

TUNTREET

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WOMEN'S HEALTH,
WHAT IS IT?

TWO BEER:
SELMA

WHAT'S HAPPENING
ON CAMPUS?

LEADER

Should we burst the bubbles?

We all live in our own bubbles. The people we surround us with tend to reflect us in terms of opinions and interests. There are very few who are surrounded by people they don't agree with. This is how we exist, surrounded by a bubble of our own. These bubbles function well as echo chambers where you feel at home and can create your own identity. In a good echo chamber, you're able to figure out great solutions to difficult problems.

A great example of a bubble is the Ås bubble. Inside of it, it seems as if everyone agrees on most topics and therefore, wants to pull in the same direction. In the Ås bubble, we generally agree on how NMBU is fantastic, but for those who can't seem to find their place within the Ås bubble, it can actually be a completely different story.

At NMBU, you often get the feeling everyone cares about the environment and avoiding the climate crisis. This is sadly not the case.

If you change bubbles, you might find people whose biggest priority is making as much money as possible.

Bubbles have many strengths, but they can also be quite scary. The bubbles also influence what we consider fair or equal. Different bubbles have different definition of what it takes for us to achieve an equitable society. Real life and the nation's opinions are not necessarily the same opinions you'll find in your own bubble.

There are many horrible examples of this. A board of a large firm will not have the same opinions as those working under them. There are many executive wages and severance packages which the people on the street find a bit too excessive, but a board inside a bubble would be able to make sense of with each other. How many boards cannot be perceived as an old boys' club where only older men and unfamiliar codes reign?

The scariest is when bubbles enclose those with great power. A leader can fire everyone who don't say YES to the leader's ideas. We often see this take place around the world's most powerful. Trump's inner circle and currently, the tiny bubble surrounding Putin. It's life-threatening when people in power exist inside a closed echo chamber.

So, what do we do? Let's burst the bubbles. We must seek out those we don't necessarily agree with 100%. We must speak up when we don't agree with them and explain why.



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Q & A: UKRAINE



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The morning of February 24th, Europe woke up to messages about the Russian invasion of Ukraine. In this very moment there are ongoing battles and over 2,6million people have fled the country. The number of deaths – both military and civilian – is rapidly increasing. What has really happened, and why? What will happen in the future?

During the democracy hour on March 2nd, a Q&A about Ukraine was held in Festsalen in the Clock building. Kirsti Stuvøy and Stig Jarle Hansen, who teach International Relations, were there to answer questions

from the room. The situation in Ukraine is a complex one, and there are no short answers to the questions. Nevertheless, here is an attempt.

How did we get here?

Stuvøy started by explaining the background for Russia's invasion of Ukraine. After the cold war, the world has seen large structural changes in global politics. USA has become the only superpower, NATO has expanded eastwards, and several former soviet countries are now looking to the west rather than to Russia. At the same time Stuvøy emphasizes that "wars are not started by structures; they are started by actors". It is therefore important to study what the different actors say, to gain insight into their perspective on the situation and to know the best way to react.

Putin states two main reasons to justify the invasion. The first is to protect the people living in the counties in eastern Ukraine, Donetsk and Luhansk, against abuse from a "nazified" Ukraine. The

second is that an invasion is necessary because USA and NATO's expansion threatens Russia's national security. Since the Majdan revolution (2013-2014) and the annexing of the Crimean Peninsula in 2014, the Ukrainian people have wanted to become a part of NATO. The recognition of the Russian breakaway regions, Donetsk and Luhansk, on February 28th could, according to Hansen, be seen as a "Russian veto against a Ukrainian NATO membership".

Do Russian citizens understand what is going on?

In Russia, there are both state-controlled media and other media. State-controlled media conveys Kremlin's version of what's happening, which is that Russia is executing a special operation in Ukraine. The other media have been more critical, but lately this has led to harsh consequences. Among other things, it is now illegal to criticize the invasion of Ukraine or to call it a war. Several media have been taken off air, among others the TV-station TV



ÅS KULTUR

Rain and the radio station Ekho Moskv. Thus, the general media is now dominated by Putin's version of what's going on.

At the same time, NRK announced on March 8th that many Russians use Telegram to get updates about the war, and that the use of this encrypted messaging service has exploded. Russians have also gone to the streets to protest against the war in Ukraine, even though there is a high risk of police abuse and punishment like fines and prison time.

Realistically, will Ukraine able to defend itself?

Ukraine is neither small nor lacking in resources. In addition to receiving weapons and other supplies from countries in Europe, they have large parts of the global community on their side. If the conflict escalates and Russia starts using heavier artillery, they can expect that EU and the US will only get a stronger will to support Ukraine.

Is the use of sanctions a good idea?

Implementation of sanctions is the strongest non-military reaction a state can do. The goal of the implemented sanctions is to weaken Russia's economy by hindering imports and exports. Exactly how hard the sanctions are going to hit depends on whether or not Russia finds other opportunities to export their goods.

What effects do the sanctions have?

Ever since 2014, there have been sanctions against Russia, and even before the new sanctions came, the country was in a bad economic state. The gap between the poor and rich has increased. The working-class income is low compared to the living expenses. There is a lot of debt among the population, and many are vulnerable to economic uncertainty. The hard blow from the sanctions is also hitting the Russian elite and the oligarchs hard. They have accepted the bad handling of the Russian economy for several decades, but it is unclear whether they will still support Putin after this.

That the sanctions have had an economical effect, is indisputable. Whether they lead to the desired political effect, we have yet to see. There are already disagreements among

Russians about the war. While many oppose it, there are also those who agree with Putin's justifications. If Putin and the Kremlin manage to turn the negative effects of the sanctions in their favour, there is a chance that more Russians will turn against the West.

Can Putin run out of money?

It is possible, but only time will tell. Russia has minerals, resources, and other things that can be exported. The question is whether they are able to export it. Hansen adds that even though Russia has great military reserves, it is worth to keep in mind that they have several other borders and military duties. For example, they have had to move a division from the border of Norway down to Ukraine.

Will the conflict spread to other parts of Europe?

Most likely not. However, dangerous tensions can arise if we don't understand which limits not to cross, for example when Poland brings weapons to Ukraine by airplane. But an expansion of the conflict will only increase the chance of a nuclear war. This is something Hansen finds hard to believe that even Putin would want.



Student Parliament 2:

Monday March 7th, this year's second student parliament was kicked off. The night was spent debating language and international inclusion on NMBU, in addition to other cases and discussions.

Sunniva Steiro
Journalist



Thea Samskott
Translator



Before the orientation cases, mayor of Ås, Ola Nordal, had some updates for the parliament. He shared how the municipality focuses on working together with the students and he spoke about reception of Ukrainian refugees, which is currently only happening on private initiative. In addition, the municipality is working on improving public means of communication between Ås and Oslo and how they are working towards lowering climate emissions, mainly from traffic.

Orientation cases

SHoT

The Student Board (AU) presented the SHoT survey, researching students' health and welfare at every university and college in Norway. As of March 7th, 31% of NMBU students have filled out the survey. The survey is the University's main way of knowing what students need in their day-to-day student life.

New strategy at NMBU

The Student Board informed the parliament on the new strategy being developed for NMBU, which is the main document for further developments at the university, and which every action is to be based on. The

representatives in the student board are invited to weigh in through a workshop. The strategy is being tied to UN's sustainability goals and will be in force from 2023 to 2030.

The upcoming student election

The Election Committee presented the positions which are going to be elected this spring. The remunerated positions are within the Student Board, the University Board and the Faculty Boards. The deadline for submitting a candidacy is April 13th and can be done through studentdemokratiet.no. If you have any questions, please contact one of the Election Committee representatives, Simen Bredesen, Sunniva Steiro, Medda Mejlænder-Larsen or Bård Andersen.

Removing the Central Admissions Committee

The Central Admissions Committee is being discontinued this spring, the student board informed the parliament, as procedures for special admissions are changing. Every application for admission at universities and colleges are being processed through Samordna opptak from now on, which is why the Central Admissions Committee by NMBU is being terminated.

Discussion cases

Kinnåsen suggestions from the students at NMBU

Kinnåsen is a property next to Årungen which Ås municipality wants to use more. The municipality wants the students to weigh in on how to make it more accessible. The students in parliament suggested class trips and events like Christmas parties. The price point was repeatedly stated as crucial, if the property is going to be accessible to students, and it was recommended that the cost for one night should be close to the price at Sandoren.

Dignified academic graduation at NMBU

The Student Board is working to establish a dignified academic graduation for all students who have attained a degree at NMBU, orchestrated by the university. It was discussed what the students expect from such an event. Many in the parliament imagined an experience much like the matriculation, and for example a dinner with the faculty. It is proposed that this graduation event should be free, as money should not keep anyone away from such an event.

Students' legal security

More knowledge about students' and universities' legal rights are being inquired about. A suggestion for a resolution has been formed to maintain students' legal security. More information during the buddy week was brought up as a bad idea, but the parliament seemed to agree that the information on the websites should be more accessible in terms of language. It was pointed out that the most important reason for the resolution was to maintain predictability.

Amendments to the statutes – substitutes for the student democracy

A proposal to change the Student Boards structure was presented, intending to instate substitutes for the positions within the organization to secure continuity if someone leaves their position prematurely. During the discussion, there were concerns regarding the substitute's eagerness to follow up the position well enough while they are not getting paid. It was also pointed out that remuneration could compensate for leaving one's schoolwork if a substitute had to step into the Student Board, and what Lånekassen would do with such a situation is being investigated.

Inclusion of international students in student democracy

The International Student Union wants to make the student democracy accessible to all students of NMBU, including international

students. It was discussed whether English should become the leading language of the Student Parliament, and what consequences would come from having a Norwegian language requirement in the positions of the Student Board (AU). A large group of representatives of international students was present at the back bench of the assembly.

Arguments for keeping Norwegian as the leading language were that this is a Norwegian university, and that all-English meetings would raise the bar for Norwegians to participate in the student democracy. The internationals believed this was exclusionary, and that the democracy could only be accessible to all if the leading language was English.

Suggestions to solve this challenge were among others live translators or to have an extra representative in the Student Parliament dedicated to international interests, independent of faculty. Another suggestion was to keep the leading language as Norwegian, but with English discussions when required.

Decision cases

Adjustments of the statutes of the student democracy

Among the statutes acknowledged in the Student Parliament was the wording concerning the requirements for the working language of candidates running for a position in the Student Board. The Student Parliament decided through on-paper voting, that the candidate should be informed that it is recommended to know Norwegian at a B2 level to maintain the position, but that it cannot be controlled. Afterwards, the welfare funds for spring 2022, the revised instructions for the student councils, NMBU as a children's rights university and the expansion of the plan of action were accepted.

Other cases

Orientation

The student board declared that they wish to work for the international students. They want to bring forward suggestions concerning the language requirement to the NMBU administration, which feels exclusionary for the international students. The Student Board also wants to establish a better language offer for the international students, with better courses, in addition to more inclusive offers for internationals and Norwegians.

Alcohol on campus

In 2017, a prohibition on alcohol on campus was put in motion. This prohibition is going to be rediscussed, as Samfunnet's capacity is being pressured by the growing number of students on campus. It was pointed out that keeping the entire campus alcohol-free seems rigid from the university leaders. All other universities in Norway allow alcohol on campus, often with areas suited for alcohol consumption amongst students.

Did you know? Case papers for the Student Parliament are available online.

What's happening on Campus East?



TF, Sørhellinga, NIBIO, Bedehuset, IVARinn, the student dorms in Kajavegen and everyone's dear shortcut across the lawn. All this is located in the area called Campus East. What's going to happen to the whopping 100 000 m² big area stretching from Kirkeveien to Samfunnsveien one way across, and Drøbakveien to Utveien the other way across? Will there be a hotel? What about a new grocery store or more student housing? EIA, the real estate department at NMBU, have started an opportunity study to see how this area can be developed.



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Campus East – a large area with a large potential

“The size of the area actually corresponds to all of today's NMBU – including the Veterinary Building. It's even bigger than Barcode in Oslo!”, says an enthusiastic Kristoffer Pinheiro and Helge Mathisen from Urban Lab. “It is therefore a doubling of NMBU's building area which is “at stake” in this project”, Kristoffer concludes further into the conversation with Tuntreet. The feasibility study is a phase of the project around Campus East run by the real estate department, with project leader and head architect Kristin Kreul at the front.

Urban Lab has people with expertise in feasibility studies, and the idea workshop was bought by EIA to implement contribution activities related to the project. Tuntreet also talked with EIA and Ås municipality. Kristin Kreul was there for the interview, but also former real estate director at NMBU, Terje Holsen, who back in the day laid down the groundwork for the work on Campus East. Ellen Grepperud represented the municipality, as their social development operations manager.

“We have, over a long period of time, looked into how it would be possible to

tie Ås centre and the campus together. The Campus East is a very central area in that regard”, Ellen finds. Terje and Kristin agree that this is the intent of the project. “The plans for the project were established around 2008-2010”, Terje tells. “However, there has not been a good development of the area these past few years”, he concludes.

Kristin can deliver the timeline of the project, and various considerations, not to mention the pandemic, has postponed the feasibility study since 2018. In the end, it was initiated last spring and is set to finish around the start of the summer.

What about a hotel? The rector's opinion on Campus East!

There have already been many statements and wishes about the area. Something a lot of people have noticed is our own rector Curt Rice's wish about a hotel. Curt comments:

Pictured f.l.: Terje Holsen, Kristin Kreul and Ellen Grepperud





Photo: Kristoffer Pinheiro



Pictured: Kristoffer Pinheiro, Brage Aleksander Helle, Emilie Netskar, Synne Eide, Jens Bartnes, and Eline Deraas Lieblein.

Not present: Fredrik Skistad, Helge Mathisen, Viktor Talgø Syvertsen and Anne Guro Røsæg.

“It worries me that on one side we have a world-leading research community in several fields of study, but that we don’t have a building for large conferences to convey our knowledge. Ås needs a hotel. This needs to be high up on the municipality’s list of priorities”.

In other words, it has not been decided that a hotel will be put on Campus East, but Curt thinks it’s good that the university kicks off the development project and is looking at the opportunity for a hotel here. He thinks that it’s an ideal area for a better connection between work, education and research.

“I want food trucks too! Varied and international food, early and later in the day! Food is culture and we often gather when we eat. Innovation happens just as often over a cup of coffee or a lunch plate as it does in a lab! The food options on campus are limited and we need to improve them”, he concludes.

Food trucks and hotel – how much can be decided now?

The rector is not alone in having many thoughts about Campus East. How early are we in the project and how much can be decided now?

A feasibility study is not a binding plan, but rather an experiment to find out what is possible to do. This is the starting point of a project, to create interest around an area.

“The feasibility study is the starting point for the project, there are no blueprints or previous results. Further along in the process, when decisions have been made, it’s often too late for inputs”, Kristoffer points out. He therefore emphasises that it is important for the students to get involved!

