

## Going on a night out? Key tips to experience nightlife abroad safely

Experiencing the nightlife in a city abroad can be exhilarating and fun. Follow these basic safety tips so you can go out with confidence.

- ✔ If you plan to go out drinking, use a buddy system, have a designated sober friend in the group, and always stay together.
- ✔ Set a meeting point in case someone gets separated from the group.
- ✔ Understand local alcohol laws, such as the drinking age and open-container rules.
- ✔ In some locations, counterfeit spirits – which can be contaminated with methanol – are prevalent. In these destinations, it is best to avoid liquor.
- ✔ Before you go out, make sure your phone is fully charged, and you have everyone's telephone number – consider creating a group chat so you can easily stay in touch during the night.
- ✔ Know local emergency telephone numbers for police, fire and ambulance services.
- ✔ If you need cash from the ATM – draw it out in advance during the daytime.
- ✔ Carrying a personal alarm or emergency whistle is a good idea.
- ✔ Be careful about how much you drink and never leave your drink unattended or accept a drink from a stranger.
- ✔ Avoid sharing too much personal information with strangers, including accommodations, school information and your full name, and be careful when meeting new people in general.
- ✔ Stay alert – avoid looking down at your phone or wearing headphones when walking, be aware of your surroundings and keep an eye out for suspicious behavior or strangers unexpectedly approaching you.
- ✔ Pre-book a licensed taxi home – share your location and driver details with your group.
- ✔ Confirm your driver's identity and credentials before getting into the vehicle.

**Following these tips, connecting with locals and researching your destination thoroughly can help you stay safe while enjoying the nightlife abroad.**