



Learning Bridge

Why should I learn to play Bridge?

Bridge is one of the five mind sports that are played at the World Mind Sports Games held in the same year as the summer Olympic Games. It is played by over 100 million players worldwide in 130 countries over 5 continents.

Bridge has been proven to be beneficial in developing the mind, preventing some mental diseases and keeping the old young. It is used in the field of education as a support tool for students with learning difficulties and helps in the areas of:

- Behaviour (civic education)
- Reasoning and structuring the mind
- Mental Techniques (arithmetic, probabilities etc)
- Memory
- Concentration

Playing bridge is an excellent gymnastic of the mind for men and women of all ages and significantly lowers the risk of developing Alzheimer's disease or other forms of dementia, according to the most comprehensive study that examined the benefits of challenging intellectual activity among the elderly.

The benefits of being able to play Bridge are many and varied and include the following:

- It is a game for life - for all your life
- It develops your interpersonal skills
- It is a way to meet many new friends
- It can be played indoors or out
- It introduces you to lots of like minded and interesting people
- It is played wherever you go in the world
- It develops your mental capacity
- It improves your team spirit as you have a partner
- It is a game for the whole family

To quote Henry Ford "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

Many well known people from all aspects of life play or have played Bridge. Omar Sharif, Bill Gates, Winston Churchill, to name a few all have or had a passion for the game.

So if you are not yet a Bridge player checks out our website to see where you can start your exciting journey of learning Bridge.