

**A RELEASE FROM BONDS; A QUALITATIVE CROSS-CULTURAL STUDY ON
STUDENTS' SOCIAL AND DRINKING BEHAVIOUR**

by

Stefania-Eleni Konsta

Canterbury Christ Church University

**Thesis submitted
for the Degree of MSc by Research in Psychology
(Social and Applied Sciences)**

2020

Acknowledgments and Declaration Page

I am deeply thankful to Dennis Nigbur for his continuous support and guidance, and his vital part in helping me transform this research idea into a thesis project. It was a joy to work with him as my supervisor. I extend my gratitude and appreciation to all those wonderful people who participated in my study and shared their thoughts, stories, and experiences with me for the purpose of this research. Finally, I would like to express my love and gratitude to my family and friends for their loving support, without whom this thesis would not have come into existence.

I, Stefania-Eleni Konsta, declare that I have read, understood and adhered to the BPS ethical guidelines and that this study was approved by the Faculty of Science, Engineering and Social Sciences Ethics Panel.

Abstract

Previous research concerned with student populations and alcohol is overwhelmingly fixated on the problems of drinking as opposed to what alcohol really means in social situations for students. In addition, most national and cross-cultural studies on the topic, not only adopt a quantitative paradigm, but tend to focus on cultures with highly conflicting, ethically charged relationship with alcohol, and dismiss other cultures. Specifically, no qualitative research on Greek university students' understandings has been published up to this point. The present research aims to fill a gap in the literature surrounding students' social and drinking behaviour by qualitatively exploring how British and Greek students make sense of and use alcohol in social situations. Semi-structured interviews were conducted among five British and seven Greek students, and two thematic analyses were employed treating both samples as two separate studies, but using the same approaches, techniques and materials. Both the Greek and British data analyses are presented as two separate data sets and then drawn together in the Discussion. Shared themes for both groups included aspects of how drinking was exemplified as a system of value, as participants reported gaining a sense of freedom through drinking; from constraints, from rules, from their own shyness, and from worries about the past and future. Intoxication seemed to be portrayed as a release from those bonds, allowing a more liberated person to come out. Differences among them focused on their specific attitudes towards alcohol use, the extent to which they engaged with it, and how they understood cultural and societal influences on their drinking. The themes bring novel findings to the current literature and expand on the subjective understandings of how students from two different contexts perceive, understand, feel, and form an opinion on their social and drinking behaviour.

Keywords: British, Greek, students, alcohol, sense-making, liberation, TA

Contents

Acknowledgments and Declaration Page	2
Abstract	3
Introduction	5
Symbolic Meanings	8
Student Drinking	9
Alcohol Related Issues	10
Anticipated Effects of Drinking	11
Methodology	13
Research Design	13
Participants	14
Materials and Apparatus	17
Procedure	18
Analysis	19
Findings	21
Greek Data Analysis	22
A Liberated Self	23
Collective Belongingness	32
Relaxed Attitudes	43
Embedded Culture	53
British Data Analysis	67
A Liberated Self	67
Following the Crowd	76
An Intensified Experience	85
Discussion	93
Discussion of Findings	93
Limitations	103
Implications	104
Future Directions	105
Reflexivity	106
References	108
Appendices	121
Appendix A	121
Appendix B	124
Appendix C	126
Appendix D	129
Appendix E	130
Appendix F	131
Appendix G	132
Appendix H	133
Appendix I	301

Introduction

The use and misuse of alcohol and other mood-altering substances have been associated with numerous health issues and negative consequences, recognised to have a wide range of adverse effects on social, psychological and physical wellbeing. Alcohol is now one of the leading risk factors for premature death, ill-health and disability (Jernigan & Trangenstein, 2020). Based on the World Health Organisation status report (2018), three million deaths every year are caused due to alcohol misuse, forming 5.3% of all deaths globally. In fact, it is responsible for approximately 9.3% of the global burden of disease for both females and males, and accounts for 10% of all deaths among those aged 15 to 49. In consequence, health-oriented research literature, is strongly fixated on addressing the problems associated with alcohol use and increasingly refers to the need to form interventions to reduce the public health burden it causes (Burton et al., 2017).

Meanwhile, alcohol continues to be a recognised commodity worldwide. It is universally used in various social situations and for many, it is related with worldly pleasures and the good aspects of life (Fairbairn et al., 2015). This is primarily the case for people in social environments where drinking commonly accompanies socialising (Bergmark & Kuendig, 2008). In this situation, it is easy for an individual to discount or overlook the harmful effects caused by drinking. In particular, there has been much interest recently concerning university students' drinking behaviour in the UK (Tarrant et al., 2019), as there is now a substantial body of research which suggests that despite the raised public awareness of the short and long-term risks, students continue to be documented as the heaviest, most frequent social drinking community known to be liable to the enticements of alcohol (Jones et al., 2014); dismissing the health-risk messages and showing high levels of problematic drinking (Petruželka et al., 2018; Quigg et al., 2013).

A recent systematic review investigating alcohol consumption among university students in Ireland and the UK from 2002 to 2014, reported that approximately two thirds of students engaged in excessive alcohol consumption that was considered hazardous (Davoren et al., 2016). More specifically, it was found, that over 20% endured alcohol related problems, while over 20% reportedly exceeded sensible limits on a weekly basis. In addition, an earlier cross-sectional survey researching alcohol use disorders and hazardous drinking among 770 undergraduate students recruited from seven English universities, found very high

levels of harmful and risky drinking, with 40% reported as hazardous drinkers, 11% as harmful drinkers, and 10% as alcohol dependent (Heather et al., 2011). Furthermore, a cluster analysis by Craigs et al (2012), reported 58% of 119 undergraduate students from Leeds Metropolitan University engaged in hazardous drinking, with almost 70% reporting regular binge-drinking. Moreover, the analysis concluded that most students who engaged in heavy alcohol consumption, reported drinking daily and weekly but abstain from drinking for two consecutive days each week. Evidently, most researchers in the field appear to agree that levels of alcohol consumption are higher among university students (John & Alwyn, 2014). Hence, considerable investment has been put in order to understand the antecedents of heavy and frequent drinking in student populations, as well as in developing programmes that aim to change students' drinking behaviour (Furtwängler et al., 2017; Hagger et al., 2015).

However, both practical and academic publications have a tendency to focus on the problems of drinking among university students, specifically emphasising binge-drinking (Bridges & Sharman, 2015; Gardner et al., 2012; Gill, 2002; Kuntsche et al., 2017), as opposed to what alcohol really means in social situations for students. Additionally, although previous research has certainly explored this topic, most studies, and in particular cross-cultural studies, have been limited to quantitative research, and focus on exemplifying patterns about drinking behaviours and the culture as a whole instead of providing insight on non-static and subjective meanings (Erevik et al., 2017; Piasecki et al., 2014; Savic et al., 2016). This is relevant because students, as individuals, may use alcohol differently depending on the setting, their community, their values and perceptions (Bräker & Soellner, 2016; Soellner et al., 2014), and their own mental health, which are things that would not necessarily be established within large-scale studies. It makes sense, therefore, that we understand the lives of the student community and students' unique experiences, as well as explore the ways in which students interpret and use alcohol by touching beyond simple counted phrases and identifying implicit and explicit meanings.

In addition to the number of studies on student drinking, most national and cross-cultural research not only is generally quantitative, but has been based on cultures with conflicting, ethically charged relationship with alcohol, such as the UK, US, Australian and Scandinavia (Dantzer et al., 2006; Harrison et al., 2011; Hogan et al., 2014; Mackinnon et al., 2017), where drinking is considered a moral issue of concern and associated with higher

levels of alcohol consumption, disorderly behaviour and irresponsibility. In fact, qualitative research on drinking behaviour among university students in cultures where alcohol is a neutral part of normal life and associated with tradition and celebration appears limited. More specifically, no qualitative research concerning Greek university students' social and drinking behaviour has been published up to this point. Surprisingly, the only extensive articles that have been published on student drinking and collectively refer to "Greek life", are the social organisations at US colleges and universities, known as fraternities and sororities, which use Greek letter organisations to represent their societies and a Hellenic way of enjoyment (Kessler & Kurtz, 2019; Lasky et al., 2017; Sargent et al., 2018). This in fact creates and perpetuates false misperceptions on what the actual Greek student life in Greece is like, which in turn highlights that researchers have paid much less attention to the actual Greek student way of enjoyment.

Henceforth, the purpose of this research is to take these shortcomings into consideration and qualitatively explore university students' social and drinking behaviour in Britain and Greece; in the sense of perceiving, understanding, feeling, and forming an opinion on their social and drinking behaviour. Unlike earlier work, here the focus is exclusively on what students themselves think about alcohol and their drinking; how they make sense of it, the extent to which they engage with it, and how they use it. Three research questions are addressed within this research: (a) how do students in Britain and Greece make sense of their social behaviour when intoxicated or sober, (b) how do students in Britain and Greece make sense of motives for drinking in social situations, and (c) how do students in Britain and Greece make sense of cultural and societal influences on drinking? The goal here is to look closer at students' subjective interpretations, and to try to understand the variable meanings of alcohol on their social behaviour, motives for drinking and what do they gain from it, and cultural and societal influences. This qualitative thesis does not only favour the ethos of the notion that alcohol holds various meanings depending on individual perceptions, but also that the action of drinking itself is filled with meaning of its own. In consequence, both individual differences and sociocultural contextual factors were considered. Two separate samples were used in order to qualitatively explore a comparison of what the Greek participants thought about drinking in relation to the British participants, outlining how they perceived it, the extent to which they engaged with drinking, and if and how they used it.

This process provided the opportunity for a diversity of experiences, thoughts, opinions, understandings, and stories to be discussed.

The present study aspires to answer research questions that are situated within a qualitative paradigm. Therefore, an interview methodology was used as it was felt to be the most suitable way to meet the aims and objectives; address the above research questions, and better understand students' attitudes and behaviour towards alcohol use. Moreover, semi-structured interviews were decided as the best methodological fit for this project, as semi-structured interviews provide participants the freedom to elucidate their subjective perceptions and beliefs and respond to open-ended questions in their own words (Bolderston, 2012). Additionally, employing a semi-structured interview format, allowed the researcher to freely follow the participants' train of thought and adapt to the line of questions in order to explore emerging concepts and topics that stood out. The essence of qualitative research has been thought useful in recognising various responses and patterns in that manner, specifically among words that lead to the creation of a meaningful picture being formed without jeopardising its dimensionality and richness (Leung, 2015). In particular, qualitative research is concerned and revolves around the way in which individuals make sense of their experiences and their world (Hennink et al., 2011). In fact, qualitative approaches tend to favour the ethos of the concept that social reality is not objective but ultimately subjective as it is formed and shaped by our understandings and perceptions. This therefore relates directly to this research as it focuses on the participants' subjective experiences and understandings.

Symbolic Meanings

Drinking has been a prime mover in most human cultures from the very start, fuelling social activity. There is immense variation in the way people behave when they drink in the typical social drinking situation. This variation is often associated to cultural beliefs and values about drinking, alcohol expectancies, and social norms (Gordon, 2012; Rudnev & Vauclair, 2018). In fact, much recent cross-cultural research has indicated that the behavioural effects are largely determined by cultural and social influences and what is seen as acceptable within a given culture (Hogan et al., 2014; Mackinnon et al., 2017), instead of alcohol's chemical reactions. Moreover, drinking alcohol is above all a rule-governed activity, embedded with imposed customs and regulations regarding for whom is acceptable

to drink, how much, how, when, and in what situations with what effects (Fox & Marsh, 1998). Notably, these norms and rules reflect the distinct values, beliefs, and attitudes of different cultures and communities (Demant & Landolt, 2014; Gordon et al., 2012; Savic et al., 2016). Yet, there are also noteworthy universal similarities, specifically in the unspoken rules that govern and drive alcohol consumption, such as the prescription of sociability. Nearly all the recognised celebratory practices and customs associated with alcohol are designed to encourage interaction and social bonding. However, both the nature of social situations and the different ways of drinking vary from place to place the same way that population-specific drinking behaviour is acceptable within certain cultures and situations (Fox & Marsh, 1998).

Student Drinking

Student-oriented alcohol research in the UK (Tarrant et al., 2019), is consistently showing high levels of alcohol consumption and an increased frequency of high-risk single-session drinking. In particular, in the UK, research suggests that there is no university that is immune to binge-drinking; indeed, excessive drinking with the users' intention to pursue drunkenness is a serious matter of current concern, even though it is considered a normalised way of alcohol use (Herring et al., 2008). Interestingly, while drinking alone to pursue drunkenness is frequently mentioned as a common sign of alcoholism, students' drinking excessively in social situations is not. Instead, it is considered an integral aspect of students' social life (Davies et al., 2018). In fact, it has been reported that the students engaging in binge-drinking appear normal within their social circle and therefore unproblematic (Van Wersch & Walker, 2009). On the contrary, quantitative research on Greek students has reported low levels of alcohol consumption. Saridi (2018), conducted a study in the University of Peloponnese, in Greece, with a sample size of 203 students, and found that only 4.9% of the participants engaged with heavy drinking, while the remaining 95.1% reported no severe abuse. In addition, 79.8% mentioned that during a typical day, the alcohol consumption could reach between one or two drinks, indicating a moderated use of alcohol.

Alcohol Related Issues

Furthermore, for students in the UK, excessive alcohol consumption has been associated to maladaptive student-specific outcomes, such as poor academic performance and attrition from university (An et al, 2017; Mekonen et al, 2017). Patte et al (2017), carried out a longitudinal analysis to see if binge-drinking affects academic performance, in which the researchers found that students who engaged in binge-drinking were less likely to attend class, complete assignments, and value and achieve high grades. Additionally, students in the UK have also self-reported the behavioural consequences and the individual problems they face due to alcohol misuse (Thombs et al., 2009); such as memory loss, vulnerability, loss of money, loss of control, relationship problems, reduction in academic performance and troubles with the law (WHO, 2018); clearly showing that they are aware of the negative consequences and yet continue to engage with excessive drinking. Davies et al (2018) argued that this is because individuals view themselves as drinking more responsibly than their peers, and so tend to not see themselves as problematic drinkers or being at risk. The main results arising from this research were how students viewed themselves as being 'good drinkers' and, perceiving none or minor distinction between their behaviour when drinking and their sober behaviour. They judged themselves as more stable and in control when drinking but viewed their peers' behaviour as likely to change in more extreme ways. In fact, the participants portrayed their own behaviour when intoxicated as 'fun', whereas others' behaviours were described as more aggressive and violent, labelling them as alcoholics. These findings provided insight into how people might make sense of their drinking behaviour and why alcohol interventions are ineffective. If active student drinkers perceive that their own behaviour when they drink is better than their peers', then this may be the reason as to why they discount health-risk messages and ignore alcohol-related regulations.

In support to the above, additional research concerning students drinking behaviour in the UK has confirmed that unsafe drinkers tend to have a false sense or misconception about the riskiness of their consumption, (Garnett et al., 2015; Wood, Brown & Maltby, 2011); highlighting that students are lacking awareness on their own drinking habits. Arguably, this may occur because people like to see themselves in a positive light, being optimistic about the outcomes of their behaviours (Shepperd et al., 2013).

Anticipated Effects of Drinking

Existing motivational models state that alcohol use can be understood as a strategic behaviour; enforced by the anticipated affective changes produced through drinking (Piasecki et al., 2014). According to these models, an individual decides to consume alcohol in order to obtain certain desirable affective states that outweigh those of not drinking. Several theorists have identified that drinkers differ depending on their expectancies and their drinking motives (Gardner et al., 2011). In other words, drinkers vary according to their beliefs relating to the probability that drinking will produce specific effects, and the anticipated effects one hopes to obtain through drinking. Moreover, drinking motives appear to mediate the relationship between alcohol outcome, expectancies, and drinking itself, demonstrating that motives are the more direct determinants of alcohol use (Bernstein et al., 2011)

While drinking motives vary, they generally stand along two primary dimensions. Individuals are motivated to drink to achieve positive inducements or to avoid negative ones; the inducements themselves may occur due to internal factors, therefore being self-focused, or external factors, social in their nature (Kuntsche et al., 2006). Much of the research focusing on understanding students' motives for drinking, identify four main motive categories: (a) self-focused approach motivations; drinking to enhance physical or emotional pleasure or for excitement, known as enhancement motives, (b) self-focused avoidance motives; drinking to cope with negative emotions, commonly referred to as coping motives, (c) social approach motives; drinking as a way to bond with others or improve social interaction, in other words social/affiliative motives, and (d) social avoidance motives; drinking to avoid social censure and gain social approval, demonstrated as approval or conformity motives. Notably, drinking motives are the reasons why people drink the way they do, with the assumption that individuals drink in order to obtain a desired outcome. They can be theorised as representing dimensions of our motivational framework. Further, the question of what goals motivate alcohol use has been a central focus of research exploring university students drinking behaviour (Harrison et al., 2011). The motivational framework is based on, and is sustained by, the idea that drinking behaviours themselves are shaped in unique and practically meaningful ways; underlying the needs and desires they serve (Kuntsche et al., 2005).

In particular, the key assumption of the motivation perspective within the literature, is that alcohol use is driven by the individuals' distinct need states and underlying dispositions. These, in turn, depend on psychological and contextual factors; in other words, determined by both the unique internal situations, and the environmental circumstances. What this means is that motives are expressed through different subjective styles of feeling and behaving, leading to distinct effects. In theory, behaviours are motivated by different etiological processes (Piasecki et al., 2014). The existence of multiple etiological models raises the possibility of implementing treatments and interventions to the specific processes that determine use for different individuals. Nonetheless, the increasing literature on students' drinking behaviour and motives has enabled researchers to explore the relation of micro and macro levels between behaviour and values; significantly contributing to the theorisation of the motivational framework (Rudnev & Vauclair, 2018). More specifically, there has been particular interest in the interactions between personal and cultural levels which can indicate to what extent a behaviour and motive is affected by individual and cultural values (Knafo et al., 2011). Overall, research shows that university students tend to value alcohol due to the pleasure and enjoyment associated with drinking. However, cross-cultural studies demonstrate that drinking behaviours are also impacted by environmental factors, such as cultural and societal values (Chrzan, 2013). Additionally, it was proven that individuals that value autonomy, harmony, and egalitarianism drink more frequently than individuals residing in countries where hierarchy and embeddedness are more valued (Inman et al., 2017). Moreover, it was demonstrated that cultures differ in the extent to which they encourage people to act upon their subjective values and influences, determining their own motivations (Roccas & Sagiv, 2010).

There have been two key predictors found to determine students' drinking behaviour within the UK, peer influence and periods of change. Evidence show that peer influence constitutes a strong predictor that has been continuously studied, as young people have reported their understanding of binge-drinking as a peer norm and an ingredient to fit in and belong (Kuntsche et al., 2004). Furthermore, research has identified peer influence as a primary motivator for drinking in pursuit to be sociable (Caldwell, Weichold & Smith, 2006; Orford et al., 2004). On the other hand, relevant study on the transition from home to university has established that this period of change is more likely to increase consumption of alcohol (Brown & Murphy, 2020). This kind of transition may motivate students to drink as

they are introduced in heavy drinking networks and are often provided with sufficient funds and access to the night-time economy. In most binge-drinking cultures, peer influence along with newly encountered practices and environments that foster drinking, tend to lead students to a heavier consumption with friends; which also constitute the introduction of alcohol to young people (Livingstone et al., 2011; Vaughan et al., 2009).

Methodology

The following chapter addresses the aims and objectives of the present research study, as well as discusses and justifies the main methodological approaches used to meet the aims and objectives that have been identified. The researcher also explains the reasoning behind the chosen methodological approaches, as well as addresses and explains the method of collecting data and the specific method that was used to analyse the data.

Research Design

A qualitative methodology comprised of individual semi-structured interviews as the main data collection method was adopted by the researcher. In the original design of this study, the intention had been to conduct face-to-face interviews as well as ethnographic research to generate data through one to one discussions and naturalistic observations. However, the design was adapted to just semi-structured interviews being conducted on Skype due to the COVID-19 pandemic. The present research study involved two separate samples; university students studying in Greece, and university students studying in Britain. The samples are referred to throughout this project as 'Greek students' and 'British students'. In addition, two separate thematic analyses were employed by the researcher as the primary method to analyse the data, treating both samples as two different studies but using the same approaches, techniques and materials. Both the Greek and British data analyses are presented as two separate data sets in the Findings section and then drawn together in the Discussion.

Participants

University students studying in Greece and Britain were recruited as an ethically unproblematic and easily available target group. Since the study was a qualitative exploration, the number of participants required to make an adequate sample for this type of qualitative research depended entirely on the number of interviews and contextual information required. It is important to be aware of how many interviews can generate sufficient data, with previous research recommending a variety of sample sizes depending on the research as a whole (Braun & Clarke, 2019; Guest et al., 2006). When the researcher considered the sample-size rationales and the length of time this kind of study often takes; the difficulty of gaining access to even the most mundane group of people online during a pandemic; the difficulty in transcribing and translating the interviews; and the two separate thematic analyses that were to be carried out subsequently, it was thought to be best to employ two small samples that will produce a research study with depth and significance. Therefore, given the constraints of this project, a sample size between five and ten participants from each country was believed to be practical in terms of allowing adequately rich and in-depth data to be captured, and at the same time avoiding the risk of utilising more superficial analyses that are often related with larger sample sizes (Robinson, 2013). In total, seven Greek students and five British students took part, aged 18-25 years. The Greek students were studying in universities in Athens, Thessaloniki and Ioannina, and the British students were studying in universities in Canterbury.

Both the Greek and British students were recruited through purposive sampling based on personal contacts and acquaintances of the researcher in order to single out adequate participants and be able to address the selection criteria: (a) must be a full-time university student on a degree course, (b) must be between 18-25 years old, (c) must drink alcohol occasionally or regularly, and (d) must have the capacity to provide informed consent. In addition, convenience sampling was also used to select participants who were easily accessible and opportune to the researcher. Moreover, this research did not target student participants from specific faculties and there were no exclusion criteria based on gender, both males and females participated. The decision for the age range was based on prior literature focusing on student participants. Past studies recruiting student participants have used ranges such as 18-24 (Hepworth et al., 2015) or 18-25 (Couture et al., 2019). Young people are at

the age of 18 and above when they go to university and this stage of life is often characterised as the attainment of adult status (Arnett, 2000), which is also in line with the legal drinking age in Greece and UK. This was therefore decided as the minimum age of both Greek and British participants. The maximum age of all participants was 25 in order to ensure the age range is not overly broad to lack depth, as different age groups can hold different viewpoints and understandings. To aid and ensure the anonymity of the participants' responses throughout, the researcher replaced their names with pseudonyms for transcription. A demographic table comprising the Greek participant information (Table 1), and a demographic table comprising the British participant information (Table 2), can be seen below.

Table 1: Greek participant information

Greek Interviews	Pseudonyms	Age	Gender	Recruitment Method
Interview 1	Helena	21	Female	Purposive sampling
Interview 2	Maria	23	Female	Purposive sampling
Interview 3	Miranda	22	Female	Purposive sampling
Interview 4	Zack	24	Male	Purposive sampling
Interview 5	Dimitris	21	Male	Purposive sampling
Interview 6	Artemis	21	Female	Purposive sampling
Interview 7	Alexandra	22	Female	Purposive sampling

Table 2: British participant information

British Interviews	Pseudonyms	Age	Gender	Recruitment Method
Interview 1	Sally	22	Female	Purposive sampling
Interview 2	Peter	22	Male	Purposive sampling
Interview 3	Natalie	21	Female	Purposive sampling
Interview 4	Megan	22	Female	Convenience sampling
Interview 5	Jessica	21	Female	Purposive sampling

All Greek students and four out of five British students who took part were identified through purposive sampling as this was the main recruitment method that was adopted. Purposive sampling, also known as judgment sampling, is a non-random technique that allows the researcher to choose participants based on the potential the participant possesses (Etikan, 2016). In other words, the researcher chooses what needs to be identified and sets out

to find individuals who are willing and able to produce the information needed by experience or virtue of knowledge within a sampling universe (Robinson, 2013). The rationale for employing a purposive sampling technique was that it allowed the researcher to recruit participants based on personal contacts and acquaintances; focusing on individuals who will better be able to assist and contribute to the relevant research. This technique is used commonly in qualitative studies for identifying cases that are information-rich with limited resources (Palinkas et al., 2013), and since a major drawback of this type of qualitative research is that the whole process tends to be time-consuming (Burnard et al., 2008), and it was conducted in the time of the COVID-19 pandemic online from the researcher's premises in the UK, it was felt to be the most appropriate technique to use. More specifically, this technique was suitable as the researcher is originally from Greece, and this technique allowed the researcher to reach out to university students known to the researcher in Greece who were willing to participate online. This involved people who the researcher personally knew, acquaintances, as well as friends of friends.

Although the researcher held personal relationships with some of the participants, both Greek and British, a professional manner was maintained. However, it is of paramount importance to be mindful of the implications of already knowing the individuals who participate, with previous peer research recommending numerous tactics for handling role confusion and proper management of insider knowledge due to familiarity (Brewis, 2014; Quinney et al., 2016). Hence, the researcher acknowledged the suggested strategies and implications, making sure a professional manner was maintained throughout. In turn, the researcher discovered that such connections may in fact produce rich data as the participants feel comfortable opening up. Furthermore, only one student studying in Britain was identified through convenience sampling. Convenience sampling is a technique where members of the target population, in this case university students, that appear to meet specific practical criteria, such as availability, geographical proximity, or the eagerness to participate in a research are recruited (Etikan, 2016). It is also commonly referred to individuals that are easily accessible to the researcher (Farrokhi & Mahmoudi-Hamidabad, 2012). Henceforth, it was decided as an appropriate additional technique to use in order to find suitable participants online; utilizing little time and resource. This technique involved advertising the study to university students who the researcher encountered online or on student events and inviting them to participate voluntarily for an online interview at a scheduled date.

Materials and Apparatus

The researcher used Skype to conduct the interviews as it allowed the researcher to audio record the discussions through Skype's inbuilt recording feature without the need for any additional equipment. This was done with the use of the researcher's personal computer and internet from the researcher's premises. In this case, the access to a computer with the necessary software was needed. In addition, an interview guide was used that comprised the interview questions to guide the researcher during the process containing a range of pre-prepared, open-ended questions, with additional probing questions being asked if needed to encourage discussion and develop a more in-depth understanding (Appendix A). The interview guide was originally developed in English and then translated to Greek to collect data from the Greek-speaking sample (Appendix B). Additional materials used included the participant documents; information sheet (Appendix C), consent form (Appendix D), and debrief form (Appendix E). The Greek participant documents, including the participant's information sheet, the consent form, and the debrief sheet used, were translations of the English ones and are available from the researcher on request. Furthermore, it should be noted, that no transcription or translation tool was used.

All recordings were transcribed word-for-word for the purpose of generating a verbatim account of all the interview dialogues in the language in which they were operated. It should be noted that the transcripts include all words, laughter, disconnections, pauses and other utterances (Appendix F), and that the punctuation maintains a natural dialogue flow while also implanting basic common punctuation conventions that sustain intended meaning. The Greek participants' interviews were conducted in Greek as the researcher is a fluent Greek speaker and then translated once transcribed in Greek to English by the researcher.

The validation of transcript quality and accuracy in qualitative interviews is essential for the validity of the study and data precision (Clark et al., 2017; Nikander, 2008); analysing data with errors can lead to false results. Hence, sustaining quality in the conversion of an interview recording into an accurate transcript for the purpose of thematic analysis ensures rigor in the rest of the study's process. In this case, the researcher was authenticating transcript precision by repeatedly listening to the audio files and simultaneously rereading the interview recorded data already transcribed; verifying there are no missed words or phrases

and spelling errors. To ensure accuracy and consistency, the researcher followed this protocol for every transcript.

For the Greek part of the study, the researcher chose to produce the initial transcripts in Greek and then translate them into English prior to employing any analysis on the dataset, in order for both the original and translated transcripts to be analysed side by side to maintain the linguistics; idiomatic expressions and particular ways of expressing something that would not be so obvious after the translation. Moreover, the translation from the Greek produced transcripts to English was one of the most significant and complex steps during the research. Although both the original Greek transcripts and the translated English transcripts were used to analyse the transcripts in English for an accurate analysis, since the English translated quotes were going to be presented in this research, supporting the researcher's interpretations, everything the participants said in Greek had to be translated in English semantically equivalent for the purpose of conceptual equivalence. Taking these considerations into account, the researcher produced the translations by taking time, reviewing and verifying the translated data carefully multiple times, and ensuring the translations produced were as accurate as possible.

Procedure

Following ethics approval by the Canterbury Christ Church University Faculty of Science, Engineering and Social Sciences Ethics Panel, the participants were recruited. Once recruited, they were sent an information sheet by email (Appendix C), which outlined the primary purpose of the study, the criteria required in order to take part, information on what the process would involve, feedback, confidentiality and data protection, information on the dissemination of the results, participants' rights, and who to contact if they have any requirements and outstanding questions. All participants were given time to decide whether they wanted to take part in the research, and an opportunity to ask questions was given before the interview was scheduled. Once the selection criteria were met and informal consent was granted, a time and date were arranged for a Skype interview. Participants then completed and signed a formal consent form via email prior to their scheduled interview (Appendix D), in which they confirmed that they have read and understood the participant information sheet; they had the opportunity to ask questions, they understood that by taking part in the research

they will be audio recorded, they understood that their personal information provided to the researcher will be kept strictly confidential, and finally they understood their participation is voluntary and they are free to withdraw at any time. As soon as they completed and signed the form, they sent it back to the researcher via email preceding their interview. Once informed consent was obtained, and participants agreed to take part in the research, the online interviews were carried out. The interviews conducted were approximately 45 minutes long and were all audio recorded. It was up to the participants to decide whether or not they wanted to have the interview as a video call or an audio call.

The interview questions were carefully constructed by the researcher, specifically aiming at gaining insight into participants' understandings, experiences, feelings and thoughts. The interviews began with introductory questions to understand more about the individuals taking part at a personal level and build a level of rapport, and then moved on to explore their lifestyle and personal views of what it means to be a university student, including how or if the transition into university influenced their experience. Once all the necessary topics were covered, questions revolving their nightlife and ways of having fun were asked, noting their individual preferences and inclinations. Furthermore, to assess whether there were any notable environmental factors which could influence their experience and ways of doing things, questions concerning drinking-places were asked. From then on, questions were filtered into alcohol related topics, focusing on how the participants understand and make sense of drinking, how they use it, and the extent in which they engage with it. Moreover, the participants were prompted at numerous points through the use of follow up questions in order to expand on some of their responses. Once all the areas were covered, participants were asked if they had any additional information they wanted to share, or any outstanding questions. Lastly, once that was covered, the interview was terminated, and the researcher sent via email the debrief form (Appendix E). All interviews, both Greek and British, followed similar pre-prepared questions with individual follow-up questions being asked to facilitate discussion if needed as mentioned above. The data produced was then transcribed verbatim and thematically analysed.

Analysis

Two separate thematic analyses facilitated the analysis of patterns and identification

of the main themes within both data sets that were significant for the participants themselves. The use of thematic analysis has been deemed useful in identifying, analysing, and reporting patterns within datasets (Braun & Clarke, 2006). To elaborate, the whole process of thematic analysis is an exploration for themes that are highly significant to the portrayal of a specific phenomenon and its connections to emerging social issues (Guest et al., 2012). A particular value of thematic analysis is how it is both a useful method for understanding the perceptions of participants that are not known, as well as making sense of the conveyed meanings that individuals provide to their social reality. Hence this seemed to be a suitable analytical approach for this research as it was deemed advantageous for the aims and objectives of the present research study. In addition, the flexibility of the method, as it is not tied to any exact theoretical or epistemological framework, was a considerable asset. In fact, it has been suggested that thematic analysis is one of the most popular methods known for its flexibility, as it can encompass and involve diverse epistemological positions (Braun & Clarke, 2006). While these positions tend to be flexible, they are made clear within the research process, as it is the research's epistemology that guides and determines what can be said about the data, as well as inform how meaning is interpreted. Thematic analysis, consequently, recognises the ways in which people make sense of their experiences and perceptions, and, consecutively, the ways the wider social context influences those meanings. Employing a thematic analysis, therefore, allows both psychological and social interpretations to be made across the data sets.

Moreover, there are several decisions that the researcher must consider when using thematic analysis. The present research study mainly followed Braun and Clarke's (2006) guidelines concerning the choices and decisions that the researcher must reflect on. Firstly, it was determining what counts as a theme within the data sets. Braun and Clarke (2006), stressed the significance of maintaining flexibility and research judgment on this matter. Thus, it was deemed fitting that a theme will be taken into account only if it appears to capture something noteworthy that is relative to the research questions. Secondly, a decision on the approach which would be used to identify patterns and themes had to be established. In this case, the researcher created numerous simple codes, and eventually grouped them together, finding patterns, and concluding to the final themes and subthemes. Thirdly, a decision had to be made on the level in which the themes had to be selected. Braun and Clarke (2006) discussed two different levels; semantic and latent. A latent level of analysis

was implemented in this research project, which focuses mostly on identifying and examining underlying understandings, conceptualisation, ideologies, and assumptions that are believed to inform and shape the semantic content of the generated data; that is, the content that revolves around the obvious and surface meanings of the data. Both the Greek analysis and British analysis followed the same analytical process; Braun and Clarke's (2006) six phase guide (Table 3).

Table 3: Thematic analysis phases

Phases	Process
1. Become familiar with the data	The transcripts were read and reread multiple times for the researcher to become immersed in the data.
2. Generate initial codes	Exploratory comments were annotated, and meanings and patterns were identified. This process was implemented systematically capturing interesting features across the entire dataset.
3. Search for themes and patterns	The researcher reviewed the codes and began to order these into potential themes. To ensure that each theme contained distinct supporting evidence the transcripts were colour coded and highlighted (Appendix G). The highlighted and coded Greek transcripts can be seen in Appendix H, and the highlighted and coded British transcripts can be seen in Appendix I.
4. Review themes and subthemes	An initial map was formed establishing the subthemes and their overlapping properties of connectedness. This process involved checking whether the data supports the themes and subthemes generated.
5. Define and name themes	A thematic map related to the specific themes was refined, outlining how they link to tell a story, leading to the production of clear descriptions and naming of themes.
6. Write up the analysis	Extracts that stood out were selected exemplifying each theme and its subthemes and analysed.

Findings

This chapter is divided into two sections; 'Greek data analysis' and 'British data analysis'. The researcher demonstrates here the main findings produced by both the Greek and British sample as two different analyses, accentuating how participants understand and make sense of their social and drinking behaviour as students. Every one theme, and its

subthemes produced within each data set, are represented and illustrated below using quotes from across the interviews as exemplars to exemplify and provide evidence in order to support the researcher's interpretations. The extracts that were selected to exemplify each theme are either presented as in-text quotations or in tables. It should be noted that certain key themes and subordinate themes across the two data sets will be named and illustrated in a similar manner due to a high degree of similarity as several commonalities were identified across the two samples. Important differences between the two samples are highlighted in the Discussion.

Greek Data Analysis

The analysis resulted in the identification of four distinct themes that appear to reflect participants' perceptions and understandings. The four main themes derived from the analysis are: 'a liberated self', 'collective belongingness', 'relaxed attitudes' and 'embedded culture'. Each theme consists of two or three subordinate themes which are represented within the key themes below (Figure 1). Although they were individual stories and differences among them, participants shared analogous experiences and understandings.

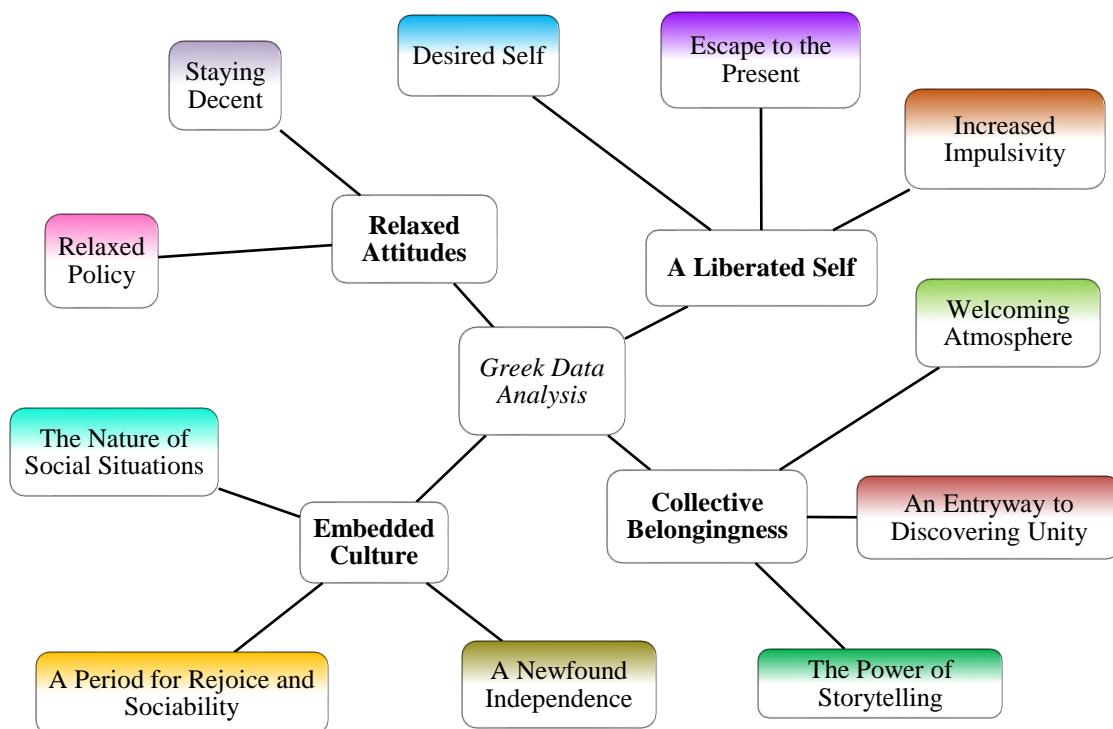


Figure 1: Thematic Map

A Liberated Self

Values and beliefs underlying the psychological function that drinking alcohol fulfils had self-liberation as a central motif. Drinking was portrayed as a system of value and an act of self-liberation as participants reported gaining a sense of freedom through drinking; from personal constraints and restrictions, from their own shyness, and from worries about the past and future. Intoxication seemed to be portrayed as a release from those bonds, allowing a more liberated person to come out. This release falls into three categories: 'desired self', 'escape to the present' and 'Increase impulsivity', and each is illustrated as a separate subordinate theme.

Desired self. To begin with, the belief that people's personalities change when they are under the influence of alcohol was expressed by all participants as something that lures them in. This theme is represented in Table 4.

Table 4: Amplifying desirable characteristics

Subordinate theme: Desired self	
Participant	Quotation
Helena	<i>I'm not very social and I don't-- I'm not in the mood to go out and talk to other people, basically strangers, whereas when I drink alcohol I'm very friendly, I talk to everyone, I make jokes with everyone, I dance with everyone.</i>
Miranda	<i>I feel like I like everyone. I feel like everyone likes me. I feel like I can talk to anyone I want to. Basically, I feel like it's socially acceptable to say almost anything I'm thinking, and it makes me much more honest and I say... how should I put this? It's much more liberating and enjoyable, I really like it.</i>
Zack	<i>I'm friendlier, more open towards other people, but at the same time even if I do not easily show it I get more irritable, meaning that, if somebody tried to deride me or say something offensive to me, I'd get angry more easily but also I'd express it more easily. That is the main difference, that when I drink alcohol I more readily express my discontent towards someone, but clearly as a form of self-defence. Eh primarily this, friendlier, warmer, more generous! For instance if someone's run out of money and would like to have one more beer I'll buy it for him. More festive...</i>
Dimitris	<i>I like that I take down a lot of-- I break down my walls of defence [Laughs]... which are always there.</i>
Artemis	<i>Yeah for sure, for sure it changes a lot. I become more intimate with those I'm already intimate with, but also with those I'm not so familiar with. How do I put it, I don't know ehh... I'm more social, more... more open in conversations.</i>

Alexandra *Eh, I often drink because I think I'll have a better time, also... I think I become a more of a-- a better version of myself... I stop being prejudiced and I smile more than usual. Usually when I drink alcohol I smile more because I'm not embarrassed to smile, not that-- not that it makes me happy, but I stop thinking I have to be serious, so I lose my inhibitions... I am more... yeah. I am not serious anymore and I'm more myself, it's not that it affects me, it just brings out my real self... it doesn't bring out someone else I mean.*

Participants here perceived drinking as a way to amplify certain desirable characteristics and behaviours that often represented an idealised version of themselves, free of judgment and control; allowing them to express themselves freely without feeling restricted. They valued this ability to be liberated in their actions as they consistently highlighted how being drunk allows them to transgress both social and personal boundaries, which was discussed as endearing. It is apparent that the ability to be confident and extroverted are characteristics they desire but also struggle to bring forth when sober. Helena associates drinking with being freer to express herself socially as drinking loosens her inhibitions, boosts her confidence, and helps her to engage more with others; increasing feelings of closeness and sociability. She says that she doesn't tend to be as social or in the mood to talk to others when she is sober, specifically strangers, and she portrays that as an undesirable way of being. This could in turn be a key motivator, as she stops being the person she doesn't want to be when intoxicated, a reserved person. In fact, when Helena was asked how she would be if she stopped drinking, she said:

Helena: *I'd be a closed person, I wouldn't create all those friendships I have right now and I wouldn't have all those people around me.*

There is a suggestion here that she prefers drinking than the social exclusion associated with staying sober. In her opinion, being sober wouldn't offer her the release from bonds that she feels is necessary to be socially open, she would be a "closed person", inferring that she wouldn't be as outgoing, a characteristic she deems valuable. It appears that this happens not because alcohol helps her to engage more with others, but because it makes her a more of a fun individual in her eyes; an individual who is more willing to do things and more confident in herself. Moreover, referring to Miranda's extract, she implies that she is free of judgement when she is under the influence of alcohol, believing that she can say almost anything she is thinking and be a more honest individual without feeling fear of

rejection. This expands on the idea that alcohol is perceived as a tool to amplify desirable characteristics by allowing her to communicate in the way she desires. She, herself, describes this feeling as 'liberating' and 'enjoyable'. Moreover, this ability to amplify certain desirable characteristics was further described as a key motivator for drinking:

Miranda: Alcohol man it's like drugs basically, you like the effect it has on you.

Miranda here is referring to the enticing psychological effects of alcohol that are portrayed as winning and alluring, which is proof for the fact that she is motivated to drink by the positive alcohol expectancies on her behaviour. Drinking is perceived here to enhance the fun because of the effects it has on the person and the people around them, once again highlighting how alcohol brings out a more desired and appealing individual in their eyes:

Miranda: Alcohol helps you a lot to be yourself and to not get embarrassed, and to feel comfortable and good.

Clearly, alcohol is a means of self-liberation, as they feel comfortable to be themselves without fearing judgement of others or themselves. This release indicates that alcohol helps them to let go of things that are holding them back from doing and saying what they would naturally do and say if they weren't thinking about the repercussions and others' opinions. Likewise, Zack's quotation also demonstrates how he becomes more fulsome and unreserved. He is more willing to help others and is in a better mood, "more festive", meaning more joyful and endearing than he is when he is sober. Additionally, Dimitris' quote demonstrates how he understands this effect alcohol has on his behaviour, by clearly stating how drinking breaks down his "walls of defence", signifying metaphorically that this invisible wall he has created due to feeling unease is destroyed, portraying an unreserved liberated self. Furthermore, Artemis feels free to be 'intimate' and comfortable to socialise with the 'unfamiliar' without fearing judgement. Like the others, she becomes less self-conscious and more open, confident, and loving, amplifying desirable characteristics and behaviours. In fact, when she was asked if there is anything specific she is trying to achieve by drinking to get drunk, she said:

Artemis: I want to become a little more like this, how do I say this?... a little crazier. Eh, a little more... eh, lighter, more carefree.

Suggesting that when she is under the influence of alcohol, she feels free to act how she desires as she becomes a more liberated individual, free of thought and judgment, and so more adventurous and relaxed. She associates being drunk with being 'fun', highlighting her perceived expectation on behaviour. Likewise, referring to Alexandra's quote, she associates drinking with having a better time as well as the time to stop being serious. She furthers that impression by saying she becomes "a better version" of herself. She perceives herself as someone more open and fun when drinking, representing an ideal self who exists somewhere within her but isn't comfortable to come out when she is sober due to heightened self-awareness and alertness. She makes it clear that feelings of embarrassment disappear as she stops being prejudiced, which she feels to be a liberating sensation. She lets down her guard and reveals what she believes to be her "real self". Now, when she was asked how she would be if she stopped drinking, she said:

Alexandra: I'd have to change some aspects of my personality because I wouldn't have alcohol to bring them to the surface easily.

This demonstrates that alcohol, like Helena, heightens the good aspects of her personality, stressing once again a confidence boost. In fact, she believes, like herself, that everyone becomes a better version of themselves, as desirable behaviours appear and are reinforced. Alcohol, in her perspective, alters everyone's personality to someone better:

Alexandra: Because they also want to bring out a different side of themselves.

There is a suggestion within this viewpoint that accentuates the temptation to drink. The image of others and herself, when under the influence, appears enticing for Alexandra. This way of drinking was very alluring for the participants themselves. Participants did not report that drinking changes who they are, but that it brings something closer to who they want to be; less self-conscious, less prejudiced, and more extroverted. Alcohol increases confidence and feelings of closeness, stopping them from feeling embarrassment. This, in turn, makes them feel one with one another for that very reason. This transformation seems to drive their spontaneity to drink as it gives them the ability to experience life in a different level.

Escape to the present. Three out of the seven participants described alcohol as something that can be used as a means of self-medication, an intentional detachment, which

creates an element of serenity and allows them to experience the present moment free of thought (Table 5).

Table 5: Self-medication

Subordinate theme: Escape to the present	
Participant	Quotation
Helena	<i>I really like how my brain relaxes, I'm not thinking about anything in particular that might make me anxious or angry, and I'm always with a smile on my face.</i>
Dimitris	<i>And okay, some down moments will make you want to drink more.</i>
Alexandra	<i>I feel that emotions take over and I stop judging and paying attention to details and thinking, and that's a relaxing sensation.</i>

It is evident in Helena's extract that she is only considering the immediate time frame unbound by past experiences and future thinking. She gives the impression that she is fully invested in the present moment whilst she is under the influence, where all struggles and unhappiness dissolves, and her time begins to flow with ease. The use of the word 'always' infers a continuous inner stillness due to the disconnection from thought, and within that stillness she discovers a subtle but intense joy, "a smile". She appears throughout her interview to be talking about drinking as an escape:

Helena: How does it feel when I'm drunk?... like I'm flying in the clouds I'd say.

The use of the phrase 'flying in the clouds' connotes feelings of freedom and limitless opportunities, in the sense of being able to do as she pleases without anyone interfering. However, this expression also connotes feelings of joy and serenity. It is a metaphor used to describe how happy and tranquil she is when she is under the influence of alcohol. When Helena was asked why students in general tend to drink alcohol for the purpose of intoxication, her response reflected her own motives:

Helena: Eh, for a great many reasons, but the ones I believe which are the same for me, is that they do it to feel free and to stop thinking about their problems and their concerns.

Here, Helena presents a form of release and consequently a way of achieving freedom through drinking as an almost inevitable outcome. This felt certainty provides a basis of how she makes sense and understands other people's motivations. The use of personal pronouns in the form of 'I' and 'me', and how she merges them to the generalised pronoun in the use of

'they', suggests that what Helena is describing about drinking potentially symbolises a general state of affairs. Nevertheless, evidently, she perceives drinking as an act of self-medication, using it as a coping mechanism; drinking in order to forget and cope with the stresses of everyday life. In a way it narrows her attentional focus leading to the appreciation of the present moment, as it forces her into that intensely alive state that is free of problems, free of thinking, and free of time:

Helena: *Most of the time when I get drunk it's when I am not very well psychologically and something has happened during the day, so I'd say that I'm trying to forget.*

Noticeably, she associates drinking to get drunk with emotional liberation and escapism, as it helps her to enhance her mood and conceal emotions because she, herself, is not even thinking about them while intoxicated. This is further supported by Dimitris' extract in Table 5. He also appears to associate getting drunk with emotional liberation and escapism, as he is motivated to drink 'more' when he is sad. There is a suggestion within these viewpoints that drinking is used as a strategy that they sometimes rely on in order to manage stress and escape momentarily from their problems or difficulties. This course of action thus becomes a way to break free and a form of temporary distraction. On a similar note, Alexandra's extract presents the psychological effects of alcohol as a matter of course, and the details of her portrayal gives further emphasis to the participants' claims that alcohol is used as a form of escapism. She can focus more on her senses and emotions rather than her thoughts and judgments, making it easier for her to experience the present moment; stressing the desire to be at ease and free of thought. When she is sober, she seems to create some form of nonacceptance, resisting what is by judging it. But when she is under the influence of alcohol, she is able to accept the present moment, free of judgment:

Alexandra: *I don't have anything against speaking to someone, I don't feel that the person I'm speaking to will reject me, or be rude to me, I'm positively biased towards such a person and that helps me socialise.*

Two things are highlighted here. On one hand, Alexandra's concern about judgment and acceptance. On the other hand, the awareness that through the liberation from thought she is able to express herself openly, without fears. It's not that judgment isn't present or doesn't exist, but that she doesn't care about it because she stops thinking. Her awareness is fully in

the present moment, and she doesn't identify with her mind anymore that seems to create an opaque screen of thoughts, definitions, labels and judgments that have the tendency to block interpersonal connections. It seems to be the screen of thought that forms the impression of separateness and disconnection, the impression that there is a 'her' and a totally separate 'other'. Clearly, when she is sober, she is more identified with her thinking, her interpretations and judgements, her dislikes and likes, and cares more about her image and what people think, making it difficult to experience the present moment and connect with others; restraining her freedom within the level of thought. Hence, she portrays intoxication as the way to let her guard down, allowing her to act freely. This suggests that she, like Helena and Dimitris, is aware that she stops thinking, therefore drinks in order to distract herself in the present moment.

Increased impulsivity. This far, we have seen how the participants produced descriptions of the attractive and endearing effects of alcohol. At other points of the discussions nevertheless, drinking was understood to offer a sudden freedom that led to recklessness and the tendency to act without thinking (Table 6).

Table 6: Free-spirited

Subordinate theme: Increased impulsivity	
Participant	Quotation
Helena	<i>For instance, eh, when I'm drunk, I might do some crazy things that I wouldn't do if I was sober. For example, if I was sober, I'd never dance on the bar.</i>
Dimitris	<i>Yes, my behaviour becomes more intense, I do things more impulsively.</i>
Maria	<i>Hmm... I'd say yes because eh, it influences the way you think. At that time it's not a big deal to step on the gas pedal a little more, to take off your shirt, to climb that tree or whatever else you'd come up with and think about doing, which you'd think about very differently if you hadn't had a drink.</i>
Miranda	<i>Like there'll be a party really far or something like that, and if I'm sober, I'll be like "as if I'm going", but if I'm drunk, I'll be like "let's live it, why not".</i>

The first account of this was during the first interview when Helena was asked to talk about her risk related behaviours, and she stated the above quotation. Helena implies there that the sense of sudden liberation pushes her to do something 'crazy' and out of character. Intoxication seems to affect the way she conducts herself in social settings as drinking can be

seen to lower her inhibitions, and her worries seem to disappear as she stops caring about personal fears and risks:

Helena: *I wouldn't want to be seen by a person close to me, a relative for example, getting on the bar.*

The worry that she might be acting outlandishly indicates that she fears for her reputation and what her family will think of her, implying that she, herself, sees her behaviour when drunk as somewhat shameful and worthy of judgment due to the increased impulsivity. Nevertheless, drinking seems to release her from personal constraints and expectations as she becomes more careless and freer to transgress boundaries. She doesn't seem to worry about her behaviour at all when she is under the influence of alcohol, and that gives her a sense of freedom. When she was asked why she believes this happens, she responded:

Helena: *Because I feel freer, and I don't sit around thinking about what people will say, I just do what I feel when I feel it.*

This suggests, that while intoxicated she is so distracted and in the present moment that she fails to consider consequences, indicating a lack of forethought. In a sense, drinking permits her to do things that she might not otherwise do as her impulses become guides and she stops worrying about fears and judgements. Similarly, Dimitris' use of the word 'intense' to describe his behaviour when drunk suggests that the way he acts is more spontaneous and unusual than when he is sober, attaining a more uninhibited, open, and natural manner. Furthermore, the use of 'more' when he expresses the level of his impulsivity implies that he lacks that degree of impulsivity when he is sober, which he seems to gain when he is intoxicated:

Dimitris: *Whatever I think will be a little more... more direct, my behaviour won't have so much suspect.*

What he means with the use of the word 'suspect', is that his behaviour won't be holding him back due to rational thought. Meaning that his decisions and actions will be determined by how he feels and what he desires that very moment rather than forethought. In contrast to Dimitris' certainty of the effect the consumption of alcohol has on his personal behaviour, Maria describes her views in a more generalised manner as we can see in Table 6.

Noticeably, there is a lack of self-control when one is under the influence of alcohol. Maria, like Dimitris, believes that this is because of the effect alcohol has on rational thought, affecting the way one reflects and considers consequences. In her perspective people become more impulsive and careless when intoxicated, considering only the immediate time frame and ignoring the medium to long term consequences. The use of the generalised 'you', once again, suggests that the above description mirrors general, collective understandings of the effects of alcohol on thought. This could in turn suggest, that her description is reliant on specific social situations she has seen or heard of, rather than it being just a matter of personal experience. Interestingly, when the participants were asked whether they understand the risk or not, their answers represented that they are not actually incapable of understanding the risk, but that they just stop caring about the risk (Table 7).

Table 7: Understanding the risk

Subordinate theme: Increased impulsivity	
Participant	Quotation
Maria	<i>I think you do, of course you do, but you decide to ignore it. I think whether you've been drinking or not, unless you're at a pass out level, at least that's how it is for me, eh, you fully understand what's happening at that moment and you can react in the right way if you wanted to, it just makes it more difficult.</i>
Dimitris	<i>You understand it, I reckon that you understand it, but your inhibitions are lowered.</i>
Miranda	<i>Eh, I think that like, "oh maybe this isn't a good idea", but after I'll just be like, "yeah but we have to live our life let's go", and we go.</i>
Zack	<i>I do understand it if I sit down and think about it, and so most of the times when I drink I will think about the risks I'm taking, but there have been times when just because we were a big group of people having a lot of fun that I wouldn't think about it but only because I didn't give it too much thought. It will almost always cross my mind, but it depends on the situation how much emphasis I will give it.</i>
Artemis	<i>Eh I understand that I'm taking a risk, yeah, but I don't understand its consequences, I can't -- and I see it when I've sobered up.</i>

Maria here once again repeatedly uses the generalised 'you' to imply that what she is reporting represents a general situation which mirrors her own opinion simultaneously, "how it is for me". This suggests that her way of making sense of her risk related behaviour when drunk is, to some degree, influenced by how she sees others. Furthermore, the consumption of alcohol seems to be closely associated with carelessness and self-indulgence within these viewpoints. The fact that Maria said that one can react in an appropriate way if he or she

wanted to do so, seems to suggest, at least for her, that the reason herself and others pursue certain risks is because they want to do so. Indulging in behaviours that makes them happy in the immediate present. In fact, none of the participants seem to infer that the risks that they take are completely out of their control, which means that they, to some level, can understand what they are doing. Alcohol doesn't seem to make them ignorant of the medium to long-term consequences, like Maria, Dimitris and Zack are also aware of what is happening, they just become more spontaneous and impetuous as their inhibitions melt; making them not care about the risk in the same manner they would if they were sober. On one hand, they seem to become more spontaneous, which is self-generated, and on the other hand, more impetuous, which focuses more on the making of arbitrary decisions. Moreover, Miranda reports that her impulses are driven by pleasure and what she views as vibrant. Clearly, the excitement that the whole drinking experience and intoxication arouses, leads her to the decision to pursue something that makes her happy in the immediate present. It is a form of impulsive hedonism. Similarly, Zack expressed analogous views. His response suggests that if he is in an enthusiastic moment, experiencing feelings of excitement, he can get carried away within the moment without considering fully the possible consequences.

The important thing to note here is the way drinking increases their impulsivity by loosening their inhibitions but doesn't entirely get rid of them. Nevertheless, participants appear to be talking about this impulsivity and spontaneity as something thrilling at the time as it is portrayed as the rush of excitement within the moment. There is a clear increase in impulsivity due to the sudden liberation they seem to obtain through drinking. Their worries seem to disappear, and they stop caring about personal fears and risks; becoming more adventuresome and more spontaneous with their decisions, describing themselves as people who take chances when they are drunk. According to their extracts, they focus on the way they can make their experience more exciting and livelier, guided by their impulses.

Collective Belongingness

Discussions focused on how the whole drinking experience was not just about the rewarding psychological effects of alcohol, but about the stories it creates and connections it starts as it allows them to feel engaged in a shared collective experience; feeling as if they belong and feeling unified with those around them. This was represented through the

formation of social integration and an established sense of commonality due to a found of shared experiences, values, knowledge, and memories expressed by the participants. The theme of collective belongingness consists of the following subordinate themes: 'welcoming atmosphere', 'an entryway to discovering unity', and 'the power of storytelling'.

Welcoming atmosphere. A first way by which participants expressed the theme of collective belongingness was through their heightened emphasise on the importance of belonging and feeling welcomed as illustrated in Table 7.

Table 8: Preferences and inclinations

Subordinate theme: Welcoming atmosphere		
Participant	Quotation: A good party	Quotation: A bad party
Helena	<i>Aa, eh for me... means a lot of alcohol, plenty of alcohol, good friends, nice music, low lighting... beautiful people around me, good people around me.</i>	<i>So, no drinks, no good music, being around people who are in a bad mood, not being happy and not having a good time. All this together.</i>
Maria	<i>For me a party is a place filled with friends, with music, with jokes, with alcohol...</i>	<i>A bad party... eh... ah, overcrowded, filled with strangers... eh bad vibes, judging too much. With-- "how did she dress like that" or "how does she look like that", I can't stand this kind of negativity, especially when you spend a lot of hours getting ready to go out to-- and then you go out to something like that. And I don't like clubs anyways.</i>
Miranda	<i>I want there to be people that I know. Not necessarily friends but to certainly have enough people that I know so I can socialise, definitely my friends too, have good music and people dancing.</i>	<i>A bad party?... bad music, nobody dancing, that basically. In fact it bothers me when people don't dance at parties because I love to dance.</i>

Zack	<i>Well, a good party for me is mostly about being with your own people rather than with randomers and a good party has to do with everyone being on the same vibe. Playing music that most people enjoy, feeling comfortable with one another, dancing, definitely having alcohol there which tends to help most of the times. In general that's it, basically to synchronise with everyone's mood if you like, to-- that's why I think that it's very important for me for most people at a party to know each other, and then to dance, to laugh...</i>	<i>A bad party for me personally would be exactly the opposite, for instance people who either don't relate to each other or can't hang out together for long and feel comfortable. A bad party for me involves a lot of stress, and this stress itself often can lead people in a bad party to form many small groups, and to often feel bored, and so, especially because of that, the only thing you can really do is to drink, get drunk, because it's not going very well-- nobody is having a good time, there is no synchronicity, so you just sit, me personally that is, and engage mostly with yourself and with one or two people who happen to sit next to you.</i>
Dimitris	<i>Good company, to be-- to be-- usually to be organised by friends. Yeah, anyway and... to-- mainly to find comfort within this setting so you feel free to for example to dance, to drink, and to go beyond usual boundaries from time to time.</i>	<i>I happened to go once to a party where everyone was playing video games for example, because studying computer science comes with a lot of nerds, so I just left the party basically.</i>
Artemis	<i>Anyways, yeah... good music, eh, cheerful people that... that are in the mood to talk. Um... a good party would be-- it could have a theme, um a dress theme, a dress code.</i>	<i>Eh so, a bad party for me would be an overcrowded party, jam-packed with people. Um, to not be able to hear the music at all, only to hear the voices of people talking</i>

Participants here made the basic point that the party atmosphere created serves to intensify the collective mood they seem so eager to adjust to. In their understanding, a good party, whether it is a house party, a university party, in a club, or is a bar crawl, it serves to bring people together and adjust everyone to the same frequency and mood. In so doing, they underlined how in order to feel like they belong, they must first feel welcomed; a feeling which is most commonly achieved through 'good company' and inspired by the sense of shared values and social solidarity. This suggests that the criteria for good company is partially people at the same frequency, something that can be achieved by collective experiences such as drinking together, listening to the same music, or even dancing and following the same rhythm.

Each of the components that Helena believes provide her with a good time for example, mainly revolve around the creation of an atmospheric welcoming state. This ambient atmosphere achieved through lighting, music, friends, and good company, all seem to be things which would make someone feel welcome, as in comfortable and at ease. Comfort and cohesion could give her the sense of freedom that she craves and thrives in. Through this release, she is free to connect with others and feel as one with them. On the other hand, others being in a 'bad mood' and 'not having a good time' affects her mood and creates a bad vibe. This shows how fragile the vibe can be. She cannot resonate with them as the mood they are creating is unpleasant, which in turn affects the vibe of the atmosphere she finds herself in negatively. This blocks that feeling of freedom that she thrives in and doesn't allow cohesion to naturally occur, separating people.

Likewise, Maria's extracts also signify how having friends, music and alcohol are key components for a good party. In addition, she associated a good party with 'jokes', in other words with fun. This means that a good party, first and foremost, is a practise of connection and enjoyment. Hence, when she is unable to connect and resonate with others, due to being surrounded by 'strangers' and 'bad vibes', she feels out of place and disconnected. This implies that she desires an experience that allows her to feel like an ingroup member to be able to express herself freely and engage. Possibly this is the reason she doesn't like clubs, she believes people judge more, creating negative vibes and making her feel unwelcomed. This is also supported by Miranda's exemplified extracts, as she highlights the importance of familiarity and openness to be able to socialise freely. In fact, being able to socialise is portrayed as central to her, she portrays having people there that she knows and can resonate with as highly desirable; enabling sociability and boosting confidence. The ambient atmosphere achieved through music, dancing and good company are also things that would make someone feel lively in a way. On the contrary, when there is 'bad music' and 'nobody dancing' it seemingly affects her mood negatively and creates feelings of discomfort, because she, herself, loves to dance, she cannot resonate with people that don't as the mood they are creating irritates her. Noticeably, they are seeking a collective experience entailing things which they see as fun and enjoyable in order to feel like they belong. Whilst there is an acknowledgment that cohesion is fragile, by either stating how a party can be easily influenced negatively by the vibes, feelings of discomfort, amount of people, strangers, or even the music, the whole party experience itself is seen as having the power to unify people

as long as everybody present deem each other good company, and are willing to partake in a collective experience that entails things which are perceived as fun.

Moreover, Zack's and Dimitris' extracts continue to highlight that the price on offer is to belong by first feeling welcomed, which in turn is defined by the ability to vibe with others as one. Evidently, feeling togetherness when going out to social situations is central to the experience. Alcohol, good music, good company and dancing do not necessarily determine a good party, but the vibe of the atmosphere. Zack, like the others, cannot resonate with people who with he doesn't feel like he can relate to and feel comfortable as the mood they create is unwelcoming. Hence, he cannot create or belong to a collective mood. In his perspective, an atmosphere which separates people instead of bringing them together can lead to boredom and drinking with the intention to pursue drunkenness for that very reason. This is supported by Dimitris' description of a bad party, as in his example he implies how he could not resonate with 'nerds' as the mood they created seemed boring and lifeless for his preferences.

This impression of how the atmosphere created is viewed as important is furthered by how Artemis' way of enjoyment relies on how 'cheerful' and 'talkative' the people around her are, as well as how everybody there can identify as one by following a specific dress code. Likewise, she presents everything that a bad party entails as things that act as a blockade between people, distancing or overwhelming them and not allowing connection. If a place is overcrowded, it is hard to focus on the present moment, making it difficult for a cohesive atmosphere to form. Plainly, the way a good party is portrayed seems to hold powerful expectations for a vibrant collective experience. This perceived unity creates a similar mindset for everyone there, hence, everybody seems to be influenced by the environment as well as each other. Whether alcohol is involved, people are dancing, nice music is playing, the most important aspect of a good party is to feel united. Clearly the environment and the atmosphere are understood to play a significant role in creating a community atmosphere, and its effect seems to be highly valued (Table 9).

Table 9: Atmosphere and the influence of familiarity

Subordinate theme: Welcoming atmosphere	
Participant	Quotation
Helena	<i>The atmosphere is very friendly, it feels familiar as I said before... warm, people are kind, openhearted. You're basically like-- you basically feel like you're with your family.</i>

Miranda	<i>Look it's usually good. So, people are happy, there is a sense of happiness, it has-- there's a beautiful... a beautiful atmosphere. It's usually the places that are my hangouts, so I have a good time, I see my friends, I also have-- because I go there all the time I have a lot of memories of this place that makes it very familiar and I have experienced many beautiful moments there, so I feel good.</i>
Zack	<i>I would say that in clubs the atmosphere is more impersonal. Usually, based on what I've seen, clubs tend to be much bigger, they are more crowded, so each person comes with his own group of friends and they don't socialise much with others. Of course everyone will dance together, but they will not dance with each other. Things are a little more impersonal there. For example in a bar, a smaller bar, eh, things would be more chill I believe, there will be fewer people there. Perhaps analogically speaking because there'll be fewer groups of people but bigger ones, they may know each other, even as acquaintances, one group of people may know the other one, and you can also start a conversation with a stranger much easier in there than in a club where the environment itself, the very loud music, the crowdedness, definitely doesn't help a lot.</i>
Dimitris	<i>Warm. Because I usually eh have good company.</i>
Artemis	<i>The atmosphere is very pleasant. Ehh... everyone's in a good mood, everyone's with their friends, they talk, they drink, they have light discussions.</i>

Here the participants describe a good community atmosphere and social relations which are characterised by acceptance and trust; promoting conviviality and building and strengthening interpersonal bonds. Helena associates the essence of the atmosphere with familiarity; feeling like she is with her family, meaning that she is comfortable and feels at home. Familiarity refers to the feelings of security, warmth, closeness, trust and care, emotions that makes her feel immediately welcomed when she goes out; leaving a lasting impression and inspiring respect. This, in turn, influences how long she will stay out for:

Helena: I have a very nice time, very very nice. That's why we stay until the morning hours after all.

Similarly, Miranda, in her extract, describes how a welcoming social environment creates an atmosphere that makes people happy to be in. People resonate and there is a sense of oneness, suggesting a collective unified sense of happiness. She finds beauty in this oneness, even referencing 'happiness' and how 'beautiful' the atmosphere is twice as a method of emphasis. For her, it is a place of high rejoicing due to the emotional bond between the place, the memories there, and the people, once again exemplifying an atmosphere of openness and social access.

Moving on, Zack, uses the word 'impersonal' to describe the atmosphere in clubs, which once again suggests a feeling of separation instead of oneness. Impersonal, in that context, can be interpreted as lacking openness and friendliness, making it difficult to connect and resonate with one another. Clearly, he, like the others, is drawn to a good community atmosphere in which he can feel welcomed. The sense of familiarity between people seems to be portrayed as highly valued here. This may be because when one is familiar with something or someone, they feel more comfortable to engage in a collective experience. Moreover, when an air of familiarity is present, the comfort that is accompanied by it makes it much easier to explore the unknown and unfamiliar, such as conversating with "strangers". Additionally, Dimitris, highlights the influence of familiarity on mood, by expressing feelings of warmth due to good company. Notably, everything seems to revolve around good company in one way or another, which is defined as the people they can resonate with easily and feel comfortable with. Furthermore, Artemis, by saying "everyone is in a good mood", she underlines the collective mood present in social settings, and by using the word 'everyone' and generalised pronoun 'they' to describe what is happening, also shows how everyone is following that collective mood by partaking in the same actions, such as drinking, and having "light discussions". Nonetheless, it is apparent that they are drawn to an atmosphere in which they feel comfort and commonality, which, in turn, influences the way one engages with drinking and conducts oneself in social drinking situations.

An entryway to discovering unity. The second way by which participants addressed the theme of collective belongingness, was through their heightened emphasise on the way they portrayed drinking alcohol socially as an entryway to discovering unity, essentially enhancing the moment, making it more 'special', and strengthening the feeling of belongingness as they are all partaking in the same action of drinking and share the same mood. This was first hinted by the participants when they were asked to comment on what they consider a good party and it almost always had to involve alcohol (Table 10).

Table 10: Alcohol as a means of enhancement.

Subordinate theme: An entryway to discovering unity.	
Participant	Quotation
Helena	<i>Aa, eh for me... means a lot of alcohol, plenty of alcohol.</i>
Maria	<i>With alcohol...</i>

Zack	<i>Definitely having alcohol there which tends to help most of the times</i>
Artemis	<i>Yeah, a bad party would be not being able to hear the music well, too many drunk people, no personal space...ehh and... yeah I don't know... or there not being enough drinks.</i>

From these statements, we can infer at least a couple of things. Based on the context of the question and their responses, as well as the knowledge that alcohol amplifies certain desirable social characteristics, we can assume that alcohol is important to them within a social setting, and that they see alcohol as a tool to enhance social experiences and ease into social situations; allowing them to experience moments with friends which unify them as they are partaking in the same action of drinking that adjusts them to the same mood (Table 11).

Table 11: Collective mood

Subordinate theme: An entryway to discovering unity.	
Participant	Quotation
Helena	<i>When I'm with friends, we'll talk shit, we'll laugh, we'll have fun, we'll dance, and one thing leads to another and we'll end up drinking more.</i>
Maria	<i>Yeah for sure, when I'm with friends I drink a lot more, much faster, with a lot more excitement and with more joy.</i>
Dimitris	<i>It's not worth it drinking alone, you don't have fun.</i>
Zack	<i>I am much more of a social drinker when going out with others, and the reason I drink like that to some extent I wouldn't say that it is so much a matter of pressure driven by others but more of a desire to get into the same vibe with them. You could also call this a form of indirect pressure I suppose, but I can't say I feel it this way. So if the others are drinking and start to get a little bit tipsy smiling more and so on, I'd like to get into this situation too because it's appealing. Maybe you can also call this a form of pressure but I don't feel that way.</i>
Artemis	<i>But-- no I have fun with and without drinking, but I think drinking offers you-- it puts you more in the mood when... ehh-- more in the mood of the bar. I like it.</i>

Evidently, as we can see from Helena's extract, peers play an important role in shaping drinking behaviours. Alcohol enhances what is already there in a way; enhances the fun as it creates a collective unified mood. Similarly, Maria describes how peers play an important role in shaping drinking behaviours as a happy social environment creates a vibe that makes people happy to be in and therefore more engaged. Not only they adjust to the

same mood and vibe, but also to the same rhythm. Clearly, social drinking is seen as a completely different experience from drinking alone. Drinking with friends is a collective shared experience, creating a collective vibe that they all share which creates oneness. In other words, it brings people together, creating a collective sense of excitement.

In particular, Dimitris portrays alcohol as a social drug with its consumption always taking place in social situations. Drinking, in his perspective, symbolises in a way durable social solidarity, which is associated with 'fun'; and so, if one is drinking alone, there is no amity, there is no shared experiences and stories; no connectedness, no unity. Zack's extract outlines this perfectly. Not only he clearly identifies the desire to resonate with others and get in the same vibe as them as the main motive for drinking, but also how alcohol brings people together for the common purpose of enjoyment and socialisation. Evidently, he does not perceive or feel this to be a form pressure or expectation, which he even repeats as a way of emphasis. On the contrary he highlights, in one way or another, how drinking is a form of shared enthusiasm and social boost that provides a celebratory euphoria. Everyone is in the same 'drunken' vibe which in turn creates social solidarity and cohesion. Moreover, participants expressed being lured and driven by this as a result (Table 12).

Table 12: A social boost

Subordinate theme: An entryway to discovering unity	
Participant	Quotation
Maria	<i>Normal social situations, whereas alcohol gives you more excitement, a boost.</i>
Artemis	<i>And usually when I'm with close friends or groups ehh I like it a lot because you have a different kind of cheer, a different kind of happiness, which can't even be offered by drugs, I believe.</i>

According to Maria, alcohol make everything more exciting and livelier. She believes that if she did not drink in social situations, then these situations would become 'normal', indicating that drinking is perceived as something more special, more exciting, intensifying and enhancing what is already there. Artemis' extract expands on that point by showing how she finds beauty in this intensified collective experience, describing the desire for an atmosphere of openness and social access for that very reason. Alcohol is portrayed here as a way to create a unified mood of overflowing positive shared emotions. The action of drinking is clearly linked with the ability to immerse into that collective experience, not driven by

pressure, but by the personal desire to feel unity. Drinking alcohol socially enables the expression of social solidarity and it builds a sense of collective identity, a sense of group belonging. Furthermore, drinking is perceived not only part of the experience but a vital instrument that regulates how one feels within a group. This was illustrated when participants were asked to comment on what would happen if they stopped drinking (Table 13).

Table 13: Ramifications

Subordinate theme: An entryway to discovering unity	
Participant	Quotation
Miranda	<i>I'd be very sad. Actually, I believe that if I couldn't drink I wouldn't go out at night, I don't think there's much point to going out if I don't drink. I'd go out in the day all the time and go for picnics I think. And I feel that if I didn't drink and all my friends did I'd just feel left out of the group. Yeah, I don't know-- I think that all my friends would be drinking and it would get on my nerves, it would annoy me.</i>
Zack	<i>I don't personally feel like I need it, especially to have a good time, but sometimes it wouldn't help especially if the others were drinking alcohol. For instance, if I was to go out with some friends and they wanted to drink alcohol but I wasn't drinking, I wouldn't be able to get in the same vibe as them easily. I would maybe be feeling a little bit more distant, not to the extent that I'd feel uncomfortable, so I wouldn't feel bad about not drinking, I would just not feel as good as I could feel, but that's it basically, I wouldn't say that it's something I'd miss in my life.</i>
Artemis	<i>Mm... I feel that, yeah I'll have a lot of fun, I'll be happy because I'll be with friends who I like... who I like spending time with... eh, I'll be in a pleasant place, but I think that something will be missing. I'll be able to have a good time without alcohol, I know I'll have a good time, but I feel that I'll be missing something.</i>

Responses presented how they preferred drinking to the social exclusion associated with staying sober within a social drinking situation. In a way they view alcohol as a key component for feeling part of the experience. It is something deeply embedded in the nightlife culture, as it is portrayed as a tool that helps them feel present stimulates unity. Taking Miranda's extract for instance, she clearly states how staying sober around friends who continue to drink would make her feel out of touch with them, as a sober person and a drunk person experience different frequencies, making it harder to resonate with them and feel the collective belongingness which comes with partaking in drinking together. Moreover, Zack expands on this view, as he sees alcohol as a way to make him feel present and delve into a collective mood everyone shares through drinking. Like Miranda, he would not be able to resonate with others and feel part of the experience the same way if he didn't drink.

Similarly, for Artemis, drinking together, symbolises wholeness in a drinking experience, as she would feel something is missing if she didn't partake in the same experience as everyone else during a social situation. Of course, this doesn't mean that they would stop being social or enjoy themselves, they would just not be able to fully delve into the atmosphere and collective state of the experience in quite the same way.

The power of storytelling. Finally, the third way by which participants addressed the theme of collective belongingness was through their heightened emphasise on the formation of shared stories that created a sense of unity and group belonging (Table 14).

Table 14: Shared stories

Subordinate theme: The power of storytelling	
Participant	Quotation
Maria	<i>If I want to achieve something it's to get drunk as in to get properly drunk, because I'm going to get this feeling that I love everybody and "oh I had such a good time and omg my head is buzzing" and that's fun... creates memories, creates fun stories between us, eh people can connect over a drink.</i>

From this statement we can infer that when Maria purposely pursues drunkenness, it's usually to obtain the altered state of consciousness that alcohol can induce. In her perspective, drinking can deliver a sense of belongingness by providing a focus for generating the shared memories and stories that bond people together, creating a collective sense of enjoyment. She feels like she can create memorable fun experiences when she is under the influence of alcohol and so drinking is seen as an activity that promotes connectedness and solidarity through the formation of shared entertainment. This is further supported when participants were given the scenario by the researcher during their interviews of a friend telling them a drunken story. Interestingly their responses highlighted the power of storytelling and the way storytelling forges connections among them (Table 15).

Table 15: Collective sense of entertainment

Subordinate theme: The power of storytelling	
Participant	Quotation
Helena	<i>Because it's a funny story so I find it pretty entertaining, this whole story</i>

Maria	<i>Eh my first reaction just like now that you told me was to laugh, because it's really things that have happened between us, like stories you share with friends and so on... ehh but my second reaction would be "OMG are you okay?" [Laughs]. First comes the excitement and laughter like "wow amazing, you had a great time, it was fun, it was quirky", or whatever, and then comes the concern like "hey is everything okay is everything cool?" [Laughs].</i>
Miranda	<i>I believe that if in the end everything was okay, then I'd definitely tell that story because I'd laugh and I'd be like "wow guys one time this happened and this and this."</i>
Zack	<i>So, eh, for the first five minutes I would definitely be laughing at the comical state of the story, like "what have you done and how did you manage this and that's it now you lost your shoe", but when the joking around would come to an end I may even tell him off a bit, I'd say like "hey man be careful".</i>
Dimitris	<i>I'd definitely laugh. I'd ask more questions about what happened at the party for example...</i>

Two things are striking here, firstly how they view the scenario as a funny story that can be shared, in other words a memory worth sharing, and secondly how even though they were aware of the risks and dangers of the scenario they still saw the beauty in their friend's adventure. In fact, most of them found the scenario quite funny and entertaining to visualise. There is a suggestion here, that telling drinking stories brings people together by providing a collective sense of entertainment and adventure and by creating conversations. Although the scenario may appear as something worthy of judgement, they still perceive it mostly as an ordinary experience that people tend to go through due to alcohol's effects every now and then. Thereafter, they seem to enjoy experiencing things that make good stories, as well as enjoy sharing and hearing stories of drinking experiences. Stories allow people to connect and feel as though they are living an experience together. It is another way to engage, hence, stories are powerful for that very reason, as they convey the culture and history, as well as attitudes and values that bond people.

Relaxed Attitudes

This theme encompasses the ways the participants described a very relaxed and untroubled relationship with drinking. This theme is split into two subordinate themes: 'relaxed policy' and 'staying decent'.

Relaxed policy. Specifically, this theme refers to the laidback nature of how the 'Greeks' drink, from a young age and in drinking-places, without feeling controlled or restrained. A first way by which the participants addressed the relaxed nature of the policy in Greece was when they were asked to comment on how the drinking-places are in regard to rules and boundaries (Table 16).

Table 16: Rule and boundaries

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>Eh, all the people in the bars I go to, and they drink a lot eh until the morning hours, and smoke inside the bars, and it gets loud and everyone fires up.</i>
Maria	<i>There are but there are no consequences. The boundaries and rules that are enforced in such places I believe are eh, mainly social boundaries that we and society enforce on ourselves, and not so much legal stuff.</i>
Alexandra	<i>Eh, in some clubs for example there are rules that are not-- they are unspoken rules basically, in essence they are not-- for example, to allow entrance only to people that they know or to people who they think will invest more money in drinks, and some others they will just ignore and not let them in. In other places they don't do that. Eh, no, other than that the rules are the classic ones, you go in, you get a drink and you pay. There are no extreme rules.</i>
Miranda	<i>I'm sure there are but I've never seen anything extreme or for staff having to intervene or anything like that.</i>
Zack	<i>Eh, to tell you the truth in all the times that I've gone out I've never seen any incidents that have violated certain conditions, so I've never seen anyone being too drunk and causing troubles, I've never seen anything like that me personally.</i>
Dimitris	<i>Eh... yeah eh-- usually for the noise not for other things.</i>

For starters, as we can see from Helena's extract, she describes an unconstrained experience. She portrays the whole drinking scene as quite normal, problem-free and rule-free; seeing people drinking until the morning hours, smoking inside, getting loud and firing up as part of the experience. There seems to be no control or the need for restraints over those behaviours, and so the policy appears to follow a rather relaxed approach to policing drinkers' behaviours within social constructed drinking-places. Maria and Alexandra further support this point as they state how the boundaries and rules that are enforced are mainly social unspoken rules that take place based on common sense and respect for others, and not enforced official rules and legal controls. The fact that Maria says "there are no

consequences” and Alexandra says “there are no extreme rules”, demonstrates just how relaxed the policy is by not setting strict rules for people to follow; utilising no authoritarian policy styles but adopting more lenient and relaxed approaches for discipline and control.

Furthermore, Miranda and Zack describe a trouble-free environment. They are both aware that there are rules but based on what they stated they have not seen any being enforced or anyone causing problems for someone to intervene. This suggests that non have been broken, as far as they are aware, and that people drinking around them are seemingly in control of how they behave. In fact, this has been emphasised by all participants throughout the interviews, and in so doing, they defined the reasons to why the policy might be relaxed. Similarly, although Dimitris mentions rules based on noise disturbance, he doesn't mention any strict or legal controls for regulating behaviours, which in turn implies that people drink sensibly for them not to have to be restrained in any way. Moreover, a second way by which participants addressed the relaxed nature of the policy in Greece was when they were asked if there is usually security and bouncers in the places they go to (Table 17).

Table 17: Security and bouncers

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>Eh I haven't seen security, no.</i>
Dimitris	<i>No no.</i>
Artemis	<i>Um no there isn't.</i>
Alexandra	<i>I mostly see the welcoming staff at the door, now regarding security... there might be someone who is-- for example my brother who worked at some point as a security guy in places eh, he wasn't-- he didn't wear-- he was just wearing normal clothes, so there might be someone who works in security wearing casual clothes.</i>
Zack	<i>The ones I've seen, they were just looking around, cautious yes, but not to the point that you may feel uncomfortable or think that something might be going wrong due to them being seemingly alert.</i>

As illustrated above, participants reported that most of the times there is no security or bouncers present, which means less control as no strict measures seem to apply; highlighting the relaxed nature of the policy in Greece. Interestingly, some participants, as illustrated in Alexandra's extract, mention “the welcoming staff at the door”, who are people that focus on creating a hospitable environment. The fact that Alexandra mentions that there might be

security but wearing 'normal' clothes, means that the primary focus in drinking-places is not to make people uncomfortable. This can also be seen by Zacks description of how security, if there is any, might act, maintaining a welcoming environment and being discreet in order to sustain the established atmosphere without creating unpleasant controlling vibes. Clearly, maintaining a welcoming environment seems to be quite important for the drinking place's policy. This in turn can influence how one behaves and drinks in such places. This absence of control and the maintenance of a welcoming environment is further addressed by the participants when they were asked whether someone checks their identification for age verification or search their stuff (Table 18).

Table 18: ID check

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>Of course not, I've never even taken my ID with me when I go out.</i>
Maria	<i>No, eh and before I was even a student you could easily buy cigarettes and alcohol. They don't check anything ever, unless you go to a much bigger venue or a much bigger concert, where for safety reasons they will. Most places have the standard. That is, I can go even if I'm sixteen and just because I'm tall I'll be allowed in and I can drink.</i>
Artemis	<i>No no, no one does. Eh only-- well the welcoming staff at the door sometimes in some bars in Valaoritou only will-- well they will not look at your ID but they will look at you.</i>
Miranda	<i>No.</i>
Dimitris	<i>Never [Laughs].</i>
Alexandra	<i>No no, no.</i>

The fact that Helena says "of course not" implies that this has never happened to her and so it is rare in the places she goes to. In fact, this course of action, that being checking someone's identification for age verification, seems alien to her. Maria also emphasises how they never checked her ID or searched her, even when she was younger, indicating once again how relaxed the policy is. Anyone can go in even if they are underage as long as they look a certain way. She describes this as the norm, "the standard", perceiving it as something regular. Artemis supports this point by stating how in only one drinking place that she goes to the welcoming staff at the door will sometimes, not check someone's identification, but look at them. Meaning that the way one looks plays a role. Dimitris on the other hand, found it

funny that it was even asked. Again, showing how unstrict about age they are in Greece.

Another instance in which participants addressed this was when they were asked to comment if there is a specific entry policy or procedure (Table 19).

Table 19: Entry process

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>No, I wouldn't say there's a specific procedure... eh you get to the bar, there's a guy there at the entrance who welcomes you in, eh, he'll talk to you, and then you go in the bar, that's basically it.</i>
Maria	<i>Yeah, usually there is somebody at the door, usually a guy, eh, strong looking guy, handsome enough to bring a lot of girls in, because with a lot of girls a lot of boys will come, it's the way of marketing to gather people. Eh, and usually he shows you where you can sit, greets you, and stands at the door again for the next person.</i>
Miranda	<i>No.</i>
Dimitris	<i>Yeah I'll-- I'll go over to say hi to the owner. I'll start a conversation with a couple friends who are there because the bar I go to is more of a hang-out. And then I'll chill with my group.</i>
Artemis	<i>Yeah in the bigger bars or clubs there's a doorman who's gonna tell you when to go in or when to leave if it's too crowded, in most bars there is no doorman though, you just go in on your own.</i>

Besides the obvious remark that these extracts support the above comments on the importance of maintaining a welcoming environment, they also show once again how no strict measures or entry specific policy is employed. Not only they adopt a relaxed attitude but also try to upkeep a hospitable vibe for people to feel welcomed by not creating strict entry policies and suspicious vibes. Instead, they seem to be promoting trust. This could in turn affect the way one acts and drinks as it inspires respect for the place and the people working there. This is particularly emphasised by what Dimitris says, describing an atmosphere of openness and social access. This is his own way of making sense of the entry process. Finally, another time in which participants addressed the relaxed nature of the policy in Greece, was when they were asked about their first time going out and their first-time drinking. Their responses revealed that, even before they were students, the law was not strictly enforced or abided by when it came to going out and purchasing alcohol (Table 20).

Table 20: No age restrictions

Subordinate theme: Relaxed policy		
Participant	Quotation: First time going out	Quotation: First drinking experience
Helena	<i>Yeah eh, the first time was when I was 16 or 17 years old, that's when we went.</i>	<i>Eek... eh, well the first time I had alcohol I was quite young, I was 12 so I was in high school and I'd gone to my friend's house. Her parents were away at the time, they had gone somewhere, and it was late in the evening, so we went to the neighbourhood's minimarket and bought alcohol and then we went home and drank it.</i>
Maria	<i>17, I must have been 17.</i>	<i>I believe I was in year eleven eh, that was the first time I must have drank alcohol which was a beer I got from the minimarket...</i>
Miranda	<i>I don't remember exactly but I'll say... I must have been around 16 or 15.</i>	<i>It must've been during high school, I must've been 14. I got it from a minimarket.</i>
Alexandra	<i>I was... 16... and it was the first time I went out to a club, so we thought we were doing something great and huge.</i>	<i>No, first time I drank was when I was young, my grandfather would give me a bit now and then.</i>

Not only they were able to go out to social drinking-places from a young age, but they could also purchase alcohol from a young age. Helena for instance was only 12 and yet she could buy alcohol from a minimarket, once again indicating very little control and an extremely relaxed policy. They were free from a young age to indulge in actions and behaviours that are not 'legally' acceptable when authority figures weren't present. This suggests that control and moderation mostly come from the family and social contexts rather than from external or legal constraints and restrictions. Further down Dimitris' interview, he was asked whether he was ID checked when he was 16, and his reply demonstrated all the participants responses on that matter:

Dimitris: No [Laughs], the truth is that there was a certain freedom to-- with alcohol.

Interestingly, when alcohol is not seen as a forbidden experience or is restricted, it can influence the way one drinks, obtaining a relaxed attitude towards drinking. Due to being introduced to alcohol from a young age with no legal restrictions could, in turn, make them more comfortable with the idea of alcohol. This comfort created by familiarity between them

and alcohol possibly made them view drinking in a more laid-back manner. This whole concept of relaxed policies could in fact influence people to 'stay decent'.

Staying decent. Participants' understandings reflected the fact that, for them, drinking to excess is frowned upon. Losing control when drinking was viewed as something undesirable and considered unnecessary. This was first accentuated when they were discussing how they use alcohol (Table 21).

Table 21: Use of alcohol

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>Not necessarily, but that's because I can enjoy alcohol with just a few drinks and with a lot of drinks, so my purpose is not always to get drunk.</i>
Maria	<i>I don't get drunk every time I drink. When I drink I usually just get a little bit tipsy and usually somewhere there I stop.</i>
Miranda	<i>Do I get drunk?... well you know I don't drink to the point of being passed out on the floor, but I'll get a little bit 'tipsy' as the English say.</i>
Zack	<i>There will be times that I'd drink a little bit more but usually not to the point of getting drunk, but yeah somewhere there.</i>
Dimitris	<i>I know when I start to get tipsy that that's it. I'm not going any further.</i>
Artemis	<i>Mm... sometimes and sometimes not, usually though eh... I was merely cheerful, a little tipsy not something more than that. I haven't reached the point of being terrible.</i>
Alexandra	<i>Okay sometimes when I can't be asked to go out or I've stayed home one day and I'm bored, then I might drink two or three glasses of wine but even if I go out I'd probably drink the same amount-- well I wouldn't get extremely wasted of course, but okay.</i>

Drinking is here perceived as part of the experience and a tool for enhancement rather than something used excessively for the purpose of drunkenness. Students do drink but for the effects of alcohol. They all imply in one way or another how being 'tipsy' gives them what they want, outlining how their main goal is not intoxication. Although alcohol is always in the picture, drinking excessively and having a high alcohol tolerance is not desired or expected. On the contrary, students here give the impression that a level of decency is valued. Not only they seem to appreciate having limits, but they are also willing to consider them. This suggests that they are not looking to lose control or are inclined to use alcohol excessively by binge-drinking. Furthermore, they do not appear to feel expected or pressured

to drink if they do not wish to, in fact it is the opposite, they seem to have complete control in their decision-making when it comes to their drinking; the extent in which they engage with it, and if and how they use it. This is further represented below (Table 22).

Table 22: Responsible drinking

Subordinate theme: Relaxed policy	
Participant	Quotation
Maria	<i>I don't think much would change because I'm not a person who drinks a lot or drinks often. So even if six glasses are a lot every time I go out I don't go out often enough, so I think as a person I can easily go out and have fun and party without alcohol.</i>
Miranda	<i>Ehh, what time it is, if I'm tired, if I have something to do the next day, how often I had drunk previously... who I'm with, where I am, like if I get drunk really far from my house and I can't get back I won't drink... much.</i>
Zack	<i>If I'm with a group of people who know me but not so well, I wouldn't drink as much because I want to behave properly, not necessarily meaning behaving in a distant or formal way, not like that, I would just be a bit more careful as the other people don't know me that well, I wouldn't want a part of myself to be exposed which they may misunderstand.</i>
Dimitris	<i>It depends, if it's beer then I might drink three or four glasses if we go out to a pub. But as for heavier drinks or tsipouro you know which we usually drink, or wine, we'll... we'll limit ourselves a little more.</i>
Artemis	<i>But when I drink, I drink because I say, "alright I'll drink responsibly", so, yes I can have good time like this, but I can also have a good time without a drink</i>

Firstly, the general picture they demonstrate here is that they drink moderately and sensibly. They seem to be in control of their drinking and to know when they have had enough. Alcohol is not seen as something they need, as some of them believe they could still go out and have fun without drinking, hence they do not perceive it as something that ultimately drives their social life. In particular, Zack's extract shows just how important staying decent is considered to be, as he expresses that he wants to be more in control when he is not with close friends in order to maintain an acceptable image. It has been expressed that when drunk, they feel less self-conscious and that allows them to unleash a part of them which can be impulsive. Zack, in this case, does not seem to want that part of himself to be exposed, possibly because he sees impulsivity as not something to be proud of but as a problematic behaviour. This, in turn, does define, explicitly or implicitly, what is considered appropriate drunk behaviour within his society and culture. In relation to that, participants

characterised their culture's relationship with alcohol as 'sensible' compared to other cultures when they were asked to comment on cultural differences; and more specifically, whether the Greek student culture is different from others in the way they drink (Table 23).

Table 23: Greeks drink sensibly

Subordinate theme: Relaxed policy	
Participant	Quotation
Helena	<i>Ehh... I think so, because for example last summer I went to Mykonos with my friends on vacation and there were a lot of... eh, English students, eh, Scandinavian students, who would drink way too much and get very drunk and throw up everywhere and scream... eh, to a greater extent than Greek students do, so that seemed a little strange to us.</i>
Miranda	<i>Generally, I reckon that Greeks drink quite a lot, maybe more than other cultures, but it isn't to a point where it's foul and the English for example drink a lot more! To a point where it's humiliating, and they don't have much control over themselves. Well we have seen loads of English tourists in the summer in Greece drinking like there is no tomorrow [Laughs], and they do all sorts of things, and okay there's the stereotype for sure about the English that they drink a lot, and I've heard from friends weird things about English people in England.</i>
Dimitris	<i>Mm... I think yeah, I think yes. Because for instance in America alcohol is banned until an older age. So I think the younger people definitely go crazy and lose it earlier... I don't know, in general I think there's a more relaxed attitude here... I'd like to believe [Laughs]. I don't know, I don't necessarily know [Laughs].</i>
Artemis	<i>Yeah, I believe that it's different. I think that it's different because when I was in an Erasmus group, we had students from other countries erm, and I saw that they would drink way too much! A lot more than us Greeks! It was like they found their freedom over here because I think-- I haven't lived abroad, but I think that abroad they don't have as much nightlife and as much drink as they do here in Greece, so they find something here... yeah. I believe that we have a lot of differences, like us students here in Greece, yeah we'll get drunk, there'll be times where we get very drunk to the point of vomiting, but it won't be as often as erm... as much as it is for foreign people.</i>
Zack	<i>I think that it's easier within the Greek culture just to get a beer from a minimarket from a liquor store and street drink. I don't even know if it is illegal in some countries now to street drink, I don't even know the legislation in Greece of what typically happens. But I know that a lot of people would just get a beer and sit on a bench. So the consumption of alcohol in Greece does not take place only in clubs and bars, but you will also see it many time taking place in outdoor spaces on the streets but in specific places that is, you will not see that in a neighbourhood for instance, there's no such problem.</i>

Helena for example here, perceives that her culture uses alcohol in a 'different' way, drinking more sensibly, as in her defence she has seen people from other cultures drinking

excessively, creating chaos, and who are unwilling to consider any limits. In her perspective, this style of drinking seems alien to her and the Greek culture. Although she mentions that she drinks to the point of drunkenness, she still sees herself and the Greek culture as sensible in the way they use alcohol.

Similarly, Miranda identifies the British drinking culture as being distinct compared to drinking habits in other cultures, even in those where alcohol consumption is highly present, like the Greek culture. She describes British peoples drinking as alien and intimidating; quite embarrassing. She bases her opinion on this on what she has seen as well as heard. Although she discusses that she also gets drunk, she still holds the conviction that herself and her culture maintain a sensible level of alcohol consumption compared to the English. In her own way she implies that in Greece when drinking you are expected to stay 'decent'.

On the other hand, Dimitris makes sense of this in quite a different way. He believes the more restricted alcohol is, the more people drink. In his perspective alcohol can be more appealing in social contexts where drinking is viewed as a forbidden experience or not an easily accessible one. More rules, restrictions and control could lead to excessive drinking. Hence, due to the relaxed policy in Greece as a culture, he believes a more 'relaxed attitude' is developed, meaning that they do not drink excessively. This not only influences the way he uses alcohol, but also reflects on his own values. Clearly, he does not feel restricted in terms of drinking in Greece, and he perceives this as one of the main reasons why he does not consume excessive amounts of alcohol. Likewise, Zack supports his point as he doesn't present drinking in Greece as a problematic behaviour. It can take place anywhere and there is no restriction as people still act respectably. In the same manner, Artemis, describes the way foreigners drink as alien to her and her culture; with no limits, again associating this to the relaxed attitude and relaxed policy.

It is important to acknowledge here that there seems to be an expectation to 'stay decent', not to lose control and drink sensibly and moderately. They seem to be conscious about how they act when they are intoxicated and although losing control from time to time is considered 'okay', drinking recklessly to the point of losing consciousness is unacceptable (Table 24).

Table 24: Values

Subordinate theme: Relaxed policy	
Participant	Quotation
Maria	<i>Alcohol is fun as long as you keep it within certain limits.</i>
Miranda	<i>I'd tell him-- I don't know actually, I'd tell him that ok it's ok to drink you know because bravo you had a good time, but that he took it a little far and that it's okay sometimes to drink a bit more but to lose your senses isn't okay for any reason.</i>
Zack	<i>I think that if you drink to the point of losing consciousness you're not going to have a great time afterwards, because there is also a higher risk of something bad happening and some things you may not even remember, and the next day you will most likely have headaches. So when you drink so much I'd say that you borrow in some sense a little bit of the happiness and energy of tomorrow, that day may seem a lot of fun but the next one won't be as pleasant, you may regret it to a great extent.</i>
Artemis	<i>Ehh [Laughs], okay I'll congratulate her for having fun, but we probably have different criteria for how we have fun, like... ehh, you need a limit, have fun, get drunk, but know your boundaries. I'd tell her to set some boundaries.</i>

One immediately striking feature of Table 24 is the orientation that the participants adopt in response to the scenario they are presented with by the researcher. The participants' responses firstly orient to the way alcohol is seen as something 'fun', but at the same time as a matter that requires control, without pushing your body's limits to the point of blacking out and not being conscious enough to be responsible for your own safety. In Zacks perspective for instance, by drinking excessively to the point of losing consciousness, you only consider the immediate timeframe, but as he explains, the problem is that things propagate across all timeframes. In other words, by pursuing something that makes you happy in the immediate present, you risk sacrificing "the happiness and energy of tomorrow", and that is not seen as a tenable solution. He doesn't see the point in such a scenario and so drinking to excess loses appeal. Notably, they do believe one can drink and exceed limits from time to time but staying 'decent' is what is valued.

Embedded Culture

This theme entails how through becoming a university student, one adopts a lifestyle which encourages drinking. 'A newfound independence', 'a period of rejoice and sociability' and 'the nature of social situations' were highlighted as subordinate themes. Through this

transition one develops a sense of independence never before experienced, gaining complete control over what they choose to do with their time. A period of rejoice and sociability delves into what this complete control over one's own life leads to, which leads to an active social life that includes drinking. When this lifestyle is developed, drinking becomes a product of the nature of social situations, where drinking in social settings becomes a habit.

A newfound independence. Participants associated becoming a student with an increase in their independence, free time, and freedom from control, along with the analogous pressures of living independently and having to endure the new difficulties that student life is accompanied with. Several of those accounts are exemplified below (Table 25).

Table 25: Newfound freedom

Subordinate theme: A newfound independence		
Participant	Quotation: Increased autonomy	Quotation: Freedom from control
Helena	<i>I really like the independence and the freedom that I have living alone and doing whatever I like, and of course that my parents are not there!</i>	<i>Of course I'm sad and I miss my parents and my sister dearly, but at the same time I like it because I have my freedom, I have my quiet, I have my little home. I do things I truly want to do whenever I want.</i>
Miranda	<i>I also have a lot of free time and I can do things in my life without feeling pressure.</i>	<i>I like that I don't live with them anymore and that I live far because it gives me a lot more freedom to do the things I want to do.</i>
Zack	<i>What I enjoy about the university life is the great amount of free time that you have and the freedom to spend it however you like. This is what is unique during this period.</i>	<i>Personally, I don't mind it, I like having freedom and having my own space so it doesn't bother me as much as others that I'm far away from my family and my hometown.</i>
Dimitris	<i>The freedom you have eh, for example-- for example one of the first things you see as a student is that you have the freedom now to go out whatever time you like.</i>	<i>That's very pleasant [Laughs]. Because we're a big family, so... it's too noisy at home.</i>

Artemis	<p><i>I don't have any other responsibilities, for instance paying rent, so I'm more controlled in a way from my-- from my family, not literally controlled that is. Um I don't think they see me that much... as a student eh... they're still trying to accept that I'm a grown up now and that I can do what I want in my life. Now I think... in this year they have come to terms with it, in the first year they couldn't accept it at all, that I started going out, eh... it seemed inconceivable to them that I'd go out so often after not going out at all.</i></p>	<p><i>I don't feel like a proper adult. I also feel that I'm always controlled in a way, guarded... so my-- yeah okay my parents are going to ask because they care about me "where you going and who you're going with and what time you going to come back so we are aware", eh which they tell me it's something that they'd ask me anyway whether I lived with them or not . Um... but I believe if I lived alone they wouldn't ask me so often "where are you going and who with" and so on. Yeah, I don't feel so free, I feel a little bit more restricted and that I don't have my own space.</i></p>
---------	--	---

Becoming a student increases autonomy and simultaneously decreases parental control, monitoring and guidance. It is fairly obvious that they appreciate having control of their own lives. They all mention independence and freedom that they feel they have obtained when they became students. Associating freedom and independence with living alone away from their parents. Control seemingly lessens during this separation from family and moving away, and so they are freer to embrace new lifestyles and behaviours that are not forbidden or restricted by others. For instance, as we can see above, Dimitris associates this newfound freedom from control with managing his own social life.

Furthermore, they directly associate living away from their families with personal freedom; they can do whatever they desire with no judgement. They discuss this period of their lives as the period of adult status which is mainly revolved around self-ruling and the ability to make their own choices, especially when it comes to their social life. Artemis on the other hand, although she associates becoming a student with an increased social life, she was the only participant who continued to live with her family, and she exemplified just how more constrained she feels her life is for that very reason. She, herself, associates becoming a student with a lifestyle that goes hand-in-hand with autonomy, a state she seemingly is unable to experience. Instead, she refers to feelings of suffocation, presented with the image of not being able to do what she desires without anyone interrogating her and interfering when it comes to her social life. This great growth in independence and how it links to their social life is further verified when the students were asked to discuss their transition to university (Table 26).

Table 26: Transition

Subordinate theme: A newfound independence	
Participant	Quotation
Helena	<i>I'm not stressed anymore, nor am I afraid of this change or that I live alone, I've got my friends now, we go out, we hang out, we do things. I'm not afraid-- eh because I grew up in a small village, now I live in a big city, this change initially scared me, but then I realised that the people here are very friendly and everything turned out beautifully.</i>
Maria	<i>Huge. Eh, I faced a lot of difficulties with the transition. Eh, I lived my whole life surrounded by others and I basically felt like I was suddenly thrown by myself into an unknown town, into a house, telling me "take this, that's what you have now."</i>
Miranda	<i>It was-- well I also had to move to another-- because I'm from an island I moved to Athens, so it was a very sudden and intense change. And in the beginning, I felt very scared, I felt like my world was changing, but eventually after I got a little used to it, it was pretty normal, so it wasn't that big of a deal. But it was a sudden independence.</i>
Zack	<i>The transition was big. Eh, a common phenomenon in Greece is that in order to get a place at university you must study very hard for some years. Which means that even if you want it or not you have to lock yourself in. When you become a student now, because as I said you start to have a lot more freedom suddenly, in my opinion this is a shock! That is something all students experience and usually it lasts for one to two years, usually one year. Ehh... there can be many problems when you try to direct yourself in, trying to adjust in this new situation, there is a lot of stress, not due to a misfortune or failure, but from the transition itself, because most of the times it's the transition that causes an insane amount of stress to a student and it's not so much that he starts with problems. Problems may never even come, but this kind of stress from the transition is always present to an extent. Most students fight it by seeking pleasurable times, I personally just let myself feel stressed often, just that, I did not fight it like the others.</i>
Dimitris	<i>Ah right, eh... that was a very big change in all honesty, because I come from a small area where you feel slightly trapped, and the transition was to a wider context you know socially, where you can connect with more people, meet new crowds et cetera.</i>
Artemis	<i>I liked it because it was a change, and in school-- in college I felt my life was very monotonous, so I didn't have a very social life, I didn't go out, I only studied so I could get into the university I wanted to. I felt very limited, I felt I was in prison, like I was in prison</i>
Alexandra	<i>Very nice [Laughs]. Because man, I have my freedom, I live alone, I don't live with my parents anymore, I live in a different town which is much bigger with a lot more options. Eh... it may have been good but it's not as good as student life is, it's completely different.</i>

A noteworthy feature that stands out here is how this newfound independence led them to initially feel lost and alone, which in turn draws on the fundamental need to feel connected, acknowledged, and appreciated by others. Evidently this can be directly linked to the task of adapting to a lifestyle which revolves around socialisation and enjoyment, as it is the time to forge new social links with others. For instance, Helena above hints that she felt stressed and afraid with the initial transition and moving away from the familiar to the unfamiliar, suddenly living alone; not because she feared living alone, but because she was afraid of not having a sustainable social life, of feeling lonely. Social interactions and social activity helped her to cope with this stress and moving home; thinking more positively about her new environment and finding her place; highlighting the importance of social interaction, acceptance and the need to belong. Likewise, the fact that Maria says she was “thrown” suggests that she felt completely out of place and alone. In the same manner, Miranda highlights how this period of instability led her to feel out of touch and like she didn’t belong. In fact, she directly associates she felt this way due to the sudden independence associated with moving away from her family to a different place and living alone.

Arguably, this period is a period of social instability. It is seemingly a time of identity exploration that revolves around developing new social circles; initiating new roles and lifestyles, separating from old friends and family and a sudden exposure to new opportunities. According to Zack, prior to going to university, one goes through a period of isolation; where one solely prioritises studying above all, which signifies a decrease in social life and the freedom to be socially active. This was also supported by Artemis and Dimitris’ quotation, where they indicate a decrease in social life and freedom prior to going to university due to solely focusing on studying as a priority or a lack of freedom. Perceptibly, they associate becoming a student with a sudden social liberation and increased social involvement.

Moreover, Artemis uses the word ‘monotonous’ to describe her previous life, which refers to boredom and dullness, and so she found the transition to university life changing as she escaped from that consistent, repeated pattern which never seemed to change; adjusting to the period of rejoice and sociability. Hence, the sudden liberation and increased freedom when becoming a student is “a shock”, like Zack quotes. Going back to his perspective, all the above developmental changes that take place, often lead to impulsive pleasure seeking as a means of dealing with great levels of stress or as a result of the sudden increased freedom

and independence that allows students to choose lifestyles and behaviours without feeling restricted.

On the other hand, Alexandra maintains a positive outlook on student life; portraying student life as more interesting and as the period for rejoice due to increased freedom. In turn, this great increase in independence, free time and freedom from control that students experience through their transition and onwards, affects their identity as it gives them more time to be social; as presented in the following theme. However, free time is not inherently a part of their identity. The liberation of managing their social lives, completely, is part of their identity and embedded to the student culture, which in turn leads to the period of rejoice and sociability that students find themselves in.

A period of rejoice and sociability. This theme is all about how being a student goes hand-in-hand with enjoyment and socialisation. A first way by which participants addressed this theme was through their heightened emphasis on the importance of maintaining social interactions by spending time with their friends and engaging in social activities. In fact, almost all participants reported spending their time engaged in social activities and leading lives that revolved around social interactions (Table 27).

Table 27: Social lives

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Helena	<i>Most of the time I hang out with my friends in parks, we watch movies, we go for walks... mm, yeah.</i>
Maria	<i>Ehh... gaming, eh, hanging out with friends, and taking care of my pets.</i>
Miranda	<i>I definitely watch tv shows, I go out often with my friends, I read books... and sometimes I like to do all kinds of artistic stuff, like making things with my hands or doing photoshoots and things like that with my friends.</i>
Zack	<i>In my free time I usually either play computer games or I hang out with my friends.</i>
Dimitris	<i>In my free time I go out with friends, I'll maybe watch a movie... that's it.</i>
Artemis	<i>I draw, go out, mostly I go out.</i>

From the way most participants have phrased in one way or another 'hanging out with friends' as part of what they do in their free time we can assume that, at least for them, (a) a part of their time spent doing enjoyable things is when they are with friends, and (b) social

interaction is an important component of student life. Being a student is possibly the most socially busy time that revolves around social interaction and the engagement in social activities. In fact, participant when asked to describe Greek students as a more generalised set of people noted their social active side, as we can see in Table 28.

Table 28: Greek students

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Helena	<i>Very relaxed I'd say, eh, they hang out in the cafes all day, with their friends, having a good time... they attend their classes sometimes...</i>
Maria	<i>YOLO [Laughs].</i>
Miranda	<i>Um... I'd describe them as very outgoing. They go out a lot... they know how to live it in general, they live their life. I'd describe them very 'large' and quite joyful basically, and carefree.</i>
Zack	<i>They like partying, very-- they focus on having fun, not all of them though, I have met many who are definitely not defined under this characterization, but the general image that they demonstrate in many cases when going out is the one of having a good time, this is the period to rejoice. In fact part of the Greek culture is that when you are a student these are the best years as they are the years to celebrate, to go out, to drink a lot, to laugh, but in reality that's not always the case.</i>
Artemis	<i>Yeah to tell you the truth... eh... partygoers... um, until they decide that they have to finish their Uni, until they get a bit more serious about that I mean. I don't think we're that ready for-- that is, they don't prepare us appropriately for the struggles of university life.</i>

Throughout the transcripts Greek students were portrayed as partygoers. In particular, participants' views reflected that they perceive students as quite laid-back, free from tension and anxiety, and in the hunt for fun times; possibly depicting a mirror image of themselves. Helena uses the word 'relaxed' to describe them, which refers to the state of being free from tension and anxiety. In addition, she highlights their active social side and associates this sociability with enjoyment and a relaxed attitude towards their university work, attending their university classes every now and then and mostly hanging out with their friends. Moreover, Maria refers to the famous phrase 'you only live once' to describe them, which is the call to live life to its fullest potential even if that means embracing behaviours which carry risk or impulsivity. This phrase indicates that, in her perspective, Greek students focus on enjoyment, which is characterised by the participants as a seemingly appealing lifestyle.

The fact that Miranda says, “they know how to live”, indicates that in her understanding they manage to sustain a seemingly balanced life filled with variety, satisfaction, and joy. She seems to portray the way they live as ideal, as if they have found the meaning of life. There is a suggestion within these perspectives that students prefer to hang out with their friends, tension-free, then to keep up with university responsibilities, prioritising social engagement.

Moreover, Zack argues that the social constructed identity of a student itself encourages that lifestyle. Being a student goes hand-in-hand with enjoyment. It is viewed as part of the culture, indicating that it is not something someone can escape from. In fact, having fun is portrayed as central to student culture; it is the constructed belief of how a student should be, even though this is not “*always the case*”. Yet, within these viewpoints, there is not only the perception that the role of a student and identity is mainly revolved around socialisation, but also that this is a period for rejoice and celebration. Moreover, Artemis feels that students are not appropriately prepared to face the challenges university comes with; the sudden increased freedom and independence; adoption of responsibility; and the decrease in guidance and monitoring. These, in turn, could propel someone to engage in behaviours that are more hedonistic in their nature.

Evidently, there seems to be a socially constructed idea of how a student is, as well as a collective perspective of how students are viewed by others and expected to be, which the students themselves seem to be aware of (Table 29).

Table 29: The role of a student

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Maria	<i>The role of a student is essentially-- everyone says, “ah student life is the best, you better enjoy it” and so on.</i>
Zack	<i>Well in terms of a student, they would see me as a bit more introverted, a bit more staying at home guy, who although he partakes in many things this is not always his primary choice, a little bit more reserved if you like.</i>
Alexandra	<i>I often feel that older people and family friends see me as if I’m living a great life and they are constantly asking me “how is it going?” and they think that my life is great just because I’m a student and that I’m having an amazing time in relation to their miserable lives [Laughs].</i>

Clearly, studenthood is marked as the period for rejoice and sociability not just by the students themselves but also by outsiders. It is perceived by others as a carefree life, tension-free, with limited expectations and responsibilities, and although this might not always be the case, it is understood to be a more fun and interesting lifestyle. The fact that Zack says that “in terms of a student” he is considered more introverted, suggests that in general students are seen as more extroverted. Since he is more introverted, he is not identified as the most ‘regular’ type of student that people would expect to see. He, himself, seems to hold the view that students tend to be more extroverts than introverts in this case. Based on their response, there is this constructed idea that student life is based on extraversion. In fact, this is exemplified throughout the interviews as participants address a vibrant social nightlife as part of their routine (Table 30).

Table 30: Vibrant social nightlife

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Helena	<i>Eh, yeah eh... I like going out of course and I mostly go out to bars. Eh, I usually go out two or three times a week.</i>
Maria	<i>Eh, if the next day I don't have a class or work or anything eh I can stay out until the next day in the morning. I've done a lot of all-nighters during the first years of university, ehh a lot of all-nighters during holidays and so on.</i>
Miranda	<i>I go out a lot after class with my friends, like noon when we finish with our lessons, and we might stay out until late at night, which means we might stay out ten hours or so, and we start with coffees and end up drinking tsipoura. Now if I go out at night... I usually will go out around eleven and come back around five, how long is that?... six hours or so.</i>
Dimitris	<i>Okay, eh I go out four-- three or four times a week I'll go out. Of course, I don't get too wild, but it pleases me to go out for a drink with my friends. And because I am quite social, um yeah, it's quite pleasant.</i>
Artemis	<i>Alright... um, I really like going out, especially after a long day even if I'm tired. Because I like to see other people, interact with other people, socialise, flirt, always in a good way of course.</i>

Participants here highlight how going out socially is a given in their life and therefore, give the impression that they see it as part of their lifestyle, as it plays an important role in their whole experience as students. In a way going out is embedded in their routine. In fact, they seem to enjoy the whole experience of going out with their friends often to social places

where drinking is expected and occurs. Maria for instance, although she perceives herself as someone responsible, prioritising work, she still gives the impressions that she has pursued an active social nightlife and continues to do so if she's free, staying up until morning hours. Moreover, Dimitris does not perceive going out frequently as something "wild", suggesting that he is not unrestrained but that it is part of his lifestyle. He simply enjoys the experience and the social solidarity that comes with going out. In a way he relates being social with drinking and drinking with sociability. In turn, Artemis associate's socialisation with enjoyment and relaxation. The social part seems to be important for them, as being a student is the period to express joy and socialise. In fact, participants expressed how this is linked to their student identity when they were asked to comment on how they would drink if they were not students (Table 31).

