

**Club
Health¹³**
Ghent-Belgium
14-16 MAY 2025



The 13th International Club Health Conference

Programme



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WELCOME TO CLUB HEALTH GHENT-BELGIUM



As Interfederal Drug Coordinator of Belgium and proud member of the Club Health Organising Committee, it is a true pleasure to welcome you to the 13th Club Health International Conference on Nightlife, Substance Use and Related Health Issues. Or, as I like to call it, the *coolest* conference that somehow manages to combine basslines with baseline data.

As we gather in the vibrant city of Ghent, we continue a tradition of international exchange and collective learning about the health and safety of nightlife around the world. Ghent may be known for its medieval castle, cobblestone streets and the iconic Altarpiece painted by the Van Eyck brothers, but behind all the historic beauty, Ghent is a city with a heartbeat that pulses at night from intimate clubs to the buzzing student hubs of the Overpoort and Vlasmarkt. Bold, diverse and constantly evolving places where DJs are our poets and nightclubs our sanctuaries. Yet, as in many cities, this vibrant scene comes with its own set of challenges of global drug trends, mental health concerns, security issues and the pressing need for safer, more inclusive nightlife spaces.

In Belgium, and here in Ghent more specifically, we meet these challenges with a clear ambition: building an integrated and coherent (drug) policy, guided by evidence, attentive to local realities and inclusive of all voices. As Interfederal Drug Coordinator, I am convinced that sustainable solutions require genuine dialogue between policymakers, researchers, professionals, the nightlife community and people with lived experiences. Not a single voice alone, but a full and rich chorus.

Club Health perfectly embodies this spirit. This year's program is more diverse and dynamic than ever, reflecting the complexities of today's nightlife and addressing all actors involved. It spans topics ranging from drug trends and harm reduction to issues of inclusion, sexual safety, staff mental health and emerging technologies. We are particularly proud to share local initiatives, such as our Ghent's Flow Care Teams and the Nightlife Council, while also highlighting inspiring collaborations from around the world that show how cities build places where public health, security and dancing till 4AM can all coexist.

A special word of thanks must go to Nicky, the pack leader of our Club Health Organising Committee. Thanks to her drive, vision and just the right amount of gentle herding, we were able to bring Club Health to Belgium, and to our beautiful city of Ghent. But most of all, thank you, to all of you, for being here with us and for bringing your insights, your questions and your stories to Club Health. After all, we're not here just to talk. We're here to connect the dots and ask the hard questions. So, I hope you leave the conference with inspiration, with collaborations and with hope.

Charlotte Colman

Interfederal Drug Coordinator of Belgium- Chair of the General Drugs Policy Cell
Professor Drug Policy & Criminology at Ghent University

CONFERENCE PROGRAMME

WEDNESDAY 14 MAY

8.30 AM	REGISTRATION AND COFFEE Via entrance Concertzaal, Parijsberg
10.00 AM	WELCOME AND OPENING SESSION Theaterzaal Chair: Charlotte Colman , National Drug Coordinator Franky Devos , VIERNULVIER Gilles De Bruyne , Nightlife Council Ghent
10.30 AM	PLENARY PRESENTATIONS 1 Theaterzaal Chair: João Matias , EUDA. Drug trends in Europe Manuel Garcia Ruiz , CIES-Iscte Lisboa. Spectacularized nocturnality: the eventification and touristification of the night through culture-led massive events
11.30 AM	BREAK Concertzaal
11.50 AM	PARALLEL SESSIONS 1 1A Prevention of Sexual Harassment Foyer theaterzaal 1B Drug Trends Antiekwolder 1C Safer Nightlife and Prevention Mokabon
13.00 PM	LUNCH Concertzaal
14.00 PM	PARALLEL SESSIONS 2 2A Prevention and Sensibilization Antiekwolder 2B Nightlife Culture Mokabon 2C Interactive workshop: Understanding Drug Combinations: insights and answers from harm reduction perspective Foyer Theaterzaal
15.10 PM	BREAK Concertzaal
15.30 PM	PLENARY PRESENTATIONS 2 Theaterzaal Chair: Maria Giaever , Observatori Noctambul@s. Sexualised violence and use of drugs in nightlife contexts: from fear culture to preventive feminist strategies Lena Boons , We Care A Lot. Insights and strategies on health prevention at big events and festivals. Cristiana Vale Pires , Kosmicare. Nightclubs, modern drugs and transgressive gender performativity: a socio-historical analysis of the emergence of drug prohibitions in Portugal
17.00 PM	END OF THE CONFERENCE DAY
18.00 PM	WELCOME RECEPTION Stadhuis Gent (Town hall Ghent) with Astrid De Bruycker, Alderman of the City of Ghent.

