

Alcool



Quale quantità di alcol è accettabile? Come nasce la dipendenza? Sensibilizza bambini e adolescenti sui pericoli del consumo di alcol e allenali a resistere alle pressioni esercitate dal gruppo e a saper dire di no.

Tutte le categorie Esperienza specifica Parlane Tu come monitore Gioco di ruolo Giochi Storie di sport Quiz

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-macht-dick>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-macht-dick>

L'alcool fa ingrassare (<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-macht-dick>)

<https://www.coolandclean.ch/it/themen/Alcool/Bier-zerst-rt-den-Trainingseffekt>

<https://www.coolandclean.ch/it/themen/Alcool/Bier-zerst-rt-den-Trainingseffekt>

La birra distrugge gli effetti benefici dell& #039;allenament (https:// www.coolandclean.ch/it/themen/Alcool/ Bier-zerst-rt-den-Trainingseffekt)

Parlane

(18)

<https://www.coolandclean.ch/it/themen/Alcool/Wann-wirkt-Alkohol-besonders-schnell-->

<https://www.coolandclean.ch/it/themen/Alcool/Wann-wirkt-Alkohol-besonders-schnell-->

Quando l'alcool fa effetto in modo particolarmente rapi (https:// www.coolandclean.ch/it/themen/Alcool/ Wann-wirkt-Alkohol-besonders-schnell--)

Esperienza specifica

(18)

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-vermindert-die-sportliche-Leistung>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-vermindert-die-sportliche-Leistung>

L'alcool riduce il rendimento sportivo (https://www.coolandclean.ch/it/themen/ Alcool/ Alkohol-vermindert-die-sportliche-Leistung)

Parlane

(14)

<https://www.coolandclean.ch/it/themen/Alcool/Gruppendruck-bei-Alkohol>

<https://www.coolandclean.ch/it/themen/Alcool/Gruppendruck-bei-Alkohol>

Pressione di gruppo verso l'alcool (https://www.coolandclean.ch/it/themen/ Alcool/Gruppendruck-bei-Alkohol)

Parlane

(11)

<https://www.coolandclean.ch/it/themen/Alcool/Committe-dich-mit-deinem-Team->

<https://www.coolandclean.ch/it/themen/Alcool/Committe-dich-mit-deinem-Team->

Impegnati con la tua squadra (<https://www.coolandclean.ch/it/themen/Alcool/Committe-dich-mit-deinem-Team->)

Tu come monitore

(10)

<https://www.coolandclean.ch/it/themen/Alcool/Ein-ugiger-Zielwurf>

<https://www.coolandclean.ch/it/themen/Alcool/Ein-ugiger-Zielwurf>

Gioco «L'alcòl impedisce di vedere» (<https://www.coolandclean.ch/it/themen/Alcool/Ein-ugiger-Zielwurf>)

Giochi

(9)

<https://www.coolandclean.ch/it/themen/Alcool/Blinder-Tatzelwurm>

<https://www.coolandclean.ch/it/themen/Alcool/Blinder-Tatzelwurm>

Gioco «Più infortuni a causa dell'alcòl» (<https://www.coolandclean.ch/it/themen/Alcool/Blinder-Tatzelwurm>)

Giochi

(7)

<https://www.coolandclean.ch/it/themen/Alcool/Tipps-zum-Neinsagen->

<https://www.coolandclean.ch/it/themen/Alcool/Tipps-zum-Neinsagen->

Consigli per saper dire no (<https://www.coolandclean.ch/it/themen/Alcool/Tipps-zum-Neinsagen->)

Parlane

(6)

<https://www.coolandclean.ch/it/themen/Alcool/Vom-Genuss-zur-Sucht>

<https://www.coolandclean.ch/it/themen/Alcool/Vom-Genuss-zur-Sucht>

Dal piacere alla dipendenza (<https://www.coolandclean.ch/it/themen/Alcool/Vom-Genuss-zur-Sucht>)

Parlane

(6)

<https://www.coolandclean.ch/it/themen/Alcool/Eine-zerst-rte-Karriere>

<https://www.coolandclean.ch/it/themen/Alcool/Eine-zerst-rte-Karriere>

Una carriera distrutta (<https://www.coolandclean.ch/it/themen/Alcool/Eine-zerst-rte-Karriere>)

Storie di sport

(6)

<https://www.coolandclean.ch/it/themen/Alcool/Blinde-Nuss>

<https://www.coolandclean.ch/it/themen/Alcool/Blinde-Nuss>

Gioco «L'alcool reduce la vista» (<https://www.coolandclean.ch/it/themen/Alcool/Blinde-Nuss>)

Giochi

(5)

