

- Talk with your friends: make agreements and inform each other.
- Support others if they don't feel well, but try not to make it worse by freaking out about it (usually a break in a more quiet place away from the dancefloor and with some refreshing water works best).

Repair

- Be safe, don't drink and drive – or do drugs and drive.
- Take a good night sleep; rest well.
- You'll recover much more quickly by eating healthy food.

Harm reduction projects



breakline.be



facebook.com/spiritek.asso



lila-piacenza.it/map



drugscouts.de



energycontrol.org



mind altering
crew2000.org.uk



vitalsounds.be

modusvivendi-be.org



TECHNO PLUS
technoplus.org

'Think for yourself, care about others'



unity.nl
safernightlife.org

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Information for party tourists



Welcome to the Netherlands! The country which is known for its windmills, tulips, canals, wooden shoes, but also for being liberal, having a tolerant drug policy and one of its biggest export products: electronic dance music, which, of course, is accompanied by major dance events. Like with a marathon, it doesn't hurt to prepare a bit. Keep these tips in mind and read the information on Dutch drug policy and you'll have an unforgettable party, and one you can actually remember and talk about with your friends afterwards!

About Unity

Unity is the alcohol/drugs harm reduction project in the Dutch party scene.

You are welcome for a chat with one of our volunteers. We will be happy to talk to you and give you advice if you have a problem. Visit us if you have any questions about drugs, or if you want to test your knowledge of drugs.

Check the back of this flyer for similar alcohol/drugs harm reduction projects for the party scene in your own country.

Dutch Drug Policy

The Netherlands are famous for its tolerant drugs policy. But a lot of people don't realize that drugs are in fact illegal in the Netherlands.

Understanding Dutch drug policy can save you a lot of trouble.

All drugs are forbidden in the Netherlands. It is illegal to produce,

possess, sell, import or export drugs. Therefore it is also forbidden to bring drugs to a party. At the entrance you will always be searched by security. If you are found with drugs you could be handed over to the police. Security may be walking around at a party (sometimes undercover) to check if people are taking drugs.

The Dutch government has designed a drug policy which tolerates smoking cannabis under strict terms and conditions. Smoking cannabis or hashish is permitted in **coffeeshops**. You must be 18 years of age to enter a coffeeshop and you will be asked for your ID. In some regions you won't be allowed to buy cannabis if you are not a Dutch citizen. Visitors should keep in mind that other establishments generally do not allow the consumption of soft drugs on their premises. This means that at (most) parties, **you cannot smoke weed**. Not even in the smoking areas.

Drug potency in the Netherlands

If you buy drugs in the Netherlands you should keep in mind that the potency of the drugs can differ very much from the drugs in your country. In other words you never know how strong it's going to be. If you are trying drugs for the first time or don't have much experience, you need to be extra careful. We advise you to take a lower dose of the drugs than you are used to doing in your home country.

Not feeling well?

In case you smoke cannabis and it doesn't hit you right, you might feel sick or frightened for a while. Even though you don't feel well, it is not really dangerous. No harm has been done. Just find a nice quiet spot and have something sweet

to eat. It will usually be over within an hour but it could take a bit longer. Dutch weed generally contains more THC than the weed in other countries. Also, the amount of THC varies a great deal. If you feel you can't deal with it, consult the staff at the coffee shop, party, first aid professionals (look for 'EHBO') or call **112**.

For serious alcohol and drug-related emergencies you should go to the First Aid directly.

As we mentioned before, it is illegal to possess drugs in the Netherlands. However, the USE of drugs is not illegal in the Netherlands. Always be honest about your drug consumption when you're at the emergency room so they'll know how to treat you. Your health is the most important thing. The doctors will not hand you over to the police.

Prepare and be at your best!

- Sleep to reset your mind, make sure you've had enough sleep before you attend a party.
- Eat to resupply your energy levels. It is especially important to eat well in advance, but also during and after the party. Antioxidants and omega-3 fatty acids are very healthy and ensure a faster recovery. If you have trouble eating, drink a smoothie.
- Bring condoms and if you choose to have intercourse, make sure you wear one. Drug and alcohol use can impair your judgment on using safe sex practices. If you're planning to stay longer in the Netherlands, you should test your drugs. That is possible here! However, you can only test drug samples which are bought in the Netherlands. Take a look at www.drugs-test.nl to see where you can test your drugs. Please note that it may take a week before you get the results of your test

Party! Think for yourself, care about others

- Listen to your body, and to your brain.
- Know what you can and cannot handle.
- Be careful how you spend your energy. If you attend a party with an organized coach tour and you will be staying at the party for over 10 hours, you should ration your energy. You don't have to party hard right from the beginning. Take it easy and keep in mind that you still have a full day or night of partying to go. Take breaks and chill out.
- Think for yourself, care about others. Stay together.
- Make sure you're surrounded by people you trust.
- Drink enough water to prevent dehydration, but don't drink too much; drinking too much water may cause water poisoning - two cups of water per hour is plenty, also when you're on Ecstasy!
- Use earplugs to protect your ears.
- Be aware how alcohol and other drugs can make you more careless.
- Be aware how of your enthusiasm can do the same.
- Try not to give in to the temptation of drinking too much alcohol.
- Take breaks from dancing. Even if you have lots of energy, take a break, sit down, and relax for a while (in the shade, if you're in the sun all day at a festival).
- Keep an eye out for your friends, but don't let them talk you into things you don't agree with.