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Part of Studentsamfunnet i Ås

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Tuntreet Volume 78



ELECTION AT GA

KLEPTOMANIA

LEADER

One big Walmart, and no place to meet

Hey hoe, you Champignon! Let's get to it! Lately, I've seen store after store shutting down, which is why I've started thinking about how important town centres are: I mean, it's where we get our groceries and other (non-)essential things, but it's not just that! It's actually also a meeting point, and origin for many of yours and my interests. Great, isn't it?

On stores shutting down, it's not a new phenomenon. We saw an increase here during and after the covid lockdowns – to no one's surprise considering the circumstances. Still, there's not just Covid that made this happen. You are also the reason. Wild? Yes. True? Definitely.

This is how it works; a town, or a centre, is mainly managed through the market model. This means that we as consumers decide what's available on the market. Do you only shop your groceries at Kiwi? Then, you're making a decision (not necessarily consciously), that the other grocery chains are not preferred.

With this information, I ask you to join a thought experiment: Imagine all stores and chains being shut down, and the only real

> meeting point was a large Walmart. Or maybe that everything would be handled online, from home (which

> > is also possible with the societal development of today). How boring wouldn't that be?

nd this is where I reach my point: have you considered that this also is the case for the student

society in Ås? More specifically, for Samfunnet in Ås (the building, not the people). Currently, there's a trend where people rather organise house parties to save money, or hit the town in Oslo because it's "so much cooler". This results in less people signing up for positions, as they don't make use of Samfunnet as a meeting point. But what are the long-term effects of this? Did you ever consider that?

Samfunnet in Ps is our centre of the student society (the name actually does have a meaning). Here, you can eat, drink, study, make new relations and so much more. It's more or less our central meeting point. And as students, it is our responsibility to maintain and develop this meeting point, to hold on to the rich cultural, traditional, and diverse student society we have today.

Here's an additional point: Showing up at the General Assembly is vital to ensure this on a future basis. You might be thinking, "ugh, I only care about the parties I attend, so does it even matter," - and yes, it does! Imagine if those who attended the GA wanted to shut down Samfunnet, and those who were against that, didn't attend? Then there would be no parties at all!

I hope that you get what I'm saying, and that you, on the 20th of March, show up at the General Assembly! It might sound a bit dry, but personally, I think it's pretty fun! Either way, it's important that you make use of your right to vote, for us here and now, and for the future NMBU students.

See you by the pea soup table on the 20th of March, or what?;)

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TUNTREET

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CONTENTS









	Aud.Max.	Renovations:	What	happens	nows
--	----------	--------------	------	---------	------

7	Letter	to	the	editor:	Hei	Astud	Osl	С

8	Positions	up for	election
---	-----------	--------	----------

12 GA	bingo
-------	-------

13

14

24

25

38

40

42

43

44

0. 1 .	D 11
Student	Parliament 1

	_	
Sprellfestivalen:	Consofinion of	arina laid arranat
Spremesuvalen:	Samilinners	own nig eveni
opi cili coti vaicii.	Outili alliloo o	OWII DIS CVCIII

6	Career	Day	8th	of	Februar

18	All is	fair i	n love.	war.	and	GA

20	TT Taboo:	Running	for elect	ions

Letter to the editor: Students should mean more

Centre spread: Samfunnet Board/Heads V3

29 Green Week at NMBU

30 Study environment award

32 Two beers with Idun Gjøby

36 An As legend: The national anthem

The Agrarian Metropole's kleptomania culture

Two sports drinks with Anders

Revue: Mannskoret Over Rævne

Current affairs

Vacancies

48 Games

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THE AUD. MAX. RENOVATIONS: WHAT HAPPENS NOW?

Last September, NMBU announced that the renovation project of Auditorium Maximum has been put on hold until 2024. Since then, several articles from news outlets like Aftenposten and Ås Avis have come out touching upon the reasons for the delay. Why haven't the renovations begun after UKA in 2022? Is the project going to be executed at all? Let us look closely at the state of Aud. Max. renovations and answersome of the most confusing questions.



Bonnie Sutherland Journalist



Elina Turbina Journalist



Tuva Hebnes Photographer

NMBU's own Aula

Ever since Aud.Max. opened its doors in 1970, it has been the home of Ås' biggest events and NMBU's largest courses. It is because Aud.Max. is fully owned by NMBU many of you find yourselves taking your exams and colloquiums in the same place as you've partied the weekend before. Samfunnet i Ås, on the other hand, rents Aud.Max. for their events and owns most of the technical equipment inside of the venue.

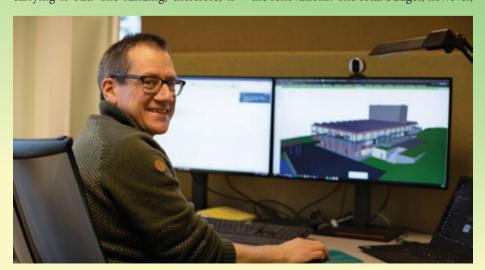
What this means for the renovation project is that NMBU is fully responsible for carrying it out. The funding, therefore, is mostly coming from the university's own budget, in addition to some funds from the government. Back in 2020, when NMBU got 20 million kroner from the Ministry of Education and Research (KD) for the renovation of the Tower Building, it also received 20 million for the planning of Aud.Max. renovations. Through a later application for these 'earmarked' funds, Aud.Max. received an additional 10 million for the renovation planning.

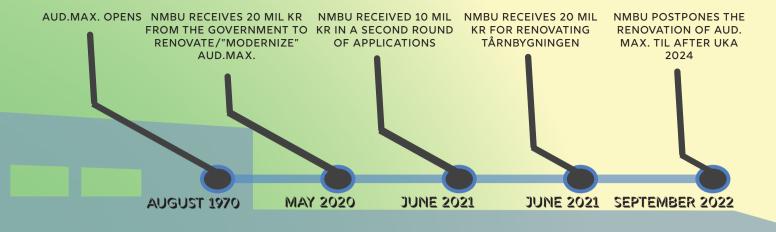
Other than the sum of 30 million coming from the ministry, NMBU must cover the rest of the costs needed to go through with the renovations. The total budget, however, is currently under negotiation. Aud.Max. Project Leader Urs Jeltsch explains that about 20% of the budget is used on the planning process and the remaining 80% on the actual construction. Though they plan long-term, increased energy prices and building material costs have affected the viability. When the renovation starts, it will be a huge part of the property department's budget.

In recent years, the Norwegian university sector has had to increasingly rely on their own funding rather than grants from the state budget. Other than the 30 million, NMBU has to cover the remaining cost themselves. Jeltsch explains that NMBU's share of the budget keeps growing with the high inflation, which has made the project much more expensive. Funds that NMBU could have spent on Aud.Max. are currently being used to pay for the campus heating and electricity expenses, which in 2022 cost 92 million, about 40 million more than in 2021 (EIA). This left the university with a severely reduced buffer in their budget, after which the postponement of the Aud. Max. renovation seemed only natural.

Keeping up with Aud.Max.

At the present moment, NMBU use Aud. Max. for classes between 8 and 12 hours per







week, roughly 25% of its daytime capacity (with increased usage during the exam season). This is almost the same as during the spring semester of 2022. However, the other large-capacity halls, like TU101 and Aastveit auditorium, are used 16-20 hours per week and 22 hours per week respectively, roughly half of their theoretical capacities. Could these be utilized better? It is no doubt that the learning environment

is better in the classrooms with fewer drafts and leaky ceilings, but Aud.Max. is more conducive to group work. Aud.Max. is unique to NMBU as the only large hall without fixed seating, where students can work face to face, which is crucial for the subjects still held there, such as STAT100.

Other usage of the building include evening events hosted by Samfunnet and private events, such as confirmations and jubilees on some weekends. Considering the heat is escaping all over the place, the environmentally friendly choice would be to use it a lot (make the energy use worth it) or not at all (stop using energy on it). Of course, Urs' team has done the math about closing down Aud.Max., but because of its unique mix of uses, there is no facility that could replace Aud.Max.



The lion's share of the energy costs for Aud. Max. is in the heating, while only a small portion comes from other electricity use. The remote heating system on campus supplies heat to several buildings on campus and in Ås, Aud.Max. being among them (TT01; 2022). Urs says there is little to do now in cutting energy use in Aud. Max. besides lowering the temperature, which they have done. However, elsewhere on campus several efficiency measures have reduced energy use by 15% from 2021 levels and saved about 6 million kroner in the last four months of 2022 (EIA).

The Property Department (EIA) at NMBU has already thoroughly considered the alternatives to Aud.Max. during the renovations. Vitenparken was considered as an additional host of lectures or exams before the renovations got postponed. According to the leader of Samfunnet i Ås, Vilde Kjelsrud Pedersen, Samfunnet has also been looking into ways of optimizing the space available in Samfunnet's building and upgrading rooms like Halvors Hybel to host more diverse events. Moreover, UKA also thought about potential alternatives in case the renovations is not finished before 2024: this would include temporary tents or prioritizing certain parts of the

renovations to be able to use the venue during construction. The leader of UKA 2022, Jørgen Bonden stresses that it has been essential for Studentsamfunnet to be able to discuss these possibilities with NMBU.

So – where is the project headed?

The renovation is now planned to start after UKA 2024 and last until just before UKA 2026. The project leader is careful to speculate about energy prices, though some estimate they will reach their top in 2025, with the current planning and budgeting of the project. Like everything else, the price of building materials, transport, and energy is still rising. It is predicted the project will end up costing more than the 100 million predicted in 2022. Now Jeltsch's team calculates costs with an average price increase of 6% per year (SSB). The team also calculates that the additional two years of wear on the building will add another 1 or 2% price increase to the renovation cost. This is negligible in comparison to inflation.

Studentsamfunnet is involved in the project only through providing input on the needs of Studentsamfunnet for a unique venue like Aud.Max., since their budget does not allow for spending on this scale of renovation. The cooperation between Studentsamfunnet and NMBU has unfolded over the past two years and is seen by all parties as a fruitful collaboration. Jørgen Bonden mentioned that during UKA 2022 Jeltsch attended some concerts as a special guest to widen his understanding of Aud.Max. usage.

High priority

As NMBU cannot afford to cover the costs of the renovations at this stage without negative consequences to their operations, the project's building stage has been pushed off to 2024 - just after UKA. Jeltsch explains their current work is to hire a new group of consultants, who will help plan the project again with necessary adjustments. Although the designs have not much changed, adjustment in the structures of the partnerships will allow them to follow the project more closely and adapt to shifting circumstances. When speaking about the future of project, they are optimistic. In the words of Urs: "Aud. Max. is high priority, and it is no use waiting any longer, as everybody knows."

HIASTUD OSLO

First and foremost, I would like to say it is nice to see people talking about something as important for students as the National Budget, and you have managed to really pick some important elements: study grants and student housing are definitely the issues students will notice the most in the future. I would just like to point out that after negotiations with SV, the final increase of the study grants will be 9022 kr, not 5400 kr.

I would still like to nuance this National Budget a bit. In Hurdalsplattformen, Arbeiderpartiet and Senterpartiet state that they do not want to introduce tuition fees for international students. If we turn back time even further, to when Arbeiderpartiet and Senterpartiet were in opposition, they spoke out negatively towards the then-current government's suggestion to introduce a tuition fee for international students. It does not increase the trust when governmental parties break their own promises, not once but twice.

And we are not talking about large figures. The taxes on fuel, spending of the oil funds and the transport projects listed in the National Budget have numbers in the billions. In comparison to these posts, it is expected that the tuition fees for international students could give the entire university sector an income of around 74 million kroner. The cut in support for NMBU alone is 80 million, more than the expected income for the entire sector.

In addition, some of the expected income would have to be put towards international marketing, to stay attractive for international students. It will be necessary to come up with a solution to collect the fees, a solution not provided in the National Budget. These expenses will simply absorb most of the profits.

It is still possible to change this in the 12th hour, in the revised National Budget that will be published in May (15 May at the latest). This means that Arbeiderpartiet and Senterpartiet still have a small opportunity to really listen to students, and to really show their commitment to education and diversity in academia. Because the truth is, international students contribute to a large extent in maintaining the high quality of Norwegian education. It is through meeting different people we evolve perspectives which again create thoughts, ideas and knowledge.

I see the value of formulating this National Budget as a partial win. Students and higher education are not often at the top of the list of priorities for the political parties, so the politicians must be given something for discussing the issues we bring to them. They want praise and positive reviews in the media, which they can use to increase their support. Students have been mobilizing and the visibility in the media seems to have grown. This gives a stronger voice and a greater power of influence. This power gives The National Union of Students in Norway, NSO, a better opportunity to influence the parties in a way that benefits students. This is why we need to let them know that we need a revised National Budget without tuition fees for international students.

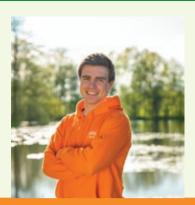
Lastly, I have a challenge for them. If the revised National Budget manage to stop the introduction of tuition fees for international students and keep the increased study grants, I will write a new letter to the editor to tell what a good job the government parties have done in regards to students. If not, I will continue to do as many other students. Stay away from politics.

Submitted by Vegard Sjaastad Hansen



POSITIONS UP FOR ELECTION

- I. WHAT DOES YOUR POSITION ENTAIL?
- 2. WHAT IS THE MOST UNIQUE/EXCITING THING ABOUT YOUR POSITION?



LEADER OF UKA Jørgen Bonden, 4 semesters

- 1. My role is to manage the UKEboard. At the same time, you are the face of UKA, and have both meetings with many different involved parties on campus, but also parties outside of the university.
- 2. You get to participate in the entire UKEproject, and have an overview of all parts of it the organization throughout the process. You also meet an incredible number of clever and pleasant people, and you get to make many new acquaintances.



