multiple sclerosis and amyotrophic lateral sclerosis. Those are patients with peripheral nerve damage.

Next, we care for cardiac surgery patients, lung surgery patients, people with COPD, or patients with painful conditions. Only occasionally do we treat patients with spinal cord injuries.

What equipment helps your patients recover so quickly?

We're proud to offer our patients the most up-to-date equipment so they can quickly return to daily life. One of our specialities is the use of a robotic hand, Gloreha, with patients in occupational therapy. We also have several cognitive training machines and cognitive programs for physical therapy. What is exciting is that we realised that one of our physio-kinetic machines, originally meant for athletes to train their muscles under computer control, is perfectly suitable for anyone who has weakened muscles. So we use it for older people, and it's been working great! Otherwise, there are plenty of small training devices that we lend the patients so they can exercise on their own several times a day.

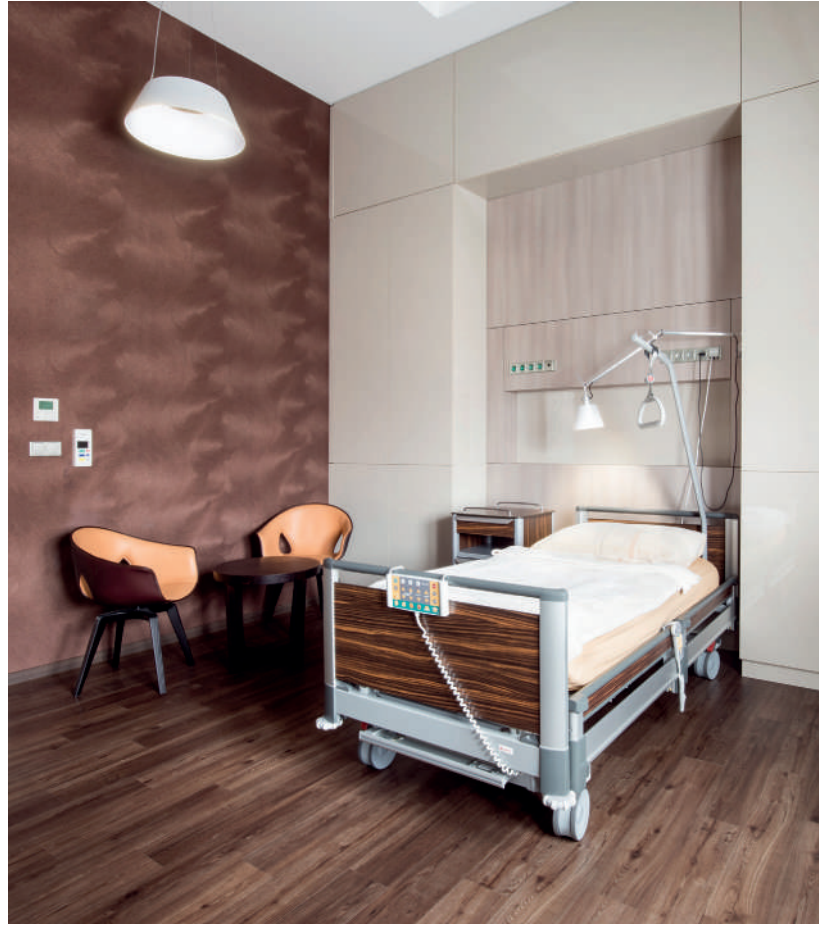
Moving to your patients from abroad, what treatments do they seek?

Our foreign patients have usually suffered trauma, are recovering from orthopaedic surgeries, or neurological diagnoses, mainly strokes. That's why they sometimes seek a more individual approach and stay in one of our two apartments. These apartments offer a home-like feel and, with a personal assistant and an individual physiotherapy treatment plan, are really comfortable places for recovery. Patients who opt to stay in the apartments spend on average between one and two months there. Usually, they ask for some add-on procedures too, such as occupational therapy, massages, or water therapy.

With the centre already being well-established, what is your vision for the future?

We want to deepen cooperation with clinics in Prague and Brno that we've established over the years. Our one-day orthopaedic surgery programme is becoming very popular, so I'm sure we'll focus on satisfying demand in that sector in the upcoming months. We aim to get people back to their everyday lives as soon as possible, especially patients like professional athletes. We expect the centre to develop further in all the directions that modern times and patients require. However, even though we are getting more exciting equipment to try out shortly, I still firmly believe that high-quality staff and individual treatment approaches are the keys to success.