CONFERENCE PROGRAMME

THURSDAY 15 MAY

8.30 AM	REGISTRATION AND COFFEE Via entrance <i>Concertzaal</i>
9.30 AM	<p>PLENARY PRESENTATIONS 3 <i>Theaterzaal</i> <i>Chair:</i></p> <p>Paul Van Tighelt, <i>former Minister of Justice</i>. The Belgian drug policy: a regulatory framework</p> <p>Christine Merckx, <i>Event Confederation</i>. The future of events.</p> <p>Adam Winstock, <i>Consultant Addiction Psychiatrist and Addiction Medicine specialist NHS London</i>. Neurodiversity on the dancefloor</p>
11.00 AM	BREAK <i>Concertzaal</i>
11.30 AM	<p>PARALLEL SESSIONS 3</p> <p>3A Inclusion and Diversity <i>Foyer Theaterzaal</i></p> <p>3B Research Methodology <i>Antiekzolder</i></p> <p>3C Bystanders and Transgressive behaviour <i>Mokabon</i></p> <p>3D Mental Health and Nightlife Attendees <i>Theaterzaal</i></p>
12.40 PM	LUNCH <i>Concertzaal</i>
1.45 PM	<p>PLENARY PRESENTATIONS 4 <i>Theaterzaal</i>. <i>Chair:</i></p> <p>Erich Joseph, <i>Club commission Berlin</i>. Enhancing occupational mental health in nightlife settings – The 'Mental Health in Clubs' Initiative</p> <p>Nicki Killeen, <i>Emerging Drug Trend Programmes in the Health Service Executive</i>. A new era: Drug trends and developments in Ireland since Club Health 2017</p> <p>Jochen Schrooten, <i>Flemish Expertise Centre for Alcohol and other Drugs</i>. Spiking realities: Challenging myths and shifting the focus from fear to respect in nightlife culture</p>
3.15 PM	BREAK <i>Concertzaal</i>
3.30 PM	POSTER PRESENTATIONS <i>Foyer Concertzaal</i>
4.00 PM	<p>PARALLEL SESSIONS 4</p> <p>4A Round table discussion: Mental Health and Staff <i>Foyer Theaterzaal</i></p> <p>4B Round table discussion: Drug Checking and Harm Reduction <i>Antiekzolder</i></p> <p>4C Round table discussion: Health Policy in Nightlife and Events <i>Mokabon</i></p> <p>4D The STAD approach – 30 Years of Collaboration to Reduce Alcohol and Substance Use in Sweden <i>Theaterzaal</i></p>
5.30 PM	END OF THE CONFERENCE DAY
6.00 PM	<p>SOCIAL EVENTS</p> <p>See page 16</p>