Table 31: Meaning of student identity

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Helena	<i>If I wasn't a student I'd probably be working, and I'd have a very different life and routine to what I have now, so I believe the way I'd drink would be very different.</i>
Miranda	<i>That depends, if I worked for example, I think I'd drink a lot less. If I wasn't a student though and I didn't work I think I'd drink the same amount, maybe even more.</i>
Zack	<i>Perhaps it would be a little different in terms of one thing, that-- because the-- if I was older and wasn't a student I would probably have a job, so alcohol would certainly be more limited because I'd not go go out as often, and I think I would also have a smaller social network, so probably two or three of us would just gather somewhere in a chill quieter place or somebody's house, and mostly drink amongst ourselves, probably watch a film or listen to music, we would maybe go out after, but I would certainly drink less and not as often and it wouldn't be as present in my social environment.</i>
Dimitris	<i>It depends again on who you hang out with I suppose. So, eh... it doesn't—I don't think it has a lot to do with being a student. Of course, the beginning of student life often means parties and alcohol.</i>
Artemis	<i>If I wasn't a student how would I drink?... good question, ermm... look, again I think the same applies probably. It depends of course, like if I didn't have many friends, I wouldn't go out so often so I would drink almost never. If I didn't—maybe if I had different groups, so... if I didn't—if I drank either a lot more or less it would depend on my friends. I think I'd drink the same though... possibly a lot less, that's all.</i>
Alexandra	<i>I think mostly—oh, I would probably drink at home. If I wasn't a student and I lived a normal life, let's just say after work eh, I would get some wine to drink, that's it.</i>

Seemingly, student life is constructed in a way that allows drinking to occur due to the embedded culture, as it is the period for rejoice and socialisation, whereas work is the period of responsibility and order. What also could be a contributing factor is the increased freedom from control and time constraints. They have more free time now to engage in drinking than they would if they were working. Drinking goes hand in hand with the student lifestyle, however, not due to an expectation for the student to drink, but due to the lifestyle and newfound freedom the student has obtained. The student lifestyle is built in such a way that allows one to engage in drinking and have a vibrant nightlife because of the increased free time. Considering Miranda's perspective, if she worked, she would have less free time to engage in social activities due to her responsibilities.

In the same way, Zack describes how drinking is regarded as antithetical to working, associating working with lower levels of alcohol consumption. But again, it is not because of an expectation, but that it goes back to being less socially involved when following a stricter, responsibility filled routine. He is defining a much more 'calm' way of life, not a period of rejoice and sociability, but a period that involves working full time; with responsibilities one does not possess as a student. In that case, alcohol would be used as a tool for relaxation rather than entertainment. Dimitris, on the other hand, believes it is not so much the student identity that shapes drinking but more who one hangs out with. However, being a student goes hand in hand with socialisation. To stop drinking as a student, is to reconstruct one's whole life. Because if someone is a drinker then all his/her friends are possibly drinkers and they are used to drinking in every social situation, as the places that they go to socialise are places that they drink in. In turn, he does associate that being a student goes hand in hand with "parties and alcohol", which is viewed as part of what students do when they arrive at university. This is directly related to the increased freedom from control and time constraints, and the sudden independency that students experience. Hence, drinking goes hand in hand with the student lifestyle not due to an expectation but due to the newfound social life associated with studenthood.

In their effort to understand this influence, some portrayed how they are in an environment where everybody follows a similar lifestyle. This collective mindset leads to them being influenced to a certain degree, which prompts them to act in a joint manner in alignment with others' behaviours (Table 32).

Table 32: Influences

Subordinate theme: A period for rejoice and sociability	
Participant	Quotation
Helena	<i>Ehh... I think it has influenced me because-- like I told you before I live in a student town, so all the bars I go to gather students and young people, and they're all drinking and having a good time, so I think that has influenced me and when I go out I'm going to do the same thing basically.</i>
Maria	<i>Students in general are more vulnerable to these things I believe because eh, over the years that is what is expected of them to do. They are basically the last few years they can be immature, so they take advantage of that to the maximum.</i>
Miranda	<i>I wouldn't say so, all young people more or less drink a lot and drink to get drunk and to go to parties and get drunk and do stupid things. Logically I'd say that more or less every student is prone to drinking more than older people, and that in all countries they drink a lot.</i>

Helena here for instance sees drinking as part of student life, as is “having a good time”. The places that students and young people go to socialise tend to be places that drinking occurs, it is built as a whole set of habits and so it becomes ingrained into a routine. Similarly, Miranda portrays drinking alcohol as socially important in young people's lives, as it is seen as a new fun experience. Maria, on the other hand, believes that students drink with the intention to get drunk for social acceptance. Although this is not a common belief among the participants, she sees students as a more vulnerable group due to the expectation that this is what they are meant to do. In her opinion they take advantage of the fact that it's their last years to act carelessly, leading to the pursuit of short-term hedonism. However, this doesn't seem to be the case either for her or the other participants.

The nature of social situations. Participants here highlighted how drinking in social situations is not only considered ‘normal’, but it is the nature of those situations (Table 33).

Table 33: Habit

Subordinate theme: The nature of social situations	
Participant	Quotation
Helena	<i>Now actually, whenever I go out, the only sure thing is that I'm gonna drink alcohol, so I'd say that it's pretty important to me.</i>
Maria	<i>Ehh, alcohol for me today is... the moment I see my friends, it's the party I want to go to.</i>

Miranda	<i>Eh it's... it's definitely part of my life. Well generally when I go out, I will definitely drink. Almost always. Like if I don't drink it'll be because something will have happened and I can't or I don't want to.</i>
Zack	<i>I'd say that alcohol, right now at least, if I'd go out once a week or once every ten days I'd usually have something to drink, it wouldn't necessarily be a lot, maybe one can of beer or two, but I'd say once every ten days.</i>
Dimitris	<i>Eh, before the quarantine, the truth is that I'd drink two or three times a week, we'd gather and drink wine or whatever.</i>

Participants are inclined to drink every time they go out as it is considered part of the experience. Helena, for instance, portrays how drinking is ingrained in what she does when she goes out, describing it as “important to” her, and so she portrays drinking as something she values and is part of her social life. Maria also shows how alcohol is present in her life and perceives drinking as the time to socialise, see her friends and enjoy herself socially. Clearly their responses show how they are inclined to drink every time they go out and so they perceive it as the norm. In way it is embedded in the culture that drinking when going out is a normative behaviour. It is the way things are (Table 34).

Table 34: The way things are

Subordinate theme: The nature of social situations	
Participant	Quotation
Maria	<i>Within society... young people see it as something cool, eh people my age see it as something normal, and older people think it's reprehensible.</i>
Miranda	<i>Generally, I think that if there wasn't the stereotype that at night you drink, I wouldn't drink so much. So now to go out with a group and to not have a drink... it's weird man, it's weird. I mean if that didn't exist, I believe I wouldn't drink so much.</i>
Zack	<i>Great. Currently, at least at the age that I'm in now, society, the only way I can think of that would influence me to drink alcohol would be the acceptance of it kind of thing, like when you go out with your group of friends you will often drink alcohol, I mean it's like a habit that prevails between the people my age. If I had to say something that has influenced me to a degree would be that, it's-- basically alcohol has been a key component for our way of entertainment as a course of action, it's often like a way for some people when going out to have a good time, as for me, sometimes this affected me sometimes it didn't.</i>
Dimitris	<i>It's-- well it's a social thing to-- to-- drinking alcohol. So... for sure it's significant. It's important the way that it affects me. Besides I go with friends to drink so...</i>

Artemis	<i>Ehh... at first I drank because I was like you know I have to drink if I don't drink they'll look at me weird or they'll say "well why isn't she drinking", or-- yeah that basically, but then I got past that in a way and that's why sometimes I don't drink.</i>
---------	--

Here we see how they hold a normative perspective on drinking. There seems to be a connection between what young people think is 'cool' within the new generations and what older people think it's reprehensible, in other words, worthy of judgment. Socially constructed ideas in turn can influence the way one drinks, making them inclined to have a drink most times that they go out with friends. Drinking is essentially a social activity and is embedded in the culture that drinking when going out is a normative behaviour, it is what people do. It is built as a whole set of practices and behaviours. Alcohol comes hand in hand with celebration and festivity, it is portrayed essentially as an element of entrainment. In a way it is a symbolic tool, constructing and manipulating the social world. It is used as a label that defines the nature of social situations, as a way to connect and bring people together. It is a collective experience that is viewed to be experienced around others, but not necessarily perceived as something to be used excessively.

British Data Analysis

Three distinct themes were identified that reflect participants' perceptions and understandings: 'a liberated self', 'following the crowd' and 'an intensified experience'. Each theme consists of two subordinate themes which are represented within the key themes below (Figure 2).

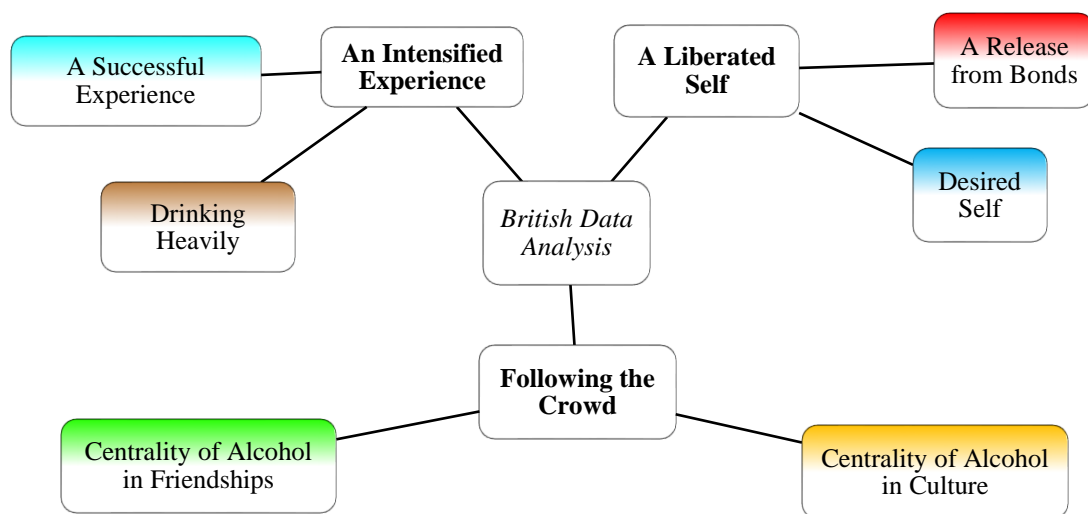


Figure 2: Thematic Map

A Liberated Self

Drinking was portrayed as a system of value and an act of mood-management as participants reported gaining a sense of freedom by delving into an altered state of being; free from constraints, from rules, from the mundane, from their own shyness, and from worries about the past and future. Intoxication seemed to be portrayed as a release from those bonds and a way to relieve oneself, allowing a more liberated person to come out. This release is explained by the participants through two subordinate themes: 'a release from bonds' and 'desired self'.

A release from bonds. Feelings of freedom focused on participants outlining an increase in mindless risk taking and being released from bonds, perceiving alcohol to function as a coping mechanism and associating intoxication with personal freedom and a

sense of escape from mundane existence; being able to transgress boundaries and act in the way they desire (Table 35).

Table 35: The release

Subordinate theme: A release from bonds	
Participant	Quotation
Sally	<i>It's just to relieve our inhibitions. Just to do something that's not boring and required.</i>
Peter	<i>Uhm... I don't know, I've always just seen it as a by-product of having a good time, being drunk [Laughs].</i>
Megan	<i>I think... you just loosen up a bit, you know like, I find as well that I talk more openly for example, when I've had a couple of drinks, I won't hold back, if I want to say something I'll just say it. Whereas, when I'm sober I might just think okay I'm not gonna touch on that subject.</i>
Jessica	<i>I just like feeling free and not having anything telling me to not do things.</i>
Natalie	<i>I am not a very risky person, in my like, everyday life, so I think, I guess when I'm drunk um I'm like "oh I can do this because I don't care now". Um, so, it sort of compensates for playing safe the rest of the time.</i>

Sally presents this outcome as a matter of personal freedom and a way to escape from everyday pressures. The use of the word 'required' refers to the escape of official compulsory rules and expectations, allowing her to obtain autonomy in her actions when intoxicated, and the use of the word 'boring' refers to the escape from mundane existence. Peter, on the other hand, sees being drunk as "a by-product of having a good time", presenting the result of drinking on mood almost foreseeable and a way to liberate oneself from the restraints of the mundane as he delves into a different state of being. In a sense, it allows them to release a part of them which can be impulsive and fun simultaneously. Megan understands this as a way to delve into a state of relaxation, implying that when she is sober, she is more tense and self-conscious. Alcohol in her perspective relieves her from things that are holding her back and allows her to express herself more readily as she stops thinking of what is the appropriate way of being.

Furthermore, Jessica's extract emphasises how she feels less restricted when she is under the influence of alcohol, allowing her to act in the way she desires without feeling controlled. She clearly states her feelings towards control but also the level of freedom alcohol allows her to feel. This suggests that she does not feel responsible or judged, and the lack of obligations and judgment gives her a sense of relief. Furthermore, Natalie's extract

demonstrates how when drunk, she does things she wouldn't do when sober as she doesn't feel restricted. The use of the word 'compensates' to justify her actions, shows how she makes sense of her reckless behaviour when intoxicated, by seeing it as a form of intensified release from constantly trying to regulate and maintain self-control. In a sense, they seem to feel restrained and tired of doing things 'right', and so being drunk allows them to delve into a temporary altered state of consciousness that in turn allows them to feel less self-conscious and free to act in the way they like without feeling responsible. In fact, they all give the impression that they want to lose control to abandon responsibility temporarily and engage in impulsive pleasure seeking, associated with an image of being able to break the rules and do what they desire unbound by constraints (Table 36).

Table 36: Dutch courage

Subordinate theme: A release from bonds	
Participant	Quotation
Sally	<i>But I would also do things that I know are a bad idea when I'm sober, so... if I-- for example if I was not supposed to be seeing a sexual partner or something, I'd be more likely to just say "oh screw it, I don't care what the consequences are this is how I feel now" so I'm just gonna do it.</i>
Peter	<i>Erm, Dutch courage, you've got that confidence, you've sort of got that invincible feeling, when people get drunk, you don't really think about the risks so much.</i>
Megan	<i>Umm... the first time I took an illegal substance was when I was drunk. I would've never-- at the time, I would've never done it when I was sober, but it just happened to be I was drunk and I was offered something and I did it.</i>
Jessica	<i>Um, I feel free, there's nothing holding me back, I can do-- well, less inhibitions, I don't know, there's more potential for taking-- for having fun because you're more likely to take bigger risks, so having a good time and things. I don't enjoy-- also like I said, I enjoy feeling free, I don't enjoy feeling out of control cause there's more stuff [inaudible] but yeah, I generally enjoy it.</i>
Natalie	<i>Um I think the difference is, yeah, exactly, I don't think about possible consequences. I mean, I know the thing is like what I'm gonna do is not gonna be bad, it's gonna be like just, fun, and I don't think that it could go wrong. Like, for instance, for example, if I had to climb over a fence, I would do it when I'm drunk because like if I fall "oh okay! I've fallen fine", like, nothing can happen. But, if I was sober, and the fence was very tall, I would be like I don't really wanna climb that, because I could feel pain, and then, I don't do well with pain, but I don't think about that when I'm drunk. But, I'm always kind of responsible, if you wanna put it like that.</i>

Clearly, there is an increase in confidence and fearlessness from drinking alcohol that allows them to push limits and unleash a part of them that is not only impulsive but hedonistic. In a way it gives them permission to do what they desire to do without considering limits which in turn leads to impulsive pleasure seeking. Sally outlines this perfectly, as she appears to be self-aware of the risk and yet still will follow her impulses. Interestingly, she will not just engage in anything, she will engage in something that is perceived as forbidden and perhaps for that very reason pursue it. Peter describes this mindless risk taking that is driven by a hedonistic attitude as 'Dutch courage', a sudden increase in confidence due to the increase in impulsivity that leads to the state of feeling 'invincible'. Two things can be said by the use of the word 'invincible', first that he is describing the state of being immune to danger and harm, and second, that he goes unnoticed and hence not seen as responsible for his actions. In turn, such indestructible feelings that arise can lead to him feeling free to engage in what he desires:

Peter: *That's how I see alcohol, I act how I feel sort of thing.*

Evidently, alcohol can be used as an excuse to indulge in behaviours that are not normally considered appropriate and follow individual desires driven by emotion rather than thought. Referring to Megan's extract in Table 36, one immediately notable feature, is the level of risk one is capable to indulge in due to the complete release from bonds and the temptation to abandon responsibility and pursue local pleasure; exemplifying complete loss of self-control. Moreover, Jessica's extract once again outlines freedom from control. She illustrates this by saying "there's nothing holding me back", which she associates with the effect alcohol has on her inhibitions. In turn, this allows her to engage in more lively and exciting states of being due to the ability to take "bigger risks", without thinking of what is 'right' or 'wrong'. This directly highlights how the increase in impulsivity is something that is valued and perceived as the liberation from mundane existence. Additionally, although she seems to perceive this loss of control as something negative at times, throughout her interview she also gives the impression that she wants to lose control in order to express herself freely. This suggests that the feeling of freedom that she attains outweighs the bad aspects of this release. Besides, it is the loss of self-control that allows them to act impulsively without considering limits and transgress boundaries. Seemingly, Natalie associate's fun with loss of self-control and ability to fear, allowing her to transgress

boundaries and engage in activities that she wouldn't when sober. She still believes herself to be somewhat conscious and selective with the risks she will indulge in by saying that she is aware she will not engage in something 'bad', but only in things she deems 'fun'. Hence, there seems to be a shared desire to engage in risks that are thought as fun and adventuresome; giving them a sense of thrill and encouraging a rebellious spirit. Furthermore, the participants describe this loss of control as a conscious decision. In fact, by talking about it they explicitly or implicitly defined how they knowingly engage in excessive drinking that leads to the "middle man" being cut out, which tampers with their ability to think rationally (Table 37).

Table 37: Understanding the risk

Subordinate theme: A release from bonds	
Participant	Quotation
Peter	<i>Probably wouldn't say, it hampers your ability to really read into a situation and think "should I do this, should I not do this?", you know, it sort of cuts out the middle man, that voice in your head that says "nah don't do that, cause of this".</i>
Megan	<i>I think I understand it, but I just don't care [Laughs]. Or I don't care as much.</i>
Jessica	<i>Not completely. I think it just inhibits the scaredness of doing the thing and I'm just thinking about the reward of getting it done.</i>

Perhaps it all comes down to a motivational prospect, their desire to feel free and act impulsively in order to abandon responsibility temporary and transgress boundaries. Jessica describes this mindless risk taking as the process that leads to a 'reward'. Portraying alcohol as a way to stop being wary and rational. In fact, participants seemingly perceive alcohol as a coping mechanism for that very reason; the decrease in awareness. Whether this involved coping with stress and worries, boredom or even the way they managed oneself in social situations, they portray alcohol as a way to manage their mood and relieve themselves; highlighting the amount of pressure they might be feeling and the need for a temporary escape (Table 38).

Table 38: A good time

Subordinate theme: A release from bonds	
Participant	Quotation

Sally	<i>I enjoy the clear mindedness, not having to think about problems or negative emotions. When I drink it puts in the mind set of "okay I'm gonna have a good time now".</i>
Peter	<i>I don't drink to get annihilated anymore, I drink just to have a good time.</i>
Jessica	<i>I love to go out and drink with my friends and meet new people and just forget things and have a good time.</i>
Natalie	<i>I think... um, sometimes it's just because I'm stressed and I wanna a night completely off and I wanna switch off my brain, so I have a drink, I get a bit drunk.</i>

Clearly, alcohol becomes a tool for distancing stressors and challenges they are facing, as it reduces inhibitions and judgment, as well as memory. They seem to be able to let go of their worries which in turn encourages fun and enjoyment. In fact, their prime focus becomes the desire to have "a good time". In way the whole drinking experience is perceived as an intentional detachment, allowing them to experience the present moment free of thought, which leads to a state of serenity:

Sally: *I mean alcohol in general makes me feel quite happy so [Laughs].*

Noticeably, they associate intoxication with emotional liberation and escapism, helping them enhance their mood and conceal negative emotions:

Natalie: *Um, I like that my head feels lighter, like, actually lighter, so it's like my thoughts' get taken out. Whatever worries me gets taken out.*

It is a temporary release from pressures and stresses from everyday life. Once again outlining how they use it in one way or another to cope and escape from mundane existence (Table 39).

Table 39: Coping mechanism

Subordinate theme: A release from bonds	
Participant	Quotation
Sally	<i>Ermm, it helps, well I don't know if it helps but I use it as like a coping mechanism. Erm, I use it when I'm bored... erm, or if I feel like I'm going into a social situation in where I might not be comfortable it will make me more comfortable, or if I'm going out it just puts me in a good mood if I have a drink before I leave the house.</i>

Peter	<i>Erm, I probably drink around three, three or four times a week but it got to a point in third year where I wasn't really using drink to relax or to socialise or to have a good time but as a coping mechanism for my own mental health problems. Yeah. So, a lot of the reason I was acting and doing, you know, going out drinking, unnecessarily, was just to escape my own feelings of loneliness and different things.</i>
Jessica	<i>Probably the, um, depends on the stress I've had in the day or if it's been a really good day so I can celebrate or if it's been a stressful day so I can commiserate and make it better;</i>
Natalie	<i>Um, no, I don't think so. As I said, sometimes, like if it's a stressful time then yeah I'll want to get drunk to just chill out. But if I'm okay and I just fancy a drink and fancy getting drunk I just do. I don't know, maybe I feel bored or I've been having the same kind of day for a long time and I wanna switch it up a little.</i>

Inevitably, students reported pleasure at the way alcohol made them feel, and discussed it as a superb instrument if used rightly to manage oneself due to this release they seemingly experience. Sally's extract above shows how she uses it when she is bored to escape from the mundane, when she is uncomfortable to escape from feeling self-conscious, and prior to going out to adjust her mood to the mood she desires. Clearly, describing it as a tool for self-management. Similarly, Peter also sees it as a tool for self-management as it is a way for him to cope with his mental health issues and be able to temporarily free himself from his mind, allowing him to adjust to a better mood. Moreover, Jessica is motivated to drink when she's sad for that very reason. Drinking seemingly forces her into that intensely alive state that is free of burdens, engaging in drinking when she is stressed and happy, demonstrating how she also perceives alcohol as something to celebrate with, symbolising festivity as it symbolises a release. Likewise, Natalie sees intoxications as a way to "chill out", referring to the reduction of stress, and the escape from a monotonous lifestyle, drinking to "switch it up", suggesting that alcohol is a way to experience life in a different level. Nonetheless, what they all express in one way or another is the release from burden and stress by engaging in enjoyable, relaxing, or adventurous activities, such as going out and drinking:

Jessica: Just to get completely out of their heads and not feel the stress and anxiety that university brings.

Here we can see how this release didn't just appear to apply to them but was thought to be representing a general situation. Clearly, it is understood that they often pursue local pleasure as they tend to see it as their only alternative to temporary abandon responsibility

and relieve oneself. They are tired of being responsible and so pursue intentionally the loss of control as an escape. Sally outlined this perfectly when she mentioned how she stopped drinking and going out during exam period and then once it was over engaged in drinking:

Sally: Awesome [Laughs]. I started drinking immediately after my exam!

She first initiated how “awesome” it felt that it was over, and she could drink again, and then went on to say how she started drinking immediately after. Discussing drinking as something she needed in order to relieve herself from the weight she was feeling and celebrate her freedom from pressure. Noticeably, this hedonistic attitude is in fact fostered by positive emotion and tends to put them into a state of the pursuit of short-term hedonism for that very reason.

Desired self. Participants here perceived intoxication as a way to amplify desirable characteristics and behaviour that they seemingly struggle with when sober (Table 40).

Table 40

Subordinate theme: Desired self	
Participant	Quotation
Sally	<i>Erm, I'm more erm... I make more eye contact, I talk more... and... maybe in the past it would make me more like touchy feely but as I've gotten older I've like got more comfortable with physical contact.</i>
Peter	<i>Erm, it can make me more confident, and it can make me more of a joker I'd say, a lot more, sort of, questionable things when I'm drunk than to when I'm not drunk. Also, it can make me a bit of a flirtatious bastard, erm, sorry excuse my French.</i>
Megan	<i>Um... I don't know I feel, I feel a lot more confident, like I can go and do things. Like if I was to go into a club sober, no alcohol, I would not be on the dance floor, I would not be cracking, you know, weird weird jokes kind of thing. Like, I would be a bit more reserved and a bit more-- like it makes me want to have like a certain amount more fun in a way, like it helps me to do that. I don't like the hangovers!</i>
Jessica	<i>I'm a lot more talkative and open, and I will basically treat everyone like they're my best friend. Until, until it fades. I'd go up to people, and meet people, and just put myself out there.</i>
Natalie	<i>I get more chatty and, like, I find it, I don't know, I think people find me more appealing when I'm drunk. I don't know, I think I'm a better conversator when I'm drunk or I'm also like braver. So, if I wanted to, if I went up to someone I don't know, I wouldn't do it if I was sober, probably. But, what I don't like about is that obviously that your filters are not there anymore, so it's most likely that I will say something a bit personal to people that I don't want them to know in real life, but it could happen and I don't like that. And the fact that sometimes you don't remember stuff.</i>

Certainly, they value this ability to be liberated in their actions. In point of fact, the ability to be confident and extroverted are characteristics they admire, discussing themselves as more endearing. Sally, when she is under the influence of alcohol is able to maintain eye contact and notes how in the past before she was confident with physical contact she was able to be more “touchy feely”, hence exemplifying an increase in confidence and the ability to express oneself. Moreover, Peter, not only accounts in his extract an increase in confidence and courage but discusses his drunken behaviour as more fun; becoming “more of a joker”. The use of the word ‘joker’ infers that he becomes more unserious and consequently light-hearted. Meaning that he is prepared to enjoy life by becoming more carefree. Megan also makes sense of this sudden increase in confidence by associating it with fun behaviours. Intoxication allows her to engage in collective activities without feeling and fearing embarrassment or judgment. In other words, when she is sober, she understands herself to be more reserved and serious; more tense. In fact, she points out how intoxication leads her to have “a certain amount more fun”. Notably, it is not because alcohol actually leads to more fun, but because she, herself, becomes a more ‘fun’ individual in her eyes, someone who takes chances and is not afraid to dance, to make jokes and express herself the way she feels.

Similarly, Jessica also points out how intoxication gives her the ability to amplify certain behaviours of her personality, making her more confident to interact with others but also more likeable and loving; increasing closeness. She is more confident, more open and treats everyone like she would treat her best friends, which proposes that she doesn’t distinguish people or judge them, but instead adapts a warm and welcoming attitude towards others; inspiring sociability and closeness. However, she doesn’t fail to mention the temporary effect of this state of being, “until it fades”, which she seems to portray as a negative in her social behaviour, as she stops interacting with people in the same manner and stops taking chances. Likewise, Natalie talk about how alcohol heightens the good aspects of her personality, by perceiving her drunken self as someone more “appealing” and therefore more of a ‘fun’ person to interact with; more courageous, interesting and valued.

Nonetheless, what stands out within these viewpoints, is how some participants simultaneously note the negative effects of drinking excessively, and yet continue to engage with drinking in the same manner. This suggests that they view the experiences and what they gain whilst drunk as so rewarding that they prefer to face the negative consequences of

drinking than to drink within limits or stay sober in order to avoid them. In turn, they also note how they focus more on the negative ramifications of what they are afraid of giving up if they stop drinking, instead of the negative effects' alcohol can have if they continue to drink (Table 41).

Table 41: Ramifications

Subordinate theme: Desired self	
Participant	Quotation
Sally	<i>I would... be... potentially... more unhappy. Because I enjoy myself so much when I'm drinking, when I'm not too drunk I'm just a bit drunk, and I can really just enjoy myself and I've got that opportunity to let go of my worries. If I was sober, I'd not necessarily communicate with people as much.</i>
Jessica	<i>I'd get less hangovers! But I'd also be less extroverted.</i>

Evidently, they seem to like their drunken selves more than their sober selves. In fact, Sally clearly state how she would be more unhappy if she stopped drinking, as she wouldn't be able to be her desired self. A self who is free from worries, more confident and more extroverted. She thrives in this freedom that alcohol provides her with, representing the nature of her drunker personality as more opportunistic and hence more rewarding. On the other hand, Jessica explicitly demonstrates how she would both gain and lose something. Yet, there is a suggestion within this viewpoint that she prefers drinking than the decrease in extroversion associated with staying sober and having less hangovers. Notably, the ability to amplify desirable characteristics and behaviours represents how they truly want to conduct themselves; less self-conscious and more confident, open and fun.

Following the Crowd

It was evident that drinking was represented as something they engaged in because of others and their culture. In particular, drinking was exemplified as socially imperative and a central part of the student experience, not only because it was thought to be an action everyone had to partake in, but because it was believed to maintain and drive their social lives. This theme is divided into two subordinate themes: 'centrality of alcohol in culture' and 'centrality of alcohol in friendship'.

Centrality of alcohol in culture. To begin with, participants' understandings reflected the fact that, for students, alcohol and drinking to excess is part of their student lifestyle and collective identity. All participants identified a clear 'British student drinking culture' of which they associated drinking excessively as an almost unavoidable outcome that does not always involve self-agency or choice.

In fact, it was apparent that the British student culture seemed to be saturated with alcohol; it was presented as an activity so deeply embedded within the culture and student societies that they were left with the impression that it was something mandatory to indulge in, and in an excessive fashion. Particularly, they seemed to believe that "it's just how it always was" and appeared to accept that it will always be this way; there is no escape and hence it is a lifestyle that is followed by most (Table 42).

Table 42: Student drinking culture

Subordinate theme: Centrality of alcohol in culture	
Participant	Quotation
Peter	<i>Erm, I don't like how societies sort of revolve around drinking and getting drunk, and erm, it's sort of like you know yeah the sporting side is good but when it hits that Wednesday night and it's a student night it's just, it's not orientated around having fun, it's orientated around getting drunk, which irritated me. It's just the culture, it's just how it always was, you know, and all the games are revolved around getting drunk, so like, I had a bottle of wine strapped to my hand and I've only got one hand so I had to drink the bottle of wine before I could do anything so [Laughs]. So, I was erm, you know, I was pretty stuffed with that one, and all the card games and all the, you know, beer pong and everything like that it's always revolved around drinking.</i>
Megan	<i>Again, I think it's kind of put on us. You're kind of told before you go to uni "that's what you're gonna do". I think it's an expectation you feel you kind of have to live up to. Like, my first year, when I joined uni, I didn't go out often, before I went to uni I never went out, or I did, but not very often. And then all of a sudden I was at uni and everyone was like, "we've got to go to the club, it's freshers week. We've got to go, we've got to", and so I went.</i>
Jessica	<i>That's just... the aim we have. It's the goal that I said before that we just drink as much as we can rather than drinking to enjoy it.</i>
Natalie	<i>I think that sometimes, it's just a fashion. It's just something so deep in the culture that they feel like they just don't care about it. They don't care if they get drunk, it's just you know, they go out, they need to get drunk, it's like they have to.</i>

Peter's response above marks this inevitability by noting that the student culture is immensely revolved around alcohol use and "getting drunk", not only within student societies

but also games specifically invented for the purpose of intoxication, and even though he expresses he doesn't enjoy that part of the culture, he still engages with it. Thus, this course of action becomes something one must indulge in to not feel excluded. Megan's response further supports this point by stating how "it's kind of put on us", signifying how the amount of choice they have in deciding whether to partake in drinking or not is minimised as it becomes an expectation that everyone should abide by. The use of the generalised pronouns 'us' and 'you', indicates that she doesn't distinguish herself from other students, and that she is describing the way she engages with drinking as a collective action that everyone who is a fellow student must engage in.

Similarly, Jessica also represents the general state of how things are among students and herself by the use of the generalised pronoun 'we'. In this case, her description reflects the general, collective aim that they have as students, which is to binge-drink. Interestingly, similarly to Peter who noted how the whole student culture is "not orientated around having fun, it's orientated around getting drunk", Jessica's account exemplifies how the purpose for drinking is not to enjoy it, but to consume excessive amounts of alcohol. Furthermore, Natalie, who is an international student, separates herself from the way British students engage with drinking, and simultaneously identifies a clear British student drinking culture which revolves around drinking for the purpose of intoxication. In fact, similarly to how the others feel, she presents intoxication as something British students feel is required and necessary when they go out.

Moreover, in exploring the centrality of alcohol in culture, the analysis revealed how studenthood appeared as a separate world that consisted of a set of expectations and influences surrounding the consumption of alcohol. In particular, participants described throughout how their drinking was influenced more by the student culture than any other factors (Table 43).

Table 43: Explaining drinking excessively as culture

Subordinate theme: Centrality of alcohol in culture	
Participant	Quotation
Peter	<i>I wouldn't normally drink that much at home, I didn't before university, erm, it was always this once on the weekend. But yeah, it sort of desensitised that as an issue because everyone was doing it, you know.</i>

Megan	<i>I think it exacerbates it a bit. It kind of, you know, things like, like my society that I'm part of, we'll go out to socials once a month and there's drinking games and there's rules in place, and things like on a night out there's rules like if you do this one thing you've got to take a shot. And it's kind of like, it's forced onto you. Like, you're a student, you're doing this thing, you have to now keep going.</i>
Jessica	<i>Uh I'd say it influences, the student culture, influences to drink more, like drink as much as you can, rather than to drink some and then enjoy it. There's this expectation to drink as much as you can like it's a competition.</i>
Natalie	<i>Oh, well! Drinking here it's a lot more normalised. Like, back home for instance if I went out drinking my parents would be like, not only my parents, but all the people in general, or even my friends, they'd be like "oh, but you're always getting drunk" or "you're always going there", like you know, it's a bit frowned upon. Er, it's usually a thing that uh young people, or people in general do in the weekend, not during the week. Whereas, in England it's something that people do every day.</i>

Here, the participants identify how the British student culture influenced them to use alcohol more excessively. In fact, they all reported the degree of alcohol consumption as heavier. Peter notes how his drinking before university was not as regular or excessive, and how becoming a student goes hand-in-hand with heavier alcohol consumption. In his defence this was due to the notion that everyone was doing it which in turn desensitised the issue; leading to the normalisation of drinking heavily. Additionally, Megan outlines how her drinking was exacerbated due to her student identity, as in intensified. She associates her drinking with some form of indirect pressure as she notes how "it's forced on you" through fun group activities. In a way, she stresses how there is no escaping, "you have to now keep going", it is presented in one way or another as a form of competition, like Jessica notes. Highlighting the need to keep up and follow the crowd in order to fit in. To elaborate on Jessica's extract, the fact that she directly presents drinking as an expectation and a form of competition, implies that the one that drinks the most is seen as a winner, which in turn defines that they are valued if they engage in excessive drinking.

Moreover, from Natalie's narrative, we can see how in her perspective drinking excessively is considered 'normal' in Britain and how she was influenced by that to occasionally use alcohol in a more excessive manner. Accentuating how the normalisation of heavy drinking can influence how one drinks. A course of action that according to her is considered worthy of judgment in her country and "frowned upon", once again identifying a clear British drinking culture. Nonetheless, it was made clear by the participants that they

recognised their drinking as students to be extreme in most cases and even emphasised how as a culture they consider no limits when it comes to drinking (Table 44).

Table 44: No limits

Subordinate theme: Centrality of alcohol in culture	
Participant	Quotation
Peter	<i>Erm... hm... err, I'm not too-- oh I don't know... English drinking culture... a bit messy [Laughs]. A mess! Yeah, because people don't go out to have one, they go out to have hundreds and I'm just-- but you know what I mean, people don't go out casually at uni I don't think.</i>
Megan	<i>Um, yeah I think so. I think we take it a step too far sometimes [Laughs], we don't, we don't know when to stop.</i>
Natalie	<i>Yeah, yep, a 100%. Like, English people drink way more! I mean, people in Italy do drink, but less often, and we have more the culture of enjoying a drink or the taste of it rather than getting drunk, and obviously, that's the main difference.</i>

Clearly, most participants understood the effect culture has on drinking; highlighting their tendencies to drink in an intense manner due to the norm and socially constructed student identity. Drinking is described as an action that the students understand they partake in due to the pressures surrounding it, explicitly addressing how it is presented as an external expectation. Additionally, the idea that alcohol is used with the purpose to pursue intoxication appears common among the participants. As can be seen in Table 44, they refer to the drinking culture as wild and uncontrollable, solely focusing on becoming intoxicated through binge-drinking, "they go out to have hundreds". This, in turn, points to the idea that within any given social drinking situation that students find themselves in, the action of binge-drinking is normalised as an appropriate pastime and hence encouraged to be followed. Culture is collective, and it is this collective nature of the drinking experience that appears meaningful and significant to them (Table 45).

Table 45: The collective culture

Subordinate theme: Centrality of alcohol in culture	
Participant	Quotation
Sally	<i>Erm, I think it depends, so when I first came to uni it was all about going out, drinking, meeting people and partying a lot, but as I've been here longer, it's more about spending time with people that you really like, and kind of doing the things you want and kind of maybe getting the jobs that you want.</i>

Natalie	<i>Um, I feel like maybe it's a bit divided, like third years then first years, you know. Like, first and second year I used to go out more often and like students are literally party animals, here. Um, personally I'm not, but I know a lot of people that I don't know, go clubbing every week and then they have to go to uni the next day and I'm like how can you do that? [Laughs].</i>
Peter	<i>I probably wouldn't. If I didn't go to uni erm I'd say it had a negative effect on me for that because when you're moving away from your friends at home and your family and you don't feel supported in your sort of accommodation or whatever, obviously and because of the culture at uni, it sort of insights that need to drink in a way, because the events are revolved around drinking and the people you're going out to meet are all drinking, and if you're not in a good place yourself you just gonna drink more. So really it had a negative effect for me, if I didn't go to uni I wouldn't drink as much, need it as much as I do now, because I didn't before when I was working in a school.</i>

Here, we first see how Sally associates becoming a student with partying and socialising. The fact that she says, “it was all about going out”, shows that it is part of the collective culture to initially adapt to that kind of lifestyle. However, she then identifies a shift; highlighting how the lifestyle stops being all about the party but about creating special moments and meaningful relationships, including doing what one truly desires and attaining meaningful responsibilities. Interestingly, by identifying this shift, she also, implicitly or explicitly, defines how the whole partying experience is not so much something she willingly chooses. To elaborate, by saying that later on its “more about spending time with people that you really like” and “doing the things you want”, she implies how the beginning of student life is not about those things but about the ‘party’, inferring that the beginning of student life is not about doing what one wants, but more about following the crowd. Clearly identifying the collective culture of drinking.

Similarly, Natalie identifies a similar shift, representing fellow students and the first two years of university life as wild and uncontrollable, describing students as “party animals”. Peter expands on these accounts by saying how as a student one goes through a period of instability which in turn leads to the need to drink and follow the crowd. Besides the obvious remark that being a student had a negative effect on the extent in which he engaged with alcohol due to culture, he also notes how a student during the transition to university can feel lost and alienated which in turn leads to the need to follow the crowd in order to belong somewhere. Identifying how the transition and loss of identity can lead one to

become part of the collective student drinking culture for that very reason. Nevertheless, this shows how the collective drinking culture plays a significant part in forming a group identity and structuring group behaviour.

Centrality of alcohol in friendship. A second way by which participants reflected how drinking was a by-product of their need to follow the crowd was when the participants portrayed that drinking is socially driven and hence a key component of their social life. In particular, it was portrayed by some as necessary for sustaining one's social life and maintaining connections (Table 46).

Table 46: The need to follow

Subordinate theme: Centrality of alcohol in friendship	
Participant	Quotation
Peter	<i>If I stopped drinking, I think it would... stop me from seeing certain people, because some of my friends only meet up to have a beer or only meet up, you know, to go to the pub. It probably would limit my friendships if I decided to completely stop drinking.</i>
Megan	<i>I think a fear of mine if I was to stop drinking is that I wouldn't see my friends as much. I think it's a thing that's kind of-- the friendship is kind of based around alcohol if that makes sense. So, I think if I was to stop going out I wouldn't see people as often as I do now. Or before.</i>
Jessica	<i>Yeah, I wouldn't be so talkative, I'd probably just watch things happen rather than be part of them.</i>
Natalie	<i>Yeah, sometimes I'll drink more because everyone is drinking more, and like, I wanna be on the same level, but that's not good and I've learnt like, how to stop that, recently, which is kind of nice. Uh, and I hope I get better.</i>

The above accounts bring to the fore several aspects of the role that alcohol plays in friendship and their social lives. Firstly, it is an activity or, as Peter and Megan infer, a necessity for maintaining friendships. In a way they both outline how if they stopped drinking, they would lose certain connections. This shows how friendships are mostly based and revolve around alcohol use. Secondly, it is understood by most as an action for acceptance and a way to connect with others. Jessica for instance, outlines how if she stopped drinking, she would not be able to be part of the experience and connect with others in the same manner. In other words, she would feel like she doesn't belong, because for her, to truly live an experience with her friends is through drinking rather than simply existing in it.

Furthermore, Natalie particularly puts emphasise on this need to follow what everyone else is doing in order to belong, as she wants to share the same mood with her friends and others there. In fact, she highlights how the extent to which she engages with drinking is mostly determined by what others are doing around her.

Essentially, drinking is seen as an activity that is best performed together which in turn creates an atmosphere that inspires 'more' drinking in order to belong. This can be interpreted as a social influence that is based on the way in which individuals follow certain behaviours in order to meet the expectations of a social situation and connect with others by being part of a shared experience. It can take many forms and can appear as peer pressure, socialisation, persuasion and even conformity (Table 47).

Table 47: Socially driven

Subordinate theme: Centrality of alcohol in friendship	
Participant	Quotation
Sally	<i>I've been at house parties and everyone is kind of encouraging each other to do shots and get as drunk as possible so that when we get to the club...</i>
Peter	<i>Yeah it depends how they're drinking, you know, if they're drinking fast I'm gonna drink as fast as them or it sort of depends on what everyone is doing around me yeah.</i>
Megan	<i>For me personally, I started to go out to fit in. To, you know... make those friends.</i>
Natalie	<i>Now, like, first year, I started throwing up because I had flatmates that would drink so much, all British obviously and I could not keep up, clearly, so I would be sick.</i>

Sally here show how she does not always choose to drink excessively in some situations but is challenged by others' expectations that she must drink. This could be uncomfortable to some degree and may even result in heavier alcohol consumption. Peter's quotation illustrates this perfectly, as he highlights how he follows his friends' rhythm when it comes to drinking. Committing to a certain way of drinking to conform others' expectations and ways of doing things. Moreover, Megan directly associates her drinking being influenced due to the centrality of alcohol in friendships. She engages with the whole drinking scene for the purpose of fitting in and creating friends. During these situations, there is pressure to drink for some. For example, as we can see from Natalie's extract, there are specific expectations and pressures that need to be maintained, drinking to the point of throwing up by trying to feel included and "keep up". Nevertheless, participants are aware of

such expectations and appear to feel obliged to pursue them in order to not disappoint their peers. It is important to note at this point, that expectations and the normalisation of drinking excessively are essentially linked. Specific behaviours are expected, hence are perceived as normal, thus pressure as well as expectations can be interpreted as normalising causes of actions. The following quotations further demonstrate that the influence of peers not only affects their alcohol intake, but determines the extent to which they engage with, make sense of it, and how they use it (Table 48).

Table 48: The effect of peers

Subordinate theme: Centrality of alcohol in friendship	
Participant	Quotation
Peter	<i>I don't know... I suppose for the laughs, for the camaraderie between friends, "oh you did this last night" or like, you know someone shaved off your head or matted your hair with ketchup or something stupid like that. It's that sort of camaraderie, the laughs between friends, as to why people might get...</i>
Megan	<i>I think the friends that I've made are very like-minded in the sense that you know they want to party they want to uh have a good time. And so, because of that, it's kind of like oh I'm gonna go see my friends, we're gonna drink. Like, it's just a fact.</i>
Jessica	<i>What my friends are doing, so if they're going for a drink, I'll go and join them or things like that.</i>
Natalie	<i>Yes, like I drink a lot less if I'm by myself. Um, yeah, like even if I see someone I'm never the one that's gonna say, or, well, I wouldn't say never, but I'm rarely the one that's gonna say "oh, let's go get-- have a drink", I'm usually the one who's like "oh, you're having a drink, I might have a drink too". You know.</i>

The first extract notably emphasises the concept of fun and social solidarity inspired by the sense of shared experiences. This suggests that alcohol is a tool that creates togetherness and hence plays a role in the creation and continuity of friendships. For Peter, drink related activities create conversations between friends as well as memories. He describes "stupid" situations that arise due to high alcohol consumption as fun, which in turn defines that he considers such stories important among people for the purpose of relatedness. In another instance, Megan's extract above notes how drinking and hanging out with friends go together. In other words, they are inseparable, she cannot have one without the other. Subsequently, this explains why one might be drawn to engage in drinking and the 'party' as a way to connect and feel included by pursuing the shared goal of having "a good time".

Moreover, Jessica and Natalie seemingly portray themselves as followers. Whether they will engage with drinking or not is determined by what their friends are doing. Hence, it is safe to assume that alcohol plays a significant part in friendships and connections. This can be interpreted as a key motivation for drinking as well as a societal influence on drinking.

An Intensified Experience

In relation to how students perceived and understood the experience of drinking, the most obvious finding that came to be extrapolated from the analysis was how the participants exemplified the whole drinking experience as intense. This theme is demonstrated in two different ways: 'a successful experience' and 'drinking heavily'. The former concerns the success of the experience and how it is intensified through alcohol positively; the latter regarding the intensity in which students engage with drinking and where this can lead to negatively.

A successful experience. For all, drinking represented an intense collective activity while in the company of others, in which alcohol played a significant role in determining the success of this intensified experience (Table 49).

Table 49: Making use of the alcohol

Subordinate theme: A Successful Experience	
Participant	Quotation
Sally	<i>I mean a party always almost always involves alcohol, erm, just socialising a lot, not necessarily talking to strangers, I like to go out with people that I know...</i>
Peter	<i>Erm, a good party, where everyone gets along, everyone is you know, chatting, erm, yeah obviously there's drinks like, yeah... obviously you got to have some, you got to drink a bit at a party, sort of loosen up a bit and meet some randomers, in the garden or whatever; but no, a good party is sort of the one where everyone gets along, everyone has a drink, some get too drunk and you know everyone is just on that good vibe, that's a good party.</i>
Megan	<i>Good people, good music, good vibes.</i>
Jessica	<i>Ooh, a nice place where it's hosted, just, well just a place really, rather than just a gathering in a field, and... good people, uh, surplus of drinks... to have good time, some music, and a lot of fun!</i>

Natalie	<i>Um personally... I mean alcohol and or drugs are always involved in a party, but I don't think it's necessary to be like drunk or high or whatever, like... I like being tipsy for a party, so that I can still enjoy, you know, chatting with people and especially, it's not like huge parties, it's usually like ten or twenty people maybe, which is quite big for a party but also I know all of them and I'm very comfortable with like my friends so we don't need to maybe use alcohol as an excuse to be more talkative or something like that. So, I don't feel the need to drink at a party or do drugs or whatever, but I enjoy it as a thing that we do collectively, and I try not to get too fucked.</i>
---------	--

Perceptibly, the key for a drinking experience to be successful is first and foremost to involve a sufficient amount of alcohol, which in turn helps to intensify the experience by adjusting everyone in the same mood as it inspires social solidarity. As illustrated above by the participants, they appear to be seeking a collective intoxication. In particular, Peter notes how it is necessary for a successful experience in order for people to “loosen up” and “meet some randomers”, as well as delve into the same “good vibe” that drinking encompasses. This demonstrates a collective way of being, not only in terms of mood, but also in terms of behaviour. They desire to share the same mood and behave similarly which in turn intensifies the experience.

In addition, Jessica presents inexplicitly how a “surplus of drinks” can instigate a “good time” and “a lot of fun”. In one way this links with the theme ‘a liberated self’, but at the same time it displays how an individual can feel intensity, encouragement and comfort in the shared force of the collective action of drinking. Natalie describes this perfectly when she expresses how alcohol and other mood-altering substances must always be present, not necessarily to increase confidence and amplify desirable characteristics, but for the purpose of engaging in something collectively. This in turn creates togetherness, as it tunes everyone to experience together an intensified enjoyment. Moreover, the participants express above how, for a drinking experience to be successful, people must also be able to relate to one another and feel at ease in order to feel comfortable and welcome. In fact, how one is influenced to feel by others and the atmosphere created is central for the success of the experience (Table 50).

Table 50: Inclusion

Subordinate theme: A Successful Experience

Participant	Quotation
-------------	-----------

Sally	<i>Erm... one where I'm in a bad mood, which is not often, erm, a bad party?... I suppose when there's some sort of drama... I don't tend to encounter much drama but there is a few times where I've gone out and I felt a bit lonely and I've ended up walking home on my own like quite drunk and upset, it's because I felt a bit lonely.</i>
Peter	<i>A bad party... probably you know where people have fights, or things get smashed and broken. Often, I've seen before a microwave get thrown out of a top floor window, I've seen someone's motorcycle been stolen.</i>
Natalie	<i>I don't have any issue, I'm quite open anyway and extroverted, but if people are drunk and I'm sober, I just, I get in a bad mood, because I feel like it's too much um, to have drunk people around, if I'm sober. Like, I just get annoyed if they don't react like me. Which is stupid, it's selfish, obviously they don't react like me but yeah [Laughs].</i>

Here, Sally outlines how important it is for her to feel included. She describes an intense experience which can go either way depending on her mood that is determined by how others make her feel. In a sense, she expresses how self-inflicted dangerous situations can arise from feeling excluded in a collective experience, leading her to leave the scene alone and highly intoxicated. Moreover, Peter discusses how this intensified drinking experience can lead to chaos and disorder, highlighting how intoxication does not only intensify collective enjoyment, but can also intensify and initiate dangerous situations. Furthermore, Natalie understands the success of the experience to be completely controlled by the collective mood and ability to feel included. She admits to feeling uncomfortable interacting with people who are not in the same state as her, particularly when she is sober, and others are drunk. A sober person and a drunk person cannot relate in the same way two drunk people or two sober people can. There is not relatedness as the way a drunk person conducts oneself is, to a certain degree, more intensified. Natalie demonstrates this when she notes how having drunk people around her while she is sober “it’s too much”, which in turn suggests she cannot handle their intensity. Moreover, Natalie further expands on this point when she remarks on how it is enjoyable to engage collectively in the action of drinking in order to adjust to the same state:

Natalie: It's also nice to have something to drink, um and everyone does and you can actually feel the mood of the room lift each person. It's awesome.

Essentially, what Natalie is saying here, is that through this collective intoxication people's moods enhance together as they relate to one another through the intensified effect

alcohol has on them. Consequently, this leads people to act in similar ways which intensifies the success of a drinking experience (Table 51).

Table 51: Collective mood

Subordinate theme: A Successful Experience	
Participant	Quotation
Sally	<i>Quite good, everyone wants to talk to each other and have a laugh... I've never really been to a pub that's like... I'm gonna refer to it as 'the sad old man's pubs', like you won't get like lots of people sitting down looking miserable and not talking to each other, generally like everyone is quite happy to socialise and quite upbeat.</i>
Megan	<i>Pretty much 100% of the time it is good vibes, you know, everyone is on the same kind of wavelength, everyone's got the same idea of how they want the night to go, everyone's doing the same thing. Very rarely, you do have occasionally the one bad person that's there, you know, to start a fight, or there to cause an argument, but, majority of the time everyone's, everyone's good.</i>
Jessica	<i>Usually it'll be a nice atmosphere of comfort and camaraderie, and just, oh, relief. But sometimes if something goes wrong and someone gets a bit rowdy, it just turns into more of a scary environment. So, just depends on what the situation is, because it changes the atmosphere completely.</i>

Here, the idea of a successful experience achieved through a collective mood is made explicit. This collective mood is induced by people conducting themselves in the same manner, or with the same aims. Sally exemplifies this by using the word 'everyone' to describe how social, cheerful, and happy they are as a group of people. In addition, she makes sure to mention that nobody will be "looking miserable" and not be sociable, which creates an atmosphere of cohesion. This, possibly, is the collective motive that Megan is referring to when she states that "everyone's got the same idea of how they want the night to go". 'Everyone' wants to socialise, become one through this action, and feel as if they are on the 'same kind of wavelength' as each other. By being in tune with others and their aims in this way, an atmosphere of "comfort and camaraderie" is created. This shows how the experience gains meaning as it heightens the good aspects of how a collective drinking experience should be experienced. Nonetheless, from these quotes, we can deduce that a likeness in mindset intensifies an experience and encourages certain behaviours. This success achieved through intensity possibly encourages them to specifically seek intensity through drinking, highlighting the positive outcome expectancies that alcohol induces.

Drinking heavily. Thus far, participants have discussed how they make sense of this intensified experience as successful. However, this intensity does not always lead to pleasant outcomes. In particular, within this theme, the focus is on how the participants exemplified this intensified student experience as inevitably negative at times. More specifically, they described it as an action that can lead to uncontrollable situations due to loss of control, making it necessary for authorities to enforce certain strict policies. A first way by which students addressed this theme, was when they highlighted the extent to which they engage with drinking (Table 52).

Table 52: Seeking intoxication

Subordinate theme: Drinking heavily	
Participant	Quotation
Sally	<i>Erm... I tend not to drink if I'm not getting at least quite drunk.</i>
Megan	<i>I wouldn't be able to count [Laughs]. Too much! You start off at the pub, you have a couple of light drinks and then you end up at the club and straight away do shots, let's go.</i>
Jessica	<i>Oh, hard to say, between eight and sixteen.</i>

In these extracts, the participants display how they purposely seek intoxication. Sally states here how she will not engage in drinking if she doesn't get "at least quite drunk". Notably, the use of the word 'quite' shows that she is inclined to engage to the utmost degree or fairly significant extent of drinking. Moreover, Megan, presents how the amount of drinks she will consume on a night out are countless and "too much", suggesting that there is no limit. In fact, she specifies the process that leads her to pursue heavy drinking intentionally as a main part of the experience. Similarly, Jessica also identifies how she consumes numerous amounts of drinks, which in turn highlights that she, like the others, is inclined to drinking heavily. Furthermore, Megan, further down her interview, notably refers to the utmost extent to which she engages with drinking, representing how she uses it:

Megan: *We call it a tactical chunder. So, when you feel like you're gonna be sick make yourself be sick and then you can carry on drinking!*

This deliberate deed, making oneself to vomit, enables her to drink even more than before. Interestingly, the use of the generalised pronoun 'we' and 'you' seems to specify a more generalised set of people, and specifically students, as throughout her interview she

appears to perceive herself, as well as fellow students, as one. Nevertheless, all the above, suggests that what the participants are describing is essentially an intensified way of engaging with drinking. In turn, this way of drinking can often lead to unpleasant situations (Table 53).

Table 53: Heavy drinking

Subordinate theme: Drinking heavily	
Participant	Quotation
Sally	<i>Yeah, I would have less memory loss [Laughs], I'd have a better digestive system probably, because sometimes you wake up and you feel like your stomach is eroded away.</i>
Peter	<i>Ehh, I often don't remember, erm... er I don't know like sometimes I can quite enjoy it and other times I can become volatile and then I hate myself because of it.</i>

From these two extracts, it seems that for some, drinking heavily leads them to forget parts of their night. Notably, Sally expresses how if she stopped engaging with drinking she would have “less memory loss”, as well as better health. What stands out here is how she recognises this and yet still chooses to engage in heavy drinking. In the same manner, Peter, who also appears to recognise how he tends to forget parts of his nights, phrases how drinking heavily can make him ‘volatile’, which refers to unpredictability. In a sense, he expresses how he can lose his temper abruptly and violently, and ‘hate’ himself because of it. This means that he, at times, can feel extremely frustrated with oneself due to his drunken behaviour and complete loss of self-control. While they appear to acknowledge that this will leave them vulnerable, foreseeing how dangerous situations can arise from their own actions and drinking habits, they continue to engage with alcohol in the same manner. Nonetheless, besides the obvious remark that they drink heavily and the effect this can have on their behaviour, they also seem to be aware of how such behaviours can be interpreted by others as disturbing (Table 54).

Table 54: Mischief makers

Subordinate theme: Drinking heavily	
Participant	Quotation
Sally	<i>Erm, I think-- oh, well, we've got some neighbours on the road who I don't think like students very much because a lot of people leave their bins out and there is always trash down the road and noise and partying going on, so I think that people can see us as a bit of nuisance.</i>

Peter	<i>Erm, so like often I reckon the local residents would sort of think of us as you know a bit of a disruption, especially if we're having sort of events going on within the town and then you've got students parading up and down the town half naked or whatever in different costumes and (inaudible). Erm, so they probably seem to, like, local population around uni as a bit of a, you know, mischief makers.</i>
Megan	<i>Um, I think it's different for everyone, um people who are like maybe just a couple years older, like recent graduates, they kind of look down on you in a way because they know what you're actually up to, they know what you're actually doing. You know they've lived that life whereas my parents for example they're, they're proud, they show off like "oh my daughters at uni" you know, they think you're there for-- of course you're there for the educational part but older students I think see it differently.</i>
Jessica	<i>They definitely see us as alcoholics. Because of the stereotype, obviously being out drinking too much rather than just drinking. Um... noisy pests really [Laughs].</i>

Clearly, students recognise that there is a very negative perception of their drinking culture from those not in university. As can be seen, they portray students, and themselves, as troublemakers, and describe how students appear wild, as in uncontrollable. In other words, they infer how students are not held back by rules and regulations, but instead act collectively and engage in acts that are considered disorderly. More importantly, they don't appear to challenge this negative social perception within the above accounts but verify it. In essence, they demonstrate how these are accurate inferences and interpretations, first by recognising them, and second by the way they describe them. For instance, they explicitly identify certain disturbing behaviours and ways of being that are presented as common among students during events and social drinking situations, such as being noisy and "partying", "drinking too much", and "parading up and down the town half naked". These actions are seemingly associated with heavy alcohol consumption, as well as demonstrate the nature of drinking situations. Furthermore, these actions reassure the need for strict rules and policies to maintain order (Table 55).

Table 55: Necessary policies

Subordinate theme: Drinking heavily		
Participant	Quotation: Nature of drinking situations	Quotation: Strict measures

Sally	<i>Yeah, no fighting, no smoking inside, not bringing in your own food and drink... erm, not climbing on the furniture... erm [Laughs], trying not to be-- I suppose if you're too drunk then obviously you can't have any more alcohol. Stealing glasses you're not supposed to do... erm, I suppose if you're just-- if you're just rude to staff in general they not gonna want to interact with you at all but... yeah... no drugs is well, no drug tolerance.</i>	<i>Yes, so there's a couple of clubs where they will search your bags, I don't think I've ever been patted down but definitely ID check, sometimes with a machine, bag check... yeah.</i>
Peter	<i>Erm, well obviously if you get too drunk you're obviously sent home or told to leave, erm, they all've got policies whether they keep them or not is another story... erm, no drug taking obviously, but then people still do because I know people that have been in clubs and myself included have done drugs before and been in a club and not been kicked out. So really I don't think they're trained in actually being able to notice if someone is on drugs or not.</i>	<i>Yeah, they always check your ID, your bag, erm, generally quite hot on that, but people still manage to smuggle in, you know, what they like. If you just, if you know they gonna check your wallet you're not gonna put it in your wallet are you? [Laughs].</i>
Megan	<i>I've got quite drunk, quite inebriate in clubs, and I've yet to be kicked out! [Laughs] I've not been kicked out of a pub yet regardless of how drunk I am. So, I've not been kicked out of clubs no matter how drunk I get, how er-- whatever I'm doing. I think there-- you know they have rules and they have things in place to keep you safe but... I think I'm quite lucky.</i>	<i>You separate into females, males, you have a female attendant pat you down, check your bag, if they want to, they usually only do it for like certain people, they pick out-- like security in airports, they pick out who they want to check.</i>
Natalie	<i>Um, some places do have that, some other places they don't, but it's not really a problem because it's like, it's smaller pubs and usually the bar staff is like "okay, now, you go home" you know, like they take care of it. But I feel more secure when there's bouncers.</i>	<i>Yeah, yeah, well, not my bag necessarily but definitely my ID.</i>

Here, participants describe the nature of drinking-places which simultaneously reflects their cultures' attitudes towards alcohol. Clearly, due to the uneasy relationship they have with alcohol, drinking-places are stricter to ensure the activities that take places are regulated and contained. By naming all those rules and boundaries that need to be followed, they implicitly define the issues that arise; such as "climbing on the furniture", "stealing glasses", "drugs" and disorderly behaviour. Essentially, what the participants are describing above, is an environment that adopts an authoritarian attitude in order to deal with drunken

behaviour, and at the same time an environment that needs control for safety reasons. This, in turn, suggests that the loss of control is inevitable in a drinking experience due to heavy drinking. Moreover, the repeated use of the word 'obviously' when referring to the consequences of drinking heavily implies that they completely expect the consequences, but this expectation does not hinder their actions.

In addition, they also describe the extent to which strict measures are utilised, reporting how drinking-places upkeep strict age restrictions and even conduct bag searches. This highlights how they are not trusted which in turn emphasises the history of disorderly behaviour and misconduct. Nonetheless, all these rules and strict measures can create an unwelcoming atmosphere as there is no trust or apparent respect, which could lead to more excessive drinking as a form of acting out against control and predetermined judgments of their behaviour. Consequently, this control and judgement could invoke feelings of being undervalued, so they either decide they will do as they please or that they will live up to those judgements; both reactions likely leading to heavy drinking. Taking all this into account, it is apparent that the significance of this theme is the manner in which students present their drinking experience, and the history of students' behaviour as intense to the point of disorder.

Discussion

This chapter discusses the themes in both data analyses in relation to the current literature and research questions, as well as outlines any distinct similarities and differences that ascended between the two samples. This is followed by a reflection of the limitations, the implications of this study's findings, and directions for future research.

Discussion of Findings

The present study explored how Greek and British university students make sense of and use alcohol, paying particular attention to their social behaviour when intoxicated or sober; motives for drinking in social situations and what is gained from it; and cultural and societal influences. The two thematic analyses presented an extensive perspective of the similarities and differences between these two sets of students.

To begin with, both groups expressed the theme of 'liberated self' in similar ways, defining how they interpreted their behaviour when intoxicated as liberating. This, in turn, motivated them to drink as it provided them with the opportunity and ability to experience life at a different level. As demonstrated by both sets of participants, the amplification of desirable characteristics was highly accepted and exemplified by all, illustrated as 'desired self'. The high resemblance of this theme allowed the researcher to draw a general picture on the phenomenon and, simultaneously, to compare specific predilections and experiences across the two contexts.

Broadly speaking, drinking alcohol appeared to have a major effect on their social behaviour. The shared theme 'desired self' focuses on the rewarding and beneficial properties of those effects, such as the increase in extraversion, enthusiasm, and confidence. These findings are largely in line with previous research on the rewarding effects of alcohol, as the increase in extraversion and confidence are commonly reported features associated with drinking (Hakulinen et al., 2015; Kuntsche et al., 2008; Lac & Donaldson, 2016; Winograd et al., 2012; Winograd et al., 2017). In fact, there is an abundance of studies, mostly quantitative, that demonstrate how an individual decides to engage in drinking to attain those specific desired outcomes (Cooper, 1994; Kuntsche & Cooper, 2010; Piasecki et al., 2014).

However, most existing research does not capture the subjective significance of such behaviours on personality, that is in this case, the predisposition to believe that alcohol makes them more of a fun individual in their eyes, representing an ideal self who exists somewhere within but is not comfortable to come out when sober due to heightened self-consciousness and alertness. Although the idea that individuals transform into different people when intoxicated is a popular one (Winograd et al., 2014; Winograd et al., 2012), no known research has tried to closely explore how students themselves make sense of this perceived sober to drunk difference on an individual level. Nonetheless, it is important to acknowledge individual understandings and what these understandings really mean in social situations for students.

To elaborate, the shared theme 'desired self', represented how through intoxication they can adapt to social situations by exhibiting socially desirable behaviours, such as openness, self-confidence, agreeableness and extraversion. Behaviours and characteristics that they deem valuable and want to possess but struggle with when sober. Given that these

behaviours are more outwardly visible and expressed when they are intoxicated, they become motivated to engage in drinking to obtain those anticipated effects. Discussions which described these included comments about how drinking allows a more liberated and fun person to come out, bringing them closer together as it heightens the 'good' and likable aspects of their personality. Alcohol, at least for them, does not transform them into different people, but helps them to let go of whatever is holding them back and allows them to conduct themselves socially the way they desire; less self-conscious and more confident, open and loving. This, of course, could link to social expectations, as behaviour changes with each social role an individual adopts to in order to fit the expectation (Hogan et al., 2014). Hence, considering that drinking takes place in social settings where enjoyment is the main element of the experience, such behaviours are encouraged. In this respect, by being their 'desired self', they simultaneously meet the demands of the drinking-places, such as being sociable and fun, which contributed as a social influence on their drinking.

It seems, then, that intoxication plays a double role in the context of how they conduct themselves. On one hand, by allowing them to express appealing and enticing behaviours that are desired in social situations, and on the other hand, by allowing them to bring out a more interesting, enthusiastic, and courageous side of themselves; increasing their self-esteem. According to both the Greek and British students, this was because alcohol serves to lower inhibitions and decrease an individual's level of self-awareness, which, in their case, led to the reduction in anxiety associated with approaching strangers and to them becoming less affected by other people's judgments. These specific emphasised meanings of how alcohol can be used and influence a person's acts and way of thinking, supports the widely expressed view that alcohol is a beneficial drug for social anxiety (Buckner et al., 2008; George et al., 2019; Schry & White, 2013; Terlecki et al., 2014). Evidently, most existing research examining the relationship between alcohol consumption and anxiety, has positively associated social anxiety with coping-related drinking motives, with most researchers concluding that many students and young adults are motivated to drink to regulate their anxious arousal (Heidemarie et al., 2010; Kim & Kwon, 2020). This is interesting since for some of the participants drinking was also used as a coping-mechanism to regulate how they were feeling about themselves and perceived by others. In particular, they appeared to make sense of themselves when sober as undesirable, unable to convey positive impressions, as they were not as extroverted, open, and confident to express themselves when sober.

In addition, intoxication was portrayed by both as an act of self-liberation not only because of the advantageous, liberating effects on social behaviour, but also because of the rewarding psychological effects. For the participants, drinking was also a way to temporarily escape from their worries and negative emotions; reducing tension and judgment, and evoking feelings of relaxation and serenity (Fitzgerald & Long, 2012). More specifically, the way they would respond and behave while intoxicated appeared to ascend out of a state of consciousness in the here-and-now, unbound by past experience and future thinking. Thus, the concept that alcohol emphasises orientation to the present moment that Murphy and MacKillop (2012) discussed is to some extent shown here. In fact, all participants who talked about this effect, acknowledged how it can lead to a form of impulsivity as their inhibitions lower and they stop caring about the medium to long term consequences. This is an element which Murphy and Mackillop (2012) associated with stress reduction. However, although both sets of students portrayed and recognised this, they did differ in the extent to which they emphasised it and in the specific ways they made sense of it. This was one of the main reasons as to why the additional subordinate themes, within the shared theme 'liberated self', were named differently across the two analyses yet still shared several commonalities.

To elaborate, British students made sense of this effect alcohol has on their behaviour and mindset altogether as a release from bonds. Being in the here-and-now allowed them to escape from mundane existence and constantly trying to maintain self-control by temporarily abandoning responsibility and engaging in impulsive pleasure seeking driven by mindless risk-taking. More specifically, intoxication allowed them to delve into a temporary altered state of consciousness that gave them the opportunity to act in the way they desire without feeling responsible. In other words, they used alcohol as an excuse to indulge in behaviours that are not normally considered appropriate and follow individual desires, exemplifying it as intrinsically rewarding and thrilling. The participants seemed to generally like the idea of losing control and acting impulsively as they did not appear to feel accountable for their actions or judged, and this lack of responsibility and judgment gave them a sense of freedom. However, the limitation of this interpretation is that there is no previous research that supports it. Although there is some evidence that suggests drunkenness can serve as a justification for impulsive behaviour which would have not been acceptable if the individual was sober (Pedersen et al., 2016), no identified study has looked into how this is felt and

understood by students themselves as a gateway to free themselves from constraints and feelings of pressure.

On the other hand, Greek students separated this effect alcohol had on their behaviour and mindset into two: escape to the present and increased impulsivity. Firstly, it is important to note at this point, that only three out of seven Greek participants described alcohol as something that can be used as a means of self-medication and a way to escape to the present, unlike the British students who all emphasised throughout their transcripts how they generally use alcohol as a way to cope and manage oneself psychologically. This suggests that individuals differ on their ideas of what is motivationally beneficial and relevant to them. Nevertheless, the three Greek students who talked about this effect, revealed how it helped them to manage their stress and escape from their problems by narrowing their attentional focus to the present moment; engaging in more drinking when they felt sad in order to temporarily forget their issues. Moreover, drinking alcohol appeared somehow calculated among Greek participants when it came to discuss the increase in impulsivity. Most appeared to make sense of the risks they are taking as the rush of excitement within the moment, without engaging in mindless or dangerous risk-taking, but rather calculated selective risks that they consider fun. Although similarly to the British students, Greek students also made sense of this as a way to relieve oneself, as it forced them into that intensely alive state that is free of thinking and free of problems, and they emphasised this impulsivity and spontaneity as something thrilling at the time, they didn't appear to perceive it as a way to free themselves from external constraints, pressures and responsibilities. Instead, they perceived it primarily as a way to make their personal experience more exciting and livelier, as well as release themselves from personal bonds.

As a whole, this suggests that there are differences in how they make sense of this liberating effect alcohol has on behaviour and mindset subjectively, as well as sheds light into which motives and behaviours are dominant and have more value between the two samples. For example, British students appeared to favour more the rewarding psychological effects alcohol had on their mindset and the release from responsibility, exemplifying it specifically as a coping-mechanism, instead of the behavioural effects. Nonetheless, the general picture both groups conveyed is how they both made sense of their social behaviour when intoxicated as tempting and enticing, and yet still dangerous and risky. This all related to how

when they are sober, they perceive themselves to be more identified with their thinking, their interpretations and judgements, their likes and dislikes, as well as to care more about their image and what people think. This, in their perspective, makes it difficult to experience the present moment and connect with others, restraining their freedom within the level of thought.

Moving forward to the segregated themes that were identified between the two analyses, a major theme that arose from the Greek data analysis was 'collective belongingness'. The findings from this theme highlight how the whole drinking experience was understood to be a durable collective force of social cohesion and sociability, essentially strengthening the feeling of belonging and conveying a sense of togetherness through shared experiences and values. All seven participants within this theme emphasised how to feel belonging, they must first feel welcomed; a feeling which according to them was most commonly achieved through familiarity of setting and the ability to relate to others; drawn to an atmosphere in which they feel comfort and commonality. This shared identity and relatedness influenced the extent to which they would engage with the whole drinking experience. For example, in a setting where the students feel that they can relate to one another and feel at ease, they are likely to be more eager to engage in the collective actions of drinking and allow themselves to experience a loss of inhibitions, as mentioned previously, without feeling susceptible to judgement. The participants, then, showed a clear preference for environments of openness and social access, which they emphasised as a key determinant for a good drinking experience.

Consecutively, a sense of unity was created through drinking, demonstrated as 'an entryway to discovering unity'. Two things were striking within this concept: firstly, that drinking was perceived to be motivated by the unity of it being a shared act, and secondly, that the effects of alcohol enhanced their experience by elevating their moods collectively. This concept could be understood as an enhancement motive, as drinking for them is an action that forms togetherness, the same way that eating or watching a film with others would make an experience more enjoyable. In fact, this is what appeared to be socially significant and meaningful for them, the collective experience of belonging and living in the same moment. What this means is that they perceive drinking as a way to unify with diverse groups and people under a common action. Neville and Reicher (2011), who analysed the experience

of collective participation, discussed how individuals can appraise co-present others as sharing a similar social identity, whether this is through action or embodied emotion, social connections between people could be positively transformed. This encompassed the sense of connectivity or intimacy, and an acknowledgment such that an individual's presence in the crowd can be distinguished and valued by others. This relatedness could further extend to the validation of a person's views, feelings and behaviours, and what one perceives alcohol to offer. In addition, such an interpersonal transformation could be associated with the emotional transformation towards positivity and enhancement. The suggestion that Neville and Reicher (2011) make, that collective emotionality could be driven by peoples' noticeable social identities, through a shared identity and relatedness, fits the idea that alcohol's unifying effects on mood brings people together by adjusting them to the same frequency; leading to the intensification of collective emotions and action tendencies.

Moreover, the third branch of collective belongingness, 'the power of storytelling', revolved around the idea that sharing and hearing stories bonds people together through resonating with a story or living vicariously through it, almost experiencing it as one through anecdotes. Although most participants did not directly associate this with going out and engaging in drinking, they gave the impression that a shared sense of adventure and entertainment is valued as it creates conversations and connections. Thus, it was safe to assume that the whole drinking experience was understood to create funny and adventurous memories which were worth sharing (Sandberg et al., 2019). However, complete loss of control was not something that appeared to be valued within these stories.

More specifically, regardless of the motivation to engage in drinking due to their desire to belong, experience moments collectively and share stories, Greek students throughout their interviews described a rather relaxed and untroubled relationship with alcohol. In fact, not only they appeared to favour a relaxed manner of drinking, maintaining a level of decency and drinking moderately, but also discussed how drinking-places tend to adopt more lenient and relaxed policies for discipline and control. Evidently, by underlining the laidback nature of drinking-places and the extent to which they engage with drinking, they defined how alcohol is generally seen as an acceptable and trouble-free activity. This was interpreted as a cultural and societal influence on drinking, since they reflected, implicitly or explicitly, cultural insights on how alcohol is commonly used. Although

research regarding the role of drinking-places and how Greeks drink is limited, social norms and rules have been associated to reflect cultural values, beliefs, and attitudes towards drinking (Karlsson & Österberg, 2001; Knafo et al., 2011). In this case, the participants portray how it is a highly valued skill to be able to stay decent while drinking, favouring welcoming, relaxed uncontrolled environments. Consequently, it appears that the general way of how alcohol is used in a relaxed manner influences them to conduct themselves in line with those values. Interestingly, what stood out within this theme, was how a number of participants commented negatively on how other cultures engage with drinking, specifically countries such as Britain which they associated with relatively high levels of drunkenness, and no perceived limits.

This was proven to be true, although not generalisable, as British students appeared to favour the notion of drinking in excess and value high levels of intoxication. In fact, one of the main British themes, 'an intensified experience', demonstrated how drinking for the purpose of intoxication was something commonly pursued and perceived as the main goal for drinking in social situation. To elaborate further on this theme, for British students, drinking represented an intense collective activity in which the level of intoxication played a significant role in determining the success of the experience. While they also stressed how alcohol is used as a means of having a good time with others collectively, discovering unity, they focused more on how this would lead to a collective drunkenness where everyone acts and behaves in a similar manner, instead of putting emphasis on the importance of the atmosphere and the act of engaging in the collective action of drinking. In addition, the policies and rules the British participants discussed appeared reasonably authoritarian, favouring stricter policies, and simultaneously reflecting a troubled, morally problematic relationship with alcohol (Plant & Plant, 2006; Tarrant et al., 2019).

These findings are largely in harmony with previous studies on British students' drinking, as much of the existing literature shows how British students engage purposely in heavy drinking for the purpose of an intensified wild experience, and often display disorderly behaviour (Hogan et al., 2014; Peacock & Harrison, 2009). In particular, a recent study done by Thurnell-Read et al (2018), that explored international students' perceptions and experiences of British drinking culture, identified how even international students perceived heavy drinking in the UK as extreme and uncontrolled. Nonetheless, it was apparent that for

British students drinking heavily was something inescapable, which leads us into the final British theme that will be discussed here, 'following the crowd'.

Within this theme it was illustrated how drinking excessively appeared to be perceived as a societal pressure to fit in as opposed to one's own choice and the personal desire to experience something as one in a welcoming atmosphere. This theme, yet again, is generally compatible with previous research on British student drinking, since the participants themselves identified a clear British drinking culture which they perceived as being distinct from others and mandatory to follow. In fact, they described the very culture which Greek students appeared to perceive negatively and frown upon, a culture that considers no limits and engages frequently in irresponsible drinking. Within this theme they emphasised the centrality of alcohol in culture and in friendships, representing the need to engage in excessive alcohol consumption to not feel excluded and meet the demands of their social identity. The content of this theme clearly showed how perceptions of social influences on drinking make larger contribution to how one engages with drinking and forms an opinion on it. If a student holds the view that drinking heavily is the norm and is therefore anticipated and expected by his or her peers, then, regardless of their personal beliefs and desires, it is most probable that they will drink more heavily to meet that expectation. What this means is that by perceiving a specific way of engaging with alcohol as acceptable and therefore permissive, it encourages them to engage in that manner of drinking (Perkins & Wechsler, 1996).

Furthermore, unlike British students' inclination to drink heavily due to their need to follow the crowd and meet the demands of their social role as students, Greek participants appeared to make sense of their reasons for drinking as something embedded in the culture of enjoyment and celebration, specifically symbolising the period of rejoice and sociability as part of their student identity. For them, it was not so much a matter of pressure but rather a matter of celebrating their newfound freedom and independence. This is illustrated in the theme 'embedded culture', in which participants discuss the belief that drinking is embedded in the student lifestyle because of the increase in free time and ability to control, completely, their own social lives. Within this theme, the first thing that should be noted is how the transition to university allowed them to pursue a more social lifestyle, and how alcohol was found to be a normalised part of Greek entertainment, introduced from a relatively young age

from either family or as a result of the relaxed policies enforced. Alcohol, therefore, was made sense of as something deeply embedded in both culture and society, motivating students to drink as it was something ever-present in their lives, manifesting itself as the very nature of social situations. Additionally, it became apparent that the decrease of parental control and monitoring, and importance of peer relationships, contributed to the increased access and opportunities for alcohol use (Arnett, 2005). Drawing on Brown and Murphy's qualitative study on social connectedness for new students (2020), it was illustrated how pre-arrival fear over new peer relationships was decreased by drinking with others. Although there is no research conducted in Greece supporting this claim, it could still contribute to why participants' perceptions of drinking appeared beneficial for the development of social connections, which, in turn, reduced anxiety and supported some during the transition.

Broadly, then, the two analyses addressed the research questions by demonstrating how both Greek and British students perceive alcohol as a very powerful, effective, and symbolic tool of social interactions and connectedness. For both sets of participants, alcohol is considered to have a high level of influence in any given social situation, whether this is in a club, a bar, or even a house party, people want to engage and connect, and they do so through drinking. Additionally, alcohol appears to be perceived as a way to alter the outcome of an event, not only through intoxication, but through its presence. The fact that Greek students who claim to drink moderately and responsibly, not always drinking to the extent of complete intoxication, assign power to it as a substance is proof of this claim. Since they are not always affected by alcohol physically to a great degree, it can only exercise a form of indirect influence over them with its presence as a main element of the nature of social situations. This has significant meanings for its value. If students associate having alcohol present as part of the whole going out experience with something that is important to them, then how they choose to use it has relevance. This exerts larger importance because this means that the personal choice of whether to have alcohol present or not can influence the atmosphere and meaning of an event, as well as have true social ramifications. Nonetheless, the main finding here is how both Greek and British students' views and interpretations on drinking and drunkenness were largely influenced by cultural factors, related to shared values, ethics, attitudes and the basic picture one carries with them of 'the way things are'.

Limitations

The unique insight into what alcohol really means in social situations for students from two different contexts is this study's strength. Nonetheless, this research is limited in several ways. Firstly, given the interpretative element of thematic analysis, the researcher's understandings and inferences of the participants' sense making may differ to other researchers. This is common across qualitative research, as the interpretation of the data depends, to some degree, on the perspectives, values, social experiences, and viewpoint of the researcher (Alien, 2017; Suter, 2012). A second possible limitation is that the conclusions that were drawn may not be accurate representations of how the participants actually feel. Although all participants seem to give genuine and straightforward responses, there is still the possibility of participant bias. This could have led them to either respond to questions based on what they think is the appropriate reaction or based on what is socially acceptable. While avoiding this bias is impossible, the researcher adopted several preventive measures to reduce it, by (a), framing open-ended questions, (b) phrasing the questions in a way that allows the respondent to feel accepted and not judged, (c) keeping the questions simple and avoiding expressions that might introduce bias, (d) asking indirect questions that revolve around what others would do to help participants project their own feelings onto other individuals to provide truthful answers, and (e), analysing the data with a clear and unbiased mind.

Moreover, an additional limitation resides in the way in which the transcript translations from Greek to English were conducted by the researcher alone. In this respect, having two translators may have been more beneficial for the accuracy of the translated data. Furthermore, another possible limitation resides in the choice of the sampling techniques. Convenience sampling and purposive sampling primary weakness is that they are both based on the subjective judgment of the researcher, and so they are prone to researcher bias (Berndt et al., 2020). This issue was considered in the present study, but it remains probable that it has affected the findings. Nevertheless, researcher bias is more likely to be a threat when the researcher's judgements are not based on explicit criteria or are not considered appropriately, which was not the case for this study.

Finally, the qualitative nature of this project did not allow the researcher to generalise the findings beyond the two sets of participants. Arguably, larger samples may have yielded more insightful and generalisable findings. However, it should be made clear, that this

research did not intend to give a representative picture of every subject of the targeted population or the culture in neither Britain nor Greece, but rather to get detailed accounts of the participants subjective experiences and the way they make sense of their social world as students. As for the comparative element of this research, this study's aim was not to compare the two countries, but the thematic data produced from the two sets of students.

Implications

The findings of the present research have important implications for how university communities should aspire to develop a greater understanding of how students deal with the transition from college to university and how they perceive their drinking culture. In addition, they should advance more sophisticated measures in order to capture the variation in those perceptions, including feelings of pressure and instability, and their impact on student's wellbeing. The desire and need to fit in, release oneself from bonds temporarily, create connections, and reduce self-consciousness, may lead some students to pursue intoxication, in some cases to an excessive extent, as a way of self-management. Consequently, taking these issues into consideration can be useful in providing services to students; addressing mental health problems, fostering a culture of understanding, and developing new and potentially healthier ways to increase socialisation and enjoyment in campuses and the greater student communities.

Moreover, this research provides insight into how drinking-places and policies in other countries can vary and influence the way alcohol is seen and used. Norms and rules can reflect the attitudes, opinions and characteristic values of different cultures. Greek students appeared to favour welcoming, uncontrolled environments, inspiring a level of respect, decency and familiarity, whereas British students described how drinking-places are more likely to be stricter, controlled and authoritarian. On this note, it is important for policymakers and drinking-places to consider how an unwelcoming environment, with strict rules and regulations, may in fact influence individuals to engage in excessive drinking as a way to rebel against control by losing control.

Future Directions

An interesting finding was that the Greek and British students differed in the extent in which they engaged with drinking. As discussed above, Greek students appeared to describe a far more relaxed and untroubled relationship with alcohol in comparison to the British students. Although there is an adequate amount of research on British student drinking which supports the British findings, the literature review and discussion of the Greek findings showed that no research has focused on students' social and drinking behaviour in Greece. Without further research into this topic, it will not be possible to see how drinking can have different meanings in different contexts, and especially in countries in which alcohol does not appear to be a major problem amongst students, such as Greece. Hence, one path for further study would be research into the specific relationship Greek students have with alcohol in comparison to the British students, who are well-known for engaging in heavy drinking, recognised as binge-drinking, and tend to exhibit higher levels of alcohol-related problems. While this particular research may be narrow in scope due to its small samples, by adopting larger sample groups it would be easier to apply the results to the wider target population. Additional research across a variety of campuses and contexts is recommended.

Moreover, despite the rationale provided for the age range and participants being 21-24 years of age, it was discovered that there were differences between their younger 18-year-old self in comparison to their older self. Although only interviewing students between the ages of 21-24 has some practical strengths and offers a more stable identity than interviewing younger students, it also highlights how their older self in comparison to who they used to be when they first started university is different. In future, it would be interesting to investigate this perceived shift and to what degree this newfound freedom can influence how they perceive drinking; the extent to which they engage with it, and how they use it. Besides, specific life transitions have been known to lead to alcohol consumption (Barrass, 2012; Bewick et al., 2008; White et al., 2006). In addition, since this study prohibited detailed consideration of how non-drinking students feel and make sense of all this, it would be beneficial to explore how non-drinkers would further explain the function of alcohol during this period of instability and newfound independence.

Further work could also examine the connection between relatedness and emotional experience, specifically the likelihood of emotional amplification through collective

participation. Lastly, research in the future may wish to focus more on how students themselves make sense of alcohol as a very powerful tool in social settings and the need to drink to release oneself from bonds, instead of explicitly focusing on the problems caused by drinking. In fact, it would be very valuable to qualitatively explore how the overwhelming pressures and criticism students may encounter, and the amount of sudden responsibility they endure as university students, may lead to the temptation to abandon responsibility temporarily and engage in impulsive pleasure seeking. Students are forced to pay attention to a very large number of things simultaneously and are expected to do things right, by their families, their professors, their peers, and most importantly themselves. This can leave students to some extent uncertain and disoriented, without guidance and a valued identity, leading students into a state of the pursuit of short-term hedonism.

Reflexivity

The ability to capture the essence of a completely separate other and accurately convey their understandings is what maintains the transparency of the data when undertaking qualitative research (Berger, 2013). To maintain this transparency, I had to continuously ask myself, what is the meaning he/she is trying to convey? What does this mean for them on an individual level? How does this relate to the research questions? Did my personal opinions held possibilities for seeing some meaning in the data that is not actually there? If yes, how do I fix this? Now, as someone who is a student in Britain of a similar age to the participants and has engaged with both the Greek and British way of enjoyment and the whole drinking scene, I could relate to both sets of students on this level and it was easier at times to understand their point of view. However, because of my insider situation, I also had to be constantly cautious and critically reflect on how this insider knowledge could possibly influence my interpretation of certain meanings, as well as remind myself that my experience and understandings can be different to theirs. Furthermore, although I had conducted semi-structured interviews and thematic analysis once before, and I was familiar with the methods, I was still quite new to the whole process. Especially when it came to compare the thematic data produced by two different thematic analyses. As a result, I feel that certain commonalities and differences among the participants sense-making were not described and presented as well as they could have been. In the future, I would perhaps pay more attention

to how I can discuss and present more neatly comparative elements and at the same time relate them to previous literature.

References

- Allen, M. (2017). *The sage encyclopedia of communication research methods* (Vols. 1-4). Thousand Oaks, CA: SAGE Publications. <https://doi.org/10.4135/9781483381411>
- An, B. P., Loes, C. N., & Trolan, T. L. (2017). The relation between binge drinking and academic performance: considering the mediating effects of academic involvement. *Journal of College Student Development*, 58(4), 492–508. <https://doi.org/10.1353/csd.2017.0039>
- Arnett, J. (2000). Emerging adulthood: a theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066x.55.5.469>
- Arnett, J. J. (2005). The developmental context of substance use in emerging adulthood. *Journal of Drug Issues*, 35(2), 235–253.
- Barrass, C. J. (2012). *Drinking experiences of first year female students: using narratives to explore the transition to university life* (Doctoral dissertation, University of Leeds).
- Berger, R. (2015). Now I see it, now I don't: researcher's position and reflexivity in qualitative research. *Qualitative Research*, 15(2), 219–234. <https://doi.org/10.1177/1468794112468475>
- Bergmark, K. H., & Kuendig, H. (2008). Pleasures of drinking: A cross-cultural perspective. *Journal of ethnicity in substance abuse*, 7(2), 131-153
- Berndt, A. E. (2020). Sampling methods. *Journal of Human Lactation: Official Journal of International Lactation Consultant Association*, 36(2), 224–226. <https://doi.org/10.1177/0890334420906850>
- Bernstein, J., Graczyk, A., Lawrence, D., Bernstein, E., & Strunin, L. (2011). Determinants of drinking trajectories among minority youth and young adults: the interaction of risk and resilience. *Youth & Society*, 43(4), 1199–1219.
- Bewick, B. M., Mulhern, B., Barkham, M., Trusler, K., Hill, A. J., & Stiles, W. B. (2008). Changes in undergraduate student alcohol consumption as they progress through university. *BMC public health*, 8(1), 1-8.

- Bolderston, A. (2012). Conducting a research interview. *Journal of Medical Imaging and Radiation Sciences*, 43(1), 66–76. <https://doi.org/10.1016/j.jmir.2011.12.002>
- Bräker, A. B., & Soellner, R. (2016). Alcohol drinking cultures of European adolescents. *The European Journal of Public Health*, 26(4), 581–586.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101. <https://doi.org/10.1191/1478088706qp063oa>
- Braun, V., & Clarke, V. (2019). To saturate or not to saturate? Questioning data saturation as a useful concept for thematic analysis and sample-size rationales. *Qualitative Research in Sport, Exercise and Health*, 1–16. <https://doi.org/10.1080/2159676x.2019.1704846>
- Brewis, J. (2014). The ethics of researching friends: on convenience sampling in qualitative management and organization studies. *British Journal of Management*, 25(4), 849–862. <https://doi.org/10.1111/1467-8551.12064>
- Bridges, L. S., & Sharma, M. (2015). A systematic review of interventions aimed at reducing binge drinking among college students. *Journal of Alcohol & Drug Education*, 59(3), 25–47.
- Brown, R., & Murphy, S. (2020). Alcohol and social connectedness for new residential university students: implications for alcohol harm reduction. *Journal of Further & Higher Education*, 44(2), 216–230. <https://doi.org/10.1080/0309877X.2018.1527024>
- Buckner, J. D., Schmidt, N. B., Lang, A. R., Small, J. W., Schlauch, R. C., & Lewinsohn, P. M. (2008). Specificity of social anxiety disorder as a risk factor for alcohol and cannabis dependence. *Journal of Psychiatric Research*, 42(3), 230–239. <https://doi.org/10.1016/j.jpsychires.2007.01.002>
- Burnard, P., Gill, P., Stewart, K., Treasure, E., & Chadwick, B. (2008). Analysing and presenting qualitative data. *British Dental Journal*, 204(8), 429–432. <https://doi.org/10.1038/sj.bdj.2008.292>

- Burton, R., Henn, C., Lavoie, D., O'Connor, R., Perkins, C., Sweeney, K., Greaves, F., Ferguson, B., Beynon, C., Belloni, A., Musto, V., Marsden, J., & Sheron, N. (2017). A rapid evidence review of the effectiveness and cost-effectiveness of alcohol control policies: an English perspective. *The Lancet*, 389(10078), 1558–1580.
[https://doi.org/10.1016/S0140-6736\(16\)32420-5](https://doi.org/10.1016/S0140-6736(16)32420-5)
- Caldwell, L. L., Weichold, K., & Smith, E. A. (2006). Peer influence, substance use and leisure: A cross-cultural comparison. *Sucht*, 52(4), 261-267.
- Chrzan, J. (2013). *Alcohol: Social drinking in cultural context*. Routledge.
- Clark, L., Birkhead, A., Fernandez, C., & Egger, M. (2017). A transcription and translation protocol for sensitive cross-cultural team research. *Qualitative Health Research*, 27(12), 1751–1764. <https://doi.org/10.1177/1049732317726761>
- Cooper, M. L. (1994). Motivations for alcohol use among adolescents: development and validation of a four-factor model. *Psychological Assessment*, 6(2), 117–128.
- Couture, M., Pearson, R., Halloran, J., & Stewart, S. (2019). A qualitative study of the perceived effects of alcohol on depressive symptoms among undergraduates who drink to cope with depression. *Drug and Alcohol Review*, 39(2), 180–188.
<https://doi.org/10.1111/dar.13003>
- Craigs, C. L., Bewick, B. M., Gill, J., O'May, F., & Radley, D. (2012). UK student alcohol consumption: a cluster analysis of drinking behaviour typologies. *Health Education Journal*, 71(4), 516–526.
- Dantzer C, Wardle J, Fuller R, Pampalone SZ, & Steptoe A. (2006). International study of heavy drinking: attitudes and sociodemographic factors in university students. *Journal of American College Health*, 55(2), 83–89. <https://doi.org/10.3200/jach.55.2.83-90>
- Davies, E. L., Lewis, E.-B. C., & Hennelly, S. E. (2018). I am quite mellow but I wouldn't say everyone else is": how UK students compare their drinking behavior to their peers'. *Substance Use & Misuse*, 53(9), 1549–1557.
<https://doi.org/10.1080/10826084.2017.1416403>

- Davoren, M. P., Demant, J., Shiely, F., & Perry, I. J. (2016). Alcohol consumption among university students in Ireland and the United Kingdom from 2002 to 2014: a systematic review. *BMC Public Health*, 16(1), 1–13. <https://doi.org/10.1186/s12889-016-2843-1>
- Demant, J., & Landolt, S. (2014). Youth drinking in public places: the production of drinking spaces in and outside nightlife areas. *Urban Studies*, 51(1), 170–184
- Erevik, E., Torsheim, T., Andreassen, C., Vedaa, Ø., & Pallesen, S. (2017). Disclosure and exposure of alcohol on social media and later alcohol use: a large-scale longitudinal study. *Frontiers in Psychology*, 8, 1-8. <https://doi.org/10.3389/fpsyg.2017.01934>
- Etikan, I. (2016). Comparison of convenience sampling and purposive sampling. *American Journal of Theoretical and Applied Statistics*, 5(1), 1–4. <https://doi.org/10.11648/j.ajtas.20160501.11>
- Fairbairn, C. E., Sayette, M. A., Wright, A. G. C., Levine, J. M., Cohn, J. F., & Creswell, K. G. (2015). Extraversion and the rewarding effects of alcohol in a social context. *Journal of Abnormal Psychology*, 124(3), 660–673. <https://doi.org/10.1037/abn0000024>
- Farrokhi, F., & Mahmoudi-Hamidabad, A. (2012). Rethinking convenience sampling: defining quality criteria. *Theory and Practice in Language Studies*, 2(4), 784–792. <https://doi.org/10.4304/tpls.2.4.784-792>
- Fitzgerald, K.-A., & Long, C. G. (2012). The influence of drinking motives and anxiety on low-, moderate- and high-risk drinkers. *Journal of Substance Use*, 17(3), 240–248. <https://doi.org/10.3109/14659891.2011.565109>
- Fox, K., & Marsh, P. (1998). Social and cultural aspects of drinking: A report to the Amsterdam Group. *Social Issues Research Centre: Oxford, UK*.
- Furtwängler, N., & de Visser, R. O. (2017). Motivation to adhere to unit-based guidelines for alcohol consumption and ability to do so is limited among university students. *Drugs: Education, Prevention & Policy*, 24(5), 418–425.

- Gardner, B., de Bruijn, G., & Lally, P. (2012). Habit, identity, and repetitive action: a prospective study of binge-drinking in UK students. *British Journal of Health Psychology*, 17(3), 565–581. <https://doi.org/10.1111/j.2044-8287.2011.02056.x>
- Garnett, C., Crane, D., West, R., Michie, S., Brown, J., & Winstock, A. (2015). Normative misperceptions about alcohol use in the general population of drinkers: a cross-sectional survey. *Addictive Behaviors*, 42, 203–206. <https://doi.org/10.1016/j.addbeh.2014.11.010>
- George, A. M., Zamboanga, B. L., Millington, E., & Ham, L. S. (2019). Social anxiety and drinking game behaviors among Australian university students. *Addictive Behaviors*, 88, 43–47. <https://doi.org/10.1016/j.addbeh.2018.08.007>
- Gill, J. S. (2002). Reported levels of alcohol consumption and binge drinking within the UK undergraduate student population over the last 25 years. *Alcohol and Alcoholism (Oxford, Oxfordshire)*, 37(2), 109–120.
- Gordon, R., Heim, D., & MacAskill, S. (2012). Rethinking drinking cultures: a review of drinking cultures and a reconstructed dimensional approach. *Public Health*, 126(1), 3–11. <https://doi.org/10.1016/j.puhe.2011.09.014>
- Guest, G., Bunce, A., & Johnson, L. (2006). How many interviews are enough? An experiment with data saturation and variability. *Field Methods*, 18(1), 59–82. <https://doi.org/10.1177/1525822X05279903>
- Guest, G., MacQueen, K., & Namey, E. (2012). *Applied thematic analysis*. SAGE.
- Hagger, M., Wong, G., & Davey, S. (2015). A theory-based behavior-change intervention to reduce alcohol consumption in undergraduate students: trial protocol. *BMC Public Health*, 15(1), 1–13. <https://doi.org/10.1186/s12889-015-1648-y>
- Hakulinen, C., Elovainio, M., Batty, G. D., Virtanen, M., Kivimäki, M., & Jokela, M. (2015). Personality and alcohol consumption: pooled analysis of 72,949 adults from eight cohort studies. *Drug and Alcohol Dependence*, 151, 110–114. <https://doi.org/10.1016/j.drugalcdep.2015.03.008>

- Harrison, L., Kelly, P., Lindsay, J., Advocat, J., & Hickey, C. (2011). "I don't know anyone that has two drinks a day": young people, alcohol and the government of pleasure. *Health, Risk & Society*, 13(5), 469–486.
<https://doi.org/10.1080/13698575.2011.596190>
- Heather, N., Partington, S., Partington, E., Longstaff, F., Allsop, S., Jankowski, M., Wareham, H., & St Clair Gibson, A. (2011). Alcohol use disorders and hazardous drinking among undergraduates at English universities. *Alcohol & Alcoholism*, 46(3), 270–277. <https://doi.org/10.1093/alcalc/agr024>
- Heidemarie, B., Ellen W., L.-F., Jamie L., F., Christal L., B., & Lindsay S., H. (2010). Social anxiety and motives for alcohol use among adolescents. *Psychology of Addictive Behaviors*, 24(3), 529–534. <https://doi.org/10.1037/a0019794>
- Hennink, M., Hutter, I., & Bailey, A. (2011). *Qualitative research methods*. SAGE.
- Hepworth, J., McVittie, C., Schofield, T., Lindsay, J., Leontini, R., & Germov, J. (2015). 'Just choose the easy option': students talk about alcohol use and social influence. *Journal of Youth Studies*, 19(2), 251–268.
<https://doi.org/10.1080/13676261.2015.1059928>
- Herring R, Berridge V, & Thom B. (2008). Binge drinking: an exploration of a confused concept. *Journal of Epidemiology and Community Health* (1979-), 62(6), 476–479
- Hogan, S. P., Perks, K. J., & Russell-Bennett, R. (2014). Identifying the key sociocultural influences on drinking behavior in high and moderate binge-drinking countries and the public policy implications. *Journal of Public Policy & Marketing*, 33(1), 93–107.
<https://doi.org/10.1509/jppm.11.056>
- Inman, R. A., da Silva, S. M. G., Bayoumi, R. R., & Hanel, P. H. P. (2017). Cultural value orientations and alcohol consumption in 74 countries: a societal-level analysis. *Frontiers in Psychology*, 8, 1963. <https://doi.org/10.3389/fpsyg.2017.01963>
- Jernigan, D. H., & Trangenstein, P. J. (2020). What's next for WHO's global strategy to reduce the harmful use of alcohol? *Bulletin of the World Health Organization*, 98(3), 222–223. <https://doi.org/10.2471/BLT.19.241737>

- John, B., & Alwyn, T. (2014). Revisiting the rationale for social normative interventions in student drinking in a UK population. *Addictive Behaviors*, 39(12), 1823–1826. <https://doi.org/10.1016/j.addbeh.2014.07.022>
- Jones, K. A., Chryssanthakis, A., & Groom, M. J. (2014). Impulsivity and drinking motives predict problem behaviours relating to alcohol use in University students. *Addictive Behaviors*, 39(1), 289–296. <https://doi.org/10.1016/j.addbeh.2013.10.024>
- Karlsson, T., & Österberg, E. (2001). A scale of formal alcohol control policy in 15 European countries. *Nordic Studies on Alcohol and Drugs*, 18(1), 117–131.
- Kessler, T. A., & Kurtz, C. P. (2019). Influencing the binge-drinking culture on a college campus. *Nurse Educator*, 44(2), 106–111. <https://doi.org/10.1097/NNE.0000000000000559>
- Kim, S., & Kwon, J.-H. (2020). Moderation effect of emotion regulation on the relationship between social anxiety, drinking motives and alcohol related problems among university students. *BMC Public Health*, 20(1), 1–13. <https://doi.org/10.1186/s12889-020-08776-5>
- Knafo, A., Roccas, S., & Sagiv, L. (2011). The value of values in cross-cultural research: a special issue in honor of shalom schwartz. *Journal of Cross-Cultural Psychology*, 42(2), 178–185. <https://doi.org/10.1177/0022022110396863>
- Kuntsche, E., & Cooper, M. L. (2010). Drinking to have fun and to get drunk: motives as predictors of weekend drinking over and above usual drinking habits. *Drug & Alcohol Dependence*, 110(3), 259–262. <https://doi.org/10.1016/j.drugalcdep.2010.02.021>
- Kuntsche, E., Knibbe, R., Gmel, G., & Engels, R. (2005). Why do young people drink? A review of drinking motives. *Clinical Psychology Review*, 25(7), 841–861. <https://doi.org/10.1016/j.cpr.2005.06.002>
- Kuntsche, E., Knibbe, R., Gmel, G., & Engels, R. (2006). Who drinks and why? A review of socio-demographic, personality, and contextual issues behind the drinking motives in young people. *Addictive Behaviors*, 31(10), 1844–1857. <https://doi.org/10.1016/j.addbeh.2005.12.028>

- Kuntsche, E., Kuntsche, S., Thrul, J., & Gmel, G. (2017). Binge drinking: health impact, prevalence, correlates and interventions. *Psychology & Health*, 32(8), 976–1017. <http://doi.org/10.1080/08870446.2017.1325889>
- Kuntsche, E., Rehm, J., & Gmel, G. (2004). Characteristics of binge drinkers in Europe. *Social Science & Medicine*, 59(1), 113–127. <https://doi.org/10.1016/j.socscimed.2003.10.009>
- Lac, A., & Donaldson, C. D. (2016). Alcohol attitudes, motives, norms, and personality traits longitudinally classify nondrinkers, moderate drinkers, and binge drinkers using discriminant function analysis. *Addictive Behaviors*, 61, 91–98. <https://doi.org/10.1016/j.addbeh.2016.05.006>
- Lasky, N. V., Fisher, B. S., Henriksen, C. B., & Swan, S. C. (2017). Binge drinking, Greek-life membership, and first-year undergraduates: the “perfect storm” for drugging victimization. *Journal of School Violence*, 16(2), 173–188. <http://doi.org/10.1080/15388220.2017.1284470>
- Leung, L. (2015). Validity, reliability, and generalizability in qualitative research. *Journal of Family Medicine and Primary Care*, 4(3), 324–327. <https://doi.org/10.4103/2249-4863.161306>
- Livingstone, A., Young, H., & Manstead, A. (2011). “We drink, therefore we are”: the role of group identification and norms in sustaining and challenging heavy drinking “culture”. *Group Processes and Intergroup Relations*, 14(5), 637–649. <https://doi.org/10.1177/1368430210392399>
- Mackinnon, S. P., Couture, M., Cooper, M. L., Kuntsche, E., O’Connor, R. M., Stewart, S. H., Couture, M.-E., & DRINC Team. (2017). Cross-cultural comparisons of drinking motives in 10 countries: Data from the DRINC project. *Drug & Alcohol Review*, 36(6), 721–730. <https://doi.org/10.1111/dar.12464>
- Mekonen, T., Fekadu, W., Chane, T., & Bitew, S. (2017). Problematic alcohol Use among University students. *Frontiers in Psychiatry*, 8(86), 1–5. <https://doi.org/10.3389/fpsy.2017.00086>

- Murphy, C., & Mackillop, J. (2012). Living in the here and now: interrelationships between impulsivity, mindfulness, and alcohol misuse. *Psychopharmacology*, 219(2), 527–536. <https://doi.org/10.1007/s00213-011-2573-0>
- Neville, F., & Reicher, S. (2011). The experience of collective participation: shared identity, relatedness and emotionality. *Contemporary Social Science*, 6(3), 377. <https://doi.org/10.1080/21582041.2012.627277>
- Nikander, P. (2008). Working with transcripts and translated Data. *Qualitative Research in Psychology*, 5(3), 225–231. <https://doi.org/10.1080/14780880802314346>
- Orford, J., Krishnan, M., Balaam, M., Everitt, M., & Van Der Graaf, K. (2004). University student drinking: The role of motivational and social factors. *Drugs: education, prevention and policy*, 11(5), 407–421.
- Palinkas, L., Horwitz, S., Green, C., Wisdom, J., Duan, N., & Hoagwood, K. (2013). Purposeful sampling for qualitative data collection and analysis in mixed method implementation research. *Administration and Policy in Mental Health and Mental Health Services Research*, 42(5), 533–544. <https://doi.org/10.1007/s10488-013-0528-y>
- Patte, K. A., Qian, W., & Leatherdale, S. T. (2017). Binge drinking and academic performance, engagement, aspirations, and expectations: a longitudinal analysis among secondary school students in the COMPASS study. *Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice*, 37(11), 376–385. <https://doi.org/10.24095/hpcdp.37.11.02>
- Peacock, N., & Harrison, N. (2009). “It’s so much easier to go with what’s easy”: “mindfulness” and the discourse between home and international students in the United Kingdom. *Journal of Studies in International Education*, 13(4), 487–508.
- Pedersen, W., Copes, H., & Sandberg, S. (2016). Alcohol and violence in nightlife and party settings: A qualitative study. *Drug & Alcohol Review*, 35(5), 557–563. <https://doi.org/10.1111/dar.12395>
- Perkins, H., & Wechsler, H. (1996). Variation in perceived college drinking norms and its impact on alcohol abuse: a nationwide study. *Journal of Drug Issues*, 26(4), 961–974. <https://doi.org/10.1177/002204269602600413>

- Petruželka, B., Rogalewicz, V., Popov, P., Barták, M., Rosina, J., Gavurová, B., Čierna, M., Vaska, L., Šavrnichová, M., & Dlouhý, M. (2018). Problematic and risky sexual behaviour under the influence of alcohol among university students. *Central European Journal of Public Health*, 26(4), 289–297. <https://doi.org/10.21101/cejph.a5195>
- Piasecki, T., Cooper, M., Wood, P., Sher, K., Shiffman, S., & Heath, A. (2014). Dispositional drinking motives: associations with appraised alcohol effects and alcohol consumption in an ecological momentary assessment investigation. *Psychological Assessment*, 26(2), 363–369. <https://doi.org/10.1037/a0035153>
- Plant, M., & Plant, M. (2006). *Binge Britain: alcohol and the national response*. Oxford: Oxford University Press.
- Quigg, Z., Hughes, K., & Bellis, M. A. (2013). Student drinking patterns and blood alcohol concentration on commercially organised pub crawls in the UK. *Addictive Behaviors*, 38(12), 2924–2929. <https://doi.org/10.1016/j.addbeh.2013.08.029>
- Quinney, L., Dwyer, T., & Chapman, Y. (2016). (2016). Who, where, and how of interviewing peers. *SAGE Open*, 6(33), 1–10. <https://doi.org/10.1177/2158244016659688>
- Robinson, O. (2013). Sampling in interview-based qualitative research: a theoretical and practical guide. *Qualitative Research in Psychology*, 11(1), 25–41. <https://doi.org/10.1080/14780887.2013.801543>
- Roccas, S., & Sagiv, L. (2010). Personal Values and Behavior: Taking the Cultural Context into Account. *Social and Personality Psychology Compass*, 4(1), 30–41. <https://doi.org/10.1111/j.1751-9004.2009.00234.x>
- Room, R. (1989). Responses to alcohol-related problems in an international perspective: Characterizing and explaining cultural wetness and dryness. *La ricerca Italiana sulle bevande alcoliche nel confronto internazionale. Italy: Santo Stefano Belbo (CN)*.
- Rudnev, M. and Vauclair, C. (2018). The link between personal values and frequency of drinking depends on cultural values: a cross-level interaction approach. *Frontiers in Psychology*, 9, 9–13. <https://doi.org/10.3389/fpsyg.2018.01379>

- Sandberg, S., Tutenges, S., & Pedersen, W. (2019). Drinking stories as a narrative genre: the five classic themes. *Acta Sociologica*, 62(4), 406–419.
<https://doi.org/10.1177/0001699319833142>
- Sargent, E. M., Kilwein, T. M., Dvorak, R. D., Looby, A., Stevenson, B. L., & Kramer, M. P. (2018). Deviance regulation theory and drinking outcomes among Greek-life students during spring break. *Experimental & Clinical Psychopharmacology*, 26(4), 366–376.
<https://doi.org/10.1037/pha0000204>
- Saridi, M. (2018). Alcohol habits by university students in Greece. *Journal of Alcohol & Drug Education*, 62(2), 20–38.
- Savic, M., Room, R., Mugavin, J., Pennay, A., & Livingston, M. (2016). Defining “drinking culture”: a critical review of its meaning and connotation in social research on alcohol problems. *Drugs: Education, Prevention & Policy*, 23(4), 270–282.
<https://doi.org/10.3109/09687637.2016.1153602>
- Schry, A. R., & White, S. W. (2013). Understanding the relationship between social anxiety and alcohol use in college students: a meta-analysis. *Addictive Behaviors*, 38(11), 2690–2706. <https://doi.org/10.1016/j.addbeh.2013.06.014>
- Soellner, R., Göbel, K., Scheithauer, H., & Bräker, A. B. (2014). Alcohol use of adolescents from 25 European countries. *Journal of Public Health*, 22(1), 57–65.
- Suter, W. N. (2012). Qualitative data, analysis, and design. In Suter, W. N. *Introduction to educational research: a critical thinking approach* (pp. 342–386). Thousand Oaks, CA: SAGE Publications. <https://doi.org/10.4135/9781483384443>
- Tarrant, M., Smith, J., Ball, S., Winlove, C., Gul, S., & Charles, N. (2019). Alcohol consumption among university students in the night-time economy in the UK: a three-wave longitudinal study. *Drug and Alcohol Dependence*, 204, 1–8.
<https://doi.org/10.1016/j.drugalcdep.2019.06.024>
- Terlecki, M. A., Ecker, A. H., & Buckner, J. D. (2014). College Drinking Problems and Social Anxiety: The Importance of Drinking Context. *Psychology of Addictive Behaviors*, 28(2), 545–552.

- Thombs, D., Olds, R., Bondy, S., Winchell, J., Baliunas, D. and Rehm, J. (2009). Undergraduate drinking and academic performance: a prospective investigation with Objective Measures. *Journal of Studies on Alcohol and Drugs*, 70(5), 776–785.
- Thurnell-Read, T., Brown, L., & Long, P. (2018). International students' perceptions and experiences of British drinking cultures. *Sociological Research Online*, 23(3), 572–588. doi: 10.1177/1360780418761207
- Van Wersch, A. and Walker, W. (2009). Binge-drinking in Britain as a Social and Cultural Phenomenon. *Journal of Health Psychology*, 14(1), 124–134
- Vaughan, E.L, Corbin WR, Fromme K, Vaughan, E. L., Corbin, W. R., & Fromme, K. (2009). Academic and social motives and drinking behavior. *Psychology of Addictive Behaviors*, 23(4), 564–576. <https://doi.org/10.1037/a0017331>
- White, H. R., McMorris, B. J., Catalano, R. F., Fleming, C. B., Haggerty, K. P., & Abbott, R. D. (2006). Increases in alcohol and marijuana use during the transition out of high school into emerging adulthood: The effects of leaving home, going to college, and high school protective factors. *Journal of studies on alcohol*, 67(6), 810-822.
- Winograd, R. P., Steinley, D. L., & Sher, K. J. (2014). Drunk personality: reports from drinkers and knowledgeable informants. *Experimental & Clinical Psychopharmacology*, 22(3), 187–197. <https://doi.org/10.1037/a0036607>
- Winograd, R., Littlefield, A., Martinez, J., & Sher, K. (2012). The drunken self: the five-factor model as an organizational framework for characterizing perceptions of one's own drunkenness. *Alcoholism: Clinical and Experimental Research*, 36(10), 1787–1793. <https://doi.org/10.1111/j.1530-0277.2012.01796.x>
- Winograd, R., Steinley, D., Lane, S., & Sher, K. (2017). An experimental investigation of drunk personality using self and observer reports. *Clinical Psychological Science*, 5(3), 439–456. <https://doi.org/10.1177/2167702616689780>
- Wood, A., Brown, G., & Maltby, J. (2011). Social norm influences on evaluations of the risks associated with alcohol consumption: applying the rank-based decision by sampling model to health judgments. *Alcohol and Alcoholism*, 47(1), 57–62. <https://doi.org/10.1093/alcalc/agr146>

World Health Organization. (2018). Global status report on alcohol and health 2018. *World Health Organization*. Available at: <https://apps.who.int/iris/handle/10665/274603>

Appendices

Appendix A

Interview Schedule

DEMOGRAPHICS AND INDIVIDUAL FACTORS: To build a level of rapport and understand on a personal level the participants. This can help the researcher explore if there are any noticeable individual factors which could impact the participants' experiences.

1. Tell me a bit about yourself? (How old are you? What do you study? Do you work? What do you do in your free time?)

IDENTITY AND TRANSITION: To gain an understanding of the importance of being a university student to their lives and what this means for their identity. This helps to explore the participants' lifestyles and personal views on what it means to be a university student, including how the transition into university could have influenced their experiences.

2. How do you feel about being a student and studying at a university? (What do you enjoy about the university life? What do you dislike about it? Why?)

3. How would you describe the English/Greek student culture? (Why do you say that? How do you think other people see you because you are a student? How do you see yourself?)

4. Can you tell me about the transition from college to university? (How was it for you at first? How is it now? Do you live away from home? How do you feel about that?)

STUDENT NIGHTLIFE AND WAY OF FUN: To gain an understanding of the participants' involvement in the student nightlife and 'way of fun', understanding their day to day experiences as university students, and exploring their individual preferences and inclinations.

5. Tell me a bit about your nightlife? (What do you like to do on a night out? Where do you like to go? Do you go out often? How long do you stay out for usually on a night out?)

6. What is a party to you? (What do you consider a good party and what a bad party? Give me an example? What makes you say that?)

DRINKING PLACES: To understand more the level of control drinking places hold and how the constructed drinking environments are. Helps to assess whether there are any notable environmental factors which could influence their experience, understandings and ways of doing things.

7. How are the drinking places you go to such as pubs and clubs in regard to staff, security and rules? (How are you treated? What are the boundaries and rules they enforce? Is there security and bouncers?)

What do you think is expected from you in the drinking places you go to? What can you do and cannot do in such places? Could you describe to me the environment? How is the atmosphere? How do you feel in it? Is there a specific entry policy? Do they check your ID or search your bag?)

PAST EXPERIENCE: To gain an understanding about the participants' first experience in a constructed drinking place and how they perceived it, as well as their first experience with alcohol use. Helps to assess any noteworthy connections and perceptions, as well as how or if their way of drinking has changed or influenced by past experience.

8. Can you recall the first time you went to a bar/pub or club and tell me about it? (How old were you? How did you feel? Did you drink? What influenced you to drink? Could you tell me the story? When was the first time you had alcohol and where? How did you get it? How did you feel?)

ALCOHOL RELATED TOPICS: To gain an understanding of the participant's drinking behaviour and their relationship and opinions about the effect of alcohol. Help to explore what motivates and influences drinking behaviour and understand the participant's unique individual experiences with drinking. How they understand and perceive it, the extent in which they engage with it, and if and how they use it.

9. What place does alcohol have in your life now? (Do you drink often? Do you get drunk often? What influences whether you drink or not? How does your culture/society influence the way you drink? How do you think you would drink if you weren't a student? Does drinking with friends affect the way you use alcohol? How?)

10. How do you feel when you are drunk? (What do you enjoy about it and what do you dislike about it? How many drinks do you have on a night out usually? Do you pre-drink before going out? Why? Have you ever thrown up because of alcohol? Can you recall how many times?)

