



"Bridge for Peace"

More than 140 Countries worldwide have bridge organisations affiliated to the WBF.

The WBF organises Championships and oversees the Laws and Regulations of the game.

See their website at  
[www.worldbridge.org](http://www.worldbridge.org)

**Bridge is a sport:** the World Bridge Federation is recognised by the **International Olympic Committee**. Just like every sport, Bridge offers enormous benefits to its players.



Bridge associations in 53 European countries are affiliated to the European Bridge League

Europe is one of 8 zones that make up the World Bridge Federation

[www.eurobridge.org](http://www.eurobridge.org)

## The Scottish Bridge Union

*(The amateur organisation that runs bridge in Scotland.)*

[www.sbu.org.uk](http://www.sbu.org.uk)

We have 6,000 members in clubs all over the country, from Lerwick to Berwick.

*(We estimate that at least twice as many people play bridge in non-affiliated clubs and at home.)*

We run Leagues and National Competitions.

We send teams to European and World Championships.

We organise training for Tournament Directors

We provide educational material for teachers

We want you to join us in the game we love!

### **FREE LESSONS FOR UNIVERSITY STUDENTS**

Relieve some of the covid stress by learning this amazing card game. Please contact us through the following link.

[education@sbu.org.uk](mailto:education@sbu.org.uk)

# BRIDGE

The world's most popular partnership card game.

Do you enjoy puzzles, crosswords, Sudoku?

Do you like making new friends?

## BRIDGE is for you!



## You can play anywhere, any time!

*From the 2016 European Junior Camp in Latvia, featuring two Scottish Juniors and friends.*

**Bridge is the ultimate trick-taking card game**, easily the **greatest source of enjoyment** that four people can have with a pack of cards. It is enjoyed by **tens of millions of people** throughout the world – more so than any

other card game. Whether you play casually among friends or seriously in clubs and tournaments, you will find it fascinating, challenging and enjoyable.

### **Bridge may improve your health.**

Research on the impact of learning Bridge on elementary students has proved that the kids who played had an [astounding increase in their test scores](#) compared with their non-playing classmates. Bridge dramatically helps the development of **inferential thinking**, which leads to better performances in all subject areas, not just maths and science.

Research on Bridge players and nonplayers aged 55-91 indicated that players outperformed nonplayers in measures of **working memory** and **reasoning**.

A study published in 2003 proved that senior citizens who play a board game have 74% **lower risk of dementia**.

Playing Bridge [stimulates the thymus gland](#), which produces white blood cells (T lymphocytes), thus enhancing the **immune system**.

Listening, etiquette, concentration, dealing with winning and losing and many other social skills can be enhanced by playing Bridge. It develops your mental abilities and helps the brain to stay young and healthy.



Benito Garozzo number 2 in the World overall ranking, with 10 world titles, is 90 years old. He still plays at the top level: in 2013 he won a silver medal at the European Open Championships.

You can often watch him in action on BBO (BridgeBase Online) a free website.

### **Local Opportunities to Learn Bridge from Scottish Bridge Union teachers**

Our main goal is to train a new generation of bridge players. To achieve this, we will provide you with weekly classes and practise. You can learn from scratch or improve your knowledge of bridge. Gradually, we will start introducing you to casual tournaments which will lead to more serious competitions in future. Contact: -

**education@sbu.org.uk**

### **Bridge offers many social benefits.**

It is a way to make new friends all over the world. Bridge players have had the opportunity to meet **Bill Gates** at the table! The founder of Microsoft is the most astounding but not the only testimonial of Bridge – many brilliant minds of our times are devoted to this mind sport.



I love bridge. Everybody who is good at bridge is going to be good at lots of things!

*Bill Gates, Microsoft  
Founder*



Bridge is such a sensational game that I wouldn't mind being in jail if I had three cellmates who were decent players and who would be prepared to keep the game going 24 hours a day!

*Warren Buffet, investor and  
one of the world's wealthiest men*