CONFERENCE PROGRAMME

FRIDAY 16 MAY

9.00 AM	<i>Via entrance Café VIERNULVIER, Sint-Pietersnieuwstraat 23</i>
9.30 AM	<p>PARALLEL SESSIONS 5</p> <p>5A Tobacco and Alcohol <i>Antiekzolder</i> 5B Safe and Healthy Nightlife <i>Mokabon</i> 5C Apps and Harm Reduction <i>Foyer Theaterzaal</i></p>
10.40 AM	<i>BREAK Entrance Via Café VIERNULVIER, Sint-Pietersnieuwstraat 23</i>
11.00 AM	<p>SOFA TALK: Drug prevention through social media – collaborating with peer influencers <i>Theaterzaal</i> <i>Chair:</i></p> <p>Eva Blomme, <i>Flemish Expertise Centre for Alcohol and Other Drugs (VAD) project manager cocaine prevention</i> Annemie Coone, <i>HOGENT – SUPRB – EUPC Master trainer</i> Marijke De Veirman, <i>Artevelde University of Applied Sciences</i> Robin Van Genechten, <i>aka Wanton, social influencer, sound engineer and DJ.</i></p>
12.15PM	<p>CLOSING SESSION <i>Theaterzaal</i> Alexis Goosdeel, <i>Executive Director at EUDA</i></p>
1.00 PM	END

PARALLEL SESSIONS

1A	<p>Prevention of Sexual Harassment <i>Chair:</i></p> <p>Yana Avramova, <i>Research Centre Public Impact</i>. Sexually transgressive behavior in nightlife settings: results from a survey in Flanders</p> <p>Cristiana Vale Pires, <i>Universidade Católica Portuguesa, Faculty of Education and Psychology, Research Centre for Human Development (CEDH) and Kosmicare</i>. Gender stereotypes related to drug use in nightlife environments - a qualitative analysis in 5 European cities</p> <p>Carl Vandebotermiet, <i>City of Ghent</i>. Transforming Nightlife: Preventing Sexual Harassment in Nightlife. Insights from Stad Gent and Leda Collective</p>
1B	<p>Drug Trends <i>Chair:</i></p> <p>Dominique Schori, <i>Drug Information Center (DIZ)</i>. The rise of cathinones in Swiss nightlife</p> <p>Fiona Measham, <i>University of Liverpool</i>. Poppers, the impermissible pleasures of clubbing and the politics of exemption</p> <p>Colleen Lane, <i>Corewell Health</i>. Don't Get Whipped: The High Cost of Nitrous Oxide</p>
1C	<p>Safer Nightlife and Prevention <i>Chair:</i></p> <p>Ayla Haanappel, <i>Jellinek Prevention Amsterdam</i>. Nightlife Care Network: accessible support for Amsterdam's nightlife</p> <p>Bert Hauspie, <i>HOGENT – SUPRB</i>. Care teams by night: exploring the role of care teams in the context of a safer nightlife</p> <p>Bryony Parry, <i>Public Health Wales</i>. Wales Without Violence: using behavioural science to support professionals implementing a public health approach to violence prevention</p>

2A	<p>Prevention and Sensibilization <i>Chair:</i></p> <p>Alex Walker presented by Emma Barton, <i>Public Health Wales/ Wales Violence Prevention Unit</i>. What works to engage men and boys in violence prevention?</p> <p>Steven Debbaut, <i>Vrije Universiteit Brussel</i>. THE XTC-EXPO: An immersive experience and public research on XTC regulation</p> <p>Britt Bilderbeek, <i>Trimbos Institute</i>. The Pro's and Cons of online prevention</p>
2B	<p>Nightlife Culture <i>Chair:</i></p> <p>Marit Edland-Gryt, <i>The Norwegian Institute of Public Health and The Directorate of Health</i>. The Club Machinery</p> <p>Renata Glavak Tkalić, <i>Ivo Pilar Institute of Social Sciences</i>. Nightlife of a city: an in situ pilot study of behavioural patterns of nightclub patrons in Zagreb</p> <p>Fernando Mendes, <i>Irefrea</i>. Impact of interculturality and tourism on recreational nightlife</p>
2C	<p>Interactive Workshop: <i>Understanding drug combinations: insights and answers from harm reduction perspective</i></p> <p>Alexandra Kardan, <i>checkit! Vienna</i>.</p> <p>Raoul Koning, <i>Jellinek Preventie Amsterdam</i>.</p> <p>Sébastien Vaessen, <i>Safe 'n Sound & Vagga</i>.</p>