HEAD OF ADMINISTRATION UKA Sigrid Lyslo Wilhelmsen, 4 semesters

- 1. As the head of administration, you lead a block with responsibility for the volunteers' contracts, card access, tickets, student and Ur premieres, and all inquiries from external and internal partners. On a day-to-day basis, you are responsible for following up and assisting the committee heads in the block, and help out the rest of the UKE organization with whatever questions they have.
- **2.** I have gotten the opportunity to contribute in creating the organization from start to finish, learn a lot of new things, and I have gotten to work with talented people.



HEAD OF MARKETING UKA Isak Rakstang, 4 semesters

- **1.** As head of marketing you have the responsibility to manage several comitee chiefs that all work with informing, documenting and create.
- 2. Getting the opportunity to work with so many skilled and creative people, all working to make UKA look great. You also get the opportunity to convey information in different ways!



HEAD OF EVENTS UKA Hanna Steine, 4 semesters

- 1. As event coordinator, you are first of all responsible for designing the program and everything that is part of UKA. This means planning and carrying out all concerts and events. Your role is mainly a coordinator between booking, activity, UKEhjelpa and technological department, and the rest of the UKEorganization.
- 2. I think the most unique thing is getting an insight into concert management and the process from booking to it the technical setup on the day of the concert. At the same time, I would probably rather emphasize that the greatest thing with my position is that you are that you have a hand in everything that is planned, and that you get to work with so many brilliant people!



HEAD OF REVUE UKA

Mathilde Jordal Breivik, 4 semesters

- **1.** As the head of the revue, you work closely with your committee heads to build the UKE revue from vision to premiere.
- 2. It's flip flop thumbs up to be the head of revue and the position offers a surreal everyday life filled with brainstorming, creative expression and lots of laughs. At the same time, it is important to mention that there are significantly large administrative responsibilities as the head of the revue, ant not just improv games and feather boas all of the time! If you have structure and are passionate about revue, it should go well, and wouldn't want to be the one presenting the UKErevue in its 100th anniversary in 2024???



HEAD OF FINANCES UKA Jørgen Måleng, 4 semesters

- 1. As the head of finance for UKA in Ås, you have primary responsibility for the finances of the whole the project. Much of the attention goes towards budgeting, accounting and the cash flow in and out. In addition, you are the head of your own committee heads and are part of the sponsor team of Studentsamfunnet.
- 2. Since all committee heads create their own budgets, you are involved in all parts of the organization. It is very exciting to see how everyone works and to give them advice and input for their budgets. In addition, all the memories and people you meet are the most unique the experience I want to take with me from my time as the head of finance.



HEAD OF PARTIES UKA 4 semesters

- **1.** The head of parties is responsible to the party management at Samfunnet. This includes security, and drinks and food sales.
- **2.** This is a completely new position and you could be the first to try it out!



HEAD OF HOUSE UKA Hans-Kristian Undlien Taje, 4 semesters

- 1. The position as head of house consists of building UKA in Ås, both up and down. This involves painting, transport, carpentry and other types of manual labor work.
- **2.** The job will teach you to be practical if you weren't from before, because here, there are many little things that come up that need a solution.

Vegard Sjaastad Hansen Translator









SPONSORSHIP COORDINATOR OF THE BUSINESS COMMITTEE Magnus Sørhaug Wæhre, 2 semesters

- 1. As sponsorship coordinator at the Business Committee, you have the leading responsibility for all collaboration and sponsorship work connected to Studentsamfunnet i Ås. In this role, you will be backed by a solid sponsor team, in addition to being part of a great NU board. The daily tasks consist of staying up to date on the head of sponsorship's work. Most of the work is done via email and/or phone.
- **2.** New good acquaintances, stepping out of the comfort zone, taking part in exciting and rewarding events, established contacts in the business world, experience as a manager.



STUDENT REPRESENTATIVE HOUSE AND FINANCE BOARD Michelle Seigerud, 2 semesters

- 1. As a student representative, you are a kind of link between the students and House and Finance Board. The House and Finance Board is Samfunner's highest official mandate, and this is where many of the largest investments and long-term plans are decided on.
- 2. As a student representative, you are a kind of link between the students and House and Finance Board. The House and Finance Board is Samfunner's highest official mandate, and this is where many of the largest investments and long-term plans are decided on.



EVENT COORDINATOR OF THE BUSINESS COMMITTEE Erlend Bore, 2 semesters

- 1. As an event coordinator, you are responsible for organizing both small and large career-promoting events for students at NMBU, everything from company presentations to seminars and lectures.
- **2.** It involves contact and coordination with companies, a lot of planning and implementation. You are also responsible for liaising with advisers and study advisors.



CAREER DAY COORDINATOR OF THE BUSINESS COMMITTEE Hannah K. Storum, 2 semesters

- **1.** Hi, my name is Hannah and I am the Career Day coordinator for the Business Committee. My main task is simply to plan and carry out Career Day in the spring and autumn!
- 2. The position provides an excellent opportunity to expand your network and keep in touch with many exciting companies. My daily tasks consist of getting the logistics to carry out CD in place and find relevant companies for the CD and keep in touch with existing companies.



ELECTION COMMITTEE x2
Knut Sørbø & Vendel-Agathe Hide, 2 semesters

- 1. The Election Committee is responsible for finding new candidates for the electoral positions at Samfunnet. The work involves talking to people ahead of the General Assembly in addition to contributing during the assembly itself.
- **2.** The position is both social and exciting, and you get to know many good people!



LEADER OF SAMFUNNET
Vilde Kjelsrud Pedersen, 2 semesters

- 1. As a leader, you make sure that you have an insight and overview of what is happening at Samfunnet, and makes sure that Samfunnsstyret's work moves forward. You are also responsible for the day-to-day management of Samfunnsstyret, holding board meetings, you are a board member of the House and Finance Board, as well as representing Samfunnet's interests to external and internal actors.
- 2. The best thing is that you have the opportunity to adapt the position yourself, as well as focus on different areas and develop these. There is something unique about being allowed to spend so many hours, with such committed and talented people throughout Studentsamfunnet. You get to befriend so many nice people, who really become close and good friends.



HEAD OF EVENTS SAMFUNNET Vebjørn Røysland, 2 semesters

- 1. As the head of events, you will mainly be tasked with planning events for the Samfunnet, in consultation with the event block. There are many links involved the planning and implementation of events, meaning that you often become a link between organizations and partners for Samfunnet.
- **2.** From day to day, the work mostly consists of solving problems that arise with events, communicating with committee heads, and dealing with board matters. It's a fun and creative position, where you can achieve an incredible amount!



TUNTREET
Synne Louise Stromme, 2 semesters

- 1. When elected at the GA, you start off as the managing editor. The managing editor is responsible for the creative parts of the paper: the content and layout. Some of the tasks consist of making overviews of stories and articles, heading the staff meetings, and following up the journalists' work and that of otehrs working on the editions. In the second semester, you take on the position as editor-in-chief and become the official leader of Tuntreet, and are responsible for the staff and the overall operations.
- **2.** This is a postions where you can really get creative! To be able to use one's own ideas, and together with the staff, to work to create an amazing product!



ØKONOMISJEF SAMFUNNET Ola Walberg Nilssen, 2 semesters

- 1. The head of finance is responsible for managing the financial resources of Samfunnet, including budgeting, reporting, accounting, and financial analysis. This provides one with a unique opportunity to work closely together with all the different committees at Samfunnet.
- **2.** The position provides you with exciting challenges in the day-to-day operations, in addition to development and implementation of strategies which will contribute towards the financial success of the organization.



Rebecca Øistad Illustrator

THE GA BINGO

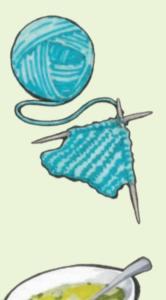


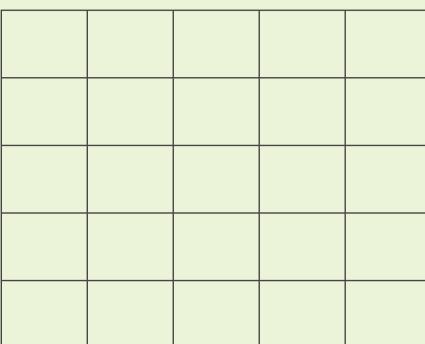
Sofie Palmstrøm Translator

Bring an issue of Tuntreet with you, and join this semester's edition of the GA bingo!

Fill in the squares with any of the numbers below from 1 to 44. Choose an event you think is going to happen during the general assembly. As each event takes place, mark off the corresponding number. If you happen to get five in a row, shout out "Bingo!" and inform the closest Tuntreet member you can find. If you fill all 25 squares, shout "Bingo bananas!"

Locate one of Tuntreet's editors during the next break, or after the gathering is done, in order to receive your prize. The first person to shout "Bingo bananas" will receive a Flax scratch card. Good luck!









GA clichés:

- 1. Someone drops the chair desk to the
- 2. Someone trips on the way to the stage
- 3. The agenda is approved
- 4. At least ten people in the room are knitting
- 5. The chairman corrects someone
- 6. Someone volunteers someone else
- 7. At least 30 new people arrive before the voting
- 8. The formulations of the regulations are changed
- 9. Someone talks past their speech time
- 10. A candidate promises to include everyone
- 11. A candidate promises cheaper beer
- 12. A candidate reminisces about UKA
- 13. A candidate agrees with the previous speaker

- 14. A Hankatt volunteers another Hankatt
- 15. The Board of Samfunnet presents a new "vision"

Technical problems:

- 16. Sound problems
- 17. Problems with the projector
- 18. Screeching sounds from the speakers
- 19. Spelling mistake in a document/ PowerPoint
- 20. Someone adjusts the microphone
- 21. Problems with the voting system

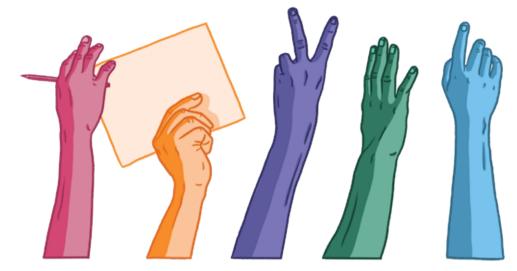
Will be said:

- 22. Someone mentions they grew up on a farm
- 23. Someone shouts "BINGO"
- 24. "Honoured General Assembly"
- 25. Community spirit

- 26. "No further comment"
- 27. Pea soup is mentioned five times
- 28. "I hereby stand as candidate"
- 29. "Tora and Thorvald" (in that order)

GA wildcard special:

- 30. There is an extraordinary GA
- 31. Someone volunteers themselves
- 32. At least ten people in the room are playing GA bingo
- 33. Tor Pedo doesn't win...
- 34. Two candidates (or more) run for the position as Tuntreet's editor
- 35. Tuntreet did not break even
- 36. Nobody runs for the position as Head of Economy for UKA
- 37. A candidate completes at least five points of the bingo in their speech



Student Parliament 1

Elina Turbina Journalist





Olina Søyland Bru Illustrator

On Monday, 13th of January, the Student Parliament met in TF to jumpstart the wheel of democracy for the new semester with many new representatives on board. Spoiler alert: it began with Superbowl banter and ended with chocolate cake.

The Student Parliament meeting was kicked off with NMBU's beloved headmaster Curt Rice, who used up exactly 30 allocated minutes to tell the parliament about the happenings on campus. He started with some Superbowl banter, which the students could not relate much to but enjoyed hearing, nevertheless. Then he talked about the appointment process of a new dean for LANDSAM, the problematics of electricity budgeting on campus as well as the university's goals for becoming a zero-emission university. These last two points were also reiterated by the leader of the Student Board (AU), Jens Bartnes, when informing the parliament about a revision of the campus plan. Curt urged the students to keep speaking up about the issues that concern us to "keep him accountable", which then turned into KBM's plea to getting the coffee machine fixed. The author of the article got a tweet from Curt which confirmed that at least the coffee machines might be finally fixed soon.

Moving on with the parliament, the members of AU swiftly informed the present student representatives about the exciting procedures on campus: NMBU is now a part of the Euroleague of Life Sciences (ELLS) and its Student Association (ELSA), which means that we are going to participate in a network of universities with similar research fields. This will open for new projects and exchange opportunities! AU's own Helene Sylvarnes was voted in as the representative for the association together with the leader of AU, but after her position expires – it could be you taking this place! Additionally, a new board for deciding the best lecturer of the semester was voted in, so make sure to let the board members Vår Theresa Skrudland Hetland. Bjørnerød, Eirik-Mathias Rummelhoff, or Birgitte Hoff know if your lecturer has been outstanding this semester.

Amongst the discussion cases, there was a fruitful exchange of potential steps to ensure safety on campus and awareness on consent. The representatives discussed ways of making the reporting process easier such as appointing one specific contact person for reporting, making the reporting portal easy to find on NMBU's website, as well as creating ethical guidelines for different study associations, and educating newcoming students and the buddies during the Buddy Week.

Last but not least, two decision cases were passed during the meeting. The first one focused on the revision of the election instructions for the Student Democracy. The second case was a resolution on the privacy in SiÅs, ensuring that SiÅs timely executes their routines of notifying students about the visits SiÅs shall pay to the student housing.

The evening ended with a surprise – a chocolate cake provided by MINA. Ah, the sweet taste of democracy!





SAMFUNNET'S OWN BIG

Most of us have never heard of the Sprellfestival before the last weeks. The last one happened in 2019, and since then both covid and new students have arrived, while older students have graduated... A little sum-up is necessary, and who better to do it than a French guy who arrived last summer, has no clue of what it is and can't even understand the name of the festival?





¿ Que ?

