

TUNTREET

Part of Studentsamfunnet i Ås

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Tuntreet Volume 78



COMMUNITY
SERVICE

TWO BEERS
WITH MAGNUS

CULTURE
X-PLOSION

LEADER

Height isn't the only way of growing

Do you know what? My hair has grown! It feels like only a month since I last cut it, and it was at shoulder length – now it reaches down to about the middle of my back. Do you want to know something else though? That isn't the only way I've grown.

During fall 2021, I moved to Ås to study at the Norwegian university of life sciences – maybe you've heard of it? I moved here early in August and got to know the place before the people. I started off a bit shy and nervous and didn't really know what I was doing here. The only thing I knew, was that it was a new beginning.

I immediately realized that this was a place for everyone – many different souls, but everyone so obliging and welded together in some way. I quickly made friends, and even more quickly realized that this was a place for me. But what more could this place possibly offer?

After a few months here, I found my way to Tuntreet. My first story gave me a rush; a good feeling, and a sense of satisfaction through achievement. I sought out this rush even more, and soon applied for a position in the UKA 2022's marketing unit's STUNT crew.

The road from there went even faster, and I soon found myself sitting at the General Assembly spring 2022 getting volunteered for the position as editor in Tuntreet.

My first thought was that I definitely wasn't ready for this, and that I wouldn't have enough time to go through with it. However, I did say yes, and that is something I never will regret.

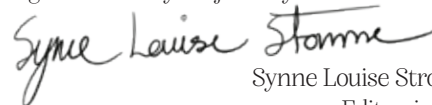
My hair has gotten long and brittle. For a long time, I've wanted to grow it out until it reaches my buttocks, and make it reach its full potential. The thing is, however, that you have to take care of it along the way. You can't just expect it to maintain itself day in, day out, through wind and weather (and hairdryers), and all imaginable types of friction – without taking the time to nurture it.

It has grown. I have grown. I just haven't had the time to take care for myself (or my hair)! Sometimes it's just so much harder than it seems. All of a sudden you find yourself standing there with way too many hair rollers, as well as 4cm long brittle tips! Did you get the metaphor already?

Now the time has come, and my hair shall be cut. It shall be nurtured.

I promise this will be the last time you have to read my rambling on the first page here. Thank you! I want to direct a special thanks to Celine and Sofie for some sweet ups and downs, the abdicated editors I've had the honor of leaning on through this amazing year, as well as the Tuntreet staff for an incredible effort! I would also like to thank the rest of the office wing for amazing cooperation and great moments. And lastly, thanks to the student society, our readers – without you, Tuntreet would be nothing to speak of.)

Remember to trim your tips, Celine and Martin – and good luck on your journey!



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NSO NATIONAL CONFERENCE

Have you ever hear of the National Union of Students in Norway (Norsk studentorganisasjon, or simply NSO in Norwegian)? If the answer is no, you are certainly not alone. Here is a little look into NSO's big happening from 13th –16th of April, the National Conference of 2023. At the national conference, 181 delegates gathered from all over the country to discuss and decide on a path for the political work of students for the coming years.

So, what is the NSO? The NSO was established in 2010 and is an interest organization for student democracies in Norway and represents approximately 260,000 students. As a member of the NSO, NMBU sends approximately 30 kr of the semester fees per student to the NSO. With this, the NSO can engage in lobbying that benefits all students.



Helene Sylvarnes
Writer



Bonnie Sutherland
Writer



Vegard Sjaastad Hansen
Translator

The journey began Thursday morning, with an early train trip to Tønsberg. The students walked down the streets of Tønsberg in a purposeful pack towards the hotel where we were to spend the weekend. After beer-shopping and a nice lunch, we started with the pre-meeting, a small introduction to the national conference. To tame the fear of the lectern, everyone had to get up and introduce themselves with their name and institution. It went pretty fast and easy, but with some exceptions, such as Nikolai - “who is not Thea”.



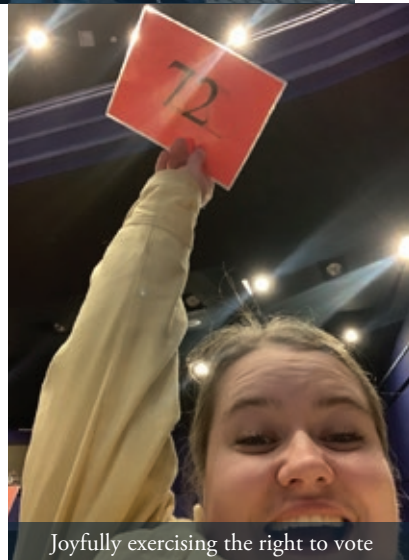
Smiles all through the weekend from the NMBU delegates

On Friday, there was no mercy when it came to the agenda, and we jumped straight to discussion. One of the weekend's major discussion points was the submitted resolutions - declarations of what students should think about various topics. At the national conference, resolutions were forwarded concerning, among other things, monthly subscription for public transport for all students, tuition fees for international students, and artificial intelligence (AI).



The Executive Committee of NSO 23/24

Camila Moreno, Bonnie Sutherland, Jens Bartnes and Åse Vigdisdatter Nytrø travelled from NMBU as delegates, meaning they would be able to help make decisions. Helene Sylvarnes had the pleasure of traveling as an observer and spent the weekend sitting on the back bench enjoying the view of engaged students and consuming unhealthy amounts of soft-serve ice cream. Otherwise, there were also several other students from NMBU who are involved in the NSO, and thus naturally attended the national conference as well.



Joyfully exercising the right to vote



One of the most important issues we discussed was AI. NSO's leader, Maika Marie Godal Dam, has for some time been contacted by journalists who wondered what students thought about AI. As the NSO had not adopted a policy on this, it has been difficult for Godal Dam to respond. After the national conference, and a new resolution on the topic had been adopted, it did not take longer than 4 hours before NRK had a story about the students' opinions on AI.

The other resolutions were slightly less divisive. In the resolution “National monthly subscription for all students”, there is a proposal for a national monthly subscription public-transport-card for all students which will motivate everyone to choose trains and buses over planes and cars. During the processing of the resolution “International students to Norwegian educational institutions”, the national conference showed that it was still important to work against the breach of the free-education principle.



Such intense political weekends affect both body and mind. Camila experienced this when she told me on Saturday morning that she dreamed of dissent. Maybe you don't know what dissent is? Camila probably didn't know that either until the day before, but now she has a firm grasp of what it is, so you just have to ask her if you want the answer to that.

On Saturday, we had the pleasure of almost nine hours of political debate on two major political platforms. In the NSO's document hierarchy, the platforms are quite high up, which would mean that what was decided at the national conference about these platforms would be the guide for the NSO's politics going forward.

NSO's major battle over the years, increasing student support to 1.5G, was also discussed. G stands for a basic amount calculated in the national insurance and is a way of calculating how much money you should have, despite increasing prices, inflation and other factors. By binding the student grant to the basic amount, there would be no need to negotiate about it every year, but it would increase in line with wage growth. This year, 1.5G will correspond to approximately NOK 167,000. The discussions at the national

conference focused on whether to increase this target, so that the NSO would work for 2G, but this was met with arguments that it would be too ambitious, when after all these years we still have not achieved 1.5G.

The NMBU delegation also used its opportunity to influence the meeting and put forward a proposal to include a clause on unpaid leave. The advantage of putting forward good proposals is that others agree with the proposals, and we could celebrate that our local politics became national. Our local Jens was also voted into the NSO's executive committee and will be working with national politics next year!



Saturday evening was spent in its finest way, with a stately dinner and participants dressed in their finest suits, dresses and bunads. The NMBU delegation's one mission for the evening, to take a joint photo, can be seen as moderately successful. Thanks to some fantastic editing skills, we're happy to say we got a group photo!



Thanks to some amazing editing skills, we finally got a group photo.

A party is also no great hinderance for a group involved with student politics and between dancing and beer, you got into some good discussions about whether you should vote for 1.5G or 2G and who had received free sanitary products at their universities.

It was a tired group that lined up in the national assembly hall on Sunday morning, but no less committed. Fortunately, Sunday consisted of voting and resolutions, which meant that the work that remained was to raise an arm. Over 150 submitted amendments were voted on, and we were happy to adopt two new platforms for the NSO.

Then the national conference was finished for this time. A tired NMBU group could get on the train and take with them new acquaintances, soft-serve ice cream in their bellies and perhaps a little wiser, knowing that they have contributed to a better student daily life.



SURPRISE! IT'S AN EXTRAORDINARY GENERAL ASSEMBLY

Astor Ness
Photographer



Tpo
Journalist



At our last General Assembly (GA), an unexpected event occurred: no one was elected as the new Head of finance at Samfunnet. This entailed the organization of an Extraordinary GA.