3A	<p>Inclusion and Diversity <i>Chair: Andrew Bennett</i></p> <p>Evelyn Hearne, <i>Liverpool John Moores University</i>. Perceptions of safety and experiences of prejudice and violence against LGBTQIA+ people in heteronormative nightlife settings: preliminary findings</p> <p>Julie Caluwaerts, <i>Vrije Universiteit Brussel</i>. Who gets to feel safe? Care teams, sexual harassment, and shifting approaches to safety at public gatherings</p> <p>Elise Cournoyer Lemaire, <i>Université du Québec en Abitibi-Témiscamingue</i>. How does participation in music events impact social well-being among homeless young adults who use psychoactive substances?</p>
3B	<p>Research Methodology <i>Chair:</i></p> <p>Carole Walker, <i>Sciensano</i>. Bridging gaps between policy and practice : the critical contribution of participatory research to drug policy development in recreational settings</p> <p>Margot Balcaen, <i>Sciensano</i>. Embracing multi-method approaches for enhanced drug intelligence</p> <p>Michael Vuolo, <i>The Ohio State University</i>. A systematic review of articles on substance use in nightlife settings utilizing in Situ data collection</p>
3C	<p>Bystanders and Transgressive Behaviour <i>Chair:</i></p> <p>Emma Barton, <i>Public Health Wales/ Wales Violence Prevention Unit</i>. Engaging men as prosocial bystanders in the nighttime economy: behavioural insights research for sexual harassment prevention.</p> <p>Kat Ford, <i>Bangor University</i>. Experience of being a bystander to violence in Wales: confidence and skills to respond and willingness to undertake training from a cross-sectional survey</p> <p>Zara Quigg, <i>Liverpool John Moores University</i>. Sexual violence in nightlife and positive bystander intervention in an English city</p>
3D	<p>Mental Health and Nightlife Attendees <i>Chair:</i></p> <p>Brian Kelly, <i>Indiana University</i>. Club drugs and social withdrawal among young adults</p> <p>Flavia Zimmerman, <i>EURHED</i>. The Paceville Asymmetry Theory – Interventions in Maltese nightlife incidents</p> <p>Kat Ledden, <i>PsyCare Ireland & Trinity College Dublin</i>. “PsyCare” in Ireland: a mixed methods study of in-field peer-led support for psychological distress and substance use at Irish music events</p>

1	Elise Adam and Fien Van Overwaele , <i>University of Ghent</i> . Spiking, DFSA and chemsex: epidemiology, characteristics and laboratory analysis
2	Karen Critchley , <i>Liverpool John Moores University</i> . Trends of drug testing on arrest in a metropolitan county in North West England
3	Renata Glavak Tkalić , <i>Ivo Pilar Institute of Social Sciences</i> . Developing virtual reality intervention with 360-degree video in the project nightlife: a study in real and virtual context REAL NIGHTS
4	Oscar Hugo Espin García , <i>National autonomous University of México (UNAM)</i> . Self-care and substance use in the electronic music scene of Mexico City
5	Daniëlle Ketelaars , <i>Novadic-Kentron</i> . The normalization of drug use among young adults: insights from the SKIP Monitor
6	Mark Lutwama , COSF-UGANDA. Rainbow after dark
7	Filipa Santos , <i>Research and Innovation Department VillaRamadas International Treatment Centre, Leiria, Portugal</i> . Change & Grow® therapeutic model: Impact on self-control, impulsivity, self-confidence and resilience in addiction treatment
8	Beatriz Sousa , <i>IREFREA PORTUGAL</i> . The impact of nighttime recreation closing times on the quality of life of communities
9	Anja Wertag , <i>Ivo Pilar Institute of Social Sciences</i> . Nightlife: a study in real and virtual context (REAL NIGHTS) – project presentation
10	Marta Zin-Sędek , <i>National Centre for Prevention of Addictions</i> . No alcohol at night – experiences of Polish boroughs

