

## **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**

### **Switzerland**



## **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.

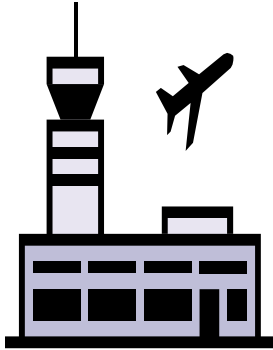
The Webster University student handbook addresses drugs and alcohol as abuse of prescription and over-the-counter drugs and the violation of any federal, state, or local law including but not limited to:

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: Switzerland

**ALCOHOL:** In Switzerland, the legal drinking age is 16 (beer and wine) and age 18 (spirits and spirit based cocktails). The age limit on beer and wine varies between cantons (states).

**DRUGS:** Swiss drug policy is based on a harm reduction policy that includes: Prevention, Treatment, Harm Reduction, and Enforcement. Current legislation provides that narcotics and

psychotropic substances cannot be cultivated, manufactured, prepared or sold without cantonal authorization. The following narcotics cannot be cultivated, imported, manufactured or sold: smoking opium, heroin, hallucinogens (such as LSD) and hemp for the extraction of narcotics or hash. A special permit from the Federal Office of Public Health is required for the importation or exportation of controlled narcotics.

The current legislation also contains criminal provisions that apply to: anyone who unlawfully cultivates, manufactures, extracts, processes or prepares narcotics; anyone who, unless authorized, stores, ships, transports, imports, exports, provides, distributes, sells, etc., or buys, holds, possesses or otherwise acquires narcotics; and anyone who finances illicit traffic in narcotics, acts as an intermediary or encourages consumption.

The production, possession, consumption and sale of illegal narcotics, even for personal use, is punishable by a monetary penalty or by imprisonment of up to three years, as are public incitements to the consumption of illegal narcotics. For petty offences, the appropriate authority may stay the proceedings or waive punishment and may issue a reprimand.

Finally, anyone who persuades or attempts to persuade someone to use narcotics is also punishable by detention or a fine. Cannabis is sold mostly on the street and – under the guise of e.g. "scent bags" through "Cannabis shops" are the target of irregular police crackdowns in some cities, while in others they are tolerated to some degree. Overall, enforcement varies substantially depending on the canton