

# TUNTREET

Part of Studentsamfunnet i Ås

No. 07 \ 29.09 2022

Tuntreet Volume 77



TRIAL:  
BERG V. SIÅS

FOLLO  
WALKS

TWO BEERS:  
HEDDA

# LEADER

## Cucumber prices and other crises

The leaves are turning yellow, the deadline for signing up for courses has passed, and October is sneaking up on us. The latter made me sit in foetal position for a while, because in my head, we're still in August. Time flies while life happens.

Layout weekend and writing the leader came just as suddenly as October did, and up until 2 pm this layout Sunday were the ideas and first draft non-existent. In the search for finding something to write about, I've spent time reflecting on which intellectual things I've cared about lately (apart from Tuntreet). The one thing that's been on my mind a lot this week, is the price of cucumbers. Yes, the cucumber price. As I am writing this, a cucumber at REMA 100 costs all of twenty-four – 24 – kroner. 4-5 kroner more than usual!

I talked about this with layout-Yngve when we started working this morning. He pointed out that it's usually these basic things one first notices before a recession and explained to me the diaper index. Before recessions, families with young children are observed buying fewer diapers (and that cases of diaper rash increase).

This is because diapers are some of the first things people cut back on to save money.

We then started talking about how we actually have known for a while now that the economic crisis, food crisis, energy crisis, and climate crisis, amongst others, are at our doorstep, knocking. To be honest, they might have crossed the doorstep a while ago, are potentially far into the hallway. It is, however, first when the cucumber turns expensive and NMBU turns the indoor temperature to 19 degrees that the alarms are raised for us.

I might be laying it on a bit thick. But do you understand what I mean?

We're living in a world where a 22-year-old woman just died because she wore her hijab the wrong way, where the war in Ukraine is still on-going, where Pakistan is experiencing the worst flooding in the history of the country. In rich, safe Norway, farmers must plough the crops of the year back into the soil, and many businesses are put out of business, due to the electricity prices. Amongst other things.

All of this is pretty easy to forget when you're living a busy life in the Ås bubble, no? At least it's like that for me. I'm not saying that it's not good and healthy to live in the present. Hello, let yourself be consumed by things which are exciting and fun! Still, in the midst of studies, positions, UKA, and time passing by it might be worth stopping a few times and asking yourself what's really important? After all, there's a world out there with larger problems at hand than Linticket.

Sofie Bergset Janols

Sofie Bergset Janols

Editor-in-chief

tuntreet@samfunnetiaas.no



TUNTREET

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### STAFF

EDITOR-IN-CHIEF  
Sofie Bergset Janols

MANAGING EDITOR  
Synne Louise Stromme

### JOURNALISTS

Benjamin Alexander Faulkner  
Ingvild Lauvstad Sunde  
Othelie Eliassen  
Marianne Skolbekken  
Marie Tjelta  
Mathias Tupinier  
Nora Helgeland  
Pauline Hovland

HEAD OF PHOTOGRAPHY  
Margreta Brunborg

### PHOTOGRAPHERS

Tuva Hebnes  
Ylva Friberg  
Astrid Moltu  
Emilie Netskar  
Juliette Ambroggi  
Emilie Reistad  
Lina Grünbeck

HEAD OF PROOFREADING  
Andrine Stengrundet  
PROOFREADERS  
Hedda Jørgensen



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Ann Iren Haakestad  
Ida Eng Hansen

HEAD OF LAYOUT  
Sara Thu  
LAYOUT

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Sigrid Solstad Thokle  
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Aurora Pettersen  
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Tilde Skåtun

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DISTRIBUTION  
Anders Mathias Rønneberg  
ONLINE DISTRIBUTION  
Celine Våga

ILLUSTRATION  
Signe Aanes  
Jeanne Michielin  
Amanda Engebø

HEAD POTATOES  
Tord Kristian F. Andersen  
Simen Walbækken Tangen

Tuntreet,  
a part of Studentsamfunnet i Ås

Tuntreet, Postbox 1211  
1432 Ås  
Email: [tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no)  
[www.tuntreet.org](http://www.tuntreet.org)

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Frontpage: Synne Louise Strømme  
Centre spread: Hanne Rabbås  
Back of centre spread: Brage Bærheim



# Bodega100

## - Introduction to applied party science

### Norsk emneinformasjon

### Search for other courses here

Nora Helgeland  
Bodega supervisor



Sofie Palmstrøm  
Interpreter



The course is held in the Bodega at Samfunnet in Ås. The Bodega is a bar where you can buy everything from beer to wine and it is obligatory for all Ås students to sweat their way through an evening there. The Bodega is open during all party nights and is a blissful place for thirsty souls. This course will thus serve as an introduction on how to Bodega.

Select other year

Velg



Showing course contents for the educational year 2022 - 2023.

#### Course contents:

- Thorough review and application of alcohol
- How to get a seat
- Introduction in blood-alcohol concentration
- Review of stentor
- A deep dive into associations and social structures at Ås
- Communication and conflict management in intoxicated condition
- Conversation interpretation in high noise level areas

The course introduces the basic theoretical skills of the Bodega, but the focus is on applied party science with actual scenarios. The students will develop skills in problem solving which can support several of the UN's sustainability goals, among others 1,10,13,14,16.

#### Learning outcomes:

Skills and insight into basic techniques of intoxication. The student will learn to navigate in environments with a high amount of people, high noise levels, smell of sweat and uneven terrain. The student will get a basic understanding of how to get a seat.

#### Learning activities:

The course includes both exercises in study groups and obligatory lab exercises.

#### Syllabus:

Stentor, the drink menu in the Bodega

#### Prerequisites:

UNIT100, STENTOR100

#### Recommended prerequisites:

ASSOCIATIONKNOWLEDGE110, STENTOR210

**Course responsible:** Frydenlund

**Teachers:** Hansa

**ECTS credits:** 100

**Faculty:** Studentsamfunnet i Ås

**Course frequency:** Årlig

**Teaching language:** EN, NO

(NO=Norwegian, EN=English)

**Teaching exam periods:** This course starts in the Autumn parallel. This course has teaching/evaluation in Autumn parallel.

**First time:** Educational Year 1952-1953

**Taught where?:** Samfunnet i Ås

#### Mandatory activity:

Obligatory attendance once a week for laboratory exercise. The student must be present at least 90% of the lab exercises.

#### Assessment:

Continuous assessment with the letter grades BE-ER. Top score is achieved by the student knowing at least ten Stentor songs by heart + initiating at least two singalongs. If the student is drinking, they are evaluated on how well they manage to sustain a blood-alcohol level of ca. 1‰. By throwing up the student immediately fails and will no longer be able to take the course.

#### Nominal workload:

Bodega nights: 78 hours. Group work and self-study: 146 hours.



# EXAM PARTY

It's Monday in Ås, but that doesn't stop the students here from partying. One may wonder why they go out on a Monday? Do they have something to celebrate? They are of course celebrating the end of the August block, and that exams are done! Tuntreet obviously joined the celebration and asked the students how their exams went.

We asked the following three questions:

1. Name, 2. Study, 3. How did your exam go?



Marie Tjelta  
Journalist



Juliette Ambrogi  
Photographer



Sofie Palmstrøm  
Translator



1. Marcus Mortensen
2. Plant Sciences, bachelor.
3. It went really well. It was easy and calm. There wasn't anything in particular I gave much thought. I feel bad for those who had a really rough exam.



1. Tuva Larsdatter (in the middle)
2. Geomatics, bachelor
3. My group was one of the only ones who got approved at the first draft, so I think it went well.



1. Skule Skei Kostveit (to the right)
2. Business Administration, bachelor
3. The exam went well. Nice and good.

1. Hermine Tenden
2. Landscape Architecture
3. Great!



1. Erlend Tellefsen Espenæs (in the middle)
2. Biology, bachelor
3. Average/well



# Student Parliament 4 - As Seen From the Back Benches

**The Student Parliament has jumped head-first into the confusing mess known as democracy. Everyone's here: Individuals elected by the separate classes, along with a whole host of representatives from organizations like the Student Board, the various members of the Control Committee, student representatives from each of the faculties, and a rather bewildered Tuntreet journalist.**

Given that this was the first Student Parliament since the Summer vacation, new issues were brought up and discussed: Plans for further development of Pentagon I, the Buddy Week of 2022, funds for the renovation of BUA, and even a proposal for an exam-free May 18th. As you can see, the decisions made here will have a direct impact on our lives as students. Besides that, it is also a place where one can actively participate in the democratic decision-making process, and figure out why in the world democratic processes take so damn long. Since everyone has the right to partake in the process and freely share their views, one had better start getting patient. Nine out of ten times I do so happily, because we are fortunate enough to possess these valuable democratic institutions in the first place.

Obscure, arcane phrases are not unknown. Statements such as "It is hereby declared that..." (after which everyone claps) and "The execution of the protocols" are all part and parcel of discourse within the

democratic forum. And, after it is all said and done, the moderator asks whether anyone else has more to add, and if they signal that they do not, the moderator went "... it appears not." (my favorite part, if I had to pick one.) This time around there was also a large table full of snacks, fruit, a freshly served pot of curry, and last but not least coffee. On top of the usual regiment of representatives there was also a contingent of regular students all wearing Samfunnet, UKA, and NU merchandise, not to mention a tireless translator doing his job live, no less.

It was almost as if the entire campus was represented, with four representatives from each of the faculties lined up in a half-circle of desks around the floor, with the moderator in the middle and a back bench comprised of various representants from other organisations. Do you know who else was there? In the back benches there were also representatives from ISU, the Student Board, SiÅs, and even a journalist from Tuntreet. It was honestly a joy seeing this many participants from the student democracy at the fourth Student

Parliament, making it an interesting and confidence-inspiring experience.

If you've bothered to have made it this far in the article, you're probably wondering how it all went down. I think we can all agree it would be nice if we had more apartments nearby, so that people wouldn't have to rent expensive private apartments elsewhere, and that Thursday May 18th 2023 wouldn't loom over the horizon, terrorizing students with its very presence on the calendar. Mercifully, the resolution to implement an exam-free May 18th was ratified - yet another word salad of democratic jargon. However, if you know what it means, you can rest assured that it is a step in the right direction. The director of SÅs received much in the way of useful feedback and input regarding Pentagon I, which he will take into consideration for future projects - hopefully another positive development. However, since these are only baby steps, I cannot say for sure when exactly we will reach a conclusion to all these issues, though I suppose this uncertainty is a necessary quirk of the democratic process. We'll just have to wait and see.



### A quick Q&A with two representatives at the Student Parliament:

#### Who are you and who do you represent?

Maren Gulliksen. Fourth year of an integrated master of Chemistry and Biotechnology.

Student Parliament representative for KBM. We read about the issues beforehand, and actively participate in the debates taking place.

#### Why did you choose to partake in the Student Parliament, and what makes the parliament an important platform for the students?

The possibility to have a direct impact on things that are relevant to us and future students, like the Pentagon I issue.

#### Favorite meeting food?

Coffee (can't live without it), and dinner.

#### Who are you and who do you represent?

Eivind Toft, 24 years old. Fifth year of an integrated master of Water and Environmental Engineering.

University Board representative. The University Board takes care of the major issues, such as establishing NMBU's new strategy. I was elected in autumn 2021, and I am mainly here as an observer. In a way I am the link that binds the University Board and the students together.

#### Why did you choose to partake in the Student Parliament, and what makes the parliament an important platform for the students?

I find it very fulfilling to listen to debates and hear what students have to say about various issues. It will be useful to take these observations with me in future University Board meetings.

Students can have their voices heard through their class representatives, who then share those opinions in the Student Parliament, thus having an impact on the student environment.

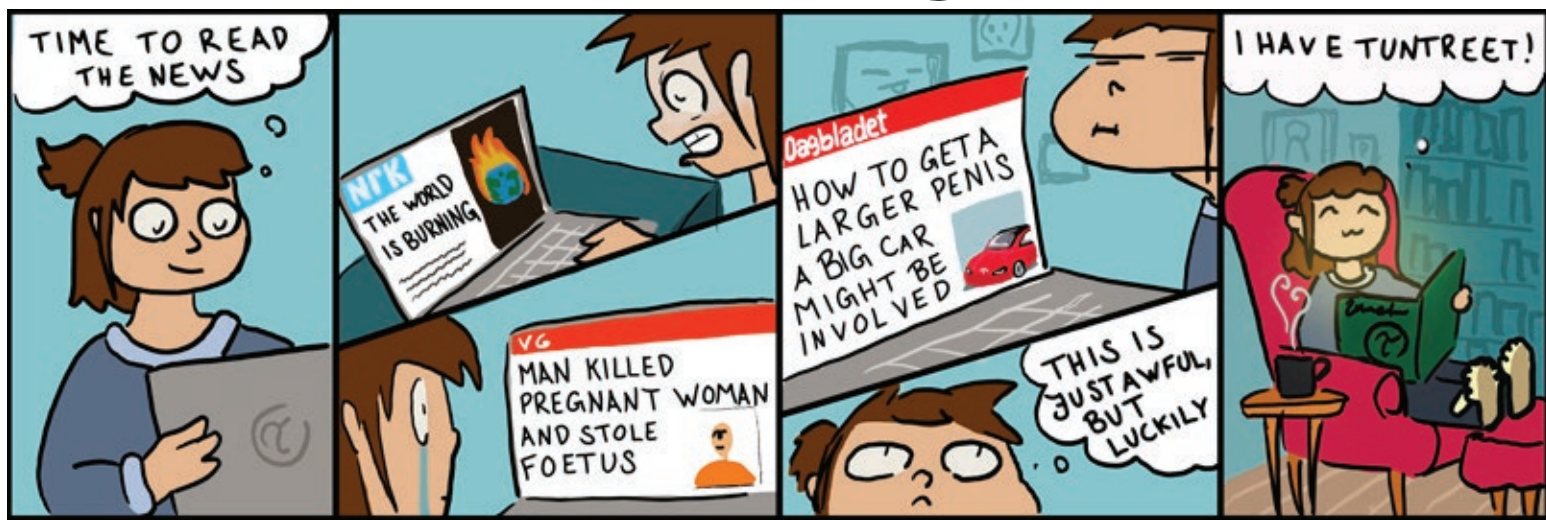
#### Your favorite meal?

