

# TUNTREET

Part of Studentsamfunnet i Ås

No. 03 \ 23.03 2023

Tuntreet Volume 78



WOMEN'S  
RIGHTS AT ÅS

TT TABOO:  
SALARIES

TWO BEERS:  
KNUT SØRBØ

# LEADER

## Can you do my laundry?

Recently, I fractured my leg. How that happened isn't that important (it happened at the Afterski event at Samfunnet, but I'm a little embarrassed so please don't tell anyone), but what happened afterwards is more significant. In fact, I have figured out that it's exceptionally challenging to live life on crutches, particularly here in Ås.

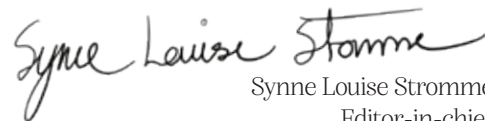
This is not my first crutch rodeo, but I really haven't found it as challenging as I do now. The first problem I encountered: doing laundry. I can't do my own laundry! At Pentagon, in the Palisaden-building where I live, most inhabitants share the laundry rooms in the basement of Kringla. I still, at the moment, have not managed to figure out how to drag myself up the stairs to Kringla, down the stairs to that damn basement, through the heavy door to the laundry room (which doesn't have a door opener by the way)—all this with a massive laundry bag and a pair of crutches in hand.

And it's not just that: cooking has also proved to be a challenge (apart from using the oven for my pizzas and fish casserole). There are just so many things that suddenly have become challenging: walking around campus, or just going outside as the footpaths

and parking lots rarely are de-iced with road salt (danger of falling), and getting around at Samfunnet—the elevator by Aud.Max. rarely works.

And no, you should absolutely not feel sorry for me! I'm really lucky that I'll be done with those crutches within a couple of weeks, in addition to having a lovely partner and a fantastic collective which helps me out with everything. What you should in fact be thinking of, are those who are permanently dealing with a disability. It hasn't been long, but I have already experienced a sort of isolation, and a decrease in independence—having to admit that you are reliant upon someone could really feel humiliating. I do think it's wild that I had to experience this to open my eyes to the reality of the problem—why isn't there more done about this?

And it's not just this topic in particular, there's so much more! I had a conversation with some friends, where many security challenges around the SiÅs student housings, the Campus and at Samfunnet surfaced: toilets without windows, poorly facilitated escape routes (just the fact that the automatic doors open as slowly as they do), the sheer number of stove timers with defects, the list goes on... I am actually pretty sure that most of us can come up with a security risk nearby and around Ås—no wonder I ended up on crutches :P Safety is not just a gold star in a book—it could mean the difference of a dignified life. Maybe it's time to do some inspections around here?



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# *The fight for women's rights in Ås — through the ages*



Marie Tjelta  
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Translator

- 1854**     **The Higher Agricultural College at Aas is founded.**
- 1864**     **Studentsamfunnet i Ås is founded**
- 1900**     **First female revue participant:** Gudrun Hirsch, daughter of Johan Hirsch, director at NLH and founder of the student association Hankatten, participated in the revue as the first woman.
- 1904**     **First female student,** Sophie Frölich, was educated at NLH in horticulture as the college's first female student.
- 1906**     **First female student association (founded by men).** Despite the fact that there were almost no female students, the "Ladies' Club" was founded at Ås. The male members defended the name by bringing in female college officials and from the town.
- 1922**     **First female leader of Studentsamfunnet,** Astri Frisak, became the first female "chairman" of Studentsamfunnet i Ås. Admittedly, at this time she was also the college's only female student. She marked her time by going to the government and holding an appeal for the chairman of the finance committee, which led to a grant of NOK 100,000 to build today's Samfunnet. She was also politically active in Venstre and was the only woman on the board of Ås municipality.
- 1960**     **The first female student association in Norway is founded.** In October 1960, the female student association "hunkatten" was founded as the (actual) first female student association. This was an association consisting of the only 10 female students at Ås.
- 1968**     **First female Tuntreet editor.** Mette Eggen became the first female editor of the student newspaper, Tuntreet. She was responsible for both a major change in the appearance of Tuntreet but also the content. From dealing mainly with internal debauchery and fanfare, the student newspaper switched to also dealing with more serious current affairs.
- 1969**     **First female professor.** Ragnhild Sundby becomes NLH's first female professor. She had applied for the job earlier in 1950, but was turned down as it was thought that it would be too difficult for her to work in a male-dominated environment.
- 1972**     **First mixed choir at Ås.** Sangkoret Lærken will be the first mixed-gender choir at Ås. It was founded in February 1972 by nine men and one woman, "Elsopran" Kari Aalvik Buset.
- 1975**     **Feminism on the agenda.** Women's rights are on the rise on the students' agenda and is frequently discussed in debate posts in the student newspaper. Has feminism become too extreme or is it a battle that should be fought?
- 1976**     **Odelsloven is changed.** Odelsloven was changed, giving equal rights to both sexes in the peerage order for girls born after 1965. For NLH, a school for people with allodial rights, this had great significance for equality.
- 1979**     **The abortion debate.** Self-determined abortion has become legal and it is discussed among students whether this is women's liberation or violates human dignity.

2023

## Where are we now?

March 8th 2023, The International Women's Day was marked at Ås this year as well. It was a jam-packed program with a democracy class on "Gender and academia", marking with slogans in the town centre and a cultural show at Samfunnet. Women's rights are on the agenda for students and staff. But what are today's battle issues?

### This year's slogans were:

- Woman, Life, Freedom
- Solidarity with women in war and flight
- Equality is about women's health
- Kvinner rammes hardest
- Women are hit the hardest - raise disability benefits and the minimum pension
- Consent cannot be bought
- Crush the patriarchy, not the globe.

Here we see issues that reflect our times—the climate crisis, war, and the riots in Iran. It became clear that women's health, was especially important to many, both at the marking in the town centre and at the cultural show.



- 2020** **First female street name.** The first roads on campus named after women are unveiled.
- 2018** **The object debate.** The Object debate concerning the hankatt association's objectification of women in their regulations flares up in the student community.
- 2017** **The committee for equality and diversity at NMBU.** The purpose of this committee shall be to contribute to an inclusive university for everyone regardless of gender, ethnicity, national origin, language, philosophy, political outlook, sexual orientation, and disability.
- 2016** **Ås feminist students is founded.**
- 2014** **First female rector.** NLH becomes NMBU and Mari Sundli Tveit becomes the university's first female rector.
- 1982** **First female UKE and revue managers!** In the same historic year, UKA got both its first female Head of UKA, Guri Drotningholm Aarnes, and Head of the UKErevue, Eivor Bråthen.
- 1980** **Tora is created.** Tora was introduced, and ever since, it has been Torvald and Tora. Now 40% of students in the first year were women.
- 1980** **The gender quota debate.** The gender debate rages amongst students at Ås. One side believes women are underrepresented at NLH and are discriminated against in education, teaching, admissions, and employment. The other side believes it is natural to have fewer women at the college and that gender quotas will be at the expense of competence.

# ANTLERS, WIND, AND GREEN COLONIALISM



Elina Turbina  
Writer



Signe Aanes  
Illustrator

**From the 23rd of February to the 3rd of March, Sámi and climate justice activists blocked the Ministry of Energy and Petroleum to protest the ongoing violation of human rights in the Sámi territories in Norway. The violation concerns the continuous exploitation of the territories essential for reindeer husbandry in Fosen, where there are currently 151 illegally operating wind turbines.**

Back in 2021, the Norwegian Supreme court concluded that the development of the wind parks in Fosen was a violation of Sámi rights, as they actively disturb, and change the local ecosystem. This ruling, however, has had no de facto consequences on the operation of the park. The wind turbines, partially owned by the state energy company Statkraft, are still being employed as I am writing this.

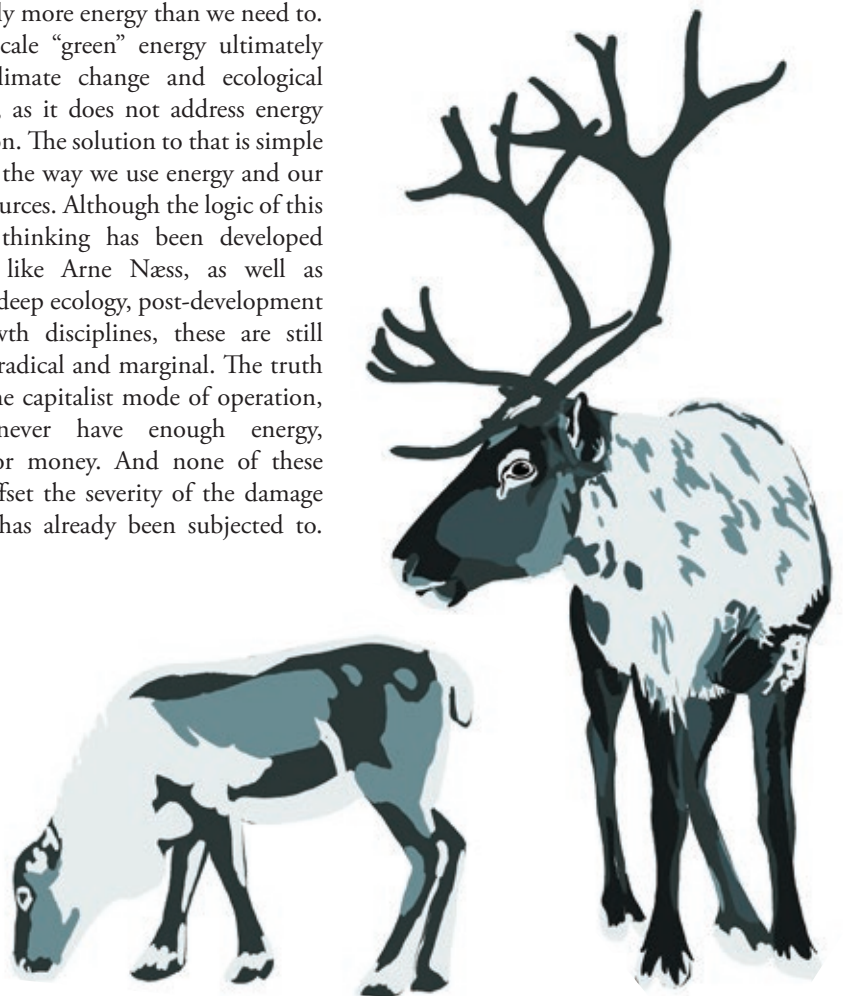
There is no surprise then, that the activists chose to occupy the Ministry: their state actively breaches its own laws and rulings in favor of green colonialism, here and elsewhere. It is simply and blatantly a hypocritical stance of the Norwegian state: choosing to continue actively ignoring the concerns of those contributing the least to this consumption, making them pay for the cost of climate change mitigation efforts.

The continuous overstepping of the law in Fosen shows a concerning reality facing at the very least Norway: the hypocrisy of “green growth” and its related concepts like “sustainable development” and “the Nordic Model” propose a false, naive, and misleading hope that if we push the

exploitation of our environment into technological advancement, we would be able to stop, or at least avoid feeling the severity of climate change. This is simply a fantasy, as “decoupling” the ability to continue growing the economy without it continuously negatively influencing the environment, is proven to be impossible.

The constant need for more energy exists only because we as a society consume unreasonably more energy than we need to. Industrial scale “green” energy ultimately advances climate change and ecological destruction, as it does not address energy consumption. The solution to that is simple – to review the way we use energy and our natural resources. Although the logic of this alternative thinking has been developed by people like Arne Næss, as well as thinkers of deep ecology, post-development and degrowth disciplines, these are still considered radical and marginal. The truth is that in the capitalist mode of operation, we will never have enough energy, resources, or money. And none of these can help offset the severity of the damage the planet has already been subjected to.

What can be done about this then? The obvious solution is to speak and act on the injustices that are upheld to this exact moment. Support the Sámi people in their fight for their rights by voicing your discontent with the continuous operation of the wind turbines. Question Norway’s need for development (“sustainable” or not) as one of the most advanced countries in the world. And maybe reconsider your relationship with the world around you.



# STUDENTER SAMFUNDET



## PRESSEMELDING

Mediehenvelser rettes mot :

Froy E. Hamstad, Presseansvarlig ved Studentersamfundet i Trondhjem, tlf.: 98019036

## The students declare climate crisis

STUDENTS AROUND THE COUNTRY WILL DECLARE CLIMATE CRISIS THE 25<sup>TH</sup> OF MARCH.

Saturday 25th of March at 13:00 several student houses in Norway will declare a climate crisis. The climate crisis is the largest crisis of our time, and despite this, it gets varying amounts of attention by the media. Now we will have a new focus on it, by protesting together with all the student houses nationally to mark the importance of the climate crisis we are now in the middle of. All the student houses will simultaneously declare climate crisis at 13:00 by releasing banners. Afterwards, there will be various and entertainment at the protests.

Cities and student houses that stand together in declaring a crisis:

- Studentersamfundet i Trondhjem // **Trondheim**
- Studentsamfunnet i Ås // **Ås**
- Studentenes Hus Gjøvik // **Gjøvik**
- Det Norske Studentersamfund // **Oslo**
- Studentsamfunnet Driv // **Tromsø**
- Det Akademiske Kvarter / Studentkulturhuset i Bergen // **Bergen**

Each city will have their own program leading up to the Saturday. Updates can be seen on the Facebook event for the demonstration.

*Saturday March 25th at 13:00, several student houses in Norway will declare a climate crisis and the Studentsamfunnet in Ås is involved! Here we must stand together to show that students are concerned about the climate, we want a change. The climate issue is also important for us students! We will get a new focus on this, and together with the student houses nationally show the importance of the climate crisis we are in the middle of right now. So, show up outside Studentsamfunnet on Saturday, and maybe you'll get an extra treat!*

*Vilde K. Pedersen*

*Vilde Kjelsrud Pedersen, leader of Samfunnet i Ås*



Vegard Sjaastad Hansen  
Translator

# How not to get financially exploited as a student

Tpo  
Journalist



Ylva Friberg  
Photographer

**When we think of workers exploitation, we think of things like bad salary, demon-like managers, exhausting conditions - plus, depending on who you are, a bit of misogyny, a slice of racism, a tablespoon of transphobia, and so on. These are undoubtedly the worst forms of worker exploitation, but they are far from the only ones. We often find it difficult to identify the level of exploitation in a job before we choose it. Tuntreet cannot let this go, so here are some tips given by workers' organisations (and a few other people... wink wink). Naturviterne, in particular, were the most reliable source of information.**

## **What can you do to get the right job?**

The first issue raised, might not be what you assume: the title of the job is often problematic. "Many students may be more concerned with the "title" you get rather than the actual tasks in a job," Isabel Hartung from Naturviterne explains.