The Sprellfestival is a week-long festival organised by Samfunnet I Ås during the 11th week (13 to 19 March) every other year. There will be concerts of course, but also stand-up and many other events in association with other organisations.

The international food festival is a partnership with ISU (International Students Union). Rævne is preparing another edition of 3000m beer for the delight of your servant. Gents is presenting a tvekamp competition, which is basically a battle of 2 people with big sticks on a plank where the goal is to make the other one fall (fun fact: that's how Germans settled legal disputes during the Middle Ages and now I have an image of Wilhelm II and Clemenceau settling Verdun that way). Our favourite potato bag wearing kitties host a classy interlude of crocket (not the Indian game, the one on the ground with mallets and balls). An extended history hour of 1.5 hours will be presented by Gregers who, I am told, is a really fun guy and a former student.

Even more exquisite entertainments are still to be announced, so don't forget to check the news.



Ylva Friberg Photographer

The A-Team is on its way to destroy Samfunnet

The line-up of the Sprellfestival is mostly composed of trending young artists and talents on the rise that Norway discovered recently. There is an editorial choice about that, but as our readers may suspect, it is also the result of financial limits and of the festival's lack of fame. However, seeing new faces is always a good thing so we could say that for once, these difficulties gave positive consequences.

Our first musician, William Gamborg, released his first single "Sørenga" during the summer of 2021. William has just started, but his most recent single "Ingen er som deg" has seriously put him on the Norwegian music scene.

TØFL released their debut album "Eg fins, WTF!?", and several of the songs were on the playlist on the radio channel P3. During their Norway tour this fall their shows at venues like Rockefeller in Oslo and Samfundet in Trondheim were soldout.

Kjell Øverland, aka Kapteinen, started with the impressive "Mr. Fantastique" in 2019. He has, among other things, been a



Signe Aanes Illustrator

headliner on Arif's sold-out tour and filled venues at both Trondheim Calling and By:Larm. His last music, "Føle meg bedre", was "song of the week" on the radio station

The headliner of Sprellfestivalen, Emma Steinbakken, had a smashing hit with her debut single "Not Gonna Cry" (23 million plays on Spotify). She got the opportunity to tour her music around Europe before the start of the pandemic. She climbed to number 1 on Spotify and the charts several times and collaborated with Matoma, Alan Walker, Robert Grace and most recently with Broiler and Kamelen. Her debut album is on it's way and will be released in 2023.

In addition, the Sprellfestival has also booked 3 stand-up comedians: Maria Stavang (also known as Piateed), Ahmed Mamow and Marlene Stavrum. Maria has been a guest on shows such as Nytt på Nytt, Camp Senkveld and P3-Aksjonen. Ahmed is a standup comedian; he has established himself in the comedy sphere with his solo show "Voksen". He has described his own humor as self-deprecating and absurd, and he draws inspiration from real-life, everyday experiences. Marlene has won

"Humorprisen" for "Årets humorspire" (Up-and-coming comedian of the year) in 2019 and has appeared in shows such as "Førstegangstjenesten" and "Kongen av Gulset".

Mini-UKA= Sprellfestivalen?

"Samfunnet is always organising things, but there are never any highlights; any period during which Samfunnet is under the spotlights. We want Sprellfestivalen to be that moment when Samfunnet shines" said Emilie Aaen, head of Sprellfestivalen. She adds that "People are underappreciating samfunnet, Sprellfestivalen will be samfunnet's spectacular festival.

Mini-UKA is something that is on their minds, but Sprellfestivalen will be longer and not only focused on the concerts.

"We listen very carefully to what students want. For example, stand up was something that was requested, so we added it. Sprellfestivalen is not well known but it also means that we are very free to organise it originally. We can try new things; we can be bolder than normally" say Emilie.

A thoughtful marketing strategy

To give people the will to come to Sprellfestivalen, Samfunnet deployed its strategy. Sprellfestivalen may not be so well known, but it is the biggest thing happening this spring. Synne Hatløy, one of the booking agents, explains that they "mainly rely on posters, facebook posts and the usual Samfunnet canals of diffusion to build up tension." The artists and the events are revealed little by little to create a countdown that will make people talk about Sprellfestivalen. She adds "The biggest problem is that it is hard to bring hype on something no one knows. We need rumours to make it work".

The plan of an evil group of misfits?

Emilie Aaen is the head of Sprellfestivalen. She was not elected under the general assembly, but rather chosen by Samfunnet because of her experience as head of the event committee. "I was done with my other positions at that time, so I wanted to try something else and that's how I got on the project." she explains.

Sebastian Nygaard, the head of marketing at Samfunnet, is also part of the team. Magnus Schie Larsen and Synne Hatløy are responsible for booking the artists. Julie Overrein, as head of concerts, is looking over and chaperoning the whole thing.

Safety of a festival

if you have gone to a festival, or if you are informed about sexual and sexist violences, you know that festivals are not known to be safe places. GHB injection with a sting is a phenomenon on the rise, assault on vulnerable drunk people isn't rare and festivals around the world are starting to think of ways to protect festival-goers.

In Sprellfestivalen and Samfunnet in general several measures have been taken. The guards are educated on sexual and sexist violences, and they're trained to look for it and solve those situations. There will be above 80 Volunteers aware of those issues, and Red Cross agents will be walking around the festival to take care of the festival-goers.









THE CAREER DAY

8 FEBRUARY



Marianne Skolbekken Journalist

Tuva Hebnes Photographer 9

Kristin Gilboe Translator

Who, what, where

The spring Career Day 2023 was held in Aud.Max. on the 8th of February. Previously, this day has been known as Næringslivsdagen, while the larger event, which takes place during the autumn, has been known as Career Day. According to the one responsible for the Career Day, Hannah Storum, the reason for this name change is that the events are exactly the same, with the only difference being the size and number of companies present. "After corona, when it was possible to reinstate physical interaction between companies and students, few people remembered the difference between Nærlingslivdagen and the Career Day, so the events got the same name," Hannah further explains.

A lot of potential employees met up at Samfunnet this year, amongst them were the Norwegian Public Roads Administration, Aker Solutions, the Norwegian Food Safety Authority and NorgesGruppen. Some of the companies have attended the Career Day at NMBU several times, for example NIBIO, while this was the first time the Norwegian Armed Forces were present at Aud.Max.. There was also a mix of large, well-known names, such as the Ministries, and less known names, such as Agaia AS (a company working with outdoor spacing and landscape) present at the event.

"We in the Business Committee are so happy to see so many companies present here today. We have been working hard to get a broad representation, and I think there is at least one company for every study programme," Hannah says with a smile. To the question of how the day has been so far, two hours after opening, Hannah replies, "It has gone great, it is so fun seeing everybody."

Aud.Max. the Beehive

When the day arrived, Aud.Max. was quickly filled up with nervous and exited

students. Several of the people we have been talking to said that it has been difficult to get access to the stands because of the amount of people present. This is a known scenario for the people who have been attending the Career Day before. With so many people present, it is bound to be some background noise, almost like the sound in a beehive. The same way bees hunt the sweet nectar of the flowers, many students hunt Twist chocolates and hard candy.

AF Gruppen, along with Crowe, were the obvious favorites with their big and delicious cinnamon rolls. The students swarmed around the stands, and how well some of them picked up the fact that AF Gruppen is an entrepreneur company that, amongst other things, work at Gardermoen and the Viking Age Museum, is uncertain. As a journalist, I must admit that the rolls stole most of my attention as well.

Room for improvement?

Many of the students Tuntreet talked to were still missing relevant companies for their field. Without any official statistics on the matter, it could appear that studies like Environmental Physics and Data Science got the winning ticket this time, while more society-related studies, such as International Relations, did not have the largest selection. In addition, some bachelor's students felt that the company representatives were mostly interested in students at master's level.

In regards to the challenges of having a broad catalogue for the different studies, Hannah Storum explains that the Business Committee reaches out to many different companies. Sometimes the issue is geography or the available resources of the company, Hannah continues. "Even though NMBU has a master's program in Aquaculture, it can be challenging to get relevant companies to attend, since they are normally located on the west coast or in

the north of Norway. They probably attend Career Days at UiB or UiT instead."

Room for opportunities and summer jobs?

A number of the students we talked to explained that several companies had vacant summer job positions. "It is very nice to know where to apply, and that they have mailing lists you can sign up for, to get notifications when they have vacant positions," says one of the students. "I think it is nice to talk to the people at the stands to learn more about their actual work day. For example, I thought working in the Ministries was boring, but after talking to them it seems quite interesting," another student explained.

When meeting the company Agaia AS, we come in contact with a former student from Landscape Construction and Management at NMBU, who is now on stand for the company she works for. She explained how the Career Day is a great way to show off the workplace, and to talk to other students.

Perhaps you attended the Career Day and met your future employer? Perhaps you considered attending, but decided against it because you didn't find companies that were relevant for you? Or perhaps you attended for the free tote bags, stickers and sweets?

Regardless of who you are, there will be more opportunities to buzz around stands, Twist and rolls, summer jobs and mailing lists. To get an insight in what adulthood has to offer has at least some value, and perhaps it may plant a seed or an idea to what you want to do with your life after your

studies.













All is fair in war, love and the General Assembly

How does your association, candidature and appearance affect your winning chances?



Tord Kristian F. Andersen Journalist



Benjamin Alexander Faulkner Translator

All members of Studentsamfunnet can nominate themselves at the General Assembly, but who wins? How much do factors like class year, faculty, association and appearances really matter? Let's have a look.

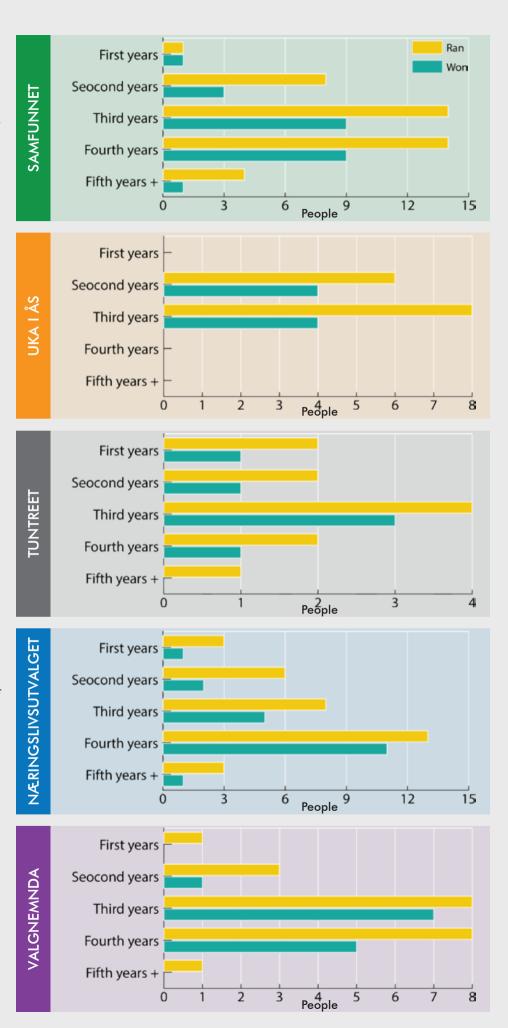
Method

Every election has been processed separately. That means, that if the same person has nominated themselves more than once, they'll be labelled as a new person with updated information as fitting the situation. Pre-announced candidates are understood as candidates submitted beforehand, and everyone else is volunteered on the day. Even though I have attempted to remain methodical, it is impossible to state that these are not statistically independent events. To quantify appearance, I have used the numbers of Instagram followers. By 'appearance', I mean suggested qualifications through how known/popular they are amongst the electorate, independent from actual qualifications. Instagram followers are new numbers, so these might have changed since the elections, but in lack of better alternatives, I have made my peace with this. All other numbers in use are for the election. With association, I mean the social associations, choirs included. In this research paper, I have selected the General Assemblies of autumn 2019, spring 2020, autumn 2021, spring 2022 and autumn 2022. Now, let us take a look at the typical winners.

Samfunnet

- Usually REALTEK student in third/ fourth year.
- Average speech length at 01:59 minutes, using 77% of allowed speech time.
- 524 followers in Instagram, 31% more than the opposing candidates.





- 61% are in an association.
- 55% submitted their candidature beforehand.

Of those with opposing candidates, there was a 47% probability that those with most Instagram followers won, and 25% chance to win as a beforehand-nominated candidate.

UKA i Ås

- Often REALTEK students in third
- Average speech length at 02:14 minutes, using 74% of allowed speech
- 595 followers on Instagram, 10% more than opposing candidates.
- 88% are in an association.
- 88% submitted their candidature beforehand.

Tuntreet

- Often REALTEK/MINA students in third year.
- Average speech length at 02:18 minutes, using 82% of allowed speech time.
- 446 followers on Instagram, 103% more than opposing candidates.
- 0% are in an association
- However, 100% of the opposing candidates are in an association.
- 67% submitted their candidature beforehand.

Of those with opposing candidates, there was a 67% probability that those with most Instagram followers won, and 87% chance of winning as a beforehand-nominated candidate.

The Business Committee

- Often LANDSAM students in fourth
- Average speech length of 02:07 minutes, using 76% of allowed speech
- 611 followers on Instagram, 19% more than opposing candidates
- 35% are in an association.
- Most oftenly Feminin og Fornem in the periods I am investigating.
- 75% submitted their candidature beforehand.

Of those with opposing candidates, there was a 60% probability that those with the most Instagram followers won, with a 40% to win as a beforehand-nominated candidate.

The Election Committee

It is known that the election committee is a 'volunteering riot', especially the last couple of General Assemblies. In the spring of 2021, 26 were volunteered to the Election Committee, and four said yes. With this in mind, it shouldn't be that strange that the result is turned on its head.

