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SUSTAINABILITY  
UNIVERSITY

TWO BEERS:  
EIRIK-MATHIAS

RAMADAN  
ON CAMPUS

# LEADER

## ЖИЗНЬ И ЛЮБОВЬ, в Осе

Всем привет! Это письмо редактора будет на русском языке. "Почему?" спросите вы. "А почему бы и нет!" отвечу я вам. Русский, кроме всего прочего, известен как язык любви.

Жизнь - ужасна, ха. Был однажды один городок, в получасе от Осло. Этому печальному месту не слишком подходило звание "города любви". Это был не Париж, а скорее - Новокузнецк. Если вы ещё не поняли, то я имею в виду Ос.

(Где-то, как-то) Когда-то любовь может казаться особенно безнадёжной, но есть свет в конце туннеля. На земле восемь миллиардов людей, и практически все из них стараются быть лучшей версией себя. По-английски говорят "to fall in love": "втрескаться" или "впасть в любовь", если перевести дословно. На самом деле, это красивое выражение. Почему, снова спросите вы, дорогие читатели? А именно потому что слово "впасть" верно описывает этот феномен. Любовь есть своего рода падение, и оно может покалечить.

Технологии всё быстрее поглощают нашу жизнь, знакомства и отношения - не исключение. Приложения по типу Тиндера и Хиндж, а также разнообразные "виртуальные партнёры", становятся путём "борьбы" с одиночеством. Но твой телефон - не партнёр. Это просто машина без способности понять

твои чувства и мысли. Ответ скрывается за физическим экраном мобильного телефона; в надежде найти желаемое, необходимо выключить телефон и положить его в карман.

Чтобы найти любовь, человек обязан искать реальных людей в реальном мире. Лучше пойти в Бодегу, чем сидеть на диване. Но Ос - городок маленький, и все друг друга знают, что усложняет абсолютно всё, когда дела идут под откос. Планка становится выше, усложняя поиск знакомств.

И любовь, которую ты находишь в Бодеге, обычно лишь одного типа. Приятельство и сострадание, например, тоже являются любовью. Это определение любви, данное Луи Армстронгом, и оно верно. И, возможно, эта любовь является более важной чем та, которую ты находишь в блондинках на вечеринках (без наезда на блондинок, конечно). Это и есть та любовь, которую тебе нужно найти для хорошей жизни.

Это любовь в жизни; просто надо найти хороших людей, которые будут рядом. Это первый шаг.

Ответ, возможно, немного социалистический. Будь товарищем. Возможно это - путь к любви и жизни в Осе.

Теперь остаётся сделать только одно. Пойти в Бодегу.



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# AN ALLODIUM-GIRL'S DILEMMA

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Before the summer, my father sent a message to the family chat asking if anyone would consider taking over the farm. The question came somewhat abruptly, even though we have discussed the topic before, both between me and my parents and among my siblings. The reason he brought it up somewhat out of the blue was because of the sale of milk quotas. It was advantageous to sell them within a short period due to recent legal changes.

I'm the eldest daughter, one of three useless farm children who ventured out into the big world to study and do everything but farm work. It was typical that I ended up at the old agricultural college, intending to study biology and fell in love with the idea of being self-sufficient on a small farm far away. But when my father suddenly reminded me that this daydream was actually my birthright, everything became too real too quickly. It would have been madness. I know nothing about farming or milk quotas. Nor was being a full-on farmer something I envisioned when I studied ecotoxicology and environmental management law.

But I felt a pang inside me, a feeling I know many young people who have grown up on farms feel. That pang was, and is, the guilt and anxiety of betraying the generations before me and the thought of losing the farm my siblings and I grew up on. It's the nostalgia of memories of being licked by cows on the way into the barn, playing and climbing on silage bales, and old coveralls that never fit properly, whispering in my ear. Growing up on a farm has given me a closeness to nature and a development of character on both the physical and mental levels that I would never want to be without.

But, even though a large part of me actually wants to take over the farm, it's madness. It's not a life choice that makes sense as life is now, or aligns with the direction I'm taking in life. And, perhaps most importantly, it's not exactly viable to be a farmer in Norway today. For some skilled and committed farmers, it might be, but I can't quite see myself as one of them. Despite support schemes and attempts at systemic changes, just the thought of taking over the farm is incredibly scary. But I know that the farm has led me to become who I am. I know

that I want my children to experience the same as me and feel the same joy I did. If only taking over a farm wasn't an economic doomsday as it is for many today. If only there was a 5-minute YouTube tutorial on how to save a family farm from dying out (I must check if it exists) without falling into debt and becoming exhausted both mentally and physically. I could probably make a half-hearted attempt at running a farm, but doesn't the family heritage deserve more than that? This is probably just a part of the allodium-girl's dilemma.



# NMBU: A university of sustainability?

As an observant student who loves to read, you've probably noticed that NMBU crowns itself with the title "University of sustainability". Why do we call it that? Can we even do that? What happened to the good, old College of Agriculture?



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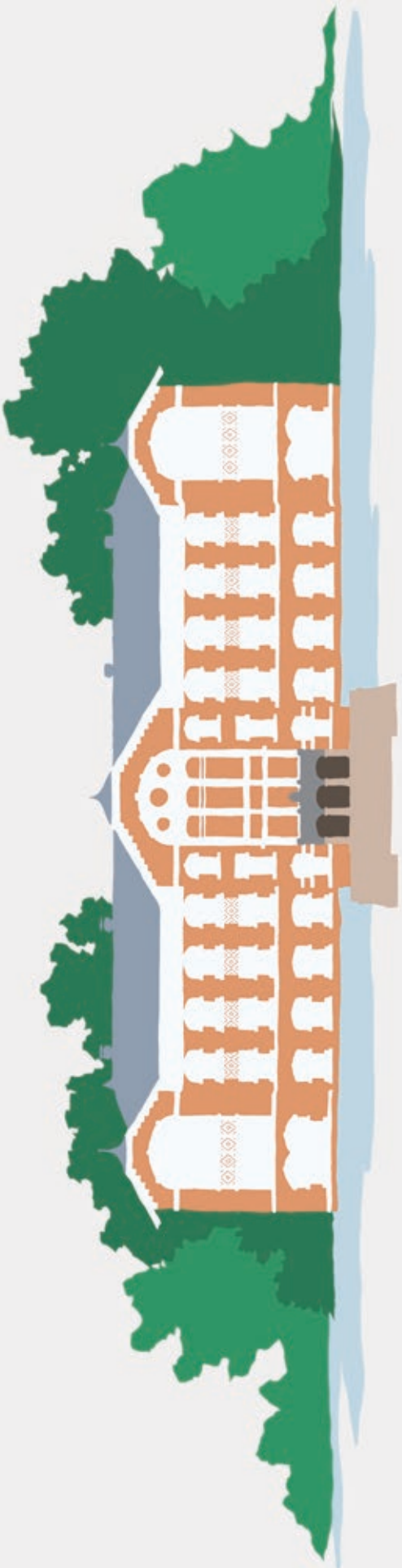
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If we go 20 years back in time, we find Ås as a picturesque little village built around a charming little institution of education – NLH: A college highly built on tradition, with space for about 2000 students that has given education in agriculture, forestry, land consolidation, landscape architecture and food science, and a few more fields, for more than 100 years.

In 2024, sustainability is the thing. On their website, NMBU advertises with "...studies and research that meet the big global questions about environment, sustainability, better health for people and animals, climate change, renewable energy sources, food production and the managing of areas and resources." The rector's right-hand man is 'vice rector for sustainability', and millions of NOK is spent on communication to promote us as a green university. Now, we are almost 8000 students, and almost 1000 of us study sustainable economics online.



Photo: Simen Walbækken Tangen



Here, we have to take a look at history to find out when, how and why 'sustainability' benched agriculture. I went to the top floor at Sørhellinga to find the answer: The two previous rectors Hans Fredrik Hoen, rector 2010-2014, and Sjur Baardsen, rector 2019-2022, let me into the office a snowy Thursday in April and started explaining.

Sustainability turned into a popular term back in 1987, when it was used in the UN-report "Our common future". It was defined as "development that meets the needs of the present without compromising the ability of future generations to meet their own needs." According to Hans Fredrik and Sjur, NLH already knew this word from forestry, where the attitude is that you should be able to keep the forest alive forever, by making sure that new trees replace the ones that are cut down – and this is also found in the mantra that the farmer should always leave his farm in better condition than when he took over. Because of this, they think this term was already well known at the college.

Until the 60s, NLH was a scientific college with five agricultural lines. A lot of people thought NLH was a "college of agriculture" with close ties to agricultural organisations. Even though we were independent, this pushed a wish for modernisation and expanding the fields of knowledge. The 70s presented the studies "Land Planning" and "Natural Resource Management", and the studies in economy and technology were renewed in the 90s.

#### **"Remove the farmers"**

In 2003, colleges could apply for university status, and NLH was quick to turn in their application. In 2005, the board consisting of professionals from both Norway and abroad concluded that we were worthy, and UMB was established. The possible alternative meaning of the abbreviation (Remove The Farmers) quickly turned into a joke, but at least it was official: "Agriculture" (Landbruk) was switched to "Life Science" (Miljø- og Biovitenskap), and the sustainability focus was established.

As a university, UMB had the privilege of establishing new studies – and a lot of new studies were established. These were mainly sustainability oriented. At Noragric, multiple new studies emerged, with an increasing focus on the global challenges in society, with a comprehensive, interdisciplinary focus. Other studies were also established, like 'Public Health', 'Renewable Energy' and 'International Environment and Development Studies'.

In 2008, new problems emerged. Stjernøutvalget proposed some radical changes in the structure of Norwegian tertiary education. They highly recommended that all institutions of tertiary education with less than 5000 students be combined with other institutions. In Ås, this was a concern, because at that time, we were only 3000 students. "At that point, we put the pedal to the metal," Hans Fredrik says. Between 2008 and 2012, we also received multiple batches of financial support for more students. This led to multiple new lines of study, and space for more students in general.

**"It's really time to remove the farmers"** was on everyone's lips when NMBU got its current name after the fusion with the School of Veterinary Medicine in 2014. We wanted to be relevant for the whole country, and at the same time keep the term 'Life Science', and this is around the time that the nickname "Sustainability university" emerged for the first time. But how could we, in teeny-tiny Ås, deserve this description? If we look at the strategies of the other universities, they are very similar.

"Generally speaking, our academic combinations fit the term of sustainability quite nicely," Sjur says. "We have a lot of biological courses, and most people associate sustainability with "the green" and the environment. But we also cover the economic and social parts of it through the more society-based programmes at LANDSAM, and also the teacher education. In total, this covers what we think about when we think about sustainability," Sjur points out.

The group that worked on the strategy plan for the new university, led by Mari Sundli Tveit, focused on the fact that this institution was rigged to find answers to the big global challenges. “From 2015, when UN published their report with 17 goals for sustainability, it would be stupid to not say that WE are the sustainability university, but also work towards it.” Hans Fredrik says. Sjur adds that this is also about finding our place in the pack of competing universities.

### Just for show?

During his time as rector, Sjur and his vice-rector Solve Sæbø were working on a system that could show how the 169 intermediate goals impact each other and simplify them to a more manageable level. The system was called “The Sustainability Portal” and was also meant to show which intermediate goals was covered by the different courses at NMBU. “This way, we could show the new students in a concrete way why we are the ‘Sustainability University’, and we wanted to know which intermediate goals and interactions between them the students were taught about,” Sjur says. Unfortunately, this initiative was not continued once he ended his time as rector.

“It’s essential that NMBU as a sustainability university knows how the different Sustainable Development Goals impact each other,” Sjur says. For example, if we focus on solving the energy crisis by developing renewable energy sources (intermediate goal 7-2) only by hydropower, this will harm life in the rivers and ecosystems on land that get flooded. Only focusing on certain goals or intermediate goals could be detrimental to other goals.

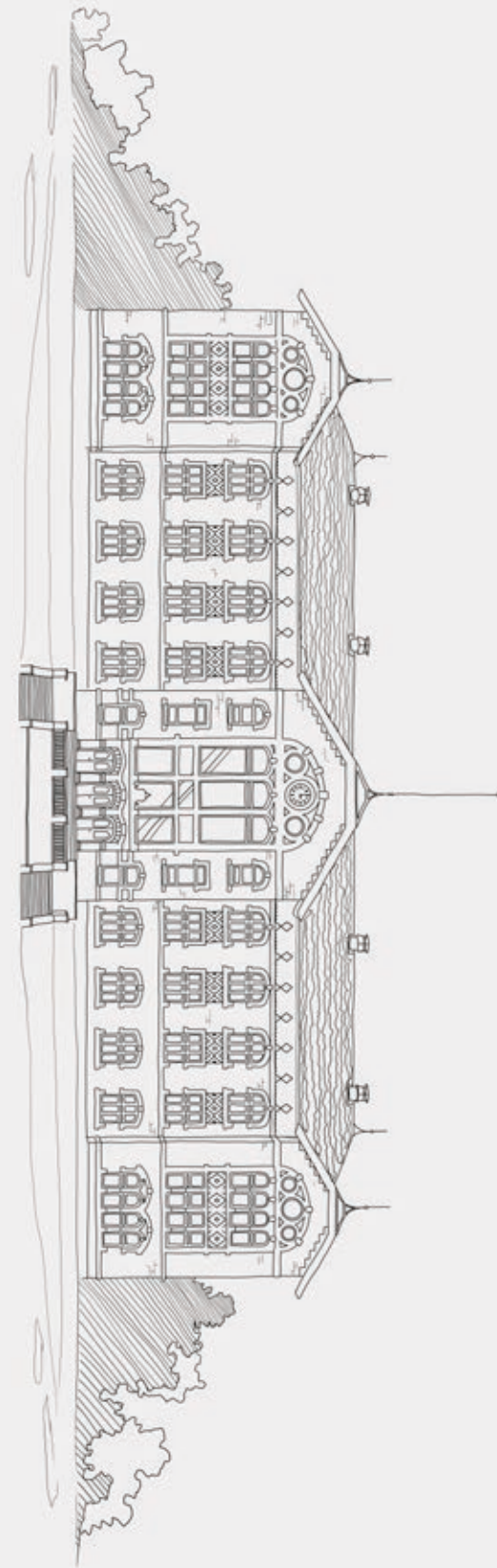
Sjur is highly critical of companies and firms who pick out a few of the goals, and then proudly proclaim that they are sustainable because they get a good score on those goals. “This is greenwashing, if they don’t also tell us how they impact other goals negatively,” he says.

“As a sustainability university, NMBU should be in front when it comes to the work of making sure we fully understand how the system works, how we’re doing today, and how we can turn more sustainable all in all,” says Sjur, and points out that there are many opportunities to go in the right direction.

### Sustainable enough?

When I ask Sjur what he thinks about the use of an external PR-agency to promote NMBU as a sustainability university, he thinks we should encourage our own people, rather than pay someone else to do it. “We do have a vice rector who has mapped our sustainability skills, and we have a lot of knowledge about sustainability-related topics, but I am not so sure if we understand the whole system.” Sjur ends with pointing out that: “The most important thing NMBU can do as a sustainability university, is educating people with sustainability in their heads. People who understand sustainability, and can act accordingly.”

In under ten years, we went from being a college of agriculture with a few thousand students to a sustainability university with more than 5000 students. The big global challenges are on the agenda for both students and employees. That’s why NMBU tries to attract new students with this campaign: “Do not study at NMBU... if you mean that most of the worlds problems will be solved within five years”.



