

# A Booklet on Recreational Drug Awareness<sup>020</sup>

[ Made for Amsterdam ]



Written by \_\_\_\_\_ Veronica Zanon

Edited by \_\_\_\_\_ Antoon Versieck & Mia Haug

Illustrations by \_\_\_\_\_ Zein Al Naggar

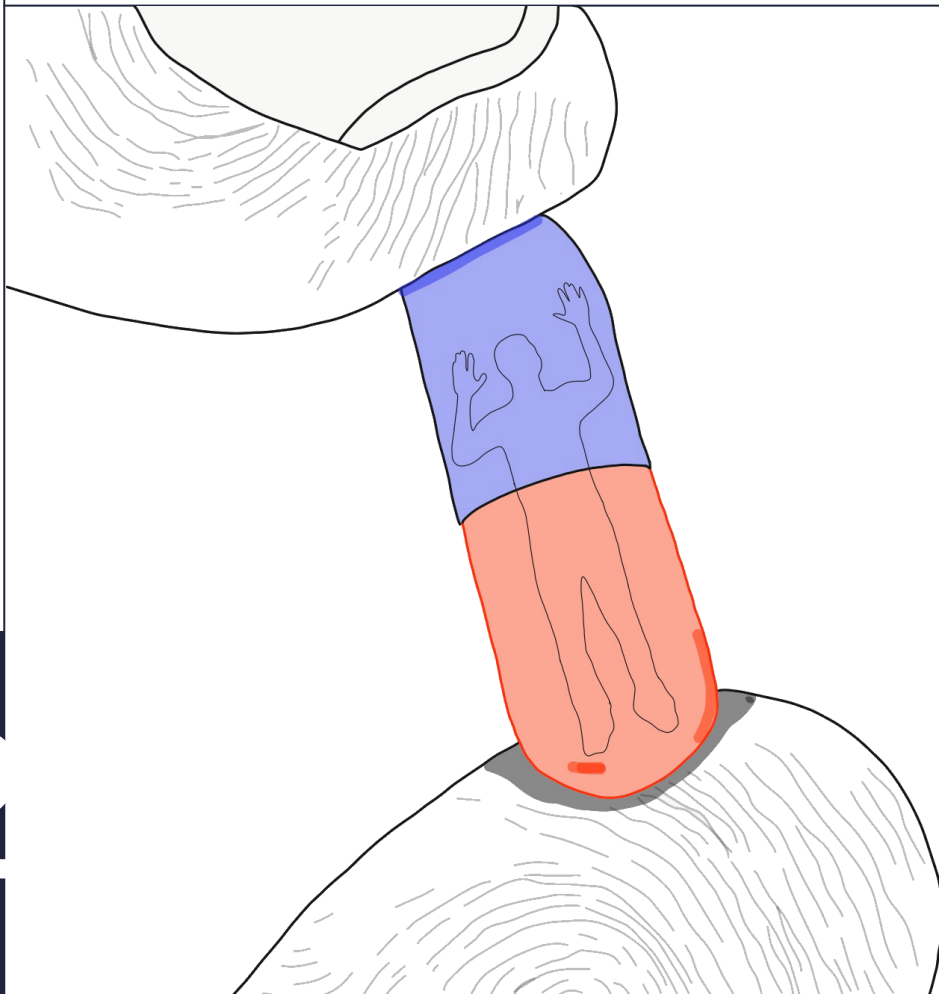
Design by \_\_\_\_\_ Dédé Kruisman

## Disclaimer

The information which is provided herein is meant for informative purposes only. It should NOT, in any case, be considered an exhaustive guide on every type of drug, their effects, and potential overdose signs, nor does it claim to provide the most precise medical protocol for drug overdoses and drug safety. It should also NOT in any case be considered a suitable substitute for professional or medical advice and the reader should always consult a medical professional if unsure about any information. The booklet is simply meant to be a starting point through which the reader conducts their own research and seeks professional advice on any recreational drug-related matter.

The 020 Team cannot be held responsible in any case and is not legally liable. None of the 020 members or contributors can, in any case whatsoever, be held responsible for the reader's use of the provided information. If the reader is injured or harmed while following any of the booklet's information, the reader is the only responsible party. The 020 Team further encourages the reader to consult medical professionals and seek professional advice for any doubts. We further stress the importance of calling the emergency services [112] in case the use of recreational drugs leads to complications or overdose.

See the change



## Introduction

University is for many students the first experience of living away from home, a time when they can have an almost unlimited amount of freedom and independence. Experimenting is a common norm for young adults, especially in a city such as Amsterdam, where liberal attitudes towards drugs can encourage students to partake.

At 020, we feel that it is essential for students to be informed and aware of the risks associated with legal and illegal drugs and would like to provide information on the best ways to stay safe if one chooses to do so.