There must always be a money manager

The Extraordinary GA of this spring took place on April 17th, at 5 p.m. in the Festsalen. Extraordinary GAs are very unusual. Eline Furseth from the Election Committee explains that she's now "been a member of Samfunnet for four years, and this has never happened during that time."

The Election Committee is responsible for finding candidates for each GA, including the extraordinary ones. "Some positions are always harder to fill than others, but we don't think that extraordinary GAs will become a common thing," Eline adds.

Like night and day

After an endless session with protocol, the election of Head of Finance finally began. Straight away, two people spontaneously volunteered as candidates for the position when the bench session got underway.

Followed by the candidate's speeches and a round of questioning, the voting session was held. During this extraordinary event, the voting process was different from the traditional digital voting process used during "Common" General Assemblies. This evening of voting was a classical ballot election. Exotic! After a shorter-than-expected ballot count, the chairmen could happily congratulate Håkon Kvernstuen on the election victory.

Why now, but not then?

Håkon Kvernstuen chose to run for Head of Finance at Samfunnet mainly because he thought it was a brilliant opportunity to apply what he had learned through his bachelor's degree to volunteerism at Ås. And that "... at the same time [as I] contribute to the common goals the Student Samfunnet in Ås wants to achieve," Håkon explained.

At the last General Assembly, Håkon did not have the opportunity to run for election because of a mandatory assignment that had to be submitted. Better late than never!



Samfunnet's newly elected
Head of Finance
Håkon Kvernstuen



DO YOU WANT IT? – *It's not sex before you both do*



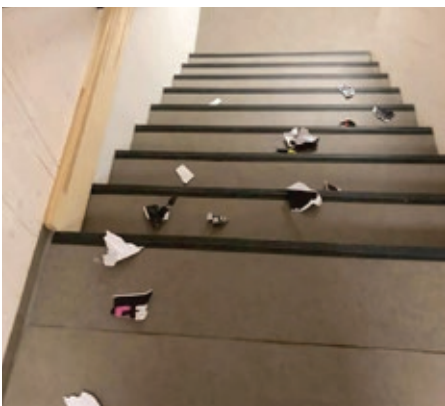
Vegard Sjaastad Hansen
Translator

Have you seen this poster placed around on campus lately? If so, then you have received the main message from the campaign that the Student Parliament, Amnesty, SiÅs, the health station and NMBU are now fronting. The goal of the campaign is to raise awareness on the topic of sex and consent. Consent is an important subject that should be talked about and be visible among the NMBU students.

It would be easy to imagine that consent would be a very straight forward subject, but it is not necessarily so. It can be difficult to interpret the signals from someone you want to sleep with, especially late in the evening when you have had a lot to drink. This is precisely why it is so important to actually ask for consent. It is much better to ask a few times too many than to risk becoming an abuser.

Although we think this is an important topic, it doesn't seem like everyone agrees. Despite the fact that the posters were recently put up, they have already been torn down in several locations. Participation in the debate is important and good, but it is not very constructive if you choose to show it by tearing down the posters. We would rather encourage you to have a chat in your friend group, both about why this is important, but also about how it can be difficult. Good luck!

Submitted by Jens Bartnes



THE VOLUME AT SAMFUNNET

Archive photo: Magnhild Hummel

Close your eyes and imagine a good party night at Samfunnet. Concentrate on the sounds. You enter Halvors, and the music fills your ears. The atmosphere is nice and people are talking loudly - but how loud is it really? What is a safe level? And how do you take care of your hearing while spending an evening at Samfunnet?



Ingvild Lauvstad Sunde
Journalist



Astor Ness
Photographer



Rebekka Berg
Translator

What makes the most noise at Samfunnet?

Is it the music that bursts your eardrums, or is it a drunken fellow student shouting in your ear?

“It’s probably a combination of music and talking,” Mathias Nordhagen, the Head of Security, explains. Kristian Strøm is the Head of Disco and adds that it is still mostly the music. “The chatter follows the music volume a little. If we want people to quiet down, we turn down the music in an attempt to lower the chatter.”

“There are events such as concerts which of course have the highest sound level,” says Mathias. “But you should not underestimate the sound level on normal party nights either,” he points out.

“It’s about which room you’re in and which frequencies come out,” Kristian explains, and points out that Festsalen, in particular, has poor acoustics. He nevertheless admits that the treble inside Halvors, i.e., the brightest frequencies, can sometimes be a

little high, depending on the song. Mathias adds that the sound level can also get quite loud when everyone is talking in the bodega. “The entire first floor of Samfunnet is in brick, so the walls in both Halvors and the bodega resonate well.”

Precise measurements

“The sound committee and duty officers measure the sound level at Samfunnet on party nights and other events,” Mathias explains, and this way the committees have an overview of the sound level.

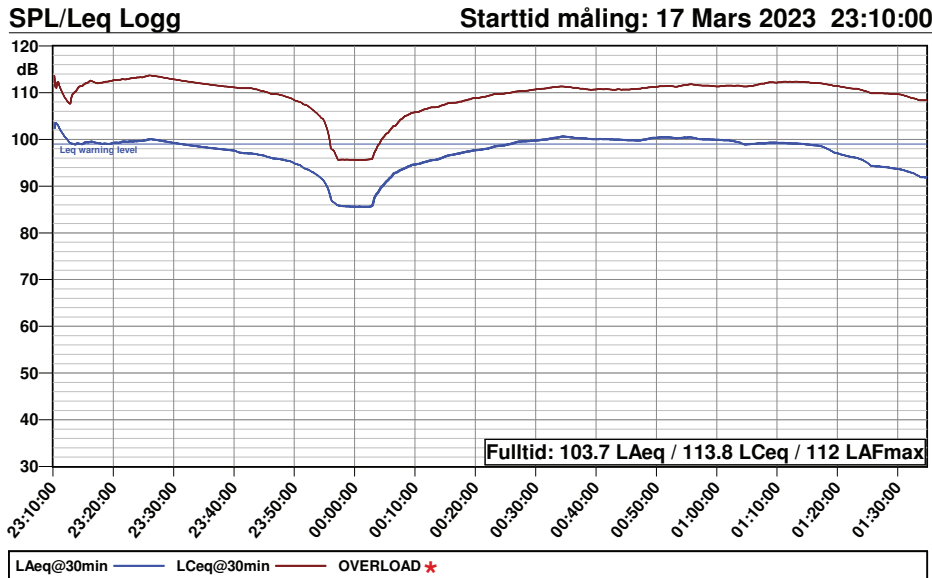
“It is loud music that creates the best atmosphere,” says Kristian who DJs during a party night. “But the sound level should, of course, not be harmful,” he adds. “In Aud.Max. and Festsalen, the sound committee does the measurements, while in security we go around with decibel meters and check regularly,” Mathias says. The sound measurements made by the sound committee are aimed at the artists, while security measures the sound level for the sake of the party-goers.

“We measure where there is music, and perhaps if there is particularly loud chatter in the bodega. For the safety of the partygoers, we do this even if it is not really required,” he adds.

Although the disco committee does not carry out any sound measurements of its own, Kristian stresses the importance of this. “We set up the equipment together with sound, before people arrive at the house, before we check how the level is from various places in the room,” he says.

The Disco Committee is pretty new at Samfunnet. The committee consists of DJs who are responsible for the music at regular party nights in Halvors Hybel.

FIGURE 1: MEASUREMENTS DURING KAPTEINEN AT SPRELLFESTIVALEN



The moment of truth - exactly how loud is the sound level at Samfunnet?

Tuntreet has been able to get a hand on the sound measurements that were taken during a number of concerts at Sprellfestivalen in March. Here, the sustained sound is measured over time, both normal frequencies that are perceived by the human ear, and the deeper frequencies were measured.

When Sliteneliten played in Festsalen, the sound level varied from 90-100 dB. At 22:30 the sound made a small jump up to 95 dB, before it made another jump again at 23:30 and topped the evening's sound level of 100 dB. The deepest frequencies were fairly steady at 104 dB from 23:00 and beyond.

For Kapteinen and Tøfl, the average sound level was consistently at 100 dB, while the deepest frequencies were consistently at a slightly higher level, around 110 dB, because Kapteinen and Tøfl generally use more bass than Sliteneliten. In Tøfl's measurement, you can see a real drop in the graph around midnight where the sound level dropped all the way to 85 dB. This was probably when Tøfl left the stage to let Kapteinen step into the spotlight.

What exactly is a harmful sound level?

"We always try to keep the volume of the DJs' music at around 85 dB," Mathias says.

"If we make measurements that greatly exceed this, we go and tell the DJs." As the sound measurements show, the sound level is somewhat higher at concerts. Both Mathias and Kristian also encourage partygoers to speak up if they think the sound is too loud. If you still want to chat, Kristian thinks you'd better go to the bodega or Johannes. "In Halvors, there is a club atmosphere, and you have to be prepared for that level of music. Otherwise, earplugs are handed out in the bars and at the entrance to Halvors," Mathias informs.