# NORWAY'S DEEP-SEA MINING DECISION: ANOTHER NOT SURPRISING DISAPPOINTMENT



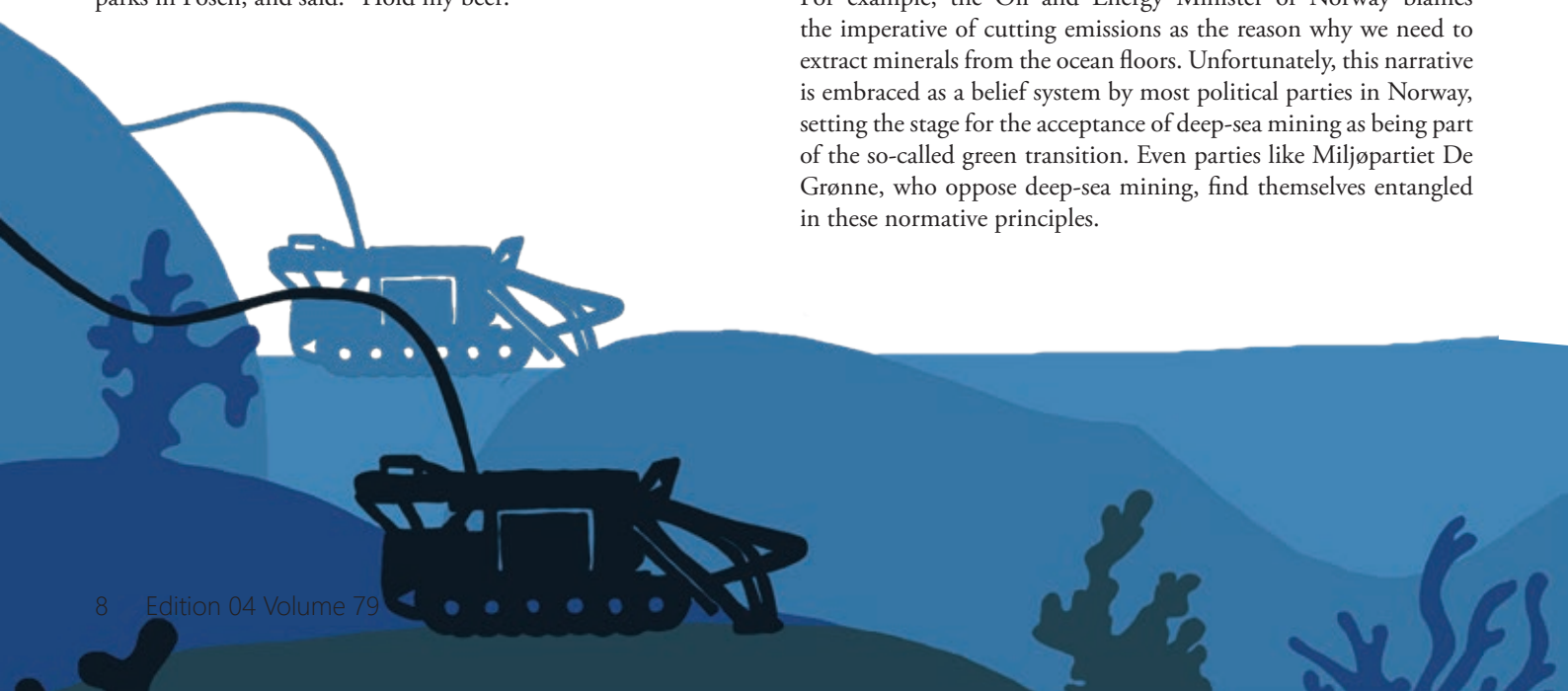
Anna Bjørke  
Illustrator

**Norway, the land of stunning fjords, amazing skiers, legendary Vikings, and now apparently deep-sea mining. Norway has decided to grant exploration permits for deep-sea mining in the Barents Sea and the Greenland Sea, despite facing significant opposition from the public and civil society organizations. Because who needs untouched ocean floors when you get to extract copper, zinc, cobalt, and uranium. According to a recent resource assessment conducted by the Norwegian Oil Directorate, millions of seabed mineral reserves have been identified in the Norwegian waters off the Arctic Ocean. The warnings and precautions voiced by numerous environmentalists as well as the assessment provided by the Norwegian government's own Environment Agency, highlighting the potential impacts of such activities, fell on deaf ears, because Norway's enthusiasm for digging up these minerals seems deeper than the ocean itself. It is almost as if they have found gold! Oh sorry, I meant cobalt.**

Let's not kid ourselves, this is not like sticking a toe in the water to see how cold the water is. This decision certainly would go beyond the exploration level and would not remain confined to limited areas. It represents just the tip of a massive iceberg plaguing the Norwegian environmental politics. It is like they looked at the debacle around the controversial, human-rights violating wind parks in Fosen, and said: "Hold my beer!"

While such decisions disappoint, it should not come as a surprise once we look at the way policies are made. In theory, the public policy process follows a neat progression, starting with agenda-setting, then formulation, adoption, and feedback. But let's face it, reality is a lot messier than that. Instead of a smooth process, we've got a wild bunch of players with varying levels of power pulling the strings. Basically, those with the most sway get to call the shots on what gets on the agenda. That's why stakeholders often team up in coalitions to boost their political muscle, even sometimes unknowingly. And yeah, there's usually one big dog in the yard.

In our case, the deep-sea mining fan club was the big dog in the yard which resulted in the decision to allow deep-sea mining exploration activities in Norway. However, this outcome did not arise solely from formal coalitions based on agreements and behind-the-scenes negotiations among parties such as Arbeiderpartiet, Senterpartiet, Fremskrittspartiet, and Høyre. Beneath the surface of these coalitions, there is a battle of narratives that shape how we interpret things, and the way things are interpreted has a big say in how we respond to those issues. In the Norwegian public policy, the prevailing narrative embraces ideals like green growth, sustainable development, and decarbonization through technology and management as key solutions to environmental degradation. For example, the Oil and Energy Minister of Norway blames the imperative of cutting emissions as the reason why we need to extract minerals from the ocean floors. Unfortunately, this narrative is embraced as a belief system by most political parties in Norway, setting the stage for the acceptance of deep-sea mining as being part of the so-called green transition. Even parties like Miljøpartiet De Grønne, who oppose deep-sea mining, find themselves entangled in these normative principles.





We are stuck in this, let's call it, bad religion. We are singing beautiful hymns about sustainability while we are drilling deeper than ever. Simply put, in this belief system, decarbonization is not understood as reducing emissions and scaling down, but rather as economic growth with a sprinkle of recycling and a dash of electric cars. So, the question is: how did we end up tangled in this bad religion? Crises and the public perception of issues often create openings for policy shifts. Take climate change, for instance: we (or at least some of us) have known that we must take action to mitigate climate change, and this meant policy change, shifting away from business as usual. Instead of tackling it head-on, the growth worshippers were able to strategically get green growth and sustainable development adopted as policy solutions to environmental degradation. Meanwhile, other alternatives get pushed to the sidelines until the next opportunity arises. This is why deep-sea mining is on the spotlight as a policy solution while solutions envisioned by non-growth thinking never see the light of day.

On top of that, policymaking is also characterized by some sort of inertia—a resistance to drastic shifts in direction. Take the example of fossil fuels as a clear illustration of this inertia. Despite knowing very well the urgency of phasing out fossil fuels, our commitment has been hindered by the significant investment poured into this industry. This resulted in a path dependency that has complicated the shift to other sources of energy. The last thing we want is another dangerous path dependency with substantial ecological impacts. Sadly, our unwavering pursuit of economic growth, often sugarcoated with sustainability rhetoric, has led us down a path where we are often bound to very specific policy avenues. Norway's deep-sea mining adventurism can be another big step towards committing us more to this harmful path.

So, here we are! Norway, embracing marine extractivism like it is the panacea to all our problems. This decision cannot be divorced from our bad religion replete with flawed assumptions and anti-ecological values. This decision should act as a wakeup call, stopping us from walking down this misguided trajectory of our recent policymaking in response to environmental degradation. Perhaps we can seize this challenge as an opportunity to subvert the prevailing altar of endless growth, making room for alternative policy pathways to finally grab the mic.

*Submitted by Ali Mozaffari*



# STATUS PENTAGON!

It is now over 60 years since the first brick was laid in the construction of Pentagon 1's ABC building, but when will the next brick be laid for further development of the student town? The municipality has assessed SiÅs' regulatory proposal for densification and renovation of the Pentagon. Has the municipality said no to the building plan, or was it approved? How many homes are we talking about, will we get a local café or will the student town's outdoor areas become a sea of asphalt and concrete?



A. Mathilde R. Christensen  
Journalist



S. Faseeha F. Gillani  
Translator

## The backdrop of the student housing chase

In line with the development of Ås' study offer, there has been a great need for student accommodation. What began as 32 male students at "Den høiere Landbruksskole paa Aas" in 1859 developed into NMBU in 2014 with close to 7,000 students today. The background for Pentagon 1's ABC, Grotten, Hemsens, Inferno, and Jubilo became a reality in 1964-1967 with approx. 400 students, is the state requirement that all study centers should have their own student welfare organization. The long queue for student housing at SiÅs, on the other hand, has become increasingly visible since 2015. SiÅs basement dormitories was what the 200 in the housing queue had to make do with at the start of their studies in 2023.

## Pentagon's future prospects

SiÅs meets the housing shortage with a zoning plan for the Pentagon 1 area. Pål Magnus Løken, managing director of SiÅs, writes that "the plan involves new construction, complete transformation of the old buildings - but we will reuse the concrete structures in their entirety, + build more floors on existing buildings." Despite the municipality's positive attitude to the proposal, it is sent back to SiÅs for further processing of some points.

The municipality wants to create too many homes, according to the right-wing group leader in the municipal council, Zara Jasmine Mushtaq Berg. The processing SiÅs has to do is on the following points: move the car park to a parking basement for a larger outdoor area; lack of charging points for electric cars and electric bicycles; lack of measures for traffic flow in Meierikrysset; towering new blocks behind ABC are to be removed from the plan, and this number of dormitories should be incorporated into the other planned homes; missing plan for the outdoor area, green areas and trees; preservation of arable land; more consideration for the landscape with regard to height of construction.

## Does money grow on trees?

After SiÅs has changed the regulation proposal, the proposal will presumably be put out for consultation and public review at a new meeting on 17/4. With approval, "the construction of the new homes will start before Christmas." The plan is to complete by the start of the semester in 2026" according to Pål Magnus Løken. The aim is then to move in in August 2026. On 18th March, the Ministry of Education granted a 95.3 million grant to SiÅs for 266 new student housings. This will go to construction stage 1 of the plan for 40% housing coverage, with four new residential

blocks north of Veden. If everything goes according to plan, SiÅs will apply for a grant for the rest of the project to renovate old Pentagon 1 and the remaining parts of the new buildings in 2025, corresponding to approx. 530 dormitory units, according to Løken.

## Out with the old in with the new?

You may be wondering what will be left of old Pentagon 1, the saunas and the ABC basement? Many of us have experienced the standard of the pentagon dormitories, when the dormitories of the 60s must be ready for 2024 housing standards. It has its charm, and both the fixtures and exterior design are an integral part of the Ås spirit. These 60 years of some buildings have a high cultural-historical value. Fortunately, this has been emphasized in the renovation plans and the design of the new building's facade, in line with how architect Leif Olav Moen designed Pentagon 1 in the 1960s. The collective solutions, on the other hand, will draw inspiration from Skogveien! The municipality therefore wants the height of the new buildings to take account of the old buildings in the landscape. The two loft-dwelling student unions in Inferno and Jubilo will also be included for a smooth transition.

Some design elements from the 1960s have not survived the age of technology. Each block had its own common areas for socializing and watching TV. This role has been taken over by the collective to a large extent, nevertheless these common rooms such as the ABC basement will remain in renovated form. A recent architectural proposal by Dyrø and Moen Arkitekter, is a coffee bar in the student town, and turned out to be not as popular among the students as one might think.

### The Pentagon Forest and student solidarity

The decision for 200 homes in what is now called “Ås Hageby” received a majority in Ås municipality, and was adopted in the autumn of 2023. This is a production and recreational forest, with cultural monuments and discoveries dating back to the Stone Age. The development of the embankment forest together with the expansion of the Pentagon student town could present challenges in connection with both traffic and noise conflicts, but this is little discussed by both the municipality and SiÅs. It is important that we students, not only in this specific context, but throughout the process, get involved and express our opinions and experiences of the living environment and the building process. We have a great responsibility for the future students who will live in the developed student town, and therefore we must be able to accommodate the diversity of students this applies to.

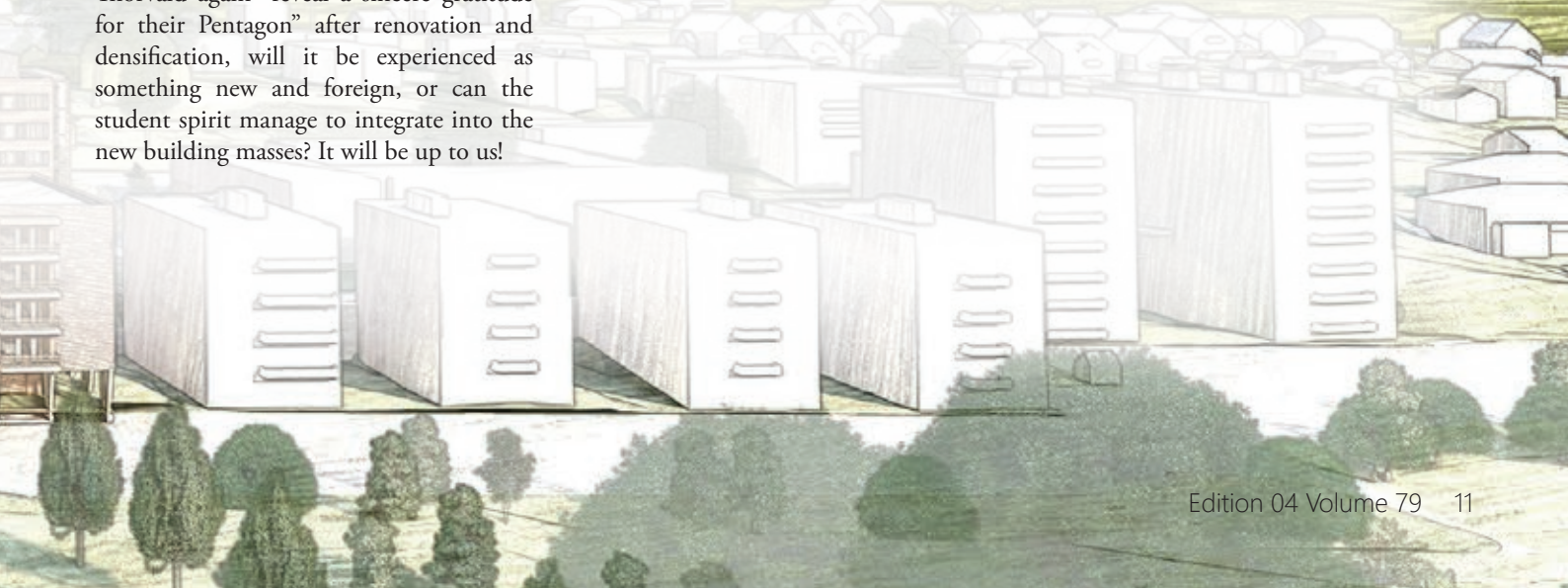
Will Pentagon 1 be upgraded to be worthy of five stars again, or will we lose part of Ås identity at the same time? Will the Agrarian Metropole’s Thora and Thorvald again “reveal a sincere gratitude for their Pentagon” after renovation and densification, will it be experienced as something new and foreign, or can the student spirit manage to integrate into the new building masses? It will be up to us!



Birds-eye view of Pentagonveien – new measure.



**Enviorns:** Green spaces and wooden buildings towards Nedre Pentagonvei.



# Are dyslexics excluded from academia?

**Y**ou struggle through the words trying to find a coherence. Letters, syllables, and sequence blend together. You have to use a lot of your energy to try to solve the sentence, before you get to think what it means. "What did I read just now?" This is how it can feel for a dyslexic person to read. Imagine that you are also a student writing a master's thesis, all alone, without resources from the university to rely on.



Marie Tjelta  
Journalist



Anna Bjørke  
Illustrator



Ingrid Bjørnevik Nygaard  
Translator



### Writing a master's thesis with dyslexia

It is a given that students with reading and writing difficulties receive accommodation throughout elementary, middle, and high school, but suddenly the degree of support changes at the university. Tuntreet has talked to Guro Hovelstad, a master student with dyslexia at NMBU. When Guro was about to start writing her master's thesis, there was limited help with the spelling from NMBU. Instead, she got advised to find a family member who could proofread her master continuously. That leads us to the question: Are students with dyslexia excluded from academia?

When Guro is asked about how it is to write a master's thesis with dyslexia, she has to think a little before she answers: "It is really self-discipline and the ability to get started that drives the writing process, more than the actual writing ability" Guro laughs. Even so, she adds that dyslexia means it takes a bit longer, and that there are some issues like misspelling that is hard to notice oneself. That is why when Guro started her master's thesis, she thought that help from NMBU with spelling, would be nice.