11. How does the way you interact with other people change when you drinking? (Do you see any differences in your social behaviour when you are drinking? Can you tell me about those differences? How do you tend to act towards others when you are drunk and how when sober?)

12. Does your thinking about risk change when drunk? (Do you tend to take more risks when you drunk then when sober? Give me an example? Why do you think that is? Do you think you understand the risk you are taking during that time?)

13. Imagine that you decided to stop drinking, what do you think would change? (What do you foresee happening if you stopped drinking in social situations? How do you think your behaviour would change? What do you think you would be giving up? What would you gain and what would you lose if you stopped drinking?)

14. Many students nowadays tend to drink alcohol to get drunk, why do you think that is? (What makes you say that? Do you think there is something specific they trying to achieve by getting drunk? What? Do you think the English/Greek student culture is different from others in that respect? Why do you think that is? Do you like to drink to get drunk? Why? Is there something specific you trying to achieve by it?)

15. Imagine you meet a friend of yours and he/she starts talking to you with excitement about the previous night that they went out. He/she says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and passing out! I even lost my shoe!", how would you respond? (What would you think? Would you consider it a fun night? Why do you say that?)

16. Is there anything else you would like to share with me or have any questions?

Appendix B

Greek Translated Interview Questions

1. Πες μου λίγα λόγια για σένα; (Πόσο χρονών είσαι; Τι σπουδάζεις; Δουλεύεις; Τι κάνεις στον ελεύθερο χρόνο σου;)
2. Πώς νιώθεις που είσαι φοιτητής και σπουδάζεις σε Πανεπιστήμιο; (Τι σου αρέσει από την φοιτητική ζωή; Τι δεν σου αρέσει; Γιατί;)
3. Πώς θα χαρακτήριζες τους Έλληνες φοιτητές; (Γιατί το λες αυτό; Πώς νομίζεις ότι σε βλέπουν οι άλλοι που είσαι φοιτητής; Πώς βλέπεις εσύ τον εαυτό σου;)
4. Πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο; (Πώς ήταν στην αρχή; Τώρα, πώς είναι; Μένεις μακριά από την οικογένεια σου/από το σπίτι σου; Πώς νιώθεις για αυτό;)
5. Πες μου λίγα λόγια για την νυχτερινή ζωή σου; (Τι σου αρέσει να κάνεις; Πού βγαίνεις συνήθως; Βγαίνεις συχνά; Για πόσες ώρες θα βγεις;)
6. Τι είναι πάρτι για εσένα; (Τι θα έλεγες ότι συμπεριλαμβάνει ένα 'καλό πάρτι' και τι ένα 'κακό πάρτι'; Δώσε μου ένα παράδειγμα. Γιατί το πιστεύεις αυτό;)
7. Πώς είναι το προσωπικό και οι κανόνες στα μπαρ και κλαμπ που βγαίνεις; (Πώς σου συμπεριφέρεται το προσωπικό; Υπάρχουν όρια και κανόνες; Υπάρχει security στο χώρο; Πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις; Πώς είναι η ατμόσφαιρα; Πώς νιώθεις όταν είσαι εκεί; Υπάρχει συγκεκριμένη διαδικασία ή κανόνες στην είσοδο του μαγαζιού;)
8. Μπορείς να μου πεις για την πρώτη φορά που πήγες σε ένα κλαμπ ή μπαρ; (Πόσο χρονών ήσουν; Πώς ένιωσες; Ήπιας αλκοόλ; Τι σε έκανε να πεις; Πες μου τι έγινε εκείνο το βράδυ; Πότε ήταν η πρώτη φορά που ήπιας αλκοόλ και πού; Από πού και από ποιόν το προμηθεύτηκες; Πώς ένιωσες;)
9. Τι ρόλο παίζει το αλκοόλ στη ζωή σου τώρα; (Πόσο συχνά πίνεις; Μεθάς; Τι σε επηρεάζει στο να πεις ή να μην πεις; Πως σε έχει επηρεάσει η κοινωνία στον τρόπο που πίνεις; Πώς πιστεύεις θα έπινες εαν δεν ήσουν φοιτητής; Αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους; Πώς;)
10. Πως νιώθεις όταν είσαι μεθυσμένος; (Τι σου αρέσει και τι δεν σου αρέσει όταν μεθάς; Περίπου πόσα ποτά πίνεις όταν βγαίνεις; Συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις να διασκεδάσεις; Γιατί; Έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ; Θυμάσαι πόσες φορές;)
11. Όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους; (Πώς; Πες μου για αυτές σου τις αλλαγές; Υπάρχουν αλλαγές στην συμπεριφορά σου όταν είσαι μεθυσμένος και όταν είσαι νηφάλιος; Πώς είσαι όταν είσαι μεθυσμένος και πώς όταν είσαι νηφάλιος σε κοινωνικές καταστάσεις;)

12. Παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένος από όταν είσαι νηφάλιος; (*Δώσε μου ένα παράδειγμα. Γιατί πιστεύεις γίνεται αυτό; Πιστεύεις ότι καταλαμβάνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;*)
13. Φαντάσου ότι σταματάς να πίνεις εντελώς, τι πιστεύεις ότι θα άλλαζε στη ζωή σου; (*Τι προβλέπεις ότι θα γίνει εάν σταματήσεις να πίνεις σε κοινωνικές περιστάσεις; Πως πιστεύεις ότι θα άλλαζε η συμπεριφορά σου; Τι θα κέρδιζες εάν σταματούσες να πίνεις; Και τι θα έχανε;*
14. Πολλοί φοιτητές πίνουν για να μεθύσουν, γιατί νομίζεις ότι γίνεται αυτό; (*Γιατί το πιστεύεις αυτό; Πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο; Τι; Με θέμα/βάση το αλκοόλ, πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν; Γιατί το πιστεύεις αυτό; Εσένα σου αρέσει να πίνεις για να μεθάς; Γιατί; Υπάρχει κάτι συγκεκριμένο που εσύ προσπαθείς να πετύχεις με το να μεθάς;*)
15. Φαντάσου ότι συναντάς κάποιο φίλο και ξεκινάει να σου μιλάει με ενθουσιασμό για χθές το βράδυ που βγήκε. Σου λέει: Πέρασα υπέροχα χθές το βράδυ, μέθυσα τόσο πολύ που έκανα εμετό! Έχασα τις αισθήσεις μου και το παπούτσι μου! Ποιά θα ήταν η αντίδραση σου; (*Τι θα σκεφτόσουν; Θα την θεωρούσες μια διασκεδαστική βραδιά; Γιατί το λες αυτό;*)
16. Υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου; Έχεις καμία ερώτηση;

Appendix C

Information Sheet



A qualitative cross-cultural study on university students' social and drinking behaviour.

PARTICIPANT INFORMATION

You are invited to take part in an online interview to be conducted by Stefania-Eleni Konsta on Skype. Before you decide to do so, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully, and if you have any questions or concerns and you would like more information, do not hesitate to ask the researcher. Take your time to decide if you wish to take part.

Please refer to our [Research Privacy Notice](#) for more information on how we will use and store your personal data.

Background

This study is interested in exploring students' social and drinking behaviour. The primary purpose is to find out what leads you and reinforces you to drink as a university student by exploring your unique, individual situations, experiences and perspectives. This project builds on research previously carried out by Stefania-Eleni Konsta and that of others concerning this topic.

What will you be required to do?

You will take part in an online interview through Skype. You will decide if you are willing to have the interview as a video call or an audio call, depending on your preference. If you decide to take part, you will have to sign a consent form agreeing to all the terms and conditions. The interview will take approximately 40 minutes and will be audio recorded by Skype's inbuilt recording feature and transcribed verbatim to be thematically analysed. Therefore, if you do not wish to be audio recorded, please do not participate in this study. You can ask to stop the recording or discontinue the interview at any time.

To participate in this research, you must:

- Have the capacity to provide informed consent.
- Be a full-time university student.
- Be 18-25 years old.
- Drink alcohol occasionally or regularly.

Procedures

You will be asked to answer a range of pre-prepared questions, with additional individual follow-up questions being asked if needed to facilitate discussion. However, you do not have to answer questions you do not wish to answer. The interview will flow as a conversation and both positive and negative opinions will be welcomed.

Feedback

Participation in this study is not anticipated to cause you any discomfort or disadvantages. To aid the anonymity of all participants' responses in the transcripts and when quoted, pseudonyms will be used. Please do not mention during the interview any personal identifiable information, such as; names, surnames and addresses.

Although Skype uses AES encryption, so conversations are processed in a secure fashion, the principal researcher has no control over Skype's handling of user or call data. Therefore, it is important to note that your user agreement with Skype is separate from your consent to take part in this study. The service provider has access to your user and call data, independently of the assurances about privacy given by the principal researcher, Stefania-Eleni Konsta, and the university.

Confidentiality and Data Protection

The following categories of personal data (as defined by the [General Data Protection Regulation](#) (GDPR)) will be processed:

- Your email which will remain strictly confidential.
- Your Skype username which will be removed once the interview is over.
- Your name and surname in the signed informed consent form which will remain strictly confidential.
- Your age, gender and nationality that will be identified in the interview.
- Your expressed opinions that will be obtained in the interview for research purposes.

I have identified that the public interest in processing the personal data is:

- Participant consent should be sought prior to any research for ethical and other legal reasons such as the common law duty of confidentiality. In addition, the processing of your personal data is necessary for the researcher to describe the data set within the report.

Data can only be accessed by, or shared with:

- Only the principal researcher, Stefania-Eleni Konsta, will have access to your consent form and audio recording. The researcher's supervisor or any external examiners will have access to the anonymised transcript. However, the researcher's supervisor, Dennis Nigbur, is entitled to view all records if needed. It is important to note that this study may be audited to ensure the reliability and integrity of the study.

The identified period for the retention of personal data for this project:

- The University policy states that the data collected should be stored and retained for 5 years to be accessible for audit purposes.

All records will be stored and locked appropriately at the researcher's premises in accordance with the GDPR. If you would like to obtain further information related to how your personal data is processed for this project please contact me, Stefania-Eleni Konsta, on s.konsta421@canterbury.ac.uk.

You can read further information regarding how the University processes your personal data for research purposes at the following link: Research Privacy Notice - <https://www.canterbury.ac.uk/university-solicitors-office/data-protection/privacy-notices/privacy-notices.aspx>

Dissemination of results

The data collected from this study will be to produce a thesis for a master's degree and this will be produced safeguarding all participants anonymity. Only the anonymous extracts from the data collection will appear in any reports or publications, therefore, you will not be able to be identified or identifiable in any reports or publications arising from it.

Process for withdrawing consent to participate

This study is entirely voluntary, and you are free to terminate the online interview and withdraw your consent to participate in this research at any time with no negative consequences, with the assurance that any data collected from you will be destroyed. If you consent to taking part but then change your mind after you have submitted the data, email me, Stefania-Eleni Konsta, on s.konsta421@canterbury.ac.uk, and I will remove your audio-recording and transcript, enforcing a fully opportunity to withdraw.

You may read further information on your rights relating to your personal data at the following link: Research Privacy Notice - <https://www.canterbury.ac.uk/university-solicitors-office/data-protection/privacy-notices/privacy-notices.aspx>

Any questions?

If you have any questions or concerns about the nature, procedures or requirements for this study do not hesitate to ask. If you have any further questions/queries after the study, please contact me, Stefania-Eleni Konsta, on s.konsta421@canterbury.ac.uk, or my supervisor, Dennis Nigbur, on dennis.nigbur@canterbury.ac.uk.

University Department:

Master of Science by Research in Psychology (Social and Applied Sciences)

Mailing Address:

North Holmes Road, Canterbury, Kent, England, CT1 1QU

Appendix D

Consent Form

**CONSENT FORM**

Title of Project: A qualitative cross-cultural study on university students' social and drinking behaviour.

Name of Researcher: Stefania-Eleni Konsta

Contact details:

Address: North Holmes Road, Canterbury, Kent, England, CT1 1QU

Tel: 01227 923838 (Supervisor: Dr Dennis Nigbur)

Email: s.konsta421@canterbury.ac.uk

Please initial box

1. I confirm that I have read and understand the participant information for the above project and have had the opportunity to ask questions.
2. I confirm that I agree to being audio-recorded during the interview.
3. I understand that any personal information that I provide to the researchers will be kept strictly confidential and in line with the University [Research Privacy Notice](#)
4. I understand that my participation is voluntary and that I am free to withdraw my participation at any time, without giving a reason.
5. I agree to take part in the above project.

Name of Participant:	Date:	Signature:
Researcher: <i>Stefania-Eleni Konsta</i>	Date:	Signature:

Appendix E

Debrief Form

**PARTICIPANT DEBRIEF SHEET****A qualitative cross-cultural study on university students' social and drinking behaviour.**

The research revolves around the individual lived experiences, self-reported opinions and thoughts of university students studying in Britain and Greece; exploring students' social and drinking behaviour in order to understand what causes, influences, motivates and reinforces students to drink. The information provided via the interviews will be thematically analysed for research purposes to address students' self-reported attitudes and make sense of them.

The study was inspired by previous work concerning motivational drinking in social situations, with previous research indicating that students purposely pursue drunkenness.

This research aimed to address (a) how students in Britain and Greece make sense of their social behaviour when intoxicated or sober, (b) how students in Britain and Greece make sense of motives for binge drinking in social situations and what do they gain from it, and (c) how students in Britain and Greece make sense of cultural and societal influences on drinking.

If you are interested in finding out the results of this study, feel free to contact me via email on s.konsta421@canterbury.ac.uk and I will be happy to forward you a copy of my thesis once completed.

THANK YOU!

University Department:

Master of Science by Research in Psychology (Social and Applied Sciences)

Mailing Address:

North Holmes Road, Canterbury, Kent, England, CT1 1QU

Appendix F

Transcripts Conventions

(poor connection)	Weak signal
(inaudible)	Inability to hear what was said
[Laughs]	Indicates laughter
...	Pause in speech
--	Denotes speech ending abruptly
!	Lively and emphatic tone

Appendix G

Colour Coding

Normal Text	General comments on context
Yellow Highlight	Stood out as important
Greek Themes	Subordinate Themes
A Liberated Self	Desired Self
	Escape to the Present
	Increased Impulsivity
Collective Belongingness	Welcoming Atmosphere
	An Entryway to Discovering Unity
	The Power of Storytelling
Embedded Culture	A Newfound Independence
	A Period for Rejoice and Sociability
	The Nature of Social Situations
Relaxed Attitude	Relaxed Policy
	Staying Decent
British Themes	Subordinate Themes
A Liberated Self	A Release from Bonds
	Desired Self
Following the Crowd	Centrality of Alcohol in Culture
	Centrality of Alcohol in Friendships
An Intensified Experience	A Successful Experience
	Drinking Heavily

Appendix H

Highlighted Greek Transcripts

Interview 1 – Helena		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: Ωραία άρχισε τώρα, ξεκινάμε. Εε, πες μου λίγα λόγια για σένα;	Researcher: <i>Alright there we are, let's get started. Eh, tell me a bit about yourself?</i>	
Ελένη: Εε, με λένε Ελένη, είμαι 21 χρονών... είμαι μισή Ελληνίδα μισή Κύπρια, έχω μεγαλώσει στην Κύπρο και τα τελευταία χρόνια σπουδάζω λογοθεραπεία στα Γιάννενα.	Helena: <i>Eh, I'm Helena, I'm 21 years old... I'm half Greek half Cypriot, I grew up in Cyprus and for the past few years I've been studying speech and language therapy in Ioannina.</i>	Important to note that she didn't grow up in Greece but Cyprus and now studies in Greece. Possible differences can arise.
Ερευνήτρια: Δουλεύεις;	Researcher: <i>Do you work?</i>	No extra responsibilities; more free time.
Ελένη: Όχι, δεν δουλεύω.	Helena: <i>No, I don't work.</i>	
Ερευνήτρια: Εε, τι κάνεις στον ελεύθερο σου χρόνο;	Researcher: <i>Eh, what do you do in your free time?</i>	
Ελένη: Τις περισσότερες φορές αράζω με τους φίλους μου σε πάρκα, βλέπουμε ταινίες, βγαίνουμε βόλτες... μμ, αυτά.	Helena: <i>Most of the time I hang out with my friends in parks, we watch movies, we go for walks... mm, yeah.</i>	Her interests revolve around her friends. The fact that she doesn't mention any personal interests indicates that she prefers to do things with others (engages in social activities that are not directly related to drinking).
Ερευνήτρια: Πως νιώθεις που είσαι φοιτήτρια και σπουδάζεις σε πανεπιστήμιο;	Researcher: <i>How do you feel about being a student and studying at a university?</i>	
Ελένη: Εε, ήταν ένα από τα όνειρα μου να σπουδάσω λογοθεραπεία, οπότε νιώθω πάρα πολύ όμορφα που σπουδάζω.	Helena: <i>Eh, well it was one of my dreams to study speech and language therapy, so I feel great that I'm studying.</i>	Feels what she is doing is worthwhile, it is an achievement, and so she is proud
Ερευνήτρια: Και τι σου αρέσει από την φοιτητική ζωή;	Researcher: <i>And what do you enjoy about the university life?</i>	A newfound freedom. Appreciates having control of her own life; it's the desire to be independent and self-rule. She mentions independence and freedom that she seems to have obtained when she became a student.
Ελένη: Μου αρέσει πάρα πολύ η ανεξαρτησία	Helena: <i>I really like the independence and</i>	

<p>και η ελευθερία που μένω μόνη μου στο σπίτι και κάνω ότι γουστάρω, και εννοείτε ότι δεν είναι εκεί οι γονείς μου!</p> <p>Ερευνήτρια: Και τι δεν σου αρέσει;</p> <p>Ελένη: Θα έλεγα ότι δεν μου αρέσουν τα πρωινά μαθήματα, που πρέπει να σηκωθώ παρά πολύ πρωί και να πάω στο πανεπιστήμιο, και εε, ότι πρέπει να διαβάζω παρά πολύ.</p> <p>Ερευνήτρια: Δεν είσαι πρωινός τύπος;</p> <p>Ελένη: Όχι δεν είμαι, και δεν μου αρέσει επίσης που πρέπει να διαβάζω πάρα πολύ για τις εξετάσεις.</p> <p>Ερευνήτρια: Μμ, πώς θα χαρακτήριζες τους Έλληνες φοιτητές;</p> <p>Ελένη: Πολύ χαλαρούς θα έλεγα, εε, όλη μέρα αράζουν στις καφετέριες, με τους φίλους τους, περνάνε καλά... πηγαίνουν και λίγο πανεπιστήμιο...</p> <p>Ερευνήτρια: Και πως νομίζεις ότι σε βλέπουν οι άλλοι που είσαι φοιτήτρια;</p> <p>Ελένη: Εε, έχω πάρει μόνο θετικά σχόλια μέχρι στιγμής από φίλους και συγγενείς που όλοι είναι πάρα πολύ χαρούμενοι, και πάρα πολύ χαρούμενοι εε που σπουδάζω στην Ελλάδα.</p> <p>Ερευνήτρια: Και εσύ πώς βλέπεις τον εαυτό σου... που είσαι φοιτήτρια;</p>	<p><i>the freedom that I have living alone and doing whatever I like, and of course that my parents are not there!</i></p> <p>Researcher: <i>And what do you dislike?</i></p> <p>Helena: <i>I'd say I don't like the morning classes, having to get up very early in the morning and go to university, and eh, that I have to study so much.</i></p> <p>Researcher: <i>You're not a morning person?</i></p> <p>Helena: <i>No, I'm not, and I also don't like having to study so hard for exams.</i></p> <p>Researcher: <i>Mm, how would you describe Greek students?</i></p> <p>Helena: <i>Very relaxed I'd say, eh, they hang out in the cafes all day, with their friends, having a good time... they attend their classes sometimes...</i></p> <p>Researcher: <i>And how do you think other people see you because you are a student?</i></p> <p>Helena: <i>Eh, well I've only received positive comments so far from friends and relatives who are all very very happy, and they're very happy that eh I'm studying in Greece.</i></p> <p>Researcher: <i>And how do you see yourself... being a student?</i></p>	<p>Associating freedom and independence with living alone away from her parents.</p> <p>Becoming a student increases independence and freedom from control; and decreases parental control, monitoring and guidance.</p> <p>University requires responsibility and that's a weight; perhaps because it conflicts with her need for freedom. In other words, because it infiltrates her sense of freedom, and she's not in control to do what she wants to do whenever she wants to.</p> <p>Again, she stresses how much she doesn't like the amount of work she's required to do. Sees it as something she must do, "having to", and that seems to affect how she feels about it.</p> <p>Relaxed means free from tension and anxiety; not in a hurry, and so she portrays Greek students as quite laidback, social and fun, attending their university lectures and seminars now and then but not treating university as a priority, and mostly hanging out with their friends- which is an appealing lifestyle. They prefer to hang out with their friends, tension-free, then to keep up with their university responsibilities. Associates being a student with having "a good time". A mirror image of herself perhaps.</p> <p>Seems like going to university in Greece is a big deal for her family. Everyone is proud of her and supportive, but this can come with a weight. A sense of responsibility to not mess it up.</p>
--	--	--

<p>Ελένη: Εννοείτε ότι είμαι και εγώ περήφανη για τον εαυτό μου, που σπουδάζω και κάνω αυτό που θέλω, και μαθαίνω τόσα πολλά πράγματα που θα με βοηθήσουν για την μελλοντική μου καριέρα.</p>	<p>Helena: <i>Obviously I'm proud of myself too, studying and doing what I chose, and learning so many things that will help me in my future career.</i></p>	<p>She sees herself as a student who is open to learning in order to help her with her future career, embracing a long-term approach to reach her goals. She again emphasises how important it is for her to make her own decisions, "<i>doing what I chose</i>", highlighting her need for autonomy; the ability to make her own choices (self-rule).</p>
<p>Ερευνήτρια: Μμ. Πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο;</p>	<p>Researcher: <i>Mm. How did you find the transition from college to university?</i></p>	<p>Struggled with the initial transition from college into university (adjustment period-instability).</p>
<p>Ελένη: Στην αρχή ήταν πάρα πολύ δύσκολο για μένα, αλλά μετά τα κατάφερα.</p>	<p>Helena: <i>At first it was very difficult for me, but then I managed it.</i></p>	<p>Struggled with the initial transition from college into university (adjustment period-instability).</p>
<p>Ερευνήτρια: Χμ και τώρα πως είναι ακριβώς; Πως-- πως νιώθεις;</p>	<p>Researcher: <i>Hm and how is it now? How-- how do you feel?</i></p>	<p>She was afraid of not having a sustainable social life, of feeling lonely. Friendship clearly is vital for her. Social interactions and social activity helped her to cope with stress and moving home; thinking more positively about her new environment. Grew up in a "<i>small village</i>", which means a tighter social community. She didn't just move to a bigger city, she moved to another country, indicating an unstable period, initially fearing she will face social and communication difficulties, highlighting once again the importance of social interaction, acceptance and the need to belong.</p>
<p>Ελένη: Εε... τώρα μπορώ να πω ότι όλα δουλεύουν πάρα πολύ σωστά, δεν είμαι αγχωμένη ούτε φοβάμαι αυτήν την αλλαγή και ότι μένω μόνη μου, έχω τους φίλους μου, βγαίνουμε, αράζουμε, κάνουμε πράγματα. Δεν φοβάμαι-- εε επειδή έχω μεγαλώσει σε ένα μικρό χωριό, τώρα μένω σε μια μεγάλη πόλη, αυτή η αλλαγή στην αρχή με φόβιζε, αλλά τώρα έχω καταλάβει ότι είναι πάρα πολύ φιλικοί οι κάτοικοι εδώ και όλα είναι πολύ όμορφα και ωραία.</p>	<p>Helena: <i>Eh... now I can say that everything worked out pretty well, I'm not stressed anymore, nor am I afraid of this change or that I live alone, I've got my friends now, we go out, we hang out, we do things. I'm not afraid-- eh because I grew up in a small village, now I live in a big city, this change initially scared me, but then I realised that the people here are very friendly and everything turned out beautifully.</i></p>	<p>Lives far from her family and where she grew up. Control lessens during this separation from family and moving out, and so she becomes freer to choose lifestyles and behaviours that are not restricted by others.</p>
<p>Ερευνήτρια: Και μένεις μακριά από την οικογένεια σου; Απο το σπιτικό σου;</p>	<p>Researcher: <i>And do you live away from your family? Your home?</i></p>	<p>Lives far from her family and where she grew up. Control lessens during this separation from family and moving out, and so she becomes freer to choose lifestyles and behaviours that are not restricted by others.</p>
<p>Ελένη: Εε... ναι, η οικογένεια μου μένει στην Κύπρο και εγώ μένω στα Γιάννενα, οπότε ναι, είναι πολύ μακριά.</p>	<p>Helena: <i>Eh... yes, my family lives in Cyprus and I live in Ioannina, so yes, they are very far away.</i></p>	<p>A newfound freedom. Mixed feelings about leaving but the desire to be autonomous seems to be far more rewarding in her perceptive even if she misses her family. "<i>I</i></p>
<p>Ερευνήτρια: Και πώς νιώθεις για αυτό;</p>	<p>Researcher: <i>And how do you feel about that?</i></p>	<p>A newfound freedom. Mixed feelings about leaving but the desire to be autonomous seems to be far more rewarding in her perceptive even if she misses her family. "<i>I</i></p>
<p>Ελένη: Φυσικά είμαι λυπημένη και μου λείπουν πάρα πολύ οι γονείς μου και η αδερφή</p>	<p>Helena: <i>Of course I'm sad and I miss my parents and my sister dearly, but at the same</i></p>	<p>A newfound freedom. Mixed feelings about leaving but the desire to be autonomous seems to be far more rewarding in her perceptive even if she misses her family. "<i>I</i></p>

<p>μου, αλλά ταυτόχρονα μου αρέσει κιόλας γιατί έχω την ελευθερία μου, έχω την ησυχία μου, έχω το σπιτάκι μου. Κάνω πράγματα που πραγματικά θέλω να κάνω όποτε θέλω.</p>	<p><i>time I like it because I have my freedom, I have my quiet, I have my little home. I do things I truly want to do whenever I want.</i></p>	<p><i>have my quiet</i>" refers to peacefulness and silence. Living away from her family has allowed her in a way to obtain her freedom and find peacefulness, again associating living away from her family with personal freedom. She can do what she desires to do with no judgment and control.</p>
<p>Ερευνήτρια: Χμμ. Εε, τώρα... πες μου λίγα λόγια για την νυχτερινή σου ζωή; Δηλαδή τι σου αρέσει να κάνεις... τέτοια πράγματα.</p>	<p>Researcher: <i>Hmm. Eh, now... tell me a bit about your nightlife? So, what do you like to do... things like that.</i></p>	<p>She views going out as a given in her life and therefore, gives the impression that she sees it as part of what she is meant to do, as it plays an important role in her whole experience as an individual.</p>
<p>Ελένη: Εε, ναι εε... μου αρέσει να βγαίνω εννοείται και πιο πολύ βγαίνω σε μπαρς.</p>	<p>Helena: <i>Eh, yeah eh... I like going out of course and I mostly go out to bars.</i></p>	<p>Going out is embedded in her routine; part of her lifestyle.</p>
<p>Ερευνήτρια: Και βγαίνεις συχνά;</p>	<p>Researcher: <i>And do you go out often?</i></p>	<p>She seems to enjoy going out with her friends quite often to social places where drinking is expected and occurs and stays out for the entire night. Highlights the period of rejoice and sociability. Places in Greece stay open until morning hours indicating a vibrant nightlife in general.</p>
<p>Ελένη: Εε, βγαίνω συνήθως 2/3 φορές την εβδομάδα.</p>	<p>Helena: <i>Eh, I usually go out two or three times a week.</i></p>	<p>An entryway to discovering unity. Enhances the fun. Perhaps she is motivated to drink by the way alcohol can be used as a means of enhancement, experiencing moments with friends which unify them as they are all partaking in the same action of drinking.</p>
<p>Ερευνήτρια: Για πόσες ώρες θα βγεις;</p>	<p>Researcher: <i>How long do you stay out for?</i></p>	<p>Each of the components that she believes provide her with a good time are just as important as alcohol and create an atmospheric situation, enhancing what is already there. This pleasant, ambient atmosphere achieved through lighting and music and company, all seem to be things</p>
<p>Ελένη: Τα μπαράκια που πηγαίνω ανοίγουν πολύ βράδυ, οπότε θα έλεγα πάμε με τις φίλες μου κατά της 12 με δώδεκα και μισή και επιστρέφουμε πίσω πρωινές ώρες, κατά τις 5/6.</p>	<p>Helena: <i>The bars I go to open quite late, so I'd say my friends and I go out around twelve or twelve thirty and come back early in the morning, around five or six.</i></p>	<p>Each of the components that she believes provide her with a good time are just as important as alcohol and create an atmospheric situation, enhancing what is already there. This pleasant, ambient atmosphere achieved through lighting and music and company, all seem to be things</p>
<p>Ερευνήτρια: Αχα... και τι είναι ενα πάρτι για εσένα; Δηλαδή τι θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;</p>	<p>Researcher: <i>Aha... and what is a party to you? So, what do you consider a good party would you say?</i></p>	<p>Each of the components that she believes provide her with a good time are just as important as alcohol and create an atmospheric situation, enhancing what is already there. This pleasant, ambient atmosphere achieved through lighting and music and company, all seem to be things</p>
<p>Ελένη: Αα, εε για μένα... σημαίνει πολύ αλκοόλ, άφθονο αλκοόλ, πολύ καλή παρέα, ωραία μουσική, χαμηλός φωτισμός... όμορφοι άνθρωποι γύρω μου, καλοί άνθρωποι γύρω μου.</p>	<p>Helena: <i>Aa, eh for me... means a lot of alcohol, plenty of alcohol, good friends, nice music, low lighting... beautiful people around me, good people around me.</i></p>	<p>Each of the components that she believes provide her with a good time are just as important as alcohol and create an atmospheric situation, enhancing what is already there. This pleasant, ambient atmosphere achieved through lighting and music and company, all seem to be things</p>
<p>Ερευνήτρια: Και τι θα ήταν ενα κακό πάρτι;</p>	<p>Researcher: <i>And what would you consider a bad party?</i></p>	<p>Each of the components that she believes provide her with a good time are just as important as alcohol and create an atmospheric situation, enhancing what is already there. This pleasant, ambient atmosphere achieved through lighting and music and company, all seem to be things</p>

<p>Ελένη: <i>Αα, εε ακριβώς το αντίθετο θα έλεγα, να μην υπάρχουν όλα αυτά γύρω μου.</i></p> <p>Ερευνήτρια: <i>Δηλαδή;</i></p> <p>Ελένη: <i>Δηλαδή να μην υπάρχει ποτό, να μην υπάρχει ωραία μουσική, ο κόσμος να είναι κακοδιάθετος, να μην είναι χαρούμενος και να μην περνάει καλά. Όλα αυτά μαζί δηλαδή.</i></p> <p>Ερευνήτρια: <i>Και γιατί το πιστεύεις ότι αυτό κάνει ένα κακό πάρτι;</i></p> <p>Ελένη: <i>Εμ, γιατί έχω πάει σε ένα τέτοιο πάρτι και δεν πέρασα καθόλου καλά και έφυγα πολύ νωρίς.</i></p> <p>Ερευνήτρια: <i>Αχα... εμμ, πώς είναι το προσωπικό και οι κανόνες στα μπαρ και κλαμπ που βγαίνεις;</i></p> <p>Ελένη: <i>Α είναι παρά πολύ-- παρά πολύ θετικοί άνθρωποι, είναι με το χαμόγελο στα χείλη. Θα σε καλωσορίσουν, θα σου μιλήσουν. Νιώθεις την οικειότητα και την ζεστασιά από αυτούς τους ανθρώπους.</i></p> <p>Ερευνήτρια: <i>Και για τους κανόνες;</i></p> <p>Ελένη: <i>Φυσικά θα υπάρχουν κανόνες αλλά δεν έχω-- δεν έχω εμπειρία που να-- δεν έχω κάποια εμπειρία να σου πω για τους κανόνες.</i></p> <p>Ερευνήτρια: <i>Ούτε για όρια; Όρια και κανόνες;</i></p>	<p>Helena: <i>Aa, eh exactly the opposite I'd say, not having all those things.</i></p> <p>Researcher: <i>What do you mean?</i></p> <p>Helena: <i>So, no drinks, no good music, being around people who are in a bad mood, not being happy and not having a good time. All this together.</i></p> <p>Researcher: <i>And why do you believe this makes a bad party?</i></p> <p>Helena: <i>Um, because I've been to a party like this and I didn't have a good time and left very early.</i></p> <p>Researcher: <i>Aha... erm, how are the drinking places you go to such as pubs and clubs in regard to staff and rules?</i></p> <p>Helena: <i>Oh, they're very-- very positive people, always with a smile on their face. They'll welcome you, they'll talk to you. You feel the familiarity and warmth from these people.</i></p> <p>Researcher: <i>And regarding the rules?</i></p> <p>Helena: <i>Of course there will be rules but I don't have-- I haven't experienced-- I don't have any experiences to tell you regarding rules.</i></p> <p>Researcher: <i>Nor about boundaries? Boundaries and rules?</i></p>	<p>which would make someone feel comfortable and at ease; part of a collective experience. Comfort and cohesion could give her the sense of freedom she craves and thrives in this feeling of freedom.</p> <p>Through this release, she is free to connect with others and feel as one with them. Others being “in a bad mood” and “not having a good time” affects her mood and creates a bad vibe; emotional contagion. She cannot resonate with them and feel comfortable as the mood they are creating is unpleasant. This perhaps blocks that feeling of freedom that she thrives in and doesn't allow cohesion to naturally occur; separating people.</p> <p>Welcoming atmosphere. Positive people are more sociable and open. Familiarity refers to the feelings of security, warmth, closeness, trust and care. Warmth that makes her feel immediately welcomed when she goes out; leaving a lasting impression and inspiring respect. She feels like she belongs.</p> <p>She is aware that there are rules but based on what she said she has not seen any being enforced. This suggests that none have been broken, as far as she is aware. This could be linked back to how she described the welcoming atmosphere of the social drinking places she goes to which clearly create mutual respect between the customer and the staff. Maintaining a level of decency and trouble-free environment.</p>
--	--	--

Ελένη: Εε, όλοι οι άνθρωποι στα μπαράκια που πηγαίνω, και πίνουν πάρα πολύ εε μέχρι πρωινές ώρες, και καπνίζουμε μέσα στο μπαράκι, και γίνεται φασαρία και ξεσηκωμός.

Ερευνήτρια: Μέχρι νωρίς το πρωί;

Ελένη: Ναι, μέχρι νωρίς το πρωί, αλλά δεν έχω ζήσει κάποια συγκεκριμένη εμπειρία με βάση τους κανόνες, δεν έχω δει πως πάει..

Ερευνήτρια: Μμ. Υπάρχει security στο χώρο;

Ελένη: Εε δεν έχω δει security να υπάρχει, όχι.

Ερευνήτρια: Εε ok... πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις δηλαδή;

Ελένη: Εε, θα έλεγα ότι εννοείται θα διασκεδάζεις όσο πιο πολύ μπορείς και θα περνάς τέλεια και... θα έλεγα επίσης ότι-- το λογικό δηλαδή θα είναι ότι δεν θα σπας πράγματα, δεν θα χτυπάς ανθρώπους...

Ερευνήτρια: Ναι χμμ, και πώς είναι η ατμόσφαιρα;

Ελένη: Η ατμόσφαιρα είναι πάρα πολύ φιλική, είναι οικεία όπως είχα πει πριν... ξεστασιά, οι άνθρωποι είναι καλοσυνάτοι. Είσαι βασικά σαν να-- νιώθεις βασικά ότι

Helena: *Eh, all the people in the bars I go to, and they drink a lot eh until the morning hours, and smoke inside the bars, and it gets loud and everyone fires up.*

Researcher: *Until early in the morning?*

Helena: *Yeah, until early in the morning, but I haven't experienced any particular rule-based experience, I haven't seen how it goes.*

Researcher: *Mm. Is there security and bouncers?*

Helena: *Eh I haven't seen security, no.*

Researcher: *Eh ok... what do you think is expected from you in the drinking places you go to? What can you do and cannot do in such places?*

Helena: *Eh, I'd say that of course you're going to have as much fun as you can and have a great time too and... I'd also say that-- the logical thing is, you don't break things, you don't hit people...*

Researcher: *Yes hmm, and how is the atmosphere?*

Helena: *The atmosphere is very friendly, it feels familiar as I said before... warm, people are kind, openhearted. You're basically like-- you basically feel like you're*

A collective unconstrained experience. Sees the whole scene as quite normal, problem-free and rule-free, seeing people drinking until the morning, smoking inside, getting loud and firing up as part of the experience. Fired up refers to feelings of excitement and enthusiasm.

She hasn't seen any strict measures been taken and so she may feel freer. This perhaps implies that the places she goes to are control-free because they are trouble-free.

No security so less control.

The nature of social situations. "Have as much fun as you can" and a "great time" is seen as something that is envisioned when she goes out. Associating going out with fun as if it is embedded in the whole experience of going out.

She mentions social unspoken rules that take place, such as not breaking things and hitting people, but based on common sense, not on enforced official rules or legal controls. It is about staying decent.

Welcoming atmosphere. There is a good community atmosphere and social relations which are characterised by acceptance and trust; promoting conviviality and building

είσαι με την οικογένεια σου.

Ερευνήτρια: Χμμ, και πως νιώθεις εσύ προσωπικά όταν είσαι σε τέτοιους χώρους, σε αυτήν την ατμόσφαιρα;

Ελένη: Περνάω πάρα πολύ όμορφα, πάρα πολύ ωραία. Για αυτό άλλωστε μένουμε μέχρι τις πρωινές ώρες.

Ερευνήτρια: Ναι... χμ, υπάρχει συγκεκριμένη διαδικασία στην είσοδο του μαγαζιού;

Ελένη: Όχι δεν θα έλεγα ότι υπάρχει συγκεκριμένη διαδικασία... εε πηγαίνεις εκεί στο μπαρ, υπάρχει ένας τυπάς εκεί στην είσοδο ο οποίος θα σε καλωσορίσει, εε θα σου μιλήσει και μετά θα μπεις μέσα στο μπαράκι, αυτή είναι η μόνη διαδικασία.

Ερευνήτρια: Δεν σε-- δεν σε τσεκάρουνε;

Ελένη: Όχι, ποτέ δεν με έχουν τσεκάρει εμένα.

Ερευνήτρια: Ούτε βλέπουν την ταυτότητα σου;

Ελένη: Όχι βέβαια, ποτέ δεν έχω πάρει ταυτότητα μαζί μου όταν βγαίνω.

Ερευνήτρια: Χμμ. Εε, τώρα μπορείς να μου πεις για την πρώτη φορά που πήγες σε ένα κλαμπ ή μπαρ;

Ελένη: Ναι εε, η πρώτη φορά ήταν όταν ήμουν 16 με 17 χρονών, τότε πήγαμε.

with your family.

Researcher: *Hmm, and how do you feel personally when you're in places like this, in this atmosphere?*

Helena: *I have a very nice time, very very nice. That's why we stay until the morning hours after all.*

Researcher: *Yeah... hm, is there a specific entry policy?*

Helena: *No, I wouldn't say there's a specific procedure... eh you get to the bar, there's a guy there at the entrance who welcomes you in, eh, he'll talk to you, and then you go in the bar, that's basically it.*

Researcher: *Don't they-- don't they check you?*

Helena: *No, I've never been checked.*

Researcher: *They don't even look at your ID?*

Helena: *Of course not, I've never even taken my ID with me when I go out.*

Researcher: *Hmm. Eh, now can you recall the first time you went to a bar or club and tell me about it?*

Helena: *Yeah eh, the first time was when I was 16 or 17 years old, that's when we went.*

and strengthening interpersonal bonds.

Signifying a sense of belonging and community. Feeling like she's with her family meaning she is comfortable and feels safe; feels at home. She feels like she belongs without feeling controlled in the way she does around her actual family.

The influence of familiarity.

She feels welcomed (relaxed attitude). No strict measures or entry specific policy, so less control. Feels like she belongs due to the welcoming environment.

They don't check her ID or search her. The fact that she says "of course not" implies that this has never happened to her and so it's rare in the places she goes to (very relaxed policy). In fact, this course of action, that being, checking someone's identification for age verifications, seems alien to her.

Before she was 18; again, giving the impression of a relaxed policy. The law doesn't seem to be strictly enforced when it comes to purchasing alcohol and going out to social drinking places.

Ερευνήτρια: *Ναι, και πως ένιωσες;*

Ελένη: *Δεν θυμάμαι ακριβώς πως είχα νιώσει εκείνη την βραδιά, αλλά θυμάμαι ότι το ήθελα πάρα πολύ και είχα-- είχα μεγάλη διαφωνία με τους γονείς μου αν θα πάω ή όχι, αλλά τελικά με άφησαν να πάω, εε, και φυσικά πέρασα υπέροχα, ήταν η πρώτη μου εμπειρία σε κλαμπ.*

Ερευνήτρια: *Και ήπιες αλκοόλ;*

Ελένη: *Εννοείται ότι ήπιαμε αλκοόλ.*

Ερευνήτρια: *Τι σε έκανε να πιείς;*

Ελένη: *Ε,ε η ατμόσφαιρα, η άνθρωποι, η παρέα μου, όλοι βασικά πίναμε, ήταν η πρώτη έξοδος τότε, οπότε επιβαλλόταν ότι θα πιούμε αλκοόλ και θα περάσουμε καλά.*

Ερευνήτρια: *Και πως ε-- βασικά πες μου τι έγινε εκείνο το βράδυ από αυτά που θυμάσαι;*

Ελένη: *Εεε μετά από την διαφωνία με τους γονείς μου, εε, αποφάσισαν ότι μου επιτρέπουν να πάω στο κλαμπ οπότε μαζεύτηκαν όλες οι φίλες μου στο σπίτι, μας πήγε η μαμά μου, είχαμε και γενέθλια οπότε πήραμε μαζί μας και τούρτα και μπαλόνια και γιορτάσαμε τα γενέθλια στο κλαμπ, και εννοείται ότι αγοράσαμε και αλκοόλ και χορεύαμε όλο το βράδυ.*

Ερευνήτρια: *Εε, μέθυσες;*

Researcher: *Yes, and how did you feel?*

Helena: *I don't remember exactly how I felt that night, but I do remember that I wanted to go out **very badly** and I had-- I had a big disagreement with my parents about whether or not I'd go, but eventually they let me go, eh, and **of course I had a wonderful time, it was my first clubbing experience.***

Researcher: *And did you drink alcohol?*

Helena: ***Of course we drank alcohol.***

Researcher: *What influenced you to drink?*

Helena: *Eh, the atmosphere, the people, my friends, we were all basically drinking, **it was my first time going out, so it was imperative that we'll drink alcohol and have good time.***

Researcher: *And how eh-- actually could you tell me what happened that night from what you remember?*

Helena: *Eh, after arguing with my parents, eh, they decided they'd let me go to the club, so all my friends gathered at mine, and my mum drove us there and it was someone's birthday so we brought a cake and balloons with us and we celebrated the birthday at the club, **and of course we bought alcohol and we danced all night.***

Researcher: *Eh, did you get drunk?*

She wanted to go out “badly”, perhaps because she knew she was not allowed to, and it is viewed as part of growing up. By going out she proves to herself that she cannot be restricted by others and that she's not a kid anymore. Associated growing up and independent enjoyment; she envisioned that she was going to have a “wonderful” time because it was her first time going out and saw that as a given.

It is expected; a normative action when going out.

A collective experience and an expectation; enabling subsequent justifications and rationalisation. This expectation is a personal one, but it has been formed by society; that is what she grew up viewing as an adult way of enjoying herself with her peers in a social situation. Drinking in social situations is not only normal but also socially imperative in her opinion when you go out for the first time. Important to note that expectations tend to shape the way one sees, understands, feels and forms an opinion on a behaviour.

A normative perspective on alcohol use. It's what you do when you go out. It is part of the experience.

<p>Ελένη: Μέθυσσα, εννοείται ότι μέθυσσα.</p> <p>Ερευνήτρια: Χμ και-- τώρα θέλω να μου πεις πότε ήταν η πρώτη φορά που ήπιες αλκοόλ και που.</p> <p>Ελένη: Ωχ... εε, πρώτη φορά που ήπια αλκοόλ ήμουνα αρκετά μικρή μπορώ να πω, ήμουνα 12 χρονών άρα ήμουνα πρώτη γυμνασίου και είχα πάει στο σπίτι της φίλης μου. Οι γονείς της έλειπαν τότε, κάπου είχαν πάει, ήτανε βραδάκι, οπότε πήγαμε στο περίπτερο της γειτονιάς και αγοράσαμε αλκοόλ... και μετά πήγαμε στο σπίτι και το ήπιαμε.</p> <p>Ερευνήτρια: Εε, και πώς ένιωσες;</p> <p>Ελένη: Ένιωσα πάρα πολύ περήφανη για τον εαυτό μου και--</p> <p>Ερευνήτρια: Γιατί;</p> <p>Ελένη: Ένιωσα επίσης την ελευθερία-- εε ένιωσα περήφανη γιατί μπορούσα-- γιατί τα κατάφερα να πάω εναντίον στους κανονισμούς και στο σύστημα και να πιω αλκοόλ με την φίλη μου που τόσο πολύ θέλαμε να το δοκιμάσουμε.</p> <p>Ερευνήτρια: Ναι... λοιπόν, εμ-- και τώρα τι ρόλο παίζει το αλκοόλ στη ζωή σου;</p> <p>Ελένη: Τώρα βασικά, όποτε βγω είναι το μόνο σίγουρο ότι θα πιω αλκοόλ, οπότε μπορώ να πω ότι είναι αρκετά σημαντικό για μένα.</p>	<p>Helena: <i>I got drunk, of course I got drunk.</i></p> <p>Researcher: <i>Hm and-- now I want you to tell me when was the first time you drank alcohol and where.</i></p> <p>Helena: <i>Eek... eh, well the first time I had alcohol I was quite young, I was 12 so I was in high school and I'd gone to my friend's house. Her parents were away at the time, they had gone somewhere, and it was late in the evening, so we went to the neighbourhood's minimarket and bought alcohol and then we went home and drank it.</i></p> <p>Researcher: <i>Eh, and how did you feel?</i></p> <p>Helena: <i>I felt so proud of myself and--</i></p> <p>Researcher: <i>Why?</i></p> <p>Helena: <i>I also felt the freedom-- eh I felt proud because I could-- because I managed to go against the rules and the system and drink alcohol with my friend who we so badly wanted to try.</i></p> <p>Researcher: <i>Yeah... so, eh-- and now what place does alcohol have in your life?</i></p> <p>Helena: <i>Now actually, whenever I go out, the only sure thing is that I'm gonna drink alcohol, so I'd say that it's pretty important to me.</i></p>	<p>Major emphasis on getting drunk as a normal behaviour for the first night out in a social drinking place (an expectation).</p> <p>She was only 12 and yet she could buy alcohol from a minimarket; once again indicating very little control and an extremely relaxed policy. She was free from a young age to do things that are not legally acceptable when authority figures weren't present. Seems like the control comes from the family and not from external or legal constraints and restrictions.</p> <p>She was aware she was not allowed and so she was proud that she did; she viewed drinking as a 'cool' behaviour/experience and a way to rebel. This possibly could have been because she was raised in a small village where perhaps she felt more trapped and restricted, so she wanted to trespass boundaries from a young age. Drinking made her feel proud, like she did something special, and provided her with a sense of freedom. By drinking, in her perspective, she rebelled against control. Knowing that it's forbidden made her want to drink.</p> <p>She is inclined to drink every time she goes out as it is considered part of going out. "Important to" is something you value, and so she portrays drinking as something she values more than she needs.</p>
---	--	--

Ερευνήτρια: Και-- και πόσο συχνά θα είναι αυτό δηλαδή;	Researcher: And-- and how often would that be?	Part of her routine; embedded in her lifestyle.
Ελένη: Εε, 3 φορές την εβδομάδα.	Helena: Eh, three times a week.	An active drinker, perhaps as a result of the embedded student culture or the increased freedom. She has more free time and nobody is there to monitor her and tell her what to do.
Ερευνήτρια: Εε, μεθάς κάθε φορά;	Researcher: Eh, do you get drunk every time?	
Ελένη: Τις περισσότερες φορές θα μεθύσω, ναι.	Helena: Most of the times I get drunk , yes.	She is inclined to get drunk. Part of her experience.
Ερευνήτρια: Χμμ. Τι σε επηρεάζει να πιείς ή να μην πιείς;	Researcher: Hmm. What influences whether you drink or not?	
Ελένη: Η παρέα μου... και πώς αισθάνομαι.	Helena: My friends... and how I feel.	Both company and mood can create a certain atmosphere, which can influence whether and how much she drinks.
Ερευνήτρια: Δηλαδή;	Researcher: How do you mean?	
Ελένη: Δηλαδή... εε, όταν έχω ζήσει την ημέρα τα πιο έντονα συναισθήματα για παράδειγμα χαράς ή λύπης, αυτό θα με επηρεάσει πάρα πολύ, και στις 2 περιπτώσεις για παράδειγμα θα πιώ πάρα πολύ αλκοόλ, και αυτό συμβαίνει επίσης και όταν θα βγω με τις φίλες μου και όλοι θα ξεκινήσουμε να πίνουμε και θα πίνουμε όλο και πιο πολύ μετά.	Helena: I mean... eh, when I've experienced the most intense feelings of joy or sadness during a day, this will affect me quite a bit, and in both cases for example I'm going to drink a lot of alcohol, and that also happens when I go out with my friends and we all start drinking and drink more and more as the night progresses.	Intense emotions create an intense atmosphere, persuading her to drink in a more intense manner. When emotions intensify, she drinks so she can express them freely or as a means of self-medication. Motivated to drink when she's sad as drinking forces her into that intensely alive state that is free of thinking, free of problems and free of time. She also engages in drinking when she is very happy, indicating that she also sees alcohol as something to celebrate with. Symbolising festivity.
Ερευνήτρια: Ωραία, 1 λεπτό γιατί έχει χαλάσει λίγο το σήμα... εε, η σύνδεση. Νομίζω πως χρησιμοποιούν πολλοί το ίντερνετ. Οκ, νομίζω ότι έφτοιαξε, εε... συνεχίζουμε.	Researcher: Alright, wait a minute because the signal is bad... eh, the connection. I think a lot of people are using the internet at the same time. Okay, I think it's okay now... let's continue.	
Ελένη: Ναι.	Helena: Yeah.	Embedded culture. She is in an environment where everybody follows a similar lifestyle. This collective mindset leads to her being influenced, which causes her to act in a collective manner in alignment with others behaviours. Drinking seems to be a key component of her social life as she sees it as
Ερευνήτρια: Λοιπόν, πώς σε έχει επηρεάσει η κοινωνία στον τρόπο που πίνεις;	Researcher: So, how does your society influence the way you drink?	

Ελένη: Εεε... νομίζω ότι με έχει επηρεάσει γιατί-- όπως σου είπα και πριν μένω σε μία φοιτητική πόλη οπότε όλα τα μπαράκια που βγαίνω είναι με φοιτητές και νέους, και όλοι πίνουν και περνάνε καλά, οπότε νομίζω αυτό με έχει επηρεάσει και όταν βγαίνω θα κάνω και εγώ το ίδιο στην ουσία.

Ερευνήτρια: Χμμ... εε, πώς πιστεύεις ότι θα έπινες εάν δεν ήσουν φοιτήτρια;

Ελένη: Αν δεν ήμουνα φοιτήτρια το πιο πιθανό είναι ότι θα δούλευα και θα είχα μία πολύ διαφορετική ζωή και ρουτίνα στην καθημερινότητα μου, οπότε πιστεύω θα ήταν πολύ διαφορετικός ο τρόπος που θα πινα.

Ερευνήτρια: Ναι. Εε, αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους;

Ελένη: Ναι, σίγουρα αλλάζει.

Ερευνήτρια: Πώς;

Ελένη: Όταν είμαι με τους φίλους μου θα λέμε μαλακίες, θα γελάμε, θα περνάμε καλά, θα χορεύουμε, και το ένα φέρνει το άλλο και θα πιούμε πιο πολύ.

Ερευνήτρια: Ναι, και πώς νιώθεις όταν είσαι μεθυσμένη;

Ελένη: Πώς νιώθω όταν είμαι μεθυσμένη; ... ότι πετάω στα σύννεφα θα έλεγα.

Ερευνήτρια: [γέλιο], δηλαδή τί σου αρέσει και τί δεν σου αρέσει όταν μεθάς;

Helena: *Ehh... I think it has influenced me because-- like I told you before I live in a student town, so all the bars I go to gather students and young people, and they're all drinking and having a good time, so I think that has influenced me and when I go out I'm going to do the same thing basically.*

Researcher: *Hmm... eh, how do you think you would drink if you weren't a student?*

Helena: *If I wasn't a student I'd probably be working, and I'd have a very different life and routine to what I have now, so I believe the way I'd drink would be very different.*

Researcher: *Yeah. Eh, does drinking with friends affect the way you use alcohol?*

Helena: *Yes, it definitely changes.*

Researcher: *How?*

Helena: *When I'm with friends, we'll talk shit, we'll laugh, we'll have fun, we'll dance, and one thing leads to another and we'll end up drinking more.*

Researcher: *Yeah, and how do you feel when you're drunk?*

Helena: *How does it feel when I'm drunk?... like I'm flying in the clouds I'd say.*

Researcher: *[Laughs], so what do you enjoy about it and what do you dislike about it?*

part of her lifestyle. Drinking is perceived as part of student life, as is “having a good time”. The places that students and young people go to socialise tend to be places that drinking occurs, it is built as a whole set of habits. Because if you are a student who drinks, then it is very likely that your friends are drinkers and you are used to drinking in every social situation. It becomes ingrained into a routine.

A completely different lifestyle. She seems to believe that student life is constructed in a way that allows drinking to occur, perhaps due to the embedded culture, as it is the period for rejoice and socialisation, whereas work is the period of responsibility/order.

What also could be a contributing factor is the increased freedom from control and time constraints. She has more free time now to engage in drinking than she would if she was working, and she has the freedom (autonomy) in manage her social life.

Peers play an important role in shaping drinking behaviours, it is the nature of social situation that inspire social cohesion. It brings them together, making them one. She perceives it as a part of a night out as a collective experience. Alcohol enhances what is already there in a way; enhances the fun as it creates a collective vibe.

“Flying in the clouds” connotes feelings of freedom and limitless opportunities; in the sense of being able to do as she pleases, without anyone interfering. It reduces anxiety and helps her relax.

Ελένη: *Μ' αρέσει πάρα πολύ που χαλαρώνει ο εγκέφαλος μου, δεν σκέφτομαι κάτι συγκεκριμένο το οποίο μπορεί να με αγχώνει ή να με θυμώνει, και είμαι μονίμως με ένα χαμόγελο στα χείλη.*

Ερευνήτρια: *Χμμ.*

Ελένη: *Το τί δεν μ' αρέσει είναι μάλλον η επόμενη μέρα, που είναι όλη αυτή η διαδικασία να ξυπνήσεις, μετά να έχεις πονοκέφαλο, να μην ξέρεις τί σου γίνεται, hangover.*

Ερευνήτρια: *Χμμ μάλιστα, και περίπου πόσα ποτά πίνεις όταν θα βγεις;*

Ελένη: *Εε, πόσα ποτά,... εε γενικά νομίζω μετράω μέχρι το τέταρτο, μετά απ' το τέταρτο ποτήρι δεν θυμάμαι πόσα, αλλά σίγουρα πάνω από 4.*

Ερευνήτρια: *Οκ. Συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις να διασκεδάσεις;*

Ελένη: *Εε όχι... δεν το έχω κάνει αυτό ποτέ.*

Ερευνήτρια: *Γιατί;*

Ελένη: *Εε, δεν ξέρω, μπορεί επειδή δεν το έχουμε συνηθίσει. Δεν-- δεν το κάνουμε με τους φίλους, ούτε έχω ξανα ακούσει ποτέ γι' αυτό.*

Ερευνήτρια: *Χμμ...*

Helena: *I really like how my brain relaxes, I'm not thinking about anything in particular that might make me anxious or angry, and I'm always with a smile on my face.*

Researcher: *Hmm.*

Helena: *What I don't like is probably the next day, which is the whole process of waking up, then having a headache, not knowing what's going on, the hangover.*

Researcher: *Hmm I see, and how many drinks do you have when you go out usually?*

Helena: *Eh, how many drinks?... eh, I think I can count until the fourth, after the fourth glass I don't remember how many, but definitely more than four.*

Researcher: *Okay. Do you tend to pre-drink before going out?*

Helena: *Eh no... I've never done that before.*

Researcher: *Why?*

Helena: *Eh, I don't know, maybe because we're not used to it. We don't-- we don't do that with my friends, nor have I ever heard of it before.*

Researcher: *Hmm...*

Mental and emotional liberation. Aware that drinking stops her from thinking and reduces her anxiety. She's only considering the immediate time frame and so she doesn't think of past and future problems. Acts as a coping mechanism. It's the desire to escape and become a more ideal version of herself; tension-free.

She views the experiences whilst drunk as so rewarding that she is prepared to face the negative effects of drinking. She prefers to face the negative consequences of drinking than to drink within limits or stay sober in order to avoid them.

Loses the ability to count which indicates that she gets quite drunk and careless; she stops thinking.

Never pre-drinks before going out.

Pre-drinking doesn't seem to be something that she is familiar with. She only drinks within social drinking places. She doesn't seem to see a point in pre-drinking before going out. This suggests that she doesn't drink purely to get drunk; she drinks to enhance her social experience.

<p>Ελένη: <i>Οπότε είναι η διαδικασία να ετοιμαστούμε, να αποφασίσουμε που θα πάμε, και να βγούμε, αυτό.</i></p> <p>Ερευνήτρια: <i>Χμμ δηλαδή, μμμ. Έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;</i></p> <p>Ελένη: <i>Πάρα πολλές φορές.</i></p> <p>Ερευνήτρια: <i>Θυμάσαι πόσες φορές;</i></p> <p>Ελένη: <i>Ε όχι δεν θυμάμαι αλλά είναι πάρα πολλές.</i></p> <p>Ερευνήτρια: <i>Χμ, εε... όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους;</i></p> <p>Ελένη: <i>Εννοείται ότι αλλάζει.</i></p> <p>Ερευνήτρια: <i>Και, πώς;</i></p> <p>Ελένη: <i>Γιατί αλλάζει;... γιατί δεν είμαι πάρα πολύ κοινωνική και δεν-- δεν έχω την προδιάθεση να βγαίνω και να μιλάω με άλλους ανθρώπους, αγνώστους βασικά, ενώ όταν πίνω αλκοόλ είμαι πάρα πολύ φιλική, μιλάω με όλους τους ανθρώπους, κάνω αστεία με όλους τους ανθρώπους, χορεύω με όλους τους ανθρώπους.</i></p> <p>Ερευνήτρια: <i>Μάλιστα, εε, ποιές είναι όμως οι συγκεκριμένες συμπεριφορές σου όταν είσαι μεθυσμένη και όταν ε'ίσαι νηφάλια; Διαφορές σε αυτόν τον τομέα.</i></p> <p>Ελένη: <i>Εε, με βάση την συμπεριφορά μου;</i></p>	<p>Helena: <i>So, it's just the process of getting ready, deciding where to go, and going out, that's it.</i></p> <p>Researcher: <i>Hmm so yeah, mmm. Have you ever thrown up because of alcohol?</i></p> <p>Helena: <i>Too many times.</i></p> <p>Researcher: <i>Can you recall how many times?</i></p> <p>Helena: <i>Eh no I don't remember but it's a lot.</i></p> <p>Researcher: <i>Hm, eh... when you drink alcohol does your social behaviour change towards other people?</i></p> <p>Helena: <i>Of course it changes.</i></p> <p>Researcher: <i>And, how?</i></p> <p>Helena: <i>Why does it change?... because I'm not very social and I don't-- I'm not in the mood to go out and talk to other people, basically strangers, whereas when I drink alcohol I'm very friendly, I talk to everyone, I make jokes with everyone, I dance with everyone.</i></p> <p>Researcher: <i>I see, eh, but what are your specific behaviours when you're drunk and when you're sober? Differences in this area.</i></p> <p>Helena: <i>Eh, based on my behaviour?</i></p>	<p>She is aware that her behaviour changes towards others when she drinks and gets drunk. Perhaps that motivates her.</p> <p>She doesn't tend to be social or in the mood to talk to others when sober, which she doesn't seem to like and that perhaps motivates her to drink because she stops being the person she doesn't want to be: an antisocial person. Drinking loosens inhibitions, boosts confidence, and helps her to engage more with others; increasing feelings of closeness and sociability.</p>
---	--	--

<p>Ερευνήτρια: <i>Ναι.</i></p> <p>Ελένη: <i>Εε, όταν είμαι μεθυσμένη για παράδειγμα θα είμαι πιο ανοιχτός άνθρωπος, θα μιλήσω πιο πολύ για τον εαυτό μου, θα πω-- θα μιλήσω για διάφορους προβληματισμούς, για διάφορες στιγμές που θέλω να μοιραστώ με άλλους ανθρώπους, ενώ όταν δεν είμαι μεθυσμένη αυτό το αποφεύγω για κάποιο λόγο και δεν μ' αρέσει να μοιράζομαι δικά μου πράματα.</i></p> <p>Ερευνήτρια: <i>Και-- μμ... ναι, εε... παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένη από όταν είσαι νηφάλια;</i></p> <p>Ελένη: <i>Ναι εννοείται αυτό.</i></p> <p>Ερευνήτρια: <i>Δώσε μου ένα παράδειγμα.</i></p> <p>Ελένη: <i>Για παράδειγμα, εε, όταν είμαι μεθυσμένη, μπορεί να κάνω κάποια τρελά πράματα που δεν θα τα κανα αν δεν ήμουν μεθυσμένη. Για παράδειγμα αν δεν ήμουν μεθυσμένη δεν θα έβγαινα ποτέ στο μπαρ για να χορέψω.</i></p> <p>Ερευνήτρια: <i>Ναι, αλλά αυτό είναι ρίσκο;</i></p> <p>Ελένη: <i>Είναι ρίσκο γιατί εε... δεν θα ήθελα για παράδειγμα να με δει κάποιος άνθρωπος κοντινός που γνωρίζω, κάποιος συγγενής για παράδειγμα ότι ανεβαίνω στο μπαρ.</i></p> <p>Ερευνήτρια: <i>Γιατί πιστεύεις γίνεται αυτό όμως;</i></p> <p>Ελένη: <i>Γιατί νιώθω ελευθερία, και δεν</i></p>	<p>Researcher: <i>Yes.</i></p> <p>Helena: <i>Eh, well when I'm drunk for instance I'm more open, I talk more about myself, I'll say-- I talk about my concerns, about all sorts of things that I want to share with other people, whereas when I'm not drunk I avoid all that for some reason and I don't like to share my personal things.</i></p> <p>Researcher: <i>And-- mm... yeah, eh... do you tend to take more risks when you're drunk then when you're sober?</i></p> <p>Helena: <i>Yeah of course.</i></p> <p>Researcher: <i>Give me an example.</i></p> <p>Helena: <i>For instance, eh, when I'm drunk, I might do some crazy things that I wouldn't do if I was sober. For example, if I was sober, I'd never dance on the bar.</i></p> <p>Researcher: <i>Yeah, but is that a risk?</i></p> <p>Helena: <i>It is a risk because, eh... I wouldn't want to be seen by a person close to me, a relative for example, getting on the bar.</i></p> <p>Researcher: <i>Why do you think this happens?</i></p> <p>Helena: <i>Because I feel freer, and I don't sit</i></p>	<p>Emotionally liberated. Associates being drunk with being freer to express herself; a release from bonds. Being drunk allows her to be more expressive with her emotions in her perspective. She becomes more extroverted in a way. Perhaps the desire to feel like this reinforces drinking. In a way it alters her personality, boosting social bonding as it increases confidence (melts her inhibitions).</p> <p>She is self-aware of the way alcohol alters her behaviour.</p> <p>The sense of sudden liberation pushes her to do something "crazy" and out of character. Worries disappear and she stops caring about personal fears and risks. She's more confident to express herself emotionally and physically. Enhances the experiences and allows her to feel more present within the atmosphere.</p> <p>The worry that she might be acting outlandishly indicates that she fears for her reputation and what her family with think (cares about her image).</p> <p>While intoxicated she is so distracted and in</p>
--	--	---

<p>κάθομαι να σκέφτομαι τί θα πει ο ένας και ο άλλος, απλά αυτό που νιώθω το κάνω την ίδια ώρα.</p>	<p><i>around thinking about what people will say, I just do what I feel when I feel it.</i></p>	<p>the present moment that she fails to consider consequences and what there is to come as she doesn't think or fear judgment. She follows her impulses and desires (liberation). Drinking permits her to do as she desires with no judgment.</p>
<p>Ερευνήτρια: Πιστεύεις ότι καλαταβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;</p>	<p>Researcher: <i>Do you think you understand the risk you are taking during that time?</i></p>	
<p>Ελένη: Πιστεύω ότι δεν το καλαταβαίνω εκείνη την ώρα γιατί είμαι μεθυσμένη και απλά θέλω να περάσω καλά και όμορφα οπότε δεν το καταλαβαίνω, την επόμενη μέρα όμως αν το θυμάμαι ή αν μου το πουν οι φίλοι μου τότε κάθομαι και το σκέφτομαι.</p>	<p>Helena: <i>I don't think I understand it during that time because I'm drunk and I just want to have a good time so I don't see it, but the next day if I remember it or if my friends tell me then I'll sit and think about it.</i></p>	<p>Tunnel vision; focusing purely on having a good time. Doesn't care about risks when intoxicated. Alcohol doesn't seem to make her ignorant of the medium to long-term consequences, but it makes her not care about them during that time.</p>
<p>Ερευνήτρια: Χμμ οκ. Τώρα θέλω να φανταστείς ότι σταματάς να πίνεις εντελώς, τί πιστεύεις ότι θα άλλαζε στη ζωή σου;</p>	<p>Researcher: <i>Hmm okay. Now I want you to imagine that you decided to stop drinking, what do you think would change?</i></p>	<p>Social motives for drinking; a key component for sustaining her social life. Being sober wouldn't offer her the release from bonds that she feels is necessary to be socially open.</p>
<p>Ελένη: Δεν θα ήμουν καθόλου κοινωνική και δεν θα γνώριζα τόσο πολύ κόσμο.</p>	<p>Helena: <i>I wouldn't be social at all and I wouldn't meet so many people.</i></p>	
<p>Ερευνήτρια: Και πώς θα άλλαζε η συμπεριφορά σου πέρα από αυτά που είπες;</p>	<p>Researcher: <i>And how do you think your behaviour would change beyond what you just said?</i></p>	<p>She relies on drinking to create friendships. This perhaps is not because alcohol helps her to engage more with others, but because it makes her a more of a 'fun' person in her eyes, an individual who is more willing to do things and more confident in herself; ideal self.</p>
<p>Ελένη: Θα ήμουν κλειστός άνθρωπος, δεν θα δημιουργούσα όλες αυτές τις φιλίες που έχω αυτή τη στιγμή και δεν θα 'χα όλους αυτούς τους ανθρώπους που έχω γύρω μου, και σίγουρα δεν-- δεν θα έβγαινα γιατί όποτε βγαίνω πίνω, οπότε μπορεί και να μην έβγαινα.</p>	<p>Helena: <i>I'd be a closed person, I wouldn't create all those friendships I have right now and I wouldn't have all those people around me, and I certainly wouldn't-- I wouldn't go out because whenever I go out I drink, so maybe I would stop going out.</i></p>	<p>She directly associates going out with drinking (she can't have one without the other). The nature of social situations.</p>
<p>Ερευνήτρια: Και τί θα κέρδιζες από αυτό; Τί θα κέρδιζες εάν σταματούσες να πίνεις; Το θετικό.</p>	<p>Researcher: <i>And what would you gain from it? What would you gain if you stopped drinking? The positive.</i></p>	
<p>Ελένη: Το θετικό εάν δεν έπινα και εάν δεν</p>	<p>Helena: <i>The positive thing if I didn't drink</i></p>	

<p>έβγαινα;... πιστένω το συκώτι μου θα ήταν καλύτερα!</p> <p>Ερευνήτρια: [γέλιο]. Εμ, πολλοί φοιτητές πίνουν για να μεθύσουν, γιατί νομίζεις γίνεται αυτό;</p> <p>Ελένη: Εε για πάρα πολλούς λόγους αλλά αυτούς που πιστεύω που είναι και οι ίδιοι και σε μένα, είναι για να νιώσουν ελεύθεροι και να σταματήσουν να σκέφτονται τα προβλήματα τους και τις ανησυχίες τους.</p> <p>Ερευνήτρια: Και γιατί το πιστεύεις αυτό;</p> <p>Ελένη: Γιατί-- μέσω εμπειριών, μέσω από αυτά που γνωρίζω για τον εαυτό μου και μέσω των φίλων μου.</p> <p>Ερευνήτρια: Πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο από αυτό; Από το να πίνουνε για να μεθύσουνε.</p> <p>Ελένη: Εε δεν νομίζω... το κάνουν μάλλον επειδή το γουστάρουν.</p> <p>Ερευνήτρια: Οκ ναι... εε, με θέμα το αλκοόλ, πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουνε;</p> <p>Ελένη: Εεε... νομίζω ναι, γιατί για παράδειγμα πέρσι το καλοκαίρι είχα πάει με τις φίλες μου στη Μύκονο για διακοπές και εκεί υπήρχαν πάρα πολλοί... εε Άγγλοι</p>	<p>and if I didn't go out? ... <i>I think my liver would be better off!</i></p> <p>Researcher: [Laughs]. <i>Em, many students nowadays tend to drink alcohol to get drunk, why do you think that is?</i></p> <p>Helena: <i>Eh for a great many reasons, but the ones I believe which are the same for me, is that they do it to feel free and to stop thinking about their problems and their concerns.</i></p> <p>Researcher: <i>What makes you say that?</i></p> <p>Helena: <i>Because-- through experiences, through what I know about myself and through my friends.</i></p> <p>Researcher: <i>Do you think there is something specific they trying to achieve? Drinking to get drunk that is.</i></p> <p>Helena: <i>Eh I don't think so... they probably do it because they like it.</i></p> <p>Researcher: <i>Okay yeah... eh, regarding alcohol, do you think the Greek student culture is different from others in the way they drink?</i></p> <p>Helena: <i>Ehh... I think so, because for example last summer I went to Mykonos with my friends on vacation and there were a lot of... eh, English students, eh, Scandinavian</i></p>	<p>She presents that in a comical way which means she doesn't take it seriously. It's interesting that that's the one thing she thinks she would gain if she stopped drinking. She focuses more on the negative ramifications of what she is afraid of giving up instead of what she's afraid of if she keeps drinking; indicating that she values the rewarding effects of alcohol.</p> <p>She views it completely as an act of self-liberation. Seeing intoxication as a coping mechanism; self-medication. Narrowing her attentional focus leading to the appreciation of the present moment, free from control and obligation, and unbound by past experience and future thinking.</p> <p>She is confident in what she knows and what she has seen. This is her own way of making sense of it.</p> <p>Links back to the above notes on the rewarding psychological effects of alcohol. That is how it is perceived.</p> <p>She perceives that her culture uses alcohol in a different way, drinking more sensibly, whereas she has seen people from other cultures drinking excessively, creating chaos</p>
--	---	---

φοιτητές εε Σκανδιναβοί φοιτητές... οι οποίοι έπιναν πάρα πολύ και μεθούσαν και ξερνούσαν παντού και τσίριζαν... εε σε μεγαλύτερο βαθμό από τι κάνουν οι Έλληνες φοιτητές, οπότε αυτό μας φάνηκε λίγο περίεργο.

Ερευνήτρια: Ο τρόπος που χρησιμοποιούσαν το αλκοόλ;

Ελένη: Ναι, ο τρόπος που χρησιμοποιούσαν το αλκοόλ ήταν πάρα πολύ διαφορετικός.

Ερευνήτρια: Γιατί το πιστεύεις αυτό; Γιατί πιστεύεις ότι υπάρχει αυτή η διαφορά;

Ελένη: Χμμ... λογικά με βάση κουλτούρας, εε, οι Έλληνες φοιτητές το κάνουν- το χρησιμοποιούν κάπως διαφορετικά θα έλεγα.

Ερευνήτρια: Χμμ οκ, εσένα σου αρέσει να πίνεις για να μεθάς;

Ελένη: Όχι απαραίτητα, αλλά γιατί μπορώ να ευχαριστηθώ το αλκοόλ και με λίγα ποτά και με πάρα πολλά οπότε ο σκοπός μου δεν είναι πάντα να μεθύσω.

Ερευνήτρια: Υπάρχει κάτι συγκεκριμένο που εσύ προσπαθείς να πετύχεις με το να μεθάς την στιγμή-- τις φορές που διαλέγεις ότι 'θα πτώ για να μεθύσω';

Ελένη: Μπορείς να μου ξανά πεις λίγο την ερώτηση;

students, who would drink way too much and get very drunk and throw up everywhere and scream... eh, to a greater extent than Greek students do, so that seemed a little strange to us.

Researcher: The way they used alcohol?

Helena: Yes, the way they used alcohol was very different.

Researcher: Why do you think that is? Why do you think there's this difference?

Helena: Hmm... it's based on culture I suppose, eh, Greek students do it-- they use it somehow differently I'd say.

Researcher: Hmm okay, do you like to drink to get drunk?

Helena: Not necessarily, but that's because I can enjoy alcohol with just a few drinks and with a lot of drinks, so my purpose is not always to get drunk.

Researcher: Is there something specific you trying to achieve by drinking to get drunk, the times-- the times you say, "I'm going to drink to get drunk"?

Helena: Can you repeat the question again?

and unwilling to consider any limits. This style of drinking seems alien to her and the Greek culture in her perspective. Although she mentions that she drinks to the point of drunkenness she still sees herself and her culture as sensible in the way they use alcohol.

Suggesting that they have different motives for drinking; reasons and ways for drinking.

Again, gives the impression that Greek culture drinks more sensibly than others.

Not her main goal to get drunk, but alcohol is always in the picture. This suggests that she is not chasing drunkenness, but the effects of alcohol and enhancement of experiences that having alcohol present offers her, no matter the amount.

<p>Ερευνήτρια: Εε αν υπάρχει κάτι συγκεκριμένο που εσύ προσπαθείς να πετύχεις με το να μεθάς;</p> <p>Ελένη: Τις περισσότερες φορές όταν μεθάω είναι όταν δεν είμαι πολύ καλά ψυχολογικά και έχει γίνει κάτι κατά την διάρκεια της μέρας, οπότεν θα έλεγα ότι προσπαθώ να ξεχάσω.</p> <p>Ερευνήτρια: Οκ εεε... τώρα θέλω να φανταστείς ότι συναντάς κάποιο φίλο και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει 'Πέρασα υπέροχα χθες το βράδυ, μέθυσσα τόσο πολύ που έκανα εμετό! Έχασα τις αισθήσεις μου και το παπούτσι μου!', ποιά θα ήταν η αντίδραση σου;</p> <p>Ελένη: [γέλιο] εε θα γελούσα πάρα πολύ για αρχή και μετά θα προσπαθούσα να μάθω όσες πιο πολλές πληροφορίες μπορώ για την βραδιά του.</p> <p>Ερευνήτρια: Ναι, και τί θα σκεφτόσουνα;</p> <p>Ελένη: Θα σκεφτόμουνα ότι αυτό θα ήτανε πάρα πολύ χαζό αλλά και πάρα πολύ όμορφο γιατί είναι-- γιατί είναι μια εμπειρία</p> <p>Ερευνήτρια: Ναι, θα την θεωρούσες μία διασκεδαστική βραδιά;</p> <p>Ελένη: Εε, χαζή αλλά διασκεδαστική ναι.</p> <p>Ερευνήτρια: Οκ, γιατί το λες αυτό όμως;</p>	<p>Researcher: Eh, if there is something specific you're trying to achieve by drinking to get drunk?</p> <p>Helena: <i>Most of the time when I get drunk it's when I am not very well psychologically and something has happened during the day, so I'd say that I'm trying to forget.</i></p> <p>Researcher: Okay ehh... now I want you to imagine you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!", how would you respond?</p> <p>Helena: <i>[Laughs] eh, I'd laugh a lot at first and then try to get as much information as I can about his night.</i></p> <p>Researcher: Yeah, and what would you think?</p> <p>Helena: <i>I'd think that it was very stupid but also very beautiful because it's-- because it's an experience.</i></p> <p>Researcher: Yeah, would you consider it a fun night?</p> <p>Helena: <i>Eh, stupid but fun yeah.</i></p> <p>Researcher: Okay, why do you say that?</p>	<p>Associates drinking to get drunk with emotional liberation and escapism. Helps her conceal emotions because she, herself is not even thinking about them while intoxicated. Does this mean she only drinks to get drunk when something has happened that has affected her negatively? (coping mechanism).</p> <p>The power of storytelling. She found the scenario quite funny and entertaining to hear, she doesn't see it as something negative.</p> <p>Aware that it was risky but see's the beauty in adventure; creating memories and funny stories. Telling drinking stories perhaps brings people together by providing a collective sense of entertainment and adventure.</p> <p>Entertaining and adventurous. She repeats 'stupid.'</p>
---	---	---

<p>Ελένη: <i>Γιατί είναι αστεία ιστορία όποτε την θεωρώ πάρα πολύ διασκεδαστική όλη αυτή η ιστορία, αλλά και χαζή γιατί την ίδια στιγμή μπορούσε να συμβεί οτιδήποτε κακό στον φίλο μου... και θα- δηλαδή θα μπορούσε να καταλήξει σε καθόλου διασκεδαστική ιστορία.</i></p> <p>Ερευνήτρια: <i>Ναι ναι ναι, ωραία, υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου;</i></p> <p>Ελένη: <i>Εεε, όχι αν δεν υπάρχει κάποια άλλη ερώτηση.</i></p> <p>Ερευνήτρια: <i>Έχεις καμιά ερώτηση εσύ;</i></p> <p>Ελένη: <i>Ε όχι.</i></p> <p>Ερευνήτρια: <i>Ωραία αυτό ήτανε.</i></p>	<p>Helena: <i>Because it's a funny story so I find it pretty entertaining, this whole story, but also stupid because at the same time anything bad could have happened to my friend... and it could-- it could have ended badly.</i></p> <p>Researcher: <i>Yes yes yes, alright, is there anything else you would like to share with?</i></p> <p>Helena: <i>Ehh, not if there's no other questions.</i></p> <p>Researcher: <i>Do you have any questions?</i></p> <p>Helena: <i>Eh no.</i></p> <p>Researcher: <i>Alright that was it.</i></p>	<p>Tales of fun and adventure.</p> <p>Aware of the negative consequences of the scenario.</p>
---	--	---

Interview 2 – Maria		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: <i>Ωραία, άρχισε το recording.</i>	Researcher: <i>Alright, it's now recording.</i>	
Μαρία: <i>Οκ.</i>	Maria: <i>Okay.</i>	
Ερευνήτρια: <i>Ξεκινάμε. Λοιπόν, πες μου λίγα λόγια για εσένα.</i>	Researcher: <i>Let's get started. So, tell me a bit about yourself.</i>	
Μαρία: <i>Εε, χωρίς ονόματα και τα λοιπά;</i>	Maria: <i>Eh, without names et cetera?</i>	
Ερευνήτρια: <i>Ναι ναι.</i>	Researcher: <i>Yes yes.</i>	
Μαρία: <i>Εε, σπουδάζω ζαχαροπλαστική αρτοποιία... εε... το επέλεξα--</i>	Maria: <i>Eh, I study technical baker confectionery... eh... I chose it--</i>	
Ερευνήτρια: <i>Πόσο χρονών είσαι;-- Ναι ναι</i>	Researcher: <i>How old are you?-- Yes yes yes,</i>	

<p>ναι, σόρρι, συνέχισε συνέχισε.</p> <p>Μαρία: Το επέλεξα επειδή δεν είχα κάτι άλλο... [γέλιο] δεν ξέρω, πρέπει να είμαι πιο φόρμαλ;</p> <p>Ερευνήτρια: Κοίτα, όχι δεν χρειάζεται, απλώς είναι σαν μία συζήτηση, δες το σαν μία συζήτηση που εγώ απλώς σε ρωτάω ερωτήσεις.</p> <p>Μαρία: Ωραία εε... το επέλεξα γιατί ήτανε από τις εύκολες μου επιλογές γιατί δεν συμπαθώ πολύ τα ακαδημαϊκά και θέλω να κάνω κάτι με τα χέρια μου.</p> <p>Ερευνήτρια: Ναι.</p> <p>Μαρία: Και σκέφτηκα ότι η ζαχαροπλαστική είναι ένα ωραίο artistic way να φτοιμάχνω πράγματα τα οποία είναι edible γιατί λατρεύω το φαί και μ' αρέσει να ταίζω άλλους.</p> <p>Ερευνήτρια: Τέλεια. Πόσο χρονών είσαι;</p> <p>Μαρία: Είμαι 23.</p> <p>Ερευνήτρια: Δουλεύεις;</p> <p>Μαρία: Δουλεύω σε ένα ζαχαροπλαστείο, βοηθός στο εργαστήριο και πωλήτρια στην εξυπηρέτηση.</p> <p>Ερευνήτρια: Και τι κάνεις στον ελεύθερο σου χρόνο;</p> <p>Μαρία: Εεε... gaming, εε, παρέα με φίλους, και προσέχω τα ζώα μου.</p>	<p>sorry, continue continue.</p> <p>Maria: I chose it because I had nothing else... [Laughs] I don't know, do I have to be more formal?</p> <p>Researcher: Look, no, you don't have to, it's just like a conversation, think of it as a conversation in which I'm just asking you questions.</p> <p>Maria: Alright eh... I chose it because it was one of my easy options because I don't really like academic studies and I want to do something with my hands.</p> <p>Researcher: Yeah.</p> <p>Maria: And I thought bakery and confectionery are nice artistic ways to create things that are edible because I love food and I like to feed others.</p> <p>Researcher: Great. How old are you?</p> <p>Maria: I'm 23.</p> <p>Researcher: Do you work?</p> <p>Maria: I work in a pastry shop, assistant in the workshop and as the cashier.</p> <p>Researcher: And what do you do in your free time?</p> <p>Maria: Ehh... gaming, eh, hanging out with friends, and taking care of my pets.</p>	<p>She felt she had to go to university?</p> <p>She engages in something that she enjoys and that gives her a sense of purpose.</p> <p>Has extra responsibilities; this perhaps means less free time.</p> <p>Interests that are not related directly to drinking. A part of her time spent doing enjoyable things is when she is with friends; social interaction is an important component of student life.</p>
--	---	--

Ερευνήτρια: Πως νιώθεις που είσαι φοιτήτρια και σπουδάζεις σε πανεπιστήμιο;

Μαρία: Νιώθω αρκετά special γιατί οι γονείς και οι γιαγιάδες μου δεν φύγανε ποτέ να σπουδάσουνε, οπότε ουσιαστικά είμαι το πρώτο παιδί της οικογένειας που φεύγει σε άλλη πόλη... και έχει και ένα καλό βάρος γιατί είμαι το πρώτο παιδί της οικογένειας που σπουδάζει σε άλλη πόλη οπότε πιστεύω ότι όλα τα μάτια είναι και λίγο πάνω μου, αν και ξέρω ότι αυτό δεν είναι εντελώς αλήθεια, αλλά έχει ένα βάρος.

Ερευνήτρια: Άρα-- άρα νιώθεις λίγο πίεση πάνω σ' αυτό;

Μαρία: Ναι.

Ερευνήτρια: Χμμ, και τι σου αρέσει από την φοιτητική ζωή;

Μαρία: Εε, η αυτονομία, αν και έρχεται με πολλά κακά μαζί παίζει να είναι από τις καλύτερες εμπειρίες επειδή με έβαλε να είμαι ο κύριος του εαυτού μου. Με έβαλε να μαγειρεύω περισσότερο, με έβαλε να κρατάω καθαρό το σπίτι μου, πράγματα που ενώ τα έκανα και όταν έμενα με τους γονείς μου δεν τα έκανα ποτέ στον βαθμό που τα κάνω πλέον, οπότε φαντάζομαι η φοιτητική ζωή με έκανε ενήλικα

Ερευνήτρια: Πολύ ενδιαφέρον και πολύ ωραία απάντηση... εε, και τι δεν σου αρέσει στη φοιτητική ζωή;

Researcher: How do you feel about being a student and studying at a university?

Maria: I feel quite special because my parents and grandparents never left to study so I'm basically the first in the family to leave and go and study... and this comes with a certain weight because I'm the first child in the family to go and study in another city so I feel like all eyes are on me, even though I know that's not entirely true, but it carries a certain weight.

Researcher: So-- so you feel a bit of pressure?

Maria: Yeah.

Researcher: Hmm and what do you like about the student life?

Maria: Eh, the autonomy, although it comes with a lot of negative things it's one of the best experiences because it made me the master of myself. It made me cook more, it made me keep my house clean, things that while I did and when I was living with my parents I never did to that level, so I imagine that student life made me an adult.

Researcher: That's very interesting and a very nice answer... um, and what do you dislike about the student life?

Pressure. Feels she is part of something special; studying gives her purpose, not because of what she is studying but because she is the first in her family to go to university. Hence going to university is a big deal for her. However, she feels pressure, not only because she is the first to go to university in the family and everyone expects things from her, but also because there is this sense of responsibility to not mess it up, not just for herself, but for her family's sake too.

A newfound independence (autonomy). Appreciates having control of her own life. Associates being a student with gaining responsibility, independence and autonomy; the ability to self-rule, develop and learn. By becoming a student, she emerged into adulthood; emerging adulthood is the period when responsibility comes to the forefront; this can be a difficult transition. It increases independence and freedom from control; and decreases parental control, monitoring and guidance.

Μαρία: Δεν μου αρέσει καθόλου το ότι τα κόμματα μπλέκοντε τόσο πολύ στα πανεπιστήμια, δεν μ' αρέσει το favouritism γιατί όταν κάποιος είναι naturally καλός σε κάτι πάντα οι δάσκαλοι έρχονται λίγο πιο πολύ από πάνω του... εεε, και επειδή έχω δει και το απέξω από το φοιτητικό δεν μου αρέσει ότι το Πανεπιστήμιο δεν σε προετοιμάζει εντελώς για το ότι θα δεις στην δουλειά.

Ερευνήτρια: Ναι ναι...εμ, πώς θα χαρακτήριζες τους Έλληνες φοιτητές;

Μαρία: YOLO [γέλιο].

Ερευνήτρια: [γέλιο].

Μαρία: Ειδικά φοιτητές που μένουνε στην πόλη που γεννήθηκαν οπότε δεν έχουνε φύγει ποτέ από την μαμά και τον μπαμπά, ουσιαστικά έχουνε τρελό advantage και έχουνε άπειρα πολύ πιο ελεύθερο χρόνο από ανθρώπους που έχουν φύγει από το σπίτι τους, γιατί δεν χρειάζεται να καθαρίσουν, δεν χρειάζεται να μαγειρέψουν. Θα χαρακτήριζα τους φοιτητές σήμερα ως λίγο πολύ ότι να 'ναι, ο καθένας με τα δικά του να 'στο πω έτσι.

Ερευνήτρια: Χμμ χμμ, και πώς νομίζεις ότι σε βλέπουν εσένα οι άλλοι που είσαι φοιτήτρια;

Μαρία: Οι άλλοι, ποιοί άλλοι;

Ερευνήτρια: Οι άλλοι, οι άνθρωποι στην κοινωνία που βρίσκεσαι, στους ανθρώπους που-- που περνάς χρόνο μαζί... μπορεί η οικογένεια σου...

Maria: *I really don't like how political parties get so involved within universities grounds, I don't like favouritism because when someone is naturally good at something teachers tend to favour them more... ehh, and because I've seen how life is when you're not a student I don't like that university doesn't completely prepare you for the challenges you will face at work.*

Researcher: *Yeah yeah... um, and how would you describe the Greek student culture?*

Maria: **YOLO [Laughs].**

Researcher: *[Laughs].*

Maria: *Especialy students who continue to live in their home town and they never left mum and dad, they have a crazy advantage and have infinitely more free time than people who have moved out, because they don't have to clean, they don't have to cook. I would characterise students today as a bit all over the place, each person occupied with their own reality.*

Researcher: *Hmm hmm, and how do you think other people see you because you are a student?*

Maria: *The others, who are the others?*

Researcher: *The others, the other people in the society you are in, the people you-- you spend time together... maybe your family...*

Her dislikes don't relate to the lifestyle but to the institutional context of the university that has turned to be highly political, with current political parties being involved and influence students' status and often their academic achievement through favouritism. This may make her feel like she's in a constant competition in order to succeed. Feels like her university fails to prepare her to a life after graduation; the real world. Emerging adulthood perhaps is also a time of instability, enhancing feelings of stress and pressure of what comes next.

Referring to the famous phrase 'you only live once', which is the call to live life to its fullest potential, even if that means embracing certain behaviours which carry risk or impulsivity. This phrase indicates that, in her perspective, Greek students have the freedom to do what they like, tension-free.

Believes that students who haven't moved out have more benefits because they don't take on a lot of responsibility and have "infinitely" more free time to engage in what they want. She seems to portray this lifestyle as a desirable lifestyle; responsibility-free. This is how she makes sense of the responsibility she has gained through the newfound independence. Overall, she perceives students in Greece as a bit unstable and careless, self-focusing and exploring their identity by following their own path; concerned with their own beliefs.

Μαρία: Κοίτα, πολλοί επειδή-- ο λόγος-- εε γι' αυτό που σου είπα ακριβώς. Ο ρόλος του φοιτητή είναι ουσιαστικά-- όλοι λένε, ' 'αα η φοιτητική ζωή είναι η καλύτερη, να κοιτάξεις να περάσεις καλά' ' και τα λοιπά.

Ερευνήτρια: Χμμ.

Μαρία: Αλλά ταυτόχρονα έχεις τόσες δουλειές ως φοιτητής και θα έχεις άλλες τόσες δουλειές όταν φύγεις από το Πανεπιστήμιο, οπότε πιστεύω ότι δεν έχουνε ένα accurate representation του όντως πως είναι να είσαι φοιτητής. Ειδικά για τα άτομα που περιτριγυρίζομαι, πολλά από αυτά δεν έχουνε πάει ποτέ να φοιτήσουνε και νομίζουν ότι είναι σαν το σχολείο, ' 'μπορώ να πάω να φύγω και τελείωσε. ' '

Ερευνήτρια: Ναι ναι ναι, και εσύ πώς βλέπεις τον εαυτό σου, που σπουδάζεις και είσαι μέσα σε όλη αυτή την κοινότητα;

Μαρία: Χαίρομαι που μπήκα στον κόπο να το κάνω αυτό, εε χαίρομαι για τις γνωριμίες που έκανα και για τους δασκάλους που κάνουν το επάγγελμα που θα κάνω και εγώ αύριο. Τους θαυμάζω πάρα πολύ... εε, γενικότερα είμαι χαρούμενη με αυτό.

Ερευνήτρια: Χμμ.

Μαρία: Δεν λέει ότι δεν θα 'θελα και παραπάνω.

Ερευνήτρια: Μάλιστα... εε, πώς σου φάνηκε η αλλαγή από το λύκειο στο Πανεπιστήμιο;

Maria: Look, a lot of people because-- the reason-- eh it's what I told you exactly. The role of a student is essentially-- everyone says, "ah student life is the best, you better enjoy it" and so on.

Researcher: Hmm.

Maria: But at the same time, you have so much work as a student and you're going to have even more when you leave university, so I think they don't have an accurate representation of what it's truly like to be a student. Especially for the people that I know, a lot of them have never gone to university and they think it's like school, "you can just go, graduate and that's the end of it."

Researcher: Yeah yeah yeah, and how do you see yourself, studying and being part of this community?

Maria: I'm glad I went through the trouble of doing this, eh I'm happy I met all the people that I met and the teachers who are doing the profession I'm going to do tomorrow. I admire them a lot... eh and I'm generally happy with all that.

Researcher: Hmm.

Maria: That doesn't mean that I wouldn't want more though.

Researcher: I see... eh, how was the transition from college to university?

The role of a student is to have a good time. It is perceived by others as a carefree life, tension-free, with limited expectations and responsibilities.

She believes that it's not as easy as everyone thinks, it's not a responsibility-free life in her perspective. The responsibility to perform well is not the only responsibility. Being a student comes with many new and diverse developmental tasks; sudden increased freedom, change in residence, adapting to new environments, forming a new identity, living up to certain expectation and establishing more mature intimate and interpersonal relationships, figuring out what comes next. It's difficult, and the failure to succeed in all these developmental tasks may lead to increase stress, anxiety and feelings of pressure.

Associates studying and being a student with making an effort; indicating that she struggled. However, the desire to accomplish something gives her purpose. She appreciates what she gained and respects what she was given.

Perhaps she feels what she gained was not proportionate to the amount of responsibility she had to take on.

Μαρία: Τεράστια. Εε, είχα πολλά προβλήματα στο transition. Εε, είμαι άνθρωπος που έχω ζήσει όλη μου την ζωή με άλλους ανθρώπους δίπλα μου και ουσιαστικά ένιωσα ότι ξαφνικά με πετάζανε μόνη μου σε μία άγνωστη πόλη, σ'ένα σπίτι, και μου λένε "πάρτο αυτό έχεις τώρα".

Ερευνήτρια: Ναι εε, έτσι ένιωσες στη αρχή;

Μαρία: Ναι.

Ερευνήτρια: Τώρα πώς νιώθεις;

Μαρία: Ήταν τεράστια αλλαγή. Πλέον το έχω συνηθίσει, υπάρχουν ακόμα αριστερά και δεξιά αυτά τα feelings αλλά... εε, είναι πολύ καλύτερα τα πράγματα πλέον.

Ερευνήτρια: Χμμ τέλεια, και είπες ότι μένεις μακριά από την οικογένεια σου, από το σπιτικό σου, εε, πώς νιώθεις γι' αυτό;

Μαρία: Εε, δεν είμαι χαρούμενη γι' αυτό γιατί μ' αυτό φύγανε πολλές ανέσεις, αν και πλέον έχω το χώρο μου. Πιστεύω ότι υπάρχει και καλό και κακό σε λίγο πολύ όλες αυτές τις καταστάσεις. Εε, το ότι έχω τον χώρο μου βοηθάει να φτοιάζω πιο πολύ τον χαρακτήρα μου και το ότι το ποιός είμαι εγώ, και επειδή είχα πιο πολύ ώρα μόνη μου με τον εαυτό μου... εε, αλλά ταυτόχρονα δεν υπάρχει μεγάλη βοήθεια που έχεις in the hometown.

Ερευνήτρια: Χμμ μάλιστα, εε, τώρα θέλω να μου πεις λίγα λόγια για την νυχτερινή σου

Maria: *Huge. Eh, I faced a lot of difficulties with the transition. Eh, I lived my whole life surrounded by others and I basically felt like I was suddenly thrown by myself into an unknown town, into a house, telling me "take this, that's what you have now."*

Researcher: *Yeah eh, that's how you felt at first?*

Maria: *Yes.*

Researcher: *How do you feel now?*

Maria: *It was a huge change. Now I'm used to it, I still feel these feelings now and then but... eh, things are much better now.*

Researcher: *Hmm good, and you said you live away from your family, your home, eh, how do you feel about that?*

Maria: *Eh, I'm not happy about that because I lost a lot of comforts, even though I have my space now. I think there's both positives and negatives in these kinds of situations. Eh, having my space helps me develop my character more and the who I am, because I have more time alone with myself... eh, but at the same time you don't get as much help as you used to get back home, in the hometown.*

Researcher: *Hmm I see, eh, now I want you to tell me a bit about your nightlife as a*

A newfound independence. Difficult transition; she struggled with the social exclusion and sudden independence associated with moving to a different place and living alone. The fact that she says she was "thrown" indicates that she felt alone, unstable and like she didn't belong. Moreover, it suggests that she felt completely out of control, despite it being her own action.

She again stresses how "huge" the change was and how she still finds it difficult sometimes to cope with. The sudden independence and lack of care made her feel lost.

She was fixed back home, within her comfort zone. Leaving increased anxiety and risk, losing her comforts and moving from the familiar to the unfamiliar. The sudden liberation and increased freedom allowed her to explore her identity and self-focus. She seems to have mixed feelings about moving away and gaining independence. She finds it unsettling that she must deal with everything on her own, however, leaving away from her family has allowed her to obtain and develop certain skills and become more responsible, which she appreciates.

ζωή.

Μαρία: Εεε, δεν είμαι πάρα πολύ άνθρωπος του μαγαζιού, δεν βγαίνω ιδιαίτερα clubbing και τα λοιπά. Εε, προτιμώ να πέρνω τους φίλους μου, να πέρνουμε μπίρες φαγητό και τα λοιπά όλα μαζί σε μία τσάντα και να πάρουμε τους δρόμους. Πάμε βόλτα, πάμε να ανακαλύψουμε νέα πράγματα, πάμε δίπλα σε θάλασσα, πάμε ψηλά σε ένα βουνό. Απλά πάμε να κάτσουμε κάπου όλοι μαζί και να το ευχαριστηθούμε εκεί. Και βέβαια έχω εμπειρία με club και τα λοιπά, απλά δεν είναι η κύρια προτίμηση μου. Λατρεύω την μουσική, λατρεύω τον χορό εεε, αλλά πιστεύω ότι πάντα είναι πιο fun εκτός του μαγαζιού.

Ερευνήτρια: Ναι, και βγαίνεις συχνά;

Μαρία: Έβγαινα συχνά, ειδικά στην αρχή γιατί, καινούργια πόλη, νέοι άνθρωποι και τα λοιπά. Αλλά πλέον όχι, εε, έχω κατασταλάξει πιο πολύ σπίτι μου, στον χώρο μου... και με τις δουλείες μου δεν μου το επιτρέπει πιο πολύ.

Ερευνήτρια: Και για πόσες ώρες θα βγεις όταν βγεις σε ένα μπαρ ή κλαμπ; Πόσες ώρες θα κάτσεις έξω;

Μαρία: Εε, αν την επόμενη μέρα δεν έχω μάθημα ή δουλειά ή οτιδήποτε μπορεί εε να κάτσω μέχρι και την επόμενη μέρα το πρωί. Πολλά σερί πέχτηκαν τα πρώτα χρόνια της φοιτητικής ζωής, εεε πολλά σερί σε όλες τις διακοπές και τα λοιπά. Τώρα αν είχα δουλειά εε θα καθόμουνα και μέχρι τις 3 το πρωί, τις

student?

Maria: Ehh, *I am not the kind of person that goes out to drinking places often, I don't go clubbing often and so on. Eh, I prefer to go with my friends, grab some beers and food in a bag and take the streets.* We go for walks, we go to discover new things, we go by the sea or go up to a mountain. We just go sit down somewhere together and enjoy ourselves there. *And of course I have clubbing experiences, it's just not my main preference. I love music, I love dancing ehh, but I believe that it's always more fun outdoors.*

Researcher: Yeah, and do you go out often?

Maria: *I used to go out a lot, especially in the beginning because, new city, new people and so on. But not anymore, eh, I've settled more in staying in, having my space... and due to work I'm not as free.*

Researcher: And for how long do you stay out for usually when you go to a club or bar? How long do you stay out?

Maria: Eh, if the next day I don't have a class or work or anything eh *I can stay out until the next day in the morning. I've done a lot of all-nighters during the first years of university, ehh a lot of all-nighters during holidays and so on. Now if I had work eh, I'd stay until three in the morning most of the*

Doesn't go often to social places where drinking is expected and occurs, she prefers more active outdoor activities. This suggests that she gets her needs met in different ways. Perhaps she doesn't feel connected to others and herself through the clubbing experience, meeting strangers and going to drinking places, she feels connection through other activities and conversations. She prefers to go to places that satisfy her needs and to the ones that she considers more fun with her own group of friends. Perhaps this means that she doesn't care to socially engage with strangers and meet new people, she's fixed and satisfied with what she has.

Initially she adapted to the lifestyle of going out, but she doesn't perceive it as the student lifestyle, but a lifestyle that she obtained due to change in residence. In a sense she was exploring her new environment and creating new social networks (becoming a student is marked by a period of rejoice and sociability- perhaps due to transition). She then got comfortable in her own environment and began to live a quieter and steadier life by getting a job and becoming more orderly; prioritising work.

Vibrant Nightlife. Likes to go out but prioritises her obligations. She perceives herself as someone that has pursued an active nightlife and continues to go out every now and then if she's free; staying up until morning hours, indicating a vibrant nightlife. However, she is aware of the negative

περισσότερες φορές, το οποίο με έκανε να μην είμαι 100 τις 100 την επόμενη μέρα βέβαια, αλλά δεν έγινε και πολύ.

Ερευνήτρια: Ναι ναι, λογικό, και τι είναι ένα πάρτι για 'σένα; Δηλαδή τι θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;

Μαρία: Για μένα ένα πάρτι είναι ένα μέρος γεμάτο με φίλους, με μουσική, με πλάκες, με αλκόολ...

Ερευνήτρια: Χμμ ωραία, και τι θα ήταν ένα κακό πάρτι για 'σένα;

Μαρία: Ένα κακό πάρτι... εε...αχ, overcrowded, άγνωστοι... εε κακό vide, judging πάρα πολύ, 'με τι ήρθε και φόρεσαι η άλλη' ή 'πώς είναι η άλλη έτσι', δεν μπορώ καθόλου αυτή την αρνητικότητα, ειδικά όταν φοτιάχνεσαι τόσες ώρες για να βγαίνεις-- για να βγεις έξω σε κάτι τέτοιο. Και δεν συμπαθώ και τα κλαμπ.

Ερευνήτρια: Μάλιστα...οκ εμ, πώς είναι το προσωπικό και οι κανόνες στα μπαρ και κλαμπ που βγαίνεις;

Μαρία: Είναι πολύ ανάλογα το μαγαζί εε... έχω δει και υπερβολικά ευγενικά και άμεσα και γρήγορα άτομα, έχω δει και ανθρώπους που απλά δεν θα έπρεπε να είναι σερβιτόροι, δεν θα έπρεπε να είναι...αφεντικά. Εε, τελευταία να σου πω μια εμπειρία εε, είχα πάει σε ένα κλαμπ στο οποίο το αφεντικό είχε ένα λείζερ και ενοχλούσε όλη την ώρα τις σερβιτόρες και τη μπαρίστα για να τον προσέξουνε να τους μιλήσει αντί απλά να

times, which made me not hundred percent the next day of course but it didn't happen often.

Researcher: Yes yes, makes sense, and what is a party for you? So what would you consider a good party?

Maria: For me a party is a place filled with friends, with music, with jokes, with alcohol...

Researcher: Hmm okay, and what would you consider a bad party?

Maria: A bad party... eh... ah, overcrowded, filled with strangers... eh bad vibes, judging too much, "how did she dress like that" or "how does she look like that", I can't stand this kind of negativity, especially when you spend a lot of hours getting ready to go out to-- and then you go out to something like that. And I don't like clubs anyways.

Researcher: I see... okay um, how are the drinking places you go to such as bars and clubs in regard to staff and rules?

Maria: It really depends on the place eh... I've seen overly kind, direct and quick people, and I've seen people who just shouldn't be waiters, they shouldn't be... managers. Eh, I'll tell you a recent experience eh, I went to club once where the boss had a laser and he kept on bothering the waitresses and the barista so they look at him instead of just walking towards them to talk to them, and he was just piercing the laser in

consequences of going out and doing all-nighters and finds ways to work around it, which means that she enjoys going out and staying up but knows her limits.

Friends, music and alcohol are key for a good party in her perspective. She associated a good party with jokes; in other words, with fun. Having all these things enhances a collective experience.

She perceives strangers and crowd as something negative because she wants to feel familiarity and know the people there (welcoming atmosphere). Otherwise she feels out of place, disconnected with others; not in the same frequency. She wants the collective experiences, allowing her to feel like she is an ingroup member and to be able to express herself freely, without fearing she will be judged. Perhaps this is the reason she doesn't like clubs, people judge more, creating negative vibes, and making her feel like she doesn't belong; not allowing her to connect with others. This is interesting because judgment usually occurs when people are not under the influence, because when one is intoxicated, he/she stops thinking, and therefore stops judging.

The place must play an important role, as do the people working there, to create a welcoming environment. She expresses concerns revolved around certain behaviours and actions that seem to affect her mood and can trigger her, creating a bad vibe. Vibe

περπατήσει μέσα στο κλαμπ, και απλά τους βάρανε το λέιζερ στα μάτια και απλά με είχε νευριάσει.

Ερευνήτρια: Σοβαρά! Άθλιο! Εμ, υπάρχουν όρια και κανόνες πιστεύεις μέσα σ' αυτούς τους χώρους;

Μαρία: Υπάρχουν, αλλά δεν υπάρχουν consequences. Τα όρια και οι κανόνες που υπάρχουν σε αυτούς τους χώρους πιστεύω ότι είναι εε, κυρίως κοινωνικά όρια τα οποία βάζουμε εμείς και η κοινωνία σε εμάς, και όχι τόσο legal stuff.

Ερευνήτρια: Ναι, και αυτό πώς σε κάνει να νιώθεις, αυτή η κοινωνική όροι και κανόνες που σου-- που υπάρχουν;

Μαρία: Ανάλογα τον όρο που θα πιάσουμε κάθε φορά. Συμφωνώ με το ότι, για παράδειγμα δεν πρέπει ένα ζευγάρι να κοντεύει να το κάνει μέσα στο μπαρ ή ότι... όταν πιάσεις όλο τον χώρο εσύ μόνο επειδή θες να κοπανιέσαι όλη την ώρα, δεν χωράνε άλλοι άνθρωποι. Δηλαδή θέλεις απλά λίγο discipline για εμένα.

Ερευνήτρια: Κοινή λογική, ναι.

Μαρία: Ναι.

Ερευνήτρια: Εε, υπάρχει security στο χώρο συνήθως;

Μαρία: Εε τις περισσότερες φορές ναι, εδώ στη Θεσσαλονίκη.

their eyes and that really set me off.

Researcher: Seriously! That's foul! Eh, do you think there are boundaries and rules they enforce in such places?

Maria: There are but there are no consequences. The boundaries and rules that are enforced in such places I believe are eh, mainly social boundaries that we and society enforce on ourselves, and not so much legal stuff.

Researcher: Yes, and how does that make you feel, these rules and boundaries that-- that exist?

Maria: It depends. I agree that for example a couple shouldn't be close to doing it in the bar or that... when you take the whole space just so you can be going all over the place dancing no one else can fit. So, you just need a little bit of discipline in my opinion.

Researcher: Common sense, yes.

Maria: Yeah.

Researcher: Eh, is there security usually?

Maria: Ehh most of the times yeah, here in Thessaloniki.

affects mood; she cannot resonate with some actions and be at ease if they are creating an unpleasant atmosphere.

She is aware there are boundaries and rules but believes there are no consequences, indicating either that they are not followed or that they don't need to be enforced. People do what they want without fearing consequences; feeling freer. Perhaps this is because the places she goes to are trouble-free and therefore control-free. She mentions only social unspoken rules that take place, based on common sense and respect for others, not on enforced official rules or legal controls.

Mutual respect (staying decent).

The fact that she mentions that there is security in Thessaloniki indicates that in other places there is no bouncers and security.

Ερευνήτρια: Χμ εε και σε τσεκάρουνε; Την ταυτότητα σου, την τσάντα σου;

Μαρία: Όχι, εε και πριν πάω να σπουδάσω μπορούσες άνετα να αγοράσεις και τσιγάρα και αλκοόλ. Δεν τσεκάρουνε τίποτα και σχεδόν ποτέ, εκτός αν πας σε πολύ μεγάλο μαγαζί, σε πολύ μεγάλη συναυλία, που για λόγους ασφαλείας θα το κάνουν αυτό. Τα πιο πολλά μαγαζιά έχουνε το standard. Δηλαδή μπορώ να πάω και να είμαι 16 και απλά επειδή είμαι ψηλή να πιώ κανονικά.

Ερευνήτρια: Ναι ναι ναι... εε, πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους;

Μαρία: Εεε... δεν πιστεύω--

Ερευνήτρια: Δηλαδή τί μπορείς να κάνεις και τί δεν μπορείς να κάνεις;

Μαρία: Δεν πιστεύω ότι χρειάζεται ακριβώς να είσαι διακριτικός, πιστεύω απλά ότι χρειάζεται να έχεις λίγο... εε common distancing και να φήσεις λίγο χώρο στους άλλους, γιατί είναι ένας χώρος που οι άνθρωποι πίνουνε και δεν ξέρεις πώς αντιδράει ο άλλος under the influence. Οπότε πρέπει να έχεις μία παραπάνω υπομονή, πρέπει να μην προσβάλεις, και καλύτερα να κοιτάς τον εαυτό σου.

Ερευνήτρια: Χμμ, και πώς είναι η ατμόσφαιρα; Πώς νιώθεις όταν είσαι εκεί;

Μαρία: Η ατμόσφαιρα είναι αρκετά μεθυστική, τα φώτα που αναβοσβήνουνε, ο

Researcher: *Hm eh and do they check you? Your ID, your bag?*

Maria: *No, eh and before I was even a student you could easily buy cigarettes and alcohol. They don't check anything ever, unless you go to a much bigger venue or a much bigger concert, where for safety reasons they will. Most places have the standard. That is, I can go even if I'm sixteen and just because I'm tall I'll be allowed in and I can drink.*

Researcher: *Yes yes yes... eh, what do you think is expected from you in such places?*

Maria: *Ehh... I don't think--*

Researcher: *So, what can you do and cannot do in such places?*

Maria: *I don't think that you need to be subtle or something. I just think you need to keep some... eh common distancing and give some space to others, because it's a place where people drink and you don't know how someone can react under the influence. So, you have to have more patience, you have to not insult, and it's better to mind your own business.*

Researcher: *Hmm, and how is the atmosphere? How do you feel in it?*

Maria: *The atmosphere is quite intoxicating, the flashing lights, the rhythm, all the people*

They don't check her ID or search her, even when she was younger; indicating a relaxed policy and so less control. This is the norm, "the standard", perceiving it as something normal. No control; relaxed policy. Anyone can go in even if they are underage as long as they look older (appearance).

Believes that in drinking places you shouldn't feel restricted and be discreet, but just maintain a level of mutual respect and patience. She perceives drinking places as unpredictable and uncertain environments, and therefore being cautious and aware is important.

The way the atmosphere is constructed is to create a collective relaxation, in which

<p>ρυθμός, όλος αυτός ο κόσμος, η μουσική. Όλο αυτό σε κάνει λίγο high να στ'πω έτσι. Μόνο που είσαι εκεί μέσα, ακόμα και ένας άνθρωπος που δεν πίνει νιώθει λίγο αυτή την ζαλάδα, αυτό το νταπα-ντουπ... το πάρτι.</p> <p>Ερευνήτρια: Και εσύ νιώθεις έτσι δηλαδή;</p> <p>Μαρία: Ναι.</p> <p>Ερευνήτρια: Χμ... εε, υπάρχει συγκεκριμένη διαδικασία στην είσοδο του μαγαζιού;</p> <p>Μαρία: Τί εννοείς;</p> <p>Ερευνήτρια: Δηλαδή-- αα αυτό το έχεις απαντήσει πιο πάνω νομίζω... το αν σε ψάχνουνε ή σε τσεκάρουνε, υπάρχει κάποιος στη είσοδο που σε καλοσωρίζει... κάτι τέτοιο.</p> <p>Μαρία: Ναι, συνήθως υπάρχει ένας πορτιέρης, συνήθως άντρας, εε, γεροδεμένος, όμορφος ώστε να βάλει το μαγαζί πολλά κορίτσια, γιατί με πολλά κορίτσια θα μουν και πολλά αγόρια, είναι ο τρόπος του marketing που μαζεύουνε κόσμο. Εε, και συνήθως σου δείχνει που μπορείς να κάτσεις, σε χαιρετάει και ξανά κάθεται στην πόρτα για τον επόμενο.</p> <p>Ερευνήτρια: Μάλιστα... και τώρα μπορείς να μου πεις για τη πρώτη φορά που εσύ πήγες σε ένα κλαμπ ή μπαρ; Δηλαδή πόσο χρονών ήσουν όταν πήγες; Πότε ήτανε;</p> <p>Μαρία: Η πρώτη φορά που πήγα σε κλαμπ ήμουνα αρκετά μεγάλη, ήμουνα τέλη λυκείου γιατί δεν ήμουνα ποτέ απ' τα άτομα που πάμε</p>	<p><i>there, the music. All this makes you a little high I'd say. As long as you're in there, even someone who doesn't drink would feel this dizziness, this dapa-dup... the party.</i></p> <p>Researcher: <i>And you feel that too?</i></p> <p>Maria: <i>Yeah.</i></p> <p>Researcher: <i>Hm... eh, is there a specific entry policy?</i></p> <p>Maria: <i>What do you mean?</i></p> <p>Researcher: <i>So-- oh you've answered that already I think... if they search you or check your things, if there is someone at the door... this kind of things.</i></p> <p>Maria: <i>Yeah, usually there is somebody at the door, usually a guy, eh, strong looking guy, handsome enough to bring a lot of girls in, because with a lot of girls a lot of boys will come, it's the way of marketing to gather people. Eh, and usually he shows you where you can sit, greets you, and stands at the door again for the next person.</i></p> <p>Researcher: <i>I see... and can you recall now the first time you went to a club or bar and tell me about it? So, how old were you? When was it?</i></p> <p>Maria: <i>The first time I went to a club I was quite old, it was in the final years of college because I was never one of the people who</i></p>	<p>people feel free and united. She notes that even someone who doesn't drink can feel this vibe and she associates this vibe with a party. It is a collective experience, adjusting everyone in the same frequency to connect.</p> <p>No strict measures or entry specific policy, so less control; feels welcomed. A welcoming environment (relaxing attitude).</p>
--	--	---

<p>για καφέ μετά το σχολείο, όπως σου είπα και πιο νωρίς. Πιο πολύ πέραναμε τις φίλες μας και πηγαίναμε (poor connection)-- οπότεν ήμουνα αρκετά μεγάλη όταν πήγα σε κλαμπ πρώτη φορά ώστε να μπορώ να το ευχαριστηθώ.</p>	<p>goes for coffee after class, as I told you earlier. I'd spend more time with my friends and go (inaudible)-- so I was older when I went to a club for the first time in order to enjoy it.</p>	<p>She didn't seem to like the idea of going out to social constructed places, she preferred hanging out with her friends alone. Believed she had to be older in order to enjoy the experience.</p>
<p>Ερευνήτρια: Άρα πόσο χρονών ήσουν περίπου;</p>	<p>Researcher: So how old were you?</p>	
<p>Μαρία: 17, πρέπει να ήμουνα 17.</p>	<p>Maria: 17, I must have been 17.</p>	<p>She believes going out at 17 is old; this shows that in Greece it is normal for even younger people to go clubbing even if it's not legal.</p>
<p>Ερευνήτρια: Ωραία, και ε... πώς ένιωσες;</p>	<p>Researcher: Alright, and eh... how did you feel?</p>	
<p>Μαρία: Λίγο overwhelmed και αγχωμένη, αλλά μόλις μπήκα και είδα ότι δεν είναι κάτι σπουδαίο 'είναι εδώ οι φίλοι μου, εε, έχουμε μουσική όπως θα είχαμε και στο σπίτι', εε, απλά αφέθηκα και το ευχαριστήθηκα.</p>	<p>Maria: A little bit overwhelmed and stressed, but when I went in and saw that it's not such a big deal "my friends are here, eh, there is music just like we would have at home", eh, I just let myself go and enjoyed it.</p>	<p>She thought that the first time going out is a big deal, perhaps because it was a new experience and she didn't know what to expect. Every new experience in a way seems special at first because it takes away part of your innocence and its proof that you're growing up. She felt like she wouldn't belong but then she realised it's like a party at home (familiar.)</p>
<p>Ερευνήτρια: Εε, ήπκιες αλκοόλ;</p>	<p>Researcher: Eh, did you drink alcohol?</p>	
<p>Μαρία: Ναι.</p>	<p>Maria: Yes.</p>	
<p>Ερευνήτρια: Τι σε έκανε να πιείς;</p>	<p>Researcher: What influenced you to drink?</p>	
<p>Μαρία: Εεε ήθελα, δεν με έκανε ακριβώς κάτι. Έπινα και πριν από την πρώτη φορά που μπήκα σε μπαρ.</p>	<p>Maria: Ehh I wanted to, nothing really made me. I was drinking before the first time I went to a bar.</p>	<p>Experienced drinker. Doesn't see drinking as a big deal or as something important. A normative perspective on alcohol. She was drinking from a younger age and was familiar with alcohol. Perhaps that is why she doesn't seem to use alcohol in an extreme way, she is familiar with it and doesn't feel restricted.</p>
<p>Ερευνήτρια: Χμμ μάλιστα. Θες να μου πεις λίγο για κείνο το βράδυ για εκείνο το πρώτο βράδυ που βγήκες; Εε την εμπειρία από αυτά που θυμάσε δηλαδή. Τι έγινε σαν ιστορία.</p>	<p>Researcher: Hmm I see. Could you tell me the story of that first night you went out? Eh the experience from what you remember I mean. What happened like a story.</p>	
<p>Μαρία: Οκ... εε αν θυμάμαι καλά είχε ένα πάρτι, πρέπει να ήταν Χριστούγεννα ή κάτι</p>	<p>Maria: Okay... eh if I remember well there was a party, it must have been Christmas or</p>	<p>It seems as if on her first time going out, her focus was not so much on the drinking</p>

τέτοιο και εε-- αα ακούω πολύ-- άκουγα πολύ ροκ τότε οπότε διαλέξαμε ένα ωραίο ροκ μπαρ, πήγα στο σπίτι της φίλης μου και ετοιμαστήκαμε και ντυθήκαμε για να βγούμε το βράδυ, εε φτάνουμε στο μπαρ, μπαίνουμε μέσα φυσιολογικά... είχε ήδη εκεί παρέες και άτομα που γνωρίζαμε και από μεγαλύτερες ηλικίες, εε καθήσαμε δίπλα σε φίλους, παραγγείλαμε κυρίως μπίρες, μπορεί και βότκα αν θυμάμαι καλά. Ακούγαμε μουσική και μιλάγαμε μεταξύ μας κυρίως.