Pillows could be a good alternative if you don't have earplugs!

DID YOU KNOW?

- ~ Hertz (Hz) is the unit of frequency of sound waves.
- ~ The human ear perceives sound between 20 and 20 000 Hz.
- ~ dB is the unit for volume (the amount of sound distributed in one area)
- ~ 20 dB is completely quiet, while a regular conversation is usually between 30 and 70 dB.
- ~ "The pain threshold" for our ears are 130 dB, but can both be higher and lower.

Source: 'Hørsel', 'lyd' og 'desibel' på snl.no.

XV YEARS

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— Student Parliament 3 —



Martin Hansebråten
Journalist



Olina Søyland Bru
Illustrator



Kaja Bugten
Translator

Another student parliament has taken place, and this time the agenda was mainly filled by the election. Both the board of SiÅs and other boards at the university were going to be filled with enthusiastic students. A welfare policy document was also discussed.

After the Student Board leader Jens Bartnes knocked open student parliament 3, there was a greeting from Kenneth Vikse from the Communication Department. Vikse was hired by the previous principal Curt Rice and his main tasks included promoting the university's reputation and recruitment to the university. He made a point of the importance of visibility. The student ambassadors were emphasized as a part of this, as current students have a better ability to speak the students' language than the university management. The ambassadors are a group of NMBU students representing us through talks for high school students, as well as visibility on social media.

First, briefs and reports were presented before the election started. During this student parliament, members for the

Appeals Committee, the board of SiÅs, Learning Environment Committee, Research Committee, and the central Education Committee was elected. A deputy position that wasn't elected, AU got to fill. The Control Committee also got a new member, but there should be two elected members, so another one is to be elected during the next student parliament.

After a break with a good-tasting cake baked by the Business School, a political welfare document was discussed. The document summarizes the student parliament's vision on everything that entails our welfare. An input raised was a wish for more parking lots. This is particularly directed to Skogveien, where there are very few spots compared to the student mass. Another input was about the importance of a balanced approach to sustainability and actual costs, especially concerning rent. A decision on the case will be done during student parliament 4.

When the discussion rounds were over, we voted on some resolution amendments. It was decided that translators can be present at meetings closed for the public.

This was an unanimous vote without much discussion. Additionally, it was decided to remove a decision about a constitutive meeting of the student parliament which has not been held since the Executive Committee/Student Board (AU) switched to having three full-time members. Additionally, it was made possible to present urgent resolutions, in case a very important issue comes up between the student council meeting and the student parliament.

A problem that was addressed in the meeting evaluation, was the noise level of the student parliament members. It is a problem that people talk too quietly, which is a problem for the translators sitting in the room and simultaneously transcribes and translates to non-Norwegian speakers. It was pointed out that it had improved from previous meetings.

The student parliament had many cases this time but finished with time to spare in the schedule due to very effective mediation. The student parliament room seemed pleased with this meeting and some of the members had a bit of meeting milk once the meeting was over.

WHY VOLUNTEER AT SAMFUNNET?



Marie Tjelta
Journalist



Ingunn Reimers
Photographer



Benjamin Alexander Faulkner
Translator

Maja Raz Karterud, newly appointed leader of Samfunnet i Ås



Vilde Kjelrud Pedersen, incumbent leader of Samfunnet i Ås



Samfunnet is the sweet spot of parties and fun here in Ås. Without Samfunnet, student life in Ås would have looked quite different, and we can all probably agree that student engagement as through volunteering is a crucial part of keeping it all running. However, there has been a reduction in volunteerism here in Ås, along with an ongoing revision of the benefits for volunteers. Why should you get involved as a volunteer, and what do you actually gain from holding a position at Samfunnet?

Advantages of volunteering

To explore this further, we sat down with the current leader of Samfunnet, Vilde Kjelsrud Pedersen, and the incoming leader, Maja Raz Karterud. When we asked them why one should take on a position in Samfunnet, Maja exclaimed, "Because it's fun!" They further explain that you gain a lot of work experience and social benefits: Joining a committee is a unique opportunity to meet new people and participate in the Samfunnet's events. Although many may associate working at Samfunnet with bartending during party nights or being a security guard, that's just the tip of the iceberg of what Samfunnet has to offer. There are many different roles you can take on as a volunteer, such as organizing events, managing finances, working in the café, carpentry, marketing, organizing concerts, or handling sound and lighting – the range of tasks Samfunnet offers is extensive.

In addition, you gain a lot of "spice" for your CV, as Maja puts it. Having experience working at Samfunnet can make you stand out in a future job interview, in addition to providing you with valuable experiences to carry forward in your career. You gain more knowledge about working in an organization and what it entails, as well as developing strong teamwork skills.

Financial benefits

As a member of Samfunnet, you receive discounted prices on event tickets, club services, and party nights.

However, these prices become even cheaper if you are a committee member. If you attended all of Samfunnet's events in 2022 as a non-member, it would cost you 8000 NOK. As a member, it would cost you 5670 NOK, and as a committee member, you would only spend 1235 NOK. That means you could save up to 4435 NOK just on events!

Why are volunteers important?

"The only reason we are able to run this place is because of our volunteers." Vilde emphasizes that Samfunnet is an important and truly unique gathering place for students socially. Samfunnet provides a safe environment for party nights with trained and dedicated individuals that you won't find elsewhere. "There are plenty of party-loving people in Ås, so if you enjoy parties, you should take on a position," Maja laughs. Moreover, the prices you find at Samfunnet are not the same as those you encounter in bars and clubs in Oslo or other big cities. "We strive to keep the prices as low as possible."

They also emphasize that Samfunnet contributes to the uniquely strong sense of community among students at NMBU. "We are the most satisfied university students in Norway, and it's undeniable that it's because we have an incredibly strong sense of community, and I dare say that Samfunnet plays a significant role in that," asserts Maja. Despite Ås being a small and seemingly ordinary place, there is an incredible amount of excitement and fun happening here, which can be attributed to long-standing traditions of togetherness, volunteerism, and accessibility.

Volunteering is waning – why?

Are the benefits offered by Samfunnet to those with positions and committee memberships motivating enough for the students? Vilde admits that perhaps the benefits are not visible or good enough, considering the observed decline in volunteerism. One measure to increase

volunteerism could be to clarify and highlight the benefits and experiences gained from working at Samfunnet. "It's not just Samfunnet struggling with volunteerism, it's actually a nationwide trend, there's a dip," she adds. It is not unlikely that this is due to the pandemic, and Samfunnet is working to revive engagement. Maja adds that students who started at NMBU in the midst of the pandemic have not had the opportunity to experience what Samfunnet is all about and how much fun it can be. It is incredibly important for Samfunnet to regain volunteer participation. "If we don't have enough volunteers, we can't have as many events. If we have very few, we may have to cancel events or, in the worst-case scenario, shut down the house."

Revision of benefits

The Board of Samfunnet is currently working on revising these benefits you receive from working at Samfunnet. They do not want to go into detail about the revision as it is an ongoing process. However, we wonder what the underlying reason for this revision could be. According to the long-term strategy of the Board of Samfunnet, revisions are supposed to take place every even-numbered year, but now they want to change it to odd-numbered years to align with UKA (the Norwegian student festival). It is important to regularly revise the benefits to offer a good package that aligns with prices and the desires of volunteers. "We want the volunteers here to feel that their wishes are heard ... of course, we need to stay within realistic limits, but we try to stretch as far as we can to meet them," explains Vilde. She also adds that prices, which have perhaps been the main focus, are constantly being revised. The goal is to keep costs for students as low as possible while making everything sustainable: "We are not here to make money; whatever we earn goes back into Samfunnet so that we can organize cool events for our members." They conclude by mentioning that revising does not necessarily mean changing everything, but rather taking a look, although there will be changes this time around. "There will be changes in the benefits to make them more visible, with contractually guaranteed benefits," Maja explains. Finally, they mention that they are also looking at price differentiation, and this is something the current and incoming Head of Finance will be working on extensively throughout the summer.

WHAT'S THE DEAL WITH COMMUNITY SERVICE?



Tord Kristian F. Andersen
Potato

Ah, voluntary work. The fresh scent of pro-bono work for a good cause. And what better cause than supporting the students' partying habits? I do not know. So why don't the members show up for community service?

But what is community service actually?

Apart from being mentioned as a concept in the Samfunnet i Ås' statutes and strategy, community service is not further elaborated. Rather, the real definition comes in an explanation of what you bind yourself to when you become a member of the Student Association in Ås:

"As a member, you agree to contribute with one to two community services per semester, where you work at one of Samfunnet's events in a good spirit of service and thus become an active part of the operation of the house. This evening you work for others who are out, while the others will work the next time you go to a party."