### No allocated resources

First Guro contacted the faculty supervisors that gave her a clear message that it was smart to have a family member proofread. "I only have craftsmen in my family, so I didn't have anyone to ask" Guro laughs. "So weird, what are you doing here then?" someone had answered to her astonishment.

Still, Guro did not give up and contacted the writing center and accommodation office to see if they could help. From them she got



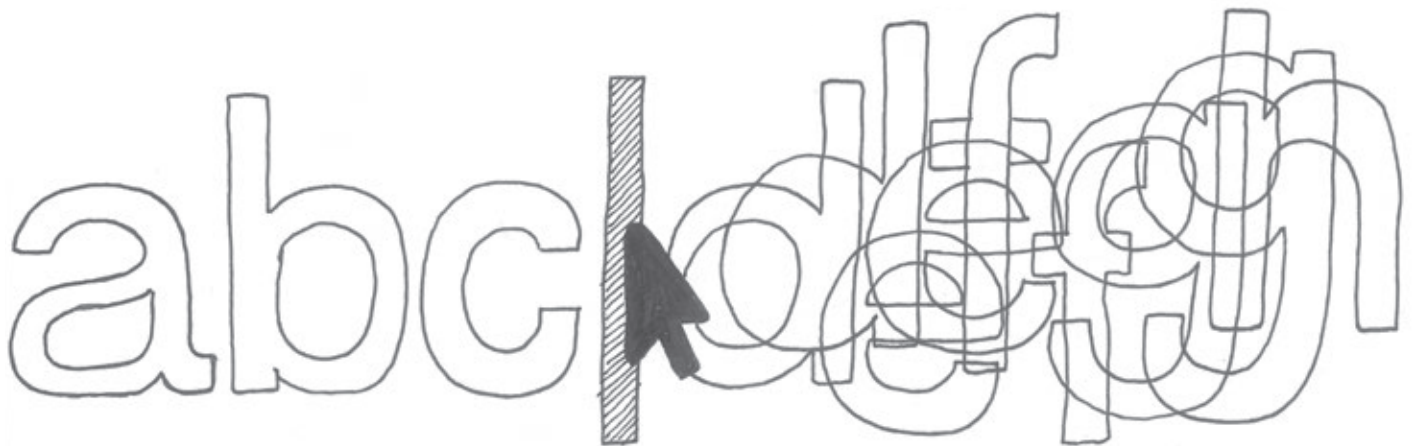
told that NMBU doesn't have any allocated resources to help with this. Tuntreet has tried to contact the writing center and accommodation office to comment on the matter, we only got an answer from the writing center. Here we got mostly the same answer. The writing center will happily help to raise awareness for those with writing difficulties, but has no official body for those with dyslexia. "The writing center helps with text structure, but not spelling" Guro confirms. However, there is spelling programs that can help those with dyslexia, she points out, but underlines that the human aspect is important when writing a paper, since humans can catch things in other ways than a machine. You also have AI, but running the entire master's thesis through it, might be a bit scary.

### Are other universities better?

Even if NMBU doesn't have any allocated resources, does not mean that other universities don't have them. Guro points to arrangements at other universities that facilitate students to help one another read through each other's papers. She also recommends this type of arrangement where students can pay each other for proofreading, something that can be beneficial for both parts.

### A lot that's good, but could be better

Furthermore, Guro emphasizes that she, as a dyslexic, have gotten a lot of accommodation and help through the years, also as a student at NMBU. This has mainly been in the form of extra time and offers to get her own room at the exams, as well as reading aloud the exam question. You don't get as much support at the university as you did throughout the rest of the educational path, something Guro understands. "You have applied with you own grade average and said that you are at the same page as someone else, so I understand it is difficult to accommodate everyone, and it's okay, we manage, it's just that they could make it a bit easier." A lot that has improved since she started here in 2019, such as enlightenment and information about accommodation at NMBU's website. "I have received lots of great help, everyone has answered me, but a small step further would have been nice!"



# IS EVERYTHING REALLY GREEN?



As the 50th anniversary of Future in Our Hands (FIVH) is coming up this April 25th, it is important to reflect on the current state of our environmental awareness and action. As we navigate through the maze of modern environmental discourse, one glaring issue emerges: the prevalence of greenwashing. Have you noticed that in the past few years everything has become green? Or at least that's what most corporations would have us believe. While corporations push their "green" initiatives, the reality, as scientists warn, often tells a different story. As engaged and concerned NMBU students, we have been attending events that highlight sustainable businesses and company practices, such as the Future Food Festival and UEAT2024. Through exploring these events, we aim to shed light on how corporations use a green narrative to advertise to NMBU students.

packaging existed were not mentioned. The event happened during school hours, i.e. a free pass for advertising to children and youths.

The future food festival began with an opening on the amazing innovations we have seen in the past. All speakers agreed that production must increase to feed the world, no one suggested that we might distribute food more equitably to avoid a system where nearly 1/3 of food is wasted and 1/3 of the world is overweight. The second day focused on alternative forms of feed for aquaculture. There was an overwhelming agreement that we must remove more biomass from the ecosystem to satisfy these increases in production. One particularly disturbing presentation came from Aker Biomarine, who spent 30 minutes advertising how sustainable they are, without presenting any evidence. A quick google search reveals that Krill populations have declined by 75% in the past 40 years, and Green Peace recently released a report detailing how companies like Aker Biomarine are putting entire food webs at risk.

FIVH Ås was asked to attend UEAT2024, an event for local high schools, and were one out of three speakers among Bama and the Packaging group, Emballasjeforeningen. Bama is a wholesalers with a dominant market position, and it is mentioned in an article from FIVH that 70% of the market is controlled by BAMA, which is the only way into two out of three grocery giants in Norway. According to SNL they had a total profit of approximately NOK 21.8 billion in 2021. The Packaging group is the interest organization for packaging- manufacturers, -suppliers and -users. We interpreted the main message of Bama and the Packaging Group as them doing everything they can to be sustainable and that packaging is the best (and only!) solution for reducing food waste. Labor exploitation, a recent uncovering from FIVH, and the time before

How can it be that companies can come into centers of education and shed green light on their practices? We must ask if infinite growth always is the best? And when we say "the best" do we mean the best for all life on earth or the best for the richest parts of the world? How can we expect our society to make the truly dramatic shifts required to become sustainable when we cannot seem to admit the enormity of the problem? With this, we hold the future in our hands, so it is our responsibility to raise our voices when profit threatens life on earth.

Did reading this make you want to contribute? Scan the qr-code and sign if you don't want fruit and vegetables made under illegal and inadequate conditions.



Sara Thu  
Illustrator



# ABOUT THRIFT STORES

Understand me correct – I love recycle and volunteering! However, I am not a fan of how we uncritically use thrift stores in this country. In the second edition of *Tuntreet*, we could read a very nice interview with the volunteers at the thrift store in Ås. In the interview it came out that the store's income goes to Misjonssambandet's projects, that sure enough focuses on UN's Sustainable Development Goals – this sounds good! However, it should not come as a surprise that MISJONSSambandet first and foremost is engaged in missionary work and not charity. It is easier to reach “unreached groups of people” (a term the Misjonssambandet itself uses on its website), if they can give them a well, a school or a hospital.

I would like to see that the money I spend thrifting went directly to aid and charity, and not to a missionary organization. I lived in Scotland for a year, and they have many “Charity Shops” in the UK! Every small British town have at least three of these stores. Unlike Norway, many of the thrift stores in the UK are operated by organizations like “Cancer Research UK”, “Red Cross” and “British Heart Foundation”. Why don't more non-religious organizations operate thrift stores in Norway?

Perhaps we, the students, could start our own thrift store?

*Ragnhild Sunde Stokke*



Ingrid Bjørnevik Nygaard  
Translator



# LOGGING, WITH HOFFMANN

Rebekka Berg  
Translator



Martin Hansebråten  
Photojournalist



**D**o you see the forest for just its trees, or do you see pure money? Forests are both recreational areas and habitats for animals. But it is also a major workplace and a source of much debate. Tuntréet took a trip to tree-filled forests to learn more about forestry, with none other than Albert Hoffmann as an expert commentator.

Exactly at half past seven on Palm Sunday, a very fitting day for logging, we set off for Nesodden. According to Albert, Nesodden was a difficult place to log, not because of the terrain, but because the locals often did not appreciate heavy machinery cutting down forest areas. Still, Albert explains that the vast majority who stop and watch do so out of curiosity.

However, on this day, there was no logging. Instead, timber hauling was done. For those unfamiliar with this device, the timber hauler transports the timber out of the logging area. This is a huge machine, with about 350 horsepower, which carried 25 cubic meters of timber in one go, or “sticks” as Albert calls it. Forestry has undergone enormous technological development. In two generations, we have gone from a time of axes, saws, and horses, to chainsaws and tractors, to logging machines and timber haulers - as it is today.

Albert sat in the driver’s seat, cheerful and content, saying that driving the logging machine was “nice for unwinding.” The task almost seemed to have a therapeutic effect on Albert, where he could leave behind the day’s usual hustle and bustle and see new places. Music is also a big part of the day in the machine; he has a fondness for rock: “It gets the rhythm of the crane going.” A moment after this statement, he puts on the song ‘På hjulet’ by Teddy Bears.

However, driving these large machines is not a straightforward job. One must have a quick mind, know where to drive, and what to







load: “It’s important to see where one is driving and plan the route. One must be ten loads ahead, it requires a great logistical sense,” explains Hoffmann. He points out that his record for timber hauling is to transport 23 loads in one day, which is not achievable without good planning. After the journalist’s vague understanding of timber hauling, this record seems quite commendable.

Today’s forestry, however, presents many problems. Hoffmann comments to Tuntréet that one of the biggest debates in today’s forestry is whether to change the logging method from the so-called clearcutting, where more or less all trees are cut down, or to switch to what is called selective logging - a logging method where some trees are left standing, at least 15 trees per hectare to be exact. “Clearcutting is good economically - Biologically, it’s a bit challenging,” says Hoffman.

Part of this is what is called the forest paradox. This is based on the fact that there are increasing demands for materials and timber, while there is a great desire and need for biodiversity conservation. Albert further explains that one should consider the goals of forestry before making interventions in the forest. Here, one should consider whether economic aspects should be balanced against the biological, as well as the aesthetic. The time perspective also makes changes difficult. “One problem is that it takes an incredibly long time to

change logging methods. It takes a few generations,” says Albert. The challenges with this are that the overarching goal of the forest can change several times, and it can be difficult to achieve continuity in the measures taken.

Even with today’s clearcutting, consideration is still given during hauling. Especially on spring roads with thaw, it can get ugly. “There are some tracks. There’s no denying it, but you have to try to limit it, [...] small adjustments are important to make,” explains Albert. During the trip, he pointed out several strategically placed logs to avoid runoff from tracks and places where he had laid out spruce branches to avoid digging deep holes in the ground.

The forest that was logged was most likely planted sometime between the First and Second World Wars. This is probably correct as the undersigned counted about 100 rings in one of the logs. This means that whoever planted the forest originally, most likely did not live to see the forest being logged.

Forestry isn’t easy. A timber log is actually quite heavy. I tried to lift one myself. It didn’t work. But regardless, the forest is a place that is, has been, and will be an important workplace and recreational area in the future. How ecology, biology, economics, and recreation will affect forestry in the future is uncertain, but one thing is for sure. There will be activity in Albert’s crane for a good while to come.



# USE OF ARTIFICIAL INTELLIGENCE IN ACADEMIA

A DIVE INTO THE FUTURE OF STUDYING

Marie Tjelta  
Journalist



Artificial Intelligence  
Illustrator



Knut Sørbø  
Translator



**A**rtificial intelligence (AI) is reshaping the everyday student life and future of students around the world. Senior Advisor for the Learning Center at NMBU, Niklas Pettersen Mintorovitch, shares his thoughts on how AI can impact academia and how NMBU is adapting to this technological revolution.

### More than text generation

AI has already taken over many aspects of our lives, yet what exactly is it? Mintorovitch explains that AI is a new universal technology that controls many other technologies and affects large parts of our everyday lives. AI is already being used as a diagnostic tool to detect cancer, map new potential protein structures and pathogens, and is being used in research at the highest levels. He believes that we need to start looking at AI differently and understand its potential beyond the generation of text and images.

### Using AI in exams

Using AI as part of student life, including during exams and assignments, Mintorovitch explains, is a complex issue. If AI is to be used in exams, the form of assessment must be changed to ensure that the learning outcomes are met. He notes that current standards are not adapted to AI technology and that adjustments need to be made to allow students to utilize AI effectively.

When it comes to exam formats, Mintorovitch is open to integrating the use of AI, but it requires an adaptation of what is being tested. This could involve solving more complex problems, placing more emphasis on oral forms of assessment, increasing the level of difficulty, and including how AI has been used in the method section. However, he emphasizes that this assumes that the students have sufficient knowledge of AI, which can also create new problems. “It will be an educational experiment where we have to test what works and what doesn’t.

### Which AI services does NMBU recommend?

So why does NMBU recommend the use of AI services such as SIKT and Copilot? According to Mintorovitch, it’s all about data protection and GDPR. The General Data Protection Regulation (GDPR) is the EU’s regulatory framework for protecting personal data. These

services store data within the EU, which is crucial to ensure that user data is processed in a secure and responsible manner and meets EU standards. Furthermore, Copilot is integrated into Microsoft’s software packages, with which NMBU already has an agreement. This gives students access to powerful AI platforms that are secure and GDPR-friendly.

### The plagiarism dilemma

When it comes to plagiarism, Mintorovitch admits that it can be challenging to determine whether text written with AI qualifies as plagiarism. There is talk of AI check programs that can track AI-generated content in a text. At present, NMBU do not have such software, nor are they interested in it. He explains that they do not see the benefit if they are to encourage students to use AI. “AI is becoming a bigger and bigger part of everyday life. It’s more about integrating the use of AI into studies in a sensible way,” he points out.

“The most important thing is to focus on designing learning activities that take into account broader societal developments and include the use of AI as a tool, rather than viewing AI as a threat,” the senior advisor continues. No one knows what it will look like to write a text in two years’ time. Suddenly, AI has been integrated into writing programs and you write together with AI, so the end result will be a mixture rather than plagiarism or something that is 100% written by you. He emphasizes that it is important that students learn how to use AI correctly and that they understand how it can affect learning outcomes.

### Ensuring high quality education

Mintorovitch encourages NMBU to maintain an open dialog with students and be responsive to their concerns and questions. He emphasizes the importance of ensuring a high-quality education that leads to solid learning outcomes. It is a balancing act between equipping students with relevant skills, including AI, and ensuring that they don’t just “breeze through an education” without acquiring the necessary knowledge. NMBU’s goal is to prepare students for a future working life that is likely to be influenced by AI, and this requires a conscious effort to safeguard learning outcomes.