It is important to understand that 020 does neither promote nor support recreational drugs but understands the importance of raising awareness regarding safe consumption. Therefore, we created this booklet to help students understand the different classes of drugs that exist,

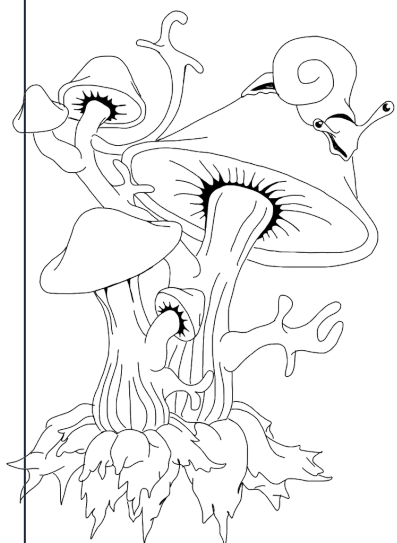
their effects and consequences, and the legal implications of the possession of these types of drugs. 020 will also provide information about how students can have their drugs tested or checked to reduce harm and give indications as to when students should pay extra attention to remain safe in certain situations. The booklet is therefore meant to increase awareness, and help students remain conscious about the very real consequences recreational drugs may have.

If you have any questions, doubts, or concerns which have not been addressed in this booklet, feel free to reach out to us and we will try to answer your query to the best of our capabilities or lead you to resources that can better answer your question.

You can always email us on [contact@020together.nl](mailto:contact@020together.nl) or visit our new website at [www.0-2-0.nl](http://www.0-2-0.nl).

Sincerely,

The 020 Team



Join the student party that acts

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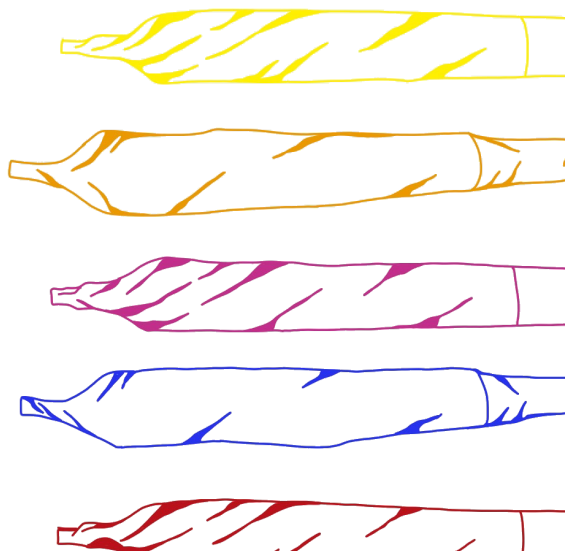
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## I. Understanding recreational drugs

To be fully informed about what recreational drugs are available, their risks, and safety concerns, it is important first to understand how drugs are classified in the EU. Member states classify drugs and precursors according to the UN Conventions of 1961, 1971, 1988. These are going to be focused on psychotropic drugs and narcotic drugs. Psychotropic drugs are any drugs able to affect the mind, emotions, and behaviour. Narcotic drugs are any drugs that produce analgesia (pain relief), narcosis (state of stupor or sleep), and addiction. These may produce euphoria and may be used medically. These drugs can be either legal or illegal.

We have selected several drugs which we shall refer to as "most common recreational drugs." According to the 2017 Global Drug Survey, these include cannabis, cocaine, MDMA, meth, LSD, magic mushrooms, speed, amphetamines, and heroin. It is important to understand both the short-term and long-term effects of these drugs and the signs of overdose.



## Ia. A subdivision of drug classes and subtypes

Drugs, both recreational and pharmaceutical are divided into four schedules of both psychotropic drugs and narcotic drugs. They are then categorised based on the highest risk of abuse to lowest (I-IV) and include harmfulness, degree of regulation, and types of drugs which are included.

Psychotropic drugs	Harmfulness	Degree of regulation	Examples of drugs	Fighting for real change
I	These are substances which pose a high risk to personal and public health, have a high risk of abuse and little to no therapeutic use.	Regulation is very strict, use is prohibited except for scientific or medical use.	LSD, MDMA, Mescaline, Psilocybin, THC*.  *THC is permitted in the Netherlands.	
II	These are substances which pose a high risk to personal and public health, have a risk for abuse, and have medium to low therapeutic use.	Regulation is strict however more lenient than Schedule I drugs.	Amphetamines and amphetamine-type stimulants.	
III	These are substances which pose a high risk to personal and public health, have a risk of abuse and have a medium to high therapeutic use.	Substances are regulated and available purely for medical purposes.	Barbiturates, amobarbital, and buprenorphine	
IV	Substances present minor risk to personal and public health, have a risk of abuse and high therapeutic use.	Substances are regulated and available for purely medical purposes.	Tranquilizers, analgesics, and benzodiazepines.	

Harmfulness	Degree of regulation	Examples of drugs	Narcotic drugs
Substances have addictive qualities with high risks of abuse.	Regulation is very strict, use is prohibited except for scientific or medical use.	Cannabis*, cocaine, heroin, methadone, morphine, opium.  *Use of cannabis is permitted in the Netherlands.	I
Substances used for medical use presenting the lowest risk of abuse.	Regulation is strict, however more lenient than Schedule I drugs.	Codeine, dihydrocodeine, propiram.	II
The lowest risk of harm as they are preparations of schedule II.	Lenient, according to WHO these present no risk of abuse.	Preparations of codeine, dihydrocodeine, propiram.	III
Substances have addictive qualities with high risks of abuse, already listed in Schedule I with limited medical use.	Strict regulations.	Cannabis*, cannabis resin and heroin.  *Use of cannabis is permitted in the Netherlands.	IV