"We are all different when it comes to what gives us well-being in a working day". Jobs with Prestigious names are attractive from the outside, but they are not necessarily something that will bring joy to your life.

Formation is also a key to be at ease in your job. Courses in various topics are made accessible to students by the workers' unions. Students must also realize that they "Are applying for a job maybe for just a time in order to both get a foot in and gain experience" says Isabel Hartung. Patience and planification are other key elements. She adds that "On average it takes 6 months from starting an application process until you are in a job. Graduates should start looking for work NOW if they want to get work right after finishing their studies."

## **What WE can do to ensure our rights: the workers' unions**

The first part of a workers' union's job is to work both tariff policy and social policy to

upgrade working conditions. The second is promoting their working field. The third is counselling and database. Members get access to salary statistics and advice that they can use during negotiations. "Unions help students to discuss wages, working conditions and learn the labour laws. It also allows them to have a "sparring partner" before negotiations," Hartung explains.

So, let's gather and become part of workers' unions: the collective is the best way to have, gain or defend good working conditions As a certain Jean-Luc Mélenchon said, "the only limit to exploitation is the resistance to exploitation," and unions are the best way we have found so far to resist. Plus, strikes.

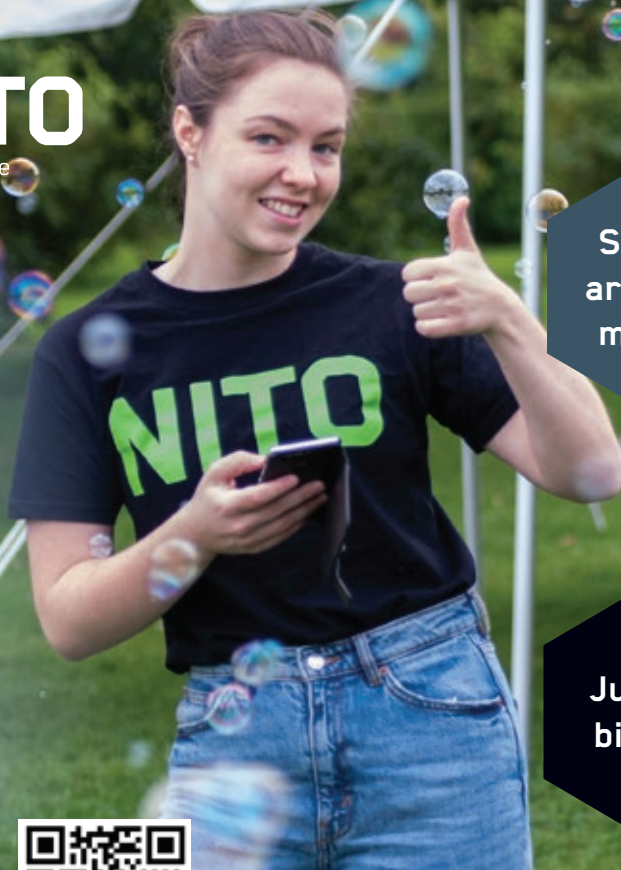
One thing remains true whatsoever; if you don't fight, you don't win.





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# — Student Parliament 2 —



Celine Våga  
Journalist



Olina Søyland Bru  
Illustrator



Benjamin Alexander Faulkner  
Journalist

**Student Parliament session 2 commences as two prorectors: prorector for education, Elise Norberg, and prorector for research and innovation, Finn-Arne Weltzien, honour us with their visit. They greet the Student Parliament with praise for the students and their enthusiasm – the very thing separating us from the ordinary.**

After the mundane orientation cases about reports and accounts, work began on the decision cases. Tonight, two things will be decided: allocation of welfare funds for spring 2023 and decision pertaining to changes to statutes. The welfare funds are for associations and organizations at NMBU and consists of basic funding (operating grants), startup grants, and activity grants. In addition: associations and groups who are considered 'open associations' are allowed additional funding. In total, 81 applications about welfare grants were received with a total sum of 1 181 491 NOK, which made the allocation of the budgeted 512 000 NOK challenging. The faculty representatives

were positive to the proposed allocation plan made by the Student Board (AU), and the allocation criteria. There was also a lot of criticism concerning the 100 000 NOK rule which excludes associations and groups with a larger cash reserve from previous grants; an exception was made for VSF, the association for veterinary students.

Money does not grow on trees, so more grants to an association must mean pulling funds from others. Through a heated debate, Trønderlauget and the Pakistani Student Association were granted less, and the associations Teknikum and DÅS were granted more. More changes could be made, but taking into consideration the associations, discussions, and the many criteria for funding, there were no more changes apart from the two.

The decision cases in the statutes for the Student Parliament led to a mildly heated discussion (quite as they often are, GA autumn '22 being the exception). All statute changes were approved except the change concerning the permissibility of submitting resolutions after case paper deadlines.

After a well-deserved break containing scrumptious brownies provided by the Faculty of Chemistry, Biotechnology and Food Science, the discussion cases were next. Input was added to cases from welfare political documents, and its resolutions on commercial-free campus. The student representatives deliberated on what welfare is, and the importance of welfare to the students of Ås; subjects being prices in the canteen, better housing conditions and more water dispensers at campus. The resolution for an advertisement-free campus was met with wide opposition and a wish to better define what and who this is supposed to affect.

After a meeting well done (this is where we praise the exceptionally pristine, cheerful and effective chairmen), Student Parliament session 2 ends on record time. The representatives around the horse shoe seem to be highly content with the new and earlier meeting start.



Tord Kristian F. Andersen  
Journalist

Sofie Palmstrøm  
Translator



# Master of your own space?

## How do faculties handle fixed master's seats differently?

There will come a day when the study period comes to an end. Most studies then end with a degree thesis, especially for those who complete at master's level. Master's theses are usually between 30 and 60 credits, and for many it is important to have structure in this work. This is where the fixed master's seats come in. This is effectively your workplace for the next (half)year. But not all fixed master's seats are created equal. Only one in seven faculties has enough master's places available for the number of master's students. So which faculty is really doing the best?

### The speech of the numbers

I started by examining how many fixed master's seats are actually available, and who is responsible for them.

	No of regular places	How do you get it?
Faculty of Biosciences	49	Student Council of BIOVIT
School of Economics and Business (HH)	42	Application to student advisor at the school
Faculty of Chemistry, Biotechnology and Food Science	35	Application to Student Council at KBM
Faculty of Landscape and Society	113	Application to Student Council at LANDSAM
Faculty of Environmental Sciences and Natural Resource Management	150	Allocated by the Student Council at MINA
Faculty of Science and Technology (REALTEK)	99	First come, first served – done by Teknikum
Faculty of Veterinary Medicine	No allocated places	Faculty of Veterinary Medicine do not have theses
SUM	488	

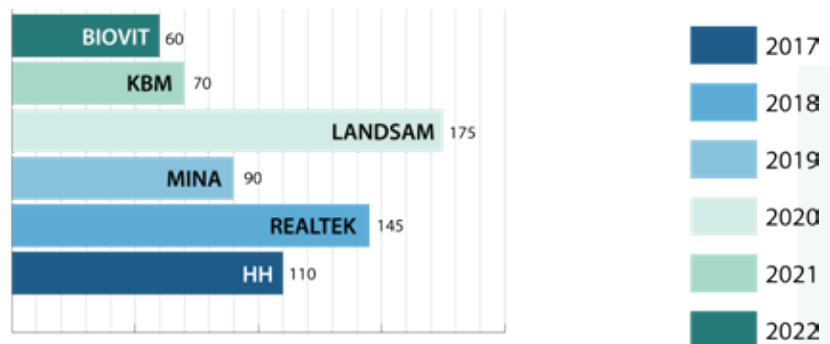
At most faculties, you apply to the student advisors or student councils to be awarded a fixed master's seat. REALTEK, on the other hand, has carried out a disavowal of responsibility by delegating the distribution of fixed master's seats to the umbrella organization of their student associations. This doesn't necessarily mean a lot if there's enough room for everyone who wants a seat—it's not.

In recent years, the number of students has increase at all faculties. Here we've used autumn 2017-2022, since a major faculty reorganization was carried out before this.

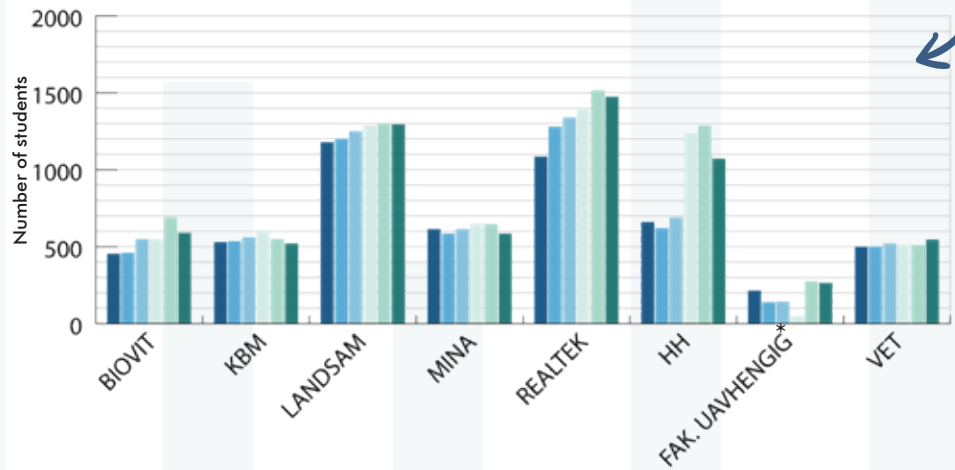
Especially REALTEK and the School of Economics and Business are worth mentioning here.

The bottleneck is in many ways the number of students who write a master's thesis during the spring, as most master's students write in the spring semester.

Number of students submitting master's theses spring 2022



Change in student numbers since 2017



\*independent

By comparing the number of places and the number who write a degree thesis, you get this table:

	Number of regular seats	Master students spring 2022	How many are secured a fixed seat?
Faculty of Biosciences	49	60	75,00%
School of Economics and Business	42	110	38,18%
Faculty of Chemistry, Biotechnology and Food Science	35	70	50,00%
Faculty of Landscape and Society	113	175	64,57%
Faculty of Environmental Sciences and Natural Resource Management	150	90	166,67%
Faculty of Science and Technology	99	145	68,28%
Faculty of Veterinary Medicine	No allocated seats	-	-
SUM	488	650	74,46%

Here you can see that the percentage of students the faculties can offer fixed master's seats to ranges from 38- 167%, with an average of 75%. The total number of people who will not be offered a seat is 221. It is important to mention that not necessarily everyone wants a fixed seat. Nevertheless, it is strange that a growing university does not seem to take into account that this means more space is needed.

Since 2016, both students and the number of full-time equivalents of employees have grown, the former by 22% and the latter by 14%. A full-time equivalent is to be understood as a 100% position for a year, so the number of employees will be somewhat higher than what pure numbers reflect.

#### University/Faculty

The way it works today, the distribution of fixed master's seats is not handled centrally, but at the faculty level. Property Director Kjersti Sørli Rimer therefore says that, "This means that it is the faculties that allocate space for fixed master's seats within the areas of their internal rent agreements. There is no joint arrangement or coordination of this beyond what is

stated regarding fixed master's seats in the current campus plan."

NMBU is revising the internal rent scheme this year, and Kjersti says that NMBU is open to input on how the scheme for fixed master's seats should be organized:

"NMBU at the Department of Real Estate (EIA) is revising the Campus Development Plan (CUP) this year, which will follow up NMBU's strategy that emphasizes sustainable operations and land use, sharing, sustainable operations, interdisciplinary meeting places and more. This work will also provide guidelines for how NMBU chooses to organise and use space for fixed master's seats. Students will be invited to work on CUP. The Study Department and the EIA are working together with the faculties in the further discussion."

#### Andre alternativer

In addition to fixed master's seats, NMBU can provide information on its website about open (quiet) reading rooms in the Tower Building, Biotek, Meieribyngningen, Sørhellinga, and TF. There are also group rooms at Sørhellinga, Biotek, TF, the

Tower Building and the Clock Building. Computer labs with little-to-no structured teaching are in Jordfagbygningen, Husdyrfag, Parkgården, and the Tower Building. In addition to this overview, the Beehive is also a popular option for reading and group work.

Although the lack of fixed master's seats is often understood as a recent problem, this has been a Gordian knot since the NLH days. In 1998, the business administration students occupied part of the cafeteria in the Tower Building because they had not been given the seats they believed they were entitled to. The college at the time chose not to reclaim the space while in use by the students. Is this something to learn from?

All in all, growing pains are not unexpected in such a situation. However, the problems are not a historical anomaly. There is a reason why the development of Campus East is being looked at closely: We need more space. And for every student who completes a degree, the university is given money. Shouldn't we then also be guaranteed the living conditions to do this in a good way?

	2016	2022	Percentage increase 16-22
Number of students	5180	6345	22,49%
Full-time equivalent employees	1540,95	1763,06	14,41%

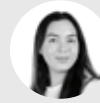
# TT tests: Study Techniques



Synne Louise Stromme  
Photo journalist



Viktor Talgø Syvertsen  
Illustrating photo journalist



Celine Våga  
Journalist



Benjamin Alexander Faulkner  
Translator

Are you thinking, “Damn, we’re halfway through the term, and I haven’t even begun studying”? No worries! Tuntreet has tested various study techniques to help you on your way!