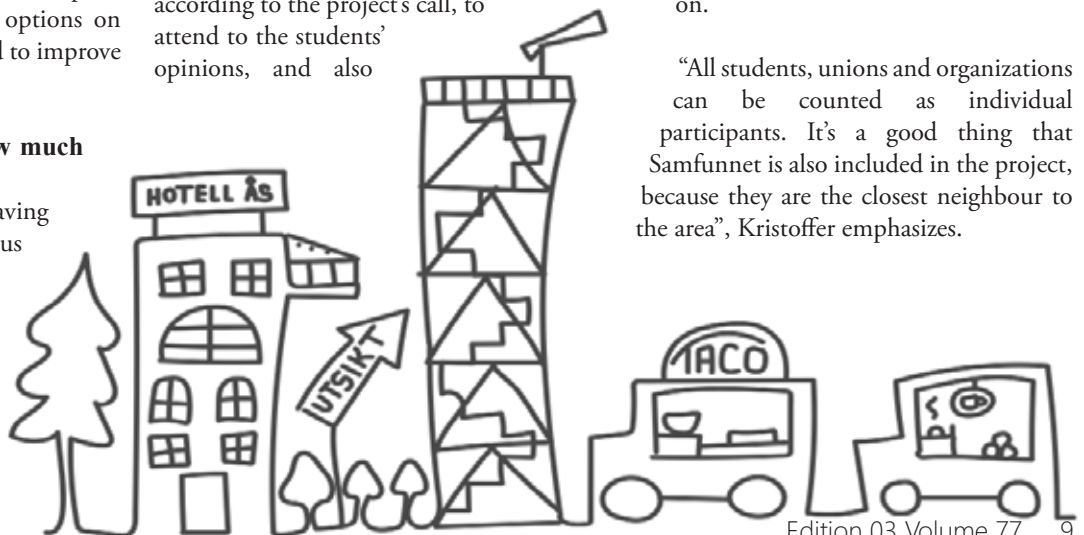
Feasibility study – too early to let the students’ voices be heard?

But is there really any point in giving your opinion this early on in a project? Will it be heard? “Those who are going to develop the feasibility study is in fact obliged, according to the project’s call, to attend to the students’ opinions, and also

show how this is attended to”, Kristoffer ensures us. “EIA is going above and beyond the legally required demands for contributions”, he points out.

TF and Sørhellinga are among the university buildings located at Campus East. Even though what is going on at Campus East will affect all the students, it is especially REALTEK and MINA who will notice the future construction taking place “right outside their own house”. Helge highlights that Urban Lab wants participants from all the faculties, and that the event is a real opportunity to state your opinion early on.

“All students, unions and organizations can be counted as individual participants. It’s a good thing that Samfunnet is also included in the project, because they are the closest neighbour to the area”, Kristoffer emphasizes.



What the Dean Thinks! *What would you do if your faculty got 20 000m² more space?*

LANDSAM w/Eva Falleth: The faculty has a need for space, but on the central campus. For LANDSAM, Campus East is mostly of interest for external meeting and conference facilities with attractive outdoor areas for social and professional activities, as well as common areas for all of NMBU.

REALTEK w/Anne Cathrine Gjærde: Wants to build NMBU Skylab after a model from the Technical University of Denmark who describes it as “a living lab for innovation and entrepreneurship”. In short: a common space for students, researchers and employees to exchange knowledge and solutions for the future. (Source: DTU Skylab’s home pages).

KBM w/ Sigrid Gåseidnes: Agrees with REALTEK – wants innovation areas where everyone can work together in solving the challenges of the future.

MINA w/Hans Fredrik Hoen: Want to co-locate the faculty, with a good and spacious cafeteria and social areas (7 – 10 000m²). After that, they want to build “The Agro Park” – a flexible demonstration lab of everything MINA and NMBU are working on (5000 m²). They would like the remaining area to be a common innovation centre for all of NMBU, as well as for external actors.

Curt Rice: I don’t want 20 000 new square meters in the shape of new buildings, but improved administration of the space we already have. NMBU has many under-utilized square meters. That is what I want to work on!

Tuntreet also had the chance to talk with Hedda Mejlænder-Larsen, leader of Studentsamfunnet. “Samfunnet’s building is located on Campus South – not Campus East”, she clarifies, but still points out that the organization will certainly be affected by what’s going on across the street.

“Samfunnet’s building is too small for a growing student mass in Ås”, she states. Through an expansion, a medium-sized concert hall, more bars, and a new social area could all be realized. “Samfunnet is dependent on being completely co-located to transport people and equipment.” Thus, Hedda doesn’t see an immediate possibility of expanding Samfunnet with a separate or connected building across the street.

“Samfunnet is happy to be included in the process, and we see the importance of continually promoting our interests as we are a neighbour of Campus East”, she concludes.

Ås as a 15-minute town

Terje, Kristin and Ellen also see the bigger picture and what role Campus East has in the general development in Ås.

“Campus East can be a real opportunity to get more business activity to Ås, and combined with getting more people to move here, this could contribute to making Ås a 15-minute-town over time”, Kristin finds. “With the development of the Follo railroad, travel time to Oslo is reduced and

then Ås can really become an attractive area to live in”, Ellen points out. She thinks that NMBU is “brave in terms of ambitions” and thinks this is very exciting.

How can you let your voice be heard?

Will there be a hotel and conference centre at Campus East? Are you worried about green areas being cut down or does the shortcut across the lawn have a special place in your heart? State your opinion! Feel free to write a letter to the editor to Tuntreet. Urban Lab round 4 will also be held on March 29th and April 2nd, 2022.



Fried Rice

The table is set for roasted Rice. Whether the room will smell burnt is yet to see.



Who is he, really?

He was born and raised on the countryside in Minnesota, USA. Rice is educated as a professor in general linguistics. Even if general linguistics does not have a direct connection with NMBU, he doesn't hide his passion for accommodating good education. Therefore, he has stepped into the role as a university rector for the second time.

He puts forth three main tasks he was given when starting as a rector:

1.Increase the legitimacy as a sustainability university
2.Integrating the new veterinary students
3.Improve NMBU's visibility

With that in mind, we can turn up the heat on the frying pan, pour some oil and toss in a little Rice.

The sustainability university with a crazy amount of parking spaces

Curt is preoccupied with marketing NMBU as a "sustainability university". Despite the university's environmentally friendly nickname, there are massive areas reserved for parking.

- There's a crazy amount of parking spaces, the new rector says. He says that the solution must be a rational one. It will be exciting to see what that rational solution will be.

Free pizza on the career day

It wasn't a big shock that there were questions about why he arranged free pizza on the career day. He answers that he is sorry that this was hosted on the same day, and that there

was miscommunication. He also explains that NMBU is a big place where events can collide. "That's life, he says." Next time, he will hand out free pizza in collaboration with the career day.

- Curts recipe for a tasty pizza

1.Thin crust
2.Strong spices
3.Some cheese
4.YES - to pineapple on top

Why spend 1.625.000 kroner on marketing when we can use internal competence?

"It is a completely normal thing to do in public organizations," he says. He adds that with a budget of 8 billion kroner, this is not really a large amount of money. He wants NMBU to not be something you have to look up in the dictionary, and therefore it is important to work on communication. In two years, it will be impossible to think about sustainability without also thinking about NMBU!

When asked about the ASMR adverts that are spread on Instagram, he says he has no interest in defending that.

Why do you not live in Ås?

"I want the ocean and mountains."

One might ask why he hasn't moved to the west coast, which is composed of those two things only.

The students challenged Rice to volunteer at the bar at Samfunnet, and to run 3000m beer in a condom suit. We can't wait to see you there, Curt!



Silje Bie Helgesen
Journalist



Margreta Brunborg
Photographer



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Illustrator



Sofie Palmstrøm
Translator

Women's Day celebration

This 8th of March, students, activists, and other passionate members of the society gathered by Ås Kulturhus to commemorate the International Women's Day. It was organized in a collaboration between Studenttinget, Studentsamfunnet i Ås, Ås Feministiske Studenter and Kvinnefronten Ås.

The event began with an appeal to the audience from Marie Sneve Martinussen, the parliament representative for Rødt. In the appeal, she stressed the importance of acknowledging that the fight for equality and equity is far from over in Norway, especially within the labor sector. Martinussen called for a 6-hour workday and finished her speech with a reminder that the fight for women's rights is a fight men are a part of as well: "Everyone, even men, are born out of women". The appeal was followed by a parade towards Samfunnet, accompanied by feminist chants and the folk band Flatlusa's music.

Arriving to Samfunnet, the marchers witnessed more of Flatlusa's beautiful musical performance at Festsalen. This was then followed with speeches by Foreningen Hunkatten's leader, Astrid Ingeborg Skiaker, and Kathrine Frøy Frøslie, an Associate Professor at NMBU.

The leader of Hunkattene acknowledged that, while Norway is one of the most gender-equal countries in the world, there are strong gender roles still being imposed on girls and boys from the early age. This

undoubtedly imposes certain expectations on the choices they should make for their further education. Skiaker urged to prioritize education from an early age in a way that allows girls to make choices in the kind of education they want to pursue.

Kathrine Frøy Frøslie talked about the importance of speaking on the gender issues, whether it be discussing the systemic inequalities women still experience in Norway or challenging one's own internalized patriarchal values in even the little things. She also urged to 'stop speaking on the gender issues', meaning that being visible and taking up space in areas women care about is just as significant. Continuously educating yourself and sharing your knowledge with others, making sure to lift others up and allowing their voices to be heard is the way to change.

The evening went on with an exciting improv-show from Dronningimpro and finished with a concert with Pikekoret IVAR, marking the celebration of the achievements made and the ongoing fight for those who are yet to experience the



Elina Turbina
Journalist



Åsne Sørliie-Nordnes
Photographer

equity and freedom of Norwegian women. If there is one thing we should remember during these times of ongoing wars and other global crises, it is that the conversation must continue.

According to Amnesty International, cases of gender-based violence have increased dramatically in the past couple of years. Covid-19 and the multiple armed conflicts around the world are viewed as the causes for the regression for the women's rights and gender equality. The ongoing global crises can affect different groups of people differently, and it is important that we take a more compassionate approach when discussing these subjects.

Showing your support, spreading awareness, and helping those subjected to violence is something we should take on. Listen, and make sure you use your voice to protect the right groups of people. In the words of Kathrine Frøy Frøslie: "By awareness, continuous conversations, we can continue the fight and the celebration".





IS THE WORST PERSON IN THE WORLD A WOMAN?



Elina Turbina
Journalist



Signe Aanes
Illustrator

Who is a modern woman? A question such as this has been on the tongue of many since the rise of mainstream feminism. 'Girlboss', 'pick-me girl', 'bimbo' - these, and countless other examples are the identities society is trying to define and assign to us. The portrayal of trends and complications of modern womanhood has been more popular than ever, and not without a cause. The media has taught us to learn and understand men to a sufficient degree. They feel more multidimensional, deep, forgivable. Trauma this, emotional immaturity that. Progressive times demand the female counterpart to what it is like to be a woman. And I think that Joachim Trier's Julie from the *Worst Person in the World* is a great example of that.

There have been criticisms of Julie's character being a woman written by a man, which to some negates the sincerity of the character and puts her right into the male gaze stereotype. Yet, however ironic this may seem, Julie feels much more relatable than most portrayals of modern women in media. Julie is complicated, she desperately wants to be good, to keep everyone around her happy. But she does it through ways that do not necessarily make her feel good, instead oftentimes sabotaging her own happiness. She switches between chosen career paths, hairstyles and clothing, boyfriend types, values, and personalities. Her identity is extremely volatile and vulnerable. It is hard for me to speak for the other modern women, but as for myself, I finally felt seen while watching Julie's complexities come to life.

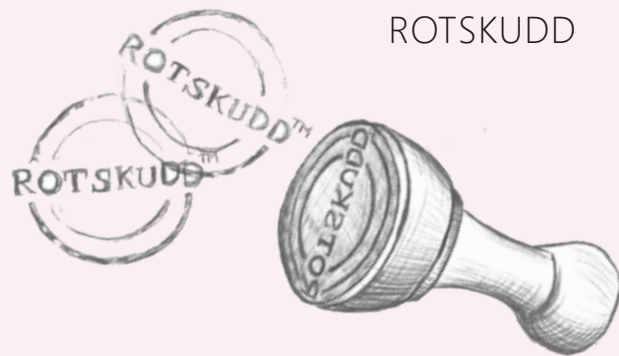
Philosopher Slavoj Žižek once said in an interview that, while men tend to think they have a strong sense of self, women

operate within the true subjectivity of their self. They act with the subconscious notion that the 'true self' does not exist, and instead we are all just a bunch of masks projected onto a void. By this logic, no people have a set personality, instead they are a vessel for perpetual transformations. This point of view would then explain why Julie is never settled.

Julie molds herself according to the people she wants to please. She lets herself be vibrant and independent when she meets her romantic interests, yet folds under the pressure of having to decide who she is and what she wants whenever her relationships become stronger and more intimate. She moves on from these uncomfortable realizations to try other personalities on herself, to get to the bottom of what is the best fit for her 'true self'. On this path, she learns to stop looking for reassurance from other people and instead allow the irony of life move her 'with the flow'. Although her quest for her 'true' identity seems to be ongoing even by the end of the movie, the story finishes in a hopeful manner, neither punishing nor rewarding Julie's uncertainty.

So, what does the film say about a modern woman? Is she the worst person in the world? The film does not provide us with the answers that would bring clarity to this statement. The truth is that we all feel like the worst person in the world sometimes. But unless we stop looking for others to dictate who we truly are and finally accept our ephemerality, this feeling will persist.

Let go of the desire for an easy answer and permanence. Accept that we have no control. Change is all we have.



Sofie Bergset Janols
Journalist



Anne Trætteberg Reitan
Illustrator



Pauline Marie Søndena
Translator



Why do we not talk more about the menstrual cycle?

My first encounter with menstruation was, like for many others, in my early teens. It would take about 6 years before I learned more about what menstruation really is and what actually helps with period pain. Before I even got a conscious relationship with my own menstrual cycle.

The meeting with the period lady

It all started on a beautiful April day in 2019. The sun was shining, spring had announced its arrival, and so had my period. This was a particularly bad one, and painkillers were barely helpful. Luckily, I had a bonus mum (a three-and-a-half years older friend) to take care of me. As I sat under a blanket with a heating pad and a cup of tea, she told me about a period coach or guru on Instagram, Claire Baker. This was something I had to look further into.

This Claire wrote about how to work with the menstrual cycle and the body, rather than against. She wrote about how different hormones play a role in different parts of the cycle, and how this affects everything from mood, concentration, productivity, creativity and energy. Although I was a little frightened by how “alternative” it all felt, I was fascinated enough to follow this period lady on Instagram. Another universe opened up to me.