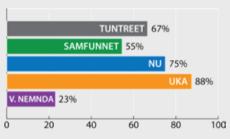
- KBM, Often LANDSAM REALTEK student in third year.
- Average speech time at 01:16 minutes, using 62% of allowed speech time.
- 621 followers on Instagram, 21% more than the opposing candidates.
- 47% are in an association.
- 23% submitted their candidature beforehand.

Of those who had opposing candidates, it was a 55% probability that those with the most Instagram followers won.

Other observations

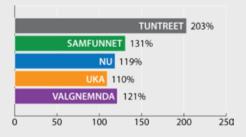
A few things have happened the last years: more people are volunteered. In the autumn of 2019, 14 were volunteered, whereof five said yes. In the spring of 2022, 49 people were volunteered, whereof nine said yes.

Percentage of winners that had submitted their candidature beforehand



One thing is certain, and that is that submitting your candidature beforehand might increase your chances of getting elected. For the positions at Samfunnet, 55% to 88% of the winners had submitted their candidature beforehand. Even though the Election Committee numbers might look a bit low, I will remind you that those who submitted their candidature beforehand won.

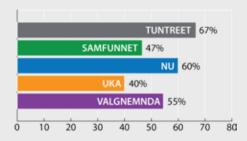
Relation between winners and losers: Instagram followers



Looking at appearance, one can clearly see that winners generally have more followers than the losers.

However: that does not mean that it is an alpha and omega.

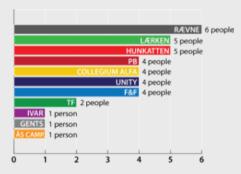
Chance of the one with the most instagram followers winning



In this graph, there is just about an equal amount of those under 50%, so it might appear a little arbitrary judging whether or not the person with most followers has the best winning chances. However, the fact that the average winner has more followers than the opposing candidates cannot be swept under the rug. Is the General Assembly a popularity contest?

Another interesting question is which association is most often winning:

Which association wins the most



Alright. Now you know.

In conclusion, I want to say that there are plenty of invisible and diverse effects affecting the study. I have a hypothesis that there is a certain goodwill amongst the General Assembly if a candidate volunteers themselves to another position – but in my data, this is not accounted for.

I hope that you are now a bit wiser, and that you have these patterns in the back of your mind the next time you are attending the General Assembly.

See you there!

TT Tabu: To run for positions

How time flies! In March already, students will enter Studentsamfunnet's General Assembly. Candidates will speak, positions will be filled, positions will be volunteered, pea soup will be consumed and there will be voting! Yes, it is time for the General Assembly (GA) of Studentsamfunnet i Ås. This is the semester's most important meeting where students make decisions for Studentsamfunnet's future and who will operate it. In the past few years, there has been a rising new phenomenon where there are less candidates and more volunteering. What is the reason for this, is there less involvement at Samfunnet among the students or is it the fear of running for positions and losing? In this edition of TT Taboo, Tuntreet wishes to explore these reasons and learn more about the student's experiences with the GA.



Journalist



Signe Aanes Illustrator



Kaja Bugten Translator

Opening new doors

We interviewed the former head of Samfunnet, Hedda Mejlænder-Larsen, to get more insights for the article. Hedda has a lot of experience with running for positions at GAs, where she has both won, been volunteered for,

and lost positions. She was the head of Samfunnet of fall 2021 and spring 2022, yet this was not the position she originally wanted when she submitted her candidature. Her plan was to become the head of UKA, but she lost that position at the GA during the spring of 2021. During that same GA, she noticed other positions and got volunteered for the head of Samfunnet, and when she got the position, she jumped right in! For Hedda, losing positions opened other doors. Running for positions at the GA is something she does not regret

A playground for students

Contributing to Samfunnet was Hedda's biggest motivation when she ran for positions at the GA. She had been active at Samfunnet since her first year here, and has been involved as part of the UKEorganisation, and as committee member, and head positions. Therefore, it was a natural next step for her to run for a position at the GA. "But there is no prerequisite of prior experience to run for positions at the GA," she adds. "Samfunnet is a playground for students! You

can do so much stuff without much repercussion, challenge norms and try out new things."

Winning a position

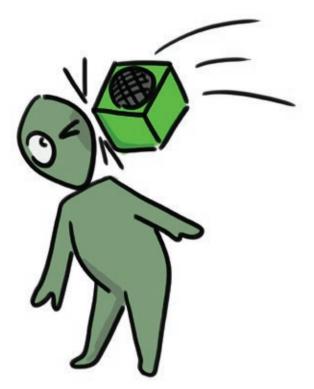
When Hedda looks back on the time she was the

head of Samfunnet, she describes it as an educational experience. "I'm extremely grateful that I took the chance to do it, I learned so much, got to know a lot of new people, and got to be part of a lot of things I otherwise wouldn't!" Suddenly she got new responsibilities, luckily there were many people around her who helped out.

Losing a position

In the fall of 2022, Hedda felt defeated as she ran for a position, and was volunteered for another position, neither of which she got. She says that it was alright to lose. "You can't run thinking you'll win; you have to be mentally prepared to lose." And believe it or not, it was not the end of the world neither, Hedda continues. "It's okay, then someone else will get the opportunity," she smiles. When she was asked whether the losses affected her motivation for being involved in Samfunnet, her answer was no.

There is so much other fun stuff that Ås has to offer, everything from the Student Democracy, committees, associations and organizations are waiting for you! And she continues to get involved at Samfunnet, just like before.



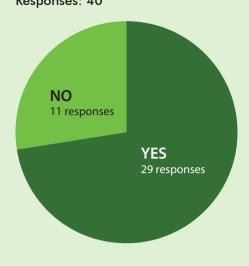
"Low risk, high reward"

If you are reading this and have a passion for involvement, Hedda's advice to you is to just do it and run for a position! It might be a bit scary to direct so much attention towards oneself. Yet Hedda ensures us that it is not as scary as many thinks that it is and calls it, "low risk, high reward". She makes a point of saying that after the GA, it is only the ones who are elected who are remembered. "I don't think that I remember any speeches, including my own," she laughs. But she adds, "It is totally okay to be nervous, if you aren't nervous then you don't care enough."

Limited time in a busy student's everyday life is another reason students do not run. To this, Hedda responds, "Nonsense! ... You'll never have time if you wait for a few available days." Your time at Ås is short and goes by faster than one would think. It is only five years if you are doing a master's degree, which is a pretty small part of your life. That is why Hedda thinks you should carpe diem. "If you want to, you just have to go for it!"

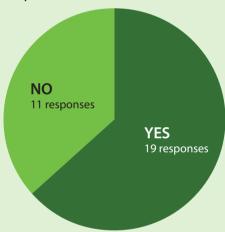
She concludes that the most important thing is to attend the GA to learn more about it. No matter how active or inactive of a member at Samfunnet you are, you should attend the GA to run for a position, just listen in, or eat the pea soup. By contributing to the GA, you can help shape Samfunnet and decide what types of activities students in Ås will have over the next few years. This is both a duty and a right as a member of Samfunnet.

Have you ever considered running for election at GA? Responses: 40

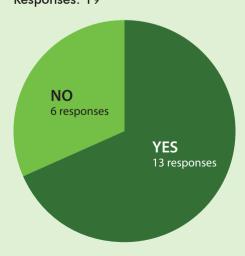


Have you run for a position at the **GA**?

Responses: 30



Did you submit candidacy? Responses: 19





How do the As students respond?

Running for a position at Samfunnet is essential for it to operate smoothly. However, it can feel overwhelming and a bit scary running and putting a spotlight on oneself. We made an anonymous survey to hear about the GA from the students in Ås. 72.5% of the 43 who responded said that they had considered running for a position at GA. While 63.3% answered that they had run for a position at GA. We see there is a high level of involvement among the respondents! Yet, what keeps the remaining percentages back?

Is the threshold too high?

Of the respondents who have not considered running for positions at the GA, there was much repetition. Firstly, they do not have the capacity or wish to run. However, many expressed that it seems too hard to run and scary attracting so much attention. Additionally, many perceive that one should be active in Samfunnet or associations from before.

How do the students feel about GA?

So how do the students actually feel about the GA? In the survey, respondents agree that the GA is very important for Studentsamfunnet to work. They praised the GA... and criticized it. This is because the GA election is based on status and lasts too long. Additionally, it seems like respondents perceive that one needs to be active in the student associations to get a position at the GA. The cold pea soup also receives critique.

It can be a bit intimidating putting such a big spotlight on oneself, especially if you don't win. It takes a lot of guts, daring to show off like

The threshold is too high and I don't think I'd fit as someone elected by the masses. I don't think anyone would vote for me either.

Once the talk of GA starts, the threshold seems too high. At least if one previously hasn't been anything but a member of Samfunnet.

Intimidating to run for positions at GA, a lot of work that isn't always fun, a lot of responsibility.

I thought it was dead boring before I ran for a position. Now I love it!

It's important, and very good that somebody gets involved! Without them, Samfunnet i Ås wouldn't function.

It shouldn't be so formal. Lower the threshold, scrap the "honourable chair" crap and get to the root of the issue. Small changes to constitutions are important, but it could be done at another time maybe?



It feels like you have to be part of an association to get elected at the GA.

Seems like a popularity contest, instead of being most suitable for the position.

It takes an unnecessarily long time and the pea soup is lukewarm.

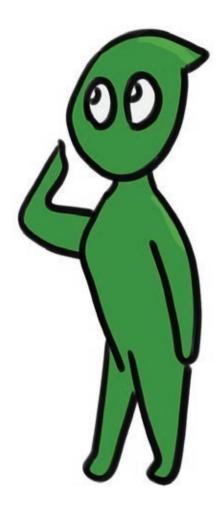
Easy to submit, but it seems like whether your name is known or not becomes the basis for voting rather than what you actually want to implement if you are elected.

I think that candidacy is tricky, but it was the natural thing to do. You get an advantage from it, and then you've already made large parts of your speech at the same time.

I considered submitting a candidacy, but didn't decide until after the deadline. I also think that I needed that little push from being volunteered.







To submit a candidacy vs. volunteering

When you submit a candidacy to the GA, you let them know ahead of time and send them a candidate presentation along with the meeting documents. This gives the candidate time to prepare and write a speech. The deadline for entering a candidacy this spring is March 13. Volunteering, on the other hand, happens at the GA. Of the students who shared that they had ran for a position, there were 68.4% who had submitted their candidacy in advance, while 32.6% were volunteered. We asked the ones who had sent in their candidacy how it felt. The responses were mixed, it had been a nice process, but also scary. Many struggled with what they were going to write to present themselves in a good way, and compares it to writing a CV.

We asked the students who ran for positions after being volunteered about how this felt and why they chose to run. They shared that they viewed it as a big compliment. Even if you did not consider running, it is nice to know that others think that you could do a good job. For some, this is also the last push they needed to actually run for a position at Samfunnet.





Rebecca Øistad Illustrator



Rebekka Berg Translator

NMBU has a bustling student life, and is full of committed students. I am convinced that you all have opinions about what is going on around you. Some care about how NMBU is working to become more sustainable, or how long the canteens on campus are open. Others worry that association life is perceived as exclusionary, or that there are too few female artists during UKA. NMBU is known for having an active student community, and I constantly talk to students with strong opinions about various things. So why is there so little public debate in the student community?

As the student newspaper on perhaps Norway's most active campus, Tuntreet should have been an obvious arena for exchanging opinions between students. Nevertheless, the letters to the editor here are few and far between. On the website, there is only one post under "opinions" from last semester. This is not meant as a criticism of Tuntreet, but rather an invitation to you as a student: submit a letter to the editor! Create debate! Share your opinion, or reply to someone else's letter! It's not dangerous to speak your mind publicly, and we want to hear your voice.

We all have opinions about what is happening around us. Nevertheless, it can seem scary to have to share them with the entire student community. Sometimes it can be difficult to formulate yourself well, or think that you don't know enough about a subject to express yourself about it. But you really don't need a master's degree to have opinions about what's happening around you. And the Ås bubble is also full of issues that occupy us students, but that few others care about. Who else will have the debate on housing development in Vollskogen, how we can improve the social events offered at Samfunnet, or where we will build new student housing?

Public exchange of opinions is an important part of the democracy. At the same time, we keep hearing that it is becoming more difficult to participate in the public debate. Comment sections and social media have made it easy to provide feedback when someone has done something good, but it is often the "trolls" who are best at making use of that opportunity.

A good debate culture with a lot of room for disagreement is also an important part of academia. As students at a university, this should be part of our education, to a greater extent than it is today. But we also have a responsibility to create this debate culture at our own institution, and in our own student environment.

We have a flood of passionate students, and we have the platform to hold the debate. Now all that remains is for you to pick up the pen or the keyboard and start writing.

Submitted by Jens Bartnes







ESSO



F SAMFUNNET 3 2023



Green-Week



Marianne Skolbekken

Rebekka Berg Translator



Hello there!

When you are now standing and reading Tuntreet, we're halfway through both Tuntreet and Green Week at NMBU. A week focusing on sustainability, life, and what gives life. In addition to NMBU, Urban Lab, Samfunnet i Ås, Ås municipality, Vitenparken, Naturvernstudentene, SiÅs,

Ås Husflidlag, the Energy Seminar and the Student Parliament's Sustainability Committee also contribute to this week. There will also be and have been features from others such as Foodsharing in Ås, NMBU ALUMNI as well as various panel discussions with experts and other key actors.

During Green Week, you can learn about NMBU as a sustainability university, about biodiversity, food waste and leftovers, used clothes and much more. This week will also be a time for reflection. Despite the high

AT NMBU

academic focus on sustainability at NMBU, it can be difficult to find time for reflection on a personal level. Between all the syllabus pages and lectures on sustainability, is there room for the question, "what does sustainability mean to you?"