Ερευνήτρια: Πολύ ωραία, τώρα θέλω να μου πεις για την πρώτη φορά που ήπικες αλκοόλ ever; Που ήτανε και τι έγινε;

Μαρία: Η πρώτη φορά που ήπικα αλκοόλ πρέπει να ήτανε τρίτη γυμνασίου, που ήπια voluntarily, γιατί είχαμε και ένα ατύχημα που μπέρδεψα το νερό με τσίπουρο και τέτοια πράγματα [γέλιο]. Αυτά φαντάζομαι ότι μετράνε οπότε... εε, οπότε φαντάζομαι τέλη γυμνασίου εε, πρέπει να ήπια πρώτη φορά από μόνη μου αλκοόλ το οποίο ήτανε μπίρα από περίπτερο... εε δεν μου άρεσε καθόλου η γεύση αλλά ήξερα ότι σε κάνει να νιώθεις καπώς αν πιείς αρκετά, οπότε I suck it in και την τελείωσα, και όταν δεν με έπιασε η πρώτη πήρα και δεύτερη.

Ερευνήτρια: Πώς ένιωσες όταν έπινες το αλκοόλ και μετά;

Μαρία: Η πρώτη φορά ήτανε λίγο να νιώθω sick, αλλά όχι sick ακριβώς θέλω να κάνω εμετό, ήταν πιο πολύ του στυλ "οκ αυτό δεν μου αρέσει, δεν έχει ωραία γεύση, δεν βλέπω που είναι το fun", αλλά όλοι γελάγανε... εε,

something like that and eh-- oh I listen a lot-- I listened to a lot of rock back then so we chose a nice rock bar, I went to my friend's house and we got ready and got all dressed up, eh we get to the bar, we go in normally... there were already friends there and people we knew who were older, eh so we sat next to friends, we mainly ordered beers, maybe some vodka too if I remember correctly. We listened to music and talked to each other mainly.

Researcher: Very nice, now I want you to tell me about the first time you had alcohol ever? Where was it and what happened?

Maria: The first time I drank alcohol must have been in year eleven, which I drank voluntarily that is, because we also had an accident once with me confusing water with tsipouro [Laughs]. I imagine that counts so... eh, so yeah I believe I was in year eleven eh, that was the first time I must have drank alcohol which was a beer I got from the minimarket... eh I didn't like the taste at all but I knew that it makes you feel something if you drink enough, so I suck it in and I drank it all, and when the first one didn't hit me I got another one.

Researcher: How did you feel when you drank and after?

Maria: The first time I felt a little bit sick, but not sick as in I want to throw up, more like "okay that's not something that I like, it doesn't taste good, I don't see where the fun is", but everyone was laughing... eh,

aspect, despite it being her first time in an established drinking area, but on the atmosphere around her. She went to this bar to enjoy the music, to see friends and have conversations with them rather than get drunk. Give the impression that the alcohol present seems as if it was solely there to enhance the experience.

Year eleven so must have been around 15 or 16 years old, and yet she could buy alcohol from a minimarket. Again, indicating very little control and a relaxed policy. She was free from a young age to do things that are not legally acceptable and yet there was no legal restriction.

Society, at the time, had influenced her to believe that the negatives of alcohol e.g. the taste was outweighed by the positives; how it makes you feel good. Due to these positive expectancies about alcohol's effect, she continued to drink in order to 'feel something'.

Perceived alcohol as something pointless, that didn't make her feel good. Although her friends had gotten tipsy and were having fun, because she herself didn't feel as if she was gaining anything from drinking, she stopped

όλοι περνάγανε ωραία και λέγαμε πόσο tipsy είναι οπότε σκέφτηκα ότι 'εντάξη δεν το χρειάζομαι ακριβώς για να περάσω καλά, οπότε απλά θα αφήσω την μπύρα'', και πέρασα καλά χωρίς. Με τον καιρό ήθελα να το συνηθίσω γιατί έβλεπα και τους φίλους μου να πίνουνε και να το ευχαριστιούνται, και νιώθανε κάπως περίεργα και το περιγράφανε... οπότε συνέχισα και εγώ γιατί ήθελα να δω τι είναι αυτό το feeling.

Ερευνήτρια: Και τώρα τι ρόλο παίζει το αλκοόλ στη ζωή σου;

Μαρία: Αυτή τη στιγμή το αλκοόλ στη ζωή μου είναι, δεν είναι συχνό σίγουρα... εε, κυρίως λόγω των υποχρεώσεων μου, αλλά και αν δεν τις είχα πιστεύω δεν θα έπινα πολύ γιατί η γνώμη μου από τότε δεν έχει αλλάξει. Αν και το συνέχισα ώστε να δω πως είναι να πίνεις, δεν το συνεχίζω σήμερα γι' αυτό το λόγο, γιατί δεν έχει αλλάξει η γνώμη μου το ότι έχει άσχημη γεύση. Εεε, για μένα το αλκοόλ σήμερα είναι... η στιγμή που θα δω τους φίλους μου, είναι το πάρτι που θέλω να βγω έξω, είναι η μοναξιά μου στο σπίτι μερικές φορές, είναι το μια στο τόσο που θέλεις να ξεφύγεις από την πραγματικότητα ουσιαστικά, οπότε λες 'θέλω να πιώ.'

Ερευνήτρια: Και, μεθάς;

Μαρία: Δεν μεθάω κάθε φορά που πίνω. Κάθε φορά που πίνω κάνω μέχρι ένα μικρό κεφάλι και συνήθως κάπου εκεί σταματάω.

Ερευνήτρια: Οκ, και τι σε πειραάζει στο να πεις ή να μην πεις;

everyone was having fun and saying how tipsy they are so I thought "okay I don't need it exactly to have fun, so I will just leave the beer", and I had fun without drinking. Over time I wanted to get used to it because I was seeing my friends drinking and enjoying it, and they would feel a bit weird and they kept describing this feeling... so I kept on drinking because I wanted to see what this feeling is.

Researcher: And what place does alcohol have in your life now?

Maria: Right now alcohol is part of my life, it's not always there though... eh, mainly because of my responsibilities, but even if I didn't have them I believe I would still not drink a lot because my opinion hasn't changed since then. Although I continued to drink to see what it's like, I don't drink for that reason anymore, because my opinion that it tastes bad hasn't changed. Ehh, alcohol for me today is... the moment I see my friends, it's the party I want to go to, it's my loneliness at home sometimes, it's the time that every now and then you want to escape from reality, so you say "I want to drink."

Researcher: And, do you get drunk?

Maria: I don't get drunk every time I drink. When I drink I usually just get a little bit tipsy and usually somewhere there I stop.

Researcher: Okay, and what influences whether you drink or not?

and just enjoyed the collective experience. This collective experience had created an atmosphere which she could enjoy even if she didn't partake in the drinking. However, overtime, she continued drinking due to the positive expectancies of alcohol's effects, believing that there is a special feeling everyone seems to obtain through drinking that is beneficial to the drinker; building on her curiosity and leading her to drink for the perceived outcomes of drinking.

Alcohol is present in her life but it's not part of her lifestyle, she doesn't engage in drinking often; she prioritises her responsibilities.

She perceives drinking as the time to socialise (the nature of social situations), see her friends and enjoy herself; it enhances what is already there in a way.

Sees it as a way to escape the main preoccupations of daily routines and enhance her emotions. She can insert alcohol into any part of her life and is an action she follows depending on emotion. It's not something she uses when she is thinking, she doesn't follow logic to drink, she lets her impulses and her desire to have fun and feel better in the present moment.

Aware of her limits and willing to consider them. Her purpose is not to get drunk; she doesn't want to lose control (staying decent). Being tipsy gives her what she wants; loosens inhibitions, enhances her mood, relaxes, and stops thinking about worries.

Μαρία: Εε η διάθεση μου κυρίως. Ένας μικρός παράγοντας είναι η δουλεία που έχω να κάνω.

Ερευνήτρια: Ε, πως σε έχει επηρεάσει η κοινωνία στον τρόπο που πίνεις πιστεύεις;

Μαρία: Εε στην κοινωνία σίγουρα είναι κατακριτέο. Δηλαδή θυμάμαι τα πρώτα Χριστούγεννα που τώρα ως ενήλικη μπήκε και στο δικό μου ποτήρι κρασί στο τραπέζι με τους γονείς μου και όλοι με κοιτάγανε, δηλαδή δεν ήταν κάτι, ήταν ένα ποτήρι κρασί... εε, και ουσιαστικά η μητέρα μου δεν με άφησε να βάλω καν δεύτερο στο τραπέζι όταν τρώγαμε για τα Χριστούγεννα ή οτιδήποτε. Η κοινωνία... οι μικρές ηλικίες το βλέπουν cool, εε οι άνθρωποι στην ηλικία μου το βλέπουν φυσιολογικό, και οι μεγαλύτεροι το θεωρούν κατακριτέο.

Ερευνήτρια: Εε, πως πιστεύεις ότι θα έπινες εάν δεν ήσουνα φοιτήτρια; Θα άλλαζε ο τρόπος;

Μαρία: Μμμ, δεν νομίζω.

Ερευνήτρια: Οκ... εε, αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους;

Μαρία: Ναι σίγουρα, όταν είμαι με φίλους πίνω αρκετά περισσότερο, πολύ πιο γρήγορα, πολύ πιο ενθουσιασμένα και με πιο πολύ χαρά. Συνήθως όταν πίνω μόνη μου είναι πιο πολύ σαν "δεν έχω κάτι άλλο να κάνω ας κάνουμε ένα escape".

Maria: *Eh, depends on my mood mostly.*

Also, the work I have to do to a certain degree.

Researcher: *Eh, how does your society influence the way you drink?*

Maria: *Eh within society it's certainly reprehensible. For instance I remember the first Christmas that as an adult I also had a glass of wine on the table with my parents and everybody was looking at me, which is not something, it was just a glass of wine... eh, and actually my mother didn't even let me have a second one when we were eating for Christmas or whatever. Within society... young people see it as something cool, eh people my age see it as something normal, and older people think it's reprehensible.*

Researcher: *Eh, how do you think you would drink if you weren't a student? Would the way you drink change?*

Maria: *Mmm, I don't think so.*

Researcher: *Okay... eh, does drinking with friends affect the way you use alcohol?*

Maria: *Yeah for sure, when I'm with friends I drink a lot more, much faster, with a lot more excitement and with more joy. Usually when I drink alone it's more like "I don't have anything else to do let's do an escape".*

In many cases a major reason for drinking is to change our mental state or how we feel (mood). Drinking can alleviate feelings of stress, anxiety and so on, and people may use it as a form of self-medication for a better mood or to cheer them up.

Drinking excessively in her society is considered worthy of judgment. Her parents introduced alcohol to her when she came of age during a family celebration; moderating her drinking. Believes older generations see it as big deal but in her perspective it's not; holds a normative perspective on drinking. There seems to be a connection between what young people think is 'cool' within the new generations and what older people think it's reprehensible (worthy of judgment).

Believes she would drink the same. She doesn't seem to drink because she is a student, but because she sees it is normal. It is not part of her student identity to drink.

Peers play an important role in shaping drinking behaviours as a happy social environment creates a vibe that makes people happy to be in (an entryway to discovering unity). Social drinking is seen as a completely different experience from drinking alone. Drinking with friends is a collective shared experience, creating a collective vibe; people resonate and there is a sense of oneness. When drinking with

Ερευνήτρια: Ναι, μάλιστα εε... πώς νιώθεις όταν είσαι μεθυσμένη;

Μαρία: Μμμ, ανάλογα και την διάθεση μου από πριν. Τις περισσότερες φορές έχω στην αρχή πολύ περισσότερη ενέργεια, γελάω, οι κινήσεις μου γίνονται πολύ πιο fluid... εε... αλλά μετά από λίγη ώρα απλά νυστάζω, με κουράζει, με βαρύνει και με ενοχλεί πάρα πολύ να μην μπορώ να απαντήσω. Γιατί το αλκοόλ πολλές φορές επηρεάζει και το πως καταλαβαίνω κάτι που λέει ο άλλος, οπότε σαρδάμ και τα λοιπά.

Ερευνήτρια: Χμ οκ, περίπου πόσα ποτά πίνεις όταν βγαίνεις;

Μαρία: Εε μία μέρα με φίλους σε ένα κλαμπ μπορεί να έχει από 2/3 μέχρι 5/6 ποτήρια εε... ένα πάρτι μπορεί να έχει πάνω κάτω τα ίδια, και μία μέρα μόνη μου θα έχει 1/2 ποτήρια.

Ερευνήτρια: Οκ. Εε, συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις για να διασκεδάσεις;

Μαρία: Αν είμαι με παρέα ναι. Αν είμαι με παρέα πριν βγούμε κάνουμε ένα pre-drink ώστε για να χαλάσουμε λιγότερα χρήματα, πηγαίνοντας στο κλαμπ να έχουμε γίνει ήδη. Αν είμαι μόνη μου όχι.

Ερευνήτρια: Εμ, έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;

Μαρία: Ναι, πιο πολλές φορές από το ότι θέλω να παραδεχτώ [γέλιο].

Researcher: Yes, I see eh... how do you feel when you're drunk?

Maria: Mm, it depends on my mood beforehand. Most of the time I have a lot of energy at first, I laugh, my movements become much more fluid... eh... but after a while I just feel sleepy, it drains me, makes me feel heavier and I get very annoyed when I can't respond. Because alcohol often affects how I understand what the other person is saying, so stumbling et cetera.

Researcher: Hm okay, how many drinks do you have on a night out usually?

Maria: Eh a day with friends at a club can have between two or three to five or six glasses eh... a party involves more or less the same, and one day alone will have one or two glassed.

Researcher: Okay. Eh, do you tend to pre-drink before going out?

Maria: Oh, if I'm with company yes. If I'm with people before we go out, we will pre-drink so that we spend less money out, because we will already be fixed up from before. If I'm alone no.

Researcher: Um, have you ever thrown up because of alcohol?

Maria: Yes, more times than I want to admit [Laughs].

friends, people get into it, feeling as one. It brings people together, creating a collective sense of excitement.

Mood plays an important role in how one feels and drinks. Sees alcohol as an energy boost; boosting her energy, enhancing her mood, freeing her movements.

Aware of the negative consequences of drinking and doesn't enjoy the aftereffects; especially losing control and the ability to communicate properly.

Drinks more in social situations.

Drinking alone for the purpose of relaxation.

Drinking is associated with company.

She pre-drinks for financial reason to save money by buying less drinks when out.

Puts her in the collective mood/vibe before going out in public. Highlighting that her reason for drinking is to get in the collective mood. An entryway to discovering unity.

She is aware that she has lost control due to high consumption and doesn't like that; not something that she's proud of.

<p>Ερευνήτρια: <i>Θυμάσαι πόσες φορές; [γέλιο].</i></p> <p>Μαρία: <i>Εε λοιπόν... [γέλιο] μου βάζεις δύσκολα.</i></p> <p>Ερευνήτρια: <i>[γέλιο] αν θυμάσαι, αν δεν θυμάσαι...</i></p> <p>Μαρία: <i>Πιστεύω ότι είναι πάνω κάτω στις 10 φορές, μπορεί λίγο παραπάνω, μπορεί λίγο λιγότερο, μάλλον λίγο παραπάνω.</i></p> <p>Ερευνήτρια: <i>Οκ εμ, όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους;</i></p> <p>Μαρία: <i>Ναι γίνομαι πολύ πιο extra, πολύ πιο grabby. Μ'αρέσει πάρα πολύ να παίρνω αγκαλιές, να τους σηκώνω τους άλλους να τους ζουλάω, να τους αγγίζω γενικότερα πολύ περισσότερο. Εε, μιλάω πιο δυνατά και χορεύω πολύ παραπάνω. και γίνομαι πιο flirty.</i></p> <p>Ερευνήτρια: <i>Μμ, και εννοείτε όταν είσαι νηφάλια αυτά δεν; Δεν είσαι σ' αυτό το βαθμό έτσι;</i></p> <p>Μαρία: <i>Έτσι είναι, και βέβαια αυτά τα στοιχεία του χαρακτήρα μου δεν φτάνουν σε εκείνο το level.</i></p> <p>Ερευνήτρια: <i>Οκ οκ. Παίρνεις περισσότερα ρίσκα όταν είσαι μεθυσμένη από όταν είσαι νηφάλια;</i></p> <p>Μαρία: <i>Χμμ... θα έλεγα πως ναι γιατί εε,</i></p>	<p>Researcher: <i>Can you recall how many times?</i></p> <p>Maria: <i>Eh so... [Laughs] that's a difficult one.</i></p> <p>Researcher: <i>[Laughs] if you can remember that is, if you can't...</i></p> <p>Maria: <i>I think it's around ten times, maybe a little more, maybe a little less, probably a little more.</i></p> <p>Researcher: <i>Okay um, does your social behaviour change when you drink?</i></p> <p>Maria: <i>Yes, I become much more extra, more grabby. I really like hugging people, lifting them up and squeezing them, touching people in general a lot more. Eh, I talk louder and dance more, and I get more flirty.</i></p> <p>Researcher: <i>Mm, and of course when you're sober you're not? To that level at least?</i></p> <p>Maria: <i>Right, of course those aspects of my personality don't reach that level.</i></p> <p>Researcher: <i>Okay okay. Do you tend to take more risks when you are drunk then when sober?</i></p> <p>Maria: <i>Hmm... I'd say yes because eh, it</i></p>	<p>Release from bonds. Becomes more extra as in more intense, more affectionate, more intimate; increasing feelings of closeness and sociability. Becomes more confident and expresses herself more freely.</p> <p>Amplifying desirable characteristics and behaviours she does not possess when sober. Ideal self- release from bonds (unrestricted).</p> <p>Believes that she takes more risks when intoxicated because it affects the way one</p>
---	--	--

επειρεάζει λίγο τον τρόπο που σκέφτεσαι.

Εκείνη την ώρα δεν είναι big deal να πατήσεις λίγο παραπάνω το γκάζι, να βγάλεις την μπλούζα σου, να σκαρφαλώσεις σ' εκείνο το δέντρο ή ότι άλλο σου 'ρθει και σκεφτείς να κάνεις, που θα το σκεφτόσουν πολύ διαφορετικά αν δεν είχες πει.

Ερευνήτρια: Οκ εε, πιστεύεις ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή όμως;

Μαρία: Πιστεύω ότι ναι και βέβαια το καταλαβαίνεις αλλά αποφασίζεις να το αγνοήσεις. Πιστεύω ότι είτε έχεις πει είτε όχι, εάν είσαι σε σημείο pass out, τουλάχιστον έτσι νιώθω εγώ για μένα, εε, καταλαβαίνεις πλήρως ότι συμβαίνει εκείνη τη στιγμή και μπορείς να αντιδράσεις και με το σωστό τρόπο, απλά το κάνει πιο δύσκολο.

Ερευνήτρια: Οκ... I λεπτό γιατί έχουμε πάλι poor connection... νομίζω έφτοιαζε τώρα, οκ. Λοιπόν τώρα, φαντάσου ότι σταματάς να πίνεις εντελώς, τι πιστεύεις ότι θα άλλαζε στη ζωή σου;

Μαρία: Δεν πιστεύω ότι θα άλλαζαν πολλά γιατί δεν είμαι ένα άτομο που πίνει ποσότητα ή που πίνει συχνά. Δηλαδή ακόμα και αν είναι πολύ το 6 ποτήρια κάθε φορά που βγαίνω δεν βγαίνω αρκετά συχνά, οπότε πιστεύω ότι εγώ σαν άνθρωπος μπορώ άνετα να βγω έξω και να περάσω καλά και να παρτάρω χωρίς το αλκοόλ.

Ερευνήτρια: Ακόμα και σε κοινωνικές περιστάσεις τώρα λες;

influences the way you think. At that time it's not a big deal to step on the gas pedal a little more, to take off your shirt, to climb that tree or whatever else you'd come up with and think about doing, which you'd think about very differently if you hadn't had a drink.

Researcher: Okay eh, do you think you understand the risk you are taking during that time?

Maria: *I think you do, of course you do, but you decide to ignore it. I think whether you've been drinking or not, unless you're at a pass out level, at least that's how it is for me, eh, you fully understand what's happening at that moment and you can react in the right way if you wanted to, it just makes it more difficult.*

Researcher: Okay... one minute because we've got poor connection... I think it's okay now. So, now, imagine that you decided to stop drinking, what do you think would change?

Maria: *I don't think much would change because I'm not a person who drinks a lot or drinks often. So even if six glasses are a lot every time I go out I don't go out often enough, so I think as a person I can easily go out and have fun and party without alcohol.*

Researcher: Even in social situations you mean?

thinks. People become more impulsive and careless when intoxicated, considering only the immediate time frame and ignoring the medium to long term consequences. Alcohol lowers inhibitions and therefore can lead to bad decisions and risky behaviours.

It's not that they become incapable of understanding the risk, what it stops them from doing is caring about the risk. Become more impulsive and careless.

Staying decent. She doesn't seem to value alcohol that much or see it as something she needs. Drinking moderately.

She doesn't drink often so she doesn't think anything would change if she stopped drinking. Believes she could still go out and have fun without drinking, it is not a key component of her social life so has nothing to fear.

Μαρία: *Ναι.*

Ερευνήτρια: *Οκ εε--*

Μαρία: *Θα τις κάνει λίγο πιο (poor connection)-- το αλκοόλ πιστεύω ότι σου δίνει το παραπάνω excitement.*

Ερευνήτρια: *Sorry είπες ότι θα τις κάνει λίγο πιο;*

Μαρία: *Φυσιολογικές κοινωνικές καταστάσεις, ενώ το αλκοόλ σου δίνει ένα παραπάνω excitement, ένα boost.*

Ερευνήτρια: *Εε, τι πιστεύεις ότι θα κέρδιζες εάν σταματούσες να πίνεις;*

Μαρία: *Λεφτά.*

Ερευνήτρια: *[γέλιο] και τι θα έχανε; Λεφτά φαντάζομαι;*

Μαρία: *Ναι, κυρίως λεφτά, δηλαδή εντάξη εε, δεν πίνω σε σημείο να είναι πολύ όπως σου είπα και πριν, οπότε πιστεύω ότι δεν θα κέρδιζα κάτι παραπάνω στην υγεία μου γιατί δεν πίνω εξαρχείς πολύ, οπότε δεν πιστεύω ότι κάνω τόσο πολύ κακό στο σώμα μου πίνοντας.*

Ερευνήτρια: *Οκ χμ, πολλοί φοιτητές πίνουν για να μεθύσουν γιατί νομίζεις ότι γίνεται αυτό;*

Μαρία: *Εε, πιστεύω ότι είναι και αυτή η*

Maria: *Yes.*

Researcher: *Okay eh--*

Maria: *It will make them a little more (poor connection)-- alcohol I think gives you more excitement.*

Researcher: *Sorry you said that it makes them more?*

Maria: *Normal social situations, whereas alcohol gives you more excitement, a boost.*

Researcher: *Eh, what do you think you would gain if you stopped drinking?*

Maria: *Money.*

Researcher: *[Laughs] and what would you lose? Money I imagine?*

Maria: *Yes, mostly money, well okay eh, I don't drink too much like I said before, so I don't think it would be better for my health because I don't drink a lot, so I don't think I'm doing much harm to my body drinking.*

Researcher: *Okay hm, many students nowadays tend to drink alcohol to get drunk, why do you think that is?*

Maria: *Eh, I think it's that social acceptance among students, "we went out and he was*

Alcohol makes everything more exciting, livelier.

She believes if she didn't drink in social situations the situations would become "normal social situations", indicating that drinking is perceived as something more special, more exciting, intensifying and enhancing what is already there. Enhances the fun.

Aware of the negative consequences of drinking on physical health but because she doesn't drink often, she believes that her drinking cannot lead to any problems.

This also links with the 'power of storytelling'. Creating a collective sense of

κοινωνική αποδοχή ανάμεσα στους φοιτητές, το "βγήκαμε και έγινε χάλια και ήταν τόσο αστείο και περάσαμε τέλεια", όλα αυτά συνδέονται με ουσίες, με αλκοόλ, με ναρκωτικά. Οι φοιτητές γενικότερα είναι πιο ευάλωτοι σε αυτό πιστεύω γιατί εε, με τα χρόνια *that is what is expected of them to do*. Είναι ουσιαστικά τα τελευταία χρόνια που μπορούν να είναι ανώριμοι, οπότε το εκμεταλλεύοντε στο έπαρκο.

Ερευνήτρια: Ναι ναι άρα πιστεύεις-- πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο;

Μαρία: Εε πιστεύω πως ναι, σε πολλές περιπτώσεις προσπαθούν να κερδίσουν είτε παραπάνω *good time*, είτε το να φοιτάζουμε την διάθεση τους, είτε να δείξουν σε κάποιον άλλον πόσο *fun* και καλά περνάνε.

Ερευνήτρια: Οκ εε με θέμα το αλκοόλ, πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν;

Μαρία: Η ελληνική κουλτούρα αυτές τις μέρες έχει επηρεαστεί πάρα πολύ από αμερικάνικη, οπότε οι άνθρωποι είναι λίγο πιο πολύ *extra* όσο στο εξωτερικό, αλλά η Ελλάδα σαν Ελλάδα εε πιστεύω πάντα είχε στην καρδιά της το αλκοόλ έτσι, είχαμε και Θεό γι' αυτό, τον Διόνυσο. Η Ελλάδα είναι πάντα ένα μεγάλο μέρος των ελληνικών γιορτών, της ελληνικής διασκέδασης, πάντα στο τραπέζι υπήρχε κάποιο αλκοόλ ακόμα και σε φτωχές οικογένειες.

hammered and it was super funny and we had so much fun", all of this stuff is related to substances, to alcohol, to drugs. Students in general are more vulnerable to these things I believe because eh, over the years that is what is expected of them to do. They are basically the last few years they can be immature, so they take advantage of that to the maximum.

Researcher: *Yeah yeah, so do you think-- do you think there is something specific they are trying to achieve by getting drunk?*

Maria: *Eh I think yes, in many cases they're either trying to gain more good time, or to elevate their mood, or to show to someone how much fun they're having.*

Researcher: *Okay eh regarding alcohol, do you think the Greek student culture is different from others in the way they drink?*

Maria: *Greek culture these days has been heavily influenced by the American culture, so people are a little bit more extra just like abroad, but Greece as Greece eh I believe always had alcohol in its heart, we even had a God for it, Dionysus. Greece has always been concerned with Greek celebrations, with Greek entertainment, and alcohol is always on the table even in poor families.*

entertainment and adventure.

A period for rejoice and sociability.

Socially constructed ideas. Believes students drink with the intention to get drunk for social acceptance. She sees students as a more vulnerable group due to the expectation that this is what they are meant to do. In her opinion they take advantage of the fact that it's their last years to act carelessly; leading to the pursuit of short-term hedonism.

Perceives alcohol as a way for people to have more fun and enhance positive mood. This could be linked to the rewarding psychological effects of alcohol. Drinking gives you the ability to amplify certain desirable characteristics.

Prove to others they are fun individuals; feel accepted. This perception was not common at all through the other transcripts.

Believes that the American culture has influenced the Greek culture in the way they use alcohol nowadays, leading to excessive drinking. On the other hand, she associates alcohol with celebration, and portrays drinking as, in her culture, an essential element of festivity that has always been a big part of Greek life, indicating that most Greeks, even poor families, drink, but accompany it with food "*alcohol is always on the table*".

<p>Ερευνήτρια: <i>Ναι.</i></p> <p>Μαρία: <i>Πιστεύω είναι μέρος της κουλτούρας μας.</i></p> <p>Ερευνήτρια: <i>Χμ, πιστεύεις ότι είναι μέρος της κουλτούρας σας;</i></p> <p>Μαρία: <i>Ναι ναι, ο μπαμπάς πάντα δίνει το πρώτο ποτό του γιού του εε... η μαμά βγαίνει έξω με το παιδί της αφού μεγαλώσει να πιούν ένα ποτό μαζί. Είναι μέρος του να μεγαλώνεις το να πίνεις σαν φοιτητής.</i></p> <p>Ερευνήτρια: <i>Χμ... και οι άλλες κουλτούρες που έχεις δεις; Αν έχεις δει άλλες κουλτούρες, πως πίνουνε; Πως είναι ο δικός τους τρόπος; Γιατί είπες ότι είναι extreme ο τρόπος των ξένων.</i></p> <p>Μαρία: <i>Συγκεκριμένα για την αμερικάνικη κουλτούρα επειδή δεν έχω πάει ποτέ, εε, ότι ξέρω είναι από ταινίες και σειρές που και βέβαια δεν είναι 100% accurate αλλά αν πάρω τίποτα από όλα αυτά που έχω δει εε το κανονε πιο πολύ aggressively, πιο πολύ extra, όχι τόσο σαν να είναι μέρος της κουλτούρας όσο σαν "εε δείτε με πίνω" και τα λοιπά. Τώρα άλλες κουλτούρες όπως η Ινδία και άλλες παρόμοιες χώρες εε το έχουνε πολύ ως και καθόλου στη ζωή τους. Διαφέρει αυτό πιστεύω. Στην Ελλάδα υπάρχει πολύ (poor connection)--</i></p> <p>Ερευνήτρια: <i>Κάτσε, δεν σ'ακούω, για πες το ξανά.</i></p>	<p>Researcher: <i>Yes.</i></p> <p>Maria: <i>I believe it is part of our culture.</i></p> <p>Researcher: <i>Hm, you think its part of your culture?</i></p> <p>Maria: <i>Yes yes, dad always gives his son his first drink ehh... mum goes out with her kid when she comes of age to have a drink together. It's part of growing up drinking like a student.</i></p> <p>Researcher: <i>Hm... and other cultures you have seen? If you have seen other cultures, how do they drink? How is their way? Because you said that their way is extreme.</i></p> <p>Maria: <i>Regarding the American culture because I've never been, eh, everything I know is from movies and series that are certainly not hundred percent accurate but if I take into account the things I've seen ehh they drink a lot more aggressively, more extra, not so much like it's part of their culture but more like "hey look at me I'm drinking" and so on. Now other cultures such as India and other similar countries may drink a lot and may not at all. It differs, I think. In Greece there is a lot (poor connection)--</i></p> <p>Researcher: <i>Wait, I can't hear you, can you say that again.</i></p>	<p>Part of the culture.</p> <p>Drinking is introduced typically by parents; in a way she associates drinking with sociable family occasions. Holds a very stereotypical view of how the father will introduce alcohol to his son and how the mother will to her daughter. Associates drinking like a student with growing up (socially constructed ideas). It is perceived as the adult way for enjoyment.</p> <p>Considering the above statements and taking into account how she sees other cultures, she believes that in cultures such as America, the idea of drinking and 'celebration' is used as an excuse for drinking; they don't drink because it's part of their culture like in Greece in her opinion, instead they drink to be seen as fun and part of the crowd; seeing it as something to be proud of. In cultures such as America, alcohol is mainly seen as a means of social acceptance and following the crowd. She believes that in Greece, there is a social and cultural influence present, but alcohol is used more as a means of celebrating and enhancing the joy already there, rather than seeking to fit in.</p>
---	--	---

Μαρία: Λέω δεν υπάρχει καθόλου έλεγχος στην Ελλάδα. Έπεινα άνετα πριν από τα 17 μου, δεν ζήτησε ποτέ κανένας από εμένα ταυτότητα.

Ερευνήτρια: Οκ ναι ναι ναι. Εε... τώρα η επόμενη ερώτηση έχει να κάνει με αν σ'αρέσει να πίνεις για να μεθάς, αλλά νομίζω το έχεις απαντήσει αυτό, εε, και αν υπάρχει κάτι συγκεκριμένο που εσύ προσπαθείς να πετύχεις με το να μεθάς. Αν θες να συμπληρώσεις κάτι σ'αυτό.

Μαρία: Όταν θέλω να μεθύσω εε-- αν προσπαθώ να πετύχω κάτι που είναι λίγο υποσυνείδητα νομίζω ότι μηχανικά απλά πίνω εεε... αν θέλω να πετύχω κάτι είναι το να μεθύσω σαν να μεθύσω, γιατί θα πάρω αυτό το feeling το ότι αγαπάω τους πάντες και 'αχ τι ωραία που πέρασα και πωπω το κεφάλι μου είναι χάλια' και είναι fun... φτοιιάχνει memories, φτοιιάχνει αστείες ιστορίες μεταξό μας, εε δένετε κόσμος πάνω από 1 ποτήρι.

Ερευνήτρια: Χμμ μάλιστα. Λοιπόν τώρα θέλω να φανταστείς ότι συναντάς κάποιον φίλο και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λει 'πέρασα υπέροχα χθες το βράδυ, μέθυσα τόσο πολύ που έκανα εμετό! Έχασα τις αισθήσεις μου και το παπούτσι μου!' Ποια θα ήταν η αντίδραση σου;

Μαρία: Εε πρώτη αντίδραση όπως και τώρα που μου το είπες ήταν να γελάσω, γιατί όντως είναι πράγματα που έχουν συμβεί ανάμεσα μας, σαν ιστορίες φιλικές και τα λοιπά... εεε

Maria: *I was just saying that there is no control in Greece. I could easily drink before I was 17, nobody ever asked for my ID.*

Researcher: *Okay yes yes yes. Eh... now the next question has to do with if you like to drink to get drunk, but I think you've answered that, eh, and if there is something specific you are trying to achieve by it. If there is anything you would like to add.*

Maria: *When I want to get drunk eh-- if I'm trying to achieve something that's a bit subconscious I'm mechanically just drinking I think ehh... if I want to achieve something it's to get drunk as in to get properly drunk, because I'm going to get this feeling that I love everybody and "oh I had such a good time and omg my head is buzzing" and that's fun... creates memories, creates fun stories between us, eh people can connect over a drink.*

Researcher: *Hmm I see. So now I want you to imagine you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!", how would you respond?*

Maria: *Eh my first reaction just like now that you told me was to laugh, because it's really things that have happened between us, like stories you share with friends and so on...*

Stresses again how relaxed the policy is in Greece, with no applied restrictions; no legal control. Which may link with the above statement.

Meaning she drinks without having a purpose or a goal; part of the experience. The nature of social situations.

Collective belongingness. If she purposely pursues drunkenness, it's usually to obtain the altered state of consciousness that alcohol can induce. She feels like she can create memorable fun experiences when she is drunk; creating stories and bringing togetherness (the power of storytelling).

Initially she found the scenario quite funny and entertaining. Sees it as a funny story that can be shared; a memory worth sharing bringing togetherness. Telling drinking

αλλά η δεύτερη αντίδραση μου είναι "OMG είσαι καλά;" [γέλιο]. Και πρώτα έρχεται ο ενθουσιασμός και το γέλιο του στυλ "ο τέλει, πέρασες ωραία, είχε πλάκα, ήτανε quirky", ή οτιδήποτε, μετά έρχεται το concern είναι το "έε όντως ωραία όντως όλα καλά;" [γέλιο].

Ερευνήτρια: [γέλιο] μάλιστα, και θα την θεωρούσες μία διασκεδαστική βραδιά;

Μαρία: Εε, την περιγραφή του φίλου μου;

Ερευνήτρια: Χμμ, ναι ναι.

Μαρία: Για να το λέει με τόσο ενθουσιασμό ναι θα' λεγα ότι είναι μια διασκεδαστική βραδιά για εκείνο.

Ερευνήτρια: Οκ.

Μαρία: Αν ήμουν εγώ στη θέση του δεν ξέρω.

Ερευνήτρια: Μμ οκ...ωραία, υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου; Αν υπάρχει.

Μαρία: Ναι όσο αφορά το αλκοόλ στην Ελλάδα όπως σου είπα, υπάρχει πολύ λίγος έλεγχος, έπαιρνα αλκοόλ πριν γίνω καν 18 εε και μπορούσα να το πάρω από παντού, και μεγάλωσα σε νησί το οποίο έχει μία κλειστή κοινωνία και όλοι γνωρίζονται με όλους, κανένας δεν μπήκε ποτέ στο κόπο να το πει στην μητέρα μου, κανένας δεν μπήκε ποτέ στον κόπο να μου ζητήσει ταυτότητα ή να με διώξει από ένα μπαρ. Πιστεύω ότι θα έπρεπε

ehh but my second reaction would be "OMG are you okay?" [Laughs]. First comes the excitement and laughter like "wow amazing, you had a great time, it was fun, it was quirky", or whatever, and then comes the concern like "hey is everything okay is everything cool?" [Laughs].

Researcher: [Laughs] I see, and would you consider it a fun night?

Maria: Eh, my friend's description?

Researcher: Hmm, yes yes.

Maria: If he said it with so much enthusiasm yes, I'd say it was a fun night for him.

Researcher: Okay.

Maria: If it was me in his place I don't know.

Researcher: Mm okay... alright, is there anything else you would like to share with me? If there is anything.

Maria: Yes, regarding alcohol in Greece as I told you before, there is very little control, I bought alcohol before I was 18 eh and I could get it from anywhere, and I grew up in an island that has a tight society and everyone knows everyone, and yet no one ever bothered to tell my mother, no one ever bothered to ask for my ID or kick me out of a bar. I think there should be a lot more control because when you start drinking from

stories perhaps brings people together by providing a collective sense of entertainment and adventure. Then comes concern. Finds it entertaining and adventurous; appreciates and values what a friend considers enjoyable, but at the same time aware that it was risky but see's the beauty in adventure; creating memories and funny stories.

Trusts and values what a friend would consider a fun experience.

She is not sure if she would find it fun if she experienced something like that. Indicating that she perhaps doesn't enjoy losing control.

Again, stresses the lack of control and her opinion on such a relaxed policy. No restrictions whatsoever, even from people who knew her and her parents, nobody ever tried to restrict her. She was allowed into bars and clubs from a young age and nobody cared to check how old she was or tell her parents she engages in social drinking. Perhaps because it is not a big deal and she wasn't seen drinking excessively or

να υπάρχει πολύ μεγαλύτερος έλεγχος γιατί όταν το αρχίζεις πιο μικρή είναι πιο εύκολο να εθιστείς μετά. Το αλκοόλ είναι fun όσο το κρατάς μέσα σε κάποια πλαίσια.

Ερευνήτρια: Χμμ αν και εσύ από 'τι είπες που το άρχισες σχετικά νωρίς δεν σε επηρέασε και δεν είχες και καθόλου εε όρια και restrictions... εε σου έδιναν ασπούμε το αλκοόλ στο περίπτερο ή στο μαγαζί.

Μαρία: Όχι αλλά είχα ναι-- αλλά είχα μυαλό και την θέληση να βάλω εγώ αυτά τα restrictions σε εμένα, γιατί έχω δει και στην οικογένεια μου και σε φίλους μου πού μπορεί να οδηγήσει αυτό το πράγμα, και πολλοί φίλοι μου που επείσης δεν είχανε restrictions σαν εμένα ξεπερνούσαν τα όρια πάρα πολλές φορές, οπότε είναι κάτι που εγώ δεν ήθελα να κάνω.

Ερευνήτρια: Ωραία οκ... τέλεια, αυτό ήτανε, σταματάω τώρα το recording.

a young age it's easier to get addicted later on. Alcohol is fun as long as you keep it within certain limits.

Researcher: Hmm although you said that you started it relatively early and it didn't affect you and you didn't have any boundaries and rules either... eh they would just give you alcohol.

Maria: No, but I had yes-- I had the mind and the will to put these restrictions on me, because I've seen both within my family and friends where this thing might lead, and a lot of my friends who also didn't have restriction like me crossed the line too many times, so it's something I didn't want to do.

Researcher: Alright okay... perfect, that was it, I'll stop the recording now.

problematically. She believes control is vital and a stricter policy is needed in order to maintain control and be able to control young individuals who are unwilling to consider limits and become addicted later on.

In her personal experience, she exercised self-control with alcohol as there wasn't legal or social boundaries with alcohol. However, she believes there should be exterior control because not everyone can control themselves depending on their mindset and experiences.

Interview 3 – Miranda

Original Data	Translation	Exploratory Comments
Ερευνήτρια: Λοιπόν, άρχισε το recording, και ξεκινάμε. Πες μου λίγα λόγια για σένα λοιπόν.	Researcher: So, it's now recording, let's begin. Tell me a bit about yourself.	
Μιράντα: Εεε, είμαι 22 χρονών, εε, είμαι φοιτήτρια, ζω στην Αθήνα, σπουδάζω στην Αθήνα, είμαι από νησί...	Miranda: Ehh, I'm 22 years old, eh, I am a student, I live in Athens, I study in Athens, I come from an island...	
Ερευνήτρια: Χμμ.	Researcher: Hmm.	
Μιράντα: Εεε.... αυτά.	Miranda: Ehh... yeah.	

<p>Ερευνήτρια: Δουλεύεις;</p> <p>Μιράντα: Εε όχι.</p> <p>Ερευνήτρια: Εε, τι κάνεις στον ελεύθερο σου χρόνο;</p> <p>Μιράντα: Βλέπω σίγουρα σειρές, βγαίνω συχνά με τους φίλους μου, διαβάζω βιβλία... και κάποιες φορές μ' αρέσει να κάνω διάφορα καλλιτεχνικά πράγματα, όπως το να φτοιάχνω πράγματα με τα χέρια ή να κάνω ξερωγώ φωτογραφήσεις και τέτοια πράγματα με τους φίλους μου.</p> <p>Ερευνήτρια: Πολύ ωραία, εε και πώς νιώθεις που είσαι φοιτήτρια και σπουδάζεις σε πανεπιστήμιο;</p> <p>Μιράντα: Τέλεια!</p> <p>Ερευνήτρια: [γέλιο] τι σου αρέσει;</p> <p>Μιράντα: Μ' αρέσει φουλ να σπουδάζω! Μαθαίνω καινούργια πράγματα συνέχεια χωρίς να έχω το βάρος του να δουλεύω, δηλαδή δεν έχω δει στο ότι αν κάνω κάτι λάθος θα γίνει κάτι που δεν διορθώνεται. Βασικά είναι σαν να πηγαίνω σχολείο και οι γονείς μου με συντηρούν, και μπορώ ταυτόχρονα να έχω και κάποιες υποχρεώσεις που είναι το πανεπιστήμιο οι οποίες όμως μου αρέσουν κιόλας. Και έχω και πολύ ελεύθερο χρόνο και μπορώ να κάνω πράγματα στη ζωή μου χωρίς να πιέζομαι.</p> <p>Ερευνήτρια: Ωραία, και τι δεν σου αρέσει; Υπάρχει κάτι στη φοιτητική ζωή που δεν σου</p>	<p>Researcher: <i>Do you work?</i></p> <p>Miranda: <i>Eh no.</i></p> <p>Researcher: <i>Eh, what do you do in your free time?</i></p> <p>Miranda: <i>I definitely watch tv shows, I go out often with my friends, I read books... and sometimes I like to do all kinds of artistic stuff, like making things with my hands or doing photoshoots and things like that with my friends.</i></p> <p>Researcher: <i>Very nice, eh and how do you feel about being a student and studying at a university?</i></p> <p>Miranda: <i>Amazing!</i></p> <p>Researcher: <i>[Laughs] what do you enjoy about it?</i></p> <p>Miranda: <i>I really like being a student! I'm constantly learning new things without having the burden of working, so if I do something wrong that doesn't mean it can't be fixed. Basically, it's like going to school with my parents supporting me, and at the same time I can have some responsibilities involving my university work, which I enjoy anyway. And I also have a lot of free time and I can do things in my life without feeling pressure.</i></p> <p>Researcher: <i>Alright, and what do you dislike about it? Is there anything you don't like</i></p>	<p>No extra responsibilities; more free time.</p> <p>A part of her time spent doing enjoyable things is when she is with friends; social interaction is an important component of student life. Engages in social activities that are not directly related to drinking and prefers to do things with others.</p> <p>Enthusiastic response- enjoys the student life.</p> <p>She portrays student life as a beautiful stage in her life, learning and exploring many new things; minus worries and responsibilities (tension-free). The fact that she says "it's like school with my parents supporting me, and at the same time I can have some responsibilities" gives the impression of balance; a balanced lifestyle.</p> <p>Increased freedom and independence. Nobody can tell her what to do; free of pressure and control.</p>
--	--	--

αρέσει;	about university life?	
Μιράντα: Δεν θα το 'λεγα. Στη φοιτητική ζωή-- (poor connection).	Miranda: I wouldn't say there is. In student life-- (poor connection).	
Ερευνήτρια: Κάτσε λίγο-- (poor connection) κάτσε γιατί σε έχασα λίγο, εδώ το σήμα πήγε κάπως-- μ' ακούς τώρα;... Μ' ακούς;	Researcher: Wait-- (poor connection)-- wait because I'm losing you, the signal is a bit-- can you hear me now?... Can you hear me?	
Μιράντα: Ναι, πάντα σ' ακούω.	Miranda: Yes, I can always hear you.	
Ερευνήτρια: Ωραία, α, λίγο χάλασε το σήμα κι εγώ δεν σε άκουγα απο--	Researcher: Alright, oh, the signal went bad and I couldn't hear you--	
Μιράντα: Εσύ;	Miranda: Can you?	
Ερευνήτρια: Ναι ναι τώρα σ' ακούω. Εε, δεν άκουσα το αν δεν σ' αρέσει κάτι στη φοιτητική ζωή.	Researcher: Yes, yes, I can hear you now. Eh, I didn't hear if there was anything you disliked about university life.	
Μιράντα: Είπα ότι γενικά μ' αρέσει, απλά δεν μ' αρέσει το ότι θα τελειώσει.	Miranda: I basically said that I like it, but I don't like the fact it will end.	Doesn't want to lose the lifestyle she has obtained (the period of rejoice and sociability); afraid of what comes next?
Ερευνήτρια: Οκ ωραία. Εε, πώς θα χαρακτήριζες του Έλληνες φοιτητές;	Researcher: Okay right. Eh, how would you describe Greek students?	
Μιράντα: Τους Έλληνες φοιτητές;...	Miranda: Greek students?...	
Ερευνήτρια: Γενικά.	Researcher: In general.	
Μιράντα: Εεμ... θα τους χαρακτήριζα πολύ outgoing. Βγαίνουνε πολύ... το ζούνε γενικά, ζουν τη ζωή τους. Θα τους χαρακτήριζα πολύ large και χαρούμενους βασικά, αρκετά, και carefree.	Miranda: Um... I'd describe them as very outgoing. They go out a lot... they know how to live it in general, they live their life. I'd describe them very 'large' and quite joyful basically, and carefree.	She portrays Greek students as quite laidback, social and fun. The fact that she says "they know how to live" indicates that in her perspective they manage to sustain a seemingly balanced life filled with variety, satisfaction and joy; self-focusing. She seems to portray the way they live as ideal, as if they have found the meaning of life
Ερευνήτρια: Χμμ εε, πώς νομίζεις ότι σε βλέπουν οι άλλοι που είσαι φοιτήτρια; Δηλαδή	Researcher: Hmm eh, how do you think other people see you because you are a	

οι άλλοι άνθρωποι τριγύρω σου.

Μιράντα: Οι άνθρωποι που δεν είναι φοιτητές;

Ερευνήτρια: Που δεν είναι φοιτητές, ναι ναι.

Μιράντα: Εε... οι μεγάλοι άνθρωποι νιώθω ότι με βλέπουνε σαν να είμαι κάποιος πολύ σπουδαίος που σπουδάζω ξερωγώ, και... αυτό, το ότι είσαι βασικά-- οτι κάνω κάτι πολύ σημαντικό για τη ζωή και για τη κοινωνία, και ότι με βλέπουνε λίγο σαν το μέλλον της χώρας.

Ερευνήτρια: Αυτό πώς σε κάνει να νιώθεις;

Μιράντα: Με κάνει να νιώθω και λίγο ψεύτικη γιατί εγώ δεν νιώθω ακριβώς έτσι για τον εαυτό μου [γέλιο].

Ερευνήτρια: [γέλιο].

Μιράντα: [γέλιο] δεν νομίζω ότι κάνω κάτι πάρα πολύ σπουδαίο, αλλά... με κάνει να νιώθω hope για το μέλλο, και να σκέφτομαι ότι... στην πραγματικότητα έχουν δίκαιο, δηλαδή όντως οι νέοι άνθρωποι που σπουδάζουμε είμαστε το μέλλο της χώρας βασικά, και με κάνει να νιώθω ωραία και ότι όντως κάνω κάτι σημαντικό στη ζωή μου που αξίζει.

Ερευνήτρια: Χμ, και πώς βλέπεις εσύ τον εαυτό σου μέσα σε όλο αυτό;

Μιράντα: Προσωπικά για μένα θεωρώ ότι είμαι αρκετά υπεύθυνη με τις υποχρεώσεις μου στο πανεπιστήμιο.

student? So, other people around you.

Miranda: People who aren't students?

Researcher: Yeah who aren't students, yes, yes.

Miranda: Eh... I feel that older people see me like I'm someone very great because I study, and... yeah, that you're basically-- that I'm doing something very important for life and for society, and they see me a little bit like I'm the future of our country.

Researcher: How does that make you feel?

Miranda: It makes me feel a little bit fake because I just don't feel that way about myself [Laughs].

Researcher: [Laughs].

Miranda: [Laughs] I don't think I'm doing something so big, but... it makes me feel hope for the future, and I think that... in reality they are right, indeed young people who study are the future of this country basically, and that makes me feel good and that I'm actually doing something important in my life that has value.

Researcher: Hm, and how do you see yourself?

Miranda: Personally, I think I'm quite responsible with my responsibilities at university.

(tension-free). It is a period of high rejoicing and sociability.

This high sense of worth which she believes the older generations are placing on her, although it must come with a certain pressure to live up to expectations, is likely beneficial for students as it is motivating to know that your potential is seen. It may force students to confront their responsibilities and put more effort into their studies as they know that others believe in them and their capabilities. However, it may also create stress as it is hard to have confidence in oneself, especially as a student.

She doesn't see it as a big deal.

Motivating, as previously mentioned. This view of students from the older generations gives her a sense of purpose. She feels valued.

Trusts herself. Implies that she lives up to her own expectations.

<p>Ερευνήτρια: <i>Χμμ.</i></p> <p>Μιράντα: <i>Και... είμαι αρκετά ευχαριστημένη με αυτά που κάνω και με το πότε θα πάω στο πανεπιστήμιο... αυτό.</i></p> <p>Ερευνήτρια: <i>Ωραία, εε πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο;</i></p> <p>Μιράντα: <i>Ήτανε-- καλά εγώ μετακόμισα κιόλας σε άλλο-- επειδή είμαι από νησί μετακόμισα στην Αθήνα, οπότε ήτανε πολύ απότομη και έντονη η αλλαγή. Και στην αρχή που πήγα στο πανεπιστήμιο φοβόμουν πάρα πολύ, ένιωθα ότι αλλάζει ο κόσμος μου, αλλά τελικά μετά που το συνήθισα λίγο ήτανε αρκετά normal, δηλαδή δεν ήταν κάτι τόσο σπουδαίο. Αλλά ήταν μια ξαφνική ανεξαρτησία.</i></p> <p>Ερευνήτρια: <i>Μμ, αλλά τώρα δεν νιώθεις πλέον έτσι?</i></p> <p>Μιράντα: <i>Όχι.</i></p> <p>Ερευνήτρια: <i>Μμ. Εε και είπες ότι μένεις μακριά από το σπιτικό σου, την οικογένεια σου, εε, πως νιώθεις γι' αυτό;</i></p> <p>Μιράντα: <i>(poor connection)-- μιλάμε, επικοινωνούμε, απλά ότι δεν μένω μαζί τους--</i></p> <p>Ερευνήτρια: <i>Περίμενε (poor connection)--</i></p> <p>Μιράντα: <i>-- μου δίνει μεγαλύτερη ελευθερία στα πράγματα που θέλω να κάνω.</i></p> <p>Ερευνήτρια: <i>Χάλασε πάλι το σήμα, sorry.</i></p>	<p>Researcher: <i>Hmm.</i></p> <p>Miranda: <i>And... I'm pretty happy with what I'm doing and with when I'm going to university... yeah.</i></p> <p>Researcher: <i>Alright, eh how did you find the transition from college to university?</i></p> <p>Miranda: <i>It was-- well I also had to move to another-- because I'm from an island I moved to Athens, so it was a very sudden and intense change. And in the beginning, I felt very scared, I felt like my world was changing, but eventually after I got a little used to it, it was pretty normal, so it wasn't that big of a deal. But it was a sudden independence.</i></p> <p>Researcher: <i>Mm, but now you don't feel like that anymore?</i></p> <p>Miranda: <i>No.</i></p> <p>Researcher: <i>Mm. Eh and you said that you live away from your home, your family, eh, how do you feel about that?</i></p> <p>Miranda: <i>(poor connection) -- we talk, we stay in contact, is just that I don't live with them--</i></p> <p>Researcher: <i>Wait (poor connection)--</i></p> <p>Miranda: <i>-- gives me more freedom in the things I want to do.</i></p> <p>Researcher: <i>The signal broke again, sorry.</i></p>	<p>This contentedness perhaps drives her to be responsible with university.</p> <p>Sudden independence- gain of control as she has freedom, leads to feelings of loss of control because she must become the master of herself- develop autonomy. A period of instability. She felt "scared" and like her "world was changing" with the initial transition and moving away from the familiar to the unfamiliar, suddenly living in a big city, indicating that she felt lost, out of touch and like she didn't belong. She hints that she felt this way due to the "sudden independence" associated with moving away from her family to a different place and living alone.</p> <p>Lives far from her family and where she grew up. Control lessens during this separation from family and moving out, and so she becomes freer to choose lifestyles and behaviours that are not constrained or restricted by others.</p> <p>Associating living away from her family with personal freedom. She can do what she desires to do with no judgment.</p>
--	---	---

Μιράντα: Δεν πειράζει ρε.

Miranda: *It's okay.*

Ερευνήτρια: Εε λοιπόν πες μου ξανά πως νιώθεις γι' αυτό.

Researcher: *Eh so tell me again how you feel about that.*

Μιράντα: Λέω ότι-- (poor connection).

Miranda: *I was saying that-- (poor connection).*

Ερευνήτρια: Κάτσε λίγο να φτοιιάξει... κάτσε... για να δούμε. Εε... νομίζω ότι τώρα έχει φτοιιάξει...

Researcher: *Wait a minute so it's fixed... wait... let's see. Eh... I think it's alright now...*

Μιράντα: Να μιλήσω; Για πες μ'ακούς;

Miranda: *Can I speak? Can you hear me?*

Ερευνήτρια: Ναι ναι, σ' ακούω καλύτερα τώρα.

Researcher: *Yes, yes, I can hear you better now.*

Μιράντα: Ωραία λοιπόν, είπα ότι γενικά έχω καλή σχέση με τους γονείς μου, και έχουμε καλή επικοινωνία και μιλάμε, αν και μ'αρέσει που δεν μένω μαζί τους και μένω μακριά γιατί μου δίνει πολύ περισσότερη ελευθερία στο να κάνω πράγματα που θέλω.

Miranda: *Good, I was just saying that I have a good relationship with my parents, and we keep in contact and talk, but I like that I don't live with them anymore and that I live far because it gives me a lot more freedom to do the things I want to do.*

A newfound independence (autonomy). Again, associates living away from her parents with personal freedom. She can do what she desires to do with no control or judgment.

Ερευνήτρια: Ναι αυτονομία. Ωραία εε... τώρα, θέλω να μου πεις λίγα λόγια για τη νυχτερινή σου ζωή.

Researcher: *Yes autonomy. Alright eh... now, I want you to tell me a bit about your nightlife.*

Μιράντα: Η νυχτερινή μου ζωή;...

Miranda: *My nightlife?...*

Ερευνήτρια: Χμμ.

Researcher: *Hmm.*

Μιράντα: Αυτό;

Miranda: *That's all?*

Ερευνήτρια: Χμμ.

Researcher: *Hmm.*

Μιράντα: Είναι η--

Miranda: *It's--*

Ερευνήτρια: Δηλαδή, τι σου αρέσει να κάνεις, πού βγαίνεις συνήθως... τέτοια.

Μιράντα: Πιο παλιά όταν ήμουν σε μικρότερα έτη του πανεπιστημίου, έβγαينا πάρα πολύ! Πήγαινα συνέχεια σε πάρτι φουλ, γνώριζα κόσμο, χόρευα, δηλαδή όπου υπήρχε πάρτι πήγαινα. Τώρα που σχεδόν τελειώνω έχω ηρεμήσει λίγο, αλλά ακόμα μου αρέσει να πηγαίνω σε πάρτι και πηγαίνω και πάρα πολύ συχνά σε μαγαζιά για ποτό με τους φίλους μου και σε γλέντια ελληνικά, δεν ξέρω πώς να το πω, σε παραδοσιακά γλέντια.

Ερευνήτρια: Ναι ναι ναι, άρα γενικώς βγαίνεις συχνά;

Μιράντα: Ε ναι.

Ερευνήτρια: Για πόσες ώρες θα βγείς; Δηλαδή από τι ώρα μέχρι τι ώρα θα κάτσεις έξω ένα βράδυ;

Μιράντα: Εξαργάται, πολλές φορές όταν έχω πανεπιστήμιο μετά βγαίνω με τους φίλους μου ξερωγώ τύπου μεσημέρι όταν τελειώνουμε το μάθημα, και μπορεί να κάτσουμε μέχρι το βράδυ, δηλαδή μπορεί να κάτσουμε ξερωγώ 10 ώρες, και ξεκινάμε με καφέδες και καταλήγουμε να πίνουμε τσίπουρα. Τώρα αμα βγω μόνο βράδυ... συνήθως θα βγω 11 ξερωγώ και θα γυρίσω 5, πόσο είναι αυτό;... 6 ώρες.

Ερευνήτρια: Μμ, ωραία. Εε, και εσύ εε-- τι είναι ένα πάρτι για 'σένα; Δηλαδή, τι θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;

Researcher: So, what do you like to do, where do you like to go... things like that.

Miranda: *Back in the day when I was in my first years of university, I would go out a lot! I used to go to parties all the time, meeting people, dancing, wherever there was a party I'd be there.* Now that I'm almost done I've calmed down a little bit, *but I still like going to parties and I still go out very often to places with my friends for drinks and to Greek feasts, I don't know how to say it, to traditional revelries.*

Researcher: Yeah yeah yeah, so you go out quite often?

Miranda: Eh yeah.

Researcher: How long do you usually stay out for? So from what time till what time do stay out for?

Miranda: *It depends, I go out a lot after class with my friends, like noon when we finish with our lessons, and we might stay out until late at night, which means we might stay out ten hours or so, and we start with coffees and end up drinking tsipoura.* Now if I go out at night... *I usually will go out around eleven and come back around five, how long is that?... six hours or so.*

Researcher: Mm, alright. Eh, and you eh-- what is a party to you? So, what do you consider a good party?

A period for rejoice and sociability.

Becoming a student is marked by a variety of changes; changes in residence, education, routines. It is seemingly a time of identity exploration; development of new social circles; initiation of new roles and lifestyles; separation of friends and family; increased opportunities and choices; increased independence and freedom from control. Hence, she adapted to the lifestyle of going out, meeting people and being socially involved, exploring her new environment and finding ways to belong. The great increase in free time that students experience through their transition to university affects their identity, as it gives them more time to be social, but free time is not inherently part of their identity. The liberation of managing their social lives, completely, is part of their identity. This is an important distinction.

Extroverted; she is quite involved.

Embedded in her routine/lifestyle to be socially involved. It is a period for rejoice and sociability. Vibrant Nightlife.

Follows the flow. The fact she says "and end up drinking" shows that they don't plan it. The nature of social situations.

Μιράντα: Ένα καλό πάρτι;...	Miranda: A good party?...	
Ερευνήτρια: Μμ.	Researcher: Mm.	
Μιράντα: Σίγουρα να ξέρω πολύ κόσμο. Δηλαδή όχι απαραίτητα να 'νε οι φίλοι μου αλλά να έχω πολλούς-- (poor connection).	Miranda: <i>Knowing a lot of people, that's for sure. I don't necessarily mean my friends, but I want to have a lot-- (poor connection).</i>	The social part seems to be important for her. Perhaps she wants to know "a lot of people" so she can resonate with them and feel familiarity, creating a feeling of togetherness. Desires to feel as if she belongs, with people she is comfortable with; enabling socialisation. Welcoming atmosphere.
Ερευνήτρια: Πε-- (poor connection)-- περίμενε σε χάνω πάλι σε χάνω πάλι... εε το σήμα-- έχασα όλη την απάντηση.	Researcher: Wait-- (poor connection)-- wait I'm losing you again... eh the signal-- I couldn't hear anything.	
Μιράντα: Τέλεια [γέλιο].	Miranda: Perfect [Laughs].	
Ερευνήτρια: Αχ...	Researcher: Agh...	
Μιράντα: Τώρα μ' ακούς;	Miranda: Can you hear me now?	
Ερευνήτρια: Τώρα σ' ακούω.	Researcher: Now I can.	
Μιράντα: Λοιπόν--	Miranda: So--	
Ερευνήτρια: Συνέχισε να.	Researcher: Continue yeah.	
Μιράντα: Λέω ότι ένα καλό πάρτι θέλω να έχει-- θέλω να έχω πολλούς γνωστούς σ' αυτό το πάρτι. Όχι απαραίτητα να είναι φίλοι μου αλλά σίγουρα να έχω αρκετά άτομα που ξέρω ώστε να μπορώ να μιλάω, σίγουρα να είναι φίλοι μου, να έχει καλή μουσική και να χορεύει ο κόσμος.	Miranda: I was saying that I want a good party to have-- <i>I want there to be people that I know. Not necessarily friends but to certainly have enough people that I know so I can socialise, definitely my friends too, have good music and people dancing.</i>	The importance of familiarity and openness. Being able to socialise is portrayed as central to her. She desires to be surrounded by people who she is familiar with, enabling sociability and boosting social confidence.
Ερευνήτρια: Ωραία, και τι θα ήτανε για σένα ένα κακό πάρτι;	Researcher: Alright, and what would you consider a bad party?	
Μιράντα: Ένα κακό πάρτι;... να 'χει κακή μουσική, να μην χορεύει κανένας, γενικά αυτό. Βασικά με ενοχλεί όταν δεν χορεύουν οι	Miranda: <i>A bad party?... bad music, nobody dancing, that basically. In fact it bothers me when people don't dance at parties because</i>	Having "good music" and "people dancing" creates a pleasant, soothing ambience, which is a key determinant for a good party; creating mood. This ambient atmosphere achieved through music and

<p>άνθρωποι σε πάρτι γιατί εμένα μ' αρέσει πολύ να χορεύω.</p> <p>Ερευνήτρια: Ναι, δηλαδή να μην νιώθουν πολύ άνετοι και να... κάθονται απλώς.</p> <p>Μιράντα: Ναι, μ' ενοχλεί φουλ.</p> <p>Ερευνήτρια: Εμ, πώς είναι το προσωπικό και οι κανόνες στα μπαρ και στα κλαμπ που βγαίνεις;</p> <p>Μιράντα: Το προσωπικό και οι κανόνες;</p> <p>Ερευνήτρια: Ναι ναι.</p> <p>Μιράντα: Τώρα σε μπαρ δεν βγαίνω ιδιαίτερα.</p> <p>Ερευνήτρια: Χμμ.</p> <p>Μιράντα: Σε τσιπουράδικα βγαίνω κυρίως. Εε, συνήθως στα πιο πολλά οι υπάλληλοι μας ψιλοξέρουνε, εμένα και την παρέα μου, γιατί πηγαίνουμε συχνά, οπότε θα κάνουμε αστεϊάκια και τέτοια. Εννοώ θα' ναι καλή η ατμόσφαιρα εκεί, αν και κάποιες φορές όταν έχει πάρα πολύ κόσμο μπορεί να είναι λίγο αγενείς και να βιάζονται. Τώρα με το κανόνες, δεν ξέρω τι εννοείς...</p> <p>Ερευνήτρια: Δηλαδή αν υπάρχουνε όρια και κανόνες μέσα σ' αυτούς τους χώρους... αν υπάρχουν.</p> <p>Μιράντα: Σίγουρα θα υπάρχουν αλλά δεν είδα ποτέ κάποια περίπτωση που να γίνει κάτι ακραίο και να χρειαστεί να επέμβει κάποιος απ' το μαγαζί, κάτι τέτοιο.</p>	<p><i>I love to dance.</i></p> <p>Researcher: <i>Yeah, so people feeling uncomfortable and... just sitting down.</i></p> <p>Miranda: <i>Yeah, it bothers me a lot.</i></p> <p>Researcher: <i>Um, how are the drinking places you go to such as pubs and clubs in regard to staff and rules?</i></p> <p>Miranda: <i>The staff and rules?</i></p> <p>Researcher: <i>Yes, yes.</i></p> <p>Miranda: <i>Well I don't go out to bars often.</i></p> <p>Researcher: <i>Hmm.</i></p> <p>Miranda: <i>I mostly go to tsipouradika. Eh, they usually know us in most of them, both me and my friends, because we hang out there a lot, so we're going to make jokes and stuff. I mean the atmosphere is always good there, although sometimes when it's too crowded, they can get a little bit rude and they're in a hurry. Now regarding rules, I don't know what you mean...</i></p> <p>Researcher: <i>So, if there are any boundaries and rules in the places you go to... if there are any that is.</i></p> <p>Miranda: <i>I'm sure there are but I've never seen anything extreme or for staff having to intervene or anything like that.</i></p>	<p>dancing and good company are things which would make someone feel lively; fun. When there is "bad music" and "nobody dancing" it affects her mood and creates a bad vibe. Because she, herself, loves to dance, she cannot resonate with people that don't, or feel comfortable with them as the mood they are creating annoys hers; perhaps it makes her feel uncomfortable. This perhaps blocks that feeling of freedom and doesn't allow cohesion to naturally occur; separating people. She seems to be seeking a collective experience entailing things which she sees as fun and enjoyable.</p> <p>A welcoming atmosphere enhancing the social experience. Good community atmosphere plays an important role.</p> <p>Tsipouradika are close to what a pub would be in the UK. Small restaurants serving simple meals accompanied by pure tsipouro, which is a traditional pomace brandy.</p> <p>Trouble-free environment. She is aware that there are rules, but she has not seen any being enforced. This suggests that none have been broken, as far as she is aware. This could be linked back to how she</p>
--	---	---

Ερευνήτρια: *Ναι, οκ... εε, υπάρχει security στο χώρο συνήθως;*

Μιράντα: *Όχι.*

Ερευνήτρια: *Πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Δηλαδή τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις;*

Μιράντα: *Κοίτα σίγουρα ασπύμαι τα πράματα που δεν μπορείς να κάνεις είναι να ενοχλείς κάποιον με άσχημο τρόπο, σε φάση ίσως να μιλάς σε κάποιον που να βλέπεις ότι δεν θέλει να σου μιλήσει, ή αν είσαι αγόρι, ελπίζω να μην ακουστεί σεξιστικό αυτό, να μην την πέφτει σε κοπέλες άσχημα και όλα αυτά...*

Ερευνήτρια: *Ναι.*

Μιράντα: *Ίσως αν χορεύεις να προσέχεις λίγο πόσο αγγίζεις κάποιον...*

Ερευνήτρια: *Χμμ... οκ, και γενικώς πώς είναι η ατμόσφαιρα στους χώρους που πηγαίνεις;*

Μιράντα: *Κοίταξε να δεις συνήθως είναι καλή. Δηλαδή ο κόσμος είναι χαρούμενος υπάρχει μια χαρά, έχει-- υπάρχει όμορφο... όμορφο κλίμα.*

Ερευνήτρια: *Μμ ωραία... εε, εσύ πώς νιώθεις όταν είσαι εκεί;*

Μιράντα: *Είναι συνήθως τα μαγαζιά που είναι τα στέκια μου, οπότε απλά περνάω ωραία*

Researcher: *Yeah, okay... eh, is there security and bouncers usually?*

Miranda: **No.**

Researcher: *What do you think is expected from you in the drinking places you go to? So, what can you do and cannot do in such places?*

Miranda: **Look, definitely the things you can't do are to bother someone in a bad way, like talking to someone who obviously doesn't wanna talk to you, or if you are a boy, I hope this doesn't sound sexist, to not hit on girls disrespectfully and all that...**

Researcher: *Yes.*

Miranda: **Maybe if you're dancing you should be careful how close you are to someone...**

Researcher: *Hmm... okay, and how is the atmosphere in general?*

Miranda: **Look it's usually good. So, people are happy, there is a sense of happiness, it has-- there's a beautiful... a beautiful atmosphere.**

Researcher: *Mm alright... eh, how do you feel in it when you are there?*

Miranda: **It's usually the places that are my hangouts, so I have a good time, I see my**

described the welcoming atmosphere of the social drinking places she goes to and is familiar with the staff, which clearly create mutual respect between the customer and the staff. Maintaining a level of decency and trouble-free environment.

No security so less control; relaxed policy.

Knowing your boundaries and staying decent is important. She mentions social unspoken rules that take place, such as not bothering others and talking to people who are not interested (mutual respect); based on common sense, not on enforced official rules or legal controls.

Common sense (respect other people's personal space).

Delving into the atmosphere. A happy social environment creates an atmosphere that makes people happy to be in. People resonate and there is a sense of oneness; "people are happy, there is a sense of happiness", suggesting a collective unified sense of happiness. She finds beauty in this oneness, even referencing the 'happiness' and how 'beautiful' the atmosphere is twice as a method of emphasis.

She describes an atmosphere of openness and social access (familiarity). A place of

<p>βλέπω του φίλους μου, έχω και-- επειδή πηγαίνω αρκετά στα ίδια μέρη, έχω πολλές αναμνήσεις απ' αυτό το μέρος που μου το κάνει να το νιώθω πολύ οικείο και ότι έχω περάσει πολλές όμορφες στιγμές σ' αυτό το μέρος οπότε νιώθω ωραία.</p> <p>Ερευνήτρια: Χμμ, ναι ναι ναι σ' ακούω, χάλασε λίγο αλλά έπιασε αυτό που είπες. Εμμ... υπάρχει συγκεκριμένη διαδικασία στην είσοδο του μαγαζιού; Δηλαδή σε τσεκάρουνε; Κοιτάνε την ταυτότητα σου να δούνε πόσο χρονών είσαι;</p> <p>Μιράντα: Όχι.</p> <p>Ερευνήτρια: Όχι... ωραία, συνεχίζουμε... εε, μπορείς να μου πεις για τη πρώτη φορά που πήγες σε ένα κλαμπ ή μπαρ; Τη πρώτη φορά ever.</p> <p>Μιράντα: Τη πρώτη φορά;... εε αυτό είναι δύσκολο. Πρέπει να είναι μπαρ ή κλαμπ;</p> <p>Ερευνήτρια: Ναι.</p> <p>Μιράντα: Δεν μπορεί να είναι ένα ουζερί ξερωγώ που--</p> <p>Ερευνήτρια: Όχι όχι όχι.</p> <p>Μιράντα: Έκατσα και ήπια ποτό...</p> <p>Ερευνήτρια: Εεε... αυτό δεν λέγεται μπαρ;</p> <p>Μιράντα: Εε στην Ελλάδα ρε φίλε αυτό είναι τσιπουράδικο. Ντάξει στο νησί βασικά ήτανε, απλά δεν ήταν αυτό που λέμε κλαμπ ή μπαρ</p>	<p><i>friends, I also have-- because I go there all the time I have a lot of memories of this place that makes it very familiar and I have experienced many beautiful moments there, so I feel good.</i></p> <p>Researcher: <i>Hmm, yes, yes, yes, I can hear you by the way, the signal broke down a little bit, but I got what you said. Um... is there a specific entry procedure? So, do they check you? Check your ID to see how old you are?</i></p> <p>Miranda: <i>No.</i></p> <p>Researcher: <i>No... alright, let's continue... eh, can you recall the first time you went to a bar or club and tell me about it? The first time ever.</i></p> <p>Miranda: <i>The first time?... eh that's difficult. It must be a bar or a club?</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Miranda: <i>Can't it be an ouzeri that--</i></p> <p>Researcher: <i>No, no, no.</i></p> <p>Miranda: <i>I had a drink there.</i></p> <p>Researcher: <i>Ehh... isn't that a bar?</i></p> <p>Miranda: <i>Eh in Greek it's called a tsipouradiko. Well the first time was on the island, it's just not what we call a club or a</i></p>	<p>high rejoicing due to the emotional bond between the place and the people. A welcoming atmosphere.</p> <p>Stress-free atmosphere. Doesn't seem to put much pressure on it as a first experience. The fact that she says, "just sitting at a table</p>
---	--	--

<p>ξερωγώ, εννοώ ήτανε αρκετά πιο ήρεμα τα πράγματα, απλά καθόμασταν σε ένα τραπέζι και ήπιαμε ξερωγώ ένα ποτό.</p> <p>Ερευνήτρια: Αα οκ, πόσο χρονών ήσουν θυμάσαι;</p> <p>Μιράντα: Τώρα δεν θυμάμαι ακριβώς θα πω... πρέπει να ήμουνα 16/15.</p> <p>Ερευνήτρια: Οκ, και είπες ότι ήπιες αλκοόλ;</p> <p>Μιράντα: Ναι.</p> <p>Ερευνήτρια: Πώς ένιωσες που είχες βγει για πρώτη φορά και ήπιες και αλκοόλ;</p> <p>Μιράντα: Γενικά αυτή δεν ήταν η πρώτη φορά που βγήκα για να πιω αλκοόλ, είχα ξανα βγει πολλές φορές και είχα πιεί αλκοόλ, απλά δεν ήταν σε μπαρ.</p> <p>Ερευνήτρια: Ναι ναι ναι, απλώς δεν ήταν σε μπαρ. Άρα δεν ένιωσες κάτι ιδιαίτερο;</p> <p>Μιράντα: Ντάξει απλά το συγκεκριμένο μπαρ που είχαμε βγει ήταν ένα μπαρ πολύ-- που πήγαιναν όλο τα cool παιδιά, οπότε απλά είχα νιώσει ότι είμαι part of the community των cool παιδιών ξερωγώ γιατί έχω βγει και εγώ για ποτάκι όπως κάνουνε και αυτοί.</p> <p>Ερευνήτρια: Χμ χμ ωραία, εε, πότε ήταν τότε η πρώτη φορά που ήπιες αλκοόλ; Αν θυμάσαι.</p>	<p>bar, I mean that it was a lot calmer, we were just sitting at a table and we had a drink.</p> <p>Researcher: <i>Oh okay, how old were you?</i></p> <p>Miranda: <i>I don't remember exactly but I'll say... I must have been around 16 or 15.</i></p> <p>Researcher: <i>Okay, and you said you drank alcohol?</i></p> <p>Miranda: <i>Yes.</i></p> <p>Researcher: <i>How did you feel that you went out for the first time and drank alcohol?</i></p> <p>Miranda: <i>This wasn't the first time I went out to drink alcohol, I'd been out many times before and I had alcohol, it just wasn't in a bar.</i></p> <p>Researcher: <i>Yeah, yeah, it just wasn't in a bar. So, you didn't feel anything special?</i></p> <p>Miranda: <i>Well the specific bar we went to was a bar very-- where all the cool kids went, so I just felt like a part of the community of the cool kids you know because I had gone out for a drink like they did.</i></p> <p>Researcher: <i>Hm, hm, alright, eh, and when was the first time you had alcohol then? If you remember.</i></p>	<p>and we had a drink", suggests she didn't get drunk or did anything wild.</p> <p>Relaxed policy; from a young age she was allowed to go out to social drinking places.</p> <p>She was drinking from a younger age and was familiar with alcohol. Perhaps that is why she doesn't seem to use alcohol in an extreme way, she is familiar with it and doesn't feel restricted.</p> <p>Felt like she was part of something bigger; she belonged with the people that she possibly admired. However, it is important to note that that didn't influence her to drink excessively. Perhaps, staying decent (not getting drunk) and upholding an image is what is important and valued.</p>
---	--	--

Μιράντα: Η πρώτη φορά που ήπια κανονικά όχι να δοκιμάσω ξερωγώ, που ήπια όντως;	Miranda: <i>The first time I drank not just to try it, where I drank properly?</i>	
Ερευνήτρια: Που ήπιες ναι, ήπιες ένα ποτήρι ασπούμαι.	Researcher: <i>That you drank yes, drank a glass for instance.</i>	
Μιράντα: Ήτανε... τι με ρώτησες, που ήτανε;	Miranda: <i>It was... what did you ask me, where was it?</i>	
Ερευνήτρια: Ε πότε ήτανε;	Researcher: <i>Eh when was it?</i>	
Μιράντα: Ε πρέπει να 'τανε στο γυμνάσιο/λύκειο, πρέπει να 'μουν 14.	Miranda: <i>It must've been during high school, I must've been 14.</i>	
Ερευνήτρια: Χμμ.	Researcher: <i>Hmm.</i>	
Μιράντα: Κάπου τόσο.	Miranda: <i>Around that.</i>	
Ερευνήτρια: Και που ήτανε;	Researcher: <i>And where was it?</i>	
Μιράντα: Στο δρόμο.	Miranda: <i>On the streets.</i>	
Ερευνήτρια: Από ποιον το προμηθεύτηκες;	Researcher: <i>How did you get it?</i>	
Μιράντα: Από περίπτερο το 'χα πάρει.	Miranda: <i>I got it from a minimarket.</i>	She could buy alcohol from a minimarket from a young age; indicating very little control and a relaxed policy. No restrictions.
Ερευνήτρια: Από περίπτερο μμ... εε, και πως ένιωσες που ήπιες για πρώτη φορά τότε;	Researcher: <i>From a minimarket mm... eh, and how did you feel drinking for the first time?</i>	
Μιράντα: Ήτανε—ήπια-- είχα πιεί μία μπίρα.	Miranda: <i>It was-- I drank-- I had drunk a beer.</i>	
Ερευνήτρια: Ναι.	Researcher: <i>Yes.</i>	
Μιράντα: Θυμάμαι ότι είχα μεθύσει λίγο, τύπου ίσα ίσα, και απλά εκείνη την ώρα είπα '΄αα τόρα καταλαβαίνω τι είναι το μεθύσι ξερωγώ'',	Miranda: <i>I remember I got a little drunk, like not completely, and at that time I just said "ah now I understand what being</i>	Excited. Gives an impression that she satisfied prior curiosities about how one feels under the influence. She had a socially

και [γέλιο]... που λένε όλοι για μεθύσι, και ξέρεις ήμουν σε φάση "ω μάλλον είμαι μεθυσμένη τώρα ξερωγώ" [γέλιο].

Ερευνήτρια: [γέλιο] αα πολύ ωραία, εμμ, και τώρα τι ρόλο παίζει το αλκοόλ στη ζωή σου;

Μιράντα: Ε παίζει... παίζει φουλ.

Ερευνήτρια: Υπάρχει ναί.

Μιράντα: Ντάζει γενικά όταν βγω θα πιώ σίγουρα. Σχεδόν πάντα. Δηλαδή άμα δεν πιώ θα είναι επειδή κάτι έχει γίνει και δεν μπορώ ή κάτι έχει γίνει και δεν θέλω.

Ερευνήτρια: Χμμ, και μεθάς συνήθως όταν βγαίνεις και πίνεις;

Μιράντα: Μεθάω;... ξέρεις δεν μεθάω να'μαι στο πάτωμα, αλλά ένα 'τίτσι' που λένε και οι Άγγλοι εε το παθαίνω συνήθως.

Ερευνήτρια: Ναι. Μμ εε, τι σε επηρεάζει στο να πεις ή να μην πεις; Όταν βγαίνεις...

Μιράντα: Εε, το τι ώρα είναι, το αν είμαι κουρασμένη, το αν έχω κάτι να κάνω την επόμενη μέρα, το πόσο συχνά είχα πιεί πριν από αυτό... το με ποιόν είμαι, που είμαι, σε φάση άμα μεθύσω και είμαι πάρα πολύ μακρινά απ' το σπίτι και δεν μπορώ να γυρίσω δεν θα πιώ... πολύ.

drunk means", and [laughs]... like everyone says about being drunk, I was like "ooh I'm drunk now" [laughs].

Researcher: *[Laughs] very nice, umm, and what place does alcohol have in your life now?*

Miranda: *Eh it's... it's definitely part of my life.*

Researcher: *It's in your life.*

Miranda: *Well generally when I go out, I will definitely drink. Almost always. Like if I don't drink it'll be because something will have happened and I can't or I don't want to.*

Researcher: *Hmm, and do you tend to get drunk when you go out to drink?*

Miranda: *Do I get drunk?... well you know I don't drink to the point of being passed out on the floor, but I'll get a little bit 'tipsy' as the English say.*

Researcher: *Yeah. Mm eh, what influences whether you drink or not? When you're out...*

Miranda: *Ehh, what time it is, if I'm tired, if I have something to do the next day, how often I had drunk previously... who I'm with, where I am, like if I get drunk really far from my house and I can't get back I won't drink... much.*

constructed idea about what effect alcohol has, which influenced and motivated her to try it.

Part of her routine/ lifestyle. A period for rejoice and sociability.

She is inclined to drink every time she goes out and so she perceives it as part of the whole going out experience. The nature of social situations.

Staying decent. Knows her limits. Being tipsy gives her what she wants. Alcohol is a means of enhancement for her and she doesn't seem to pursue drunkenness.

Responsible drinking. Whether she drinks or not is a conscious decision that she makes, suggesting that she is self-aware and responsible with her drinking behaviours. She also seems to be influenced by who is around her as it may set a certain mood that she either doesn't want to or doesn't feel the

Ερευνήτρια: Μμ οκ, χμμ. Εμμ, πως σ' έχει επηρεάσει η κοινωνία στο τρόπο που πίνεις;

Μιράντα: Γενικά θεωρώ ότι άμα δεν υπήρχε αυτό το στερεότυπο ότι το βράδυ πρέπει να πίνουμε ποτά, θεωρώ ότι δεν θα έπινα τόσο πολύ. Δηλαδή τώρα το να βγεις με μία παρέα και να μην πεις κάποιο ποτό είναι... είναι weird ρε φίλε είναι περίεργο. Ενώ αν δεν υπήρχε αυτό, πιστεύω δεν θα έπινα τόσο.

Ερευνήτρια: Μμ... εε, πώς πιστεύεις ότι θα έπινες αν δεν ήσουνα φοιτήτρια;

Μιράντα: Εξαρτάται τώρα, άμα δούλευα ασπύμαι, πιστεύω θα έπινα πολύ λιγότερο. Άμα δεν ήμουνα φοιτήτρια όμως και απλά ήμουν άνεργη πιστεύω θα έπινα το ίδιο, μπορεί και παραπάνω ξερωγώ.

Ερευνήτρια: Μμ οκ. Εμμ, αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους;

Μιράντα: Εμμ, ναι εννοείτε. Βασικά δεν--

Ερευνήτρια: Πώς αλλάζει;--

Μιράντα: Δεν πίνω μόνη μου βασικά. Γιατί όταν είμαι με φίλους πίνω.

Ερευνήτρια: Μμ εε, και πως νιώθεις όταν είσαι μεθυσμένη;

Μιράντα: Νιώθω ότι τους συμπαθώ όλους. Νιώθω ότι με συμπαθούν όλοι. Νιώθω ότι

Researcher: Mm okay, hmm. Umm, how does your society influence the way you drink?

Miranda: Generally, I think that if there wasn't the stereotype that at night you drink, I wouldn't drink so much. So now to go out with a group and to not have a drink... it's weird man, it's weird. I mean if that didn't exist, I believe I wouldn't drink so much.

Researcher: Mm... eh, how do you think you would drink if you weren't a student?

Miranda: That depends, if I worked for example, I think I'd drink a lot less. If I wasn't a student though and I didn't work I think I'd drink the same amount, maybe even more.

Researcher: Mm okay. Umm, does drinking with friends affect the way you use alcohol?

Miranda: Umm, yeah of course. Actually, I don't--

Researcher: How does it change?--

Miranda: I actually don't drink by myself. Because when I'm with friends I drink.

Researcher: Mm eh, and how do you feel when you are drunk?

Miranda: I feel like I like everyone. I feel like everyone likes me. I feel like I can talk

need to enhance.

Habit. Socially constructed ideas influence her to drink, making her inclined to have a drink most times that she goes out with friends. Drinking is essentially a social activity. It is embedded in the culture that drinking when going out is a normative behaviour (it is what people do). The nature of social situations.

Drinking when going out is the norm.

Less free time, therefore restricting one's actions. Drinking goes hand in hand with the student lifestyle, however, not due to an expectation for the student to drink, but due to the lifestyle and newfound freedom the student has obtained. The student lifestyle is constructed in a way that allows one to engage in drinking and have a vibrant nightlife because of the increased free time.

In her perspective, increased freedom leads to drinking more. If she worked, she would have less free time to engage in social activities due to her responsibilities.

Perhaps she is motivated to drink, by the way alcohol can be used as a means of enhancement, experiencing moments with friends which unify them as they are all partaking in the same action of drinking.

This collective action creates social solidarity and cohesion.

Liberation. Drinking allows a more liberated person to come out, free of judgment and

μπορώ να μιλήσω σε όποιον θέλω. Βασικά νιώθω ότι είναι κοινωνικά αποδεκτό να πω σχεδόν όλα τα πράγματα που σκέφτομαι, και με κάνει να 'μαι πολύ πιο ειλικρινής και να λέω... πως να στο 'πω; Είναι πιο απελευθερωτικό και ωραίο, μ' αρέσει πολύ.

Ερευνήτρια: Μμ, και τι δεν σου αρέσει όταν μεθάς;

Μιράντα: Ότι [γέλιο], είναι περίπου το ίδιο, ότι μπορεί να πω πράγματα που δεν θέλω. Ειδικά--

Ερευνήτρια: Οκ άρα το αντίθετο, ναι.

Μιράντα: Ναι, μπορεί να έχω τη τόλμη να κάνω πράγματα που κανονικά δεν θέλω, και εκείνη την ώρα μ' αρέσει αλλά που την επόμενη μέρα μπορώ να το μετανιώσω.

Ερευνήτρια: Μμ... οκ. Εμ... περίπου πόσα ποτά πίνεις όταν θα βγεις;

Μιράντα: Ένα μέσο όρο ή για να μεθύσω ξερωγώ;

Ερευνήτρια: Εε, μπορείς να μου πεις ένα παράδειγμα όταν θα βγεις και θα μεθύσεις ασπύμαι.

Μιράντα: Ωραία ασπύμαι άμα πάω σε πάρτι ρε παιδί μου, ή θα βγω νωρίς και είμαι σε φάση για να μείνω θα πτώ.... ξερωγώ, 4/5 ασπύμαι. Η 6 ξερωγώ αμα είναι καλό το πάρτι και γίνω πολύ χάλια. Τώρα άμα βγω ξερωγώ με έναν φίλο για καμιά μπίρα... ε, θα πτώ 1 μπίρα, άντε 2 ξερωγώ.

to anyone I want to. Basically, I feel like it's socially acceptable to say almost anything I'm thinking, and it makes me much more honest and I say... how should I put this? It's much more liberating and enjoyable, I really like it.

Researcher: Mm, and what do you dislike about being drunk?

Miranda: That [laughs], it's more or less the same, that I might say things I don't want to say. Especially—

Researcher: Okay so the opposite, yes.

Miranda: Yeah, I might have the courage to do things I usually don't want to do, and at that time I like it but the next day I might regret it.

Researcher: Mm... okay. Um... how many drink do you have on a night out usually?

Miranda: An average limit or to get drunk?

Researcher: Eh, you can give me an example for instance of a time you went out and got drunk.

Miranda: Okay for example if I'm going to a party, either I'll go out early and I'll be like if I'm staying then I'll drink... I don't know, four or five probably. Or six if it's a good party and I am really messed up. Now if I go out with a friend for a beer... eh, I'll drink one beer, maybe two I guess.

control; allowing her to express herself freely- a release from bonds. Being drunk allows her to transgress boundaries; social and personal. She implies that she is free of 'judgement' when she is under the influence, believing that she can "say almost anything" she is thinking and be a more honest individual without fear.

The negative aspect of this liberation for her is that she may say something socially unacceptable. She becomes more impulsive.

More impulsive and spontaneous; more adventurous. Might see herself as a more fun individual. Drinking seems to release her from personal bonds that she has placed upon herself, and she finds pleasure in giving into her impulses at the time; she is freer. However, once she is sober again, inhibitions return, and she judges herself for the actions of her liberated self.

Doesn't drink much; her purpose is not to get drunk. Perhaps she drinks for the effects of alcohol.

How much she drinks depends on the situation.

Drinks more if the atmosphere she is in is fun and enjoyable, "if it's a good party" (a

<p>Ερευνήτρια: <i>Χμμ, και συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις για διασκέδαση;</i></p> <p>Μιράντα: <i>Όχι.</i></p> <p>Ερευνήτρια: <i>Οκ, έχεις κάνει--</i></p> <p>Μιράντα: <i>Δηλαδή το έχω κάνει κάποιες φορές ρε φίλε αλλά όχι πολύ συχνά.</i></p> <p>Ερευνήτρια: <i>Οκ, και όταν το κάνεις γιατί το κάνεις συνήθως;</i></p> <p>Μιράντα: <i>Για να μην πληρώσω πολλά λεφτά.</i></p> <p>Ερευνήτρια: <i>Μμ... εεμ, έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;</i></p> <p>Μιράντα: <i>Ουου!</i></p> <p>Ερευνήτρια: <i>[γέλιο].</i></p> <p>Μιράντα: <i>[γέλιο] πάρα πολλές φορές!</i></p> <p>Ερευνήτρια: <i>Θυμάσαι πόσες φορές;</i></p> <p>Μιράντα: <i>Πρέπει να 'ναι πάνω από 10.</i></p> <p>Ερευνήτρια: <i>Οκ οκ εεμ... η επόμενη ερώτηση τώρα είναι όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους αλλά νομίζω μου το απάντησες αυτό πιο πάνω...</i></p> <p>Μιράντα: <i>Ναι κουλ.</i></p>	<p>Researcher: <i>Hmm, and do you tend to pre-drink before going out?</i></p> <p>Miranda: <i>No.</i></p> <p>Researcher: <i>Okay, have you--</i></p> <p>Miranda: <i>I mean I've done it a couple times man but not often.</i></p> <p>Researcher: <i>Okay, and when you do do it, why do you do it?</i></p> <p>Miranda: <i>To not spend a lot of money.</i></p> <p>Researcher: <i>Mm... um, have you ever thrown up because of alcohol?</i></p> <p>Miranda: <i>Ohhhh!</i></p> <p>Researcher: <i>[Laughs].</i></p> <p>Miranda: <i>[Laughs] so many times!</i></p> <p>Researcher: <i>Can you recall how many times?</i></p> <p>Miranda: <i>Must be more than ten times.</i></p> <p>Researcher: <i>Okay, okay, um... the next question now is if your social behaviour changes when you are drinking, but I think you've answered that already.</i></p> <p>Miranda: <i>Yeah cool.</i></p>	<p>welcoming atmosphere). Enhances what is already there. It is part of the experience.</p> <p>Pre-drinking doesn't seem something that is embedded in the culture.</p> <p>Cost-efficient. Implies that her goal for pre-drinking, whenever she does, is not so she gets drunk but to save money.</p> <p>Admits this with enthusiasm and scare, as if she is shocked by herself and her actions.</p>
---	--	--

Ερευνήτρια: Εεμ...	Researcher: Um...	
Μιράντα: <i>Πε φίλε θέλω να πω κάτι για το pre-drink που είπες.</i>	Miranda: <i>Man, I want to say something about the pre-drinking that you mentioned.</i>	
Ερευνήτρια: <i>Να πεις, εννοείτε χμμ.</i>	Researcher: <i>Go on, of course hmm.</i>	
Μιράντα: <i>Ότι δεν μαζεμόμαστε σε σπίτια, αλλά πάντα πριν πάμε σε πάρτι συνήθως βγαίνουμε σε κάποιο τσιπουράδικο πολύ φτηνό για να πιούμε, δηλαδή υπάρχει και στην Ελλάδα φουλ το pre-drink, απλά επειδή υπάρχουνε πολύ φτηνά μαγαζιά εε συνήθως βγαίνουμε έξω και δεν το κάνουμε σε σπίτι.</i>	Miranda: <i>That we don't gather at each other's houses, but before we go to a party we usually go out to some cheap tsipouradiko to drink, so there fully is pre-drinking in Greece, there're just many really cheap places ehh so usually we go out and don't do it at home.</i>	Pre-drinking is the process of getting drunk while in a group before going out to socialise. She views this as pre-drinking but perhaps it is not as she is already in a social place, where the atmosphere will have possibly influenced her to drink.
Ερευνήτρια: <i>Μμ... οκ... εεε... 1 λεπτάκι... ωραία αυτό μου το απάντησες... εε, πιστεύεις παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένη από όταν είσαι νηφάλια;</i>	Researcher: <i>Mm... okay... ehh... one minute... alright yeah you've answered that... eh, do you tend to take more risks when you drunk then when sober?</i>	
Μιράντα: <i>Εννοείτε.</i>	Miranda: <i>Of course.</i>	Takes more risks. She is self-aware of the way alcohol alters her behaviour. Becomes more impulsive.
Ερευνήτρια: <i>Μμ, θες να μου δώσεις ένα παράδειγμα;</i>	Researcher: <i>Mm, can you give me an example?</i>	
Μιράντα: <i>Τύπου μπορεί ρε παιδί μου να είμαι κάπου στην Αθήνα ξερωγώ, στο κέντρο, και να μου πει κάποιος ότι-- (poor connection)--</i>	Miranda: <i>Like maybe man I'll be somewhere in Athens, in the centre, and someone will tell me that-- (poor connection)--</i>	
Ερευνήτρια: <i>Περίμενε περίμενε σε χάνω σε χάνω, σ' έχω χάσει εντελώς, έχω χάσει το σήμα, δεν ξέρω αν μ' ακούς.</i>	Researcher: <i>Wait, wait, I'm losing you, I've lost you completely, I've lost the signal, I don't know if you can hear me.</i>	
Μιράντα: <i>(poor connection).</i>	Miranda: <i>(poor connection).</i>	
Ερευνήτρια: <i>1 λεπτό γιατί σ' έχω χάσει, σ' έχω χάσει εντελώς, σ' έχω χάσει εντελώς.</i>	Researcher: <i>One minute because I've lost you, I've completely lost you, I've lost you.</i>	

Μιράντα: Δεν πειράζει Στεφανία μου... σ' ακούω.	Miranda: <i>It's okay my dear... I can hear you.</i>	
Ερευνήτρια: Εντελώς σ' έχασα, έχασα όλα αυτά που είπες.	Researcher: <i>I completely lost you, I lost everything you said.</i>	
Μιράντα: Δεν μιλάω γενικά.	Miranda: <i>I'm not speaking actually.</i>	
Ερευνήτρια: Α γιατί εγώ άκουγα να μιλάει ένα ρομπότ δηλαδή να σπάει η φωνή σου, εε--	Researcher: <i>Well I could hear you talk like a robot, so your voice was breaking, eh--</i>	
Μιράντα: (poor connection).	Miranda: (poor connection).	
Ερευνήτρια: Μπα δεν σ' ακούω... εε δώσε μου 1 λεπτάκι εε 1 λεπτό επιστρέφω έλα μ' ακούς;	Researcher: <i>Nah I can't hear anything... eh give me a minute eh one minute I'll be back... hey can you hear me?</i>	
Μιράντα: Ναι.	Miranda: <i>Yes.</i>	
Ερευνήτρια: Ναι εε προσπάθησα να φτοιιάξω τη σύνδεση εεμ, ήμασταν στο δώσε μου ένα παράδειγμα.	Researcher: <i>Yeah eh I tried to fix the signal connection um, you were about to give me an example.</i>	
Μιράντα: (poor connection).	Miranda: (poor connection).	
Ερευνήτρια: Κάτσε... λίγο κόβεται πάλι... εεμ--	Researcher: <i>Wait... it's breaking again... um--</i>	
Μιράντα: (poor connection)... σ' ακούω πολύ καλά.	Miranda: (poor connection) ... <i>I can hear you very well.</i>	
Ερευνήτρια: Εσύ μ' ακούς καλά, ναι, μόνο απ' την δικιά μου την πλευρά κόβεται πολύ. Κάτσε να κλείσω το google που έχω ανοιχτό...	Researcher: <i>You can hear me well yes, it's only from my side that it's breaking. Wait I will close the google tabs left on...</i>	
Μιράντα: Κλείσε όλο το ίντερνετ.	Miranda: <i>Shut it all down.</i>	
Ερευνήτρια: Και νομίζω τώρα ότι θα είναι οκ,	Researcher: <i>And now I think it's gonna be</i>	

<p>λοιπόν... για πες κάτι [γέλιο].</p> <p>Μιράντα: Έλα μ' ακούς;</p> <p>Ερευνήτρια: Ναι ναι σ' ακούω.</p> <p>Μιράντα: Πώς πάει;</p> <p>Ερευνήτρια: Ωραία ωραία σ' ακούω τώρα. Για δώσε μου ένα παράδειγμα όπως είπαμε.</p> <p>Μιράντα: Ασπύμαι μπορεί να είμαι ξερωγώ στην Αθήνα στο κέντρο και να μου πει κάποιος φίλος μου να πάμε κάπου πολύ μακριά ξερωγώ, τύπου ότι έχει ένα πάρτι κάπου πολύ μακριά ή κάτι τέτοιο, και εγώ ξερωγώ αν είμαι νηφάλια θα'μαι σε φάση "σιγά μην πάω", αλλά αν ήμουν μεθυσμένη θα'μαι σε φάση "να το ζήσουμε, γιατί όχι".</p> <p>Ερευνήτρια: Αα δηλαδή όταν είσαι νηφάλια θα έλεγες συνήθως όχι ενώ αν ήσουν μεθυσμένη θα έλεγες ωραία πάμε και θα πήγαινες με οποιονδήποτε;</p> <p>Μιράντα: Καλά δεν θα πήγαινα με οποιονδήποτε, με τους φίλους μου θα πήγαινα. Ντάξει δεν θα έπαιρνα κάποιο ρίσκο ρε φίλε πολύ σε φάση να βάλω τη ζωή μου σε κίνδυνο ασπύμαι. Αλλά εντάξει το να πας σε ένα σπίτι ασπύμαι που δεν θα ξέρεις πώς θα γυρίσεις μετά σπίτι σου τότε θα έλεγα ότι είναι κάπως ρίσκο.</p> <p>Ερευνήτρια: Ναι ναι ναι, εε, πιστεύεις ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;</p>	<p>okay... so, say something [Laughs].</p> <p>Miranda: Hey can you hear me?</p> <p>Researcher: Yes yes I can hear you.</p> <p>Miranda: How is it going?</p> <p>Researcher: Good good I can hear now. So, give me an example like we said.</p> <p>Miranda: For example, I may be in Athens in the centre and a friend might suggest to go somewhere really far you know, like there'll be a party really far or something like that, and if I'm sober, I'll be like "as if I'm going", but if I'm drunk I'll be like "let's live it, why not".</p> <p>Researcher: Oh so when you're sober you would usually say no but when you're drunk you would say alright let's go and you would go with whoever?</p> <p>Miranda: I mean I wouldn't go with whoever, I'd go with my friends. I wouldn't take a risk that like puts my life at risk you know. But okay, to go to a house where you don't know how you'll get back home after I'd say is somewhat risky.</p> <p>Researcher: Yes, yes, yes, eh, do you think you understand the risk you are taking during that time?</p>	<p>More impulsive. The sense of sudden liberation pushes her to do something out of character. Worries disappear and she stops caring about personal fears and risks. She's more confident to express herself and more spontaneous with her decisions; impulsivity. She doesn't think of the medium to long term consequences, she just thinks of the present moment. She follows her impulses and lets desires guide her; giving her a sense of freedom.</p> <p>Alcohol doesn't seem to make her ignorant of the medium to long-term consequences, she is aware of what is happening. It just makes her more impulsive.</p>
--	--	--

Μιράντα: Μπα, όχι.

Ερευνήτρια: Δεν το καταλαβαίνεις; Δεν το σκέφτεσαι;

Μιράντα: Ε σκέφτομαι ρε παιδί μου ασπούμαι ότι 'α ίσως δεν είναι καλή ιδέα'', αλλά μετά πάντα είμαι σε φάση 'ναι αλλά ξερωγώ πρέπει να ζήσουμε τη ζωή μας πάμε'', και πηγαίνουμε.

Ερευνήτρια: Οκ οκ, ωραία. Λοιπόν τώρα θέλω να φανταστείς ότι σταματάς να πίνεις εντελώς, τι πιστεύεις ότι θα άλλαζε στη ζωή σου;

Μιράντα: Θα 'μουνα πολύ λυπημένη. Βασικά πιστεύω οριακά ότι αμα δεν μπορούσα να πιώ αλκοόλ δεν θα έβγαινα βράδυ απ' το σπίτι μου, δηλαδή νιώθω ότι δεν έχει νόημα να βγω βράδυ αμα δεν πιώ αλκοόλ. Θα έβγαινα φουλ μέρα συνέχεια και θα πήγαινα για πικνικ πιστεύω. Και νιώθω ότι αμα εγώ δεν έπινα και πίναν όλοι οι φίλοι μου απλά θα ένιωθα πολύ left out απ' την παρέα.

Ερευνήτρια: Θα άλλαζε η συμπεριφορά σου;

Μιράντα: Ναι, δεν ξέρω-- νομίζω ότι θα πίναν οι φίλοι μου και θα μου την έσπαγε, θα με εκνεύριζε.

Ερευνήτρια: Οκ, ναι. Εε, τι θα κέρδιζες πιστεύεις αν σταματούσες να πίνεις; Υπάρχει κάτι που θα κέρδιζες;

Μιράντα: Θα αδυνάτιζα.

Miranda: Nah, no.

Researcher: You don't understand it? You don't think of it?

Miranda: Eh I think that like "oh maybe this isn't a good idea", but after I'll just be like "yeah but we have to live our life let's go", and we go.

Researcher: Okay, okay, right. So, now I want you to imagine that you decided to stop drinking, what do you think would change?

Miranda: I'd be very sad. Actually, I believe that if I couldn't drink I wouldn't go out at night, I don't think there's much point to going out if I don't drink. I'd go out in the day all the time and go for picnics I think. And I feel that if I didn't drink and all my friends did I'd just feel left out of the group.

Researcher: Would your behaviour change?

Miranda: Yeah, I don't know-- I think that all my friends would be drinking and it would get on my nerves, it would annoy me.

Researcher: Okay, yes. Eh, what do you think you would gain if you stopped drinking? Is there something you would gain?

Miranda: I'd lose weight.

Perhaps she is more self-aware than she perceives herself to be, as earlier she says she wouldn't go alone or put her life at risk, which shows that she does possess at least some understanding of the risks she takes whilst intoxicated.

Spontaneous and impulsive. Does things that are enjoyable or exciting, even when they carry a risk, but it is not because she doesn't understand the risk she is taking. She can outline it perfectly, what it stops her from doing is caring about the risk- loosens inhibitions but doesn't entirely get rid of them.

The nature of social drinking.

She would be sad perhaps because she wouldn't be able to be part of the experience the same way that she would if she was drinking.

She prefers drinking to the social exclusion associated with staying sober. Social motives for drinking; a key component for sustaining her social nightlife. She sees alcohol as something deeply embedded in the nightlife culture, as is may help her feel present and create a collective belongingness. She would not be able to resonate with them and feel like she belongs. If she was staying sober around friends who continue to drink, she would possibly feel out of touch with them as a sober person and a drunk person experience different frequencies, making it harder to resonate with them and feel the collective belongingness which comes with partaking in drinking socially.

Ερευνήτρια: <i>Ναι.</i>	Researcher: <i>Yes.</i>	
Μιράντα: <i>Θα έκανα σίγουρα καλό στην υγεία μου.</i>	Miranda: <i>It would definitely be good for my health.</i>	
Ερευνήτρια: <i>Χμμ.</i>	Researcher: <i>Hmm.</i>	
Μιράντα: <i>Αυτά, δεν ξέρω.</i>	Miranda: <i>That's all, I don't know.</i>	
Ερευνήτρια: <i>Οκ.</i>	Researcher: <i>Okay.</i>	
Μιράντα: <i>Ίσως θα κέρδιζα κάποια πράγματα τύπου ότι δεν θα είχα hangover την άλλη μέρα ξερωγώ, τέτοια πράγματα.</i>	Miranda: <i>Perhaps I'd gain things like I wouldn't have a hangover the next day, stuff like that.</i>	It is implied that she views the positive aspects of drinking as more important than the negative ones, such as effect on health, which come with drinking often.
Ερευνήτρια: <i>Ναι ναι.</i>	Researcher: <i>Yes, yes.</i>	
Μιράντα: <i>Ναι, αυτά.</i>	Miranda: <i>Yeah, that's all.</i>	
Ερευνήτρια: <i>Ωραία. Εε, πολλοί φοιτητές πίνουν για να μεθύσουνε γιατί νομίζεις ότι γίνεται αυτό;</i>	Researcher: <i>Right. Eh, many students nowadays tend to drink alcohol to get drunk, why do you think that is?</i>	
Μιράντα: <i>Γιατί είναι τέλειο να μεθάς [γέλιο]. Εγώ έχω διάφορους φίλους που λένε ότι τους αρέσει η γεύση του αλκοόλ, το οποίο δεν το καταλαβαίνω. Δηλαδή αν είναι να πιείς πίες all the way ρε φίλε. Το αλκοόλ ρε φίλε είναι σαν ναρκωτικά basically, σ' αρέσει η επίδραση που έχει πάνω σου.</i>	Miranda: <i>Because it's great to get drunk [Laughs]. I have all sorts of friends who say they like the taste of alcohol, which I don't get. So, if you're gonna drink drink all the way man. Alcohol man it's like drugs basically, you like the effect it has on you.</i>	Referring to the rewarding psychological effects of alcohol (an act of self-liberation). She enjoys how it makes her feel. She doesn't drink for the taste but for the effects. Proof of the fact that she is motivated to drink by the positive alcohol expectancies. Drinking enhances the fun because of the effects it has on the person and the people around them.
Ερευνήτρια: <i>Μμ... εε, πιστεύεις ότι προσπαθούν άρα να κερδίσουν κάτι συγκεκριμένο με το να πίνουν για να μεθύσουνε;</i>	Researcher: <i>Mm... eh, do you think there is something specific they are trying to achieve by getting drunk?</i>	
Μιράντα: <i>Νομίζω ότι πολλοί το κάνουνε-- δηλαδή το αλκοόλ σε βοηθάει πολύ περισσότερο να είσαι ο εαυτός σου και να μην ντρέπεσαι, και</i>	Miranda: <i>I think many do it because-- so alcohol helps you a lot to be yourself and to not get embarrassed, and to feel</i>	Alcohol is a means of self-liberation for her, she feels free and comfortable to be herself without fearing the judgement of others or

να νιώθεις πιο άνετα και όμορφα.

Ερευνήτρια: Μμ... εεμ, με θέμα το αλκοόλ, πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στο τρόπο που πίνουν;

Μιράντα: Μμ... μμμ... στο τρόπο που πίνουν τι εννοείς; Στο πόσο πολύ πίνουν ασπούμαι;

Ερευνήτρια: Ναι στο τρόπο που πίνουν. Στο τρόπο που χρησιμοποιούν το αλκοόλ.

Μιράντα: Ντάξει δεν θα το 'λεγα, πιστεύω ότι όλοι οι νέοι άνθρωποι πάνω κάτω πίνουν πολύ και πίνουν για να μεθύσουν και πάνε σε πάρτι και μεθάνε και κάνουνε βλακειές. Λογικά θεωρώ ότι πάνω κάτω όλοι οι φοιτητές είναι λίγο πιο επιρρεπείς στο αλκοόλ από τους μεγαλύτερους ανθρώπους, και ότι σ' όλες τις χώρες λίγο πολύ πίνουνε. Γενικά θεωρώ ότι οι Έλληνες πίνουν αρκετά, ίσως περισσότερο από άλλους λαούς πιο ήρεμους, αλλά θεωρώ ότι δεν είναι και ακραίοι και ότι οι Άγγλοι ασπούμαι για παράδειγμα πίνουνε πάρα πολύ! Σε σημείο εξευτελιστικό που δεν πολύ ελέγχουν την φάση τους.

Ερευνήτρια: Μπορείς να μου δώσεις ένα παράδειγμα; Γιατί το λες αυτό;

Μιράντα: Ντάξει έχουμε δει πολλούς τουρίστες Άγγλους το καλοκαίρι στην Ελλάδα να πίνουνε λες και δεν υπάρχει αύριο [γέλιο], και να κάνουνε διάφορα, και ντάξει γενικά υπάρχει και το στερεότυπο σίγουρα για τους Άγγλους ότι πίνουνε πάρα πολύ, και έχω ακούσει και από φίλες μου διάφορα περίεργα σκηνικά με

comfortable and good.

Researcher: Mm... um, regarding alcohol, do you think the Greek student culture is different from others in the way they drink?

Miranda: Mm... mmm... in the way they drink you mean? In how much they drink?

Researcher: Yeah regarding the way they drink. The way they use alcohol.

Miranda: I wouldn't say so, all young people more or less drink a lot and drink to get drunk and to go to parties and get drunk and do stupid things. Logically I'd say that more or less every student is prone to drinking more than older people, and that in all countries they drink a lot. Generally, I reckon that Greeks drink quite a lot, maybe more than other cultures, but it isn't to a point where it's foul and the English for example drink a lot more! To a point where it's humiliating, and they don't have much control over themselves.

Researcher: Can you give me an example? What makes you say that?

Miranda: Well we have seen loads of English tourists in the summer in Greece drinking like there is no tomorrow [Laughs], and they do all sorts of things, and okay there's the stereotype for sure about the English that they drink a lot, and I've heard from friends weird things about

herself; loosens inhibitions.

A period for rejoice and sociability. She portrays drinking alcohol as socially important in young people's lives, as it is seen as a fun experience. She implied that the social constructed identity of a student itself encourages that lifestyle. Being a student goes hand in hand with enjoyment, fun and impulsivity, it is viewed as part of the culture, which indicates that it is not something you can escape from.

Staying decent. She identifies the British drinking culture as being distinct from how they drink in other cultures, even those which do consume alcohol like the Greek culture. She describes British peoples drinking as alien and intimidating, quite embarrassing.