The menstrual cycle 101

Three hormones, in particular, make their mark on different parts of your

menstrual cycle: estrogen, testosterone and progesterone. The cycle itself can be divided into four phases, which Claire compares with the seasons.

The days of bleeding can be compared to winter. Here the hormone level is at its lowest, which can make you extra tired and makes sitting under a blanket extra tempting. There’s nothing wrong with that. Calming down and recharging your batteries is important when taking care of yourself. In the next few days, the estrogen level begins to rise, and the energy returns, and just like with spring, it can feel as if you are “coming to life” again. Many will be extra focused and productive here. The phase just before, during and after ovulation are linked to summer. Estrogen levels are at their highest, and testosterone also appears for a few days around ovulation. The hormones make skin and hair look better, and many feel fresher and more confident. The energy level is at its peak, the sex drive is higher, and fun fact: orgasms come easier.

After ovulation, the level of progesterone increases because the body is preparing for a potential pregnancy. Progesterone calms you down again, and this phase is linked to autumn. Movie night with a small group is perhaps more tempting than going out to party? In the days just before menstruation, both progesterone and estrogen levels have dropped low. Instead, fatigue, the feeling of wanting to eat like crazy, and PMS appears

for many. That being said, this phase isn’t just good for nothing. If there’s one time of the month when it’s easier to say no to the things you can’t be bothered to do or want to do in the first place, it’s these days. Setting healthy boundaries, amirite?

Living with the cycle

With the awareness of what’s actually happening to your body, it is possible to align your lifestyle with your menstrual cycle. That does, of course, not mean letting your life be entirely taken over by it, but you can, for example, be more aware of what you eat and drink. Some of it can help with menstrual cramps and PMS, while others make everything worse, but exactly what and how and why is a slightly too long anecdote to squeeze in here. Matching your workouts to the cycle has also become a thing. A D2 article from September elaborated on how biathlete Tiril Eckhoff started doing this and achieved better results.

Maybe you recognize yourself in the way the menstrual cycle is rendered here, maybe not. Everyone is different, and many are little affected by their cycle. But it is also true that many people are. It’s natural. And not necessarily a bad thing. In fact, it can be a really good one.

So why are we not talking more about the menstrual cycle?



Silje Bie Helgesen
Journalist



Synne Lousie Stromme
Photographer



Oda Braar Wæge
Illustrator



Alexander Mæland Munkejord
Translator



Women's Health – What is it?

What exactly is women's health, and why is it so heavily discussed in politics and media these days? Young women will, maybe unknowingly, have experienced what the word means through doctor's appointments, contraceptives, and other health-related matters. Why is women's health so important for the feminist movement? We will answer this question now.

Women's health is the health of women. The female body works, reacts, and sometimes gives signs and symptoms differently from the male body. The health care systems of today often consider all bodies to work the same way, regardless of gender. This can cause many women to get diagnosed incorrectly, getting medication that is not tested on women, and they risk not being taken seriously when their symptoms do not match the book. The world knows too little about the female body.

The Norwegian Women's Public Health Association (NKS) have fought to resolve this lack of knowledge and have been doing research on the field since 1916. NKS manages 20-25 million NOK in research funding every year and are currently running 44 different research projects. We spoke with Elisabeth Swärd who is responsible for research at NKS to get an explanation of the effects of women's health.

Gender is more than biology

Equality is related to women's health. "Everyone in Norway has the right to safe and good health care, and that is why we need knowledge about the differences between genders", she explains. To have equal health care, women's bodies cannot be treated like men's, because they are not the same!

Unfortunately, there is a lack of gender equality within research and innovation. There is a lack of knowledge about illnesses that women suffer from, but it is also a real problem that women are not treated correctly for sicknesses that affect both sexes. She explains that there are large differences between the sexes when it comes to diagnostics and treatment.

”We need to see the differences and the lack of research from a historical perspective to understand why things are the way they are

Historically, most medical research has been based on the male body. Women have also been excluded from medicine trials. During the 50s and 60s, Thalidomide was given as a remedy for nausea during pregnancies, and the side-effects were severe for the mothers and their children. This led to a fear of using women in medical research. In animal experiments, male animals have been used because menstruation messes up the experiments. Swärd emphasizes that research has improved, but that there are challenges in the medical care system, as we simply do not know enough about the female body.

Contraceptives as power

The birth control pill came in 1967. The feminist movement worked hard to legalize contraceptives, so that women could decide for themselves when they wanted to get pregnant. Originally, the pill contained five times higher doses of hormones than the

current one does. Due to a lack of research on women's bodies, there were not enough knowledge about the possible side-effects. Swärd says that the pill probably would not have been approved today, but that it is a calculated balance between the positive and negative effects of contraceptives, and the goal of preventing pregnancies. The positive effects are related to sexual health, women's rights, and the control over one's own body.



To place this in the current worldview, we can see that women's health and contraception are part of two of UN's Global Goals. By giving women the power over their own reproductive health, it contributes to improving the society as a whole. This is related to the right and opportunity to complete their education, to work for their own income, and the ability to break free from the role as a reproducing, stay-at-home individual. Swärd is clear about the fact that contraception and "family planning" are topics that are dismissed in societies dominated by men. This happens because there is so much power in having control over women's reproductive health, and that is why contraception can help put the power in the right hands.

” We need to provide sovereignty over one's own pregnancy

This is a heavily discussed topic in many countries, including Norway. It is evident that rights to one's own body has seen a negative development globally. "Women had more rights in the 60s and 70s than they have today", she says. This is proven in particular at UN's meetings about the Convention on the Elimination of All Forms of Discrimination Against Women.

” There is not enough research on contraceptives and the dangers of their side-effects

While parts of the world are still struggling to provide women with contraceptives, Norway is one of the few countries that can take it one step further, and discuss and remedy the dangers of the side-effects. Swärd says there is a difference between short-term and long-term contraceptives. Short-term contraceptives like pills and vaginal rings cause higher risks of blood clots, cardiovascular diseases, breast cancer and other side-effects. Long-term contraceptives like IUDs and implants carry less of these risks. This is useful information when choosing contraceptives. Keep in mind that any hormones you get are hormones which already exist in the body, and they are natural.

The right to rule over one's own pregnancy is still debated in Norway in 2022.

Norway is one of the countries in the world with the most equality, but even here we see serious debates regarding women's choices of pregnancy. Why? Swärd explains that, once again, this is related to one thing in particular: power. Politics, rights and knowledge development are all topics that can be related to contraception.



She says that we need to keep in mind the differences between the genders, and that it is important to be a community actor with a voice, both in politics and in the field. The Ministry of Health and Care has established a women's health committee, of which Swärd is a member.



Elisabeth Swärd. Photo: private.

Their task is to map out the knowledge gaps on women's health in Norway and propose improvements. She points out that the challenges regarding contraceptives are among the topics they discuss.

”

It is important that Norway, as a society with relatively decent equality, leads the way in a global perspective

We have conducted a survey at NMBU where 123 women have participated. 64.2 percent responded that they use contraceptives, where most use the pill, IUD, or implant. 75.9 percent experience negative side-effects, where menstrual disturbances, mood swings and reduced sex drive are the most common. Among those who had previously used contraceptives, 95.7 percent responded that the pill caused depression and mood-swings, to a large extent.



The Covid-19 Vaccine

”*“Women’s own experiences must be used as sources for knowledge; it takes too long before they are taken seriously.”*

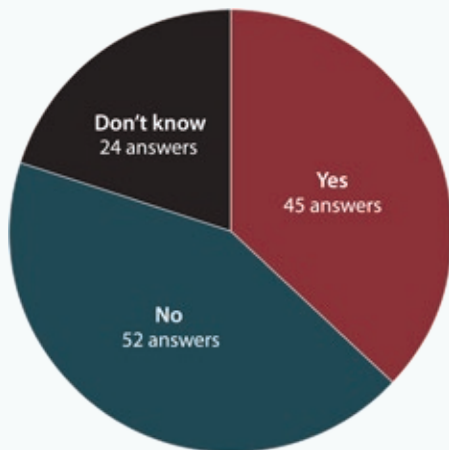
Swärd mentions that the Covid-19 vaccine is an example of this. Many women reported that they experienced pain and menstrual disturbances as side effects, but it still took a lot of time before the Institute of Public Health took it seriously. Situations like this are dismissed, claiming that menstrual disturbances are normal and are not necessarily related to the vaccine, like the Medicines Agency debated on “Dagsnytt 18” last summer.

In the survey, 98.4 percent responded that they have taken the Covid-19 vaccine, and most have gotten the third dose. 43 percent claim to have experienced side-effects from the vaccine. 75.4 percent have experienced menstrual disturbances, while 30.4 percent have felt strong pain in their uterus.

Swärd says that these pains and disturbances could have other causes, but that there is a lack of belief in that women know their own bodies the best. She says that we do not know if these side-effects will affect fertility, as we do not have enough research. There is still a lot that we do not know about the differences between the sexes, regarding the covid disease and the vaccine.

Have you experienced side-effects from the vaccine related to women’s health?

121 answers



What side-effects have you experienced from the vaccine?
65 answers

don't know headache Pain lasting longer than normal every cycle

bleeding disturbances

bigger boobs insomnia uterus pains

Stories from encounters with health services

I have struggled a lot with problems related to my period (stomach pain, extreme mood swings, think slightly bipolar). The doctors thought that the problems were just because of my psyche, and they assumed I was just being a sensitive woman. But after I started taking POP-pills after years of pain, on my own initiative, all the issues disappeared. I think that women’s health related to menstruation, not only during the period, but in the whole cycle, should be taken more seriously

I have not had any experiences where I have been treated badly or criticizably by the health care system.

It took me 8 years to get diagnosed with endometriosis/adenomyosis. And then another 1 ½ year before a working treatment.

I feel like there is so much we do not know about ourselves, that when it comes to asking questions to health workers, I don't know what to ask.

I had trouble getting believed when I wanted help because of pain. It was either trifled with, or the doctor meant it was my own fault and placed the responsibility on me. It took years and many doctors before I found one that actually listened and gave me the help I needed.

I feel well taken care of and heard, but this can be because I have a female doctor and have been to a female gynecologist.

In my experience, my doctor takes me very seriously no matter what. I once visited the youth health center in my municipality for a pregnancy test (for the first time in my life, that is), and the workers there seemed to assume this was something I had done a million times (maybe not that serious, but still a negative experience for me). After this I have only used my general practitioner, and the health station here in Ås since the doctor is in my municipality, but she always responds quickly to my inquiries and ALWAYS follows up if I need anything<3

THE STUDENT

WOMEN AND BODIES



Signe Aanes
Creator

SO WHAT ABOUT YOU? WOULDNT YOU LIKE TO BE A MOM?

WELL... NO... OR MAYBE THAT ON TIME...



LIVING... WAIT! DOES THAT MEAN?



I'M A MOTHER



APART FROM THAT TIME



THEN HE WAS LIKE "DID YOU COME?" AND I WAS LIKE "IT'S BEEN TWO SECONDS. I'VE HAD SNEEZES LAST LONGER!"



HA-HAHA POOR GUY. HE DIDNT KNOW THAT THE FEMALE ORGASM'S JUST A MYTH, RIGHT!



BODIE RIGHT???



I'M GOING
OKAY, JUST HAVE TO USE THE BATHROOM

SHIT! I WAS NOT PREPARED FOR THIS...

OH WELL, YOU GOTTA DO WHAT YOU GOTTA DO

LOCKER ROOMS

HOW CAN I HELP YOU TODAY? I'VE GOT EXTREME PERIOD PAINS, NAUSEA, MIGRAINES, AND DISCOMFORT I THINK



THERE, THERE, IT'S PROBABLY ALL IN YOUR HEAD. JUST RELAX. GET SOME REST. AND IF IT GETS WORSE, JUST



TAKE A PARACETAMOL!



DOPAMINE DENIAL

Netflix, Spotify, social media, push notifications, online approval. It seems like humanity is tumbling headfirst into an almighty dopamine crisis, leading us further and further into an inferno of brief pleasures and fatal monotony. Someone has to lead the fight against the dopamine avalanche, and we, the residents of "Vaktårnet" in Brønnerud, lead the charge unto the breach.

Dopamine – our dearest dope

To secure the survival of our species, we must eat, drink, have sex. One of the ways the brain makes sure we complete these tasks is to shovel dopamine into our system. A lot of chemicals, like caffeine and cocaine, also influences the dopamine level. The reason why we experience beer goggles and say "yes please" to everything ambulating on two legs, is because alcohol increases the hormone levels in our mesolimbic system – also known as the reward system. Our love for one another rapidly increases the more blind drunk we are, and that is a wonderful thought. The problem is, that when we get this rush, we just want more of it. We are bored by moments we might previously consider pleasurable.

Denying dopamine

The hypothesis for our research is: if you actively enjoy excessive sources of dopamine rushes, the threshold for achieving a dopamine rush declines, and something boring can suddenly be much more enjoyable.



The residents ensure that the moisture paragraph is held sacred.

Do you remember, during the worst of the covid period, when you partied like a madman just because two people came to visit? Just as the long and short chain carbohydrates, we avoid the brief pleasures and encourage the slower ones: books, thought-provoking films, good social interactions, culinary arts – entertainment that grows on you and offers some degree of substance. The Holy Grail in this pseudo-scientific exercise is to make school all the more amusing. That is, the transcendence of our bodies and minds into an academic hyperhuman, the superior student, orgiastically celebrating the arrival of any new school task.

Detoxification

It is ironic that we, in a time where the great societal restrictions were lifted, punished ourselves with even worse restrictions on our minds and bodies. After some research, we discovered that there already were a few recipes for dopamine fasting. These would last for 24 hours, but that is just an amusing trifle, not a suggestion to a life style. We invented our own rules:



Entertainment should be productive, offering knowledge and wisdom.



Benjamin Alexander Faulkner
Journalist



Åsne Sørli-Nordnes
Photographer



Åsmund Godal Tunheim
Contributor



Ole Holthussen
Contributor



Jostein Fyrvik
Contributor



It is the duty of all residents to make sure a fellow resident does not fondle his privates before falling asleep.



To reduce the dopamine pressure in the brain, cold baths are a godsend. Make sure to follow up with a cold shower.

- § 1. All intoxicating substances are forbidden from use.
- § 2. No liquid is allowed except clean water.
- § 2.1. Tea is allowed for medicinal purposes.
- § 2.2. Exception: We are allowed to select four types of drink which one is allowed one unit of every day. This is for the purpose of maintaining a certain degree of sanity.
- Benjamin: green tea
 Åsmund: sparkling water
 Ole: "swedish multivitamine frutedrynck"
 Jostein: sugar-free juice
- § 3. No sweets, chips, or any other snackery is allowed. Meat is too tasty and must therefore be forbidden from use.
- § 4. Background music is forbidden. Music must be listened to, danced to, or sung to.
- § 5. You are only allowed to watch entertainment on a screen in the company of others.
- § 6. Fondling of personal or the intimate zones of other individuals is forbidden.
- § 7. Pornography is forbidden
- § 8. All social media is forbidden. Facebook may be used for communication purposes.
- § 9. There must never be excessive moisture on the bathroom mirror.
 Shower in cold water.