What does this look like in practical terms?

As a member, it is compulsory to perform community service, unless you have a committee position. Here you work one to two party nights per semester, and can work in positions such as entrance, cloakroom, food, security, or bar. You can also perform community service at events such as quizzes and Tuesday refills, but since these are shorter shifts, you must take two shifts back-to-back. If you do not show up for duty without a substitute or good reason, your membership will be frozen.

Since I had never done community service myself, I signed up on a Wednesday in April. I worked at the alcohol service and served fruit and coffee to the other workers. All those in community service are given specific tasks and relate to one or more people responsible for their task. When I ask around, most of the other community services think that the scheme works well.



Astor Ness
Photographer

Some of those who look after emergency exits admit that time can pass a little slowly, but that it is worth it to be a member. "Worst case scenario is if it is boring, but you still feel like you're contributing!"

My opinion is that community service is perceived as surprisingly social. This is something that can vary depending on how many members show up for service and what kind of event it is. An ordinary bodega will not have as much impact as a concert night. On the Wednesday in question, only 16 out of 34 showed up.

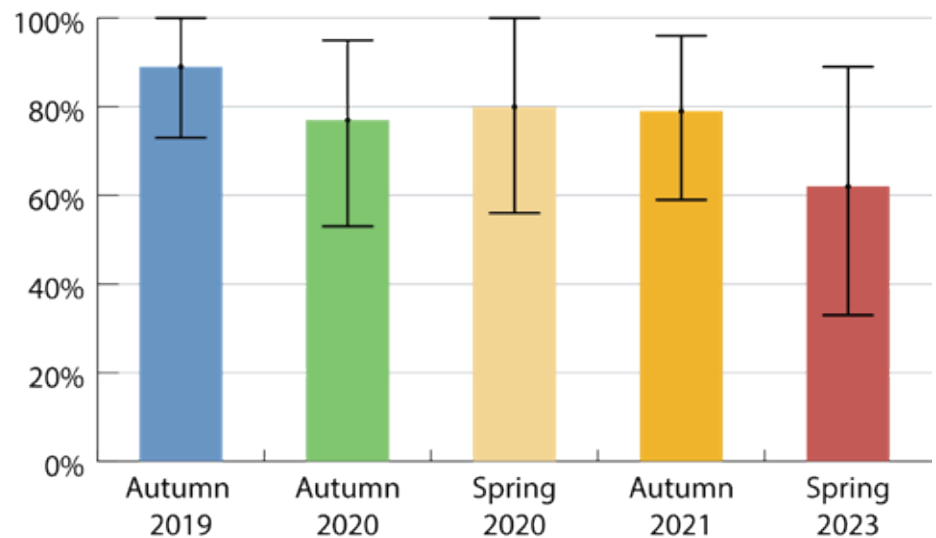


Vegard Sjaastad Hansen
Translator

What? People don't show up?

Consolidation Director (OKD) Sigrid Fause Lian is head of the committee for the bodega unit. There are members of the group who work as party managers on party nights, on behalf of Studentsamfunnet. Sigrid explains that lack of attendance has been a persistent problem throughout the spring. "You can manage with a bit fewer, but otherwise you have to close shop." During my session on Wednesday, the second floor was closed due to low attendance. Sigrid says that they need about 25 on wednesdays, and 30 on fridays.

AVERAGE COMMUNITY SERVICE ATTENDANCE
WITH MAX. AND MIN. VALUES



Larger events need more people. It will often be possible to change tasks during the night, and if there's enough people, you can also enjoy 20 minutes of a show when the event's a concert or a revue. "Just let us know if you're bored! Community service is supposed to be nice."

The problem's that not enough show up. Figures Tuntreet has been given access to show only 62% of those summoned showed up for duty this spring. In comparison, autumn 2019 had an attendance of 87%. In both 2020 and 2021, attendance was 79%, despite the pandemic. Tuntreet has not received figures from 2022.

Summons and evasions

HR managers Eline Lund Westgaard and Mette Lea are responsible for ensuring that enough people are summoned for services. The order of summons is alphabetical by surname by grade level in the order 1, 2, 3, 1, 2, 3, 4, 5. That is to say that 1.-3. are called in twice before there is a chance for master's students to be summoned. HR managers find that when they call people in for duty, dropouts are often associated with events many people want to go to, events late in the semester, and people on exchange who have not told them about this in advance. "If you send us an email that you're on exchange, we'll freeze the membership, and when you are back, you'll just have to thaw it!"

"We have heard some poor excuses, such as members who have claimed that they do not have much time to be at Samfunnet and would rather freeze it, even though they have been there every Friday for weeks." The personnel managers also say that they do not think people are aware that they have access to people's account activity

and can block it if people try to get out of service. "Some claim that they are ill, and then redeem a ticket that same evening."

Some let their membership expire and renew to new, unblocked memberships. As of today, Samfunnet does not have tools to know if someone should actually have been blocked, but this is being addressed.

Something the HR managers emphasize is that predictability helps a lot, and not calling in members who are on exchange or no longer studying at Ås would have helped a lot. "When we are unable to call in enough people, it means, for example, that we cannot release more tickets for events." In practice, it will be more difficult to get a ticket to the more popular events.

Safety and organisation

The Head of Bodega, Lars Nordby, is a member of the board of Samfunnet and the head of the Bodega Unit, which is unit in charge of organizing the party. He believes that the reason for the lack of people can be, among other things, the combination of the corona virus, students who no longer attend NMBU who still have active memberships, in addition to the previously mentioned reasons.

I am asking Lars whether there has been any consideration of reorganizing the system of how the community services work, to seek to understand if there are smarter ways of delegating tasks to people. This is particularly so in connection with the fact that doormen and body searches are not common elsewhere in the greater Oslo region. Samfunnet has also relatively recently stopped using stamps on hands, and instead checks identification papers every time you want to enter Johanne's.

Lars replies that, despite the fact that these are decisions Samfunnet itself has made about the operation, it is largely based on safety requirements. The head of Bodega also says that if something were to happen, he is, in a worst-case scenario, worried about Samfunnet losing their bar and liquor licence. It should therefore be a proactive way of ensuring that Samfunnet has full control over its own building. "If we were to change the entire community service scheme, it would be wiser to see larger parts of the organization as one, but then you have to be careful not to make hasty decisions."

Lars echoes OKD Sigrid's experiences. It has happened several times that more than half have not turned up, and if you fall below the minimum requirement, a worst-case scenario, you have to cancel events. "Show up. If you don't, we create for ourselves a situation with a poorer offer of events. Samfunnet's culture is built on volunteering."

If anyone has thoughts on how community service should work, or other ideas/improvements, Lars encourages them to come to the Office Wing, or send an email to samfunnet@samfunnetiaas.no.

My own community service ended with slices of pizza and a round of applause for ourselves and the great volunteer work we had done. Is there potential for improvement? Definitely. But behind all of the logistical problems lies a precious thought. You show up, relax your stiff upper lip, and do something for the community. An evening where you get to see the party night from a different point of view than usual. Maybe you can make some new friends too?



Consolidation Director, Sigrid Fause Lian



Heads of Personell, Mette Lea and Eline Lund Westgaard



Head of Bodega, Lars Nordby

Mediocre sustainability at NMBU

Submitted by Einar Lyrche Lebesbye



Tuva Hebnes
Photographer



Kristin Gilboe
Translator

Since you are enrolled at NMBU you might have heard about how land use changes are the largest threat to biodiversity. We humans need more space – a lot of space! When we take new areas of land, we like to level the ground, make it all nice and dig trenches to get rid of excess water. We remove the natural variation and the ecological function, as well as the ability for resistance and robustness in the nature surrounding us. What we do with our outdoor spaces and our buildings have great influence and can either help create livable areas or create a biological desert – these spaces do not have to lose their value! What about actually using sustainable solutions such as green roofs or increasing the number of solar panels at NMBU? Why don't we compensate the removal of nature in one place by using already destroyed areas to create good ecosystems and sustainable solutions? A single individual's effort is only a drop in the ocean, but if enough people do it, maybe we can avoid one windmill farm to be built on untouched ground, maybe more!

One drop in the ocean, and we as students are probably not even that, most of us don't even own a permanent residence and has limited influence on how we can shape roofs and outdoor areas around us. What about Norway's spearhead in terms of sustainability; NMBU? NMBU owns large areas, both buildings, fields, forests and parks. Their attitude could actually provide a great change. I hear a lot of big words, but see, at best, mediocre execution of green and blue-green solutions around Campus. Naturally, I am not referring to the beautiful buildings, such as The Clock Building or Cirkus, but all the other new buildings. Where the frick are the solar panels that could have covered the new buildings SKP, Fiskedammen, and Kassa-Nova? We do also have other buildings, of different ages and questionable aesthetics, that at least could have done their part as energy producers or bug refuge: Biotek, Jordfagsbygningen, and Sørhellinga to mention some. All honor to the one who suggested solar panels at Forsøksgården!