She bases her opinion on this on what she has seen as well as heard. She continuously portrays this style of drinking as alien to her and the Greek culture in her perspective. Although she mentions that she drinks to the point of drunkenness she still sees herself and her culture as sensible in the way they

<p><i>Άγγλους στην Αγγλία.</i></p> <p><i>Ερευνήτρια: Μάλιστα... μμ, οκ εε... εε κάτσε να δω γιατί έχεις απαντήσει τις επόμενες, εε...</i></p> <p><i>Μιράντα: Μπράβο μου.</i></p> <p><i>Ερευνήτρια: Ωραία εε, τώρα θέλω να φανταστείς ότι συναντάς κάποιον φίλο και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει 'πέρασα υπέροχα χθες το βράδυ μέθυσα τόσο πολύ που έκανα εμετό έχασα τις αισθήσεις μου και το παπούτσι μου!'</i></p> <p><i>Μιράντα: [γέλιο].</i></p> <p><i>Ερευνήτρια: [γέλιο] ποιά θα ήταν η αντίδραση σου;</i></p> <p><i>Μιράντα: [γέλιο] λοιπόν-- έχασα τις αισθήσεις μου και το παπούτσι μου! [γέλιο].</i></p> <p><i>Ερευνήτρια: [γέλιο].</i></p> <p><i>Μιράντα: Θα του έλεγα-- δεν ξέρω βασικά θα του έλεγα ότι οκ είναι οκ να μεθάς ξερωγώ γιατί μπράβο που πέρασες ωραία, αλλά ότι σε φάση το παράκανε και ότι είναι οκ ξερωγώ κάποιες φορές να πίνεις παραπάνω αλλά το να χάνεις τις αισθήσεις σου δεν είναι οκ για κανένα λόγο.</i></p> <p><i>Ερευνήτρια: Μμ εε, θα την θεωρούσες γενικά μία διασκεδαστική βραδιά; Το σενάριο που σου 'δωσα.</i></p>	<p><i>English people in England.</i></p> <p><i>Researcher: I see... mm, okay eh... eh wait because you've answered the next questions, eh...</i></p> <p><i>Miranda: Well done to me.</i></p> <p><i>Researcher: Alright eh, now I want you to imagine you meet a friend of yours and he starts talking to you with excitement about the previous night that they went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!"</i></p> <p><i>Miranda: [Laughs].</i></p> <p><i>Researcher: [Laughs] how would you respond?</i></p> <p><i>Miranda: [Laughs] So-- blacking out and losing my shoe! [Laughs].</i></p> <p><i>Researcher: [Laughs].</i></p> <p><i>Miranda: I'd tell him-- I don't know actually, I'd tell him that ok it's ok to drink you know because bravo you had a good time, but that he took it a little far and that it's okay sometimes to drink a bit more but to lose your senses isn't okay for any reason.</i></p> <p><i>Researcher: Mm eh, would you consider it a fun night? The scenario I gave you.</i></p>	<p>use alcohol compared to the English. In a way she implies that when drinking you are expected to stay 'decent' in Greece and not lose control completely.</p> <p>Found the scenario entertaining and amusing. Sees it as a funny story.</p> <p>Staying decent. Concern following the initial reaction of excitement. She believes that alcohol is something that you can have fun with, but without pushing your body's limits to the point of blacking out and not being conscious enough to be responsible for your own safety.</p>
--	---	--

<p>Μιράντα: Εεε... δεν θέλω να πω ψέματα τώρα αλλά δεν θέλω να πω κι αλήθεια [γέλιο].</p> <p>Ερευνήτρια: Ειλικρινής να 'σαι ειλικρινής [γέλιο].</p> <p>Μιράντα: Ντάξει γενικά πιστεύω ότι την ώρα που θα γινόταν αυτό δεν θα ήταν ωραία, και ότι-- ειδικά αμα ήταν κάποιος-- εγώ, αμα ήμουν α εγώ ασπύμαι που έχανα τις αισθήσεις μου ή αμα ήτανε κάποιος φίλος μου ή κάποιος που με νοιάζει, δεν θα πέρναγα καθόλου ωραία, αλλά πιστεύω ότι αν στο τέλος όλα πηγαίνουν καλά, μετά σίγουρα θα έλεγα αυτή την ιστορία γιατί θα γέλαγα και θα ήμουν σε φάση "πωπω παιδιά μια φορά είχε γίνει αυτό και αυτό και αυτό."</p> <p>Ερευνήτρια: Μάλιστα, πολύ ωραία. Εεμ υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου;</p> <p>Μιράντα: Εεε... όχι.</p> <p>Ερευνήτρια: Ωραία, έχεις καμία ερώτηση;</p> <p>Μιράντα: Όχι.</p> <p>Ερευνήτρια: Ωραία, αυτό ήτανε.</p>	<p>Miranda: Ehhh... I don't want to lie right now but I also don't want to be honest [Laughs].</p> <p>Researcher: Honest, be honest [Laughs].</p> <p>Miranda: Okay generally I think that at the time that that was happening it wouldn't be fun, and that-- especially if it was someone-- me, if it was me for example who lost my senses or if it was someone I care about, I wouldn't enjoy it at all, but I believe that if in the end everything was okay, then I'd definitely tell that story because I'd laugh and I'd be like "wow guys one time this happened and this and this."</p> <p>Researcher: Alright, very good. Um is there anything else you would like to share with me?</p> <p>Miranda: Ehh... no.</p> <p>Researcher: Alright, do you have any questions?</p> <p>Miranda: No.</p> <p>Researcher: Great, that was it.</p>	<p>Tales of fun adventure. Sees it as a funny story that can be shared; a memory worth sharing, bringing about togetherness. Telling drinking stories perhaps brings people together by providing a collective sense of entertainment and adventure. Aware that it was risky but see's the beauty in adventure; creating memories and funny stories.</p>
---	---	--

Interview 4 – Zack		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: Και ξεκινάμε... πες μου λίγα λόγια για σένα λοιπόν.	Researcher: And let's begin... tell me a bit about yourself.	

Ζαχαρίας: Λοιπόν, είμαι φοιτητής, σπουδάζω στη Θεσσαλονίκη, και κατάγομαι από ένα νησί.

Ερευνήτρια: Πολύ ωραία, εε, πόσο χρονών είσαι;

Ζαχαρίας: Είμαι 24 χρονών.

Ερευνήτρια: Και τι σπουδάζεις;

Ζαχαρίας: Ψυχολογία.

Ερευνήτρια: Μμ, δουλεύεις;

Ζαχαρίας: Όχι, δεν δουλεύω.

Ερευνήτρια: Τι κάνεις στον ελεύθερο σου χρόνο;

Ζαχαρίας: Στον ελεύθερο μου χρόνο συνήθως είτε παίζω υπολογιστή είτε βγαίνουμε μερικές φορές βόλτες με τους φίλους μου.

Ερευνήτρια: Μμ, εε... πώς νιώθεις που είσαι φοιτητής και σπουδάζεις σε πανεπιστήμιο;

Ζαχαρίας: Σίγουρα νιώθω μία περηφάνια επειδή κατάφερα να μπω στο πανεπιστήμιο αλλά ταυτόχρονα μερικές φορές αρκετό στρες. Είναι μία απ' τις πιο ασταθείς περιόδους της ζωής μου, γενικά το να είσαι φοιτητής, γιατί έχεις πολλές ελευθερίες αλλά έχεις και πολλές υποχρεώσεις.

Ερευνήτρια: Μάλιστα, και εσένα τι σου αρέσει απ' την φοιτητική ζωή συγκεκριμένα;

Zack: *So, I am a university student... I study in Thessaloniki, and I come from an island.*

Researcher: *Very nice, eh, how old are you?*

Zack: *I'm 24 years old.*

Researcher: *And what do you study?*

Zack: *Psychology.*

Researcher: *Mm, do you work?*

Zack: *No, I don't work.*

Researcher: *What do you do in your free time?*

Zack: *In my free time I usually either play computer games or I hang out with my friends.*

Researcher: *Mm, eh... how do you feel about being a student and studying at a university?*

Zack: *I definitely feel proud because I managed to go to university but at the same time I often feel stressed. It's one of the most unstable periods of my life, generally being a student, because you have a lot more freedom but also have a lot more obligations.*

Researcher: *Right, and what do you enjoy about the university life more specifically?*

Moved from an Island, a small tight community, to a big city, a city which is famous for its events, festivals and vibrant nightlife.

No extra responsibilities; more free time.

From the way most participants have phrased in one way or another 'hanging out with their friends' as part of what they do in their free time we can assume that, at least for them, (a) a part of their time spent doing enjoyable things is when they are with friends, and (b) social interaction is an important component of student life.

The sudden increased freedom and responsibility is challenging to deal with. Hence, being a student is a period of instability in his perspective; feeling loss of control.

Based on the context of the question and his response, we can assume that studying gives him a sense of purpose, not because of what he is studying but because he managed to get accepted and be part of something bigger.

Ζαχαρίας: Αα αυτό που μ' αρέσει με τη φοιτητική ζωή είναι ο πολύ ελεύθερος χρόνος που έχεις και η μεγάλη ελευθερία να κάνεις ότι θέλεις μ' αυτόν. Είναι μοναδικό σ' αυτή τη περίοδο.

Ερευνήτρια: Μμ, και τι δεν σου αρέσει; Φαντάζομαι το πολύ διάβασμα όπως είπες και η πίεση.

Ζαχαρίας: Μερικές φορές ακόμη και η ίδια η πολύ ελευθερία, δηλαδή μερικές φορές δεν μ' αρέσει γιατί όπως είπα έχει αρκετές υποχρεώσεις, άμα κάνεις κάποιο λάθος τις πιο πολλές φορές θα γυρίσει σε εσένα, οπότε δεν μπορείς να κατηγορήσεις άλλους εύκολα και πρέπει να έρχεσαι αντιμέτωπος με πολλές αλήθειες αυτή τη περίοδο της ζωής σου, πρέπει να ωριμάσεις αρκετά.

Ερευνήτρια: Χμμ, εε, πολύ ωραία. Πως θα χαρακτήριζες τους Έλληνες φοιτητές;

Ζαχαρίας: Πολύ του πάρτι ας πούμε, πολύ-- αρκετά της καλοπέρασης, όχι όλους, έχω γνωρίσει πάρα πολλούς που δεν θα πληρούσανε αυτό το χαρακτηρισμό σίγουρα, αλλά η γενική εικόνα που βγάζουνε ακόμη και έξω πολλές φορές είναι αυτή του να περάσουμε καλά, αυτή τη περίοδο γιορτάζουμε. Υπάρχει στην Ελληνική κουλτούρα λίγο αυτό ότι όταν είσαι φοιτητής είναι τα καλύτερα χρόνια γιατί είναι τα χρόνια να γιορτάσεις, να βγεις, να πιείς πολύ, να γελάσεις, ενώ δεν είναι πάντα έτσι στην πραγματικότητα.

Zack: *What I enjoy about the university life is the great amount of free time that you have and the freedom to spend it however you like. This is what is unique during this period.*

Researcher: *Mm, and what do you dislike about it? I imagine that could be, as you said, the amount of work and pressure.*

Zack: *Sometimes even the freedom itself, so sometimes I don't like it because as I said it comes with a lot of obligations, if you make a mistake most of the time it will backfire, so you can't blame others easily and you also must confront many truths during this period of your life, you have to adequately mature.*

Researcher: *Hm, eh, very nice. How would you describe Greek students?*

Zack: *They like partying, very-- they focus on having fun, not all of them though, I have met many who are definitely not defined under this characterization, but the general image that they demonstrate in many cases when going out is the one of having a good time, this is the period to rejoice. In fact part of the Greek culture is that when you are a student these are the best years as they are the years to celebrate, to go out, to drink a lot, to laugh, but in reality that's not always the case.*

From this statement, we can infer at least a couple of things. Firstly, all participants seem to perceive student life as the period of increased independence and freedom. They appreciate having control of their own life; it's the desire to be independent and self-rule. Secondly, the individual autonomy that they seem to gain is associated with living alone, away from their family. Becoming a student increases independence and freedom from control; and decreases parental control, monitoring and guidance. The sudden increased freedom and independence comes with responsibility which is difficult to deal with. During this period, they obtain tasks that must be completed and failure to complete them can result in stress and frustration; the burden of responsibility. This stage of life, being a student, revolves around the attainment of adult status. It is marked by frequent exploration and change; instability. In Zack's perspective, it is the period in which he is held responsible- emerging adulthood.

Throughout the transcripts Greek students are portrayed as partygoers. Most participants perceive students as quite laid-back, seeking fun times; an appealing lifestyle. In particular, Zack argues that the social constructed identity of a student itself encourages that lifestyle. Being a student goes hand in hand with enjoyment and fun, it is viewed as part of the culture, which indicates that it is not something you can escape from. It symbolises festivity and "the period to rejoice". Having fun is portrayed as central to student culture; it is the constructed belief of how a student

Ερευνήτρια: Μμ... μάλιστα... και πως νομίζεις ότι σε βλέπουν οι άλλοι που είσαι φοιτητής;

Ζαχαρίας: Αυτό εξαρτάται πολύ απ' το τί είδους άνθρωπος με βλέπει. Για παράδειγμα ένας μεγάλος ενήλικας, ας πούμε κοντά στην ηλικία των γονιών μου, μπορεί να με δει πιο στερεοτυπικά σαν ένα φοιτητή τύπου, αυτό που είπα, που περνάει πολύ καλά, που είναι και λίγο ανεύθυνος επειδή είναι φοιτητής. Τώρα άτομα στην ηλικία μου κοντά δεν θα με βλέπαν τόσο πολύ έτσι. Έχει να κάνει και με τα άτομα που με γνωρίζουν συνήθως.

Ερευνήτρια: Πώς πιστεύεις ότι θα σε έβλεπαν τα άτομα πιο κοντά σου;

Ζαχαρίας: Θα με βλέπανε, για φοιτητή τουλάχιστον, λίγο περισσότερο εσωστρεφή, λίγο πιο κλεισμένο στο σπίτι του, που ναι μεν συμμετάσχει σε πολλά πράγματα αλλά δεν είμαι πάντα η πρώτη του επιλογή, λίγο πιο κλειστό αν θες.

Ερευνήτρια: Χμμ... οκ ναι...εε και εσύ πώς βλέπεις τον εαυτό σου;

Ζαχαρίας: Θα έλεγα ότι κάπως έτσι τον βλέπω, απλά θα έλεγα ότι-- τουλάχιστο σαν φοιτητής, ως προς αυτή την συμπεριφορά μου, είναι πολύ στην επιλογή μου το ότι μερικές φορές δεν θα έχω πολλές επαφές, θα κάθομαι πιο κλεισμένος στο σπίτι και άλλες στιγμές θα είμαι έξω σε εκδήλωση και σε διάφορα. Είναι τελείως ανάλογα τις καταστάσεις και την περίοδο.

Researcher: Mm... right... and how do you think other people see you because you are a student?

Zack: That depends on the sort of person that sees me. *For instance an older adult, let's say at the age of my parents, might see me in quite a stereotypical way, that is, as a kind of student like the one I described, the one who has fun times and is a bit irresponsible because he is a student.* Now people around my age wouldn't see me like that. It also has to do with the people who know me usually.

Researcher: How do you think the people closest to you would see you?

Zack: *Well in terms of a student, they would see me as a bit more introverted, a bit more staying at home guy, who although he partakes in many things this is not always his primary choice, a little bit more reserved if you like.*

Researcher: Hmm... okay yeah... eh and how do you see yourself?

Zack: *I would say that I see myself in a sort of similar way, I'd just say that-- that is, at least in terms of my behaviour as a student, that it's very much my choice not to be in contact with others a lot, sometimes staying at home more kept to myself and other times to be going out to events and other things. It entirely depends on the circumstances and the period.*

should be; however, he believes this is not an accurate representation.

There seems to be a collective perspective of how students are viewed by others, who the students themselves seem to be aware of. However, it seems to depend entirely on who the person that sees them is. Based on his response, there is this constructed idea that student life is the best, responsibility free and tension-free, there is a clear contradiction here of how others see them and how they perceive themselves, which is completely different.

The fact that he says "well in terms of a students, they would see me as a bit more introverted" suggests that in general students are seen as more extroverted; unreserved and social. Since he is more introverted, he is not identified as the most 'regular' type of student that people would expect to see.

He himself seems to hold the view that students tend to be more extroverts than introverts.

However, this is not because he fears something or cannot be social, but because his needs and preferences are different. It doesn't seem to be his primary choice to be socially involved and he doesn't appear to feel pressured to be.

Ερευνήτρια: *Ναι ναι ναι ναι.*

Ζαχαρίας: *Λίγο και απ' τα δύο.*

Ερευνήτρια: *Κατάλαβα, και πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο;*

Ζαχαρίας: *Η αλλαγή ήταν μεγάλη. Εε, αυτό το φαινόμενο που υπάρχει πολύ στην Ελλάδα, είναι το ότι για να μπει σε ένα πανεπιστήμιο πρέπει για κάποια χρόνια να στρωθείς στο διάβασμα. Το οποίο σημαίνει ότι θες δεν θες θα πρέπει να κλειστείς αρκετά μέσα. Όταν έρχεσαι φοιτητής, επειδή όπως σου είπα αρχίζεις να έχεις πολύ μεγάλες ελευθερίες, αυτό είναι για μένα ένα σοκ! Που περνάν όλοι οι φοιτητές και συνήθως κρατάει 1, 2 χρόνια, συνήθως 1 χρόνο. Εε... υπάρχουνε πολλά προβλήματα στο να κατατοπιστείς, στο να προσαρμοστείς στη νέα συνθήκη, υπάρχει πάρα πολύ στρες, όχι από κάποια καταστροφή ή κάποια αποτυχία όσο απ' την ίδια την αλλαγή, γιατί πολλές φορές αυτή η αλλαγή είναι που φέρνει τρελό στρες σε ένα φοιτητή, δεν είναι τόσο ότι αρχίζει με προβλήματα. Τα προβλήματα μπορεί και να μην έρθουν ποτέ, αλλά το στρες αυτό πάντα έρχεται ως ένα βαθμό. Οι περισσότεροι φοιτητές το καταπολεμάνε με καλοπέραση, εγώ προσωπικά πολλές φορές μου δημιούργησε στρες, απλά, δεν το καταπολέμησα έτσι.*

Ερευνήτρια: *Και αυτό ήταν έτσι στην αρχή, τώρα πως είναι; Πώς νιώθεις που-- που είσαι στο πανεπιστήμιο τώρα δηλαδή; Έχει αλλάξει;*

Researcher: *Yeah yeah yeah yeah.*

Zack: *A bit of both.*

Researcher: *I see, and how was the change from college to university for you?*

Zack: *The transition was big. Eh, a common phenomenon in Greece is that in order to get a place at university you must study very hard for some years. Which means that even if you want it or not you have to lock yourself in. When you become a student now, because as I said you start to have a lot more freedom suddenly, in my opinion this is a shock! That is something all students experience and usually it lasts for one to two years, usually one year. Ehh... there can be many problems when you try to direct yourself in, trying to adjust in this new situation, there is a lot of stress, not due to a misfortune or failure, but from the transition itself, because most of the times it's the transition that causes an insane amount of stress to a student and it's not so much that he starts with problems. Problems may never even come, but this kind of stress from the transition is always present to an extent. Most students fight it by seeking pleasurable times, I personally just let myself feel stressed often, just that, I did not fight it like the others.*

Researcher: *And this is how it was for you at first, how is it now? How do you feel that-- now that you are in university I mean? has it changed?*

Giving the impression of balance.

By becoming a student, he emerged into adulthood; emerging adulthood is the period when responsibility comes to the forefront; this can be a difficult transition. It increases independence and freedom from control; and decreases parental control, monitoring and guidance. Prior to going to university, you go through an isolated period; where you solely focus on studying as a priority; indicating a decrease in social life and freedom. Hence, the sudden liberation and increased freedom when becoming a student is "a shock". He portrays it as a period that is difficult to handle and adjust to, sometimes even losing control (a period of instability due to the newfound independence). It is seemingly a time of identity exploration; development of new social circles; initiation of new roles and lifestyles; separation of friends and family; increased opportunities and choices; increased independence and freedom from control. In his perspective, all the above developmental changes that take place often lead to impulsive pleasure seeking as a means of dealing with great levels of stress or as a result of the sudden increased freedom and independence that allows students to freely choose lifestyles and behaviours without feeling constrained or controlled by others. The fact that he does not fight stress by seeking "pleasurable times" implies that he does not use alcohol as a form of self-medication or as an escape.

Ζαχαρίας: Έχει αλλάξει αρκετά αυτό το πράγμα γιατί πέρασαν κάποια χρόνια...

Ερευνήτρια: Μμ.

Ζαχαρίας: (poor connection).

Ερευνήτρια: Κάτσε, δεν σε έπιασα στο τελευταίο που είπες.

Ζαχαρίας: Αα, λέω ότι πλέον αυτή η αλλαγή δεν-- έχει περάσει σε ένα βαθμό, δεν μου προκαλεί πλέον τόσο μεγάλο στρες όσο κάποτε. Είναι πιο ήρεμα τα πράγματα.

Ερευνήτρια: Μμ, μάλιστα. Εε, εσύ μένεις μακριά απ' την οικογένεια σου, απ' το σπιτικό σου;

Ζαχαρίας: Ναι, μένω αρκετά μακριά απ' το πατρικό μου.

Ερευνήτρια: Και πως νιώθεις-- πως νιώθεις γι' αυτό;

Ζαχαρίας: Προσωπικά δεν έχω τόσο μεγάλο πρόβλημα, μου αρέσει η ελευθερία και να 'χω το δικό μου χώρο οπότε δεν με ενοχλεί τόσο όσο άλλους που είμαι μακριά απ' την οικογένεια μου και τον τόπο μου. Αυτό βέβαια δεν σημαίνει ότι όταν πηγαίνω ας πούμε δεν περνάω ωραία, αλλά μπορώ να πω ότι δεν με ενοχλεί σε γενικές γραμμές.

Zack: It has changed quite a bit because it's been a few years now...

Researcher: Mm.

Zack: (poor connection).

Researcher: Wait, I didn't catch what you said.

Zack: Oh, I was saying that this transition doesn't-- has now kind of passed, **it doesn't cause me so much stress anymore as it did once. Things are much calmer.**

Researcher: Mm, right. Eh, do you live away from your family, from your home?

Zack: Yeah, **I live quite far from my family home.**

Researcher: And how do you feel-- how do you feel about that?

Zack: **Personally, I don't mind it, I like having freedom and having my own space** so it doesn't bother me as much as others that I'm far away from my family and my hometown. This of course doesn't mean that when I go back for instance I don't have a good time, but generally I'd say that it doesn't bother me.

Changes through time as one adapts to the new role and lifestyle.

A newfound independence. Control lessens during this separation from family and moving out.

Associates living away from his family with personal freedom.

Ερευνήτρια: Μάλιστα ok... εε τώρα... θέλω να μου πεις λίγα λόγια για την νυχτερινή σου ζωή.

Ζαχαρίας: Συνήθως... εεε, η νυχτερινή μου ζωή έχει να κάνει με μένα να κάθομαι σπίτι και να παίζω πολύ υπολογιστή με τους φίλους μου από το ίντερνετ, αλλά τελευταία ειδικά αυτό το καιρό, εε, έχω γνωρίσει κάποια άτομα που βγαίνουμε πολλές φορές πιο πολύ τα βράδια, ε και συνήθως όταν βγούμε, στην πλειοψηφία των φορών θα πάρουμε κάτι να πιούμε και θα κόβουμε βόλτες έξω, δεν θα κάτσουμε αναγκαστικά τόσο πολύ σε μαγαζιά.

Ερευνήτρια: Οκ, και για πόσες ώρες θα είναι αυτό συνήθως; Για πόσες ώρες θα βγεις; Από τι ώρα μέχρι τι ώρα δηλαδή;

Ζαχαρίας: Συνήθως, ειδικά τα τελευταία χρόνια, μετά τις 8, 9 το βράδυ, εε και να σου πω τις μισές φορές μπορεί να επιστρέψω και πρωί, τις άλλες μισές θα επιστρέψω στις 2, 3 η ώρα.

Ερευνήτρια: Εε, πρωί δεν είναι 2,3 η ώρα; [γέλιο].

Ζαχαρίας: Αα όχι όχι, ναι πρωί είναι 6, 7 η ώρα ας πούμε.

Ερευνήτρια: 6, 7 η ώρα ναι, ωραία. Εε, τι είναι ένα πάρτι για 'σενα; Δηλαδή τι θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;

Researcher: Right ok... eh now... I would like you to tell me a little bit about your nightlife.

Zack: Usually... ehh, my nightlife revolves around staying at home and playing computer games with my friends online, but lately especially during this time, eh, I've met some people who I go out with often at night-time, eh and usually when we go out, most of the times we will just get something to drink and roam around, we're not necessarily going to go to clubs or bars.

Researcher: Okay, and for how many hours will that usually be? For how many hours will you stay out? So, from what time till what time?

Zack: Usually, especially in the last few years, it will be after eight or nine in the evening, eh and I'd say that half of the times I may even come back in the morning, and the other times I'll come back around two or three.

Researcher: Eh, two or three o'clock isn't morning? (Laughs).

Zack: Oh no no, yeah morning is, for instance, six of seven o'clock.

Researcher: Six or seven yeah, alright. Eh, what is a party to you? So, what do you consider a good party?

Doesn't go often to social places where drinking is expected and occurs, he prefers being more outdoors roaming around with his friends drinking. This suggests that he gets his needs met in different ways. Perhaps he doesn't feel connected to others and himself through the clubbing experience, meeting strangers and going to drinking places. He prefers to go to places that satisfy his needs and to the ones that he considers more fun with his own group of friends.

Vibrant nightlife.

Ζαχαρίας: Λοιπόν, ένα καλό πάρτι για εμένα έχει πιο πολύ να κάνει με το να 'σαι με δικούς σου περισσότερους ανθρώπους παρά με τυχαίους, και ένα καλό πάρτι έχει να κάνει με το να έχουνε μπει όλοι στο ίδιο κλίμα. Να υπάρχει μία μουσική που να αρέσει στους περισσότερους, να νιώθουν όλοι μεταξύ τους βολικά, να χορεύουνε, να υπάρχει σίγουρα αλκοόλ το οποίο βοηθάει τις πιο πολλές φορές. Γενικά αυτό, να υπάρχει αν θες ένας συντονισμός στη διάθεση όλων, να-- γι' αυτό θεωρώ ότι είναι πολύ σημαντικό για μένα να γνωρίζονται τα περισσότερα άτομα σε ένα πάρτι, και μετά να χορεύουνε, να γελάνε...

Ερευνήτρια: Μάλιστα, και ένα κακό πάρτι;

Ζαχαρίας: Ένα κακό πάρτι για εμένα προσωπικά θα ήτανε σε μεγάλο βαθμό το αντίθετο, δηλαδή, άτομα που είτε δεν συμμαρίζονται ο ένας τον άλλον, είτε δεν μπορούνε να κάτσουνε πολύ μαζί και να 'ναι άνετοι. Ένα κακό πάρτι για μενα έχει πολύ στρες μέσα, και αυτό το στρες κιόλας μερικές φορές οδηγεί και σ' ένα κακό πάρτι να δημιουργούνται πολλές μικρές ομάδες, και πολλές φορές να βαριέσαι, και έτσι, ειδικά σ' αυτό το θέμα, πολλές φορές το μόνο που να 'χεις να κάνεις είναι να πιείς, να μεθύσεις, γιατί δεν περνάει και πολύ καλά-- δεν περνάνε όλοι πολύ καλά, δεν υπάρχει καλός συντονισμός, οπότε κάθεσαι εσύ, εγώ προσωπικά έτσι, να ασχοληθείς πιο πολύ με τον εαυτό σου και 1, 2 άτομα δίπλα σου.

Ερευνήτρια: Ναι μάλιστα, ενδιαφέρον, πολύ ωραία απάντηση. Εεμ, πώς είναι το

Zack: Well, a good party for me is mostly about being with your own people rather than with randomers and a good party has to do with everyone being on the same vibe. Playing music that most people enjoy, feeling comfortable with one another, dancing, definitely having alcohol there which tends to help most of the times. In general that's it, basically to synchronise with everyone's mood if you like, to-- that's why I think that it's very important for me for most people at a party to know each other, and then to dance, to laugh...

Researcher: Right, and a bad party?

Zack: A bad party for me personally would be exactly the opposite, for instance people who either don't relate to each other or can't hang out together for long and feel comfortable. A bad party for me involves a lot of stress, and this stress itself often can lead people in a bad party to form many small groups, and to often feel bored, and so, especially because of that, the only thing you can really do is to drink, get drunk, because it's not going very well-- nobody is having a good time, there is no synchronicity, so you just sit, me personally that is, and engage mostly with yourself and with one or two people who happen to sit next to you.

Researcher: Yeah I see, interesting, very nice answer. Um, how are the drinking places you go to such as pubs and clubs in regard

The prize on offer is to belong. Familiarity creates a welcoming atmosphere "being with your own people". One in which you can feel comfortable in and be yourself. Being one and feeling togetherness seems to be the ultimate prize. Highlighting the importance of belonging. An entry way to discovering unity. Each of the components that he believes determine a good party revolve around creating an ambient atmosphere. Alcohol, good music, good company and dancing do not determine a good party but the vibe does; the collective experience.

"Definitely having alcohol there which tends to help" implies that alcohol is used as a means to enhance the experience and ease into social situations.

People not being in the same frequency creates bad vibes which affect the atmosphere. He cannot resonate with them and feel comfortable as the mood they create is unpleasant; not allowing cohesion to naturally occur. When this happens, he cannot create or belong to a collective experience. In his perspective, an environment which separates people instead of bringing them together can lead to boredom and drinking with the intention to pursue drunkenness.

προσωπικό και οι κανόνες στα μπαρ και κλαμπ που βγαίνεις; Όποτε βγαίνεις...

Ζαχαρίας: Να σου πω έχω πολύ μικρή επαφή. Εε... το προσωπικό τις πιο πολλές φορές σίγουρα έχει να κάνει με νέους ανθρώπους, πολλές φορές είναι και φοιτητές κάποιοι απ' αυτούς, συνήθως σερβιτόροι για παράδειγμα, εε... μπορώ να πω ότι, ξέρεις τι, άλλες φορές είναι φιλικοί με την έννοια ότι πάντα είναι ευγενικοί σίγουρα, αλλά κάποιες φορές θα χαμογελάνε, θα προσπαθούν λίγο παραπάνω δηλαδή, άλλες φορές θα είναι πιο ουδέτεροι. Αλλά να σου πω μέχρι στιγμής τις λίγες φορές που 'χω πάει ήμουν ικανοποιημένος, δηλαδή κάναν τη δουλειά τους, ήτανε καθώς πρέπει.

Ερευνήτρια: Μμ, μάλιστα, και υπάρχουνε όρια και κανόνες μέσα σ' αυτούς τους χώρους;

Ζαχαρίας: Εε, να σου πω όσες φορές έχω πάει δεν έχω δει κάποιο φαινόμενο που να παραβίαζε κάποιους όρους, δηλαδή δεν έχω δει κάποιον ας πούμε να είναι υπερβολικά μεθυσμένος και να κάνει φασαρίες, αυτό δεν το έχω δει προσωπικά σαν άνθρωπος, οπότε ως προς τα τυπικά, πιστεύω ότι οι περισσότεροι κανόνες πληρούνταν. Ας πούμε το άλλο, δεν έχω δει εγώ ποτέ προσωπικά άτομα κάτω των 18 να τους σερβίρουνε, αλλά αυτό είναι σ' εμένα που δεν έχω μεγάλη επαφή μ' αυτά οπότε δεν μπορώ να μιλήσω για μια γενική κατάσταση σίγουρα.

to staff and rules? Whenever you go out that is...

Zack: Well I have very little contact with such places. Eh... most staff tend to be young people, often some of them are university students, usually the waiters for example, eh... I can say that, you know, sometimes they are friendly in the sense that they are always polite, but sometimes they will just be smiling, trying a bit harder I mean, and some other times they will just be a bit more bland. But to tell you the truth, the few times I've been out I was satisfied, they were doing their job properly, in a seemly manner.

Researcher: Mm, right, and are there boundaries and rules they enforce in these places?

Zack: Eh, to tell you the truth in all the times that I've gone out I've never seen any incidents that have violated certain conditions, so I've never seen anyone being too drunk and causing troubles, I've never seen anything like that me personally, so typically, I think that most of the rules are being met. Or for instance the other thing, I haven't personally seen anyone under 18 being served, but that's me who has very little contact with such places so I can't really talk about the general situation with confidence.

Doesn't go often to places where drinking is expected and occurs.

A problem-free environment (staying decent). He is aware that there are rules but based on what he said he has not seen any being enforced or anyone causing problems due to drunkenness. This suggests that none have been broken, as far as he is aware, and that people drinking around him are in control of how they behave publicly.

Ερευνήτρια: Κατάλαβα, ναι ναι. Εε, όταν πηγαίνεις σε τέτοιους χώρους υπάρχει security στο χώρο; Βλέπεις... εε...

Ζαχαρίας: Εε, έχω δει μερικές φορές αλλά μόνο σε είτε μεγάλα κλαμπάκια είτε σε μεγάλα μπαρ, δηλαδή σε μεγάλες και αρκετά πετυχημένες επιχειρήσεις θα το δεις αυτό, σε πιο μικρά μαγαζάκια δεν μπορώ να πω ότι έχω δει κάποιον, πιο πολύ σε κλαμπάκια θα σου 'λεγα.

Ερευνήτρια: Και αυτός ο κόσμος σε τσεκάρει, σε ψάχνει δηλαδή; Ψάχνει τη τσάντα σου, κοιτάει την ταυτότητα σου;

Ζαχαρίας: Εε, εγώ όσες φορές έχω πάει θα σου 'λεγα μάλλον όχι, θα σου ρίξουνε μία ματιά αλλά αν δεν κάνεις κάτι ύποπτο δεν νομίζω να σου δώσουνε πάρα πολύ προσοχή. Είναι ανάλογα και την εμφάνιση σου, δηλαδή αν έχεις μια προσεγμένη εμφάνιση ως έναν βαθμό και δεν έχεις κάτι εκκεντρικό πάνω σου δεν θα σου δώσουν πιστεύω τόσο μεγάλη προσοχή, τουλάχιστον εγώ δεν τους έχω παρατηρήσει και πολύ για να πω ότι 'αα αυτός με τσεκάρει μια στο τόσο', παίζει κι αυτό μέσα έναν ρόλο-- (poor connection).

Ερευνήτρια: Κάτσε σ' έχασα λίγο, μ' ακούς;

Ζαχαρίας: Ναι ναι σ' ακούω.

Ερευνήτρια: Αα μόνο το τελευταίο νομίζω έχασα, αλλά έλεγες για... εε, ότι εσύ δεν έχεις έρθει σε επαφή με κάτι τέτοιο.

Researcher: I see, yeah yeah. Eh, when you go to these places is there security and bouncers? Do you see... ehh...

Zack: Eh, there is sometimes but only in big clubs or big bars, so **only in big and quite successful businesses you will only see them, in smaller drinking places I cannot say that I have seen someone**, I'd say mostly in clubs.

Researcher: And do these people check you, search you I mean? Do they search your bag, ask for your ID?

Zack: **Eh, considering the times I've been I'd probably say no, they would notice you but if you don't do anything sketchy I don't think they will pay much attention to you. That depends on your appearance, so if you have a well-cared for appearance and you don't have something eccentric about you then they won't give you so much attention, at least I've never really noticed anything like that to able to say "oh this person keeps looking my way once in a while", which also plays a role, a role that-- (poor connection).**

Researcher: Wait I've lost you, can you hear me?

Zack: Yes yes I hear you.

Researcher: Oh I only missed the last thing you said I think, but you were saying that... eh, that you have not encounter something like this.

No security in most places, only in big clubs and businesses. No restrictions or strict measures seem to apply.

Relaxed policy. Focus on appearances.

Ζαχαρίας: Όχι όχι, τις πιο πολλές φορές που έχω πάει σ' ένα μεγάλο κλαμπάκι ή σ' ένα μπαρ ας πούμε, ούτε έχω δει κάτι αξιοπερίεργο, ούτε μπορώ να πω ότι είδα, ως προς θέμα που είπαμε με τους security, εε να με κοιτάν για πολύ ώρα, αλλά παίζει ρόλο ότι και εγώ δεν καθόμουν να τους δώσω πολύ προσοχή. Όσο τους είδα, κοιτούσαν τριγύρω, προσέχαν, αλλά όχι κάτι σε σημείο να νιώσεις έστω και άβολα ότι κάτι μπορεί να πηγαίνει στραβά ρε παιδί μου γιατί αυτοί ελέγχουνε πάρα πολύ.

Ερευνήτρια: Ναι ναι, μάλιστα. Μμ, εε, πως πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Δηλαδή τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις;

Ζαχαρίας: Πιστεύω ότι επειδή είναι ένας χώρος που πας για να περάσεις καλά σίγουρα, μπορείς σε ένα βαθμό να φωνάζεις λίγο παραπάνω, λίγο βέβαια, μπορείς να είσαι άνετος, αλλά πρέπει να 'σαι και προσεχτικός σίγουρα, μπορεί να είσαι λίγο πιο... γενικά άνετος. Μπορεί να γίνεις μερικές φορές λίγο αγενής, κυρίως στο θέμα της φασαρίας, αλλά μέχρι εκεί, δεν μπορείς σίγουρα να πηγαίνεις-- ας πούμε εγώ που είμαι ας πούμε άντρας, δεν μπορείς να πηγαίνεις αναγκαστικά για 'μένα σε κάθε κοπέλα που θα δεις να την ενοχλείς και να προσπαθείς να πιάσεις συζήτηση, μπορείς να κάτσεις να μιλήσεις με άλλους ανθρώπους σε εκείνο το χώρο, ειδικά αμα βρεις κάποιο φιλικό, αλλά πρέπει να γνωρίζεις τα όρια σου, άμα δεις ότι μια παρέα ασπύμαι δεν σε κοιτάει δεν θέλει να σου δώσει προσοχή δεν

Zack: No no, most of the times that I've been to a big club or bar, nor can I say that I've seen anything peculiar, nor can I say that I've ever seen, concerning security, eh that they keeping an eye on me or that somebody is watching me, but the fact that I don't pay too much attention to them plays a role I think. *The ones I've seen, they were just looking around, cautious yes, but not to the point that you may feel uncomfortable or think that something might be going wrong due to them being seemingly alert.*

Researcher: Yes yes, right. Mm, eh, what do you think is expected from you in terms of behaviour in the drinking places you go to? So, what can you do and cannot do?

Zack: *I think because these places are clearly places you go to for a good time, you can be a bit more loud, not too loud of course, you can also get comfortable, but you certainly also must be a little bit careful too, but yeah you can be a little bit more... laidback in general. You can also sometimes be a bit impolite, mainly when it gets loud, but that's as far as you can go, you definitely cannot-- well I'm a man and as a man for instance, you can't imperatively approach every woman you see and bother her or try to forcefully engage in a conversation, you can of course talk with others in such places, especially if you meet friendly people, but you should know your boundaries, for instance if you see a group of people that don't pay much attention to you, well you shouldn't go and try to chat*

Maintaining a welcoming environment and being discreet in order to maintain this atmosphere without creating unpleasant controlling vibes. Maintaining a welcoming environment and a certain mood seems to be quite important and valued. Relaxed attitude. This in turn can influence how one behaves and drinks in social situations.

Socially constructed places for the purpose of enjoyment- a separate world. Knowing your boundaries. Believes that in drinking places you shouldn't feel restricted, but just maintain a level of mutual respect and awareness; not being unmindful of others (staying decent). Be free but also aware-respect. Value decency.

θα πας να της μιλήσεις, μπορείς να είσαι πιο άνετος και να είσαι φιλικός σίγουρα, αλλά θα πρέπει να προσέχεις να μην ενοχλείς ποτέ τον δίπλα σου όσο γίνεται.

Ερευνήτρια: Μάλιστα, εεμ... και... πώς είναι η ατμόσφαιρα μέσα σε τέτοιους χώρους, πώς θα την περιέγραφες;

Ζαχαρίας: Εε, θα έκανα μία διαχώρηση ανάμεσα στα κλαμπάκια και στα μπαράκια σ' αυτήν εδώ τη περίπτωση. Σε κλαμπάκια θα έλεγα ότι είναι αρκετά πιο απρόσωπα. Συνήθως, ότι έχω δει εγώ, είναι ότι τα κλαμπάκια είναι και μεγαλύτερα, έχουν περισσότερους ανθρώπους μέσα, οπότε ο καθένας έχει έρθει με την παρέα του και δεν είναι πάρα πολύ φιλικόι ο ένας με τον άλλον. Βέβαια θα χορέψουν όλοι μαζί, αλλά δεν θα χορεύουν μεταξύ τους. Είναι λίγο πιο απρόσωπα για μένα τα πράγματα εκεί. Σ' ένα μπαράκι ασπύμαι, ή ένα μικρό μπαράκι, εε, θα είναι πιστεύω λίγο πιο άνετα, θα' ναι λιγότερα άτομα. Μπορεί αναλογικά επειδή είναι λιγότερες παρέες αλλά μεγάλες να γνωρίζονται περισσότερο μεταξύ τους, έστω και σαν παρέες η κάθε μια, η μία με την άλλη, και μπορεί να πιάσεις και πιο εύκολα πιστεύω εγώ μια κουβέντα με κάποιο άγνωστο εκεί μέσα παρά σε' να κλαμπάκι που και το ίδιο το περιβάλλον, η πάρα πολύ δυνατή μουσική, ο συνοστισμός ασπύμαι, δεν βοηθάει και τόσο έτσι κι' αλλιώς.

Ερευνήτρια: Μάλιστα. Εμμ, υπάρχει συγκεκριμένη διαδικασία στην είσοδο του μαγαζιού συνήθως;

with them, you can certainly be yourself and be friendly, but you should be careful not to bother people around you as much as possible.

Researcher: Right, um... and... how would you describe the atmosphere in such places?

Zack: Eh, I'd have to make a distinction between the clubs and bars regarding this question. *I would say that in clubs the atmosphere is more impersonal. Usually, based on what I've seen, clubs tend to be much bigger, they are more crowded, so each person comes with his own group of friends and they don't socialise much with others. Of course everyone will dance together, but they will not dance with each other. Things are a little more impersonal there. For example in a bar, a smaller bar, eh, things would be more chill I believe, there will be fewer people there. Perhaps analogically speaking because there'll be fewer groups of people but bigger ones, they may know each other, even as acquaintances, one group of people may know the other one, and you can also start a conversation with a stranger much easier in there than in a club where the environment itself, the very loud music, the crowdedness, definitely doesn't help a lot.*

Researcher: Right. Umm, is there a specific entry policy usually in such places?

Using the word “impersonal” to describe the atmosphere in clubs suggests a feeling of separation instead of oneness. Lacking openness and friendliness- making it difficult to connect and resonate with one another. He is drawn to a good community atmosphere; promoting conviviality and building and strengthening interpersonal bonds. Signifying a sense of belonging and community. A sense of familiarity between people in such drinking places seems to be highly valued. This may be because when one is familiar with something, they feel more comfortable therefore allowing them to ease into collective belongingness. Moreover, when an air of familiarity is present in a certain place or between people, the comfort that is accompanied by it makes it much easier to explore the unknown and unfamiliar by talking to strangers. Zack comments on the club environment which he doesn't seem to feel comfortable in, due to its “loud music” and “crowdedness”, possibly because these characteristics create unpredictability and can act as a blockade to familiarity- it is hard to connect with someone with these distractions.

Ζαχαρίας: Εε, πιο πολύ στα κλαμπάκια θα έλεγα, σε κάποια ειδικά μεγάλα κλαμπάκια, στα οποία εμένα δεν μου 'χουνε ζητήσει ταυτότητα, δείχνω και αρκετά μεγάλος, αλλά... θα με δει ο άλλος, θα με κόψει-- εε, στα μεγάλα θα υπάρχει συνήθως ένας πορτιέρης έξω ο οποίος θα βάζει τα άτομα μέσα, αλλά είναι και πολύ ανάλογα την επιχείρηση, αν είναι μεγάλη και ειδικά πετυχημένη επιχείρηση, θα υπάρχει πιθανότητα κάποιος ο οποίος θα είναι στην είσοδο και θα ελέγχει. Ένα όπως είπα ας πούμε πιο φοιτητικό μαγαζάκι δεν θα το κάνει αυτό, απλά θα μπεις μέσα, ή και να 'ναι ο οποιοσδήποτε. Θα σε δούνε αυτοί που είναι μέσα, αλλά είσοδο, κυρίως πιο ακριβά κλαμπάκια και πιο ακριβά μπαράκια.

Ερευνήτρια: Ναι, μάλιστα... οκ εεμ... τώρα θέλω να μου πεις για τη πρώτη φορά που πήγες σ' ένα κλαμπ ή μπαρ; Για τη πρώτη φορά ever.

Ζαχαρίας: Μισό δώσε μου να σκεφτώ.

Ερευνήτρια: Ναι ναι, εννοείτε.

Ζαχαρίας: Ωραία, λοιπόν, την πρώτη φορά που ας πούμε πήγα σ' ένα κλαμπάκι είχαμε μαζευτεί μια παρέα 7, 8 ατόμων... εγώ γενικά να σου πω την αλήθεια δεν μου πολύ αρέσει να πηγαίνω σε κλαμπάκια οπότε αφού ήθελε η παρέα ακολούθησα, δεν ήμουν και πάρα πολύ ευχαριστημένος, αλλά, όχι ότι δεν ήμουν ευχαριστημένος, δεν ήμουν πρόθυμος καλύτερα, γιατί όταν φτάσαμε υπήρχε κάποιος που κοιτούσε, δεν έλεγε απλά

Zack: *Eh, I'd say mostly in clubs, specifically only in big clubs, although they've never asked for my ID, I do look quite older, but... they will notice me, measure me kind of thing-- eh, in big clubs there will be usually someone at the door that lets people in, but this depends on the business, if it's a big and especially successful business, most probably there will be someone at the entrance who checks. But as I said before a more kind of student bar will not be doing that, you simply walk in, even if somebody is at the door. Basically, the staff will just look at you that's it, but an entry policy, is mainly enforced in more expensive bars and clubs.*

Researcher: *Yeah, I see... okay um... now I would like you to tell me about the first time you went to a club or bar. The first time ever.*

Zack: *Give me some time to think about it.*

Researcher: *Yes yes, of course.*

Zack: *Right, so, the first time that I went to a club we were a group of seven to eight people... generally to tell you the truth I don't like going to clubs much but since my group wanted to go I followed, I wasn't too happy about it, but, no it's not that I wasn't happy, I was just not agreeable, but yeah when we arrived at the club there was somebody at the entrance, but he wasn't checking or anything he was just looking*

No strict measures or entry policy, so less control.

This, again, gives us the impression that he can only feel free and have fun when he goes to the places where he feels welcomed, and like he belongs.

<p>κοιτούσε δεξιά και αριστερά και απλά μπήκαμε μέσα η αλήθεια είναι...</p> <p>Ερευνήτρια: Πόσο χρονών ήσουν;</p> <p>Ζαχαρίας: Εε, τότε μόλις είχα-- μόλις είχα έρθει φοιτητής, οπότε πρέπει να 'μουνα 18 προς 19.</p> <p>Ερευνήτρια: Οκ ναι ναι.</p> <p>Ζαχαρίας: Ήτανε-- (inaudible)-- όταν ήμουνα φοιτητής</p> <p>Ερευνήτρια: Ναι.</p> <p>Ζαχαρίας: Εε και γενικά μας σερβίρανε, είχε δυνατή μουσική, κάποιοι από μας χορέψανε λίγο, αλλά να σου πω, δεν ήτανε και πολύ άνετο το κλίμα, ήταν πιο κλαμπάκι ουσιαστικά, λίγο πιο απρόσωπο, οπότε καθήσαμε μεταξύ μας πιο πολύ και μιλούσαμε... και πιο πολύ ήτανε μια- ήτανε μια πολύ συνηθισμένη βραδιά, δηλαδή δεν φύγαμε πάρα πολύ αργά, φύγαμε ας πούμε να πούμε κατά τις 1, 2, ειδικά κάποιοι και πιο νωρίς γιατί θέλαν να προλάβουν λεοφορεία. Και ήτανε αυτό, δεν έγινε κάτι αξιοπερίεργο, δεν μας ελέγξαν, ήπιαμε, περάσαμε ωραία και φύγαμε.</p> <p>Ερευνήτρια: Μάλιστα, εε, και τι σε έκανε να πιείς εκείνο το βράδυ;</p> <p>Ζαχαρίας: Να σου πω εγώ γενικά δεν πίνω πάρα πολύ αλκοόλ, είμαι πιο πολύ το να πίνω κοινωνικά όταν βγαίνουν οι άλλοι, και ο λόγος που το κάνω αυτό ως ένα βαθμό δεν</p>	<p>around and we simply just entered the truth is...</p> <p>Researcher: How old were you?</p> <p>Zack: Eh, at that time-- I had just come here as a student so I must have been 18 to 19 years old.</p> <p>Researcher: Okay yeah yeah.</p> <p>Zack: It was-- (poor connection)-- when I was a student.</p> <p>Researcher: Yes.</p> <p>Zack: Eh and they just served us, there was loud music, some of us danced for a bit, but to tell you the truth the atmosphere wasn't very chill, it was a bit more of a bland club, a bit impersonal, so we just sat down together and we mostly chatted amongst ourselves... and it was a-- it was a very casual night out really, meaning that we were not there till very late, we left around one or two o'clock, some of us even earlier because some needed to catch their bus. And that was it really, nothing worth noting happened, they didn't check us, we drank, had a good time and left.</p> <p>Researcher: Right, eh, and what influenced you to drink that night?</p> <p>Zack: I generally do not drink a lot of alcohol, I am much more of a social drinker when going out with others, and the reason I drink like that to some extent I wouldn't say</p>	<p>Legal age. Went out for the first time at a legal age.</p> <p>Doesn't describe it as a 'special' experience or gives it a sense of importance.</p> <p>Unpleasant/uninteresting atmosphere not allowing durable social solidarity or amity- blocking feelings of freedom and not allowing cohesion to naturally occur.</p> <p>Describes it as a mundane experience.</p> <p>There is a separation between "we drank" and "had a good time", which perhaps indicates that he doesn't see them as one, but he sees them as two separate things that are part of the experience.</p> <p>Drinks only socially: social motives. He finds beauty in oneness, describing the desire for an atmosphere of openness and social access (familiarity); drinking for the collective</p>
---	---	--

θα'λεγα ότι είναι τόσο θέμα πίεσης που επηρεάζει πολύ άλλους όσο μια επιθυμία να μπω στο ίδιο κλίμα μαζί τους. Θα μπορούσες να το πεις μια έμμεση πίεση και αυτό, αλλά δεν μπορώ να πω ότι νιώθω κάτι τέτοιο. Δηλαδή αν οι άλλοι πιούνε και αρχίσουν να κάνουν ένα κεφάλι να' ναι πιο γελαστοί, θα' θελα και εγώ να μπώ σ' αυτή τη κατάσταση γιατί φαίνεται ωραία. Μπορείς πάλι να το πεις λίγο ίσως πίεση αλλά δεν το νιώθω έτσι, δεν-- σπάνια έχω νιώσει-- ντάζει όχι και σπάνια-- λίγες φορές έχω νιώσει την πίεση να πιω επειδή πίνουν οι άλλοι, αλλά γενικά, εκείνη τη βραδιά τουλάχιστον, ήθελα να δοκιμάσω και κάποια ποτά που δεν είχα ξανά πιεί ποτέ μου.

Ερευνήτρια: Μάλιστα, εε... θέλω να μου πεις τώρα για τη πρώτη φορά που ήπιες αλκοόλ... για τη πρώτη φορά που ήπιες αλκοόλ βασικά ναι.

Ζαχαρίας: Η πρώτη φορά που ήπια αλκοόλ [γέλιο], εε, ήμουν πιο μικρός...

Ερευνήτρια: Ναι.

Ζαχαρίας: Και ουσιαστικά είχα πάρει μία μπόρα, είχα δοκιμάσει μπόρα κάποτε και την είχα βρει πολύ πικρή, δεν μου άρεσε και είχα πει να ξανα δοκιμάσω και πάλι δεν μου πολύ άρεσε μπορώ να σου πω.

Ερευνήτρια: Μμ.

Ζαχαρίας: Γιατί δεν θυμάμαι αν είχα τελειώσει και το κουτί.

that it is so much a matter of pressure driven by others but more of a desire to get into the same vibe with them. You could also call this a form of indirect pressure I suppose, but I can't say I feel it this way. So if the others are drinking and start to get a little bit tipsy smiling more and so on, I'd like to get into this situation too because it's appealing. Maybe you can also call this a form of pressure but I don't feel that way, I don't-- I've rarely felt-- well not rarely-- only a few times I've felt the pressure to drink because others were drinking, but generally, that night at least, I just wanted to try some drinks that I had never tried before.

Researcher: Right, eh... now I'd like you to tell me about the first time you had alcohol... yeah basically about the first time you had alcohol.

Zack: The first time I had alcohol (Laughs), eh, I was much younger...

Researcher: Yes.

Zack: And basically I had a beer, I tried beer once before and I had found it very bitter, I didn't like it and I just thought to try it again and yet again I didn't like it.

Researcher: Mm.

Zack: Because I can't even remember if I finished the can.

experience, not due to pressure, but for the personal desire to resonate with others (Collective belongingness). He finds the effects of alcohol appealing; people smiling more; inferring a sense of happiness and fun. In his opinion, alcohol brings people together for a common purpose; enjoyment and socialisation. There is a perception that he does not feel pressured or is expected to drink- he even repeats this as a way of emphasis- but does so by his choosing in order to obtain the desired outcomes of drinking and to get in the same vibe as everyone else; resonate with others- collective belongingness.

Didn't like the taste but still tried it again. It is very likely that he was motivated to try it again by the socially constructed idea of how alcohol is supposed to influence someone, and this idea may have appeared so rewarding to him that curiosity remained despite disliking his initial try.

Ερευνήτρια: *Ναι [γέλιο], εε... και που την ήπιες αυτή τη μύρα;*

Ζαχαρίας: *Αυτή τη μύρα αν θυμάμαι καλά, την είχα πιεί σπίτι μου, είχα πάρει μια μύρα απ' το ψυγείο αν θυμάμαι καλά.*

Ερευνήτρια: *Αα απ' το ψυγείο ναι.*

Ζαχαρίας: *Και δεν θυμάμαι... [γέλιο], δεν θυμάμαι αν είχα ρωτήσει τους γονείς μου για να το κάνω ή όχι να σου πω την αλήθεια, άρα ήταν κρυφά, αλλά δεν θυμάμαι και καλά να σου πω.*

Ερευνήτρια: *Ναι, οκ. Εε, λοιπόν, τώρα θέλω να μου πεις τι ρόλο παίζει το αλκοόλ στη ζωή σου αυτή τη στιγμή.*

Ζαχαρίας: *Αυτή τη στιγμή το αλκοόλ για εμένα είναι αν θες ένα μέσο να περνάς καλά με τους άλλους, δηλαδή σ' αυτή την περίοδο της ζωής μου πιο πολύ θα πω αλκοόλ κοινωνικά, σπάνια θα πω μόνος μου, και κάνει αυτό που είπα και πριν, δηλαδή βοηθάει πολλές φορές στο να μπω σε μια διάθεση που έχει όλη η παρέα ή απλώς στο να μεγεθύνει την ευχαρίστηση που νιώθω, να την κάνει περισσότερη, γιατί το αλκοόλ για μενα τουλάχιστο που δεν θα-- θα έλεγα ότι τελευταία-- το τελευταίο καιρό δεν πίνω ποτέ υπερβολικές ποσότητες απλά βοηθάει. Δεν θα με οδηγήσει δηλαδή να ξεφύγω, απλά θα με κάνει να είμαι πιο ευδιάθετος.*

Ερευνήτρια: *Οκ, εε, πόσο συχνά θα είναι αυτό; Πόσο συχνά θα πίνεις;*

Researcher: *Yeah (Laughs), eh... and where did you drink this beer?*

Zack: *This beer, if I remember correctly, I drank it at my house, I took a beer from the fridge if I remember correctly.*

Researcher: *Aa from the fridge yeah.*

Zack: *And I don't remember... (Laughs), I don't remember if I'd asked my parents to have it to tell you the truth, so I think I had it secretly, but I'm not sure to be honest.*

Researcher: *Yeah, okay. Eh, so, now I'd like you to tell me what place does alcohol have in your life now?*

Zack: *Currently alcohol for me is a way to have fun with others if you like, meaning that in this period of my life I mostly drink socially. I rarely drink on my own, and it does what I told you before, that is, that it mostly helps me to get into a mood that we all share as a group of people or simply to enhance the enjoyment that I'm feeling at the time, to make it greater, because alcohol, at least for me doesn't-- I'd say lately-- lately I don't drink excessive amounts of alcohol it simply just helps. So, it won't lead me to lose control, it will simply make me more cheerful.*

Researcher: *Okay, eh, how often is this? How often do you drink?*

Drinking alcohol socially in his perspective enables the expression of social solidarity and it builds a sense of collective identity, a sense of group belonging; a sense of belonging to a collective mood/ experience. But it also enhances what is already there; perhaps this is because the physical action of drinking allows one to stay grounded and focus on the present moment (by constantly harnessing all the senses- touch, taste and smell as well as sight and hearing); a way of truly living an experience rather than simply existing within it.

Ζαχαρίας: Θα 'λεγα ότι αλκοόλ, αυτή τη στιγμή τουλάχιστον, αν θα 'βγαινα μία φορά ή την εβδομάδα ή ανα 10 μέρες θα έπαιρνα κάτι να πιω, δεν θα 'ταν αναγκαστικά πολύ ποσότητα, μπορεί να 'τανε 1 κουτάκι μπύρας ή 2, αλλά θα 'λεγα μια φορά στις 10 μέρες. Θα υπάρξουν και κάποιες φορές που θα πιω και περισσότερο αλλά συνήθως όχι σε σημείο να μεθύσω, αλλά ναι κάπου εκεί.

Ερευνήτρια: Και τι σε επηρεάζει πιστεύεις στο να πιείς ή να μην πιείς;

Ζαχαρίας: Με επηρεάζει κατά κύριο λόγο-- υπάρχει αυτή η σκέψη μέσα μου που λέει ότι δεν πίνεις συχνά αλκοόλ οπότε μια στο τόσο να πιείς δεν θα πειράζει, εφόσον είναι ας πούμε μια φορά την εβδομάδα ή ανα 10 μέρες όπως είπα, και επίσης με επηρεάζει... αυτό ακριβώς σε μεγάλο βαθμό, το ότι ας βγω να πιω λίγο αλκοόλ με τους φίλους μου, να περάσω καλύτερα, να είμαι πιο άνετος. Γιατί το αλκοόλ εμένα με βοηθάει να είμαι και πιο άνετος κοινωνικά, δεν έχω κάποιο θέμα γενικά, αλλά και πάλι βοηθάει.

Ερευνήτρια: Οκ.

Ζαχαρίας: Σου ρίχνει-- (poor connection).

Ερευνήτρια: Εεμ, πως σε έχει επηρεάσει η κοινωνία στο τρόπο που πίνεις πιστεύεις; Αν σ' έχει επηρεάσει.

Ζαχαρίας: Εε, όταν ήμουνα πιο μικρός υπήρχε αυτή η υποκουλτούρα αν θες στους νέους πολύ τότε στη δικιά μου ηλικία, που θεωρούσανε το ότι να πίνεις αλκοόλ είναι

Zack: *I'd say that alcohol, right now at least, if I'd go out once a week or once every ten days I'd usually have something to drink, it wouldn't necessarily be a lot, maybe one can of beer or two, but I'd say once every ten days. There will be times that I'd drink a little bit more but usually not to the point of getting drunk, but yeah somewhere there.*

Researcher: And what so you think influences whether you drink or not?

Zack: *Mainly what influences me is-- there is this thought in my head telling me I don't drink alcohol often so if you drink once in a while it's not a big deal, since it is once a week or every ten days as I told you before, and also what influences me is... that actually to a great extent, to go out and drink a bit of alcohol with my friends, to have a better time, to be more laidback. Because alcohol helps me be more comfortable socially, I don't have problem with that generally, but it still helps.*

Researcher: Okay.

Zack: *It loosens your-- (inaudible).*

Researcher: Um, how does your society influence the way you drink? If it has influenced you that is.

Zack: *Eh, when I was younger there was this subculture amongst young people around my age at the time if you like, that was common to think that drinking alcohol is*

The norm. It is embedded in the culture that drinking when going out is a normative behaviour.

Staying decent.

Doesn't drink to pursue drunkenness or lose control; but for the effects of alcohol.

Aware of the negative consequences of drinking on physical health but because he doesn't drink often, he believes that his drinking cannot lead to any problems.

Drinking enhances the fun. It is portrayed as a way to have fun with others. He doesn't seem to view alcohol as a necessity in any way but recognises the fact that it helps him ease into social situations whilst staying comfortable. Loosens inhibitions- a release from bonds.

It was collectively believed that drinking was 'cool'; shaping social identities. In fact, any behaviour that was seen as forbidden, such as smoking and drinking, was perceived as 'cool'

μαγκιά, αυτό θεωρώ ότι υπάρχει στην Ελλάδα και ότι άρχισε πολύ, προέρχεται βασικά από τους παπούδες μας, οι οποίοι είχανε μεγάλα θέματα αλκοολισμού, και τους προπαπούδες μας. Πιστεύω ότι είναι μια γενιά η οποία αποδυναμώνεται και έχει μείνει αρκετά σε πιο νέους ανθρώπους. Το αλκοόλ ειδικά πιο παλιά ήταν ένα μέσο, όπως και το τσιγάρο, να δείξεις ότι "κοίτα, εγώ έχω μεγαλώσει πίνω αλκοόλ, περνάω καλά, είμαι άνετος, είμαι περιπετειώδης".

Ερευνήτρια: Χμμ.

Ζαχαρίας: Η γενιά του να είσαι περιπετειώδης πάρα πολύ. Και αυτό με επηρέασε κάποιες περιόδους όταν ήμουν πιο μικρός, εε-- με συγχωρείς λίγο ξέφουγα, η ερώτηση ήταν τι με ωθεί να πτώ αλκοόλ ή τι με ώθησε;

Ερευνήτρια: Εε, πως σε έχει επηρεάσει η κοινωνία στο τρόπο που πίνεις.

Ζαχαρίας: Ωραία. Πλέον, τουλάχιστον στην ηλικία που είμαι τώρα, η κοινωνία ο μόνος τρόπος που μπορώ να πω ότι θα με ωθούσε να πω αλκοόλ θα ήτανε στο ότι υπάρχει κάτι σαν αποδοχή σε εισαγωγικά ότι όταν βγεις με την παρέα σου πολλές φορές θα πιείς αλκοόλ, είναι δηλαδή σαν ένα σχήμα που έχουνε άνθρωποι στην ηλικία μου. Αν μπορούσα να πω ότι ως ένα βαθμό με ωθεί θα έλεγα ότι είναι αυτό, είναι-- ουσιαστικά το αλκοόλ έχει μπει αρκετά στη διασκέδαση μας σαν διαδικασία, είναι σαν ένα βήμα πολλές φορές και για κάποιες παρέες όταν βγεις έξω να

cool, this I believe exists in Greece and began from, it basically comes from our grandparents, who had great issues with alcoholism, and our great grandparents. I believe it is a generation which is growing weak and lies considerably on younger people. Especially in the older times alcohol was considered as a means, and smoking, to show that "look I have grown up I drink alcohol, I have a good time, I'm chilled, I'm adventurous".

Researcher: *Hmm.*

Zack: *The generation of being adventurous. And that influenced me at times when I was younger, eh-- forgive me I have slightly drifted, the question was what drives me to drink alcohol or what influenced me to start drinking alcohol?*

Researcher: *Eh, how does the society influence the way you drink.*

Zack: *Great. Currently, at least at the age that I'm in now, society, the only way I can think of that would influence me to drink alcohol would be the acceptance of it kind of thing, like when you go out with your group of friends you will often drink alcohol, I mean it's like a habit that prevails between the people my age. If I had to say something that has influenced me to a degree would be that, it's-- basically alcohol has been a key component for our way of entertainment as a course of action, it's often like a way for some people when going out to have a good*

because people proved to themselves in that way that they are not kids anymore and cannot be restricted by others. There seems to be a connection between what young people think is 'cool' within the new generations and what young adults, his age now, see as normal. Moreover, drinking was thought to bring out or project a more fun individual, more adventures, social and laidback- an ideal self.

He believes that the younger generations always carry a socially constructed idea of how 'cool' alcohol is. It helps one project a more 'fun', "adventurous", version of themselves, which is seen as appealing, especially at an age where you don't know who you are and acceptance by others is desired above all else. This influence, however, did not last and faded as he matured.

Drinking when going out is the norm. It is built as a whole set of habits in his perspective (expectations).

Alcohol comes hand in hand with celebration/festivity, it is portrayed essentially as an element of entrainment. In a way it is a symbolic tool, constructing and manipulating the social world. It is used as a label that defines the nature of social situations; as a

<p>περάσεις καλά, κάποιες φορές με έχει επηρεάσει κάποιες φορές όχι.</p> <p>Ερευνήτρια: <i>Οκ, εεμ... πώς πιστεύεις ότι θα έπινες εάν δεν ήσουνα φοιτητής;</i></p> <p>Ζαχαρίας: <i>Αν δεν ήμουν φοιτητής πώς θα έπινα αλκοόλ;</i></p> <p>Ερευνήτρια: <i>Μμ.</i></p> <p>Ζαχαρίας: <i>Εε, να ρωτήσω, εννοείς ως προς ποσότητα, ως προς-- κάθε συχνά, ή όλα μαζί;</i></p> <p>Ερευνήτρια: <i>Είναι πιο πολύ ο τρόπος, δηλαδή--</i></p> <p>Ζαχαρίας: <i>Ο τρόπος.</i></p> <p>Ερευνήτρια: <i>Πως θα ήταν διαφορετικός ο τρόπος που πίνεις και χρησιμοποιείς αλκοόλ; Ή όχι; Και πώς;</i></p> <p>Ζαχαρίας: <i>Ίσως να ήτανε λίγο διαφορετικός ως προς ένα πράγμα, ότι-- επειδή το-- αν ήμουν πιο μεγάλος και δεν ήμουν φοιτητής πιθανότατα να δούλευα κιόλας, θα ήταν σίγουρα πιο περιορισμένο το αλκοόλ γιατί δεν θα έβγαίνα τόσο συχνά, και πιστεύω επίσης θα 'χε και μικρότερο κύκλο, δηλαδή μπορεί να μαζευόμασταν 2,3 άτομα κάπου χαλαρά σ' ένα μαγαζάκι πιο ήσυχο ή σε κάποιου το σπίτι, και να πίναμε πιο πολύ μεταξύ μας, μπορεί να βλέπαμε καμιά ταινία, μπορεί να ακούγαμε μουσική, μπορεί να βγαίναμε και μια βόλτα μετά, αλλά θα 'ταν σίγουρα και λιγότερο σε ποσότητα και σε συχνότητα και στο κοινωνικό περίγυρο που θα είχα.</i></p>	<p><i>time, as for me, sometimes this affected me sometimes it didn't.</i></p> <p>Researcher: <i>Okay, um... how do you think you would drink if you weren't a student?</i></p> <p>Zack: <i>If I wasn't a student how would I drink alcohol?</i></p> <p>Researcher: <i>Mm.</i></p> <p>Zack: <i>Eh, can I ask you, do you mean as in how much, as in-- how often, or all this together?</i></p> <p>Researcher: <i>It's more the way, that is--</i></p> <p>Zack: <i>The way.</i></p> <p>Researcher: <i>How the way that you drink and use alcohol would be different? Or not? And in what way?</i></p> <p>Zack: <i>Perhaps it would be a little different in terms of one thing, that-- because the-- if I was older and wasn't a student I would probably have a job, so alcohol would certainly be more limited because I'd not go out as often, and I think I would also have a smaller social network, so probably two or three of us would just gather somewhere in a chill quieter place or somebody's house, and mostly drink amongst ourselves, probably watch a film or listen to music, we would maybe go out after, but I would certainly drink less and not as often and it wouldn't be as present in my social environment.</i></p>	<p>way to connect and bring people together. A separate world.</p> <p>Drinking is regarded as antithetical to working- lower levels of alcohol consumption when working. Drinking less and being less socially involved when following a stricter, responsibility filled, routine; accompanied by less free time and more responsibilities. He is describing a much more 'calm' way of life, not a period of rejoice and sociability, but a period that involves working full time; with responsibilities one does not possess as a student. So, alcohol would be used as a tool for relaxation rather than entertainment.</p>
---	--	--

Ερευνήτρια: Μάλιστα.

Ζαχαρίας: (inaudible)-- τόσο παρέες όσο είναι τώρα.

Ερευνήτρια: Ναι, χμμ... εε, άρα-- αλλάζει ο τρόπος που πίνεις όταν είσαι με παρέα και με φίλους;

Ζαχαρίας: Εε... σ' ένα μικρό βαθμό, πολύ μικρό, δηλαδή όταν είμαι με φίλους περισσότερο θα πω μάλλον πιο πολύ γιατί νιώθω πιο άνετα και ξέρω ότι και να ξεφύγει λίγο η συμπεριφορά μου χωρίς να μεθύσω έτσι, δεν θα με παρεξηγήσουνε γιατί με ξέρουνε. Αν είμαι με πιο άτομα παρέας που ναι μεν με ξέρουν αλλά όχι τόσο καλά, δεν θα πω τόσο πολύ γιατί θα θέλω να φερθώ πάντα κόσμια, όχι αναγκαστικά να είμαι κάπως απόμακρος ή επίσημος, όχι έτσι, απλά θα προσέχω λίγο παραπάνω γιατί και τα άλλα άτομα δεν με ξέρουν τόσο καλά, δεν θέλω να βγει έξω μια πτυχή του εαυτού μου που μπορεί να παρεξηγήσουνε.

Ερευνήτρια: Ναι.

Ζαχαρίας: Επειδή το αλκοόλ θα μου ρίξει κάποιες αναστολές κάποιες φορές.

Ερευνήτρια: Ναι, μάλιστα. Εεμ... πώς νιώθεις εσύ όταν είσαι μεθυσμένος;

Ζαχαρίας: Όταν είμαι μεθυσμένος σίγουρα νιώθω πιο άνετα, τις πιο πολλές φορές επειδή είναι και ευχάριστο το κλίμα, θα νιώσω απλά πιο ευδιάθετος, θα έχω άτομα συνήθως κοντά

Researcher: Right.

Zack: (inaudible)-- as many groups of friends as I have now.

Researcher: Yeah, hmm... eh, so-- does drinking with friends affect the way you use alcohol?

Zack: Eh... to a small degree, very small one, meaning that when I am with friends I'll probably drink more because I feel more comfortable and I know that even if I lose control of my behaviour without getting drunk though, they wouldn't judge me because they know me. If I'm with a group of people who know me but not so well, I wouldn't drink as much because I want to behave properly, not necessarily meaning behaving in a distant or formal way, not like that, I would just be a bit more careful as the other people don't know me that well, I wouldn't want a part of myself to be exposed which they may misunderstand.

Researcher: Yeah.

Zack: Because alcohol sometimes loosens some of my inhibitions.

Researcher: Yeah, I see. Um... how do you feel when you are drunk?

Zack: When I'm drunk I definitely feel more confident, most of times because there is also a pleasant vibe, I will just feel more cheerful, I usually will be surrounded by

An air of familiarity is a vital part of drinking when one wants to feel comfortable and safe. When drinking with people he is more familiar with, he knows that he will not be judged so he allows himself to drink more and therefore loosen his inhibitions without worrying about how he is viewed.

Upholding a respectable image- reputation is important. He wants to be more in control when he is not with close friends in order to maintain a certain image. When drunk, people feel less self-conscious and that allows them to unleash a part of them which can be impulsive. He doesn't seem to want that part of himself to be exposed, perhaps because he sees impulsivity as not something to be proud of but as a problematic behaviour.

Effect of alcohol. He stops feeling self-conscious and he can act in a relaxed and natural way (Release from bonds). This release indicates that alcohol helps him let go of the things holding him back from doing and saying what he would naturally do and say if he wasn't thinking about the repercussions. He becomes more impulsive.

The power of atmosphere and the collective vibe. He doesn't only become more confident

<p>μου στα οποία νιώθω ωραία και άνετα, οπότε θα γίνω πιο ομιλητικός σίγουρα και λίγο πιο γιορτινός ας πούμε, πιο εύκολα θα χορέψω, πιο εύκολα θα μπω σε μία συζήτηση, λίγο πιο σε εισαγωγικά κοινωνικός.</p> <p>Ερευνήτρια: Μμ.</p>	<p><i>people close to me that make me feel good and comfortable, so I will be more talkative for sure and a bit more festive, it will be easier for me to dance, easier to get into conversations, in other words I will be a bit more social.</i></p> <p>Researcher: Mm.</p>	<p>through drinking, as it releases his inhibitions, he becomes more confident due to the collective vibe that is created; enabling the expression of social solidarity and building a sense of collective identity, a sense of belonging to a collective mood/ experience. He associates being drunk with a sense of festivity- fun.</p>
<p>Ζαχαρίας: Έχουν υπάρξει και κάποιες φορές πιο σπάνιες και κυρίως με παρέα θα έλεγα, που θα ήμουν λίγο πιο-- θα ήθελα να κάνω βόλτες αλλά όχι να μιλήσω, θα ήμουν λίγο πιο απόμακρος, αλλά όχι σε σημείο αναγκαστικά να νιώθει ο άλλος άβολα, αλλά με φίλους περισσότερο το πρώτο.</p>	<p>Zack: <i>There have been some times, rarely this happens and usually with a group of people I'd say, that I would be a bit more-- I would like to roam around but not talk as much, I'd be a little bit more distant, but not to the point where I'm making the others feel uncomfortable, but with friends I'd be more like the first description.</i></p>	<p>Creating a welcoming vibe and not making others feel uncomfortable seems to be important for him (values).</p>
<p>Ερευνήτρια: Μμ... εε, και τι δεν σου αρέσει όταν μεθάς;</p>	<p>Researcher: Mm... eh, and what do you dislike about getting drunk?</p>	
<p>Ζαχαρίας: Αυτό που δεν μου αρέσει όταν μεθάς... κοίτα, δεν είμαι από τα άτομα τα οποία το επόμενο πρωί που θα ξυπνήσουν θα έχουν πονοκεφάλους, οπότε αυτό που λέμε hangover εγώ δεν το έχω σαν πρόβλημα και δε μπορώ να το αναφέρω. Αν κάτι δεν μου αρέσει όταν μεθάω είναι το ότι μου φεύγουν αρκετά λεφτά στο αλκοόλ επειδή το αλκοόλ είναι αρκετά ακριβό. Δεν μπορώ να πω ότι έχω κάτι που να με ενοχλεί, ίσως το ότι κουράζομαι πιο εύκολα, δηλαδή αμα περπατάμε ας πούμε θα λαχανιάσω πιο εύκολα πιστεύω, αλλά μπορεί και να είναι και η ιδέα μου.</p>	<p>Zack: <i>What I dislike about getting drunk is that... look, I'm not one of those people who the next morning wake up will have headaches, so what we call hangover I don't have it as a problem and I can't talk about it. If there's one thing I don't like when I get drunk it's that I spend a lot of money on alcohol because alcohol is quite expensive. I can't say that there is something else that bothers me, maybe the fact that I get tired more easily, that is, if we walk, say, that, I would gasp more I believe, but maybe that's in my head.</i></p>	<p>No problems with hangovers so doesn't see that as a negative.</p> <p>Loss of money due to drinking.</p> <p>More sluggish?</p>
<p>Ερευνήτρια: Ναι οκ, εε, περίπου πόσα ποτά πίνεις όταν βγαίνεις;</p>	<p>Researcher: Yeah okay, eh, how many drinks do you have on a night out?</p>	

Ζαχαρίας: Αν είναι να πάρω αλκοόλ από το δρόμο από κάποιο περίπτερο ας πούμε, ή από κάποια κάβα ή μαγαζί συνήθως θα 'ναι μπίρες, οπότε θα σου 'λεγα 2, συνήθως 2 προς 3 μεγάλα κοντάκια μπίρες.

Ερευνήτρια: Ναι.

Ζαχαρίας: Αν είμαι σε μαγαζί και πάρω ποτό μάλλον 2 ποτά.

Ερευνήτρια: Μάλιστα, ωραία, και συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις για διασκέδαση;

Ζαχαρίας: Εε, προσωπικά μόνος μου αυτό δεν το κάνω. Μερικές φορές αν είμαι με παρέα και είμαστε σε σπίτι, μόνο τότε θα πιούμε όλοι μαζί λίγο και θα βγούμε να πιούμε κι άλλο έξω, ατομικά σαν εγώ δεν, δεν το κάνω αυτό.

Ερευνήτρια: Μάλιστα, εεμ... έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;

Ζαχαρίας: Εεε, εμετό;

Ερευνήτρια: Εμετό, ναι ναι.

Ζαχαρίας: Ναι έχω κάνει εμετό σε πιο μικρές ηλικίες που έπινα και λίγο περισσότερο, έχει τύχει να κάνω εμετό, αρκετές φορές μάλιστα γιατί, δεν ξέρω, αν είχα πει πολύ ή απλά ο οργανισμός μου αντιδράει εύκολα στο αλκοόλ, και συνήθως εμετό θα έκανα με κάποιο δυνατό ποτό, όχι ας πούμε με μπίρες

Zack: If I was to buy alcohol from a minimarket for instance, or from a cava or a shop I would usually get beers, I'd say around two, yeah two or three big cans of beer.

Researcher: Yeah.

Zack: If I am in a drinking place and get a drink, usually I would get two drinks.

Researcher: Right, great, and do you tend to pre-drink before going out?

Zack: Eh, personally I don't pre-drink if I'm alone. I only do sometimes when I'm with a group of friends at a house, only then we will have some drinks all together and then go out and drink some more, if I'm on my own though no, I wouldn't.

Researcher: Right, um... have you ever thrown up because of alcohol?

Zack: Ehh, thrown up?

Researcher: Thrown up, yeah yeah.

Zack: Yeah I used to throw up younger when I was drinking and a little more, so I have thrown up, quite a few times actually because, I don't know if it was because I drunk too much or my body reacts this way to alcohol, and usually I would throw up after drinking a strong drink, not with beers as I mentioned before, it's harder to throw

Doesn't drink a lot.

Low consumption levels. How much he drinks depends from where he is getting it.

Creating a collective mood through pre-drinking? Rarely pre-drinks.

που ανέφερα, πιο δύσκολα μ' αυτές, έχουν και λιγότερη περιεκτικότητα.

Ερευνήτρια: Ναι ναι ναι, θυμάσαι πόσες φορές; [γέλιο].

Ζαχαρίας: Πόσες φορές;... γενικά, επειδή δεν είναι ότι πίνω πολύ αλκοόλ αλλά πίνω πολύ γρήγορα αλκοόλ θα σου 'λεγα [γέλιο] αρκετές φορές το 'χω πάθει όπως είπα σε πιο μικρές ηλικίες... θα 'λεγα τουλάχιστον 5 φορές, εε, πολύ γενικά τώρα, εε 5 προς 10 αλλά δεν θα σου 'λεγα σίγουρα, θα σου 'λεγα γύρω στις, αν ήθελα να 'μου ακριβής, 6, 7 φορές ότι έχει γίνει τα τελευταία 4 χρόνια ας πούμε.

Ερευνήτρια: Οκ ναι. Εε... υπάρχουν αλλαγές στην συμπεριφορά σου όταν είσαι μεθυσμένος και όταν είσαι νηφάλιος; Στην κοινωνική σου συμπεριφορά.

Ζαχαρίας: Είμαι πιο φιλικός, πιο ανοιχτός προς τους άλλους, αλλά ταυτόχρονα παρόλο που δεν θα το βγάλω εύκολα είμαι και πιο οξύθυμος, δηλαδή αν κάποιος προσπαθούσε να με ειρωνευτεί ή να μου πει κάτι προσβλητικό θα θύμωνα πιο εύκολα αλλά θα το εξέφραζα και πιο εύκολα. Πιο πολύ αυτή είναι η διαφορά, ότι όταν έχω πιεί αλκοόλ πιο εύκολα θα εκφράσω την δυσαρέσκεια μου προς τον άλλον, αλλά ξεκάθαρα σαν άμυνα. Εε κατά κύριο λόγο αυτό, πιο φιλικός, πιο ζεστός, πιο γενναιοδωρός! Αν ας πούμε κάποιος του 'χουν τελειώσει τα χρήματα και θέλει να πάρει μια μπύρα ακόμα θα του τα κεράσω 'γώ. Πιο γιορτινός...

up by drinking beers, they contain less alcohol.

Researcher: Yeah yeah yeah, can you recall how many times? [Laughs].

Zack: How many times?... generally, because I don't drink a lot of alcohol but I drink quite fast I'd say [Laughs] I have thrown up quite a few times when I was younger... I'd say at least five times, eh, roughly speaking that is, eh five to ten time but I can't say for sure, only about, if I wanted to be more precise, six or seven time in the last four years let's say.

Researcher: Okay yeah. Um... how does the way you interact with other people change when you drinking? In terms of your social behaviour?

Zack: I'm friendlier, more open towards other people, but at the same time even if I do not easily show it I get more irritable, meaning that, if somebody tried to deride me or say something offensive to me, I'd get angry more easily but also I'd express it more easily. That is the main difference, that when I drink alcohol I more readily express my discontent towards someone, but clearly as a form of self-defence. Eh primarily this, friendlier, warmer, more generous! For instance if someone's run out of money and would like to have one more beer I'll buy it for him. More festive...

Drinks fast but not a lot- believes that can affect his stomach.

When drunk emotions are intensified and expressed freely. Becomes more extroverted and unreserved. He is more willing to help others and is in a better mood, "more festive", meaning more joyful. In a way drinking allows a more liberated person to come out, free of judgment and control; allowing him to express himself freely. Being drunk allows him to transgress boundaries; social and personal.

Ερευνήτρια: *Ναι ναι ναι [γέλιο], εεμ... πιστεύεις ότι παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένος από όταν είσαι νηφάλιος;*

Ζαχαρίας: *Σίγουρα. Σίγουρα και ως προς πολλά πράγματα, δηλαδή εε... παρόλο που προσέχω ξέρω ότι ας πούμε άμα είμαι μεθυσμένος πιο εύκολα μπορώ κάποιον να τον προσβάλω, έστω και έμμεσα χωρίς να το θέλω. Επειδή χάνω ένα μικρό έλεγχο εώς μεγάλο κάποιες φορές, όχι τεράστιο, της συμπεριφοράς μου.*

Ερευνήτρια: *Ναι ναι.*

Ζαχαρίας: *Τώρα γενικά σαν άτομο προσέχω πολύ αλλά και πάλι επειδή το αλκοόλ επηρεάζει αρκετά τα αντανακλαστικά σου, τις αισθήσεις σου σ' ένα βαθμό, εμένα σίγουρα, ας πούμε αν θέλουμε να περάσω ένα δρόμο, ναι' μεν θα προσέχω, αλλά ξέρω ότι τα αντανακλαστικά μου δεν είναι τόσο καλά, οπότε άμα ας πούμε έρχεται κάποιος με τ' αμάξι και σταματάει σιγά σιγά γιατί θέλω να περάσω τη διάβαση ξέρω ότι στην πολύ μικρή πιθανότητα ότι αυτός δεν προλαβαίνει να φρενάρει γρήγορα εγώ δεν θα έχω τόσο καλά αντανακλαστικά για να αντιδράσω.*

Ερευνήτρια: *Μάλιστα...*

Ζαχαρίας: *Δεν μπορώ να πω ότι κάνω πιο παρακινδυνευμένα πράγματα επειδή προσέχω, αλλά και πάλι ένα ρίσκο περισσότερο το' χω σίγουρα.*

Researcher: *Yeah yeah yeah [Laughs], um... do you tend to take more risks when you drunk then when sober?*

Zack: *Definitely. Certainly in a lot of things, so eh... even though I'm careful I know that if I'm drunk it's easier to insult someone, even if it is in an indirect way without wanting to do so. Because I lose control of my behaviour a bit, not to a huge extent that is.*

Researcher: *Yeah yeah.*

Zack: *Now generally as a person I'm very careful but again since alcohol affects your reflexes quite a bit, your senses to a certain extent, to me certainly, if we need to cross the road let's say, yes I will be careful, but I know that my reflexes will not be as good, so if someone let's say is driving his car and starts to slow down slowly because I want to cross I know that in the slight possibility that he doesn't have time to brake fast, my reflexes will not be as good to be able to react as quick.*

Researcher: *Right...*

Zack: *I can't say that my actions are more dangerous because I'm cautious, but still there are more risks.*

When drunk emotions are intensified and expressed so freely that sometimes what one says and does cannot be controlled- more impulsive. In a way he implies that he is free of 'judgement' when he is under the influence, believing that it is "easier to insult someone" as he stops thinking and becomes a more honest individual without fear or personal restrictions holding him back.

Self-conscious. Desires to stay decent. Aware of alcohols positive and negative effects.

The sense of sudden liberation can push him to do something out of character. Worries disappear and he stops caring about personal fears and risks. He is more confident to express himself and more impulsive. Even if he is careful, he might not think of the

Ερευνήτρια: Ναι, εε, πιστεύεις ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;

Ζαχαρίας: Το καταλαβαίνω αν κάτσω να το σκεφτώ, δηλαδή τις πιο πολλές φορές θα κάτσω να σκεφτώ όταν πω τα ρίσκα που παίρνω, αλλά έχουν υπάρξει κάποιες φορές που επειδή απλά ήμασταν με μεγάλη παρέα περνούσαμε πάρα πολύ ωραία ναι' μεν βέβαια το σκέφτηκα αλλά δεν το έδωσα και πάρα πολύ μεγάλη βάση. Σχεδόν πάντα θα περάσει από το μυαλό μου, αλλά το πόσο έμφαση του δίνω έχει να κάνει ανάλογα με την κατάσταση.

Ερευνήτρια: Μμ, μάλιστα... εεμ, τώρα θέλω να φανταστείς ότι σταματάς να πίνεις εντελώς, τί πιστεύεις ότι θα άλλαζε στη ζωή σου;

Ζαχαρίας: Λοιπόν, αν και έχουν υπάρξει κάποιες πολύ μικρές περιόδους που έπινα λίγο παραπάνω, δεν μπορώ να πω ότι θα μου έλειπε το αλκοόλ, δεν νιώθω προσωπικά ότι το έχω κάποιου είδους ανάγκη, ειδικά για να περάσω καλά, αλλά κάποιες φορές δεν θα βοηθούσε ειδικά αν οι υπόλοιποι πίνουν αλκοόλ. Είχα βγει ας πούμε με κάποιους φίλους μου και αυτοί θέλαν να πιούν αλκοόλ αλλά εγώ δεν έπινα, δεν θα μπορούσα τόσο εύκολα να μπω στο δικό τους κλίμα. Μπορεί να ένιωθα λίγο πιο απόμακρος, όχι σε βαθμό να νιώσω δυσάρεστα, δηλαδή δεν θα ένιωθα άσχημα που δεν έπινα, δεν θα' νιωθα τόσο ωραία όσο θα μπορούσα να νιώσω, αλλά ως εκεί κατά κύριο λόγο, δεν θα έλεγα ότι στην δικιά μου ζωή θα μου έλειπε.

Researcher: *Yeah, eh, do you think you understand the risk you are taking during that time?*

Zack: *I do understand it if I sit down and think about it, and so most of the times when I drink I will think about the risks I'm taking, but there have been times when just because we were a big group of people having a lot of fun that I wouldn't think about it but only because I didn't give it too much thought. It will almost always cross my mind, but it depends on the situation how much emphasis I will give it.*

Researcher: *Mm, right... um, now I'd like you to imagine that you decided to stop drinking, what do you think would change in your life?*

Zack: *So, even if there have been some times where I was drinking a little bit more than usual, I can't say that I'd miss alcohol, I don't personally feel like I need it, especially to have a good time, but sometimes it wouldn't help especially if the others were drinking alcohol. For instance, if I was to go out with some friends and they wanted to drink alcohol but I wasn't drinking, I wouldn't be able to get in the same vibe as them easily. I would maybe be feeling a little bit more distant, not to the extent that I'd feel uncomfortable, so I wouldn't feel bad about not drinking, I would just not feel as good as I could feel, but that's it basically, I wouldn't say that it's something I'd miss in my life.*

medium to long term consequences, but just think of the present moment.

Alcohol doesn't seem to make him ignorant of the medium to long-term consequences, he is aware of what is happening. Spontaneous and impulsive. During the moment he is so fully invested in the now that he does things that are enjoyable or exciting, even when they carry a risk, but it is not because he doesn't understand the risk he is taking. He can outline it perfectly if he had to, what it stops him from doing is caring about the risk-loosens inhibitions but doesn't entirely get rid of them. Taking into account his response and the fact he says "*it depends on the situation how much emphasis I will give it*", suggests that if he is in an enthusiastic moment, experiencing feelings of excitement, he can get carried away within the moment without considering fully the possible consequences.

Sees alcohol as a way to make him feel present and create a collective belongingness. He would not be able to resonate with them and feel like he belongs (dive into a collective mood). Perhaps he is motivated to drink, by the way alcohol can be used as a means of enhancement, experiencing moments with friends which unify them as they are all partaking in the same action of drinking. This collective action creates social solidarity and cohesion.

Ερευνήτρια: *Ναι. Εεμ, πολλοί φοιτητές πίνουν για να μεθύσουνε γιατί νομίζεις ότι γίνεται αυτό; Γιατί το κάνουν αυτό;*

Ζαχαρίας: *Μπορεί να γίνω λίγο κυνικός σ' αυτή την ερώτηση...*

Ερευνήτρια: *Ναι.*

Ζαχαρίας: *Θεωρώ ότι αρκετά άτομα από ότι έχω παρατηρήσει επειδή έχω μπει σε πολλές παρέες τα τελευταία χρόνια και έχω δει πολλά άτομα με τα οποία δεν γνωρίζομαι καλά και έχω παρατηρήσει, θα' λεγα ότι πολλοί μεθάνε για 2 λόγους, εε... πίνουν για να μεθύσουμε ειδικά γρήγορα, είτε γιατί πολλές φορές τα άτομα έχουν κάποια θέματα κοινωνικών δεξιοτήτων, δηλαδή δεν μπορούν τόσο εύκολα να μπου σε μια συζήτηση ή δεν νιώθουν τόσο βολικά, οπότε μεθάνε για να πέσουν αυτές οι αναστολές, το χρησιμοποιούν ουσιαστικά σαν μία λύση, είτε γιατί [γέλιο], κάποια άτομα που ξέρω, απλά τους αρέσει πάρα πολύ το να είσαι μεθυσμένος και θέλουν να βιαστούν να μπου σ' αυτή τη κατάσταση για να περάσουν όσο πιο καλά γίνεται μες στην βραδιά τους, δηλαδή, τι εννοώ, αν έχονε 5 ώρες, βγούνε και πρέπει σε 5 ώρες να γυρίσουν π.χ. 2, 3 το βράδυ, να πίνουν την περισσότερο απ' αυτή την ώρα να είναι μεθυσμένοι για να ευχαριστηθούν τη βραδιά τους όσο το περισσότερο γίνεται. Τώρα ότι-- και λόγω αυτά τα 2, και...*

Ερευνήτρια: *Ναι.*

Researcher: *Yeah. Um, many students nowadays tend to drink alcohol to get drunk, why do you think that is?*

Zack: *I might be a bit cynical in this question...*

Researcher: *Yeah.*

Zack: *I find that quite a few people from what I've noticed because I've been in a lot of groups in the last few years and I've seen a lot of people who I do not know very well and I've noticed, I'd say that a lot of people get drunk for two reasons, eh... they drink to get drunk quickly, either because these people often have some issues with their social skills, in other words, they can't so easily get into a conversation or feel comfortable, so they get drunk to loosen these inhibitions, so essentially they use it as a solution, or because [Laughs], some people I know, they just really like being drunk and they want to get into this state quickly in order to have as much fun as possible during their night out, in other words, what I mean, if they have five hours let's say, go out and need to get back in five hours for example, at two or three at night, they will be drinking most of that time to get drunk in order to enjoy their night out as much as possible. Now that-- and because of these two reasons, and...*

Researcher: *Yeah.*

Believes that people are motivated purely by self-interest?

Believes some people binge drink as a solution in order to become more extroverted as they find it difficult to release their inhibitions when sober; allowing a more liberated person to come out. Or because they like the effects alcohol has on them. Associating drinking with having more "fun". In a way drinking can induce altered states of consciousness that are more interesting to be in; segregated from everyday existence. Enhancement of the present. Drinking can induce more fun moments, making the night out more interesting and liberating to be in. Referring to the rewarding psychological effects of alcohol.

Ζαχαρίας: Δεν θα έλεγα ότι τα περισσότερα άτομα που 'χω γνωρίσει μεθάνε γρήγορα λόγω εθισμού, ξέρω κάποια άτομα που το κάνουνε, αλλά τα περισσότερα άτομα που γνωρίζω μεθάνε γρήγορα αλλά είναι κοινωνικοί πότες, δεν είναι σπίτι τους ας πούμε, δηλαδή δεν θα πάρουνε πολλές φορές αλκοόλ αν δεν έχουν παρέα, οπότε δεν θα τους θεωρούσα εύκολα τόσο εθισμένους ώστε απλά να βιάζονται να πιούν αλκοόλ.

Ερευνήτρια: Χμμ... εεμ, με θέμα το αλκοόλ πιστεύεις ότι η φοιτητική Ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν;

Ζαχαρίας: Δεν μπορώ να πω ότι γνωρίζω αρκετά για άλλες κουλτούρες για να κάνω μια μεγάλη σύγκριση, θα έλεγα απλά, έτσι και λίγο στερεοτυπικά όπως το σκέφτομαι, ότι οι Έλληνες είναι αρκετά κοινωνικοί πότες, εε, και πάλι βέβαια μ' ένα ενδοιασμό το λέω αυτό. Θεωρώ ότι είναι πιο εύκολο στην Ελληνική κουλτούρα απλά να πάρεις ασπύμαι απ' το περίπτερο από μια κάβα μία μύρα και να πίνεις και στο δρόμο. Δεν ξέρω μάλιστα αν αυτό είναι και παράνομο σε κάποιες χώρες πλέον το να είσαι στο δρόμο έξω με αλκοόλ, δεν ξέρω και τυπικά στη νομοθεσία της Ελλάδας τι γίνεται. Αλλά ξέρω ότι πάρα πολλά άτομα θα πάρουν μια μύρα και θα κάτσουν σ' ένα παγκάκι. Δηλαδή η κατανάλωση αλκοόλ στην Ελλάδα δεν μένει μόνο σε κλαμπάκια και μπαράκια, θα την δεις και έξω πολλές φορές στους δρόμους αλλά σε επιλεγμένα μέρη έτσι, δεν θα το δεις σε κάποια γειτονιά, δεν υπάρχει τέτοιο πρόβλημα.

Zack: I wouldn't say that most of the people that I've met get drunk quickly due to addiction, I know some people who do it for that, but **most people I know get drunk fast but they are social drinkers**, they are not at home let's say, I mean that they wouldn't get alcohol most of the times if they didn't have company, so I wouldn't easily consider them so addicted that they're just in a hurry to drink alcohol.

Researcher: Hmm... um, regarding alcohol, do you think the Greek student culture is different from others in the way they drink?

Zack: I can't say I know enough about other cultures to be able to make a great comparison, **I would just say, in a stereotypically manner, that Greeks are social drinkers**, eh, again of course I say this with doubt. **I think that it's easier within the Greek culture just to get a beer from a minimarket from a liquor store and street drink. I don't even know if it is illegal in some countries now to street drink, I don't even know the legislation in Greece of what typically happens. But I know that a lot of people would just get a beer and sit on a bench. So the consumption of alcohol in Greece does not take place only in clubs and bars, but you will also see it many time taking place in outdoor spaces on the streets but in specific places that is, you will not see that in a neighbourhood for instance, there's no such problem.**

There is a perception within this viewpoint that most people he knows drink socially for the social solidarity and amity that it brings. Drinking always with company. However, it could also be due to the socially contracted idea that people drinking in groups is considered normal and part of the experience.

Believes Greece, as a culture, is more focused on the social aspects of drinking. Social solidarity.

Relaxed policy.

Doesn't present drinking as a problematic behaviour at all. It can take place anywhere and there is no restriction.

Ερευνήτρια: Χμμ, μάλιστα εε... ωραία. Τώρα θέλω να φανταστείς ότι συναντάς κάποιον φίλο σου και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει, "πέρασα υπέροχα χθες το βράδυ, μέθυσα τόσο πολύ που έκανα εμετό! Έχασα τις αισθήσεις μου και το παπούτσι μου!", ποιά θα ήταν η αντίδραση σου;

Ζαχαρίας: Λοιπόν, εε, για τα πρώτα 5 λεπτά σίγουρα θα γελούσα με την κωμική κατάσταση της ιστορίας, ότι "τι έκανες εσύ και πως τα κατάφερες έτσι και πάει το παπούτσι σου το 'χασες", αλλά μετά μόλις περνούσε αυτός ο χαβαλές αν θες παίζει και να τον έβριζα λιγάκι, να του έλεγα ότι "ρε" συ πρόσεχε λίγο".

Ερευνήτρια: Χμμ.

Ζαχαρίας: Έχει να κάνει ανάλογα και με το πλαίσιο, δηλαδή αν αυτός ας πούμε, ένας φίλος μου, είναι σε μια μεγάλη πόλη που για μένα θεωρώ υπάρχουν μεγαλύτεροι κίνδυνοι, θα του 'λεγα ότι "πρόσεχε ρε 'συ", κάποιος θα έπρεπε να 'ναι σίγουρα δίπλα σου.

Ερευνήτρια: Ναι.

Ζαχαρίας: Δηλαδή αν δεν είχε κάποιον να τον προσέχει θα τον έκρινα περισσότερο και θα του 'λεγα να μην το παρακάνει γενικά γιατί από ένα σημείο και μετά δεν θεωρώ κιόλας ότι θα πέρναγε και τόσο ωραία.

Οπότε για να τα βάλω όλα μαζί για 5 λεπτά θα 'κανα χαβαλέ αλλά μετά θα του έλεγα να

Researcher: *Hmm, right um... cool. Now I'd like you to imagine that you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!", how would you respond?*

Zack: *So, eh, for the first five minutes I would definitely be laughing at the comical state of the story, like "what have you done and how did you manage this and that's it now you lost your shoe", but when the joking around would come to an end I may even tell him off a bit, I'd say like "hey man be careful".*

Researcher: *Hmm.*

Zack: *That also depends on the context, which means if he, say, a friend of mine for instance is in a big city where I think there are greater dangers, I'd say to him "man you need to be careful", someone should definitely be with you in that case.*

Researcher: *Yeah.*

Zack: *I mean if he didn't have someone to look after him, I'd be more judgemental towards him and tell him not to overdo it generally because after a certain point I also think he wasn't having as much fun. So to put it all together, for about five minutes I'd take the mickey out him but after I would*

Found the scenario very entertaining and amusing. Sees it as a funny story.

Then concern follows the initial reaction of excitement. Suggesting that he believes that alcohol is something that you can have fun with, but without pushing your body's limits to the point you put yourself in danger.

Sees it as a funny story that can be shared; a memory worth sharing. Telling drinking stories perhaps brings people together by providing a collective sense of entertainment and adventure.

προσέχει και λίγο και ότι δεν χρειάζεται να το παρακάνει τόσο πολύ, όχι δηλαδή να χάσει τις αισθήσεις του.

Ερευνήτρια: Ναι, άρα θα το-- θα την θεωρούσες μια διασκεδαστική βραδιά;

Ζαχαρίας: Όχι προσωπικά.

Ερευνήτρια: Χμμ.

Ζαχαρίας: Θεωρώ ότι αν πιείς τόσο πολύ ώστε να χάσεις τις αισθήσεις σου πιστεύω ότι μετά δεν θα περάσεις τόσο καλά, γιατί και αυξάνεται ο κίνδυνος να γίνει κάτι κακό και κάποια πράγματα απ' αυτά μπορεί να μην τα θυμάσαι, και την επόμενη μέρα που το πιο πιθανό είναι θα έχεις και πονοκεφάλους. Οπότε όταν πίνεις τόσο πολύ θα έλεγα ότι δανείζεσαι λίγη από την χαρά και την ενέργεια του αύριο, μπορεί εκείνη τη μέρα να σου φανεί πολύ διασκεδαστική αλλά η επόμενη δεν θα είναι τόσο ευχάριστη, μπορεί να το μετανιώσεις σε μεγάλο βαθμό.

Ερευνήτρια: Ναι, χμμ. Εε, ωραία, πολύ ωραία... εε, υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις μαζί μου να μοιραστείς μαζί μου;

Ζαχαρίας: Ένα πράγμα...

Ερευνήτρια: Χμμ.

Ζαχαρίας: Εε, το οποίο μάλιστα το θεωρώ ως ένα βαθμό και λίγο ατομική περίπτωση. Εε, εγώ επειδή στη οικογένεια μου ο πατέρας μου έχει αμπέλια και φτοιάχνει κρασί, και έχω δει

tell him to be more careful and that there is no need to overdo it that much, I mean to the point of him losing consciousness.

Researcher: Yeah, so would-- would you consider it a fun night?

Zack: Personally no.

Researcher: Hmm.

Zack: I think that if you drink to the point of losing consciousness you're not going to have a great time afterwards, because there is also a higher risk of something bad happening and some things you may not even remember, and the next day you will most likely have headaches. So when you drink so much I'd say that you borrow in some sense a little bit of the happiness and energy of tomorrow, that day may seem a lot of fun but the next one won't be as pleasant, you may regret it to a great extent.

Researcher: Yeah, hmm. Eh, good, very nice... eh, is there anything else you would like to add, to share with me?

Zack: One thing only...

Researcher: Hmm.

Zack: Eh, which I actually consider it to be a bit of a personal circumstance to some extent. Eh, because in my family my father owns a vineyard and makes wine and many

However, although alcohol is something that you can have fun with, he believes that you should not push your body's limits to the point of blacking out and not being conscious enough to be responsible for your own safety (values staying decent).

In his perspective, by drinking excessively to the point of losing consciousness you are only considering the immediate time frame and the problem is that things propagate across all timeframes. In other words, by pursuing something that makes you happy in the immediate present, you risk sacrificing "the happiness and energy of tomorrow", and that is not seen as a tenable solution. He doesn't see the point in that.

αρκετές φορές, όχι τόσο πλέον, έπινε, βέβαια δεν έπινε ποτέ πολύ, ήτανε-- έπινε συχνά αλλά έπινε λίγο, ας πούμε μία μύρα το βράδυ που θα κάτσει να δει μία ταινία, που και πάλι εγώ-- (poor connection)-- γιατί του έλεγα αν πίνεις κάθε μέρα έστω και λίγο δεν είναι και ότι καλύτερο, και πάλι επειδή έφτιαχνε κρασί και έπινε αυτές τις μύρες εγώ από μικρός είχα αυτή την επαφή με το αλκοόλ αφού έφτιαχνα κιόλας κρασί και μάθαινα και πράγματα ξέρω γώ για το πώς λειτουργεί το αλκοόλ, τι είναι ας πούμε οι βιταμίνες στο κρασί, και πάλι εδώ έρχεται η ατομική περίπτωση, ότι ένιωθα πάντα άνετα στο αλκοόλ και στην ιδέα του και στο να το βλέπω, δεν ένιωσα ποτέ κάποια ντροπή ή δεν ένιωσα ποτέ αμήχανα, αλλά και πάλι, δεν ένιωσα ότι είχα ανάγκη να πιω. Δηλαδή δεν με επηρέασε στο να πίνω, με επηρέασε απλώς στο ότι ένιωθα άνετα από παλιά, οπότε αν κάποιος έπινε και μεθούσε ή απλά έπινε εγώ δεν ένιωθα αναγκαστικά την πίεση. Ίσως βοήθησε στην πραγματικότητα αντί να με κάνει να πίνω περισσότερο, ίσως με βοήθησε στο άλλο άκρο, να προσέχω περισσότερο. Γιατί και ο πατέρας μου ειδικά μπορεί να έπινε αλλά δεν έπινε να το παρακάνει και πάντοτε πρόσεχε να μην μας το περάσει εμάς αυτό.

Ερευνήτρια: Μμ, μάλιστα... πολύ ενδιαφέρον, εεμ... έχεις μήπως καμία ερώτηση;

Ζαχαρίας: Δεν νομίζω. Έχω μετά την συζήτηση μια απορία τι γίνεται νομοθετικά σχετικά μ' αυτό που ανέφερα ότι στην Ελλάδα θα δεις άτομα να πίνουνε στο δρόμο θέλω.

times I have seen, currently not as much, that he was drinking, of course he was never drinking too much, it was-- he would drink often but a little, a beer in the evening when he would watch a film for instance, where I would-- (poor connection)-- because I was telling him that if you drink every day even if it is a little bit, it's not the best thing to do, and since he was making wine and drinking those beers, I had this contact with alcohol from a young age since I was already making wine and learning things such as how alcohol functions, and for example what are the vitamins in wine, and here comes the personal circumstance, that I always felt comfortable with alcohol and with the idea of it and in seeing it, I never felt ashamed or awkward around it, but yet, I didn't feel the need to drink. So, it didn't influence my drinking, it simply just made me feel more comfortable around it, so if someone was drinking to get drunk or just simply drinking I didn't necessarily felt the pressure. Perhaps it actually helped instead of making me drink more, it helped me for exactly the opposite, to be more careful. Because my father especially may have been drinking but he want drinking too much to overdo it and he was always careful not pass that on to us.

Researcher: Mm, right... very interesting, um... do you have any questions?

Zack: I don't think so. After this discussion I have a query regarding what legally happens with what I mentioned before that in Greece you will see people street

Due to being introduced to alcohol from a young age by his family, he perhaps became more comfortable with the idea of alcohol. This comfort created by familiarity between him and alcohol possibly made him view alcohol in a more laid-back manner than others from a young age. To him, it never seemed like something forbidden or a big deal because it was present in his life from a young age. This could be the reason why he did not feel as eager to drink as the other participants. When alcohol is not seen as a forbidden experience or is restricted, could possibly influence the way one drinks; obtaining a relaxed attitude.

Εε, αυτή η ερώτηση μου είναι άμα αυτό επιτρέπεται κιόλας, δηλαδή δεν ξέρω αν επιτρέπεται και στην Ελλάδα παρόλο που εμείς οι Έλληνες το αφήνουμε... μήπως ξέρεις κάτι εσύ;

Ερευνήτρια: Εννοείς που πίνουνε έξω;

Ζαχαρίας: Στο δρόμο, ναι στο δρόμο μόνο λέω.

Ερευνήτρια: Κοίτα στην Αγγλία ας πούμε αυτό εε είναι illegal κανονικά... εε, δεν θα πει ότι δεν το κάνουνε, κάποιοι κρύβονται μέσα σε-- μέσα σε πάρκιν αυτοκινήτων και πίνουνε, ή κάτω από γέφυρες, ή μέσα σε πάρκα, και το κάνουνε αυτό, απλώς το κάνουν πολύ κρυφά ώστε να μην φαίνονται. Δηλαδή δεν θα περπατάνε στη μέση του δρόμου και θα πίνουνε άνετα, γιατί εκεί θα τους σταματήσουνε.

Ζαχαρίας: Ενδιαφέρον γιατί στην Ελλάδα δεν θα κρυφτούνε τόσο πολύ, ενδιαφέρον διαφορά!

Ερευνήτρια: Ναι ναι, είναι [γέλιο]... αλλά-- ναι, νομίζω μας τέλειωσε και ο χρόνος άρα πρέπει να το σταματήσω.

Ζαχαρίας: Δεν έχω κάποια άλλη ερώτηση να κάνω έτσι κι αλλιώς.

Ερευνήτρια: Πολύ ωραία, λοιπόν σταματάω το recording τώρα.

drinking. Eh, my question is if this is allowed, I mean I don't know if it is allowed in Greece even if we Greeks still do it... do you know something about it?

Researcher: You mean when they street drinking?

Zack: Street drinking, yes street drinking.

Researcher: Look for instance in England eh this is normally illegal... eh, this of course doesn't mean that people don't do it, some people hide in- in car parks and drink, or under bridges, or in parks, and they do that, they just secretly do it so that it's not visible. So they wouldn't just casually walk around and drink comfortably, because that's where they'll be stopped.

Zack: *That's interesting because in Greece they do not hide, interesting difference!*

Researcher: Yes yes, it is [Laughs]... but-- yeah, I think we run out of time now and we should finish off soon.

Zack: Well I don't have any other question to ask anyways.

Researcher: Very well then, I'm gonna stop the recording now.

People do not feel restricted in terms of drinking in Greece- relaxed policies.

Interview 5 – Dimitris		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: Ωραία άρχισε και ξεκινάμε λοιπόν για αρχή πες μου λίγα λόγια για 'σένα. Δηλαδή πόσο χρονών είσαι, τι σπουδάζεις, αν δουλεύεις... τέτοια πράγματα.	Researcher: <i>Alright its recording, let's begin with you telling me a little bit about yourself first. So, how old are you, what you study, if you work... things like that.</i>	
Δημήτρης: Εε ωραία εε, είμαι 21 χρονών...	Dimitris: <i>Eh okay eh, I'm 21 years old...</i>	
Ερευνήτρια: Μμ.	Researcher: <i>Mm.</i>	
Δημήτρης: Σπουδάζω πληροφορική, και δουλεύω σε μια μπουγάτσα στο χωριό καταγωγής μου.	Dimitris: <i>I study computer science, and work in a cream-pie shop in my village.</i>	Extra responsibilities; perhaps less free time.
Ερευνήτρια: Μμ, και τι κάνεις στον ελεύθερο σου χρόνο;	Researcher: <i>Mm, and what do you do in your free time?</i>	
Δημήτρης: Στον ελεύθερο μου χρόνο βγαίνω με παρέες, θα δω καμιά ταινία... αυτά.	Dimitris: <i>In my free time I go out with friends, I'll maybe watch a movie... that's it.</i>	Friend-orientated. Gives the impression that his life revolves mostly around his friends. A part of his time spent doing enjoyable things is when he is with friends; social interaction is an important component of student life.
Ερευνήτρια: Ωραία εε, πως νιώθεις που είσαι φοιτητής και σπουδάζεις σε πανεπιστήμιο;	Researcher: <i>Okay eh, how do you feel about being a student and studying at a university?</i>	
Δημήτρης: Εε, μεγαλοπρεπής; [γέλιο].	Dimitris: <i>Eh, majestic? [Laughs].</i>	
Ερευνήτρια: [γέλιο].	Researcher: <i>[Laughs].</i>	
Δημήτρης: Η αλήθεια είναι ότι είναι κάτι-- κάτι ωραίο ξερωγώ-- έχεις αυτονομία.	Dimitris: <i>The truth is that it's something-- it's something good you know, you've got autonomy.</i>	Autonomy (self-rule). A period of independence and freedom. Becoming a student increases independence and freedom from control; and decreases parental control, monitoring and guidance.
Ερευνήτρια: Ναι, οκ--	Researcher: <i>Yeah, okay--</i>	Increased responsibilities due to a newfound independence. A period of instability.
Δημήτρης: Αλλά πολλές-- πολλές υποχρεώσεις.	Dimitris: <i>But a lot-- a lot of responsibilities.</i>	
Ερευνήτρια: Χμμ, άρα εε τι σου αρέσει, τι-- τι	Researcher: <i>Hmm, so eh what do you enjoy,</i>	

είναι κάτι συγκεκριμένο που σου αρέσει απ' την φοιτητική ζωή;

Δημήτρης: Η ελευθερία που έχεις, εε π.χ.-- π.χ. ένα απ' τα πρώτα πράγματα που βλέπεις σαν φοιτητής είναι ότι πλέον είσαι ελεύθερος ξερωγώ να βγεις ότι ώρα θέλεις.

Ερευνήτρια: Ναι ναι, εε υπάρχει κάτι συγκεκριμένο που δεν σ'αρέσει από την φοιτητική ζωή;

Δημήτρης: Εε υποχρεώσεις είναι...

Ερευνήτρια: Α ναι, αυτό που είπες, ναι.

Δημήτρης: Βομβαρδίζεσαι από υποχρεώσεις.

Ερευνήτρια: Ναι ναι, κατάλαβα... λοιπόν εε τώρα εμ-- εσύ πώς θα χαρακτήριζες τους Έλληνες φοιτητές;

Δημήτρης: Εε, πώς θα τους χαρακτήριζα;

Ερευνήτρια: Ναι.

Δημήτρης: Συνολικά;

Ερευνήτρια: Σαν-- ναι σαν σύνολο.

Δημήτρης: Εε... δεν ξέρω τι χαρακτηρισμό θα έδινα [γέλιο].

Ερευνήτρια: [γέλιο] μμ εε ναι, δεν χρειάζεται και να την απαντήσεις αν δεν ξέρεις.

what-- what's something specific you enjoy about university life?

Dimitris: *The freedom you have eh, for example-- for example one of the first things you see as a student is that you have the freedom now to go out whatever time you like.*

Researcher: *Yeah eh, is there something specific you dislike about university life?*

Dimitris: *Eh the responsibilities are...*

Researcher: *Oh yes, what you said before, yes.*

Dimitris: *You're bombarded with responsibilities.*

Researcher: *Yeah yeah, I see... so eh, now um-- how would you describe Greek students?*

Dimitris: *Eh, how would I describe them?*

Researcher: *Yes.*

Dimitris: *Collectively?*

Researcher: *Like-- yeah like a whole?*

Dimitris: *Eh... I don't know what description I would give [Laughs].*

Researcher: *[Laughs] mm eh yeah, you don't have to answer if you don't know.*

Increased freedom. Associates becoming a student with personal freedom; nobody can tell him what to do anymore- free of pressure- he can make his own choices (autonomy). Control of his social life.

Associates being a student with gaining responsibility. By becoming a student, he emerged into adulthood; emerging adulthood is the period when responsibility comes to the forefront; which can be difficult to deal with- a period of instability. The fact that he says "you're bombarded" suggests that he felt continuously attacked; indicating a loss of control and imbalance.

Δημήτρης: <i>Οκ.</i>	Dimitris: <i>Alright.</i>	
Ερευνήτρια: <i>Είναι κομπλέ... εε μπορούμε να συνεχίσουμε.</i>	Researcher: <i>It's okay... eh we can move on.</i>	
Δημήτρης: <i>Ναι.</i>	Dimitris: <i>Yes.</i>	
Ερευνήτρια: <i>Εε, πώς νομίζεις ότι σε βλέπουν οι άλλοι που είσαι-- (poor connection)</i>	Researcher: <i>Eh, how do you think other people see you because you are a-- (poor connection).</i>	
Δημήτρης: <i>Που είμαι;</i>	Dimitris: <i>Because I am a?</i>	
Ερευνήτρια: <i>Οι πιο μεγάλες γενιές, η οικογένεια σου-- που είσαι φοιτητής.</i>	Researcher: <i>The older generations, your family-- because you are a student.</i>	
Δημήτρης: <i>Με βλέπουνε... ξερωγώ, λίγο τεμπέλη να πω [γέλιο].</i>	Dimitris: <i>They see me like... I don't know, a bit lazy I'd say [Laughs].</i>	Lazy- tension free. There is a clear contradiction here of how others see him and how he perceives himself, which is completely different. He believes he is “bombarded with responsibilities” and others see him as “lazy”, suggesting a responsibility free life.
Ερευνήτρια: <i>Τεμπέλη;</i>	Researcher: <i>Lazy?</i>	
Δημήτρης: <i>Είναι καλή απάντηση; [γέλιο].</i>	Dimitris: <i>Is that a good answer? [Laughs].</i>	
Ερευνήτρια: <i>Καλή απάντηση είναι, δεν υπάρχει λάθος και σωστό, μην αγχώνεσαι.</i>	Researcher: <i>It's a good answer, there are no right or wrong answers, don't worry.</i>	
Δημήτρης: <i>Ναι ναι ναι.</i>	Dimitris: <i>Yes yes yes.</i>	
Ερευνήτρια: <i>Εε-- εσύ πώς βλέπεις τον εαυτό σου; Που σπουδάζεις και είσαι στο πανεπιστήμιο.</i>	Researcher: <i>Eh-- how do you see yourself? Studying and being at university.</i>	
Δημήτρης: <i>Η αλήθεια είναι ότι είμαι-- είμαι χαρούμενος, αλλά αυτό είναι χαρακτηρισμός... εε πως βλέπω τον εαυτό μου;... ευτυ- ευτυχισμένος [γέλιο].</i>	Dimitris: <i>The truth is that I'm-- I'm happy, but that's a characterisation ehh, how do I see myself?... ha-- happy [Laughs].</i>	He sees himself as a “happy” individual, studying and being at university, suggesting that he enjoys the lifestyle and is satisfied. A period for rejoice.
Ερευνήτρια: <i>[γέλιο] το ξέρω είναι λίγο</i>	Researcher: <i>[Laughs] I understand that these</i>	

δύσκολες οι ερωτήσεις γιατί δεν τα έχεις σκεφτεί κιόλας αυτά.

