



KNOW

H₂O

EAT

AIRFLOW

Apply sunscreen to prevent sun burns.

Stay hydrated, no more than 500ml water or better electrolyte drinks per hour if dancing

Don't stay too long in the sun.
Rest in the shade and cool down.

Safe sex is sexy, use a condom.

Get to know your surroundings and select the meeting point in case you get lost.

If you can get your drugs tested - do it.

Know your drugs, know your limits.

If you use drugs, also use clean equipment.

Use earplugs to prevent hearing damage and to have some good night sleep.

Eat well - your body needs nutrients for partying!

Don't drive anything under the influence of alcohol and other drugs. Recover before driving home.

Don't mix drugs, let DJ mix for you.



Co-funded by the
Erasmus+ Programme
of the European Union

This info material is a good practice exchange between partners in the project Connecting and improving peer intervention in nightlife settings on EU level.