A solid SiÅs dinner!

## Comics



Signe Aanes  
Creator



# Sustainability in Ås



Marie Tjelta  
Journalist

Juliette Ambrogi  
Photographer



Jeanne Michielin  
Illustrator

Sofie Palmstrøm  
Translator



There is a lot of engagement among the students at NMBU in terms of sustainability. Still, it might be hard to know where to start if you wish to live greener as a student. Luckily, we at Tuntreet have investigated this matter for you in order to make it a bit easier to find the sustainable community here in Ås. We met with two friends, Sigrid Knag and Noemi Hanna Lindner, at Hjerterommet café to have a chat about sustainability. They are both involved with finding sustainable solutions here in Ås.



Noemi is a biology student and is dedicated to reducing food waste. She is a familiar face in the foodsharing community and has a burning passion for every breathing thing and food production. Sigrid studies computer science and is specializing in geoinformatics. Nowadays, she is involved in Bua where she is a part of the board, and they are currently working on a sustainable renovation project.

## Collecting food meant to be thrown away

We asked Noemi, what is foodsharing? “Foodsharing is a community of people who wishes to reduce food waste,” Noemi explains. To make this happen, they work together with stores, cafés, farms, and other places that produce food and receive food meant to be thrown away, as it for various reasons cannot be sold. “A lot of fruit and vegetables may perhaps not look as aesthetically pleasing anymore and does not reach the store’s stands, so what we do is collect it and hand it out to the community.” The social aspect is

also an important part of the foodsharing concept; to cook together, have engaging conversations and inspiring each other. This spring, Noemi was part of making a film about Foodsharing which contributes to explaining the concept and inspiring others to join in reducing food waste. You can find this film on YouTube. Foodsharing Ås: Building community around food waste in Norway.

## Bua in Ås

“Bua is first and foremost a meeting point for many students, especially internationals,” Sigrid explains. Bua is a small, student-run shop located between Boksmia and Studentposten. Here they sell local food and dry goods like Fairtrade coffee, chocolate, and homemade jam. In addition, they offer a variety of workshops on making kombucha, baking sourdough bread, sustainable cosmetics, and many more exciting things. Now, they are starting a sustainable renovation project of Bua,

which NMBU initiated. The goal is to make Bua more inclusive and attractive to students.

## Need to start where we are

We asked them why they care so much. For Noemi, the engagement began with dumpster diving. She was surprised to see how much food was being thrown out. “I remember one time opening the dumpster and seeing an immense amount of meat which had been thrown out. I became very angry actually, because I know how much resources and energy that has been put into producing meat – to breed the animals, produce the food, slaughter the animals... and then it all just ends up in the trash.” Sigrid has a burning passion and wants to make a difference on a local scale. “Climate change can be so catastrophic and create so much suffering in the future, which is why it is important that everyone contributes a little, to get to a better place than what the IPCC rapport says.”



Noemi adds that it is easy to feel overwhelmed and a little incapacitated by the climate crisis. But through small efforts like Bua and foodsharing, one can at least make a small difference and motivate others to contribute. “We can’t change the whole system from above, we need to start where we are and with what we’ve got.”

**We asked the duo for sustainability tips for the students at NMBU. They did not hold back, and came up with the following suggestions:**

#### 1: Get involved!

“I think what is so cool about NMBU is that we have a lot of organizations which focus on sustainability. Everything from Grønne Studenter to Foodsharing and Bua... and then you can find others who are also involved in sustainability,” Sigrid explains. As mentioned before, they both highlight the importance of the small things.

#### 2: Food waste

“Join the Foodsharing dinners! You can also collect food at the ABC-building at Pentagon and share it with your collective,” Noemi continues. “Eat more local food, eat food produced sustainably, that means less meat and animal products.” They both insist that you should become part of something called Dysterjordet. Dysterjordet is a community-supported agriculture farm where you contribute with a membership fee and volunteer work, and in return you can use the field and harvest your own food. It is located in the town centre of Ås, near the train station.

#### 3: Buy second-hand

There are also many apps out there which can contribute to being more sustainable. For example, Finn, Tise, Olio and different Facebook groups which can be used to buy and sell used stuff. It is also cheaper than buying new things.

And while on the topic of reuse, they think that Globalis Free Store is worth mentioning! It is run by the study association Globalis and is a room in the basement of the ABC-building where you can leave things you want to give away. Then others can come and collect it and give it a new home. “Every June, students move out, so to easily get rid of things, they donate it to the Fretex containers, but those quickly get full – so instead you can put it in the Free Store,” Sigrid highlights.

#### 4 Ditch the disposable plastic

Bring your own cup and lunchbox everywhere you go – whether it is Bikuben or a meeting. This way, you won’t need unnecessary disposable plastic utensils.

#### 5. Talk to other students!

Talk to people about sustainability and get inspired by those around you. “Don’t be afraid to ask questions,” they conclude.



# GET TO KNOW THE DEGREES



Marianne Skolbekken  
Journalist



Juliette Ambrogi  
Photographer



Amanda Engebø  
Illustrator



Kjell Ertesvåg  
Translator

## PLANT SCIENCES

The following is written on NMBU's Norwegian site describing the Plant Science degree: "The course is the one for you if you have an interest in food production, the environment, and arable landscapes. You will learn about how the climate affects

The study association is Biotanika (which also includes regular biology students), you need to have a high school specialization in STEM to apply, and you can take a Plant Sciences bachelor, master, and integrated master of this programme.



Now, let's have a look at one of the students pursuing the programme. Inga is a student in her third year of a Plant Science bachelor. She is a 22 year old from Steinkjer, and began at Ås by taking a foundational year, before later pursuing her current bachelor.

### What exactly does it entail to study Plant Sciences, and what courses do you have?

"We learn about the processes behind how plants work. It is mainly a matter of chemical balances between the soil and the plant itself, water, and access to sunlight. Learning how climate changes affect food production is a big issue. Everything from learning how to make plants more resilient and toughing them up against pests and diseases." Inga then says, "Some of our subjects include Bot100, Plant Diversity, General Chemistry, Statistics, and HFX133 Challenges for Future Food Production. The bachelor has three separate orientations: Soil and Gardening, Urban Agriculture, and Green Environments.

### Follow-up question: What kinds of plants do you focus on? As in conifers or small flowers?

Inga smiled. "No, not exactly small flowers. It is mostly cultivated plants, and with particular emphasis on plant production in Norway for things like feedstock, seed crops, fruits, berries, and vegetables."

### What is the "typical" Plant Science student like?

"I wouldn't really say there's anything like a 'typical' Plant Science student. It really depends when you look at age groups, backgrounds, and interests. It would be more accurate to say that you'd become a bit of a plant nerd." Inga points towards a chestnut tree, "Like that chestnut tree, I can't stop thinking about how it's been attacked by something. I think it's called chestnut leaf blotch." Turning around, I see that its leaves are covered by brown blotches. To the untrained eye they look perfectly innocent, but not so much to a trained plant scientist who knows what's wrong.

### What made you want to apply for this course, and what do you like the most about it so far?

"First and foremost, I submitted my application to NMBU because it seemed like a good university. I took a foundational year of STEM courses at first, and after having read up on the different programmes, I felt like the Plant Science degree was the one best matched to my own interests." The subjects she liked the most last year were PJH251, or Bedding Plant Production of Flowers and Vegetables in Greenhouses. "We spent a day a week in a green house with three teachers that guided us through the course. We were alone responsible for watering and noticing when they needed repotting and such. It was really inspiring, and self-grown tomatoes gave a big feeling of accomplishment"

### Which opportunities will you have later on, after having completed this degree?

"After completing the Plant Science bachelor you can move on to masters in Agroecology, Urban Agriculture, or Plant Science. You can for example work for the Norwegian Agricultural Consultancy, where you can work in an advisory role for farmers and give them advice about pests and fertilizers. Many also do research for NIBIO - the Norwegian Institute for Bioeconomics."

### And here's the last one: What is your favorite plant?

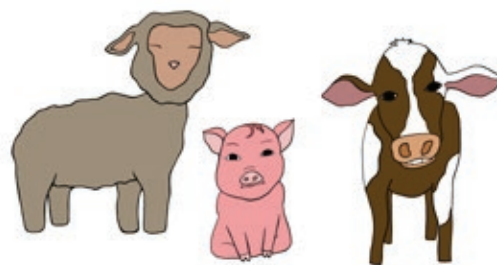
"Oh, wow. It's hard to choose. I do have a soft spot for useful plants like thyme, mint, and tomatoes. I can grow those on my own. I also find straw flowers really pretty."





### What does it entail to study Animal Science?

“The first year features broad, general subjects like animal biology, genetics, and statistics. The animal biology subject covers the three main areas of specialization (at master level): Breeding, animal nutrition, and animal behaviour. In addition we also have subjects like ‘Challenges for the future of food production’ and SDG subjects (Sustainable Development Goals) which focus on sustainable food production and for example greenhouse gasses in agriculture.”



### What exactly is livestock?

Malin describes livestock as animals that provide products that end up on the dinner/breakfast table i.e. poultry, bovines, and pigs.

### Is there a “typical” Animal Science student?

“Well, it depends, but quite a few of us are either from a remote area or a farm. The people here prefer buying locally produced food, food produced within Norway with the ‘Nyt-Norge’ stamp, but they also support the products from the agricultural cooperatives such as Tine and Gilde.”

### What made you want to apply for this degree, and what do you like the most about it so far?

“I grew up around food production, both sheep and dairy production. I have fond memories of listening to the bells around sheep’s necks when they come back from the mountains in the fall, and the smell of muck in the spring. I considered studying Natural Resource Management, but I realized Animal Science was more my kind of thing. I really liked the first August block. We had an introductory course to animal production where we went on excursions to slaughterhouses, dog food factories, a dairy farmer, etc. It was really interesting, and it tied our class together.”

### What opportunities do you have after having completed this course?

“You could for instance take a master’s degree in Animal Science, Urban Agriculture, and Aquaculture. Quite a few work as consultants for firms like TINE, or feedstock producers. There are also some who work as consultants for farmers, or work as agricultural ministers in the municipal governments, or even the Norwegian Farmers’ Association. Or possibly work in science, like at NMBU.”

### Follow-up question: Is it possible to become a farmer after taking this course?

Malin smiles and tells me that most people think she’s either planning on becoming a veterinarian or a farmer. “Even if you know your way around food production, it is still on a theoretical and detailed level. We don’t learn about things like how to plow fields correctly, or the day-to-day workings of a farm. But if you plan on running a farm, it’s good additional information”

### And finally, what is your favorite livestock animal?

“Well, I think it might be sheep. They’re cute, and generally get along with people. If we’re talking in regard of animal science it might be cows. They have a fantastic and insanely complicated digestion track.”

## ANIMAL SCIENCES

“Are you interested in animal nutrition, feed technology, breeding, genetics, ethology and animal welfare? Then a degree in Animal Science at NMBU might be something for you,” reads the NMBU degree page for the MSc Animal Science.

The programme comes as both a bachelor and master, the study association is named Husdyrklanen, and you need STEM qualifications to apply.

I was fortunate enough to meet a student taking this degree. Her name is Malin, she is 24 years old and hails from Hardanger. She completed her bachelor in Animal Sciences at NMBU, and is now doing her first year of the master programme.



These are the study programmes most people wanted to learn more about, according to Tuntreet’s survey. Do you want to learn more about a programme? Scan the code and answer here!

# The minutes of the trial between Einride Berg and SiÅs

In April, the dismissal of Einride Berg was announced, Berg had been the CEO of SiÅs for 25 years. Berg states that the reasons for his dismissal were arbitrary and chose to take SiÅs to court. The trial took place between Monday the 12th and Thursday the 15th of September at Ski Courthouse.



Othelie Eliassen  
Journalist



Sofie Bergset Janols  
Journalist



Signe Aanes  
Illustrator



Kristin Gilboe  
Translator

Berg received the notice of dismissal in November 2021. The letter of dismissal states that *“The ground for this dismissal is rooted in The Board’s decreasing trust in you as the CEO, especially concerning communication and your lack of ability to sustain SiÅs’ reputation towards the students and the university. The relationship with the students leads to negative repercussions which again leads to decreased student welfare.”*

*This is in conflict with SiÅs’ main purpose.”*

After several failed negotiations, Berg ended up suing SiÅs in February. The claims are that the dismissal was arbitrary after The Work Environment Act § 15-7, that it must be disregarded and that SiÅs must pay a compensation following §15-12.

## The course of the trial

The trial started with opening speeches from the defendant’s and plaintiff’s lawyers before the parties testified. Selma Sollihagen was the representative from SiÅs, she has been the Head of Board since July 2021, and a board member prior to this.

Berg started his testimony talking about his long history in SiÅs, all the way from a board member to becoming CEO. He

explained the growth SiÅs has experienced with him in charge, and pointed out the increasing amount of student housing, Eika, and high scores from customer surveys as examples of this.