## First and foremost

The best method for us, is not necessarily the best method for you. Study techniques are quite individual, and we all have our preferences: some enjoy reading at home, others at the reading rooms. Some of us never miss a lecture, others like reading for themselves. Others prefer to direct their focus on one task at a time, others on fifteen.

Anyway. We’ve selected a few techniques after our own choice. But we are kind, so we’ve found a few more techniques so that we can share our experiences with you! You may now accompany three of Tuntreet’s staff onwards towards the dangerous waters of the studying ocean.

*Synne: lists, a few notes, home-made flash cards and Hold*

I am a person who often skips lectures. I like studying at home (though I go to the reading rooms from time to time). My goal is to be comfortable (spooky!), but it is oftentimes what works for me. I like doing many things at a time, and even watching tv-series in the background with loads of noises and activities simultaneously.

Lists have become my best friends as I’m seldom able to sit with one thing at a time, jumping between different tasks faster than I go between bars at Sløyfa during UKA. I use the To Do app by Microsoft, listing every mundane task I have there in categorized sections. By having everything in one place, the risk that tasks are neglected is quite minimal. I am not fond of lectures. It is because I worry about writing down everything that is said instead of actually listening. I’ve tried the no-notes technique! No-notes means that, during lectures – or while reading – you don’t take notes. The point is that you’re supposed to focus on internalizing information while getting a better understanding of the subject matter.

I understand why this is handy, but I’ve also found out that it isn’t the perfect technique for me. I can definitely say that I’ve gathered a lot of information,

got a better understanding. A lot of it, I can recount. However, with my goldfish brain, I need something a little more concrete. I tried my own thing: the some-notes technique. I’ve tried to hold focus on following the lecture; from time-to-time writing key words working as an anchor. I am very pleased.

After lectures and readings, I have used Quizlet. It is a platform where everyone can make their own flashcard series, which others can put into use. This seems to work quite well, as long as you have some form of background knowledge. Quizlet is good for memorizing certain things, and for repetition. If you try to use this alone instead of watching a lecture, you won’t get far by my account. What seems to work well is to use physical flash cards: you repeat things twice as you write down the information and cram it afterwards. You could do this in Quizlet, but I prefer pen and paper there.

In the end, I’d like to share my experience with Hold: if you read a little further, Viktor will tell you more of what this is. On the contrary, I am no fan, as I can’t even decide what song to listen to on Spotify.



## Viktor: no notes, Hold, Scoping and change of scenery

I have previously been quite fond of writing summaries in different subjects. Watching the notations become well-structured compendiums is a sort of a freaky pleasure in my schoolwork. With time, I've worked with countless study techniques, but today, I don't even know how to attain information optimally.

"Scoping" was the first technique I started with, but the test ended with the first try. The technique was to create a sort of thought map with categorizes the subjects in the curriculum. By using colour coding, I make myself conscious on what I know and what I should practice. The technique became more of a nuisance than a tool.

Further on, I tried "no notes". This technique is in the hall of fame in my academic toolbox, but as the hammer and nail, I feel the technique cannot stand alone. I have no eidetic memory, so I have to use notes and key words as support. In my studying day-to-day, I will continue to use "no notes" daily, but the last work of the week is running through the curriculum again and write concise notes to the subject matter.

I really recommend giving "no notes" a chance, either by listening to a lecturer. It has really given me a better understanding of the curriculum and lecture matter.

In conclusion, I'd like to say something about environments in studying sessions. A very skilled student colleague opened my eyes to the value of a change of scenery during a working day. I have tried to separate lunches and breaks from studying sessions – not just mentally, but physically. Most of you probably have this as a habit already, but those who don't: eat lunch someplace else than where you grind your nose into your book. What about moving to a completely different building? Letting your brain get a breath of fresh air does wonders to your focus for the next session. For the one with a need for more motivation, I recommend Hold. This app is simply enough a timer, giving you points for every twentieth minute you don't use the mobile. These points can be used on prizes and coupons. The app is free, and in my experience, a good motivator.



## Celine: SQ3R and Pomodoro

To my bewilderment, the list of mandatory journal articles is growing longer and longer. As preparations for my master's degree, I realized that I need a better technique for knowledge retention. I stumbled across SQ3R (always pronounced like "squirt" in my head"), which in reality is a BISON-overview 2.0.

The method consists of five steps: survey, question, read, recite, and review. The difference from the well-known Bison-overview (pictures, introduction, summary, headings, and NB-words) is that you add your own questions for every heading/subheading with the goal of being able to answer everything after having read the text. In this way, you gain an overview of what is most central, and you are forced to search actively and read intentionally. By repetition, you are ensured that you get your information in the text, and that you are able to answer the central questions you have asked yourself before jumping onwards.

For the procrastinator, or a person who is not able to work continuously, I have the solution. A digital Italian tomato-shaped kitchen watch. Stay with me. Pomodoro Timer (pomofocus.io) is an interval-based tool which has made wonders for me, my focus, and my productivity. Pomodo (Italian: tomato) consists of sitting down, working on what

you are supposed to, until the clock strikes. After it rings, you get a break where you are not supposed to do anything. Get up and stretch out. When the clock calls again, get back to work. In this way, you'll strive to complete small goals, pushing yourself to read that last three sub chapters. If you have ever ran intervals, or attended group sessions, you know the feeling of giving everything before the target goal. Pomodo gives the same vibe. It is customizable: length of intervals, breaks, colours, sound on the clock and more. I agree with Synne and her love of lists, and when I saw that Pomodoro has a list and cross-out function, I was sold. This interval technique worked phenomenally with SQ3R-techniques and kept me going. Even when I was off my head.



### Good luck!

We hope you gained a little inspiration from this, and we wish you good luck in finding your study technique. PS: it is smart to start soon – exams are approaching! ;)

# 3 for 2

-på ett stort utvalg rekvisita

**Velkommen innom Boksmia**

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Tilbudet gjelder fra 20/3-1/4





Bonnie



Bondelaget

## 6 Tips for your first trip to Landbrukets Hus



Bonnie Sutherland  
Writer



Celine Våga  
Illustrator

Oslo is an exotic destination for many Ås students, if not for the culture, just to say that you were there. But how can you get a taste of the city - without having to interact with any city people? And how to keep your trip on a budget? The perfect solution has fallen into my lap – and all it takes is signing up for an agricultural political seminar.

### 1. The neighborhood

This is an ideal trip for the city-shy student. You'll basically trade in the Ås bubble for an agricultural office bubble. You'll only need to be outside in the mind-numbing grid of Oslo for 20 minutes at a time, maximum. Stepping out of the bustling Grønland neighborhood and into Landbrukets Hus is like being born again. The wall-size photographs of sheep and cows in pasture will calm you and wipe from your memory that you're in the middle of a horrific city.

### 2. The budget

The seminar is sponsored by the Norwegian Agrarian Association (Norges Bondelag) and Norwegian Agricultural Cooperatives (Norsk Landbrukssamvirke), who covered all the costs – food for one and a half days, a stocked bar at dinner – free wine and beer, don't mind if I do! Plus a night in a hotel in Oslo. My only contribution was for train

tickets, bringing my total cost to 132 kroner. Free alcohol almost makes you forget you're picking a career that is incredibly underpaid!

### 3. Learn the language

To talk with the locals in Landbrukets Hus, you'll have to know the vocabulary. You'll want to be up to date on your understanding of channelization politics, sustainability in the meat industry, the Grytten committee, overgrowing pastures, turnover fees, and frame conditions.

### 4. Try the local food

Yum! As you'll expect, no spices are present except salt and herbs. Beef, ham, prosciutto, chicken, potatoes, vegetables, brownies and cinnamon buns! Meat in every meal! Come hungry, because food will be served every two hours. And there's a constant supply of coffee and cocoa (two food groups acceptable to be imported).

### 5. How to blend into the culture

Bring along your knitting – with eight hours of presentations in one day, there's plenty of time to finish a sweater or two. Otherwise, clothes will be provided to you. We received two caps, a headband, and a hoodie.

### 6. What to see

Landbrukets Hus has several attractions you won't want to miss. The lobby has farmer magazines to read, and even two chairs made from old tractor seats. The stairwell has a gallery of artwork, featuring photographs of peoples' names written in eggs. Go on up to the 6th floor canteen, where you can look out on the grayish skyline of anonymous buildings. And there's nothing like seeing the sun slowly set behind a powerpoint presentation on the screen.



# MASTER'S MANIA AT KBM

Recently, there has been intense competition for fixed master's seats and contracts for different supervisors and research groups at KBM. This competition is not limited to master's students, as second-year bachelor students have also been securing master's projects.



Celine Våga  
Journalist



Ylva Friberg  
Photographer



Ida Haraldstad  
Translator



For most students, the entire process leading up to writing a master's thesis is challenging, not to mention a mental burden and stressful in itself. However, the stress of securing a master's project early at KBM has reached a new level. The mania has been picked up by the study administration at KBM, and changes for master's students are now on the way.

## Master's mania at KBM and concerns

In the spring of 2022, study advisors at KBM received concerns from students about choosing master's projects. That same spring, they took action and forwarded the students' concerns as a case to SU, the study committee at KBM. The challenges addressed include the unnecessary stress that students feel when choosing a master's project and the desire to create a fairer distribution of master's projects.

Study advisors also reduce the challenge that master's students coming from outside NMBU face in the competitive master's environment at KBM.

There are several ways to change the existing system. Both study advisors and SU have looked at and compared how distributions are made in other faculties such as the School of Economics and Business and the faculty of Science and Technology, as well as looking to NTNU for inspiration. Distributions based on motivation letters and grades have been suggested, there are many possibilities, but not all are equally relevant. There are several factors that need to be taken into consideration when the study department addresses the concerns and makes changes.

## Addressing the problems

The study administration at KBM has been aware of the challenge and has previously received some feedback on it. SU leader at KBM, Åsmund Røhr Kjendseth, explains that in the fall of 2022, they began to address the issue and put together a task force to develop solutions to the problem. The task force consists of the SU leader, the PR leader for KBM, study advisors, and two student representatives.

That same fall, a mandatory activity for all master students at BIOTEK, MASTER301, was also established to strengthen students' knowledge of what it means to write a master's thesis and provide a preview of the research happening at KBM. This is done to facilitate for the student starting the master process at a more appropriate time, the fall they are accepted to their master's program.

### The new system

At KBM's SU meeting in January, a new system for choosing master theses was adopted. With this new system, they believe that the challenges surrounding the master mania can be addressed. Kjendseth further explains that third-year students will receive an orientation from the study advisers about the new system in March. This new system will apply to master admissions made this summer and will look something like this for future master students at KBM:

1. Relevant projects will be available online from around June 1st.
2. On August 18th, all supervisors will present their available projects at a stand in Vrimehallen (both internal and external).
3. From August 18th to September 1st, students can prioritize three to five projects.
4. In early September, a lottery will be conducted for projects in cases where several students want the same project.

The purpose of this new system is to ensure that no one can make agreements in advance, and that supervisors cannot reject students who do not have grades that meet the supervisor's expectations. "The study administration at KBM hopes this will provide students with increased security and that the process for choosing a master's thesis will be fairer," Kjendseth concludes.

### Listening to the students

Study advisor Heidi Rudi says they are happy that the students are engaged and speak up when something is not working. The student's voice was represented early in the process and the input they had for the SU was taken seriously. Student representative in the working group, Jenny Skjeremo Telstad, says the students are happy that their request was taken seriously and that measures were quickly put in place. "We feel heard," Jenny comments.

Although the new system has not yet come into effect, Jenny thinks it is a great initiative and the cleanup of the old non-optimal system is good. She herself has experienced the stress surrounding the choice of a master's thesis, an experience she confirms several other fellow students have also experienced. "Already in August of the first year of the master's program, many research groups at KBM that offer master's theses

were full, as students had made agreements with them before they were even admitted to the master's program," says Jenny. She also talks about the particularly unfair position bachelor students outside NMBU found themselves under the old system.

"I, and the students I have talked to, are very positive about the new system and believe it will solve many of the problems and lower the stress level that has been present before," says Jenny. Many students see the new system as fairer and that everyone is on an equal footing when the choice of a master's thesis is made. Jenny adds that having a proper system with set deadlines clarifying when to actually choose is good.

Because the new system is brand new, adjustments to the system will probably have to be made. Based on the experiences that the master's students now have, the feedback that comes in will be important to ensure that the situation continues to move in the right direction.



Heidi Rudi



Åsmund Røhr Kjendseth



# TT Taboo: Salaries

A salary is defined as “the term for an employee’s remuneration in money,” according to Store Norske Leksikon (SNL). An unnecessarily difficult definition, where the word ‘remuneration’ means recompense, compensation, reward or just money. This compensation that a worker gets in return for their work is crucial to people’s lives, and students no exception.



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Journalist



Sara Thu  
Illustrator



Sofie Palmstrøm  
Translator

## Status for students

With higher prices for food, transportation and other expenses, more students are dependent on other sources of income in addition to the loan fund. Extra shifts, part-time jobs, summer jobs, etc. A job can provide meaning, a social community and skills, and last but not least money. That’s why most of us have a job. When work then becomes a bigger part of life, to remedy increased expenses, does the conversation around wages subsequently become bigger as well? Or is it still taboo to talk about? Do people know what they’re supposed to earn? How does it feel to talk about salary with friends? Or to ask for a salary talk with your boss? Tuntreet does its best to shed light on the matter here, and check the status, including a survey with 23 respondents (not all 23 answered all questions).

