Safety is primary—know who you are with and what you are drinking....

WEBSITES TO VISIT FOR MORE INFORMATION ON LAWS IN SPECIFIC COUNTRIES:

www.tripprep.com

www.mdtravelhealth.com

www2.potsdam.edu

www.en.wikipedia.org

www.en.wikipedia.org/wiki/prohibition_(drugs)

FAR FROM THE DOME: NOTRE DAME STUDENTS ABROAD

Office of Alcohol and Drug Education
204 Saint Liam Hall
www.oade.nd.edu
DRINKING ABROAD

BE AWARE:
- Be aware of your environment at all times. Know the laws about alcohol consumption wherever you are.
- Although the legal drinking age is lower in many countries than in the US, there are still intoxication laws. The punishment may be more severe than in the US.
- If you are a non-drinker but are planning on drinking abroad, be aware that your tolerance will be lower than that of students who have been drinking longer.
- Some alcoholic beverages are stronger in other countries than they are in the US.
- Being a young, American student can make you more of a target for a variety of crimes. Drinking can decrease your awareness of your surroundings and make you more vulnerable.
- Know what’s in your drink! Remember that there may be more than one drink equivalent in one cup or glass.
- Go out in groups and when walking, chose a “designated walker” to watch out for everyone.
- Check www.tripprep.com for country specific information.

ABSINTHE
- Absinthe is cistilled highly alcoholic (68.80%) anise flavored spirit.
- Other names: Grand Wormwood, LaJee (The Green Fairy)
- Many believe it has hallucinogenic effects. Drinking Absinthe is a bad decision!

STUDENTS ABROAD
- It is important to learn and respect local customs and laws. NEVER sacrifice your sense of safety for the sake of respecting cultural customs or traditions.
- Remember that no matter where you are, you are a representative of Notre Dame. Act in a safe and responsible manner.
- Prescription medications can be affected by alcohol consumption. The University Health Center has handouts available to check your medication.