

## Ceramics

When working with clay, we develop the sensitivity to the outside world. Get acquainted with various techniques and procedures in the processing of ceramic clay.

🔦 1850 CZK / semester  
☎ 602 751 385  
♿ Ramp  
📍 Lidická 50, 658 12  
🚊 Tram 1,2,3,4,6,7,8,9,10  
🕒 2 hours / week

## Drama class

The annual drama course for seniors offers participants the development of acting skills. At the same time, it leads to discovering the possibilities of one's own awareness and self-development.

🔦 800 CZK / semester  
☎ 724 975 284  
♿ Staircase  
📍 Lidická 50, 658 12  
🚊 Tram 1,2,3,4,6,7,8,9,10  
🕒 2 hours / week



## Yoga

The traditional yoga, where physical exercise is performed in accordance with the breath and enriched by practicing basic breathing techniques.

🔦 900 CZK / semester  
☎ 602 751 385  
♿ Ramp  
📍 Lidická 50, 658 12  
🚊 Tram 1,2,3,4,6,7,8,9,10  
🕒 1 hour / week

## Qi gong

Qi gong deals with exercises that should bring students to inner stability, mental peace and awareness, as well as physical well-being.

🔦 1500 CZK / semester  
☎ 771 120 573  
♿ Staircase  
📍 Rašínova 119, 602 00  
🚊 Tram 4,8,9  
🕒 2 hours / week



## Learning the basics of english

If you wish to travel, feel safer on the internet or just get better at using a foreign language these English courses are just for you. The presented company offers three difficulty levels

## Shape up your german

If you studied german language sometime during your life you can take even lessons of german language, but you need to know at least basics at the level of A2.

🔦 1560 CZK / semester  
☎ 724 975 284  
♿ Ramp  
📍 Bašty 8, 602 00  
🚊 Tram 1,2,4,7,8,9,10,12  
🕒 6 months



## The University of the Third age

The University of the Third age is an amazing opportunity to use your free time effectively during retirement. People in the post-productive age can obtain university-level education with Masaryk University that also encourages personal development. There are three options considering your time options:

## Long-term courses

You can enrol on one of three multi-year courses or two one-year courses. They are mainly focused on art or history, but the "general one" has a wide offer of topics from health, art, science to law. Individual lessons are 90 minutes long and take place every 14 days from September to May.

## Short-term courses

Courses could be a few days or even weeks long, it's up to you which you want to participate in. Some of them are theoretical and focused on one specific topic, but others offer physical activities, singing, foreign languages, and memory training.

## Special lectures

Important political figures, outstanding scientists or artists express their views of professional topics or social themes. It is a one-time thing so you can just try it if you're not sure about long term commitment to studies.

🔦 800 CZK / semester  
☎ 746 842 999  
♿ Ramp  
📍 Komenského nám. 2, 602 00  
🚊 Tram 3,4,5,6,9,10,12  
🕒 2 hours - 3 years



## Learn to work with computer

Understandably, new technologies are not part of everyone's life and many times there is no use to learn how to control them. But with more and more services and companies accessible

## Use your smartphone fully

If you wish to understand smartphone use before you decide to buy one, this course would uncover all your possibilities - taking pictures, making them prettier, calling, texting, surfing

🔦 1000 CZK / semester  
☎ 876 813 456  
♿ Staircase  
📍 Koblišná 4, 602 00  
🚊 Tram 4,9  
🕒 6 months

## Parkour

We live in an aging population, which naturally brings increased researchers' interest in projects aimed at improving the quality of life of seniors. One of the limiting factors in the quality of life is the fear of falls and the falls themselves, which

🔦 1000 CZK / semester  
☎ 549 493 868  
♿ Ramp  
📍 Vídeňská 297/99, 639 00  
🚊 Tram 2,5  
🕒 1 hour / week

## Swimming

Qi gong deals with exercises that should bring students to inner stability, peace and awareness, as well as physical well-being. In lessons, whether regular or occasional, we use the Yin and Yang principles to bring harmony and stability.

🔦 80 CZK / entry  
☎ 533 033 800  
♿ Ramp  
📍 Sportovní 486/4, 602 00  
🚊 Bus 67,81  
🕒 1 hour

## Table tennis

The main goal of table tennis clubs is to awaken in children the all-round development of movement skills and mastering the basics of ping-pong technique, ie serving, backhand, forehand, smash, offensive and defensive play,

🔦 100 CZK / entry  
☎ 543 215 358  
♿ Ramp  
📍 Vojtova 541/12, 639 00  
🚊 Tram 5,6  
🕒 1 hour

## Croquet

The game is played against two sides (two players or two pairs of players). The side that passes both 6 goals in the appropriate order and touches the center pin wins them with both balls (outside continental Europe, the so-called full game is usual,

🔦 1200 CZK / semester  
☎ 776 467 641  
♿ Ramp  
📍 Podhájí 11, 621 00  
🚊 Bus 42,70  
🕒 1 hour / week



## Sushi

Probably the best way to enjoy sushi is to go to a running sushi restaurant. You will pay upfront the number of hours you are planning to stay and then you can eat all you want.