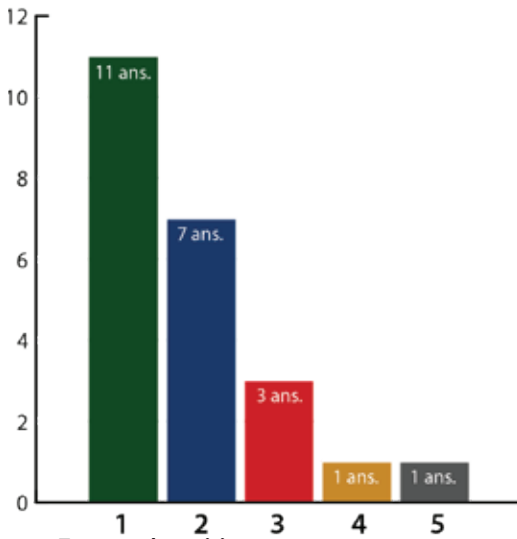
## “Salary is hard”

... says a student Tuntreet has spoken to. “How do you know what price tag to put on different types of work? Who or what determines the salary of a kindergarten teacher or a welder?” The student Tuntreet interviewed wishes to remain anonymous so we refer to him as ‘Thor’. Thor has had several different jobs in both the private and public sectors, such as working part-time at restaurants and as a youth worker for the municipality. Thor is now studying for a master’s degree and is among those who are unsure what kind of salary he should expect to receive in working life as a graduate. “I’m studying something that doesn’t give me a specific working title, it makes me a little bit more of a ‘potato’ – can be used for more things. Rather, my impression is that studies



How do you generally feel about talking about salary with friends?

Answers: 23



1. Fun and exciting
2. Indifferent
3. Awkward/uncomfortable
4. Feels taboo
5. I think it's important to know if your salary is fair

that are more profession-oriented, such as a landscape architect or veterinarian, know more about what to expect,” Thor continues. When asked what it’s like to talk about salary with friends and acquaintances, Thor replies, “Personally, I don’t have any problem talking about pay. In the workplace, it can also be positive to ‘play with open cards’ with colleagues who do the same job as you, because then you can find out more about what you deserve. In any case, I think the most important thing is to get fair pay for a fair job.”

**Tariff – Arabic (فيريعة) for “announcement”**

Tariff is a word used for set prices, such as wage rates. In working life, these rates are often regulated through negotiations between employee organisations and employers’ organisations. In some cases, negotiations may also take place between management and employee representatives “on the individual enterprise” according to SNL. In addition, collective agreements often govern other working conditions such as holidays, pensions, notice periods, working hours, etc. In other words, a tariff agreement involves a lot, and there is often a lot that is difficult to understand. According to the survey sent out by Tuntreet, just over half answered that they do not know what to earn in their profession / position in relation to tariff. There can certainly be several reasons for this. Perhaps you haven’t read the contract so carefully? Perhaps the employer has been bad at disclosing which agreements they adhere to?

Have you ever had a job where you have been unsatisfied with the hourly wage?

Answers: 23



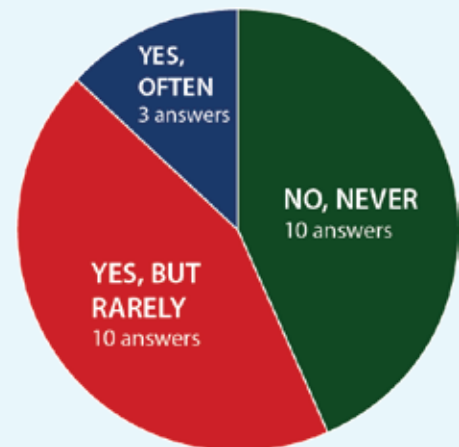
Do you know what you’re supposed to earn in your career/position according to tariff?

Answers: 23



Do you talk about salary with friends?

Answers: 23



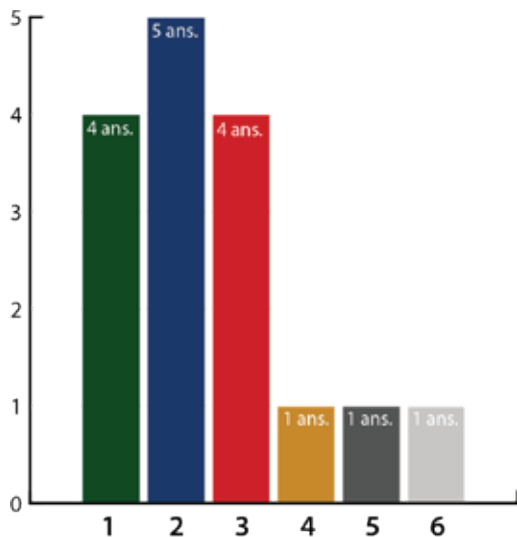
Nevertheless, tariff agreements are important tools in wage negotiations and not least for everyday predictability. As Fellesforbundet writes on its website: “One of the advantages of tariff agreements is that you do not have to discuss with the employer all the time about what the terms should be (...)” A solution to get a better overview may therefore be to join a trade union such as Tekna, student membership in the Norwegian Confederation of Trade Unions (LO) or the Young Union (under 30 years). These often have salary overviews and recommendations based on sector, position, education and years since examination.

**Salary and friends ...**

... doesn't always go hand in hand? Or? In Tuntreet's survey, only three answered that they never talk about salary with friends, while ten answered that they do it rarely and finally the remaining ten answered that they often talk about salary with friends. Most described it as something 'fun and exciting to talk about' or that they were indifferent, while the third largest group, with three responses, found the conversation about pay awkward and uncomfortable. The students who responded to the survey thus show a trend towards a salary conversation with friends not being so taboo. Maybe times have changed? By talking more with friends about topics from working life, it provides an opportunity to gather more information, get a better overview. Where is the best place to work? Private or public? Is it more profitable to have a well-paid summer job, than a medium-paid part-time job the rest of the year?

**If you have not asked for a raise, why?**

Answers: 16



1. Satisfied with my hourly wage
2. I think it's uncomfortable
3. I know it won't give any results
4. I don't think it will give any results
5. Haven't found the time
6. Work in a municipality

**Have you ever had a salary talk with your boss?**

Answers: 23



**Have you ever asked for a raise?**

Answer: 23



“It’s a shame that people are so reserved when it comes to talking about salary. There is no shame in earning a lot, a little or something in the middle. Employees will benefit from talking about salary.”

“I think people need to know what they should and HAVE TO earn as a student in the work environment.”



No matter where on the scale you are, whether you find it comfortable or uncomfortable to talk about salary, no one should be pressured into sharing that kind of information. Perhaps some are afraid of being seen as being worth less, or feel that they have settled for too little? Perhaps you were raised with an attitude of not sharing what you get in salary with others? Or someone simply do not want to tell.

#### Asking for a raise, an uncomfortable conversation

One student who responded to the survey wrote:

**“As a master’s student applying for a job now, I find it strange how random pay seems. I have talked to friends who have received better grades than me in my studies, who have been offered 50,000 NOK less than me in annual salary. It has been really nice to be able to compare with each other. I asked for higher pay in a part-time job I had, when the contract was due for renewal. I prepared for the conversation by writing down the reasons why I should get more and made a suggestion. The boss gave me the salary I asked for.”**

In comparison, twelve out of 23 students have never had a salary talk with a boss. 15 out of 23 have also never asked for higher wages. Only four responded that they are satisfied with their hourly wages when asked why they have not asked for higher wages, while four others write that they feel uncomfortable asking for a raise. Six people write that they do not think it will bring any results, and therefore they do not see the point of asking for higher wages. Maybe this is where the problem is for more people now? Perhaps the conversation around salary with friends has become less taboo, while salary discussions with the boss, and questions about increased pay, still cause discomfort in most people?

While the scholarship is exactly the same for everyone who studies, there is great variation in what you get in salary. Conversations about this can be instructive, but also painful. For some, it’s about justice, and for others it lead to inferiority complexes. For most people, there can be a lot to gain from daring to have the conversation with both their friends and their boss. How this will be in the future is difficult to say, but perhaps this survey among NMBU’s students can give an indication of what to expect from the conversation about salaries in the future?

# The Vets: in or out of NMBU?

The Faculty of Veterinary Medicine has been a part of NMBU for 9 years now. There is very little criticism of the aspects and consequences of this integration from a professional point of view, but from a social point of view, the situation is quite different: The veterinarians are said to be isolated from the rest of the students. Some consider their isolation as voluntarily, others find themselves in that position despite their wishes. Either way, they all share a certain unease in regards to the subject, an unease that was recently strengthened when it became known the veterinary students' association rent a place of their own for their social events.



Tpo  
Journalist



## A little flashback

In 2014, the Norwegian University of Life Sciences (Universitetet for miljø- og biovitenskap; UMB) merged with the Norwegian School of Veterinary Science of Oslo (NVH) and was renamed Norges miljø- og biovitenskapelige universitet (NMBU). NVH became the 7th faculty of our university and all administrations were merged. However, student organisations such as Veterinærmedisinsk Studentforening (VSF) and the veterinary student choirs have remained independent to this day. The vets also kept their buddy week, their parties and their social events in general away from the other students and Samfunnet.

## In and Independent

The situation is complicated. The vets “had a lot to learn when we first came here and had to adapt to how NMBU does things, and the pandemic didn’t help,” VSF explains.

It may not always be easy to see it, but becoming a part of NMBU changed a lot. VSF explains that, “having our students living with other students from different faculties brings a new element to our integration here, and as times progresses, we hope that everyone should feel welcome to our studying quarters and likewise.”

The main issue however is space. The vets are physically separated from others: “Our main bulk of lectures are done within the newly built veterinary building. Here we have the standard lecture rooms, dissections halls, laboratories, library as well as many more. When we have some time off between lectures, we have the possibility to do some catch-up reading at some of the group-rooms, or we can enjoy some down time at our student zone named Stafylokåken.” If two groups don’t see each other on a regular basis, it is hard to build bridges.

## Samfunnet and the Vets

Before addressing the elephant in the room, the vet house, we need to discuss the relationship with Samfunnet. VSF explains that “Large upheavals such as moving from Adamstuen to Ås carries with it a certain amount of learning and adapting. This, along with Covid, took us some time to get used to; but with a cooperative Samfunnet and a very welcoming student-mass here at NMBU, we are starting to feel very much a part of the student life here. A further development is something we are looking forward to.”

## The House of a 1000 misunderstandings

As said earlier, the question of the “foreningshus”, the place rented by the veterinary students’ association for their social events, quickly became a hot topic crystallising suspicion and resentment towards the supposed separatism of vets. VSF clearly wasn’t expecting such a thing to become this big. “There was unfortunately some misunderstanding regarding the “foreningshus” for the veterinarians and veterinary nurses.” they reacted by quickly organising a meeting with the Head of Bodega and an AU representative to make everything as clear as possible.

They further explained that “St.Blasihus (name of the foreningshus) is not something that we have bought, but that our union, Den Norske Veterinærforeningen, has rented. Like many other student associations at NMBU, it will also be used for smaller gatherings, after-school studying, courses for local veterinarian students as well as those studying abroad. This is still under development, but as stated above and through a mutual understanding with Samfunnet, St.Blasihus is no competition or replacement for the much-needed facilities in which Samfunnet provides for the students.”



THEY CONTINUE THIS WAY, BREDE

BREDE?

I'VE EATEN OUT CHICKS BEFORE, BUT NOT LIKE THAT

I'LL JUST CHUG SOME DISHWASHING SOAP ONCE THIS IS OVER

I KNOW YOU'RE THE ONE DRAWING THIS COMIC, SO YOU MUCH HAVE BEEN THE ONE TURNING ME INTO A CAT

JUST BECAUSE I DREW YOU, DOESN'T MEAN I MADE YOU INTO A CAT

BECAUSE I'M A BETTER VERSION OF YOU

GET OUT! THIS IS THE LAST TIME I'M DRAWING YOU!

AND THE STEPS LED HERE

LOOKING FOR

HOW CAN YOU BE SO DUMB AND YET DO BETTER THAN ME IN PHYSICS

THE NGA COLLECTIVE, COULD THE CULPRIT BE HERE?

WE'RE LOOKING FOR-

WAIT, AREN'T YOU IN MY CLASS?

WHAT? DID YOU SWAP BODIES?

OBVIOUSLY!

ARE YOU BEHIND THIS?

WHAT WOULD BE MY MOTIVE FOR DOING THAT?

THE NGA COLLECTIVE

ARE YOU SURE YOU WANT TO SWITCH BACK?

THE TRAIL LEADS TO HUNKATTENE. WELL, THEY ARE CATS

LIFE AS A CAT IS STARTING TO IMPROVE

WE ARE BACK WHERE WE STARTED

BUT WHO?

I'M ME AGAIN!

AND THAT THING DID IT!

HERE COMES THE MOUSE!

I'M GONNA BE A CAT FOREVER

CAN YOU SOLVE IT?

# JULIE TWIST OG EMILIE DEL MAR





# AN EASTER CAT-ASTROPHE FOR THE STUDENT

## STARRING

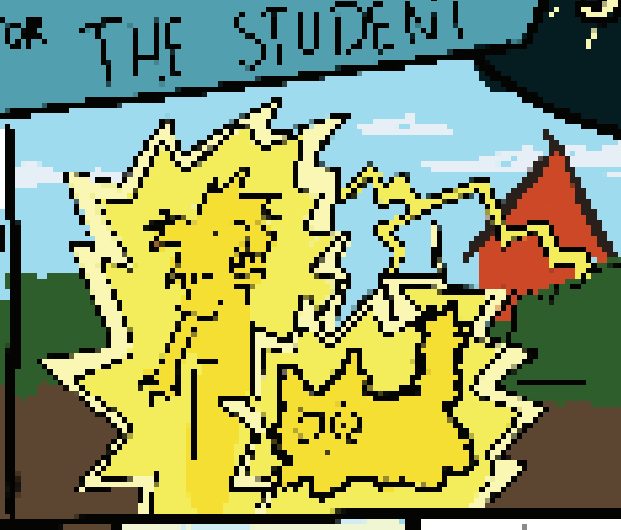


WHAT?  
???

PAWS?  
???

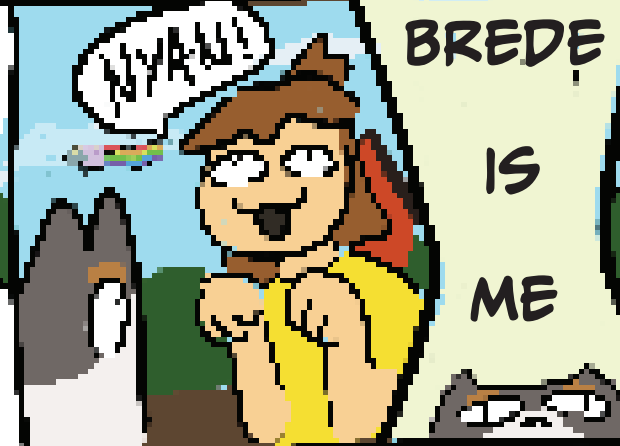


I CAME FIRST IN PHYSICS AGAIN! EVERYTHING IS GOING WELL FOR ME, NOTHING CAN RUI...