Running assessments

The whole collective fell under the scythe of omicron, also known as the Black Sneeze, as we set out for our inner expedition. We therefore made an exception and allowed unlimited magnitudes of tea for "medicinal purposes". We soon found the collective dinners to be the only source of unrestricted dopamine rushes, which resulted in a disgraceful cabaret of dumpstered pork and beef on the evening of the 24th of February. We realized that too much dopamine was flowing, and unanimously agreed to ban meat completely. We had to explore other methods of good cooking.

The good life

Throughout the second week, as we had discarded many of our habits, we experienced a peculiar tranquility. Previously, we would be torn between the only pleasure and the next, but we now found ourselves living the same old life – now only without things we used to take for granted. We didn't even miss the daily intake of alcohol-free beer or coffee, which were integrated elements of our collective culture. It must be said: being shamefully sober at Samfunnet is its own experience.

The fall of man

Throughout the fast, we learned a lot about ourselves, like what we –really– want to enjoy here in life, and how we can achieve

them in other ways. The goal was to become hyper students, but school work was no less boring – just something we did, lacking anything else to do. We lived like pious monks, confessing our sins on the fridge. On Sunday the 6th of March, the first hours after the fast, we turned it the way around. How much dopamine is it possible to experience? We ate, drank and danced like emperor Caligula until the early morning. But this dopamine rush was nothing more than a warm southern wind: a brief source of comfort, then only a memory.

Retrospective

Two twelve-packs of Tuborg, two varieties of schnapps, four kilograms of sweets, chips and a whole bottle of cloudberry liquor in whipped cream did not succeed to impress anything of substance in our lives. When we woke up the day after, our life was the same as before. That might be the strongest lesson: before you get blind drunk or engage in another extravagant and costly cultivation of pleasure, remember that it will only be remembered as a vague memory. But bear this in mind: these memories lay the foundation of our lives and identities. Be in good spirits, surround yourselves with pleasant rituals and habits and relish life your own way. Just promise me to never take the good life for granted, especially in these turbulent times. Bottoms up, everybody!



The residents make sure a fellow resident doesn't breach the intimate zone paragraph.



School work is a good source of entertainment.



Music is to be enjoyed, as it is meant to. It is not background noise.



Here, meals are reduced to their rawest form. No sugar. No cinnamon. No delight.

A mini-introduction to miniUKA



Anne Færø
Journalist for UKA i Ås



Live Røstadsand
Journalist for UKA i Ås



Simone Casteel
Journalist for UKA i Ås

MiniUKA has officially started! miniUKA is a known phenomenon for many, while for others this is their first encounter with one of Ås' greatest prides. Therefore, you may be wondering what all this hysteria is all about? Fear not! Here is a quick introduction.

MiniUKA is what one might call a rehearsal for the grand festival that takes place in the world's best bubble, the Ås bubble! UKA is held every even-numbered year in October, while miniUKA is held the same year in March. Both are 100% based on volunteer work. That's what I call UKEsprit!

The UKEboard was elected in the spring of 2021 during Samfunnet's general assembly and has since worked hard on planning, delegating, and manifesting the festival of a lifetime. Jørgen Bonden is at the center as this year's UKEhead and took on the grand role with ease. Together with the rest of the UKEboard they are looking forward to arranging the sweetest UKA by far. Starting such a prestigious project from scratch is no walk in the park. MiniUKA is therefore an important warm-up for UKA, Norway's longest cultural festival (lasting a

whopping 26 days), with opportunities to test out all the plans in real life. What worked during miniUKA, and what needs improvement? Should something change, or maybe even be removed completely? All in all, a kind of rehearsal.

Thanks to the big involvement among students and enthusiasts at the Agrarian metropole, UKA i Ås can be arranged time after time with splendour. With close to 1300 volunteers, about a fifth of the student mass at NMBU, UKA i Ås can brag about being the cultural festival with the greatest amounts of volunteering and involvement in Norway. To put things in perspective, UKA in Trondheim has about 2000 volunteering students, only 5% of their total student mass. Åslings are therefore a passionate group that make UKA i Ås possible.

It's not only volunteers at UKA who need to warm up before a month of fun. Students and unions also need the opportunity to test their festival fitness. You have probably seen the program hanging around campus. Splendid pictures of Erik og Kriss, Brenn., Oral Bee & Mr. Pimp Lotion, various



parties, quizzes, and let's not forget the revue, miniSprayParade and last but not least the 3000m beer!

You may have seen a bunch of orange people run around campus spreading the happy message about the student festival of a lifetime? This energetic group in flattering full-body suits are hype-men/women/non-binary who serve juicy vibes throughout all of miniUKA and of course during the UKA itself. Kudos for live marketing!

In true UKEsprit, the famous "sløyfa" (the loop) is of course also included in the program during minUKA, called miniSløyfa. Here, Ås' dignified clubs will go together to create different bars that all together make up UKA's answer to the bar street you swayed your way through in Rhodes a few years back.



Photo: UKA i Ås

Here, there is a competition between the clubs to make the most complete bar from start to finish. In 2020, the clubs Hankattene and Hunkattene cooperated on a bar with the theme “Space” and won first place. Can any of the other clubs top the high standard that was set the last time UKA was arranged? Even though it’s miniSløyfa, it doesn’t mean the competition between the bars are any less. The only thing to do now is to tie your shoes, put on your party shirt and experience the homemade bar street!



For many, the UKErevue is definitely a highlight of the whole student festival. This year there will also be a miniUKErevue! As always there is a sensational program distinguished by gifted revue actors who shine onstage. Behind the revue there is a lot of work, which results in high quality. Here you will see internal humour for us Åslings, but also humour for newbies and other people.

Even though festivities are great fun, miniUKA is also about charity and the importance of helping others. This year’s charity project is “Giving Hope to a Child”, an organisation who does relief work in Africa with focus on education. In true UKEspirit, the UKEhelp is arranged on the last day of miniUKA. Empty bottles will be collected and pawned, and the money

will be donated to the charity project. It is therefore important that everyone does an extra effort in collecting empty bottles, something that doesn’t cost us much but still makes a big difference for others.

We hope that both new and older Åslings now got a mini-introduction to miniUKA, and enjoy the freshest program in real UKEspirit. See ya at Samfunnet <3

Tun and Things



Simen Walbækken Tangen
Journalist



Alexander Mæland Munkejord
Translator

Sangkoret Lærken and NMBUI Celebrate Anniversaries

Wednesday, 23rd of February, Sangkoret Lærken turned 50 years, and they will celebrate with a revue on the 25th of March. NMBUI turned 120 years and celebrated with the Sports Gala in Aud.Max. the 26th of February.

45-credit Master’s Thesis

The Academic Affairs Committee at NMBU are suggesting allowing for 45 credit master’s theses at NMBU. The University Board will be handling the case in June and will then decide whether it will be part of NMBU’s regulations. As of today, NMBU has 30 and 60-credit master’s theses.

The Energy Seminar

On the 4th and 5th of March, the Energy Seminar was hosted at location for the first time since 2019, in Aud.Max. In 2021, it was held digitally. The 150 attendees got to hear speeches from many different actors in the energy industry. There was also a panel debate about wind power and a panel on circular economy. On Friday, they hosted a gala dinner, with pork steak and potato gratin. Stand-up comedian Sjur Koppen and Pikekoret IVAR provided the entertainment.

Ås Christian Student Association

– the bubble within a bubble



Benjamin Alexander Faulkner
Journalist



Tuva Hebnæs
Photography

Tuntreet has been so fortunate as to be invited for a coffee by “Laget” at Stabburet, the red clock building behind Økonomibygningen. Little did I know that the Christian life here at Ås is so lively – even hyperactive at times. Now that Covid-19 has passed, they unveil their grand plans: sausage stands, alcohol-free UKEbar and “Skepsisuka”.

The Jesus-bubble

Ås bobla; our peculiar little universe with its own set of natural laws. Here, we diligently make our own fun; as is the way of the Ås-spirit, following in the footsteps of all students since the birth of our university a hundred years ago. Here, we celebrate everything worth celebrating, be it Wednesdays, Fridays, or Saturdays – or all three! It is difficult to find any counterculture to this steamy and debauching bubble – but there is one.

Deep inside the Ås-bubble, there is a small but committed Christian bubble, which shares the Ås-spirit as much as any other association.

A happy bunch

Laget is one of NMBUs oldest associations, established in 1934. It is not unusual for associations to have their ups and downs, but Laget has managed to maintain a steady membership count for over eighty years. It is undoubtedly one of the largest associations at Ås as well, with over fifty members attending a trip to Hemsedal this winter. Laget has a collective in Kajaveien, a large house with two fireplaces and two organs. Not only that! They also have regular meetings in other affiliated collectives as well. Differences in theological practices are no problem. Here, Christians of any kind are welcome: Baptists, free church, Methodists, or Pentecostals. Miraculously, there hasn't been any signs of theological schisma.

Night snack at Pentagon

“It is important to have a place for all Christians and people passionate in faith,” a member says. But Laget is an active and extroverted association. They have a

tradition of serving sausages to hungry partygoers returning from Samfunnet. Hot tip: watch out on Saturday night at miniUKA! For UKA, they have planned a bar at Sløyfa, where they will be serving alcohol-free drinks. A lot of people like to be able to party without ending up in the gutter, as it oftentimes happens here. However: even though Laget hosts alcohol-free events, it is not uncommon for any old member to get plastered occasionally. As Martin Luther said: “He who drinks beer falls asleep quickly; he who sleeps long does not sin, and he who does not sin, enters Heaven! So, let us drink beer!”

Skepsisuka

Through the 21.-25. March, Skepsisuka 2022 (Scepticism week) is hosted. Here, the profound questions of life are brought up. It begins with a debate between an atheist and a Christian, discussing the existence of God. Perhaps you rather want a seminar discussing the compatibility of God and science? Last but not least on the program: the seminar discussing the problem of Evil. If God is almighty and is therefore able to prevent evil – like the invasion of Ukraine – why does evil still exist? Make sure to join the discussion, the week after miniUKA!



ds - UKA 2022

2022
2022
2022
2022
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I år er det definitivt oransje som skal få oss over i lysere tider og bedre humør! Oransje plagg er et must i helårsgarderoben, i kombinasjon med hvitt og denim

alltid i farta

UKA i Ås presenterer
ÅRETS

perfekt for påskeferien



FARGE



Committee Hea



Travelogue from Førdefjorden

Early on Thursday the 3rd of March, I received an unexpected offer to go to Western Norway to chain myself to protest against mine sludge. After 30 minutes of thinking and 10 minutes of packing, I joined in on a spontaneous 8-hour car ride to Førdefjorden.

Iris van Brunschot
Writer and photographer



Alexander Mæland Munkejord
Translator



The Protest Camp

After driving through impressive, snowcapped mountains for more than a quarter of a day, we arrive at the protest camp in Vevring just in time for the evening's general meeting. I excitedly join the circle, and see a mix of known and unknown faces, old and young environmentalists, local grandmothers and youth politicians from afar.

I am one of many who find it absurd to dump 250 million tons of poisonous mine sludge in one of Norway's most beautiful fjords. But Nordic Mining have gotten the permission to do just that. The company is planning to start mining for rutile in the Engebø mountain, and the waste is to be dumped straight into Førdefjorden,

a nearby national salmon fjord and an important spawning area for the endangered coastal cod. Ocean dumping is currently only allowed in Norway and Papua New Guinea, and Nature and Youth and the Society for Conservation of Nature have submitted a complaint to the Ministry of Trade, Industry and Fisheries. We hope for good news, but if the complaint is not recognized, several environmentalists will act with civil disobedience to stop the project.

A Fishing Trip for the Fjord

The chains, however, have to wait, because at the general meeting we are informed that Nordic Mining are postponing the project for a few days. So, the next day, I go for a fishing trip with a local casual fisher. And what do you know, we got four big cods! The day goes on with a nice hike up the Engebø mountain, followed by a refreshing swim in the ice-cold ocean. It is not hard to be charmed by the fantastic mountains and the beautiful fjord!

The ocean dumping, however, will affect the life in the fjord severely. Is it worth it to sacrifice nature for a mineral that will be used mainly to color toothpaste white?

Hocus Pocus, Nature in Focus!

At 12 on Saturday, both locals and visiting activists meet up by the local fjord store to watch a young but generous local magician called Johannes. The 10-year-old boy is not that into white toothpaste, and would rather cast his spells to fend off Nordic Mining, by collecting money for Nature and Youth.

During the show, a small ball disappears from Johannes' hands. He points at a woman in the audience. "It's in your pocket!" he claims proudly. She checks, but there was no ball there. "No, I'm not that good. If I was, I would be in Las Vegas, not here," the young magician laughs. The audience laughs. We are truly pleased with him being here in Vevring, and not in Las Vegas.

I must admit that I had my doubts before I joined the trip to Western Norway. It is not easy to find the time to take action across the country during a stressful student life. But I regret nothing. Whether or not you want to act with civil disobedience; it is more than worth it to take the trip. Long live Førdefjorden!





Two IPA with Selma Sollihagen

Everyone at NMBU has heard of SiÅs, and has most likely encountered the student organization in one way or another. What people might not be equally aware of is that the chair of the board for SiÅs is 5th-year student Selma Sollihagen.



Othelie Eliassen
Journalist



Ylva Friberg
Photographer

We meet Selma at home in her collective and sit down with our IPAs in a cozy living room filled with plants and natural light from the spring sun outside.

Daring to try new things

Selma moved to Ås with a goal of trying all the new things she wanted. Daring to say yes to new things was not something that came naturally, and when Selma was about to start studying, her brother advised her to “say yes to everything.” She took the tip to heart, but eventually had to adjust it to “say yes to what you want to be a part of.”

Right now, Selma is writing her master’s thesis, and she has been working on a deliberate downsizing as spring arrives. At times there has been a little too much she wanted to say yes to, and her brother’s tip got another revision: “say no to what you do not have time for.”

Covid conductor

Although there are fewer positions, she is still a member of NGA. Here she also got the chance to try her hand as a conductor and started in good spirits in January 2020. Selma laughs a little at how cheerful she was early on, because as you probably understand, she had more experience in contagion management than musical management. “It was actually easier to get to the social events than choir rehearsals, since the choir rehearsals were so strictly regulated,” laughs Selma a little dejectedly.

When I asked about her favorite moment in the choir, it is clear that Selma really enjoys the choir setting. “You have a place to belong. People who support you, and someone to be confident in. We have in common that we think it’s fun to sing, but at the same time want to have fun together.”

She mentions that one of her favorite moments with the choir was the first time she conducted. Right after being handed the conductor’s responsibility, she had to end NGA’s tower concert by conducting “Deilig er jorden” (Fairest Lord Jesus). Unfortunately, this was the only time she was allowed to conduct the choir in front of an audience, which has led to mixed feelings around the memory afterwards.