*This article was written with the help of the KI service SIKT.*

# PAINT ANALYSIS OF ANDEHUSET

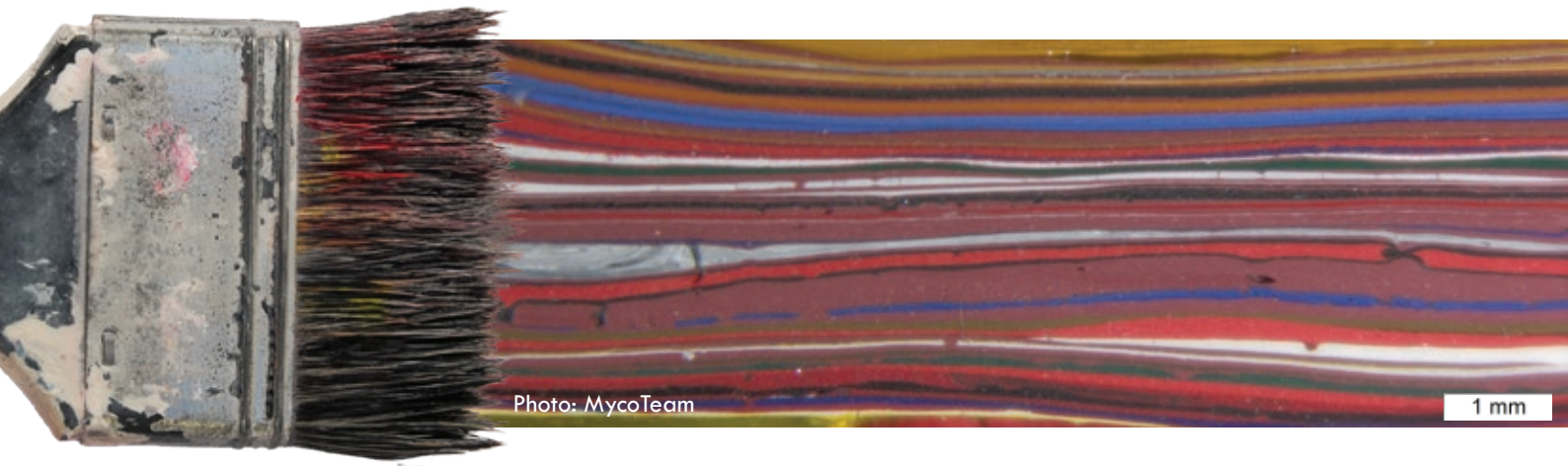


Photo: MycoTeam

1 mm

**O**ne question has followed the Ås-students since the beginning of time, it has followed us ever since we, during the buddy week, threw ourselves into the Duck Pond and all the way to when we graduate. “How many layers of paint are there on Andehuset?”. A question that turned out to be harder to answer than one might think.

Sometime in 2021, a group of former students, then employed at Mycoteam, took the initiative to answer this question. They carried out a paint analysis of Andehuset. Those results have now been obtained by Tuntreet.

The former students took a sample of the paint layers and examined them under a microscope to uncover the number of paint coats. As they say, a picture is worth a thousand words, and in these pictures of strangely composed colours, the result of the paint analysis is hidden. “Here comes Hankattenes war, to maintain their colours,

clearly revealed”, comments a former student at Ås and advisor for Mycoteam, Åsmund Andersen.

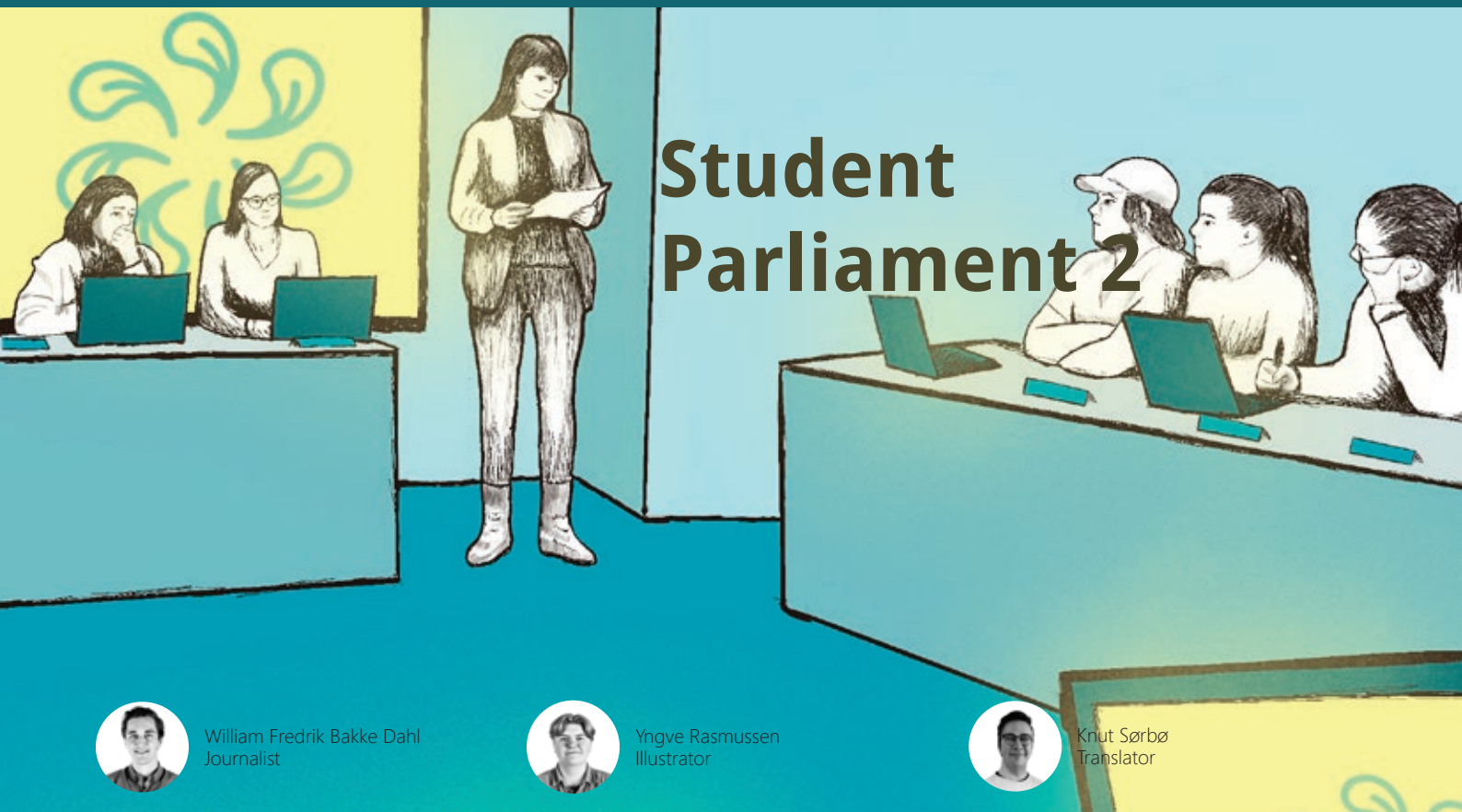
But what about the big question that sparked the analysis itself; how many layers of paint are there on Andehuset? A question that remains unanswered to this day. When they took the sample, they never managed to reach all the way to the wood. This was partly due to lack of adequate equipment, but also the fact some of the paint layers had not yet dried. Something which might not be so unusual, given Hankattenes eagerness for repainting the house as soon as someone has painted it, Åsmund points out.

The only thing we know for sure is that the number of paint strokes on Andehuset is what you can count on the picture ... plus a great deal more. There are certain existential questions that as a human you never get an answer to, and the layers of paint on Andehuset is perhaps one of them?

Marie Tjelta  
JournalistTuva Hebnes  
PhotographerMathilde Buttedahl  
Translator

Photo: MycoTeam

500 µm



# Student Parliament 2



William Fredrik Bakke Dahl  
Journalist



Yngve Rasmussen  
Illustrator



Knut Sørbø  
Translator

It's time for the second student parliament of the year. This time with a packed back bench, which usually indicates exciting issues and engaged debate. First up are the briefing items, which include familiar issues such as poorer finances and budget cuts. The Learning Environment Committee (LEC) says that their pot, which was 3.6 million last year, has now been cut down to 2.5 million. Therefore, they want to prioritize using the funds to maintain existing initiatives without starting many new ones.

Once the student parliament has been briefed, the next item on the plan is to elect new representatives to LEC and the Research Committee. There are plenty of candidates, and after the written election, all positions will be filled. Among others, our own editor Martin steps in as LEC representative.

And with that, it's time for today's "headliner", the welfare funds. Every year, the Student Parliament allocates just over half a million NOK to promote student welfare. These funds go to events and associations that contribute to this. Many associations are dependent on this contribution, so it is not unusual for there to be a lot of input from the back bench. The matter is opened for discussion and most faculties support the proposal that is presented. From the back bench, representatives from Laget på Ås question why they have not been granted open association status. This is a status that associations can apply for, which comes

with certain benefits and requirements. The rest of the discussion is based on whether the team should be granted this status. It is argued that the religious association is still open to students with different or no faith. There are also counter-arguments that point out that the team's mission statement does not show openness. Other representatives believe that religious associations have an underlying interest in the same way as political associations, and therefore, in the same way as political associations, cannot maintain open status. Whether Laget should be granted open status was put to the vote. They were not granted this status.

Studentstorbandet wanted to be able to spend some of their granted funds on hiring a professional conductor for rehearsals and concerts, rather than just maintaining equipment. This was granted. Once all the proposed amendments had been voted on, the distribution was adopted.

The next two cases involve updating the regulations for how these funds are to be distributed. In these cases, too, there is mostly discussion about the rules for open association status.

Finally, we come to the resolution on an open study environment. In the discussion round, the Faculty of Veterinary Medicine raises their concerns regarding their need to have group rooms reserved for them. The other faculties believe that lecturers should book group rooms used for teaching as is the practice for other rooms. They thus see no reason why the group rooms should generally be closed to other faculties. One amendment was proposed by VET that the resolutions should not concern group rooms, but this proposal was not adopted. After this, the matter is adopted unanimously.

Thus, we are through all the evening's issues, and it is strongly encouraged to meet on the back bench at the next student parliament April 22.

# Tuntreet's official live commentary of the General Assembly S24



Tord Kristian F. Andersen  
Journalist



Ben Børildsen  
Photographer



Natalie Nazareno  
Translator

The General Assembly (GA) is Studentsamfunnet's main highlight and takes place once a semester. Here, anything can happen, and it is the members who decide how the house shall be run through voting on matters and delegating responsibility to board members by election. Be a fly on the wall under this spring's GA!

The meeting started at 5.07 pm, and after the introduction and approval of the meeting management, a new feature was introduced: Joke reading. This could be submitted continuously and was read out by moderators during dead time. Here is a small selection:

- There was the Swede that helped their neighbor check if their blinkers were working, and said "works, doesn't work, works, doesn't work"
- There are two types of people in this world. Those who can extrapolate from missing data...

Otherwise, we finally got a percentage of votes, although only on test votes. Tor Pedo won with 56.28% of the votes.

## "Rumours"

At 5.19 pm, case E1 was taken up, "Need for an extraordinary GA". Case presenter Vegard Hansen said that the background for the request was Samfunnet's use of the house, and their way of handling rumours. In the written appendix, it is desired that meeting activities related to rumours, measures, and confirmation/denial of these should be accounted for, with a desire for an independent investigation and removal of board members in the event of unfitness.

At 5.24 pm the Board of Housing and Finance (HF) gave its recommendation on the matter through chairman Erik Sand. HF did not want, and did not see the need for, an extraordinary General Assembly to deal with matters related to this and believed that it could take place during this General Assembly. Vegard was then asked by Erik to explain in more detail what the content of the rumours really was, but he did not do this. A vote on

whether the case should be taken up as a possible case was made at 5.29 pm, where the answer was no. The undersigned's opinion was that the General Assembly was left with confusion over what the matter was really about.

## House and finance

External representative in HF Espen Syljuåsen presented Samfunnet's finances with the words "the house is run very well" 5.39 pm. A report signed by the auditor came in the day before the General Assembly, and HF patted itself on the back with a 2023 that ended better than budgeted, and with a profit even outside of UKE years.

Tuntreet did not reach the zero target, but HF emphasized the invisible benefits that one gets from it. The Board of House and Finance was unable to use the money it was supposed to, and pointed to the Operation and Maintenance Committee's (DVU) lack of activity. The major goals are the maintenance of Rosehagen and Festsalen.

Someone who received exclusive praise was the Business Committee (NU), which is now more profitable than UKA. In Espen's words: "The most strategic trick we've ever done." 15% of what is earned from holding a career day is put into a fund that can be applied to for career promoting activities.

The largest sources of income depicted are bar, ticket, sponsor and career day. The turnover is approx. 30 million NOK over a 2-year period. 46,000 pints of beer have been sold, but bar sales still run for approx. 0. The recently deceased honorary member Kjell Aksnes was given a minute's silence at 6.12 pm.

## Ethical guidelines and personnel matters

Proposals for new ethical guidelines were presented at the meeting. The floor was asked if revisions had to be voted through at GA later, but HF declared that they can revise as needed. The proposal was adopted.

Two of the editorial changes that were wished to be voted for at this General Assembly were opinion-changing, and it was therefore proposed at the start of the meeting to move them to regulation changes. This was approved by a show of hands.

The proposal in § 4.1.4 a) to change the Board of House and Finance from handling all personnel matters to the supreme authority for personnel matters was met with criticism in the meeting, and it was not answered who decides how big a case must be in order to proceed to the Board of House and Finance. Concern was expressed from the audience that this was an adaptation of statutes to practice rather than practice to statutes. The amendment to the articles of association went through.

In recent years, the system has worked by reports being made by the responsible during party nights, and boards make decisions in personnel matters. HR must act as an impartial person, who ensures that the process runs smoothly. Nevertheless, it has been the Board of House and Finance that has had the formal responsibility, and everything had to be approved there. It is the latter that is changing now.

### The Board of House and Finance responds to personnel matters

Tuntreet was not given direct access to guidelines for handling personnel matters “in order to preserve the authority, anonymity and impartiality of the case handlers in proceedings”, but board chairman Erik Sand had, among other things, this to say about the instructions:

“The P-case instructions are so comprehensive that most conceivable violations of the rules of order and/or Norwegian law that occur in association to Samfunnet and/or at Samfunnet’s building are covered. Many less serious cases are dealt with by the responsible board, but those with a greater degree of seriousness are dealt with by one or more external representatives.”

In practice, this will mean that it is the Board of Samfunnet and the UKE board that are now mandated to deal with personnel cases, apart from the more serious cases, or where case handlers are incompetent. Erik nevertheless

emphasizes that HF must be informed about the cases in any case. He does not see the change as a problem as “The Board of House and Finance has always approved the proposals that have come in, as the instructions are so comprehensive.”

“The reason why we wanted to change this is that all cases should be dealt with quickly, and it can be demanding to hold continuous meetings for such, often individual, cases.” Following a proposal from Pluto 6 GA in the spring of 2020, the Core Board restructured into the Board of House and Finance, and meetings were reduced from around 10 to around 5 a year.

Finally, Erik would like to emphasize that “the P-case instructions are so comprehensive that all types of violations have guidelines and must be treated exactly the same.”

### Election

Elections were ready at 8.00 pm and were characterized by the difficulty of getting

enough candidates. Volunteering was attempted 73 times in total, but only 12 Yes were given, in addition to the 6 pre-registered candidates. There were some impressive throws of microphones at least.

At 8.28 pm, during the election of the Head of Events for Samfunnet, a panic signal was given by UKE board member Emilie Aen regarding personal questions to candidates. The question about candidate Otto Engum’s associations to the SiÅs board, and whether this could be problematic as a member of the Board of Samfunnet, was therefore withdrawn, even though nothing wrong was found in the regulations when it was checked afterwards.

Otherwise, the General Assembly went mostly painlessly with a few exceptions, and ended at 11.00 pm with “Jeg og n’Thorvald og Johannes”. The whole affair took 5 hours, 54 minutes and 55 seconds. The pea soup was good by the way, thanks for the food!



#### The Board of Samfunnet

Leader: Magnus Schie Larsen  
Head of Events: Otto Engum  
Head of Finance: Egil Natvik Vestrheim

#### Tuntreet

Editor: Marie Tjelta

#### Board of House and Finance

Student Representative: Jørgen Måleng

#### The Business Committee at NMBU

Head of Events: Camilla Videm  
Head of Administration: Maja Nordgård Gausen  
Head of Career Day: Ingrid Turlid

#### Election Committee

Representatives: Helene Fuglesang Svensen  
og Ingrid Lamark

# TUNTRÉET IS LOOKING FOR NEW STAFF

Are you a curious student with a wish to be part of something? Would you like to get a better insight into the student community here in Ås? Maybe you'd also like to pay cheaper entrance fees and drinks at Samfunnet, in addition to getting access to the infamous "internfesten"? Tuntreet is the students' own newspaper here at NMBU. With a new edition every third week, meaning five editions per semester in total, there are plenty of opportunities to get creative and hone your skills in the area of your choice. Right now, we are looking for new people to fill the best committee (head) positions!



## HEAD OF TRANSLATION (KS) – One position

Is English your second mother tongue? Break the barriers and include the international students by translating for Tuntreet. As Head of Translation, you largely work when the magazine is put together, every third week, but it is a flexible job and has a low bar of entry.



## PHOTOGRAPHER (KM) – Two positions

Do you like taking pictures? Do you want to document what is happening in Ås and at the same time help shape Tuntreet's expression? Then we would like to have you as a photographer! Being a photographer is a fantastic opportunity to learn a lot of new things in photography and editing. Neither experience nor your own camera is required, as we provide both.