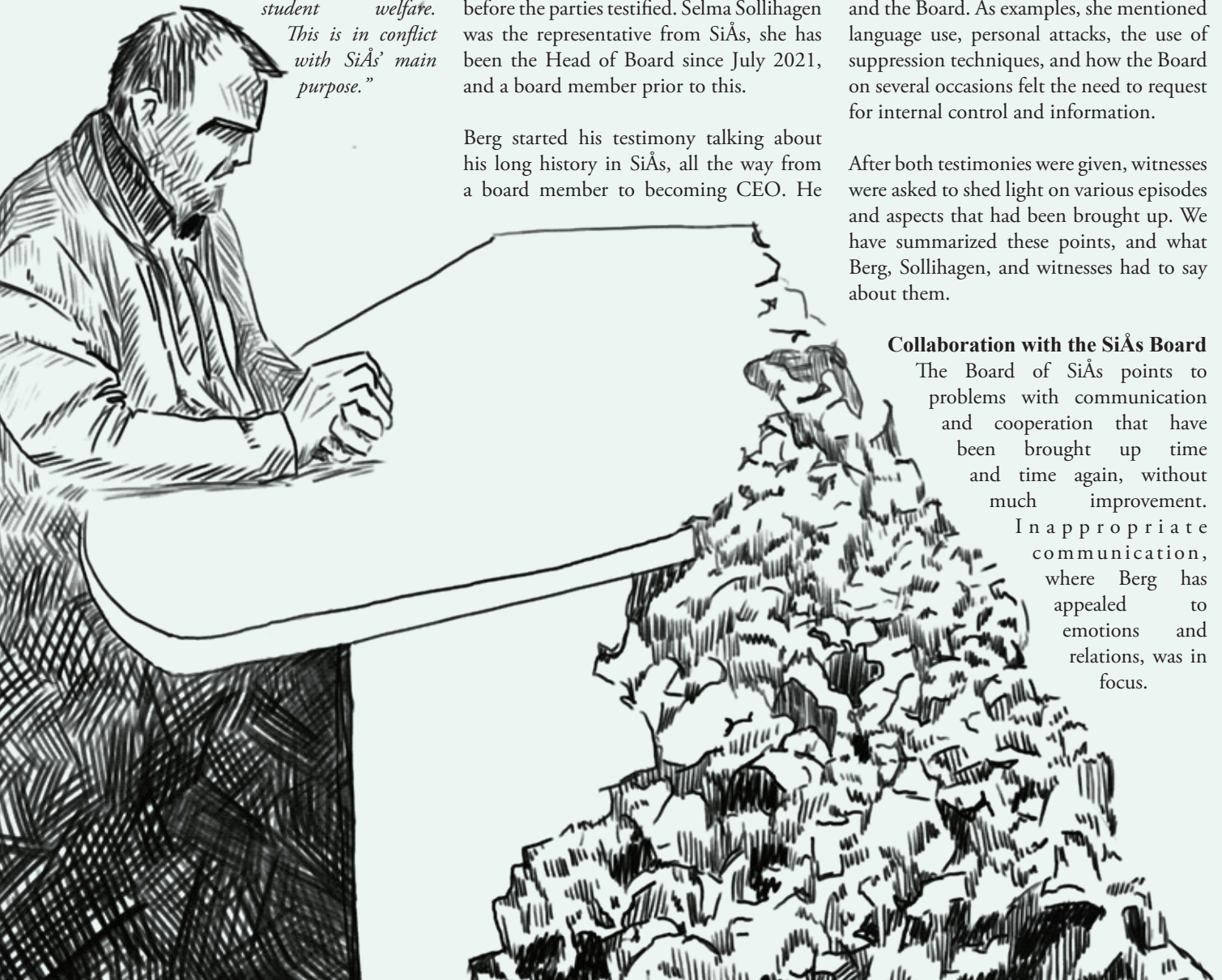
Sollihagen explained in SiÅs’ statement that the ground for dismissal is due to failing results, but in the damaged communication and cooperation difficulties between Berg and the Board. As examples, she mentioned language use, personal attacks, the use of suppression techniques, and how the Board on several occasions felt the need to request for internal control and information.

After both testimonies were given, witnesses were asked to shed light on various episodes and aspects that had been brought up. We have summarized these points, and what Berg, Sollihagen, and witnesses had to say about them.

## Collaboration with the SiÅs Board

The Board of SiÅs points to problems with communication and cooperation that have been brought up time and time again, without much improvement.

Inappropriate communication, where Berg has appealed to emotions and relations, was in focus.





**Berg's statement**

Berg's statement did not directly comment on the cooperation between him and the Board.

**Sollihagen's statement**

Sollihagen highlighted "The Skogveien project": Firstly, how they had to convince Berg to inform the Board about disagreements with the entrepreneur regarding the final account. Following this, was how Sollihagen was informed about the official opening ceremony of the project in a "subordinate clause just a few weeks prior to the event". Sollihagen continued by explaining that she constantly feared that there was important information she did not receive, and that she had to spend a lot of energy on requesting information.

Berg supposedly also tried to influence the Board by discussing work-related cases with Sollihagen outside of board meetings. During meetings, the Board weren't given space to discuss or nuance, as "the time set aside for board meetings was occupied by the CEO." Sollihagen also mentioned how cases Berg disagreed with would disappear from the agenda, were postponed, or were not followed up. Examples of this are increased openness towards students, the greenhouse gas account, and the work on vegetarian days in the cafeteria.

Sollihagen also stated that Berg tried to erase the differences in their professional roles, by trying to create a friendship and starting emails with "Dear Selma". This, combined with how she felt Berg often played the victim, made her feel his way of counteracting questions and criticism. Regarding suppression techniques, Sollihagen mentioned a "top-down" attitude,

with-holding information, writing names wrong and twisting people's words. These are some of the reasons the Board did not find it appropriate to offer Berg another position in SiÅs.

**Witness statements**

In the witness statements, several backed the claim of difficult communication and inappropriate mixing of roles. Witnesses explained how they also found it difficult to get items on the agenda, and that cases discussed by the Board would often only have one possible outcome.

At the same time, the previous head of the Board explained that she was pleased with the collaboration. She was not under the impression that Berg had removed items off the agenda, but that certain things were downgraded due to lacking capacity within the administration.

The previous Head of Student Housing describes Berg as a leader with the ability to make things happen, and that he had been running SiÅs well with regards to the social goals. The witness further explained that Berg was a man with humor and that they got along well in their work. An employee representative from the Board was against the dismissal and could not say anything bad about Berg as a CEO.

**Communication with NMBU**

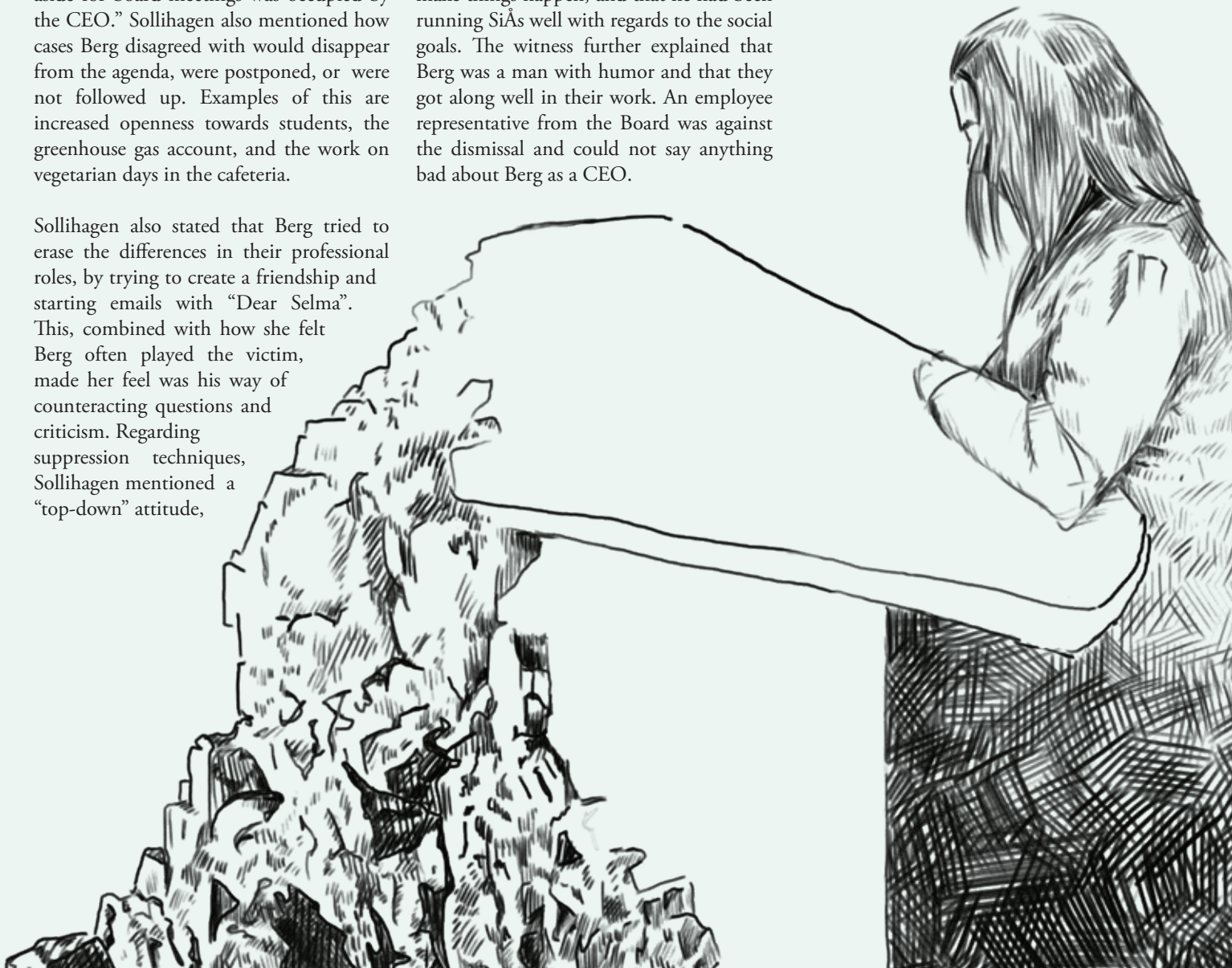
At the end of 2014, there was a tense relationship between SiÅs and NMBU, caused by discussions regarding the "fristasjonsprinsippet", which explains that SiÅs are exempted from paying rent to NMBU. In relation to the opening of "Hjerterommet" and NMBU's lease proposal, Berg sent an email with wordings like "NMBU-bitches" and "I have wiped my ass with this proposal".

**Berg's statement**

Berg said the 2015 email was "stupid, blunt and unnecessary", and that the wording was the result of a long and difficult process.

**Sollihagen's statement**

The language used in the email to NMBU, which is a significant collaborative party, was used by Sollihagen as an example of damaging communication.



# TUNTREET

## *Witness statements*

Witnesses called from both parties recognized that the emails between Berg and NMBU were unfortunate. NMBU's Head of Property explains how these unacceptable emails often were received just before the weekend or during the evenings, and that they affected her sleep.

At the same time, a former NMBU employee stated that Berg is a professional negotiator, but that he has a "Northern Norwegian" temper and language which isn't suitable on print. The Head of Housing also pointed to how "fristasjonsprinsippet" was a "repetition exercise", and that he understands Berg's frustration.

Several of SiÅs' witnesses participated when the 2015 incident was brought up. The Board categorized the situation as severe, and that it doesn't follow common decency or SiÅs' mindset. Berg argued that saving and sharing information about the occurrence was in violation of GDPR and asked the Board to delete the information.

One of the witnesses that brought up the incident in 2020 explained how the Board wasn't familiar with prior discussions of the matter, because they lacked access to the CEO's personnel file. They explained that the incident had been brought up to show that it was symptomatic.

## **Tuntreet**

In 2018, Tuntreet interviewed a part-time employee of SiÅs, and harshly criticized

SiÅs. When the journalist sent the article to the CEO for a reply, she received several emails where Berg called her a "trash journalist" and said Tuntreet only wanted to spread shit. He then retracted SiÅs' advertisement agreement with Tuntreet, without confiding with the Board.

## *Berg's statement*

Berg explained the situation with Tuntreet as a difficult period. There was already a cold front between the parties after a previous article wanting to "expose SiÅs", and then yet another article came with more factual errors and lack of source criticism. He wanted to protect his employees and felt like Tuntreet took advantage of the interviewee. Regarding the advertisement agreement, Berg said that the administration had been talking about ending it for a while, and that this had been discussed with the Board.

## *Sollihagen's statement*

Sollihagen's statement did not directly comment on the episode with Tuntreet.

## *Witness statements*

The Head of Housing at SiÅs remembers the episode as traumatic, both for the source and Tuntreet. He was under the impression that the interviewee hadn't fully understood the situation and remembers the meeting with the editors of Tuntreet afterwards bore the mark of regret.

The journalist admitted the formulations and fact-checking could have been better, but was still shocked at the emails from Berg. The words use, red letters and caps

lock was seen as threatening and aggressive. The witness also explains how she heard the employee got scolded at work and felt heavy with guilt after the incident. The episode caused the journalist to quit Tuntreet.

The Editor-in-Chief at the time told the court that these were her most difficult days as an editor. The informant to a case was dismissed, the journalist felt she was responsible for had such an uncomfortable incident that she quit, and the newspaper lost a big source of income. She explained that the meeting afterwards was a reconciliation in the way that the informant could feel safe and get her job back, after it was decided that Tuntreet would not publish the article. Neither Tuntreet nor the journalist got an apology for the emails.

## **Hans Hovenhet Hestehoven**

Hans Hovenhet Hestehoven (HHH) (HHH is the order of honor of the student society in Ås.) One of the cases that didn't concern SiÅs directly was a message exchange between Berg and the Head of Samfunnet at the time. In this exchange, a request was made to Berg regarding whether it was possible for Samfunnet to become a part of "Hans Hovenhet Hestehoven". The Head of Samfunnet got a reply that said, "I will never forget or forgive!" Later, a new email came, where it said, "I'm sorry, it was late and I was drunk," before further apologies were given.

## *Berg's statement*

Berg explained that he decided to call the person after the incident, to rectify it

## FOR YOUR INFORMATION

The journalists working this case joined Tuntreet in autumn of 2020 and winter of 2022 and have never worked with or have any personal connection to the people involved in the 2018 episode.



Photo: Margreta Brunborg



directly. He saw the question as sabotage, seeing that the appointment of the HHH was just around the corner. Under the statement, Berg explained to the court that he was deeply sorry about the incident.

#### *Sollihagen's statement*

Sollihagen was informed of the incident from the Head of Samfunnet personally and forwarded the incident to the Board in the autumn of 2021. Even though an apology was given, Sollihagen explained "she couldn't do anything but accept it", seeing how the Head of Samfunnet depends on the cooperative agreement with SiÅs.

#### *Witness statements*

The person who received the messages was also a witness in the case. She told how the messages had been uncomfortable, and that she was taken aback at the time they were received. One of SiÅs' witnesses, a previous board member, highlighted the importance of being careful with your professional role. In the position of CEO, everything shows, and the witness felt Berg should have been careful using such harsh expressions.

the Head of SiÅs' Board at the time of the incident, saw this as a role outside of SiÅs. She accepted the apology Berg gave to the concerning party and put the incident to rest.