Is it about seeing the people around you? Is it about traveling and learning from others? What about green indoor plants? Eat food with meaning, which makes you happy? Or is it about participating in a committee, volunteering, and working in a sustainable company?

A start on the road to self-reflection around sustainability can be reading. Poems, books, news, songs... to name a few. If you don't know where to start, here is a bouquet of text extracts which hopefully can start you off:

They eat from my forests.
Six excavators came and ate my woods.
God help me what creatures they are. Heads without eyes and eyes in the back.

They swing their jaws on long shafts and have dandelions at the corners of their mouths.

They eat and spit out, spit out and eat, for they no longer have a throat, only a giant mouth and a rumbling stomach.

Is this some kind of hell?

For waders. For the overly wise Pelicans?

They have blindfolded eyes and chains around their feet.

They will work for centuries and chew the bluebells to asphalt. Cover them with clouds of oily exhaust and cold sun from floodlights.

Without throats, without vocal cords and without complaints.

Poem «A landscape of excavators» (original title: "Landskap med gravemaskiner") Rolf Jacobsen (1907-1994):

I believe in a world where we can cry and laugh
I believe in a world where we are always more than we see
I believe in a winter's day without slippery skis
I believe that our world will soon need a new strategy

I believe in a world where I am never late
I believe in a world with an honest and clean conscience
I believe in a spring day without pollen allergy
I believe that our world will soon have to think more about renewable energy

Song «What can I do about it?" (original title: «Ka kan eg gjøre med det?») Marthe Wang (1990-):

At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done—then it is done and all the world wonders why it was not done centuries ago.

Book «The Secret Garden» Frances Hodgson Burnett (1849-1924)

Outside my bedroom window Stands an old majestic tree. She's been standing there for decades, Just as proud as she can be.

And every morning when I wake, She's the first thing I see. This lovely constant in my life, So magnificent and free.



The Study Environment Award

Helene Sylvarnes







Rebecca Øistad



Kristin Gilboe Translator



Have you ever wondered what creates the good student environment in Ås? Is it the associations, Samfunnet, or perhaps a single person who comes to mind when you think about it? What is certain is that there are a lot of people responsible for creating the good environment we have here in Ås.

Last year the "Study Environment Award" was established to honor the people who give an extra effort for the study environment. The award will also be awarded this year, and until the 15th of March, you are able to nominate candidates for this year's award. If you want to nominate someone, you'll find more information on the Student Parliament's websites, or you can contact Helene Sylvarnes of the Student Board (AU).

Last year's winners

Last year, the SiÅs Student Mentors won the prestigious Study Environment Award, given by Pro-rector for Education, Elise Norberg, and the Learning Environment Committee (LMU). The framed document now hangs proudly on the wall of the Student Life Center, which is otherwise filled with artwork made by students during the many evenings hosted there.

I stopped by during a Thursday Open House and spoke with the current student mentors, Mathilde, Gunvor-Aurora, and Liza. They were hosting a quiz, while other students sat solving a jigsaw puzzle or letting their creativity flow through painting and other crafts. Gunvor-Aurora tells me she appreciates that there is a space for the joy of creating, and "getting to explore that part of you again, which we students have forgotten." Liza's favorite part is, "when students make something for their loved ones."

All three mentors have been with the program since its formation in February 2021, when it was formed by the SiÅs Student Life Coordinator, Marit Raaf. The creation of the program was in response to the Ministry of Education and Research (Kunnskapsdepartementet)



The student mentors' (from the left): Liza Belozertseva, Gunvor-Aurora Masvik, Mathilde Klokkersveen Thomle

announcing funding to stimulate activity on university campuses and counteract the impacts of lockdown and continuing covid restrictions. Marit and the student mentors immediately started arranging a flush of activities to capture the interests of all NMBU students.

The Covid Era

Even though the coronavirus prevention measures changed constantly, the student mentors were able to adapt, reevaluate and plan around the restrictions. In early 2021, they held several online events, such as meeting virtually on a server to play video games together, and a baking event over video-chat, where students were provided

with ingredients on campus to bring back to their own kitchens to cook. While the attendance at the online events fluctuated, these provided students with a consistent meeting place during what was a difficult time for many. They also met in person when possible, such as an Easter egg hunt and "Secret Friend" activities.

Marit credits the team's adaptability and positive attitudes for their ability to come up with well-received alternatives, especially when other groups on campus were less able to host activities. The SiÅs student mentors also had programs called Work Out Challenge and Turboka, where students could walk, run, or bike the trails of Ås, alone or in small groups. They reminisced about a barbeque they held during a time with corona restrictions. "So many people showed up, we had to be really careful to separate people [in order to follow social distancing]. We realized people really wanted this," says Gunvor-Aurora. Mathilde adds, "it's not always the events with the most people which feel the most important." They've experienced deep gratitude from students attending events with small turnout too.

An appreciated niche

The appreciation for the SiÅs Student Mentors led to them being awarded the study environment prize in the spring of 2022. Marit recounts the joyful moment, "We were very proud. They have earned the prize by making a difference for so many students during the covid lockdown. Their positivity is always a joy, but it was particularly important to make it through the pandemic." The recognition was not only a boost for their spirits but also helped

in advocating for the continuation of the program. Even though the original covid-related funding from the ministry is now gone, SiÅs has started funding the spring semester program out of their own budget, but with three student mentors instead of ten. Funding in the future will be evaluated based in part on how many students making use of the offer.

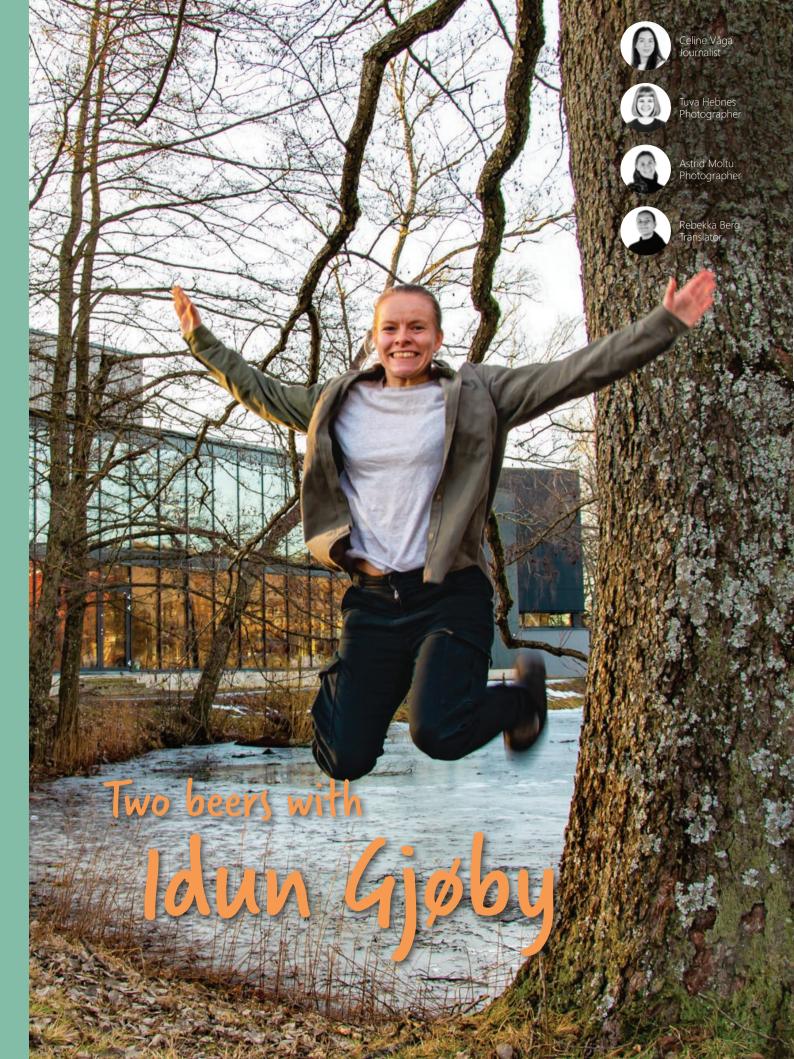
In 2023, they are continuing with an adaptation of their popular events: Creative Evening, now called Open House, held every Thursday with drop-in hours between 18:00-21:00. The Student Life Center provides equipment for painting, sewing, puzzles and board games, quizzes, and more. With waffles and snacks served, and deep couches, it's an extremely cozy place to be. Liza adds that "the most important concept of the Open House is that students don't necessarily need to be social to come to us. They can just silently listen to music and enjoy making something with their hands."

The team at the Student Life Center point out that their program fills a niche few other groups on campus fill, and not only for their events' lack of alcohol, as student mentor Mathilde explains, "Here, everyone can join, you don't have to sign up, you just come as you are." The student mentors see their events as helpful tools for good mental health, by providing a space for students to just be.



The diploma the student mentors got when winning last year.





When I ask Idun where she feels most at home, she replies that Eika is the place closest to her heart. So we settle down on a sunny bench outside Eika overlooking the iconic tree that the fitness centre is named after. Idun is a person who, through her work, has motivated and touched many lives here at Ås, although she may not see it that way herself.

The start of a journey

In the autumn of 2018, Idun's journey started here in Ås. Her plan was to become a veterinarian, and as both her parents had studied in Ås, the choice of study location came naturally. She started by taking a year of two-year STEM specialisation with biology and animal science, choosing relevant subjects to enter the veterinary medicine study. The idea was actually to move back home to Toten after this year, but Idun really liked Ås. After three years buzzing around Ås, she also entered the prestigious veterinary medicine study.

During this time, she was dragged along to group workouts at Eika by some friends, and then it was done. She got bit by the bug and says that she had finally found her thing. "I became addicted. I was there every day," Idun laughs. For two years, she was a fixture at the fitness centre before a position as group instructor at Eika was advertised. At first, she thought that, "I'm too scared to apply for that," but she also knew that it would have been foolish not to do so. "At the time, I was the one who spent the most time Eika," she laughs. So, she decided to apply, thinking that if it turned out not to be for her after all, she could just quit knowing she had at least tried. "It's the best choice I've made in my entire life," she admits. After getting accustomed to it, she realized that this was where she was supposed to be and that "it felt right".

Eika - A sanctuary and a social arena

Idun does not feel that she needs social events to be socially stimulated and is not one of the people who often go to Samfunnet or parties. For Idun, Eika is a safe haven and social arena. This is where she comes to exercise, enjoy herself and be social outside of school. It is at Eika she finds the people who have the same interests and motivations as her.

"I expect that there are quite a few others who are also not part of Samfunnet, and are rather at Eika," she says. She points out that

there often is a social pressure to always be involved in all kinds of things. "It's okay to say no when you want, but it's also healthy to be pressured by friends," she explains.

Improvement and motivation

At Eika, Idun really feels that she gets things done, and feeling capable is great. She says that she went from being an insecure girl who doesn't believe that her opinions matter to now having a unique feeling of capability at Eika. "It has made me more confident in myself and I have grown a lot as a person," she says. To feel improvement also makes you feel better about what you do, and for Idun, six years as an instructor flew by.

Idun believes that one of the most important things needed to do a good job and to motivate others is to be motivated yourself. "It really shows that I'm enjoying myself," she believes. If she is going to work

with this for the rest of her life, which she would like to do, it is important for herself to find it fun and to be motivated.

When I ask her what motivates her, she replies that, "Feedback and praise drive me and motivate me to do even better." It's about the trust you get from others to do better and the trust that strangers place in you and your qualities. She says that she has a basic idea that she, and what she does, does not matter. It is when she receives feedback to the contrary, that she gets a spark that pushes her forward.

She admits that when covid hit, she lost some motivation, "Which was incredibly sad," she says. This, as well as the progression of her studies, has meant that her popular group lessons have become somewhat fewer recently. But group classes are something she loves to do, and despite most things, she still holds step and strength classes.









Although she can often seem like a strong and carefree person at work, she also has bad days. "There are times when I have turned up at work with heartbreak or with deep grief after a loss in the family," she says. But somehow, she has managed to show up, turn around, and stand there with a smile and energy she can share with others. "It takes a lot of willpower," she says. At times it has simply been about having to turn things around, and that it has happened against all odds.

Being a role model

When she stands in the front and has to lead a class, she quickly becomes a 'role model' for others. In group lessons as an instructor, she is tough, but she quickly adds that, "A platform matters." When she stands there and is about to give a lesson, she is full of adrenaline and focused on doing her best for those in the room.

Those who come to her classes once a week get a picture of who she is and what she can do; they don't see everything else. She readily admits that spinning and running are not things she considers herself a master of. You usually get good at something if you stick with it for a while, so it's no wonder that Idun looks strong as an instructor in her classes. "They probably get a glorified image of who I am, ...but I'm more than just the one hour," she says.

Demanding studies and high thresholds

Idun makes no secret of the fact that the veterinary medicine study is demanding.

Eika sportssenter

There is a lot of reading and a lot of work to be done, and a lot of motivation and dedication is required. "There are many veterinary students who have to sacrifice a lot [for their studies]," she says. For many, both social life and family are failing. Because school is so difficult, it is all the more important to have a safe haven where you can feel that you are getting things done. For Idun, this sanctuary is the group lessons at Eika, one place where she can often ease her mind. "It's been absolutely necessary for me," she says.

She admits to having felt that feeling where everyone around you is incredible, except you. She tells what it's like to work hard for results that don't necessarily come, and that it's a heavy thought to have. She has always been open about the fact that pursuing veterinary medicine studies is not a walk in the park. She herself has had to struggle with demanding subjects and failing exams. Among the vets, not many people speak out about failing exams, something that Idun really misses and wishes was more normalised. "It's hard to feel like you're the only one," she says. The student culture at such a prestigious study as veterinary medicine could have benefitted from lowering the threshold for having these discussions.