## JOURNALIST (KM) – Four positions

If you have an urge to write, or just want to raise issues and opinions about life on the Agrarian, the position as a journalist is perfect for you. As a journalist, you can suggest cases and angle them the way you want in order to describe what is happening at our Agrarian Metropole. You will meet many exciting people and develop your own skills. The position is varied and is perfect for those who want a position that offers challenges outside the Samfunnet's party evenings.



## HEAD OF LAYOUT (KS) – One position

Do you have a passion and an eye for color and form, but without any outlet to express? Then join as a layout employee! Every third weekend, Tuntreet is put together by our talented layout staff, and we would like to have you on the team. If you want a position that offers creative freedom and fixed working hours outside party nights, this is the position for you. Experience with InDesign is an advantage, but not necessary, as training will be provided.



## HEAD OF PROOFREADING (KS) – One position

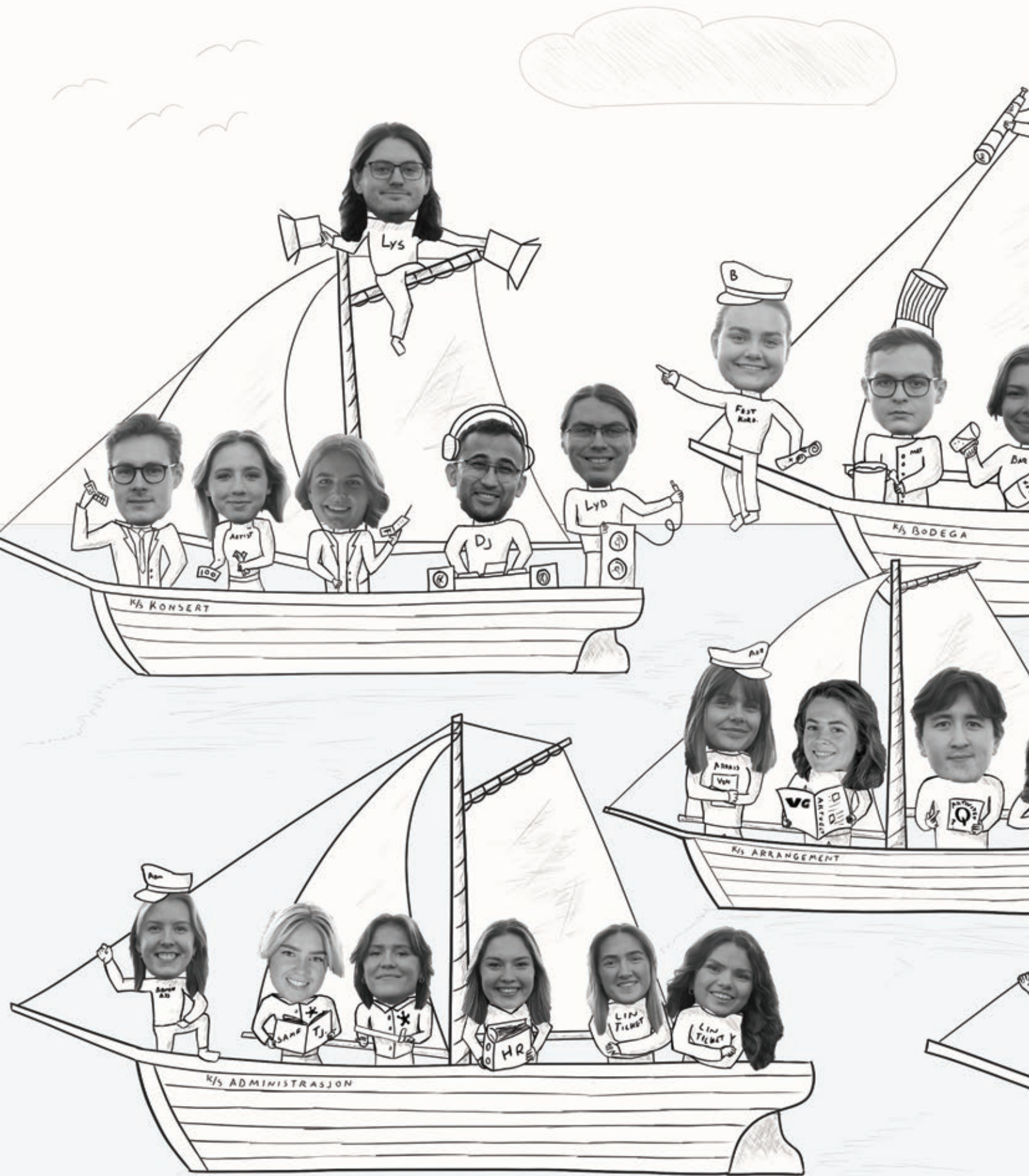
Do you like to have an overview and order? Do you get annoyed when you see strange sentences or incorrect use of commas? Then Head of Proofreading at Tuntreet is the position for you! As a proofreader, you work to perfect the journalists' work by giving feedback and correcting texts. You have responsibility for your proofreading staff, and act as a link between proofreaders, journalists and the editors.



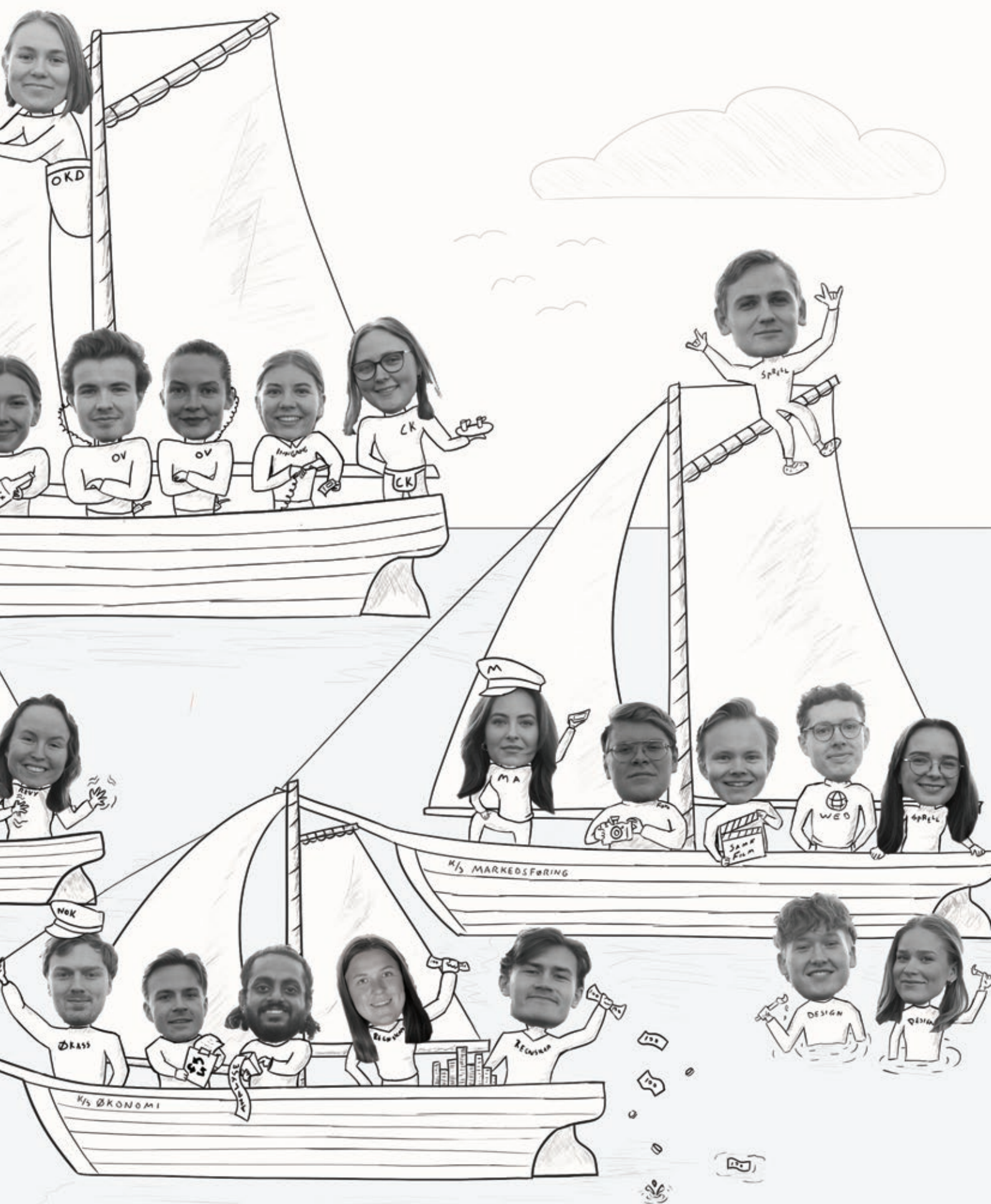
Go to [Tuntreet.org](http://Tuntreet.org) to find and apply to the positions!







SAMFUNNETS KOMITE



ÉSJEFER VÅREN 2024

SA/MA  
2024

# The Board of Samfunnet spring 2024

are excited for the jubilee celebrations  
with Thorvald and Tora!



# POEM CORNER

## An evening

Friday night winds down,  
With strength to astound.  
A lady applies lipstick to her pout,  
Go on, say hello, don't be a lout.

*Felix*

## AAs

Ås moss emerges from the snowy veil,  
Ås and its surrounds don their verdant sail.  
Vitamins sorely needed fill each dale,  
Enough to lift most from sadness's pale.

*Dino*

## Journey to Skogsdammen

The frog leaps over freshly mown grass,  
A new time awaits, he's ready to pass.  
The snow crystals melts away, a new dawn's display.  
Frogs shall bring life, together they'll strive,  
But first, to the forest pond, he must dive.  
The frog jumps down, gravel crunching loud,  
Bike wheels whirl, a bustling crowd.  
Will he reach his new life's shore?  
Or be crushed 'neath a human's core?  
Toward him, barking hounds, fierce and bold,  
Now's the moment, his heart, it unfolds.  
The frog takes a leap, Soaring into the endless blue,  
Below him, humans and dogs pursue.  
The frog splashes into the cool, calm lake,  
He dared to jump, his dream awake.

*Marie T.*

Can't we just hit each other?

Yes, we can fight.

Hit me in the solar plexus, he dared,  
As if Morgan Kane himself said it.

Then he walked out  
while Truls ate his snacks.

*The ghost in the kitchen*

## To Karoline

In moistness,  
cash doesn't gleam or shine,  
Radiates warmth, in a soft, gentle line.  
Only Earth's reddest diamonds can compare,  
The taste, so fine, like the sweetest air.  
Just like your body, pure and divine,  
swims in the ocean's pristine line.

*Jon F. K.*



TWO BEERS WITH

**EIRIK-MATHIAS**

**BJØRNØ RUMMELHOFF**

*A pedagogue driven by childlike curiosity.*

Henrik Bakken  
Journalist



Malene Tangen  
Photographer



Vegard Sjaastad Hansen  
Translator



You probably know him as a teaching assistant, crash course instructor, and NMBU mascot. One of NMBU's most recognizable faces and likely the Ås student with the most irons in the fire, as we discovered when trying to find a suitable time for the interview.

We meet Eirik-Mathias, a fifth-year Natural Science Education student, at the headquarters of the student teachers - the venerable Damgården. The building has a shoe-free zone, so the interviewee's rock socks - one with coffee cups and the other with purple slices of bread with fried eggs - stand out, immediately giving us the feeling that this man is anything but a future boring and traditional teacher.

We can't avoid mentioning that it took us a couple of weeks to find a suitable time for the interview. Eirik-Mathias' commitment extends far beyond the fields of Ås. Later, on the same day as the interview, he's set to drive to Sarpsborg to play in the semifinals of the elite floorball league. After that, he'll swap his sports gear for the debate hat and hop on the bus to Oslo. There, he'll participate in a panel discussion about artificial intelligence in schools, on behalf of the Student Committee in Tekna.

Anyway, here we are in a meeting room at Damgården, trying to form an image of the person most people at Ås already feel they know. Either because he has helped you through a course, provided you with some fun "student-life hacks" on NMBU's Instagram, or you've encountered a too cheerful student ambassador or had coffee at the Tekna booth. In other words, the chances are high that you've crossed paths with Eirik-Mathias. "It's almost a bit taboo to wear earphones on campus because suddenly you meet familiar faces."

It's natural to start the interview by talking about juggling as many things as he does. He then comments, "not that I quote the Bible often, but idleness is the root of all evil." In true Petter Stordalen style, he loves Mondays: "It's about glorifying the everyday and having a mindset for things." "If you're involved in a lot, it can quickly give you a lot of energy," he says, while talking about "time alchemy," a science he and his friend and colleague, Kathrine Frey Frøslie, practice to make ends meet.



It's through Kathrine Frey Frøslie that he got the opportunity to write statistical articles for Store Norske Leksikon, but also to guest blog on her popular science knitting blog, Statistrikk (without the slightest idea of how to knit). Eirik-Mathias has had some unique opportunities. For example, being part of the process of hiring our new Rector, Siri Fjellheim. He did this as one of 11 members of the University Board, a position he describes as demanding but extremely educational. "There's a lot you have to consider," he says, "you have to set aside all your own interests but still maintain your values." Several of the opportunities he's had are ones he says he wouldn't have gotten anywhere else but at Ås; precisely because of its size, compared to larger universities.

In high school, his friends were heading to Trondheim, and Eirik-Mathias considered the same, but the student body and the gray Trondheim weather helped determine his future choice of study location. A student ambassador from NMBU convinced Eirik-Mathias to attend "Open Day," and that was it for him. "The competitive advantage of Ås is that you're not just one in the crowd," he says, describing a phenomenon many in Ås can relate to. However, he

admits that he's more active on the campus part of Ås than at Samfunnet; for example, he's never been to the Bodega in his nearly five years here in Ås. This may be because he actually doesn't live in Ås but commutes by car from his hometown Fredrikstad, accompanied by his sister who studies Veterinary Medicine. Not moving away from home has not only been a hindrance, but also essential to continuing his favorite activity.

Even though much of his time is devoted to studying, teaching, and holding positions, Eirik-Mathias also has other interests. He's actually among the top floorball players in Norway and plays for Norway's oldest floorball club, Slevik, in the Norwegian elite league. It's through this sport that he's had the most fun both domestically and internationally. He's not just a team player on the field but says he prefers to work with others—both when it comes to work and school. "The collective is always better than the individual." Despite this, he also has other interests, interests that lay the foundation for him, with a twinkle in his eye, to characterize himself as "somewhat neuro-divergent". What he means by this is his curiosity about systems. For example, he has a strong interest in Lego. Especially the largest and most advanced sets, which require a good



## TWO BEERS

sorting system before the building process begins. Understanding systems is also something he gets to exercise as the treasurer of Slevik Innebandy, which he finds “exciting as hell.” And the reason he wanted to be the moderator at the general assembly is that he finds procedure and formalities fun. “I’m very peculiar about some things.”

Mathematics and science are Eirik-Mathias’ life, but it’s always with a pedagogical perspective. He emphasizes that he wouldn’t engage in as much as he does if he didn’t genuinely enjoy it. With a sly smile, he adds that he has a childlike attitude toward learning. He remembers well the moment that sparked his desire to become a teacher. In junior high, he had to give a presentation on Christmas food traditions in Østfold, which ended up lasting for three quarters of an hour. He decided then and there that conveying knowledge was what he wanted to do. In high school, he got a job at the science center, INSPIRIA science center, a place he still works. There, he provides science experiences and science

shows to visitors of all ages, describing it as a job where he gets paid to play. In other words, he’s been involved in knowledge dissemination since high school, and currently, he teaches two days a week at Greåker Videregående Skole in Sarpsborg. Because of this, he has also benefited from seeing synergies between high school and university.

It’s not surprising when Eirik-Mathias says that both of his parents are teachers; you could almost have guessed it. He adds, “It’s said that a burned child avoids the fire, but that’s not the case for me. This burned child smells singed.” His mother teaches math and science, and his father is a principal. When asked if he has had any of his parents as teachers, he answers with a humorous smile, “Yes, I had my mom as a substitute in sex education.” However, this trauma did not outweigh his desire to become a teacher himself. He has many opinions on teaching and pedagogy and eagerly shares his thoughts on this.

