Equal Business Park

EBP News

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SUMMER at EBP

Apollo Rida



Bike Blender

Fresh energy on two wheels

A warm day, fresh fruit and a little exercise – the perfect recipe for a great afternoon at Equal Business Park! This time, we invited our tenants to get active with the Bike Blender: a bicycle that uses pedal power to… make delicious smoothies.

There was certainly no shortage of volunteers! The Bike Blender quickly became a popular spot, with plenty of conversations, laughter and a healthy dose of friendly competition accompanying the preparation of one fruity smoothie after another. After all, who says you need a blender plugged into a socket to make a smoothie?

Some participants took the challenge particularly seriously – one smoothie for themselves? Definitely not enough! There were even those who got so carried away with the pedalling that they made smoothies not only for themselves, but for everyone around them. You can never have too many vitamins!







One smoothie. 12 km on the bike.

Banana & strawberry boost

Ingredients:

- 1 banana
- a handful of strawberries
- 150 ml natural yoghurt
- a few ice cubes
- a splash of water or orange juice

Preparation: Put all the ingredients into a blender and blend until smooth.

Calories: approx. 250 kcal.
And to burn those calories, you need roughly 12 km of relaxed cycling.

So… drink up, hop on your bike and enjoy a perfectly balanced smoothie.







Health check with UniCardia

Equal Business Park hosted a preventive health event organised in cooperation with UniCardia. Participants could have their blood pressure and blood sugar levels checked free of charge, as well as measure their body composition using professional Tanita equipment.

It was a great opportunity to take a short break from the daily rush and check whether some of the basic parameters of our bodies are within the normal range.

Regular health checks help us better understand our bodies, take a more conscious approach to our health and respond early when something starts to change. After all, it is much easier to look after our wellbeing when we know where to start.

We hope events like this encourage everyone to make preventive check-ups a regular part of their routine and treat looking after their health as a natural part of everyday life.

Take care of yourself – one small step at a time

- **Stay active.** Even a short walk or a few minutes of movement during the day can make a difference. At EBP, you can use the outdoor gym or play table tennis at Ping Point.
- **Drink water.** It is always a good idea to keep a glass or bottle of water within reach – especially on a busy day.
- **Take a break.** Looking away from the screen, taking a few deep breaths or going for a short walk can give your mind a much-needed reset.
- **Get enough sleep.** Recovery is just as important as staying active. Getting enough sleep helps you maintain your energy and wellbeing.
- **Get checked.** Every now and then, it is worth taking a moment for some basic health checks and making sure everything is on track.

The most important thing? You don't have to do everything at once. Small steps are what count – and over time, they can turn into healthy habits.

Ice cream break

30 June



On 30 June, the temperature left little doubt – ice cream was exactly what we needed! A charming vintage-style cart serving artisan ice cream from IceBiker appeared at Equal Business Park, and with it came… quite a queue.



At one point, as many as 50 people were waiting, with more joining all the time. No surprise there – on such a hot day, it was hard to walk past a cart filled with delicious artisan ice cream.







Coconut turned out to be the biggest hit, although the classic cream flavour had plenty of fans too. In total, we handed out around 800 scoops – that's 800 little reasons to take a break from work and enjoy a taste of summer.

Thank you to everyone who joined us for our ice cream break. We hope we managed to sweeten this particularly hot day, even if only for a little while!

BillBird S.A.

Lease agreement extended



We are pleased to announce that BillBird S.A. has extended its lease for 600 sq m of space at Equal Business Park. For more than two decades, the company has been developing innovative payment and financial services solutions, including the popular Moje Rachunki network and mobile payment solutions. BillBird continues to expand its offering, focusing on security, convenience and modern technology.

We are delighted that the company remains part of our business community!

Blood donation

Together, we can make a difference

On 30 June, Equal Business Park once again hosted a blood donation drive organised by QVC.

This year, thanks to everyone's combined efforts, an impressive 8,100 ml of whole blood – 18 full units – was collected. That's a result we can all be truly proud of!