Justice and environmental work

When I ask if she has always been concerned about the environment, she thinks a bit before she answers: “I have probably always been concerned about justice, more than the environment and climate. Justice in the form of people being treated equally, and that everyone has access to what they should have access to.”

Selma has also always had an interest in politics, but it was not until she came to Ås that she joined a political party. As many know, it is not inconceivable in Ås to get into discussing politics over a beer. Selma also experienced this, and it helped her find her place in MDG (the Green Party).

Among other things, she was involved in campaigning for MDG in 2019, and reveals that she enjoys debating. “It’s fun to challenge yourself when debating, but it’s also a way to open up my worldview. It becomes broader to hear another person’s arguments from their point of view, and to hear how they see the world.”

Chairman of the board of SiÅs

Selma also currently sits as chairman of the board of SiÅs, where she was elected last year after one year as a board member. Selma seems comfortable in the role of leader and says that she enjoys holding meetings. “One of the lamest things I know is meetings that are ineffective and take longer than necessary.”

Especially after becoming the leader of SiÅs, she experienced that some people found it difficult to separate her personal life from professional life. Among other things, after an episode where she found herself standing for an hour and a half at Bohemen surrounded by people who wanted to discuss SiÅs, she realized that she had to take action.

Now she has prepared responses for when people want to talk to her about the role she does not represent there and then. One example is to suggest that they instead send a message so that they can set up a meeting later.

“I’m still not super experienced,” says an honest Selma, “I think you learn and develop your whole life. You can grow from every experience, whether it is a lot or a little.”

Plant joy

After several heavy topics of conversation, I can’t help but ask about the plants that surround us. The first thing she says is that over half of them are hers.

“Before, when I lived at Pentagon, I had a weekly flower budget,” she says. “I love it, so why not treat myself? I can easily skip a beer to have a bouquet of flowers I can enjoy for a whole week.”

Now that she has moved to a larger collective, there has been more room for plants instead of bouquets, and the flower budget is no longer necessary.

Nevertheless, she also quickly points out one of the lush plants on the table and says, “the one next to that bouquet, it’s mine, it’s new.”

What now?

Selma’s plans for the future are open-ended, and she is not sure what lies ahead after the master’s thesis is delivered.



She defines herself as a curious person who enjoys learning. So even if she feels finished with the lessons learned, it is not inconceivable that she will say yes if opportunities for further education present themselves.

“I feel a kind of disappointment at having missed two years. Being a student is so much more than education. It is the formation and development of you as a person through everything you do alongside studying.”

White man pushing fifty—without the domination techniques

Now that we’re done with the interview and moved on to imaging, we start discussing body language. Selma says she consciously never has her hands under the table in meetings, and always tries to appear relaxed.

“I think I’m a white man pushing fifty, without the domination techniques.”

She has also had to learn to respond to domination techniques. An example is

when, in response to indirectly derogatory attitudes, she tries to make herself “stupid.” By this she means to respond, “I do not quite understand, what was funny now?” or “What do you mean by that?”

Most often, the person who has said something awkward will withdraw, rather than having to explain that they were racist, expressed misogyny or other concerning attitudes.

“I think it’s important that I do not accept it in any setting, because there may be other women present who think they have to accept it. I want to show them that it is possible to say no, and that they are not alone”, she reflects.

There is no doubt that Selma will continue to work for justice and sustainability after her studies. She has left deep traces on Ås with her good mood and insight, and will be a missed voice among the students when she has to tackle what the next stage of life has to offer in the autumn.

Greetings for Selma

Dear Selma

Take it from someone who has the honor of being able to call her his corona support dog; Selma is crazy, creative, smart, funny (around 60% of the time) and a warm person on the outside and right down to the core.

Selma was the second Ås person I met when I moved to Ås, and it was love when I first moved in! After almost 5 years and an infinite number of everyday impressions in the collective, I have seen many sides of Selma. From defiant three-year-old to responsible drunkard and boss-ass-business-lady. A chameleon and a firework. I can honestly say that no one has influenced my life in the agricultural metropolis to a greater degree than Selmis. You are a woman who is capable of anything, and who I am very happy to have stumbled across the doorstep of [heart emoji]

Ice cold hug from Helgis



SELMAdrival

**A woman of the rare
As well as real sunshine
Has brightened up Ås life
More than you can measure**

**Reflective and mischievous
Afflicted with contrasts
She creates fun and games
And is happy to offer plasters**

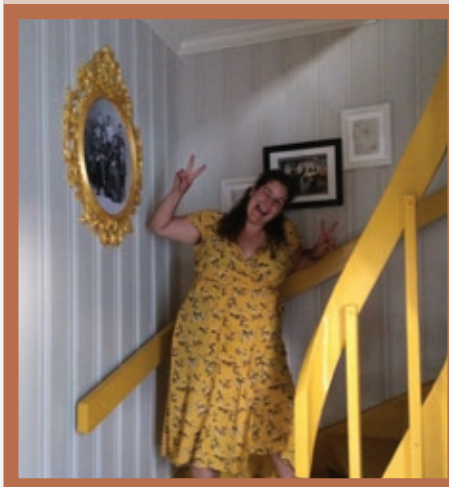
**A plant guru, climate nerd
Plus organizational
Highly appreciated everything in choir
As well as a linguist in "Korean"**

**If doomsday type zombie
Selma is all ready
Given chlorine-borne infection
Survival becomes easy**

**It can then be concluded
That she can handle anything
So raw a companion
Doesn't exist everywhere**

**And if you want to look like Selma
Then you can do the following:
Be a diamond-studded unicorn
Unbreakable and unique**

**Huge hug from your "just-across-the-hall-ish" neighbor
and former co-conductor**



Boss!

There is no one I know who can be so wise, crazy, and funny at the same time. And honestly, there is also no one who has been so fun to green-sprout with for Ås to be a better place and NMBU a better university. You are remarkably good at the balance between being wise and radical. When you now submit a master's, you can also say that you have lived during your studies. Because you are a person who has a kamikaze-like extra gear both in organizational life and in Turku. Always ready for a social gathering or a killer fun party, you! Whether it is a choir weekend or children's games in the forest. Did anyone say zip-zap-boiing, or ninjaa?

Out in the big world, even bigger tasks await, because you are a cool lady who gets what you want, and is able to make a powerful impression on the world while taking care of people around you. No, people like you do not grow on trees. Big hug from the deputy mayor you got into Ås.



VACANT POSITIONS AT THE SPRING GENERAL ASSEMBLY

Samfunnet's General Assembly will be held Monday the 4th of April. Tuntreet has spoken to those who have the positions that will be elected at this spring's GA, and asked what they have experienced.



Simen Walbækken Tangen
Journalist



Amalie Pedersen Brønmo
Translator

1. Can you describe your position?
2. What made you run for it?
3. What surprised you with the position?

BOARD OF SAMFUNNET



Hedda Mejlænder-Larsen
Leader of Samfunnet i Ås,
duration 1 year.

1. As the leader of Samfunnet, you're the head of the board of Samfunnet and the daily leader of Studentsamfunnet i Ås. You are the main responsible for the running of Samfunnet, and are working for Samfunnet's interests alongside the other participants at campus. As a member of Samfunnet's board,

you are contributing to making the strategy and deciding how Samfunnet should develop in the next few years.

2. I wished to contribute more to Studentsamfunnet and the social environment in Ås. I also wished to challenge myself and try something I

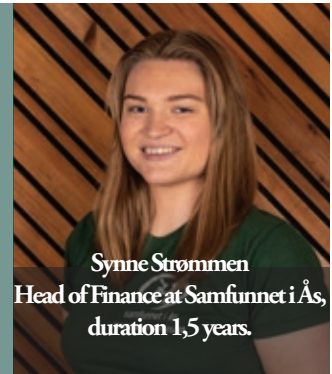
had never done before.

3. What surprised me the most with this position is how great the variation in the tasks were. No day is necessarily the same, and you get the opportunity to meet many different people with different positions and work.

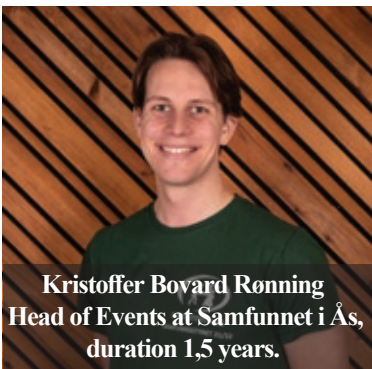
1. As the Head of Finance you have the main financial responsibility for the daily running of Samfunnet i Ås. You get to be a part of managing Samfunnet from within, and contribute to the development of the activities available to students. Typical tasks for the Head of Finance are working out committee budgets and having the responsibility for the finances of events.

2. What made me run for Head of Finance is the wish of giving back to the students, and at the same time become a bigger part of the super gang at Samfunnet. I wanted to challenge myself, and learn more about my education by using the theory from my studies in practice, which is something I feel I have gotten the full benefit of.

3. What surprised me the most is how much contact the Head of Finance had to do with all the KSs at Samfunnet and with other important external partners. I was also surprised by how much I have learnt about myself, and developed many new skills.



Synne Strømme
Head of Finance at Samfunnet i Ås,
duration 1,5 years.



Kristoffer Bovard Rønning
Head of Events at Samfunnet i Ås,
duration 1,5 years.

1. My responsibility is mainly to follow up the work with the semester program and ensure that each event is planned as good as possible. The main concern is administrative work in the event bloc (meeting with partners, other blocks etc.) and to follow up KSs and committee members.

2. I wanted to take part in the board to influence the development of Samfunnet in the direction I think is best for our members, mainly regarding which events we should host.

3. What surprised me the most is the team spirit you get in the house when you work together towards a common goal. Also, how supportive and helpful everyone around is when you need it, and how much knowledge there is within Studentsamfunnet.

THE ELECTION COMMITTEE

1. In brief, you can say that the position is meeting people and motivating them to participate in the GA. Many are uncertain about what the different positions are, and our task is to facilitate the whole process.

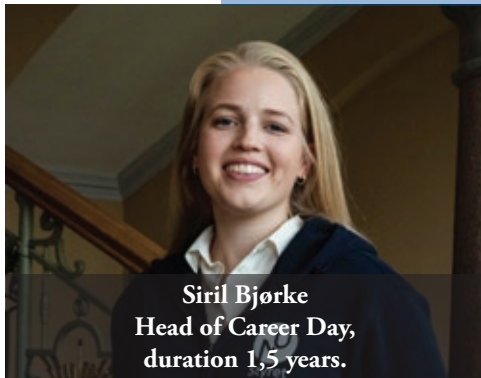
2. I wanted to get to know more people in Ås. In addition to this, I wasn't very involved at Samfunnet at this time, and felt it was time to give something back.

3. What has surprised me the most is definitely all the people. From the first day in the position, you are welcomed by so many friendly and competent people. Seeing how much that lies behind every event at Samfunnet has surprised me a lot.



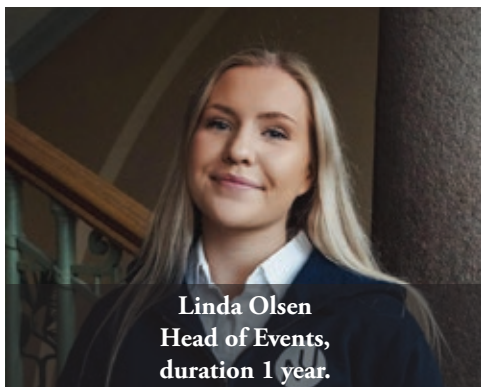
Sivert Hennum
The Election Committee,
duration 1 year.

THE BUSINESS COMMITTEE (NU) AT NMBU



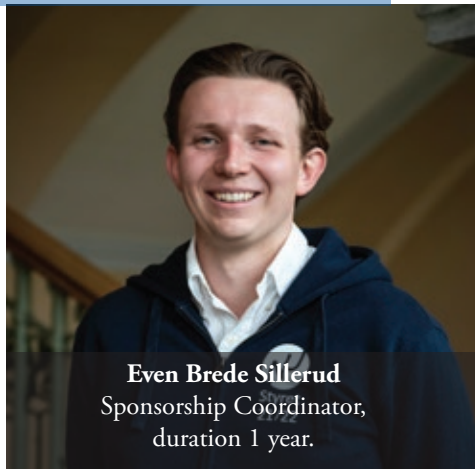
Siril Bjørke
Head of Career Day,
duration 1,5 years.

1. As the Head of Career Day you have the responsibility for the two career fairs we arrange, the Career Day in October and the Business Day in February. You are influencing how the fairs will look, which businesses we talk to and what events that will be hosted. .
2. I think the work as NU and the Head of Career Day is very exciting and important, as well as wanting to contribute more.
3. How hard it can be to get “adults” to answer e-mails.



Linda Olsen
Head of Events,
duration 1 year.

1. I have the responsibility of both planning and carrying out of the Business Committee's career promoting events. This consists of everything from being in contact with businesses and speakers of the events to setting the semester program, booking premises and setting up everything before the events.
2. I wanted to challenge myself and step out of my comfort zone. That is something I find I learn a lot from.
3. What surprised me the most was definitely how social it is to be a part of the office wing. I've gotten to know so many lovely and competent people here!



Even Brede Sillerud
Sponsorship Coordinator,
duration 1 year.

1. I have the responsibility for coordinating everything sponsorship related to Studentsamfunnet. This includes getting new sponsors and following up already existing agreements.
2. . Wanting new challenges. The Sponsorship work seemed very exciting due to the close contact with the business sector and the opportunity to secure new lucrative deals for Studentsamfunnet.
3. Communication with the businesses is often very time consuming, both getting replies and the negotiation process itself. What surprised me the most is the glorious feeling of securing a deal. Indescribable!

TUNTREET



Simen Walbækken Tangen
Editor, duration 1 year
(½ year as the managing editor,
½ year as the editor-in-chief).

1. As managing editor you have the responsibility of Tuntreet's content. You find cases, and follow up on the editorial staff and especially the journalists with working out the cases. You have a broader responsibility of following up the whole staff and make sure that the running of Tuntreet goes well.

TUNTREET

BOARD OF HOUSE AND FINANCE



Fimke F. Pjifers
Student Representative

1. I represent all students at NMBU in the Board of House and Finance. That means that I am always trying to see the bigger picture and evaluate what is best for all students and all of Studentsamfunnet in discussions and decisions that are made. I also have a little extra responsibility to plan and carrying out seminars and likely have more day-to-day contact with Studentsamfunnet and the other bodies than the external representatives in the board.
2. I think it's very fun to work with the organizational and to get to see the big, long-term picture of a big, voluntary organization like Studentsamfunnet i Ås. As the student representative you get to work with this and influence some of the big cases that will mark the organization for a long while after – for instance how the funds are managed and the long-term strategy.
3. How little time it takes daily, and at the same time how much you get done in the hours you actually spend in meetings. I have also gotten more responsibility than I thought, and learnt that I know more about the organization than I thought. I was the most surprised by how fast the time went by, but I am looking forward to working together with the person who is taking the position!