Supporting your journey
to mental well-being

Mental Rehabilitation Centre Beroun

SOMETIMES, IT'S OUR VERY SOUL THAT NEEDS ATTENTION. GIVEN THAT ONE IN FOUR PEOPLE WORLDWIDE FACE STRUGGLES THROUGHOUT THEIR LIVES WHICH COULD BE CLASSED AS MENTAL DISORDERS, FACILITIES PROVIDING PSYCHIATRIC AND PSYCHOLOGICAL CARE ARE BECOMING INCREASINGLY IMPORTANT. ONE OF THEM IS THE MENTAL REHABILITATION CENTRE IN BEROUN, PART OF THE BEROUN REHABILITATION HOSPITAL. OPENED IN JUNE 2023, IT OFFERS COMPREHENSIVE ACUTE AND FOLLOW-UP PSYCHIATRIC CARE FOR PATIENTS FROM ALL OVER THE WORLD. THE CENTRE'S QUALITY OF CARE IS UNMATCHED IN CENTRAL EUROPE, AND THE FACILITY IS AMONG THE BEST BOTH IN EUROPE AND WORLDWIDE.





"What drew me to Beroun? The chance for better psychiatric care in the Czech Republic"

- Martin Holly, M.D.

What makes the Centre exceptional is the integration of advanced technologies designed to boost mental well-being, such as circadian lighting systems that mimic natural daylight to support patients' biological rhythms.

To shed some light (pun intended) on how to build a facility that aims to be one of the most progressive in Europe and potentially the whole world, we sat down with psychiatrist and sexologist Martin Holly, Deputy Director for Mental Health, and asked him a few questions.

You were the Director of the Bohnice Psychiatric Hospital, the most extensive facility in Czechia, for 10 years. What made you leave and focus on regional psychiatric care?

The chance to contribute to developing the Mental Rehabilitation Centre was very appealing because it contributes to elevating the quality of psychiatric care in the Czech Republic. I needed to reach an agreement with the management team about the strategic direction of the Centre before joining the team: our vision is to create an accessible psychiatric care facility, not a wellness centre for the rich, that will, on top of it, be part of a broad network of places offering psychiatric care around the whole country, with a focus on non-hospital institutions, outpatient psychiatric care and community services. Why? We want to ensure that our clients

receive follow-up care when they leave, and it's crucial for their well-being to do so close to their natural environment, where their social connections are.

How does that improve the psychiatric care system in the Czech Republic as a whole?

A significant area of improvement for the Czech healthcare system is the need for continuity and co-operation between individual components. In this case, we can build a quality psychiatric and sexology care network, which has much to catch up on.

What services does the Mental Rehabilitation Centre offer?

Most of the capacity is dedicated to a regionally anchored acute psychiatric ward. Thanks to the Centre's location on the Beroun Rehabilitation Hospital premises, we can focus on psychosomatic care. We are working on offering high-quality psychiatric care for children and teenagers because mental health problems amongst youngsters are on the rise, and the system isn't able to accommodate such a rapid increase, the rise in addiction in particular. We also offer a program for older people with cognitive impairments in the aftercare unit.

You also use modern technologies in the centre, such as unique lighting which supports the natural biorhythms of the human body, or virtual reality. Are these approaches delivering the expected results?

We have yet to launch virtual reality fully. But in general, this technology helps us expand the possibilities of psychotherapeutic work. The idea that technology is "replacing" the therapist is unrealistic. On the other hand, there is a large body of evidence for the effectiveness of the special lighting we use in the centre. The circadian lighting helps to rhythmise the "internal clock" in each person who stays with us, and we also have a particular room where phototherapy takes place. We use both to treat mood disorders, especially depression, by exposure to bright full-spectrum light in the morning or mid-morning. Both technologies relieve patients, improve sleep quality, and contribute to better concentration during the day.

What percentage of your patients are treated by these new technologies?

As I mentioned, the light regime is especially important for patients with mood disorders and sleep disorders. Approximately one-third of our patients suffer from these. Throughout 2024, we admitted more than 1,000 people.

Do you adapt the treatment to patients from different cultural backgrounds?

We always respect each patient's background and specific needs. However, in the premium care programs run by Altoa, care is entirely individualised. That means we have more room to get to know the patient and be flexible designing their treatment plan.

