

## DISPLAYS

Wednesday, March 27 & Thursday, March 28

### Drinkwise ACG – Drink Responsibly

*Sophie Themelis, ACG Health & Wellness Center, ACG*

### Are you Safe to Drive?

*Christina Drakonakis, ACG Health & Wellness Center, ACG*

### Facts and Myths

*Romina Karkalou, Psychology, Student, ACG*

*Eleni Triga, Sociology, Student, ACG*

### Student Life Experience Programming

#### How does this work?

**1. To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend:**

At least two HAPPENINGS

- Real Life Stories
- Game of Drinks
- US vs Europe – Legal Drinking Age – Legal Driving Age
- Different Faces of Alcohol Drinking: Is There Really a Happy Hour?

**2. What's in it for me? What will I learn?**

Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

Learning objectives:

- Become aware of the risks associated with irresponsible alcohol consumption.
- Discuss social norms surrounding alcohol consumption.
- Acquire life skills training regarding responsible consumption and safe driving.

**We look forward to seeing you there!**



# Think Before you Drink

AWARENESS CAMPAIGN ON ALCOHOL: DRINKING RESPONSIBLY AND DRIVING SAFELY

## March 27-28, 2019

Don't miss out:

- Games
- Driving Simulators
- Workshops
- Mocktails

Spearheaded by Deree students:

Better Days for Strays Club,  
Deree Ambassadors,  
Deree Orientation Leaders,  
Deree Student Association,  
Health and Social Awareness Club,  
MUN Club, Theater in the Making Club  
and Visual Arts Society

Supported by:

ACG Counseling Center,  
2nd Traffic Police Unit, Northeast Attica

Under the auspices of ACG Health & Wellness Center



**HAPPENINGS**

Student Lounge

**Wednesday, March 27**

- 11:00–15:00 **Real Life Stories**  
Traffic Police open their files and share first-hand experiences.  
*Maria Kalaitzidou, Deputy Director, 2nd Traffic Police Unit, Northeast Attica*  
*Evangelos Kitsaras, Police Officer, 2nd Traffic Police Unit, Northeast Attica*  
*Apostolos Charmanis, Police Officer, 2nd Traffic Police Unit, Northeast Attica*
- 15:15–16:00 **Game of Drinks**  
Jeopardy Game Show: Starks, Targaryens and Lannisters compete in a battle of wits.  
*Game show hosts: Konstantinos Alexopoulos, Information Technology, Management Information Systems, Music Student, ACG*  
*Franssein Mark Avila Rabena, Information Technology, Leadership and Management Student, ACG*  
*Set design: Trini Gayan Avalos, Theater Arts, International Business, Graphic Design Student, ACG*  
*Costume design: Visual Arts Society*

**Thursday, March 28**

- 13:30–14:15 **US vs Europe – Legal Drinking Age – Legal Driving Age**  
*Deree Debate Club, ACG*
- 14:15–15:00 **Different Faces of Alcohol Drinking: Is There Really a Happy Hour?**  
An informative discussion on cross-cultural norms, stress, peer pressure and alcohol consumption, binge drinking, drinking and driving.  
*Nikolaos Takis, Ph.D., Professor of Psychology, Deree – The American College of Greece; Director of the ACG Counseling Center; Individual & Group Psychotherapist*

**GAMES AND SIMULATIONS**

Main Corridor – Deree Parking lot

**Wednesday, March 27 & Thursday, March 28**

- 11:00–16:00 **Play it Safe**  
Instructors from Road Safety Institute (R.S.I) “Panos Mylonas” facilitate each simulation station.
- **Buckle up, It’s a Bumpy Ride**  
Put your seat belt on, experience a collision and what it feels like to be inside a tumbling car.
  - **Bottoms up!**  
Try on Alco-goggles and Drowsy & Distracted goggles and experience how alcohol and lack of sleep can affect your reflexes.
  - **Laws of Physics**  
Find out how objects including your weight change in relation to the driving speed.
  - **Get Behind the Wheel**  
Use the high-tech driving simulator and choose from 40 different situations to experience bad weather, driving under the influence of alcohol and much more.
  - **How Fast Can You React?**  
Test your reaction time and braking distance under different road conditions.
- 12:00–16:00 **Bandersnatch – How Are you Getting Home?**  
Make your own choices as you walk through the 3D flowchart of an evening out. At the end of the evening, use the Blood Alcohol Calculator to learn when it is safe to drive home.  
*Trini Gayan Avalos, Theater Arts, International Business, Graphic Design Student, ACG*
- Alcohol First Aid**  
Do you know how to help a friend in need?  
Get your questions answered.  
*Elina Grana, RN, Deree Nurse, ACG Health & Wellness Center, ACG*
- Alcohol around the World**  
Test your knowledge of drinking norms in cultures from around the world.  
*Trini Gayan Avalos, Theater Arts, International Business, Graphic Design Student, ACG*
- Mocktails on Us!**  
*Tending the bar: Deree Debate Club & MUN Club*