Off Campus Life newsletter is a publication of Off Campus Life in UF’s Division of Student Affairs

UPCOMING EVENTS:
Mar. 1: Accent Speakers’ Bureau and SGP present a night of Q&A and Music with Billy Joel, Phillips Center @ 8 p.m.
Mar 3-10: Spring Break! No classes!
Mar. 14: Discover Gainesville Fair hosted by Community Advocates, Reitz Union Collonade, 10-2 p.m.
Mar. 22: Summer Job and Internship Fair, Reitz Union Collonade from 10 a.m. – 2 p.m.
Mar. 22: Accent brings in SNL’s Seth Meyers for a standup comedy routine followed by Q&A, at the O’Dome, admission is free and no tickets are needed
Mar. 25: Peking Acrobats, Phillips Center @ 7:30 p.m., student tickets for $12
Mar. 27: Katherine Green of CNN speaks at the Bob Graham Center in Pugh Hall at 6 p.m.
Mar. 30-31: STOMP on tour at the Phillips Center, tickets $15 for students

Roommate Matching:
Have you used our Housing Locator before? Of course we offer this service or utilities being all-inclusive, other about your off campus housing, like
With the new roommate matching feature, undergraduates or graduates can search for other students through a message board to look for compatible roommates. By providing specific information about your off campus housing, like distance from campus, amenities available, or utilities being all-inclusive, other students can discuss whether or not they have a compatible match.

Another great aspect of using Off Campus Life’s Housing Locator is security – to log in, you must have a ufl email account!
So if you already know where you want to live but don’t know who to live with, check it out! As always, for any other questions, please stop by the office and talk to us or set up an appointment.

Buzz Words:
"Sunscreen": * Use sunscreen that covers UVA and UVB rays with an SPF of 15 or higher, and reapply often.
* Wear a hat and sunglasses when out in the sun and limit sun exposure between 10:00 a.m. and 4:00 p.m when the sun’s rays are most intense.
* Do NOT go tanning before spring break – it is more harmful to your skin. Instead, use a sunless tanning cream or get a spray tan.

Responsible Drinking
You don’t have to drink to have a good time. Offer to be the sober designated driver, or choose to go where the main activity is not drinking. If you choose to drink, drink responsibly and encourage your friends to do the same.
* Determine in advance the total number of drinks that you will drink and do not exceed that number. Pace yourself – set a pace of one or fewer drinks per hour.
Avoid drinking games – they cause you to drink too much too fast. Never leave your drink unattended.
* Eat a meal before drinking, preferably with protein, and snack throughout the night. Drink water in between drinks.
When someone is experiencing alcohol poisoning or overdose call 911. The person’s life is in danger and they need help.
* Go out with your friends, and go home with your friends. Use a sober designated driver or have a plan for how you will get home. Have enough cab money.
* If a friend has passed out do not just let him/her "sleep it off". Know the signs of alcohol poisoning and seek help immediately.

When You’re Out and About
* Be aware of your surroundings and never go out alone.
* Share your contact information and plans and check in with your friends every 20-30 minutes, especially on a cell phone.
* Contact the UF Health Center Travel Clinic if you have any questions about staying healthy while traveling abroad.
For more information and tips, head over to GatorWell “Health Topic of the Week” section! Thank you GatorWell for the great tips!

Spring Break Tips from our friends at GatorWell!

OCL Events
Discover Gainesville Fair
March 14
10a.m.-2p.m.
Reitz Union Collonade

Community Advocates
Come learn about ways to get involved in the Gainesville community with OCL’s affiliated organization, Community Advocates. Do some outdoor rock climbing and get free stuff.

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FOR MORE INFORMATION AND TIPS, HEAD OVER TO GATORWELL "HEALTH TOPIC OF THE WEEK" SECTION! THANKS GATORWELL FOR THE GREAT TIPS!