🔦 250 CZK / average meal  
☎ 608 386 555  
♿ Staircase  
📍 Sportovní 2a, 60200  
🚊 Bus 67  
🕒 30 minutes

## Indian food

Indian food is famous for its various spices, but there is a whole variety of dishes and tastes. Try to go during launch hours and pick from the menu, where the prices are lower.

🔦 150 CZK / average meal  
☎ 776 095 846  
♿ Staircase  
📍 Náměstí Svobody 21, 60200  
🚊 Tram 4,9  
🕒 30 minutes



## Cat coffee

Cat coffee shops are just like your ordinary coffee shops, but with cats. You can pet them, play with them or just watch them play all around the shop while you enjoy your coffee.

🔦 75 CZK / average meal  
☎ 773 500 640  
♿ Ramp  
📍 Třída Kpt. Jaroše 37a, 60200  
🚊 Tram 1,2,3,4,6,7,8,9,10  
🕒 30 minutes

## We bake differently

They offer a wide range of cakes, all of them incredibly looking and very tasty, some of them more eccentric than others like the moss cake with a dried cricket.

🔦 100 CZK / average meal  
☎ 775 493 030  
♿ Ramp  
📍 Křídlovická 1, 60300  
🚊 Tram 1,2,7,9,12  
🕒 30 minutes



## Timo Tour

Timo is a local graffiti artist known for on-point satire sometimes connected with big brand names. His work is always temporary as he covers someone else's property and criticizes big companies. It is also difficult to find sometimes as it has no official address or published location. Recently a great project called MAPOTIC covers his recent and also removed pieces using an interactive map.

You can take our selection as a challenge not different from treasure hunting - you may find all but not necessarily. And as you seek, there may be some new pieces along the way.

### 1.DÝCHEJ

On the top of the town hall tower.

### 2.OTEPLUJE SE

Somewhere in the Starobrnenská street.

### 3.KDO VOLIL

in the Ulička Václava Havla.

### 4.RYBY

More than five pieces on Petřská street.

### 5.BRNO S VELKÝM B

In the top of the city walls on Husova.

### 6.PARK KOLIŠTĚ

About 11 pieces distributed randomly.

### 7.OSTRAHA!!!

Just one path below the Špilberg castle.

### 8.NÁDOBÍ

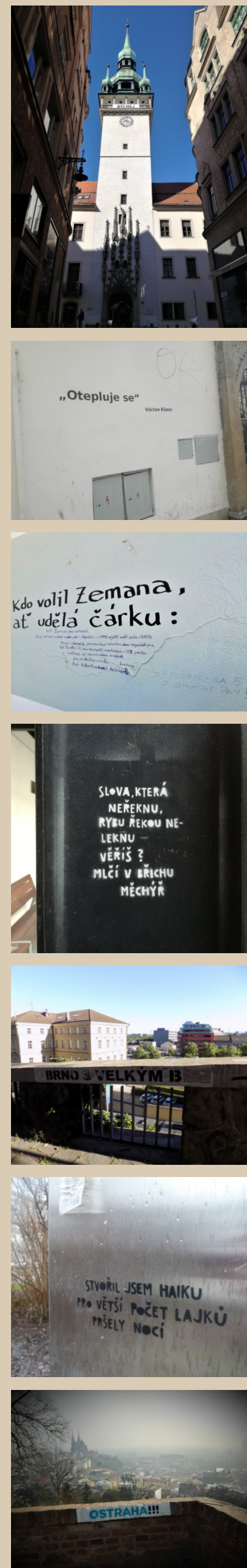
On the facade of a house in Pellicova.

### 9.KAŽDÝ RÁNO

On the street lamp in the Údolní.

### 10.NIKDO NIC NEMÁ

In Pekárenská.