A regional gem with top-notch orthopaedics and general surgery treatment

Horovice Hospital

EVEN THOUGH HOROVICE HAS THE, FOR MANY, UNPRONOUNCEABLE "Ř" SOUND IN THE TOWN NAME, IT DOESN'T DESERVE TO BE GIVEN UP ON - QUITE THE OPPOSITE, IN FACT. HOROVICE IS A SMALL TOWN NEAR PRAGUE, WITH A POPULATION OF JUST 7,000. IT'S ALSO HOME TO ONE OF THE BEST MULTIDISCIPLINARY HOSPITALS IN THE CZECH REPUBLIC, WHERE INTERNATIONAL PATIENTS CAN GET SUPERB CARE, ESPECIALLY IN ORTHOPAEDICS, GENERAL AND PLASTIC SURGERY, GYNAECOLOGY, AND INTERNAL MEDICINE. THE HOSPITAL IS ALSO RECOGNISED FOR ITS ANAESTHESIOLOGY AND RESUSCITATION DEPARTMENT. HOROVICE HOSPITAL ALSO COOPERATES CLOSELY WITH BEROUN REHABILITATION HOSPITAL, WHERE PATIENTS RECEIVE EXCELLENT REHABILITATIVE AFTERCARE FOLLOWING THEIR SURGERIES.







To help you get a better understanding of this medical facility, we interviewed **Milan Pastucha, M.D.**, Head of Orthopaedics. How many total hip and knee replacements does the ward perform annually? What is the most common diagnosis of his patients at Horovice Hospital? Find all the answers below.



"We're ready to introduce hip and knee robotic-assisted replacement surgeries"

- Milan Pastucha, M.D.

Please take us along on the professional journey that led you to Horovice Hospital.

I started my career working at a department which specialised in treating patients ranging from newborns to eighteen-year-olds, primarily focused on birth defects, hip dysplasia, foot development disorders, and some very rare and severe defects. These are patients who are not easy to treat. There are not many of them, and each one is different. I've always wanted to do something else, too. So I actively served in surgery, specifically adult surgery and paediatric surgery, and then

eventually, when an opportunity arose to do an internship in the Czech Republic, I fully dove into adult orthopaedics. However, I'm glad I started as a paediatrician because I have the skill set to treat children and always go back to them.

Do you think it would not have been possible the other way around?

To start carrying out surgeries on adults and then trying to do the same on kids is a path I find virtually impossible. When you get used to an adult body and suddenly face a four-inch foot surgery, it's impossible to do it right.

After joining the team of specialists in Horovice, you became Head of the Orthopaedic Department in just three months and started developing it into its current form. What would you say sets the department apart from others in the Czech Republic?

One modern trend and a popular service we offer is overnight arthroscopy. We conduct this in our partner facility, Beroun Rehabilitation Hospital, and annually, we perform about 600 overnight arthroscopies there. Plus, I believe what sets us apart from the rest is the efficiency with which we

approach surgeries and the number of patients we manage to treat every year.

In addition to the arthroscopies, we perform regular orthopaedic surgeries—hand, leg, foot, corrective osteotomy, or revision surgeries. Together, we perform around 1,500 surgeries per year, and the most typical diagnoses are osteoarthritis of the hip and the knee.

How does the process go if anyone from abroad decides to get treated at your department? Could you guide us through it step by step?

The patient will contact one of our client centres and briefly describe what treatment they're interested in. If we can help, a questionnaire will follow for them to complete. We then ask the client to send over medical reports; X-rays are usually sufficient, and there's no need for a CT or MRI to be carried out unless the desired treatment is arthroscopy. We carefully assess those images and make a final decision on whether we can help the client in our facility or not. Of course, it would be ideal for us to see the patient in person before we make such a decision. Still it's not often logistically possible, so we've advanced our assessment techniques enough to determine remotely if the person is a good candidate for surgery in our hospital.

When surgery comes up, we treat international patients the same as locals. The only difference is speaking English, which is not a challenge even if we don't have perfect English-speaking staff caring for the patients, as Altoa is always there to help and act as an interpreter or mediator.

What is the average waiting time at the moment?

It would be somewhere between 3 and 4 months. Our big advantage is that we can offer surgery on Saturdays, which is not standard in other facilities. This allows us to offer more treatment to more patients.

And what is your vision of the best quality service for them?

The essence is to make surgery as accurate as we can, reduce pain as much as possible, and to respect the principles of the fast-track protocol, which means getting the patients vertical again in as little time as we can. We're also doing our best with the least invasive surgeries available, and focusing on modified anaesthesia to relieve patients' post-operative pain. We are very close to turning our vision of introducing robotic-assisted knee and hip replacement surgery into reality, which is a huge milestone.