AM I BREDE?

DOES THAT MEAN...



BREDE IS ME



I EVEN HAVE BALLS

WHICH IS STRANGE, BREDE IS A GIRL. EVERYONE KNOWS THAT



THAT'S HOW IT IS, BEING A HANNKATT



WHO COULD HAVE DONE THIS?



DO YOU KNOW WHO IT WAS, BREDE?



FAIR ENOUGH, I'M SPEAKING TO A CAT



LOOK, THERE ARE STEPS HEADING TOWARDS TF



HELLO, WE'RE HERE FOR...

JEHS! SOON YOU'LL BE MINE



WHO DARES TO ENTER MY WORKSHOP!

DON'T KILL US!

ARE YOU A TALKING CAT?



YES! FASCINATING! IS THIS A CASE OF BODYSWAPCATITIS

AND THIS IS THE BODY WITH THE CAT



GENIUS! HAS TO BE A STUDENT'S WORK

I NEED TO RUN SOME TESTS BUT FIRST I SHOULD DISSECT THEM



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telefon 05700

# Tuntreet lets the statistics speak for themselves: The fail rate in some subjects at the university



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Journalist



Rebecca Øistad  
Illustrator



Sofie Palmstrøm  
Translator

We've all heard, "Shit, almost 100 people failed at MATH this year!" or "Oh my God I passed, I'm so glad I didn't fail!" After some research on karakterweb.no, Tuntreet has got its hands on some statistics about the university's fail rate.

## Karakterweb – where the magic happens

Karakterweb shows the distribution of grades in subjects at Norwegian universities and university colleges, several years ago. The website retrieves the statistics from DBH – Database for Statistics on Higher Education, under the Directorate for Higher Education and Competence. The figures are reported by the universities and university colleges.

## Total fail rate around the country

According to DBH, the average fail rate at NMBU last year was seven. This was also the case in 2017, and it gradually declined from there to 5.3% in 2020, before gradually going upwards again to 7% in 2022. In comparison with the other major universities in the country, NMBU is on the higher side, but it is quite even.

## So, to the point – which courses at NMBU do most people fail at?

Nowhere does it say in black and white which courses at the university have the highest fail rate. I can understand that the course coordinators do not like having their subjects on display in this manner. Thus, I found five major courses at the university and will present the fail rate and percentage of A's in these. Master's and doctoral theses, special courses, preparatory courses, and courses Karakterweb does not have data on are not included in the overview. For data that does not go back in time, the year with the last available fail rate is used as a basis, which is usually 2022 or 2021.

**The fail rate in five major courses and their course codes**

In this case, JUS100, MATH111, LAD102, KJM100 and STAT100 became the five major chosen courses. In 2020, it seemed that only KJM100 was affected by slightly unusual forms of assessment. With 50% failing in 2022, KJM211 is the chemistry subject that has the highest current fail rate at the university overall. KJM312 comes in at a second place with 40% failing in 2022.

STAT100 has been taught as a ‘flipped classroom’ since 2016, but this does not seem to have affected the statistics much. 2019 was a major failing year in the STAT100-context. STAT100 is the STAT (statistics) subject with the highest fail rate.

The LAD102 and JUS100 have remained steady the past eight years. LAD102 is the only LAD (GIS) subject at the university with a fail rate. Among the JUS (Law) subjects, JUS220, JUS321 and JUS322 have the highest fail rates at 9% each.

**Were the 2020 MATH exams affected by postponement?**

As we all know, the exam in MATH111 autumn of 2021 was postponed until the new year 2022, in order to be held on campus. This can be observed in the statistics.

You have to go all the way back to 2017 to find a fail rate on the same level, and even then it was lower than in 2021. The proportion who received an A in MATH111 in 2021 was also at its lowest in eight years. However, MATH250 is the mathematics course at the university with the highest fail rate. In 2022, this was 71% and in 2021 it was at 65%! Before the pandemic, this was between 20-40%.

Of the largest subjects at the university, MATH111 probably has the most striking statistics, with a high and somewhat fluctuating fail rate throughout time. This could be due to everything from the examination and teaching form, to the fact that it is simply one of the more demanding subjects at the university.

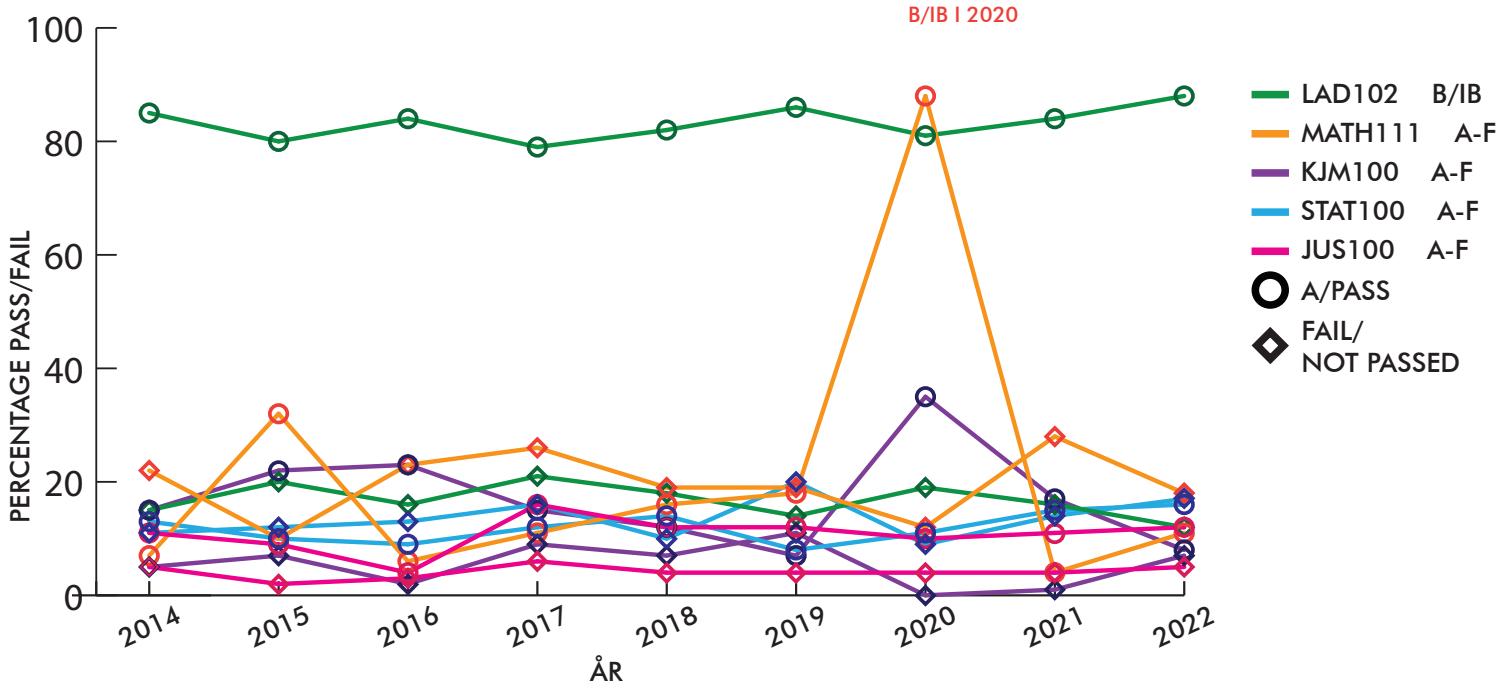
**Some thoughts regarding the statistics**

After going through the fail rate for a good number of courses at university, I have some thoughts. In the natural sciences, the fail rate is often higher, and in most social science subjects I have looked at, there have been no fail rate at all. This can perhaps be explained how there is more nuance in social science answers, and these can be rewarded in an assessment situation. In natural science exams, such as an exam in mathematics, one must arrive at a correct

answer using a very specific method. Here, there is little room for nuance and there are perhaps bigger pitfalls to fall into. As a social scientist who doesn’t understand numbers, this journalist is very much rooting for those of you who have undergone a somewhat gruesome exam in MATH or STAT!

*Did you know that...*

- Of subjects under the code BUS (economics), BUS133 has the highest current fail rate (29% fail in 2022).
- Of physics subjects, FYS110 and FYS235 have the highest fail rates with 25% each. The AOS (business administration) subjects are many, and here it is AOS341 with 41% fail that is the winner.
- Of the courses with an ECN (applied economics) code, ECN311 has the highest fail rate of 53%.
- Of the EDS (NORAGRIC) subjects, the highest fail rate is in EDS374A and this is at 8%. The only LAA (landscaping) course with a fail rate at all is LAA211, with 16% failing in 2022.



Two  
peers with  
Knut Sørbø





Ingvild Lauvstad Sunde  
Journalist



Tuva Hebnes  
Photographer



Ida Haraldstad  
Translator



**During his time in Ås, he has rarely spent time in places other than Samfunnet or in BEdehus. Even though you may not recognize him by his face, there is still a good chance that you recognize his voice! This is Two Beers with Knut Sørbo.**

It is the first time I visit the radio room when photographer Tuva and I meet Knut at Samfunnet on a Tuesday afternoon in March. “This doesn’t look good,” he laughs as he leads us down the basement hallway underneath the office wing. Despite briefly wondering if we’re getting kidnapped, we’re eventually led into a cozy little room with stark red walls, and we quickly realize that Knut only has good intentions.

The radio room is full of treasures, and Knut eagerly shows off an impressive collection of LPs, an old spotlight that once hung from the ceiling of Aud.Max., along with old issues of Tuntreet, broken record players, and other curiosities. We finally sit down at a table with professional microphones on stands, and it almost feels like we’re going to record a podcast episode. However, this time it’s not Knut who will be asking the questions, it’s his turn to be interviewed!

### **Telemark, signal drums, and mechatronics in Southern Norway**

“I grew up in a small village in Telemark called Lunde, outside of Bø,” Knut starts explaining when I ask about his upbringing. “Not many people know where it is, so I often have to spell the name,” he laughs. “I lived there until I joined the military, where I joined the band troop in the King’s Guard—I actually played signal drums!” he tells me, and I am mightily impressed! “In the military, I also met Annlaug, who would become my future wife,” he smiles.

“After I was done with the military, in 2014, I went to Grimstad and took a bachelor’s degree in Mechatronics at the University of Agder,” Knut explains further. Here I have to stop and ask - what on earth is ‘mechatronics’? “Mechatronics is probably just a fancy name for robotics, so technically my degree is actually in mechanical engineering,” he admits. “I also had Ås on my list of places to study, but I had deferred an offer to study in Grimstad while I was in the military,” he says.

### The UiA student's first view of Ås

"The first time I came to Ås, it was actually not to study here," Knut reveals. "My bachelor's degree was related to aquaculture, so my thesis partner and I took a trip to NMBU to get some help. It turned out that what we wrote our bachelor's about was first-year-level Math! So that was a bit embarrassing to find out," he laughs. "I didn't end up studying aquaculture when I finally started here in Ås, but at least I got to see TF for the first time," he adds with a smile.

"As a student from another university, the first impression was that this was a somewhat random place to have a school," Knut admits. The student from Grimstad especially noticed that the buildings at his own campus were of a slightly newer date than here in Ås. "But now I was introduced to Ås at TF, so I haven't thought much about what it looks like here later," he assures with a twinkle in his eye.

During the three years of his bachelor's degree in Grimstad, Knut finds out that engineering is not really right for him. "I had worked as a bartender during my time in Grimstad. After completing my degree, I went to Denmark to continue as a bartender there for another two years. This was actually a classic case of me moving for love. Annlaug was going to Denmark, so I went with her!" he laughs.

"Finally, I found out that I wanted to study to become a teacher. Fimke, Annlaug's sister, was studying at Ås and since I had heard a lot of good things from her, the choice fell on a degree in Teacher Education in Natural Sciences at NMBU," Knut explains. This concludes the story of how he ended up as a student here in Ås, but it's just the beginning of a study filled with engagement and many different positions. "After this, it has just been one thing after another!" he beams.

### The unique "Ås bubble"!

After studying for about the same amount of time at two different universities, Knut has some thoughts about the student environment at the two schools. "Ås simply has a livelier student environment," the student from Telemark explains. "There are more people coming from far away to Ås



In Grimstad, most people still lived at home and hung out with people from middle and high school." Knut believes this made it harder for outsiders to participate in student life. "But it was definitely not a bad study environment in Grimstad, it's just extra great here in Ås!" he assures.

### A strong voice in the association life

Knut was a much more confident person when he started as a first-year student at NMBU in 2019. He also had a rich source of information about the university's student associations, through Fimke. "I quickly realized that I had to go 'all in', or else I would just end up sulking in my room. I applied to both Samfunnet's photography committee and the student democracy before I even came to Ås," says Knut, showing an inspiring motivation.

During his time in Ås, the teacher student has particularly stood out for his voice, both on the radio and as a choir member. "I eventually became the head of the film and photography committee, and although this is a demanding position, I really liked it."

Despite enjoying his role as head of the committee, Knut noticed that he missed a sense of community. Over Rævne was therefore an easy choice. "I had been thinking of applying there for a while," he says. "I remember Annlaug had to tell me that I had to quit the committee before I could apply for Over Rævne. So, I gave up the committee position," he continues. "I understand why she gave me that dilemma, because even now I'm not home much

because I have so much to do!" Knut admits with a laugh. "So, I stepped down to a regular committee position again, to be able to participate in other things."

### "It takes some time getting used to your own voice!"

"I didn't know anything about radio before joining Agrammetropodden or the UKERadio, but I liked speaking!" the student from Telemark laughs. "It's been really fun to learn everything and to meet many different people, both artists and students!" He is clearly grateful for his time in the radio studio, which is now under the marketing committee. "But it takes some time getting used to your own voice!" Knut adds, laughing.