<https://www.coolandclean.ch/it/themen/Alcool/Was-sind-Alcopops-->

<https://www.coolandclean.ch/it/themen/Alcool/Was-sind-Alcopops-->

Che cosa sono gli alcopop? (<https://www.coolandclean.ch/it/themen/Alcool/Was-sind-Alcopops-->)

Esperienza specifica

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Schwindelerregende-Pendelstafette>

<https://www.coolandclean.ch/it/themen/Alcool/Schwindelerregende-Pendelstafette>

Gioco «L'alcool ostacola la percezione » (<https://www.coolandclean.ch/it/themen/Alcool/Schwindelerregende-Pendelstafette>)

Giochi

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholgesetz->

<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholgesetz->

Quiz «legge sull'alool» (<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholgesetz->)

Quiz

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Tausche-dich-mit-anderen-Leitenden-aus>

<https://www.coolandclean.ch/it/themen/Alcool/Tausche-dich-mit-anderen-Leitenden-aus>

Confrontati con altri monitori (<https://www.coolandclean.ch/it/themen/Alcool/Tausche-dich-mit-anderen-Leitenden-aus>)

Tu come monitore

(2)

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-sch-digt-das-Gehirn>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-sch-digt-das-Gehirn>

L'alcool danneggia il cervello (<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-sch-digt-das-Gehirn>)

Esperienza specifica

(10)

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-st-rt-den-Wasserhaushalt>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-st-rt-den-Wasserhaushalt>

L'alcool altera l'equilibrio idrico **(<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-st-rt-den-Wasserhaushalt>)**

Esperienza specifica

(8)

<https://www.coolandclean.ch/it/themen/Alcool/Professionelle-Hilfe-Alkohol>

<https://www.coolandclean.ch/it/themen/Alcool/Professionelle-Hilfe-Alkohol>

Aiuto professionale per l'alcool (<https://www.coolandclean.ch/it/themen/Alcool/Professionelle-Hilfe-Alkohol>)

Tu come monitore

(7)

<https://www.coolandclean.ch/it/themen/Alcool/Tunnel-Run>

<https://www.coolandclean.ch/it/themen/Alcool/Tunnel-Run>

Gioco «Alcol e percezione» (<https://www.coolandclean.ch/it/themen/Alcool/Tunnel-Run>)

Giochi

(7)

<https://www.coolandclean.ch/it/themen/Alcool/Wie-Sucht-entsteht>

<https://www.coolandclean.ch/it/themen/Alcool/Wie-Sucht-entsteht>

Come nasce la dipendenza (<https://www.coolandclean.ch/it/themen/Alcool/Wie-Sucht-entsteht>)

Esperienza specifica

(6)

<https://www.coolandclean.ch/it/themen/Alcool/Wie-viel-Alkohol-ist-ok->

<https://www.coolandclean.ch/it/themen/Alcool/Wie-viel-Alkohol-ist-ok->

Quanto alcool va bene? (<https://www.coolandclean.ch/it/themen/Alcool/Wie-viel-Alkohol-ist-ok->)

Esperienza specifica

(6)

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Gesundheitsrisiken>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Gesundheitsrisiken>

Alcool e rischi per la salute (<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Gesundheitsrisiken>)

Esperienza specifica

(5)

<https://www.coolandclean.ch/it/themen/Alcool/S-chtig--Ich-doch-nicht->

<https://www.coolandclean.ch/it/themen/Alcool/S-chtig--Ich-doch-nicht->

Hai una dipendenza? Io certo che no! (<https://www.coolandclean.ch/it/themen/Alcool/S-chtig--Ich-doch-nicht->)

Parlane

(5)

<https://www.coolandclean.ch/it/themen/Alcool/Negative-Auswirkungen-von-Alkohol-beim-Sport>

<https://www.coolandclean.ch/it/themen/Alcool/Negative-Auswirkungen-von-Alkohol-beim-Sport>

Effetti negativi dell''alcool nello sport (<https://www.coolandclean.ch/it/themen/Alcool/Negative-Auswirkungen-von-Alkohol-beim-Sport>)

Esperienza specifica

(4)

(<https://www.coolandclean.ch/it/themen/Alcool/Wirkung-von-Alkohol-auf-Frauen-und-M-nner>)

(<https://www.coolandclean.ch/it/themen/Alcool/Wirkung-von-Alkohol-auf-Frauen-und-M-nner>)

Effetti dell'alcool su donne e uomini (
[https://www.coolandclean.ch/it/themen/Alcool/](https://www.coolandclean.ch/it/themen/Alcool/Wirkung-von-Alkohol-auf-Frauen-und-M-nner)
Wirkung-von-Alkohol-auf-Frauen-und-M-nner
)

Esperienza specifica

(3)