## Ib. Short- and long-term effects of the most common recreational drugs

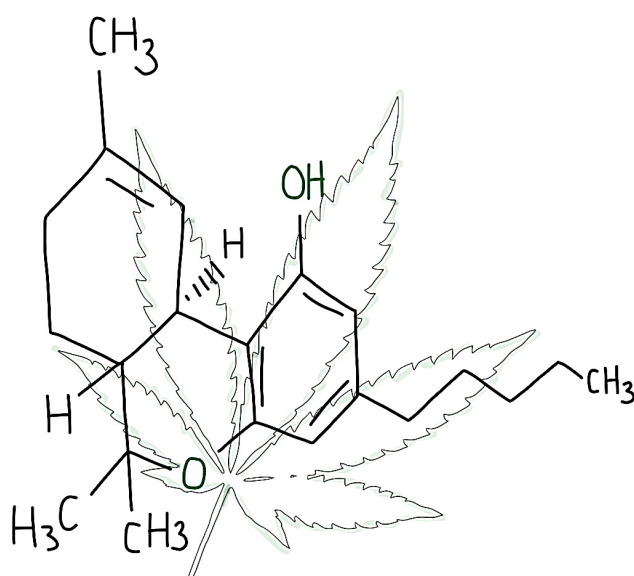
Marijuana is a psychoactive drug from the cannabis plant, psychoactive referring to its ability to change a person's mental state through its interaction with the brain and nervous system. Its principal psychoactive constituent is tetrahydrocannabinol (THC). Marijuana is usually smoked, however, it can also be baked into food.

The short-term effects of this drug include pain relief, a sense of calmness and euphoria, slower response time, altered sense of reality and time, red eyes, dry mouth, intensification of senses. Its long-term effects include slowed brain development, increased risk of mental illness (such as depression and anxiety), throat and lung problems (if smoked), increased risk of cancer, and an increased risk of heart problems. Lastly, it is generally agreed that you cannot overdose from marijuana.

Cocaine is a strong stimulant drug from the coca plant. It can be snorted through the nasal cavity, ingested through the gums, smoked or injected into the bloodstream.

The short-term effects of cocaine include intense happiness and euphoria, sensitivity to light, touch and sounds, anger and irritability, paranoia, decreased appetite, and increased heart rate. The long-term effects of the drug include headaches, seizures, heart disease, heart attacks, and strokes, lung and nasal damage, sexual trouble, loss of smell and nosebleeds, and, lastly, drug dependence and addiction.

Cocaine overdose can be identified by elevated heart rate, rise in one's body temperature, nausea and vomiting, pain in chest, tremors, panic and anxiety, delirium, paranoia, and, in extreme cases, death.



Ecstasy is a psychoactive designer drug. Its psychoactive principle is MDMA. Ecstasy comes in the form of a pill, therefore, it may be ingested or snorted.

The short-term effects of the drug include sensations of extreme euphoria and elation, increased energy, self-confidence, increased levels of empathy, nausea, muscle cramping, teeth clenching, chills, sweating/hyperthermia, increased heart rate. The prevailing long-term effects of the drug include depression, insomnia, memory deficits, anxiety, irritability, drug dependence and tolerance.

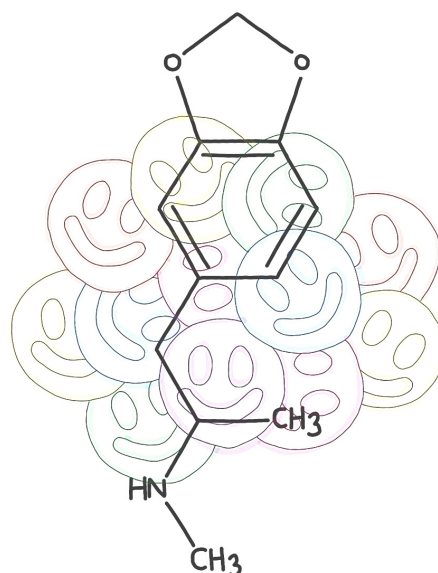
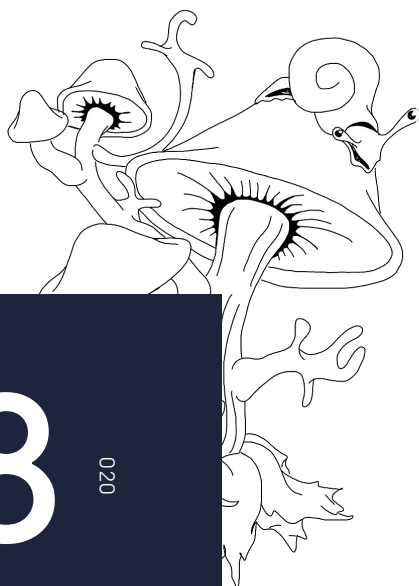
The signs of overdose from ecstasy include high blood pressure, increased heart rate, increased temperature, serotonin syndrome, and even death.

Magic mushrooms, also known as psilocybin mushrooms, are a group of fungi which contain psilocybin and psilocin. They are used as a hallucinogenic and psychedelic drug. They are usually dried or eaten raw, however, they can also be infused into teas.

It is also possible to ingest the liquid extracted from the fungi in the form of drops.

Once ingested, the short-term effects include feelings of euphoria and happiness, distorted perception of surroundings and a feeling of "awe", increased energy and excitability, but also paranoia, anxiety and panic, nausea and vomiting. One can also experience an increased heartbeat, rapid or irregular breathing, shaking, and poor coordination. The long-term effects of the drug include potential insurgence of heart problems, breathing changes resulting in lung failure, tolerance to the drug, worsening of pre-existing mental conditions [think of anxiety or bipolar disorder] intense panic and paranoia, mood changes and unorganised thinking, drug flashbacks.