4A	<p>Round Table Discussion: Mental Health and Staff</p> <p>Natasha Dewulf, <i>University of Ghent</i>. Perceptions of security guards in nightlife settings among young people: an exploratory study of image, professionalism and compliance</p> <p>Arantxa Polak, <i>NEWNet</i>. Social safety and work ethics in nightlife settings</p>
4B	<p>Round Table Discussion: Drug Checking and Harm Reduction</p> <p>Pieter Oomen, <i>Drugs Information and Monitoring System (DIMS), Drug Monitoring and Policy, Trimbos Institute, Utrecht, The Netherlands</i>. Accuracy of LSD quantification at drug checking services: insights from a multi-laboratory ring study</p> <p>Jacob Chagnon, <i>Students for Sensible Drug Policy (SSDP) International</i>. Make Toilets Toilets Again!" Reflections on an infrastructural approach to safer consumption/spaces in nightlife.</p> <p>Alexandra Karden, <i>checkit! - Suchthilfe Wien gGmbH</i>. A qualitative study of user perspectives on drug checking in Vienna: motivations, barriers, and harm reduction impacts</p> <p>Anca Frinculescu, <i>TICTAC Communications Ltd. & King's College London</i>. 'Something old, something new, something borrowed, something blue' – 2024 festivals update and instrument evaluation</p>
4C	<p>Round Table Discussion: Health Policy in Nightlife and Events.</p> <p>Lisa Hanze, <i>Voodoo Village</i>. Taking steps towards health promotion in the Belgian festival scene</p> <p>Mathias Dermout, <i>Flow</i>. Enhancing Safety and well-being in nightlife: Flow's care team approach in the Overpoort, Ghent</p> <p>Eve McDowell, <i>University of Galway</i>. The need for consent promotion in reducing sexual violence in nightlife</p>

<p>4D</p>	<p>The STAD approach – 30 years of collaboration to reduce alcohol and substance use in Sweden</p> <p>Johanna Gripenberg, <i>STAD</i>. Violence prevention in the Stockholm nightlife – the STAD approach</p> <p>Danielle Talae Mofrad, <i>STAD</i>. Violence prevention in Stockholm nightlife – the STAD training</p> <p>Tobias Elgán, <i>STAD, Centre for Psychiatry Research, Karolinska Institutet</i>. Substance use, mental health, sexual harassment, and violence among staff at licensed premises – a cross-sectional study</p> <p>Daniel Pettersson, <i>TAK bars and restaurants</i>. Violence prevention in the Stockholm nightlife – Clubs against drugs</p>
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5A	<p>Tobacco and Alcohol <i>Chair:</i></p> <p>Nina Harth, <i>HOGENT – SUPRB</i>. Exploring parental influence on adolescent pre-drinking behaviour</p> <p>Hazel Lincy Ebenezer, <i>Health Diplomats</i>. Saving lives like Sweden</p> <p>Eveleen Meijer, <i>Arkin (Jellinek)</i>. Antenna 2023 - From nightclubs to sports fields: substance use in Amsterdam's recreational domains</p> <p>Roos Capel, <i>Trimbos Institute</i>. Implementing STAD in The Netherlands: key insights from professionals in the nightlife setting</p>
5B	<p>Safe and Healthy Nightlife <i>Chair:</i></p> <p>Adriaan Doutrepont, <i>Flow</i>. Creating safe spaces and managing nightlife: Ghent's approach to safety, sexual misconduct, and harm reduction at the 'Gentse Feesten'</p> <p>Dora Czövek, <i>Vienna Club Commission</i>. Safer nightlife in numbers</p> <p>Anton Luf, <i>Medical University of Vienna</i>. A novel analytical approach for fast and reliable analysis of psychoactive substances in various drug checking settings</p>
5C	<p>Apps and Harm Reduction <i>Chair:</i></p> <p>Ruben van Beek, <i>Trimbos Institute</i>. The Red Alert app: a successful harm-reduction intervention</p> <p>Carla Garcia, <i>Crew 2000 Scotland</i>. <i>Take Ket? Let's chat!</i> An overview and evaluation of a ketamine harm reduction campaign with young people who use drugs</p> <p>Gary Wootten, <i>Hitched communities</i>. How Street Angels roaming welfare teams can pinpoint support with tracking technology</p>

SOCIAL PROGRAMME

The night shift – explore Ghent's nightlife scene

Belgian fries with beef stew sauce, 6.00 to 7:30 pm @ Foyer Concertzaal

In Belgium, it's almost a tradition to eat fries with beef stew sauce before heading out for a night out. It's the ultimate comfort food – warm, hearty, and deliciously messy. But there's more to it than taste: it's how Belgians "fuel up" before partying. Think of it as a pre-party power move, Belgian style. If you skip the meat, you're in for a frytastic treat – our veggie option will fuel you up just right!

