

How to get the most out of your nights out in college



Cheers!



Welcome



How to get the most out of your nights out in college



Welcome to Maastricht! Have a great time.

Man, this is great isn't it? From now on you'll probably get to stay out as late as you want, take whoever you like home with you and you don't even have to worry about your parents giving you 'that look' in the morning for coming home drunk...

You're free - and it's fabulous!

This is quite possibly the first time in your life that you really get to do whatever you like, whenever you like it (except maybe for when you are in class 😊). Many of you enjoy a glass of beer, or maybe even many glasses of whatever you prefer to drink while enjoying the city life. We'd love for you to do so without experiencing any negative events. That is why we've developed this folder. It contains several easy to follow tips & tricks that'll help you increase the chances of you having a great time without any incidents.

You've probably already heard stories of uni nights ending badly with people losing phones, getting their purses or wallets stolen, or even worse: fights ending with participants dragged off to first aid and getting arrested, or girls getting sexual assaulted while being drunk, vulnerable and alone.

Nights don't have to end that way.

One of the ways you can make sure of this is informing yourself properly. Universities are really well invested in looking after their students. One of the ways they try to do this is provide you with free publications and advice designed to keep you safe. But of course, informing yourself is only one aspect. In order for you to be really safe, you also need to take on responsibility for yourself and your friends. That way you'll be most likely to end your evening without any incidents.

So, what can you do then?



Don't go overboard

Staying within the recommended guidelines of 1-2 units a day for men and 1 for women, helps you to keep your wits so you'll stay able to spot dangerous situations. These amounts are guidelines provided by the World Health Organization. However, we know that in reality students in the Netherlands drink 18 glasses of alcohol per week on average. Next to drinking quite a lot on average, when we take a look at binge-drinking, students beat all other age categories. Binge-drinking means that you drink a lot of units of alcohol in a short amount of time. Drinking a lot in a short period of time is risky. Not just because of health factors, but simply because the more drunk you are, the more likely you are to do something risky. Eating a good meal before you go out, and drinking plenty of water while you're out having fun will help you get less drunk. An easy to remember rule of thumb: Drink a soft drink or a glass of water after each alcoholic drink to keep hydrated.

Plan ahead



Besides not drinking too much, planning is key to staying safe when you're out drinking. You should always know how to get home from where you are and it's always best to arrange to go with a friend. Make sure your mobile phone is charged and has credit, and keep the money you need to get home (if you're getting a taxi) separate from the rest so you don't accidentally spend it.



Stay in charge

First year students are often coerced to drink heavily as part of 'initiation ceremonies', needed to get into a university club or society. These initiations are becoming less common, however they still occasionally occur in certain university societies and often include drinking games. What can start off as a fun game can quickly turn into dangerous situations. You might like to know that there's nothing in any rulebook of these clubs that makes that you must drink dangerous amounts 'or else...!'. If a university would find official university societies forcing their members to drink, they would come down hard on them. So don't allow yourself to be shoved around or pushed into doing things you don't want to, due to peer pressure."



... students beat all other age categories when it comes to binge-drinking

“... one drink away from telling everyone what i really think.”

Alcohol numbs your brain, so even when you think you're in control - you're actually not. The more alcohol you drink, the more likely you are to do things you could regret.

“The hangover only lasts a day, but the memories last a lifetime.”

Not really... When you get black-out drunk, the brain temporarily loses the ability to create memories. The next day you may find you've 'lost' some bits and pieces of the evening before. Hence the term black-out.

“If you can't be happy, at least you can be drunk.”

Don't abuse alcohol because you're feeling stressed. It will only increase the probability that you do something that will increase you having stress even more. Try dealing with your problems in another way and aim to only drink alcohol when you are feeling positive and able to do so responsibly.

“We only drink at the weekends. Except for special occasions. And boredom. And Thursdays.”

It's always 2 o'clock somewhere, right? Make sure you don't drink alcohol when you have responsible tasks that day or the next (like studying or work). Also keep in mind to take a couple days off from the booze to give your liver a break and prevent habituation.

“Alcohol does not make you fat. It makes you lean... against walls, floors, tables and sweaty people.”

The calories in distilled alcohol itself have no nutritional value, but the other ingredients still take a surprising amount of time to burn off. You would have to run for roughly 34 minutes to burn off the calories in half a bottle of 13% red wine.

“Alcohol should be served in capri sun pouches. When you can't get the straw in the hole anymore you've had enough.”

Always make sure you consume your alcoholic drink in the right type of glass. It takes your liver 1,5 hour to break down 1 standard glass of alcohol. If you drink straight out of the bottle you'll have no clue what amount of alcohol is entering your bloodstream and you are more likely to drink too much.

Tips for smarter drinking

-  If you know you are going to be drinking alcohol, make sure you'll eat something first to line your stomach.
-  Drink plenty of water and soft drinks throughout the night to keep hydrated and slow down your drinking.
-  Be kind to your liver, don't drink every day.
-  Decide on a budget (cash only) before you go out to avoid being tempted to overspend on cheap drinks.
-  Always plan how you'll get home from a night out. Stick with your friends and split the cost of a taxi.
-  Don't drink and drive or get in a car with someone who's obviously not sober.
-  Watch out for drink spiking. Keep an eye on your drink and never leave it unattended.
-  And remember: You don't have to drink to have a great night out.



ABOUT US Addiction prevention Mondriaan

What can we do for you?

Using drugs or drinking alcohol is never without risks. With drugs you never know exactly which substances are added and in what dosage. To limit the risks of drug use as much as possible, you can get your drugs tested anonymously. Go to www.drugs-test.nl for more information and test locations in your living area.

Who are we?

As prevention workers we try to keep people (especially youngsters) out of trouble when it comes to using drugs. Do you have questions or are you in need of advice about alcohol, cannabis, harddrugs, gaming or addiction in general? Then please, do contact us!

Can I help?

Yes, absolutely! Are you in the board of a student association? Then you might want to check out our education activities and courses. You and your team of barkeepers could be interested in more information about recognizing recreational drugs and how to deal with health disturbances in case of drugs and alcohol (ab)use within your association. We also train barkeepers in how to pour alcohol responsibly (IVA).

Contact us at:

Mail: preventie.vz@mondriaan.eu

Phone: 088 506 72 00



Over Mondriaan

Mondriaan is een instelling voor geestelijke gezondheidszorg in Limburg. Jaarlijks bieden we zorg aan duizenden mensen. We hebben speciale behandelingen voor kinderen, jeugdigen, volwassenen en ouderen met psychische of psychiatrische klachten en voor mensen met verslavingsproblematiek. Daarnaast biedt Mondriaan forensische psychiatrie. Onze belangrijkste taak is mensen te helpen die door psychische aandoeningen gedurende kortere of langere tijd belemmerd worden in hun welzijn en functioneren. Ons uitgangspunt daarbij is: thuis als dat kan, opgenomen als dat echt moet. Onze aanpak is oplossings- en samenwerkingsgericht en zoveel mogelijk op de persoon afgestemd. Mondriaan is één van de grotere werkgevers in Limburg. We zijn een erkend opleidingsinstituut voor psychiaters, psychologen en verpleegkundig specialisten. Opleiden en wetenschappelijk onderzoek staan in dienst van het continu verbeteren van onze zorg, op basis van de nieuwste inzichten. Op www.mondriaan.eu vindt u meer informatie.

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