“The academic foundation must be there,”

he says. He explains that if you were to compare two teachers with similar subject knowledge, it’s solely their communication and teaching ability that determines students’ experience of the teaching. For those who have seen Eirik-Mathias teach, they can attest that he possesses solid communication skills. Almost as if he teaches with curiosity and such enthusiastic involvement that it rubs off on the students. Here, the childlike approach to things flourishes.

Currently, Eirik-Mathias is writing a master’s thesis in chemistry focusing on the structure and function of LPMO enzymes. As for the future, he doesn’t have any plans set in stone yet. “I struggle to imagine next week in detail,” but he mentions an ongoing application to the Research Council that could open up some exciting opportunities here at NMBU. Regardless of what he does, the common thread is “teamwork before pursuit.” In his roles, in education, and not least in his free time in the floorball community, but of course, always with a childlike twinkle in his eye.

“If you’re involved in a lot, it can quickly give you a lot of energy.”





# GREETINGS

Dear Eirik-Mathias,

Every day is Mondayyyyy when we're with you. You're the man with a bit too many hours in the day, a bit too high coffee consumption, and too little desire to live in Agraren. Most people on campus might know you as a very serious gentleman, but we know about KB and other shenanigans. You're a man with strong opinions and an exceptionally good ability to see others despite your somewhat hectic everyday life. A message, a meme, or a Fredrikstad phrase always brightens the mood. Not to mention all the fantastic (horrible) proverbs you come up with. Thank you for being who you are and for helping us with big and small things even in your busy schedule. Now we look forward to seeing you dominate life as a master's student and as an edutainer in the future. Candy candy,

The entire lecture gang

If we were to describe a superhuman, we would describe Eirik-Mathias! No one really understands how he manages to do everything he does; he can't possibly have the same number of hours in a day as our ordinary mortals.

You'll search long and hard for someone as hardworking and supremely talented in absolutely everything he does. Not only that, he's also incredibly kind, funny, and always there for others. We feel very lucky to work with him and have him as a friend.



If mythology had told of a cornucopia for positive energy, boundless enthusiasm for knowledge and learning, and an unlimited capacity for new ideas, this horn would be called Eirik-Mathias Bjørnø Rummelhoff! I've had Eirik-Mathias as an eager sparring partner in statistics education, pedagogical development, and dissemination, both in courses, on the blog Statistikk.no, and in the work with snl.no. He's a delight to work with, both personally and professionally.

Best regards from Kathrine.

Eirik is a “knakanes” (fantastic) guy, as we would say here in Fredrikstad. He's someone who always shows up to practice with a smile on his face and incredible energy. A warrior and an extremely significant contributor to the team, but also to the club. He's simply a jack-of-all-trades who helps out wherever needed. A key piece in how Slevik IBK will continue to develop, both on and off the field.



# STUDY SMARTER

**W**e are now in the middle of April, and I assume that most of us are starting to feel the exam anxiety blooming once again. Despite big plans to be ahead this year, I reckon that many of us are behind on school work and are starting to realise that this might not be as easy as we had envisioned. Earlier this spring, Tuntreet was fortunate enough to be offered the book "Study smarter" by Vivian Kjelland – of course we said yes, and have read the book to see if we could learn to improve our study habits and avoid falling behind.

«Study smarter» is a relatively short book of about 150 pages, and it flows quite well. In relation to the rest of curriculum, this is almost nothing, and I will gladly invest time on this book if it can actually help with more efficient study techniques and improve my grades. The book consists of three parts: part one covers the motivation to study; part two discusses how we should study; and part three gives tips about other aspects in your everyday life that can influence your studying.

## The motivation

We all have different reasons for studying. Some have a dream job they work towards, others are exploring their interests while studying. Regardless, it is essential to engage with what you are learning, and to do that, it can be useful to remember why we are doing this in the first place. Kjelland recommends setting goals to work towards, and when the motivation decreases, it is important to keep your confidence. She recommends different methods to keep the motivation up, including dream boards, short effective study sessions, doing the worst part first, and reward yourself to provide motivation to keep going.

## Study techniques

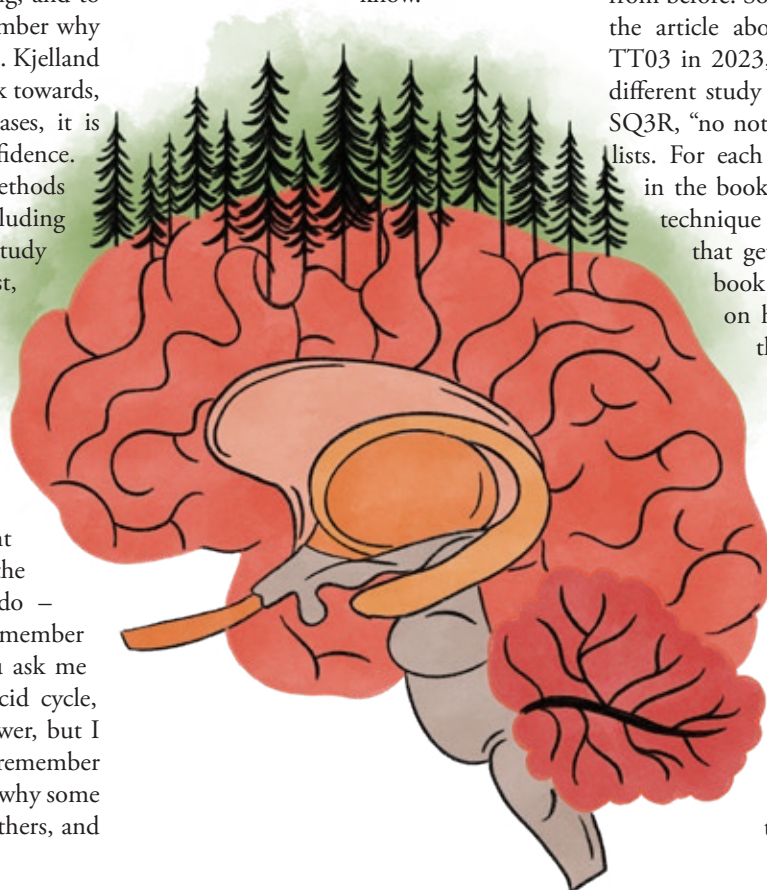
I have always believed that I have relatively good study techniques, I take notes during lectures, highlight important points in textbooks, and do the work that I am supposed to do – however I find myself unable to remember the things I have learned. If you ask me about the details in the citric acid cycle, I could not give you a good answer, but I used to know it, so why don't I remember it now? Kjelland talks a lot about why some memories get stuck easier than others, and

how we can get our brain to remember things better. She compares the memory to the forest, where the memory is hidden around this forest. Every time you take a trip to the forest to recollect a memory, you tread the path a bit more. And the more often you make the journey, the easier it will be to find the path and get your memory.

But before we go and retrieve the memories, we first need to get the information in, and it is important to ensure that it gets saved as the right type of memory, long-time memory. Many people memorize without understanding the content, making it easier to forget. If you instead try to understand it, you will remember it longer. Try to connect it to things you already know.

How you read towards an exam varies from person to person. Personally, I learn the best with a combination of reading about it, reviewing old lectures or lecture notes, and writing down my own notes about it (here it is important to use your own words and not copy!). I prefer to use colours and figures to get the topics to look different, making it easier to visualize both the pages and the information later. You can also combine techniques! What about making flashcards and hanging it up in your dorm? Then you make your own memory palace that you encounter daily, making it easier to recollect when you are facing the exam.

This is where I think the book differs from other study techniques we have heard about from before. Some of you might remember the article about study techniques from TT03 in 2023, where Tuntreet tested out different study techniques like Pomodoro, SQ3R, "no notes", scoping, flashcards and lists. For each study technique discussed in the book, it explains why the study technique works. The technique that get the most praise from the book is recalling, which focuses on how you tread this path in the memory forest. Most techniques here was about not copying directly from the textbook, but rather writing from memory without help. One of my personal favourites was to write down keywords on small post-its every time you learn about something, and put these in a box. Every time you take a break, you can take a post-it and try to remember a couple of



things from that topic. It is important to not only work on getting the information in, but also work on getting it out, because that is exactly what happens on an exam! Take tests and do exercises, tread those path in the forest. It is important not to get help while answering the questions!

### Other factors

In addition to study techniques, the book also writes about other things one can do to get most out of these study techniques. Most of this chapter is about giving your brain the best starting point we can give it. It might not be a surprise that exercise and sleep is high on that list, along with eating healthy, being social, taking breaks, having a plan, and most importantly, engaging with what you are learning.

Luckily, it seems like Kjelland is fully aware that most students are incredibly easy to distract. And before you even start to read, it might be wise to get rid of distractions, therefore having nice surroundings is a must. The phone should not be apart of this environment, put it on 'do not disturb' and leave it alone! It is also essential to adapt to your own brain. I am by no means an early bird and therefore should avoid reading things I want to remember early in the morning. It can therefore be useful to adapt your routines to when you learn the best.

And finally, because this is a book review and not just an article on how to study better, I need to conclude that I myself wish I could read this book in my first academic year. I can guarantee that you have heard plenty of these techniques and tips before, but one may not necessarily have heard the reason behind the techniques. For me, this book will likely become a permanent fixture on my desk, and will probably serve as a little motivation boost when needed during exam preparation in the future.

Sara Thu  
Writer & illustrator



Ingrid Bjørnevik Nygaard  
Translator



### SOME TIPS TO THE EXAM READING:

- Don't just memorize it, understand it!
- Test yourself on the topics
- Practice remembering the information without help
- Exercise helps both muscles and brain to grow!
- Get enough sleep
- Put your phone away, it steals your time and is distracting

### MY FAVOURITE PARTS:

- p. 49 - smart reading and note-taking
- p. 66 - How to perform best on exams
- p. 74 - How to be best prepared for exams
- p. 79 - How to act confident on stage
- p. 132 - "Bored and brilliant" - the program



# Ramadan's twilight hours on Campus

Ramadan is the ninth and holiest month in the Islamic calendar, and is marked by Muslims worldwide by fasting from dawn to dusk throughout the month. When the Muslim Student Association (MSA) at NMBU invited Tuntreet to their Iftar evening in Økonomikantina on 2nd of April, I imagined myself to be a fly on the wall with a camera and notepad, but I was really drawn to this social meal!

## What is Iftar?

Iftar is the meal eaten daily after sunset during Ramadan. The sun's decline varies from day to day, especially here in the north, so on this day the time falls at 20:08. The fourth of the day's five prayers is then called, and the fast is broken by eating and drinking something small, which is typically dates and water. Then one of the students leads the actual Maghrib prayer, before the long-awaited Iftar meal is finally enjoyed together.

## Always enough for everyone

MSA and Pakistan Student Association (PSA) had collaborated to set up a table filled with various homemade dishes for both dinner and dessert. When I express that it looks like we have more than enough food for the evening, student Tazmid Mahmud breaks in "We've been fasting for 15 hours!" and laughs. The students in attendance quickly gather around the food, and a good atmosphere settles over the

room when everyone has full plates and a chair to sit on.

While I wander around a full Economics canteen hall to take pictures and chat to people, most people's focus is that I also have to get some food! Despite the fact that I have eaten both breakfast, lunch and dinner this day, while the majority of the guests have not eaten since before dawn and the dining tables kept getting emptier. One of the committed guests specifies that it is extra important that no one goes hungry during Ramadan - no matter who they are!

## Student life and fasting

I sit down with MSA's manager Sana Pakatchi and SoMe manager Ibrahim Adan to hear more about Ramadan as a student. "Ramadan is a very close time for Muslims, where we are together a lot", says Sana. There is a big focus on breaking the fast with others every evening, especially with family. So for students living away from

home, it is often important to find a new community to mark the fasting month with. Therefore, MSA hopes to be able to arrange Iftar together again, in addition, Ibrahim tells of a good environment in the local mosque in Ås, which invites to Iftar every evening.

After dinner, a presentation is held by Innocents Norway about their ongoing aid work in Gaza, which emphasizes the importance of standing together, especially during Ramadan. The evening ends with a Kahoot about Islam, where I am unfortunately not as strong as my opponents. Iftar provided good social replenishment, also for me who had no relation to the meal or the other guests before I arrived!



# Eid al-Fitr should be celebrated in style!

After a month of fasting, it is time for the great celebration of Eid al-Fitr to mark the end of Ramadan. The fast lasted this year from March 10th to April 9th, and on one of the last days of Ramadan, the Pakistan Student Association (PSA) invited us to open Mehndi night at Bikuben for the second year in a row to prepare for Eid together. Tuntréet was back in place to experience more of Ramadan on Campus!

## What is Mehndi?

Mehndi is perhaps known to many as 'henna'. Henna is the reddish-brown dye made from dried leaves of the henna plant, and has been used for thousands of years to create body art in several countries and cultures. PSA's president Faseeha Gillani says that Mehndi has its roots in the Indian subcontinent, and that in Pakistan they often take Mehndi before the biggest occasions, such as Eid and weddings. The design is temporary, but can last up to several weeks on the skin with the right treatment!

## Art, ludo and snacks

In Bikuben, PSA has set up several different activities for the evening, with a Mehndi station in focus and a surprisingly engaging ludo tournament that takes place throughout the evening. Five female students sit ready to adorn the participants' hands and their queues are getting longer and longer. The girls impress us with their carefully executed designs and Faseeha explains that many pick up the art during childhood. "You see your mothers and aunts doing it, and you just try it on yourself and see different designs over the internet".

There are of course plenty of snacks and food to enjoy, especially when the sun goes down and it's time for today's Iftar for those fasting. Calm descends a little among most of the guests at sunset, while the Mehndi makers barely manage to break their fast while sitting in the middle of their complicated designs.

## Want to celebrate together

Faseeha talks about how good it is to see so many different students together this evening, as many miss the large gatherings they usually have in their home countries during Ramadan. At least the mehndi seemed to please everyone who came, and the journalist herself cannot help but keep looking down at her decorated hand while this article is being written.



Tuva Hebnes  
Photo journalist



S. Faseeha F. Gillani  
Translator

# The Last Lærkerevue?

**K**eeping true to tradition, it's time for the year's best Lærke revue in Festsalen. Legends tell us that Sangkoret Lærken always have their revues in the good old, worn down Festsalen; tonight is no exception. But ominous signs that Festsalen is to be shut down and demolished have motivated the songbirds to put together a heck of a revue. Could this be the last genuine Lærkerevue ever?

Half an hour before it kicks off, the venue is filled to the brim and the unlucky, revue-thirsty students who weren't quick enough, scratch at the doors like cold cats in hopes of being let in. Those of us who managed to snag a seat or a spot of floor are traditionally welcomed by "spontaneous" singing from "krokryggede" (retired) Lærker from the room. Rumour has it that we also have some high-profile visitors in the form of some parliament representatives among us tonight.

Lærken have put together a proper show for us tonight. The critic counts a whopping 21 numbers, and around half of them are song-numbers. As an association that takes great pride in the art of revue and song, it is after all expected for them to perform well in these areas, something they absolutely do. The actors are well-prepared, the band is playing excellently, and the sketches are written with care and transitions as smooth as Brelett.

Not to forget, they also manage to give us something we didn't expect. They play with the fourth wall and pull the show beyond the limits of the stage with something best described as musical flash-mobbing. And it must be said that a dance number about sexual education in the modern school was the last thing I expected to be one of my favourite moments; but here we are.



Celine Våga  
Journalist



Mathilde Buttedahl  
Translator

What makes Lærken shine a bit extra on the revue-front is that they manage to humorously present the vulgar and ridiculously funny things the little voice in your head whispers; and the limits it wishes to push. Erna and Sindre's cunning tango is a prime example of how Lærken stretch and pull societal debates with effortless and humorous elegance.

Still, there are moments where I suffer through sketches that are a bit too long and jokes with punchlines weaker than skimmed milk. Lucky, as I was on the first row, I was also a passive smoker; a real 4D experience of the Lærkeband's back-row activities.

