

DRINKING? DRINK MINDFULLY

THOSE WHO FOLLOW
THESE HELPFUL TIPS
HAVE FUN AND SAFE
SCHOOLIES TRIPS



TIP

Always have your phone on you - make sure it is charged!



TIP

Register as a school leaver with the Schoolies organisation in the area you're visiting.

TIP

If you are drinking, make sure to have something to eat before and during a drinking occasion.

TIP

Pace any alcohol intake and hydrate with non-alcoholic drinks - water is your friend!

TIP

Try swapping a full-strength alcoholic drink for a zero or lower-strength drink.

TIP

Be extra cautious with drinks that have a high alcohol content.

TIP

Skip rounds and drinking games - stick to your own pace and limits.



TIP

It's always okay to say no - to another drink or to a plan that doesn't feel safe.



TIP

Beware of drink spiking - watch your drink being made and keep it in your sight at all times.

TIP

Say no to drinks from strangers.

TIP

If you suspect drink or needle spiking, tell a friend and get help straight away.

TIP

Stay with friends and keep an eye out for one another.

TIP

Plan your ride home before you head out and save your accommodation name and address in your phone.

TIP

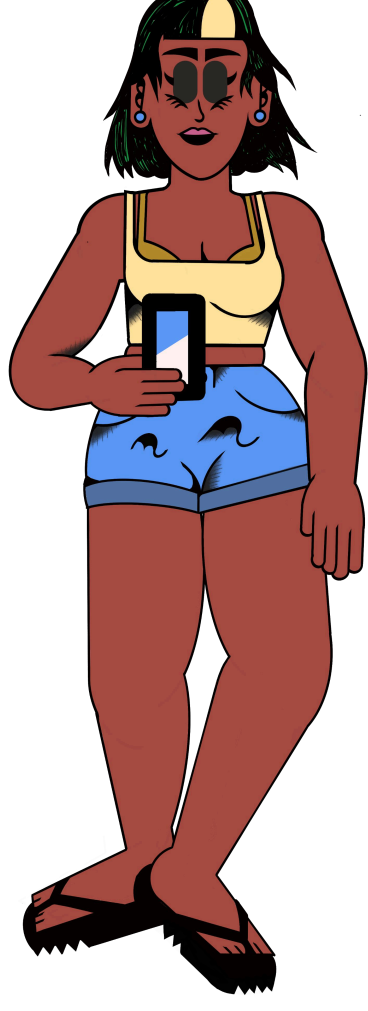
Don't drink drive or get into a car being driven by someone who's been drinking.

TIP

If you ride e-scooters or e-bikes, wear a helmet, follow local rules and never ride after drinking.

TIP

Avoid risky situations, such as swimming after drinking or getting into arguments and fights.



TIP

Let your parents or family back home know where you're staying and who you're travelling with and keep in contact with them throughout the week, so that they know you are safe.

TIP

Put your 'in case of emergency number' (ICE) and Medical ID in your phone - you can also set an image of them as your lock screen.

TIP

Know local emergency numbers that you can call if there's an emergency (e.g. in Australia call 000).

TIP

Call your parents or guardians at any time if you get into trouble or just need to talk.

TIP

Share each other's phone numbers and emergency contacts in a group chat.

TIP

Set a meet-up point and time with your crew - no one goes solo and no one gets left behind.

TIP

If you feel unusually unwell after drinking - especially blurred vision or vomiting - seek medical help immediately (don't sleep it off).



TIP

Keep money aside for emergencies.



If you are heading overseas on your Schoolies adventure, there are a few extra tips to know before you go:

TIP

Check Smartraveller for destination advice before you go and sign up for travel alerts.

TIP

Make sure your travel insurance covers your plans - remember, alcohol or drugs may void your cover.

TIP

Choose sealed, known-brand drinks and avoid unlabelled or ultra-cheap spirits/cocktails to avoid the risk of methanol poisoning.

TIP

If you're overseas and need urgent help, contact local authorities first - then call Australian consular services.