Symptoms of overdose include anxiety and panic attacks, nausea and vomiting, paranoia and psychosis, seizures, and coma. Although very rarely, death is possible.



Empowering us all



Methamphetamine is a central nervous system stimulant. In its purest form, it is composed of equal amounts of levo- and dextromethamphetamine. This drug can be snorted, smoked, injected or ingested in a pill form.

The short-term effects of "meth" include increased attention and decreased fatigue, increased alertness and activity, decrease in appetite, feelings of "rush" and euphoria, increased respiration, increased or irregular heartbeat, and hyperthermia. Long-term effects of this severe drug include drug dependence and addiction, psychosis (paranoia and hallucinations), changes in brain structure, decreased cognitive and motor skills, memory loss, aggressiveness or violence, severe dental problems, and weight loss.

Symptoms of overdose are, but not limited to, dilated pupils and rapid eye movement, stomach pain, nausea, vomiting, and diarrhoea, anxious state and confusion, increased aggression, hyperventilation or difficulty breathing, chest pain, increased sweating, tremors, seizures, and convulsions. Additionally, and crucially, the feeling of something crawling on the skin, heart attack, stroke, coma, and death.

LSD, or lysergic acid diethylamide, is a hallucinogenic drug. It is a synthetic chemical made from ergot, a fungus that infects rye. LSD is usually consumed in the form of a liquid being dripped into gelatin sheets, paper stamps or sugar cubes. The short-term effects of the well-known club drug include euphoria and well-being, dilation of pupils, visual and auditory hallucinations, confusion and troubles with concentrating, headaches, nausea, and vomiting, fast or irregular heartbeat, increased body temperature, hyperventilation and profuse sweating.

There is also a chance to experience a "bad trip" in which hallucinations appear to be disturbing and with user in an increased risk of engaging in self-harming or risky behaviour.

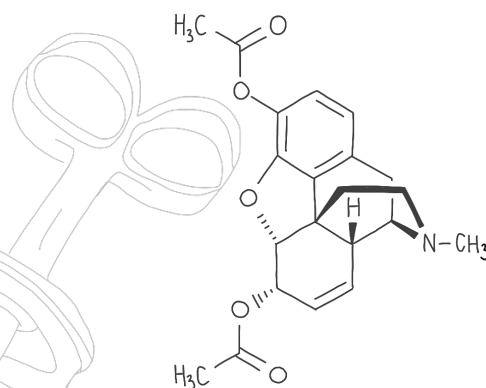
Regular use of LSD may lead to "flashbacks" in which the LSD experience reoccurs even years after last taking the drug. These may be disturbing or frightening especially if the last trip was a bad one. Another long-term effect is tolerance to the drug. Signs of LSD overdose include panic, paranoia, increased engagement with risky activities, and psychosis.

Amphetamines are central nervous system stimulants that can be legally prescribed to treat attention deficiency and hyperactivity disorder (ADHD). They are either ingested orally in a pill form or they are found in powder form, meaning that they can be snorted or injected.

After consumption, the short-term effects of amphetamines include increased speed in reaction times, increased energy and wakefulness, excitement and euphoria, increased concentration and attentiveness. Additionally, one might experience a dry mouth, headaches, hostility and even aggressiveness, nausea and vomiting, increased heart rate, hyperventilation, increased body temperature, and erectile dysfunction. Its potential long-term effects are paranoia, hallucinations, violence and aggressiveness, dependence and tolerance, convulsions, respiratory problems, obsessive behaviour, and the loss of coordination.

The signs of overdose include psychosis, dangerously high blood pressure, chest pain, loss of consciousness, stroke, and heart attacks.

Heroin is an opioid used as a recreational drug that is also known as diacetylmorphine and diamorphine.



The drug is derived from a flower, the opium poppy. Heroin is either found in the form of a powder or a sticky black tar form, it can be injected, smoked or snorted.

The short-term effects of the drug include euphoria and surge of pleasure, feeling of a "rush", dry mouth, warm flushing of the skin, heavy feeling in arms and legs. Also, nausea and vomiting, feeling of itchiness, clouded mental function, and drifting in and out of consciousness. Long-term effects of the drug include insomnia, collapsed veins due to injections, damaged tissue from nasal ingestion of the drug, infection of the heart lining and valves, abscesses, constipation and stomach cramping. Furthermore, heroin can cause liver and kidney disease, lung complications and pneumonia, mental disorders and worsening of preexisting conditions, sexual dysfunction in men, increased risk of HIV and hepatitis, dependence and tolerance to the drug.

Signs of heroin overdose include shallow breathing or no breathing at all, very small pupils, dry mouth or tongue discolouration, weak pulse and low blood pressure, disorientation and inability to continue the conversation, extreme fatigue, lack of consciousness or coma, and, finally, death

These are the short- and long-term effects of the most common recreational drugs. This should not be in any case used as an exhaustive list, as there are many derivatives or alterations of common drugs. If you are unsure about any drug which is not listed above in terms of effects, signs of overdose, here are some useful websites you should visit:

<https://www.drugabuse.gov/>

<https://www.talktofrank.com/>

<https://www.drugfreeworld.org/>

## II. Harboursing safe consumption

Having understood the different schedules of drugs and the most common types of recreational drugs' short- and long-term effects and overdose signs, it is then important to understand how one can best maximise their opportunity to have as safe of a consumption experience as possible. It is essential to realise that no amount of any recreational drug is 100% safe. However, it is possible to limit the possibility of adverse reactions to the drug by having your drugs tested, preparing well for the trip, and knowing the Dutch governmental regulations for possession of illicit substances.