(<https://www.coolandclean.ch/it/themen/Alcool/Gehirnsch-digung-beim-Rauschtrinken>)

(<https://www.coolandclean.ch/it/themen/Alcool/Gehirnsch-digung-beim-Rauschtrinken>)

Danni al cervello a causa del "binge
drinking" ([https://www.coolandclean.ch/it/](https://www.coolandclean.ch/it/themen/Alcool/Gehirnsch-digung-beim-Rauschtrinken)
themen/Alcool/
Gehirnsch-digung-beim-Rauschtrinken)

Esperienza specifica

(2)

(<https://www.coolandclean.ch/it/themen/Alcool/Rollenspiel--Eine-Runde-Bier-f-r-alle->)

(<https://www.coolandclean.ch/it/themen/Alcool/Rollenspiel--Eine-Runde-Bier-f-r-alle->)

Gioco di ruolo «Un giro di birra per tutti» (
[https://www.coolandclean.ch/it/themen/](https://www.coolandclean.ch/it/themen/Alcool/Rollenspiel--Eine-Runde-Bier-f-r-alle-)
Alcool/Rollenspiel--Eine-Runde-Bier-f-r-alle-
)

Gioco di ruolo

(2)

(<https://www.coolandclean.ch/it/themen/Alcool/Schwindel>)

(<https://www.coolandclean.ch/it/themen/Alcool/Schwindel>)

Gioco «L'alcol riduce le prestazioni» (
[https://www.coolandclean.ch/it/themen/](https://www.coolandclean.ch/it/themen/Alcool/Schwindel)
Alcool/Schwindel)

Giochi

(2)

<https://www.coolandclean.ch/it/themen/Alcool/Alkoholwirkung-bei-Jugendlichen>

<https://www.coolandclean.ch/it/themen/Alcool/Alkoholwirkung-bei-Jugendlichen>

Effetti dell''alcool nei giovani (<https://www.coolandclean.ch/it/themen/Alcool/Alkoholwirkung-bei-Jugendlichen>)

Esperienza specifica

(1)

<https://www.coolandclean.ch/it/themen/Alcool/Einfluss-von-Alkohol-auf-die-Gehirnentwicklung>

<https://www.coolandclean.ch/it/themen/Alcool/Einfluss-von-Alkohol-auf-die-Gehirnentwicklung>

Effetti dell''alcool sullo sviluppo del cervello (<https://www.coolandclean.ch/it/themen/Alcool/Einfluss-von-Alkohol-auf-die-Gehirnentwicklung>)

Esperienza specifica

(1)

<https://www.coolandclean.ch/it/themen/Alcool/Erh-htes-Suchtrisiko-bei-Jugendlichen>

<https://www.coolandclean.ch/it/themen/Alcool/Erh-htes-Suchtrisiko-bei-Jugendlichen>

Maggiore rischio di dipendenza nei giovani (<https://www.coolandclean.ch/it/themen/Alcool/Erh-htes-Suchtrisiko-bei-Jugendlichen>)

Esperienza specifica

(1)

<https://www.coolandclean.ch/it/themen/Alcool/Trinkmotive-von-Jugendlichen>

<https://www.coolandclean.ch/it/themen/Alcool/Trinkmotive-von-Jugendlichen>

Ragioni per cui i giovani bevono (<https://www.coolandclean.ch/it/themen/Alcool/Trinkmotive-von-Jugendlichen>)

Esperienza specifica

(8)

<https://www.coolandclean.ch/it/themen/Alcool/Einstiegsdroge-Alcopops>

<https://www.coolandclean.ch/it/themen/Alcool/Einstiegsdroge-Alcopops>

Droga di passaggio: alcopop (<https://www.coolandclean.ch/it/themen/Alcool/Einstiegsdroge-Alcopops>)

Esperienza specifica

(5)

<https://www.coolandclean.ch/it/themen/Alcool/Was-tun--bei-auff-lligem-Verhalten->

<https://www.coolandclean.ch/it/themen/Alcool/Was-tun--bei-auff-lligem-Verhalten->

Che cosa fare in caso di comportamento inadeguato? (<https://www.coolandclean.ch/it/themen/Alcool/Was-tun--bei-auff-lligem-Verhalten->)

Tu come monitore

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Falsche-Richtung>

<https://www.coolandclean.ch/it/themen/Alcool/Falsche-Richtung>

Nella direzione sbagliata (<https://www.coolandclean.ch/it/themen/Alcool/Falsche-Richtung>)

Storie di sport

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Anzeichen-f-r-Alkoholabh-ngigkeit>

<https://www.coolandclean.ch/it/themen/Alcool/Anzeichen-f-r-Alkoholabh-ngigkeit>

Segnali di dipendenza da alcool (<https://www.coolandclean.ch/it/themen/Alcool/Anzeichen-f-r-Alkoholabh-ngigkeit>)