2. I wanted to leave a my mark on Tuntreet, and follow the stories from where the ideas are born to when they are printed for all of campus to read.
3. How much time you spend on communication, and what actually receives a big response or not.



Othelie Eliassen
Journalist



Tord Kristian F. Andersen
Archive digger



Margit Schrader Haugland
Photographer



Amalie Pedersen Brønmo
Translator



Photo: Anne Guro Røsæg,
2020

Our Hovne Høyhet (Our haughty highness)

Being arrogant is rarely seen as something positive. Nevertheless, being appointed to Hans Hovne Høyhet's order is one of the biggest honors you can achieve as a student in Ås. Who is Hans Hovenhet Hestehoven, really? And why are some people appointed to His order? Tuntreet had a chat with the Grand Master of HHH, Einride Berg, to figure it out.

The origin of the order

To understand Hestehoven, you will have to take a look at Norwegian university history, mainly UiO (formerly known as The Royal Frederick University). Students from Oslo were in Copenhagen and saw how impressive the Danes' student house was - so impressive that they wanted their own. To help the them getting started with founding their own home, the Danes gifted them a golden piggy bank.

The order of Hans Majestet Grisen (His Majesty the Pig) was created, as protectors of the student house Chateau Neuf (the pig's castle). This also started the idea of parodying the order of St. Olav to honor people who does the little extra.

When the student house in Ås was founded, they wanted something similar. In a true NLH spirit, we wanted to find a name for

the order that would unite both the animal and plant kingdom. That's how a part of the horse's anatomy, which happens to also be the name of a flower (Hestehov = Coltsfoot), gave its name to the order. In 1929, the name Hans Hovenhet Hestehoven was chosen, with the coltsfoot as its symbol in both meanings of its name.

HHH's structure

The order's board consists of a Grand Master, Cantzler and the Master of Ceremonies. These are the three responsible for electing who gets the honor of being awarded the order of Hans Hovenhet Hestehoven. The awarding happens during every first performance of the UKerevue, in the ceremony called "promosjonen". This is where the Grand Master gives a speech of the State of the Union, where current issues are discussed humorously and ironically.

This is, however, not an ordinary ceremony of presentations. This is a trial. After the Grand Master has given his speech, he declares "Hovretten" (Hoof court) in session. On the stage you find a prosecutor, a defense lawyer and squires. When the court is in session, the squires fetch the few handpicked candidates from the audience. These candidates will be sentenced to

the gallows or to Hestehoven. If you're sentenced to Hestehoven, the ranks are Knight, Commander or Grand Cross. The gallows naturally consist of only one rank.

Who are on trial?

The candidates are people who have done something extra for Studentsamfunnet and the student environment and will be punished as a reward. Berg specifies that Hestehoven keeps an eye on everything, and has contacts around campus who keep him informed on who does what. HHH knows everyone.

Each candidate gets their own humorous introduction written by Hestehoven. Then the defense lawyer and prosecutor argue which rank the candidate should get.

The Grand Master has the last say, and declares the verdict. And with the words of Hestehoven, "Be brave, be true, be "hoven", they are convicted.

Why be «hoven»?

Hestehoven's promotion is mainly based on irony, and is supposed to challenge the law of Jante. They want to honor the ones who dare make an effort that exceeds expectations.

The gallows are a way to poke fun at how people who excel quickly are criticized by those around them, and being appointed a Knight, Commander, or Grand Cross is a way to let them know they are appreciated. Rather than bending over for the judgement of society, Hestehoven proudly says “We are “hovne”.

The groundwork

Every speech and everything said by the prosecutor and defense lawyer is thoroughly planned. Berg tells us that he has a speech ready in June which he never gives. Because everything is built on being relevant, the order's board have to adjust the speeches until just a few hours before they are given.

It is also important that the chosen ones to be convicted are kept secret. The audience should be waiting in suspense. “Everyone” should be wondering who is going to be chosen. Maybe someone will be wondering if they might be the lucky one this time.

Only 3 – 4 people are appointed during each promotion. This is to keep it unique and special. The Grand Cross, the greatest honor, is given only to a few, but holders of the title are among others King Harald, Crown Prince Haakon Magnus, and of course, Samfunnet i Ås.

Who becomes Grand Master?

So, how do you become a part of Hans Hovenhet Hestehoven? It is not easy, and because you are in the position for such a long period of time, there aren't many



Photo: from the archive, 1976



people on the list of former members. It meddling with your text. The ironic texts is Samfunnet's General Assembly who are what is important, not the people. “It decides who gets the chance, and the would be dangerous if the people in HHH Grand Master who nominates. Berg says started to take themselves too seriously, that they prefer a trio. Three people, who you have to see the irony and the humor,” have shown that they can write texts and Berg explains. work well together.

It's not enough to just have the charisma Hestehoven is at the end of the day, as the or the acting skills, you also need the Grand Master expresses so well towards the end of our conversation, a collective short and precise to keep the audience expression to tell a story. interested – and tolerate that others will be

Photo: From the archive, 1976



With TF, in good company



Simen Walbækken Tangen
Journalist

Margreta Brunborg
Photographer



Pauline Marie Søndena
Translator

On March 2nd, Trøndernes Fagforening prepared a revue with a good theme and many fun musical elements. The audience in Festsalen got a good impression of typical Trøndelag traditions such as leather vests, mustaches, karsk and sodd. But can TF manage to make anyone other than Trøndelag laugh?

Trøndelag trivialities

The revue starts a bit tame, as they do not show their best sketches right away. The slightly tame sketches in the beginning should probably have been distributed a little better throughout the revue, as it resulted in humming and talking in the audience at the back of Festsalen. With some slightly better sketches in the beginning, TF would have been able to capture the audience immediately. The revue contains classic elements such as mocking SiÅs, the principal, sexually transmitted diseases, and normal study time. The revue starts with several sketches where the emigrated Trøndelag student has become less of a Trønder after moving to

Ås. The sketches end up with the emigrated Trøndelag people having to join the company to find their inner Trønder.

Company TF

The recruits in the company have to go through several tests such as inspection, leather vest race for 9.6 hours, and chugging of karsk. One by one, they break out when they turn out to be too weak for TF's standard. In a dance sketch, TF also makes fun of Feminin & Fornem's undressing dance at their revue and ends with an impressive swing dance.

The company is also commissioned to take back Jemtland and Herjedalen in Sweden and will exterminate anyone with guttural R. The audience does not laugh as loudly at this sketch, which does not strike as well





considering another neighborly relationship where those with a yellow and blue flag are invaded. Despite unfortunate timing with foreign policy, company TF ties the revue well together and ends with the recruits getting leather vests and a device for illegally distilled spirits.

“Central Norway news”

A common sketch in TF revues is “Central Norwar news” and this time it’s delivered well with many funny puns taken from Trøndelag’s many local newspapers. The Instagram profile “Badesken” may have been a major source of inspiration. The newscasts are quite entertaining with mustaches, but the audience probably enjoys one of the newscaster’s loose mustache which constantly falls off and reveals a new mustache underneath the most. The sketch goes over to a Breaking News part which ends with Curt Rice giving NMBU a new name.

Curt Rice in the spotlight

ORSU-Met (Oslo Rural Suburban University Met) will be the new name for NMBU delivered by Curt Rice in a musical dance show. Curt is brought up several

times during the revue. Among other things, his ambivalent relationship with Khrono is illustrated by his response that ORSU-Met is sustainable and green while being guided by PR people from Sustainability AS. Here, the students end up paying both the bill for Sustainability AS and SiÅs’ electricity bill. Curt also introduces a semester structure with 96 semesters, which means that there are two exams and exam parties a week. This brings the revue into a sketch where the worst thing you can do while being drunk, is obviously to cuddle with a Bergen man. The hatred of people from Bergen appears several times during the revue and is probably a little difficult to understand for those who are not in TF.

The rock club lubricates the revue

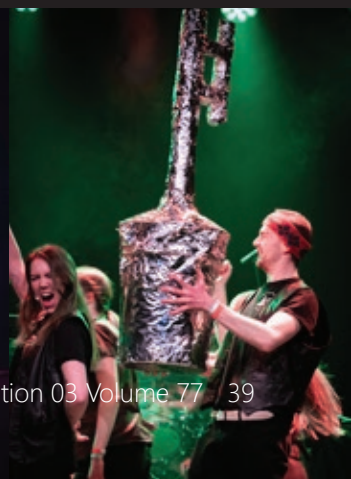
TF makes good use of the Rock Club. Many of the musical elements glide nicely into sketches, meaning there is little downtime. Several of the songs are catchy and impresses with both lyrics and singing. Among the most popular songs are the vomit bucket solo ala Hello with Adele and a very catchy Pulevænna/Fuck friends inspired by Celine’s Bæstevænna from MGPjr.

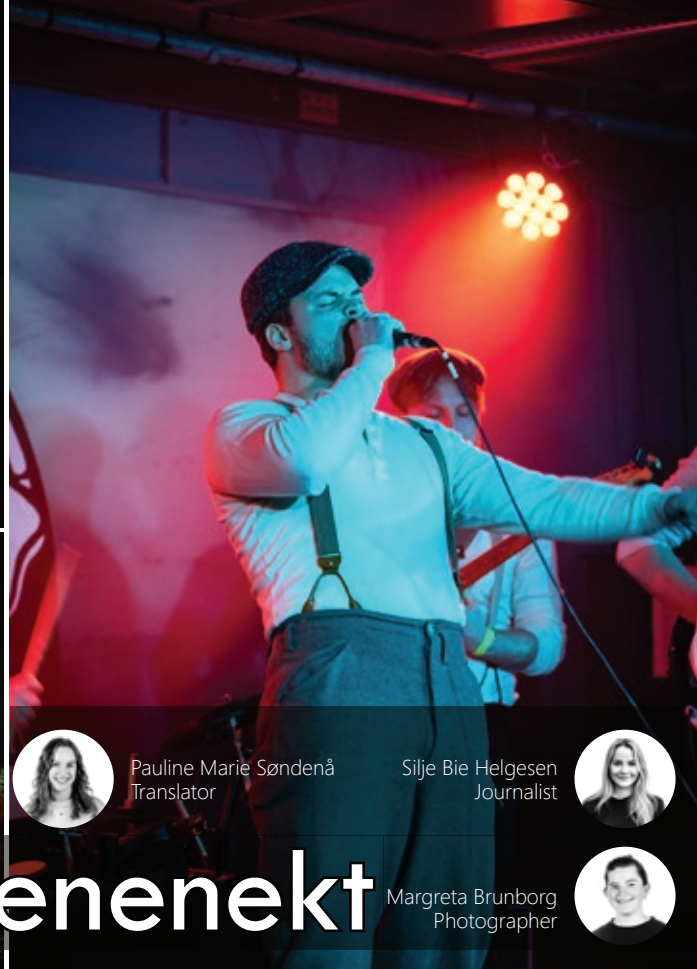
TF lets the Rock Club play pompous old rock songs that smelled of solidified jägermeister, which they really deliver on. The self-composed lyrics and subtitles make the crowd sing. Unfortunately, they do not get the audience to join them as much as they should.

Tore on the track of a punchline

In the middle of the revue a very well-cut film segment is shown, where “Tore på sporet” tries to track down Stiffi from MGPjr. The audience is almost getting the expectation that the actual Stefan Ericson is in TF and will appear on stage. It gets a little disappointing when it is not Stiffi who shows up.

Unfortunately, much of the revue is a little like that. The punchlines are understandable and have good points, but they could have had more impact and been sharpened even a little more. The revue Kompani TF is relevant and uses a lot, but not too many, of the slightly exhausted Ås jokes. The revue has a lot of originality and Kompani TF is far above the bottom line of social club revues in Ås.





BEdoga- Scenenekt



Pauline Marie Søndena
Translator

Silje Bie Helgesen
Journalist



Margreta Brunborg
Photographer



The men's choir Over Rævne invited to BEdoga on a cold Wednesday night in February. They presented the mini-show «Scenenekt» or «Deplatforming», where you could see the tough guys perform songs, sketches and Rævneband. Although there were minus degrees outside, Halvors Hybel heated up quickly. Whether this was due to the guys, or because the air quality in the room was worsened by the crowd, is uncertain. A show was delivered regardless!

It all started with former members of Rævne opening the night with a couple of their classic choir songs. A beer-thirsty gang stood on the stage and sang their hearts out, while all the nooks and crannies of Halvors were filled up.

Then, the current Rævne members came in through the door. "Here comes Over Rævne, we are tough". With a well-placed beer in each hand, the evening was opened with even more choral singing. There's nothing like hearing a tipsy gang of men singing with all their might about both sitting on faces and 69. Even though the audience is pressed against the wall and the shortest may not see more than the top of their backs, the atmosphere is at its peak.

Rice cooker

The first sketch took us to an unsatisfied man in the home. As he tastes the food and

gets excited, he shouts out the forbidden word "rice cooker". The audience watches with wide eyes, before the stage freezes. A narrator's voice says, "do you really think this is a racist sketch or?". The silence is broken with light laughter, and Rævne did not make a fool of themselves this time either!

Sunday sex

After barely escaping being labeled as racists, they tried something milder, a bit of guitar playing. The fingertips play a story about a guy who has been out drinking. He turns around in the morning and sees a girl lying next to him in bed. They are both ready for another round — Sunday sex! The whole audience bursts into laughter before they go silent in order to continue listening to the story. The second verse is about the times he wakes up alone. Everyone quickly understands what is coming — Sunday masturbation!

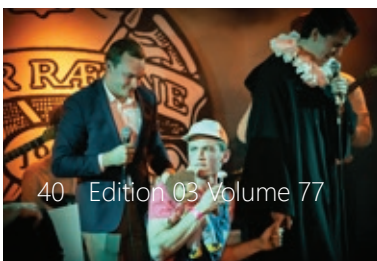
In the last verse, the lady is back again and ready for more, but only one thing stands in the way. Her period. This led to — Sunday fire truck! The guys in the audience laugh out loud, and the ladies wonder if it's a show or chauvinists they are watching.

Horny priest from Sørlandet

A sketch that is difficult to forget took place in Sørlandet. A male priest stood in a church and wanted to bring a younger boy to the back room. Rævne is without a doubt preoccupied with poop and fart. Fortunately, this was something that worked well this Wednesday night.

We are not sure whether this would have been equally funny in a sober state, but fortunately the audience was quite tipsy, just like the guys on stage.

Thanks for the mini-show!



INF269 ADVANCED INFORMADICKS

For the first time in a long while I enter a physical classroom. You're well prepared for your exercise class, your pedagogy made clear in the evidence on the blackboard. I know some R; you're teaching me Python. Did we already know back then that there was another snake I would become acquainted with? As you taught me to see the possibilities in the world of code, I learned to always see you; in the store, in the climbing hall and in the middle of the dance floor. Were you always there?