Although several of the sketches were of the highest quality and the thread was mostly red, the revue's "theme" isn't as strongly bound as the rest of the sub-themes. The demolition of Festsalen, and the spectacle that this causes among the songbirds, are only included in the beginning and the end, like a thematically sad sandwich. I feel a bit deceived but also very happy that the show they've put together tonight isn't just about figures of authority putting an end to Lærken's fun. For a full 55 minutes, they strive to give us this year's best Lærkerevue, and perhaps this was the best show we could have gotten this year. Hopefully, this isn't the last we see from this creative bunch.





Photo by Sara Blomsø at Studentsamfunnet i Ås

B-Gjengen  
Journalist & PhotographerMathilde Buttedahl  
Translator

# ff VAUDEVILLE

## Around Blæst'n in 80 minutes

Well, well, well. Once again, the Editor-In-Chief finds himself reviewing band music. Exciting stuff. As it turned out, this time Blæst'n had planned to take the audience with them on an international journey, around the world in fact, with the revue "Åsblæst'n travels astray before Færder Lighthouse".

The journey began in the old country of Norway and was to move to all continents. Both, Africa, Asia, America, as well as Sweden was represented. It was a festive mix of genres and travel destinations that even the boldest explorer could find exciting.

As usual, S. Lærken provided a trustworthy host for the event. This time, it was the bird named Wieners who held the worldwide tour. There isn't much more to say about it, other than she was much more skilled than the guy who hosted last year (ed.note: Agreed!). Lærken also entertained during the intermission and joined in to sing "Splitter Pine".

Once again, Blæsterne played some pranks, various mischief the band does to unsettle the conductor and create a good atmosphere. My favourite out of these was during the journey to the South-states in the United States of America, where there was a unique "gun duel", where they played the theme song from "The good, the Bad

and the Ugly". The only thing I found irritating here was that the movie the song comes from is Italian, and the song is also composed by an Italian. It's a bit like saying "Santa Maria" is genuine Mexican cooking. Nevertheless, the song was funny, so I choose to overlook this.

In addition to the wild west, they played Kung Fu Panda, Farewell to a Slavoc Woman, Gabriellas sang, Aladdin, and various other songs from near and far. I especially liked Libertango, composed by Astor Piazzolla. The tango notes from Blæst'n brought some Latin rhythm into even the most stoic Norwegian. The composer Idar Torskangerpoll, a well-known man in the band community, had produced a very beautiful song called "Blæstslåtten".

Tuntreet's faithful Head of Proofreading, Bjørg, was also present. She didn't have much to share with Tuntreet on this

occasion, other than that the cake was good: "All the two I ate were very excellent." Cake was also a big part of this vaudeville, and there was a good selection of baked goods of different sorts. Mmmmm

Also, Corpeus Luteum made an appearance, where they played "Dyrene I Afrika" as well as a couple of other selected hits. It is very impressive to see the small veterinary ensemble play genuinely nice music. They really make a good impression, and the Faculty of Veterinary Medicine really has something to be proud of.

Summa summ summ sum (this is latin) there was a good selection of music. There was humour. There were several cakes (I counted more than two different types). Everything one could expect from Blæst'n plus some more.

The leader of the Student Board has chosen not to comment on the matter.





# NMBUI won the battle for the line

NMBUI – Langhus 28-19

On Thursday 4th of April, the men from NMBUI secured their place in the 3rd division with a solid nine-goal victory over Langhus.



S. Faseeha F. Gillani  
Translator



Henrik Bakken  
Journalist



Malene Tangen  
Photographer

For NMBUI, the season has so far borne the mark of a tough competition and they have had challenges in their team due to the departure of two players: a Spanish exchange student and a player who announced a transfer to Ski. NMBUI in 9th place took to the court this evening to meet Langhus, as well as secure further play in the 3rd division.

During the battle for the so-called “line”, which Langhus was already under, NMBUI, on the other hand, had the upper hand in GG-Hallen this evening. With approximately 100 spectators in the hall, NMBUI showed the assembly who were calling the shots. With the exception of a 1-1 draw at the very beginning of the match, NMBUI had the upper hand the entire time and was always a horse’s head ahead of the relegation-threatened Langhus; who could not keep the same pace. NMBUI played more together and offered a greater variety in the game than the opposing team, although both teams managed to utilize a good width in their team numbers.

NMBUI’s right wing, Jon Tore Wiig, scored 7 goals and became the top scorer of this match, and several of the guys on both teams showed solid abilities both in front and back. At NMBUI, Oretorp, Thorstad and Olssen also showed that they had their head in the game this evening. The goalkeepers of both teams also flashed with decent performances, but probably had a lack of help and a poor starting point due to the sometimes slightly low defensive intensity, especially at Langhus.

Despite the threat of relegation, it was not enough motivation for the Langhus-crew to be offensive from the start. It looked like they didn’t feel the time pressure until the second half, when a couple of the players chose some defensive solutions of an unsportsmanlike and hasty nature. One should perhaps expect that Langhus in 11th place was more focused given the seriousness of the match, but as one of the bottom three in the table - they will therefore be relegated to the 4th division.

NMBUI was led by Henrik Tinjar and Nora Høyem Olsen. Tuntreet received a comment from Tinjar after the match. “We identify the threats quickly and actually win the battle in the first instance.” Tinjar is satisfied that they manage to maintain the highest level in the region and that they are only getting more and more players. He also adds that in the long term they have a goal of having one more team, in a lower division.



# Aaaaaaaakekonk!



**PB 3. PLACE**

**GENTS 2. PLACE**



Thale Jensen Hevrøy  
Photographer



## HUNKATTENE

# WINNERS\*

Tuva Hebnes  
Journalist



Rebekka Berg  
Translator



# Tun and Things



## Kaja Ingdal Hovdenak becomes the new leader of NSO!

Over the weekend of April 6th-7th, the National Union of Students in Norway (NSO) held its national convention in Tønsberg with representatives from student democracies from across the country. There, UiB student Kaja Ingdal Hovdenak was elected as the new leader of NSO, thus assuming the title 'Norway's most powerful student' from Oline Sæther, who has served as leader for the past year.

Hovdenak currently serves as the leader of the Student Parliament at the University of Bergen (UiB) and is a member of NSO's international committee. In a press release from NSO, Hovdenak states that NSO's newly elected executive board will prioritize improving students' finances and strengthening their legal rights, especially regarding academic integrity regulations.

In the previous issue, Tuntréet (formerly Tun & Tre) wrote about NMBU student Jens Bartnes, who also ran for the leadership position at the national convention. Unfortunately, Bartnes did not succeed this time, but he writes to Tuntréet with good spirits that "you can't win every race you participate in - sometimes there are someone who run faster."

Although no NMBU students are currently seen in NSO's executive board, we can still proudly acknowledge Hovdenak's affiliation, as she actually comes from Ås!



Photo: NSO

## Can there really be a hotel in the Tower building?

At the end of October last year, NMBU published on its website that they would assess the profitability of establishing a hotel in the Tower building, and that they had entered into a memorandum of understanding with Festningshotellene AS for the project. The hotel is intended to accommodate conference guests and course participants, centrally located in one of our historic buildings on Campus.

On March 19th, Festningshotellene published a press release on their website stating that the project has now progressed; the Ministry of Education and Research, which owns the university, has given the green light for the leasing of the Tower building. Project Director at NMBU, Hilde Torvanger, writes to Tuntréet that: "There are several challenges and risk factors that need to be assessed, and most importantly, finding good solutions for everyone currently in the Tower building. Therefore, we will start exploring alternative scenarios for the learning spaces, for

the employees and students of the School of Business, and for the administration." She further elaborates that leasing to a hotel will not affect the needs of students.

There has long been a shortage of accommodation at NMBU and Ås, and the idea of a hotel in the Tower building emerged during the feasibility studies for Campus East. The project now faces a significant investigation, and Torvanger emphasizes that it is currently difficult to estimate when and if leasing of the Tower building will become a reality.



## SiÅs signs contract for the expansion of Pentagon

On Friday, April 12th, SiÅs invited students to witness a significant step in the process towards the future Pentagon: the signing of a collaborative contract with Backe Østfold AS. Chair of the Board at SiÅs, Selma Sollihagen, speaks about streamlining the project by running a parallel process, where SiÅs has worked on the municipal regulatory process while simultaneously searching for the best contractor partner for the project. Pål Magnus Løken, CEO of SiÅs, emphasizes that they have chosen to be quite "ahead of the curve" by not only taking one step at a time, in order to offer enough housing to the ever-increasing student population as quickly as possible.

The collaboration with the contractor now falls to Backe, and the municipality will discuss the matter on April 17th. Løken emphasizes the importance of involving students heavily in the project in the coming months to shape Pentagon in the best possible way for the future generations of students. Further information about the project can be found in this issue on page 10.

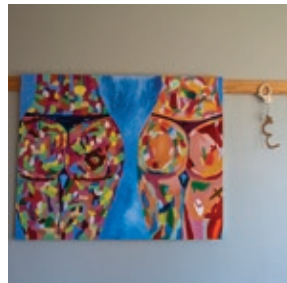


## 3.FLOOR TRENCHES

Favorite shared activity: Game night  
 Fun fact: Travelled around the world together (aka. Hvaler, London, Lommedalen, and Spektrum)

Standard of living: 9/10  
 Effort: 6/10  
 Concept: 3/10  
 Pinterest factor: 6/10  
 Ås factor: 2/10  
 = 26 points

This collective may call themselves “the trenches,” but they still have carefully placed cushions to protect everyone from the cold and hard benches in Skogveien. Tuntréet would probably rather call them a well-furnished home! Additionally, they offer some painting skills, with their many paintings adorning the walls.



## SKOGIS #25 PENTHOUSE

Favorite shared activity: Secret Hitler in Klubben before intimate concert  
 Fun fact: During the 2023 Orientation Week, we built our own bar for the flat. It's named the cockBAR

Standard of living: 5/10  
 Effort: 8/10  
 Concept: 3/10  
 Pinterest factor: 1/10  
 Ås factor: 8/10  
 = 25 points

The Skogis girls don't hold anything back with their very own bar, complete with LED lights, in the middle of the living room. Yet they seem to maintain a good party/chill balance with a contrasting and cozy sofa corner adorned with Minnie Mouse and Kvikk-lunsj bars for everyday life. After all, there are mostly weekdays. Even though Wednesday bodegas are probably a familiar concept for this group!



Ben Børildsen  
Photographer



Tuva Hebnes  
Journalist



Vegard Sjaastad Hansen  
Translator

TT-TV Cribs gives you an exclusive glimpse into the (un)glamorous homes of students. In the fourth episode of TT-TV Cribs, we take a trip to the massive treehouses of Skogveien. Four registered shared flats have been selected for exclusive photography and editorial space in Tuntréet to participate in the competition for the best flat of its kind. The winning flat will walk away with a prize worth 1000 NOK in collaboration with SiÅs!

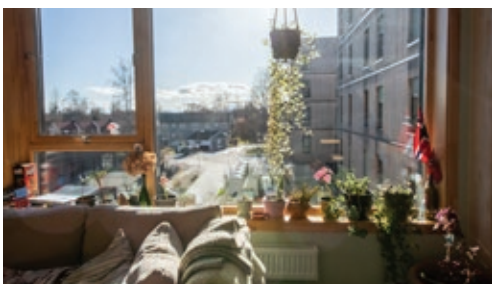


## SMURF & MUSHROOM

Favorite shared activity: Hunting for smurfs  
 Fun fact: We have our own Au Pair/ housekeeper, our dear Pim

Standard of living: 10/10  
 Effort: 8/10  
 Concept: 6/10  
 Pinterest factor: 8/10  
 Ås factor: 3/10  
 = 35 points

At Smurf & Mushroom's, they excel in the living room setup in their 6-person flat in Skogveien 18, with their cozy sofa nestled in the corner, basking in beautiful sunlight streaming through the living room window. However, it's their personal touch that shines the brightest, with cute little smurfs tucked away in nooks and crannies, along with their robot vacuum Pim, elevating the standard of living to sky-high.



## SILVERFISH DANCE BAND

Favourite shared activity: Knitting, watching reality TV, and eating cardboard  
 Fun fact: We have a crab filled with condoms;) )

Standard of living: 8/10  
 Effort: 6/10  
 Concept: 5/10  
 Pinterest factor: 8/10  
 Ås factor: 4/10  
 = 31 points

When we heard that there would be both silverfish and a dance band, our expectations weren't high. However, this collective showed itself from a very cozy side, with nice vintage furniture, carefully placed fairy lights on the ceiling, and tulips on the kitchen table. Few silverfish were seen, but we met a friendly crab that gave us condoms.



... So, congratulations to Smurf and Sopp for winning in Skogveien! And for the last housing type, it's none other than PENTAGON 1! Are you a resident in Ås' soon-to-be-historical homes? Scan the QR code to register, and maybe we'll see you in the next episode!

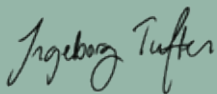
# OFFICE WING

Hey ho, let's go!

Recently, the UKEorganization has had an evaluation of miniUKA and is taking a lot of good experiences with us for when it breaks loose in the autumn! You should make room in your calendar and look forward to October, it will be one you won't soon forget. It will be full speed over the summer holidays with the recruitment period, so all you have to do is follow our channels and become a volunteer for UKA i Ås! Come along, bring a friend or 8 or everyone, there are (over) 100 reasons to become a volunteer for UKA i Ås!

Since last time, the Business Committee at NMBU has organized a sleep course with Hallgeir Martinsen and has had new members join the board. On 23rd April, the stage is set for this year's 'Ås-så-videre'. Former students from NMBU, who are now working, will be there. Come and listen to great experiences, get free pizza and soft drinks.

Since last time, Samfunnet has organized this semester's General Assembly, and the Board of Samfunnet has gained 3 great new members! We have also organized spring cleaning, and the house has never looked so neat and tidy. As for events, we've had, among other things, a 'great away'-bodega and 'but home is best'-party with a double concert and karaoke! We are looking forward to the last rush of the semester, and hope everyone is enjoying the nice spring weather. Remember; Klubben and the pergola are open!



**Ingeborg Tuften**  
*Head of UKA for UKA i Ås 2024*



**Vetle Solsnæs Rosseland**  
*Head of the Business Committee at NMBU*



**Maja Raz Karterud**  
*Leader of Samfunnet i Ås*

# STUDENT-THINGS

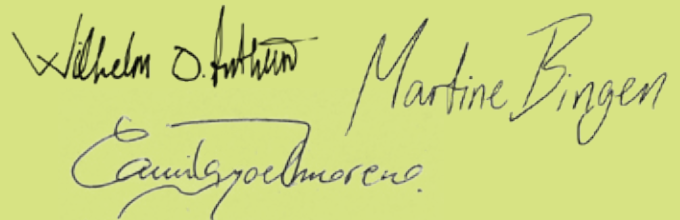
As we enter this beautiful spring season, The Student Board has been hard at work. Since our last update, we've been busy planning the final Student Parliament of the semester (scheduled for Monday, April 2nd) and preparing for this year's National Student Organization (NSO) Congress in Tønsberg (April 4th-7th). NSO represents approximately 260,000 students from 32 universities and colleges. At this year's congress, NMBU's delegates — Lise Tidemann, Wilhelm Anthun, Tias Ødegård-Olsen, and Oskar Lægland — participated in the passing of a new research policy platform for the student movement and voted on a new organizational structure to enhance member participation.

Back home, we're eagerly anticipating the Student Elections (April 24th–May 2nd). During this time, you, the students, will elect new representatives for central councils and committees at the faculty and university levels. Additionally, we'll be selecting a new AU (Student Board) comprising three full-time members, as well as a student representative for both the University Board and each Faculty Board.

Be sure to engage with the candidates at stands around campus and cast your vote for your favorite! Join us at your student assembly on April 24th to meet the candidates and help shape your study environment. And yes, there will be pizza!

**Wilhelm Olav Anthun, Martine Bingen and Camila Noel Moreno**

*The Student Board 23/24*




# PRIESTLY THOUGHT'S

To live a life is almost like building a house. We need sturdy walls in the house. A framework. Something that creates the boundaries the house can be built around. It's important to set boundaries in our lives, so we can have security and clarity. Good walls help us know what we have to deal with, what we can expect.

The house must also have many rooms! It must have room for the good, for what is safe, for what is pleasant. And it must have room for the difficult, for what is painful and scary. It must have room for friends and family. It must have room for mistakes and room for forgiveness. Room to be alone in, to gather new strength. Our houses, our lives, must have room for everything we encounter, so we can place it, receive it, deal with it, and then be able to put it away if we need to.