After-Conference Drinks - get your vouchers at the registration desk**Gloria – from 6.00 pm**

Head to Gloria, a traditional Belgian "brown café" with an authentic vibe for some relaxed post-dinner drinks with fellow participants. This popular late-night basement bar is run by the charismatic duo Igor and Bert, known for their warm hospitality and offbeat charm. Every month, Igor surprises passers-by with controversial and satirical window displays that have become local legends. Gloria even served as the backdrop for a Belgian TV series ('Flikken'), adding to its quirky reputation.

Address: Vlasmarkt 17

Bar Jos – from 8.00 pm

Step into Bar Jos, a cozy and welcoming bar in the heart of Ghent. Known for its laid-back charm and vintage soul, this spot is a local favourite where time seems to slow down just enough to enjoy good company and great drinks. Inside, the salon is adorned with striking scenes by renowned Belgian painter Jan Van Imschoot, adding an unexpected touch of artistic flair to the warm and lived-in atmosphere. The soundtrack? A steady flow of groovy rock 'n roll that perfectly matches the vibe. On sunny days and warm evenings, the summer terrace is the perfect place to unwind and take in the city's ambiance. Whether you're here for a chat, a dance, or just a drink in the open air, Bar Jos delivers effortless Ghent charm.

Address: Vlasmarkt 7

Club Charlatan – Dj Licious – from 10.00 pm

End your night in Club Charlatan, one of Ghent's most iconic nightlife institutions and a true cultural landmark. Founded in 1988 by Jo Van Groeningen, this legendary venue is not only a thriving hotspot but also the inspiration for the acclaimed Belgian film *Belgica* by Jo's son, director Felix van Groeningen.

In celebration of the film's Belgian premiere, Charlatan's main hall was temporarily renamed 'Belgica', and reimagined to reflect the story's wild spirit. A new Bacchus mural by street artist

A Squid Called Sebastian, replacing a long-standing 'Jesus figure', now watches over the DJ booth—a symbolic nod to the venue's transformation and legacy.

The film's characters were based on Charlatan's current owners, brothers Gerald and Joris Claes, whose real-life stories inspired the emotional depth of Belgica. Throughout March, the venue hosted live shows curated by Stephen and David Dewaele (Soulwax / 2ManyDJs), who composed the film's electrifying soundtrack and brought together 15 fictional bands across genres like neosoul, hardcore punk, Italodisco, and Turkish electropop.

Art lovers will also find a treasure trove here: original works by renowned artists such as Roa, Manor Grunewald, A Squid Called Sebastian and Jan Van Imschoot are tucked throughout the venue - including in nearby bars Jos and Gloria—making Charlatan not just a club, but a living gallery of Ghent's underground creativity.

Tonight, step into this legendary "Oord van verderf" (den of debauchery), soak up its filmic history, and celebrate with the spirit of Belgica—where nightlife, art, and rebellion converge.

Address: Vlasmarkt 6

Join Flow for a guided tour, Thursday 8.00 - 9.00 pm

The tour starts at the conference venue. Due to limited capacity, we kindly encourage you to register early at the registration desk

Discover the city's busiest nightlife street during a guided tour led by Flow, an initiative promoting safer nightlife. Learn more about their on-site support, prevention strategies, and community engagement.

Flow is an organization that plays a vital role in keeping it safe and inclusive. They're committed to creating a safer nightlife experience for everyone. Through active engagement via mobile teams, Flow aims to prevent or address incidents and discomfort in real time. Their presence is reassuring and proactive designed to catch potential problems before they escalate.