"The funniest people I've interviewed? It must be the vocalist of Honningbarna. I don't think I've ever met anyone who is so passionate about music and their own profession! And the vocalist of Brenn, Edvard Smith Save, was an incredibly lively and fun guy," he recalls.

### "I went down on one knee and everything!"

If the radio host wants to completely relax, the decision is easy, to go home to Telemark, to the cabin in Lifjell, either with friends or with his wife Annlaug. But what is it like to have found the right one? "I have no other word for it than that it's just very lovely. It feels completely right," Knut says with a smile. "And yes, I went down on one knee and everything!" he laughs. "We had just moved into Kringla, so the apartment was completely empty because it wasn't furnished yet. However, it still felt like the right time to propose because we were starting a new chapter in life together," he explains.

### The big motivation

"Everything I do and have done here in Ås is probably justified by the fact that I think this is when I have the chance," Knut declares. "I have to try to make the best of the time I have here! At the same time, I'm also turning 30 soon, so I should probably move on a bit," he laughs. After his studies, he sees himself starting a job as a teacher. "Ås has definitely made me a more reflective person. I have become more engaged, open, and extroverted!" he concludes. Tuntreet wishes Knut good luck in the future!

# Greetings



Good day, Knut!

Now we have had the pleasure of getting to know you over the last 3,5 years, but in some different arenas; Monika through student association life and engagement at Samfunnet, and Eirik through the teacher education. Knut, you really are the embodiment of honorable character. There simply isn't anyone else like him - a solid guy and genuine towards everyone he meets, with values and attitudes that shine through, and with great care and empathy. A couple of calming, soothing, affirming or encouraging words from you, is enough to turn the tide and everything gets a better outlook, in addition to the fact that there are few you would rather cheer with when it's time to celebrate! In other words: We don't only bring you with us to war, but everywhere!

A solid and wise friend, steady as a mountain, after all the rules of the art. Lots of love!

Big hug from us at Agrarmetropodden  
Eirik-Mathias and Monika



Knut with a capital K!

We are so thankful that you are a proper rascal. Can you believe that you're soon entering your final year of studies here at Ås with us? How are you gonna make it? Without your bubbling humor, bad jokes, wise words and teasing statements this time in Ås wouldn't be the same. You enrich us with your presence, both in every day life and at parties, paragraph 9A would not be the same without you (if you know you know). We are thankful to have you in our group, and remember; noting is sure in live, other than a pat on the back from Knut <3

Here is a pat on the back from your good friend and fellow teachers; Mari, Synne, Håvard, Vebjørn, Anne, Tonje, Elise, Edel and Eirik



Dear Knut

You are a gifted man with such an awesome register that you could be bass, but were placed in 1. Tenor! You took this challenge with ease and it's been this way ever since. Even if it's only been a year since you joined Rævne it feels like you've always been here. A willing participant with a high engagement and power of execution, but first and foremost a good friend.

You may not be a typical rævne-man when it comes to drinking and intoxication, because even if you are our "BERuser" you rarely get too BEfuddled and that is something we benefit from. When the rest of the gang is too bashed to function, you're there as a responsible and safe haven, who knows to take care of the people around you. We have much to learn from your reflections, encouragements for engagement and sporidical adult education of these sad excuses for charmers.

BBB and Best greetings from  
Mansskoret Over Rævne



# An Ås legend: Thorvald & TORA



Bonnie Sutherland  
Journalist



Signe Aanes  
Illustrator

Thorvald and Tora are the most recognizable symbols of the Ås culture – plastered in the Samfunnet logo, around the buildings, and anything associated with Samfunnet. But who is this mysterious pair? Where did they come from? And why have they stuck around so long?

Thorvald and Tora are personifications of Ås students. Thorvald was born 99 years ago, in the first UKErevue in 1924, “På ta hev!” (On Your Toes!). The revue opened with a new version of the well-known Ås students’ national anthem, made in 1912. The lyrics now described “Jeg og’n Thorvald og Johannes” (Me and Thorvald and Johannes). The trio is representative of the student body: ‘me’ embodies academia, Thorvald embodies the student life, and Johannes embodies ‘an idealistic outlook.’ The lyrics describe them as “boys of the right sort.” This may relate to Thorvald’s image as a well-dressed fellow with a graduate cap, with a short stiff visor and a big tassel, reserved for students in college or university.

The graduate cap, and the similar cap for high school graduates, began as European bourgeois status symbols because of the exclusivity of higher education. The cap was originally part of the student uniform and is woven into the rituals of being a student, associated with breaking norms and challenging the status quo, such as some traditions on the 17th of May. According to the student paper in Trondheim, Under Dusken (itself named for the graduate cap’s tassel), the cap fell out of favor in student

uprisings in 1968; students wanted to erase the boundary between themselves and the public. Still, Thorvald and Tora are today pictured with graduate cap and fancy clothing, a reminder of the student uniform a century ago.

Ås was quite different when Thorvald was born in 1924. The school, known as NLH, was centered around Cirkus, Tivoli, and Økonomi and their “tuntre.” There were about 150 students, mostly men. They lived in Cirkus, there were not yet plans of building the Studentsamfunnet building, and “På tå hev!” was held in Festsalen in Urbygningen.



Visitors from Oslo sometimes came by horse. The current events inspiring the revue included the newly built Tower Building and Roald Amundsen's journey to Greenland. They also sang a song about the annual geology trip to the Oslo fjord, where the boys, already bored by the fossils and crabs, got distracted by a group of beautiful girls. Their professor steered them away, telling them that the path of science is apart from the sensual world. The revue ended with the song "Nei gamle tider, gamle menn" (No old times, old men). The students portrayed frustration about the nagging at school, but at least they were learning what to avoid doing themselves, and could laugh about it later. They finished, "let them talk while you just accept it, even understanding you were born in a time of decline." Clearly, modern students have some commonalities with those in 1924.

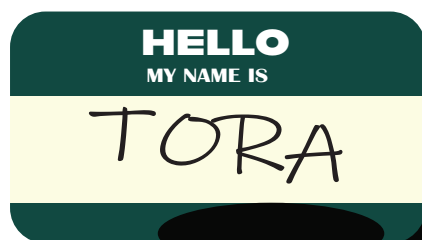
The male students in Ås surely felt deprived of female company in those days, but they found creative solutions. The students hosted dances with music by Studentstorbandet (the student orchestra), then called Orchestra Populi. Because there were virtually no female students at NLH to dance with, Studentsamfunnet appointed a committee for bussing in female students from the surrounding area.

By the 1960's this was known as the Rundbrennerkomité (Ladies' Man Committee). The committee would welcome the buses of women, host a preparty, then make sure the dancing continued late enough that the buses stranded the women in Ås and they had to spend the night. Such were the days before Thorvald had a Tora.

As several more female students trickled into Ås in the first half of the 1900s, their personification became unofficially known as Thorvaldine. In the 1970's, the number of female students increased dramatically (up from 10 in 1960), and women made up 40% of the first-year students by 1980. A mere 56 years after Thorvald's release, his dance partner Tora was announced in October 1980 at the UKerevue, "Vis-a-vis", meaning face-to-face. As such, Tora and Thorvald were placed face-to-face on the roof of Samfunnet.

Ås had in many ways transformed from its male-dominated past. That year, students debated over several political and Samfunnet-related disagreements, along with potential new lyrics to the "Ås students' national anthem" from 1924. Many students were unhappy with the low standard of the lyrics and the focus on drinking, which they felt caused a rift among students. In the end, the original lyrics were kept, to the satisfaction of drunk students in Ås.

These decades-old symbols are beloved as they were at their births, even as Thorvald approaches 100 years old and the graduate cap hasn't been fashionable for 50 years. Their positioning - getting ready to dance - is symbolic for the culture of performance alive and well here, through dance, singing, and of course, revues. They still personify the student body and the spirit of student life in Ås - proud and a little bit rebellious.



# Hunkatt Revue: Katt paa Katt

Hunkatt association had their revue on March 9th, their first in four years. They presented a whole 21 pieces, with 7 songs and 8 longer sketches. Most of the pieces were clever, eliciting many smiles if not quite full-out laughs from the audience. Several songs were well-performed and well-written, while other pieces left me confused or just apathetic. Overall, it was an enjoyable night in Aud.Max. and I commend the Hunkatt for their exceptional performance.



Photo: Veronika Mørland Matre



Bonnie Sutherland  
Journalist

The revue started with a classic video introduction of the actors - Thunderstruck by AC/DC blasted as the cats smiled on the screen in various silly situations. Soon we met the narrator of the show, Bård Tuft Johansen of Nytt på Nytt. He (she) then introduced the bold opener, where a strong "shirtless" Putin dominated the stage singing, "hate me, feed me." 1 point for hitting the zeitgeist.

The hunkatt were off to a decent start – is it even a revue if you didn't have to strain to hear the lines? Not long after, a hunkatt appeared on the stage with a ukulele. She had a song to share, just a little something to describe how she was doing. She strummed a few chords and then let out a bloodcurdling scream.

Though much of the revue supported what we think of as typically feminist, one sketch turned out to challenge the general view that consent is always important. Or did it? A guy encounters an unconscious woman with a well-endowed chest and wants to perform CPR, but an angel appears, reminding him he must ask first.

The guy asks to please lift her sweater, then grabs her head and nods it yes. It's interesting because it doesn't really land on any comment.

The hunkatt also sing one of their most rehearsed songs about contraceptives for men. Why, oh why, aren't there any birth control pills for men?? The cats just want to enjoy sex, and why shouldn't they? This song definitively evoked the strongest audience support.

Another strong sketch starred Pusen Brede among a support group for students who have been harassed. Our dear cat laments her downfall, how she sold her body all over Pentagon, and became an influencer to finance her consumption of salami. Speaking of influencers, a quite disheveled Sophie Elise and friend made an appearance that was just the right length (short).

Towards the end of the show, they sang "PB over everyone." This had a noticeably good singer, and the choreography was in sync and somewhat more complicated than the other songs. The PB men sitting in front of me were entranced, standing and swaying. Maybe they got the joke at the end.



Photo: Tonje Sandnes

The pieces I enjoyed the most captured a recurring 2023 mood: despair and existential dread. Screaming into an abyss. Singing to kindergartners that the world is falling apart, but maybe we can survive all the way to next year. That's how you get a crowd rowdy. Though there were more upbeat topics; their cat-related sketches like CatGPT and protest for more cuddling made me smile. I got a new, if foggy, insight into the 60-year-old association by way of historical-themed sketches. The even more specific association sketches left me indifferent, though it was clear the guests at the front tables enjoyed them.

The revue ended triumphantly with the finale, welcoming guests to their afterparty. They could barely finish the song before the Hankatt and PB men in attendance ran up on the stage. And thus the glorious hour with women in the spotlight was over.

I only hope that a hankatt will make up for it later and be able to finally find the clit.

Hunkattene have mostly done a great performance with a few lower points. Some pieces seemed rushed through, as though they wanted to get it over with. This led to some things being harder to understand, maybe exacerbating the problem. The revue could have borrowed more from the Nytt på Nytt theme, but it seemed incompatible with the number of songs and other unrelated sketches they included. Bård's enthusiasm and command of the stage shone through and gave us glimpses of red thread throughout. The other actors, especially Putin and Pusen Brede, did an admirable job as well. The revue was consistently amusing, if not always hilarious. This was a worthy undertaking.



Photo: Tonje Sandnes



Photo: Veronika Mørland Matre



Photo: Veronika Mørland Matre

# Singing women, funny memories

Review of the IVAR show



Flower power, tits, beautiful tones, and LOTS of colours - the IVAR girls put on quite a show this year too! The banquet hall at Samfunnet was packed with students, and there was a fight for chairs to get a seat in the audience for Pikekoret IVARS show, "Good women, good memories." It is Mannskoret Over Rævne that kicks things off with their deep voices and pulls us into a new world for the next 50 minutes. Here we meet, among others, housewives, a womanizer, and a perverted SiÅs employee.



Marie Tjelta  
Journalist



Rebekka Berg  
Translator



Margreta Brunborg  
Photographer

## A funny concept

After the Rævne guys sang them in, they started it all with a video to introduce the evening's theme. A student who is fed up with her contemporary world problems and studies, dreams back to a simpler time as a 50s housewife. She therefore travels back to the 50s to experience this. Here we are greeted with a pastel-coloured kitchen and earthy 50s interior while various housewife stereotypes sing. Various shades and taboos of 50s life are introduced, such as smoking, alcoholism, child rearing, sexual harassment, and housework, but in a smart and funny way. This was incredibly fun to watch and a brilliant concept!

## Can there be too much sex?

The girls enter the stage while singing Dolly Parton's "9 to 5" with the lyrics, "it's an IVAR show," and serve us bright, beautiful sounds. During the performance, we get to see many funny skits and song numbers. They mix old days with the new and familiar. My favourite has to be the first one where they parody personal ads that were used in dating before Tinder, where some girls "swipe" through various men who appear. The interlude was also fun where naked women with buckets on their heads waltzed around the stage. We also get to see a sneaky twist on the old





Norwegian folktale The Fox's Widow with various suitors, based on the association life here in Ås, which ends with a fun and daring joke when she chooses the womanizer out of all the suitors. Almost all the skits played on sex, they were well executed with good chemistry among the actors and the audience laughed at the skits. Nevertheless, as sex can be quite a funny topic, choosing it is to play it very safe; they could have tried to challenge themselves with a different humour.

**Stylish aesthetics**

Not only was it fun, but it was also beautiful to behold. The 50s aesthetic and designs went well with IVAR's retro and colourful style, and dressed the stage very well.

**More of the 50s!**

It was a very good opening that set the expectation of a 50s show high, yet it was not something that the rest of the skits lived up to. They could have explored the concept even more and played more on going back to the 50s as a housewife and what challenges and fun things this would entail. Instead, many of the sketches mainly dealt with modern humour and the Ås bubble. We missed the red thread!