Reducing stress

In the future, she wants to work in food safety, the only one in her class who is leaning towards this career path. Being a clinician or working with intensive animal farming seems like a bit too much stress. "I don't like stress," she laughs. A happy life for Idun is a life without stress, so limiting it in her everyday life is important.

Moving forward

Idun's journey in Ås is soon at its final destination. At Christmas, she will finish her studies and have to say goodbye to eight, almost nine, great years in Ås. "It gets incredibly wistful," she says. She says that there is something special about Eika, the students, and the relationships that are built there. Even if she were to start a new job at a new fitness centre somewhere else, things would not be the same. It is at Eika that she has grown as a person and it's here she has had the most fun. This is where she has 'been forever' and the place that has definitely become a big part of her. "I am eternally indebted to Eika," she smiles.

Greetings



Dear Idun! What are group lessons at Eika without you? No one can imagine that. Thank you for all the motivating words, especially on days when the desire to work out is not great. Smiling, bubbly, inspiring and happy, with you the workout is always good! Idun, thank you for showing up every single week to share your joy of training with us. It is a highlight of our everyday life and we look forward to every single class. We see how much effort is behind it and appreciate that you continue year after year. We will continue to meet up as long as you are there! Eika (and all the students in Ås) are lucky to have you. See you at the next session! Big hug from your faithful Step gang.

With best regards Malin

Dear Idun!

Imagine how lucky we were to live in the same house in Ås! We came up with so many funny things during the year the three of us lived together; theme parties, x number of pre-parties, dinners, training and last but not least we played through several blocks with maxivatzy. There are several reasons why we like you. You are generous and considerate. You set high goals for yourself and always go all in when you decide to do something. You are a good conversation partner. You see other people. And sometimes you are funny! You rock both the role of group instructor and veterinary student. We are proud of you, and are sure that our friendship will last a lifetime!

Biiiiiig hugs from your favourites: Åse and Guro







During the Corona era, a poster with the inscription "På By'n" hung in Brekkeveien. It hung there because Idun thought it was too sad with all the closed nightclubs, so she made sure that all her friends had enough to dance and drink during an otherwise lonely time. Idun organized cabin trips, bonfire trips and the Beer-lympic Games. She opened "Kaisas Bar" with it's own menu on the occasion of the undersigned's birthday. Some drank enough for the ambulance to arrive, but we don't talk about that.

I am so lucky to have met Idun just before the pandemic, when it happened we quickly formed a cohort. You carried me through my master's thesis. In the form of solid and liquid food, dinner dance and dog clothes, you motivated me to persevere and ensured that I didn't die of boredom at the most depressing of times.

We entered into a barter where you would teach me how to exercise in exchange for me teaching you how to drink. The latter was easy, the former you are still struggling with. I'm a little unsure of what you got out of that trade, but I'm eternally grateful that you're still persevering.

You are wise, steady and exceptionally energetic. Where I'm lazy, you make sure things get done. You think, for example, that I took too long to buy an apartment, then you just as easily went to viewings instead of me. It surely ended in a purchase aswell.

Idun is someone who throws herself into a week's spontaneous road trip at a four hours' notice. On departure, not only are all the overnight stays planned, there is also a packed lunch.

Dear Idun, thank you for being so strong that you dare to be vulnerable. Many of us have enjoyed your words of wisdom during the group lessons and that is one of the many reasons why we always come back.

Thank you very much for forever many memories. The dogs and I are very happy with you.

Many hugs from Kaisa, Loffen and Binders.

An Ås legend: 'The National Amthem' Jeg og 'n Thorvald og Johannes



Ingvild Lauvstad Sunde Journalist



Signe Aanes Illustrator



Benjamin Alexander Faulkner Translator

Most NMBU students get a kick out of singing "Jeg og'n Thorvald" – the Ås students' anthem. There are two versions of the song: the original song is longer than the bodega version, which is an abridged version made to fit the bodega. The bodega version has certainly become the most commonly sung version the last 50 years. The song has an interesting history; it is has become an Ås legend in its own right.

From Christian hymn to UKE revue at NLH

The melody for "Jeg og'n Thorvald" was originally composed by the American composer Robert Lowry in 1864, with the title "Shall We Gather at the River". It was written with a Christian message, and the first verse goes like this, "Shall we gather at the river, where bright angel feet have trod, with its crystal tide forever flowing from the throne of God?"

this world in this form, as a part of the first UKE revue with the name På tå hev, in 1924. However, this is not the first time the song is mentioned in the book Ås-Studenter i hundre år, bind I, (Ås students through a hundred years). Orchestra Populi, the predecessor to the Student Big Band, wrote the song as its theme song when the group was established in 1912, and played it with "Populis complete and phenomenal primordial potency". In 1924, the song was performed as it is performed today, and this is known as the original.

The melody is very commonly sung by Ås students. We are, however, not the only ones who have our own text to this melody.

Christmas tune, drinking song and child ditty about raccoon testicles

The melody, both the verse and the refrain, spread to Sweden in 1876, and it was

soon made into a 'snapsvise' with the title "Jag har aldrig vart på snusen" (I have never been on the snuff) over the same melody. It is supposedly one of the most popular drinking songs amongst Swedish students today. In Germany, the melody is a Christmas tune, while the original is the official anthem of a university in Colombia. In addition, the song is often used in 60s western movies (including Lone Ranger, from 2013), mostly as an ironic contrast to a shooting scene. It is also part of the soundtrack for the film adaption of The Handmaid's Tale.

In Japan, the melody of the verse became popular in traditional trappings in 1937. It is, however, the parody of the song which is popular today, as a kids' ditty. It's about something else than God and booze – it is actually about the balls of the Japanese raccoon. Roughly translated, the text goes like, "the raccoons balls swing and swing, even though there is no wind". I am looking forward to hearing this at



hope it will become more popular than the Swedish drinking song.

Back to As: who is Thorvald and Johannes? And what does "perleporten" mean?

In the opening act of the 1924 revue, the three merry students, "me and Thorvald and Johannes", made their entry. It is said that they represent academia, student life, and an idealistic outlook. After the revue, Thorvald has become a front figure for the ordinary Ås student, and when female students were admitted, we were introduced to the female counterpart, Tora. Johannes is just described as a companion of Thorvald in the national anthem, and in the 1924 revue. It is Thorvald and Tora who are the student mascots today!

One place where Johannes has been mentioned is Bar Johannes at Samfunnet. After its renovation in 2016, an apostrophe was added, renaming the bar 'Johannes' Bar'. Lars Raaen, a previous operations manager at Samfunnet explains in a Tuntreet edition from 2017 that the apostrophe was random, but maybe they wanted to give Samfunnet a few more female names. The bar is still the only room with a female name in the building.

'Pearls' is a running theme, especially in the long version of the anthem. Thorvald and Johannes are described as 'pearls on a thread', and to "walk through the Pearly gates" is a goal throughout "Jeg og n'Thorvald". In the long version, the Ås students are bold enough to call themselves "boys of the right sort", which probably means that we'll also end up in heaven, and can walk through the 'pearly gates', the gates of Heaven. "Perleporthumør" (eng: Pearly Gates' mood) can be deciphered as a good mood, which it is probably plenty of in heaven.

What is the national anthem used for? When do we sing it?

You have probably heard the national anthem on many an occasion, but don't know how formal or informal it is. The answer is, well, that it can be sung at all times, both at the bodega and at more formal opening nights. During UKA, the song is performed at a series of events, and all the choirs at the university sings the four-part version during the Ur and Student opening night for the UKErevy. It is necessary to open the UKA in a respectable manner. Hans Hovenhet Hestehoven, the order of knighthood of the university for earlier employees, students and others who are deemed worthy of the university honour, uses the song in its order promotion. In this event, it is played in the minor scale, the sheet music expressing a certain need for it to be played "awfully", which is reflected by dissonant semitones and related nonsense in the notes.

Most people have probably sung the national anthem at lively occasions in the bodega, or after a long volunteering session with pea soup at the Samfunnet's general assembly. I don't know about you dear reader, but in these cases, when surrounded by fellow students singing our 'own' song, I feel proud to call myself an Ås student.

References:

- Ås-studenter i hundre år bind I
- Ås-studenter i 150 år bind II

ORIGINAL FROM THE UKE REVUE PÅ TÅ HEV, 1924

Me and Thorvald and Johannes here we come, like pearls on a thread.

Aha, 'cause here, me and Thorvald and **Johannes**

we are guests at every lovely shindig.

we can ramble and gulp a quaff. Aha, for me and Thorvald and Johannes we're a tradition from year to year.

Me and Thorvald and Johannes

Me and Thorvald and Johannes we are needed to make the boys lively. Aha, for me and Thorvald and Johannes. we are fitted with a Pearly Gates spirit.

Me and Thorvald and Johannes, we are boys of the right sort, we are. Aha, for me and Thorvald and Johannes, we will walk through the pearly gates.

THE BODEGA VERSION

Me and Thorvald and Johannes

we will walk through the pearly gates.

That's what I, Thorvald and Johannes are going to do.

> we will walk through the pearly gates, that we shall.

So we wander about, over there, over there where every man has a half bottle each. Yes, over there, over there, over there;

where half bottles grow on trees.



THE AGRARIAN METROPOLE'S KLEPTOMANIA CULTURE

Posts related to parties in the Facebook group Fest-Telegrafen are becoming fewer and fewer. Jackets disappear at Samfunnet and AirPods are left in bathrooms all over campus. Some have even renamed the group Lost-Found Telegrafen. However, one post stands out and everyone now remembers the lasagna that basked in the spotlight in a previous article in Tuntreet. This was not just about seeking lost property at Samfunnet - the lasagna had been stolen. These days, there are more and more posts about theft. Why do As students steal? And, perhaps more importantly, what do they take?



Ingvild Lauvstad Sunde



Marianne Skolbekken



Tuva Hebnes Photographer



Ida Haraldstad Translator

The curse of the associations

A lot adorns the walls of Lærken's headquarter and Bohemen is filled to the brim with people as the evening wears on. Just a few weeks ago, Borghild Oterholt, one of Bohemen's residents, had to turn to Fest-Telegrafen to report the latest theft - of laundry detergent. The elk head above the piano, the flag, and the fox pelt "Mikkel" are all on the list of stolen items.

Borghild is almost impressed with the thefts. "We got the elk head back almost the same day. It was another association that had taken it. Then it's just fun," she explains. This is a joke between associations. "A tradition in Lærken is that stolen property should be returned in a fun way," Borghild explains.

She emphasizes that they are still students, just like everyone else. "Stealing alcohol and laundry detergent is shameful. When you take such things, you do it for your own sake," she believes.

Mink in lost property at Samfunnet, and a wooden penis in Trondheim

Another collective that also had walls full of irreplaceable artifacts is IVARinn. Unfortunately, this is no longer the case due to theft. The IVARinns Signe Raftevold Rue, Anne-Guro Bekken, and Maren Helene Sævold are frustrated.

"We are missing our welcome sign, a large wooden penis, and a pheasant," Signe lists, pointing to a frame where the pheasant is clearly missing. "None of the things in IVARinn are random. They are gifts or have a story," Anne-Guro explains.

"In association houses, there are probably things that are a bit prestigious to have. People may think it's okay to remove them from here because we have so much already," Signe believes. "The wooden penis was stolen once before. We had it for less than a day before it was taken again," she savs.

After talking to other associations, they realized that the things were stolen by individuals and much (but not all) turns up randomly. "Our mink ended up in the lost property at Samfunnet, so someone had brought it there," Signe sighs. "It's very difficult to track down individuals who have taken something when we have no characteristics to go off of."

IVARinn's residents believe that they may be more vulnerable than the association located at Pentagon. "Here we don't have anyone close to us as the houses are further apart. If you leave, you easily disappear into the darkness," says Anne-Guro.

The lost sixpence...

Another object with sentimental value that many may have heard has disappeared, is the "BEstifterlua" of Mannskoret Over Rævne - the first, from 1993, and therefore the oldest sixpence in their possession. "The first few years it went around among the Rævne men," says Ludvik, the choir's leader.

During UKA 2022, Oktoberfest, BEde offers an open afterparty. After the party, the collective discovers that the BEstifterlua is gone. Ludvik explains that they tried to post a message on Fest-Telegrafen.











"When there was no response, we tried to repost it with a reward - a crate of beer. Unfortunately, it didn't help." It didn't get any better when the bust of Bjørnstjerne Bjørnson - on which the BEstifterlua sat - was stolen the weekend after the choir weekend.

"That sixpence means a lot to us, it's almost sacred," Ludvik is clearly frustrated with the situation. "I think people find it a bit 'funny' when they have something in their possession. They may see something that they think looks cool and not think much about the value that the object has for those who own it." Ludvik also says that after the 30th anniversary and Rævnesjåvv, the choir has received several gifts from former members. "I'm a little unsure if we will dare to have it on display when people come over."

Ludvik also has one last request. "If you read this and realize that you have the BEstifterlua, vou can anonymously deliver it to the Tuntreet office or the office wing at Samfunnet. We just want it back!"

Food for 1000 kroner, shoeless female students, and a whole coffee table

Silje, who is studying a master's degree in Property and Land Law, tells how her shared flat fell victim to theft because someone mistakenly thought it was IVARinn. "On Sunday morning, I was going to make breakfast, just like the rest of the flatmates. In the kitchen, it was clear that someone had cooked food; there were frying pans with a lot of other things left out. When I opened the fridge, it was practically empty; all the pizza I made the day before, all the eggs, all the toppings were gone."

Silje later finds out that a group had broken into her shared flat while she was out, "in full belief that this was IVARinn. They had eaten, partied, and helped themselves. They could have at least cleaned up after themselves," she adds. She believes this shows that association-shared flats are treated worse now than before.