#### **Urban lab**

The situation with Urban Lab started with a request for a liquor license prior to an event. Berg applied for a one-day liquor license on

behalf of Urban Lab, as he remembers being asked to do. After the summer it turned out the license was needed for two days, which led to a heated discussion between the parties. Berg sent an email to the student in charge, where he had said something along the lines of "If you don't 'lay flat' (used in Norwegian to explain that you take full responsibility for a misunderstanding), you can just fuck off!" and that Urban Lab could just drink Farris instead.

There was no evidence in court stating there had been a request for a two-day liquor license.

#### *Berg's statement*

Berg felt the student tried to trick a colleague of him by saying they had requested two days, and thus pitting them against each other. Since Berg had spent so much effort on getting the license, it led to the reaction.

#### *Sollihagen's statement*

Regardless of the circumstances, Sollihagen emphasizes how the communication took place between the CEO of the student welfare association and a student who voluntarily planned an event, and that these are very different positions.

#### *Witness statements*

The student who had applied for the liquor license was present and explained how several of the messages had been received late at night. He found the messages difficult to reply to, but had replied politely, to not lose the license obtained for the upcoming event. A witness and member of SiÅs' board

explained that the messages from Berg were beyond anything one could expect.

According to Berg's colleague at the time of the incident, the entire thing was a misunderstanding. The colleague thought a two-day license had been requested. Together with Berg they tried to fix it, and the witness had told Urban Lab they would, most likely, be able to fix it. This led to the previously mentioned email exchange.

#### **External communication, reputation, and the effect on student welfare**

The external communication was repeatedly brought up under the trial. The focus was on how Berg's statements to others affected SiÅs, their reputation and the student welfare, and the importance of always considering the roles you are connected to when making a public statement. In addition to the episodes mentioned above, Berg's letter to the editor in Ås Avis about the planks on the ground in Åsmåsan as well as his political comments were discussed.

#### *Berg's statement*

Berg did not discuss the letter to the editor in detail. In the opening speech, Berg's lawyer pointed to how it was only speculations that students looked at the letter to the editor as frivolous from SiÅs' side, and that it thus had little to no consequence.

#### *Sollihagen's statement*

When discussing the letter to the editor in Ås Avis, Sollihagen said that "there is a use of language that is incompatible with how we would like to appear."

#### FACTS ABOUT SIÅS

SiÅs is the welfare association for students at NMBU, with the motto "the student in the centre". The Student Council is SiÅs' advisory body and is also where most of their board members are elected. The Board of SiÅs consists of four students, one representative from NMBU, one representative from the employees and one external representative. The Head of the Board is also a student. The CEO of SiÅs is not a member of the Board but has an obligation to attend board meetings.



Photo: Jonas Bergh Hagermoen

According to Sollihagen, the dialogue with the staff at NMBU and especially the devoted students, affects SiÅs' welfare mission because, "One of the most important welfare services for students in Ås, is what the students create themselves through voluntary work." If students experience the person related to the welfare association as threatening, she is afraid it will scare off students wanting to get involved.

### *Witness statements*

Several of the witnesses asked about the opinion they and other students had on Berg and SiÅs, concluded that the general student doesn't think about it that much. However, there are several bad experiences they have heard of, from other volunteering students.

One of the witnesses explained that SiÅs and Berg often work well, but that things are usually done a certain way. If you don't agree with this, things get more complicated. Previous Head of Samfunnet says that, "I am actually grateful we didn't have much to do with SiÅs after I received those messages."

### **Evaluations and warnings**

There was a lot of discussion regarding whether Berg had been given an adequate number of signals from a displeased board. There have been conducted yearly evaluations where several, but not all, addressed Berg's way of communication. An evaluation from May 2021 shows that Berg scores low on this area, but states at the same time that the Board recognizes the good work Berg has put in to the offers for students during the Pandemic.

### *Berg's statement*

In Berg's statement, there are no clear comments towards the evaluations. Berg's lawyer read some of the evaluations, which stated the "board is very satisfied" and that Berg was a "very dedicated leader".

### *Sollihagen's statement*

Sollihagen explained that she wanted to work on keeping Berg as CEO when she started her job as Head of the Board. However, the Urban Lab incident happened shortly after she started, and it was also around this time the Board learned about the HHH incident. These occurrences, along with the evaluations pointing to

a repeating communication issue and cooperative problems with the Board, clarified the situation would not improve.

Sollihagen also explained they considered, but had not provided, a written warning to Berg. A potential warning would mostly repeat the evaluation from 2021.

### *Witness statements*

An employee representative that has been part of SiÅs' board since 2016 explains that there's been discussions about Berg's form of communication before, but never to this extent. He currently experiences a more negative focus and larger demands towards Berg than before.

A former Head of Board explained that the reason for the evaluation in 2020 was that The Board lacked more information about cases and solutions. The Board had received messages of concern from the accountant about the financial management and internal controls, which they wanted to put forward. During the evaluation work, the NMBU incidents were brought up, and the Board had to react. Even though Berg opposed bringing up old incidents, he agreed to take them into consideration.

A former member of the Board explained it was natural that the Board was an untrained organization, and thereby also untrained to evaluate themselves and the CEO. This led



to a lot of uncertainty when evaluating, to avoid surprising elements. The witness told how Berg defended himself in the evaluation meeting, but that he also apologized. The fact that the CEO had used such harsh and undiplomatic language, is still something the witness finds questionable.

### **Which incidents should be taken into consideration?**

One of the most important elements in the trial was which cases that could be used by SiÅs. There was a discussion whether the 2015 incident could be used, seeing how it was 6 years old. Berg's party called the incident obsolete, along with the 4 years old Tuntreet incident. SiÅs disagreed with this and explained that the incidents are important to show the extent of the communication problem.

Furthermore, there was a debate on whether Berg had been given an adequate warning before the dismissal. According to SiÅs, the evaluations Berg had received over several years should be considered adequate warning.

The parties also disagreed on the claim of restitution when the dismissed was a high-ranking leader, and if the claim should increase or decrease based on the level of employment.

### **The claim of restitution**

Berg's claim of restitution is based on his economic loss, and the court was also asked to consider Berg's age and seniority. By dismissal, Berg lost a yearly income of 1,275 million NOK, the right to a pension scheme of 3,5 million NOK, a yearly deposit to the group pension scheme of a 166 000 NOK, and a yearly deposit to the Norwegian national social insurance scheme of a 143 000 NOK. He also demands a claim of restitution to cover the cost of court at 900 000 NOK.

If the court rules in SiÅs' favor, they claim 400 000 NOK to cover costs of court.

### **What happens next?**

The judge notified that the outcome of the trial should be ready within the next four weeks. At the time of writing, it has not been made official. The verdict will clarify if the dismissal of Berg was legal, and if Berg has the right to the claim of restitution, or if he must pay SiÅs' costs of court.



# Career Day with NU

## Wednesday the 19th of October!



Ingvid Lauvstad Sunde  
Journalist



Tuva Hebnes  
Photographer



Ida Haraldstad  
Translator

**Tuntreet presents the elephant in the room: we are all entering the workforce sooner or later. We can't be students forever (...). Yes, we are aware it pains you to hear it (...). Yes, we are crying inside as well (...). But wait, not all hope is lost! On the 19th of October, the students of Ås are invited into Aud.Max. for three whole hours with business stands, tips for job applications, and, last but not least: a unique meeting with the future. The Business Committee at Samfunnet i Ås (NU) is happy to invite all of Ås' students to the 2022 Career Day!**

### First and foremost: What is NU?

Tuntreet had a chat with Siril Bjørke, the woman responsible for the Career Day, who

answered our questions about what NU is, and what happens at the Career Day. "NU is acting as a link between businesses and the students," she explains. "Throughout the year we arrange career events and business presentations and otherwise we provide tips and tricks to students entering the workforce," she adds.

### "But I am not getting a full-time job for many years!"

"The Career Day is open for all students, no matter what year they're in", Siril assures us. "It is a myth that the convention is only for those looking for a job after their Masters. A relevant summer job can be the ticket to your dream job", she tips us. And so; Myth. Busted. Next summer you guys won't just be chilling on the couch!

Some industries are bigger than others, but Siril explains that NU is working towards as much variation as possible.

### Career Day – NUs biggest event!

"One of our most important events is the Career Day", Siril says. "It is a large

convention made up with stands from over 60 businesses in both Aud.Max and Festsalen. And this year we have added business presentations in Halvors Hybel!" She is very satisfied with this year's program.

### "You don't need straight A's"

"The Career Day is a great opportunity to build a network", Siril says. "Here you get the chance to stick out in the application pile. Imagine being the only one in a stack of a hundred applicants that can say 'Thanks for the chat!' And if many students show up, we get a chance to show how enthusiastic and engaging NMBU students are!"

Career Day 2022 is being held at Samfunnet, Wednesday, 19th of October 12:00 – 15:30



Mathias Tupinier  
Journalist



Margreta Brunborg  
Photographer



# ESN: THE ASSOCIATION'S RENEWAL AFTER TWO YEARS OF COVID



For the past two years, Covid has hit us all and prevented many international students from coming to NMBU. Now that this period is (hopefully) behind us, we went to meet the newly elected Erasmus Student Network (ESN) board. We wanted to learn more about the vision and motivation at the heart of this association, both of which are sometimes unknown to Norwegian students. Rosemary and Kitty, respectively the president and the activity manager, answered our questions.

## What is ESN?

“ESN means Erasmus Student Network. It is an association for NMBU’s international students. When the association was founded, it was reserved for the Erasmus exchange students”, Rosemary explains. “Now, ESN is working to integrate all international students to the Norwegian community. Students are coming here to Norway to enjoy the country, the place and the Norwegian people. Integration is

a key element for all internationals. ESN’s mission is helping both the foreign students and local student to meet, interact and form bonds that will last for life.”

## What is the difference between ESN and ISU?

Rosemary defines that “ISU is the International Students’ Union. ISU focuses on the political aspects of studying and living at NMBU as an international student, and

ESN focuses on the social interactions and the integration of international students. ISU represents all international students in political institutions, administrations, and the university.”

ESN’s aim is to make sure students have fun during their studies. ESN addresses everything but institutional politics.



**During Covid there were almost no international students. Does this absence still have an impact on the relationship between international and Norwegian students?**

“We can say that Covid is part of the past: everything is back to normal. There is no pandemic anymore, and we have way more international students than in the past two years”, Rosemary assures. “The introduction week and the buddy week both went great, and international students are integrating fine: Covid has not damaged the links between communities. Even the Covid restrictions are gone. Students have more freedom, so integrating them will be easier this year.”

**What will be your main events this year? Your new events?**

Rosemary answers that “ESN has always been one of the associations hosting and organizing the most events. Our parties have been amazing among the international community and this year we want them to be amazing among the entire school. Our current activity manager, Kitty, is Norwegian, and one of our goals is to bring the Norwegian students into our events.”

ESN’s first event was the BBQ, which happened the 16th of September. “We organize various events throughout the year, for example: drama quiz nights, a Viking challenge, a sea battle event... We also have smaller and calmer activities like food exchanges, potluck and language café”, Rosemary informs us.

“We are basically hosting everything that can help bring international and Norwegian students together, and we are always looking for more events to organize. To stay informed about the dates and details of our events, you just have to look at our Facebook page, our Instagram account and/or on WhatsApp.”

**Kitty, you are the only Norwegian in the board of the ESN. What made you want to join an organization so focused on international students?**

“I have a strong bond with the international students, and I want to strengthen it as much as possible. I also want to help every Norwegian student to forge bonds with

international students and vice versa”, Kitty answers. “This kind of connection is priceless, and it is something that can withstand the miles and the time. You will meet again in maybe 20, 40 or even 60 years looking back at how far you have come and on the good old days at NMBU. Everyone should have the chance to have that, and as an activity manager, that’s my goal.”

**A few things troubled me during the election. For most of the positions, there were only one candidate. There are around 500 international students at NMBU and there was not more than 40 people voting. Do you think that is a problem? Do you plan to do something about the election?**

Rosemary confirms that this is a problem. “There is a gap between the last board members and us: they were not ambitious. Covid did not help them, but that is not the whole explanation. However, we do not want to put the blame on them or anyone else. There is a problem, and the only important thing is to find a way to solve it. Publicity and visibility is the solution.”

To explain and solve this, Rosemary proposes “Too few people know us, and those who do, do not know us well enough. Through publicity, through face to face chatting and through inviting people, we plan to change that. Once we have enough

visibility, more and more people will come to the elections to vote and run for a board member position.”

However, all is not that bleak. “This election has shown the strengths we have. We have people from all over the world, men and women of all origins and nationalities. I am from Africa; others are from Europe or Asia, and this is a very good sign that we are sending as an influent association. It is a representation of what we plan to do through the whole semester. We want people from everywhere to come together, integrate and learn more about each other”, Rosemary says.

“You can still get involved in the ESN by joining the social committee”, Kitty adds. “By joining it, you will help organizing and hosting events and make sure that everyone feels welcome and considered. If you have been part of an association hosting events, if you have ideas of events, join. We want the committee to be innovative and spontaneous. If you are Norwegian, do not feel afraid to join: we want everyone’s energy.”

You can apply by e-mail or personal message on social media. There is a maximum of 20 spots available, and Rosemary and Kitty encourages everyone who is interested to apply.





# Follo walks

Benjamin Alexander Faulkner  
Journalist



Ylva Friberg  
Photographer





“The gentle wind, a sweet and passionate wooer,  
 Kisses the blushing leaf, and stirs up life  
 Within the solemn woods of ash deep-crimsoned,  
 And silver beech, and maple yellow-leaved,  
 Where Autumn, like a faint old man, sits down  
 By the wayside a-weary.”

*from “Autumn”*  
 by Henry Wadsworth Longfellow

### Autumn

Autumn is a majestic season. After a sweet summer, we’ve forgotten that we live in a rather cold country. It is refreshing for body and soul as the northern wind plows its way into your face as you crawl your way to the lectures. The leaves become red, and they dance a mazurka on their way down towards the earth. That which has grown and thrived since the spring, lays down to rest for the winter. And then there are the bouts of cold, flu and fever nights many of us have suffered since Buddy Week. Autumn is the season where we tuck ourselves in rugs and chug Earl Grey in bucketloads – and you are definitely not going out that door today. But are you struggling with school? Or a personal dilemma? Then the solution might actually be out there. Let me explain.

