

*or else* WHAT IS ON in BRNO in APRIL

Inspiration to enjoy Life fully that was created by your VETUNI COORDINATORS = **BUDDY** + **ERASMUS**

**APRIL is about transformations.**



This very month starts with All Fools´ Day and ends with the ritual of burning the witches; April weather could be pretty unpredictable, unstable and somehow ´under the weather´ too – do not copy it!

Use a different strategy and make yourself happy eminently in April



for the happy people are successful.



Feeling good in April is very important, that is why **April 7** is celebrated globally as the World Health Day.

**How will you plan to improve your health?**

*or else* WHAT IS ON in BRNO in APRIL

Do not underestimate the power of spring herbs. You might use them as them not only decorate your salad or soup, smell them and for a change enjoy walking barefoot in a safe place.

Find few healthy tips seem to be simple, apply them and they do work:

- ☀️ walk daily and the best is to reach 10 000 steps every day
- 👤 sleep at least 8 hours every night
- ☀️ relax and try to enjoy even the smallest delights
- 👤 start to prefer eating more vegetables, eggs, nuts and almonds; minimize spirits and drinks containing sugar and sweeteners
- ☀️ zero television and networking in the evening

Believe or not practising these simple rules, you will find your WINGS. You may be lucky to meet the lady and her hawk in Brno ARBORETUM.



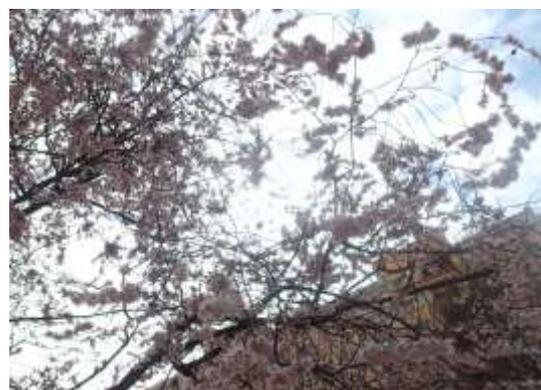
*or else* WHAT IS ON in BRNO in APRIL

BRNO does not have to pretend its cosmopolitan, the more **on April 9**

**Join the Brno Expat Fair** and discover what life in Brno has to offer - in one day and in one place. The 4 floors of Tržnice in the Cabbage/ Green Market/ Zelný trh in the very centre of Brno will be full of expat-friendly services, clubs and communities, seminars & workshops, etc. There will be also tasty international food, reading lounge, great coffee and Moravian wine too. This will be a unique chance to discover what makes Brno international. **Get your free ticket at [livinginbrno.cz](http://livinginbrno.cz)**



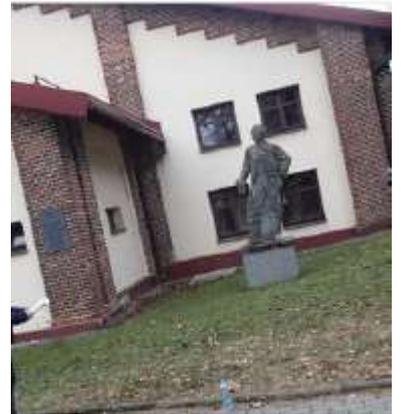
These days Brno is decorated with GOLDEN RAIN and PINK SNOW, gentle petals of blooming forsythias, sakuras and magnolias ...



Being able to admire the beauty is a privilege, there is a park in Brno ...

or else WHAT IS ON in BRNO in APRIL

... where people who are visually impaired can read what grows



inside the beds as there are names of these plants and flowers written in Czech, Latin and in Braille (the tactile writing system).

This park is named after Miroslav Tyrš – yes, that is the same man whose statue is placed inside VETUNI campus next to the gym hall.



Fans of history can find a monument commemorating Roger Valhubert, the only general who died in The Battle of Austerlitz also known as the Battle of the Three Emperors in 1805.

or else WHAT IS ON in BRNO in APRIL

Lots of people connect Brno with WINE and they are right, Brno used to be the wine capital of Moravia and it is the city where you can enjoy great wine. Strolling inside the centre of Brno mind the humble monument – close to the Sillinger Square – where you can learn about the man named František Ondřej Poupě or else Franz Andreas Paupie lived in Brno. He was not only the pioneer in the field of scientific production of BEER, he founded the very first brewing school. And in the same place where he lived there is the restaurant named “POUPE“ now.

What about BRNO and BEER and **Johann Gregor Mendel** is there any APRIL connection too? – Yes, indeed. The craft brewery named PIVOVAR MORAVIA produces special type of beer to celebrate the genial father of genetics, talented teacher, meteorologist, bee keeper and economist. **On April 14** – so called the Green Thursday – you are invited to enter their open gate and join guided tour. More info to be found on their website or FB portal. Tasting **GREEN BEER** is a tradition that belongs to the Easter time.

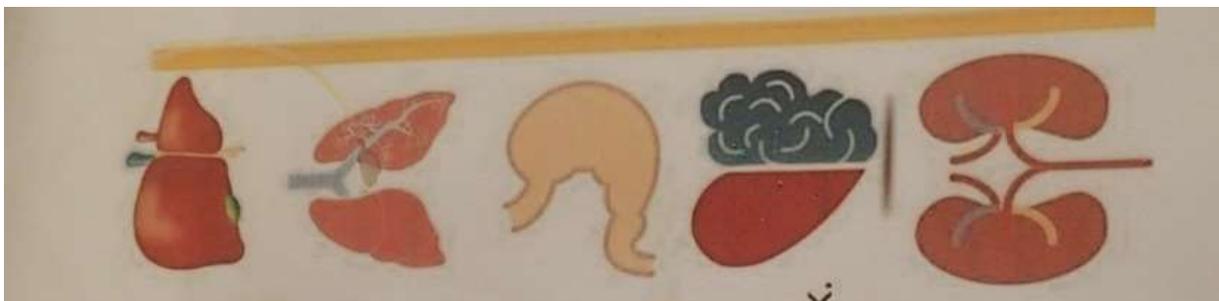


ENJOY HAPPY EASTER TIME

or else WHAT IS ON in BRNO in APRIL

To cheer you up we have not only **MUSIC** but also **DANCE** and their combination is the best solution. So do not forget to participate in the International Day of Dance **on Friday April 29 at 4 pm OUTDOOR** next to the Janacek Theatre and turn absolutely charmed by the grace of the top Brno professional dancers and primabalerinas.

It is said that **ANGER** weakens your liver, **SADNESS** weakens your liver lungs, **WORRIES** weaken your stomach, **STRESS** weakens your heart and brain and **FEAR** weakens your kidneys. Knowing this collect all the negative emotions and burn it to ashes to stay safe and feel great !



Who needs the real flames to enjoy hot energy and cleanliness – you might like the events organized nearby **on April 30**: one of them is more magic, the other does not lack the **SCIENCE** and **EDU** zones; both take place in **KRALOVO POLE** and both will promote charity and good deeds.



Looking forward to be in contact with you

[buddyvfu@seznam.cz](mailto:buddyvfu@seznam.cz) + [ErasmusVETUNI@vfu.cz](mailto:ErasmusVETUNI@vfu.cz)