

Being healthy and fit to drive and having proper documentation

- You must be 17 years old or 16 years old if you receive disability living allowance at the higher rate.
- You must hold a provisional licence for Great Britain or Northern Ireland.
- You must be able to read a new-style number plate from 20 metres away, 20.5 metres away for old-style number plate (with glasses or contact lenses if you need them, as long as you always wear them when you're driving).
- You must make sure any vehicle you drive is roadworthy and properly taxed and insured.
The above is responsibility of driving instructor.
- You must display L plates on the front and rear of the vehicle where they can be clearly seen when you're driving (L or D plates in Wales).
The above is responsibility of driving instructor.
- You must be accompanied by a qualified driver who is over 21 and has held (still holds) a full car driving licence for at least three years – we'd recommend you have most of your lessons with an approved driving instructor.
All our driving instructors are DVSA approved driving instructors and will have their badge displayed on dashboard/ windscreen of the vehicle.

Drink driving in England, Wales and Northern Ireland

In England, Wales and Northern Ireland, the alcohol limit for drivers is 80 milligrammes of alcohol per 100 millilitres of blood, 35 micrograms per 100 millilitres of breath, or 107 milligrammes per 100 millilitres of urine.

In most other European countries, the limit is less, usually 50 milligrammes per 100 millilitres of blood.

Press this link for more details: <https://www.gov.uk/drug-driving-law>

Sleeping it off?

Whether it's okay to drive the next morning depends on how much you've drunk – and if you've left enough time for your system to get rid of the alcohol. “The amount of alcohol in your bloodstream depends on three things,” says Dr Paul Wallace, Drinkaware's Chief Medical Adviser. “The amount you take in, over what period of time and the speed at which your body gets rid of it.”

In general, alcohol is removed from the blood at the rate of about one unit an hour. But this varies from person to person. It can depend on your size and gender, as men tend to process alcohol quicker than women; how much food you've eaten; the state of your liver, and your metabolism (how quickly or slowly your body turns food into energy). The best advice, if you don't want to put yourself and others in danger, and break the law, is to avoid alcohol altogether the night before you have to drive.

It's simply best to avoid it all together.