### Brainwalks

You might have heard of the hypothesis “transient hypofrontality”. During physical activities, our brains become more concerned with coordinating body movements. As a consequence, the prefrontal cortex – the planning and focusing part of the brain – becomes less active. The filter which shuts out many of our unconscious thoughts and ideas is weakened. We then experience more creative thoughts and solutions! Thinkers like Charles Darwin and Ludwig Wittgenstein have told us that walks were the most important intellectual tools in their careers. The poet, Wallace Stevens, wonders: “perhaps the truth depends on a walk around a lake”. Consider that the next time you bash your head into an essay which is going nowhere. Want to go out, but don’t know where? This might help you!

### A buffet of experiences

Here at Ås, we’re sitting in the middle of an extraordinary region of Norway. Secret gardens, murky forests, glittering lakes and long country roads. Some students have attended Ås for five whole years without taking a single step inside Vollskogen, also known as Pentagonskogen. This is a quirky little forest which is condemned for the purpose of building single-family homes. Don’t be afraid of treading off the path. Suddenly you might find a little place only you know about. Or not!

### Around Ås

Take a walk to Vardåsen, a forest hill south of Ås sentrum, and see the views over the fields of Børsum, Hogstvet and Tvester. Maybe you will stumble upon the remains of the stone fort, where prehistoric natives of Ås found sanctuary if enemies invaded. You may also walk north from the center, straight into Åsmåsan. Fun fact: the university has extracted peat here for heating for over a hundred years, stopping in the 1950s. Here you will find holloways, paths which have sunk over long periods of time. Continuing into the Åsmåsan, you’ll find a path leading you towards Østby and its broad rural landscapes, with the neo-gothic Ås church in the distance.







### **The long lake**

Heading past Ås gård, you'll find Årungen. This was once part of the Oslo fjord, but the land rose and it became its own little lake. Excessive fertilization and experimentation have created a unique ecosystem and species which have evolved in the lake. Bathing is not recommended, unless you want to use a kilogram of soap and a whole tank of hot water. When the ice is thick enough, the whole population of Ås comes here to skate!

### **Towards the fjord**

If you are feeling exceptionally fit, take your bike on the road towards Drøbak. Many students bathe here during the summer – but if you are fitter than fit – you can take a bath whenever you want. If you take the left to Klommestein, and left at Grønberg, you'll arrive at Ramme Gård. Here lies a secret little garden, run by the shipping magnate Petter Olsen. He has spent years collecting art objects and sculptures, which now sit in flower beds and hedges. Here you can also see concerts. From Ramme gård, you'll find the cultural path: "In Munch's footsteps", heading down to Edvard Munch's country residence by the fjord. Here he sat and worked on his most monumental works.

### **Cross-country**

If you don't find a few hours in nature long enough and feel a calling to wear thirty kilos on your back, there are deep forests to explore! Take a car to Klaretjern, a lake east of Halden. And take your diving goggles, for the water is clearer than most lakes! Enormous amounts of aluminium in the lake have reduced the pH-value so much that it is impossible for life to thrive there. Spend a night in a hammock, or venture further into the forest.

### **Be curious**

This was just a little pointer at a sea of possibilities. The small moments and places are all just waiting to be explored. Instead of sitting in on a Sunday, take your trainers and just -walk-. It is amazing how much you can experience, and perhaps you will get a hint of the feeling of getting lost. Sometimes the world is so small, and getting lost might could be a nice little antidote. The world suddenly gets a lot bigger – even a small place like Ås.



# Less student volunteering or increased quality of studies?

– A summary of project “Semester structure”



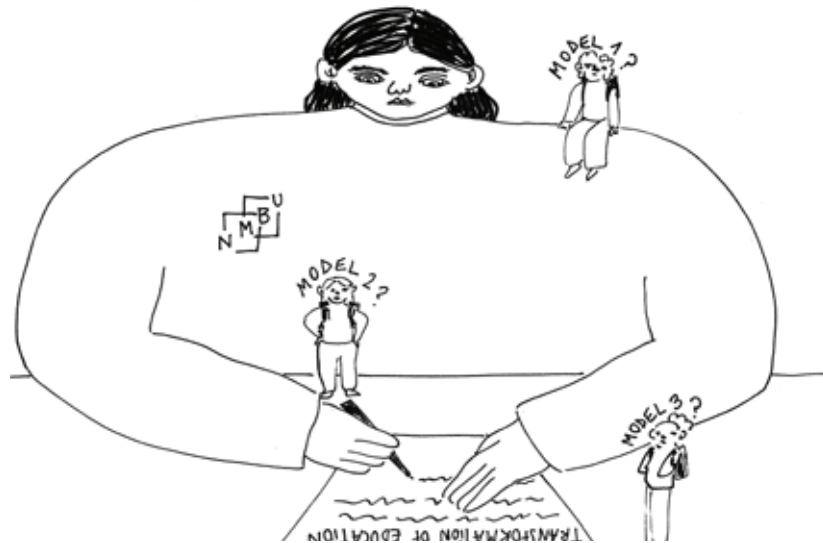
Ingvild Lauvstad Sunde  
Journalist



Jeanne Michielin  
Illustrator



Rebekka Berg  
Translator



**During fall of 2021, the semester structure project created a lot of excitement. During spring of 2022 the project was cancelled. Perhaps a bit sudden? How did it really end? What was the project about? And last but not least – what did people think? Tuntreet summarizes the semester structure project!**

## What was the project about?

The project began in 2018 and was then called “Transformation of education; sub-project semester structure”. The university board wanted to find an alternative semester structure, to better achieve NMBU’s strategic goal for educational quality. Three different “models” for a new potential semester structure were made.

Today’s structure was called “The current model”. The second model was called “The seminar model”, here each semester was split into nine-week long blocks with 15 credits each, followed by an exam twice per semester. The third model was called “The European model”, as it was inspired by the university of Wageningen in the Netherlands. The semester would then include three blocks with 10 credits each, spanning six weeks with 3 exam periods

during the semester. Model 2 and 3 planned for one to two subjects with each block.

## Lots of opinions and lots of endeavour

The three suggested models were admitted to a hearing to get a thorough evaluation from both employees and students, including those from the faculties and the Student Council, amongst others. The Student Council pointed out several considerations, including student volunteering, psychosocial environment, student welfare and participation, that were left out when evaluating the three models.

Model three came off worst. They meant that more exam periods through the semester would limit the student’s possibilities to adapt to their everyday life, and that this would hinder the student volunteering, including the execution of UKA. They also meant that it would affect the student’s psychosocial environment negatively, as the exam period is often a source of stress and performance anxiety.

Following the current model, the fall semester ends at Christmas break. Model 2 and 3 wanted to put the last exam period after the break, about 2-3 weeks out in

January. This garnered a lot of criticism, especially from the students.

The student council still meant that the two alternatives could make better use of the premises, and it would also make it easier for interdisciplinary collaboration between the faculties.

In an update on the university’s webpage, it appears that the other answers from the hearing were positive towards the European model, but there was little faith in the seminar model. The new alternative semester structures would create problems with lab- and field work.

## Suddenly ended?

After the answers from the hearing had been reviewed, it was concluded that the majority are happy with the semester structure that exists today. Because of this clear conclusion, the project was ended sooner than planned. A part of the conclusion was that it would be better to improve today’s model, rather than changing it completely. The project was therefore ended with a summary of the suggestions related to today’s model, including how to make better use of the Blocks and the teaching premises.

Vårt innovative system for innsamling av avfall spiller en stor rolle i å forme og utvikle smarte og bærekraftige byer. Vi viser vei ved å skape smartere byer, forbedre livskvaliteten for folk i dag, og sikre en grønnere planet for fremtidige generasjoner.

Møt oss på karrieredagen 19. oktober



**Bli en av oss! - kom på karrieredagen 19.oktober**







r til karrieredagen



SAMFUNNSSTYRET  
HØSTEN 2022 PRESENTERER:  
*FOLKESTYRET*











NU jakter studente

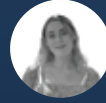


# WhÅssup?

Synne Louise Stromme  
Journalist



Amanda Engebø  
Illustrator



Hello again! We are well into the semester, and the plate is already starting to fill up. The committees and associations are blooming with new members, ready to give everything for a fantastic time here in our beloved university town. The studies are not hesitant on handing out assignments, and the due dates are already knocking on our doors. We are living on our student budgets with all the world's possibilities on the edge of our fingertips, and FOMO is the most frequently used term in the vocabulary.

We are all sitting in the same boat that's moving a bit too fast. The boat that fills up with positions and activities, that eventually gets so full that it becomes too difficult to maintain balance. All off a sudden everyone is overboard, and you're floating around in the sea, with your head just above water.

The great sea of subjects, work, spare time, social activities, and an abundance of possibilities keeps you heaving for air between the crashing waves, and you feel like you're losing control. Does this sound familiar? It sure does to me.

So, what do you do then when you're floating in this endless ocean of commitments? You push through and find safe ground. Your safe ground. Safety can take the shape of many things, and safe ground to me might not necessarily be safe ground to you. Regardless, I have some tips for you.

If you feel like you are losing control, I recommend taking a step to the side. Get an overview of your situation. Then, take a seat and write a to-do list by prioritizing your tasks. If you can physically see everything you are up against, it's often much easier to tackle it. While you are writing the list, you might get the time to reflect which gives you a benefit for your course of action. A quote that I was told recently that can be useful in this situation: "Do the important before the urgent."

My next tip, that I recently have tried making into a standard practice: set boundaries. This especially revolves around availability. Decide on a time during the day that is your "you-time": put away everything that involves work or studies and consider putting your phone away completely. Another tip: Schedule a time to turn off all notifications.

I would recommend doing something that really makes you feel good during this period: draw, listen to music, dance, sing, think or sleep; do it!

Even if the sea feels infinite, and help seems out of sight, know that safe ground is not far away. Take a breath and observe your everyday life from a distance. If your head is just above the water, it means that you are still floating – and the only thing that remains is to find peace and keep swimming with fresh strokes.

I wish you best of luck, you got this;) )

# Two café-au-laits with Sabah

The barista in the heart of both  
the Clock Building and the students



Ingvid Lauvstad Sunde  
Journalist



Tuva Hebnes  
Photographer



Ida Haraldstad  
Translator

**She greets you with a smile in Hjerterommet coffee bar, no matter if you want a coffee or a salad. This has given her an extra special place in the heart of many Ås students, including mine. I am of course talking about Sabah the Barista!**

I am welcomed into the Hjerterom kitchen around half an hour after opening, and the conversation runs along the lines of baking croissants and folding of wraps. Sabah makes all the food herself. “It adds a certain level of quality to what I offer, - a bit of motherly love maybe?” she proposes and laughs. Now and then, there is a ding from the bell on the coffee bar’s counter. Sabah takes her time chatting with both me and the customers.

## Coffee bar – not cafeteria

Hjerterommet is a coffee bar located in the middle of the first floor in the Clock Building and it is one of the smaller serving

locations on campus. With high ceilings, the room still has a cozy interior design with couches, good chairs and tables, and a calming palette of autumn colors. The large wall is adorned with a piece of art made by Hanne Friis.

«What makes Hjerterommet special is the focus on coffee, and that’s the reason the food selection isn’t as big. This means that I ground the coffee beans before I brew them, which gives them a great quality,” Sabah explains. She serves up everything from an iced coffee to a cappuccino to a regular plain black coffee, and also tea.

The low hum of the coffee machine mingles with Sabah’s own lovely hum, interrupted only by her cheerful voice when she greets her students with “Hello dear!” and “Great to see you here!”. This is the sound of Hjerterommet. I find it hard to describe the coffee bar without mentioning Sabah. She is a part of it.

## Five quick questions with Sabah

- 1. What is your nationality?**  
«I come from Turkey.»
- 2. How old are you?**  
«60 – no, 59! – Not 60!»
- 3. Do you prefer coffee or tea? What’s your favorite?**  
“What a question! Coffee. I like it black ... but I am no stranger to drinking many café-au-laits during the day”
- 4. What is your favorite hobby outside of work?**  
“I am kind of an old lady. I am addicted to e-books. Other than that, I knit and take care of my plants. I also love traveling.”
- 5. Favorite travel destination?**  
“Oh no, I can’t pick one! I have, among other things, lived in Canada and driven through Africa, so I have to say anywhere, as long as I’m traveling!”





### «A little flirt»

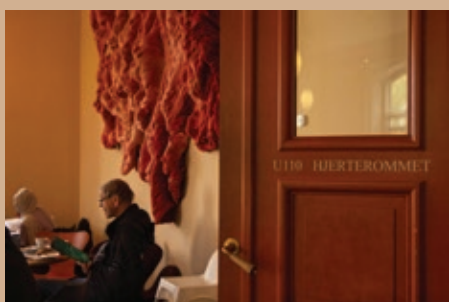
Sabah was hired by SiÅs in 2017 and started as a cafeteria worker at Sørhellinga. She got the job at Hjerterommet only a few days before the ill-fated March of 2020. She talks about the time before the pandemic with a smile. She feels the best part of the job is the connection she gets with other people – “A little flirt” she calls it. “I get a relationship with the students. Before the pandemic,

they could come talk to me about whatever was weighing on their hearts, if they were frustrated, sad, or simply in a great mood.” She has high hopes to recreate it.

“We actually had an aquarium together with the students at Sørhellinga, and we grew our own vegetables,” she says. I am wearing my revue sweater for UKA I Ås 2022 as we chat, and Sabah starts thinking

about students she had great relationships with that were in previous revues.

Sabah is steadfast in her claim that Hjerterommet is special. And she agrees when I propose that it might be the connection between people that makes the coffee bar so unique. “There isn’t any self-checkout, you must speak to one another. It creates a great atmosphere.”



