Music’s pumping, drinks are flowing, you’re hitting it off with a sexy stranger. It’s a blast – as long as you keep real about the actual deal.

The festival atmosphere is made for hooking up – but don’t make the mistake of assuming it’s also ideal for finding a long-term boyfriend. Whether you’re grinding away on the dance floor, taking in the sunrise or laughing like children for hours, never forget that the guy you met yesterday but feel like you’ve known forever is really just a guy you met yesterday.

**DON’T GET SWEPT UP**

‘It’s important to consciously decide to start a festival “fling” (seeing it for what it is) and not simply find yourself in one because you’ve been carried away by the atmosphere,’ says Janet Winterbourne, a relationship counsellor in Cape Town. ‘You need to manage your expectations and not let your imagination run away with you. Ask yourself how realistic it is to invest a festival fling with long-term potential so quickly.’

Thandeka sums up festival hook-ups best. ‘Looking back, I guess I knew all along that it was just a fling,’ she says. ‘It was an amazing experience, though.’ You can be sure her next festival fling will be even more fun – because she won’t be thinking of anything more complicated than the totally-worth-it festival moment!

* NAME HAS BEEN CHANGED