

Press release

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Absolute victory in the “The company runs” competition

Bosch is the sportiest company for the fifth time

- Bosch takes first place for the fifth time in the “The company runs” competition, which is aimed at Hungarian companies
- As the sportiest company, the company's employees have accumulated 18,000 kilometers in 2023
- Bosch tips: 5 simple habits you can do for a healthier everyday life

The sports success streak continues: for the fifth time, Bosch has taken first place in the national “The company runs” (“Fut a cég”) competition, once again claiming the title of the sportiest company in Hungary. In the Budapest Sports Office (Budapest Sportiroda, BSI) competition, which is aimed specifically at workplace communities, Bosch athletes ran nearly 14,000 kilometers, cycled 3,500 kilometers, and swam more than 400 kilometers. This put the company on the top step of the podium not only in the large company category, but also in the overall field.

A new dimension in corporate sport: outstanding results from the Bosch sports community of 2000 associates

The latest victory is thanks to the Bosch sports community in Budapest, which was founded 10 years ago and now has 2,000 members, all of whom are committed to healthier everyday lives through regular exercise.

The 50 different sports, cultural and leisure programs and competitions run by the company are coordinated by a team of almost 50 volunteers. “I am proud of the achievements of my colleagues and believe that motivating each other is how we can be truly successful in sport also. Once again, the most active was the Bosch running community: in addition to the increasing number of kilometers covered

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each year, a new record was set, as our colleagues registered for races more than 1,200 times in 2023,” said Victor Popa, group manager for innovation at Robert Bosch Kft. and head of the Bosch sports community.

Bosch encourages its employees to exercise regularly at all its sites, including Budapest, Hatvan, Miskolc, Maklár and Eger.

A motivating sports community makes lifestyle changes even easier

“Regular sport is reflected in the health of our employees. Awareness is key: if you're determined to live healthier, a few simple exercises can make a big difference. This usually leads to a visible improvement at the next check-up and in the long term reduces the risk of many diseases,” says Dr. Ferenc Ficzer, director of Bosch Medical Center.

5 simple habits for a healthy everyday life recommended by the Bosch Medical Center

1. **Move at least 150 minutes a week!** According to professional recommendations, 150 minutes of moderate-intensity exercise is needed to protect your health and counteract the negative effects of sedentary work. This means that if you take 20 minutes of exercise a day, you have already done a lot for yourself.
2. **Get at least 7 hours of sleep a day.** The importance of sleep tends to be underestimated, but it's essential for a healthy daily life. Regular exercise can also improve our sleep quality.
3. **Eat mindfully!** Don't torture yourself with strict diets, but make sure you choose quality, nutrient-rich foods; and moderation is important.
4. **Go for regular check-ups and screenings.** Regular medical check-ups are an important pillar of health maintenance to prevent the onset of disease or to reduce the adverse effects of existing diseases. It also gives us feedback on whether we still need to change our lifestyle.
5. **Join sport communities!** Participating in community activities and finding others with similar goals has a positive impact on more than just our daily lives. Lifestyle change is also much easier with a motivating team, such as a sports community at work.

Bosch: sport is a win-win situation

Physical activity has a positive effect not only on the body's functioning, but also on mental performance. Regular sport helps maintain mental fitness, improves creativity, increases energy levels and reduces stress. Playing sports together strengthens the bond and cooperation between colleagues, which also plays an important role in team-based projects.

Bosch, one of Hungary's largest employers, believes that the health and well-being of its employees is essential to the success of the company. An important pillar of its corporate culture is the creation of a flexible and balanced working environment, in addition to supporting the continuous development of associates.

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Basic information:

Bosch has been present in Hungary since 1898 with its products. After its re-establishment as a regional trading company in 1991, Bosch has grown into one of Hungary's largest foreign industrial employers with currently eight subsidiaries. In fiscal 2022 it had total net sales of 2.255 billion forints and consolidated sales to third parties on the Hungarian market of 314 billion forints. The Bosch Group in Hungary employs more than 18,300 associates (as of December 31, 2022). In addition to its manufacturing, commercial and development business, Bosch has a network of sales and service operations that covers the entire country.

The Bosch Group is a leading global supplier of technology and services. It employs roughly 428,000 associates worldwide (as of December 31, 2023). According to preliminary figures, the company generated sales of 91.6 billion euros in 2023. Its operations are divided into four business sectors: Mobility, Industrial Technology, Consumer Goods, and Energy and Building Technology. As a leading IoT provider, Bosch offers innovative solutions for smart homes, Industry 4.0, and connected mobility. Bosch is pursuing a vision of mobility that is sustainable, safe, and exciting. It uses its expertise in sensor technology, software, and services, as well as its own IoT cloud, to offer its customers connected, cross-domain solutions from a single source. The Bosch Group's strategic objective is to facilitate connected living with products and solutions that either contain artificial intelligence (AI) or have been developed or manufactured with its help. Bosch improves quality of life worldwide with products and services that are innovative and spark enthusiasm. In short, Bosch creates technology that is "Invented for life." The Bosch Group comprises Robert Bosch GmbH and its roughly 470 subsidiary and regional companies in over 60 countries. Including sales and service partners, Bosch's global manufacturing, engineering, and sales network covers nearly every country in the world. The basis for the company's future growth is its innovative strength. At 136 locations across the globe, Bosch employs some 90,000 associates in research and development, of which roughly 48,000 are software engineers.

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