### Five quick questions with Sabah

- When is it open?**  
 Monday to Thursday 07.45-15.00 and Friday 07.45-14.00
- When did it get remade into a coffee bar?**  
 The coffee bar was established in connection to the Statsbygg renovation of the Clock Building from 2014 to 2016.
- Why is it a coffee bar and not a cafeteria?**  
 In 2016 the cafeteria coverage on campus was considered good, but students and faculty wanted a place to get really good coffee.
- What is the story behind the art piece on the wall?**  
 The art piece “Shades of Rubia Tinctorum” was made by Hanne Friis in 2014. It is a wall installation in textile, it was colored with the plant madder, with the Latin name Rubia tinctorum.
- Where does the name Hjerterommet originate from?**  
 According to an earlier edition of Tuntreet, the name stems from the Norwegian saying “der hvor det er hjerterom, er det husrom”, meaning if someone cares for you, they’ll make space for you.

Source: Pål Magnus Løken – acting CEO of SiÅs, TT10/2016, and KORØ – the Decorations Fund – Public Art Norway



# TWO BEERS

with Hedda Mejlænder-Larsen



I meet Hedda in Klubben. She got to choose where we should meet based on where she feels most “like herself”. The logo of Samfunnet shines on her green jumper. The smiling eyes glance through the glasses. We are ready for two beers and a good, long conversation.



Silje Bie Helgesen  
Journalist

Astrid Moltu  
Photographer



Elina Turbina  
Translator

### The introvert who became an extrovert

She scratches her short, scruffy hair as I ask her to tell me who Hedda Mejlænder-Larsen actually is. She admits that she finds it especially hard to talk about herself. Hedda thinks a bit before saying that she used to be a reserved person, something that is contrasted strongly with how most of us would describe her. While in Bærum, she felt like she could not quite fit in, and that it was difficult to find her place.

“In younger years, when everyone wanted to be as conformist as possible. While others were walking in the middle of the road, my path was off to the side.”

Hedda found her own path and did not care if anyone followed in her steps. It was therefore a liberating feeling when she came to Ås and saw that everyone was creating their own paths here.

### Grandmother and the sea

Hedda grew up in an extended family in Bærum, close to her grandmother and grandfather.

“Every Saturday grandma and grandpa would open their house and make buns and lunch for the whole family. It was a core memory in my childhood.”

Grandma has been very important in Hedda’s life. The girl says that she sat and held her grandma’s hand the whole day before she passed away.

She smiles as she remarks the summer idyll in Sørlandet where her extended



family has multiple cabins on the same plot of land. Hedda describes it as a type of holiday colony with her thirteen cousins. By the open ocean is where Hedda feels at home, with the clear salt water that shows the path all the way to Denmark.

“I have grown up with the boating life and the sea, the smell of sea and salt is the best. Ås would have been perfect if it was by the sea.”

### The path to Ås

Hedda began her studies in a place totally different from Ås. She says that she started studying law in Stavanger after high school, where she studied for two whole years before completely changing her choice of study. “I found my roots in Maths and Physics, since both mom and dad are civil engineers.” Where could one study industrial economics? After much back and forth, Hedda chose Ås, something she will never come to regret. She says that it is weird to think about what kind of version of herself she would have become in Trondheim, her second choice.

### Found herself

As a 20-year-old, Hedda came to Ås. At a new place, with a totally new study programme and a new study environment, she wanted to start with a new mindset.

“The most important choice I made was to jump into everything I got an opportunity to do, regardless of how unsure I was about it. Now I shall bloom.”

Hedda had experienced the feeling of not fitting in, and now she wanted to change that. From the buddy week onwards, she joined the Security Committee at Samfunnet. There, she had one shift before UKA 2018 broke loose, where she was a volunteer. Further, she agreed to be the Social Committee leader for industrial economics’ study association. Additionally, she became the class representative. These were the positions Hedda agreed to in the first semester, and it set the standard for the coming years she had in store.

“I would rather regret the things I did than the things I did not do when I am old and grey. It has become my life’s motto,” she says.

Hedda says that she does not have any dreams, nor any exact plans for how she wants her life to look like.

“I do not want to dream up a specific life, I want to base my life around what I have here and now,” she notes.



## The highest peaks of joy to the deepest valleys

(TW: Mentions of suicide)

Corona came close to Hedda, who was in the Security Committee. She thinks back to the feeling of being the villain who had to ask people to hold a one-meter distance, wear masks, and make people sit in the same spot for the whole evening.

“I was really looking forward to standing in the queue to Johanne’s, shoulder to shoulder with people, thinking about how crowded it is”.

She remembers the general meeting about whether UKA 2020 was to happen at all. It was therefore extremely liberating to see it executed so well.

“To be at the opening concert of Klovner i Kamp during a lockdown in Norway was one of the sickest experiences I’ve had,” she smiles.

After five years, life has offered ups and downs, which together have formed the person Hedda is today. In cold November, Hedda received shocking news. A friend in the dorm had committed suicide. They had been on a cabin trip the weekend before, so the news came out of the blue. “I came home and was not allowed to go up the stairs to my dorm. After waiting for a bit, a policeman came down and told me what had happened, and who had committed suicide,” she says.

Hedda breathes heavily before saying that her biggest fear was to not handle this situation well. She was left with a buzzing head and many questions. What was it that separated him and her?

“There were times I was not feeling good about myself.”

Hedda’s friends have been vitally important, and gave her support through tough times. Since she kept up a facade in countless roles she had in the society, being able to talk about this has gotten her through the painful times. “It is crucial to talk about it,” she explains.



Mental health is important to her, and she wants everyone to have a place to turn to. She hopes to push Samfunnet to become such a place.

### The leader of Samfunnet

Hedda has crossed paths with different people during her five years here in Ås.

“The best thing about Ås is that one has the opportunity to join in on things, regardless of where they come from, what they study, and what kind of person they are.”

Hedda’s plan was never to become the leader of Samfunnet. In 2021, she ran for the position of the Head of UKA but lost the election. Nobody was competing to become the leader of Samfunnet, so Hedda took the chance.

“Maybe it was fate that it turned out this way. Such a position meant that I would contribute to the community that I myself have gained so much from,” she says.

Through this past year, she has learnt a lot, including being able to say no to things.

“It’s all about priorities. I do not think that my duties have been stressful, because I have set aside time for them. In other words, the studies have ended up at the bottom of the list sometimes,” Hedda smiles.

Hedda laughs and says that there is no way she can sit at home on the sofa for two days in a row. She derives energy from things that are fun and puts her life in the routine that holds “the rhythm”. “I want to fill the days so that I don’t sit at home ruminating and having a bad time.”

### The morning routine

At six o’clock in the morning, the Bærum girl gets up to go for a jog. She hates training at the gym and really wants to make sure nobody sees her run. She explains that the benefits of training do not matter to her that much, as long as she manages to get herself out of bed and keep up with her routine. If she does not get through her morning routine, the whole day can be ruined.

### Hedda's tips to the new students

Hedda says that the “Studentenes Kall” (The students’ call) song describes student life.

“‘The student’s call is to crash and fall in the carnival of life’. The student life has its ups and downs, but it can be the best experiences in life if one gives just a little of yourself”.

She has lived up to that with her 12 positions over five years. We take the final toast to Hedda’s enormous contribution to the student environment, before my notebook snaps shut again.





Hedda, you are a structure monster like no other, who has more control over my schedule than myself, even though we do not take the same classes anymore. After all, it is the kind of thing that is needed when one must balance studies with countless positions, a burning commitment to the student culture, and, at the same time, care for those around you. With a passion for Gin & Tonic, and love for a good party in general, you still end up shamelessly at a lecture at 8 in the morning. Because obviously you had jogged at 6 am already.

We have experienced much of what there is to experience at the Agrarian Metropole together, but a holliday cannot last forever, soon it shall move onto the next phase. Wherever the journey goes, I am sure that it will go well. You are not quite an adult just yet, but pamp life (the time after one finishes a stint as an elected representative or committee head) suits you. I am excited for the next time we drink beer in bodega while howling the stentor songs!

Cheers to the memories we do not remember with the friends we will never forget!  
*Johannes Voll*

### Dear Hedda

Thank you so much for giving us the pleasure and honor of having you as both a leader and a friend!

Your determination and initiative are admirable, the fact that you are always there to step up regardless of how much is going on is insanely impressive. It is something we appreciate immensely. It makes it safe for us that you still spend many hours at the house.

It is impossible to name all of your great qualities as there are so many, but some that we value especially is your knowledge, your good humor, and, finally, your ability to make great meeting snacks. If there is something we cannot figure out – you are the first one we ask, and you always strike up a nice conversation with us, both serious and just banter.

We are so glad for all the experiences we have had with you, everything from a sailboat nach in Ålesund, shenanigans in Øltønna, and tea in Klubben.

We love you very much and are proud to have had you as a leader! (The kindergarten sends you an extra greeting)

*Many hugs from Samfunnsstøret*



### The super dedicated Hedda Mejlænder-Larsen

Hedda Mejlænder-Larsen, to be a Bærum-girl, we would say that you are a quite deviation from the stereotypes. One would have to look for a long time to find a person more grounded, jovial, and inclusive than you. One of the first things one usually hears when coming into Hedda's home in Eplehagen is: "would you like a GT?". You are certainly quite the hostess, whether it is by inviting us to dinner, various baked goods on a casual Thursday, evening drinks, or cabin trips. If there is one thing you are good at (apart from living the happy life in Sørlandet over the summer), it is contributing to something bigger than yourself. You have, among other things, been a bank functionary during UKA in 2018, a committee chief for UKA in 2020 as the Financial Assistant, a committee chief for security at Samfunnet, and last but not least, leader of the Student Society last year. If there is anyone who lives and breathes for the Student Society – it is really you!

We appreciate you so much as a friend. You always step up when its needed and almost never say no to a request to come up with some shenanigans. There have been many memories we shared over these past years, such as lunch dates at Vitenparken, walks during corona, 17th of May breakfasts, a spontaneous trip to Edinburgh, and countless late evenings. There shall be more memories as well! We are very excited about which paths you will choose now that the student life is coming to an end. But one thing is certain – we are really looking forward to following along everything you set out to achieve.

*Greetings from Guro, Emma og Sanne <3*



# URBAN LAB: KICKOFF



Pauline Hovland  
Photojournalist



Jeanne Michielin  
Illustrator



Sofie Palmstrøm  
Translator

**At Urban Lab, students and businesses get closer through city development-related challenges. New acquaintances across classes, closely knit together through interdisciplinary group work, provide a fun and unique taste of work life. At this autumn's kick-off on the 2nd to 3rd of September, we worked on the theme Safe Bicycle Parking.**

Urban Lab kicked off the autumn with a problem to be addressed, provided by BaneNOR, and around 25 students from different study areas met to create a "Safe Bicycle Parking". We approached the case with an inspirational lecture from previous Urban and Regional Planning student Mathias Hals, who talked about what good bicycle parking around public transportation junction entails. The Friday further contained an idea workshop, dinner and rest. Saturday morning, we travelled to StartupLab at Blindern in Oslo, where we further developed solutions to the problem and presented this in a plenary session. Towards the end the day, the head

of Sensorita, Ulrikke Lien, told us what it was like to start a business during her study period at NMBU.

### Work method

We received guidance in several techniques for brainstorming and how to get to know each other in a professional sense. We started by covering the work desk with a huge piece of paper that everyone could freely draw on, which made visual communication easier. Everyone did SWOT analyses of themselves, which we presented internally in the groups. This way, we got a better overview of what the different group member could contribute with in a professional sense and how we work on projects. We got our minds running by writing down ten solutions to the problem during five minutes. The solutions that appeared was everything from gold to coal, but we placed them on a graph where  $x$ =cheap and  $y$ =realistic to further discuss them. Afterwards, we landed on some favourites we had faith in, made some sketches, and called it a night.

On Saturday, our group kept working on two different solutions more conceptually, one a bit simpler than the other. We chose not to plan out ideas down to the smallest detail as we saw our own limitations both in terms of competence and time.

### What is a safe and inviting bike parking?

In addition to an improved local environment and health benefits, an increased focus on bicycles is interesting in the economic sense. Bicycling increases the influence area (the area that is in "reasonable" distance from the station) around the public transportation junction and can potentially give BaneNOR more customers. The request for bicycle roads and parking is increasing and is consequently in focus within real estate development in urban areas. Unfortunately, BaneNOR's bicycle hotels has far fewer users than what it is dimensioned for. This is probably because of too high prices, the process of parking is too time consuming, the location of the hotel is impractical, and some of the buildings can appear unsafe and/or dark.



Photo: Helge Mathisen







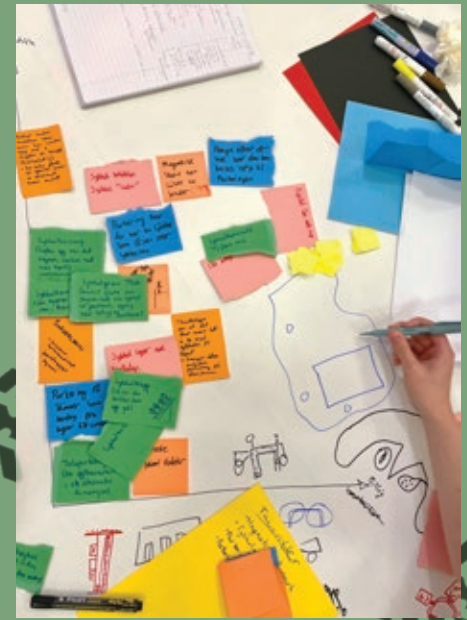
Photo: Emilie Netskar

BaneNOR therefore wanted some new thoughts on the field, in addition to an improved reputation among the travellers, in order to get more people to bike to their stations.

Mathias also said that ironically bicyclists are probably a little lazy, and seek the shortest way from the bicycle parking to the final destination of the journey. Bicycle parking places should be located on the way there, so the parking won't be a detour with extra walking distance. Cyclists are often in time-sensitive situations where they, for example, need to catch a train or a bus further on in their journey, so intuitive placement is important. A good bicycle parking should be under public surveillance, well-lit throughout the day and night, have shelter from the weather and be maintained at frequent intervals. Following up the place contributes to welfare and a sense of safety. A proposition to answer this was to

accommodate safety though the presence of a bicycle repairman by the parking during daytime. In terms of design, many bicycle racks today are dysfunctional when it comes to, for example, cargo bikes, and the diversity of bicycles are increasing. Thus, the so-called A rack is per now the preferred design as it is both steady and flexible.

