

Tips on How to Drink Responsibly:

- Eat before and while you drink
- Keep track of how much you are drinking; know how much alcohol is poured into every glass, and be aware of the alcohol percentage in your drink (in some countries, drinks have a higher alcohol content and may be served in larger portions)
- Pace your drinking. Don't drink any more than 1 alcoholic drink (One 12 oz. beer, One 5 oz. glass of wine, or One 1.5 oz. shot of 40% alcohol) per hour
- Don't accept drinks from strangers and if you set your drink down, don't finish it (you don't know what's in it)
- Avoid shots, hard alcohol, drinking games, funneling, keg stands, etc.
- Go out in a group and go home as a group



- If you are going to drink at all, don't drive
- Make sexual decisions when sober, not under the influence of alcohol and/or drugs
- Don't mix alcohol with any drug (illicit, prescribed or over the counter drugs)
- Stay hydrated-for every alcoholic drink you have, drink a non-alcoholic one, preferably water. :)

Every aspect of a drug arrest abroad can be different from U.S. practice.

- few countries provide a jury trial
- pre-trial detention, often in solitary confinement, can last several months
- prisons may lack even minimal comforts, such as beds, toilets, and washbasins
- diets are often inadequate and require supplements from relatives and friends
- officials may not speak English
- physical abuse, confiscation of property, degrading treatment and extortion are possible.
- persons convicted may face sentences ranging from fines and jail time, to years of hard labor, and even the death penalty

List of symptoms which may indicate an alcohol or other drug problem

- High tolerance or a notable change in tolerance, either higher or lower
- Blackouts - gaps in memory for what happened while under the influence
- Loss of control - an inability to control frequency and/or amount used
- Significant change in personality when under the influence
- Problems in school or at work because of use (e.g., failed exam after night of partying, poor class attendance)
- Concern expressed by family/friends regarding use

Continued use despite negative consequences (e.g., legal problems, doing things when under the influence that go against your values, physical problems exacerbated by use, etc.)

Alcohol and Study Abroad Faculty Reference Page Summary of 2/5/07 presentation by Dr. Lawrence Anthony, Academic Director of Addiction Studies University of Cincinnati, College of Education

Study Abroad Program

The Netherlands



Know Before You Go **Alcohol and Drug Presentation**

Many countries have laws regarding alcohol and other drug use that are more severe than laws in the United States

Presented by Sandy Davis M.Ed., PLPC

Webster University

Counseling & Life Development

Know Before You Go

We want your study abroad experience to be fun and safe, so we encourage you to make responsible decisions when it comes to drugs and alcohol. Following is some important information for you, and some suggestions on how to make the most of your experience. Please remember while you are studying abroad, you are not only representing Webster University, but also the state of Missouri, and the U.S. We look to you to be sensible, safe and responsible ambassadors of our college, our state, and our country.

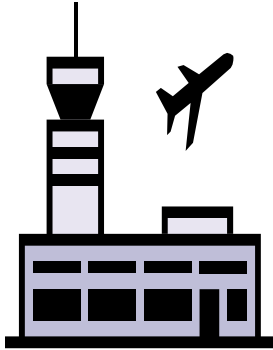
The Webster University student handbook addresses drugs and alcohol as abuse of prescription and over-the-counter drugs and the violation of any federal, state, or local law including but not limited to:

a. Use, possession, or distribution of narcotics or other controlled substances, except as expressly permitted by law

b. Use, possession, or distribution of alcoholic beverages, except as expressly permitted by the law and University policies, or public intoxication

Use or possession of drug-related paraphernalia in campus housing

Off-campus behavior that is detrimental to the University or its students, faculty, or staff in



At the airport, don't take packages from strangers on your flight. You are responsible for the contents.

their roles as members of the campus community is governed by this code. Webster reserves the right to take actions that address the violations through educational intervention or sanctions.

Special Warning About Drug Offenses Abroad

Every year, several hundred Americans are arrested abroad on drug charges. Persons caught with illegal drugs in a foreign country are subject to the drug laws of that country, not those of the U.S.; as always, ignorance of the law is no excuse. In many countries, the burden of proof is on the accused to show that he or she is innocent of the charges.

Some Americans take advantage of an offer of an all-expenses-paid vacation abroad in exchange for carrying a small package in the luggage. When, to their surprise, they are caught, the fact that they did not know that there were drugs in that package will not reduce the charges against them.

Laws of the Land:

The Netherlands

ALCOHOL: Legal age is 18 for alcoholic beverages containing more than 16% of alcohol and age 16 for alcoholic beverages with less than 16% alcohol content. The BAC is .05 while in the U.S. it is .08. First offenders with a BAC level between .13 and .21 are obliged to follow a 3-day course at their own expense. If they were involved in a road accident, they are not allowed to follow the course, but must undergo a medical examination in order to estab-

lish their driving ability. First offenders with a BAC level greater than .21 also must undergo a medical exam.

DRUGS: Users are not generally prosecuted for possession of small quantities of soft drugs ("for personal use"), even though they are still illegal. A distinction is drawn between hard drugs (which bear "unacceptable" risks; e.g. cocaine, heroin, opiates, cannabis oil, codeine, amphetamines, LSD, etc.) and soft drugs such as the psychedelic psilocybin mushrooms as well as cannabis. The limit of the "for personal use" clause is 5 cannabis plants per person for growing, or possession of 5 grams of hashish or marijuana per person.

The Dutch Ministry of Justice applies a *gedoogbeleid* (policy of tolerance or allowance policy) with regard to soft drugs products: hashish and marijuana. Anyone found in possession of less than 0.5 grams of list I (i.e. 'hard') drugs will generally not be prosecuted, though the police will confiscate the drugs and consult a care agency. As for cannabis a maximum of 5 grams will not lead to investigation or prosecution.

So-called coffee shops are allowed to sell soft drugs openly. Within the framework of the Opium Act importing and exporting of any classified drug is considered a serious offence. The penalty for hard drug trade can run up to 12 to 16 years. Cannabis remains a controlled substance in the Netherlands and both possession and production for personal use are still misdemeanors, punishable by fines. The maximum penalty for importing or exporting any quantity of cannabis is 4 years' imprisonment and/or a €45 000 fine.