

## ***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

## ***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.)

## ***Study Abroad Program***

### ***Thailand***



## ***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**

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Webster University

# 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.

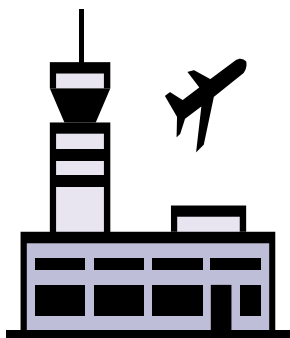
The Webster University student handbook addresses drugs and alcohol as abuse of prescription and over-the-counter drugs and the violation of any federal, state, or local law including but not limited to:

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 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.



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

## 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:

### Thailand

**ALCOHOL:** A recent law change has raised the drinking age from 18 to 20 and prohibits alcohol sales near schools, temples and government offices. Violators of the new rules will face up to one year in prison or a 100,000 baht (2,840 dollars) fine. The BAC limit in Thailand is .05 (.08 in the U.S.)

Drunk drivers may face up to 10 years' jail time and fines up to 100,000 baht (US\$2,500).

**DRUGS:** Heroin, some amphetamines, cannabis, and hallucinogens are illegal to use, possess, or sell. Opium is legal for hill tribes to possess but illegal to sell.

On some of the islands in the south the inhabitants sell hallucinogenic mushrooms to tourists. Mushroom omelets or mushroom lassis (a drink) are sold but be careful as the effects and quantities can be quite unpredictable. Mushrooms and amphetamines are illegal and every year some foreigners do get caught and end up in a Thai prison.

Thailand's narcotic act classifies drugs into five categories. Those found to be in possession of the most dangerous category of drugs, including no less than 20 grams of heroin, amphetamine, methamphetamine, ecstasy or LSD, will be **imprisoned for 1 to 10 years** and fined large sums of money.

**The highest penalty for heroin and methamphetamine traffickers is capital punishment.**

Recent changes in the narcotics law were made to see that drug addicts and those who support their habits by selling small amounts of drugs were forced to attend military style camp rather than jail. It was hoped that this would shift the focus of narcotic control attempts to drug traffickers and reduce crowding in jails, however, health care and treatment is not freely available to those in need and in February of 2003 the Thai government launched an all-out war on drugs.