Many groups focused on how the cyclist investment should be reflected in the bicycle parking. This is especially relevant for owners of more expensive bicycles, which in terms of prices, can justify buying a spot at BaneNOR's bicycle hotels. For those with simpler bikes, a simpler parking option is good enough, and it is for this consumer group most of the students came with solutions. Many suggested theft-proof locks which could be installed on the current racks, which had a digital locking mechanism. Most students allowed bicycles hotels to be an addition to their solutions.



### Food for thought

For the first time, the hosts of Urban Lab also participated in the workshop. Another unique aspect was that the problem was not location specific. Previous participants from Urban Lab have worked with developing Grønlikaia, Youngstorget and Campus East in Ås among other things. This case probably appealed more to the designer or inventor in us than to the planner. Both Sensorita and Urban Lab (which is a student run initiative) are both good examples of how students can succeed by believing in their own ideas. The workshop had a very positive and supportive atmosphere, and we were strongly encouraged from the start to take our ideas further by filling out an idea sketch for the StartOff project, "Safe Bicycle Parking". One of the groups submitted their idea sketch.



Photo: Emilie Netskar



Photo: Helge Mathisen

# Ertemole, the new guacamole!

Do you not like avocado? Or are you tired of the avocado being perfectly ripe for exactly two minutes? Then we have the solution for you, use peas! In addition to being produced in Norway, peas are also guaranteed to have no connection to drug cartels!



Simen Walbækken Tangen  
Food journalist



Tord Kristian F. Andersen  
Food photographer



Amanda Engebø  
Illustrator



Rebekka Berg  
Translator



## INGREDIENTS

- 5 dl of green peas, preferably frozen but canned also work
- Rapeseed oil
- Chili
- 1-2 cloves of garlic
- Salt
- Pepper
- 1 lime
- Coriander

You will need a blender or a hand blender to mix the ingredients. When in despair you can also use a fork or something similar, but then we cannot guarantee a very creamy consistency.

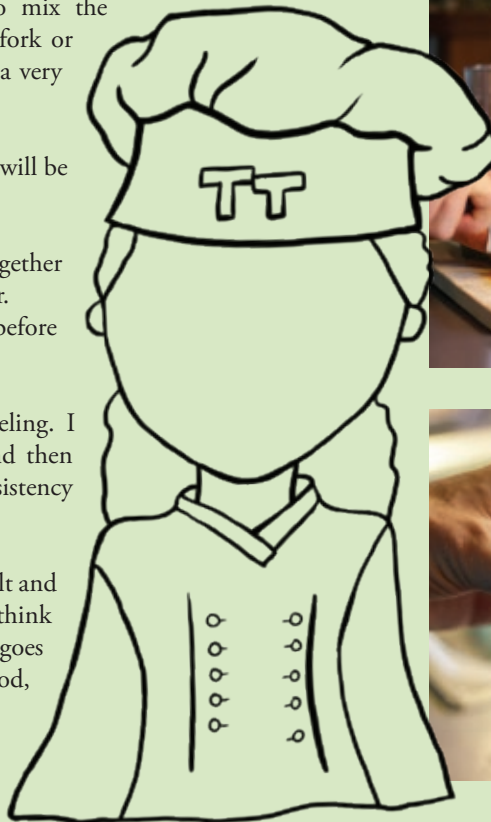
Frozen peas must be boiled until soft; 2-3 minutes will be enough. Canned peas can be used as they are.

Pour the water out and put them in a blender together with some chopped garlic, chili and fresh coriander. Add some of the lime zest to the mixture, before squeezing out the juice of half of the lime.

Then add some rapeseed oil, I usually go by feeling. I would rather add a small amount at the start and then increase the amount of oil until you get the consistency you want.

After this you blend everything together and add salt and pepper to taste. If you have any other spices you think might work, you can add those as well. This also goes for other ingredients, if you think it might be good, you can try them out.

Peamole is best served fresh, but it can also be used as a spread the day after.





# JAA9 & ONKLP: Aging, but still kicking

Johnny Engdal Silseth and Pål Tøien, respectively more known under the names Jaa9 and OnkLP, are now once again on the road for their 20th anniversary tour. The timeless duo from the Norwegian rap scene, was in Ås on the 10th of September for the Semesterkickoff. Tuntreet met the duo for a short interview a few hours before their concert.

Mathias Tupinier  
Journalist



Lina Grünbeck  
Photographer

## How many gigs have you had in Ås?

“Well, we’ve been here a couple times back in the days,” Pål tells us. “Once during the pandemic with hundreds of people sitting, it was crazy.” Johnny adds, “We also played two shows when the stage was in another place, a bit smaller.”

## If you had to describe your music style to someone who doesn’t know you at all, what would you say?

“Traditional rap in a sense, but with some modern elements. We keep up with the time, but we don’t overdo it, we stick to our formula and people seem to like that,” Pål

describes. Johnny explains further that “We kind of still speak like people did 20 years ago, it has its pluses and minuses.”

Moreover, Pål elaborates “Yeah, we still do old songs today, some of the lyrics don’t really hold up, but it’s just who we are. It’s mostly about having fun, you know. We also speak about serious things from time to time, but it’s mostly like: we’re coming to your city and we’re gonna party. Some artists feel a need to change their music at some point in their career, but we don’t. We do what we are used to do, we do it good and we love doing it.”

## Are you still writing as much as before?

“Yeah, and for example we had two singles released earlier this year for our new album and another single coming soon to build up, and the full album will be released late autumn,” Johnny reveals.

The duo tells us that it is mainly Johnny who does the writing. “Johnny has a studio and I have a daughter. So yeah, he writes three times as much as me, but when we get together, we get busy. That’s when we’re really productive,” Pål adds.

## It’s been 20 sweet years for you, do you plan on 20 more? Or maybe even more?

“Hell yeah,” the duo fortunately confirms. “There is something interesting about the question because rap is so young when you compare it to other genres of music, so we don’t really have any really old rappers, there is no Rolling Stones or Motorhead,” Pål explains. “No one is there yet. Even Jay-Z is only in his fifties, so why not Jaa9 & OnkLP? I don’t want to get a regular job you know, I’m having too much fun for that.”

## Fire and thunder at Aud.Max.

As expected, Jaa9 & OnkLP presented a dynamic show and electrified Aud.Max. The audience sang along to both new and old songs, and everyone was carried away by the vibe of this short but intense show. One of the things that surprised many was the amount of electro beats the band used that night. This is part of the band’s musical renewal. Their original recipe is still the same, but with the addition of a few new ingredients to spice up their musical dish.







# TT parties (and tests)



Benjamin Alexander Faulkner  
Photojournalist

**Bark. Woodpeckers. Gentrification.** There was no shortage of vague wine descriptions at Ås VinerFin Club's first wine-tasting evening, combined with the Semester Kick-off! Tuntreet has sent me as a photojournalist to this event. What an event it turned out to be!

## A manly evening

But where on earth is no. 18? I searched for ages around Eplehagen, until I was notified that it was *Skogveien* no. 18. I arrived to a merry mix of Norway's future united in cheer: urban planners and real estate developers. The plan was to head over to Jordskiftelaget and Struktura's vors before Samfunnet. With the table soaked in beer foam and liquor stains, I present wine no. 1!

## Ås VinerFin Club

Shock was measured on the Richter scale as I stood there, cork in hand. But only half of it. The rest decided to stay put inside the bottle. Luckily, we found salvation when Anders Smørstein - the Spaniard of the evening - came riding in on his white horse with the sommelier knowledge nobody knew he had. The bottle was uncorked, and what a fine wine this was! A Chateau Haut Canteloup 2019 from Bordeaux. After some intense smacking of lips and pretentious noise, we concluded that it was quite alright. There was a new taste for every sip; indeed, a talkative aunt. Other descriptions were "bark", "woodpecker", and "gentrification". Tor Holmen courageously tried to combine the wine with M&Ms. He enjoyed all the colours - but not the red ones, ironically.

## A red-haired Italian

It was finally time for Sindre Meyer Sørflåten to prove his worth. He selected

a red-haired Italian; Donnafugata Sul Vulcano Etna Rosso 2016, purchased from a TaxFree in Spain. Smørstein declared his dissatisfaction, "This is just water. There's not a single curtain on the glass!" Tor compared it with fermented husholdningsaft (a typically Norwegian cordial), and everyone agreed. This wine is not provocative at all - and highly recommended if you can get your hands on it!

## Whiskey and diet potato crisps

The diet chips drew our attention for quite a while, until Anders Endor Nordengen, the most local man of the university, presented to us a bottle of Glenfiddich, a "single malt on Tinder". A generous amount in the glass ensured a particularly precise evaluation. It had a lovely aftertaste of vanilla, and even honey from time to time. Tor Holmen claimed it had an undertone of "second-hand smoke at Bohemen". By all accounts a warming and kind whiskey.





Mr. Worldwide is evaluated with utmost care

### The extravagances of Tor Holmen

Titanic sank in around two hours and forty minutes, but at this rate we were bound to break the record. The giggling reached its apotheosis as Tor Holmen presented his wine: a Gran Vin Sol Torres, aka “Mr Worldwide”, due to its multilingual description on the label. It was the wine equivalent to the Western Roman Empire, a shy darling with an aftertaste in the length of a mayfly. It didn't take long before Anders Endor asserted that it was a “white wine's equivalent to the Labour Party” (note: statement from a board member of Ås Liberal Students). If you find yourself in Zaragoza, suffering in fifty degrees Celsius, refresh yourself with this grape-taste Imsdal!

### Urban smokers

Struktura is still a young association. They originally broke away from Jordskiftelaget due to academic interests, but if there is one thing that still binds the two together, it is getting completely hammered. The extreme cigarette consumption was also a nice little surprise. The future members of the Agency for Planning and Building Services know their tobacco. They even matched the chimney stack we all know at Mølla.



Lean your head backwards, and never inhale



Coordinated fashion choice



Some of us like the Donnafugata more than the average



The Bodega Expression



Sometimes, a good wine can be strong enough to send one into a minor existential crisis

### Excellent sweater rap

At Samfunnet, the good old chaos raged uncontested as OnklP banged rhymes into a rowdy bunch in AudMax, and this is when I stopped taking notes. The mental faculty had reached its final destination. Somewhat drunk, I wrote down “good sweater rap” regarding the concert. In retrospect, I still struggle to find the meaning of this description. I also wrote down “very rappy” three times on the same page. It must have been a good rap concert.

### In nach and afterthought

After a hard party evening, it was time to begin the hard party morning at Bohemen. However, one thing led to another, and a sharp awakening in my own bed at five in the morning meant only one thing: I might have had one drink too much. When did I ever go to bed? The questions are many. Anyhow, I can safely say that the evening was very rich in precious moments, and I have a newfound respect of good wine and whiskey. Thanks to all involved – it was a night to remember!



# SEPTEMBER

in pictures



Lina Grünbeck  
Photograph

**Exam party**  
**5th of September**



42

Juliette Ambrogi  
Photographer



Photo: Signe Gilje Sanne



Photo: Signe Gilje Sanne



Photo: Signe Gilje Sanne

**Semester kickoff**  
**10th of September**

**Day of Volunteerism**  
**14th of September**



Tuva Hebnes  
Photographer



Synne Louise Stromme  
Photographer



**Fergjerace and  
Karaoke bodega  
16th of September**



Emilie Kormeset Reistad  
Photographer



Photo: Thea Samskott



Photo: Thea Samskott

**Lærken intimate concert  
and Stentor bodega  
14th of September**



Photo: Magnhild Hummel



Photo: Magnhild Hummel

Synne Louise Stromme  
Photographer



**Cuddles with Dogs  
18th of September**



# Tun and Things



Marie Tjelta  
Photojournalist



Tuva Hebnes  
Photographer



Rebekka Berg  
Translator

## The Volunteer's Day

On Thursday the 14th of September, Ås students gathered on the lawn outside of the Clock Building to celebrate the Day of Volunteerism. Here, there was a big cake party and the winners of several awards were announced. This year's "ildsjel" was Helge Mathisen and this year's cake award went to Senterungdommen.



## Volleyball tournament with Over Rævne

On the 9th of September, it was finally time for Rævne's annual volleyball tournament. A lot of the student associations showed up, but the lucky winners were KRIK.



## Märtha Louise visiting Ås

Our dear princess Märtha Louise came to visit Ås on the 7th of September to carry out the official opening of the Norwegian Association of the Blind's new school for dogs. Here she cut the ribbon and greeted the dogs. According to NRK, she avoided questions regarding her fiancée Durek Verrett.

## Would you like to be a part of TUNTREET?

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 PHOTOGRAPHY

#### – One vacant position

As the head of photography, you're the head of the photo committee at Tuntreet and responsible for the photographic content in the paper. You will be organising the work of Tuntreet's photographers, assisting with training, and giving advice when needed. Also, you will be available during the layout weekend and go through all pictures before the paper is published. You should be well-versed in camera technicalities and photo editing.

*Application due: 1. October*

### PHOTOGRAPHER

#### – One vacant position

Do you like taking photos? Would you like to experience new things and document what happens at in Ås? Then, we would love for you to join as a photographer. You don't need a great deal of experience as we will provide training! You don't need your own camera either, as we've got one waiting for you. It is a great opportunity to learn new things about photography and editing.

*Application due: As soon as possible*

### LAYOUT WORKER

#### – One vacant position

Do you have a desire to create and design with nowhere to channel your passions? Join us as a layout worker! Here, you will be part of assembling Tuntreet roughly every third weekend. It's preferred if you have former experience with InDesign, but this is not required.

*Application due: As soon as possible*

Don't hesitate to contact us through email [tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no) if you have any questions about the positions. Applications can be sent to the same mail, or through the form at <http://www.samfunnetiaas.no/stillingsutlysninger>.



# We need each other, Look up!

Kristin Gilboe  
Translator



That is the theme for this year's World Mental Health Day, which is happening on Monday the 10th of October. And it is true – we really need each other.

This spring I started playing Handball again after a few years break. I joined a new team where I didn't know anyone beforehand. I am rarely nervous about things, but this time I really was. I stepped out of my comfort zone. But these ladies, they weren't scary. And I was well accepted into the group. At the same time, I always felt like the new one, and that everyone else knew each other so well. And then something happened two weeks ago. I suddenly heard the coach use my name. She was only telling us who would be in the same group for the next exercise – but she said my name! She had probably known what it was for a while, but this was the first time I had heard her say it. And it did something to me. In reality, it is a small thing, but for me it felt big. I felt acknowledged in a completely new way.