Esperienza specifica

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Vorbild-sein-punkto-Alkohol>

<https://www.coolandclean.ch/it/themen/Alcool/Vorbild-sein-punkto-Alkohol>

Essere un modello per quanto riguarda l'alcool (<https://www.coolandclean.ch/it/themen/Alcool/Vorbild-sein-punkto-Alkohol>)

Tu come monitore

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Unfallh-ufigkeit-bei-Rauschtrinkern>

<https://www.coolandclean.ch/it/themen/Alcool/Unfallh-ufigkeit-bei-Rauschtrinkern>

Frequenza di incidenti in chi pratica in binge drinking (<https://www.coolandclean.ch/it/themen/Alcool/Unfallh-ufigkeit-bei-Rauschtrinkern>)

Esperienza specifica

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Alkoholkonsum-hat-viele-Gr-nde>

<https://www.coolandclean.ch/it/themen/Alcool/Alkoholkonsum-hat-viele-Gr-nde>

Il consumo di alcool ha molte ragioni (<https://www.coolandclean.ch/it/themen/Alcool/Alkoholkonsum-hat-viele-Gr-nde>)

Parlane

(2)

<https://www.coolandclean.ch/it/themen/Alcool/Gesetz-und-Alkoholkonsum>

<https://www.coolandclean.ch/it/themen/Alcool/Gesetz-und-Alkoholkonsum>

Legge e consumo di alcool (<https://www.coolandclean.ch/it/themen/Alcool/Gesetz-und-Alkoholkonsum>)

Esperienza specifica

(7)

<https://www.coolandclean.ch/it/themen/Alcool/Fische-im-Netz>

<https://www.coolandclean.ch/it/themen/Alcool/Fische-im-Netz>

Gioco «Alcol e orientamento» (<https://www.coolandclean.ch/it/themen/Alcool/Fische-im-Netz>)

Giochi

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Bierbauch>

<https://www.coolandclean.ch/it/themen/Alcool/Bierbauch>

Gioco «L''alcol rende pigri e gonfi» (<https://www.coolandclean.ch/it/themen/Alcool/Bierbauch>)

Giochi

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Sprechendes-H-pfen>

<https://www.coolandclean.ch/it/themen/Alcool/Sprechendes-H-pfen>

Gioco «L''alcol ha effetti sul cervello» (<https://www.coolandclean.ch/it/themen/Alcool/Sprechendes-H-pfen>)

Giochi

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Unfallrisiko-im-Strassenverkehr>

<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Unfallrisiko-im-Strassenverkehr>

L''alcol e il rischio di incidenti stradali (<https://www.coolandclean.ch/it/themen/Alcool/Alkohol-und-Unfallrisiko-im-Strassenverkehr>)

Esperienza specifica

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholsucht>

<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholsucht>

Quiz «Abitudini nel bere» (<https://www.coolandclean.ch/it/themen/Alcool/Quiz--Alkoholsucht>)

Quiz

(4)

<https://www.coolandclean.ch/it/themen/Alcool/Scheuklappen-Schnappball>

<https://www.coolandclean.ch/it/themen/Alcool/Scheuklappen-Schnappball>

Gioco «Alcol e rendimento» (<https://www.coolandclean.ch/it/themen/Alcool/Scheuklappen-Schnappball>)

Giochi

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Die-richtigen-Vorbilder-w-hlen>

<https://www.coolandclean.ch/it/themen/Alcool/Die-richtigen-Vorbilder-w-hlen>

Scegliere i giusti modelli (<https://www.coolandclean.ch/it/themen/Alcool/Die-richtigen-Vorbilder-w-hlen>)

Parlane

(5)

<https://www.coolandclean.ch/it/themen/Alcool/Wie-bitte-->

<https://www.coolandclean.ch/it/themen/Alcool/Wie-bitte-->

Gioco «Calo prestazionale per l'alcol» (<https://www.coolandclean.ch/it/themen/Alcool/Wie-bitte-->)

Giochi

(3)

<https://www.coolandclean.ch/it/themen/Alcool/Was-ist-Alkoholabh-ngigkeit->

<https://www.coolandclean.ch/it/themen/Alcool/Was-ist-Alkoholabh-ngigkeit->

Che cos'è la dipendenza dall'alcol? (<https://www.coolandclean.ch/it/themen/Alcool/Was-ist-Alkoholabh-ngigkeit->)

Esperienza specifica

(0)

Sport in generale

Ciclismo

Tiro a segno

Sport della neve

Nuoto

Per maggiori informazioni: <https://www.coolandclean.ch>