



# What is Bridge?

Bridge is a fun card game that combines teamwork, strategy and skill!

You play with four people in two teams, using a standard deck of 52 playing cards.

**A partnership mindsport:** Thinking ahead, working with a partner, making smart decisions.

## How do you play?

### Bidding

You describe your cards to your partner to set the target and decide which cards will be the most powerful. You balance risk and reward to achieve the best possible result.

### Playing the cards

Each player chooses a card to play and the highest card wins. You compare with players holding the same cards as you, using your skills to beat them.

## Why play Bridge? Fun – Free – Fantastic!

- **B**uild friendships with partners
- **R**eason through 'card puzzles'
- **I**mprove your memory
- **D**evelop concentration
- **G**enerate exciting new strategies
- **E**njoy new activity!

## What if I've never played a card game before?

No worries! You don't need any experience to start learning bridge. The basics are easy to pick up, and there are lots of ways to practise with friends or online.

## How can I start?

- Watch our Easy Tutorials to see Bridge in action  
[bridgemindsport.org/school-and-youth-bridge/](http://bridgemindsport.org/school-and-youth-bridge/)
- Try the Tricky Bridge App [trickybridge.com/](http://trickybridge.com/)
- Contact us for a free Bridge Taster Session: [bamsa@stir.ac.uk](mailto:bamsa@stir.ac.uk)