Blood is an invaluable medicine that cannot be manufactured or replaced. Every day, it is needed by people injured in accidents, patients undergoing surgery, cancer treatment or organ transplants, among others.

Thank you to everyone who donated and shared something truly precious.







Who can donate blood?

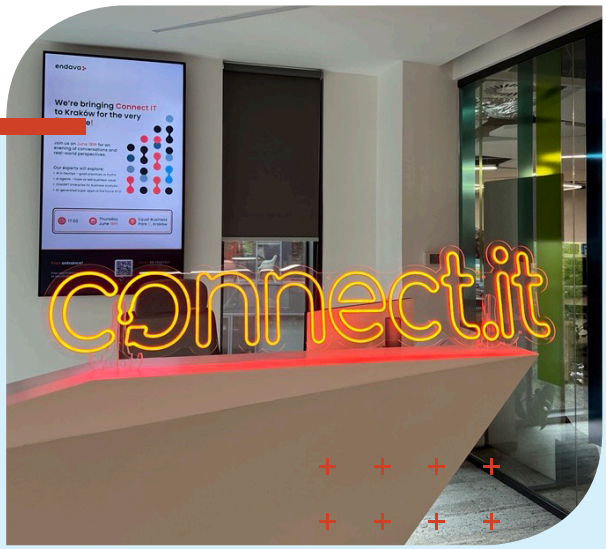
Healthy adults aged 18–65, weighing at least 50 kg, who pass the required medical screening.

Your EBP

Everything you need, close at hand



- Children's playground
- Outdoor gym
- PingPoint table tennis area
- "Książka w ruch" book exchange
- Food truck zone
- Chrzan bakery & lunch bar
- Knitted Coffee café
- Gorąco Polecam bakery
- Żabka grocery store
- Miło Mija hair & beauty salon
- UniCardia medical clinic
- Fair Play nursery
- InPost parcel lockers
- NOXO electric vehicle charging stations
- Relaxation areas



Connect IT

Technology, AI & sharing knowledge

On 18 June, Equal Business Park became a meeting place for people interested in technology, artificial intelligence and the ways AI is changing how we create and develop technology today.

The Connect IT event, “Building with AI: DevOps, Agents, Enterprise Tools and Superapps,” was organised by Endava, one of the tenants at our complex. Employees of other companies based at Equal Business Park were also invited to attend, making the event an opportunity not only to gain new knowledge, but also to meet and exchange experiences with people from our local business community.

Artificial intelligence was naturally at the heart of the discussions – from its applications in DevOps and the potential and real business value of AI agents, to the use of tools such as ChatGPT Enterprise. Speakers also explored the growing popularity of AI-powered superapps and what the future of user interfaces might look like.

Connect IT is an Endava initiative focused on practical knowledge, open discussion and sharing experiences.

Connect IT glossary

DevOps
A combination of software development and IT operations. In practice, it is about creating, testing and deploying new solutions faster, more efficiently and with fewer surprises along the way.

AI agents
More than just chatbots. An AI agent can perform tasks independently, use tools, analyse information and take further steps to achieve a specific goal.

ChatGPT Enterprise
An advanced version of ChatGPT designed for businesses. It can support tasks such as analysing information, working with documents and handling everyday business needs.

Superapps
Apps that combine multiple functions in one place. Instead of switching between several different tools, users can access a range of services under one roof – increasingly with the help of AI.





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What's coming up at EBP?

Ciuch w Ruch is back in September!

For the fifth time, we will meet at Equal Business Park for "Ciuch w Ruch" – our free clothes-swap event, which has firmly established itself in the EBP calendar.

It's another chance to clear out your wardrobe, give unwanted items a second life and… find something new for yourself.

As always, you can bring clothes, accessories, bags, shoes or children's clothing and exchange them for items brought by other participants. And you don't need to bring anything to take part – feel free to stop by, browse and find something you like.

We'll be sharing more information soon about the next events and initiatives planned at EBP.









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