Student associations are not the only victims of student theft in Ås. In 2019, Maren experienced her belongings being stolen by a shoeless student. "I came from a big pre-drink at Verket and was on my way home to my shared flat in Kringla

before going to Samfunnet, when I met a shoeless female student alone," she says. "I invited her to take a shot with me before Samfunnet." At some point, the shoeless guest disappeared, and so did Maren's bag with her phone, keys, and cards, along with her jacket and sweater.

Fast forward in the story, Maren is outside Samfunnet and hoping to meet the student. After a while, she spots the shoeless female student who was no longer shoeless. Maren says, "I got almost everything back without any conflict until I pointed out the shoes she was wearing. 'I also need the shoes,' I said firmly. She refused, and after an endless discussion, I took matters into my own hands and took off her shoes myself. With the missing items in my hands, I went into the entrance of Aud.Max. and started the party at Samfunnet."

Tuntreet has also heard stories about an entire coffee table, a poster of a fly agaric, and several jars of Nutella being stolen. In a laundry room at Pentagon, there is also a note with the message "beware, someone's stealing underwear!"

"A museum cannot hide Mona Lisa just because there is a risk of it being stolen."

Ludvik, the manager in Rævne, hopes that awareness can be a part of the solution to kleptomania tendencies. "I believe it would help," he says and continues, "it's a shame that we have to hide gifts and decorations on party nights when they should be displayed with splendour."

The Ivarinns also find themselves forced to hide things. "We are not known for having much treasure, but when we open our doors, it's full of people!" Anne-Guro smiles. "But as it is now, we cannot open our doors anymore," Signe interjects. "It's like a museum. A museum cannot hide Mona Lisa just because there is a risk of it being stolen."

The Ivarinns also make a strong appeal. "Take an extra look in your collective. If you have something in your collective that is overly decorated with glitter and flowers, or it says 'To Pikekoret IVAR in honor of...' on it, we would like to have it back. It doesn't matter if you have a hangover or find it embarrassing, we'll just be grateful."

Two sports drinks with Anders

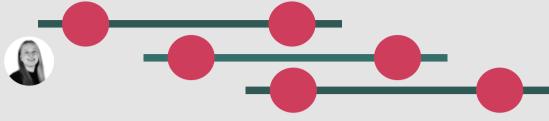


Тро Journalist









We may not think of it in Bodega, but NMBU is full of talents other ethanol resistance. Athletes, photographs, painters. We cross paths with them every day without knowing it, without recognizing them, and Tuntreet is there to change that: it's time for the stars to take the stage.

In this article, we present you Anders Brøten Lillemoe the powerlifting champion.

THE colossus

120 kg, arms like my legs (and I have legs that squat), hands capable of destroying his glass, two deadlift world championship gold medals, in a word: That man is built like a tank. His current personal bests are 300 kg squatting, 172.5 kg on the bench and 368kg in deadlift. You don't see that

The clay of the golem

Our sweet strongman comes from the lovely town of Tynset in Nord Østerdalen, between Oslo and Trondheim. Anders grew up in a cow farmland, helping whenever needed since childhood. It gave him the will to become a vet: A practical job, but theoretical enough to satisfy both his brain and muscles. The 22-year-old will soon be a veterinarian too, with only two years left of his studies the diploma will soon be his.

Powerlifting came into his live unexpectedly. He started at 16 years old because of mandatory training before a knee surgery. He lifted 200kg on the 1st try. The finger was in the gear, and he gradually increased to 5 trainings a week. When he checked what the below 18 years old national record was, he discovered he already beat it.

The career

At 19 years old, he got on the national junior team, a team for those below the age of 23, for the world championship of powerlifting.

The 2021 junior World Championship in Sweden was an unusual one. Covid was hitting our society, which made it hard to train and forced Anders to stop his training for the first and only time since he started

On top of that, the athletes learned the date of the world championships only three months in advance and could not train in an optimal way because of it. Despite all these problems, Anders won his first deadlift championship title by lifting 335 kg at 20 years old.

He confirmed that victory in 2022 by lifting 363 kg, taking the gold as the deadlift junior world champion and the world record of his class in Istanbul. In the senior category, lifting that weight would have won a silver world medal.

Like the last piece of a puzzle

It is well known that a career of that kind is demanding and collide with the rest of the professional and personal life of the athletes. Our sweet reader may wonder what his routine looks like, how can all these lives be contained in a week of seven days.

Surprisingly, extremely well.

Explosive strength is the core of powerlifting. Anders explains that the perfect balance is five two-hour long workouts a week which leaves plenty of time to study, party, and live like any other student. Exams period can be tricky but well everyone needs to relax in a certain way, and I can believe that lifting three times his weight helps Anders to get it out of his head for a moment.



A little-known sport

Powerlifting isn't exactly a mainstream sport so let's present its mind-blowing rocket science complexity.

If you lift a lot, you win.

It is a rising and evolving sport, world records are constantly broken. The seven major nations are Sweden, the UK, France, Italy, the USA, Ukraine, and Russia (the mood must be fun since last year). Norway is currently middle ground, and eastern Asian countries like Japan and China are on the rise.

There are eight weight classes from below 59 to above 120 kg, and around 25 athletes in each in the world championship. Anders competes in the bellow 120 kg category.

Sky is the limit.

His next step is the national championship in Bergen. He is already the junior and senior national champion and therefore must defend his title. Usually, it would also be the occasion to qualify for the European and World championships, but he is already sure to be there thanks to his gold medal. The real target is the 2023 World Championship in Malta in June. His goal is to win the senior below 120 kg category this time, something we have no doubt he will be able to do.

So, now, you know the name of someone that could easily break every door on his path if he wanted to ;)



TTER MEN PUSHING THE LIMIT

On Friday February 10th, Mannskoret Over Rævne had set up for a juBElee show to celebrate their 30th anniversary, "Bitter men pushing 30". The room was filled with former Rævne guys who took the trip to As to honour their association. In the front row. one could spot women dressed in flowers and pearls: their beautiful "girlfriend" association, Pikekoret Ivar. Did the association impress anyone other than their loved ones, or was the revue tailored to humour them only?

Release the dogs

The revue started with a cheesy yet entertaining video. The video introduced us to the large group of Rævne guys, which led to the first song of the evening. The song was performed both vocally AND instrumentally by the choir themselves. There is no doubt that these guys did not come to play - despite the equipment in Aud.Max not always cooperating.

The next skits we encountered included the drinking pressure skit, which referred to a new student during the buddy week. This skit created a good response from the audience, which made the point of the performance even clearer. This, along with the Joker Bane Nor skit, which was a good jab at the poorly functioning Follobanen, showed us what is currently being talked about in Ås, from a Rævne-perspective.

Rævne continues on a high with a graphic and controversial portrayal of Magnus Carlsen versus Hans Niemann, which took the butt plug theory to a whole new level. Regardless of whether this can be considered inappropriate, the portrayal made one of the reviewers laugh so hard that tears began to stream. As if this show wasn't graphic enough, the intermission gave us chills:





Another highlight during the revue was a performance of Over Rævne's first song ever, "Kjerringa med staven" (the old woman with the cane) - which, of course, contained a woman with a cane. However, the controversial aspects didn't stop there; we were introduced to a paedophile priest and a short restaurant skit that perhaps took the joke about vegetables a bit too far.

Sustainability to the highest degree As the revue progressed, the audience's focus decreased (possible due to consumption of too many units) - making it challenging to catch everything. Nevertheless, this did not stop us from picking up on several skits about the Extra store. The first skit used self-checkout as an abortion clinic. where one of the aborted fetuses was saved from rotting away in a container, by a loving garbage collector – tip top thumbs up for sustainability!

Speaking of sustainability, Rævne managed (?) to reuse the skit Doc Angel from the 2022 UKErevy. In this parody, it appeared that Doc has a fondness for whiskey. Due to challenging sound conditions, it was difficult to pick up on the details - but we think it must have been outstanding when they dared to refer to such a well-known skit.

Charm your thighs

The finale of the revue consisted of a wellexecuted rock song, where they unveiled afters in Bede - a real surprise! Regardless, it should be said that the band itself secured enough engagement with the audience and definitely charmed several of us. However, we would have liked to see the creativity flourish a bit more in the last part of the revue. All in all, the revue secured several







Synne Louise Stromme Journalist



Elina Turbina Journalist



Margreta Brunborg Photographer



Sofie Palmstrøm Translator

Current Affairs



Journalist

The International Fadderuka

This January, 140 internationals joined the NMBU. The International Student Union, the Student Board and Erasmus Students Network organised a Fadderuka to welcome and include them. Now that it is all passed let's look at it to see the results.

72% of the new internationals participated in at least one event. Many different things were happening, the craft night and the potluck, were especially successful and brought together many people. 38 volunteered to be a buddy, most of them were internationals but Norwegians were also a significant part of the buddies.

Overall, things went smoothly, and the associations are very happy with the International Fadderuka, especially as it is the first one since Covid. The only real issue were the difficulties to get access to rooms: administration was not very helpful. The student board helped clear the situation, but it was frustrating for them to see this lack of cooperation. Help also came from other student organisations such as Rocklubben, Hankatten, the board game association and Piratforeningen which was extremely positive for the inclusion of the new internationals.



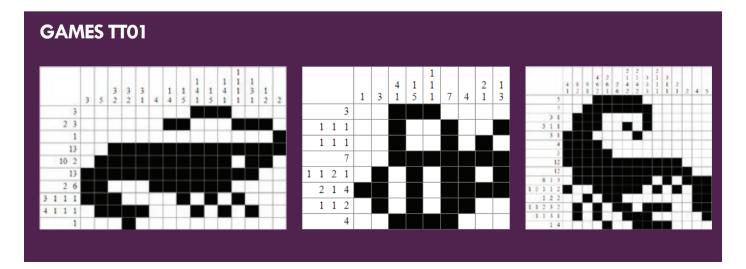
Tord Kristian F. Andersen Member of Plutokommisjonen

Studentsamfunnet i Ås is designing new long-term strategy for 2035 and needs YOUR input!

At the General Assembly in autumn 2023, a new strategy will be presented. To ensure quality, and that wishes from students are heeded, we want to hear your opinions! Who is Samfunnet for in 2035? What kind of activity should Studentsamfunnet strive towards? How will the organization look like? What should the physical building be like? You can provide input on this and much more by following the QR code on the page. Input can also be sent to pluto@samfunnetiaas.no



https://forms.gle/7pMUHF2mThVeLg33A



Would you like to be a part of **Tuntreet?**



Get in touch with us through email at tuntreet@samfunnet laas.no if you have any questions regarding the positions. Applications can also be sent there, or through the form athttp://www.samfunnetiaas.no/stillingsutlysninger

EDITORIAL ASSISTANT - COMMITTEE HEAD

Are you an orderly and responsible person who likes to get things done? Tuntreet has just created the KS (Head) position of editorial assistant whose main job is to support the editors with the various organisational and administrative tasks that working for a student paper entails. The tasks include working on contracts and committee vacancies, and keeping the books for Tuntreet, amongst other things.

JOURNALIST - COMMITTEE MEMBER

Enter the great unknown as one of Tuntreet's journalists and reveal all that is sweet and sour in the daily lives of the students. Here, you have a great opportunity to suggest and choose the angle of stories, and let the students know what is going on at the Agrarian Metropole. You will also get the opportunity to meet lots of exciting people, while also becoming well acquainted with what goes on at our beloved campus.

HEAD OF PHOTOGRAPHY - COMMITTEE HEAD

As the head of photography, you're the head of the photo comittee 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 wellversed in camera technicalities and photo editing.

PHOTOGRAPHER - COMMITTEE MEMBER

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

LAYOUT WORKER - COMMITTEE MEMBER

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.

ONLINE DISTRIBUTOR - COMMITTEE MEMBER

As an online distributor, you're responsible for the digital aesthetic of Tuntreet. Your tasks include running our social media accounts such as Facebook and Instagram, as well as designing and creating articles to be published online on our webpage. No prior experience is needed, but solid knowledge of social media is useful.

HEAD OF LAYOUT - COMMITTEE HEAD

Looking forward to a well put together magazine? Does the sight of a good layout give you a fuzzy feeling? Why shouldn't you become the next head of layout? Lead a band of committed layout workers, make great designs and make sure everything is perfect in this attractive position. Experience with InDesign is preferable, but not crucial.

PROOFREADER - COMMITTEE MEMBER

If you have an issue with punctuation, gnarly wording and other dissonance, we need you as our next proofreader. In this position you live in a flexible world, where the workplace is wherever you want. As a proofreader you help to perfect the overall expression of Tuntreet, which can be done in the comfort of your own bed and or sofa. Raise the level, and help Tuntreet reach new heights as a proofreader!

ILLUSTRATOR - COMMITTEE MEMBER

Tuntreet is looking for a creative soul who can draw, paint, or do graphic design. Share your talents and work with others to make each edition your exhibition.



Who and what are you influenced by?

There has been a lot of commotion around a certain influencer and the Norwegian national channel (NRK) lately. A picture with a friend and a mysterious bag has caused an uproar, and the storm of complaints directed at NRK has been massive. Why do so many react so strongly? It's not the first time Sophie Elise has provoked the Norwegian people - and most likely not the last. But are we now seeing some sort of shift? Should we as a society and community now confront who and what we want to be influenced by?

I don't have high hopes that we will turn everything around and have a reckoning because of this issue. But I actually have hope and faith that we can use this opportunity to once again stop and think a little. Because we are constantly surrounded by advertisements, headlines, and influencers telling us how to become thinner as quick as possible, get whiter teeth, firmer butts, a six-pack in 6 weeks, and the right glow in our skin. It affects us, whether we want it to or not.