The new, gigantic VET-building has a roof covered in sedum, which is very nice for dealing with stormwater, but doubtfully compensates for the nature loss the building has inflicted. Seven different species from the stonecrops family do not exactly scream biodiversity. The potential of such a large roof could have been utilized much better. Then we have SiÅs. Neither Palisaden nor Skogveien has green roofs. Buildings of massive wood should be able to handle the weight of the solar panels without causing problems. Eika could have had solar panels. Both Pomona and Utveien had their roofs and façades changed recently – a perfect opportunity to put some up, but no.

Our outdoor areas are also problematic. An attempt to create a nice stream from Andedammen to Lille Årungen, Niagara, is dry most of the time, which really isn't that weird. Almost all water falling from the sky is collected in pipes or falls on the asphalt before following the cobblestones to the drains, leading the excess water to our lovely Årungen. This water could have been used to water plants or create streams, providing flourishing living spaces for plants and animals. A poor attempt at creating an open stream is conducted next to VET. While there is a lot

of space where the stream could have made its way, it has been forced to go in a straight line without any vegetation around to protect it. Has anyone actually consulted an ecologist in this incident? There is need for variation, irregularities, outer turns, inner turns, water running at different speeds – and at least actual water in the stream. We have more than enough water; it just can't be trapped in underground pipes but rather get a place in our outdoor areas.

Then there are all the lawns. Just an insane number of lawns, and always freshly cut. The students need the lawns for the Buddy Week, but that is mostly it. What about letting it be a flower meadow for the remainder of the year, and only cut just before the Buddy Week? Controversial perhaps, but one must dare to dream big. Storplenen, okay – that one we need, but couldn't we map out how the others could contribute as an ecological function for Campus? For instance, the lawns that runs along the path from the Clock Building to Bikuben could easily have been flower meadows. No one ever uses them, but a lot of people see them as they walk by.

When we are on the subject of dreams: The renovation of Aud.Max. was recently postponed, and one of the reasons were the high electricity costs. Would it have been possible to build the roof first, with solar panels, and then renovate the rest? A big investment, but cheap electricity during the building. Under normal circumstances, Samfunnet would not use all the electricity the solar panels would be able to produce. Samfunnet i Ås as a net producer of energy – a positive climate accounting for all unseeable future. That would've been cool!

With all the big words and the enormous amount of knowledge, I find it mesmerizing that NMBU can get away with such a mediocre, poor attempt at being sustainable. We should take advantage of every square centimeter to build green roofs (not only sedum!) or solar panels. We should create outdoor areas that are not only esthetically pleasing, but also cleans the air and the water that ends up in Andedammen and Årungen (before running out into the fjord) and creates a space that not only we can call home. When we demand such large amounts of areas, we need to exploit them better. We have the knowledge, in both staff and students. Landscape Architecture could draw it, Renewable Energy could have calculated the need and the effects of it, Construction and Architecture could have calculated the weight distribution, Ecology could have provided guidance for the areas on Campus. NMBU have to go for, challenge, and behave like the sustainability university it promotes itself as. If we don't do it, who will do it then?



Tuntreet's official guide to association housings (part 2)



Marie Tjelta
Journalist



Astor Ness
Photographer



Tor Kristian F. Andersen
Potato



Kristin Gilboe
Translator

Bohemen

SANGKORET LÆRKEN

Established: 1989

Where: Mølla 119-124

Number of beds: 6

Interior: If you are a student at NMBU you have most likely visited Bohemen at least once, to attend an after-party on a late Wednesday or Friday night. The most eye-catching about Bohemen is all the different-sized signs that hang on every wall – there are more signs than walls!

Party possibilities: While Hankattene offers party 2.0, Bohemen offers a more acoustic experience. The music encourages you to sing along, and you are recommended to sit down with a cold Tuborg and have a chat. “Whatever they offer at Hankattloftet, we offer the opposite,” a Lærke laughs.

Livability: Bohemen is not a place for the light-sleepers. Even though parties and people are fun, it can be challenging to live in the epicenter of after-parties in Ås during the exam period. Bohemen works as a clubhouse for Lærker and is almost always open for people to hang out, have a coffee, or do schoolwork.

Open for after-parties: Open for everyone (as long as a Lærke is present)

Drink of choice: Emanuel (Gammel Oppdal Aquavit, 13 drops of Tabasco sauce, one small (estimated length: ¼ - ½) string of uncooked spaghetti)

Fun fact: In the 90s, two piglets lived in Bohemen, named Bodil and Bacon.

Konehuset

KONEKLUBBEN FREIDIG

“Most playful home”

Established: 2015

Where: Samfunnsveien 2

Beds: 4

Interior: Pink, pink, and more pink! On the living room walls, the Kone style is very present; you can find a rolling pin and a broom, as well as a whip that gives their home the boldness of Koneklubben. You can find a number of embroidered genitalia and clever wisdom words on the walls, which Koneemene have embroidered themselves.

Party possibilities: The living room is spacious and has two couches. There is also a trampoline in the garden – after parties are always a possibility during the summer!

Livability: “It is very nice to live here as you are always in the middle of the action.” This is a place for being social but also allows you to take some time off.

Open for after-party: You are welcome to come by if you walk past and hear an after-party.

Drink of choice: Jellyshots!

Fun fact: The Unity boys had the house before them. The only thing left is a drawing of a penis on the wall, which is almost washed away.



Epleskrotten

NGA- NOE GANSKE ANNET - NGA

"The most spacious"

Established: 2016

Where: Langbakken 8

Beds: 7

Interior: We move away from the student villages and find the home of the choir Noe Ganske Annet, Epleskrotten (the apple core). It is without a doubt the largest association housing so far with a calming presence, color-coded in blue and green. Many green plants are placed on shelves and windowsills and adds a fresh look to the place.

Party possibilities: Word has it that the place has hosted a party with 100 guests at one point. The garden has its own shelter, which was built for the UKA 2020 liqueur loop, and has been the location of numerous bonfires.

Livability: The NGAs describe Epleskrotten as a free space where there is room to be whom you want to be. The motto of Epleskrotten is: Unity, coziness and hangovers. "In comparison to other association housing the place is quite clean," which could be a natural consequence of the less frequent parties they host compared to the other housings, due to the distance from Samfunnet and other homes.

Open for after-party: By invitation only

Drink of choice: Leftover spirits.

Fun fact: The most special and wonderful part about Epleskrotten must be the annual NGA festival which is held every June.



Sætra

TRADENIGHETEN: LEIKARRINGEN FRØY, FLATLUSA SPELEMANNSLAG OG BUDEIEFORENINGEN

"Most ambitious home"

Established: 9. September 2023 – Everyone is invited to the opening party!

Where: Fougnerbakken 19

Beds: 6

Interior: Located next to the Tower Building is a path that leads us through a forest and to a white house. This is Sætra. The living room is decorated in the style of national romanticism, with churns and paintings. The walls are of golden wood, which together with the noise of the fireplace gives an earthy vibe. It can almost compare to coming home to the cabin after a day of skiing.

Party possibilities: Sætra is still under renovation and is not yet a fully functioning association housing. But Tradenigheten still has a lot of ideas for the place. The ambition is to create a space where people can dance and play folk music. 9th of September is the date of the official opening, and all students at NMBU are invited – as well as the King and the Head of the Directorate for Cultural Heritage! "We can promise a cultural happening that you will not forget." Sætra is a large house with a spacious living room, which makes for great party possibilities – but can they really fit all of Ås?

Livability: Time will tell

Open for after-party: Knock and see!

Drink of choice: A drink of ½ Kefir and Kalinka

Fun fact: They considered over 40 names before ending up with Sætra. The competing names were, among others, "Der ingen skulle tru", "Soria Moria", "Gimle" and "Åsgård".



17th of May: Champagne showers, or buried in books?

Ingvild Lauvstad Sunde
Journalist



Ben Børildsen
Photographer

Ida Haraldstad
Translator



Exams are no laughing matter. This is the day to show what you can do. But what if that day falls on May 18th? Maybe you have to scrap your national day celebration in favor of studying? Or maybe you just decide to see what happens? Hey, what about having no exams on May 18th?

Student council leader at MINA, Sigrid Esmeralda Arnestad, and AU leader Jens Bartnes understand that many students want no exams on May 18th. Sigrid highlights that having an exam on May 18th can make students feel excluded from the national day celebrations. “I had an exam on May 18th myself and chose to study in Eplehagen amidst all the festivities. You end up feeling a bit left out.” Jens summarizes the issue like this, “It’s hard to study on May 17th with all the partying going on around you, and it’s also hard having to say no to being part of it.”