Sometimes in life, I am the coach. The one who knows the others in the group, the one in charge, that "everyone" knows. Do I remember to see the people coming from the outside? Am I looking up?

Who are you in the scenes you move in these days? Fadderuka ended a while ago, the studies have really started and the balance between spare time and schoolwork and maybe a part-time job need to be measured. And in the middle of all this, we need each other. We need someone to say our name. Someone who welcomes us. Who asks, "how are you doing?". Someone who looks up and look us in the eyes. Not everyone is supposed to become best friends, but we can all see the people surrounding us, and care about them and look up.

Sometimes you are the one seeing others – other times you are the one who needs to be seen.

Do you need someone to talk to? With me, you can talk about anything that bothers you. I promise to look up when you walk in the door to my office.

- Ingrid, student priest



Ingrid U. Øygaard is the leading student priest at NMBU. The student priest has an office in the basement to the left in the Clock Building. The student priest is available if you would happen to need someone to talk to, someone to discuss with or to get advice from. Office hours are every week on Thursdays 9-14, but Ingrid is also available for appointments on other days.

Appointments with Ingrid can be made here: [io484@kirken.no](mailto:io484@kirken.no) , 95919318.

# Chairman's column

Dear student, the autumn semester is well underway, and I hope you have found your place here in Ås. On the 8th of September, the SHoT results from this year were released. The reading was unsettling, and the results showed a decreasing trend regarding students' mental health.

It shows we are doing better than during the Pandemic, but that the development from 2010 shows a clear increase in numbers of reports on mental health-related problems. Three out of ten report mental problems and a lot of people have at one point felt alone or like an outsider.

On a more positive note, the students in Ås are above national average when we look at volunteering, and we see an increasing trend in the number of students who work out.

We at SiÅs want to see what we can do to prevent further negative trends and how we can contribute to turn the negative development around. I would like to take this opportunity to inform you about the number of places you can contact if you need help. Remember that you can always contact The Student Coordinator, The Health Center, or the Student Priest if you need

someone to talk to. Join activities at your faculty, Samfunnet, UKA or one of the other offers created by all the different student associations.

We need to see each other and include and take care of the people around us. Invite someone from your class or collective to an activity. Ask a friend how they are doing. Tell a friend how you are doing. We are all stronger if we stand together and take care of each other.

*Selma Solshøyen*



# Student things

Hi, you wonderful people!

We are now far into the autumn semester, and since the last edition of Tuntreet a lot of exiting things has happened to most of us. Student Council 4 gave us exiting discussions regarding Vollskogen and the possible development of Pentagon 1, we participated in the celebration of "Frivillighetens dag" (the Day of Volunteerism) with the biggest cake party along with UKA i Ås, Samfunnet i Ås and NMBU, and we gathered a good, dedicated group to The Student Democracy's Autumn Conference.

At the latter we got the opportunity to discuss the recently published results from this year's SHoT-survey, which maps students' well-being, and how this affects the study situation and the students' studies. The results, based on answers from about 60 000 students, tells us we need to take better care of both ourselves and each other, prioritize actions to help physical and mental health, and work even more on seeing and including others.

The World Mental Health Day is on Monday, the 10th of October, and is the first day in NMBU's Mental Health Week. The same Monday is the day of Studentting 5, which will be held at "Innsikten" in the Veterinary Building. We are already looking forward to it and are hoping for as much enthusiasm as we got at Student Council 4.

We are also preparing for the election this autumn – if you have question about the different positions you can run for, we recommend you check out our website, or contact one of us at AU.

Until next time, we want to wish everyone a great autumn – take care!

PS: On the page 'Health care, Counselling and Student Advisors' at NMBU's web page, you can find information about resources and offers linked to students' well-being and mental health – we recommend you check it out!

*Ulf V. Nyho Jens Bortnes Helene Sykknes*





# The Office

Hi everyone!

UKA is speeding towards us, and we have now entered the UKEvacuum. The house is being prepared for the festival, and the social clubs are well into the bar-building! We are so pleased with the ticket sales and love to see that so many people want to join our events. There are still a lot of tickets left, so be quick and secure the ones you want right away. Remember to take an extra look at our day-events, especially the sponsored events. The sponsors have put a lot of effort into the events, and we would like to show the NMBU students from their best side. There is still possible to become a “funkis”, so if you find the tickets a bit expensive, you are more than welcome to apply. There are possibilities for refunds as well! We are so looking forward to showing you all what we have been working on for so long, and we hope you will enjoy the next month!

The Business Committee at NMBU are working hard on planning The Career Day (KD) for the 19th of October. This is our first physical career day in 2,5 years! Samfunnet will on this day be packed with businesses that are looking forward to meeting dedicated and well-educated NMBU students, and we are looking forward to seeing old and new students fill up the place! New this year is the 15 minute-presentations of the businesses that will take place in “Halvors Hybel” during the day. This gives you an extra opportunity to hear about your dream business. Like every other year the day will end in an evening banquet. Relations are best built ‘face-to-face’ and the banquet is an amazing opportunity to get to know potential future workplaces. Maybe you will one of the lucky few who gets invited by one of the firms. We are looking forward to meeting YOU at KD!!

At Samfunnet, everything is running as normal, and we have had several events and parties since last time. Both the Animal Bodega and the Exam Party were big successes for the participants, which we can see when looking at the number of people stopping by.

The Semesterkickoff with Jaa9 and OnkIP created a great atmosphere in Aud.Max. and brought back many memories with old bangers. Other happenings are Samfunnet’s Heads of Committees that have had a KS workshop, where they were allowed to release their creative side. For the first time since 2020, we were able to host The History Lecture with over 200 participants! The Head of HR has been planning both the workshops and the history lesson for a long time, and it turned into a great success! We have also hired a new Committee Head to see if there is a way to certify the entire organization with the Eco-Lighthouse certification, we are excited to get started! Now we are looking forward to UKA i Ås, getting visitors from other “Studentsamfunn” in Norway and last, but not least, the GA.

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

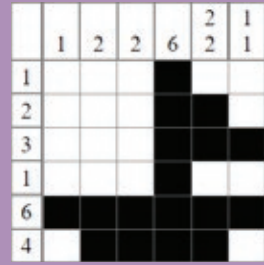
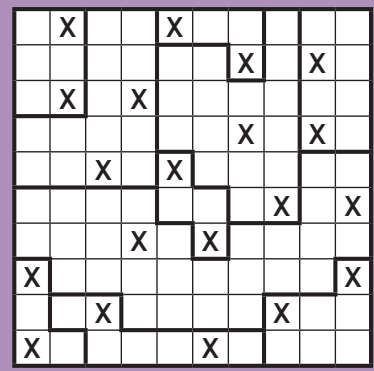
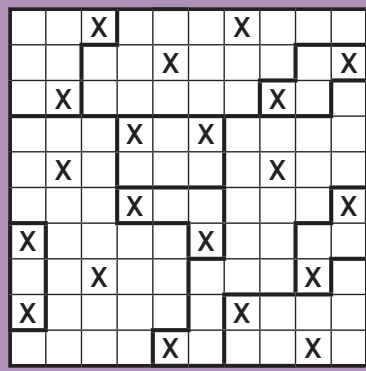
Nora Hjelme *Nora C. Hjelme*  
**Lader of the Business Committee at NMBU**

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



## GAME PAGES TT06

### TT CROSSWORD PUZZLE: TATTOO



# GAMES



Tilde Milia Skåtun  
Creator

Can you find the hidden word for this issue?

1. Mechanical calculating tool
2. Not yet finished
3. Pleated fabric
4. A cohesive set of clothes
5. Small animal
6. Not awake
7. Polar lights

1  
2  
3  
4  
5  
6


7

TT

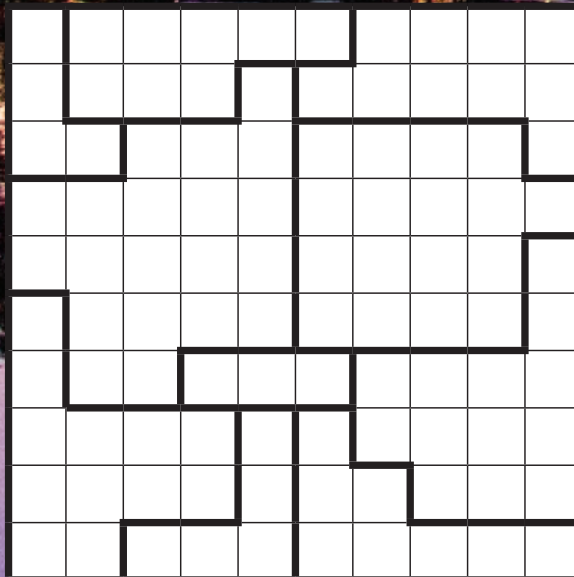


Each puzzle will contain one yellow cell. The letter of this cell is part of a five-letter word. If you can figure the word out, send us an email at [tuntreet@samfunnetiaas.no](mailto:tuntreet@samfunnetiaas.no), and you can also get a chance to win a flaxlodd!

## STAR WARS

Two stars go into each box box, row and column. The stars cannot be placed adjacent to one another, not even diagonally. Start off with the smaller shapes and see what options you have. Remember to mark the cells that the stars can't be in, or the rows or cells where there already are two stars.

There is also a video-tutorial on Tuntreet's instagram page.







# Club Banter



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

*The semester started with a bang  
 The cats haveth sung many a song  
 The fall have marched in on the Agrarian  
 motropole  
 The studentesses have realised that they must  
 work with school*

*Cheers for realising the inevitable!*

*Luckily there is not just school in our thoughts  
 this fall  
 For a party-hungry studentesse can find  
 comfort  
 This fall UKA has started for full  
 First proper UKE in four years are good for  
 the souls*

*Cheers for orange revenge*

*Springs have been inspected  
 Tore Ringenes have been inspired  
 FFD have taken the cats for a sail  
 A round on the high seas was a delightful cure*

*Cheers for yet another fall with culture*

*Cultural greetings  
 Jurist Matrise and kittycat Mathilde*



Ello' to you magnificent peeps! Hopefully all of you have recovered from the hefty hangover which comes with freshers week (Fadderuka) and have started your studies and club activities. For you have joined a student club organization of any kind, **right?** For when coming to a university that has students inspired and interested in such a wide range of activities, not participating in the fun is like **wiping off the icing** on the finest (and the most beautifully weird) dessert.

Pay attention next time you hear the choirs rehearse, when you see fellow students greeting you hello on a stand or someone in a peculiar looking attire. They might be the spice your life needs. **So**, when you hear amplifiers roar and the drums thunder from Halvors Hybel, know that we will take you in with open arms, and you may pick up an instrument and join in with us.

**Stay wild folks \m/**



The queen has fallen  
 There is grieving everywhere  
 Rest in peace  
 Hope she is in a better place

Yet another August block has passed  
 The exam-party helped us along  
 Thank you to Rævne for a good  
 competition  
 Volleyball and beer gives good balance

Our info-pre-party was top  
 And we have recruited a fun squad  
 Our new misses are some great gals  
 Hope some will become writers

The next thing on the agenda is birthday  
 in IVARinn  
 We will make sure no alcohol is wasted  
 After that there is the building of bar and  
 UKA  
 Come to our bar to become totally  
 sloshed!

Forfatterfroken





Roses are red, violets are blue, we are Collegium and we are better than you! You might be thinking that we are straight, but we just think that is good hate. Here are 5 jokes, that we hope will be hits. It's just for fun, so don't get offended!

Why does hippopotamus have sex under water?

- How else are you going to get a one tonne pussy wet?

What faith does mice have?

- They believe in Cheesus Christ

What does king Harald say when he gets a blowjob?

- Sonja (the name of the queen, but also sounds like "like that" in Norwegian)

All the kids visited prison except Michelle, she was already in a cell.

Why was 6 afraid of 7?

- Because seven eight nine.

That was all the goofing off from the girls in GOLD! Hope you thought this was fun, it wasn't too controversial? We will be seeing you at Samf, because UKA will be sick!

Greetings from Tuntreetalfa



Dear Agrarian Metropole

The academy has started recruitment and Our new minimen proudly carries the Black and white logo on their chests.

UKA is right around the corner and We in Gents Academy are of course ready! The program looks amazing and We can hardly wait for Spritsløyfa. Together with Koneklubben Freidig we are making a bar That will get any sailor to walk diagonally. Come on by, and we'll see you there!

Gents Academy  
v/ Lord Ambassador



Eat locally produced

Kind greetings,  
Koneklubben Freidig v/

**Johanna Hellem-Hansen**



**“Even deeper than hell  
far north among mountains  
there is playing”**

The wind is blowing around Hætta  
whipping and sour  
a grouse is spooked into flight  
When thunder rises from the rocks

Heavy the drums rumble  
drumming in the deep  
In hills halls are carved  
dizzying from the heights

Lights from menacing lanterns  
licking against vaulted ceilings  
in the reddest of gold it glows  
both body and mind trembles

Enter, brave one  
into the hall of the Mountain King!  
Watch your step, so he does not  
Throw you out, dead and cold

Mountain King of the dream  
you want not wake him  
let the rhythm carry you  
and dance like a rabid mongrel

Do you dare test the brew  
eroding your insides  
- down it then before the King  
slays you in anger

See y'all in Sløyfa!

# Have you heard...

 #tuntreet

## Damn tired

Maybe it's time to change the ticketing service?  
**for realllll**  
!!!

## Let me innn

It's good that the economy canteen has been turned into a quiet reading room, but it would be nice if it wasn't locked all the time...

## That dude

UKA -Norway's hick festival

## Hmm

What do people think about the name of the UKErevy?

### Ding dong, sing along

Feels like it's playing a bit safe by calling it a flop in case it all goes south.

### Super glue

Love the rhymes

## Equal?

One woman among the artists playing UKA

### Redstockings96

\*COCKA

## New in Ås

There were some snazzy rabbits out in the bodega last night.

### The Vegetarian

Stay far away!



Scan this to get to  
Have you heard...?