

# Ways to Make Friends at University Without Getting Drunk

Whether you don't drink alcohol or choose not to drink regularly, meeting people and socialising at University can feel daunting.



## Grab a coffee

"Do you want to grab a coffee?" is the new "do you want to go for a drink?"

Even if your friends like to drink in the evening, they will be happy to grab lunch or a hot drink. Find cafes that offer extended opening times or evening entertainment

## Spend time in communal spaces and leave your door open

Student nights don't need to be the only place you can meet new people. Spend time in your communal areas (eat lunch in the kitchen; leave your bedroom door open when studying)



## Take a class, join a society or play sport

A great way to expand your skillset, get fit or discover a new talent & an opportunity to meet like-minded students

Student life is so much more than getting drunk and you don't need alcohol to meet new people, have fun and get the most out of your student experience.



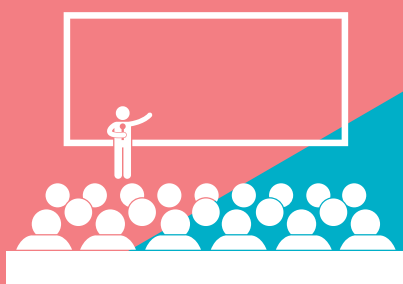
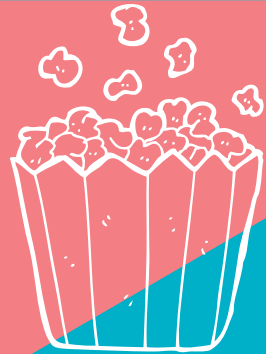
## It's not as obvious as you think

If you're happy to be in a bar or house party, be reassured that it is probably less obvious than you think that you are not drinking, or drinking less than others.

90% of students agreed that they enjoy socialising with those that don't drink (SOS Students and Alcohol Survey 2020-21)

## Attend alcohol-free events

Universities and students' unions often put on a variety of events, some are not alcohol-focused and can be a great way to meet and engage with others.



## Sit next to someone in lectures

Sit next to someone and strike up a conversation