A timeless classic: The Karlštejn Castle stands proudly atop a hill, inviting you to step back into medieval times. Founded in 1348, this Gothic gem is not just a fortress but a masterpiece of Czech history and architecture, nestled perfectly within the lush landscapes just outside of Prague.





A guide to fun in both towns

**CASTLES, CRAFTS, COUNTRYSIDE, AND GREAT
FOOD. BEROUN AND HOROVICE HAVE IT ALL**

EVEN THOUGH THE ADVERTS MAKE IT SEEM AS THOUGH THE BEAUTIFUL CITY OF PRAGUE IS ALL THE CZECH REPUBLIC HAS TO OFFER, THAT'S FAR FROM THE CASE! JUST A FEW DOZEN KILOMETRES AWAY, AROUND BEROUN AND HOROVICE, YOU CAN EXPLORE MANY UNIQUE EXPERIENCES AND TASTES – OF COURSE, CZECHIA IS ALL ABOUT GREAT FOOD. BUT YOU KNEW THAT ALREADY, DIDN'T YOU?



Horovice



Solvay Quarries

heritage sites

Let's dive right in. Beroun (33 km from Prague, half an hour on a train, about 20 mins driving) and Horovice (54 km from Prague, around 1 hour on a train and approximately 35 mins drive) hold their own against Prague for fun things to do. There's so much you can do that you can easily plan a week's worth of activities, if not more.

How to get around?

All the places we listed are easily accessible by car, bike, or on foot. In Beroun, you can rent a bike through the **Next Bike app** (and then head to Nizbor to grab a bite along the river to the Karlstejn castle, but we're getting ahead of ourselves here). Try the **Happy Go app** or rely on a classic rental company for easy car hire. If you're not driving, **Uber** and **Bolt** work great here too for quick rides between spots. And don't forget about the local public transport (MHD) that connects the towns and neighbourhoods. Locals often check schedules through the **IDOS app**, and if you're in Prague, you can also use **PID Litacka** to stay on track with tram, bus, and train options.

Which spots to visit?

We grouped the places you should visit to make it easier for you. In this way, you can pick what tickles your fancy the most.

Krivoklat Castle



CASTLES, PALACES, MONASTERIES

Horovice Chateau

This baroque and empire-style chateau in Horovice is surrounded by beautifully landscaped gardens. It's a peaceful stop with a charming historical atmosphere and offers guided tours that showcase unique collections from the nobility who once lived there.

Karlstejn Castle

Travel back in time and visit this Gothic castle, founded in 1348. It's a natural treasure and a perfect day trip destination.

Krivoklat Castle

Do you want to walk around one of Czech history's oldest and most important castles? Head to Krivoklat and feel like you're back in the 12th century with princes and princesses wandering around!

Zebrak and Tocnik

This is a double castle! It's a unique castle experience that you can combine with exploring the Krivoklat castle. How many castles a day are too many? There's nothing like that for history lovers, is there?

Zbiroh Chateau

A hidden gem with a fascinating history, Zbiroh Castle is known as the "castle of three emperors" and it's one of the oldest castles in Czechia. This Renaissance castle also holds the mystery of Templar knights and makes for an unforgettable visit.

Nizbor Chateau

This place serves as a memorial of Celtic times in Bohemia. It is a baroque castle that hosts many intriguing exhibitions.

Svaty Jan pod Skalou

A breathtaking Czech village near Beroun known for its baroque stylings and former monastery. Here, you can also explore the Mine and Industrial Railway Museum at the Solvay Quarries, where you'll find exhibits on limestone mining, and you can even enjoy a ride on a historic train through the picturesque quarry landscape.

Tetin

Tetin is one of the oldest villages in the Czech Republic. Take a walk around to admire the St. Jan's Church and enjoy a beautiful landscape view towards Beroun and Berounka river.



Pottery Market

crafts

Rüchl glass factory in Nizbor

Step into this Bohemian glass factory to explore one of the most traditional Czech crafts. A lot of magic awaits you just seven kilometres from Beroun.

Beroun Ceramics Museum

Museum of ceramics where you can try out the craftsmanship yourself, so, take a seat at the potter's wheel and relax while doing something new.

Traditional Pottery Market, Beroun

If you're into handmade pottery, you'll love this event. One of the biggest pottery fairs in the country happens once or twice a year in Beroun. Check their website for upcoming events, they have info in English too: hrcirskethy.cz.