But we can actually do something about it - we can sort through what we actually want to be influenced by. To stop and think; what is important to me? What makes life better? What makes me feel good? What do I surround myself with in social media and relationships?

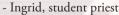
I have hosted quite a few funerals in my years as a priest. And thus, I have also written many memorials about those who have passed away. I have yet to hear someone describe their deceased mother, brother, husband, sister, or daughter with "she had such perfect skin," "he had such white teeth," "she had such nice breasts," or "he had theee six-pack." No, the words most often used are not about the external thing, but about relationships and personality. About a kind and good grandmother who always had time for them. About a daughter who always showed up and always had a good story to tell. About a brother who was quick-witted and had a twinkle in his eye.

On social media, I have actively unfollowed people and accounts that I have noticed have not been good for me. Who have only told me what I can do better or how I should look. I choose to reject it and instead follow people who are funny or have wise reflections. The negative influences still sneak in, but to a lesser extent. Because I can choose for myself by whom and what I am influenced by. At least to some extent. Maybe you should also take a little tally and assessment?

It's not easy, nor is it something that can be done "once and for all." It's continuous awareness work, and it's working with your self-esteem. Because your self-esteem is about the value you ultimately think you have. It's not dependent on performance or appearance, but a fundamental value - an acceptance of yourself as you are.

This topic engages me, and in meeting with you students, my engagement does not diminish. We must speak loudly and together about how we deal with and work with these things.

You are always welcome to my office for a chat. :)





Ida Haraldstad Translator



Ingrid U. Øygard is the leading student priest at NMBU. The student week on Thursdays 9-14, but Ingrid is also available for appointments on other days.

Appointments can be made with Ingrid here: io484@kirken.no ,



Chairmans's column

SiÅs always strives to be able to deliver high-quality services to you students and to further develop our offers to you. Therefore, your input and feedback are important to us. On this occasion, we hold a customer satisfaction survey where the majority of students at NMBU are invited to take part in the survey. It gives you the opportunity to give feedback on what you are happy with and what you wish were different. You will receive an invitation to respond to the survey by email and I hope you will take the time to respond. It will be important for us, and even more important for the students' welfare, that SiÅs get feedback on what is needed for us to improve.

As part of our investment in sustainability, we have now joined the industry agreement on reducing food waste with the Ministry of Climate and the Environment. The purpose of the industry agreement is to work together to promote better utilization of resources and raw materials through the prevention and reduction of food waste throughout the food chain. SiÅs promises with this to contribute to reduced food waste and we are in the process of mapping out how we can contribute to this. Food is a basic resource that we all depend on, at the same time enormous

amounts are wasted throughout the value chain. It is therefore important that we all contribute to plugging the holes in the system through which food is wasted. As a business that deals with the serving of food, through canteens and catering, SiÅs will now put in an effort to ensure that we take our share of the responsibility. This starts initially with mapping food waste in order to be able to implement targeted measures.

Selma Sollihagen

Chairman, Student Association in Ås



Sexologist

The students in Ås have gotten a sexologist!

Who am I and what can I contribute with?

My name is Maria Bendheim and I am a qualified sexology counsellor from the University of Agder. I have a background as a midwife and nurse. On a daily basis, I work at the Health Center for Youth and Students. I have doctor/patient confidentiality, and with me you can talk safely about your sexuality. If you wish, I will work with your doctor and can refer you to a specialist health service. I write prescriptions, take pap smears, and insert IUDs/ contraceptive implants.

Why a sexologist?

Good health is important - it's about finding the balance between our mental, physical and sexual health. Sexuality gives joy, pleasure, confirmation, closeness and gives lots of energy. We are not as good at taking care of that part of our health all the time. It can be difficult to talk about it - and we can feel vulnerable.

A conversation with an approved sexologist can help you get to know your sexuality better in a safe and good way. You can talk about challenges such as desire, pain, the relationship with the

person/s you have sex with, orgasm problems, erection problems, arousal patterns, porn, gender identity, contraception, sexual boundaries, abuse or shame. You can talk to me about all topics in sexuality. You choose whether you come alone or with a partner.

Maria Bendheim Clinical sexologist and midwife



Student things

Hello lovely people,

We at the Student Parliament's Student Board hope you have had a nice couple of weeks since our last column, and are enjoying increasingly longer and sunnier days. The semester is flying by and we've had some busy but rewarding weeks so far. Since last time, we have, among other things, carried out the Student Democracy Kick-off Conference at Sørmarka Conference Hotel, Student Parliament 1 and the spring allocation of welfare funds. At Student Parliament 1, we discussed matters such as statute changes and a safe campus, and we received many good conversations and a lot of good input. The subject AOS234 Students in Leadership has also started and is well under way, and we look forward to a rewarding and exciting semester together with a great group of student leaders. At the time of writing, we are in the middle of the planning phase of Student Parliament 2 (which will take place

on Monday 6th March), and will be well into Green Week (27th February – 9th March) by the time you are now reading the new Tuntreet issue.

We look forward to spring and brighter times ahead, and wish that you all keep having a good semester until the next time we meet!

Best regards,

Ase, Jens and Helene in the Student Parliament's Student Board



The Office

Hey there!

The spring parallel has finally started, it's nice to see that Samfunnet is being filled with life again after the holidays!

We in the Business Committee have spent the time since the last column evaluating the previous Career Day, while also looking ahead and planning exciting events for the spring and autumn. We have also finally made it to an overlap trip, where the new and old board together have discussed strategy for the coming year. If you want to be part of all the exciting things to come, I recommend running for election at the GA, where the vacant positions in the Business Committee are career day coordinator, sponsor coordinator, and events coordinator!

Samfunnet has finally started the spring parallel events, where it has been great fun to see people enjoying themselves both at concerts, association evenings, quizzes and Tuesday refills. We have had a semester kick-off, a sold-out graduation party with Graskurs and overall had many fun events. SPRELLfestival's several artists have been released, and we can't wait to see the project get off the ground soon. Soon it will be ready for the workshops we have every semester, and the board is looking forward to reading all the good ideas you volunteers come up with!

We leaders in the office wing hope that we will see you all at the General Assembly on the 20th March, so that you can exercise your right to vote and perhaps run for one of the many positions that are up for grabs this spring!



Jørgen Bonden

Head of UKA in Ås 2022

Jorgen Borden

Birte Una Liset

Head of Næringslivsutvalget at NMBU

Vilde Kjelsrud Pedersen

Leader of Samfunnet in Ås

Vilde K. Pedesen

THE GAME PAGES



WORD SEARCH

ASSEMBLY ELECTION

ENVIRONMENT

GENERAL

GREEN

KLEPTOMANIA

RENOVATION

SAMFUNNET

STRONGMAN

VOTE

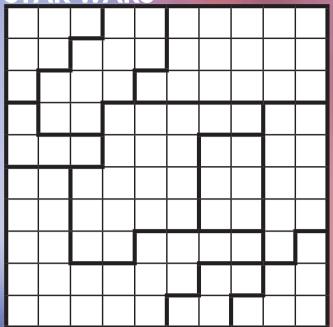
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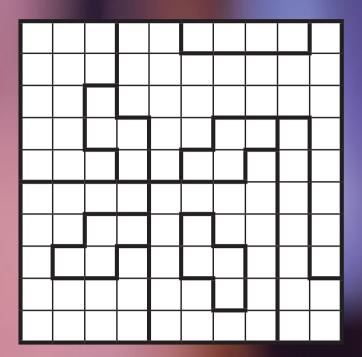
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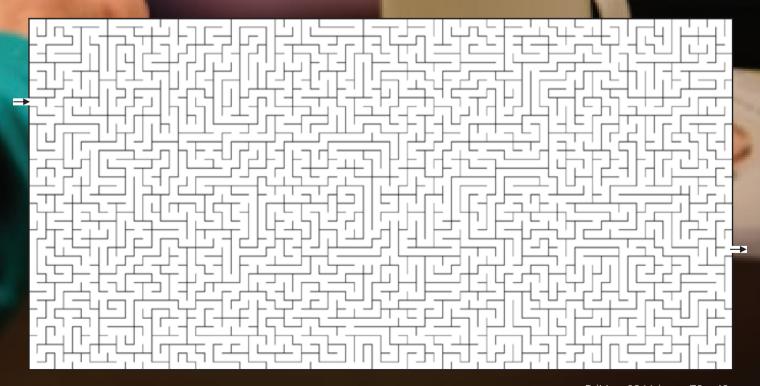


Two stars go into each box, row and column. The stars cannot be placed adjacent to one another, not even diagonally. Start off with the smaller shapes and see what options you have. Remember to mark the cells that the stars can't be in, or the rows or cells where there already are two stars. There is also a videotutorial on Tuntreet's instagram page! (although it's in norwegian)

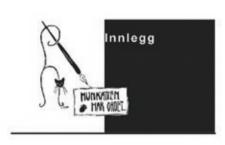


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From an old video game







Cheers FFD! Cheers Skriver! Cheers \$paregris! Cheers Hunkatter! Cheers Qlturelle and Xklusive! Cheers Pusekatter! Cheers Tora as well as Thorvald!

[Melody: Sjørøvervise]

We are the association from nineteen-hundredand-sixty! Hei fadderi faderullan dei! Now we're one a Cruise of the Xclusive sort! Hei fadderi faderullan dei! We're warming up to our Revue, With the splashing of Waves and loads of Vomit. Bædeland and Brauerei and even more!

When we emerged on the Stage you will be there to witness it! It is going to be a banger Revue!

Oltural Regards, Jurist Birte, Læge Ingeborg, Arsenalist Ingeborg and Pusekatt Marie



Our new ladies are initiated it's a great troop We bid them welcome to samfunn life I hope some of them can write

Rævnesjåvv became their first experience That evening was pure salvation They had to enter the fire The final in karskrenn infected them all

There was no doubt as we presented Blåtur The new girls were ready for a new culture Our way went to Riga There, we partied with a whole other league

The little women are going to show themselves They are bound for Kurt Stille's pond We've no idea what they're going to do They've got someone to seduce

The last plan is a vors with Bjældeklang There, the girls will experience a special Where they will lose all their sensibilities

Forfatterfrøken



Around on campus with the basketful of kisses we go, in pink aprons, large bush and lovely legs, sharing with you all as our birthday is finally here!

Yes, hip hooray for Koneklubben Freidig, which is 11 years now in February! Get ready! It'll be a real kids' birthday with bags of sweets, cake and grown-up juice; that's our philosophy. And of course, we'll serve jelly shots. We don't want to be associated with anything else.

We received a lot of gifts; a sewing machine, a toy car and many tasty beverages.

Yes, what a lovely evening we had last night, and are already looking forward to next year.

Kind regards

Koneklubben Freidig v Nestsjefskoneemne





The past few weeks haven't been that bad, they've actually been rather eventful

> We've ran, we've imbibed There is a lot that we have done

T-shirts in white, black and gold, we've worn when we were both sober and

> The association is full of great girls from top to bottom. You are actually really fantastic!

> > It is soon the end of the initiation period,

Collegium Alfa is the best on the Earth!

Regards from the CA candidates!



The new term is here, and we are excited! We've got our best suits and ties, 'cause this year will be better than before With new challenges, new subjects and new memories.

But it is not all about reading and studying,

As we're getting new members in the Academy

Those new initiates, we call them minimen.

With their custom vest and ties, they look more like gentlemen!

We've missed being at Samfunnet, With old and new friends, and partying in the name of fellowship. So og to the Bodega and Johannes, And prepare to make this term The best we've ever had!

Gents Academy v/ Lord Ambassador



This month, the herd danced at Girls and Technology. It is so fun to see girls showing interest for the technological subjects. We support Girl Power! Cheers to all female associations! I can imagine that the boys are upset, forced to put all the girls in the "playing on sex"-category. At least we can entertain...

Regards The board in DAs - Dans As v/ BullDÅs Meline, FikseDÅs Benedicte, KisteDÅs Helene og BjelleDÅs Kristina



The term has given us great experiences for the Alfs. During the 120 years jubilee of Trøndernes Fagforening, StoreAlf and MicroAlf received the honour of greeting the first Alf; ToppAlf. To get through such a bottleneck to get such an honour will not be forgotten. It will be celebrated in the new Alfivities.

The experiences don't stop there. There will be yet more spectacles from the sidewalk. Maybe some will need something to pour it down with? A need for vademecum? Or maybe some parmesan? They are all good Alfternatives.

Alfways yours, MicroAlf.

Have you heard...

Arne Bjarne Baby Jesus

biarne

Sad cat-lady

Where is Pusen Brede????

Perfectionist

Has anyone noticed the NMBU logo at VET not being straight?

Old school

I actually prefer the old logo of UMB

Petulant

So now it's not okay to not be straight anymore?

Sea cucumber

no stoat YOU are great and can do a very good job <3

Stoat

In general, there's a lot of great people at NMBU

Pussylover

Where did pusenBrede go on insta?!

WOKE

Did the account finally get banned?

Old and bitter

The audience is getting worse and worse, can't even stay quiet through a review

Pussylover

The sound in Aud.Max is actually so shit that you can't follow what's being said anyway

Young not so promising...

Hard to hear any sound from the stage when people decide to continue on with the pre-drink talk/start the afterparty talk..

Stoat

Then they can rather just sit in the Bodega than Aud.Max

Fan!

The Student Big Band has an open practice session Monday 20th of February at 19:00 in Festsalen. Have heard that it's possible to just show up and play for fun, with no commitments

Dick or balls

It's kind-of like over or below 16 when going out

Let me go slow

It's great that Eika just changed the type of session after opening the sign-ups... signed up for bike basic some days ago (slow session) but now it's been changed to bike 4x4 (interval session with 90-95% top pulse)...









