



Things to do on sober nights out

No booze does NOT mean no fun! Check out our list of things to do on sober nights out

We've all been there, wanting to take a break from alcohol but not knowing what to do instead. Whether you are completely broke, want to meet other people without being surrounded by booze, or just need to give your liver a break – we've put together a list of things to do that don't involve alcohol and won't leave you with a nasty hangover the next day.

[The Clockwork Door](#)

Want somewhere to chill out with a book, or somewhere to meet others who aren't out on the drink? The Clockwork Door may be the place for you! It is Ireland's unique Time House. During the day, it is a pay-as-you-go venue where you can enjoy unlimited tea, coffee, biscuits, popcorn and Wi-Fi – and only pay for you the time you spend here. It is a strictly no alcohol venue, but guests can bring their own food. You can come to study or to play board games, videogames and more. Many evenings, there are unique events put on from music sessions, comedy nights/stand up, poetry workshops, magic & illusion nights, speed friending and more! Find out more at their Facebook page: <https://www.facebook.com/theclockworkdoor/>

[Accent's Lounge](#)

Based in Dublin, Accent's lounge is a relaxed cafe style environment for people to meet as an alternative to a pub. The Accent's Lounge is open until 11pm. So, when you're looking for a cosy night with coffee or tea, comfortable couches, and possibly some live music or comedy events, this is the place for you. For more information check out their website www.accentlounge.wordpress.com

[Alt Events Dublin](#)

Alt Events is a non-profit dedicated to developing a substitute for drink culture by producing quality alternative events in the hopes of providing options to those who don't want to have to choose between their social life and their liver. Alt Events hosts **game nights every 2nd Sunday of event month from 5-10pm at the Fringe Lab** in Dublin. Other events include karaoke, scavenger hunts and more! Join their Facebook group to stay up to date with the latest ALT Events: www.facebook.com/groups/alteventsdublin

[The Funky Seomra](#)

The Funky Seomra is Ireland's most successful alcohol & drug-free nightclub. Filmbase, located in Temple Bar, is the venue location for Dublin Funk Seomra. There are two floors with two dance floors and 3 DJs, live musicians and stunning visuals, organic cafés stocked with treats from The Happy Pear, Juice Bar, Coffee & tea Bar; chill out areas, chair massages with professional practitioners, interactive arts installations and more! Check out their website <http://www.dancefree.ie> for updates of their next night.

[Morning Gloryville](#)

Start your day with positive vibes and energy, and a morning rave! There's music and dancing, and because it begins at 6:30am, there are smoothies, coffee, and free massages. For more information on the next event check out their Facebook page: <https://www.facebook.com/morninggloryvilledublin/>.

[FluX Alcohol & Drug Free Nightclub](#)

Offers high energy and fun evenings of dance – free of alcohol and drugs! Music selections to bring you the best Dance, Chart, Pop, Disco, Motown, Funk and everything in between for you to get down and boogie! Check their Facebook page for their next event: <https://www.facebook.com/fluxdublin/>

[Slam Sunday](#)

Slam Sunday is an open entry poetry slam that happens on the **first Sunday of every month** in [Filmbase](#), located in Temple Bar. Tickets are €7, available on the door or in advance online. Poets can sign up on the night and 12 names are drawn at random to take part. Cash prizes totalling €105, including a €50 first prize, are given out to winning poets on the night. <http://slamsunday.com/>

[Sober Slice](#)

The Sober Slice is a meet up group that allows you to get to know others and have an enjoyable time in an alcohol-free environment. The group sets up events and meeting locations based on different interests. For information on what they're all about, check out their website: <https://www.meetup.com/soberslice/>.

[Clubbercise](#)

So, what happens if you get an energy filled dance class, fill it with some disco lights/glow sticks and put some banging dance tunes on? Well, you get Clubbercise! A wonderful way to work out, avoid alcohol and get some tunes in. A fantastic way to meet people. Check the Facebook page for pop-up events around Dublin: <https://www.facebook.com/Clubbercise-Dublin-with-JP-365740436914047/>

[Catch a show at the theatre or see a film at the cinema](#)

Switch up your nightly routine by engaging in some culture. If you're in Dublin, visit the Abbey theatre which is steeped in Irish history and culture. The theatre was originally founded by W. B. Yeats and Lady Augusta Gregory and offers a variety of workshops and performances. It also offers great student prices that won't break the bank. For a list of shows and times check out www.abbeytheatre.ie. // No matter where you live, there's usually always a cinema nearby. If you're in Dublin and want something a little bit different to the average film blockbuster, try the [IFI](#) in Temple Bar where you can enjoy independent films and reasonably priced food beforehand in the IFI Cafe Bar. Check out a listing of screenings and times on their website: <http://ifi.ie/>; or check out the students cinema deals at [Movies @ Dundrum](#) and [Odeon Cinemas](#).