Right now we need unity, progressive ideals, and pragmatic policies

## IIab. Procedure of drug testing and resources

Drug checking is allowed in the Netherlands, however, the consumption of illicit drugs is not. There are 33 drug checking centres in the Netherlands where one can anonymously drop off drug samples. There are also collection points that collect drug samples and send them directly to the head office. These are used more so for the purpose of "dropping off" the drugs, whereas testing centres are offer both the purpose of dropping off and testing within the same facility.

In Amsterdam, you can get drugs tested at either the Jellinek or the GGD Amsterdam drug testing service. Submitted drugs are analysed in the laboratory and classified in an online archive based on their chemical properties, aided by a database which records previously tested drugs. In this way, the laboratory can compare the sample to previous ones and find any matches. About 50% of drugs are recognised this way, entailing immediate results.

At the testing location, consumers are seen by prevention workers who help them with questions about the service and any doubts they may have.

Powders are always sent to the laboratory due to the inability to superficially understand its contents and the potency of the drug. However, pills can sometimes be identified by characteristics. Pills with specific elements such as colour, logo, thickness can be identified and added by the "Drug Information and Monitoring System" (DIMS) to a "weekly list." This is a list of all the drugs which have already been identified, based on their properties and aforementioned characteristics where users may be able to find already identified drugs and compare it to their own sample without going through testing. This list is updated weekly as more drugs are identified. Almost any illegal drugs can be tested, except for magic mushrooms, cannabis, alcohol, smart products, tobacco, and raw materials.

To have the drugs tested, user must bring 100mg of powder, one whole pill with a visible logo or one blotter [2 milligrams] of fluid. Each test costs €2,50 per sample [cash only to ensure anonymity!]. The DIMS also publishes a list of pills that are considered extra unsafe and should not be taken under any circumstances.



## IIc. Government laws about possession

Staying safe with the consumption of recreational drugs usually refers to the knowledge and awareness of the drug you are taking. However, it should also mean being aware of laws and legal implications of drug use. The current legislation on drugs is defined by the Netherlands Opium Act. It is involved with the pursuit of criminal action against drug trafficking, manufacturing, cultivation, and dealing. It also makes a distinction between the aforementioned schedule 1 drugs and schedule 2 drugs. In the Netherlands, consumption of recreational drugs is not a crime in itself but may be restricted in terms of the type of drug, the age group consuming or the location. This is defined by local authorities and not the national government.

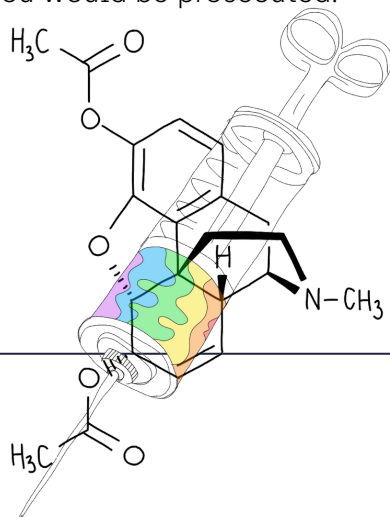
The possession of small quantities of drugs could lead technically to imprisonment. However, there is no targeted investigation possible. If by any chance, law enforcement were to find any drugs for personal use on you, the most likely scenario is that the drugs would be confiscated and it is improbable that you would be prosecuted.

Recreational drugs are considered to be "illegal" in the Netherlands. Nevertheless, since 1976, there is a policy of tolerance for the sale of marijuana. It must also be stated that in the Netherlands,, marijuana, hash, and magic truffles can be acquired with ease at coffee shops or smart shops if you are above 18 years of age. Conversely, personal use is not tolerated for persons under the age of 18. Furthermore, marijuana should be consumed either at your own home or in a coffee shop. Smoking in public may incur a fine, however, is usually just reprimanded with a warning.

The current threshold for personal possession of cannabis is five grams. That means that you can carry that much on you without any legal consequences. It must be said that since 2012, the Opium Act Derivative does give the potential for arrest and prosecution of people holding even less than five grams on them, but only in particular circumstances, such as having historical affiliation with drug usage, drug sale, theft or burglary.

Supplying drugs is a very different matter. Possession, cultivation, manufacturing, trafficking, import or export can carry up to 12 years of imprisonment, depending on the drug involved.

020, therefore, advises being extremely thorough in understanding the legislation to avoid unnecessary problems with law enforcement.