A long fight for the students in Bergen

In 2018, students at the University of Bergen (UiB) were promised that this would be the last year of exams right after the national day. Two years later, an article in Studvest (Bergen’s version of Tuntreet) reveals that exams are still held, albeit few, on May 18th.

Andrea Nesvik Voss is the current leader of the Student Board of the UiB Student Parliament and has provided written comments to Tuntreet. She says that the issue of having no exams on May 18th at UiB has been ongoing since 2016. At that time, a resolution was passed in the UiB Student Parliament. Despite the occasional exam being held on the date, Andrea is satisfied that having no exams on May 18th is now common practice at UiB.

Discontent at MINA

At MINA, Sigrid observed underlying discontent among those who had had exams on May 18th and those who were about to do so for the first time. Therefore, having an exam-free May 18th was brought up for discussion in the MINA Student Council.

They then contacted the Director of Studies, Ole-Jørgen Torp, who suggested they propose the issue as a resolution in the Student Parliament. The AU leader at the time, Ina Maria Finnerud, helped them with the process, and the resolution was passed at Student Parliament 4 of fall 2022.

“In the student council, there was no problem reaching an agreement on a resolution on this issue,” Sigrid states, but explains that the matter is still administratively challenging. However, according to Jens, the management at NMBU has not been very opposed to it.

What do the lecturers think?

On May 18th, 2020, there was an exam in ECN122 - Macroeconomics 1. Course organizer Eirik Romstad explains that he, fortunately, did not notice any “significant differences” in the students’ performance level this year compared to other years. However, he believes that having an exam-free May 18th would not have created any major challenges for the course, and refers to the study administration’s rules that the exam set should be ready at least three working days in advance.

Exam on Saturdays?

Each university in Norway has its own study regulations, which are based on the University and University Colleges Act. In NMBU’s study regulation, the study year is determined by §18, “division of the study year”. This paragraph must be amended to ensure an exam-free May 18th, by giving the date the status of a holiday.



A resolution is a written enactment, a decision or a statement from/by an organization or assembly. A resolution can be reached on the basis of consensus or after voting.

Source: ‘Resolusjon’ at snl.no



In the email that Sigrid received when the student council at MINA contacted Ole-Jørgen Torp, he explains that protecting a day from the exam calendar can be complicated. “The individual exam times within the exam period are determined based on input from the study programs about which subjects should not collide. This is a complex matrix where all available time slots must be used so that individual students do not get exam collisions,” emphasizes the Director of Studies.

Regarding whether an exam-free May 18th is advantageous or disadvantageous for students, Eirik Romstad points out that removing a day from the exam period can increase the risk of exam collisions. Jens, on the other hand, notes that “the exam period must of course be extended in either one direction or the other.” This means either a later start to the June block or an exam period that starts earlier.

Jens reveals that the AU has looked at alternatives and does not believe that students want an exam-free May 18th if it means exams on Saturdays. He adds that even though they are working on this issue now, it will be a long time before the next time an exam can fall on May 18th, as the day will either be a weekend or a holiday for the next five years.

Do you have something to say? Bring your story into the light

Sigrid is very satisfied with how the matter was handled in the student democracy. “When you’re not happy with something, it’s important to know that anyone can bring it up. You don’t need to gather many others who agree, but you can just as well bring up the issue as an individual,” Sigrid emphasizes. “By bringing the issue to the student council for voting and decision-making, you will be better equipped when the matter is brought to the student parliament,” she adds.

It seems that the issue of having a day off from exams on May 18th is not such a heated debate at NMBU as one might think. However, if an exam were to fall on May 18th, Tuntreet encourages you to sneak in some national day celebrations inbetween study sessions. See you in the parade!



HOW DO YOU GET YOUR CASE HEARD IN THE STUDENT DEMOCRACY?

- Does it regard only your study program? Contact:
 - The student representative for your program council.
- Does it regard the entire faculty or university? Contact:
 - Your class representative
 - Your program council rep.
 - ... or directly contact the leader or the faculty student council.
- If the case is brought to the program council, it will be discussed and will follow internal processes onward.
- If the case is brought to the Student Council, it will be discussed there. If the case is brought forward, they draft a proposal for a resolution in the Student Parliament.
- In the Student Parliament there are representatives from all faculties. The resolution will first be brought up for discussion and be decided on in the next Student Parliament.
- When the resolution is decided on, it's the Student Parliament's Student Board (AU) that works with the case afterward. These are students that work for the student democracy fulltime.

TWO TONES WITH JOHANNE LID

Most of us tried to write songs when we were kids. Most of us gave up and never did it again. But some persisted, and for some, music and songwriting are a dear and important thing. This is the case for the NMBU student and artist Johanne Lid.

A balance

Johanne. 23. Singer. Songwriter. And landscape architecture student. Johanne has been involved in music and songwriting since she was little and has continued with her love of songwriting into student life. Having a producer/manager in Oslo (who coincidentally was also her former music teacher at a folk high school), Johanne goes to the studio once a week. Recording and producing songs takes lots of time and effort. But this is something Johanne has fortunately managed to balance with her studies. Johanne has recently become a glamorous IVARinne and is now in a choir, and this has maybe also been a help in creating a balance between music and studies.

Music and songwriting as therapy

For Johanne, writing songs is a way to connect with and manage her emotions. The many small emotions one feels in everyday life and the few big ones that can seem overwhelming at turning points in life. Her latest song “Fyst må e else me sjøl”, which will be released on May 26th, deals with finding oneself and one’s place. “I needed to write that [last song]!” says Johanne, explaining how important songwriting has been to her, and that it seems a bit like therapy. Many can probably relate to the feelings and experiences that Johanne sings about, many are probably also in the middle of that themselves.

To write in Norwegian...

Johanne released her first song in 2020. Since then, she has released two songs, and with the last one coming out this May, there will be four. In the beginning, she wrote and released songs in English, but a big shift is in store. She will focus on and continue to write and release music

in Norwegian. Singing songs in English is a bit like putting a veil over the presentation. When you write and sing in Norwegian, everything becomes more intimate. “It’s like a spewing out the soul,” says Johanne. With personal and vulnerable themes in the songs, this new intimacy, exposed by the Norwegian language, can be scary. But Johanne believes that this is the way to go for her and that she has now found her ‘sound’ in Norwegian. She laughs a little and says, “Grandma and Grandpa can finally understand what I’m singing about!”

The dream

When I ask Johanne what her dream is for the future, she sketches a picture of herself singing at a café, perhaps with an album playing on the radio and a job as a landscape architect on the side. With a brand-new song on the way and a myriad of songs that will hopefully follow, the dream may not be as abstract as she might think.



Celine Våga
Journalist and photographer



Johanne Lid

WORKER'S DAY



Tamzid Mahmud
Photographer



KBM's coffee vending machine

or: How can we fix the world when we can't even repair a coffee vending machine?



Martin Hansebråten
Writer



Tuva Hebnes
Photographer



Kaja Bugten
Translator

Early one September day in 2020, something that would forever change my perspective of the public sector happened. I was going to a lecture in Calculus 1, as many students have done before me. By Åstveit, or Arabidopsis, or whatever it's called, I was treating myself to a cup of coffee from the machine. That didn't work. It was out of order. I accepted this, and life went on. I finished the fall semester. I finished the spring semester, and I finished another fall semester in good faith that someone would come to repair it soon.

That didn't happen. In the background, processes unknown to me were buzzing and going. The issue was raised in meetings, and one blamed the other. Like a scrawny KBM student like me has understood it, the issue was so small it was considered a case for the faculty, while it was NMBU that had the deal with the machine supplier. This led to the case being raised in meetings, but not done anything about.