Onion Fair, Horovice

If you walk near the main square in Horovice at the beginning of October, your nose may get hit by a pleasant oniony smell. Why? Because it's Onion Fair time! This is a fun celebration where you can buy not only onions, but many other local treats while enjoying exhibitions showcasing local culture, traditional crafts, and much more. Follow the official website of Horovice for exact dates: mesto-horovice.eu/en

Berounka river





Quarry "America"



Brdy

nature

Chodoun Lavender Valley / Nezabudice Lavender Field

Two incredibly beautiful lavender valleys to take a walk through. The smell, the colour, a perfect afternoon of relaxation! You'll also find there a cosy cafe and restaurant with year-round service. They offer lavender-infused dishes and drinks, as well as a selection of lavender products to take home, making it an ideal stop to unwind and soak in the calming vibes of lavender.

Brdy

This is a range of hills close to Prague you can head to if you're into hiking. It's a protected area, a little gem that offers a great escape into the woods.

Koneprusy Caves

Located in the heart of the Bohemian Karst, the Koneprusy Caves are a stunning natural wonder with unique limestone formations. Visitors can explore underground chambers filled with stalactites and stalagmites, learning about the cave's history, which dates back millions of years.

Quarry "America" and Certovy steps

Nicknamed the "Czech Grand Canyon," Amerika is an impressive limestone quarry with turquoise water, surrounded by cliffs. Nearby, the Certovy steps quarry is another notable limestone quarry. While it's not accessible directly, you can admire this massive quarry from a scenic viewpoint nearby. The view reveals the quarry's unique tiered formations, created by limestone extraction, which resemble "steps" down into the rock.

eat drink & have fun!

Blackdog Restaurant, Beroun

Taste of America in Beroun. Blackdog serves burgers, BBQ, and more. It's centrally located in Beroun, just a short stroll from anywhere in town.

LAPAZ Mexican Restaurant, Beroun

For a Mexican treat, stop by LAPAZ in Beroun, where their tacos and margaritas are especially popular, bringing authentic Mexican flavours to the heart of Czechia.

Alena Restaurant, Beroun

A cosy spot right on the square, Alena offers traditional Czech cuisine in an inviting setting.

Na Krete Restaurant, Horovice

A modern Czech restaurant where they'll serve your meal on a traditional Japanese plate. It combines quality Czech cuisine with a modern twist, focusing on fresh, local ingredients and authentic flavours that showcase true Czech hospitality.

PODNIKK restaurant & bar, Horovice

Combines Czech and international dishes in a trendy, welcoming setting. Known for fresh ingredients and a modern twist on classics, it's a local favourite.

STEAK BAR Na Cihatku, Hredle

Sit on the terrace and enjoy your steak the way you like it. This steak bar has great meals and stunning nature views!

Bonte Gelaterie, Beroun

Bonte Gelaterie in Beroun, located near Prazska Gate, is renowned for its authentic Italian gelato made with fresh ingredients. It features both classic flavours and unique options like salted caramel and poppy seed with plum. Alongside gelato, the gelateria offers homemade desserts, fresh lemonades, quality Italian coffee, and even a glass of wine, creating an ideal atmosphere for a pleasant break in Beroun's historical centre.

Da Italia, Beroun

The Da Italia cafe in Beroun, located at Ceska 59, is considered a small piece of Italy in the heart of the city. It offers authentic Italian specialities, including fresh desserts and coffee, along with a selection of Italian foods available for purchase.

Kafejn, Beroun

Kafejn in Beroun, located at Slapska 131, is a popular cafe known for its speciality coffee and house-made desserts and pastries. It offers breakfast and weekend brunches in a cosy setting with a modern interior. The cafe has earned a loyal following thanks to its quality coffee and welcoming atmosphere, making it a favourite spot to relax in the city.

Bistro Na Zamku, Horovice

This cosy cafe is in the left wing of the Horovice State Chateau. It serves a variety of coffee drinks, homemade Moravian frgals, and baked treats. The menu includes speciality beers from Cerna Hora Brewery and a selection of organic products.

Kavarna Vcera, Horovice

Located in the city centre, this cafe serves coffee from the Co-bean family roastery and offers a range of gluten-free desserts, waffles, and chocolate pralines. Alongside its standard menu, you can try unique options like Espresso Tonic or Viennese coffee. The cafe also hosts talks and art exhibitions. What truly sets Kavarna Vcera apart is its collaboration with the organisation Dementia, supporting individuals with Alzheimer's or other types of dementia and their families. The name "Vcera" (Yesterday) reflects this mission, providing a comforting and inclusive space for all.