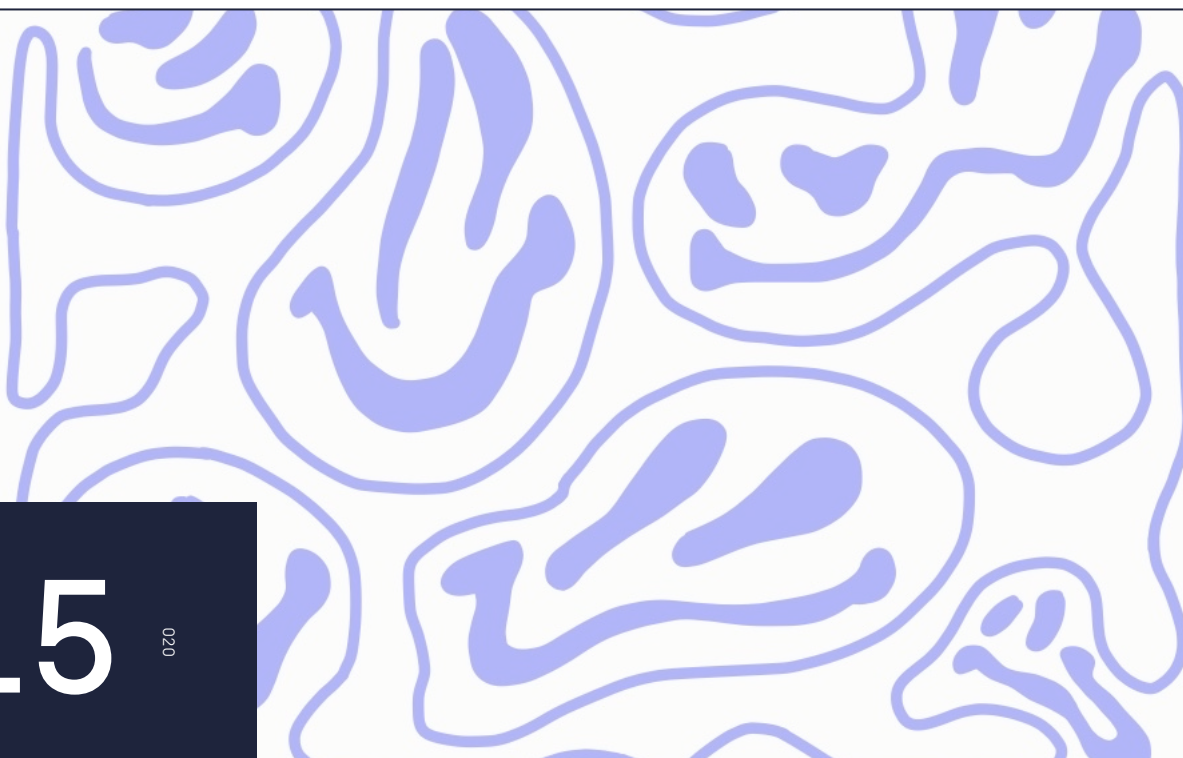
## IIId. Staying safe while taking recreational drugs

Again, it is important to reinforce the idea that no amount of any illicit drug can be considered 100% safe. This awareness is very important to understand and remember. Yet, there are several things you can do to minimise your own risk and enhance the potential for a "safe trip." These will be synthesised through the following advice, which we deem vital for anyone to follow:

- Know and understand the drugs you are taking. You must research and know the effects, risks, potency, doses, and signs of an overdose of any particular drug you may want to take. It is important to do this because the drug you may choose to take may interact with a prescription drug you are taking or worsen a pre-existing medical condition that could be life-threatening. Be thorough and responsible.
- Take care of your body. Before any use of any type of recreational drug, you need to make sure that your body is in the best possible physical state it could be. This means that you should eat a healthy meal, drink proper quantities of water, and be well-rested. During the trip, you should also keep water on hand to combat dehydration, which may be caused by increased body temperature as a result of taking certain types of drugs.
- Do not do drugs alone. Taking recreational drugs by yourself, especially schedule 1 drugs, is extremely dangerous. You never know the actual effect a drug may have on you and you must have someone you know well and trust close to you if anything goes wrong.
- Use less. As a general rule of thumb, when it comes to drugs, less is usually far better than more. Do not go for a massive dose the first time you are taking a drug. You want to see how the drug affects you before going for a large quantity. When you use particular drugs over time, your body builds a tolerance to it, meaning that it can tolerate higher amounts. However, if you have not used a drug in a while or have never done it before, you run a much higher risk of overdose as your tolerance is low.

- Do not mix drugs. You shouldn't take more than one drug at a time. This is because, as previously stated, drugs interact with each other and may heighten the effects and risks of one another. You have a greater risk for an overdose if you mix drugs, decide what drug you are planning on taking and stick to that one. Alcohol should also be considered a drug and should never be mixed with other drugs.
- Keep it under control and take breaks. Dependence and tolerance to drugs are two things which can happen very quickly over a short period of time. Be aware and honest of how often you take certain drugs and the effects they have on you afterwards. If you feel like you are taking a drug too often, or it is negatively affecting your life, stop and take a break. If you are unable to do so, you should talk to a professional.
- Be in a good mood. Although drugs are often used to escape feelings of sadness, anger or depression, be aware that you are doing yourself a favour in partaking when in a good mood. If you decide to take drugs in a negative headspace, you run the risk of experiencing a bad and traumatising trip and increasing the negative psychological effects the drugs may have on you.
- Sanitise your equipment. Make sure that all of the equipment you are using is clean and sanitised. This holds especially true if you decide to inject your substance of choice. Ensure you have washed your hands and site of injection and are using new and clean needles. Don't inject in the same area often, especially if it is sore or swollen, do not share needles, and use pure citric acid instead of vinegar or lemon, which is much safer.