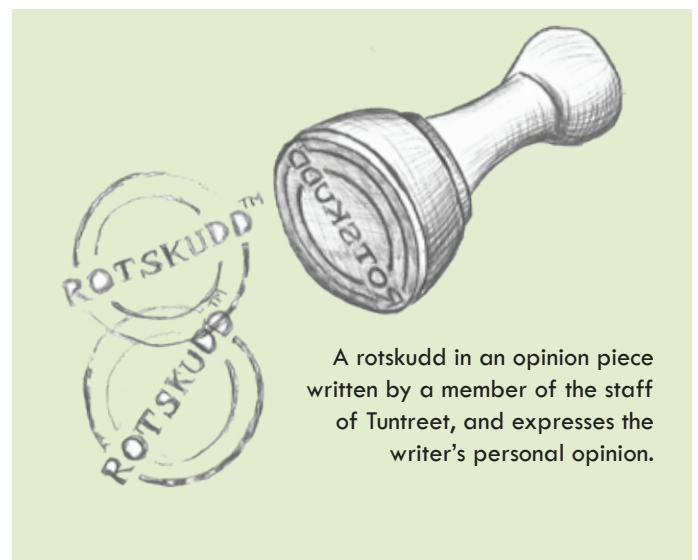
In the fall of 2022, I was elected to the student council after a call to action about this coffee machine. Before the first student council meeting, Curt Rice showed up. After a long speech about issues around property sales to be able to afford paying for new projects,

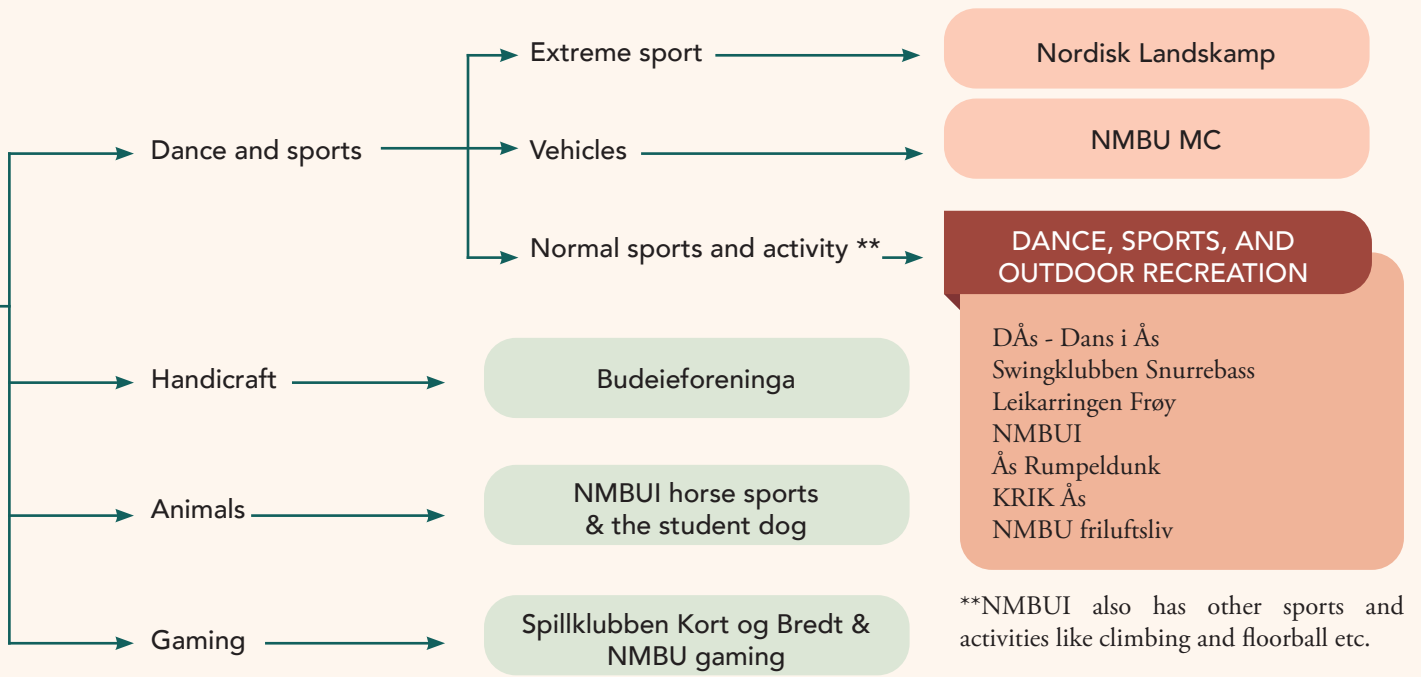
I asked Rice himself about the coffee machine. Laughter spread throughout the room, either due to the presence of the guy with the call, or due to this seemingly basic question and the deeply thoughtful topic right before.

A smiling Curt replied that he would investigate it because it was a student asking. Two weeks later, there was a new coffee machine at KBM. And a new coffee machine in Sørhellinga, which also had given up by this time. (Thanks Curt!) It is incredible what can happen once the principal starts asking around. But it's hard to ask the principal every time something breaks.

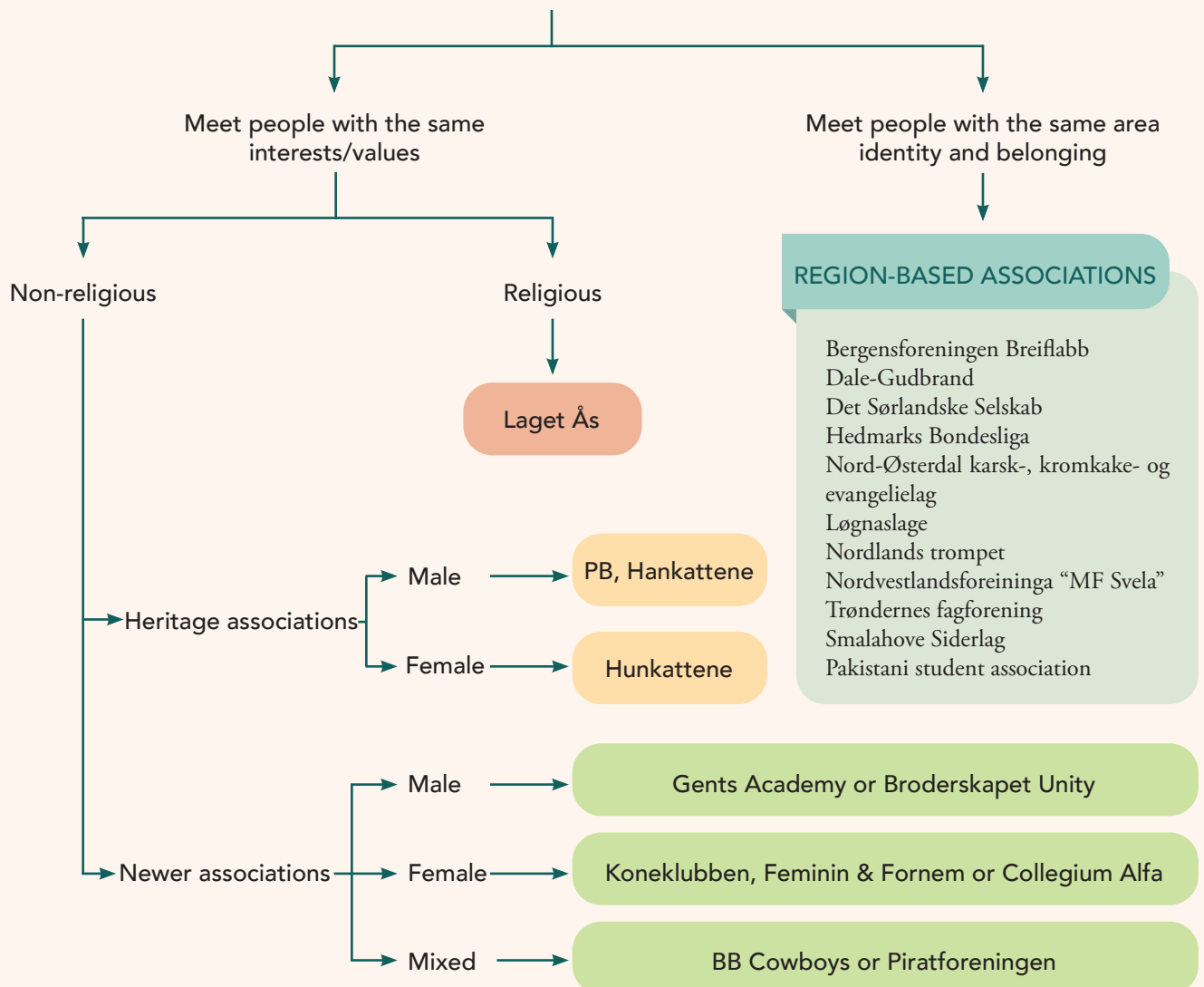
That's not quite how the structure is intended, is it? In addition, there are other prominent concerns at the university. Walls without moldings, paint that's flaking off the ceiling, and other basic things that don't work and aren't addressed.

There's now a functioning coffee vending machine (sometimes, and I mean sometimes), about two and a half years after the machine first broke. This affair makes me ask myself if this is how bureaucracy works. Is it really that hard to solve small issues? How can we fix the world when we can't even repair a coffee machine?





B) WOULD YOU LIKE TO BE PART OF A SOCIAL COMMUNITY?