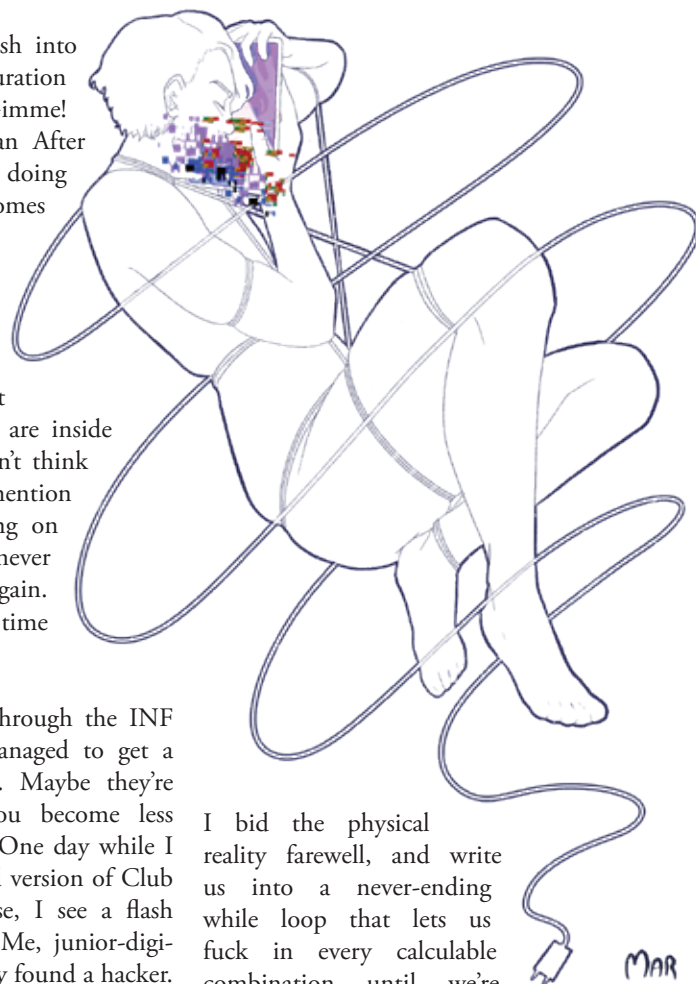
I don't read the text until I'm well within the hall. My climbing partner has tested positive. I see you bouldering on your own and my heart is pounding. Of course, you wanted to join me and climb a bit. I didn't know if you actually wanted to join or just wanted to offer a helping hand. In a creative partner check I see the lightning and feel the thunder shaking my body. The spark sends a Boolean signal, and I am on. I give you a helping hand in the toilet and have to wait until I'm back home to get off. That gave me plenty of time to wonder about the ethics of a teacher's assistant-student relationship. The quasi-rule-breaking, and its inherent uncertainty gives an excitement that makes lightnings fade. I ditch the next exercise classes to keep my Schrödinger's wet dream alive.

Inevitably, I find you in the middle of a dirty disco in Halvor's, where all of your planets and their moons are spinning around you and myself. I try to keep my perpendicular momentum to withstand your gravity. My attempt at not seeming desperate is as hopeless as the planets flight

from the sun, and I crash into you. I last through the duration of Gangnam Style and Gimme! Gimme! Gimme! (A Man After Midnight), but as you're doing the robot to Toxic, it becomes clear. We have to fuck.

The condom dispenser in the toilets in Anton Hjeltnes is as dead as my character in INF, but you have your own. We are inside each other in ways I didn't think possible. You didn't mention once that you were going on an exchange or that we never would touch each other again. Yet that was not the last time we were meta.

With some luck, I got through the INF exam with a D, and managed to get a decent job in Facebook. Maybe they're right in saying that you become less radical as the years pass. One day while I am investigating an illegal version of Club Penguin in the Metaverse, I see a flash of what I've waited for. Me, junior-digi-security-guard, have finally found a hacker. Even though you're well disguised in your Minion-avatar, I recognize you before I can get to pressing «ban». I am only wearing a suit, but still feel more camouflaged. I see that you're watching, and I feel that you're feeling through the fiber network. I never believed in love at first sight but I could buy into the idea of desire because of the lack of glances... physical pleasure from digital dick?



I bid the physical reality farewell, and write us into a never-ending while loop that lets us fuck in every calculable combination until we're erased by the supernova's orgasmic devouring. I never believed in heaven either, or a heaven on earth. I realize now that heaven is a place in the sky, on a slutty-slutty chip in a satellite.

*Written by Thomas
Illustration by Mar*

Amalie Pedersen Brønmo
Translator



Erotic short story competition!

Have you ever read an erotic short story and felt a little tickle in your (writing) hand? Do you have a burning desire to get your erotic piece published in Tuntreet?

This spring, you can quench your (writing) thirst through our erotic short story contest, with the chance to win a 500kr gift card from Kondomeriet.

Selected texts will be published throughout the spring, and the winning piece will be announced in the last edition before summer.

Send your submission to tuntreet@samfunnetiaas.no or deliver it to postbox 1211 in the post office.

The author is anonymized, unless otherwise desired.

The Vollskogen Story:

Swamp, farmland, relic, recreation area, or new residential area?



Simen Walbækken Tangen
Journalist



Nathalie Genevieve Bjørneby
Photographer



Angelique Rein
Translator

In recent weeks, Extinction Rebellion has held several protests against the demolition of Vollskogen. The housing project has been discussed by both students and the municipality's other residents. The developer wants 290 new homes, the students none. So, what will happen in Vollskogen?

XR is taking action

Extinction Rebellion gathered in the square of Ås city center with large posters and demanded that the politicians should not expand Vollskogen when the Main Committee for Technology and Planning met on March 2nd.

On Sunday March 6th, XR joined a memorable public meeting in Vollskogen. While there was a bonfire with food and drinks in Økohagen, smaller groups were sent into the forest. Here they were greeted by forest spirits, interactive performance art, and music.

The plan proposal is ready

The result from the Main Committee for Technology and Planning meeting on March 2nd was that the plan proposal will reduce the number of homes from 290 to 200 homes. It was Senterpartiet that proposed this and gained a majority. Arbeiderpartiet also believe that it is important to have more homes near NMBU, which is the region's largest workplace. Martin Løken (MDG), the leader of the Main Committee, wanted the plan proposal to be rejected. MDG's suggestion to reject the plan proposal remained, but it was down-voted.

The next step in the process will be for the municipal council to have a consultation on the plan proposal and possibly approve the development plans. The next municipal board meeting in Ås municipality is at Solberg school on March 23rd at 18:00. For the time being, it is unknown for Tuntreet whether the case will be discussed.

Vollskogen from the Stone Age to today

For information, Vollskogen is east of Pentagon and is sometimes called Pentagon Forest by students. The forest marks the

watershed between the Oslo Fjord and Sonsbukta. Between 9500 years ago and 8400 years ago, Vollskogen was part of the Ås-inlet and later the Ås-isthmus. This was an alternative sea route for Drøbak inlet for the Stone Age people before it also became a wildlife feature in the landscape. Flint has been found in Vollskogen from this time and the place was another hub for our distant ancestors.

The forest is not considered worthy of preservation and can be described as a production forest with high quality. NMBU leased parts of Vollskogen from 1989 to 2003.

Ås municipality has now received approval for housing development in Vollskogen, after long rounds of mediation with the county governor. The owners of the forest have gotten the property development company Opsahl Gruppen AS and Rambøll AS to develop housing plans for the area.

The students are dissatisfied

The students at NMBU have expressed dissatisfaction about development. Many people use Vollskogen as a recreational area. They are also afraid that the student city Pentagon will receive even more noise complaints from the new neighbors and that traffic on Pentagonveien will increase. During a digital public meeting a year ago, a grocery store and beautiful benches at Eika were proposed to give the students a kind of compensation.

On October 11, 2021, the Student Parliament at NMBU adopted the resolution "Yes to the conservation of Vollskogen". In the resolution, the Student Parliament also believes that NMBU should say no to development and work to ensure that Ås municipality does not say yes to development. So far, NMBU has not taken a stand on the matter.

Great debate, little rejection from the municipality

In recent weeks, much has been written about Vollskogen in Ås Avis. Ås Landbrukslag has asked the municipality for a better impact assessment of the cultivability of Vollskogen. NIBIO's maps show almost the entire Vollskogen is arable. They believe that topsoil must be used instead of being degraded. Biologist and botanist Anders Often tells Ås Avis Vollskogen is a swamp that is being drained, and therefore believes that the development project is idiotic with an increasingly wet climate.

Jan Dante in Opsahl Gruppen AS has stated to Ås Avis that the criticism of the development project is untenable. He believes that they need 290 homes to be able to get a utilization rate of 28%, which means that joint measures can be realized, making municipal infrastructure cheaper per unit. Rødt's Magnus Nickelsen criticizes in Ås Avis that Dante greenwashes a demolition of the forest.



Student things

How are you all feeling? We hope you answered The SHoT survey and shared what your student life is like. Your answers will help us to work more strategically with NMBU, SiÅs and politicians to make your and everyone's student life better.

This has been tough over the past weeks. We condemn the Russian invasion as a breach of international law and stand with the Ukrainian people, students, people fleeing, and others directly affected by the war. We also demand that society protects Russians in Norway and are clear that it is the Russian government that is at war- not the Russian people. You all take care of yourselves and do remember that if you need us, reach out to us!

March 8 was marked in Ås with a record-breaking parade that went from Ås Kulturhus by Ås town hall and to the Samfunnet. Education is one of the most important women's issues! The majority of today's students are women, yet more men than women become professors and academics. We still have a long way to go, and we take Kathrine Frey Frøslie's advice to heart: we must

continue to talk about gender issues. At the same time, we must stop talking about gender issues. And we need to raise awareness about the small things.



The student election is closing in. Contact us or the election committee if you have any questions around running, or concerning the election. The election will proceed from 27 April- 4 May, and the deadline for sending in candidacy is 13. April. Remember that all students have the right to vote!

Until the next Tuntreet, take care! Have a nice month of March. See us at our office U118. Also do not hesitate to get in touch through email. Student Democracy is for everyone!

Vegard S Hansen *Ina M. Finnevd*
Ni211 mt...

The Office

Hey there, everybody!

Time flies too fast, as always, and we are almost halfway through the semester! At Samfunnet, we are looking forward to an amazing spring with lots of fun and exciting events.

Uka i Ås has recently been working on the preparations for miniUKA! We have had the ticket release where the Saturday concert was sold out in record time (!), which is something we're very happy about. The revue is getting ready for the exclusive show the Friday during miniUKA, and the name has been released, which is "I ate so much Rice, now I am MET". Other than that, we are looking forward to all the other events that are happening and hope that as many as possible will want to join in on the fun happening during miniUKA. We welcome you all to the house!

In addition, UKA is being planned behind the scenes and we are looking forward to sharing more with you in the months following miniUKA.

The Business Committee has, as previously mentioned, had the Business Day and other related events. We've recently been working on evaluations. The evaluation will come in handy when we start the planning of NMBU's

biggest career fair, the Career Day. Other than this, the committee is working continuously with developing the organization and reconstructing the committee. This is very exciting work, and we are looking forward to showing you what we are working on! If you want to be a part of everything that is happening in the Business Committee, I recommend you to run at the General Assembly. In the Business committee, we're electing a new Head of Events, Sponsorship Coordinator and Head of Career Day. Feel free to contact those currently holding the positions if you have any questions about them.

Things are going as usual at Samfunnet, we're halfway through the semester and there is plenty of important and fun stuff remaining in the program. The Sunday after miniUKA is the time for spring maintenance. During Samfunnet's spring maintenance there will be multiple different tasks around the house, there will be served food, fruit, and coffee to those who participate. Shortly after the spring maintenance, the most important event of Studentsamfunnet arrives, the General Assembly (GA). This springs GA will be on Monday the 4th of April and here, the annual accounts and the 2021 work program will be covered, not to mention the important positions you can run for. GA is



Studentsamfunnet's supreme body and I recommend that as many as possible show up. If you're wondering about GA, you can come to Samfunnet's question time Monday the 21st of April or to the "Grill en folkevalg" Bodega Wednesday the 30th of April.

Jørgen Bonden

Jørgen Bonden
UKEleader for UKA i Ås 2022

Nora c. Hjelme

Nora Hjelme
Leader of The Business Committee at NMBU

Hedda Mejlænder-Larsen

Hedda Mejlænder-Larsen
Leader of Samfunnet i Ås

The Forbidden Forest

Had NMBU been Hogwarts, Vollskogen would have been our Forbidden Forest. Not equally majestic trees, and perhaps most scary during the Ås fog and twilight, but this is a place where surprisingly few have been. At least before the pandemic came, with its renaissance for hiking. More brave souls dared enter the forest when the need arose to not end up climbing the walls between drowsy zoom lectures. But instead of giant spiders, they found deer, badgers, and some nice clearings among the dense spruce plantations. Some finally got a pleasant break from their cohorts. Others aired their heavy thoughts. The woods are simply great for our mental health. One might believe that the benefits are only from the movement, but it is actually enough just to be in the woods to reap the benefits. The Japanese forest authorities call it “Forest bathing”, and they recommended it to their population already in 1982, to reduce stress and improve their well-being.

National authorities are aware of the positive effects of the forests. They recommend a maximum of 500 meters to natural areas of 200 acres or more, so-called nearby nature. There are plans for 200 houses in Vollskogen. This will remove the 1250 Pentagon-students’ access to such a nearby nature. Not only is it curious that they want to build houses in a cold pit and swamp, but families with children close to Pentagon can lead to conflicts because of noise from parties. SiÅs and the police will probably have more evening calls to Pentagon in the future.

Those of us who are elected officials are supposed to ensure long-term and comprehensive planning that will last for hundreds of years, but this does not always happen. A municipality that has over-invested in expensive schools could be desperate to get more habitants, quickly. More inhabitants mean more tax income. An alternative to spread-out constructions is densification, and that Ås dares to be even more of a University Town. This is a process that faces great opposition from people in Ås in general. While the debate goes on, the machinery of society eats up more and more natural areas, while the houses are filled by consumer goods and the spread-out settlement causes increasing car traffic. Spread-out constructions are not the answer to the ongoing climate and nature crisis, but the “municipality troll” needs economic growth and will gladly eat nature for breakfast, dinner, and supper.



Oda Braar Wæge
Illustrator



Alexander Mæland Munkejord
Translator

MDG and Rødt want to reject the plans in Vollskogen, while AP, H, SP, SV, FrP, V and KrF want to build houses there. However, the plan has been resubmitted with a couple of mitigating measures. The houses will be built a bit farther from Pentagon. This will ease the noise problem, and a small forest belt will be kept intact, enabling us to walk down to the most attractive spot in Vollskogen: A light, open hillock with a bonfire and a lean-to.