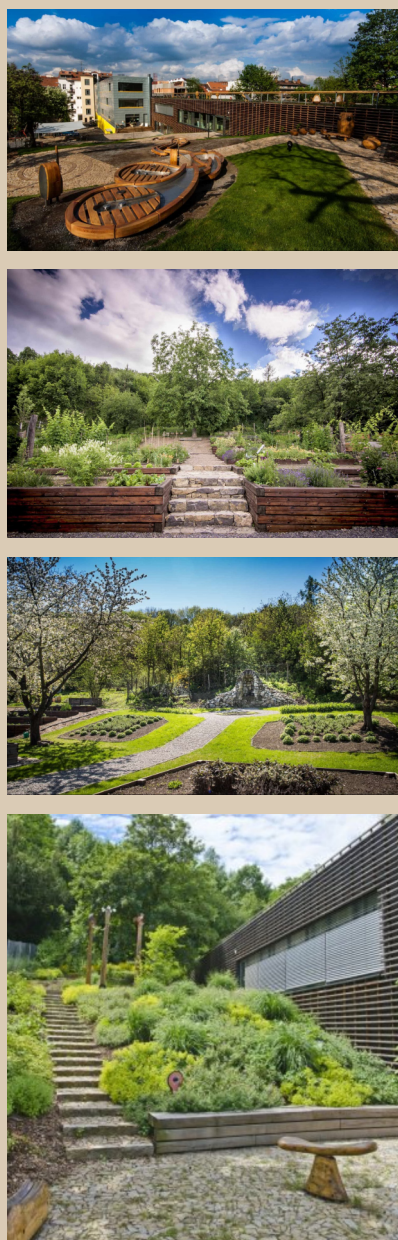


## Open garden

The phenomenon of the open garden is becoming more and more popular inside the big cities all over the world. Their existence presents the possible future of green cities and fights for their development and expansion.

It is a perfect place for relaxing or studying and even for playing with kids. There are quiet corners, beds full of fresh vegetables or herbs and even a tiny farm. Also, you can draw inspiration from the eco-friendly (neutral) house and apply some ideas back home.

🔦 FREE  
☎ 515 903 111  
♿ Ramp  
📍 Údolní 567/33, 602 00  
🚊 Tram 4  
🕒 60 minutes



## Faency fries

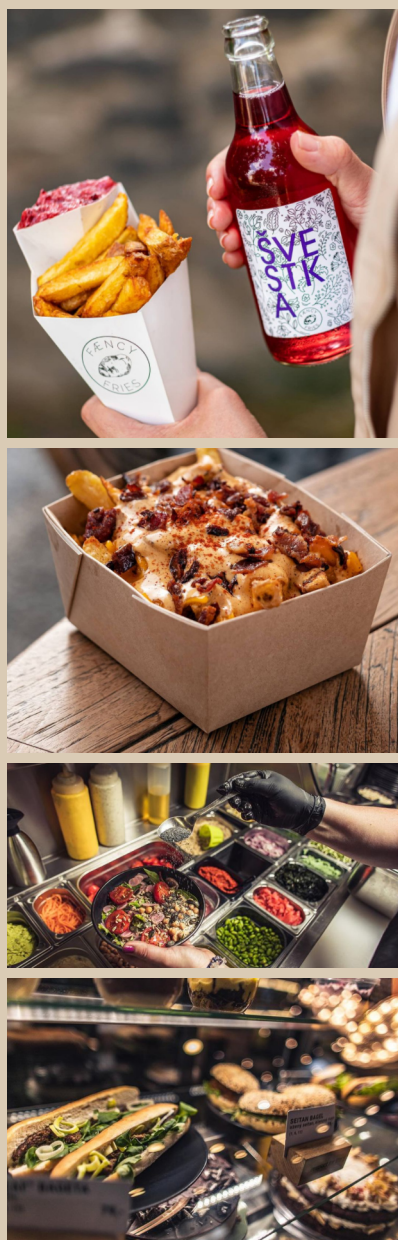
Try the fries in Faency. They are made from potatoes right before your eyes and you can pick from a wide range of sauces, spices and additional edibles.

🔦 100 CZK / average meal  
☎ 608 147 472  
♿ Ramp  
📍 Radnicka 11, 60200  
🚊 Tram 4,8,9  
🕒 15 minutes

## Forkys

If you don't fancy meat you can go to Forky's, they have a lot of plant-based foods and you would be surprised by how well that tastes. Some vegan meat tastes the same as normal meat.

🔦 150 CZK / average meal  
☎ 542 210 158  
♿ Ramp  
📍 Jakubské náměstí 1, 602 00  
🚊 Tram 4,8,9  
🕒 20 minutes



## Superpanda circus

It's basically a bar, that does not make sense. They don't have a regular menu, they have stories. And it's just a nice bar to explore when you think that everything was already invented.

🔦 250 CZK / average drink  
☎ 734 878 603  
♿ Staircase  
📍 Šilingerovo náměstí 257/3, 602 00  
🚊 Tram 5,6,12  
🕒 1 hour

## Beer stock exchange

If you are more into beer, then the Beer Stock exchange is just for you. The beers that are bought the least are the cheapest and vice versa. Every time you buy a beer the price will rise up.

🔦 50 CZK / average drink  
☎ 776 668 290  
♿ Ramp  
📍 Jánská 16, 602 00  
🚊 Tram 1,2,4,7,8,9,10  
🕒 1 hour



## Expedition club

The expedition club has various activities you could join. They want to share their love for travelling by presenting their past journeys with tips and loads of photos. If you want to explore exotic countries as well, you can pay for a trip so they take care of everything.