Δημήτρης: Ναι ναι.

Ερευνήτρια: Εε οκ προχωράμε, εε, πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο;

Δημήτρης: Αα ωραία, εε... αυτό ήτανε μία πολύ μεγάλη αλλαγή η αλήθεια να είναι, γιατί προέρχομαι από ένα κύκλο στενό που νιώθεις και λίγο εγκλωβισμένος, και βγαίνεις σε ένα μεγαλύτερο ευρύτερο κοινό ξερωγώ ανθρώπων, που μπορείς να συνδεθείς κιόλας με περισσότερο κόσμο, γνωρίζοντας καινούργιο κόσμο κτλπ.

Ερευνήτρια: Οκ εε, μένεις μακριά απ' την οικογένεια σου, απ' το σπιτικό σου; Νομίζω το είπες αυτό...

Δημήτρης: Εε μένω ναι, μια ώρα απόσταση είναι βέβαια με τα λεοφορεία.

Ερευνήτρια: Α, δεν είναι τόσο μακριά.

Δημήτρης: Ναι, απλά είναι εκτός Θεσσαλονίκης λίγο το χωριό.

Ερευνήτρια: Ναι ναι, και πώς νιώθεις γι' αυτό; Που μένεις μακριά απ' την οικογένεια σου από 'κει που μεγάλωσες.

Δημήτρης: Αυτό είναι πολύ ευχάριστο [γέλιο]. Γιατί είμαστε και μεγάλη οικογένεια οπότε... πολύ φασαρία στο σπίτι.

questions can be a bit difficult because you haven't thought about these things before.

Dimitris: Yeah yeah.

Researcher: Eh okay let's continue, eh, how did you find the transition from college to university?

Dimitris: Ah right, eh... that was a very big change in all honesty, because I come from a small area where you feel slightly trapped, and the transition was to a wider context you know socially, where you can connect with more people, meet new crowds et cetera.

Researcher: Okay eh, do you live away from your family, your home? I think you said that...

Dimitris: Eh I live yeah, an hour's drive with the bus.

Researcher: Oh, so not so far.

Dimitris: Yeah, it's just outside Thessaloniki, my village.

Researcher: Yeah yeah, and how do you feel about that? Living away from your family and from where you grew up.

Dimitris: That's very pleasant [Laughs]. Because we're a big family, so... it's too noisy at home.

Associates becoming a student with personal freedom and increased social involvement. He seemed to have felt socially restricted when he was living at home and so he went through an isolated period, indicating a decrease in social life and freedom until he became student. He portrays this social change as "very big" displaying feelings of shock due to sudden increased liberation and freedom that he abruptly obtained. Becoming a student is a time of identity exploration; developing new social networks, initiating new roles, and establishing more mature interpersonal relationships.

Lives away from his family but not too far. Control lessens during this separation from family and moving out.

Associates living away from his family with quite- peacefulness (personal freedom).

Ερευνήτρια: Έχεις πιο πολύ ησυχία και ελευθερία να κάνεις αυτό που θέλεις.	Researcher: <i>It's quieter and you have the freedom to do what you want.</i>	
Δημήτρης: Ναι, αυτό αυτό.	Dimitris: <i>Yeah, exactly.</i>	
Ερευνήτρια: Εεμ, τώρα θέλω να μου πεις λίγα λόγια για την νυχτερινή σου ζωή.	Researcher: <i>Um, now I want you to tell me a bit about your nightlife.</i>	
Δημήτρης: Εε είναι-- λίγα λόγια [γέλιο], εε... ενδιαφέρον είναι [γέλιο].	Dimitris: <i>Eh it's-- a bit about it [Laughs], eh... it's interesting [Laughs].</i>	“Interesting” meaning his nightlife is capable of arousing interest and holding one’s attention.
Ερευνήτρια: Ενδιαφέρον, ναι.	Researcher: <i>Interesting, yeah.</i>	
Δημήτρης: Εε... τι να πω;...	Dimitris: <i>Eh... what can I say?...</i>	He is quite socially involved. Embedded in his routine/lifestyle to go out. It is a period for rejoice and sociability. Goes out to socially constructed places where drinking is expected and occurs. He doesn’t see going out many times during the week as something “wild”, suggesting that he is not unrestrained or crazy (undisciplined), he simply enjoys the experience and the social solidarity that comes with going out. Associates being social with drinking, and drinking with sociability.
Ερευνήτρια: Δηλαδή τι σου αρέσει να κάνεις, που βγαίνεις συνήθως... αν βγαίνεις συχνά...	Researcher: <i>So, what do you like to do on a night out, where do you like to go... if you go out often?</i>	He doesn’t present his drinking as excessive; social drinker.
Δημήτρης: Οκ, εε βγαίνω 4-- 3/4 φορές την βδομάδα θα βγω βράδια. Βέβαια δεν θα ξεσαλώσω πάρα πολύ, αλλά με ευχαριστεί να βγω για ένα ποτάκι και με την παρέα μου. Και επειδή είμαι αρκετά κοινωνικός, εεμ ναι, είναι αρκετά ευχάριστο. Βγαίνουμε πίνουμε καμιά μπυρίτσα κα’ να κρασάκι.	Dimitris: <i>Okay, eh I go out four-- three or four times a week I'll go out. Of course, I don't get too wild, but it pleases me to go out for a drink with my friends. And because I am quite social, um yeah, it's quite pleasant. We go out and drink a beer, some wine.</i>	
Ερευνήτρια: Οκ εε, βγαίνεις σε μπαρ συνήθως, σε κλαμπ;	Researcher: <i>Okay eh, do you go out to bars usually, clubs?</i>	
Δημήτρης: Σε μπαρ κυρίως, κυρίως μπαρ.	Dimitris: <i>To bars mainly, mainly bars.</i>	Bars seem to be more suitable for people who want to socialise, as the atmosphere of bars is much calmer and not as loud as it is in clubs.
Ερευνήτρια: Σε μπαρ μμ. Για πόσες ώρες θα βγεις; Δηλαδή από τι ώρα μέχρι τι ώρα θα κάτσεις έξω;	Researcher: <i>In bars mm. How long do you stay out for? So, from what time till what time you going to stay out for?</i>	Doesn’t stay out as late as the other participants, but he does go out more often (balance).
Δημήτρης: Εε συνήθως θα καθήσω μέχρι 2/3 η ώρα ασπύμαι απ’ τις 10/11 ξερωγώ.	Dimitris: <i>Eh usually I'll stay out until two or three for example, from ten or eleven.</i>	

Ερευνήτρια: Ωραία.

Δημήτρης: Αν-- ο μέσος όρος, κα' να τετράωρο.

Ερευνήτρια: Μμ... εε, τώρα θέλω να μου πεις τι είναι ένα πάρτι για 'σένα, δηλαδή, τι θα έλεγες συμπεριλαμβάνει ένα καλό πάρτι.

Δημήτρης: Καλή παρέα, να το 'χουνε-- να το 'χουνε-- συνήθως να το έχουν φτοιμάζει φίλοι το πάρτι. Ναι ντάξει, τελοσπάντων και... να-- κυρίως να έχεις οικειότητα μέσα σ' αυτό τον χώρο ώστε να μπορείς να έχεις την ελευθερία σου ασπύμαι να χορέψεις, να πιείς, να ξεπεράσεις τα όρια καμιά φορά.

Ερευνήτρια: Χμμ, ναι... και τι είναι ένα κακό πάρτι;

Δημήτρης: Κακό πάρτι;

Ερευνήτρια: Ναι, για 'σενα.

Δημήτρης: Μμ... αυτό είναι συγκεκριμένα μια-- μια μάζωξη π.χ. που το έχουν ορίσει ως πάρτι και δεν είναι καθόλου ευχάριστο... ναι [γέλιο].

Ερευνήτρια: [γέλιο] κατάλαβα ναι ναι... εμ--

Δημήτρης: Έχει τύχει δηλαδή να είμαι σε χώρο που όλοι παίζανε video games, γιατί η πληροφορική έχει και πολλούς νέρντουλες οπότε απλά έφυγα από το πάρτι σε εισαγωγικά.

Researcher: Right.

Dimitris: If-- the average time, four hours or something.

Researcher: Mm... eh, now I want you to tell me what a party to you is, so, what would you consider a good party.

Dimitris: Good company, to be-- to be-- usually to be organised by friends. Yeah, anyway and... to-- mainly to find comfort within this setting so you feel free to for example to dance, to drink, and to go beyond usual boundaries from time to time.

Researcher: Hmm, yeah... and what is a bad party?

Dimitris: A bad party?

Researcher: Yeah, for you.

Dimitris: Mm... that will be specifically a-- a gathering for example that has been labelled as a party and is not at all enjoyable... yeah [Laughs].

Researcher: [Laughs] I see yeah yeah... um--

Dimitris: I happened to go once to a party where everyone was playing video games for example, because studying computer science comes with a lot of nerds, so I just left the party basically.

Good company he can resonate with; creating a feeling of togetherness.

The prize on offer is to belong. Familiarity creates a welcoming, relaxed atmosphere, "organised by friends", one in which one can feel comfortable and be himself in. Each of the components that he believes determine a good party revolve around creating a free and relaxed vibe (welcoming atmosphere). Allowing one to be able to transgress boundaries and loosen one's inhibitions without feeling judged and uncomfortable. The importance of belonging and the influence of the welcoming atmosphere (the influence of familiarity).

Finds gatherings that have been 'labelled' as parties boring. When labelling a gathering as a party, one can build this expectation of what it is going to be like, and once one discovers it is not up to his expectations that determine a good party, at least for them, it is an unsuccessful party (lifeless).

He could not resonate with them and feel comfortable as the mood they created seemed boring and lifeless for his preferences. When this happens, he cannot create or belong to a collective experience. An environment which separates people instead of bringing them together can lead to boredom.

Ερευνήτρια: [γέλιο].	Researcher: [Laughs].	
Δημήτρης: <i>Ναι ήτανε λίγο χαζό [γέλιο].</i>	Dimitris: Yeah it was a little bit silly [Laughs].	Found it “silly”, as in foolish and absurd.
Ερευνήτρια: <i>Εμμ πώς είναι το προσωπικό και οι κανόνες στα μπαρ ή στα κλαμπ που βγαίνεις συνήθως;</i>	Researcher: <i>Ehh, how are the drinking places you go to such as pubs and clubs in regard to staff and rules?</i>	
Δημήτρης: <i>Αα, συνήθως έχω γνωστούς σ’ αυτά που θα πάω. Οπότε, ευχάριστο προσωπικό θα πω.</i>	Dimitris: Oh, usually I know the people in the places I go to. So, lovely staff I’d say.	Familiarity seems key for creating a good community atmosphere (welcoming atmosphere).
Ερευνήτρια: <i>Ωραία οκ, υπάρχουν όρια και κανόνες μέσα στο-- μέσα στον χώρο;</i>	Researcher: <i>Alright okay, are there boundaries and rules within the-- in such places?</i>	
Δημήτρης: <i>Εε... ναι εε-- συνήθως για τη φασαρία όχι για άλλα πράγματα.</i>	Dimitris: <i>Eh... yeah eh-- usually for the noise not for other things.</i>	Only rules based on noise disturbance- no strict rules or legal controls mentioned (trouble-free).
Ερευνήτρια: <i>Χμμ, ναι... υπάρχει security;</i>	Researcher: <i>Hmm, yeah... is there security?</i>	
Δημήτρης: <i>Security; Όχι όχι.</i>	Dimitris: No no.	No security so less control; relaxed policy.
Ερευνήτρια: <i>Όχι... εε όταν μπαίνεις μέσα στο χώρο σου τσεκάρουν την ταυτότητα ή σε ψάχνουνε;</i>	Researcher: <i>No... eh when you go in don’t they check your ID or search your bag?</i>	
Δημήτρης: <i>Ποτέ [γέλιο].</i>	Dimitris: Never [Laughs].	Found it funny it was even asked. Greece seems to be not as strict about age. They don’t seem to ever check ID.
Ερευνήτρια: <i>Εεμ λοιπόν, πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Δηλαδή μέσα σ’ ένα μπαρ, τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις;</i>	Researcher: <i>Eh so, what do you think is expected from you in the drinking places you go to? So, for instance in a bar, what can you do and cannot do?</i>	
Δημήτρης: <i>Τι μπορείς να κάνεις; εε... μμ... αυτό που είπα για την φασαρία σίγουρα δεν μπορείς να κάνεις φασαρία. Αναλόγως ντάζει,</i>	Dimitris: <i>What can you do? Eh... mm... what I mentioned about noise, you definitely can’t be causing a commotion. It depends, of</i>	

εγώ δεν πάω σε κλαμπ πάω σε-- πάω σε μπαρ
ασπούμαι που είναι και πιο ήσυχα μέρη και
έχουνε θέμα με τους γείτονες που κάνουμε
τέτοια.

Ερευνήτρια: Χμμ.

Δημήτρης: Οπότε... ησυχία και φασαρία είναι
ένα θέμα.

Ερευνήτρια: Χμμ ναι.

Δημήτρης: Αα τι μπορείς να κάνεις... μπορείς
να-- να είσαι με την παρέα σου, να πιείς εε...
ξερωγώ.

Ερευνήτρια: Ναι, άρα δεν υπάρχουνε
συγκεκριμένα όρια που νιώθεις ότι υπάρχουνε
και κανόνες που πρέπει να ακολουθάς;

Δημήτρης: Ναι, όχι. Το τσιγάρο ίσως-- το
τσιγάρο που απαγορεύεται.

Ερευνήτρια: Το τσιγάρο απαγορεύεται μέσα
τόρα;

Δημήτρης: Ναι σε χώρους, ναι.

Ερευνήτρια: Αλλά ακόμα καπνίζουν οι
Έλληνες μέσα στα μπαρ απ' όσο ξέρω.

Δημήτρης: Εε όχι, η αλήθεια είναι
απαγορεύτηκε και σταμάτησε σχεδόν σε όλα
τα μαγαζιά, είναι πολύ λίγα τα μαγαζιά που
πλέον μπορείς να καπνίσεις...

Ερευνήτρια: Αα αλήθεια;

course, *I don't go to clubs I go to-- I go to
bars that are quieter places and even there,
there are issues with neighbours.*

Researcher: *Hmm.*

Dimitris: *So... noise and disturbances can be
an issue.*

Researcher: *Hmm yeah.*

Dimitris: *Oh, and what can you do... you
can-- you can be with your friends, drink
eh... I don't know.*

Researcher: *Yeah, so there are no specific
boundaries or rules that you feel exist and
you must follow?*

Dimitris: *Yeah, no. Smoking perhaps--
smoking is not allowed.*

Researcher: *Smoking inside is not allowed
now?*

Dimitris: *Yeah inside places, yes.*

Researcher: *But the Greeks still smoke in
bars as far as I know.*

Dimitris: *Eh no, the truth is that they banned
and stopped it in almost all places now, there
are very few places that you can still smoke
inside.*

Researcher: *Oh really?*

<p>Δημήτρης: <i>Ναι-- κάποια κρασάδικα δηλαδή συγκεκριμένα στη Ροτόντα.</i></p> <p>Ερευνήτρια: <i>Αυτό έγινε νομίζω πέρσι δεν έγινε; ή πρόπερσι... που σταμάτησαν το κάπνισμα μέσα σε χώρους.</i></p> <p>Δημήτρης: <i>Εε πέρσι άρχισε να-- ναι να-- να σταματάνε τα περισσότερα μαγαζιά, το 2019 ναι.</i></p> <p>Ερευνήτρια: <i>Χμμ... μάλιστα-- λοιπόν εε μπορείς να μου περιγράψεις την ατμόσφαιρα στα μαγαζιά που βγαίνεις συνήθως; Πώς είναι, πως νιώθεις όταν είσαι εκεί;</i></p> <p>Δημήτρης: <i>Ζεστή. Γιατί συνήθως εε είμαι με καλή παρέα.</i></p> <p>Ερευνήτρια: <i>Ναι.</i></p> <p>Δημήτρης: <i>Εε... πώς να περιγράψω αλλιώς την ατμόσφαιρα,... Ζεστή, θορυβώδης στο τέλος παρόλο που θέλουν ησυχία [γέλιο].</i></p> <p>Ερευνήτρια: <i>Ναι [γέλιο].</i></p> <p>Δημήτρης: <i>Θα γίνεται χαμός, όλοι θα μιλάνε ξερωγώ μέσα σ' ένα μαγαζί.</i></p> <p>Ερευνήτρια: <i>Ναι-- εε υπάρχει συγκεκριμένη διαδικασία στην είσοδο του μαγαζιού;</i></p> <p>Δημήτρης: <i>Ναι θα-- θα χαιρετήσω τον μαγαζάτορα. Θα πιάσω συζήτηση με κανα δυο γνωστούς που θα είναι στο μαγαζί γιατί συνήθως είναι πιο πολύ στέκι το μαγαζί που πάω. Και μετά θα αράζω με την παρέα.</i></p>	<p>Dimitris: <i>Yeah-- only in some places in Rotunda for instance.</i></p> <p>Researcher: <i>I think they enforced that rule last year right? Or the year before... banning smoking inside.</i></p> <p>Dimitris: <i>Eh last year I think they-- yeah they-- they stopped allowing it, in 2019 yeah.</i></p> <p>Researcher: <i>Hmm... I see-- so eh can you describe to me the atmosphere in the places you usually go to. How is it, how do you feel in it?</i></p> <p>Dimitris: <i>Warm. Because I usually eh have good company.</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Dimitris: <i>Eh... how else should I describe the atmosphere?... Warm, loud later on despite them wanting quiet [Laughs].</i></p> <p>Researcher: <i>Yeah [Laughs].</i></p> <p>Dimitris: <i>It's usually very loud, everyone will be talking over and with each other.</i></p> <p>Researcher: <i>Yeah-- eh is there a specific entry policy?</i></p> <p>Dimitris: <i>Yeah I'll-- I'll go over to say hi to the owner. I'll start a conversation with a couple friends who are there because the bar I go to is more of a hang-out. And then I'll chill with my group.</i></p>	<p>Warmth due to familiarity, referring to feelings of security, closeness, trust and care. Warmth that makes him feel immediately welcomed. Good company- people he can resonate with and feel comfortable with.</p> <p>Noise seems to be the main issue that he is aware of. However, he doesn't seem to view it as a big problem. Perhaps he views it as part of the experience.</p> <p>The nature of social situations.</p> <p>This is his own way of making sense of an entry policy/procedure. Welcoming atmosphere (familiarity). Describes an atmosphere of openness and social access.</p>
---	--	---

Ερευνήτρια: Ωραία εε, μπορείς να μου πεις για την πρώτη φορά που πήγες σ' ένα κλαμπ ή μπαρ; Για τη πρώτη φορά ever.

Δημήτρης: Αα ωραία, ένιωσα πολύ άβολα, ήτανε σε πάρτι-- πάρτι του σχολείου ξερωγώ. Και η αλήθεια είναι ότι ένιωσα άβολα γιατί έχεις όλο αυτόν τον κόσμο που τον βλέπεις στο σχολείο και ξέρει ακριβώς πως-- και... γενικά αγχωνόμουν πολύ τότε με τους ανθρώπους.

Ερευνήτρια: Χμμ... ναι, και είχες βγει σε κλαμπ ή μπαρ εκείνο το βράδυ;

Δημήτρης: Ήτανε κλαμπ, ήτανε κλαμπ.

Ερευνήτρια: Αγχωνόσουν τότε με τους ανθρώπους;

Δημήτρης: Ναι.

Ερευνήτρια: Τώρα βλέπω ότι έχεις αλλάξει.

Δημήτρης: Εε η αλήθεια ναι, μετά την δευτέρα λυκείου πήγα και έμεινα στη γιαγιά μου οπότε με βοήθησε πάρα πολύ αυτό.

Ερευνήτρια: Μμ.

Δημήτρης: Έμεινα στη Θεσσαλονίκη στο κέντρο γιατί είχα το φροντιστήριο κοντά.

Ερευνήτρια: Ναι χμμ. Μμ εε και-- και πόσο χρονών ήσουν όταν βγήκες στο πρώτο κλαμπ ή μπαρ;

Researcher: Alright eh, can you recall the first time you went to a club or bar and tell me about it? The first time ever.

Dimitris: Ah yeah, *I felt really uncomfortable*, it was a party-- a school party. And the truth is that I felt very uncomfortable *because the people there were all the people from school* and you know how-- and... I was generally nervous around people back then.

Researcher: Hmm... yes, and was it in a club or bar?

Dimitris: It was a club, a club.

Researcher: You were nervous around people?

Dimitris: Yeah.

Researcher: Now I see you've changed.

Dimitris: Eh the truth is yeah, after the second year of college I moved in with my grandma so that helped me a lot.

Researcher: Mm.

Dimitris: I lived in Thessaloniki in the centre because I was closer to my coaching school.

Researcher: Yeah hmm. Mm eh and-- and how older were you the first time you went to a club or bar?

Uncomfortable- referring to a feeling of unease and awkwardness. He could not easily resonate with the people from his school and feel comfortable. He was a more closed and shier individual- not very social.

Moving away from his parents to his grandmothers gave him the opportunity to socially engage with people and create new interpersonal relationships that were more suitable for him- perhaps due to the increased freedom and changes in residence he could explore his identity and self-focus more- leading to the development of new social networks.

<p>Δημήτρης: 16 χρονών.</p> <p>Ερευνήτρια: 16 και δεν σου-- δεν σου κοίταζαν την ταυτότητα;</p> <p>Δημήτρης: Όχι [γέλιο], η αλήθεια είναι ότι εκεί υπήρχε ελευθερία στο-- στο αλκοόλ.</p> <p>Ερευνήτρια: Μμ ναι, και ήπιες αλκοόλ εκείνο το βράδυ έτσι;</p> <p>Δημήτρης: Ναι ναι, ήπια ήπια.</p> <p>Ερευνήτρια: Και τι σε έκανε να πιείς;</p> <p>Δημήτρης: Εε να δοκιμάσω, η αλήθεια είναι ότι το έχεις πολύ-- ντάξει είχα δοκιμάσει 2/3 φορές πιο νωρίς αλλά-- το έχεις σαν ίντριγκα ότι ξερωγώ απαγορεύεται να πίνεις σ' αυτήν την ηλικία, οπότε θες να πιείς!</p> <p>Ερευνήτρια: Ναι ναι ναι... εεμ-- τώρα θέλω να μου πεις για την πρώτη φορά που ήπιες αλκοόλ, όχι σε μπαρ ή κλαμπ, γενικώς την πρώτη φορά που ήπιες και που ήτανε.</p> <p>Δημήτρης: Εε η πρώτη φορά που ήπια φαντάζομαι θα 'τανε στο σπίτι, αλλά ήτανε ασπούμαι καμιά γουλιά που θα 'μαφηναν οι γονείς μου να δοκιμάσω κρασί ή μύρα-- οπότε δεν-- δεν έχω συγκεκριμένη εικόνα γιατί δεν ήταν τίποτα υπερβολικό</p> <p>Ερευνήτρια: Μμ ναι ναι κατάλαβα, και πώς ένιωσες την πρώτη φορά που το δοκίμασες;</p> <p>Δημήτρης: Μπλιαχ! Πίκρα πίκρα.</p>	<p>Dimitris: 16 years old.</p> <p>Researcher: 16 and they didn't-- they didn't check you ID?</p> <p>Dimitris: No [Laughs], the truth is that there was a certain freedom to-- with alcohol.</p> <p>Researcher: Mm yes, and did you drink alcohol?</p> <p>Dimitris: Yes yes, I did drink.</p> <p>Researcher: And what influenced you to drink?</p> <p>Dimitris: Eh to try it, the truth is that you find it-- well I had tried it two or three times before but-- you find it intriguing that, you know, it's not allowed at that age, so you want to drink!</p> <p>Researcher: Yeah yeah yeah... umm-- now I want you to tell me about the first time you had alcohol, not in a bar or club, but the first time you drank and where it was.</p> <p>Dimitris: Eh the first time I drank I suppose was at home, but only a sip that my parents let me have to try wine or beer-- so I don't-- I don't hold a specific memory to it because it wasn't something great.</p> <p>Researcher: Mm yeah yeah I see, and how did you feel the first time you tried it?</p> <p>Dimitris: Ewww! Bitterness bitterness.</p>	<p>No age restrictions.</p> <p>No one asks for identification- relaxed policy. He was free to engage in drinking from a young age even if it wasn't legally allowed. Unfettered by the law.</p> <p>Thinking that drinking is a forbidden experience at that age aroused his curiosity and interest- made him want to drink.</p> <p>Alcohol was introduced by parents from a young age.</p>
---	--	--

Ερευνήτρια: <i>Aa of course [γέλιο].</i>	Researcher: <i>Oh of course [Laughs].</i>	
Δημήτρης: <i>Ένα πικρό πράγμα!</i>	Dimitris: <i>A bitter thing!</i>	
Ερευνήτρια: <i>Χμμ εμ, και τώρα τι ρόλο παίζει το αλκοόλ στη ζωή σου;</i>	Researcher: <i>Hmm um, and what place does alcohol have in your life now?</i>	
Δημήτρης: <i>Εε, πριν την καραντίνα η αλήθεια είναι ότι πίναμε 2/3 φορές την βδομάδα, θα μαζευόμασταν και θα πίναμε ξερωγώ μπόρα κρασί ή οτιδήποτε.</i>	Dimitris: <i>Eh, before the quarantine, the truth is that I'd drink two or three times a week, we'd gather and drink wine or whatever.</i>	Inclined to drink and so he perceives it as part of his routine. A social activity. Drinks with others. The nature of social situations.
Ερευνήτρια: <i>Ναι.</i>	Researcher: <i>Yes.</i>	
Δημήτρης: <i>Και μες την καραντίνα με την κοπέλα μου θα παίρναμε καμιά μπόρα ή κανα κρασάκι αλλά αυτό ήταν.</i>	Dimitris: <i>And during the quarantine with my girlfriend we'd get a beer or some wine now and then but that's it.</i>	
Ερευνήτρια: <i>Χμμ χμμ, και μεθούσες συνήθως όταν έβγαίνες;</i>	Researcher: <i>Hmm hmm, and did you get drunk often when you used to go out?</i>	
Δημήτρης: <i>Εε... η αλήθεια είναι ότι συνήθως σε κανα πάρτι που θα έχουν διοργάνωση, οι φίλοι μου, θα μεθύσω ή θα φτάσω τουλάχιστο στο όριο, αλλά γενικά μετά απο ένα σημείο και μετά από κάποια ηλικία σταμάτησα να πίνω σε τέτοιο βαθμό. Δεν μ' αρέσει να μεθάω.</i>	Dimitris: <i>Eh... the truth is that usually at a party my friends are hosting, I'm going to get drunk or at least up to my limits, but generally after a point and after a certain age I stopped drinking to such an extent. I don't like getting drunk.</i>	He was inclined to get drunk at his friends' parties usually (a comfortable, safe atmosphere)- a constructed atmosphere of openness and high familiarity due to interpersonal bonds. He doesn't drink with the purpose of pursuing drunkenness.
Ερευνήτρια: <i>Μμ και τ είναι ακριβώς που σε επηρεάζει στο να πιείς ή να μην πιείς; Στο να πάρεις αυτή την απόφαση;</i>	Researcher: <i>Mm and what exactly is it that influences whether you drink or not?</i>	
Δημήτρης: <i>Εε το στομάχι [γέλιο]</i>	Dimitris: <i>Eh my stomach [Laughs].</i>	
Ερευνήτρια: <i>[γέλιο] εννοείται... εε...</i>	Researcher: <i>[Laughs] of course... eh...</i>	

Δημήτρης: Εε ναι-- ναι δεν αντέχω πάνω από ένα όριο-- ξέρω δηλαδή όταν φτάσω να έχω κάνει κεφάλι ότι μέχρι εκεί. Πιο πέρα δεν θα πάω.

Ερευνήτρια: Ναι χμμ. Θες τα όρια σου-- ναι.

Δημήτρης: Και ντάξει καμιά θλιβερή στιγμή θα σε κάνει να θέλεις να πιείς παραπάνω.

Ερευνήτρια: Ναι ναι ναι μμ-- εε πως πιστεύεις ότι σε έχει επηρεάσει η κοινωνία στο τρόπο που πίνεις;

Δημήτρης: Είναι-- είναι κοινωνικό γεγονός το-- το-- η πόση του αλκοόλ. Οπότε... σίγουρα είναι πολύ σημαντική. Ήταν σημαντικός ο τρόπος που με επηρέασε. Αφου το λέω κιολας οτι βγαίνω με παρέα για να πιώ οπότε... μόνος δεν-- μόνος δεν αξίζει να πιείς δηλαδή, δεν περνάς καλά.

Ερευνήτρια: Ναι ναι ναι... εε, πώς πιστεύεις ότι θα έπινες εάν δεν ήσουν φοιτητής;

Δημήτρης: Εξαρτάται πάλι απ' τις παρέες φαντάζομαι. Δηλαδή εε... δεν-- δεν νομίζω ότι έχει να κάνει τόσο πολύ με το ότι είσαι φοιτητής. Βέβαια η αρχή της φοιτητικής ζωής σημαίνει πολλές φορές εε πάρτι και αλκοόλ.

Ερευνήτρια: Χμμ έχεις και πιο ελεύθερο χρόνο νομίζω, αν δεν δουλεύεις.

Dimitris: Eh yeah-- yeah I can't handle it after a point-- I know when I start to get tipsy that that's it. I'm not going any further.

Researcher: Yes hmm. You know your limits-- yes.

Dimitris: And okay, some down moments will make you want to drink more.

Researcher: Yes yes yes mm-- eh how does your society influence the way you drink would you say?

Dimitris: It's-- well it's a social thing to-- to-- drinking alcohol. So... for sure it's significant. It's important the way that it affects me. Besides I go with friends to drink so... alone it doesn't-- it's not worth it drinking alone, you don't have fun.

Researcher: Yeah yeah yeah... eh, how do you think you would drink if you weren't a student?

Dimitris: It depends again on who you hang out with I suppose. So, eh... it doesn't-- I don't think it has a lot to do with being a student. Of course, the beginning of student life often means parties and alcohol.

Researcher: Hmm you've got more free time too I suppose, if you don't work.

Knows his limits- he values staying decent. Being tipsy gives him what he wants. Alcohol is a means of enhancement for him (effects of alcohol).

Coping motives. Associates drinking to get drunk with emotional liberation and escapism. When emotions intensify, he drinks so he can express them freely or as a means of self-medication. Motivated to drink when he's sad as drinking forces him into that intensely alive state that is free of thinking, free of problems and free of time.

Socially constructed ideas influence him to drink, making him inclined to have a drink most times that he goes out with friends in social settings. Drinking is essentially a social activity. It is embedded in the culture that drinking when going out is a normative behaviour (it is what people do). It is a collective experience that is viewed to be experienced around others. The nature of social situations.

Portrays alcohol as a social drug with its consumption always taking place in social situations. Drinking, in his perspective, symbolises in a way durable social solidarity, which is associated with "fun"; and so, if one is drinking alone, there is no amity, there is no shared experiences and stories; no connectedness, no unity.

Peers play an important role when it comes to shaping drinking. He believes it is not so much the student identity that shapes drinking but more who one hangs out with. However, being a student goes hand in hand with enjoyment and socialisation. To stop

Δημήτρης: *Ναι.*

Ερευνήτρια: *Αλλά εσύ είπες ότι δουλεύεις κιόλας.*

Δημήτρης: *Ε δουλεύω σε πολύ μικρό βαθμό η αλήθεια είναι, σαββατοκύριακα και είναι part-time.*

Ερευνήτρια: *Μμ οκ... εεμ, αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους;*

Δημήτρης: *Εε...*

Ερευνήτρια: *Δηλαδή με κοντινούς φίλους όχι με μία παρέα.*

Δημήτρης: *Ναι ναι, έχεις μία ελευθερία να πιείς λίγο παραπάνω δηλαδή να... να περάσεις λίγο τα όρια γιατί ξέρεις ότι δεν θα προσβληθούν από κάποια πράγματα ή ότι-- είσαι σε ασφαλές περιβάλλον, επειδή είναι οι φίλοι σου δηλαδή. Βέβαια συνήθως θα κουβαλήσω εγώ το φίλο που θα πιεί παρα...*

Ερευνήτρια: *[γέλιο].*

Δημήτρης: *[γέλιο].*

Ερευνήτρια: *Μάλιστα εε και εσύ πώς νιώθεις όταν είσαι μεθυσμένος; Δηλαδή τι σου αρέσει και τι δεν σου αρέσει όταν μεθάς; τέτοια πράγματα...*

Δημήτρης: *Μ' αρέσει ότι βγάζω πολύ τους-- κατεβάζω πολύ τους τοίχους της άμυνας*

Dimitris: *Yes.*

Researcher: *But you said you do work right?*

Dimitris: *Eh I work very little the truth is, only on weekends and it's part-time.*

Researcher: *Mm okay... um, does drinking with friends affect the way you use alcohol?*

Dimitris: *Eh...*

Researcher: *I mean with closer friends not with just a group.*

Dimitris: *Yes yes, you have the freedom to drink a little bit more, to... to go beyond your limits because you know they won't be offended by certain things or that-- you're in a safe environment, because they are your friends. Of course, I'm usually the one that will carry a friend who has drank a lot home...*

Researcher: *[Laughs].*

Dimitris: *[Laughs].*

Researcher: *I see eh and how do you feel when you are drunk? So what do you enjoy about it and what do you dislike about it? Things like that...*

Dimitris: *I like that I take down a lot of-- I break down my walls of defence [Laughs]...*

drinking as a 'student', is to reconstruct his whole life. Because if you are a drinker then all your friends are possibly drinkers and you're used to drinking in every social situation, as the places that you go to socialise are places that you drink in. He does associate that being a student goes hand in hand with "parties and alcohol", which is viewed as part of what students do when they arrive at university- perhaps due to the increased freedom from control and time constraints, and sudden independency.

An air of familiarity is a vital part of drinking when one wants to feel comfortable and safe. When drinking with people he is more familiar with, he knows that he will not be judged so he allows himself to drink more and therefore loosen his inhibitions without worrying about how he is viewed.

Upholding a respectable image when he is not with his friends is implied here- indicating that reputation is important. He wants to be more in control when he is not with close friends in order to maintain a certain image perhaps- staying decent.

He becomes a more liberated individual (a release from bonds). He stops feeling self-

[γέλιο]... που πάντα υπάρχουνε. Και λίγο γίνεσαι-- γίνεσαι πιο αυθόρμητος γιατί λες έχω πιεί ξερωγώ οπότε... υπάρχει αυτός ο αυθορμητισμός στο να κάνεις κάποια πράγματα.

Ερευνήτρια: Χμμ ναι, εεμ υπάρχει κάτι που δεν σ' αρέσει όταν μεθάς;

Δημήτρης: Ναι ναι η-- γενικά δεν μ' αρέσει το κεφάλι μου να μην μπορεί να σκέφτεται κάποια πράγματα. Με χαλάει να μην μπορώ να... να σκέφτομαι καθαρά. Με ενοχλεί.

Ερευνήτρια: Ναι οκ χμμ, εε περίπου πόσα ποτά πίνεις όταν θα βγεις;

Δημήτρης: Αναλόγως, αν είναι μύρα μπορεί να πιάω 3 ή 4 ποτήρια αν βγούμαι σε κανένα μαγαζί τέτοιο, μπουραρία. Αλλά από πιο βαριά η τσίπουρο δηλαδή που θα πιούμε συνήθως ή κρασάκι, θα...θα είναι λίγο πιο ορισμένο.

Ερευνήτρια: Ναι πιο πολύ ναι-- α πιο ορισμένο;

Δημήτρης: Ορισμένο ναι.

Ερευνήτρια: Μμ εε... ναι.

Δημήτρης: Τσίπουρο δηλαδή γύρω στα 500 ml.

Ερευνήτρια: Χμμ οκ... εε, συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις για διασκέδαση;

Δημήτρης: Όχι, αλλά πρέπει να το κάνω γιατί είναι ακριβό το αλκοόλ [γέλιο].

which are always there. And you get a bit-- you become a bit more spontaneous because you say 'I've had a drink' so... there is this spontaneity to do things.

Researcher: Hmm yeah, um is there something you dislike about getting drunk?

Dimitris: Yeah yeah the-- in general I don't like that I can't think about things. It puts me off when I can't... I can't think clearly. It bothers me.

Researcher: Yeah okay hmm, eh how many drinks do you have on a night out usually?

Dimitris: It depends, if it's beer then I might drink three or four glasses if we go out to a pub. But as for heavier drinks or tsipouro you know which we usually drink, or wine, we'll... we'll limit ourselves a little more.

Researcher: Yeah more yes-- oh limit yourselves a little more?

Dimitris: Yes.

Researcher: Mm eh... yeah.

Dimitris: Tsipouro for example around 500 ml.

Researcher: Hmm ok... eh, do you pre-drink before going out?

Dimitris: No, but I should because alcohol is expensive [Laughs].

conscious and defensive.

This release indicates that alcohol helps him let go of the things holding him back from doing and saying what he would naturally do and say if he wasn't thinking about the repercussions. He becomes more impulsive and more expressive.

It stops him from thinking and he doesn't like that loss of control. Becomes more impulsive.

Doesn't drink a lot (low consumption). No binge drinking. Value staying decent. The heavier the drink is, the less of it they have; aware of limits. Doesn't drink to pursue drunkenness or lose control; but for the effects of alcohol.

Loss of money due to drinking. This implies that his goal for pre-drinking would not be to get drunk but save money. Pre-drinking doesn't seem to be part of what they do.

Ερευνήτρια: *Ναι [γέλιο], μμ εεμ-- έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;*

Δημήτρης: *Ναι έχω κάνει, η πρώτη φορά—*

Ερευνήτρια: *Θυμάσαι πόσες φορές;*

Δημήτρης: *Εε η πρώτη φορά ήταν σε κατασκήνωση, ήμουν α' και πέρα σαν στέλεχος σε μια κατασκήνωση, και ήταν ένα τριήμερο ομαδαρχών που ήμασταν ομαδάρχες και στελέχοι και είχα φέρει απ' τα λεφτά που είχα πληρωθεί απ' την κατασκήνωση [γέλιο]. Είχα φέρει το αλκοόλ και ναι είχα γίνει χάλια. Ξερνούσα παντού.*

Ερευνήτρια: *Χμμ [γέλιο]. Εε θυμάσαι--*

Δημήτρης: *Συνολικά έχω ξεράσει 2/3 φορές νομίζω.*

Ερευνήτρια: *Οκ.*

Δημήτρης: *Αλλά δεν μ' αρέσει, δεν μ' αρέσει. Γι' αυτό όπως σου είπα-- γι' αυτό δεν περνάω το όριο.*

Ερευνήτρια: *Ναι. Εεμ, όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους;*

Δημήτρης: *Γίνεται λίγο πιο έντονη.*

Ερευνήτρια: *Αηλαδή αν υπάρχουν αλλαγές στην συμπεριφορά σου που όταν είσαι μεθυσμένος κι όταν είσαι νηφάλιος.*

Researcher: *Yes [Laughs], mm ehh-- have you ever thrown up because of alcohol?*

Dimitris: *Yeah I have, the first time--*

Researcher: *Can you recall how many times?*

Dimitris: *Eh the first time was in camp, I was over there as an executive at a camp, and it was three-days group holiday with the team leaders and executives and I had brought with me the money I had been paid from the camp [Laughs]. I bought the alcohol and yes I was a mess. I was throwing up everywhere.*

Researcher: *Hmm [Laughs]. Eh can you recall--*

Dimitris: *In total I've thrown up two or three times I think.*

Researcher: *Okay.*

Dimitris: *But I don't like it, I don't. That's why I told you-- that's why I don't cross the line.*

Researcher: *Yes. Ehh, do you see any difference in your social behaviour when you are drinking?*

Dimitris: *Becomes more intense.*

Researcher: *So, if there are differences in your social behaviour when you are drunk compared to when you're sober?*

He keeps to him limits to avoid throwing up and becoming a 'mess'. He doesn't see the point in that.

He seems to imply that when he is drunk his emotions are intensified and expressed freely. When drinking, worries disappear and he stops caring about personal fears and risks. He's more confident to express himself and more spontaneous with his decisions;

Δημήτρης: *Ναι γίνεται λίγο πιο έντονη η συμπεριφορά μου, δηλαδή θα κάνω λίγο τα πράγματα πιο άμεσα.*

Ερευνήτρια: *Ναι, κατάλαβα.*

Δημήτρης: *Κάτι που σκέφτομαι δηλαδή ότι- οτιδήποτε θα-- θα-- θα είναι λίγο πιο... πιο άμεσο, η συμπεριφορά μου δεν θα έχει πολλές υπονοιες, θα είναι-- ναι αυτό.*

Ερευνήτρια: *Χμμ κατάλαβα ναι ναι, εεμ... πιστεύεις ότι παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένος από 'ταν είσαι νηφάλιο;*

Δημήτρης: *Ναι.*

Ερευνήτρια: *Θες να μου δώσεις ένα παράδειγμα;*

Δημήτρης: *Εεμ...*

Ερευνήτρια: *Αν μπορείς να σκεφτείς ένα.*

Δημήτρης: *Ένα παράδειγμα... για να σκεφτώ... ε έχεις πιο έντονες συμπεριφορές οπότε αα-- σε μικρότερη ηλικία μπορεί να κάνουμε καμιά χαζομάρα δηλαδή να βάζαμε κανα κουβά στη μέση του δρόμου ή οτιδήποτε [γέλιο].*

Ερευνήτρια: *[γέλιο].*

Δημήτρης: *(poor connection).*

Ερευνήτρια: *Ναι ναι.*

Dimitris: *Yes, my behaviour becomes more intense, I do things more impulsively.*

Researcher: *Yes, I see.*

Dimitris: *What I think is that-- whatever I think will be a little more... more direct, my behaviour won't have so much suspect, it'll be-- yeah that's all.*

Researcher: *Hmm I see yes yes, umm... do you tend to take more risks when you drunk then when you sober?*

Dimitris: *Yes.*

Researcher: *Can you give me an example?*

Dimitris: *Umm.*

Researcher: *If you can think of one.*

Dimitris: *An example... let me think... eh you're more intense so eh-- at a younger age we might have done some stupid things, like place a bucket in the middle of the road or whatever [Laughs].*

Researcher: *[Laughs].*

Dimitris: *(poor connection).*

Researcher: *Yeah yeah.*

impulsivity. He doesn't think of the medium to long term consequences, he just thinks of the present moment (narrowed attentional focus). He follows his impulses and lets desires guide him; giving him a sense of freedom.

What he means here with "suspect", is that his behaviour won't be holding him back due to rational thought; he becomes more impulsive.

Aware that his behaviour is riskier.

More impulsive; doing things that he considers "stupid".

The fact that he says "at a younger age" implies that he is more risk-free now, perhaps because he doesn't drink excessively.

<p>Δημήτρης: <i>H-- ναι αυτά αυτά [γέλιο].</i></p> <p>Ερευνήτρια: <i>Οκ.</i></p> <p>Δημήτρης: <i>[γέλιο]</i></p> <p>Ερευνήτρια: <i>Εε πιστεύεις όταν... εε ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή όταν είσαι μεθυσμένος και κάνεις κάτι που είναι πιο--</i></p> <p>Δημήτρης: <i>Το καταλαβαίνεις ναι, πιστεύω ότι το καταλαβαίνεις αλλά έχεις κατεβάσει παρωπίδες σου.</i></p> <p>Ερευνήτρια: <i>Ναι ναι ναι χμμ-- εεμ, θέλω να φανταστείς τώρα ότι σταματάς να πίνεις εντελώς, τι πιστεύεις ότι θα άλλαζε στη ζωή σου;</i></p> <p>Δημήτρης: <i>Όχι πολλά πράγματα. Γιατί ντάξει, επειδή το 'χω σε έλεγχο-- ε πιο ελεγχόμενο. Ίσως να μειώνα και το τσιγάρο [γέλιο]. Που είναι... και επειδή με το αλκοόλ πάει και το τσιγάρο πακέτο.</i></p> <p>Ερευνήτρια: <i>Χμμ, σε νιώθω [γέλιο].</i></p> <p>Δημήτρης: <i>Ναι [γέλιο].</i></p> <p>Ερευνήτρια: <i>Ναι... και υπάρχει κάτι μήπως που πιστεύεις ότι θα κέρδιζες εάν σταματούσες να πίνεις;</i></p> <p>Δημήτρης: <i>Εε μεγαλύτερη διάρκεια ζωής των νεφρών [γέλιο].</i></p> <p>Ερευνήτρια: <i>[γέλιο].</i></p>	<p>Dimitris: <i>Or-- yeah that [Laughs].</i></p> <p>Researcher: <i>Okay.</i></p> <p>Dimitris: <i>[Laughs].</i></p> <p>Researcher: <i>Eh do you think that... eh that you understand the risk you are taking during that time and when you do something that is more like--</i></p> <p>Dimitris: <i>You understand it, I reckon that you understand it, but your inhibitions are lowered.</i></p> <p>Researcher: <i>Yes yes hmm-- um, imagine now that you decided to stop drinking, what do you think would change?</i></p> <p>Dimitris: <i>Not much. Because okay, I have it under control-- it's more controlled. Maybe I wouldn't smoke as much [Laughs]. That is... because alcohol with smoking goes together.</i></p> <p>Researcher: <i>Hmm, I feel you [Laughs].</i></p> <p>Dimitris: <i>Yes [Laughs].</i></p> <p>Researcher: <i>Yes... and what would you gain if you stopped drinking?</i></p> <p>Dimitris: <i>Eh a longer life for my kidneys [Laughs].</i></p> <p>Researcher: <i>[Laughs].</i></p>	<p>Alcohol doesn't seem to make him ignorant of the medium to long-term consequences, he is aware of what is happening, he just becomes more spontaneous and impulsive as his inhibitions melt; making him not care about the risk.</p> <p>Doesn't see it as something he would miss, he doesn't drink excessively or feels like he needs it.</p> <p>Associates drinking with smoking.</p> <p>Presents that in a comical way.</p>
---	---	---

Δημήτρης: *Ναι.*

Ερευνήτρια: *Εεμ πολλοί φοιτητές πίνουνε για να μεθύσουνε γιατί νομίζεις ότι γίνεται αυτό;*

Δημήτρης: *Γιατί έχει υπάρξει μμ-- έχει περαστεί μια εικόνα ότι πίνεις και έχεις μια ελευθερία ασπύμαι να μιλήσεις σε κοπέλα ή να... ναι, να φλερτάρεις να κάνεις οτιδήποτε. Ένας-- ένας λόγος είναι αυτός, ένας η απαγόρευση μέχρι τα 18 του πιστού, σε κάνει να θέλεις να πιείς παραπάνω, να το δοκιμάσεις, και περνάς τα όρια πολλές φορές χωρίς να το καταλαβαίνεις.*

Ερευνήτρια: *Χμμ ναι... εεμ, με θέμα το αλκοόλ πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν;*

Δημήτρης: *Μμ... νομίζω πως ναι, νομίζω πως ναι. Γιατί ασπύμαι στην Αμερική απαγορεύεται σε μεγαλύτερη ηλικία το αλκοόλ. Οπότε τα παιδιά σίγουρα κάνουνε τρέλες πιο νωρίς και ξεφεύγουν όπως και σε πιο... δεν ξέρω, γενικά νομίζω είναι πιο ήπια η συμπεριφορά εδώ... θέλω να πιστεύω [γέλιο]. Δεν ξέρω, δεν ξέρω αναγκαστικά [γέλιο].*

Ερευνήτρια: *Μμ-- εσένα προσωπικά σ' αρέσει να πίνεις για να μεθάς;*

Δημήτρης: *Όχι για να μεθύσω, δεν είναι ο σκοπός μου να μεθύσω.*

Dimitris: *Yes.*

Researcher: *Um many students nowadays tend to drink alcohol to get drunk, why do you think that is?*

Dimitris: *Because there is mm-- an image has been presented about drinking that it gives you the freedom to like talk to a girl or to... yeah, to flirt, to do anything really. One- one reason is that, another is that because it's not allowed till 18 years old, it makes you want to drink more, to try it, and then you exceed limits sometimes without even realising it.*

Researcher: *Hmm yes... um, regarding alcohol, do you think the Greek student culture is different from others in the way they drink?*

Dimitris: *Mm... I think yeah, I think yes. Because for instance in America alcohol is banned until an older age. So I think the younger people definitely go crazy and lose it earlier... I don't know, in general I think there's a more relaxed attitude here... I'd like to believe [Laughs]. I don't know, I don't necessarily know [Laughs].*

Researcher: *Mm-- do you like to drink to get drunk personally?*

Dimitris: *Not so I get drunk, it's not my goal to get drunk.*

A release from bonds. Boosts confidence- loosens inhibitions. Allowing the transgression of boundaries which they would not be able to transgress if sober.

Restrictions on drink reinforce drinking.

He believes the more restricted it is, the more people drink. The fact that alcohol is viewed as a forbidden experience makes it more appealing. More rules, restrictions and control lead to excessive drinking and alcohol abuse. Believes Greece, as a culture, is more 'relaxed', meaning that they don't drink excessively and stay decent. Perhaps because people do not feel as restricted in terms of drinking in Greece- relaxed policy.

Social drinker. Drinks for the effects of alcohol. Not purposely pursuing drunkenness. That is not what motivates him or his intention. There is an image projected here that getting drunk is not something one values. You don't need to get drunk completely to obtain the effects of alcohol.

<p>Ερευνήτρια: <i>Οκ, ωραία. Εεμ--</i></p> <p>Δημήτρης: <i>Σπάνια δηλαδή θα γίνει αυτό όταν θα είναι τώρα που το σκέφτομαι, σε πιο άσχημη κατάσταση φαντάζομαι ψυχολογική.</i></p> <p>Ερευνήτρια: <i>Ναι ναι ναι, για να χαλαρώσεις ναι.</i></p> <p>Δημήτρης: <i>Ναι.</i></p> <p>Ερευνήτρια: <i>Εμ θέλω τώρα να φανταστείς ότι συναντάς ένα φίλο σου και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει: 'Πέρασα υπέροχα χθες το βράδυ μέθυσα τόσο πολύ που έκανα εμετό, έχασα τις αισθήσεις μου και το παπούτσι μου'!</i></p> <p>Δημήτρης: <i>[γέλιο].</i></p> <p>Ερευνήτρια: <i>Ποιά θα ήταν η αντίδραση σου;</i></p> <p>Δημήτρης: <i>Θα γελούσα σίγουρα. Θα έκανα πιο πολλές ερωτήσεις στο τι πέχτηκε στο πάρτι ξερωγώ παρά...</i></p> <p>Ερευνήτρια: <i>Ναι, χμμ... εεμ θα την θεωρούσες μια διασκεδαστική βραδιά;</i></p> <p>Δημήτρης: <i>Ναι συνήθως αυτό συμβαίνει, είναι μια διασκεδαστική βραδιά όταν σου πει κάποιος φίλος-- δεν-- δεν μου φαίνεται και τόσο απίστευτο γεγονός η αλήθεια είναι.</i></p> <p>Ερευνήτρια: <i>Υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου;</i></p>	<p>Researcher: <i>Okay, alright. Um--</i></p> <p>Dimitris: <i>That's rarely going to happen when it does now that I think about it, in a worse psychological state I imagine.</i></p> <p>Researcher: <i>Yes yes yes, to relax yeah.</i></p> <p>Dimitris: <i>Yes.</i></p> <p>Researcher: <i>Um now I want you to imagine you meet a friend of yours and he starts talking to you with excitement about the previous night that they went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!"</i></p> <p>Dimitris: <i>[Laughs].</i></p> <p>Researcher: <i>How would you respond?</i></p> <p>Dimitris: <i>I'd definitely laugh. I'd ask more questions about what happened at the party for example...</i></p> <p>Researcher: <i>Yes, hmm... um would you consider it a fun night?</i></p> <p>Dimitris: <i>Well yes usually that's what would happen, it's a fun night when a friend tells you-- it doesn't-- it doesn't seem like it's unordinary the truth is.</i></p> <p>Researcher: <i>Is there anything else you would like to share with me?</i></p>	<p>He rarely gets drunk, and when he does, his usually not very well mentally; drinking as a means of self-medication.</p> <p>Found the scenario entertaining and amusing. Sees it as a funny story. Interested to find out more about what happened- the power of storytelling. Stories of fun and adventure</p> <p>Sees it as a funny story that can be shared; a memory worth sharing, bringing about togetherness. Telling drinking stories perhaps brings people together by providing a collective sense of entertainment and adventure. He doesn't see it as something worth of judgement, but as an ordinary experience that people do experience due to alcohol sometimes.</p>
--	--	---

Δημήτρης: Δεν ξέρω.	Dimitris: <i>I don't know.</i>	
Ερευνήτρια: Δεν χρειάζεται αν δεν υπάρχει.	Researcher: <i>You don't have to if there isn't anything.</i>	
Δημήτρης: Αα δεν νομίζω... δεν μπορώ να σκεφτώ κάτι.	Dimitris: <i>Aa I don't think so... I can't think of anything.</i>	
Ερευνήτρια: Έχεις καμιά ερώτηση;	Researcher: <i>Have you got any questions?</i>	
Δημήτρης: Όχι.	Dimitris: <i>No.</i>	
Ερευνήτρια: Αυτό ήτανε.	Researcher: <i>That was it.</i>	

Interview 6 – Artemis		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: Ωραία και ξεκινάμε. Λοιπόν, εε, θέλω πρώτα να μου πεις λίγα λόγια για 'σένα. Δηλαδή πόσο χρονών είσαι, τι σπουδάζεις, αν δουλεύεις, τέτοια πράγματα.	Researcher: <i>Alright let's begin. So, eh, tell me a little bit about yourself first. So how old are you, what do you study, if you work, things like that.</i>	
Άρτεμις: Ωραία, εεμ, είμαι 21 εε, σπουδάζω στο (university name) Θεσσαλονίκης θέατρο.	Artemis: <i>Alright, um, I'm 21 eh, I study in Thessaloniki drama and theatre.</i>	
Ερευνήτρια: Ναι.	Researcher: <i>Yeah.</i>	
Άρτεμις: Εε, είμαι στο τρίτο έτος τώρα.	Artemis: <i>Eh, I'm in third year.</i>	
Ερευνήτρια: Χμμ.	Researcher: <i>Hmm.</i>	
Άρτεμις: Εε, δεν δουλεύω, δουλεύω συνήθως περιστασιακά... σερβιτόρα ή τέτοια πράγματα, εε, αλλά αυτό το διάστημα δεν δουλεύω.	Artemis: <i>Eh, I don't work, I usually work every now and then... as a waitress or stuff like that, eh, but right now I'm not working.</i>	
Ερευνήτρια: Χμμ ωραία.	Researcher: <i>Hmm right.</i>	

<p>Άρτεμις: Εε, αυτά.</p> <p>Ερευνήτρια: Εε, και τι κάνεις στον ελεύθερο σου χρόνο;</p> <p>Άρτεμις: Στον ελεύθερο μου χρόνο, όποτε υπάρχει [γέλιο], εε γιατί η σχολή απαιτεί πολλές ώρες να είμαστε εκεί, εε είμαι σ' ένα εργαστήρι θεατρικό πάλι, που αφοσιώνεται αποκλειστικά στις μεθόδους υποκριτικής όχι σε κάτι άλλο.</p> <p>Ερευνήτρια: Ναι.</p> <p>Άρτεμις: Εε πηγαίνω εκεί πέρα, πέρνει πολλές ώρες και αυτό, και εκτός εργαστηρίου ασχολούμαι μ' αυτά που μας βάζουν για το σπίτι, ασκήσεις τέτοια πράγματα.</p> <p>Ερευνήτρια: Χμμ οκ.</p> <p>Άρτεμις: Εε μετά ζωγραφίζω, βγαίνω έξω, κυρίως βγαίνω έξω.</p> <p>Ερευνήτρια: [γέλιο].</p> <p>Άρτεμις: Εε διαβάζω βιβλία. Εε, τι άλλο;... μμ... κάτσε να θυμηθώ... α τώρα με την καραντίνα απέκτησα και μια καινούργια συνήθεια, πάω βόλτες με το ποδήλατο και μαζεύω λουλούδια.</p> <p>Ερευνήτρια: Αα! Όμορφο, όμορφο.</p> <p>Άρτεμις: Δεν ξέρω [γέλιο]... εε αυτά.</p> <p>Ερευνήτρια: Χμμ τέλεια, εε, και πώς νιώθεις</p>	<p>Artemis: Eh, yeah.</p> <p>Researcher: Eh, and what do you do in your free time?</p> <p>Artemis: In my free time, whenever I have some that is [Laughs], eh because my course requires you to be there many hours, eh I'm in a theatre workshop again, dedicated exclusively to acting methods, not to anything else.</p> <p>Researcher: Yeah.</p> <p>Artemis: Eh I go over there, that takes a lot of hours too, and when I'm outside the workshop I usually do the things they give us for homework, exercises and things like that.</p> <p>Researcher: Hmm okay.</p> <p>Artemis: Eh I also I draw, go out, mostly I go out.</p> <p>Researcher: [Laughs].</p> <p>Artemis: Eh I read books. Eh, what else?... mm... let me think... oh, and now with the quarantine I've acquired a new interest, I go cycling with my bike and pick flowers.</p> <p>Researcher: Aa! Beautiful, beautiful.</p> <p>Artemis: I don't know [Laughs]... eh that's it.</p> <p>Researcher: Hmm perfect, eh, and how do</p>	<p>Dedicated to her university work; implies that she doesn't get much free time due to university work.</p> <p>Responsibility-filled life. Focuses on university responsibilities and seems to prioritise her work.</p> <p>She likes to go out often (socially involved).</p>
--	--	--

<p>που είσαι φοιτήτρια και σπουδάζεις σε πανεπιστήμιο;</p> <p>Άρτεμις: Ε, αρχικά ένιωθα τέλεια. Ένιωθα ότι μπορώ επιτέλους να κάνω αυτό που θέλω, να σπουδάσω αυτό που θέλω, γιατί ήταν αυτό που ήθελα. Εε αγαπώ πάρα πολύ τη σχολή μου, και το εργαστήρι, εεμ... αλλά ντάζει, είναι λίγο κουραστικό, λίγο πιεστικό. Αα, επίσης μαθαίνω και Ιταλικά εκτός σχολής. Μου αρέσει πολύ να μαθαίνω ξένες γλώσσες γενικά...</p> <p>Ερευνήτρια: Πολύ ωραία.</p> <p>Άρτεμις: Ναι αυτά, αισθάνομαι πολύ ωραία που σπουδάζω αυτό που μου αρέσει. Δεν έχω παράπονο.</p> <p>Ερευνήτρια: Ωραία, και εεμ, τι σου αρέσει από τη φοιτητική ζωή; Εεμ... specifically δηλαδή. Υπάρχει κάτι συγκεκριμένο που σ' αρέσει από την φοιτητική ζωή;</p> <p>Άρτεμις: Εεμ ναι, μου αρέσει γιατί μου αρέσει που γνωρίζω καινούργιες παρέες, καινούργιο κόσμο, εεε... που είμαι... ενήλικη, νιώθω ενήλικη, αλλά... ταυτόχρονα και παιδί γιατί... βγαίνω έξω, έχω συνείδηση του τι κάνω, του που είμαι, αλλά περνάω και πάρα πολύ ωραία εεμ... κυρίως... ναι, ότι κάνω καινούργιες παρέες.</p> <p>Ερευνήτρια: Χμυμ οκ, εε, πώς θα χαρακτηρίζες τους Έλληνες φοιτητές;</p> <p>Άρτεμις: Εεμ [γέλιο].</p>	<p>you feel about being a student and studying at a university?</p> <p>Artemis: Eh, well <i>at first I felt great. I felt like I could finally do what I want</i>, study <i>what I chose</i>, because it was what I wanted. Eh I really love my course, and the workshops, um... but okay, <i>it's a bit tiring, there is pressure</i>. Oh, and I also learn Italian outside of university. I love learning foreign languages in general.</p> <p>Researcher: Very good.</p> <p>Artemis: Yeah that's all, I feel very happy studying what I like. I have no complaints.</p> <p>Researcher: Alright, and um, what do you enjoy about university life? Um... specifically I mean. Is there something specific you like about university life?</p> <p>Artemis: Um yeah, <i>I like it because I make new friends, meet new people, ehh... that I am... an adult, I feel like a grown up, but... at the same time like a child because... yes I go out, I'm aware of what I'm doing, where I am, but also I have a lot of fun um... mainly... yeah, that I make new friends.</i></p> <p>Researcher: Hmm okay, eh, how would you describe Greek students?</p> <p>Artemis: Um [Laughs].</p>	<p>Feels what she is doing is worthwhile and she is proud; gives her a sense of purpose. She emphasises how important it is for her to make her own decisions, “<i>I could finally do what I want, study what I chose</i>”, highlighting her need for autonomy; the ability to make her own choices (self-rule). However, she also expresses feelings of pressure due to stressful situations, “<i>it's a bit tiring, there is pressure</i>”. The burden of responsibility.</p> <p>Again, emphasising the importance of ‘choice’.</p> <p>Based on the context of the questions and her response, we can assume that the best memories or experiences of student life are directly related to friends and the creation of new interpersonal bonds. Associates being a student with feeling “<i>like a grown up</i>” but also simultaneously “<i>like a child</i>”, giving an impression of balance; implying feelings of freedom and the ability to have fun, but also independency and the adoption of responsibility. A period for rejoice and sociability. Her interests seem to revolve primarily around friends and socialisation.</p>
---	---	--

Ερευνήτρια: [γέλιο].

Άρτεμις: Να σου πω την αλήθεια... εε...
παρτάκιδες... εμ, μέχρι να πάρουν απόφαση
ότι πρέπει να τελειώσουν τη σχολή τους, μέχρι
να σοβαρευτούνε δηλαδή. Θεωρώ δεν είμαστε
τόσο έτοιμοι για-- δηλαδή δεν μας ετοιμάζουν
τόσο πολύ για τη δύσκολη ζωή του
πανεπιστημίου. Ή ίσως το πανεπιστήμιο δεν
έχει τόσο-- δεν είναι τόσο αυστηρό όσο
πρέπει, αλλά θεωρώ ότι οι φοιτητές οι
Έλληνες είναι-- εε αφήνουν μαθήματα να
χρωστάνε απ' αυτά που βλέπω κιόλας. Εε και
δεν τους νοιάζει κάποιος, ή δεν σπουδάζουν
αυτό που τους αρέσει, αλλά κάνουν άλλα
πράγματα, ή δουλεύουν ή βγαίνουν έξω
κυρίως, εε... πολύ νυχτερινή ζωή, πολύ
κοινωνική ζωή.

Ερευνήτρια: Χμμ.

Άρτεμις: Εε... αυτά.

Ερευνήτρια: Εεμ, πώς νομίζεις ότι σε
βλέπουνε οι άλλοι που είσαι φοιτήτρια;
Δηλαδή άνθρωποι που δεν είναι φοιτητές, πιο
μεγάλοι η-- η οικογένεια σου ασπύμαι.

Άρτεμις: Ωραία ερώτηση.

Ερευνήτρια: Χμμ.

Άρτεμις: Εεμ νομίζω ότι... άνθρωποι που δεν
είναι φοιτητές έτσι; Όχι--

Ερευνήτρια: Ναι ναι, πώς σε βλέπουνε εσένα
που είσαι φοιτήτρια;

Researcher: [Laughs]

Artemis: Yeah to tell you the truth... eh...
partygoers... um, until they decide that they
have to finish their Uni, until they get a bit
more serious about that I mean. I don't think
we're that ready for-- that is, they don't
prepare us appropriately for the struggles of
university life. Or maybe the university
doesn't have as much-- it's not as strict as it
should be, but I think that Greek students
are-- eh they owe lessons from what I see. Eh
and they don't all care, or they don't study
what they like, but they do other things, they
work, or they go out mostly, eh... a rich
nightlife, very social life.

Researcher: Hmm.

Artemis: Eh... yeah.

Researcher: Um, how do you think other
people see you because you are a student? So
people who aren't students, older people or--
or your family for instance.

Artemis: That's a good question.

Researcher: Hmm.

Artemis: Um I think that... people who aren't
students right? Not--

Researcher: Yes, yes, how do they see you
because you are a student?

Students find other things more important
than studying; not treating university as a
priority. There is a perception within this
viewpoint that students in general are
careless; tension-free, unless they find
meaning in what they are doing.

She feels that students are not appropriately
prepared to face the challenges university
comes with; sudden increased freedom and
independence; adoption of responsibility;
control. Emerging adulthood is portrayed as
a time of instability- control lessens during
this period and so people are free to choose
lifestyles and behaviours that are not
constrained or restricted by others.

Portrays students as socially involved-
engaging in a vibrant nightlife, mainly
revolved around socialisation.

Άρτεμις: Ωραία, επειδή-- εγώ επειδή είμαι από Θεσσαλονίκη και μένω με τους γονείς μου, εε, πιστεύω ότι με βλέπουνε... ότι διαβάζω πολύ, ότι... όχι όχι ψέματα, νομίζω ότι-- με ρωτάνε συνέχεια "πάλι έξω θα βγείς; Όλο έξω είσαι", αλλά δεν καταλαβαίνουν ότι όταν είμαι έξω δεν είμαι μόνο για καφέδες, είμαι και για άλλα πράγματα. Ενώ είμαι έξω γιατί παρακολουθώ μαθήματα και είμαι μέχρι το βράδυ έξω και λίγο γιατί θέλω να χαλαρώσω. Νομίζω ότι έτσι με βλέπουν, ότι... δεν μένω μέσα καθόλου.

Ερευνήτρια: Χμμ.

Άρτεμις: Δεν ξέρω, και νιώθω, τώρα με αυτό που είπαμε για οικογένεια, νιώθω ότι δεν είμαι-- (poor connection)-- φοιτήτρια γιατί δεν έχω-- πέρα απ' την σχολή δεν έχω άλλες υποχρεώσεις, π.χ να πληρώσω το νοίκι μου, οπότε έχω και έναν έλεγχο παραπάνω απ' τους-- απ' την οικογένεια μου, έλεγχος σε εισαγωγικά. Εεμ νομίζω δεν με βλέπουν και τόσο... ως φοιτήτρια εε... προσπαθούν ακόμα να αποδεχτούν ότι έχω ενηλικιωθεί και ότι μπορώ να κάνω αυτά που θέλω στη ζωή μου. Τώρα νομίζω... σ' αυτό το έτος το αποδέχονται, στο πρώτο δεν μπορούσαν καθόλου να το αποδεχτούν, που άρχισα να βγαίνω, εε... τους φαινότανε αδιανόητο το ότι βγαίνω τόσο συχνά από 'κει που δεν έβγαينا καθόλου.

Ερευνήτρια: Κατάλαβα, μάλιστα... οκ. Μμ, εε τώρα θέλω να μου πεις--

Άρτεμις: Θες κάτι άλλο γι' αυτό;

Artemis: Right, because-- because I'm from Thessaloniki and I live with my parents, eh, I think they see me like... I study a lot, that... no no that's a lie, I think-- they constantly ask me "Are you going out again? You're always out", but they don't understand that when I'm out I don't just go for coffees, I'm out for other things too. I'm out because I'm attending classes and I'm out till late because of course I want to relax too. I think that's how they see me, that... I never stay in at all.

Researcher: Hmm.

Artemis: I don't know, and I feel, regarding what we just talked about family, I feel that I'm not-- (poor connection)-- a student because I don't have-- beyond uni I don't have any other responsibilities, for instance paying rent, so I'm more controlled in a way from my-- from my family, not literally controlled that is. Um I don't think they see me that much... as a student eh... they're still trying to accept that I'm a grown up now and that I can do what I want in my life. Now I think... in this year they have come to terms with it, in the first year they couldn't accept it at all, that I started going out, eh... it seemed inconceivable to them that I'd go out so often after not going out at all.

Researcher: I got you, I see... okay. Mm, eh now I want you to tell me--

Artemis: You want something else on that?

Lives with her parents; perhaps more controlled and has less independence.

Conflicting perceptions. She is seen by her parents as quite wild and unrestrained; always out. The fact that she says, "they constantly ask me", implies that her parents interfere with her life (pressure- personal freedom). Implies that she goes out to relax.

Not in control- less autonomy. Personal freedom is obtained when one is not controlled or lives with family. Associates being a student with being a "grown up", the period of adult status that is mainly revolved around self-ruling, and the ability to make her own choices. Increased free time associated with being a student.

Ερευνήτρια: *Όχι όχι όχι*

Άρτεμις: *Η--*

Ερευνήτρια: *Εε δεν χρειάζεται να λες-- θα λες αυτά που νιώθεις ότι θέλεις να πεις, αυτά είναι τα σωστά [γέλιο].*

Άρτεμις: *Εντάξει.*

Ερευνήτρια: *Εε, μην αγχώνεσαι. Λοιπόν, εε, πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο; Δηλαδή πώς ήταν στην αρχή για 'σενα;*

Άρτεμις: *Μου άρεσε γιατί ήταν μια αλλαγή, και λίγο στο σχολείο-- στο λύκειο ένιωθα πολύ μονότονη τη ζωή μου, δηλαδή ούτε και πολύ κοινωνική ζωή είχα, ούτε έβγαίνα, μόνο διάβαζα για να περάσω στη σχολή που ήθελα. Ένιωθα πολύ περιορισμένη, ένιωθα ότι ήμουν σε φυλακή, σαν να είμαι σε φυλακή, και όταν μπήκα στο πανεπιστήμιο δεν είχα αυτό το άγχος του πώς θα είναι και τι θα κάνω και θα με περνάνε για νήπιο και θα λένε τι κάνω τώρα-- (poor connection)-- αλλά μου άρεσε, δηλαδή μου άρεσε που μπήκα στο πανεπιστήμιο, και λέω "wow τώρα εγώ έγινα φοιτήτρια, είμαι πρώτο έτος", εε, ένιωθα ότι-- όχι ότι έκανα κάτι σπουδαίο αλλά ότι έκανα μια υπέροχη αλλαγή, και μάλιστα μια αλλαγή σε μια-- ότι σπουδάζω κάτι που λατρεύω, που ήθελα πάντα. Και... ένιωθα ότι αποφυλακίστηκα μόλις μπήκα στο πανεπιστήμιο, ότι έχω όλη τη ζωή μπροστά μου πλέον, μπορώ να γίνω αυτό που θέλω, ότι θέλω... μπορώ να κάνω ότι θέλω. Αυτά.*

Researcher: *No no no.*

Artemis: *Or--*

Researcher: *Eh you don't have to say-- you just say what you feel you want to say, that's what's right [Laughs].*

Artemis: *Alright.*

Researcher: *Eh, don't you worry. So, eh, can you tell me about the transition from college to university?*

Artemis: *I liked it because it was a change, and in school-- in college I felt my life was very monotonous, so I didn't have a very social life, I didn't go out, I only studied so I could get into the university I wanted to. I felt very limited, I felt I was in prison, like I was in prison, and when I got into university I didn't have that stress of what it's going to be like and what I'm going to do and that they're going to think I'm a toddler and that they're going to judge what I'm doing now-- (poor connection)-- but I liked it, so I liked that I got into university, and I said "wow now I'm a student, I'm in first year", eh, I felt that-- not that I did anything great, but that I made a wonderful change, and a change that-- that I'm studying something I love, that I've always wanted. And... I felt like I was released as soon as I got into university, that I have my whole life ahead of me now, I can be who I want, whoever I want... I can do whatever I want. Yeah.*

Monotonous refers to feelings of boredom, and so she liked the transition from college to university as she escaped from that consistent, repeated pattern which never seemed to change, and she got into the period of rejoice and sociability. Similarly to Zack, she mentioned that prior to going to university, you go through an isolated period; where you solely focus on studying as a priority; indicating a decrease in social life and freedom, "I felt I was in prison", and so she associates becoming a student with a sudden liberation and a vibrant social life (freedom). It is seemingly a time of identity exploration; finding meaning and purpose; developing new social circles; initiating new roles and lifestyles; increased opportunities and choices; increased independence and freedom from control.

Ερευνήτρια: Κατάλαβα, ωραία, ε και είπες ότι μένεις μαζί με την οικογένεια σου, σωστά;	Researcher: Got you, alright, eh and you said you live with your family, right?	
Αρτεμης: Ναι.	Artemis: Yes.	
Ερευνήτρια: Εε και πώς νιώθεις γι' αυτό; Που δε-- γιατί πολλοί--	Researcher: Eh and how do you feel about that? That you don't-- because a lot--	
Αρτεμης: Εντάξει--	Artemis: Well--	
Ερευνήτρια: Γιατί πολλοί φοιτητές ασπύμαι φεύγουνε απ' τις οικογένειες τους.	Researcher: Because a lot of students for instance leave their families.	
Αρτεμης: Εε, επειδή εγώ είμαι από Θεσσαλονίκη και η σχολή μου είναι στη Θεσσαλονίκη, οπότε το θεωρήσαμε στην αρχή περιττό έξοδο το να πάω να μείνω μόνη μου στο κέντρο.	Artemis: Eh, because I'm from Thessaloniki and my university is in Thessaloniki, we thought it was an unnecessary expense at first to move out and leave alone in the centre.	
Ερευνήτρια: Ναι.	Researcher: Yeah.	
Αρτεμης: Μένω πολύ λίγο πιο έξω από την Θεσσαλονίκη.	Artemis: I live very close to Thessaloniki anyways.	
Ερευνήτρια: Χμμ.	Researcher: Hmm.	
Αρτεμης: Εεμ, δεν μου αρέσει και τόσο γιατί δεν έχω αυτή την ελευθερία που θα είχα αν ήμουν φοιτήτρια, δεν είμαι τόσο υπεύθυνη όσο αν ζούσα μόνη μου σ' ένα δικό μου σπίτι και έπρεπε να το φροντίσω, και αυτό θέλω πάρα πολύ να το κάνω.	Artemis: Eh, I don't like it that much because I don't have that freedom I would have if I was a student who lived away. I'm not as responsible as I would be if I lived alone in my own place and I had to take care of it, and that's something I really want to do.	Control lessens during this separation from family and moving out, but in her case, it didn't as she continued to live with her family. Associates living away from her family with personal freedom and increased independence (adoption of responsibility).
Ερευνήτρια: Χμμ να το ζήσεις ναι.	Researcher: Hmm to experience it yes.	
Αρτεμης: Όσο κουραστικό και βαρετό και να είναι. Ναι θέλω. Εεμ ναι, δεν νιώθω τόσο ενήλικας. Επίσης νιώθω ότι έχω πάντα	Artemis: Yeah, I do, as tiring and boring as it is. Um yeah, I don't feel like a proper adult. I also feel that I'm always controlled	Pressured/restricted. She doesn't feel free; the ability to self-rule, associated with the image of being able to do what she desires

κάποιον έλεγχο, φύλακα... δηλαδή οι-- ναι ντάξει οι γονείς μου θα με ρωτήσουνε από ενδιαφέρον και επειδή νοιάζονται για' μένα 'που θα πας και με ποιόν θα είσαι και τι ώρα θα γυρίσεις για να ξέρουμε'', εε που αυτό μου λένε θα μου το ρωτούσανε είτε ζούσα μαζί τους είτε όχι. Εε... δεν με ενοχλεί τόσο αυτό πλέον. Παλιά το 'καναν σε πιο υπερβολικό βαθμό και με ενοχλούσε, και-- γιατί και εγώ ήμουν πολύ αντιδραστική παλιά οπότε το έπαιρνα πολύ αλλιώς. Εεμ... αλλά πιστεύω αν ζούσα μόνη μου δεν θα με ρωτούσαν τόσο συχνά 'που θα πας και με ποιόν θα 'σαι'' και τα λοιπά. Ναι, δεν νιώθω τόσο ελεύθερη, νιώθω λίγο πιο περιορισμένη και ότι δεν έχω και τόσο πολύ το δικό μου χώρο. Ναι τον έχω, έχω το δωμάτιο μου, αλλά άλλο να έχεις ένα ολόκληρο σπίτι μόνος σου. Που βασικά είναι κάτι εντελώς διαφορετικό.

Ερευνήτρια: Εννοείτε ναι ναι, χμμ.

Άρτεμις: Αυτό. Οπότε σκέφτομαι ίσως φύγω κάποια στιγμή.

Ερευνήτρια: Μάλιστα.

Άρτεμις: Ελπίζω σύντομα.

Ερευνήτρια: Ναι, ωραία... τέλεια, εε, τώρα θα προχωρήσουμε στο-- στη νυχτερινή ζωή. Άρα θέλω τώρα να μου πεις λίγα λόγια για τη νυχτερινή σου ζωή. Τι σου αρέσει να κάνεις, που βγαίνεις συνήθως, αν βγαίνεις συχνά, τέτοια πράγματα.

Άρτεμις: Ωραία... εεμ, μου αρέσει πάρα πολύ

in a way, guarded... so my-- yeah okay my parents are going to ask because they care about me "where you going and who you're going with and what time you going to come back so we are aware", eh which they tell me it's something that they'd ask me anyway whether I lived with them or not. Eh... I don't mind that as much anymore. They used to do it to a more excessive degree and it bothered me, and-- because I used to be very reactive back then too so I used to react very differently. Um... but I believe if I lived alone they wouldn't ask me so often "where are you going and who with" and so on. Yeah, I don't feel so free, I feel a little bit more restricted and that I don't have my own space. Well yeah I do, I have my bedroom, but it's one thing to have completely your own place and another not to. Which is basically something completely different.

Researcher: Of course yes yes, hmm.

Artemis: Yeah. So, I'm thinking of leaving at some point.

Researcher: I see.

Artemis: I hope soon.

Researcher: Yeah, right... perfect, eh, now we will move onto-- the nightlife. So now I want you to tell me a bit about your nightlife as a student. What do you like to do, where do you tend to go out, if you go out often, things like that.

Artemis: Alright... um, I really like going

without anyone controlling her and interfering in her life.

Pressure/control.

Referring to feelings of suffocation (figurative sense).

Newfound independence. The desire to be free.

The desire to be autonomous.

Socialisation is associated with enjoyment

να βγαίνω, ειδικά μετά από μία κουραστική μέρα όσο κουρασμένη και να'μαι. Θα βγω γιατί μου αρέσει να βλέπω άλλα άτομα, άλλο κόσμο, να κοινωνικοποιούμαι, να φλερτάρω, πάντα με την καλή έννοια.

Ερευνήτρια: Ναι ναι.

Άρτεμις: Εε βγαίνω-- προτιμώ ασπύμαι σε διάφορα έτσι μπαρ. Αλλά όχι αυτά τα κλαμπ τύπου-- δεν ξέρω αν τα ξέρεις τα-- (poor connection) και τέτοια. Εε σε πιο έτσι αναλλακτικά. Σε πάρτι του πανεπιστημίου, της σχολής μας... εμμ... σε σπίτια αν γίνεται κάποιες φορές πάρτι, αν και δεν έχει τύχει πολλές φορές. Αλλά μου αρέσουν πάρα πολύ τα πάρτι σε σπίτια. Εε... κυρίως όμως σε μικρά μπαρ, πιο εναλλακτικά.

Ερευνήτρια: Ωραία χμμ, πολύ ωραία, και για - για πόσες ώρες θα βγεις συνήθως; Δηλαδή από τι ώρα θα βγεις και μέχρι τι ώρα θα κάτσεις έξω;

Άρτεμις: Ωραία εε, θα βγω από τις εεμ... πες 11-- 10/11... μέχρι 3 εε αν δεν είμαι και τόσο καλά, αλλά αν αντέχω μπορεί και μέχρι τις 7 το πρωί.

Ερευνήτρια: Μάλιστα, ωραία. Λοιπόν, τώρα--

Άρτεμις: Συνήθως μέχρι τις 7 ναι.

Ερευνήτρια: Ναι ναι, χμμ... εε, τώρα θέλω να μου πεις τι είναι ένα πάρτι για' σενα; Δηλαδή τι θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;

out, especially after a long day even if I'm tired. Because I like to see other people, interact with other people, socialise, flirt, always in a good way of course.

Researcher: Yeah yeah.

Artemis: Eh I go out-- I prefer going to different bars. But not clubs that are like-- I don't know if you know them the-- (poor connection) and stuff. Eh I like more alternative places. To university parties... umm... in houses if it's a house party, although it hasn't happened a lot of times. But I really like house parties. Eh... but mainly I go to small bars, more alternative.

Researcher: Alright hmm, very nice, and for how-- for how long do you stay out for usually? So what time do you go out and what time do you return?

Artemis: Alright eh, I'll go out from um... say eleven-- ten or eleven... until three eh if I'm not well, but if I can bear it, I may stay out until seven in the morning.

Researcher: I see, alright. So, now--

Artemis: Usually until seven yes.

Researcher: Yes yes, hmm... eh, now, I want you to tell me what is a party to you? So what would you say you consider a good party?

and relaxation. The social part seems to be important for her. Being a student is the period to rejoice and socialise.

Bars seem to be more suitable for people who want to socialise, as the atmosphere of bars is much calmer and not as loud as it is in clubs.

Drawn to atmospheres in which she feels welcomed. A certain warm and welcoming atmosphere seems to be created in these places, "alternative places", "university parties", "house parties", perhaps because the people in these alternative drinking places are like-minded.

Vibrant nightlife. Willing to consider limits.

<p>Άρτεμις: Ωραία, ένα καλό πάρτι εε... συμπεριλαμβάνει σίγουρα... ωραία μουσική που να την απολαμβάνουν όλοι.</p> <p>Ερευνήτρια: Χμμ.</p> <p>Άρτεμις: Εε... πάρτι οπουδήποτε;</p> <p>Ερευνήτρια: Ναι.</p> <p>Άρτεμις: Ωραία εεμ, είτε είναι σε μπαρ είτε είναι σε σπίτι, αν και μ' αρέσουν πιο πολύ τα πάρτι σε σπίτι ειδικά αν είναι μεγάλο το σπίτι...</p> <p>Ερευνήτρια: Ναι ναι.</p> <p>Άρτεμις: Τελospάντων, ναι... ωραία μουσική, εε, ευδιάθετοι άνθρωποι με... με όρεξη ασπύμαι για να μιλήσουν. Εεμ... ένα καλό πάρτι θα ήταν-- θα μπορούσε να έχει και ένα θέμα, εεμ θέμα ντυσίματος, dress code. Εε όπως π.χ. αποκριατικό 'ντυθείτε έτσι', αλλά και αυτό να μην είναι, εε... ποτό, φαγητό, καλή παρέα.</p> <p>Ερευνήτρια: Ωραία, χμμ.</p> <p>Άρτεμις: Αυτά.</p> <p>Ερευνήτρια: Οκ, εε και τι θα ήταν ένα κακό πάρτι για 'σενα; Έχεις πάει δηλαδή σε-- αν έχεις πάει και ξέρεις.</p> <p>Άρτεμις: Εε λοιπόν, ένα κακό πάρτι για 'μενα θα 'ταν να 'χει πάρα πολύ κόσμος, να είσαι ο ένας πάνω στον άλλον. Εεμ, η μουσική να μην ακούγεται καθόλου, να ακούγονται</p>	<p>Artemis: Right, a good party eh... definitely involves... <i>good music that everyone enjoys.</i></p> <p>Researcher: Hmm.</p> <p>Artemis: Eh... a party wherever?</p> <p>Researcher: Yes.</p> <p>Artemis: Cool um, whether it's in a bar or in a house, although I like house parties more especially if the house is big...</p> <p>Researcher: Yeah yeah.</p> <p>Artemis: Anyways, yeah... <i>good music, eh, cheerful people that... that are in the mood to talk.</i> Um... a good party would be-- <i>it could have a theme, um a dress theme, a dress code.</i> Eh like for instance a Halloween theme "dress like that" kind of thing, but even if it's not that, eh... <i>drink, food, good company.</i></p> <p>Researcher: Alright, hmm.</p> <p>Artemis: Yeah.</p> <p>Researcher: Okay, eh and what is a bad party to you? Have you ever gone to-- if you have been to one and know.</p> <p>Artemis: <i>Eh so, a bad party for me would be an overcrowded party, jam-packed with people. Um, to not be able to hear the music at all, only to hear the voices of people talking, um... to be-- to be way too drunk, a</i></p>	<p>Collective enjoyment (shared experience).</p> <p>The repetition of 'good music' puts emphasis on the significance of it for her. This is possibly because music is one of the main factors that create an atmospheric experience, and she values the atmosphere of a night out. This impression of her viewing atmosphere as important is furthered by mentioning how she prefers the people there to be- cheerful and talkative. When a cohesive atmosphere is formed, people feel comfortable and therefore are cheerful and more open to conversating as everyone has delved into a specific vibe and become synchronised. A welcoming atmosphere. A dress code could be a means of experiencing collective belongingness- everybody there can identify as one if they are presenting themselves as part of the same theme.</p> <p>Both drinking and eating are things that can be enjoyed thoroughly as a collective, if everybody present deem each other good company. Perhaps the criteria for good company is partially people at the same frequency, something that can be achieved by collective experiences such as drinking and eating together.</p> <p>Everything that a bad party entails for her is something which acts as a blockade between people, distracting or overwhelming them and not allowing connection. If a place is overcrowded, it is hard to focus on your company or the connection you have with</p>
--	--	---

περισσότερο οι φωνές των ανθρώπων που μιλάνε, εεμ... να είσαι-- να'χω γίνει πίτα, να'χω γίνει χάλια στο μεθύσι και να μην μπορώ να δω μπροστά μου. Δεν μου'χει τύχει αυτό αλλά έχω δει άλλους που είναι έτσι, εε, να ξερνάνε από'δω να ξερνάνε από'κει... εε, ή ασπύμαι να γίνουν φασαρίες, να μαλώσουν κάποιοι μέσα στο πάρτι. Ναι, ένα κακό πάρτι θα'ταν να μην ακούγεται καλά η μουσική, να υπάρχουν πολλοί μεθυσμένοι, να υπάρχουν πάρα πολλά άτομα ο ένας πάνω στον άλλον... εε και... να δεν ξέρω... ή να μην υπάρχουν ξερωγώ αρκετά ποτά.

Ερευνήτρια: Ναι ναι ναι, χμμ κατάλαβα κατάλαβα την όλη εικόνα. Εεμ, τώρα θέλω να μου πεις πώς είναι το προσωπικό και οι κανόνες στα μπαρ και στα κλαμπ που βγαίνεις. Δηλαδή πώς σου συμπεριφέρεται το προσωπικό, αν υπάρχουν όρια και κανόνες που βάζουνε...

Άρτεμις: Ναι εεμ... στα περισσότερα μπαρ που έχω πάει... το προσωπικό είναι ευγενικό.

Ερευνήτρια: Χμμ.

Άρτεμις: Εεμ... πλέον δεν επιτρέπεται να καπνίζουμε μέσα.

Ερευνήτρια: Ναι.

Άρτεμις: Εε, οπότε όσοι θέλουν να καπνίσουν πρέπει να βγουν έξω και το προσωπικό εννοείτε κάνει παρατήρηση στους πελάτες όταν τους δει να καπνίζουν μέσα. Αν και υπήρχανε φορές που έχω δει να καπνίζουν

mess from drinking and not be able to look in front of me. That has never happened to me but I've seen others who got to that stage, eh, throwing up everywhere... eh, or if someone creates trouble, people start fighting. Yeah, a bad party would be not being able to hear the music well, too many drunk people, no personal space...ehh and... yeah I don't know... or there not being enough drinks.

Researcher: *Yeah yeah yea, hmm I got the whole picture. Um, Now I want you to tell me how are the drinking places you go to such as pubs and clubs in regard to staff and rules? So how are you treated, if there are boundaries and rules they enforce...*

Artemis: *Yeah um... in most bars I've been to... the staff are polite.*

Researcher: *Hmm.*

Artemis: *Um... we're no longer allowed to smoke inside.*

Researcher: *Yeah.*

Artemis: *Eh, so those who want to smoke have to go outside and the staff of course will tell people off if they see them smoking inside. Although there are times where I've seen people smoking inside and nobody*

them, making it difficult for a cohesive atmosphere to form. Also, in an overcrowded place you may feel more uncomfortable due to the lack of personal space. Only hearing voices and not the music also makes it hard to focus, and doesn't allow you to feel as if you're part of something because you can just hear snippets of conversations that you're not engaged in.

Excessively drinking wouldn't allow you to truly live the experience as your reflexes are slower, you may not be able to see, and real communication would be a struggle to achieve. Staying decent is valued.

Fighting would, of course, create an unpleasant atmosphere- it wouldn't create a relaxing mood, but tension instead.

Alcohol is important to her within social settings. Maybe because it eases people and enhances experiences. An entry way to discovering unity.

Good manners- welcoming environment, enjoyable experience.

Health concerns are being attended to.

Although it is a rule now, at times it is not abided by or even enforced. Relaxed policies.

<p>μέσα και να μην λένε κάτι γιατί οι ίδιοι, το ίδιο το προσωπικό το επιτρέπει.</p> <p>Ερευνήτρια: <i>Ναι.</i></p> <p>Άρτεμις: <i>Εε πρέπει να-- αν πας σε κάποιο μπαρ... εε, κυρίως αν είναι μεγάλο, πρέπει να πάρεις κάποιο ποτό, είσαι υποχρεωμένος. Εεμ... αλλά σε πιο μικρά μπαρ που 'χω πάει κιόλας δεν είναι υποχρέωση να πάρεις κάποιο ποτό. Επίσης στο κλείσιμο το προσωπικό-- οι σερβιτόροι έρχονται και λένε 'Να με πληρώσετε γιατί κλείνουμε', δηλαδή--</i></p> <p>Ερευνήτρια: <i>Α στο τέλος, δηλαδή δεν πληρώνεις--</i></p> <p>Άρτεμις: <i>Ναι ναι, με ευγενικό τρόπο σε διώχνουν, σε εισαγωγικά σε διώχνουν γιατί προφανώς πρέπει να πάνε να ξεκουραστούν και αυτοί, εεμ...</i></p> <p>Ερευνήτρια: <i>Ωραία χμμ.</i></p> <p>Άρτεμις: <i>Τι άλλο;... Ναι αυτά. Δηλαδή έχω παεί ασπύμαι και σε μπαρ που έχω και φίλη σερβιτόρα και οι σερβιτόροι εκεί είναι πολύ αραχτοί και δεν τρέχει τίποτα, και είναι και σ' άλλα μπαρ που τρέχουνε, που δεν διατηρούν και τόσο κοινωνικές σχέσεις με τους πελάτες.</i></p> <p>Ερευνήτρια: <i>Μάλιστα ναι, ωραία, ναι ναι ναι. Εεμ υπάρχει security στο χώρο συνήθως;</i></p> <p>Άρτεμις: <i>Εεμ όχι δεν υπάρχει.</i></p> <p>Ερευνήτρια: <i>Χμμ, εε σε τσιεκάρουνε δηλαδή</i></p>	<p><i>saying anything to them because they themselves, the staff themselves allow it.</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Artemis: <i>Eh you have to-- if you go to a bar... eh, especially if it's big, you have to buy a drink, you have to. Um... but in some smaller bars I've been to you don't have to buy a drink. Also, when they close the bar the staff-- the waiters will come and ask you "can you pay me now because we're closing", that is--</i></p> <p>Researcher: <i>Oh at the end, so you pay at the-</i></p> <p>Artemis: <i>Yeah yeah, in a polite way, they will ask you to leave, well they have to ask you to leave obviously because they need to rest and relax too, um...</i></p> <p>Researcher: <i>Alright hmm.</i></p> <p>Artemis: <i>What else?... yeah that's it. So I've been both to bars where the waitresses are my friends and the waitresses there are very relaxed and laid back, and I have been to other bars where the staff there are always in a hurry, and they don't build social relationships with customers.</i></p> <p>Researcher: <i>I see yeah, alright, yes yes yes. Um is there security and bouncers?</i></p> <p>Artemis: <i>Um no there isn't.</i></p> <p>Researcher: <i>Hmm, eh do they check you so--</i></p>	<p>Expected to buy at least one thing on the places you visit.</p> <p>Drinks are paid for at the end- relaxed setting, sense of trust between customer and seller.</p> <p>Politeness is repeated- emphasised.</p> <p>Comparing relaxed and laid-back staff with staff in a hurry who do not build social relationships with costumers implies that a social foundation between the customer and the worker is appreciated and valued.</p> <p>Relaxed policies. Trust present. Welcoming environment created.</p>
--	---	--

<p>σε-- σου βλέπει κανείς την ταυτότητα ή σου κοιτάν την τσάντα;;</p> <p>Άρτεμις: Όχι όχι, κανείς κανείς. Εε μόνο-- βασικά οι πορτιέρηδες σε κάποια μπαρ στη Βαλαωρίτου ίσως σου-- δεν-- δεν εξετάζουνε ποτέ ταυτότητα αλλά σε βλέπουν.</p> <p>Ερευνήτρια: Ναι ναι ναι ναι, σε κόβουν, ναι κατάλαβα. Οκ εεμ--</p> <p>Άρτεμις: Αλλά ποτέ δεν μου 'χει ζητηθεί ταυτότητα.</p> <p>Ερευνήτρια: Χμμ, εε, και δεν υπάρχει συγκεκριμένη εε διαδικασία στην είσοδο του μαγαζιού; Δηλαδή υπάρχει ένας πορτιέρης συνήθως που σε καλωσορίζει μέσα απ' όσο κατάλαβα.</p> <p>Άρτεμις: Ναι στα πιο μεγάλα μπαρ προς κλαμπ κάπως υπάρχει ο πορτιέρης που θα σου πει πότε θα μπεις και πότε να βγεις γιατί μπορεί να 'χει κόσμος, σε άλλα μπαρ δεν υπάρχει, δηλαδή μπαίνεις μόνος σου. Αα επίσης δεν επιτρέπεται και το ποτό σε... ανηλίκους, δηλαδή αν δούνε κάποιον θα τον ρωτήσουν αν είναι ενήλικας.</p> <p>Ερευνήτρια: Χμμ μάλιστα.</p> <p>Άρτεμις: Εεμ...</p> <p>Ερευνήτρια: Ναι.</p> <p>Άρτεμις: Ναι όχι δεν υπάρχουνε. Στα μπαρ αυτά τα πιο εναλλακτικά και αυτά ή τα πιο</p>	<p>does anyone look at your ID or search your bag?</p> <p>Artemis: <i>No no, no one does. Eh only-- well the welcoming staff at the door sometimes in some bars in Valaoritou only will-- well they will not look at your ID but they will look at you.</i></p> <p>Researcher: <i>Yeah yeah yeah yeah, they'll measure you, yes I see. Okay um--</i></p> <p>Artemis: <i>But I've never been asked for ID.</i></p> <p>Researcher: <i>Hmm, eh, and is there not a specific entry policy? Because as far as I've understood there is just a person at the door who welcomes you in.</i></p> <p>Artemis: <i>Yeah in the bigger bars or clubs there's a doorman who's gonna tell you when to go in or when to leave if it's too crowded, in most bars there is no doorman though, you just go in on your own. Oh, also minors are not allowed to drink, so if they see someone they will ask them if they're a minor.</i></p> <p>Researcher: <i>Hmm I see.</i></p> <p>Artemis: <i>Um...</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Artemis: <i>Yeah no, there are usually no doormen. In more alternative bars or the</i></p>	<p>Relaxed attitude.</p> <p>Pay attention to appearances.</p> <p>Relaxed policies.</p> <p>Ask them but not check their ID for age verification?</p> <p>Relaxed attitude.</p>
---	--	--

<p>μικρά δεν υπάρχουνε πορτιέρηδες, μπαίνεις μόνος σου, αυτό.</p> <p>Ερευνήτρια: Ωραία. Εεμ, πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους; Δηλαδή τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις;</p> <p>Άρτεμις: Εεμ... μπορείς πρώτον να πιείς... όσο θες. Μπορείς να κεράσεις, να κεραστείς. Να φλερτάρεις να... να φιληθείς με κάποιον, να φασωθείς, αλλά μέχρι ένα σημείο αυτό ντάζει μετά καταντάει...</p> <p>Ερευνήτρια: Ναι με όρια, οκ.</p> <p>Άρτεμις: Ναι με-- σε ένα όριο εεμ...</p> <p>Ερευνήτρια: Κατάλαβα χμμ.</p> <p>Άρτεμις: Δεν μπορείς όμως να προκαλέσεις φασαρία με το παραμικρό ή να πλακωθείς στο ξύλο με τον άλλον μέσα στο μπαρ, ή να προκαλέσεις ένταση για οποιονδήποτε λόγο... αλλά, πρέπει να λύνονται κάπως πιο ειρηνικά θεωρώ, μεταξύ των πελατών και μεταξύ του προσωπικού με τους πελάτες.</p> <p>Ερευνήτρια: Οκ χμμ, ωραία. Εε μπορείς να μου περιγράψεις πώς είναι η ατμόσφαιρα; Δηλαδή ε πως-- πως νιώθεις εσύ μέσα σ' αυτό το χώρο, πώς είναι η ατμόσφαιρα;</p> <p>Άρτεμις: Η ατμόσφαιρα είναι πολύ ευχάριστη. Εεε... όλοι έχουνε καλή διάθεση, ο καθένας είναι με την παρέα του, συζητάνε, πίνουνε, κάνουνε ελαφριές συζητήσεις. Εμείς με την παρέα μου πιάνουμε και τις πιο ουσιώδης</p>	<p>smaller bars there are no doormen, you enter on your own, that's it.</p> <p>Researcher: Alright. Um, what do you think is expected from you in the drinking places you go to? So, what can you do and cannot do in such places?</p> <p>Artemis: Um... you can drink as much as you want. You can treat people, you can be treated by people. You can flirt... kiss someone, make out, but to a certain extent of course because okay this can turn...</p> <p>Researcher: Yeah with limits, okay.</p> <p>Artemis: Yeah with-- up to a limit um...</p> <p>Researcher: Got it hmm.</p> <p>Artemis: And you can't be causing a fuss with the slightest thing or beat someone up inside the bar, or cause tension for whatever reason... but, such problems need to be solved somewhat more peacefully I find, between customers and between staff and customers.</p> <p>Researcher: Okay hmm, alright. Eh could you describe to me the environment? So eh how-- how do you feel in it, how is the atmosphere?</p> <p>Artemis: The atmosphere is very pleasant. Ehh... everyone's in a good mood, everyone's with their friends, they talk, they drink, they have light discussions. Me and my friends tend to have more deep discussions,</p>	<p>The nature of social situations.</p> <p>Common sense rather than strict rules to keep people in line. Boundaries need to be respected. Staying decent is expected.</p> <p>Conflict is unacceptable, if there is any it can be solved peacefully to not affect the environment and create tension.</p> <p>Enjoyable atmosphere valued. Here she describes a collective experience. A happy social environment creates an atmosphere that makes people happy to be in. People resonate and there is a sense of oneness; suggesting a collective unified sense of happiness.</p>
---	--	--

<p>συζητήσεις, όχι ότι ακουγόμαστε και πολύ σ' αυτά που λέμε αλλά ναι εε... εγώ θυμάμαι λίγο να είμαι και πιο διασπασμένη, να είμαι ασπύμαι σε 2 παρέες, ξέρω 2 παρέες και να είμαι και στις 2 παρέες. Αλλά τελοσπάντων αυτό είναι άλλη ερώτηση.</p>	<p>not that others can hear what we say but yeah eh... <i>I'm also a little bit more divided, being in two groups, so knowing two different groups and being with both.</i> But anyway, that's another question.</p>	<p>She describes an atmosphere of openness and social access (familiarity). The importance of familiarity and openness. Being able to socialise is portrayed as central to her. She desires to be surrounded by people who she is familiar with, enabling sociability.</p>
<p>Ερευνήτρια: Χμμ.</p> <p>Άρτεμις: Μμ τώρα πως είναι το κλίμα... ναι είναι πολύ ευχάριστο. Δεν έχω δει κάτι άσχημο.</p>	<p>Researcher: <i>Hmm.</i></p> <p>Artemis: <i>Mm, regarding the atmosphere... yes, it's very pleasant. I haven't seen anything bad.</i></p>	<p>Tension-free and problem-free. Everyone is at ease.</p>
<p>Ερευνήτρια: Ευχάριστο ναι, όπως είπες. Ναι ωραία, αυτό βασικά ναι. Εεμ--</p>	<p>Researcher: <i>Pleasant yeah, like you said. Yeah alright, that's it actually yes. Um--</i></p>	
<p>Άρτεμις: Χορός, τραγούδι, τέτοια.</p>	<p>Artemis: <i>Dancing, singing, things like that.</i></p>	<p>Engaging in behaviours of collective enjoyment.</p>
<p>Ερευνήτρια: Χμμ χμμ, εε, τώρα θέλω να μου πεις για τη πρώτη φορά που πήγες σ' ένα κλαμπ ή μπαρ, για τη πρώτη φορά ever. Πόσο χρόνων ήσουν, πώς ένιωσες...</p>	<p>Researcher: <i>Hmm hmm, eh, now can you recall the first time you went to a club or bar and tell me about it? The first time ever. How old were you, how did you feel...</i></p>	
<p>Άρτεμις: Ωραία, νομίζω ότι θέλω λίγο να θυμηθώ.</p>	<p>Artemis: <i>Right, I think I need a minute to try and remember.</i></p>	<p>Doesn't stick out in her mind.</p>
<p>Ερευνήτρια: Ναι ναι.</p>	<p>Researcher: <i>Yeah yeah.</i></p>	
<p>Άρτεμις: Θέλω λίγο χρόνο να το θυμηθώ.</p>	<p>Artemis: <i>I need some time to remember.</i></p>	
<p>Ερευνήτρια: Ναι ναι.</p>	<p>Researcher: <i>Yes yes.</i></p>	
<p>Άρτεμις: Γιατί δεν θυμάμαι.</p>	<p>Artemis: <i>Because I don't.</i></p>	
<p>Ερευνήτρια: Αν θυμάσαι εννοείτε αν δεν θυμάσαι το προσπερνάμε.</p>	<p>Researcher: <i>If you can remember of course if you can't we can move on.</i></p>	
<p>Άρτεμις: Ναι... ντάξει δεν ξέρω αν είναι απ'</p>	<p>Artemis: <i>Yeah... okay well I'm not sure if it's</i></p>	

<p>τις πρώτες πρώτες φορές, νομίζω είναι απ' τις πρώτες φορές όμως...</p> <p>Ερευνήτρια: <i>Ναι.</i></p> <p>Άρτεμις: <i>Κάτσε να θυμηθώ να πάω πρώτο έτος πίσω.</i></p> <p>Ερευνήτρια: <i>Εε, εκτός αν έχεις βγει και πριν το πανεπιστήμιο εε... πιο νέα.</i></p> <p>Άρτεμις: <i>Εε... ναι έχω βγει αλλά δεν θυμάμαι να μετράει τόσο γιατί δεν είχα πιεί. Εε και είχα βγει στη τρίτη γυμνασίου σε ένα πάρτι του σχολείου που είχαμε κάνει απ' αυτά τα αποτυχημένα που είναι εδώ στην Ελλάδα.</i></p> <p>Ερευνήτρια: <i>Χμμ.</i></p> <p>Άρτεμις: <i>Εε, είχα μετανιώσει πολύ που βγήκα.</i></p> <p>Ερευνήτρια: <i>Και είχες πάει σε μπαρ ή σε κλαμπ σ' αυτό το πάρτι;</i></p> <p>Άρτεμις: <i>Είμασταν σε ένα μπαρ.</i></p> <p>Ερευνήτρια: <i>Χμμ.</i></p> <p>Άρτεμις: <i>Το είχαμε κλείσει για' μας-- για τη τάξη μας την τρίτη γυμνασίου, και είμασταν μόνο παιδιά της τρίτης γυμνασίου. Αλλά δεν το θεωρώ και τόσο ότι...</i></p> <p>Ερευνήτρια: <i>Ότι βγήκες.</i></p> <p>Άρτεμις: <i>Ήταν κάτι οργανωμένο ναι, γιατί-- ενώ ασπύμαι τώρα έχει διαφορά το πως βγαίνω τώρα με το πώς έβγαينا.</i></p>	<p><i>the first time, but I think it's one of the first times but...</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Artemis: <i>Wait so I can remember and go back on the first year.</i></p> <p>Researcher: <i>Eh, unless you've been out before university eh... younger.</i></p> <p>Artemis: <i>Eh... yeah, I have been but I don't think it counts because I didn't drink. Eh basically I had gone out in year 11 to one of those lame school parties that they do here in Greece.</i></p> <p>Researcher: <i>Hmm.</i></p> <p>Artemis: <i>Eh, and I so regretted going to it.</i></p> <p>Researcher: <i>And was that party held in a bar or a club?</i></p> <p>Artemis: <i>It was in a bar.</i></p> <p>Researcher: <i>Hmm.</i></p> <p>Artemis: <i>We had booked it for us-- for the year 11 class, and we were all from year 11. But I don't think it's like...</i></p> <p>Researcher: <i>Like going out.</i></p> <p>Artemis: <i>It was organised, yes, because-- because the way I go out now compared to how I used to is very different.</i></p>	<p>Describing it as 'lame' implies she doesn't value this experience much. The fact that she doesn't count it because there was no alcohol involved gives the impression that she sees it as a mundane experience; suggesting that alcohol is views as something more 'special'.</p> <p>Not enjoyable.</p>
---	--	--

Ερευνήτρια: Τότε όμως που βγήκες ήπιες αλκοόλ; Σας σέρβιραν αλκοόλ;

Άρτεμις: Εεμ, ναι μας είχαν σερβίρει όχι αλκοόλ, εε κρασί χωρίς αλκοόλ, μπύρα χωρίς αλκοόλ... τέτοια. Εε οπότε ναι, και καλά ότι δεν υπήρχε αλκοόλ μέσα... αλλά εγώ φοβόμουν ακόμη και αυτό να πιώ. Εε... ναι καμία σχέση τότε πως είχα βγει με τώρα. Τότε είχα βάλει και... ένα τέλειο ρούχο, εε, ήμουν βέβαια εκτός εε... πώς να το πω... εκτός κλίματος, εε, φαινόμουν πολύ αμήχανα. Δεν ήξερα πως να έχω τα χέρια μου εε-- παρόλου που ήμουν στην παρέα μου ένιωθα πολύ αμήχανα. Εε, επίσης και τη πρώτη φορά που βγήκα στο πανεπιστήμιο ένιωθα αμήχανα κάπως απ' τις πρώτες φορές.

Ερευνήτρια: Ναι.

Άρτεμις: Γιατί-- και με τα ρούχα που φορούσα, εε τα φορούσα μόνο και μόνο επειδή έπρεπε να έχω αυτό το συγκεκριμένο dress code επειδή πάω στο μπαρ και πρέπει να ντυθώ έτσι. Εε και γι' αυτό ένιωθα ότι δεν ήξερα τι να κάνω, πώς να χορέψω... εε, ένιωθα πολύ σαν παιδάκι, έξω απ' τα νερά μου, έτσι θυμάμαι τις πρώτες φορές.

Ερευνήτρια: Τις πρώτες ναι, μετά εννοείται το συνήθισες και βρήκες τον τρόπο σου--

Άρτεμις: Μετά ναι το συνήθισα πολύ. Ναι, το συνήθισα γιατί μετά βρήκα και πιο κατάλληλη παρέα για να βγαίνω, που με ενθάρρυνε πιο πολύ στο να είμαι-- στο να χαλαρώσω κάπως.

Researcher: Did you drink alcohol that night? Did they serve you alcohol?

Artemis: Um, they served us but not alcohol, eh alcohol-free wine, alcohol-free beer... things like that. Eh so yeah, like there was no alcohol in it... but I was still afraid to drink it. Eh... yeah, it's very different how I used to go out compared to now. Back then I had picked out the perfect outfit, eh, I was of course out of eh... how can I put this... out of place, eh I **seemed very awkward. I didn't know where to put my hands, eh-- even thought I was with my friends I still felt awkward.** Eh, also the first time I went out as a student I felt quite awkward the first few times.

Researcher: Yeah.

Artemis: Because-- even the clothes I wore, eh I was wearing them just because I had to follow this particular dress code because I'm going out to a bar so I have to dress a certain way. Eh and that's why I felt like I didn't know what to do, how to dance... eh, I felt a lot like a kind, **out of my comfort zone,** that's how I remember the first times.

Researcher: The first times yeah, then, of course, you got used to it and found your way--

Artemis: Then yes, I got used to it. Yes, I got used to it because after some time **I found more suitable company to go out with, which encouraged me even more to be-- to relax a**

Nervous. Didn't feel like she belonged.

<p><i>Εε, γιατί παίζει ρόλο και η παρέα και ντάζει, μετά και η μουσική, γιατί συνειδητοποίησα ότι δεν μου αρέσουν τόσο τα ελληνικά, πιο πολύ μ' αρέσουν τα ξένα. Και τώρα ντάζει μπορώ να πάω και με φόρμα στο μπαρ και να μην με νοιάζει καθόλου.</i></p> <p><i>Ερευνήτρια: Χμμ. Πολύ ωραία ναι, αυτό ήθελα βασικά να μάθω απ' αυτή την ερώτηση, εεμ... τώρα θέλω να μου πεις για τη πρώτη φορά που ήπιες αλκοόλ αν θυμάσαι, αν δεν θυμάσαι τη προσπερνάμε.</i></p> <p><i>Άρτεμις: Ναι τη πρώτη φορά θυμάμαι ότι ήπια... εε, πρέπει να ήτανε κρασί, ναι ήτανε κρασί.</i></p> <p><i>Ερευνήτρια: Ναι.</i></p> <p><i>Άρτεμις: Αλλά--</i></p> <p><i>Ερευνήτρια: Και θυμάσαι πόσο χρονών ήσουν;</i></p> <p><i>Άρτεμις: Ναι, ήμουνα τρίτη λυκείου, εε... και ήμουνα 18.</i></p> <p><i>Ερευνήτρια: 18 ναι.</i></p> <p><i>Άρτεμις: 17/18.</i></p> <p><i>Ερευνήτρια: 17/18 ναι.</i></p> <p><i>Άρτεμις: Ήπια κρασί ναι, αλλά ήμουνα με την οικογένεια μου δεν ήμουνα έξω.</i></p>	<p><i>little. Eh, because who you go with plays an important role, and then there is also the music, because I realised that I don't like modern Green pop much, I preferred more foreign songs. And okay now I can go to a bar wearing tracksuits if I wanted to and not care at all.</i></p> <p><i>Researcher: Hmm. Very good yeah, that's what I actually wanted to learn from this question, um... now I want you to tell me about the first time you had alcohol if you remember, if you don't remember we can move on.</i></p> <p><i>Artemis: Yeah the first time I drank I think it was... eh, it must have been wine, yes, it was wine.</i></p> <p><i>Researcher: Yeah.</i></p> <p><i>Artemis: But--</i></p> <p><i>Researcher: And can you recall how old you were?</i></p> <p><i>Artemis: Yeah, I was in my final year of college, eh... and I was 18.</i></p> <p><i>Researcher: 18 yeah.</i></p> <p><i>Artemis: 17 or 18.</i></p> <p><i>Researcher: 17 or 18 yeah.</i></p> <p><i>Artemis: I drank wine yes, but I was with family I wasn't out.</i></p>	<p>Alcohol was introduced by her family.</p>
--	---	--

Ερευνήτρια: Αα κατάλαβα και πως σε έκανε να νιώσεις το πρώτο εε... αλκοολούχο ποτό ας το πούμε;

Άρτεμις: Ε ένιωσα αρχικά περίεργα, λέω "τόρα δηλαδή εγώ είμαι ήδη ανεπτυγμένη για να μπορώ να πω αλκοόλ", εε, ένιωσα-- ναι ένιωσα περίεργα δεν ένιωθα ότι-- ένιωθα ότι ήμουν ακόμα στην ανάπτυξη οπότε δεν επιτρεπόταν-- θεωρούσα ότι δεν επιτρεπόταν να πω αλκοόλ. Αλλά λέω νταξει ένα ποτηράκι δεν πειράζει κυρίως όταν είσαι με την οικογένεια σου, που ουσιαστικά η μαμά μου μου είπε "θέλεις και εσύ λίγο κρασί να πιεις";, και είπα ναι γιατί νταξει ξέρω ότι και το κρασί δεν κάνει και κακό. Οπότε ναι ένιωσα περίεργα, αλλά από την άλλη μου άρεσε, ένιωσα πιο... ξέρεις πιο... πιο μεγάλη.

Ερευνήτρια: Κατάλαβα χμμ, και-- και τώρα τι ρόλο παίζει το αλκοόλ στη ζωή σου; Δηλαδή πόσο συχνά πίνεις και τέτοια.

Άρτεμις: Πλέον το αλκοόλ το θεωρώ κάτι δεδομένο στη ζωή μου, δεν θα νιώσω αμήχανα να πω, εχτός και αν πω κάτι καινούργιο. Εε, δηλαδή συνήθως στα ποτά είμαι σταθερή.

Ερευνήτρια: Ναι.

Άρτεμις: Μμμ...

Ερευνήτρια: Ε πόσο συχνά πίνεις;

Άρτεμις: Πόσο συχνά;... πόσο συχνά ναι, εε... πίνω-- πριν την καραντίνα τώρα μιλόνητας...

Ερευνήτρια: Ναι ναι.

Researcher: Oh, I see and how did you feel drinking eh... alcohol for the first time let's say?

Artemis: Eh I felt weird at first, I was like "oh so now I'm already mature enough to be able to drink alcohol", ehh, I felt-- yeah I felt weird I didn't feel that-- I felt that I was still developing so it wasn't allowed-- I thought that I wasn't supposed to drink. But I was like okay one drink doesn't matter especially with family, my mum basically said "do you want a little bit of wine as well?", and I said yes, okay, I know that wine won't do any harm. So yeah, I felt weird, but on the other hand I liked it, I felt more... you know more... more adult.

Researcher: I see hmm, and-- and now what place does alcohol have in your life? So how often do you drink and things like that.

Artemis: Alcohol is a part of my life, I won't feel awkward if I drink, except if I'm drinking something new. Eh, so usually I'm good with the drinks.

Researcher: Yeah.

Artemis: Mmm...

Researcher: Eh how often do you drink?

Artemis: How often?... how often yes, eh... I drink-- before quarantine we're talking...

Researcher: Yes yes.

Associates drinking with becoming an adult.

Part of her routine/ lifestyle. A period for rejoice and sociability.

Άρτεμις: Εε έπινα 3/4 φορές την εβδομάδα.

Ερευνήτρια: Χμμ, και μεθούσες;

Άρτεμις: Μμ... κάποιες φορές ναι κάποιες όχι, συνήθως όμως εε... είχα μια απλή ευθυμία, μια απλή μέθη όχι κάτι παραπάνω από αυτό. Δεν έχω φτάσει στο σημείο να είμαι χάλια.