Furthermore, a stream-reopening is to be considered in the south. It could provide a new and attractive walking trip in Ås, going from Vollskogen and southwards to the pump house, eastwards to Vardåsen and back up to the center of Ås (5km in total).

The Vollskogen case is not over. If the majority get what they want, there will be new plans in the fall and start of construction in 2023. It is democracy that is leading Vollskogen to its ritualistic sacrifice in its blind faith in economic growth, and it is only democracy – the people – who can rise up and save it. Maybe Vollskogen should be given the nickname The Forbidden Forest, but with a new meaning: The forest where it is forbidden to build.

Martin Løken
Green student and
deputy mayor in Ås



#MeToo in LGBTQ+

Written by Helena Reierskog Harborg
BSc International Environment and Development
Studies student

I have wanted to talk about crossing lines among queer people (i.e., those who are part of LGBTQ+) for a long time, but it hurts so much. The queer community is a minority, and can quickly be harmed if something negative comes out. What if I say something that gives a bad reputation, leading to more homophobia? I hope you readers know better. Personally, I am also queer, and the last thing I want is to put ourselves as a vulnerable group in a bad light. But I have unfortunately experienced time and time again that queer sexual orientation has been used as an excuse for sexual harassment.

One time, I was at the gay bar “London” in Oslo with a group of friends. We danced and had fun, and naively, I thought I would be free of uncomfortable and intrusive men here. I hoped the queer environment was a safe and free space. But suddenly I felt hands holding my hips, and my ass was pulled towards a crotch. Uncomfortable, I turned and sent a nasty glare at the man. As a gay man, he had no right to touch my body in a sexual manner without consent, even though he was not attracted to women.

A friend told me she was standing in line with some friends at the gay bar “Elsker” in Oslo during pride. While they were waiting, a gay stranger came over and grabbed her boob really hard and said, “oh my god, what huge and delicious tits you have”. She removed his hand and made it clear that this was not okay to do even if he was gay and she was a woman. He showed no understanding or remorse. Her friends got awkward rather than supportive of her. Even one of her queer friends thought she was reacting too strongly and that it should have nothing to say since the one who harassed her was gay. I strongly disagree with that. It was, by no means, okay to touch her without consent, and the fact that he was gay does not give any “touch-girls-tits” free cards. It should be possible to set boundaries. A weird atmosphere is in every way better than a culture where it is okay to sexually harass.

I’ve several times had serious conversations with a couple of gay friends of mine. They have both harassed boys and girls of different orientations. One of them is very fond of forcing people to make out with him at parties. The other one comes with inappropriate

and uncomfortable sexual comments and statements, and touches without consent. Even if you are queer, it does not mean you can cuddle or touch anyone. Active consent is required. Alcohol often makes the situation worse for both guys, and drunkenness gets the blame. But MANY people get drunk without sexually harassing anyone.

This is just an excerpt from my own experience, and there is most likely an even greater variety of sexual harassment stories across orientations and gender identities. In the stories I tell here, only gay men have crossed the line. Could it be that our male chauvinistic attitudes also affect queer men? I hope that the conversation about #MeToo continues and at the same time includes more perspectives than “heterosexual man harassing woman”. I believe that everyone, regardless of orientation and gender identity, must consider the boundaries of others and obtain active consent.

Finally, I want to remind you: if someone crosses your boundaries, you have every right to put your foot down. Regardless of orientation and gender identity.



Pauline Marie Sørdenå
 Translator



GAME PAGES



Tilde Milia Skåtun
Creator

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Nonograms are picture logic puzzles in which cells in a grid must be colored or left blank according to the numbers on the side of the grid to reveal a hidden picture. The numbers tell how many cells which should be connected. Between these should be at least one empty cell. If there are more than one solution on a row, you can see if they have some coloured cells in common. You can fill these in and maybe that will help you fill another row or column.

Key in TT04

Foreningsprat



Adresse: Postboks 1219, 1432 Ås
 Telefon: 64 97 20 28
 Telegramadresse: "Faderloftet"
 Bankgiro: 1644.12.54486

YOUR REF.: Kildebrygg **OUR REF.:** Cures gruff
FADERLOFTET, THE 09.03 IN 119 K.Å.

Hankattforeningen st. 1902 penetrerte revycabareten «Går for gull» on the 18.02 in the filled and drunken Festsalen, and what better way to reopen the doors of Samfunnet than through a Kultural show with a great atmosphere and high energy on stage? The public response was good, and the afterparty at Faderloftet had lasted until the Kildebrygg sale reopened Saturday morning. In other words, an evening in the Johan Leuthäuser Hirsch and the Kulture's spirit!

Skål, salig Johan Leuthäuser Hirsch!

The general consensus amongst the Kulturelle as well as the commoners, was that this was a well-made show. Nevertheless, it seemed as if Tuntreet's dispatch disagreed with this. Does she really think Therese Johaug would have won three Olympic gold medals in Beijing without Faderloftet's eminent aid? There is some truth in every sketch, after all. What it is that influences the reviewer's abnormal opinions and assumptions, is unknown for Direktøren, but a plausible theory is a low level of Kildebrygg in her blood. Does the reviewer not know she is going to attend a Hankattrevy? Pre-Kulturelle revue rituals are essential, even though it might have been more than two years since the last Kulturelle expression on stage in Festsalen.

Skål not for poor preparations!

It was insinuated by the reviewer that Hankattforeningen st. 1902 misunderstood the concept of a revue, but Direktøren wonders whether or not the reviewer has misunderstood the concept of a revue cabaret. It is said that if one aims for gold, one must sacrifice blood, sweat, and tears. Hankattforeningen st. 1902 sacrificed all of this, as well as their own bodies (see Hazarden's hair). Just look at Martin Johnsrud Sundby, for example, who sacrificed his hair during his career and won several gold medals! Next year, in true Kultural spirit, Hankattforeningen st. 1902 will present their Jubilee revue cabaret. We hope that the reviewer returns with better preparations so that we can achieve full consensus between Kulturelle, the commoners, and Tuntreet!

Skål for new opportunities!

MKH

Administrative Direktør
 Simen Bredesen



*Skål FFD!
 Skål Skriver!
 Skål Sparegris!
 Skål Hunkatter!
 Skål Qlturelle samt Xkfusive!
 Skål Pusekatter!
 Skål Tora samt Thorvald!*

*Red Stockings, March 8th and Women's Day.
 We Toast for that Together!*

Skål for All Great Ladies!

*In 1960, there were ten Women at NLH,
 Thanks to them We are far from ten Today.
 They raised their Voices, They paved our Way.
 Education for all. She, he, they, me, and you.*

Skål for paving the Way!

*Next up for us is right around the Corner,
 Get your Claws ready.
 The Clowder all together in Samfunnet's
 unknown Room,
 Will We make sure your Cup is never empty.*

*Skål for experiencing the Spring's coolest
 UKE!*

*Qlturell Hilsen Muskatt Agnes, Matrise
 Helene, Løpekatt Ingeborg, Pusekatt Maria
 samt Pusekatt Ingeborg S.*



If you look to your left you will see a couple making out, if you look to your right you will see a tough Rævne-guy without frame and a poor miss who'll end up with a dislocated shoulder.

Far too many are luring others to bed with loose frames and poorly executed turns.

Do you not know what a frame is?

Do you wake up with a dislocated shoulder and sore arms?

Join a swingcourse... and raise your standards a little.

On a swingcourse you are guaranteed to raise your standards, and yourself be good enough to meet others standards.

We encourage all to come and learn swing good enough to become safe and comfortable in swing, and perhaps other places *wink* *wink*

Especially to everyone lured to bed by a though guy without a frame, and to all tough guys without frames!

You can find us at Mondays and Thursdays, follow us on Facebook and Instagram to see our Monthly plan and to get updates on when, where and what kind of course we have!

Best regards Poster Girl
 You needed to hear this...



When can we kill the Russian tyrant?
 He cannot be called a man
 We support the people of Ukraine
 Putin should be stabbed with a dagger

Thanks to Hankattene for a great Hazardous Evening
 And for the good stuff you mixed into the syrup
 It was a fun night with lots of antics
 The trainees are sweet like caramel

Kollen can be summed up with:
 Beer, teens, and auditions for tenor
 Easter atmosphere and Johaug's victory made it idyllic
 The rest was basically just drunkenness

Women's day was celebrated with parades
and calls
IVAR's concert was exceptional
Our schedule is full of social stuff
Vors with both Gents and Unity
really got us off

Now miniUKA has started
The Revue promises dance and song
Come to sløyfa and try out shot-ski
Cause our theme is actually Afterski

Forfatterfrøken



Spring is finally just around the corner
and with it, miniUka is finally on. We are
ready for a week unlike no other, and the
girls in gold are, of course, ready! With the
spring sun peeking out and the lawns of
Pentagon are carefully coloured green, we
look forward to exciting days!



Dear fellow students at the Agrarian Metropole,

Now, it's time for miniUKA and
We in the Academy are extremely excited
To see and hear what all you students
Have contributed in making.

The rumors are that the waistcoated men
Have a small contributor to our new bar
So there's really no excuse not to come down
And see for yourself who that is.

The Academy looks forward to putting on their
beer glasses,
And run 3000m beer with great competition.
Now everything has opened, we can go back
To times of drunken shenanigans and parties!
And if you are extra keen, you can take
A trip down and visit our bar.

Otherwise, we'd just like to say we have
had a great time
These last few weeks with a great revue
and great people!
We wish you all good luck for miniUKA
and we're
Really looking forward to meeting you!

Gents Academy
v/ Lord Ambassador



March and spring is coming
Ice melts away
Now the sun begins to peek out for real
I don't think anything can stop us
UKA i Ås
Know that Women's day is celebrated with
banners
Everyone can finally toast in the bodega
Bar is being built
All shout skål
Raving reverberation
Exceptional efforts
Now we can finally dance again



Ho hey, you Amanita fungi!

Spring's sprung, and we in DÅs has had
an extraordinary admission to admit some
new lambs. This was a huge success!

We also participated in Kurt Stilles, and
swayed around with the boys of from Gents
on the same day – and just to be woolly
transparent, we have started to become
horny from all the messing around that's
up ahead! The sheep show is marching up
ahead, or actually April-ing up ahead on the
1st, when it all goes down in Festsalen!

Get a ticket and you'll have infinite access
to Mango IPA right down your throat for
the rest of your life.

Have a super miniUKE!
GoodBahye for now!



This year's International Women's Day was
celebrated beautifully in Ås. It was nice
to see how many feminists and equality
supporters who exist out there! After
an atmospheric march with chants and
important watchwords, Festsalen was filled
to the point of people having to stand
packed like sardines to head the speeches
(maybe we should try Aud.Max. next year?).

Sadly, we are still using the same
watchwords as before – and will probably
continue using many of them next year too.
The daily struggle to make the world more
just for all genders continues.

Last minute tip:: @1000historier
80% of all assault cases are dismissed by the
police. We demand change!

And thank you to everyone who contributed
to Women's Day!



Calling all minimalists, maximalists,
abstractionist, realists, surrealists, cubist,
proto, neo, and anti-impressionists.

No matter if you are Rembrandt with the
brushes or if you don't know shit and have
never heard of Margritte. We are looking
for everyone who wants to take a step
away from DickAsso and towards Picasso,
from Dumb to Da Vinci, or from casual
alcoholism towards cultural elite (which,
btw, is the same thing).

Art with a big A is for everyone so join in
on the Art of making Artsy Art in Den
Kunstners Kunst Kunstforening

Thanks for having me!

On the 1st of July, I will be retiring. It is now 5 years since I started working as a student priest.

I remember students working on finding perspective in their lives.

- Am I good enough?
- Am I able to do what I want?
- How will I handle myself when facing all the demands and expectations?

I also remember the Christmas party with Hankattene. It is a well-kept secret that they are better than their reputation.

I like talking with people, both in joy and in sorrow. Being human is a complex affair. It is harder than we'd like, but better than we think. Try it if you dare!

I have three words of wisdom that I have found on my way as a human and priest throughout life.

- God is not like you think.
- God is normal.
- Let go!

In short, God is different. God is without limits. Impossible to put into a system. But God is present in both expected and unexpected places in our lives. God is close!

God is available to me, but that is not always so easy to realize.

Therefore: Let go of all expected solutions and answers. You will never truly know what it is to live. What it is to believe. God is not an answer. God is a relation that I can enter. Which carries me through life.

Good luck with the strenuous or fantastic student life! Best wishes!

Sigurd-Andreas Bakke
Student priest at NMBU until July 1st

**Student
prestene**
Du kan snakke med oss



Ingrid U. Øygard and Sigurd A. Bakke are the student priests here at NMBU. Their office is in the basement of Urbygningen. They are available if you need someone to talk to, seek advice or want to have a discussion. The office is open on Wednesdays from 11:00 to 15:00, but also available other days.

Appointments are made:
Ingrid: io484@kirken.no, 95919318 or
Sigurd: sigurd.a.bakke@nmbu.no , 99015790



Have you heard...

Open day

Who is the cultural quartet actually?

Extreme sport to Ås

Ludøl is the new 3000m beer

Bad player

The sudokus are too difficult

Naive

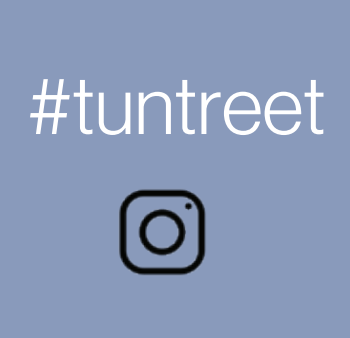
Had never thought linticket would crash....

No mo ticket

I'm sorry, but an unexpected error has happened

Bruno Steen

First House should give Kurt Riise advice on how not to use loads of cash on communication consultation



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Letter to the editor:

Studentsamfunnet's Objectives Clause must be harmonised with its overarching goal

We are two members of Studentsamfunnet with long experience with having positions at Samfunnet, who have submitted a proposal to change Studentsamfunnet i Ås' objectives clause this upcoming GA!

Today, the objectives clause says that Studentsamfunnet will work for its members. We believe this goes against the overarching goals passed; that Studentsamfunnet is, overall, for all students, and its members in particular.

We therefore find that the objectives clause should be harmonised with these aims and speak of all students like this:

«Studentsamfunnet i Ås has as its objective to promote a good and friendly atmosphere amongst its members. At talks, discussions, and entertainment, this should enhance joy and development for these events. Further, Studentsamfunnet i Ås aims to work for an inclusive and social environment, also for other students at NMBU.

A harmonisation of the two overarching goals and the objectives clause will emphasise that Studentsamfunnet wants to offer social events to all of NMBU's more than 6700 students, and not just the one-third of those who are members.

Attend the General Assembly!

Vegard S. Hansen & Lise Benette Hovd

MAKE LOVE
NOT WAR

