
DRY
JANUARY
Fleur & Star
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DRY JANUARY: STUDENTS GO ALCOHOL-FREE FOR A MONTH

More and more students take on the challenge in January: a whole month alcohol-free. Because a break from alcohol makes you feel better overall. A little time off from alcohol can help you with:

- Better sleep
- Fresh mornings
- More energy
- A better mood
- Saving money
- More focus on studying
- Fitness boost

Student life is busy. Classes, hanging out with friends, studying, working, going out, the occasional visit to your grandma, sports, sleeping in... And when a lot is expected of you, you want to feel good.

Alcohol brings you down
Alcohol has a big effect on how you feel. After drinking, for example, you sleep worse. So you have less energy and no motivation to do the things you need to do. Feeling unmotivated can get you down.

Try a dry month
Want to feel better overall, too? Sign up for Dry January, made for students, at ikpas.nl/students. Find out what an alcohol-free month does for you. Joining is free and open to ages 18+.

Tip: It's more fun and easier together. So tell your fellow students about your Dry January plans and take on the challenge together!

JOIN IN AT IKPAS.NL/STUDENTS