Ερευνήτρια: Οκ κατάλαβα, ναι. Εμ, και τι σε επηρεάζει στο να πιείς ή να μην πιείς θα έλεγες;

Άρτεμις: Εε αρχικά στο να μην πιω θα με επηρεάσει αν δεν είμαι πολύ καλά στην υγεία μου εε... εννοώ αν είμαι λίγο άρρωστη ίσως να μην πιω-- δεν θα πιω, ή μπορεί να πιω κάτι σε ρακόμελο που κάνει καλό στο λαιμό ασπύμαι.

Ερευνήτρια: Χμμ.

Άρτεμις: Εε επίσης μετά αν δεν έχω πολλά λεφτά δεν θα πιω, εε, είναι και το-- είναι και αυτό που σκέφτομαι. Αλλά όταν πίνω, πίνω γιατί λέω "άντε ας πάρω και λίγο ευθύνη απ'το ποτό", δηλαδή, ναι 'μεν περνάω ωραία έτσι αλλά μπορώ να περάσω και με το ποτό καλά. Αλλά-- όχι περνάω καλά και πίνοντας και χωρίς να πίνω, αλλά νομίζω ότι το ποτό σου προσφέρει-- σε βάζει και λίγο μέσα στο κλίμα όταν... εε--στο κλίμα του μπαρ. Ναι, αυτό.

Ερευνήτρια: Ναι ναι ναι χμμ κατάλαβα, πολύ ωραία. Και ε πώς σε έχει επηρεάσει η

Artemis: Eh **I drink three or four a night.**

Researcher: Hmm, and did you get drunk?

Artemis: **Mm... sometimes and sometimes not, usually though eh... I'm merely cheerful, a little tipsy not something more than that. I haven't reached the point of being terrible.**

Researcher: Okay I see, yeah. Um, and what influences whether you drink or not would you say?

Artemis: Ehh firstly to not drink I'd be influenced by how I am health-wise ehh... **I mean if I'm feeling a little ill perhaps I won't drink-- I won't drink, or I'll drink something like racomelo that's good for the throat I suppose.**

Researcher: Hmm.

Artemis: Eh, also if I don't have much money to spend I won't drink, eh, that's also something-- that's also something I think of. **But when drink, I drink because I say, "alright I'll drink responsibly", so, yes I can have good time like this, but I can also have a good time without a drink. But-- no I have fun with and without drinking, but I think drinking offers you-- it puts you more in the mood when... ehh-- more in the mood of the bar.** Yeah, that's all.

Researcher: Yeah yeah yeah hmm I see, very good. And eh how does your society

Low consumption.

Not incline to get drunk; that is not her goal. Being tipsy gives her what she wants. Alcohol is a means of enhancement for her and she doesn't seem to pursue drunkenness or to have ever lost control (staying decent).

Responsible drinking. Whether she drinks or not is a conscious decision that she makes, suggesting that she is self-aware and responsible with her drinking behaviours. She influenced by how she feels (health-wise).

Drinking is not seen as something she needs in order to enjoy herself.

Perhaps she is motivated to drink, by the way alcohol can be used as a means of enhancement, experiencing moments with friends which unify them as they are all partaking in the same action of drinking. This collective action creates social solidarity and cohesion; a collective mood.

<p>κοινωνία στο τρόπο που πίνεις πιστεύεις;</p> <p>Άρτεμις: Στο τρόπο που πίνω; Τι εννοείς;</p> <p>Ερευνήτρια: Στο τρόπο που πίνεις το αλκοόλ, δηλαδή με το τρόπο που χρησιμοποιείς το αλκοόλ. Αν σε έχει επηρεάσει η κοινωνία.</p> <p>Άρτεμις: Εε... κοίτα, στην-- θα σου πω τώρα-- επειδή ακριβώς ακριβώς δεν κατάλαβα την ερώτηση αλλά θα απαντήσω με αυτό που πιστεύω.</p> <p>Ερευνήτρια: Ναι.</p> <p>Άρτεμις: Εε... στην αρχή έπινα γιατί έλεγα ότι ξέρεις πρέπει να πω αν δεν πω θα με κοιτάνε περίεργα ή θα λένε 'καλά αυτή γιατί δεν πίνει', ή-- ναι αυτό βασικά, αλλά μετά το ξεπέρασα κάπως και γι' αυτό κάποιες φορές δεν πίνω κιόλας.</p> <p>Ερευνήτρια: Και πίνεις όποτε θέλεις εσύ, ωραία ναι αυτό ήτανε, χμμ.</p> <p>Άρτεμις: Αα ωραία.</p> <p>Ερευνήτρια: Εε [γέλιο], εε, πως πιστεύεις θα έπινες αν δεν ήσουν φοιτήτρια;</p> <p>Άρτεμις: Αν δεν ήμουν φοιτήτρια πώς θα έπινα;... ωραία ερώτηση εεμ... κοίτα, πάλι νομίζω το ίδιο ίσως. Ανάλογα βέβαια, δηλαδή αν δεν είχα πολλές παρέες δεν θα έβγαινα τόσο συχνά άρα δεν θα έπινα σχεδόν καθόλου. Αν δεν-- μπορεί να' χα και</p>	<p>influence the way you drink do you think?</p> <p>Artemis: In the way that I drink? What do you mean?</p> <p>Researcher: The way you drink alcohol, that is, the way you use alcohol. If society has influenced you in any way.</p> <p>Artemis: Ehh... look, in-- I'll tell you now-- because I didn't exactly understand the question, but I'll answer with what I believe.</p> <p>Researcher: Yeah.</p> <p>Artemis: Ehh... at first I drank because I was like you know I have to drink if I don't drink they'll look at me weird or they'll say "well why isn't she drinking", or-- yeah that basically, but then I got past that in a way and that's why sometimes I don't drink.</p> <p>Researcher: And now you drink whenever you want, alright yeah that's it, hmm.</p> <p>Artemis: Ah nice.</p> <p>Researcher: Eh [Laughs], eh, how do you think you would drink if you weren't a student?</p> <p>Artemis: If I wasn't a student how would I drink?... good question, ermm... look, again I think the same applies probably. It depends of course, like if I didn't have many friends, I wouldn't go out so often so I would drink almost never. If I didn't-- maybe if I had</p>	<p>It is part of social situations when going out.</p> <p>Doesn't feel obligated to drink anymore just because it is part of social situations to do so.</p> <p>A social activity. Drinks with friends.</p>
--	---	---

διαφορετικές παρέες, οπότε... να μην-- να έπινα ή πολύ παραπάνω ή πολύ λιγότερο ανάλογα με τις παρέες. Θεωρώ ότι θα έπινα όμως το ίδιο... ίσως πολύ λίγο λιγότερο, αυτό.

Ερευνήτρια: Χμμ, εεμ αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους; Με κοντινούς φίλους; Δηλαδή θα έπινες πιο πολύ αν ήσουνα πιο πολύ με κοντινούς φίλους ή θα έπινες πιο λίγο;

Άρτεμις: Εε, όχι δεν αλλάζει το ίδιο πίνω είτε είμαι με κοντινούς είτε χωρίς. Ίσως λίγο παραπάνω, ναι ίσως λίγο παραπάνω με κοντινούς, δεν ξέρω όμως γιατί..

Ερευνήτρια: Οκ, χμμ ναι. Εεμ, πώς νιώθεις όταν είσαι μεθυσμένη; Δηλαδή τι σου αρέσει και τι δεν σου αρέσει όταν μεθάς;

Άρτεμις: Μεθυσμένη σε πιο σημείο εννοείς; Δηλαδή--

Ερευνήτρια: Ε στο δικό σου σημείο. Απ' ότι κατάλαβα εσύ δεν μεθάς σε ένα πολύ μεγάλο σημείο, μεθάς εκεί που θα έχεις λίγο κεφάλι ασπούμαι.

Άρτεμις: Ναι.

Ερευνήτρια: Ναι.

Άρτεμις: Εε, ίσως και λίγο παραπάνω από κεφάλι.

Ερευνήτρια: Ναι χμμ.

different groups, so... if I didn't-- if I drank either a lot more or less it would depend on my friends. I think I'd drink the same though... possibly a lot less, that's all.

Researcher: Hmm, um does drinking with friends affect the way you use alcohol? With close friends for instance? So, would you drink more or less if you were with close friends?

Artemis: eh, no it doesn't change I drink the same whether I'm with close friends or not. Maybe a little more, yeah maybe a little more with close friends, I don't know why though...

Researcher: Okay, hmm yes. Um, how do you feel when you're drunk? So what do you enjoy about it and what do you dislike about it?

Artemis: Drunk to what point do you mean? Like--

Researcher: Eh to your point. From what I understand you're not getting drunk to an extreme, you're getting drunk to the point you are just a little bit tipsy.

Artemis: Yeah.

Researcher: Yeah.

Artemis: Ehh, maybe a little more than tipsy.

Researcher: Yeah hmm.

Being a student is the period for rejoice and sociability. Drinking goes hand in hand with the student lifestyle, however, not due to an expectation for the student to drink, but due to the lifestyle and newfound social life the student has obtained.

Perhaps because she feels more comfortable and freer due to the high sense of familiarity.

Άρτεμις: Εεμ...

Ερευνήτρια: Πώς σε κάνει να νιώθεις όταν είσαι μεθυσμένη;

Άρτεμις: Μου αρέσει. Και κυρίως όταν είμαι με κοντινούς φίλους ή καλές παρέες εε μου αρέσει πολύ γιατί έχεις μία άλλη ευθυμία, μία άλλη χαρά, που δεν στην δίνει αυτή τη χαρά ούτε ασπύμαι τα ναρκωτικά, πιστεύω. Δεν έχω κάνει, αλλά-- ούτε αν ήσουν από μόνος σου χαρούμενος εεμ είσαι πιο ετοιμο-- είμαι πιο ετοιμόλογη, εεμ, πιο θαρραλέα. Αλλά και πιο επιρρεπής στο να στεναχωρηθώ με κάτι, να θυμηθώ κάτι και να το-- κάτι που έχει γίνει πολύ παλιά και να στεναχωρηθώ επειδή έχω πιεί. Εε, επίσης αυτό το θάρρος πολλές φορές μπορεί να οδηγήσει και σε αφέλεια, να είναι και ως-- να είναι και αφέλεια μαζί, δηλαδή να κάνω πράγματα χωρίς να τα σκέφτομαι και μετά να τα μετανιώσω. Εεμ... και ναι το θεωρώ άσχημο γιατί είναι επικίνδυνο βασικά, γι' αυτό.

Ερευνήτρια: Ωραία ναι ναι ναι, κατάλαβα. Εεμ, περίπου πόσα ποτά πίνεις όταν βγαίνεις θα έλεγες; Περίπου;

Άρτεμις: Εε κοίτα τώρα εε, είναι ανάλογα. Με την παρέα μου μπορεί να πάρουμε κρασί όλοι μαζί, οπότε θα πιούμε-- θα πιω ασπύμαι μισό με 1 λίτρο κρασί. Εεμ... και αν ασπύμαι πάρω κάτι μόνη μου θα πιω μία βότκα λεμονάδα. Αυτό μέχρι εκεί.

Ερευνήτρια: Οκ εεμ συνηθίζεις να πίνεις αλκοόλ--

Artemis: Ermm...

Researcher: So how do you feel when you're drunk?

Artemis: I like it. And usually when I'm with close friends or groups ehh I like it a lot because you have a different kind of cheer, a different kind of happiness, which can't even be offered by drugs, I believe. I haven't done any, but-- not even if you're content just with yourself ermm you're more impuls-- I'm more impulsive, ermm, more courageous. But also, more likely to get upset about something, I will remember something and-- something that has happened ages ago and I would get upset because I'm drunk. Ehh, also that courage might lead to foolishness, it may be like-- it might be foolishness as well, so I might do stuff without thinking and later on regret it. Ermm... and I think it's awful and dangerous actually, because of that.

Researcher: Alright yeah yeah yeah, I see. Um, how many drinks do you have on a night out usually? About?

Artemis: Ehh look now eh, it depends. With my group we might get wine all together, so we'll drink-- I'll drink about half a litre of wine. Ermm... and if let's say I buy something by myself I'll drink a lemonade vodka. That's it till there.

Researcher: Okay um do you tend to drink alcohol--

She finds beauty in oneness, describing the desire for an atmosphere of openness and social access (familiarity); drinking for the collective experience, not due to pressure, but for the personal desire to resonate with others. Drinking alcohol socially in her perspective enables the expression of social solidarity and it builds a sense of collective identity, a sense of group belonging; a sense of belonging to a collective mood/experience. In other words, alcohol is portrayed as a way to have fun with others.

The sense of sudden liberation can push her to do something out of character; becomes more impulsive. Worries disappear and she stops caring about personal fears and risks. She might not think of the medium to long term consequences, but just think of the present moment and act foolishly-thoughtlessly.

Sees alcohol as a substance that is shared. Alcohol is not only consumed in a social context but also shared; creating amity. In fact, she doesn't drink much if what she is getting is not something she is sharing with others. Perhaps it doesn't have the same effect

<p>Άρτεμις: Αα εε επίσης εεμ... ναι, ασπύμαι μπορεί να έχω πιεί πιο πριν λίγο κρασί-- εε, ένα ποτήρι κρασί, μετά ένα ποτήρι βότκα, μετά μπόρα, μετά από 5 ώρες.</p> <p>Ερευνήτρια: Α κατάλαβα αφήνεις λίγο χρόνο ναι.</p> <p>Άρτεμις: Ναι αφήνω.</p> <p>Ερευνήτρια: Εε χμμ. Συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις για διασκέδαση;</p> <p>Άρτεμις: Όχι, εε γιατί δεν προλαβαίνω [γέλιο]. Αλλά πιστεύω ότι αν ήμουνα μόνη μου, αν ζούσα μόνη μου, θα έπινα και από πιο πριν, ή αν ήμουνα με παρέα. Αλλά έχει τύχει ασπύμαι να είμαι σε άλλο σπίτι φίλων και να πίνουμε πριν βγούμε.</p> <p>Ερευνήτρια: Γιατί νομίζεις ότι είναι αυτό;</p> <p>Άρτεμις: Εε πίνουμε για να μπούμε στο κλίμα να προετοιμαστούμε. Να έχουμε την ευθυμία.</p> <p>Ερευνήτρια: Οκ ωραία. Εε... έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;</p> <p>Άρτεμις: Όχι, αν και μία φορά είχα μία τάση για εμετό.</p> <p>Ερευνήτρια: Ναι.</p> <p>Άρτεμις: Αλλά... εε το προσπάθησα να το-- κι άλλες φορές είχα-- α, όχι έχω κάνει μία φορά αλλά δεν είχα πιεί και πολύ, είχα πιεί δηλαδή</p>	<p>Artemis: Ah eh also erm... yeah, sometimes I drink a little bit of wine-- eh, a glass of wine, then a glass of vodka, then a beer, in the space of five hours.</p> <p>Researcher: I see, after some time yeah.</p> <p>Artemis: Yeah, I leave some time.</p> <p>Researcher: Eh hmm. Do you tend to pre-drink before going out?</p> <p>Artemis: No, ehh because I don't have enough time [Laughs]. But I think that if I was alone, if I lived by myself, I'd drink from before, or if I was with friends. But there have been times when I've been at a friend's house before and we've drunk before leaving.</p> <p>Researcher: Why do you think that its?</p> <p>Artemis: Eh, to get into the mood, to prepare. To have that enthusiasm.</p> <p>Researcher: Okay alright. Eh... have you ever thrown up because of alcohol?</p> <p>Artemis: No, although one time I felt sick.</p> <p>Researcher: Yeah.</p> <p>Artemis: But... eh I try to-- and other times I had-- ah, no I did one time, but I hadn't drunk much, I had drunk a little bit of</p>	<p>Drinking moderately. Not binge drinking.</p> <p>Rarely pre-drink- not part of what they do.</p> <p>A form of shared enthusiasm that provides a celebratory euphoria.</p>
--	--	---

λίγο ρακόμελο. Εεμ... και θυμάμαι ότι είχα κάνει αλλά μου έκανε εντύπωση γιατί δεν είχα πιεί πολύ. Το ξανά πα αυτό [γέλιο].

Ερευνήτρια: Α μπορεί να σε πείραζε στο στομάχι, ναι.

Αρτεμης: Ναι αυτό.

Ερευνήτρια: Ναι.

Αρτεμης: Αλλά είχα κι άλλες φορές τάση έτσι για εμετό που όμως μπόρεσα να τις ελέγξω. Φοβάμαι κιόλας να κάνω εμετό οπότε μπόρεσα και τις έλεγξα και δεν έχω κάνει, μόνο εκείνη τη φορά έχω κάνει.

Ερευνήτρια: Ωραία οκ χμμ εεμ... θέλω τώρα να μου πεις αν όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους; Δηλαδή αν υπάρχουν αλλαγές στη συμπεριφορά σου όταν είσαι μεθυσμένη απ' όταν είσαι νηφάλια σε κοινωνικές καταστάσεις;

Αρτεμης: Ναι ναι σίγουρα, σίγουρα αλλάζει πάρα πολύ. Γίνομαι πιο οικεία με αυτούς που είμαι ήδη οικεία και με αυτούς που δεν είμαι τόσο οικεία γίνομαι πιο οικεία. Πώς το λένε, δεν ξέρω, εε... είμαι πιο κοινωνική, πιο... πιο ανοιχτή σε συζητήσεις. Εε, λέω και λίγες περισσότερες χαζομάρες αλλά νταξει δεν το καταλαβαίνει κανένας γιατί και οι άλλοι είναι στην ίδια κατάσταση με 'μενα.

Ερευνήτρια: Ναι ναι ναι... ωραία, εε... παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένη απ' όταν είσαι νηφάλια;

racomelo. Ermm... and I remember that I did, but I was confused because I hadn't drunk much. I said that again [Laughs].

Researcher: Oh, so maybe it upset your stomach, yeah.

Artemis: Yeah exactly.

Researcher: Yeah.

Artemis: But other times I've had a sick feeling which I managed to control. I'm scared of vomiting, so I manage to control it and I haven't, apart from that one time.

Researcher: Alright okay hmm um... now I want you to tell me if the way you interact with other people change when drinking? So, if there are any differences in your social behaviour when you are drunk compared to when you're sober?

Artemis: Yeah for sure, for sure it changes a lot. I become more intimate with those I'm already intimate with, but also with those I'm not so familiar with. How do I put it, I don't know ehh... I'm more social, more... more open in conversations. Eh,,I say more silly things but okay no one picks up on them because at that moment everyone's in the same position as me.

Researcher: Yeah yeah yeah... alright, eh... do you tend to take more risks when you drunk then when sober?

Alcohol is a means of self-liberation for her, she feels free and comfortable without fearing the judgement of others or herself; loosens inhibitions. Becomes less self-conscious and more open, confident, and loving. Amplifying desirable characteristics and behaviours.

Everyone is in the same drunken vibe. An entryway to discovering unity.

Άρτεμις: Μμ... ναι, παίρνω πιο πολλά ρίσκα.

Ερευνήτρια: Χμμ, πιστεύεις ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;

Άρτεμις: Εε καταλαβαίνω ότι παίρνω ρίσκο, ναι, αλλά δεν καταλαβαίνω τη συνέπεια του ρίσκου, δε μπορώ να-- και τη βλέπω όταν έχω ξεμεθύσει.

Ερευνήτρια: Αχα, οκ ωραία. Εεμ... θέλω τώρα να φανταστείς ότι σταματάς να πίνεις εντελώς τι πιστεύεις ότι θα άλλαζε στη ζωή σου; Δηλαδή τι προβλέπεις ότι θα γίνει εάν σταματήσεις να πίνεις σε κοινωνικές περιστάσεις;

Άρτεμις: Μμ... νιώθω ότι ναι θα περνάω πολύ όμορφα, θα είμαι χαρούμενη επειδή θα είμαι με παρέες που μου αρέσει... μου αρέσει γενικότερα να περνάω καλά μαζί... εε θα είμαι σε ευχάριστο κλίμα, αλλά νιώθω ότι κάτι θα μου λείπει. Μπορώ να περάσω καλά και χωρίς αλκοόλ, θα περάσω καλά το ξέρω, αλλά νιώθω ότι κάτι θα μου λείπει. Εε, επίσης πιστεύω ότι... εε... θα έχω καλύτερο δέρμα, καλύτερη φυσική υγεία, δεν θα παθαίνω τόσο-- ότι αυτά-- τα πώς τα λέτε-- breakdown; Λίγο... ναι.

Ερευνήτρια: Χμμ.

Άρτεμις: Γιατί το παθαίνω αυτό την επόμενη μέρα όταν έχω πιει νιώθω λίγο θλιμμένη, δεν μπορώ να εξηγήσω όμως γιατί, και μετανιώνω για ότι έχω κάνει και έχω πει ενώ

Artemis: Mm... yeah, *I take more risks.*

Researcher: *Hmm, do you think you understand the risk you are taking during that time?*

Artemis: Eh *I understand that I'm taking a risk, yeah, but I don't understand its consequences. I can't -- and I see it when I've sobered up.*

Researcher: *Aha, okay nice. Um... now I want you to imagine that you decided to stop drinking, what do you think would change? So what do you foresee happening if you stopped drinking in social situations?*

Artemis: Mm... *I feel that, yeah I'll have a lot of fun, I'll be happy because I'll be with friends who I like... who I like spending time with... eh, I'll be in a pleasant place, but I think that something will be missing. I'll be able to have a good time without alcohol, I know I'll have a good time, but I feel that I'll be missing something. Ehh, also I believe that... eh... I'll have better skin, better health, I won't have so many-- those-- how'd you call them-- breakdowns?... Yeah.*

Researcher: *Hmm.*

Artemis: *Because I have those the next day, after drinking I feel sort of depressed, I can't explain why though, and I regret everything I've done and said even if I haven't done*

Does things that are riskier, but it is not because she doesn't understand the risk she is taking. She can outline it perfectly, what it stops her from doing is caring about the risk-loosens inhibitions but doesn't entirely get rid of them.

Drinking together, with others, symbolises amity; durable social solidarity. Perhaps she would not be able to resonate with others and feel like she belongs because she will not be partaking in the same experience as everyone else. Alcohol can be used as a means of enhancement, experiencing moments with friends which unify them as they are all partaking in the same action of drinking. This collective action creates social solidarity and cohesion. If she was staying sober around friends who continue to drink, she would possibly feel out of touch with them as a sober person and a drunk person experience different frequencies.

It is implied that she views the positive aspects of drinking as more important than the negative ones, such as the effect on

δεν έχω κάνει κάτι κακό. Οπότε αυτό δεν θα το 'χω σίγουρα, ένα μεγάλο σιν, ένα ακόμη σιν είναι ότι θα 'χω καλή υγεία εννοώ σωματική, και τρίτον ότι νταζει και θα σώσω και λεφτά.

Ερευνήτρια: Χμμ.

Άρτεμις: Αλλά νταζει πόσα λεφτά να σώσω...

Ερευνήτρια: Ναι... οκ ωραία. Εμμ, πολλοί φοιτητές πίνουν για να μεθύσουν, γιατί νομίζεις ότι γίνεται αυτό; Δηλαδή πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο;

Άρτεμις: Εεμ, πιστεύω ότι-- επειδή νιώθουν ότι κάτι τους λείπει απ' την ζωή τους αλλά δεν μπορώ να το προσδιορίσουν, δηλαδή νιώθουν ένα κενό κάπως, εε και πίνουν γιατί νομίζουν ότι αυτό το κενό μπορούν να το συμπληρώσουν. Εεμ... πίνουν για να μεθύσουν—μμ... μου ξανα κάνεις λίγο την ερώτηση;

Ερευνήτρια: Ναι ναι ναι εννοείται, εεμ, πολλοί φοιτητές πίνουν για να μεθύσουν, γιατί νομίζεις ότι γίνεται αυτό; Δηλαδή πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο;

Άρτεμις: Εε... ναι προσπαθούν να γεμίσουν το κενό που έχουν, να γίνουνε σίγουρα πιο θαρραλέοι και κοινωνικοί, εε γιατί υπάρχει έλλειψη επικοινωνίας πλέον μεταξύ των νέων κατα τη γνώμη μου. Έλλειψη ουσιαστικής επικοινωνίας, οπότε... εεε... ίσως νιώθουν και

anything bad. So I won't have that for sure, a big plus, another plus is that I'll be more physically healthy, and thirdly that yeah I'll save money.

Researcher: *Hmm.*

Artemis: *But okay how much money would I save...*

Researcher: *Yeah... okay right. Umm, many students nowadays tend to drink alcohol to get drunk, why do you think that is? So do you think there is something specific they trying to achieve?*

Artemis: *Ermm, I believe that-- because they feel that something is missing from their life but they can't define it, like they feel an emptiness in a way, ehh and they drink because they think that that void can be filled. Ermm.. they drink to get drunk--mm... can you ask me the question again?*

Researcher: *Yeah yeah yeah of course, um, many students nowadays tend to drink alcohol to get drunk, why do you think that is? So do you think there is something specific they trying to achieve?*

Artemis: *Ehh... yeah, they're trying to fill out a void within themselves, to become more courageous and social, eh, because there's a deficiency in communication between young people in my opinion. A deficiency in basic communication, so maybe they feel a little*

health, which come with drinking often.

Believes that alcohol or the experience of drinking provides them with a sense of wholeness. Perhaps unity.

She believes that everyone becomes a better version of themselves, as desirable behaviours appear and are reinforced; such as being social and courageous. Alcohol in her perspective alters everyone's personality, making them freer; boosting confidence and

λίγο πιεσμένοι, από οτιδήποτε, και αυτό όλο μένει στο μυαλό τους και γι' αυτό να πηγαίνουν και να πίνουνε τόσο πολύ. Επίσης το θεωρούμε και λίγο έτσι 'α εγώ κάτι κάνω που πίνω πάρα πολύ'.

Ερευνήτρια: Εε, εσένα σου αρέσει να πίνεις για να μεθάς;

Άρτεμις: Εμ... ναι μου αρέσει.

Ερευνήτρια: Και υπάρχει κάτι συγκεκριμένο που εσύ προσπαθείς να πετύχεις με το να μεθάς; Εκτός εννοείται αν είναι αυτά που είπες...

Άρτεμις: Οκ... ενώ ότι-- γιατί θα έχω αυτή την εε... θέλω να γίνω λίγο πιο έτσι, πως να το πω;... Λίγο πιο τρελλή. Εε λίγο πιο... εε, πιο ανάλαφρη, πιο να μην με νοιάζει καθόλου τίποτα. Γι' αυτό πίνω. Αα εκείνη τη στιγμή να μην με νοιάζει τίποτα.

Ερευνήτρια: Μάλιστα. Εεμ, με θέμα το αλκοόλ πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν;

Άρτεμις: Ναι θεωρώ ότι είναι διαφορετική. Θεωρώ ότι είναι διαφορετική γιατί όταν ήμουνα σε μία ομάδα Erasmus που είχαμε φοιτητές από άλλες χώρες εεμ, έβλεπα ότι έπιναν πάρα πολύ! Πολύ περισσότερο από ότι εμείς οι Έλληνες! Σαν να έβρισκαν την ελευθερία τους εδώ πέρα γιατί πιστεύω-- δεν έχω ζήσει στο εξωτερικό, αλλά πιστεύω ότι στο εξωτερικό δεν έχουν τόσο πολύ νυχτερινή ζωή και τόσο πολύ ποτό εε όσο εδώ στην

pressure, from whatever it may be, and that always stays in their mind so that's why they go and drink so much. Also, I believe that it's kind of a "ah I'm doing something drinking so much" type of thing.

Researcher: Eh, do you like to drink to get drunk?

Artemis: Erm... yeah, I like it.

Researcher: And is there something specific you're trying to achieve by it? Unless of course it's what you said before...

Artemis: Ok... I mean that-- because I have this ehh... I want to become a little more like this, how do I say this?... a little crazier. Eh, a little more... eh, lighter, more carefree. That's why. Within that moment to not care about a thing.

Researcher: I see. Um, regarding alcohol, do you think the Greek student culture is different from others in the way they drink?

Artemis: Yeah, I believe that it's different. I think that it's different because when I was in an Erasmus group, we had students from other countries erm, and I saw that they would drink way too much! A lot more than us Greeks! It was like they found their freedom over here because I think-- I haven't lived abroad, but I think that abroad they don't have as much nightlife and as much drink as they do here in Greece, so they find

facilitating social interaction.

When drunk she feels free to act how she desires because she becomes a more liberated individual, free of thought and judgment; a desirable self.

Staying decent. She identifies foreign drinking cultures as being distinct from how they drink in Greece. She describes the way foreigners drink as alien to her and her culture; with no limits.

Due to the relaxed attitude (relaxed policy).

Although she mentions that she drinks to the

<p>Ελλάδα οπότε εδώ βρίσκουν κάτι... ναι.</p> <p>Θεωρώ ότι έχουμε πολλές διαφορές, δηλαδή εμείς οι φοιτητές οι Έλληνες που ζούμε στην Ελλάδα, ναι θα μεθύσουμε, θα υπάρξουν φορές που έχουμε μεθύσει πάρα πολύ σε σημείο να κάνουμε εμετό, αλλά δεν θα 'ναι τόσο πολλές όσες εεμ οι φορές των εεμ... ξένων.</p> <p>Ερευνήτρια: Ναι, χμμ κατάλαβα ναι.</p> <p>Άρτεμις: Εε... τι άλλο; Περίμενε να σκεφτώ... μμ...</p> <p>Ερευνήτρια: Οκ... χμμ.</p> <p>Άρτεμις: Ναι, ότι εμείς θα πιούμε και λίγο έτσι, μπορεί να πάμε και μεσημέρι να πιούμε λίγο ούζο, λίγο τσίπουρο, λίγο ρακόμελο</p> <p>Ερευνήτρια: Με την παρέα;</p> <p>Άρτεμις: Ναι, αυτό, αλλά δεν θα 'χουμε σκοπό εκεί πέρα να μεθύσουμε, απλώς να πιούμε έτσι.</p> <p>Ερευνήτρια: Οκ, χμμ κατάλαβα... εε οκ ωραία, τώρα θέλω να φανταστείς ότι συναντάς μία φίλη σου και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει: "πέρασα υπέροχα χθες το βράδυ! Μέθυσα τόσο πολύ που έκανα εμετό, έχασα τις αισθήσεις μου και το παπούτσι μου!"</p> <p>Άρτεμις: [γέλιο].</p> <p>Ερευνήτρια: [γέλιο] ποιά θα ήταν η</p>	<p>something here... yeah. <i>I believe that we have a lot of differences, like us students here in Greece, yeah we'll get drunk, there'll be times where we get very drunk to the point of vomiting, but it won't be as often as erm... as much as it is for foreign people.</i></p> <p>Researcher: <i>Yeah, hmm I see yes.</i></p> <p>Artemis: <i>Ehh... what else? Wait let me think... mm...</i></p> <p>Researcher: <i>Okay... hmm.</i></p> <p>Artemis: <i>Yeah, we will drink in a different way, we might go during noon to drink some ouzo, some tsiporo, some racomelo</i></p> <p>Researcher: <i>With friends?</i></p> <p>Artemis: <i>Yeah, that, but we won't be aiming to get drunk, we will just have a drink.</i></p> <p>Researcher: <i>Okay, hmm I see... eh okay alright, now I want you to imagine you meet a friend of yours and she starts talking to you with excitement about the previous night that she went out. And she says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!"</i></p> <p>Artemis: <i>[Laughs].</i></p> <p>Researcher: <i>[Laughs] how would you</i></p>	<p>point of drunkenness, and so do others, she still sees herself and her culture as sensible in the way they use alcohol compared to other cultures. In a way she implies that when drinking you are expected to stay 'decent' in Greece and not lose control completely by drinking moderately.</p> <p>As a culture, their goal is not to get drunk. Instead alcohol in Greece is portrayed as traditionally accepted throughout the interviews; as a neutral element of everyday life.</p> <p>Her initial reaction was to laugh when she heard the scenario.</p>
--	---	---

αντίδραση σου;

Άρτεμις: Εε ' ' τότε πώς πέρασες υπέροχα αφού έχασες και τις αισθήσεις σου, έκανες και εμετό, και έχασες και το παπούτσι σου; ' '

Ερευνήτρια: [γέλιο] μάλιστα, ναι.

Άρτεμις: Εε [γέλιο], νταξει θα της πω μπράβο που πέρασες ωραία αλλά μάλλον έχουμε διαφορετικά κριτήρια του πως περνάει ο καθένας μας ωραία, δηλαδή... εε, να έχεις και λίγο μέτρο, να περνάς ωραία να μεθάς ναι αλλά να ξέρεις τα όρια σου. Βάλε και ένα όριο θα της έλεγα.

Ερευνήτρια: Κατάλαβα, ωραία... εε, αυτό ήτανε βασικά η συνέντευξη...

Άρτεμις: Αλήθεια;

Ερευνήτρια: Ναι, υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου; Ή έχεις καμιά ερώτηση;

Άρτεμις: Ναι, στο ότι εγώ με την παρέα μου δεν θα κάτσουμε σε ένα συγκεκριμένο μαγαζί οπότε... θα πάμε και σε διαφορετικά μαγαζιά πολλές φορές σε 2 ή σε 3 διαφορετικά μαγαζιά, οπότε θα πάρουμε και από κάτι διαφορετικό να πιούμε. Αλλά όχι σε σύντομο χρονικό διάστημα. Π.χ. θα κάτσουμε 2 ώρες σε ένα μαγαζί άλλες 2 σε ένα άλλο, ανάλογα με τα κέφια μας αυτό.

Ερευνήτρια: Ναι, και σιγά σιγά ένα ποτό, κατάλαβα, χμμ.

respond?

Artemis: Eh, "how did you have such a good time if you passed out, you threw up, and you lost your shoe?"

Researcher: [Laughs] I see, yeah.

Artemis: Ehh [Laughs], okay I'll congratulate her for having fun, but we probably have different criteria for how we have fun, like... ehh, you need a limit, have fun, get drunk, but know your boundaries. I'd tell her to set some boundaries.

Researcher: Got you, alright... eh, that was basically the interview...

Artemis: Really?

Researcher: Yes, is there anything else you would like to share with me or have any questions?

Artemis: Yeah, that my group and I won't sit at a specific place, so... we'll go to different places many times, to two or three different places, so we'll get different things to drink. But not immediately. For example, we'll stay at one place for two hours and another two somewhere else, depending on our mood.

Researcher: Yeah, and drink moderately, got you, hmm.

She believes you can drink and exceed limits from time to time, but you are expected to stay 'decent', that is what is valued.

Αρτεμης: <i>Ναι αυτό.</i>	Artemis: <i>Yeah exactly.</i>	
Ερευνήτρια: <i>Πολύ ωραία. Αυτά;</i>	Researcher: <i>Very good. Is that all?</i>	
Αρτεμης: <i>Εε... ναι δεν έχω να πω κάτι άλλο.</i>	Artemis: <i>Eh... yeah, I don't have anything else to add.</i>	
Ερευνήτρια: <i>Εε, τέλεια... εε σταματάω το recording.</i>	Researcher: <i>Eh, great... eh I'll stop the recording now.</i>	

Interview 7 – Alexandra		
Original Data	Translation	Exploratory Comments
Ερευνήτρια: <i>Ωραία άρχισε, ξεκινάμε. Πες μου λίγα λόγια για σένα λοιπόν.</i>	Researcher: <i>Alright there we are, let's get started. So, tell me a bit about yourself.</i>	
Αλεξάνδρα: <i>Είμαι η Αλεξάνδρα, είμαι 22 χρονών, μένω Θεσσαλονίκη-- να πω και στοιχεία του χαρακτήρα μου η τι κάνω-- η τι ασχολίες έχω;</i>	Alexandra: <i>I'm Alexandra, I'm 22 years old, I live in Thessaloniki-- should I say things about my character's traits too or what I do-- or what are my interests?</i>	Studies in Thessaloniki, a city which is famous for its events, festivals and vibrant cultural life.
Ερευνήτρια: <i>Εε μπορείς να μου πεις εε, τι σπουδάζεις, αν δουλεύεις, τι κάνεις στον ελεύθερο σου χρόνο, τέτοια πράγματα.</i>	Researcher: <i>Eh you can tell me eh, what you're studying, if you're working, what do you like to do in your free time, things like that.</i>	
Αλεξάνδρα: <i>Ωραία, εε, σπουδάζω οικονομικά... εε, δεν δουλεύω... εε, στον ελεύθερο μου χρόνο... κάνω γυμναστική, πάω kickboxing, κάνω καμία βολτίτσα... μου αρέσει να ασχολούμαι με την φωτογραφία και το βίντεο! Εε, και σκέφτομαι στον ελεύθερο μου χρόνο.</i>	Alexandra: <i>Right, eh, I study economics... eh, I don't work... eh, in my spare time... I exercise, I go kickboxing, I go for walks every now and then... I like to do photography and video! Eh, and I tend to think in my spare time.</i>	Has a lot of free time to pursue hobbies and interests that satisfy her needs. Engages in activities that don't involve drinking and she seems to maintain a healthy lifestyle. Her interests don't seem to revolve around her friends, she seems more introverted.
Ερευνήτρια: <i>Ωραία... λοιπόν εε, πώς νιώθεις που είσαι φοιτήτρια και σπουδάζεις σε πανεπιστήμιο;</i>	Researcher: <i>Nice... so eh, how do you feel about being a student and studying at a university?</i>	Doesn't want to lose the lifestyle she has

<p>Αλεξάνδρα: Νιώθω καλά. Δεν θέλω να σταματήσει ποτέ αυτό διότι--</p> <p>Ερευνήτρια: Τι σου αρέσει από την--</p> <p>Αλεξάνδρα: Να είμαι ειλικρινής;</p> <p>Ερευνήτρια: Ναι ναι, εννοείται.</p> <p>Αλεξάνδρα: Εε μ'αρέσει αυτό διότι έχω πολύ χρόνο για τον εαυτό μου, δεν έχω υποχρεώσεις, δεν έχω άγχος για δουλειές.</p> <p>Ερευνήτρια: Χμμ ωραία--</p> <p>Αλεξάνδρα: Μερικές φορές βέβαια το βαριέμαι κιόλας, αλλά οκ.</p> <p>Ερευνήτρια: Γιατί;</p> <p>Αλεξάνδρα: Γιατί ρε φίλε κάποιες- έχω πολύ ελεύθερο χρόνο που πολλές φορές ας πούμε-- δεν με κάνει να τον εκτιμώ λόγω του οτι έχω πολύ χρόνο.</p> <p>Ερευνήτρια: Χμμ οκ, εε... άρα αυτά ήταν τα, ναι-- μου είπες τώρα τα πράγματα που σ'αρέσουν στη φοιτητική ζωή;</p> <p>Αλεξάνδρα: Ναι.</p> <p>Ερευνήτρια: Υπάρχει κάτι συγκεκριμένο που σ'αρέσει στην φοιτητική ζωή;</p> <p>Αλεξάνδρα: Ότι δεν έχω υποχρεώσεις.</p> <p>Ερευνήτρια: Μμ οκ... εε λοιπόν, πως θα χαρακτήριζες τους Έλληνες φοιτητές;</p>	<p>Alexandra: <i>I feel good. I don't want it to ever stop because--</i></p> <p>Researcher: <i>What do you enjoy about--</i></p> <p>Alexandra: <i>Can I be honest?</i></p> <p>Researcher: <i>Yeah yeah, of course.</i></p> <p>Alexandra: <i>Eh I like it because I have a lot of time for myself, I have no obligations, I don't stress about things I've got to do.</i></p> <p>Researcher: <i>Hmm alright--</i></p> <p>Alexandra: <i>Sometimes of course I get bored of it, but okay.</i></p> <p>Researcher: <i>Why?</i></p> <p>Alexandra: <i>Because sometimes-- I have a lot of free time and that sometimes-- I don't appreciate the time that I get because I get a lot of free time.</i></p> <p>Researcher: <i>Hmm okay, eh... so they were the, yeah-- you just told me the things you like about university life?</i></p> <p>Alexandra: <i>Yeah.</i></p> <p>Researcher: <i>Is there anything in particular you enjoy about the university life?</i></p> <p>Alexandra: <i>That I have no obligations.</i></p> <p>Researcher: <i>Mm okay... eh so, how would you describe Greek students?</i></p>	<p>obtained (the period of rejoice and sociability); afraid of what comes next?</p> <p>Associates being a student with personal freedom, tension-free, with nobody there to tell her what to do. Less expectations and worries. Therefore, she doesn't want to stop being a student; she is afraid to lose all that freedom.</p> <p>Having too much free time leads to boredom; doesn't know how to handle this newfound freedom. Boredom could potentially link to drinking.</p> <p>Increased free time. She doesn't know how to handle this freedom and ability to completely control her time.</p> <p>Less forceful responsibilities (tension free). A period for rejoice.</p>
--	---	---

Αλεξάνδρα: Όλους;

Ερευνήτρια: Ναι, γενικά.

Αλεξάνδρα: Εεε... η πλειοψηφία δεν ενδιαφέρεται και πολύ για τη σχολή της αλλά άλλοι το παίρνουν πολύ ζεστά και διαβάζουν.

Ερευνήτρια: Χμμ.

Αλεξάνδρα: Δεν-- δεν μπορώ να μιλήσω για ένα τόσο πολύ σύνολο η αλήθεια είναι-- δεν μπορώ να 'χω γνώμη για ένα τόσο μεγάλο σύνολο, αν μ' έλεγες για τους άντρες φοιτητές θα-- πλάκα κάνω [γέλιο].

Ερευνήτρια: [γέλιο] όχι όχι είναι πιο στο γενικό. Οκ εε, πώς νομίζεις ότι σε βλέπουν οι άλλοι που είσαι φοιτήτρια; Εσένα προσωπικά.

Αλεξάνδρα: Εε, το οικογενειακό μου περιβάλλον-- πολλοί μου λένε να βρω μια δουλειά... άλλες φορές μου- οι γονείς μου πάλι μου 'λέν να μην βρω ακόμα και αν οι θείες μου και οι θείοι μου μου λεν να βρω-- να είμαι πολύ ειλικρινής;-- Αλλά εγώ πιστεύω ότι το κάνουν για να... γιατί ας πούμε θέλουνε να συνεχίσουνε να αισθάνονται ότι τους έχεις ανάγκη.

Ερευνήτρια: Χμμ ναι. Όσο ειλικρινής θέλεις μπορείς να 'σαι.

Αλεξάνδρα: Ωραία. Κάποιοι θεωρώ ότι-- με βλέπουνε-- αισθάνομαι πολλές φορές ότι οι μεγαλύτεροι άνθρωποι και οικογενειακοί

Alexandra: All of them?

Researcher: Yeah, in general.

Alexandra: Ehh... the majority don't really care about their studies, but others put their hearts into it and they work for it.

Researcher: Hmm.

Alexandra: I can't-- I can't talk for everyone the truth is-- I can't have an opinion on such a large number of people, if you asked me about male students however I would-- I'm just kidding [Laughs].

Researcher: [Laughs] no no, it's more general. Okay eh, how do you think other people see you because you are student? You personally.

Alexandra: Eh, my family environment-- a lot of people tell me to get a job... other times-- my parents tell me not to look for a job yet even though my aunties and uncles tell me that I need one-- can I be very honest?-- But I feel they are telling me all this to... because they want to keep feeling like you need them.

Researcher: Hmm yes. You can be as honest as you want.

Alexandra: Great. I think some people-- they see me-- I often feel that older people and family friends see me as if I'm living a great

Students find other things more important than studying; not treating university as a priority. There is a perception within this viewpoint that students in general are careless; tension-free, unless they find meaning in what they are doing. A period for rejoice and sociability.

She seems to appreciate her freedom as a student and is under the impression that her family try to tell her what to do- to get a job, to not get a job- so that she continues to be dependent on them.

The older generation and her family seem to believe that the role of a student is solely to have a good time. It is perceived by others as

<p>φίλοι με βλέπουνε σαν ότι περνάω καλά και με ρωτάνε συνεχώς πώς περνάω και ότι αισθάνονται ότι η ζωή μου είναι πολύ καλή λόγω του ότι είμαι φοιτήτρια και ότι περνάω σούπερ σε σχέση με τις δικές τους μίζερές ζωές [γέλιο].</p>	<p><i>life and they are constantly asking me "how is it going?" and they think that my life is great just because I'm a student and that I'm having an amazing time in relation to their miserable lives [Laughs].</i></p>	<p>a more fun and interesting lifestyle. The period for rejoice and sociability.</p>
<p>Ερευνήτρια: [γέλιο] οκ ναι.</p>	<p>Researcher: [Laughs] okay yeah.</p>	
<p>Αλεξάνδρα: Εε, άλλοι νοιάζονται και ενδιαφέρονται ας πούμε για το πώς περνάω και αν είμαι καλά, άλλοι ανησυχούνε...</p>	<p>Alexandra: Eh, others care and are interested in how I'm doing and if I'm okay, others worry...</p>	
<p>Ερευνήτρια: Ωραία ωραία, οκ... λοιπόν-- πώς βλέπεις εσύ τον εαυτό σου που είσαι φοιτήτρια;</p>	<p>Researcher: Right, okay... so, how do you see yourself as a student?</p>	
<p>Αλεξάνδρα: Νιώθω ότι δεν κάνω κάτι τόσο φοβερό όσο νομίζουν κάποιοι.</p>	<p>Alexandra: I feel that what I'm doing is not as important as some people think it is.</p>	
<p>Ερευνήτρια: Γιατί το πιστεύεις αυτό;</p>	<p>Researcher: Why do you believe that?</p>	
<p>Αλεξάνδρα: Γιατί το πιστεύω αυτό... γιατί στην ουσία, δεν ξέρω, αυτό που σπουδάζω δεν με-- δεν με καλύπτει σαν άνθρωπο. Το κάνω για ξεκάθαρα λόγους επιβίωσης και για το μέλλον, δεν με καλύπτει αυτό που κάνω, δεν με ενδιαφέρει τόσο η λογιστική, θα προτιμούσα να 'κανα κάτι άλλο.</p>	<p>Alexandra: Why do I believe that? ... because at the end of the day... I don't know, the course I study doesn't-- it doesn't fulfil me as a person. I do it for obvious financial reasons and for the future, it doesn't fulfil me, I don't find accounting interesting, I would rather do something else.</p>	<p>Perception of oneself in comparison of others perception. She doesn't seem to think that her university course gives her any more purpose or meaning- she could not be fully invested in what she is studying.</p>
<p>Ερευνήτρια: Οκ... εε, πώς σου φάνηκε η αλλαγή από το λύκειο στο πανεπιστήμιο;</p>	<p>Researcher: Okay... eh, how did you find the transition from college to university?</p>	
<p>Αλεξάνδρα: Πολύ ωραία [γέλιο].</p>	<p>Alexandra: Very nice [Laughs].</p>	
<p>Ερευνήτρια: Ωραία ε; Γιατί;</p>	<p>Researcher: Nice ha? Why?</p>	
<p>Αλεξάνδρα: Γιατί ρε φίλε έχω την ελευθερία</p>	<p>Alexandra: <i>Because man, I have my freedom,</i></p>	<p>Appreciates having control of her own life.</p>

<p>μου, μένω μόνη μου, δεν μένω πια με τους γονείς μου, μένω σε άλλη πόλη πολύ μεγαλύτερη με πολλές περισσότερες επιλογές. Εε... μπορεί και να ήταν ωραίο αλλά δεν είναι τόσο ωραίο όσο τη φοιτητική ζωή, είναι κάτι τελείως διαφορετικό.</p> <p>Ερευνήτρια: Χμ. Εε είπες ότι μένεις μακριά από την οικογένεια σου, πώς νιώθεις γι' αυτό;</p> <p>Αλεξάνδρα: Καλά, ησυχία.</p> <p>Ερευνήτρια: Χμμ οκ... ωραία συνεχίζουμε, εε, τώρα θέλω να μου πεις λίγα λόγια για την νυχτερινή σου ζωή.</p> <p>Αλεξάνδρα: Ωραία... εε, να πω τι κάνω όταν βγαίνω;</p> <p>Ερευνήτρια: Δηλαδή τι σου αρέσει να κάνεις, που βγαίνεις συνήθως...</p> <p>Αλεξάνδρα: Εε... δεν έχω σταθερό μέρος που πηγαίνω για ποτό, συνήθως πάμε οπουδήποτε...</p> <p>Ερευνήτρια: Χμμ.</p> <p>Αλεξάνδρα: Εγώ προτιμώ να πηγαίνω σε πάρτι ας πούμε του πανεπιστημίου, γιατί μ'αρέσει περισσότερο ο κόσμος σε σχέση με τα κλαμπς... εε που ο κόσμος δεν μου πολύ αρέσει. Τα άτομα που γνωρίζω εκεί δεν μου πολύ αρέσουνε.</p> <p>Ερευνήτρια: Ναι. Δεν έχετε... εε φοιτητικά πάρτι που γίνονται σε κλαμπ;</p>	<p><i>I live alone, I don't live with my parents anymore, I live in a different town which is much bigger with a lot more options. Eh... it may have been good but it's not as good as student life is, it's completely different.</i></p> <p>Researcher: <i>Hm. Eh you said you live away from your family, how do you feel about that?</i></p> <p>Alexandra: <i>Good, it's quieter.</i></p> <p>Researcher: <i>Hmm ok... alright let's continue, eh, now I want you to tell me a bit about your nightlife.</i></p> <p>Alexandra: <i>Alright... eh, like what I do when I go out?</i></p> <p>Researcher: <i>Like what do you like to do, where do you go out usually...</i></p> <p>Alexandra: <i>Eh... I don't have a fixed place where I go for a drink, usually we go anywhere...</i></p> <p>Researcher: <i>Hmm.</i></p> <p>Alexandra: <i>I prefer to go to university parties for instance, because I like the people there more than the people I meet in clubs... eh I don't really like the people there. I don't like the people I meet in such places.</i></p> <p>Researcher: <i>Yeah. Don't you have... eh student parties that are held in clubs?</i></p>	<p>Associates living away from her parents and being a big city with personal freedom. She can do what she desires to do with no judgment-liberation. Control lessens during this separation from family and moving out, and so she becomes freer to choose lifestyles and behaviours that are not constrained or restricted by others.</p> <p>Associates living away from her family with finding peace and quiet.</p> <p>Drawn to an atmosphere in which she feels welcomed.</p>
---	---	--

Αλεξάνδρα: Εε... δεν θα-- δεν είναι φοιτητικά είναι-- υπάρχουν ας πούμε χώροι που το μαγαζί μαζεύει πιο ωραίο κόσμο και έχει τελείως τελείως διαφορετικά, αλλά δεν είναι φοιτητικά, τα φοιτητικά πάρτι είναι στα... ξέρεις...

Ερευνήτρια: Στο πανεπιστήμιο.

Αλεξάνδρα: Ναι ναι.

Ερευνήτρια: Ναι, οκ--

Αλεξάνδρα: Αλλά υπάρχουνε πολύ πιο ωραία μαγαζιά που μ'αρέσει να πηγαίνω.

Ερευνήτρια: Και εκεί μαζεύονται φοιτητές;

Αλεξάνδρα: Ναι, έχει κατά κανόνα φοιτητές, πιο ωραία μουσική και πιο ωραία διακόσμηση, ας πούμε το-- είναι τελείως διαφορετικό. Και τα τραγούδια είναι πιο ωραία σε σχέση από αν πας σε κλαμπ ελληνάδικο, εε ο κόσμος πολλές φορές είναι πολύ εε προκατειλημμένος και... το παίζουνε άνετοι αλλά στην πραγματικότητα δεν είναι άνετοι με τον εαυτό τους, δηλαδή είναι κάτι σαν μάσκα, εγώ βλέπω συχνά αυτό και παίζει πολύ εε... εε το ότι υπάρχει συγκεκριμένος σκοπός να βγεις, να βγεις για να εντυπωσιάσεις, να κάνεις σεξ ξέρω γω-- ας πούμε δεν είναι ελεύθεροι να επικοινωνήσουν και εγώ θεωρώ ότι πιο εύκολα σου μιλάνε σε-- σε μαγαζιά πιο εναλλακτικού τύπου ή στα πάρτι στα πανεπιστήμια παρά σε κλαμπ που παίζει πιο πολύ ελληνική μουσική.

Alexandra: Eh... they will not-- they're not student parties they are-- for example there are places with people who are much more chill and they're completely different, but they are not student parties, student parties are held in... you know...

Researcher: At university.

Alexandra: Yes yes.

Researcher: Yeah, okay--

Alexandra: But there are much more nicer places that I like to go to.

Researcher: And that's where students gather?

Alexandra: Yeah, there are usually students there, better music and better decor, for example the-- it's completely different. And the songs are much better than those played at clubs playing modern Greek pop, eh people there are too prejudiced and... they pretend to be cool but in reality they aren't happy with themselves, they put on a facade, a mask, this is what I see is often the case and that eh... eh there is a specific purpose when going out, going out to impress and have sex-- let's just say that they are not free to communicate and I believe it's easier for them to talk to you in-- in more alternative drinking places or at university parties rather than in clubs that play mostly modern Greek pop.

A welcoming atmosphere created by the crowd.

This, again, gives us the impression that she can only feel free and have fun when she goes to places where she feels welcomed, places free of judgemental people. A certain warm and welcoming atmosphere seems to be created in these places, perhaps because the people in these alternative drinking places are like-minded. At the mainstream drinking places, clubs where Greek pop music is played, she feels as if the people are fake and she can't feel at ease with them or the atmosphere they create.

<p>Ερευνήτρια: <i>Οκ... εε, βγαίνεις συχνά γενικώς;</i></p> <p>Αλεξάνδρα: <i>Βγαίνω-- π.χ. σε μια βδομάδα πόσο μπορώ να βγω;</i></p> <p>Ερευνήτρια: <i>Ναι.</i></p> <p>Αλεξάνδρα: <i>Κυμαίνεται. Υπάρχουν φορές που ας πούμε εγώ μπορεί να έχω βγει και 3 φορές σερί και άλλες-- και υπάρχει βδομάδα που δεν έχω βγει για ποτό, αν εννοείς για ποτό.</i></p> <p>Ερευνήτρια: <i>Ναι ναι, για ποτό.</i></p> <p>Αλεξάνδρα: <i>Δηλαδή είναι πολύ-- είναι ανάλογα τα φεγγάρια μου [γέλιο].</i></p> <p>Ερευνήτρια: <i>[γέλιο] οκ... και για πόσες ώρες θα βγεις; Δηλαδή από τι ώρα θα βγει και μέχρι τι ώρα θα κάτσεις έξω αν βγεις σ'ένα μπαρ ή κλαμπ;</i></p> <p>Αλεξάνδρα: <i>Συνήθως... εε... κάποιες φορές το παρακάνουμε, άλλες φορές μπορεί να γυρίσουμε 3/4, αλλά μου έχει τύχει να γυρίσω και 7/8 η ώρα το πρωί.</i></p> <p>Ερευνήτρια: <i>Χμμ οκ, άρα μένουνε τα κλαμπς στην Ελλάδα και τα μπαρς ανοιχτά μέχρι το πρωί;</i></p> <p>Αλεξάνδρα: <i>Ναι, υπάρχουν κλαμπ που έχουνε μείνει σε αργία μέχρι τις 11 η ώρα και δεν κάνω πλάκα! 10 η ώρα κάπου εκεί.</i></p> <p>Ερευνήτρια: <i>Χμμ.</i></p>	<p>Researcher: <i>Okay... eh, do you tend to go out often?</i></p> <p>Alexandra: <i>I go out-- how many times do I go out in a week for example?</i></p> <p>Researcher: <i>Yeah.</i></p> <p>Alexandra: <i>It depends. There are times where I've gone out three times in a row and others-- and there are weeks I don't go out for a drink at all, if you mean for a drink.</i></p> <p>Researcher: <i>Yeah yeah, for a drink.</i></p> <p>Alexandra: <i>So, it's very-- it depends on my moon [Laughs].</i></p> <p>Researcher: <i>[Laughs] okay... and how long do you stay out for usually? So, what time do you go out and what time do you return when you go to a bar or club?</i></p> <p>Alexandra: <i>Usually... eh... sometimes we overdo it, other times we might go back three or four, but there have been times I've gone home seven or eight in the morning.</i></p> <p>Researcher: <i>Hmm okay, so the clubs and bars in Greece stay open until the morning?</i></p> <p>Alexandra: <i>Yeah, there are clubs that stay open until eleven in the morning on bank holidays and I'm not kidding! Ten in the morning, something like that.</i></p> <p>Researcher: <i>Hmm.</i></p>	<p>Goes out whenever she feels like it; not embedded in her routine. But going out is something she does.</p> <p>Moon refers to mood; emotions. So, going out is determined by how she feels.</p> <p>Vibrant nightlife.</p>
--	--	---

Αλεξάνδρα: Σε αργία όμως, όχι καθημερινά.

Ερευνήτρια: Οκ. Ωραία συνεχίζουμε, εε, τί είναι ένα πάρτι για σένα; Δηλαδή, τί θα έλεγες ότι συμπεριλαμβάνει ένα καλό πάρτι;

Αλεξάνδρα: Καλή παρέα... καλή μουσική... αυτά... ξερωγώ.

Ερευνήτρια: Χμμ, και τι πιστεύεις ότι θα- τι θα έλεγες ότι συμπεριλαμβάνει ένα κακό πάρτι;

Αλεξάνδρα: Κακή παρέα... Τοξική παρέα και, ηλίθιους ανθρώπους που επιμένουν να σου μιλήσουν ενώ εσύ ας πούμε τους έδωσες πόρτα.

Ερευνήτρια: Οκ... εμ πώς είναι-- ωραία, πώς είναι το προσωπικό και οι κανόνες στα μπαρ και στα κλαμπ που βγαίνεις;

Αλεξάνδρα: Εε οι κανόνες... να πω ότι-- αυτό που έχω ακούσει είναι ότι πολλές φορές δεν αφήνουν άτομα να μουν αμα δεν έχουνε ντυθεί πολύ επίσημα. Εε σε κάποια κλαμπ ας πούμε οι κανόνες που δεν-- είναι άγραφτοι κανόνες, δηλαδή στην ουσία δεν-- είναι ας πούμε να βάζουνε μέσα ή τους γνωστούς τους ή τα άτομα που θεωρούνε ότι θα επενδύσουνε περισσότερα λεφτά σε ποτά και κάποιους άλλους μπορεί να τους εε αγνοήσουν και να μην τους αφήσουν να μούνε. Σε άλλα μαγαζιά δεν υπάρχει αυτό. Οχι, αλλιώς οι κανόνες είναι κλασικοί, μπαίνεις παίρνεις ποτό και το πληρώνεις. Δεν έχει κάποιο φοβερό κανόνα.

Alexandra: On bank holidays though, not every day.

Researcher: Okay. Right, let's continue, eh, what is a party to you? So, what would you consider a good party?

Alexandra: Good company... good music... yeah... I don't know.

Researcher: Hmm, and what do you believe-- what would you consider a bad party?

Alexandra: Bad company... toxic friends and, stupid people who insist on talking to you even though you rejected them.

Researcher: Okay... um how are-- right, how are the drinking places you go to such as bars and clubs in regard to staff and rules?

Alexandra: Eh the rules... I'll say that-- what I've heard is that sometimes they don't let people in if they're not dressed appropriately. Eh, in some clubs for example there are rules that are not-- they are unspoken rules basically, in essence they are not-- for example, to allow entrance only to people that they know or to people who they think will invest more money in drinks, and some others they will just ignore and not let them in. In other places they don't do that. Eb, no, other than that the rules are the classic ones, you go in, you get a drink and you pay. There are no extreme rules.

Welcoming atmosphere.

People she feels out of touch with; not resonating. Lack of communication and mutual respect. Being around such people perhaps blocks that feeling of freedom that she thrives in and doesn't allow cohesion to naturally occur; separating people.

Relaxed policy.

<p>Ερευνήτρια: <i>Οκ, και πως σου συμπεριφέρεται το προσωπικό;</i></p> <p>Αλεξάνδρα: <i>Κάποιοι είναι ευγενικοί, άλλοι αδιάφοροι-- άλλοι όχι τόσο. Αλλά δεν έχω συναντήσει πολύ αγενή προσωπικό, σπανίως.</i></p> <p>Ερευνήτρια: <i>Χμμ, εε υπάρχει security στο χώρο;</i></p> <p>Αλεξάνδρα: <i>Εε... μπορεί να-- οι πορτιέρηδες θεωρούντε security, ασφάλεια;</i></p> <p>Ερευνήτρια: <i>Εε οι πορτιέρηδες θεωρούντε αυτοί που- είναι αυτοί που σε καλωσορίζουν μέσα φαντάζομαι.</i></p> <p>Αλεξάνδρα: <i>Εε, σπάνια.</i></p> <p>Ερευνήτρια: <i>Άρα σπάνια security πιο πολύ υπάρχουνε οι πορτιέρηδες;</i></p> <p>Αλεξάνδρα: <i>Πορτιέρηδες εγώ βλέπω τώρα η ασφάλεια ή security... μπορεί να υπάρχει κάποιος που να 'ναι ένα-- πχ ο αδερφός μου που δούλενε σε κάποια φάση σε ασφάλεια σε μαγαζιά, εε δεν- δεν φορούσε-- φορούσε κανονικά ρούχα, οπότε μπορεί να υπάρχει κάποιο άτομο που να 'ναι η ασφάλεια και να- να φοράει κανονικά ρούχα.</i></p> <p>Ερευνήτρια: <i>Οκ εμ... και σε τσεκάρουνε όταν μπαίνεις μέσα σε κλαμπ και μπαρ; Σου τσεκάρουν την ταυτότητα, τη τσάντα...</i></p> <p>Αλεξάνδρα: <i>Όχι όχι όχι.</i></p>	<p>Researcher: <i>Okay, and how are you treated by the staff?</i></p> <p>Alexandra: <i>Some are polite, others are just cool-- others not so much. But I've never met very rude staff, rarely.</i></p> <p>Researcher: <i>Hmm, eh is there security and bouncers?</i></p> <p>Alexandra: <i>Eh... can the-- do the welcoming staff at the door count as security?</i></p> <p>Researcher: <i>Eh the guys at the door are usually the-- they are the ones that welcome you in as far as I'm aware.</i></p> <p>Alexandra: <i>Eh, rarely then.</i></p> <p>Researcher: <i>So, there is rarely security, just the welcoming staff at the door?</i></p> <p>Alexandra: <i>I mostly see the welcoming staff at the door, now regarding security... there might be someone who is-- for example my brother who worked at some point as a security guy in places eh, he wasn't-- he didn't wear-- he was just wearing normal clothes, so there might be someone who works in security wearing casual clothes.</i></p> <p>Researcher: <i>Okay eh... and do they check you when you go to a club or bar? Your ID, your bag...</i></p> <p>Alexandra: <i>No no no.</i></p>	<p>Relaxed attitude. Focus on creating a hospitable environment, free of controlling and suspicious vibes.</p> <p>Relaxed policy; no strict measures.</p>
--	---	---

Ερευνήτρια: Εε οκ, και πώς πιστεύεις ότι πρέπει να συμπεριφέρεσαι σε τέτοιους χώρους;

Αλεξάνδρα: Εε...

Ερευνήτρια: Δηλαδή τι μπορείς να κάνεις και τι δεν μπορείς να κάνεις;

Αλεξάνδρα: Πιστεύω ότι μπορείς να μιλάς σε ανθρώπους, να επικοινωνήσεις, να πεις ποτό, να διασκεδάσεις να χορέψεις όσο-- όσο γελοία θες. Δεν θεωρώ ότι πρέπει να γίνεσαι παραβιαστικός, να επειμένεις να δημιουργήσεις συζητήσεις με άτομα που σε απαξιώνουν, να χουφτώνεις άκυρες τύπισσες και να βάζεις ναρκωτικά στα ποτά.

Ερευνήτρια: Οκ ναι... εε και η ατμόσφαιρα; Πως είναι η ατμόσφαιρα;

Αλεξάνδρα: Ανάλογα το μαγαζί.

Ερευνήτρια: Συνήθως, σε αυτά που βγαίνεις εσύ.

Αλεξάνδρα: Εεε σε-- στα ελληνάδικα που βγαίνω εμένα δεν με ενοχλεί πολύ η ατμόσφαιρα, δεν αντιλαμβάνομαι τόσο πολύ αυτό που λένε κάποιοι οτι υπάρχει "σνομπισμός" και... και οτι όλοι έχουν υφάκι. Δεν πηγαίνω σε πάρα πολύ κυριλέ, υπάρχουν πάρα πολύ κυριλέ μαγαζιά Θεσσαλονίκη που δεν έχω πάει.

Ερευνήτρια: Χμμ.

Researcher: Eh okay, and what do you think is expected from you in the drinking places you go to?

Alexandra: Eh...

Researcher: So, what can you do and cannot do in such places?

Alexandra: I think you can talk to people, socialise, have a drink, have fun, dance as much as you want, however you want. I don't think you should be intruding, insisting on having conversations with people who have rejected you, groping girls you don't know and spiking drinks.

Researcher: Okay yes... eh and the atmosphere? How is the atmosphere?

Alexandra: Depends on the place.

Researcher: Usually then, in the places you go to.

Alexandra: Ehh in-- in the places with modern Greek pop that I go to I don't really mind the atmosphere, I don't understand what some people call "snobbery" and... and that everyone has an attitude. I don't go to places that are very fancy, there are many fancy places in Thessaloniki that I haven't been to.

Researcher: Hmm.

The nature of social situations. Socially constructed places for the purpose of enjoyment.

Be liberated but respectful (staying decent).

She is contradicting herself by making this point as earlier on in the interview she said she doesn't like these places nor the people that go there because they tend to be 'prejudiced' and put on a 'façade'.

<p>Αλεξάνδρα: Επίσης θεωρώ οι άνθρωποι μερικές φορές είναι λίγο πιο προκατειλημμένοι σε κάποια μαγαζιά και ότι δεν είναι τόσο τραγικά τα πράγματα όσο νομίζουν-- ότι δεν είναι τόσο-- εε προκατειλημμένοι οι άνθρωποι όσο το έχουν στο μυαλό τους.</p>	<p>Alexandra: <i>I also reckon that sometimes people are a little more prejudiced in some places and that things aren't as tragic as they think-- that they're not so-- eh people are not as prejudiced as others are convinced they are.</i></p>	<p>Again, contradicting herself but makes a point that they are, to some extent, prejudiced.</p>
<p>Ερευνήτρια: Μμ οκ.</p>	<p>Researcher: <i>Mm okay.</i></p>	
<p>Αλεξάνδρα: Σε εναλλακτικούς χώρους είναι πολύ χαλαρά και οι άνθρωποι είναι πιο επικοινωνιακοί και έχουν λιγότερες προκαταλήψεις εε σε άτομα που... σε- και θεωρώ ότι- να πω και για τους άντρες τι παρατηρώ;</p>	<p>Alexandra: <i>In alternative places it is very relaxed and people are more social with less biases eh towards people who... towards-- and I think that-- can I tell you what I notice about men?</i></p>	<p>Seems to value a welcoming atmosphere. She seems to have many conflicting opinions on this matter. But it is clear that she prefers alternative places as she feels more at one with the others there.</p>
<p>Ερευνήτρια: Οτι θέλεις.</p>	<p>Researcher: <i>If you want.</i></p>	
<p>Αλεξάνδρα: Ωραία, εε, πιστεύω ότι στα ελληνάδικα ότι ο τρόπος που προσεγγίζουν μια γυναίκα πέρα από το τι σκοπό έχει ότι δεν-- σπάνια είναι ευγενικοί. Συνήθως εε γίνονται... γίνονται αγενείς.</p>	<p>Alexandra: <i>Great, eh, I think that in the places with modern Greek pop, men who approach women, despite their purpose-- they are rarely polite. Usually eh they are... are rude.</i></p>	<p>She has put a lot of emphasis on the disrespect present in modern Greek pop places.</p>
<p>Ερευνήτρια: Ναι.</p>	<p>Researcher: <i>Yeah.</i></p>	
<p>Αλεξάνδρα: Και... γενικότερα δεν σέβονται, οκ.</p>	<p>Alexandra: <i>And... they just don't show respect, ok.</i></p>	
<p>Ερευνήτρια: Οκ.</p>	<p>Researcher: <i>Okay.</i></p>	
<p>Αλεξάνδρα: Αλλά δεν το συναντάω τόσο πολύ αυτό. Επίσης σε πάρτι πανεπιστημίου συχνά παίζουν ξύλο. Και ότι μπορεί να υπάρχει περισσότερη επιθετικότητα και ας είναι πιο εναλλακτικός κόσμος εε-- μαζεύονται και διάφορα άτομα που είναι έξω απ'τα</p>	<p>Alexandra: <i>But I don't often come across that. Also, in university parties they often get into fights. Even though the people there are more alternative, there can be more aggression eh-- there are various people who gather there who are not part of the</i></p>	<p>She now avoids these places. Although she prefers university parties because there is an alternative crowd, because of relaxed policies in Greece a lot of illegal activities can take places, with no consequences, which means there is a lot of uncontrolled conflict in these</p>

<p>πανεπιστήμια και συνήθως πολλές φορές μαζεύονται περισσότερα άτομα εκτός του πανεπιστημίου εκεί πέρα, και υπάρχουν και εμπορία ναρκωτικών και τέτοιες καταστάσεις.</p> <p>Ερευνήτρια: Αχα κατάλαβα ok... εεμ τώρα μπορείς να μου πεις για την πρώτη φορά που πήγες σε ένα κλαμπ ή μπαρ; Την πρώτη φορά ever.</p> <p>Αλεξάνδρα: Ωραία, ναι...</p> <p>Ερευνήτρια: Πόσο χρονών ήσουν και τέτοια...</p> <p>Αλεξάνδρα: Ήμουνα... 16... και ήταν η πρώτη φορά που έβγαينا σε κλαμπ, οπότε νομίζαμε οτι κάναμε κάτι φοβερό και τρομερό.</p> <p>Ερευνήτρια: Χμ.</p> <p>Αλεξάνδρα: Ένιωθα αμηχανία... γιατί ήταν κάτι εντελώς καινούργιο για 'μένα... εε... κυρίως ένιωθα αυτό αμηχανία, μετά από ώρες εμ... ξεκόμπλαρα... και εντέλει πέρασα καλά και το απομυθοποίησα κιόλας, θεωρούσα οτι είναι κάτι τελείως εε-- απομυθοποίησα λίγο, οτι δεν είναι κάτι τόσο τραγικό ή φοβερό.</p> <p>Ερευνήτρια: Οκ, και ήπιες αλκοόλ εκείνο το βράδυ;</p> <p>Αλεξάνδρα: Ναι ναι.</p> <p>Ερευνήτρια: Εε, τι σε έκανε να πιείς;</p>	<p>university and often there are more of these people there, and there is drug trafficking and these sorts of situations.</p> <p>Researcher: Aha I see okay... um, now can you recall the first time you went to a bar or club and tell me about it? The first time ever.</p> <p>Alexandra: Alright, yeah...</p> <p>Researcher: How old were you and things like that...</p> <p>Alexandra: I was... 16... and it was the first time I went out to a club, so we thought we were doing something great and huge.</p> <p>Researcher: Hmm.</p> <p>Alexandra: I felt awkward... because it was something completely new to me... eh... mostly I felt awkwardness yeah, and after some time... I felt more relaxed... and I ended up having a good time and I even demystified it, I felt it was something completely eh-- I demystified it like, it wasn't something so tragic or magnificent.</p> <p>Researcher: Okay, and did you drink alcohol that night?</p> <p>Alexandra: Yeah yeah.</p> <p>Researcher: Eh, what influenced you to drink?</p>	<p>places.</p> <p>The first time going out was a big deal for her, perhaps because it was a new experience and she didn't know what to expect. Every new experience in a way seems special at first because it takes away part of your innocence and its proof that you're growing up.</p> <p>Once she overcame the initial awkwardness of the new experience and not knowing what to do with herself in this unknown setting, she became familiar with the experience and in her mind it was no longer a big deal, just a means of having fun. Before she had this experience, the socially constructed ideas about clubs had influenced her to see it as something more important than it truly was, as it is an experience which takes away from an individual's innocence.</p>
---	--	--

<p>Αλεξάνδρα: Ότι πίνουν όλοι και ότι επειδή ήθελα να δοκιμάσω... και είναι ένας χώρος που ξεκάθαρα πας να πιείς αλκοόλ. Μεγαλώνοντας θα το δοκιμάσεις κι' αυτό.</p> <p>Ερευνήτρια: Ναι. Εε πότε ήταν η πρώτη φορά που ήπιες αλκοόλ;</p> <p>Αλεξάνδρα: 15;-- καλά έχω δοκιμάσει απ' τον παππού μου στα 10 μου αλλά δεν ξέρω αν είναι-- αν έχει σημασία.</p> <p>Ερευνήτρια: Έχει, ο παππούς σου σου έδινε λίγο λίγο να δοκιμάσεις δηλαδή;</p> <p>Αλεξάνδρα: Ναι ναι.</p> <p>Ερευνήτρια: Οκ... εε και στα 15 είπες ότι ηπικιες πρώτη φορά αλκοόλ, που ήταν αυτό;</p> <p>Αλεξάνδρα: Σε τέτοιο... σε κλαμπ.</p> <p>Ερευνήτρια: Στα 15;</p> <p>Αλεξάνδρα: Στα 16 είχα πάει πρώτη φορά σε κλαμπ.</p> <p>Ερευνήτρια: Πρώτη φορά είχες πάει σε κλαμπ στα 16 αλλά ήπιες πρώτη φορά είπες στα 15;</p> <p>Αλεξάνδρα: Όχι, πρώτη φορά ήπια μικρή, μου έδινε ο παππούς μου λίγο.</p> <p>Ερευνήτρια: Οκ οκ... εε, και πώς σε έκανε να</p>	<p>Alexandra: <i>That everyone was drinking and because I wanted to try it... and it's a place where you clearly go there to drink alcohol. As you grow up you're going to try that too.</i></p> <p>Researcher: <i>Yeah. Eh, when was the first time you had alcohol?</i></p> <p>Alexandra: <i>15?-- well I tried it when I was 10 with my grandfather, but I don't know if it-- if it counts.</i></p> <p>Researcher: <i>It does, so your grandfather was giving you a little bit to try now and then?</i></p> <p>Alexandra: <i>Yeah yeah.</i></p> <p>Researcher: <i>Okay... eh, and when you were 15 you said you drank alcohol for the first time, where was that?</i></p> <p>Alexandra: <i>In you know... in a club.</i></p> <p>Researcher: <i>When you were 15?</i></p> <p>Alexandra: <i>When I was 16, I went to a club for the first time.</i></p> <p>Researcher: <i>First time you went to a club you were 16 and first time you drank you were 15?</i></p> <p>Alexandra: <i>No, first time I drank was when I was young, my grandfather would give me a bit now and then.</i></p> <p>Researcher: <i>Okay yeah... eh, and how did</i></p>	<p>Normative perspective on drinking- following the crowd (the nature of social situations). Drinking is perceived as the adult way for enjoyment.</p> <p>Family introduced alcohol to her from a young age.</p> <p>First introduced by family.</p>
---	--	---

<p>νιώσεις όταν είχες δοκιμάσει αλκοόλ για την πρώτη φορά;</p> <p>Αλεξάνδρα: Εε... ωραίο ήτανε, αλλά εντάζει, τίποτα μαγικό... και ήταν κάτι καλό.</p> <p>Ερευνήτρια: Χμμ.</p> <p>Αλεξάνδρα: Στο-- πιο μετά άρχισα να το εκτιμάω και να καταλαβαίνω τι είναι.</p> <p>Ερευνήτρια: Ναι. Να το εκτιμάς;</p> <p>Αλεξάνδρα: Ναι.</p> <p>Ερευνήτρια: Πώς το εννοείς;</p> <p>Αλεξάνδρα: Εε δεν ξέρω, όσο περνούσαν τα χρόνια μ'άρεσε περισσότερο, ήξερα και τι ποτό να παίρνω γιατί τότε ήμουν σε φάση πειραματισμού δεν ήξερα πιο ποτό μ'αρέσει περισσότερο, οπότε όσο μεγάλωνα και έβγαινα σε κλαμπ κατέληξα και ξέρεις, στα γούστα μου και βρήκα και το μέτρο.</p> <p>Ερευνήτρια: Οκ, και τι ρόλο παίζει το αλκοόλ στη ζωή σου τώρα;</p> <p>Αλεξάνδρα: Εε, παίρνω καμια μπίρα που και που απ' έξω, παίρνω κρασί απ' το σούπερμαρκετ γιατί είναι πιο οικονομικό και το βάζω σε παγουρίνο για οικονομικούς λόγους, εε-- μου αρέσει, το προτιμώ από άλλα πράγματα γενικώς.</p> <p>Ερευνήτρια: Πόσο συχνά πίνεις;</p>	<p>you feel when you tried alcohol for the first time?</p> <p>Alexandra: Eh... it was nice, but okay, nothing magical... just something good.</p> <p>Researcher: Hmm.</p> <p>Alexandra: In the-- later on I started to appreciate it and I understand what it is.</p> <p>Researcher: Yeah. To appreciate it?</p> <p>Alexandra: Yeah.</p> <p>Researcher: How do you mean?</p> <p>Alexandra: Eh I don't know, as the years passed by I liked it more and more, I knew what kind of drinks I preferred because back then I was in an experimental phase and I didn't know which drink I liked best, so as I grew up and I started going to clubs I ended up knowing what I like and what are my limits.</p> <p>Researcher: Okay, and what place does alcohol have in your life now?</p> <p>Alexandra: Eh, I get a beer every now and then, I get some wine from the supermarket because it's cheaper and I pour it into a flask for financial reasons, eh-- I like it, I prefer it to other things in general.</p> <p>Researcher: Do you drink often?</p>	<p>She didn't grow up viewing it as something important.</p> <p>She appreciates alcohol (values).</p> <p>Preferences.</p>
---	--	---

<p>Αλεξάνδρα: <i>Ανάλογα... τώρα ας πούμε είχα πιεί 2 μέρες σερί, τώρα έχω να πιώ 2 μέρες.</i></p> <p>Ερευνήτρια: <i>Οκ, και όταν πίνεις μεθάς συνήθως; Όταν είσαι έξω σε κοινωνικές καταστάσεις.</i></p> <p>Αλεξάνδρα: <i>Ένα κεφαλάκι το κάνω, αα ειδικά αν πάρω ποτό απ' το σουπερμαρκετ σίγουρα μεθάω γιατί έχω περισσότερη ποσότητα, ενώ ας πούμε σε ένα κλαμπ αμα δεν έχω πάρει πιο πριν από το σουπερμαρκετ δεν θα-- μπορεί και να κάνω απλά κεφάλι να μην μεθύσω γιατί δεν έχω τα λεφτά να πάρω πολλά ποτά ώστε να μεθύσω.</i></p> <p>Ερευνήτρια: <i>Ναι... εε, τι σε επηρεάζει στο να πιείς ή να μην πιείς;</i></p> <p>Αλεξάνδρα: <i>Εε, πολλές φορές πίνω γιατί θεωρώ θα περάσω καλύτερα, επίσης... νομίζω ότι βγαίνει πιο μια-- μια πιο καλύτερη εκδοχή του εαυτού μου... σταματάω να είμαι προκατειμμένη και είμαι πιο χαμογελαστή απ' ότι συνήθως. Συνήθως όταν πίνω αλκοόλ είμαι πολύ χαμογελαστή γιατί δεν ντρέπομαι να χαμογελάσω όχι ότι-- δεν μου προκαλεί χαρά αλλά παύω να 'χω ταμπού ότι πρέπει να είμαι σοβαρή, δηλαδή μου φεύγουνε οι αναστολές... είμαι πιο... ναι. Βγαίνει λίγο το προφίλ το σοβαρό και είμαι πιο πολύ ο εαυτός μου, δεν είναι ότι με επηρεάζει απλά μου βγάζει το κανονικό μου εαυτό... δεν μου δημιουργεί κάποιον άλλο εννοώ.</i></p> <p>Ερευνήτρια: <i>Οκ εε, πώς νομίζεις ότι σε έχει επηρεάσει η κοινωνία στο τρόπο που πίνεις;</i></p>	<p>Alexandra: <i>It depends... now for example I drank two days in a row and then I didn't for two days.</i></p> <p>Researcher: <i>Okay, and when you drink do you tend to get drunk? When you're out in social situations.</i></p> <p>Alexandra: <i>I get a little bit tipsy, oh especially if I get a drink from the supermarket then I definitely get drunk because I have more, but if for example in a club I didn't bring any with me from the supermarket then I wouldn't-- I would just get a little bit tipsy because I don't have the money to buy a lot of drinks to get drunk.</i></p> <p>Researcher: <i>Yeah... eh, what influences whether you drink or not?</i></p> <p>Alexandra: <i>Eh, I often drink because I think I'll have a better time, also... I think I become a more of a-- a better version of myself... I stop being prejudiced and I smile more than usual. Usually when I drink alcohol I smile more because I'm not embarrassed to smile, not that-- not that it makes me happy, but I stop thinking I have to be serious, so I lose my inhibitions... I am more... yeah. I am not serious anymore and I'm more myself, it's not that it affects me, it just brings out my real self... it doesn't bring out someone else I mean.</i></p> <p>Researcher: <i>Okay eh, how does your society influence the way you drink do you think?</i></p>	<p>Drinks moderately.</p> <p>She seems keen on feeling the effects of alcohol.</p> <p>Believes she will have a better time- perhaps she feels as if alcohol allows her to live more in the present and therefore enhances her experiences. Alcohol is a means of liberation for her, she feels free and comfortable to be herself without fearing the judgement of others or herself. She perceives herself as someone more open and fun when she is under the influence- an ideal self who exists somewhere within her but isn't comfortable to come out when she is sober, due to heightened self-awareness and alertness.</p>
---	---	--

<p>Αλεξάνδρα: Δεν νομίζω ότι με έχει επηρεάσει ιδιαίτερα.</p> <p>Ερευνήτρια: Χμμ οκ.</p> <p>Αλεξάνδρα: Ούτε η οικογένεια μου μ' έχει επηρεάσει.</p> <p>Ερευνήτρια: Χμμ, εε πώς πιστεύεις θα έπινες εάν δεν ήσουνα φοιτήτρια;</p> <p>Αλεξάνδρα: Πιστεύω ότι το πολύ-- α μπορεί να έπαιρνα στο σπίτι μου. Άμα δεν ήμουνα φοιτήτρια και είχα μια κανονική ζωή, ας πούμε όταν άραζα μετά την δουλειά ε, θα έπαιρνα και να πίνω κάποιο κρασί, αυτό.</p> <p>Ερευνήτρια: Οκ... εε, αλλάζει ο τρόπος που πίνεις όταν είσαι με φίλους;</p> <p>Αλεξάνδρα: Όχι, σχεδόν ίδια ποσότητα πίνω.</p> <p>Ερευνήτρια: Οκ.</p> <p>Αλεξάνδρα: Γιατί έχω-- εντάξη μερικές φορές ας πούμε άμα βαριέμαι να βγω έξω ή ξέρω 'γω έχω κάτσει σπίτι καμια μέρα και βαριέμαι, μπορεί να πάρω να πινω 2/3 κρασάκια αλλά και έξω κάπου τόσο θα' πινα-- καλά δεν θα γίνω και κουρούμπελο, αλλά οκ.</p> <p>Ερευνήτρια: [γέλιο] οκ εε, πώς νιώθεις όταν είσαι μεθυσμένη;</p> <p>Αλεξάνδρα: Συνήθως νιώθω χαρούμενη, και</p>	<p>Alexandra: <i>I don't think it has influenced me majorly.</i></p> <p>Researcher: <i>Hmm okay.</i></p> <p>Alexandra: <i>My family hasn't influenced me either.</i></p> <p>Researcher: <i>Hmm, eh how do you think you would drink if you weren't a student?</i></p> <p>Alexandra: <i>I think mostly-- oh, I would probably drink at home. If I wasn't a student and I lived a normal life, let's just say after work eh, I would get some wine to drink, that's it.</i></p> <p>Researcher: <i>Ok... eh, does drinking with friends affect the way you use alcohol?</i></p> <p>Alexandra: No, <i>I drink almost the same amount.</i></p> <p>Researcher: <i>Okay.</i></p> <p>Alexandra: <i>Because I've-- okay sometimes when I can't be asked to go out or I've stayed home one day and I'm bored, then I might drink two or three glasses of wine but even if I go out I'd probably drink the same amount-- well I wouldn't get extremely wasted of course, but okay.</i></p> <p>Researcher: <i>[Laughs] okay eh, how do you feel when you're drunk?</i></p> <p>Alexandra: <i>I usually feel happy, and more</i></p>	<p>Sees herself as someone who isn't easily influenced by others.</p> <p>Makes it clear that she doesn't believe that any external influences affect her drinking behaviours.</p> <p>She wouldn't engage in social drinking but would continue to drink by herself. Students life is marked by the period for rejoice and sociability. She would use it to relax if she wasn't a student, and not so much for entertainment.</p> <p>Not influenced by others easily.</p> <p>Drinking when bored- views it as a fun activity to enhance a moment whether she is out or at home, by herself.</p> <p>Knows her limits, doesn't go too far with alcohol. This, again, proves that she uses alcohol as a tool for enhancement rather than drinking to get drunk.</p> <p>Liberation. She seems like someone who thinks a lot, so alcohol could be escapism for her, as she can focus more on her senses and emotions rather than her thoughts; living in</p>
--	--	--

πιο συναισθηματικός χαρακτήρας, αισθάνομαι λιγότερο-- πιο πολύ συναίσθημα παρά σκέψη, αλλά αυτό είναι ευχάριστο σε συναίσθημα.

Ερευνήτρια: Ναι. Εε, τι σου αρέσει και τι δεν σου αρέσει όταν μεθάς;

Αλεξάνδρα: Μ' αρέσει πιο, αυτό που σ' είπα, συναισθηματική και πιο ανοιχτή, πιο επικοινωνιακή. Δεν έχω προκατάληψη να μιλήσω σε κάποιον, δεν αισθάνομαι ότι αυτό το άτομο που θα μιλήσω θα με απορρίψει, θα είναι αγενής μαζί μου, έχω θετική προκατάληψη απέναντι στο άτομο και αυτό με βοηθάει στο να κοινωνικοποιούμαι εεε... δεν μ' αρέσει όταν-- σπανίως δεν μ' αρέσει-- παλιά δεν μ' άρεσε πριν-- πριν 2/3 χρόνια μπορεί να είχα συναισθηματικές εκρήξεις, κλάμα και-- αλλά αυτό ήταν όταν ήμουν μόνη μου όχι όταν ήμουν με παρέα-- σπάνια-- έχουν περάσει πολλά χρόνια από τότε που έχω να κλάψω απ' το αλκοόλ, σχεδόν δεν κλαίω ποτέ. Δεν υπάρχει κάτι που να μην μ' αρέσει γιατί έχω και τον έλεγχο, δεν-- δεν βγαίνω-- μπορεί όταν πίνω λίγο παραπάνω να μην μ' αρέσει το γεγονός ότι είμαι λίγο νωχελική αλλά αυτό γίνεται σπάνια.

Ερευνήτρια: Οκ, και περίπου πόσα ποτά πίνεις όταν βγαίνεις;

Αλεξάνδρα: Πόσα;

Ερευνήτρια: Ναι.

Αλεξάνδρα: Στο μαγαζί-- στα μαγαζιά που θα πάω 2/3 και θα' χω και έξτρα μπουκάλι νερού που έχει μέσα κρασί ή raki.

emotional, I feel less-- more emotion than thought, but that's a pleasant feeling.

Researcher: Yeah. Eh, what do you enjoy about it and what do you dislike about it?

Alexandra: *I like that, well what I told you, becoming more emotional and more open, more social. I don't have anything against speaking to someone, I don't feel that the person I'm speaking to will reject me, or be rude to me, I'm positively biased towards such a person and that helps me socialise ehh... I don't like it when-- rarely I don't like it-- in the past I didn't like it before-- before two or three years maybe I had emotional outbursts, crying and-- but that was when I was alone not with company-- rarely-- many years have passed since I have cried because of alcohol, I almost never cry. There isn't something that I don't like because I have control, I don't-- I don't go out-- perhaps when I drink more I might not like the fact that I become more sluggish but that happens rarely.*

Researcher: Okay, and how many drinks do you have on a night out usually?

Alexandra: How many?

Researcher: Yes.

Alexandra: *In the-- in the places I go to I'll get two or three and I'll have an extra bottle of water with me that has wine or raki.*

the present moment unbound by experience and future thinking. Making it easier to ignore worries and freeing her from stress. She is more focused in the present moment.

It's not that judgment isn't present or doesn't exist, but she doesn't care about it because she doesn't think when under the influence. Her awareness is fully in the present moment; liberation. This suggests that when she is sober she is more identified with her thinking, her interpretations and judgements, her dislikes and likes, and cares more about her image and what people think, making it difficult to experience the present moment and restraining her freedom within the level of thought. She becomes more social and open when drunk, indicating an increase in self-esteem due to alcohol making her feel a more comfortable individual. Socialisation seems to be a key determinant and a desirable behaviour that she seems to lack when she is sober.

She is prepared; brings alcohol with her so she can have more.

<p>Ερευνήτρια: <i>Οκ, εε συνηθίζεις να πίνεις αλκοόλ στο σπίτι πριν βγεις να διασκεδάσεις;</i></p> <p>Αλεξάνδρα: <i>Ναι ναι ναι.</i></p> <p>Ερευνήτρια: <i>Γιατί;</i></p> <p>Αλεξάνδρα: <i>Γιατί εε είναι πιο οικονομικό... και δεν ξέρω, είμαι στο mood από πιο πριν οπότε αυτό βοηθάει γενικότερα. Δεν χρειάζεται να κάνω πολλά, μετά δεν χρειάζεται να πιώ και πολύ, είμαι ήδη φτιαγμένη από πριν.</i></p> <p>Ερευνήτρια: <i>Χμμ, εε έχεις κάνει ποτέ εμετό εξαιτίας του αλκοόλ;</i></p> <p>Αλεξάνδρα: <i>Ναι, 4/5 φορές.</i></p> <p>Ερευνήτρια: <i>4/5 φορές οκ. Εε, όταν πίνεις αλκοόλ αλλάζει η κοινωνική σου συμπεριφορά με άλλους ανθρώπους; Νομίζω ότι μου το απάντησες αυτό πιο πάνω...</i></p> <p>Αλεξάνδρα: <i>Ναι ναι ναι ναι αλλάζει.</i></p> <p>Ερευνήτρια: <i>Ναι... εε, και μου είπες τους τρόπους έτσι δεν είναι;</i></p> <p>Αλεξάνδρα: <i>Τι εννοείς; Τους τρόπους που πίνω;</i></p> <p>Ερευνήτρια: <i>Όχι, τους τρόπους που αλλάζει η συμπεριφορά σου, η κοινωνική συμπεριφορά σου.</i></p> <p>Αλεξάνδρα: <i>Ναι ναι ναι ναι στο είπα.</i></p>	<p>Researcher: <i>Okay, eh do you drink at home before going out?</i></p> <p>Alexandra: <i>Yes, yes, yes.</i></p> <p>Researcher: <i>Why?</i></p> <p>Alexandra: <i>Because ehh it's cheaper... and I don't know, I get in the mood from before so that helps. I don't need to do much after that, then I don't have to drink more later, I'm already fixed up from before.</i></p> <p>Researcher: <i>Hmm, eh have you ever thrown up because of alcohol?</i></p> <p>Alexandra: <i>Yeah, four or five times.</i></p> <p>Researcher: <i>Four or five times okay. Eh, does your social behaviour change when you drink alcohol? I think you've already answered this...</i></p> <p>Alexandra: <i>Yes, yes, yes, yes it does change.</i></p> <p>Researcher: <i>Yeah... eh, and you told me how right?</i></p> <p>Alexandra: <i>What do you mean? The ways I drink?</i></p> <p>Researcher: <i>No, the way your behaviour changes, your social behaviour.</i></p> <p>Alexandra: <i>Yes yes yes yes I told you.</i></p>	<p>Likes to pre-drink; no hesitation.</p> <p>Drinking beforehand helps her delve into the collective atmosphere even before socialising so she can instantaneously be in the same frequency with others without feeling as if she doesn't belong or uncomfortable, once she goes out. Already in mood; part of the collective experience.</p> <p>It could also be the liberating effects of alcohol that she means.</p> <p>Not many times; she remembers- generally in control.</p> <p>Clear motive; not only aware but sounds driven based off of this change.</p>
--	---	---

Ερευνήτρια: Χμμ εε... λοιπόν... εε... ναι αυτά μου τα απάντησες... εε, πιστεύεις ότι παίρνεις πιο πολλά ρίσκα όταν είσαι μεθυσμένη από 'ταν είσαι νηφάλια;

Αλεξάνδρα: Εεε... όχι ιδιαίτερα. Δεν ξέρω, δεν νομίζω... γιατί μου έχει τύχει να φοβάμαι να 'νέβω σε μηχανή μεθυσμένη, το ίδιο θα 'κανα-- ενώ μπορεί ας πούμε να μην ήμουν μεθυσμένη να ανέβαινα σε κάποιου τη μηχανή. Γιατί εκείνη τη στιγμή έχουμε συνδυάσει ότι αλκοόλ και οδήγηση δεν είναι κάτι θετικό, οπότε εκείνη τη στιγμή ακόμα και αν είναι πιο ανοιχτός ο άνθρωπος, όταν είναι να πάρω μια απόφαση τέτοια δεν θα την κάνω.

Ερευνήτρια: Άρα πιστεύεις ότι καταλαβαίνεις το ρίσκο που παίρνεις εκείνη τη στιγμή;

Αλεξάνδρα: Ναι.

Ερευνήτρια: Οκ... εε λοιπόν... τώρα θέλω να φανταστείς ότι σταματάς να πίνεις εντελώς, τι πιστεύεις ότι θα άλλαζε στη ζωή σου;

Αλεξάνδρα: Εεε... θα αναγκαζόμουνα να αλλάξω λίγο κάποια στοιχεία στον χαρακτήρα μου γιατί πλέον το αλκοόλ δεν θα 'ταν εκεί να τα βγάλει τόσο εύκολα, όπως το να γίνω πιο κοινωνική και πιο χαμογελαστή. Από την στιγμή που δεν θα υπήρχε η λύση του αλκοόλ ίσως να έμπαινα σ' αυτήν τη διαδικασία, ότι πρέπει να ξεμπλοκάρω ακόμα περισσότερο-- αν και το 'χω σαν στόχο ούτως ή άλλως, δεν είναι ότι το αλκοόλ με πάει πίσω σ' αυτό, θα ήταν ένας ακόμα λόγος αυτός, όχι ο κύριος

Researcher: *Hmm eh... so... eh... yeah you answered that... eh, do you tend to take more risks when you drunk then when sober?*

Alexandra: *Ehh... not particularly. I don't know, I don't think so... because there have been times when I have felt afraid to get on a motorcycle drunk, I would do the same-- where I might not be drunk and get on someone's bike. Because at that moment we've combined that alcohol and driving is not a positive thing, so even though a person might be more risk-free, when I have to decide on something like that I wouldn't do it.*

Researcher: *So, do you think you understand the risk you are taking during that time?*

Alexandra: *Yes.*

Researcher: *Okay... eh so... now I want you to imagine that you decided to stop drinking, what do you think would change?*

Alexandra: *Eh... I'd have to change some aspects of my personality because I wouldn't have alcohol to bring them to the surface easily, like being more social and smiling more. Since alcohol couldn't act as a solution I'd perhaps begin a process, that I need to open up even more-- although it's a goal of mine anyways, it's not that alcohol holds me back with this, it's just another reason, not the main reason though.*

In control; thinks of and understands risk.

Alcohol allows her to express her personality freely and heightens the good aspects of her personality. Again, emphasising she is more social due to a confidence boost; indicating a desired behaviour she does not possess when sober; ideal self.

λόγος όμως.

Ερευνήτρια: *Ναι... εμ, και τί πιστεύεις ότι κερδίζεις εάν σταματούσες να πίνεις;*

Αλεξάνδρα: *Λεφτά.*

Ερευνήτρια: *[γέλιο] και το τί θα έχανεσ μου το είπες πιο πάνω;*

Αλεξάνδρα: *Ναι.*

Ερευνήτρια: *Χμμ, εε, πολλοί φοιτητές πίνουν για να μεθύσουνε, γιατί νομίζεις ότι γίνεται αυτό;*

Αλεξάνδρα: *Γιατί θέλουν και εκείνοι να βγάλουνε μια πλευρά του εαυτού τους, επίσης μπορεί να 'χει να κάνει και με το γεγονός ότι μερικοί, δεν λέω ότι το κάνουν όλοι... εε πολλές φορές θεωρούνε ότι είναι μία κίνηση-- πώς να στο πω... ενηλικίωσης, ότι αυτό το κάνουν οι μεγάλοι οπότε το κάνουμε και εμείς. Αλλά αυτό το κάνουνε λίγο περισσότερο μικρότερες ηλικίες 18 χρονών 17. Εε πιστεύω ότι βοηθάει και στο να κάνεις κέφι.*

Ερευνήτρια: *Ναι... χμ. Πιστεύεις ότι προσπαθούν να κερδίσουν κάτι συγκεκριμένο;*

Αλεξάνδρα: *Πιστεύω ότι είναι μία διαφυγή γενικότερα.*

Ερευνήτρια: *Οκ εε... με θέμα το αλκοόλ, πιστεύεις ότι η φοιτητική ελληνική κουλτούρα είναι διαφορετική από άλλες κουλτούρες στον τρόπο που πίνουν;*

Researcher: *Yeah... eh, and what do you think you would gain if you stopped drinking?*

Alexandra: **Money.**

Researcher: *[Laughs] and you have told me already what you would lose?*

Alexandra: *Yes.*

Researcher: *Hmm, eh, many students nowadays tend to drink alcohol to get drunk, why do you think that is?*

Alexandra: **Because they also want to bring out a different side of themselves, also maybe it has to do with the fact that some people, I'm not saying that everyone does this... eh often think that it is an action of-- how do I put this... coming of age, that adults do it therefore so do we. But it's usually the younger ages that do that, ages 18 or 17. Eh I also think that it helps you get in the right mood.**

Researcher: *Yes... hm. Do you think there is something specific they trying to achieve?*

Alexandra: **I believe it's mostly an escape.**

Researcher: *Okay eh... regarding alcohol, do you think the Greek student culture is different from others in the way they drink?*

She believes, like herself, that everyone becomes a better version of themselves, as desirable behaviours appear and are reinforced. Alcohol in her perspective alters everyone's personality, making them more free. A liberated self.

Describes drinking as the adult way for enjoyment but seems to believe this affects the younger ages.

Emphasis on how alcohol helps one ease into the atmosphere of collective belongingness.

Free of complex negative states.

Αλεξάνδρα: Δεν νομίζω...

Ερευνήτρια: Πιστεύεις ότι ο τρόπος είναι διαφορετικός;

Αλεξάνδρα: Εε πιστεύω ότι από χώρα σε χώρα ίσως διαφέρουν λίγο οι κουλτούρες αλλά... δεν μπορώ-- δεν ξέρω πώς το διαχειρίζονται οι άλλες χώρες. Αλλά πιστεύω ότι και αυτοί προφανώς, υπάρχουν άτομα που κάνουν κατανάλωση, δεν πιστεύω ότι όλοι κάθονται το Σάββατο σπίτι τους και παίζουνε επιτραπέζια.

Ερευνήτρια: Ναι... εε... εσένα σου αρέσει να πίνεις για να μεθάς;

Αλεξάνδρα: Ναι.

Ερευνήτρια: Γιατί;

Αλεξάνδρα: Γιατί όπως είπα πριν βλέπω τον πιο καλό μου εαυτό, τουλάχιστον εγώ αυτό πιστεύω ότι-- και μ' αρέσει που δεν υπάρχει-- δεν σκέφτομαι τόσο, δεν κρίνω τόσο. Οπότε είμαι πιο-- το μυαλό μου είναι λίγο πιο-- λόγο το ότι είμαι πιο συναισθηματική αισθάνομαι ότι κυριεύει το συναίσθημα και παύω να κρίνω και να παρατηρώ λεπτομέρειες και να σκέφτομαι, και είναι ένα πιο χαλαρό συναίσθημα, έτσι αντιδράει σε μένα δεν ξέρω πώς αντιδράει στους άλλους.

Ερευνήτρια: Οκ ωραία εε-- τώρα θέλω να φανταστείς ότι συναντάς κάποιο φίλο σου και ξεκινάει να σου μιλάει με ενθουσιασμό για χθες το βράδυ που βγήκε. Και σου λέει

Alexandra: *I don't think so...*

Researcher: *Do you believe the way they drink is different?*

Alexandra: *Eh I believe that it differs from country to country because cultures differ but... I can't-- I don't know how other countries use it. But I think that obviously they too, have people who consume it, I don't believe everyone is sitting at home on a Saturday playing board games.*

Researcher: *Yeah... eh... do you like to drink to get drunk?*

Alexandra: *Yes.*

Researcher: *Why?*

Alexandra: *Because like I said before it brings out a better version of myself, at least that's what I believe, that-- and I like that there's no-- I don't think so much, I don't judge so much. So I'm more-- my mind is a little more-- because I get more emotional I feel that emotions take over and I stop judging and paying attention to details and thinking, and that's a relaxing sensation, this is how it works for me I don't know how it works for others.*

Researcher: *Okay good eh-- now I want you to imagine that you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. He*

Recognising cultural influences on consumption of alcohol.

Emphasis on how alcohol, in her perspective, is a tool for having fun. She sees alcohol as a more interesting way to spend time. Perhaps because it amplifies certain desirable characteristics and becomes a more 'fun' version of herself.

Drinks with that purpose.

When drunk she feels free to act how she desires because she becomes a more liberated individual, free of thought; a desirable self.

Self-medication.

<p>‘Πέρασα υπέροχα χθες το βράδυ, μέθυσα τόσο πολύ που έκανα εμετό! Έχασα τις αισθήσεις μου και το παπούτσι μου!’ Ποια θα ήταν η αντίδραση σου;</p> <p>Αλεξάνδρα: Ότι πέρασε πολύ καλά αλλά ξέρω γω πόσο καλά μπορεί να περάσει εφόσον ξερνάς και ότι πάει ένα ζευγάρι παπούτσι τζάμπα έτσι απλά... ξέρω’ γω [γέλιο].</p> <p>Ερευνήτρια: Οκ, άρα θα την θεωρούσες μία διασκεδαστική βραδιά;</p> <p>Αλεξάνδρα: Πιστεύω ότι διασκεδάσε μέχρι ένα σημείο και ότι μετά απλά πήρε την κατρακύλα, δεν πιστεύω ότι διασκεδάσε όλη την βραδιά γιατί πόσο μπορεί να διασκεδάσεις άμα έχεις χάσει αισθήσεις και ξερνάς, ξέρω γω.</p> <p>Ερευνήτρια: Οκ... ωραία, υπάρχει κάτι άλλο που θα ήθελες να συμπληρώσεις ή να μοιραστείς μαζί μου;</p> <p>Αλεξάνδρα: Εεμ νομίζω ότι είπα αρκετά-- δεν νομίζω ότι έχω ξεχάσει κάτι.</p> <p>Ερευνήτρια: Οκ έχεις καμία ερώτηση μήπως;</p> <p>Αλεξάνδρα: Όχι.</p> <p>Ερευνήτρια: Ωραία αυτό ήτανε, σ’ ευχαριστώ.</p> <p>Αλεξάνδρα: Ωραίος!</p>	<p>says to you, “I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!”, how would you respond?</p> <p>Alexandra: That he had a really good time, but I don’t know how much fun one can have throwing up and ending up losing a pair of shoes just like that... you know [Laughs].</p> <p>Researcher: So, would you consider it a fun night?</p> <p>Alexandra: I believe he had fun up to a certain point and then it went downhill, I don’t believe he had fun all night because how much fun can you have if you’re unconscious and you’re throwing up, you know.</p> <p>Researcher: Okay... right, is there anything else you would like to share with me?</p> <p>Alexandra: Um I think I’ve said enough-- I don’t think I left anything out.</p> <p>Researcher: Okay do you have any questions perhaps?</p> <p>Alexandra: No.</p> <p>Researcher: Alright that was it, thank you.</p> <p>Alexandra: Nice!</p>	<p>She doesn’t like the idea of being out of control.</p>
---	--	---

Appendix I

Highlighted British Transcripts

Interview 1 – Sally	Exploratory Comments
<p>Researcher: <i>Okay, and it has started. Um... so let's begin, tell me a bit about yourself.</i></p> <p>Sally: <i>My name is Sally, I work in a pub, I study ecology at university, and I like to spend lots of time outdoors or socialising with my friends.</i></p> <p>Researcher: <i>Great, and how old are you?</i></p> <p>Sally: <i>I'm 22.</i></p> <p>Researcher: <i>22. Ermm, how do you feel about being a student and studying at a university?</i></p> <p>Sally: <i>I feel-- I feel good about it, I really enjoy being at university. Erm I love my course... erm it can be stressful at times, but I really enjoy it being a student.</i></p> <p>Researcher: <i>Great, and what do you enjoy about the university life specifically?</i></p> <p>Sally: <i>I enjoy my freedom, so kind of being my own boss and getting to do what I want when I want, erm... and it's quite a flexible schedule, um, and in some senses there's more opportunities than just being at home with my parents.</i></p> <p>Researcher: <i>Yeah, and is there something that you dislike about the university life?</i></p> <p>Sally: <i>Erm, sometimes I can be really busy and not have any time to relax, but I think that is just part of being an adult in general. So, there's not much that I dislike about being a student.</i></p>	<p>Works in a place where drinking occurs and is expected. A part of her time spent doing enjoyable things is when she is socialising.</p> <p>Positive outlook on student life.</p> <p>Autonomy. Associating university life with personal freedom and more opportunities. In a way she describes living at home with her parents as a more monotonous lifestyle compared to her student lifestyle (a separate world).</p> <p>She portrays the ability to relax as something she needs due to work overload and associates that weight with the attainment of adult status. The period of emerging adulthood.</p>

Researcher: *Okay, ermm... how would you describe the English student culture in general?*

Sally: *Erm, I think it depends, so when I first came to uni it was all about going out, drinking, meeting people and partying a lot, but as I've been here longer, it's more about spending time with people that you really like, and kind of doing the things you want and kind of maybe getting the jobs that you want.*

Researcher: *Hmm okay. Um, how do you think other people see you because you are a student?*

Sally: *How do they see me in general?*

Researcher: *Yeah, how do other people see you because you're a student? So, people in the older generations, your family... people that are not students.*

Sally: *Erm, I think-- oh, well, we've got some neighbours on the road who I don't think like students very much because a lot of people leave their bins out and there is always trash down the road and noise and partying going on, so I think that people can see us as a bit of nuisance.*

Researcher: *Okay.*

Sally: *But um a lot of-- I work in a pub and a lot of my customers they know I am a student and they always ask me about my course and they find it really interesting and their really nice to me, so I think it depends.*

Researcher: *Okay, yeah, and how do you see yourself?*

Sally: *Um... being a student, um... I'm quite hardworking, erm, I've definitely thought a lot more about like the kind of career I'm gonna have and I've learned a lot. Erm, I've definitely become less of a lazy student [Laughs].*

She first associates becoming a student with partying and socialising. The fact that she says, "*it was all about going out*", shows that perhaps it is part of the culture to adapt to that kind of lifestyle and hence it is not something that someone can escape from. She then believes there is a shift, and the lifestyle stops being all about the party, but about creating special moments and more meaningful relationships with 'true' friends. Including doing what one truly desires and attaining meaningful responsibilities. Interestingly, by identifying this shift, she also, implicitly or explicitly, inferred that the whole partying experience is not so much something she willingly chooses. By saying that later on it's "*more about spending time with people that you really like*" and "*doing the things you want*" she implies how the beginning of student life is more about spending time with whoever and not creating meaningful relations but focusing on the 'party', as well as how the beginning of student life is not about doing what one wants, but more about following the crowd.

Here she describes how students are perceived as troublemakers by people who live close to them. Describing how students are not so thoughtful of others, creating mess and bringing chaos. She doesn't seem to describe students as relaxed even in their own home, but looser and with no limits.

A pub is a different setting to one's home. It seems reasonable why they would have a different attitude. In her opinion, it entirely depends on setting and who the people are.

Through time she has become more responsible.

The fact that she doesn't characterise herself as just 'lazy' but a "*lazy student*" shows how students in general might be categorised by her and others as 'lazy' in their nature (carefree).

Researcher: *Okay [Laughs]. Erm, can you tell me about the transition from college to university?*

Sally: *Well I--*

Researcher: *How was it for you at first?*

Sally: *Yeah, I went to college that wasn't very good at teaching, so I kind of didn't engage as much with the learning and I didn't really wanna come to university, so-- but I had a year off and I couldn't find the job that I wanted without a degree, erm so finally decided to come but because I was doing a foundation year the first two years didn't really count, so the first year of uni I didn't really put too much effort in so it's only now, two years later, that my grades count, that I've become sort of more of a... academic student I suppose.*

Researcher: *Okay, was the transition difficult from moving from something that you did like college or a year off to suddenly university life?*

Sally: *No... I don't-- I don't really find things like that a struggle in general.*

Researcher: *Okay hmm, ermm... and how is it for you now? After the whole change...*

Sally: *Erm... it's gotten more-- it's gotten harder, erm, I was a lot more carefree in the first two years... erm... yeah.*

Researcher: *Hmm okay, um, do you live away from home? So, from your family...*

Sally: *Yeah.*

Researcher: *How do you feel about that?*

Sally: *Well, normally I'm fine with it because me and my parents would see each other probably once a month or something like that but*

At the start of her university life she was not required to put a lot of effort and so didn't pay too much attention on university responsibilities. Highlights a relaxed period, free of pressuring responsibilities.

Didn't struggle with the initial transition from a year off to university. Perhaps she had time to mentally prepare.

More stress through time as responsibilities rise. The burden of responsibility.

She does not mention anything about feeling freer and unrestricted due to living away from her family like the Greek students did.

because now it's the coronavirus I miss them a lot more, I didn't really get homesick before because they live quite close to me.

Researcher: *Okay yeah, erm, now I want you to tell me a bit about your nightlife as a student. So, what do you like to do on a night out, where do you like to go?*

Sally: *I probably go on... anywhere between one and four nights out all week, and if so I've got exams coming up I won't drink, I won't go out, I might go out once a week just to like blow off some steam, but if I've not really got any assignments due I could probably go out four nights a week and get quite drunk and just go to lots of pubs. I don't really go clubbing.*

Researcher: *Okay yeah, and how long do you stay out for usually on a night out? So, from what time do you go out and what time do you return home?*

Sally: *I'd say I normally go out about 8pm and on average I probably come home at about one in the morning I'd say.*

Researcher: *Hmm... okay, eh, what times do the clubs and bars usually close?*

Sally: *Erm, the pubs normally close at twelve or one, and then I think the clubs depending on the day of the week anywhere between like one and five in the morning.*

Researcher: *Okay yeah [coughs], erm, what is a party to you? So, what do you consider a good party?*

Sally: *Um does it have-- can that include house parties?*

Researcher: *Yes, anything, like a party, what is a party to you, personally.*

Instead she mentions how she never had a problem living away from them because she would see them often. Perhaps she wasn't as controlled back home.

Going out at least once a week is embedded in her routine, sometimes to "blow off some steam". This expression refers to the release of burden and stress by engaging in enjoyable, relaxing or vigorous activities, such as going out and drinking.

Moreover, she is inclined to go out very often and get 'quite' drunk if she has no important responsibilities. She uses the word 'quite' to indicate that she gets drunk to a fairly great extent. In a way she associates going out with getting drunk.

Vibrant nightlife.

Nightlife in the UK is different to the Greek one, places such as bars and pubs in England open earlier and close earlier.

Sally: *Erm, just-- I mean a party always almost always involves alcohol, erm, just socialising a lot, not necessarily talking to strangers, I like to go out with people that I know...*

Researcher: *Hmm, yeah.*

Sally: *Erm and normally if it's a party at someone's house I end up staying up a lot later in the morning than I do if I was going out to a pub.*

Researcher: *Hm, and the-- what is a bad party? So, what would you consider a bad party?*

Sally: *Erm... one where I'm in a bad mood, which is not often, erm, a bad party?... I suppose when there's some sort of drama... I don't tend to encounter much drama but there is a few times where I've gone out and I felt a bit lonely and I've ended up walking home on my own like quite drunk and upset, it's because I felt a bit lonely.*

Researcher: *Hm okay, erm... could you describe to me now how the drinking places you go to such as pubs and clubs are in regards to staff and rules? So... yeah.*

Sally: *In regards to rules?*

Researcher: *To the staff that are working there and the rules in the place, in the drinking place.*

Sally: *Well, no free drinks unfortunately [Laughs], erm... no fighting-- I mean generally staff are quite nice like I do like talking to staff, it depends where you go, because there're some staff that are really rude and slow and don't do their jobs properly, and other staff, particularly when you know the people behind the bar it's quite nice. I work in a pub and I end up sitting after work like at the bar just talking to people if it's not busy.*

Alcohol must always be in the picture. Socialising seems important for her and central to the whole going out experience.

A more intense experience if it is a house party- perhaps more freedom and less restrictions?

Her own mood influences how she feels a party. If she doesn't feel like she belongs it can lead her to self-inflicted dangerous situations because she is upset and under the influence of alcohol. It is not clear if she associates loneliness with heavier alcohol consumption (self-medication), it could however be that it led her to drink more, highlighting the importance of belonging and feeling included. For a drinking experience to be successful she needs to feel included (collective).

The importance of alcohol.

Feels included due to familiarity.

The importance of belonging and interactions. She portrays herself as someone social and extroverted.

Researcher: *Okay yeah... erm, what are the boundaries and rules that they enforce in such places would you say? So, is there specific boundaries and rules, things that you cannot do and you can do...*

Sally: *Yeah, no fighting, no smoking inside, not bringing in your own food and drink... erm, not climbing on the furniture... erm [Laughs], trying not to be-- I suppose if you're too drunk then obviously you can't have any more alcohol. Stealing glasses you're not supposed to do... erm, I suppose if you're just-- if you're just rude to staff in general they not gonna want to interact with you at all but... yeah... no drugs is well, no drug tolerance.*

Researcher: *Yeah, hmm okay. Erm, is there security and bouncers usually at the drinking places?*

Sally: *Erm, not usually at the drinking places that I go to because I tend to go to pubs but when I go to bars or clubs there will be security.*

Researcher: *Oh, so even in pubs there is no people that check you ID or... bag?*

Sally: *Oh... not-- not the pubs that I go to, well they check your like-- the staff behind the bar check your ID but there's only one pub in Canterbury where I think there's bouncers outside.*

Researcher: *Okay yeah, and they usually check your age like you said?*

Sally: *Yeah.*

Researcher: *Okay yeah yeah, erm, what do you think is expected from you in the drinking places you go to? So, what can you do and cannot do as behaviour-- in regards to behaviour?*

Sally: *Erm I think there's not much that you can't do... unless you're causing damage to the property... or--*

Researcher: *Hmm yeah, so similar to the above yeah.*

A necessary policy for order. By naming all those rules and boundaries that need to be followed, she defines the nature of social drinking situations; which involves issues such as “climbing on the furniture”, or “stealing glasses”, this in turn implies the need for control due to loss of control. A place that needs so many rules and restrictions is a place that often faces problems due to inappropriate drinking behaviour. This in turn means that people seem to lose control completely when they are intoxicated, not thinking about the repercussions or showing respect to either the people working there and the place. Hence, they adopt a stricter policy designed for control with more rules and boundaries. However, all these rules and restrictions may in fact create an unwelcoming atmosphere as there is not trust, leading to more excessive drinking as a way to rebel against feelings towards control and undervalue.