But apart from this, they run a clubroom where you can drink foreign alcohol or tea and meet people with a strong passion for exploring. And last but not least, every Wednesday they held jam night - live jamming you could join or watch and enjoy.

🔦 FREE  
☎ 777 338 549  
♿ Ramp  
📍 Jezuitská 1, 602 00  
🚊 Tram 4,8,9  
🕒 2 hours





# SILVER TRAVELLER

Brno is the second biggest city in the country, hence it has a lot to offer. If you've lived here for years you probably have your favourite places to eat, relax and spend your free time. But it could be a good idea to explore your city and possibilities a little bit more out of your bubble.

Our guide offers four categories - education, hobbies, gastronomy, places to see - and it's up to you what you would like to try if not all.

All activities from the category Education are adjusted to the needs of customers of age over 60 as well as the category Hobbies. Those activities are mostly paid, but all prices tend to be reasonable.



**English lectures** Bašty 8, 602 00

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# BRNO

SILVER TRAVELLER

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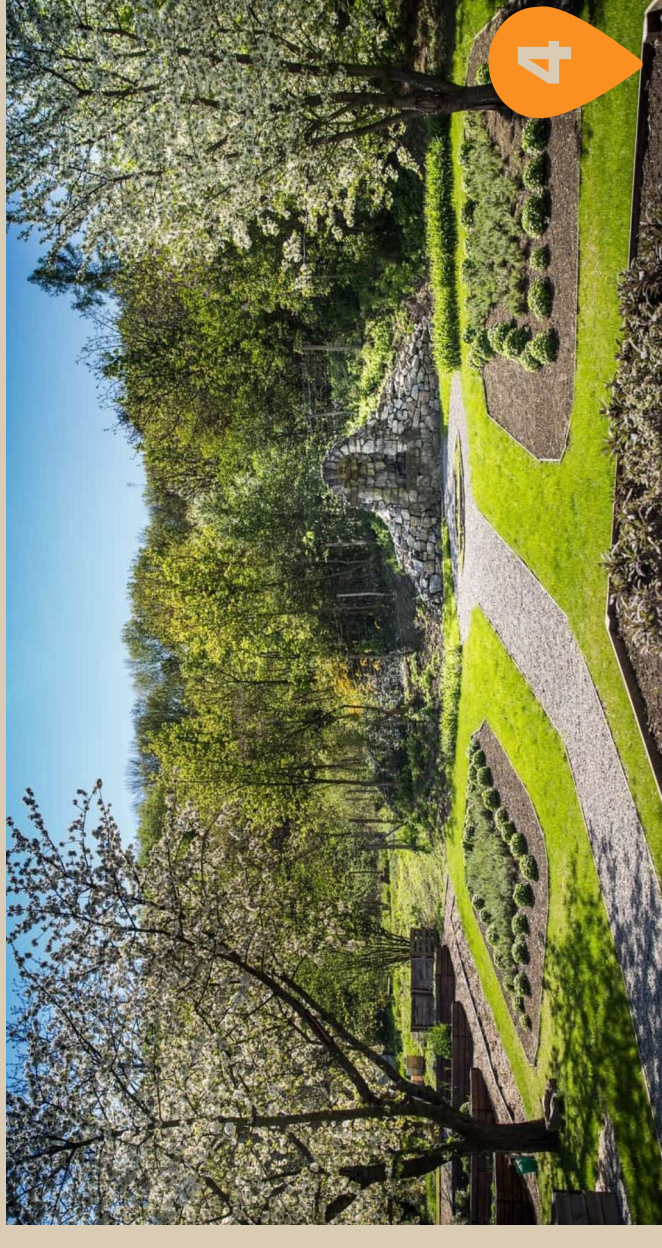
SILVER TRAVELLER

If you've lived in Brno for years, you probably think you've seen it all. However every year there are more and more new places you could see and give them a try. This guide is specially made for residents in retirement who want to explore their city in a way they've never done before and develop their skills to enjoy modern possibilities.



**Expedition club** Jezuitská 1, 602 00

5



**Open garden** Údolní 567/33, 602 00

4



**Forkys** Jakubské náměstí 1, 602 00

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## Education

- English & German
- University of 3rd age
- Technology manipulation courses

## Places to see

- Open garden
- Expedition club
- Timo Tour

## Gastronomy

- The Mori
- Buddha
- Pelíšek
- We bake differently
- Faency fries
- Forkys
- Superpanda circus
- Beer stock exchange

## Hobbies

- Ceramics
- Drama class
- Yoga
- Swimming
- Parkour
- Qi gong
- Table tennis
- Croquet

# Legend

- Information centre
- Tram stop
- Trolleybus stop
- Restaurant
- Supermarket
- Memorial
- Church
- Pharmacy
- Theatre
- Vaccination centre

