



BULISEGÉLY
D R O G A M B U L A N C I A

Be smart – Party Smart! 15+1 useful tips

The following pages contain 15+1 useful tips to help you make conscious decisions while partying, and so make partying safer.

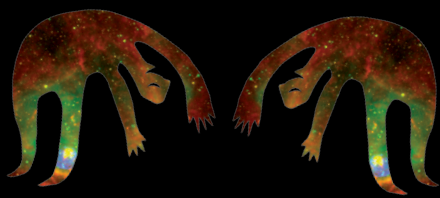


1. Fresh, cold water – your best friend while partying!

At a party, your body is constantly moving, burning more energy, at a high temperature – and so requires more fluids than usual. This is more pronounced if you are using excitatory substances, so it's important that you drink enough water to replace the missing amount. It's important that the fluid be water, because alcohol drains water from your body.

2. Glucose tabs are one of the most essential, natural and furthermore: legal sources of energy.

If you suddenly feel faint or start to see dimly, maybe your blood-sugar is low. The glucose tabs contain fast-absorbing fructose, eat a few, and you will quickly feel better.



3. Take a break – dancing is not the marathon!

Maybe you don't feel tired even after long hours of dancing, but that doesn't mean your body doesn't need rest, either. Keep track of time and take a break once in a while. The rest will help you regenerate with fluids and mineral nutrients, keep your muscles from hurting and keep you from getting dizzy.

4. Fresh air is free!

If the air at the party is used, foul, it's especially important that you regularly go outside for fresh air, or look for a place at the party where it's fresher. You can meet up with the others at these places and chill out together.

5. Money may not be dirty, but it can cause infections!

It's dangerous to snuff through banknotes, because it's full of invisible sources of infection. You can easily catch something through your injured mucous membrane. Be careful not to use the same appliance for snuffing with anyone.

6. Choose your surface well!

Always make certain that the area you put your streak of powder is clean. Don't use the tops of toilet seats, furniture, or any other non-sterile surface. First, always clean the surface with alcohol: just one quick movement, and you've radically reduced the risk of infection.

7. More is not necessarily better!

If you're using drugs, try to figure out in advance the amount intended for the evening. This is important because when under a drug's influence, you will find it much harder to make a conscious, sober decision; you might easily feel the need for just another streak, glass or dose.





*Party Service, INDIT Foundation,
since 2000*

8. Leave the mixing to the DJ!

Never mix drugs! It is always very risky to use different kinds of drugs, because it's hard to predict the combined effect. If you do want do this risky experiment on yourself, be careful, keep the doses low and wait for the effect. The final effect is the outcome of not just the drugs' chemical content, but also your surroundings and your own frame of mind.

9. Dare to use less!

You need to use less, not more, to feel better experience more joy. When you use in excess, it kills joy, makes you dependent and makes your using become routine.

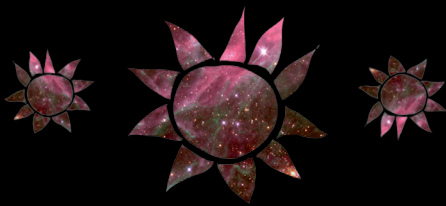
10. The trap of the "designer drugs"

Recently, new drugs have sprung up at parties and elsewhere. Regarding these drugs disguised as pesticide and bath-salts, it is important to know that they are not safer, just because they're legally accessible. No one knows what these drugs are, what are their longterm effects, and how to reduce the problems they cause.

11. Do you use MDPV (dodo, crystal, cloud nine)

It's currently the strongest drug on the market, using it is very risky! When using pure MDPV, a knife-tip dose is enough for the desired effect. If you feel anxiety, emptiness, or are in low spirits, it's not the effect of withdrawal, but of too big a dose. If you use more in this state, it will only accentuate the negative effects (disorientation, fear, hallucination, anxiety, trouble with movement coordination, hand trembling). Don't use again, until you can feel the effects wearing off, because you will only heighten the negative effects!

If you use MP, use it as rarely and in as small doses as possible! When buying from a new source, always start in small doses, because you can never know how pure it is.



12. Muscle strain and cramps can be avoided

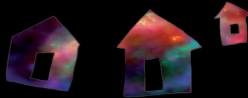
If your calves hurt or you have cramps everywhere after a party, it's often from lack of magnesium. This can easily be avoided by taking magnesium before, during and after the party.

13. Sex & drugs

When using drugs, you may say yes more readily to sexual activities that you did not plan. Always use condom of good quality and unopened package: it can save you from a number of dangerous situations and diseases.

14. Get home safe!

Always plan your way home: have enough money left for transportation, or have someone sober to drive you home. If you do drive after using, always give yourself time to "quiet down" – the drug can take a toll on your skills as a driver.



15. Pay attention to others!

You are responsible for your friends, your other acquaintances at the party, since all of you belong to the same scene if music. If you notice that someone is tired, sick, or nauseous, and fresh air, water and glucose tablets don't help, call a member of the Party Service. If the person in need is not conscious, is barely breathing or you can barely feel a pulse, don't hesitate to call an ambulance. The obligation of confidentiality requires the attending doctor to treat everything confidentially. [\(The telephone number of the ambulance is 104.\)](#)

15+1 Be honest with yourself!

Is using drugs really a way to help you feel better, or are you just avoiding negative thoughts and feelings, and reducing the anxiety of withdrawal? The two are not the same!