If you're not in the mood to head out, you can conveniently order from your favourite restaurant through Foodora app or Wolt app for a cosy night in!

If you're visiting around Christmas, check out the Christmas markets and decorations in both towns. If not, you're in for some stunning environments anyway. Beroun and Horovice are both little Czech towns with a laid-back atmosphere and a lot of fun things to do. So, get out there and let yourself fall in love with them!

For details on each place, such as opening hours, simply enter its name into Google Maps or any other navigation app.



contact&visit

Anatolia Grill Restaurant

anatolia.cz/menu-anatolia-prague

Na Porici 1934/38, Prague 1

Bistro na Zamku Horovice

bistrohorovice.cz

Vrbnovska 22/2, Horovice

BlackDog Bar&Grill Beroun

blackdogs.cz/en/beroun

Ceska 140, Beroun

Bonte Gelaterie

[instagram.com/bonte_gelaterie](https://www.instagram.com/bonte_gelaterie)

V Prazске brane 74/2, Beroun

Cerveny jelen

cervenyjelen.cz/?lang=en

Hyberska 1034/5, Prague 1

Cukrar Skala

cukrarskala.cz/en

V Celnici 1034/6, Prague 1

Dlouha 727/39, Prague 1

Da Italia

daitalia.cz

Ceska 59/12, Beroun

FARAH Halal Grocery & Butcher

farahfood.cz

Myslikova 209/5, Prague 1

Field Restaurant

fieldrestaurant.cz/en

U Milosrdnych 852/12, Prague 1

FILEMA Greek Cuisine

filema.cz/en

Musilkova 568/35, Prague 5

Foggy Prague Shisha Lounge Bar

sites.google.com/view/foggyprague2/foggy-prague

foggy-prague

Havelska 508/9, Prague 1

Politickych Veznu 1272/21, Prague 1

IF Cafe

ivetafabesova.cz

Ovocny trh 8, Prague 1

Jaffa Restaurant

jaffa-restaurant.cz

Panska 894/4, Prague 1

Kaleean Shisha Lounge Bar

kaleean.com

Zitna 1667/41, Prague 1

Kafejn

[instagram.com/kafejn](https://www.instagram.com/kafejn)

Slapska 131, Beroun

Kavarna Vcera

kavarnavcera.cz

9. kvetna 244/8, Horovice

Kolacherie

kolacherie.cz/en

Celetna 589/27, Prague 1

Knedlin

knedlin.cz/en

Narodni 115/24, Prague 1

La Degustation

Boheme Bourgeoise

ladegustation.cz/en

Hastalska 753/18, Prague 1

La Paz Beroun

lapaz.cz/menu_kl.htm

Na Prikope 1/6, Beroun

Lokal Dlouhaaa

lokal.ambi.cz/en

Dlouha 731/33, Prague 1

Maj Narodni (House of Fun)

houseoffunprague.cz/en/house-of-fun-en

house-of-fun-en

Narodni 63/26, Prague 1

Metropole Zlicin

westfield.com/cz/czech-republic/metropole

metropole

Revnicka 121/1, Prague 5

Mysak

mysak.ambi.cz/en

Vodickova 710/31, Prague 1

Novy Smichov

novy-smichov.klepierre.cz

Plzenska 233/8, Prague 5

Obecni dum (Municipal House)

obecnidum.cz/en

Namesti Republiky 1090/5, Prague 1

Oh Deer Bakery

Purkynova 2121/3, Prague 1

Palladium

palladiumpraha.cz/en

namesti Republiky 1078/1, Prague 1

PODNIKK

podnikk.cz

Palackeho namesti 78/29, Horovice

POP Airport

pop.cz/outlet/en

Ke Kopanine 421, Tuchomerice

Restaurace Alena

restaurace-alena.cz

Husovo namesti 175/1, Beroun

Restaurace Na Krete

restauracenakrete.cz

Milinovskeho 908/6, Horovice

Restaurace U Pinkasu

upinkasu.com

Jungmannovo namesti 15/16, Prague 1

STEAK BAR Na Cihatku

steak-hredle.cz

Hredle 77, Hredle

The Mist Prague

praha.themist.cz/en/menu

Zborovska 1200/6, Prague 5

U Mateje

umateje1.cz

U Mateje 152/1, Prague 6

U Modre kachnicky

umodrekachnicky.cz/en

Nebovidska 460/6, Prague 1

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