Whether it's providing preventive care, offering information, or directing people to the right support channels, Flow is there when things don't go quite as planned in the festive atmosphere. Their message is clear: See something, but unsure what to do? You're not alone—Flow is there to help. This tour is a great chance to see firsthand how Flow's approach works in practice and how their model contributes to a healthier and more supportive nightlife environment. Spots are limited, so make sure to reserve yours in advance!

Please note:

During this tour, you'll experience the Overpoort in an unusually quiet state. The student population is currently focused on exams, so most bars and venues will be closed. However, Flow is still excited to give you a glimpse into Ghent's busiest nightlife district and share insights into their work. One of the team members will gladly walk you through their approach and answer any questions during an informal chat.

Join Ghent's Nightlife Council (Dutch only), 6.30 - 7.15 pm @ Foyer Theaterzaal

The Nightlife Council Ghent is a platform where different voices from the city's nightlife scene come together to discuss challenges, share ideas, and help shape nightlife policy. It brings together event organizers, club owners, city officials, safety and health professionals, artists, and young people involved in nightlife. Together, they work on creating a safer, more inclusive, and vibrant nightlife in Ghent – with a strong focus on collaboration, harm reduction, and cultural diversity.

Check in with “Nachtpraat” by Jeugd van de Nacht from 7.30 - 9.00 pm @Foyer Theaterzaal

Jeugd van de Nacht is a movement, platform, and network created by and for young people in Ghent's nightlife scene. Emerging from a shared need for space — both physical and symbolic — it gives a voice to the many young organizers, DJs, designers, VJs, photographers, safe(r) space collectives, volunteers, and nightlife journalists who help to shape the city's vibrant night culture.

They advocate for the night's place in urban life, connect youth to institutions and policymakers, and work towards a future where nightlife is inclusive, sustainable, and accessible. Through community gatherings, cultural events, and policy engagement, they act as the bridge between grassroots creativity and structural change.

The topic of NACHTPRAAT will be: HEALTHY HEDONISM Partying can be healing. The night offers a space for self-exploration, social contact, and collective catharsis. But the same night also has its dark side: exhaustion, overstimulation, vague boundaries, and excessive use of substances. The sector can take a mental and physical toll – for those who organise, as well as those surrender to the party. How do we reconcile the search for ecstasy with the urge towards a balanced life?

Jeugd van de Nacht presents a panel during Club Health on the divide between wellbeing and hedonism. Why is clubbing good for you? And when does it cross a boundary? How can event organizers adapt to a new generation who is looking for ways to fit nightlife into a healthy lifestyle? Together with Edith Van Dyck (UGent), tobha (Ecology of Care), Eline Van Audenaerde (The Unicorn Mothership), and moderator Dominique Mertens, we will explore how nightlife can play a role in your wellbeing – the positives as well as the negatives.

Moderator: Dominique Mertens

Dominique is a psychologist based in Antwerp (studio NIA), working at the intersection of mental health and community building. She supports individuals and groups, leads workshops, and moderates conversations focused on connection, care, and social justice. She also hosts the podcast Legende In De Living, where musicians share their mental health journeys.

Edith Van Dyck (UGent)

Edith holds a PhD in musicology and spent over ten years as a postdoctoral researcher at Ghent University. Her work explores the relationship between music and human behaviour.

She teaches music history at RITCS in Brussels and is currently completing a master's in philosophy.

tobha (Ecology of Care)

tobha is a neurodivergent DJ, producer, and curator—joyfully queer and non-binary. They co-founded Ecology of Care, a neuroqueer collective focused on community care, harm reduction, and mental health in nightlife. They've collaborated with Room 4 Resistance, Horst, Resident Advisor, Unsound, and more.

Eline Van Audenaerde (The Unicorn Mothership)

Eline is a Nightlife & Wellness Consultant with 20+ years in the music industry. Through The Unicorn Mothership, she helps nightlife professionals thrive sustainably by prioritising mental wellbeing and work-life balance in high-pressure environments.

Programme version 12
Subject to change

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