Security is present (strict measures).

ID check is in place (strict measures).

Sally: Yeah. Or upsetting other people...

Researcher: Mm, erm, could you describe to me the environment? So, how is the atmosphere in the places you go to?

Sally: Quite good, everyone wants to talk to each other and have a laugh... I've never really been to a pub that's like... I'm gonna refer to it as 'the sad old man's pubs', like you won't get like lots of people sitting down looking miserable and not talking to each other, generally like everyone is quite happy to socialise and quite upbeat.

Researcher: Hmm, erm, and how do you feel in these environments?

Sally: I normally feel... quite happy... erm, I mean alcohol in general makes me feel quite happy so [Laughs].

Researcher: [Laughs] yeah, and um, is there a specific entry policy? So, in a club for example is there a specific entry policy?

Sally: Erm, so I think if you're too drunk they won't let you in, if you're - in some places if you're not wearing the right clothes they won't let you in... erm, and obviously you have to be over age.

Researcher: Yeah, and can you tell me the checking process in a club, so do they search your bag, your clothes, if they take a picture of you?

Sally: Yes, so there's a couple of clubs where they will search your bags, I don't think I've ever been patted down but definitely ID check, sometimes with a machine, bag check... yeah.

Researcher: Hmm, okay yeah. Erm, can you recall the first time you went to a bar or pub or a club and tell me about it?

Sally: What first time ever?

Researcher: Yeah, first time ever you went. So, how old were you...

Common sense (social respect).

Everyone seems to be in the same mood and share the same vibe. It is a place for socialisation and enjoyment, that is what make a successful drinking experience.

There is a suggestion here that it is not the environment and atmosphere created that makes her feel happy, but the effects of alcohol (a source of happiness). It is a way to management mood and perhaps a way to cope as she portrays the happiness that alcohol provides her as a state of being that she usually acquires when intoxicated.

Identifies that people go out and are already under the influence of alcohol, some 'too' drunk, suggesting it is common for people to show up heavily intoxicated.

Strict on age restrictions- the norm.

Strict measures in place.

Sally: *Erm, so does it have to be when I started drinking in pubs or does it have to be just in general because you can go to pubs for food and stuff can't you?*

Researcher: *Eh yeah, usually on a night out I'd say so where drinking is involved.*

Sally: *Right erm, probably-- probably in [Town name], erm I got a fake ID so I was only sixteen and I used to go to a pub, it was a family pub near my boyfriend's house and they actually, the owner could recognise that it wasn't actually me on the ID but because I was very convincing he decided not to take it away from me because he wasn't sure whether to believe if it was me or not.*

Researcher: *Okay yeah [Laughs].*

Sally: *Yeah, I was just-- I wouldn't get too... too drunk, I mean at that time in my life I was also like on other substances is well so it wouldn't necessarily be just drinking in the pub.*

Researcher: *Okay yeah, but-- and how did you feel that it was your first experience going out to a drinking place during night-time?*

Sally: *I mean it was always my dream to go out drinking. So, I'm the youngest in my family, well I was for a very long time and all my cousins are girls and they're all older than me and they were all allowed to go out drinking years before I was, so I was really excited to go out with a fake ID and get drunk. Something that-- it was kind of like a goal of mine erm, so I was obviously really happy when I was allowed to kind of have some independence and go where I wanted to.*

Researcher: *Hmm, and erm, when was the first time you ever have alcohol?*

Sally: *[Laughs] I was-- I was 6 years old [Laughs].*

Researcher: *6? [Laughs].*

To go through the process to get a fake ID so she can go out and engage in drinking means that alcohol perhaps is somewhat of a big deal at that age; perhaps because it is seen as forbidden.

She was engaging in the use of mood-altering substances from a young age. In a way she implies if she wasn't getting 'too' drunk it would be because she would be under the influence of another substance.

Her goal from a young age was to get 'drunk'. Because alcohol is seen as a forbidden experience, that adults engage with, it makes it more appealing and gives it a sense of importance.

Sally: *It was my parents wedding and they said I could have a glass of Pimm's, erm and what they failed to realise is that my auntie had secretly poured a bottle of vodka in the Pimm's bowl, and I ended up being quite drunk and felt sick and I had to be put to bed early.*

Researcher: *Oh god, okay [Laughs], what a story!*

Sally: *But first time I ever drank alcohol and I knew I wanted to get drunk I was 11 years old, it was my cousin's thirteenth birthday, and we were going to a party hall, it was like a UV like a rave birthday party and we were in her bedroom drinking like vodka and WKD before, so that was the first time I got drunk on purpose.*

Researcher: *And how did you get the alcohol? Where did you get it from?*

Sally: *My cousin had it, I don't know where she got it from because she was only thirteen.*

Researcher: *Okay okay, and how did you feel that you drank for the first time?*

Sally: *I couldn't walk. I felt amazing, I felt giddy and lightheaded, but I also couldn't walk in a straight line, so I was walking down the road smiling but then some of us had to hold my shoulders to make sure I didn't walk into the road and get run over.*

Researcher: *Okay yeah yeah.*

Sally: *[Laughs].*

Researcher: *Erm, and what place does alcohol have in your life now?*

Sally: *Erm, it helps, well I don't know if it helps but I use it as like a coping mechanism. Erm, I use it when I'm bored... erm, or if I feel like I'm going into a social situation in where I might not be comfortable it will make me more comfortable, or if I'm going out it just puts me in a good mood if I have a drink before I leave the house.*

Engaged in drinking from a young age.

Strict policy compared to the Greek relaxed attitude.

Positive outlook on alcohol's effects from the first time she tried it.
Self-inflicted dangerous situations- no control.

A coping mechanism; uses it when she is bored to escape from the mundane, when she is uncomfortable to escape from her self-consciousness and boost self-confidence, and prior to going out to adjust her mood to the mood she desires. It releases her from bonds and things that are holding her back.

Researcher: *Yeah, and do you drink often?*

Sally: *I probably drink about... three, two or three times a week.*

Researcher: *Hmm, and do you get drunk often?*

Sally: *Erm... I tend not to drink if I'm not getting at least quite drunk.*

Researcher: *Hmm okay. Erm... how does your culture influence the way you drink do you think?*

Sally: *Erm, British culture is like, revolves around alcohol a lot I'd say, erm, like growing up I was always around it, I always wanted to try it. Erm... I think it's quite normal and there's a lot of pressure in, of from other people, for you to get drunk but... it's just-- it's just a normal part of life really, like growing up, like all-- most teenagers want to get drunk before the legal age.*

Researcher: *Yeah, and why do you think that is?*

Sally: *Because we technically not allowed to so it makes people want to more.*

Researcher: *Hm yeah, I see what you mean yeah.*

Sally: *Yeah.*

Researcher: *Erm, how do you think you would drink if you weren't a student?*

Sally: *[Deep breath] I don't want to think about it [Laughs].*

Researcher: *[Laughs] I mean would it be different the way you use alcohol?*

Sally: *I would-- yeah, so I think I would... I can't even imagine my life not at university to be fair. I definitely like... I wouldn't drink at home*

Active drinker. Part of her lifestyle and routine.

Drinking heavily- her purpose is to get intoxicated.

A normal part of life; the normalisation of drinking within the culture.

A forbidden experience (influence). Believes the start of excessive drinking is due to the fact that it is forbidden until a certain age; heightening curiosity and the need to rebel.

Afraid of the ramifications if she stopped drinking completely.

like I do, if I was living at home with my parents there would be no point in my mind drinking a glass of wine in the evening to get a bit tipsy because all I'd be doing is watching TV, whereas here if I think "oh I fancy having a little drink tonight" there's always an option for me to go and see a friend, and like, it's sort of like I'm making use of the alcohol.

Researcher: *Hmm, eh, does drinking with friends affect the way you use alcohol do you think?*

Sally: *What do you mean?*

Researcher: *So, does drinking with people that you know and your close friends with affect the way you drink? So, do you drink more, do you drink less... does it change?*

Sally: *Erm... a lot of the time when I drink... I do it because I want to, not necessarily because other people are drinking, so I wouldn't say that what other people are doing affect my alcohol intake, because normally their doing other stuff and maybe they aren't even drinking and I just fancy a drink and some company, so I wouldn't say that other people...*

Researcher: *Okay.*

Sally: *Yeah.*

Researcher: *Okay, yeah yeah yeah, erm... how do you feel when you're drunk?*

Sally: *Erm...*

Researcher: *So, what do you enjoy about it and what do you not enjoy about it?*

Sally: *I enjoy the clear mindedness, not having to think about problems or negative emotions. When I drink it puts in the mind set of "okay I'm gonna have a good time now"*

Centrality of alcohol in culture. Drinking goes hand-in-hand with student life as it involves a livelier and more interactive lifestyle; making use of the alcohol. There is no point in her mind to engage in drinking without the right company.

Believes that she doesn't 'necessarily' engage with drinking because others are.

Associates drinking with company and socialisation.

A coping mechanism. A tool that releases her from bonds by giving her the ability to delve into the present moment, unbound by past experience and future thinking, and focusing on enjoyment.

Researcher: *Hmm... and is there something you dislike about being-- getting drunk?*

Sally: *If something upsets you when you're drunk you're gonna react more than you would if you were sober, but other than that it's just feeling hangover the next day.*

Researcher: *Okay. Erm, how many drinks do you have on a night out usually?*

Sally: *Erm... [Laughs] probably... if we were-- what units are we measuring this in because it depends what alcohol I'm drinking?*

Researcher: *It depends on the alcohol I suppose but don't count units just erm how many drinks.*

Sally: *Erm, so I could have like a bottle of wine plus two more drinks, or I could have... five double vodkas, something like that.*

Researcher: *Hmm, okay, and do you pre-drink before going out?*

Sally: *I always pre-drink.*

Researcher: *And why is that?*

Sally: *Because it's cheaper and then I'm in a good mood as soon as I leave the house.*

Researcher: *Mm, yeah... eh, have you ever thrown up because of alcohol?*

Sally: *Pff! Only about 25 times [Laughs].*

Researcher: *[Laughs] I see.*

Sally: *Maybe more!*

Afraid of how she might act as she is aware of how alcohol increases impulsivity. Yet still engages with drinking regardless of the consequences.

Relatively high alcohol consumption.

Pre-drinking is part of her routine.

Alcohol elevates her mood; brings her closer to the individual she truly wants to be as it helps her manage her mood positively which in turn influences the way she conducts oneself.

Proud?

Researcher: *Hmm, erm, how does the way you interact with other people change when you're drinking?*

Sally: *Erm, I'm more erm... I make more eye contact, I talk more... and... maybe in the past it would make me more like touchy feely but as I've gotten older I've like got more comfortable with physical contact.*

Researcher: *Okay yeah, yeah so those are the differences in your social behaviour when you're drinking and when you're sober for example?*

Sally: *Yeah.*

Researcher: *Yeah, erm, do you think-- does your thinking about risk change when you're drunk? So, do you tend to take more risks when you're drunk then when you're sober?*

Sally: *Oh yeah definitely. I'd definitely like...*

Researcher: *And can you give me an example?*

Sally: *Erm I, I'd just-- I'd definitely make more bad choices, like, I mean walking home on your own when you're blackout drunk and not in a good mood, isn't very safe. But I would also do things that I know are a bad idea when I'm sober, so... if I-- for example if I was not supposed to be seeing a sexual partner or something, I'd be more likely to just say "oh screw it, I don't care what the consequences are this is how I feel now" so I'm just gonna do it.*

Researcher: *Hmm, and that is when you're sober you said?*

Sally: *That's when I'm drunk. So I'd be more...*

Researcher: *Oh, that's when you're drunk?*

Sally: *Yeah.*

Researcher: *Hmm okay, and do you think you understand the risk you are taking during that time?*

Desired self. Liberating her actions by allowing her to express herself freely (confidence boost). By using the word 'more' to describe her behaviours infers that she does not act that way when she is sober; hence highlighting behaviours she struggles with.

Aware of how the social behaviour changes; her immediate response infers that she is perhaps driven through this transformation.

Increased impulsivity. After drinking, one's reflective processes get weaker as their impulsive processes become much greater. Gives the impression that alcohol in a way permits her to do what she desires to do without caring about the consequences or what is 'appropriate'. She follows her impulses and does what she feels at that very moment. She doesn't engage in just anything but engages in things that might be perceived as forbidden which in turn motivates her to pursue them for that reason. As something that is considered forbidden or 'not a good idea', makes it more appealing and it may appear as a rebellious things to do and a temporary escape from control.

Sally: *Erm, no.*

Researcher: *You don't think, okay. Erm, I want you to imagine now that you decided to stop drinking, what do you think would change?*

Sally: *I would... be... potentially... more unhappy. Because I enjoy myself so much when I'm drinking, when I'm not too drunk I'm just a bit drunk, and I can really just enjoy myself and I've got that opportunity to let go of my worries. If I was sober, I'd not necessarily communicate with people as much.*

Researcher: *Hmm, and is there something you think you would gain if you stopped drinking completely?*

Sally: *Yeah, I would have less memory loss [Laughs], I'd have a better digestive system probably, because sometimes you wake up and you feel like your stomach is eroded away.*

Researcher: *Yeah.*

Sally: *Erm, good things...*

Researcher: *Okay erm, many-- yeah, do you wanna continue? Sorry I interrupted.*

Sally: *No it's okay I'm just trying to think of how my life would be if I stopped drinking.*

Researcher: *Hmm.*

Sally: *It depends on the time because if I-- like during the exams I did stop drinking and I spend a lot of time studying in the library, erm I learned a lot and I got really good grades.*

Researcher: *Hmm.*

Sally: *Erm...*

Doesn't take any responsibility during the moment as she lacks forethought.

Sally seems to like her drunken self more than her sober self. In fact, she believes she would be more 'unhappy' if she stopped drinking, as she wouldn't be the person she wants to be. A self who is free from worries, more confident and more extroverted. She thrives in that freedom that alcohol provides her with, representing the nature of her drunker personality as more opportunistic and hence more rewarding. Acquiring a desired version of herself.

Drinks heavily. By noting "less memory loss" she hints her style of drinking; only excessive alcohol use can lead one to forget part of their night (binge drinking).

More productive when sober. Alcohol perhaps affects and influences her academic progress. More engaged with her responsibilities when she is not drinking, however she doesn't appear as social.

Researcher: *And when you could finally drink how was that for you?*

When you stopped the exams, when the exams were over.

Sally: ***Awesome [Laughs]. I started drinking like immediately after my last exam!***

Researcher: *[Laughs] I see. Erm, many students nowadays tend to drink alcohol to get drunk, intentionally, why do you think that is?*

Sally: ***It's a waste of money otherwise, in my mind. I mean I do like-- I do like a bailey's coffee every now and then because I think it tastes really nice, but a bottle of baileys is like twenty quid and if you're having that every time you have a coffee is just like, students are quite poor anyway, if you're gonna get drunk, you pre-drink so you don't have to spend as much at bars.***

Researcher: *Hmm, but why do you think they want to get drunk? Why do you think they drink to get drunk?*

Sally: *Oh, good question!*

Researcher: *Hm... I mean is there something specific they trying to achieve by getting drunk maybe?*

Sally: ***It's just to relieve our inhibitions. Just to do something that's not boring and required.***

Researcher: *Hm, okay. Erm, do you think the English student culture is different from others in the way they drink?*

Sally: *I don't know because I don't really know any other drinking cultures, I know-- I've seen videos on Facebook of like drunk Americans and drunk Australians but there all quite Western countries, so I don't know, I couldn't really compare.*

Researcher: *Yeah, okay yeah that's okay. Erm, do you like erm, do you like to drink to get drunk?*

Referring to feelings of admiration. She was keen to start drinking 'immediately', which means the pressure she went through might have led her to the need to drink. Portrays alcohol use and socialisation as a way that helps her relax and relieve her from stress.

No point in drinking if not to get intoxicated. Perhaps for a drinking experience to be successfully she needs to be drunk.

Culture seems to revolve around the idea of getting drunk. The norm.

A coping mechanism and a way to escape from mundane existence by accessing altered states of consciousness. The fact that she says 'required', means that by drinking to get drunk it allows one to act in the way they desire and to do things that would normally be too self-conscious to achieve when sober. Alcohol allows them to act impulsively without considering limits.

Sally: *Yes. Erm, so I can, so I can socialise more.*

Researcher: *Hmm... okay. Erm, now I want you to imagine that you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. And he says to you, "I had such an amazing night last night, I got so drunk and ended up throwing up and I blacked out! I even lost my shoe!", how would you respond?*

Sally: *[Laughs] I'd be like-- I'd-- I'd-- I'd ask how-- how would I respond?... I be like why do you think that's a good thing? I'd be like "you've got blackout drunk, was sick, lost your shoe, and you think that's impressive?" I don't, I don't think that impressive. I think that's just immature to think that that was a good thing.*

Researcher: *So, so you wouldn't consider it a fun night?*

Sally: *I mean unless he genuinely-- apart from that, if he had a really great time then fair enough, but it doesn't sound like a good time to me.*

Researcher: *Hm, okay yeah. Erm, is there anything else you would like to share with me or have any questions?*

Sally: *[Long pause], what are you, what are you kind of trying to find out?*

Researcher: *No nothing, it's just if you have any questions and if there is anything else you would like to tell me, anything, if not that's fine of course.*

Sally: *Yeah, so referring back to earlier when you were saying erm why do you think English students drink, erm there's been times where I've been at house parties and everyone is kind of encouraging each other to do shots and get as drunk as possible so that when we get to the club... erm, and it's quite a fixed setting, everyone is kind of in the middle of this dancefloor looking at each other and I think if people weren't that drunk they wouldn't be comfortable in themselves to dance. Because I've gone to clubs before and I've thought "oh I'm really not enjoying*

Social boost- a liberated self. Intoxication makes her a more social individual (Ideal self).

Not a successful drinking experience.

Centrality of alcohol in friendship. Show how she does not always choose to drink excessively in some situations but is challenged by others' expectations that she must drink. Seems like there an expectation to drink for the purpose of intoxication. In a way they value drinking with no limits and losing control. This, in turn, can influence how one drinks and conducts oneself.

A huge decrease in confidence when not under the influence of alcohol. Alcohol controls their confidence levels in social drinking situations. She also highlights how if the environment she is in is

this, I'm not enjoying the music, I'm not enjoying the people, I don't feel comfortable" what else is there to do? Go to the bar and get another shot and just hope that that will improve the night because you'll feel less uncomfortable.

Researcher: *Yeah okay, erm, is this all or would you like to add something else?*

Sally: *I think that's it.*

Researcher: *Okay, stopping the recording.*

not warm, friendly, welcoming in other words, this will lead her to engage with drinking in order to improve her mood. An unwelcoming atmosphere can lead to high alcohol consumption.

Interview 2 – Peter

Exploratory comments

Researcher: *Here we go, and now we begin. So, tell me a bit about yourself.*

Peter: *Erm, what like the characteristics and things like that? Erm...*

Researcher: *Things like, yeah, how old are you, what do you study, do you work...*

Peter: *Erm, so, I study special education needs and inclusion in Canterbury, erm, I'm 22 years of age, erm, I like to sing, I like to socialise, and um I write poetry and different things like that, but that's pretty much in a nutshell my sort of interests.*

Researcher: *Very nice. Okay hmm, and do you work?*

Peter: *Erm, I'm not currently employed because of the lockdown, so I've been made redundant because I work for my uni as an outreach ambassador, and I went into different schools across Kent and basically sort of sold the notion of higher education for people from deprived backgrounds and stuff like that.*

Researcher: *Very nice, hmm, erm... how do you feel about being a student and studying at a university?*

A part of his time spent doing enjoyable things is when he is socialising.

Peter: *I feel like eh, the learning experience is good and what I learn in my course to do with special needs and for my job that was quite good, but eh, actually other aspects of uni weren't so beneficial to me, erm, so like the whole drinking culture, erm, sort of societies and things, a lot of things didn't go completely right with societies and certain people on them, certain things wasn't organised properly, like I wanted to learn to snowboard and then they cancelled up the sessions because not enough people did them and then I never got my money back, so [Laughs], that was a, wasn't a... erm, but, I don't know, I met lots of people, I made lots of new friends, erm, so yeah there's been some positives and negatives, yeah.*

Researcher: *Erm, is there something specific you enjoy about the university life?*

Peter: *Erm... I probably say the nights out [Laughs]. Some of the most enjoyable memories are obviously nights out, but there's also been some opportunities through my course, like I got to do forest school workshops and learned how to do you know sessions like that, you know with working things, that was quite-- that was quite fun to learn, different things like that, that was good. Erm, but yeah, and working for the uni um I went into lots of different settings and it sort of allowed me to season my skills through SCN by being able to execute them in different educational work places, so that helps as well with the experience.*

Researcher: *Great, and is there something specific you don't like about the university life?*

Peter: *Erm, I don't like how societies sort of revolve around drinking and getting drunk, and erm, it's sort of like you know yeah the sporting side is good but when it hits that Wednesday night and it's a student night it's just, it's not orientated around having fun, it's orientated around getting drunk, which irritated me. It's just the culture, it's just how it always was, you know, and all the games are revolved around getting drunk, so like, I had a bottle of wine strapped to my hand and I've only got one hand so I had to drink the bottle of wine before I could do anything so [Laughs]. So, I was erm, you know, I was pretty stuffed*

Clearly identifies the 'drinking culture'. Seems to portray it as something he couldn't escape from and had to be a part of which in turn influenced him negatively.

A period for exploration; forming new social networks, discovering new lifestyles, adapting to new behaviours etc.

Best memories are the nights out.

Drinking is an activity so deeply embedded within the culture and student societies that he believes it is something mandatory to indulge in. He believes "it's just how it always was" and accepts that it will always be this way; there is no self-agency. Peter's response marks this inevitability by noting that the student culture is immensely revolved around alcohol use and "getting drunk", not only within student societies but also games specifically invented for the purpose of intoxication, and even though he expresses he doesn't enjoy that part of the culture, he still engages with it. Thus,

with that one, and all the card games and all the, you know, beer pong and everything like that it's always revolved around drinking.

Researcher: *I see yeah, and how would you describe the English student culture in general?*

Peter: *Erm... hm... err, I'm not too-- oh I don't know... English drinking culture... a bit messy [Laughs]. A mess! Yeah, because people don't go out to have one, they go out to have hundreds and I'm just-- but you know what I mean, people don't go out casually at uni I don't think.*

Researcher: *Hmm, and how do you think other people see you because you're a student? So, people that are not students, how do they perceive you?*

Peter: *Erm, so like often I reckon the local residents would sort of think of us as you know a bit of a disruption, especially if we're having sort of events going on within the town and then you've got students parading up and down the town half naked or whatever in different costumes and (inaudible). Erm, so they probably seem to, like, local population around uni as a bit of a, you know, mischief makers.*

Researcher: *Hmm, I see. And erm, how do you see yourself?*

Peter: *Erm, I see myself as someone, I've got self-respect, I provide for myself, erm, I don't rely on anybody, I've got a good set of friends around me and I see myself as a relatively good person I think.*

Researcher: *Hmm.*

Peter: *Yeah.*

Researcher: *Okay, hmm, erm, can you tell me now about the transition from college to university, how was that for you, that change?*

Peter: *Erm, pretty stark actually, it was quite surprising how different it was. Then, the difference in sort of the university structure so how, you*

this course of action becomes something one must indulge in to not feel excluded.

Identifies a clear student drinking culture that is uncontrollable and considers no limits when it comes to drinking (binge drinking). He believes it is all about an intense experience rather than something casual; indicating that people go out with the purpose of intoxication.

He seems to recognise that there is a very negative perception of their drinking culture from those not in university. These external ideas may influence students to live up to their expectations, albeit negative, as there is possibly a feeling of mistrust and judgement from outside parties which are not at all encouraging and could make students feel undervalued in turn. Moreover, a student can get the impression that because such reckless behaviour is expected, they have free reign to do it with no real consequences.

Does not reject the above perspective or mentions his part in it.

Intense change.

know, lectures and seminars, and then how you sort of talk, that was quite different, but then also how people are. Obviously you got people from all different places all over the world coming to this one place, so yeah, it's quite diverse, it's quite culturized, and eh, it's quite modern, especially with viewpoints, quite liberal viewpoints, people are always on the side of, you know, the vulnerable group if you like, do you know what I mean?

Researcher: *Yeah yeah yeah, okay yeah.*

Peter: *Yeah.*

Researcher: *And do you live away from home? So, did you move out when you went to university, away from your family?*

Peter: *Yeah, I moved into student accommodation, erm, and I found actually a lot of the people because some people go straight from college into uni whereas I didn't, I had a year out in-between and I felt like I sort of matured more than some of people I was living with, and it was that same old sixth form sort of popularity erm based sort of in you know, like people wouldn't talk to you if you wasn't seen as popular or you might get a frown because you're a smoker.*

Researcher: *Oh really?*

Peter: *Not seen as a, you know. I've had that a few times in uni accommodation, people wouldn't sit near me or talk to me because I smoked or wouldn't want to walk to Uni with me just because I smoked, so yeah.*

Researcher: *Wow.*

Peter: *So, yeah, I had that a few times.*

Researcher: *And how did you feel about moving away from your family? How did that make you feel?*

Important to note that student accommodation does not exist in Greece. Students do not gather in one place where they all live in together.

Peter: *Erm, well, to be honest the reason I had the year out was because I didn't feel ready for university, didn't feel like I was confident enough to do it, erm, so that's why I had that year out and then I sort of gained more confidence in myself, so, it was quite daunting really.*

Researcher: *Hmm okay. Erm, can you tell me a bit about your nightlife as a student now?*

Peter: *Erm, first year it was a bit on and off, like when fresher's week obviously was out every single night and that was a bit too much, but then it was every Wednesday and then once in a weekend, so, the university culture made me drink more because there was always events going on every Wednesday or Saturday whereas I wouldn't normally go out on a Wednesday.*

Researcher: *And where do you like to go out usually? Bars, clubs, pubs?*

Peter: *Erm, I prefer the pubs to the clubs, erm, I used to like clubbing and stuff but I overdid it when I was 18 I think and now clubs just don't do anything for me, I don't find it too enjoyable, but I do like a pub crawl now and again because you can actually talk to the person next to you, you're not screaming at them like you are in a club [Laughs].*

Researcher: *Oh okay, I see I see what you mean yeah [Laughs]. Erm and do you go out often?*

Peter: *Erm, currently or when I was at uni?*

Researcher: *When you were at uni, of course now with the lockdown it's different.*

Peter: *Yeah [Laughs], erm, yeah I probably, three or four times a week.*

Researcher: *Hmm okay.*

Peter: *Which it's quite bad really.*

Researcher: *You think? Why do you think that?*

Wanted to prepare- felt afraid.

The use of the word 'obviously' gives the impressions that it was foreseeable- an expectation. Identifies a clear British student drinking culture revolved around alcohol use.

Is drawn to place that the atmosphere is constructed in a way that inspires sociability.

Part of his routine (lifestyle).

Peter: *Yeah, well it's not good for your health drinking and it's a-- I wouldn't normally drink that much at home, I didn't before university, erm, it was always this once on the weekend. But yeah, it sort of desensitised that as an issue because everyone was doing it, you know.*

Researcher: *Hm yeah, and eh, how long do you stay out for usually on a night out? So, from what time do you go out and what time do you come home?*

Peter: *Probably leave at eight o'clock and come home at about two [Laughs]. Two in the morning, normally around that, or one in the morning.*

Researcher: *Hmm. Erm, now, I want you to tell me what is a party to you? So, for example, what do you consider a good party and what a bad party?*

Peter: *Erm, a good party, where everyone gets along, everyone is you know, chatting, erm, yeah obviously there's drinks like, yeah... obviously you got to have some, you got to drink a bit at a party, sort of loosen up a bit and meet some randomers, in the garden or whatever, but no, a good party is sort of the one where everyone gets along, everyone has a drink, some get too drunk and you know everyone is just on that good vibe, that's a good party.*

Researcher: *Okay hmm, okay.*

Peter: *A bad party... probably you know where people have fights, or things get smashed and broken. Often, I've seen before a microwave get thrown out of a top floor window, I've seen someone's motorcycle been stolen.*

Researcher: *Wow.*

Peter: *Yeah at a party. I've seen people get their heads kicked in, I've seen lots of different things like that.*

Following the crowd (centrality of alcohol in culture). His drinking before university was not as regular or excessive; becoming a student goes hand-in-hand with heavier alcohol consumption- the normalisation of drinking heavily.

A successful drinking experience.

Not a successful drinking experience due to tension and an uncontrollable atmosphere.

Loss of control- an intensified experience. Highlights the need for control.

Researcher: *Hm wow... um, how are the drinking places you go to such as pubs and clubs in regard to staff and rules?*

Peter: *Ehh, I've been in a couple of places, erm, can I mention places or not?*

Researcher: *Better not to mention the names of the places but you can say for example if it's a bar or a club or a pub.*

Peter: *Oh right yeah, I mean generally I think clubs sort of mismanage quite a bit erm, there's a couple of incidents I knew in Canterbury where women have been assaulted or sexually assaulted and things just weren't been dealt with within the club, the bouncers just didn't care, but generally if there's a fight or something psychical they sort it out but those sort of discrete things or you know spiking of drinks isn't managed properly, erm... yeah, so like there's a lot of sex exploitation in clubs which I don't like, it's part of the culture which I don't agree with and that's why I don't really go to clubs, so...*

Researcher: *Hm yeah.*

Peter: *Yeah.*

Researcher: *And what are the boundaries and rules they enforce in such places do you think?*

Peter: *Erm, well obviously if you get too drunk you're obviously sent home or told to leave, erm, they all've got policies whether they keep them or not is another story... erm, no drug taking obviously, but then people still do because I know people that have been in clubs and myself included have done drugs before and been in a club and not been kicked out. So really I don't think they're trained in actually being able to notice if someone is on drugs or not.*

Researcher: *Okay, is there security and bouncers usually?*

Peter: *Yeah, there's always security and bouncers.*

Outlines the issues of drinking places- intense settings.

Strict policy.

Strict measures.

Researcher: *And they check your ID, do they check your bag?*

Peter: *Yeah, they always check your ID, your bag, erm, generally quite hot on that, but people still manage to smuggle in, you know, what they like. If you just, if you know they gonna check your wallet you're not gonna put it in your wallet are you? [Laughs].*

Researcher: *Yeah [Laughs], yeah of course. Erm, what do you think is expected from you in the drinking places you go to? So, behaviour wise.*

Peter: *Erm...*

Researcher: *What can you do and cannot do in such places?*

Peter: *People expect you to just have general respect, so being kind and courteous and not to erm, you know, insult someone unnecessarily or at all really [Laughs], I mean that's a given really it's social respect I'd say.*

Researcher: *Yeah yeah, erm--*

Peter: *Yeah.*

Researcher: *Could you describe to me the environment? So how the atmosphere is in such places, in such drinking place?*

Peter: *Erm, pubs generally I find the pub vibes could be a lot better vibes than the club vibe, because the club vibe is generally you know just a load of old testosterone filled 18 year olds going out for the pull, that's all the culture seems to be, going out not-- not to enjoy yourselves but for the pull. So, I'm kind of beyond that ideology these days, so I can't be asked with it, but in a pub it's sort of like more adult, more respectful, people are talking and socialising in a way that you know, it's alright. I find that clubs have that sort of "yeah! Let's pull!" kind of atmosphere.*

Researcher: *Yeah [Laughs], I see what you mean yeah.*

Strict measures.

Common sense.

For a drinking experience to be successful he needs to be in an environment and atmosphere in which he feels he can relate with the people there in order to feel engaged.

Peter: *Yeah.*

Researcher: *Erm, is there a specific entry policy when you go to a club or a bar?*

Peter: *Erm, bars-- bars are more relaxed generally, you can wear what you want as long as you're wearing something to cover your private parts, erm, obviously you can't bring your own drinks in so, I think it's generally, you have to be over 18, you have to be decently dressed, and you can't bring in your own materials. And then in clubs is just a bit, sometimes they have a dress policy, don't they? Erm, that you can't wear tracksuits or stuff like that in clubs, and obviously it's the same sort of law-abiding rules, don't bring your own stuff in, don't bring in drugs, don't bring your own, you know, bottle of vodka.*

Researcher: *Yeah yeah yeah, hmm yeah.*

Peter: *Yeah.*

Researcher: *Okay, erm, let's move on now to-- okay, can you recall the first time you went to a bar, a pub or a club and tell me about it? So, how old were you, how did you feel...*

Peter: *Erm, well the first time I went to a bar I was actually, probably about 17 drinking, and they didn't check my ID and I was just drinking in there! Erm, but quite fun, I don't know, I remember just having a bit of a muck around, being a bit too drunk, I remember riding down a set of stairs on a tray after leaving there [Laughs].*

Researcher: *[Laughs] yeah.*

Peter: *And stuff like that.*

Researcher: *Erm, what would you say influenced you to drink that night out, when you went out for the first time?*

Peter: *Erm, sort of each other really, your peers, you know, and it's just, it's sort of woven into like society's culture anyway, that when you turn*

The use of the word 'obviously' highlights awareness of the rules and regulations in place.

Proud he managed to get in; makes it more special.

Following the crowd.

18 obviously you're allowed to drink so you gonna go drink. Erm, I went out a lot because my mates sort of asked me "oh do you wanna go out? It'll be a laugh! Or we do this we do that", it's a sort of, seeking those fun memories if you like, through drink.

Researcher: *Hmm yeah, okay, erm, when was the first time you had alcohol ever?*

Peter: *Erm, was about 12 [Laughs].*

Researcher: *Hmm yeah.*

Peter: *Me and my sister, like half-sister, we found a bottle of wine and then just drunk it, we was absolutely gonesville. Erm...*

Researcher: *And how did you feel, drinking for the first-time alcohol?*

Peter: *Ermm, it wasn't very nice, it really wasn't very nice. I remember it being pretty dirty drinking it, but then we liked the way it made our bodies feel in the sense of, you know, it's obviously a bit sloppy a bit drunk.*

Researcher: *Hm.*

Peter: *But yeah.*

Researcher: *Erm, what made you wanna drink when you was 12?*

Peter: *Erm, probably the mischief of it. You know the, you know, probably because it's a rebellious thing to do [Laughs].*

Researcher: *[Laughs] yeah, erm, what place does alcohol have in your life now? So, being at university... how often do you drink and things like that.*

Peter: *Erm, I probably drink around three, three or four times a week but it got to a point in third year where I wasn't really using drink to relax or to socialise or to have a good time but as a coping mechanism*

Engaged in drinking from a young age.

Loss of control.

Forbidden experience. Viewed drinking when young as rebellious.

Drinks regularly and so alcohol is part of his life and routine. Interestingly he sees it as a way to cope with his mental health

for my own mental health problems. Yeah. So, a lot of the reason I was acting and doing, you know, going out drinking, unnecessarily, was just to escape my own feelings of loneliness and different things.

Researcher: *Okay, and did you get, or do you get drunk often?*

Peter: *I did get drunk quite often, stupidly often, and it wasn't just getting drunk either sometimes... erm, but no, now not so much, I mean I've got a good supportive girlfriend, I got, you know, I'm at home, I got my friends around me, I don't feel the need to really, I'm just a lot happier.*

Researcher: *Okay, yeah yeah yeah yeah, and erm, how does your culture influence the way you drink do you think?*

Peter: *Erm, well because my dad is quite a heavy drinker and my mum drinks quite heavily, I don't really have any problems with drinking heavily because of the experiences and the people around me that have always drank, same with smoking cigarettes, erm with my family have smoked up to my great grandad, so to me it's sort of not seen as a really bad thing because everyone is doing it, erm, sort of desensitises the issue.*

Researcher: *Hmm, okay, hmm--*

Peter: *Yeah.*

Researcher: *And how do you think you would drink if you weren't a student?*

Peter: *I probably wouldn't. If I didn't go to uni erm I'd say it had a negative effect on me for that because when you're moving away from your friends at home and your family and you don't feel supported in your sort of accommodation or whatever, obviously and because of the culture at uni, it sort of insights that need to drink in a way, because the events are revolved around drinking and the people you're going out to meet are all drinking, and if you're not in a good place yourself you just gonna drink more. So really it had a negative effect for me, if I didn't go*

problems and be able to temporarily free himself from his mind (escapism). In a way he portrays it as a coping mechanism.

Engages in impulsive pleasure seeking due to an unhappy lifestyle. He hints that the need to drink comes when he feels unstable (coping mechanism).

Following the crowd- he was comfortable from a young age with the presence of alcohol as he grew up seeing it everywhere; normalised.

A period of instability. He engaged in drinking not just because it was what he was meant to do, but because he went through a period of instability, where he didn't feel supported and like he belonged, this in turn led him to the whole partying experience and drinking culture, as it was a way to escape and belong. He didn't know where else to go.

to uni I wouldn't drink as much, need it as much as I do now, because I didn't before when I was working in a school.

Researcher: *Okay hmm, and does drinking with friends affect the way you drink, you use alcohol?*

Peter: *Yeah it depends how they're drinking, you know, if they're drinking fast I'm gonna drink as fast as them or it sort of depends on what everyone is doing around me yeah.*

Researcher: *Yeah okay. Erm, how do you feel when you're drunk?*

Peter: *Ehh, I often don't remember, erm... er I don't know like sometimes I can quite enjoy it and other times I can become volatile and then I hate myself because of it, so... more often than not I'm quite a good drunk, I'm quite a jolly drunk, you know, a jokey drunk. Erm but sometimes or (inaudible). But I think that sort of depends on your mental health and your own head, if you're gonna react in a violent way it's obviously because you're, you know, you're not too great yourself, that's how I see alcohol, I act how I feel sort of thing.*

Researcher: *Hm, and how many drinks do you have on a night out usually?*

Peter: *Six to seven pints.*

Researcher: *Hmm, do you pre-drink before going out?*

Peter: *Sometimes but not very often. Depends where I'm going to.*

Researcher: *Why do you pre-drink sometimes?*

Peter: *Erm, pre-drink around a friend's house or just at home.*

Researcher: *Yeah, and is there a reason why you do that?*

Peter: *It's cheaper, you know.*

Following the crowd- peers influence how he drinks.

Memory loss- drinks heavily.

In other words, a fun drunk.

Follows his impulses and desires without thinking about consequences and repercussions. He is free of thought and liberated from control (liberated self).

Researcher: *Yeah.*

Peter: *But no, I don't pre-drink or whatever for the-- it used to be when I was 18 the purpose to, you know, pre-drink was to get more drunk before, because it's cheaper, so you get drunker earlier so you don't have to buy anything later, but then that always was never the case because once you're drunk you just want more so [Laughs].*

Researcher: *Yeah yeah, and have you ever thrown up because of alcohol?*

Peter: *Err yeah, a few times.*

Researcher: *Can you recall how many times?*

Peter: *Pff eh, probably about four, five times.*

Researcher: *Okay mmmm, eh, how does the way you interact with other people change when you're drinking?*

Peter: *Erm, it can make me more confident, and it can make me more of a joker I'd say, a lot more, sort of, questionable things when I'm drunk than to when I'm not drunk. Also, it can make me a bit of a flirtatious bastard, erm, sorry excuse my French.*

Researcher: *[Laughs] don't worry about it.*

Peter: *But yeah, I do quite get erm, I used to get quite flirty when I was quite drunk.*

Researcher: *Okay yeah, erm does--*

Peter: *Yeah.*

Researcher: *Yeah.*

Peter: *That's it yeah.*

The idea to drink for the purpose of intoxication was something he used to pursue.

Drinking leads to more drinking (temptation).

Desired self. Highlights an increase in confidence and courage, as well as make him more fun, a 'joker', which also points to the state of not being serious (light-hearted).

Seems to be he was more confident to flirt and interact with others.

Researcher: *Hm, does your thinking about risk change when you're drunk? So, do you tend to take more risks when you drunk then when you're sober?*

Peter: *Oh yeah, a hundred percent. Er, like one time I was drunk and me and my mates, you know, run across the railway line, not the best, erm, another time we set off a load of fireworks pointed at us and then we had to run away from the fireworks that were...*

Researcher: *Oh wow.*

Peter: *Yes, stuff like that, oh yeah silly stuff really, but that was long ago.*

Researcher: *Why do you think that is? Why do you think people take more risks when they're drunk than when they're sober?*

Peter: *Erm, Dutch courage, you've got that confidence, you've sort of got that invincible feeling, when people get drunk, you don't really think about the risks so much.*

Researcher: *Mm.*

Peter: *Yeah.*

Researcher: *Do you think you understand the risk you're taking during that time?*

Peter: *Probably not. Probably wouldn't say, it hampers your ability to really read into a situation and think "should I do this, should I not do this?", you know, it sort of cuts out the middle man, that voice in your head that says "nah don't do that, cause of this".*

Researcher: *Yeah [Laughs] uh, yeah. Imagine that you decided to stop drinking. Er, what do you think would change if you stopped drinking completely?*

Mindless risk taking and reckless behaviours (self-inflicting danger situations). Sees them at the time as fun and adventuresome. Impulsive pleasure seeking.

Increase in confidence and fearlessness allowing him to unleash a part of him that is impulsive; the temptation to abandon responsibility and engage in impulsive pleasure seeking (hedonistic attitude).

Aware that it affects the way one thinks and acts, hence pursues it intentionally. Becomes less mindful. It is an escape for constant self-control.

Peter: *Erm, I'd probably be happier and more productive [Laughs]. I am happier and more productive now that I have cut it down, erm, you know I actually completed all my uni work whereas, you know, three months ago if you'd asked me if I'd done all my uni work that'd be uh a big ask, but actually I did manage to get it all done and I think that's the result of drinking less and moving back home.*

Researcher: *Yeah, and what do you think you would be giving up if you stopped drinking?*

Peter: *If I stopped drinking, I think it would... stop me from seeing certain people, because some of my friends only meet up to have a beer or only meet up, you know, to go to the pub. It probably would limit my friendships if I decided to completely stop drinking.*

Researcher: *Mhm, okay. Um, many students nowadays tend to drink alcohol to get drunk, with that purpose, why do you think that is?*

Peter: *Uhm... I don't know, I've always just seen it as a by-product of having a good time, being drunk [Laughs]. But people, I think it's just part of that ermm, that culture isn't it? But I-- mmm...*

Researcher: *Mm, yeah. I mean, do you think there is something specific they're trying to achieve by getting drunk?*

Peter: *I don't know... I suppose for the laughs, for the camaraderie between friends, "oh you did this last night" or like, you know someone shaved off your head or matted your hair with ketchup or something stupid like that. It's that sort of camaraderie, the laughs between friends, as to why people might get...*

Researcher: *Creating stories, yeah.*

Peter: *Yeah, exactly, yeah.*

Researcher: *Er, do you like to drink to get drunk? With a purpose?*

More productive when sober. Alcohol perhaps affects and influences his academic progress. More engaged with his responsibilities and he associates this to a happy lifestyle- there is no need to drink. He hints here in a way that he engaged in drinking due to an unhappy lifestyle.

Centrality of alcohol in friendship- it is needed to maintain certain connections.

Having a good time as it releases them from bonds and are able to let themselves go free temporarily; a way to liberate oneself from the restraints of mundane experiences and have a good time unbound by past worries and future thinking.

Drink related activities create conversations between friends as well as memories. He describes "stupid" situations that arise due to high alcohol consumption as fun which in turn defines that he considers such stories important among people for the purpose of relatedness. This highlights the centrality of alcohol in friendships as he explains how people can connect; perhaps alcohol plays a role in the creation and continuity of friendships. Creates interesting stories that can be shared.

Peter: *Erm, as I said I used to, but now not so much, like, I don't drink to get annihilated anymore, I drink just to have a good time.*

Researcher: *Yeah, okay. Um, now I want you to imagine you meet a friend of yours and he starts talking to you with excitement about the previous night that he went out. And he says to you "I had such an amazing night last night, I got so drunk I ended up throwing up and I blacked out, I even lost my shoe". How would you respond?*

Peter: *Erm, ahh... I'd probably say "really?" and probably laugh, and then, I don't know, just take the mick probably.*

Researcher: *Yeah, yeah. What would you think?*

Peter: *I'd probably think, erm, I'd probably think that doesn't sound like a great night to me, to be honest, I'd probably be fuming if I lost my shoe in the middle of the night and I was having enough to throw up and everyone looked at me, do you know what mean? [Laughs].*

Researcher: *Yeah, I see what you mean [Laughs].*

Peter: *I'd probably think "oh what a tip!" [Laughs]. It would just be comical to me because it wouldn't even matter.*

Researcher: *[Laughs] True. Is there anything else you'd like to share with me or have any questions?*

Peter: *Um, no, not really, not on the subject of that, alcohol and drinking, no.*

Researcher: *Okay. That's it! Great, thank you.*

Peter: *Okay, nice one, you're welcome.*

Used to drinking in excess. Now he only engages in drinking for the purpose of 'enjoyment'.

Doesn't seem to care about the story or give it importance.

Interview 3 – Megan

Researcher: *Okay and it began ... so [inaudible] about yourself first*

Megan: *Say that again the internet cut out.*

Researcher: *Sorry, tell me a bit about yourself. So, how old are you, what do you study, do you work?*

Megan: *Okay my name's Megan and I'm 22 years old, I study policing and I do not work currently.*

Researcher: *Mhm, and what do you do in your free time?*

Megan: *Er, I'm part of a musical theatre group within the uni, so I do that couple of days a week, and... I like to play games online... or go out.*

Researcher: *Cool, erm how do you feel about being a student and studying at the university?*

Megan: *Umm... it's tough, but it's something that I wanna do so I- I've kept at it for, for three years so-- or nearly three years so far.*

Researcher: *Mhm, great. And uh, what do you enjoy specifically about the university life?*

Megan: *Err, the social part [Laughs].*

Researcher: *Uh huh, and is there something you dislike about it?*

Megan: *Umm... 9am lectures.*

Researcher: *[Laughs] I see what you mean, yeah. Urm, how would you describe the English student culture?*

Megan: *Ooh... uh I think that there is a perception, like even before going to uni, uh that English uni life is all about the best years of your life, like you're told before you go you're gonna have the best three years, it's gonna be amazing, you're gonna meet a lot of amazing people, you're gonna make the best friends for life, you're gonna go out, you're gonna party, you're gonna love life. Uhm, and I think that*

Enjoys going out to social drinking place where drinking is expected and occurs.

The social part of university refers to student nightlife, hence she is here highlighting how one of the most enjoyable things of university life is the going out experience.

A collective perception and expectation of what student life should be.

that's... a little bit realistic but you're sold a dream before you go.

Researcher: *Yeah, yeah, I see what you mean. Um, how do you think other people see you because you're a student? So, other people that are older generation, or your family, how do they perceive you?*

Megan: *Um, I think it's different for everyone, um people who are like maybe just a couple years older, like recent graduates, they kind of look down on you in a way because they know what you're actually up to, they know what you're actually doing. You know they've lived that life whereas my parents for example they're, they're proud, they show off like "oh my daughters at uni" you know, they think you're there for-- of course you're there for the educational part but older students I think see it differently.*

Researcher: *Yeah, and how do you see yourself, you know studying at a university and being a student? How do you perceive yourself?*

Megan: *Um... what, like a trait I would need for it?*

Researcher: *No, no, uh more like, how do you feel about yourself for studying, so do you feel...*

Megan: *Proud, yeah, proud.*

Researcher: *Yeah, mhm, okay. Erm, can you tell me about the transition from college to university? How was it for you, at first?*

Megan: *Very hard. Uhm, I went from having absolutely no freedom at home, I lived quite a sheltered life, at my parents' house, to going to living on my own, having a lot of freedom, being able to do what I want and it was a very tough transition. Err... now I still struggle with self-control [Laughs]. You know, making sure that I'm actually still doing the uni part of life, as well as enjoying myself and having that good time that you want in those-- in that three years, I wanna have a good time. Keeping myself grounded in a sense, to keep myself on top of work.*

Researcher: *Mhm, and you said you live away from home so uh how do*

By saying "they know what you're actually up to", she is referring to the party component of university life. In a way she indicates that students mostly focus on enjoyment rather than university work; prioritising partying.

Difficult transition- indicates that she loses control due to having difficult handling oneself when it comes to seeking pleasurable times (hedonistic attitude). Loses self-control and the ability to find a balance between her social life and academic responsibilities.

you feel about that? Living away from your family and the place you grew up?

Megan: *I love it.*

Researcher: *Is there a specific reason, is it the freedom or--*

Megan: *Is it the freedom? For sure, but also, I'm not too far away from home like I can just jump on a train if I am feeling you know I wanna go see my family. For me it's a simple thirty-minute train ride, you know, journey. But I love having that freedom and the chance to be away.*

Researcher: *Yeah. Now, I want you to tell me a bit about your night life as a student, so what do you like to do on a night out, where do you like to go?*

Megan: *Umm... well, you always start off at Spoons. Always start off with a pub, and you will always end up in a club, uhm usually there till close, unless something happens, I'm there till closed.*

Researcher: *Mhm and, and um, what time is that usually when they close?*

Megan: *Weekends, six o'clock in the morning.*

Researcher: *Uh huh, and uh do you--*

Megan: *Erm-*

Researcher: *Yeah? [inaudible]*

Megan: *[inaudible]*

Researcher: *Sorry I think I lost you there...*

Megan: *It's alright.*

Researcher: *Can you hear me now?*

A newfound freedom.

Increased freedom from control.

Follows a particular routine that supposedly everyone follows in her mind. A collective mindset.

Vibrant nightlife.

Megan: *Yeah, yeah.*

Researcher: *Yeah, uh, you said something about weekends?*

Megan: *Yeah, weekends I'm out longer, weekdays I'll be home early.*

Researcher: *And do you go out quite often?*

Megan: *Yes. Every opportunity.*

Researcher: *So, during the week for example, how many times will you go out?*

Megan: *Hmm, so on weekdays there's usually-- there's three nights I will most likely be out.*

Researcher: *Mhm, okay. Erm, what do you consider a good party? So what is a party to you that is good?*

Megan: *Good people, good music, good vibes.*

Researcher: *Hm and uhm, I suppose it's the opposite for a bad party?*

Megan: *Yep [Laughs].*

Researcher: *Yeah [Laughs]. Um, um, how are the drinking places you go to such as pubs and clubs in regard to the staff working there and the rules?*

Megan: *Um around the uni they're pretty lax as in... you know I've got quite drunk, quite inebriate in clubs, and I've yet to be kicked out! [Laughs] I've not been kicked out of a pub yet regardless of how drunk I am. So, I've not been kicked out of clubs no matter how drunk I get, how er-- whatever I'm doing. I think there-- you know they have rules and they have things in place to keep you safe but... I think I'm quite lucky.*

Keen on drinking; the importance of alcohol.

Referring to student night- night specifically constructed for student entertainment.

A successful drinking experience.

Engages in excessive drinking- Drinking heavily. Feels lucky she hasn't been caught- highlights a rebellious spirit.

Researcher: *Yeah. And is there security and bouncers usually in different places you go to?*

Megan: *Pretty much all of them, yeah.*

Researcher: *Okay and uh do they check you, so do they check your bag, your ID every time?*

Megan: *Um yeah there's one particular pub that doesn't check my ID because they know me [Laughs] but in general they will still check you, no matter how many times I've gone to club [Name] for example, I've been there too many times, but they still check my ID, they still scan it and everything.*

Researcher: *So is-- is there a specific entry policy? So, when you go in to a club for example, do you usually go to-- is there a specific queue you have to follow? Or...*

Megan: *Yeah so most clubs, I know one-- the big, the big club, you separate into females, males, you have a female attendant pat you down, check your bag, if they want to, they usually only do it for like certain people, they pick out-- like security in airports, they pick out who they want to check.*

Researcher: *Mhm, okay. Yeah, and um what do you think is expected from you in the drinking places you go to, so what can you do and what can you not do in such places, would you say?*

Megan: *Um, obviously they want-- the people there that are holding the events, they want you to be there to have a good time, they want you to be drinking, they want you to be, you know, spending your money. Um, but also I think they do want you to be safe, they want you to be careful. Um, I know a lot of pubs and clubs have things in place like "ask Angela", where you can go to the bar and say "is Angela here?" and they can keep you safe if you're feeling someone there is putting you in danger. You know, there's things in place that will protect you.*

Researcher: *Oh I see, that's good, yeah... and could you describe to me*

Strict measures in place for order.

Strict measures- they even scan the ID.

Feels quite intense- perhaps this can make someone feel unwelcomed and not trusted. However, the policy is there for a reason (outlines the nature of drinking).

Alcohol and marketing.

Safety is of paramount importance, gives the impression that bad things can happen and so there is a need for such measures.

the environment, the atmosphere in such places?

Megan: *Pretty much 100% of the time it is good vibes, you know, everyone is on the same kind of wavelength, everyone's got the same idea of how they want the night to go, everyone's doing the same thing. Very rarely, you do have occasionally the one bad person that's there, you know, to start a fight, or there to cause an argument, but, majority of the time everyone's, everyone's good.*

Researcher: *Hmm, uh now I want you to recall the first time you went to a bar, a club or a pub, and tell me about it.*

Megan: *Oh.*

Researcher: *So how old you were--*

Megan: *At uni or before?*

Researcher: *Well, if you went to a bar or a club before, then before of course.*

Megan: *For my 18th birthday I went to a pub.*

Researcher: *Uh huh, and how did you feel? It was your first time going out.*

Megan: *Excited [Laughs]. I kept asking-- I went to the bar however many times my first week to drink and I kept saying "check my ID!". You know, I'd been there and they checked it, they didn't want it anymore, I still said like "you wanna check my ID?" like, "I'm 18 today check my ID!" [Laughs].*

Researcher: *[Laughs]. Yeah, you were proud [Laughs].*

Megan: *Yeah.*

Researcher: *And, uh, did you drink that night?*

A successful drinking experience. Collective.

Legal age.

She was proud she could drink legally- felt like an accomplishment for her that she wanted to show off.

Megan: Yes.

Researcher: What influenced you to drink, would you say? What made you make the decision to buy alcohol?

Megan: Um, I think a number of factors. Obviously, like society-wise, you've just turned 18, everyone kind of says like-- like I remember people putting in my birthday card on my 18th birthday like "enjoy your first legal drink!". Like it's kind of, it's kind of expected of you in a way, like you're 18, you can go and do that now, go and do it.

Researcher: Mhm, I see what you mean.

Megan: But also I think my family are quite like-- like the family on my dad's side have all been drinkers, you know. They have whole parties where everyone's getting merry and drunk and I think because of that I've always kind of been interested I guess, like I've wanted to join in with that.

Researcher: Mhm, okay. When was the first time you ever had alcohol?

Megan: Um, are we including like the sips of my parents' drink?

Researcher: Yes yes we're including however young, how old were you?

Megan: Probably like 12.

Researcher: Mhm, mhm, and how did you get it from your parents, you said?

Megan: Oh, just take it. When they're not there.

Researcher: And how did you feel?

Megan: It's exciting, isn't it, back then you're 12 and you're not allowed to so... "mum's not looking, ooh, I'm gonna have a quick sip".

Researcher: Yeah, I see what you mean. Mm. What place does alcohol

Turning eighteen is a big deal and revolves around drinking.

Alcohol's foreseeable effects made it enticing to engage with. Grew up in a family where being drunk and 'merry' as in joyful was part of what they did; normalisation.

Engages with drinking from a young age.

Forbidden experience- makes it more alluring and interesting.

have in your life, now?

Megan: *Right now?*

Researcher: *Yeah, yep. So, I mean do you-- well obviously not now with the corona going around, but erm--*

Megan: *Before, when things were normal?*

Researcher: *Yeah, yeah, yeah.*

Megan: *Um it's still a prevalent-- is that the word? A prevalent part of my life. Like, if I have the opportunity to go have a drink, I'm gonna go have a drink.*

Researcher: *And do you get drunk often?*

Megan: *Yes.*

Researcher: *Ahh. Erm what uh-- how does your culture influence the way you drink? So, let's say your student culture, how does it influence the way you drink, would you say?*

Megan: *I think it exacerbates it a bit. It kind of, you know, things like, like my society that I'm part of, we'll go out to socials once a month and there's drinking games and there's rules in place, and things like on a night out there's rules like if you do this one thing you've got to take a shot. And it's kind of like, it's forced onto you. Like, you're a student, you're doing this thing, you have to now keep going.*

Researcher: *Yeah, uh huh, and... How do you think you would drink if you weren't a student? Do you think it would be different, the way you use alcohol?*

Megan: *I think so. I think if I had a normal nine to five job I wouldn't be going out on the weekdays and things. But I definitely-- I think on the weekends I would still go out. I would be a bit more responsible about it.*

A part of her lifestyle- a part of her student identity. Drinking is what she does. Portrays it as something important.

Highlights how her drinking is exacerbated due to her student identity; intensified. She associates her drinking with some form of indirect pressure as she notes how "it's forced on you" through 'fun' group activities. In a way, she stresses how there is no escaping, "you have to now keep going". She portrays it as if it is a competition and the only way for inclusion.

She would follow a different routine and wouldn't be surrounded by people who follow the lifestyle of drinking like 'students'. She highlights a gain in responsibility, inferring that her drinking now as a student is more reckless just because it can be. Being a student

Researcher: *Okay, yep and do you think drinking with friends affects the way you use alcohol?*

Megan: *Yes. Definitely.*

Researcher: *And how would you say?*

Megan: *I think the friends that I've made are very like-minded in the sense that you know they want to party they want to uh have a good time. And so, because of that, it's kind of like oh I'm gonna go see my friends, we're gonna drink. Like, it's just a fact.*

Researcher: *Yeah, mhm, okay. Um and how do you feel when you're drunk? So, what do you enjoy about it and what do you dislike about it, for example?*

Megan: *Um... I don't know I feel, I feel a lot more confident, like I can go and do things. Like if I was to go into a club sober, no alcohol, I would not be on the dance floor, I would not be cracking, you know, weird weird jokes kind of thing. Like, I would be a bit more reserved and a bit more-- like it makes me want to have like a certain amount more fun in a way, like it helps me to do that. I don't like the hangovers!*

Researcher: *It loosens you up and opens you up. Yeah [Laughs].*

Megan: *I don't like the hangovers [Laughs].*

Researcher: *Of course nobody does I think [Laughs].*

Megan: *[Laughs].*

Researcher: *Um, how many drinks do you have on a night out, usually? So how much would you drink usually, on a night out?*

Megan: *I wouldn't be able to count [Laughs]. Too much! You start off at the pub, you have a couple of light drinks and then you end up at the club and straight away do shots, let's go.*

gives her the freedom to be able to engage with drinking in that manner.

Self-aware of her actions.

Sees friends and drinking as one. She can't have one without the other. Friendship is based on drinking. This perhaps explains why one might be drawn to engage in drinking and the 'party' as a way to connect and feel included by pursuing the shared goal of having "a good time".

A sudden increase in confidence; associating it with more fun behaviours. For her, being drunk, allows her to engage in collective activities without feeling embarrassment (judgment). In other words, when she is sober, she understands herself to be more reserved and serious; more tense. In fact, she points out how intoxication leads her to have "a certain amount more fun". Perhaps it's because she, herself, becomes a more 'fun' individual in her eyes, someone who takes chances and is not afraid to dance, to make jokes and express herself the way she desires.

Drinks heavily- considers no limits. It is all part of a plan and based on what everyone else is doing. An intensified experience.

Researcher: *Uh huh, I see, yeah. And, uh, do you tend to pre-drink before going out?*

Megan: *Yes, yes, of course.*

Researcher: *You said in the pub, yeah. And is there a reason why you pre-drink? Why do you pre-drink?*

Megan: *I think it's the social thing as well, like, I'll usually have a couple girlfriends come round and we'll get ready together, and while we're getting ready we're drinking a glass of wine, and it's the social part of it as well, like that's just integrated into that kind of thing. But also it helps save money [Laughs], like you can buy a bottle of cheap Malibu for example, for £8, and you drink that whole bottle, and one shot is the same price in the club. So, drink the whole bottle before you go you don't need to spend as much in the club.*

Researcher: *It's cheaper, yeah... mhm, and uh have you ever thrown up because of alcohol?*

Megan: *Oh yeah [Laughs]. We call it a tactical chunder.*

Researcher: *How many times?*

Megan: *Too many times! We call it a tactical chunder.*

Researcher: *You call it a--*

Megan: *We call it a tactical chunder. So, when you feel like you're gonna be sick make yourself be sick and then you can carry on drinking!*

Researcher: *Ahh, smart [Laughs].*

Megan: *Yeah!*

Researcher: *Ermm-- how does the way you interact with other people*

The fact that she says "of course" indicates that it is a 'normal' part of the experience and that it is something she engages in often.

Centrality of alcohol in friendships- essentially a socially thing.

Keen on heavy drinking. Describes how one can prepare for the purpose of intoxication and a successful drinking experience without spending a lot of money.

To force oneself to throw up so they can continue drinking more after- binge drinking.

Drinking for the purpose of intoxication and considering no limits whatsoever.

change when you're drinking? So, do you see any differences in your social behaviour when you're drinking, to when you're sober, in the way you act with others?

Megan: I think within my friendship group, no. As in the way I would talk to the main person I go out with, like how I talk to her when we getting ready it's the same as when we are out, but interacting with--

Researcher: Oh no no no, I mean in general with like people. In social situations how do you act towards them when you're drunk, and how when sober? If you go on a night out sober, for example.

Megan: Um... (inaudible)-- I think... you just loosen up a bit, you know like, I find as well that I talk more openly for example, when I've had a couple of drinks, I won't hold back, if I want to say something I'll just say it. Whereas, when I'm sober I might just think okay I'm not gonna touch on that subject.

Researcher: Mhm, yeah. Does your thinking about risk change when you're drunk? So, do you tend to take more risks when you're drunk than when you're sober?

Megan: Yes, definitely.

Researcher: And, can you give me an example, maybe?

Megan: Umm... the first time I took an illegal substance was when I was drunk. I would've never-- at the time, I would've never done it when I was sober, but it just happened to be I was drunk and I was offered something and I did it.

Researcher: Mhm, okay. And, do you think you understand the risk you're taking during that time?

Megan: I think I understand it, but I just don't care [Laughs]. Or I don't care as much.

Researcher: Okay yeah, mhm, okay. Now, I want you to imagine that

Becomes more relaxed than when sober. This indicates that when sober she is more tense. This leads her to more easily express herself as she stops thinking of what is appropriate or not, becomes more impulsive and that perhaps gives her a sense of freedom; as it liberates her in her actions. It is a release from bonds that are holding her back.

Aware that her behaviour is risky (increased in impulsivity).

Indulges in risky behaviours mindless of the consequences due to the complete release from bonds and the temptation to abandon responsibility and pursue local pleasure. This exemplifies complete loss of self-control as she will do things that she knows would have never done if sober. When she is under the influence of alcohol she seems to chase that feeling of enjoyment and finds it in mood altering substances.

The desire to feel freedom and act impulsively in order to abandon responsibility and transgress boundaries. She wants to let go and so let's go knowingly of the consequences.

you decided to stop drinking. What do you think would change? So, what do you foresee happening if you stopped drinking in social situations?

Megan: *I think a fear of mine if I was to stop drinking is that I wouldn't see my friends as much. I think it's a thing that's kind of-- the friendship is kind of based around alcohol if that makes sense. So, I think if I was to stop going out I wouldn't see people as often as I do now. Or before.*

Researcher: *Okay, and what do you think you would uh, what do you think you would gain if you stopped drinking? Is there something specific you think you would gain if you stopped drinking?*

Megan: *Uhh, less hangovers [Laughs]. Probably would have more time to you know, do other things, better myself in ways that I probably couldn't.*

Researcher: *Uh huh. Okay. Many students nowadays tend to drink alcohol in order to get drunk, why do you think that is?*

Megan: *Again, I think it's kind of put on us. You're kind of told before you go to uni "that's what you're gonna do". I think it's an expectation you feel you kind of have to live up to. Like, my first year, when I joined uni, I didn't go out often, before I went to uni I never went out, or I did, but not very often. And then all of a sudden I was at uni and everyone was like, "we've got to go to the club, it's freshers week. We've got to go, we've got to", and so I went.*

Researcher: *Okay, and do you think there is something specific they're trying to achieve by drinking to get drunk? So, within themselves.*

Megan: *Hmm... I'm not sure about within themselves, like, maybe deep down. For me personally, I started to go out to fit in. To, you know... make those friends.*

Researcher: *Yes. And so, uh... do you like to drink to get drunk? You, specifically?*

Centrality of alcohol in friendships. Friendships are based around drinking; she can't have one without the other. This leads to the fear of losing her friends and hence follows the crowd for that very reason, in order to maintain her connections.

Believes she could be more productive and better herself if she stopped drinking and yet doesn't seem like she wants to. She chooses to continue to engage with drinking despite the negative effects on alcohol on self progress and development.

This course of action becomes something one must indulge in to not feel excluded. Her response signifies the amount of chose she has is minimised as drinking becomes an expectation everyone must follow. It is built as a set of habits (centrality of alcohol in student culture).

Following the crowd- centrality of alcohol in friendships. Engaging in drinking in order to feel like she belongs and create friends. During these situations, there is pressure to drink as the culture and friendships revolve around drinking.

Megan: *Yeah.*

Researcher: *Mhm, okay. Do you think that English student culture is different from others in the way they drink? So, from other cultures?*

Megan: *Um, yeah I think so. I think we take it a step too far sometimes [Laughs], we don't, we don't know when to stop.*

Researcher: *[Laughs] Aha okay, I see what you mean. Um, now, imagine you meet with a friend of yours and she starts talking to you with excitement about the previous night she went out. And she says to you, "I had such an amazing time last night, I got so drunk and I ended up throwing up and I blacked out. I even lost my shoe!" How would you respond?*

Megan: *I think I'd be a bit like-- I'm still a bit sensible in the sense that I'd be like, look, you've got to be careful, you don't know what happened. You're saying you blacked out-- right, that's a bit worrying. But... if she had a good time she had a good time. As long as she's safe at the end of it.*

Researcher: *Yeah. So, would you consider it a fun night, would you say?*

Megan: *In a way, yes. Obviously, there's still some concern about it, but I would still say like, you had a fun night.*

Researcher: *Okay. Is there anything else you'd like to--*

Megan: *(Inaudible)*

Researcher: *Oh, that's a nice quote [Laughs]. Is there anything else you'd like to share with me, or do you have any questions? Because the interview is over now, so...*

Megan: *Er, no I think that's it.*

Researcher: *Okay great. I am stopping the recording now...*

She recognises how her culture uses alcohol excessively sometimes unnecessarily (no limits). Portraying the British student drinking culture as wild and uncontrollable.

Interview 4 – Jessica	Exploratory Comments
<p>Researcher: <i>Great. And it has begun... so basically it is like a conversation, I'm just asking you questions, and you answer. Erm... so tell me a bit about yourself first. So how old are you, what do you study, things like that.</i></p> <p>Jessica: <i>I am 21, I study music, I work at a pub, and I enjoy creative activities.</i></p> <p>Researcher: <i>Mhm... and uh what do you tend to do in your free time?</i></p> <p>Jessica: <i>I like to practise my instruments, I like to journal in my book, and I love to go out and drink with my friends and meet new people and just forget things and have a good time.</i></p> <p>Researcher: <i>Great. And how do you feel about being a student and studying at a university?</i></p> <p>Jessica: <i>Um, in what sort of aspect?</i></p> <p>Researcher: <i>So, um, basically how does it make you feel that you are a student and you go to university... are you proud, are you happy?</i></p> <p>Jessica: <i>Ahh, okay. I'm... quite happy. I feel like I'm at the place I'm doing the things I should be doing, in a life kind of cycle sort of set out rules um... but I also feel like it's kind of a separate state of being from the rest of everyone else that's not at uni or isn't there yet.</i></p> <p>Researcher: <i>Mhm. Yeah, okay. Yeah and what do you enjoy about the university life most?</i></p> <p>Jessica: <i>I quite like there not being too much discipline on attendance when you can get away with it. So, you can come in late or you can come in hungover [Laughs] and it's just there and because you're an adult no one really cares. You do what you wanna do.</i></p> <p>Researcher: <i>Mhm. And is there something specific you dislike about the university life?</i></p>	<p>Works in a place where drinking occurs.</p> <p>A tool for distancing stressors. She presents it here as a form of distraction and escape from pressures; letting go and experiencing the moment free of burden.</p> <p>A Separate world.</p> <p>Enjoys the ability to do what she pleases (autonomy).</p>

Jessica: *Early lectures [Laughs].*

Researcher: *Yes [Laughs], everybody does. Um, how would you describe the English student culture?*

Jessica: *Um, I'd say it's a lot of... showing your newfound freedom and exploring what you can now do and working out what you like and, working out what your favourite drink is [Laughs].*

Researcher: *Mhm, great, [Laughs] true. And how do you think other people see you because you are a student, so people who are not students, how do they perceive you?*

Jessica: *They definitely see us as alcoholics. Because of the stereotype, obviously being out drinking too much rather than just drinking. Um... noisy pests really [Laughs].*

Researcher: *Okay, okay I see what you mean, and uh, how do you see yourself?*

Jessica: *Um... uh, I don't see myself as a pest, uh, I see myself as learning to become what I need to be.*

Researcher: *Yeah, okay, and can you tell me about the transition from college to university? How was it for you at first?*

Jessica: *At first, I was really excited about not being told what to do all the time, and having set rules to what you can wear and how you can go about your day, but that at uni you do whatever you want, and I loved it at first, but then I realised no one was telling me what I needed to do, so it was harder to work out what I should actually be doing.*

Researcher: *Mm, okay and do you live away from home? So, you live away from your family?*

Jessica: *Yeah.*

Centrality of alcohol. She is freer to engage in behaviours and lifestyle she chooses and sees student life as the time to explore alcohol.

Verifies the stereotype as true- aware of negative perceptions.

Sees herself as someone who is journeying through life and learning- drinking and going out is part of that experience.

Found it more difficult- didn't know how to handle this newfound freedom and autonomy.

Researcher: *Okay, and how do you feel about that?*

Jessica: *I, I quite enjoy it because I see them regularly, and it's nice to not have those rules.*

Researcher: *Yeah, you have your own place, yeah. Mhm, so now I want you to tell me a bit about your nightlife as a student. So, what do you like to do on a night out, where would you like to go?*

Jessica: *I, usually if I go out for a drink after rehearsals at uni, I'll go to a little pub that's near the uni, um sometimes the night will end there, with a few drinks and, little bit drunk, but often the night will proceed to more lively pubs, with younger people and more drinks.*

Researcher: *Yeah, yes, and um, do you go out often?*

Jessica: *Uh, yeah, I usually go out to celebrate a good day of rehearsals and I rehearse most days!*

Researcher: *[Laughs] perfect. Um, how long do you usually stay out for? So, what time do you go out and what time do you return home?*

Jessica: *Uh, if it's after a rehearsal day, they finish at nine, so I go out at nine and I come back some point in the morning.*

Researcher: *Mhm, sounds good, and what is a party to you? So, what do you consider a good party?*

Jessica: *Ooh, a nice place where it's hosted, just, well just a place really, rather than just a gathering in a field, and... good people, uh, surplus of drinks... to have good time, some music, and a lot of fun!*

Researcher: *Great! How are the drinking places you go to, such as pubs and clubs, in regard to the staff and the rules they enforce?*

Jessica: *Mmm, so if we're looking at the different types that I said about the first pub I go to, it's basically older people so we're expected to be really like respectful and calm and chilled out and not like rowdy or*

Increased freedom from control.

Part of her routine.

Follows.

Engages in drinking regularly and sees it as a way to celebrate- a release.

A successful experience- intensified through a surplus of drinks which leads to good times.

Expectations of how one should act depending on setting. More free to express their good time, more successful experience.

excitable. But then when we get to different pubs, the atmosphere changes and we can relax a bit more and be ourselves and more energy and... well not quite rowdy but we can express our good time.

Researcher: *Mhm, is there security and bouncers usually in such places?*

Jessica: *Yes, but not in the first pub.*

Researcher: *Okay, and do they usually check your ID or check your bag? You know.*

Jessica: *Occasionally my ID gets checked, but I think my bag, I think my bag gets checked more than my ID.*

Researcher: *Okay, mm. Interesting, mhm. And uh, what do you think is expected from you in the drinking places you go to? So, what can you do and what can you not do, in such places?*

Jessica: *I can have fun, I can drink but not to a point where I can harm anyone or myself, um gotta be respectful of the building and the other people drinking there. Um... got to be nice.*

Researcher: *Mhm, okay. Erm, could you describe to me the environment? So, how is the atmosphere in the drinking places you go to?*

Jessica: *Usually it'll be a nice atmosphere of comfort and camaraderie, and just, oh, relief. But sometimes if something goes wrong and someone gets a bit rowdy, it just turns into more of a scary environment. So, just depends on what the situation is, because it changes the atmosphere completely.*

Researcher: *Okay, yeah I see what you mean, yeah. And uh, is there a specific entry policy when you go to a pub or a club for example?*

Jessica: *You have to be dressed decently, can't go in in 'jamas or some places you can't go in in sports gear, or trackies, or stuff like that. But I*

Strict measures in place.

Common sense and respect.

For a successful drinking experience the atmosphere needs to be suitable and enjoyable.

Look presentable- decent.

think generally you just have to look presentable.

Researcher: *Okay. Now I want you to tell me about the first time you went to a pub or a bar or a club and tell me about it, so the first place, the first drinking place, you went out? If you remember of course, I mean how old were you and stuff like that? How did you feel?*

Jessica: *Ouu... erm, I think I was about 14?*

Researcher: *Uh huh.*

Jessica: *[Laughs].*

Researcher: *And they allowed you to go inside?*

Jessica: *I was dressed up, well, I had some makeup on, and I had-- I came into my body quite young.*

Researcher: *Uh huh.*

Jessica: *That's a good way of putting it, isn't it? [Laughs].*

Researcher: *It is, it is, yes. Mhm.*

Jessica: *And it was scary, but exciting, because it was all a risk, and then the people there seemed to just be adding to that really, because I didn't know who they were and what they'd be like, I didn't understand how people were different drunk to when they were sober, and things like that, and it was just exciting.*

Researcher: *And did you drink that night?*

Jessica: *Yes.*

Researcher: *And what influenced you to drink would you say? What made you take the decision to drink alcohol?*

Jessica: *Uh, I'd say my friends.*

Associates excitement with risk and the unforeseeable.

Peers effect on drinking.

Researcher: *Okay, mhm. Now, I want you to tell me about the first time you ever had alcohol? So, how did you get it, how old were you?*

Jessica: *Um, oh, when did I first have alcohol? I think, I probably first had alcohol with my parents.*

Researcher: *So, you tried it, okay.*

Jessica: *Yeah, a glass of wine. Well, I used to have a little sip of wine and then eventually, I was allowed a glass of wine. Or a spritzer.*

Researcher: *Mhm, okay. Um, what place does alcohol have in your life, now that you're a student? So, do you drink often, and do you get drunk often?*

Jessica: *I'd say, as a student drinking is quite a central part of the experience, um... and I just forgot the question...*

Researcher: *What place does alcohol have in your life, now that you're a student? So, do you drink often, do you get drunk often?*

Jessica: *Er, yes [Laughs] Um... I don't know what else to say, sorry.*

Researcher: *Okay, um, what would you say influences you the most in your life as a student, to drink or not to drink?*

Jessica: *Probably the, um, depends on the stress I've had in the day or if it's been a really good day so I can celebrate or if it's been a stressful day so I can commiserate and make it better, and what my friends are doing, so if they're going for a drink, I'll go and join them or things like that.*

Researcher: *Okay. Mhm. How does your culture, so your student culture, influence the way you drink would you say?*

Jessica: *Uh I'd say it influences, the student culture, influences to drink more, like drink as much as you can, rather than to drink some and then*

Initially introduced to alcohol by her family.

The important of alcohol in student culture- part of the experience.

Motivated to drink when she's sad to escape from her mind and thoughts (stress and worries), as drinking forces her into that intensely alive state that is free of stress, engaging in drinking when she is stressed and happy, which means she also perceives alcohol as something to celebrate with, symbolising festivity and it symbolises a release.

Following the crowd- centrality of alcohol in friendships. Her drinking and the extent in which she engages with drinking is determined by what her friends are doing.

she stresses how there is no escaping, it is part of the culture to drink excessively with the purpose of intoxication. It is presented

enjoy it. There's this expectation to drink as much as you can like it's a competition.

Researcher: Okay, yeah, and uh how do you think you would drink if you weren't a student, so if you were never a student, how do you think you would use alcohol?

Jessica: Um, I'd probably still drink but not quite as much or as regularly. Or maybe I'd have a glass of wine or two on the weekend.

Researcher: Mhm, okay. Um, how do you feel when you're drunk? So, what do you enjoy about it and what do you dislike about it?

Jessica: Um, I feel free, there's nothing holding me back, I can do-- well, less inhibitions, I don't know, there's more potential for taking-- for having fun because you're more likely to take bigger risks, so having a good time and things. I don't enjoy-- also like I said, I enjoy feeling free, I don't enjoy feeling out of control cause there's more stuff [inaudible] but yeah, I generally enjoy it.

Researcher: Okay, and how many drinks do you have on a night out, usually?

Jessica: Oh, hard to say, between eight and sixteen.

Researcher: And do you tend to pre-drink before going out?

Jessica: Yes, definitely, err sometimes I'll have a bottle of wine or two before we go out, if we're planning to go clubbing or something.

Researcher: Okay, and do you think there is a reason why you pre-drink before going out, for example when you go clubbing or to a pub?

Jessica: It makes things less expensive because you don't have to buy as many drinks, so um, and you're in the mood to have that good time. So, there's not as much anxiety about actually doing stuff.

Researcher: Mhm, and have you ever thrown up because of alcohol?

in one way or another as a form of competition. Highlighting the need to keep up and to follow the crowd in order to fit in.

Student drinking culture drives the extent to which she engages with drinking.

Outlines freedom from control and the release she feels. She illustrates this by saying "there's nothing holding me back", which she associates with the effect alcohol has on her inhibitions. This leads to the ability to engage in more lively and exciting states of being due to the ability to take "bigger risks", without thinking of what is 'right' and 'wrong'. This directly highlights how the increase in impulsivity is something that is valued and perceived as the liberation from mundane existence.

Engages in heavy drinking.

A plot.

Drinking allows one to experience a successful drinking experience because it put them in the mood.

Jessica: *Definitely [Laughs].*

Researcher: *And can you recall how many times?*

Jessica: *That number is not countable [Laughs].*

Researcher: *Ahh, so it's countless [Laughs]. Mhm, okay. Um, how does the way you interact with other people change when you're drinking? So, do you see any differences in your social behaviour when you're drunk, to when you're sober?*

Jessica: *I'm a lot more talkative and open, and I will basically treat everyone like they're my best friend. Until, until it fades. I'd go up to people, and meet people, and just put myself out there.*

Researcher: *Mhm, okay. Eh, does your thinking about risk change when you're drunk? So, do you tend to take more risks when you're drunk than when you're sober?*

Jessica: *Yeah, definitely. If there is a place to be I'll climb over that fence to get there which I wouldn't do sober because I hate climbing.*

Researcher: *Okay. Mhm. And why do you think that is? I mean, uh, do you think you understand the risk you're taking during that time?*

Jessica: *Not completely. I think it just inhibits the scaredness of doing the thing and I'm just thinking about the reward of getting it done.*

Researcher: *Okay. Err, now I want you to imagine that you decided to stop drinking--*

Jessica: *[Gasps!]*

Researcher: *--what do you think would change? [Laughs]. So, what do you foresee happening if you stopped drinking in social situations?*

Jessica: *I'd get less hangovers! But I'd also be less extroverted. Yeah, I*

Proud?

Drinks heavily.

More extroverted (desired self).

Increased impulsivity. She would engage in behaviour that she wouldn't if she was sober. It releases her from fears.

Removes fears and allows her to transgress boundaries in order to get to a rewarding outcome (impulsive pleasure seeking).

There is a suggestion here that she prefers drinking than the decrease in extroversion associated with staying sober and having less hangovers.

wouldn't be so talkative, I'd probably just watch things happen rather than be part of them.

Researcher: Mhm, okay. Um, many students nowadays tend to drink alcohol in order to get drunk. Why do you think that is?

Jessica: That's just... the aim we have. It's the goal that I said before that we just drink as much as we can rather than drinking to enjoy it.

Researcher: Okay, and do you think there is something specific they're trying to achieve by getting drunk?

Jessica: Just to get completely out of their heads and not feel the stress and anxiety that university brings, that again.

Researcher: Mhm, okay. Um, do you like to drink to get drunk?

Jessica: Yeah [Laughs].

Researcher: And is there something specific you're trying to achieve by it?

Jessica: I just like feeling free and not having anything telling me to not do things.

Researcher: Okay, mhm. And, do you think the English student culture is different from other cultures in the way they drink?

Jessica: I think it probably is, but I don't know much about other drinking cultures.

Researcher: Okay, yeah. Um, yeah. Now, I want you to imagine you meet a friend of yours and she starts talking to you with excitement about the previous night that she went out. And she says to you, "I had such an amazing night last night, I got so drunk and I ended up-

Jessica: I'd probably laugh first then tell them they're an idiot.

For her a way to truly live an experience with friends is through drinking rather than simply existing in it.

Identifies a collective shared goal followed by students as a general state of affairs. Centrality of alcohol in student culture.

A release from bonds; from stress and pressures.

She enjoys drinking for the purpose of intoxication.

Autonomy through drinking. The ability to self-rule and do as she pleases.

Initially finds it entertaining to hear.

<p>Researcher: <i>Yeah [Laughs]. Err, why would you think they're an idiot?</i></p> <p>Jessica: <i>Because they could've avoided losing the shoe if they hadn't blacked out and drunk so much and got into the situation.</i></p> <p>Researcher: <i>Okay, yeah. And would you consider it a fun night?</i></p> <p>Jessica: <i>Not personally, but I didn't experience the night so I don't know how it was.</i></p> <p>Researcher: <i>Okay, yeah. Mhm, that's it basically. Is there anything else you'd like to share with me or have any questions?</i></p> <p>Jessica: <i>None that I'd like to be recorded.</i></p> <p>Researcher: <i>Great [Laughs]. That's it.</i></p>	<p>Focuses on the shoe part.</p>
--	----------------------------------

Interview 5 – Natalie	Exploratory Comments
<p>Researcher: <i>And, it has started... uh, can you hear me well?</i></p> <p>Natalie: <i>Yeah.</i></p> <p>Researcher: <i>Great. Let's begin then. So, to begin, tell me a bit about yourself. So, how old are you? What do you study? Do you work? What do you do in your free time? Things like that.</i></p> <p>Natalie: <i>Okay, so, um I'm 21 years old and I'm finishing my degree in English literature and creative writing. And, um, I came here to England when I was 18 to study. Um, I do work. I've been working since... like February I wanna say? In a restaurant, and, um, it was my first experience as well. It's been going quite well. And then, my free time usually-- well, I've been very busy with studying, but I do poetry, so I mostly work on my writing, and performing when I do some sort of events related to...</i></p> <p>Researcher: <i>Mhm, mhm. Great. And where are you from?</i></p>	<p>Important to note that she is an international student from Italy, possible difference can arise.</p>

Natalie: *I'm from Italy.*

Researcher: *And you came here from when you were 18 to study for University?*

Natalie: *Exactly, yes.*

Researcher: *Mhm... how do you feel about being a student and studying in a university?*

Natalie: *Well, I think that English university... well, university in the UK in general I suppose is quite different from Italian universities, even how you do exams and the way you study changes a lot and I think I actually could have not gone to university in Italy because you actually have to do a lot of studying there, it's not like um when you were back in high school so it's not, it's not my best way of learning, I'm more of like an active learner, so I need to do things, and in my course here in England obviously you have to write stuff, you have to analyse stuff, you have to do presentations and I just find it more-- a lot easier.*

Researcher: *Yeah, you're much more involved. Yeah, it suits you better.*

Natalie: *Yeah, definitely, you have to go to uni and all that...*

Researcher: *And uh, what do you enjoy about the university life in general?*

Natalie: *I think what I like most is um, I feel free to have a discussion uh with my classmates. Mostly I think it's because English is my second language so I feel more free to say what I wanna say to other people, and obviously um university is the best place to engage in discussion and what not, everyone has a different opinion and I like that they value the opinion of someone that is not from here, quite a bit. At least the people that, you know, I've had to deal with. Which is nice, I like that.*

Researcher: *Yeah, yeah, mhm. And is there something you dislike about the university life?*

Natalie: *Um, I don't think so. I think I've had quite a good experience overall. Like, my lecturers have always been very um available, ready to help and um quick to, you know, quick to respond and all that. I don't think there is something about uni that I don't like.*

Researcher: *Okay, alright. One second because there is poor connection... let's wait a little so it can get fixed. Um... one sec it'll go away in a little bit... um yeah because I'm losing you just a little but I can hear what you're saying, it's just that the connection isn't so great. Okay, it's now fine. Um, how would you describe the English student culture?*

Natalie: *Um, I feel like maybe it's a bit divided, like third years then first years, you know. Like, first and second year I used to go out more often and like students are literally party animals, here. Um, personally I'm not, but I know a lot of people that I don't know, go clubbing every week and then they have to go to uni the next day and I'm like how can you do that? [Laughs].*

Researcher: *[laughs] Yeah, I see. Mhm.*

Natalie: *Yeah, but um, I don't-- yeah, about uni, it's like that. Although I feel sometimes that people go to uni because they don't know what else to do. And personally I am not a fan of that obviously and I don't have friends in Italy that act like that, like people there have gone to uni, they have decided to go to uni because they want to do something precise, like, they knew already what they wanted to do. While, some people here, they go to uni and they like "oh I'm at uni but I'm not sure I really like it" or "I'm not sure what I wanna do after" and you know, you have three years, you should know [Laughs].*

Researcher: *Yeah, I see what you mean, yeah. Um, how do you think other people see you because you're a student? So, older generations, or, your family, people that are not students? How do they perceive you for being a student?*

Natalie: *I think that a lot of older people see students like children still, and, I get that could be the mentality, cause obviously if the person is*

Identifies a clear British student drinking culture- party animal- in the sense that they are uncontrollable and wild.

Finding meaning in what one does is valued. She believes her fellow students tend to not know what they are doing or have purpose.

Feels undervalued because she is a student. There seems to be a collective perception that student act like children, in the sense that

doing school, it's like usually still young. But, then, it doesn't mean that we're not, you know, adults or clever people, or people to make decisions. And sometimes I feel like I am a bit, you know, undervalued or disrespected by other people. In the same way, there are other people that make-- you know, like they use the fact that you are a student as a positive thing. And they want fresh input, fresh ideas and they want, you know, you're young, you're clever, you can do whatever, so you have a bit of a 50/50 situation. On the other hand, my family are very happy that I went to uni, they would have been happy anyway but they're happy that I'm doing well and that I know what I wanna do, you know... having a purpose.

Researcher: *Mhm, great. Yes. And, how do you see yourself, for being a student?*

Natalie: *Mate, I am so done! Like honestly after three years of university I have no clue why I applied for a masters, like, I wanna do it because it's different from my degree because instead of English being creative writing, I'm gonna do a master's in psychology. Um, but-- which is like a converse course, which I think gives you more focus to certain areas. Um, and I picked it because I wanna use my poetry, my writing, in the community. So, like in places like hospitals or prisons and stuff, and do workshops there, teach there, and I want to be able to understand people more, especially people who struggle with mental health problems or just, I don't know, rough backgrounds or whatnot, um... yeah. I'm satisfied, I'm happy with what I did, I'm proud that I came over here, you know it's just a lot of work.*

Researcher: *Yes, yes, of course. And uh, can you tell me about the transition from college to University? So, in your case, you went to college obviously in Italy, so how was that transition, going suddenly to a university in England?*

Natalie: *Well, so basically, in Italy we actually don't have college, we have high school which goes from 14 to 18/19 years old more or less, and after that we go straight to uni, um, it's like sixth form here instead of college. Um but yeah but um, I think I was so-- I don't know, I felt free, I felt um out of a place that was prison, like I don't know, I really*

they are careless and irresponsible.

Pressure and the burden of responsibility.

She felt free when she become a student- a release from bonds. Nothing holding her back.

did not like high school. I hated it, so much. I did not have a good experience, not necessarily because of stuff that happened to me like I had friends, you know, I was good in school-- I went pretty well. But, um, it was too small of a place for me, whilst in university you are your own person. You decide when you're gonna do stuff, what you're gonna do, how you're gonna do it. You have more responsibilities but also more freedom and um, a bigger range of stuff that you can do.

Researcher: Yes, yeah. Mm. So, you're more autonomous, yeah. Um, do you live away from home? So, you live away from your family, of course.

Natalie: Yeah, so all of my family is in Italy.

Researcher: Mhm, and um, how do you feel about that, living away from home?

Natalie: Well, um, it's kind of... awful [Laughs]. Well, I don't know. I obviously I love living here in England but um it's like you have two homes, you're never very much at home, completely home, because when I'm here I miss my family, but when I'm at home in Italy I miss my friends here, who are my family here. I'm never completely happy in where I am. And also, when you struggle, I don't know, with some mental health issues, it's just a bit nostalgic and you just want your mum, or your dad, to give you a hug. You know, you don't have that.

Researcher: Yes, yes. Mm. So that part is difficult, yeah. Okay, mhm, let's move on now to um... can you tell me a bit about your nightlife as a student. Obviously, don't focus now, on the lockdown. But before that, your nightlife as a student, how was it?

Natalie: So, um, I think that my nightlife as a student changed a little bit between this year and last year. So, my first and second year I would go, I don't know, pubs, once or twice a week. Or, I don't know, I would go clubbing once a month or something. So, not a lot anyway um, but, um, then in the middle of my second year, and my third year now, I've started for a while to go out less, um, not because I was busy or something, I just stopped enjoying it so much. It got old, like yes okay,

Increase in independence and freedom from control- emerging adulthood. She can adapt in lifestyles and behaviours she desires without anyone or anything telling her otherwise.

Unstable- doesn't know where she belongs fully.

Identifies a difference- initially she was more engaged with the whole going out experience, associating it with more drinking, and then going out less as she lost appeal. Additionally she associates getting drunk without having fun.

everybody has fun if they're drunk but you also feel awful the day after, and I kinda-- it kinda lost appeal in that. When I started being back in the poetry scene um, most poets, most of the poets and friends of mine, they go to uni as well, um, but a lot of them are older than me, and I'm one of the youngest, err and they all drink quite a bit. So, it would be three times-- once a week I would have a gig, a poetry gig, and I'd drink then, but it wouldn't usually be more than two or three times a week.

Researcher: Okay, and how long do you usually stay out for? For example, on a night out, what time do you go out and what time do you come back home?

Natalie: Um, I'd say what I prefer doing, because obviously it varies a lot, but what I prefer doing is like going out right after dinner. So, I don't know, going out at around eightyish, half eight, or something like that, and drink in the evening, maybe go back home around midnight. But uh, that's like my ideal time out. But I'd also go back home at like two or three in the morning or go out at like five in the afternoon, and I don't know-- uh, yeah. I think I prefer going out when it's dark.

Researcher: Mhm. Okay erm, what is a party to you? So, what do you consider a good party?

Natalie: Um personally... I mean alcohol and or drugs are always involved in a party, but I don't think it's necessary to be like drunk or high or whatever, like... I like being tipsy for a party, so that I can still enjoy, you know, chatting with people and especially, it's not like huge parties, it's usually like ten or twenty people maybe, which is quite big for a party but also I know all of them and I'm very comfortable with like my friends so we don't need to maybe use alcohol as an excuse to be more talkative or something like that. So, I don't feel the need to drink at a party or do drugs or whatever, but I enjoy it as a thing that we do collectively, and I try not to get too fucked. Am I allowed to say that? [Laughs].

Researcher: [Laughs] no no, don't worry about it. Um okay... how are the drinking places you go to such as pubs and clubs in regard to the

Surrounded by people that drink- perhaps this affects the way she uses alcohol.

Successful drinking experience.

staff working there and the rules?

Natalie: *Um, I think that a lot of places don't treat their staff very well... like, I think bartenders overwork and then they're not paid a lot or-- and they have to put up with drunk people which is awful, and a lot of people do not know control, how to control themselves. Like, for instance when I'm out, when I'm drunk, like yes I can get a bit vocal and a bit loud, but I'm always like, kind and I'm always respectful, and I can even be so so so so drunk but I can never be rude to bar staff or anything. Um, I don't know, I just respect them as an authority, while as people, they go to pubs like "oh that's a person that's giving me a drink", they don't care and they treat them like they're nothing.*

Researcher: *Mm, I see. And, what are the boundaries and rules they enforce in such places? So, such as pubs or clubs, are there specific boundaries or rules that you feel you have to follow?*

Natalie: *Um, well, I guess that it's-- I don't know. I think it also changes between like a girl and a guy, because I feel like girls go out to the bar and they flirt a little with the bartender and they get a free drink, you know, that's a thing that happens a lot but also I don't like that, like to me that should be-- I've done it as well, not gonna lie, but there's always a line, there's always a line between being nice flirty and just like nasty flirty. Um, and I feel like some guys when they've had a bit of a drink they're very very gross and rude towards bar staff, like I don't know, they could even-- I don't know. If it's a girl behind the bar they're gonna be like "oh my god, you look so fit, oh my god", like you know, that's just, I don't know, in a very creepy way, and like, gross, and like, I don't even know you mate, go away, you know?*

Researcher: *Hmm, I see what you mean, yeah. And, is there security and bouncers usually, in the places?*

Natalie: *Um, some places do have that, some other places they don't, but it's not really a problem because it's like, it's smaller pubs and usually the bar staff is like "okay, now, you go home" you know, like they take care of it. But I feel more secure when there's bouncers.*

Indicates that people lose control through drinking to an intolerable extent.

More controlled places for safety reasons.

Researcher: *Okay, yeah, and do they check you? Like, if you go to a club, do they check your bag--*

Natalie: *Yeah, yeah, well, not my bag necessarily but definitely my ID.*

Researcher: *Your ID. And it is the same with pubs, they check your ID usually?*

Natalie: *Yes. Pubs always check my ID. But that also might be just because I look young [Laughs].*

Researcher: *Yeah, um, I see, yeah. Um, and what do you think you can do and not do in the drinking places you go to, is there specific expected behaviours from you?*

Natalie: *I think so, I mean, I like to think that, um, it's not just expected behaviours it's just, you know, common sense. So, like, for instance if I was in a pub and I was having a drink I would not just start shouting to the person in the opposite corner of the room. Because, that's a thing you don't do in a public place with other people, you don't wanna annoy other people, um, you know, it's something you don't own, so you have to respect where you are and the people that are there as well, you're not by yourself.*

Researcher: *Mhm, yeah. Um, and could you describe to me the environment? So, how is the atmosphere in the drinking places you go to?*

Natalie: *Um, it's usually quite like warm and friendly, I like smaller places. In Canterbury there are some pubs that are quite small and well lit, and, I don't know, they got nice stuff around, and the people are lovely, they're like, very friendly, and even the bar staff, they're always like asking about I don't know like, "how your day went" or "how's your night going", and, regulars are also like that, they-- if they don't know you, they come to you like "oh my name is this, this, and this, are you new in this place? Are you okay?" and you know, they're very nice. It's more in those pubs that they're like that but... I'm a bit of-- I feel old on that sense [Laughs].*

Strict Policy.

Common sense and social respect. Know one's limits and boundaries.

Smaller places gather calmer friendlier people who she can socialise with. The fact that she says she feels a bit old due to that indicates that this kind of socialisation is considered common amongst older people and not students.

Compared to others.

Researcher: *Mhm, I see what you mean, yeah. Um, and can you recall to me the first time you ever went to a bar or a pub or a club? And tell me about it. So how old were you?*

Natalie: *Um... yes actually I can tell you. The first time I went clubbing, I was not supposed to be in there because I was very, very, very underage and um...*

Researcher: *Was it in England or in Italy?*

Natalie: *No, it was in Italy but it was also like a... it wasn't a school thing but it was sort of organised by student representatives, but there were like bouncers and people out the school that were meant to check, like your ID and stuff, and, I just got in, and I think I was about 15.*

Researcher: *Does this happen often in Italy? Like, they don't check your ID and allow you to go in?*

Natalie: *I feel like yeah. I feel like-- not in clubs maybe, but in alcohol places, like pubs or bars, or whatever, they don't always care, so it's been quite easy for me to sneak into places and get alcohol. Um, and I remember this time I had so much fun and I had had a couple of drinks beforehand and obviously it was the first time I was drinking, so I was really tipsy by like the first glass, you know.*

Researcher: *Ah, I see, so it was the first time you ever had alcohol as well?*

Natalie: *Yeah, yeah. Like properly.*

Researcher: *Yeah, and what influenced you to drink, during that night? What made you take the decision to drink alcohol for the first time?*

Natalie: *Um, well, um, it was, um, a Halloween party and I was visiting this friend of mine two hours away from where I live and I-- like my parents used to be like very attentive to if I was drinking or smoking or whatnot, so I was like, I can do whatever, I can have a bit of a drink and*

Engaged in drinking from a young age (15 years old).

An exciting new experience.

There is a 'proper' way to use alcohol.

A forbidden experience. Drinking made her feel proud, like she did something special, and provided her with a sense of freedom. By drinking, in her perspective, she rebelled against control. Her

it doesn't matter if I'm tipsy because I'm not at home, like, I don't have to go back to my house, to my parents. So, I was gonna sit there, like I was at her house, she could take care of me, and I was with her friends who were a bit older as well, so I felt like it was a safe environment to try like, my first drinks.

Researcher: *Yeah, mhm. And, how did you feel that it was the first time you went out as well, and you drank?*

Natalie: *Oh, it was awesome because I was drinking so recklessly because I thought I was young and could afford to drink recklessly, um, and I was in such a good mood and everyone was amazing and we were like, dancing, I was full of energy. It was a pretty great experience, but I don't get like that anymore, now I just get sleepy.*

Researcher: *Ah, I see, I see. Yeah. And now, what place does alcohol have in your life, now? So, now that you're in England, in university?*

Natalie: *Um, I have liked, uh, I don't know, I think... um, sometimes it's just because I'm stressed and I wanna a night completely off and I wanna switch off my brain, so I have a drink, I get a bit drunk, but I haven't been like properly drunk in a long time. Like, probably like, maybe six months or something, I don't know. But, um, yeah, now it's just like I get tipsy and maybe like, I don't know, just... even if I get drunk, like it's different, and even when we like have sunny days, I like to drink a bit you know in the afternoon and it's like a long time to drink till the evening, so you never really get drunk, you're just like tipsy but it's lovely, it's just chill. You're still yourself and you can still be civil, you know, have conversation and whatnot. Oh, and I'm also having a drink when I go do my poetry gigs, it's just, it helps with the anxiety, uh, to perform, and it's also nice to have something to drink, um and everyone does and you can actually feel the mood of the room lift each person. It's awesome.*

Researcher: *Yes, mhm, yes. And how do you think-- how does the English student culture influence the way you drink, would you say?*

Natalie: *Oh, well! Drinking here it's a lot more normalised. Like, back*

parents couldn't control what she did or monitor her. Any behaviour that was seen as forbidden, such as smoking and drinking, was perceived as 'cool' in a way because people proved to themselves in that way that they are not kids anymore and cannot be restricted by others.

Positive alcohol expectancies created from past experience. The effect alcohol had on her then and now is quite different, she states how now she becomes more "sleepy" in some situations or after a certain extent.

She is seeking that release that will allow her to enjoy herself unbound by past and future thinking. A temporary distraction from mundane existence.

Prefers to drink moderately and enjoy it rather than just get drunk. By saying "you're still yourself" implies that when she is intoxicated, she is someone else.

Reduces anxiety and relieves her from stress- a release.

Drinking is vital for the experience to be successful. Creating feelings of togetherness.

In her perspective drinking excessively is considered 'normal' in

home for instance if I went out drinking my parents would be like, not only my parents, but all the people in general, or even my friends, they'd be like "oh, but you're always getting drunk" or "you're always going there", like you know, it's a bit frowned upon. Er, it's usually a thing that uh young people, or people in general do in the weekend, not during the week. Whereas, in England it's something that people do every day and also like, something that I don't understand is that, and is crazy to me, it's that parents and children get drunk together. That is, that is not a thing where I come from, at least not in my family or whatever. It does not exist! Like you're not supposed to let your parents see how drunk you are [Laughs].

Researcher: [Laughs] I see, yeah. Uh, and how do you think you would drink if you weren't a student? So, if you never went to university and you weren't a student, would it be different, the way you drink, do you think?

Natalie: Um, yeah I, I think so because I've experienced it with having a job. I think it's like, because I'm assuming that if I didn't go to uni I'd get a job somewhere and when you have a job you cannot, like, you cannot mess it up. So, if you are hungover the day after you have to go to work and if you will do a shit job, then, you know, you might be fired. I think having a job is the real world, university is just the transition where you can still enjoy being reckless, but yeah, whilst you have only responsibilities when you start having a job, it's a serious matter, you know.

Researcher: Yeah, yes, yes. And, does drinking with friends affect the way you use alcohol, would you say?

Natalie: Yes, like I drink a lot less if I'm by myself. Um, yeah, like even if I see someone I'm never the one that's gonna say, or, well, I wouldn't say never, but I'm rarely the one that's gonna say "oh, let's go get-- have a drink", I'm usually the one who's like "oh, you're having a drink, I might have a drink too". You know.

Researcher: Okay, yeah yeah yeah. Yeah. Mhm. And, and uh, how do you feel when you're drunk? So, what do you enjoy about it and what

Britain and she was influenced by that to occasionally use alcohol in a more excessive manner. A course of action that according to her is considered worthy of judgment in her country and "frowned upon", once again identifying a clear British drinking culture. Nonetheless, she, like the others, recognises how the student drinking culture is extreme.

It is part of the lifestyle of being a student. She is in an environment and situation where she has more free time and less strict routine and responsibilities and so she is free to engage in drinking. Additionally, she is in a place where everybody follows a similar lifestyle- getting drunk, which encourages her drinking.

Following the crowd- she is not the one that will initiate a drinking experience, she is the one that will follow when others do. Centrality of alcohol in friendships.

do you dislike about it?

Natalie: *Um, I like that my head feels lighter, like, actually lighter, so it's like my thoughts' get taken out. Whatever worries me gets taken out. Also, I get more chatty and, like, I find it, I don't know, I think people find me more appealing when I'm drunk. I don't know, I think I'm a better conversator when I'm drunk or I'm also like braver. So, if I wanted to, if I went up to someone I don't know, I wouldn't do it if I was sober, probably. But, what I don't like about is that obviously that your filters are not there anymore, so it's most likely that I will say something a bit personal to people that I don't want them to know in real life, but it could happen and I don't like that. And the fact that sometimes you don't remember stuff. That's definitely something...*

Researcher: *Something you dislike, that is?*

Natalie: *Yeah.*

Researcher: *Yeah, and how many drinks do you have on a night out, usually?*

Natalie: *Um, it can go between like, five and ten, I'd say. Uh, I usually stick to like five or six. But it would also be like, maybe a drink an hour, so if I'm out eight till midnight I'm most likely to have like five drinks, but if I'm out later obviously I'm gonna get more and more drunk [Laughs].*

Researcher: *Mhm, yeah, and do you tend to pre-drink before going out?*

Natalie: *Um, only sometimes. Like, uhh, if I have to go to a party, then yes, it's most likely, but if I'm going to the pub then probably not.*

Researcher: *Okay, and is there a reason why you pre-drink before going to a party?*

Natalie: *Um, well... uhh I think because you tend to go to parties a bit later than the expected hour anyways, and like usually there are already people there, they're already drunk or drugged or whatever, so, I don't*

A release from bonds. She feels free from burdens. She stops thinking and worrying.

Amplifying desirable characteristics. She doesn't just think she is more appealing, she thinks others find her more appealing.

Increase in courage and confidence. Sees herself as someone more fun and interesting to socialise with when she is under the influence of alcohol.

More readily expresses herself (less self-conscious).

Tends to drink moderately when she is out for a shorter period of time.

Engages in heavier drinking as the night progresses and stays out longer.

Depends on the situation whether or not she will engage in pre-drinking.

Alcohol helps adjust everyone to the same mood and so in her opinion this allows her to delve into the atmosphere and fit in. The fact that everyone is drunk leads her to the need to drink in order

like feeling too sober around drunk people. So, it is easier for me if I have a little bit of a drink and helps the situation when I get there.

Researcher: *I see, yes. And, uh, have you ever thrown up because of alcohol?*

Natalie: *Oh, yeah!*

Researcher: *Can you recall how many times?*

Natalie: *Like, a lot! Like, so many! The thing is that up until first year I had probably thrown up about two or three times, and I've got very drunk when I was younger, but I never threw up. Now, like, first year, I started throwing up because I had flatmates that would drink so much, all British obviously and I could not keep up, clearly, so I would be sick. And then sometimes, now that I'm a bit older, I make myself throw up if I need to.*

Researcher: *I see, yeah, to feel better. Yeah. Mhm.*

Natalie: *Yeah, if I realise, okay, I've gone too far, I'm gonna be ill if I don't throw up, then yeah, I will throw up.*

Researcher: *Mm... okay. Um, how do you tend to act towards others when you're drunk and how when sober?*

Natalie: *So, um, when I'm sober and-- well, do you mean if the other people are drunk as well?*

Researcher: *I mean in a social situation, so yes, they can be drunk, yeah.*

Natalie: *Oh, okay. So um, if we're all drunk, we'll just get along fine, but although I always see a difference, I'm usually the most sober between the drunk people, like amongst the drunk people. Um, and... but obviously other than that I generally feel more relaxed and chill, uh, whereas if I'm sober, if other people are sober it's completely fine, I don't have any issue, I'm quite open anyway and extroverted, but if*

for her to not feel excluded.

There is specific expectations and pressures that need to be maintained, drinking to the point of throwing up by trying to feel included and "keep up". Nevertheless, she is aware of such expectations and appears to feel obliged to pursue them in order to not disappoint her peers.

Purposely throws up to feel better.

Share the same mood and vibe- she can relate.

Thinks she is more under control than everyone else around her.

More relaxed meaning less tense- a release from bonds.

For a drinking experience to be successful people need to be in the same frequency and share the same mood. A drunk individual and

people are drunk and I'm sober, I just, I get in a bad mood, because I feel like it's too much um, to have drunk people around, if I'm sober.

Like, I just get annoyed if they don't react like me. Which is stupid, it's selfish, obviously they don't react like me but yeah [Laughs].

Researcher: *Yes [Laughs], I get what you mean. Yeah. And uh, does your thinking about risk change when you're drunk? For example, do you tend to take more risks when you're drunk than when you're sober?*

Natalie: *Yeah, I do think so. Yeah, definitely.*

Researcher: *And what-- why do you think that is?*

Natalie: *I am not a very risky person, in my like, everyday life, so I think, I guess when I'm drunk um I'm like "oh I can do this because I don't care now". Um, so, it sort of compensates for playing safe the rest of the time.*

Researcher: *Mhm, okay, yes. And, do you think you understand the risk you are taking during that time? Or not?*

Natalie: *Oh yeah, I do.*

Researcher: *So, you understand it, but you don't think it?*

Natalie: *Um I think the difference is, yeah, exactly. I don't think about possible consequences. I mean, I know the thing is like what I'm gonna do is not gonna be bad, it's gonna be like just, fun, and I don't think that it could go wrong. Like, for instance, for example, if I had to climb over a fence, I would do it when I'm drunk because like if I fall "oh okay! I've fallen fine", like, nothing can happen. But, if I was sober, and the fence was very tall, I would be like I don't really wanna climb that, because I could feel pain, and then, I don't do well with pain, but I don't think about that when I'm drunk. But, I'm always kind of responsible, if you wanna put it like that.*

Researcher: *Mhm, okay. And um, imagine that you decided to stop drinking and-- I mean, what do you foresee happening if you stop*

a sober individual cannot relate for that very reason, they are not in the same frequency.

More risky when intoxicated.

A way to escape from the mundane and for once do what she desires to do without feeling fear or judgment. A release from bonds. It allows her to stop caring and liberates her actions.

Understand the risk- perhaps pursues it intentionally.

Associate's fun with loss of self-control and ability to fear, allowing her to transgress boundaries and engage in activities that she wouldn't when sober. She still believes herself to be somewhat conscious and selective with the risks she will indulge in by saying that she is aware she will not engage in something 'bad', but only in things she deems 'fun'. Which infers that she is seeking fun experiences when she is intoxicated.

drinking, in social situations?

Natalie: *Um, I've done it for a little bit, I think I've done it for about, like, I don't know, a few weeks, um... I think I've done a month where I only had a drink one night because it was like my birthday, and I think you get used to it, after a little bit. But, the first few time's is so fucking annoying, it's so annoying because like, everybody is drinking and obviously when you stop drinking, everybody starts being like "oh, let's have a party, let's go there, let's do this". So, I got annoyed that I couldn't like, have as much fun as they were, but that's like completely wrong because after the first few times I found it more fun when I was sober because I could see how ridiculous people were [Laughs].*

Researcher: *Yes [Laughs]. And, what do you think you would gain if you stopped drinking? Is there something specific you would gain?*

Natalie: *Um, health [Laughs]. I mean, I have a bit of a weak stomach so I would definitely feel a lot better and... money, because it's so expensive, and, I don't know, and I guess I would learn how to do risky things or have fun without having to drink.*

Researcher: *Yeah, okay. And, many students nowadays tend to drink alcohol in order to get drunk, why do you think that is? I mean, do you think there is something specific they're trying to achieve by getting drunk?*

Natalie: *I think that sometimes, it's just a fashion. It's just something so deep in the culture that they feel like they just don't care about it. They don't care if they get drunk, it's just you know, they go out, they need to get drunk, it's like they have to.*

Researcher: *Mhm, okay, and do you think that English student-- sorry, did you want to say something?*

Natalie: *Oh, no, no, no, no, no, go for it.*

Researcher: *Okay, do you think that English student culture is different from others in the way they drink? So, for example, you come from*

Alcohol revolves and is based around friendships hence she initially found it difficult to no be a part of.

In turn, she was affected by the fact they were having fun and she wasn't which hints that for her a successful drinking experience needs alcohol in order to enjoy oneself with others.

In fact, as she stopped drinking she started seeing drunk people as 'ridiculous', indicating that she stopped being in the same frequency as them and had the ability to be more aware and judge accordingly.

Alcohol affect her health- stomach (feels sick).

There is a suggestion here that she drinks in order to become more adventurous and have fun, indicating that when sober she cannot enjoy herself and have fun in the same manner- perhaps because she doesn't have alcohol there to act as a coping mechanism. A release from bonds.

In her opinion because heavy alcohol use is so normalised due to culture, fellow students don't feel judged or embarrassed if they engage in heavy drinking, on the contrary they see it as something they need to do- highlights an expectation and the centrality of alcohol in British student culture.

Italy, is there a difference?

Natalie: *Yeah, yep, a 100%. Like, English people drink way more! I mean, people in Italy do drink, but less often, and we have more the culture of enjoying a drink or the taste of it rather than getting drunk, and obviously, that's the main difference.*

Researcher: *Hmm, and, do you like to drink to get drunk?*

Natalie: *Yes, I do but I need to be in the mood for it.*

Researcher: *Okay, and is there something specific you're trying to achieve by doing that?*

Natalie: *Um, no, I don't think so. As I said, sometimes, like if it's a stressful time then yeah I'll want to get drunk to just chill out. But if I'm okay and I just fancy a drink and fancy getting drunk I just do. I don't know, maybe I feel bored or I've been having the same kind of day for a long time and I wanna switch it up a little.*

Researcher: *Yeah, yeah, more adventurous. Okay, now, I want you to imagine that you meet a friend of yours and she starts talking to you with excitement about the previous night that she went out. And, she says to you, "I had such an amazing night last night and I ended up throwing up and I blacked out. I even lost my shoe!" How would you respond?*

Natalie: *Well, I mean, it's a bit hard this time because the first response you wanna give is like "ah that's awesome, that's so fun, I wanna do it as well!" but also, I always worry about that because you should not get so drunk to black out, possibly in a public place and end up, you know, hurt or something like that. I just think that she needs to be responsible in getting drunk, like, you should know your limits. You should know your limits before you drink.*

Researcher: *Mhm. And, would you consider it a fun night? Would it be for you a fun night, that scenario?*

Believes and makes it clear how her culture compared to the English is completely different when it comes to alcohol use. In her culture becoming intoxicating purposely is frowned upon, whereas in England is normalised according to her and so students in England engage in heavier alcohol use- binge drinking.

In the mood to drink- mood can be easily influenced by others.

Sees intoxications as a way to "chill out", referring to the reduction of stress, and as an escape from boredom and a monotonous lifestyle by drinking to "switch it up", suggesting that alcohol is a way to experience life in a different level due to the release from bonds.

Initially she would find it entertaining to hear and engage with her in a conversation- a story that can be shared, however, however, although alcohol is something that you can have fun with, she believes that you should know your limits and be responsible with becoming intoxicated.

Natalie: *Um, if I had someone to take care of me that I trusted completely, and I said to them "listen, I wanna get absolutely black out drunk and you gotta take care of me", and if I trust them to pieces then, yeah. It would be fun, because I would not have to think about anything.*

Researcher: *Because you would be safe yes.*

Natalie: *Exactly, but if I was the one having to take care of someone who did not tell me anything and just got black out drunk, and made a mess of themselves, I would be quite stressed about that, and worried.*

Researcher: *Mhm, okay, mhm. Okay, um, this is it basically, is there anything else you would like to share with me, or have any questions?*

Natalie: *Um, I don't have any questions, but I hope that I am gonna drink less and less with time because I don't really enjoy drinking. I love, like, having, I don't know, a glass of wine with my food or having a beer in the sun or something, but I do not actually enjoy drinking, I make myself drink sometimes.*

Researcher: *Mhm, mhm, and-- you make yourself drink? That's interesting. Do you think there's a reason behind that?*

Natalie: *Yeah, sometimes I'll drink more because everyone is drinking more, and like, I wanna be on the same level, but that's not good and I've learnt like, how to stop that, recently, which is kind of nice. Uh, and I hope I get better.*

Researcher: *Well, I wish you the best with that!*

Natalie: *Thank you!*

Researcher: *Great, erm thank you and I'm gonna stop the recording now.*

Natalie: *Okay.*

Believes it is okay to lose control in that way from time to time but always have someone there with you for safety reasons- understand the consequences it can lead to.

Doesn't drink excessively because she wants to; in fact, she doesn't like the way she uses alcohol and is aware of that. Prefers a more relaxed attitude towards drinking.

She forces herself to drink in order to fit in.

Following the Crowd- engages in excessive drinking because everyone around her does and she desires to be on the same level as them in order to belong.