

Coping with sex, drugs, rock and roll

Party safely. It's an obvious one, but look out for your friends and make sure someone is always looking out for you. Partying in a group is a great way to meet new people while helping to ensure you don't run into any trouble.

Keep it legal. Everyone knows the legal drinking age is 18. Don't risk getting caught out or fined for using a fake ID if you're underage. Steer clear of drugs. You don't want to hamper your introduction to university with a night behind bars.

Don't overdo it. Don't run the risk of making an embarrassing first impression among your peers. Nobody wants to be forever known as 'that guy

who walked naked through a McDonald's drive-thru at 3am'.

Keep your phone with you. But have a friend mind it for you after a few drinks. We're all guilty of a drunken text message but remember, if you drink and dial, you're a bloody idiot. Or, you at least risk looking like one.

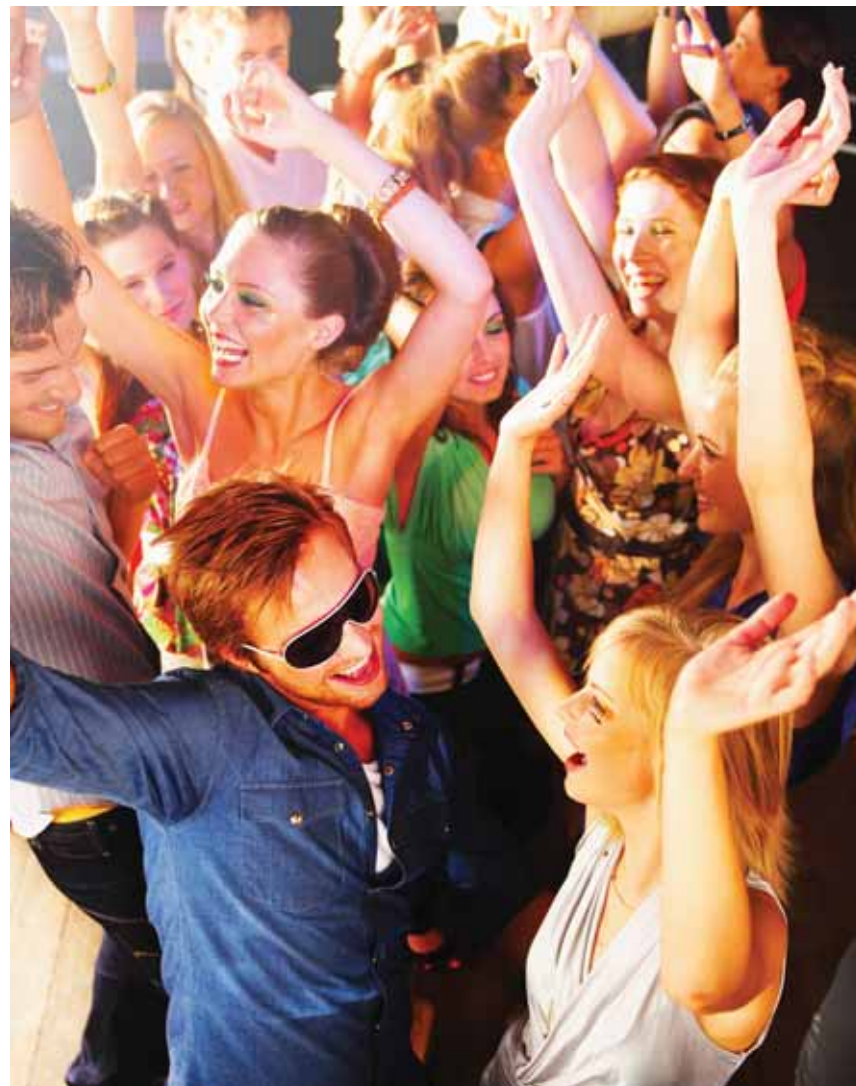
Recover the next day
Water – a hangover is really a fancy name for serious dehydration caused by alcohol so you don't have to be a MENSA member to work out that drinking tons of water is the best cure for a hangover. Stay away from too much Red Bull and Vs, as too much sugar when you're feeling vulnerable

can cause that shaky feeling.

Lock yourself in your room, dress like an Emo and read some depressing Russian literature. Again, this will take your mind off short-term problems and onto far more important issues, like questioning our meaningless existentialism.

Go for a swim. If you don't become a drowning blob who sinks to the bottom, a refreshing swim will invigorate and definitely wake you up.

If all else fails and you feel that you are destined to be an alcoholic, the best medicine for you is 'hair of the dog' mate. Plonk yourself on the couch and drink yourself silly.



Key party zones

Check out what they've got on if your campus has a pub. But if there isn't one there then stretch your wings and explore further afield.

And Melbourne's nightlife offers something for every taste and every budget – something tertiary students can appreciate. Keep your eyes open for clubs and pubs offering student discounts and freebies at a university near you.

The Lounge Bar on Swanston Street, for instance, has a 'pay the time' policy on Monday

nights. From 5pm, you pay the same for your meal as what the time is (5pm=\$5). Also in the city, check out Cookie on Swanston Street, St Jeromes on Caledonian Lane, Eurotrash in Corrs Lane and Industry Bar on A'Beckett Street. If you're into more of a clubbing scene, try Famous at the Queensbridge Hotel on a Saturday night or the Metro on Bourke Street. Head to Chapel Street in South Yarra for even more of a selection of dance venues, most of which offer student discounts at this time of year.

For those who appreciate

something a little left of mainstream, try Brunswick Street in Fitzroy. The trendy strip offers a mixed bag of pubs and clubs, with a kebab shop on every corner for those post-party munchies. Discover your inner Spice Girl or Backstreet Boy at 90s night at The Perseverance Hotel on a Friday night. Head to Rust on a Thursday night for 2-for-1 drinks. Bimbos at Rose Street offers \$4 pizzas Monday to Thursday (from 7pm) and room to dance, catch up with friends or just kick back on the couches.

Jennifer Greive

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