**Talented ladies**

Something that impressed greatly was the singing ability of the girls and the musical talent of the band that played throughout the revue. It was certain that we were at a choir revue. The songs were a delight to the ear, you couldn't get enough of them! They ended the whole show by inviting everyone to an afterparty at IVARin and sung, "IVAR show is over; we loved every minute." So did we, Pikekoret IVAR!



# Curt the stand-up comedian



Jakob Bruun Ånonsen  
Journalist



Tuva Hebnes  
Photographer



Benjamin Alexander Faulkner  
Translator

**Things have been escalating fast from when our rector attempted stand-up comedy, to when he walked on stage in Ås on March 3rd. Only a few weeks ago, he took an intensive weekend course in stand-up comedy, and he sharpened his act at Josefine Vertshus' newcomers' night in Oslo, Monday the 27th February. The day after, he spoke to Ås Avis that he was ready for stand-up in Ås, and woosh, there he was: on stage at Kulturbrakka in Ås, the very same week. The house was full to the rafters, and the ambience was lively on the open mic night. The stage was set for a tremendous show.**

The show begins with Curt's explanation that there is no real difference between being a rector and a stand-up comedian. They both have to know a bit about everything.

It is probably a bit more nuanced, but it seems to be a natural skill for Curt. He delivers a show with great energy and stage presence. It seems effortless, as if he's done this all his life. Not to apply a label of "genius", but that's not what you really can expect from an open mic performance. Clearly, Curt has been working hard on his routine, and performed it quite smoothly.

A lot is played on the obvious, as rector jokes and life as a North American in Norway. Fine for a newcomer. With lashes out to Ski, Oslo Met and Follobanen, he plays on the people of Ås and the students who came to Kulturbrakka to watch. Very popular in the crowd. Most of the quips are innocent enough, but he does push it a bit further here and there. Let us hope he doesn't get NMBU cancelled in the future.

It is a very unconventional combination with a great risk when a rector at NMBU messes around. So, what dragged Curt into the world of stand-up? As he said during the show; being a rector and a stand-up comedian: isn't it a bit odd? We had a chat with the man himself after the performance. He sees it as an opportunity to challenge himself. We are looking forward to see his progress in what seems like a promising career for a man who's already reached his ultimate goal as an academic.

All-in-all, the show was a few great minutes of laughter, surprises, and a bundle of charm. Curt says he'd like to perform at Samfunnet i Ås if he's invited, so we are looking forward to that!



# WOULD YOU LIKE TO JOIN US?

Contact us at [tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no) if you have any questions regarding the positions.  
Applications can be submitted there, or through the form at <http://www.samfunnetiaas.no/stillingsutlysninger>.

## HEAD OF TRANSLATIONS COMMITTEE HEAD

Do you have a keen eye for details and a love for English? If so, become our new head of translations! The work consists of organising the committee's work for each edition, in addition to the occasional translation and proofreading tasks. You must be available on the Monday after the layout weekend to put the edition together. We are looking for someone to create an engaging and relaxing environment with our great team of translators. Training is provided through the handover process, so no prior experience is required.

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## PROOFREADER COMMITTEE MEMBER

Do you have a passion for well-written, easily read texts without comma mistakes? If so, you should become a proofreader! As a proofreader, you'll be working to perfect the journalists' work by providing feedback and spell-check texts.

The job requires a structured and flexible person, who enjoys to work independently. Norwegian proficiency and an interest in spelling is an advantage. As the work can be done on your own computer, you can do it when it suits you.

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## ONLINE DISTRIBUTOR COMMITTEE MEMBER

As the online distributor, you are responsible for the online aesthetic of Tuntreet. Your tasks consist of managing our social media like Facebook and Instagram, in addition to design and create online articles to be published on our webpage.

No prior experience is needed, but a good handle on social media goes a long way.

<http://www.samfunnetiaas.no/stillingsutlysninger>

[tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no)

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## ILLUSTRATOR COMMITTEE MEMBER

Tuntreet is seeking a creative soul who can draw, paint, or do graphic design. Share your talent and work with others and make each edition into your own exhibition!

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# WOULD YOU LIKE TO JOIN US?

Contact us at [tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no) if you have any questions regarding the positions. Applications can be submitted there, or through the form at <http://www.samfunnetiaas.no/stillingsutlysninger>.

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## JOURNALIST COMMITTEE MEMBER

As a journalist in Tuntreet, you're making sure the student mass has interesting and entertaining articles to read. The stories are varied, and the threshold to suggest your own topics is low. You get an overview of everything happening in Ås, and get to talk to a diverse group of people. You'll also get a unique opportunity to join the social community of Tuntreet. There's publishing beers/waffles for each edition and a social office environment.

## PHOTOGRAPHER COMMITTEE MEMBER

Do you like taking photos? Would you like to document what happens in Ås while contributing to the aesthetic of Tuntreet? Then, we would love for you to join as a photographer. You don't need a great deal of experience as we will provide training! Being a photographer is a great opportunity to learn new things about photography and editing. Neither experience nor own camera is needed, as we will provide both.

## LAYOUT WORKER COMMITTEE MEMBER

Are you passionate about aesthetics with no way to pursue it? Join us as a layout worker! Here, you will help creating Tuntreet every third weekend. Prior experience with InDesign is preferred, but not necessary.

## HEAD OF LAYOUT COMMITTEE HEAD

Do you enjoy a well-put together magazine? Then why not join Tuntreet as the next head of layout? Head a team of passionate layout workers, create beautiful designs, and make sure that everything's perfect through this attractive committee head position. Prior experience with InDesign is preferred, but not necessary.

# Priestly thoughts

In the autumn of 2021, I had sold my apartment, packed all my belongings into boxes and suitcases, and stored everything except a suitcase of clothes and toiletries. I had brought all my plants to the office, as they wouldn't survive in a dry and dark storage room. I now had nowhere to live, and I didn't know when I would have somewhere to live again. I was not feeling sorry for myself, because I had actually chosen to be in this predicament myself. I had probably been a little bit naive and thought that I would find a new place a little faster than I did, but here I was. And for the next two and a half months, I was going to learn a lot. About myself, about my friends, and about having to ask for help.

I have a profession where I help people - at least I try my best. And I have often been the one in my group of friends that others have come to with things they are struggling with. I always help out if I can. But now it was I who had to ask for help. Now it was I who had to ask, "Can I stay with you for a little while?" I felt extremely vulnerable and uncomfortable at times. I learned a lot about myself during these months; among other things, I am less introverted than I thought, and I need my friends just as much as they need me.

And, this time of my life offered some nice conversations. Conversations about how nice it is to be allowed to help others. About how difficult it can be to ask for help. And about the difference between saying, "just let me know if I can do anything," and actually asking, "hey, would you like to stay with us for a while?"

Now, the point here is not really about me, but about the lesson of having to ask for help. That giving people around me the opportunity to help me out is actually a good thing. And the relationships with my friends becomes stronger by taking turns to give and receive. And learning how to ask if someone wants help can make quite a difference. Perhaps we should say, "can I come by today at 12?" instead of saying, "just let me know if you want me to come by." It is much easier to say yes than to have to formulate the question yourself.

Now I was about to write, "please contact me if you want to talk," but perhaps I should write: Do you want to come to my office for a chat? I have time for you, and confidentiality regarding what we talk about.

*Ingrid, student priest*



Ida Haraldstad  
Translator



Ingrid U. Øygard is the student priest at NMBU. The student priest has an office to the left in the basement of the Clock building. The student priest is available if you need someone to talk to, discuss with, or get advice from. The office hours are every week on Thursdays, from 9-14, but Ingrid is also available other days, through booking an appointment.

Appointments are made with Ingrid here:  
io484@kirken.no  
95919318

# The Sexologist

Consent is sexy!

Spring is underway, and the sun can finally warm our winter-pale skin. Maybe you feel a little springy? Sexuality is a great force in life, which is as much located between the ears as between the legs. A good relationship with one's own sexuality helps keeping us healthy, physically and mentally. It helps to be given the opportunity for closeness in a relationship, to give and receive recognition, joy, play and enjoyment. Good sexual health contributes to a good life quality.

Sexuality is complex, we have our own unique history, and unique preferences. Sexuality is strong, but also fragile and vulnerable. On the one hand, it can be absolutely wonderful, but it can also be really difficult. As a sexologist, I often hear about experiences that get in the way of good sexuality. Experiences that remain fixed, bad feelings that grow - and are difficult to talk about. Often, it's about someone going past your boundaries. As a young person, you don't always have defined boundaries in advance, they are formed during testing and exploration. Maybe you haven't stopped and thought about it before either? One thing is sure; "through oneself you do not know others." Sexuality is far too complex and individual. It is wise to try to approach someone carefully. And you need consent. This means that you and your partner have made a voluntary and active choice about sexual activity. But first, both of you have to be able to consent, so you can't be heavily intoxicated or asleep, for example.

You and your partner can change your minds at any time along the way. No one should pressure, nag, or threaten the other to have sex. Not even in a relationship. Sex should always be pleasurable for both parties - at all times.

Check in along the way. Does the other person seem hesitant, passive, or evasive? Stop, and ask! Talk to each other. I know it can be difficult, and it requires trust and familiarity. If you're not quite there, maybe it's too early to share the most intimate, beautiful and vulnerable things?

You can have terrible sexual experiences without an assault having occurred, BUT the threshold for what is considered assault and/or rape is low. Being alone with bad experiences is difficult. If you have been the victim of abuse, call the abuse centre in Oslo on 23487090. There you can talk safely; they will help and look after you. We at the Health Centre are also here for you.

Asking for consent is sexy. When you ask for consent and check in along the way, you show understanding, respect, and that you care. You're letting your partner know that it means something to you that the other person likes what you do, and wants what you suggest. You're letting your partner know that you think the pleasure should be mutual, that you want them well. It makes sex safe, confidential, special, and intimate. There will be less stress and a focus on performance. Safety is the foundation.

Enjoy sex and check for consent along the way. Always!



# The Office

Hello!

UKA thanks you for now, and as this was written we have had our last board meeting, and we wish the next board the best of luck! Now they are about to begin the recruitment period, and UKA i Ås is looking for new talented KSSs to create the 100th anniversary UKA! If this sounds interesting, stay tuned, and remember to apply! UKA i Ås 2022 Out, for the last time, I am Jørgen Bonden, UKEhead! \*MicDrop\*.

Since the last time, we in the Business Committee arranged a job-seeker's course in collaboration with Tekna, which was very successful. We also had a stand with a CV check at Bikuben in collaboration with the writing centre. As there is currently no career guidance counsellor at NMBU, we would like to organize an event that can help cover some of the offers we have missed. Since last time, we have also brought in three new members to the board, who we are really looking forward to getting to know better!

Since last time, there have been several big happenings at Samfunnet! Members' party: AFTERSKIIII was sold out and we hope all our members enjoyed this party night! The SPRELL festival was a great success, what a wonderful group who have worked on



this project and all volunteers during SPRELL. Guests have been very pleased with the events that have been held! We now have new furniture in Rosehagen and Halvors, and we look forward to showing it to all of you guests. This will be awesome! Halvors can finally be used to the potential it actually has. We've finally got TikTok, so all you have to do is follow us on @samfunnetiaas to get the best videos on TikTok #famous. We have brought in new members to the board, and are really looking forward to welcoming and getting to know them. Go Ås!

Jørgen Bonden   
**Head of UKA i Ås 2022**

Birte Una Liset   
**Leader of the Business Committee at NMBU**

Vilde Kjelsrud Pedersen   
**Leader of Samfunnet i Ås**

# Student things

Hey and howdy, long time no see!

First and foremost: the digital election for spring 2023 is just around the corner, and will take place from Wednesday 26th of April to Wednesday 3rd of May—here two new members and a new leader of the Student Parliament's Student Board, as well as female representatives for the Faculty and University Boards, will be elected. The deadline for submitting candidacies for these is as soon as Saturday 1st of April. If you yourself want to run, or know someone who you think should run, we recommend contacting either one of us at the Student Board, or sending an email to studenttinget@nmbu.no in good time before April 1st.

Since last time, we in the Student Board have kept ourselves busy with, among other things, the Student Parliament 2, Green Week, and committee visits from UiB and UiO. The former dealt with, amongst other things, briefing on the Student Democracy's accounts for 2022, deciding on the allocation of welfare funds for spring 2023, as well as deciding on changes to the statutes, discussing funds for major learning environment measures, a campus free of advertisement, student mobility, preparation of a welfare political document, and the Student Democracy's Timetable for 2024.

In relation to a visit from UiO and UiB's Environment and Sustainability Committees, we discussed sustainability in the

university sector with Linda Monsen Merkesdal (Ap) from the Energy and Environment Committee, and even had a chat with Climate and Environment Minister Espen Barth Eide at Stortinget. Here at NMBU, we discussed the interaction of students and the university around sustainability with Pro-Rector for Education, Elise Norberg, Sustainability Coordinator, Lena Marie Kjøbli, professor, IPCC report author, and climate researcher, Siri Ellen Hallstrøm Eriksen, as well as visited the bubble-greenhouse with professor and Sustainability Arena leader, Trine Hvoslef-Eide.

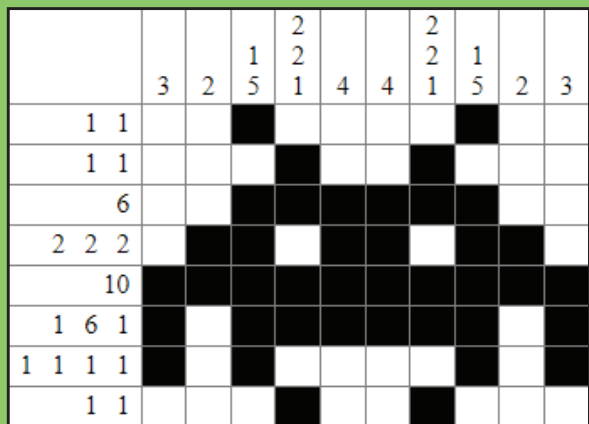
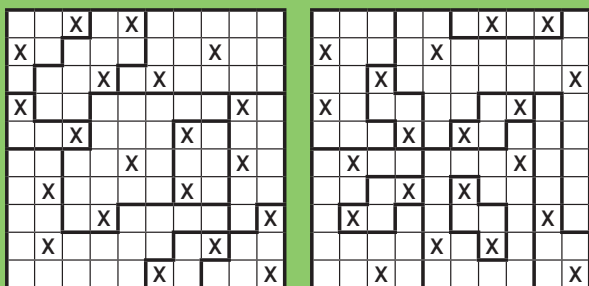
A University Board meeting has also been held since the last column here, which will be followed up with an extraordinary meeting before Easter. We are looking forward to the Norwegian Student Organization's National Assembly in Tønsberg on 14 to 16th of April, thank you guys for an incredibly good cooperation leading up to Grønn Uke, and we look forward to a nice spring up ahead!

