

winter break support guide



advicesu

having a night to remember

this time of year is great for socialising and Christmas parties, and we've got some tips for making sure you can have the best night possible whilst staying safe and well:



Eat and hydrate

have something to eat before you go out, and make sure you stay hydrated!

swapping between alcoholic and non-alcoholic beverages can keep you dancing through the night (and it's cheaper when you're faced with those expensive Christmas drinks!)



Plan your travel

make a plan for how you're getting home - it can be particularly hard to grab a taxi during the festive season, so consider pre-booking one

check bus and train timetables in advance for any seasonal changes, and speak to your mates about how everyone's travelling home



Look after each other!

busy venues can make it harder to find your friends if you get separated, so make sure your phone is fully charged and set up a group chat

Know your limits

a festive drink or two is an enjoyable part of the Christmas season for a lot of us, but be aware of how much you're drinking and how that can affect you and other people

Substance safety

we don't condone taking drugs, but recognise that some students may choose to do so - remember to **start low, go slow**

more support information about alcohol and drug awareness can be found [here](#)