These are some of the safety precautions and advice we think are most important for you to know when deciding to partake in recreational drugs. Again, we want to stress the importance of being responsible and aware of using recreational drugs, and if you are unsure or nervous about taking them, you probably should not. It is much better you do not partake than have a bad experience; trust your instinct.





## IIe. What to do in case of an overdose

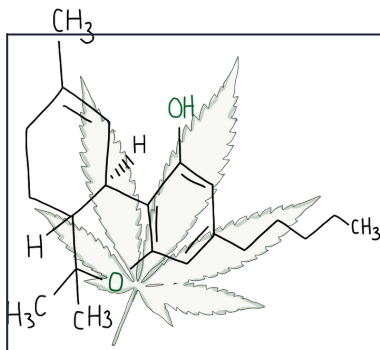
Even if you have taken all of the possible precautions you could have, a very real outcome of drug use is the potential for excess consumption and overdose. This is an extremely dangerous situation in which someone has consumed a toxic amount of a drug or combination of such and their body cannot tolerate it. A drug overdose may result in death or severe consequences, so it is important to remain calm and act fast.

First and foremost, it is essential to understand the signs of an overdose of a particular drug. In general, three of the most common types of overdoses include depressant overdose, alcohol poisoning and stimulant overdose.

Depressants [heroin, opium derivatives, Xanax, valium] are the most dangerous drugs in terms of risk of overdose due to their slowing effect on heart rate and breathing. Alcohol is also a depressant. If consumed under large quantities, it may prove toxic to the body, leading to alcohol poisoning. This is especially true if mixed with other depressant drugs, which may lead to an accidental overdose. Stimulants [such as amphetamines, cocaine, speed] are less likely to be deadly in terms of statistics, but they are still very dangerous.

If you suspect an alcohol or stimulant overdose, you must call emergency services right away. There is nothing that can be done at home to truly alleviate the situation before professional help arrives.





If you suspect a depressant overdose, quick action needs to be undertaken:

1. Check responsiveness. Check if the person is breathing and check for responsiveness by rubbing your knuckles vigorously on their chest bone. Suppose they are non-responsive, call emergency services right away.
2. Perform rescue breathing. Depressants slow down respiration to the point of respiratory failure. Tilt the head, lift the chin, and pinch the nose. Seal their lips and give two quick breaths into their mouth. Then give one long breath every five seconds.
3. Administer naloxone. Naloxone or narcan is a drug that may save somebody's life if they are overdosing on opiates. These kits are available in intranasal and injectable forms.

To use intranasal naloxone, remove yellow caps on the plastic delivery device (needleless syringe), and remove the red cap of the cartridge.

Screw the naloxone cartridge into the barrel of the needle. Tilt the head back and spray half of the naloxone (one cc) into each nostril. For the use of injectable naloxone, remove the orange top of the naloxone vial. Draw one cc of naloxone into the syringe and inject it into a major muscle, such as the buttocks, thighs, or shoulders.

You may need to continue rescue breathing until the naloxone takes effect. If a person is still unresponsive after three to five minutes, then administer another dose.

Remember that in these cases, it is important to remain level-headed and calm. Do not let fear or anxiety overwhelm you as you run a higher risk of not providing adequate help this way.

Do not forget that the emergency number in the Netherlands and the whole of the European Union is 112!

### III. Remaining safe in a social context

The use of recreational drugs is most often found in social settings. This can include parties, festivals but also as common as in a coffee shop. Previously, we have talked about the importance of understanding and being aware when deciding to partake in drugs. However, it is equally important to understand how to protect oneself when deciding not to use drugs or understand where to buy the safest drugs. For the latter, we will be focusing on cannabis since other street drugs are much harder to pinpoint on their quality without having them checked.

#### IIIa. How to prevent being roofied

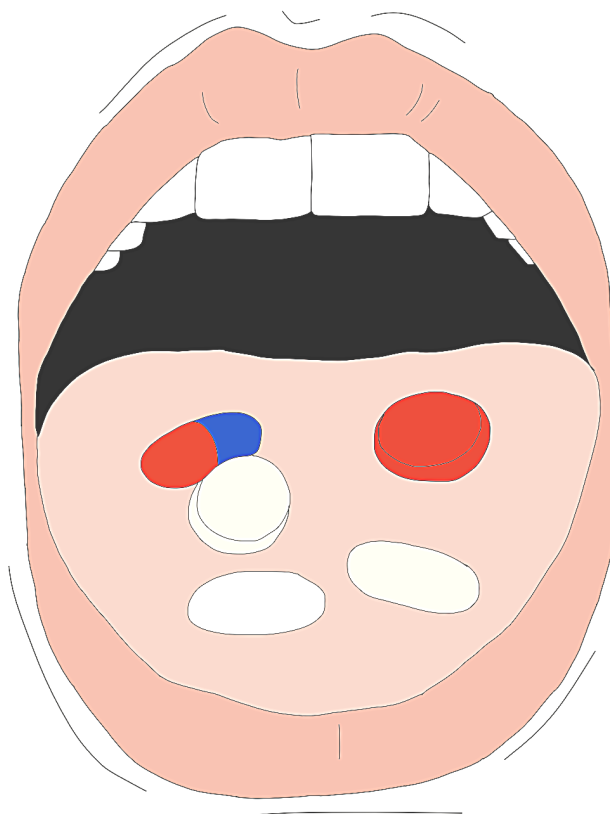
Being "roofied" is, unfortunately, a phenomenon that occurs quite frequently in the social setting,

especially at parties, bars, clubs, and festivals.