*Jens Bantnes* *Jø V. Nybo* *Helene Sylvarnes*

Best regards, Åse, Jens and Helene in the Student Board 22/23



## KEY TT02



## NMBU student?

Medlemskap fra **249,-\***

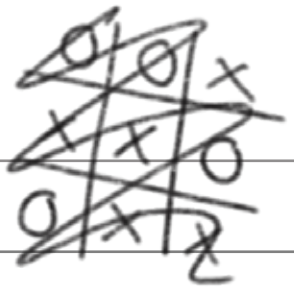


- 600 kvm klatring
- Styrke og kondisjon
- Saltimer
- Sykkeltimer
- Studentidrett
- Idrettsbane
- Tuftepark og sandvolleyball

\* Gjelder studenter på NMBU per mnd.

## March 23, Notes

BY TILDE



\*climate

\*farm

\*revue

\*crisis

\*master

\*sami

\*easter

\*paycheck

\*hunkatt

\*economy

\*podcast

\*tomcats

\*equality

\*principal

\*veterinarian

U	R	Z	D	D	I	Z	T	T	M	C	S	G	M	A	I
E	P	U	R	C	D	Z	T	A	T	P	R	R	Z	M	E
Q	C	B	W	X	G	I	S	P	A	A	A	I	A	S	Q
U	O	M	I	Z	Q	T	P	Y	O	F	K	S	S	F	U
A	S	R	K	V	E	I	C	P	F	D	E	N	F	I	M
L	T	E	E	R	P	H	Q	O	M	O	C	A	U	H	S
I	A	V	E	T	E	R	I	N	A	R	I	A	N	H	E
T	C	Y	C	C	S	S	X	G	C	M	Y	I	S	D	C
Y	M	U	K	Z	Y	A	Y	Q	V	Z	L	D	S	T	O
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U	T	M	M	X	R	L	A	P	I	C	N	I	R	P	O
M	I	A	Z	J	J	C	E	O	N	J	A	E	Z	U	M
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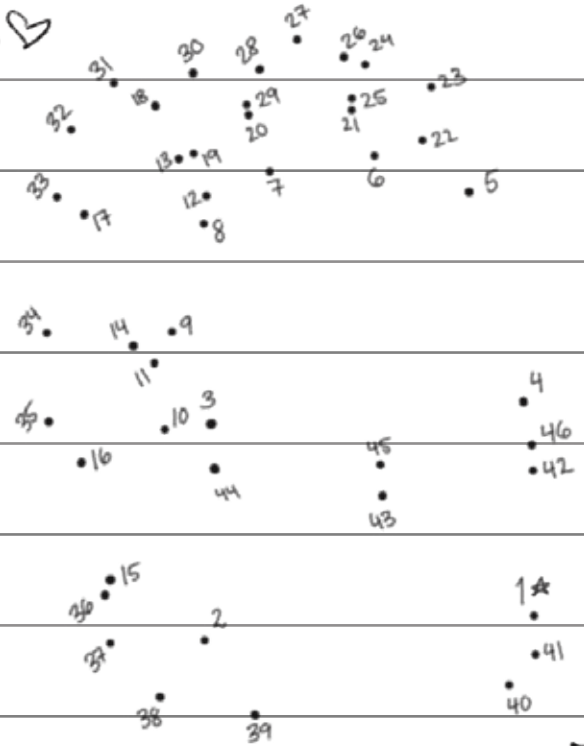
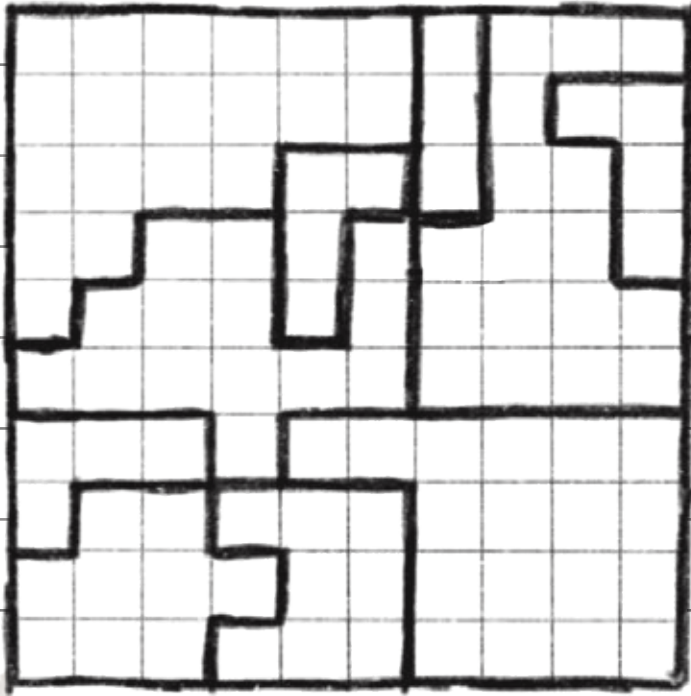
Remember to buy toothpaste



# "Starwars" ✨🌟🌟 wow



\* see earlier issue for "how-to"  
 \*(norwegian) tutorial on Instagram ♡



connect the ...s ↗

## SUDOKU

EASY

	1	7						4
			8				9	1
			4	1	7	8		
		9	1	2				
3	2					1	7	
			3	9	8			
2	7	9		6				
6	8			3				
4					6	3		

	4			5		1		
	3					8	6	
2	7		1			9		
					8		7	9
		7	4		1	6		
6	2		9					
		4			7		9	6
	9	5					3	
		2		4			5	

EASY-ISH

MEDIUM

			8	9				7
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6	2			3	7	4	5	
8			3				7	
1								6
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4				8	9			

	8			6	2			9
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5		2	9			4		
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		5				2		
	4						5	1
		4			5	3		7
	5	6			9			
7			8	4				2

MEDIUM-ISH

Do you like me?

Yes  No

\_\_\_\_\_

Coffee date?

Yes  Yes!

I like you.  
Do you like me?

Yes  No

# Club Banter



*Cheers FFD!  
 Cheers Skriver!  
 Cheers Sparegris!  
 Cheers Hunkatter!  
 Cheers Qlturelle and Xklusive!  
 Cheers Pusekatter!  
 Cheers Tora and Thorvald!*

*The Cats have been out on the Windy seas,  
 Shrimps, Crayfish and Seafood was eaten  
 The Waterpark became xclusive  
 And the intake was also massive*

*Cheers for a trip on the Racing Yacht!*

*The revue in Aud.Max went off with a Bang  
 After four years it was finally here  
 An Evening with Humor, Song and Dance  
 At the after-party the Cats spread their Shine*

*Cheers for an amazing Night!*

*Qltural Regards,  
 Muskatt Nina, PR Marthe, Løpekatt Ingrid  
 and Pusekatt Vishnu*

Do you like to travel?

We in IAESTE are accepting people ongoing. You will have the opportunity to join social events, both at a local, national and international scale.

Is cultural exchange something for you? As a member you get the opportunity to join a trip to Belgium and experience many new cultures.

Follow IAESTE Ås on Facebook and Instagram to see what we do on an everyday basis.

The semester is moving along  
 Even though a lot can still go wrong  
 We have attended intimate concerts and revues  
 After the party some had to puke

A classy evening with RÆVNE was nice  
 A joy for all the mice  
 Our home-brewed wine did the trick  
 But only one danced in the underwear

Pre-party with Ås Campingstol was one of a kind  
 It really turned into an unforgettable night  
 On their wine we got drunk  
 But no one got desecrated

We continued to Samfunnet in ski clothes  
 The theme was afterski, and everyone looked devine  
 On the same day our lovely finansfrøken turned year  
 We hope you enjoyed our cheer

The theme for the weekend was the same  
 In Holmenkollen no one was sane  
 Some drank beer and watched 'femmila'  
 Other wish Rusken would serve Tequila

Forfatterfrøken



March is here, the first spring month of the year!

The sun is back and will slowly melt away the last specks of snow.

The Golden Girls have done a lot of shenanigans since last time: We have, amongst other, welcomed our new candidates, shown of our skiing skills at 'karskrennj' and joined the ski festival in Holmenkollen.

Now we are charging the batteries for the SPRELLfestival, a week packed with fun. We keep tradition alive and will be joining the 3000m beer, and have been practicing hard the last month. By drinking of course ;)

We are looking forward to race against all of you, and to celebrate a long awaited SPRELLfestival.



Gents Academy on adventures in Belgium,  
We tasted beer and let ourselves be seduced,  
Of the city's charm and history,  
On a pilgrim's journey to the city Gent,  
We followed the footprints of old saints,  
And let us get captured by the city's magic,

Now we are back in Ås again,  
Ready for this year's SPRELLfestival,  
We are hosting a combat and enjoying ourselves,  
Gents academy is always present,  
With style and a gentleman's spirit,  
We bring with us the memories of Belgium,  
And prepare for new adventures.

Gents Academy  
v/ Lord Ambassador



### The modern wife material part 1

Koneklubben might sound like a stereotype, someone who follows an outdated ideology. But when it comes to the modern wife material, there is a few things that need to get mentioned.

Firstly, she is kind, but know what she wants. She is not afraid to give of herself, nor is she utterly formal. She is prepared for any event, this includes everything from the appropriate outfit to bringing a condom to avoid the spread!

Yes, you might think we only do knitting and botanic, but we offer everything from drinking to erotica!

She does not turn down a party or 10, she smile pretty to capture the male attention. The problem is that one must have some control, with alcohol in the blood it is not easy to separate the prince from the troll!

Kind regards  
Koneklubben Freidig v/

Nestsjefskoneemne



You would have to look far to find a better sign of spring at the Agrarmetropol, than half drunk students running/puking their way around Storebrand. If there is a good sheep trimmer nearby we would highly appreciate some help getting rid of all this wool, because spring has finally reached Ås!

Lately, we have had the pleasure of dancing on Energiseminaret and on the International Women's Day. As we are famously known for, we have not only been dancing, but also had the pleasure of participating in a variety of festive gatherings. During the SPRELLfestival, we have hosted a pre-party with Gents and Unity, participated in combats and 3000 meter beer, and danced at the silent disco and during concerts. What a festival! Apart from this, we are also planning our ten year anniversary, which will be held in Aud.Max. the upcoming Autumn, and we are already so exited to show what we have planned.  
We bleat!

Kind regards,  
Styret i DÅs - Dans Ås  
v/ KisteDÅs Helene

# Have you heard...



## Onanym

I think it's fun when the queue for committee members goes so much slower than the other queues, as it does now while writing this. I chuckle and laugh - because that's exactly what my humor is! Being de-prioritized as a committee member! And do you think I laughed when I found out that I saved a measly NOK 40 on the ticket? No, I giggled! And I will continue to do that every hour I work for samf, howling, with tears in my eyes!

## Committee member S

- 1) As a committee member, you are also a member, just get in the queue with fewer people. People don't always meet up to a normal distribution.
- 2) If you meet a little earlier, there is no queue at the entrance or the bar.
- 3) In this case, you saved NOK 120 as a committee member. This corresponds to a 30% discount.
- 4) You have not submitted a case regarding this to GA. Remember that GA decides all the boards, and everyone member can submit cases. You have chosen not to do something about this so to complain anonymously is a bit unserious.

With love from,  
Your colleague, Committee member S

## X editor

Response to 3)  
This is from a non-member to committee  
Response to 4)  
This is hyht, anonymity is a part of the concept

See you at GA

## How will this go??

It's going to be an extraordinary GA when 7 of the 10 positions have no candidacies submitted!

## How will this go??

\*\*\*\* Correction 7/17

## Fridtjof Rican

Have you heard that Curt Rice is launching a new sake at polet, it's called Curt Rice wine

## REALtek

Let Wyller write on a board!

## Jobbe i fred

The library at Sør is actually a workspace, not a tea party...

## Dragondog

No, it is not appropriate to eat crackers while checking snaps in the girls' wardrobe at Eika. People change, they undress, they dress, they shower, they put on deodorant, they try to have some privacy and here you sit and eat - get out to the tables at the reception and sit there instead.

## Dragondog

Blow your nose BEFORE you enter the quiet reading rooms please

## Who founded Ås Tea Party?

The SPRELLfestival is next week! Can we not talk through all the performances? Drunk chat can be enjoyed everywhere else! WE CAN DO IT!



## Sent to the hallway

Yeah, so sick that GANGAR comes back <3

## Poor student

Heard you get quesedillas for 35 kr in Klubben on Mondays – so nice!

## History class for Tuntreet

Tuntreet could need a fact checker... HHH don't have that much to do with the university

## Editor in Chief

Hans Hovenhet Hestehoven is in Studentsamfunnets order, not the university's. Errors can happen the to very best – especially with so many words and facts at their disposal. We have, by the way, vacancies in the proofreading committee if you are interested!

## Huntsman1

Have you heard that there is a hunting prize for hankatter in Ås municipality. The prize is 200 shots for the left leg and a picture of the catch

## Vernkvinne1

Does that explain the disappearance of PB?

## Working hard or hardly working?

What's up with not translating the English semester programs?

## Women up and rising

It's bad that there are only two women in Børsgruppa, they have something to work with here <3

## Women's day slogan

Equality at the stock market also!!

## Cutieboyfan#1

Does it say anything about being principal at NMBU when Curt become a standup comedian?

## Curt Fan #1

I think Curt should do standup at samf during the buddy week, a nice intro to NMBU for new students "Welcome to Ås, this is our principal, good luck"