

Binge Drinking in Europe?

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In comparison people living in Europe also consume a lot of alcohol. Much of it is wine drunk during meals and, as it's drunk with meals, it is consumed pretty slowly.

Most European countries therefore don't see the same problem with binge drinking that the UK does.

In the UK, research shows that people are more likely to drink for shorter periods of time although consume much more alcohol. Beer is a typical favorite and it gets knocked back quickly. Also in the UK, getting drunk is often the goal for the evening.

In the rest of Europe, people go out to have a drink. In the UK, they go out to specifically get drunk. This is something that I don't understand.

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