A roofie is a generic slang term to define an assortment of "date-rape drugs", these include ketamine, GHB, rohypnol, and more. These drugs are usually depressants and are meant for the purpose to lower a victim's inhibitions, lending them less likely to fight back or defend themselves from sexual advances or sexual assault.

A person may become so incapacitated that they are unaware of their surroundings, what is happening to them, are unable to move, and may collapse to the ground. This is, of course, a very traumatising and frightening event for a person to endure.

Roofies are generally placed into a victim's drink without their knowledge so that they ingest it without realising it.



Here are a few general pieces of advice which are meant to raise awareness and minimise the possibility of being roofied.

- Stay close to the bar. If you are at a bar, and somebody offers to buy you a drink, do not leave the bartending station. You should stay and monitor the bartender making and serving the drink to you. In this way, you can check exactly what is in it and prevent the possibility of it being tampered with. If you are away from the bartending station, ask that the drink be delivered to your table.
- Do not accept drinks from strangers. If a stranger offers to buy you a drink, be very hesitant. It is not the most fun approach, but it is best to avoid anyone tampering with your drink. You are better off ordering the drink for yourself.
- Hold your cup from the top. If you hold your drink or cup from the top, you are essentially acting as a cover from anything being placed inside it. It is very hard for anyone to slip anything in the drink if your hand is covering most of the surface area of the cup's opening.
- Do not drink from anyone else's cup. You don't know what anyone has put in their drink, and drugs can affect people differently. What they can handle may not be the same for you.
- Do not leave your cup unattended. Leaving your cup alone at the table or the bartending station is very risky, for it allows for anyone to potentially undetectably tamper with your drink. It is also unwise to leave someone to keep an eye on your drink, as they may unintentionally get distracted or leave. It is much better for you to bring your drink with you, or if you have forgotten it back at your table or the bar, order a new one. It is much better to lose money this way than other consequences.
- Be aware of your senses. Make sure to be aware of what is going on around you. Is there anyone acting oddly or looking at you for long periods? Is your drink different than when you left it before? Is there more or less of it? You should also make sure that you drink the drink slowly and over a period of time, to make sure that you can notice the effects of the roofie or detect any changes in taste.

These are, of course, just some ways in which you can protect yourself from the potential of being roofied. If you suspect being roofied, you notify someone you trust straight away and call emergency services [112]. It is better to act quickly and anticipate this situation than having to face the consequences.



### IIIb. How to choose a safe coffee shop

Amsterdam is home to over 200 coffee shops where it is possible to buy marijuana and other cannabis products. Of course, it is understandable that not all of them have the best quality product or the best price per product, and therefore we feel there are some pointers one should take in consideration when choosing to buy from a coffee shop.

First, stay away from big brand names. Coffee shop chains such as the Bulldog are designed to be more of a tourist attraction. In fact, there you will be paying higher prices for the product than you could be paying in other coffee shops.

Second, check the prices. Following the previous note, it is important that you check a coffee shop's prices in relation to other coffee shops you have visited. Typically you should be paying around 12 euros for one gram of marijuana and 8 euro for hash. These however can range from 4 euros to 35 depending on the shop and strain. You should consider

this pricing and keep in mind that coffee shops in the city are more expensive than those further away.

Third, make sure it is a legitimate establishment. Official Dutch coffee shops have a green and white license sticker displayed on their window. This shows that the shop is regulated. It is also not advisable to buy from non-legitimate establishments, therefore checking for the license sticker is very recommended.

Lastly, check the product thoroughly before purchasing. Coffee shops usually have small samples of marijuana on display for you to look at. Make sure you check them carefully. If it appears to be odd or different from other types that you have seen, it is probably better for you to avoid purchasing it.

These are some of the guidelines you should follow to have the best possible experience if you do decide to visit a coffee shop in Amsterdam. Always stay vigilant when purchasing even marijuana to ensure the safest trip possible.

## Conclusion

Through the creation of this booklet, we wish to express to our fellow students the importance of being aware when deciding to take recreational drugs. At 020, we do not encourage nor condone the use of recreational drugs. In fact, it is our first recommendation that you do not partake in the use of illicit drugs, due to their unpredictability and potential danger. However, we understand that it is important in any regard to inform the student body to the best of our capabilities, doing otherwise would be naive.

We wish to state that this guide should not be treated as an all-inclusive source of information and it is created to give an idea of the general overview of the different drugs, their effects, and how to best stay safe both during consumption and through social and legal terms. This booklet is meant to spark your interest in conducting your own research, this quick read being only the first step towards responsible use.

As a final note, the 020 Team encourages you to act in a sensible and responsible manner in regards to the use of recreational drugs. It is our mission through the creation of this booklet to emphasise the danger certain drugs may hold, thus, hopefully, ensuring the safety of our fellow students. We hope you have enjoyed the booklet and have found it informative. Remember to have fun safely and responsibly!

For any comments or suggestions, or to consult the sources we used, please feel free to contact us via [contact@020together.nl](mailto:contact@020together.nl) or visit our website [www.0-2-0.nl](http://www.0-2-0.nl).

Furthermore, if you'd like to get involved in our Party, reach out to us on any of our platforms!

Hope you enjoyed this booklet as much as we did compiling it!

Yours truly,  
The 020 Team