But the most important thing when building a house is a good foundation. The house must stand firm, it must be grounded, it must have a solid footing. Similarly, our lives need good foundations.

When I was little, my children's choir sang:

"Don't build a house on a sandy beach, don't build a house on gravel. Maybe it seems okay, but one day you'll regret it, and you'll have to build the house again. For you must build the house on a mountain. On a sturdy ground that doesn't waver. And when the storm lash out, you'll still have peace in the house."

The text is from the Bible, from chapter 7 of the Gospel of Matthew:

"Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."

We must build our houses – our lives – on something that is solid. Something that lasts. What it is can be different things. For me, God is such a foundation – that withstands all storms, all earthquakes of emotions and events. That's what I want to build my life on; a kind of trust in, or perhaps most of all a hope that God is there in everything that happens.

You will find out what your mountain is, what you want to build your life on. If you feel like your thoughts or feelings are storming too much, that you're not standing quite steady, or that you have things in your life that you need to anchor with someone else, you're warmly welcome to talk. We can discuss how your life is right here and now, regardless of what you're building it on or what you believe and think!



Jane Christin is the substitute student priest at NMBU. The student priest's office is in the basement to the left in the Clock Building. The student priest is available if you need someone to talk to, discuss with or get advice from.

Appointments are made with Jane: [jane.christin.siewartz.dahl@nmbu.no](mailto:jane.christin.siewartz.dahl@nmbu.no), 454 99 004



Marthe Watz  
Illustrator



Rebekka Berg  
Translator

# THE GAME PAGES



Tilde Milia Skåtun  
Creator

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



## WORD SEARCH

SPRING  
REVUE  
SUSTAINABILITY  
MINING  
STUDENT  
DYSLEXIA  
GREEN  
DUCK  
ASSEMBLY  
SPORT

## SUDOKU

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

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

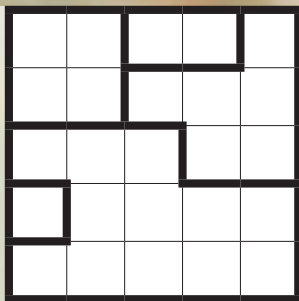
				9				6
2	3	8		4		9		
9				7				
3	1	5						
	4			1	2			
8		9	3		4	5		
								1
1			7		9		8	
		3	6				4	9



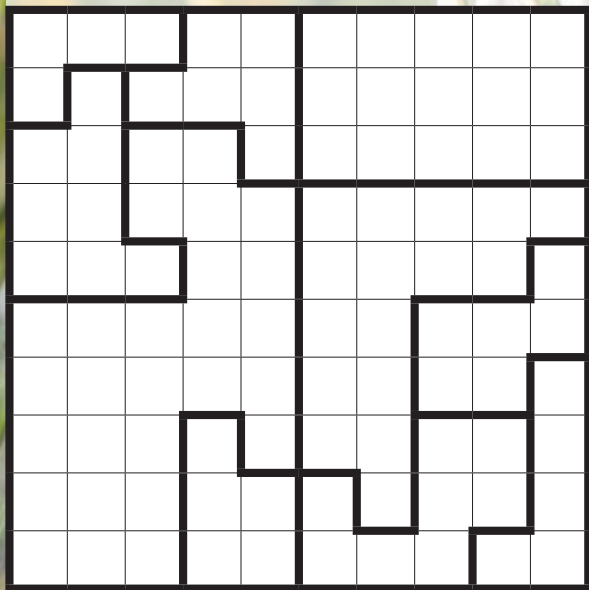


## STAR WARS

Two stars are placed in each row, column and box. Can you find them? The stars cannot be next to each other, not even on the diagonal. Start with the smallest shapes, and try to find where there cannot be a star. Check out TT01 for a more in-depth explanation, or even the tutorial on TT's Instagram.



This small one works the same way, except there can only be one star for each row, column or shape.



## KAKURO

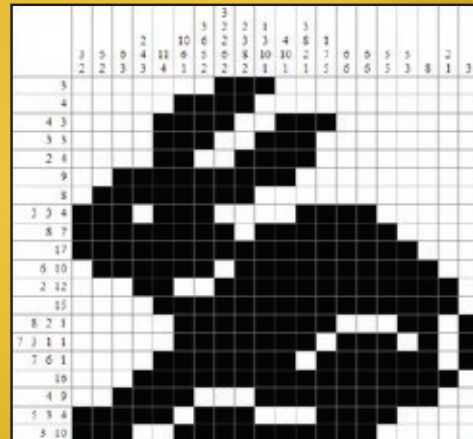
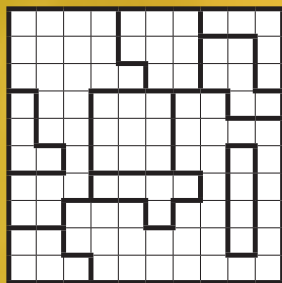
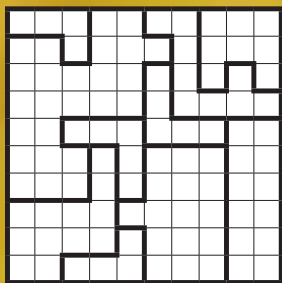
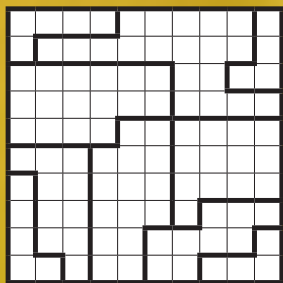
	10	14	29		11	4
23				3		
14				4		
		20				
	18					
11				4	9	
12			7			
3			19			

In KAKURO the cells in each row or column should sum to the number in the grey cell. The numbers above the line refer to the cells to the right, the numbers below the line refers to the cells going down. You can make use of the numbers 1-9, but not more than once in each row or column (but if there is a gray cell on the row, you can use the same digits on each side).

For example, in the second column: the 10 can be solved as 1+9, 2+8, 3+7, 4+6, but not 5+5 (same digit, same column). Further down, 11 can be solved as 2+9, 3+8, etc., even if these digits have been used to solve the 10 further up.

## TT03 ANSWERS

CROSSWORD ALLEY1: SUPRISING USES  
 CROSSWORD ALLEY 2: OUR VERY OWN CELEBS



# Club Banter



Visast Formainn!

Shining Knights of the 1st class St. Jørgen!  
Enlightened Knights of the 2nd class St. Jørgen!  
Older and younger Honorable members of Trøndernes Fagforening! And others!  
CHEERS!

Spring has announced its arrival, and TF have held their GA. New Visast Formainn i Trøndernes Fagforening is Lorentsen. Cheers Visast Formainn! On the 17th of May there will of course be sodd assembly after the parade. We will be supplying cold Dahls, hot sodd and freshly ironed hymn booklets and Trønder fibs. Cheers to celebrating the day in the proper way!  
CHEERS!

Secretary Olsen



AAAAAAHHHHHHH!!

CHEERS!

Some things in this world are ceritan. Firstly, that time will pass, and secondly, that the X-Clusive Stiftelse PB will endure! PB-men have famously not kept quiet lately, in the Bodega, beers have been served to thirsty students and the Psalms have drowned out even the biggest concerts in Psamfunnet i Aas.

Stiftelsen have held their Principal General Assembly since last writing, and as always, Det Hoeiwerdige Styre is ready for reelection and for full support, Cheers!

When the herd see the snow disappear, DHS is announcing that the most beautiful adventure this spring, will be held this year as every year, CHEERS!! The always alert Track Committe have used their extensive diplomatic connections to ensure the dryest snow and the fastest tracks. Not something Ærwærdige Formand needs, but a great contribution to the other participants. So, don't be shy, find your good mood and join the most beautiful adventure this spring by ABC XX. Aprilis (April 20th) at 19:36 (GT 17:00)!

Furthermore, the X-Clusive Stiftelse PB carried out several strictly secret activities, of which the content can in no way be shared with the masses.

Cheers!



*Cheers FFD!*  
*Cheers Skriver!*  
*Cheers sparegris!*  
*Cheers Hunkatter!*  
*Cheers Qlturelle and Xklusivē!*  
*Cheers Pusekatter!*  
*Cheers Tora and Thorvald!*

*Mel: "Sommer kommer"*  
*Summer is coming,*  
*Summer is coming,*  
*Sun and Rain and Cats and Song*  
*Sun and Rain and Cats*  
*Meow, meow, meow*  
*Cats and Sun and Song*  
  
*Summer is coming,*  
*Summer is coming,*  
*Drink and Ice Cream, Joy and Glans*  
*Drink and Ice Cream, Joy*  
*Meow, meow, meow*  
*Joy and Drink and Glans*

*Qlturell Regards from KG Mathilde, Fotogen Cathinka, Edelkatt Ingeborg, Rimsmed Julie and Pusekatt Mia*



Hola chicos!!

While it's been raining here in cold, sad Norway, this bunch have enjoyed sangrias and Spanish jamón on "twinning" in beautiful Valencia... and we admit that it's even more enjoyable when parts of it is paid by others!

Now that we're back with sun kissed skin, we are preparing for the upcoming spring meet in Trondheim, and other exciting things that will be happening this year (ΔΕΙΤΕ ΤΙ ΓΙΝΕΤΑΙ)....

It's not too late to join the next twinning! So, follow us on insta and tiktok: @iaeste\_aas for more updates;) Adíos!



Hey there!

Before Easter we twirled around the dancing floor, because we actually did a swing course! It was a lot of fun, but it made it clear that we are not a dancing association...

Afterwards, we spun into Easter vacation, where we enjoyed our time in our cabins and with our families.

Coming back to school was not the most tempting thing, but our mood quickly brightened when we remembered our plans for wine tasting with Feminin & Fornem!! We enjoyed drops of wine which danced on our tongues, while we discussed the difference between a Chablis and a Sauvignon Blanc. Cheers! Some wine with FF is never wrong.

But sooon we'll have to replace the wine glass with pencils, exams are on the horizon. But before that:  
Enjoy April,  
With a smile!



Me: Hi, can you write a poem about koneklubben freidig?

ChatGPT: Of course! Here is a poem about Koneklubben Freidig:

In the heart of the town, where proud souls dwell,  
The Freidig's circle is alive and well.  
With laughter and stories, so vividly told,  
through life's maze, together they strolled.

They gather with joy, in Freidig's embrace,  
A bond of friendship, never to erase.  
With coffee and cakes, and heartfelt chats,  
Sharing joys, no matter the paths.

From morning till night, in sun or in rain,  
Freidig's ladies, stand together again.  
With each their tale, and each their smile,  
They carry each other, mile after mile.

In Freidig's realm, hearts are warm, None  
leave there without feeling strong.  
For in Koneklubben Freidig, fellowship  
is true, A place where love and friendship  
forever brew.

So raise your cups, and lift them high, For  
Koneklubben Freidig, that'll never die.  
Through time and through space, their  
names shall roam, Koneklubben Freidig,  
eternally home.

Best wishes from  
Koneklubben Freidig by  
Nestsjefskoneemne 🍷

Facebook: Koneklubben Freidig  
Instagram: koneklubbenfreidig  
<https://koneklubben.wixsite.com/-kkf>



Baaah to all students! Spring is coming, and our FÅR have lost their wool for real. We have had the honor of pre-partying with the guys in Unity, the atmosphere was crazy before "hjemmefest" at Samf. Moving forward, we will be taught to sing beautiful tunes by cute girls and fly to Eastern Europe shave off the remaining wool – specifically Rigaaaaaa!!! There will also be the Xplotion last Friday in April – we promise good vibezzzzz!

See you later!



Club banter Collegium Alf, TT04  
ALF!

Recently, a new world issue has been bothering StoreAlf too much! The capitalist state has an overruling Alfgenda to remove the Salmon from our beloved rivers, to drill for The Black Gold. StoreAlf is well aware of why they're doing this, as Collegium Alf often are fighting to consume the world's supply of The Black Gold from Vinmonopolet. Yet, she remembers what happened in 2016, when ToppAlf gathered the troops and launched an Alftack on the dramatic increase in price for Fernet – something had to be done. The combination of Brexit, Leonardo de Caprio winning the Oscars, Pokémon GO improving public health and the Olympic (Beer) games ravaging Rio made StoreAlf come to his senses. Something had to change, when he woke up and saw Harambe in headlines everywhere. StoreAlf came into power and created the Paris Alfgreement, which created the foundation for safe and sustainAlfble consumption of Fernet Branca! CHEERS!

Alfly regards from  
Alfabet



Hey Bartnes!

We read in the previous edition of Tuntreet that you want a running association in Ås. Your longing ends here!

KRIK has a sub-group called KIL, which stands for "KRIK intervals and long runs". We run every Wednesday, and it's open for everyone. Info about workout times and meeting point is posted to "StudentKRIK Ås" on Facebook.

Welcome! 🐾



"Perks of being a pirate:

- You don't have to pay for streaming!
- You're immune to HIV (AHOY)!
- If you need sleep, just take a teaspoon sleeping rum!"

# Have you heard...

## Happy member

Wow, Samfunnet had a really good system for the revue yesterday! Closing off Anton Hjeltnes, so that the audience in Festsalen could use it without risking not getting inside again, was completely genius!! Hope this success will be repeated after the renovations.

## Ku(do)s!!

Yes!! Worked perfectly

## Happy loo client

Agree!

## Happy member

Thk

## Pentagon 3.0

RIP the view from Pentagon 1 after SiÅs' new building plan

## Make CC

If samfunnet wasn't hiding anything, it wouldn't be that hard to get a Control Committee

## need vacation

Is it okay to not work at all from tomorrow and through the Easter when you're finishing your masters in May? Still a long time to go...

(please say yes)

## with spattering ink

yes

## Can spring pass a little slower

Easter this year came faster than a dude Viagra

## Enthusiastic ballpoint pen

The game pages in Tun & Tre is crazy!! 4 Pages with numbers and letter orgasm from start to end!! <3 Hope i get to experience this amount of brain massaging erotic joy in future editions <3

## Vet.student who doesn't know a dog breed with two EEs

To you who is so enthusiastic; which dog breed did you make it out to be?????

## with spattering ink

YES!!! I was just coming in here to say it, holy moly how outrageously happy i was to see the crossword across two pages

## Easter bunny

Happy Friday! Just wanted to remind you to pack a pair of sunglasses for you easter trip back home (regular and optionally fast ones is you're planning to be a fast one)

;) )

Can someone explain to me who left Ås after 5 lovely years quickly explain the drama? (Max 200 letters, prefer bullet points)

;) )

Or hmm i guess i could take it from the bullet points of my own case presentation

## Samf.groupie

I LOVE my samfunnet socks! And would hereby pronounce a proposition to get a line of samfunnet underwear! Boxers! Panties! Bralettes!

## Hepphepp

UKA should also consider it <3

## Yummyyum no.1

Yes! And maybe g-strings! Nipple covers?? Garters? Oooh and also please a roomy hoodie without a zipper

## Chocolate

And heart chocolate <3

## Shocked

Bananas contain the POISONOUS potassium!! I am SHOCKED!! After ingesting only 400 bananas at once you risk DYING!! I have a stomachache now, WHY did nobody tell me this before??

## Angry Banana

There was a person in Spain who died of a potassium overdose. She was eating too much fruit and the doctor told her to only eat one fruit a day. But she ate a water melon...

## Shocked

Easy to forget to chew:((

## Not so shocked

Lærken have been warning that too many bananas get your throat in a knot for ages.

## Shocked

Why haven't we listened to Lærken before? Shocking

**VENDETTA AGAINST BROTHERWIFE IN SINGLE ROOM**  
HELLO????? Sensory organ with 8 letters????????? FOR FUCKS SAKE IM ON THE FOURTH DAY

## troll-with-dancing-shoes

Easter is over and I STILL HAVEN'T SOLVED IT:(  
--very grateful otherwise -- love when the game pages last longer than the lecture <3

## Resigned crosswordlover

Nesegrev! But what about hand-to-hand-combat beginning with m????

## Kittycat

Maybe Følehorn?

## Den nye statsministeren

In § 1 of the constitution it says:

"The Kingdom of Norway is a free, independant, indivisible kingdom. Its government is limited and hereditably monarchical." If it is indivisible, what's the point of counties and municipalities? I suggest that we establish one administrative unit instead, I'm willing to take charge