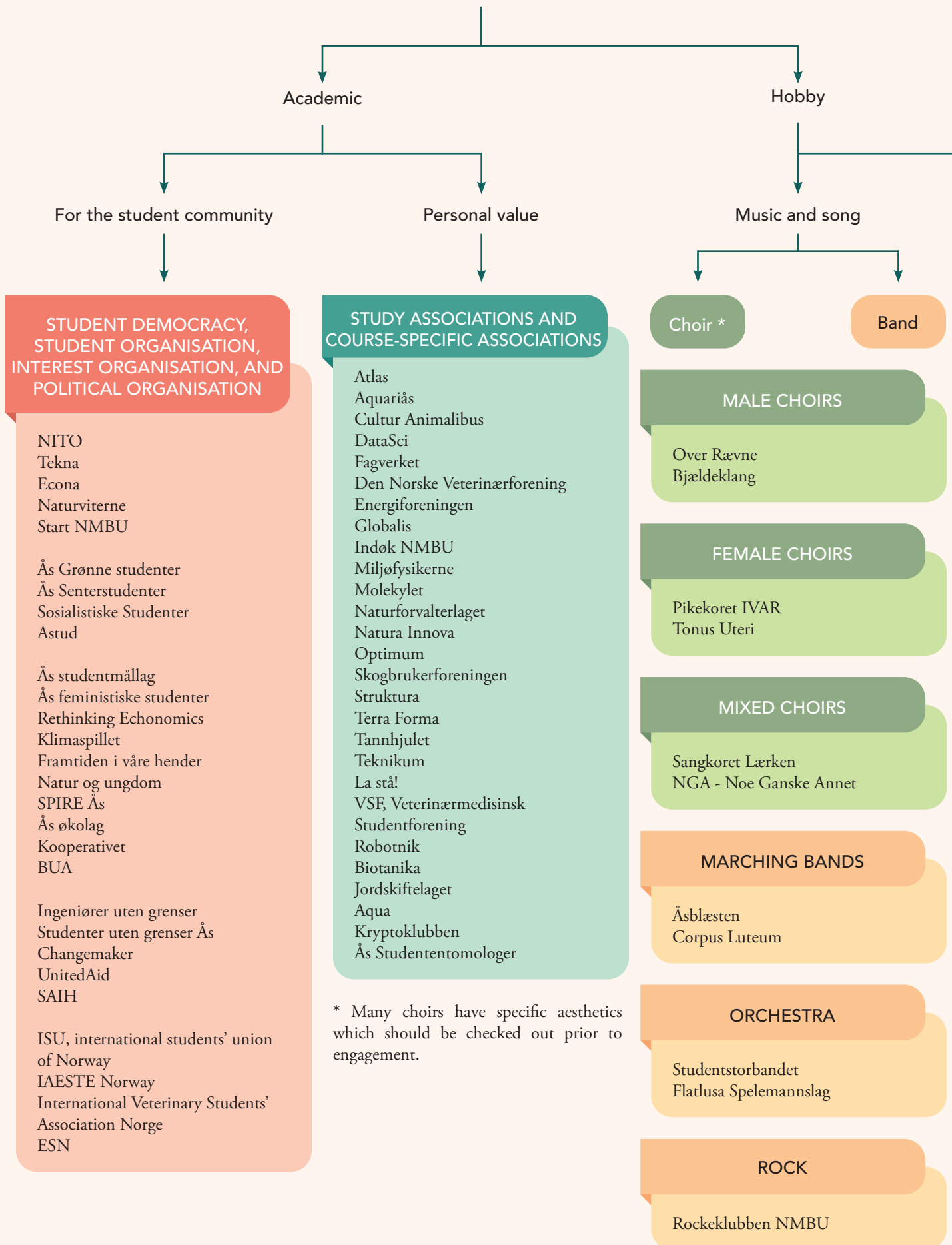


Tuntreet Staff



of Spring 2023

A) DO YOU WANT TO DO SOMETHING SPECIFIC IN A SOCIAL SETTING?



It's typically Norwegian to be good — but not at speaking English?

Julie Hauge Blindheim
Writer



Signe Aanes
Illustrator



On a beautiful summer's day, I biked to Pentagon to sell a textbook to a first-year. As the person didn't immediately respond to my message, I ended up hanging out in the sunshine. To the side of where I was standing, a small group of Dutch students were gathered around two student mentors dressed in their red t-shirts and were given some sort of orientation:

"If you're going to a party with Norwegians, you should bring a friend with you. If not, you'll be left alone all night with no one to talk to."

"Don't take it personally, it's just how Norwegians are. They just prefer speaking Norwegian."

I thought about it afterwards. Are we really exclusionary to the point where they have to warn others about our behaviour? This had to be a mistake. But then I thought about it. I remembered how easy it was to speak Norwegian to my Norwegian classmates, even though we are a mix of internationals and Norwegians. Was reminded of people who signed up to be a Buddy and who were really hoping that they wouldn't get any international students in their Buddy group, and internationals, on the other side, who thought that the Buddy week sucked as their Buddies almost exclusively communicated in Norwegian. This doesn't just happen on an individual level either. I know several international students who have stopped caring about what's happening at Samfunnet, as the events are mainly aimed towards the Norwegian students and associations. It makes me wonder: do we have to behave like this?

That being said, Norwegian students are a majority here, and if tuition fees are implemented, there won't exactly be a larger share of internationals anytime soon. It therefore makes sense that most of the activities here are announced and arranged in Norwegian. That people want to speak Norwegian when they're at parties.

It doesn't have to be like that, though.
It doesn't hurt to be more inclusive.

After all, most Norwegians have had about eleven years of English prior to starting university, and many travel abroad on vacation several times a year. The music we listen to is in English, the movies we watch — if there's one thing we know how to do, it is to use English. Now, I'm not saying that everyone has to speak a perfect Queen's English, nor that their grammar has to be at a 100%. Those who come here on exchange or for a longer time to pursue a degree most likely won't do that either. The most important thing is to try. You have nothing to lose, after all, and the internationals will really appreciate your efforts.

And if you still think that it's too much work to use English, then the best advice I can give you is this: take a step outside of your bubble. You have nothing to be scared of, and you can always start reading the English edition of Tuntreet to improve your vocabulary!

TIPS FOR BEING MORE INCLUSIVE

- If you hear someone speaking a different language at a party (and other times too), ask where they are from and have a chat. Just because Norwegians are known for being cold and unapproachable, doesn't mean you have to act like that as well!
- If you're a Buddy, meet all your Buddy kids with the same enthusiasm, and if you see an international being excluded, take the initiative to start speaking English
- Join the Language Café at the Kulturhus, especially the Norwegian one, and help internationals to learn Norwegian in a chill way. This is also a great way to get to know people outside of the student society bubble (Ås Language Exchange on FB).
- If you really want to make the internationals feel at home here in Ås, apply for my old position as the Head of Translation at Tuntreet, and help keep them updated on what's happening at NMBU!



STUDENT ELECTION: TURNOUT



From the left: Helene Sylvarnes, Martine Bingen, Camila Noel Moreno, Wilhelm Anthun, and Ada Marie O. Karlsen



Bonnie Sutherland
Journalist

Margreta Brunborg
Photographer



It's election season! The twice-yearly event that keeps the wheels of student democracy well-oiled, and probably one of the only times it's okay to judge and rank our classmates in a prioritized numbered list. But in an election, ranking is what determines which students will be our representatives – meeting regularly with the rector, university leadership, and press, rubbing shoulders with the boards making strategic decisions for the future of NMBU. These are positions which require trust.

One of the most important positions are the Student Board (AU), made up of one leader and two members. These three pause their studies for a year, move into the office in U118 fulltime and work for the daily operation of NMBU's student democracy. Not only does the Student Board work on local cases, they also coordinate their efforts nationally, with the National

Union of Students in Norway (NSO), and internationally with NMBU's partner schools. They also go to all the committee meetings that the rest of us don't have time to attend.

This year Wilhelm Anthun is running to be AU leader; Camila Noel Moreno and Martine Bingen are running to be AU members. Yes, three candidates for three positions – this journalist is safe in predicting the winners even though the issue will be printed before the winners are announced. While this is slightly anticlimactic, these three candidates are talented, qualified, and ready to work for NMBU students.

On May 2nd there was a debate among the candidates for AU and University Board (UB). One of the UB candidates, Emiline, is abroad, while Ada attended. This was a great chance to get to know the candidates' background and goals. Wilhelm started NMBU with the goal of saving the planet as an engineer, but found out he couldn't do math at all; now he delights in studying flowers and trees. His goal is to represent students' thoughts, opinions, and dreams. Camila grew up in several countries. She

started to study agricultural engineering in Spain, but she thrives here at NMBU studying environmental development. Her goal is that students know how they can affect their own everyday life and anticipates good cooperation with the class representatives. Martine said NMBU has exceeded all her expectations. She aims for innovation to be part of everyday student life. Ada believes that NMBU needs to set demands for its partners in order to be as sustainable as possible. The candidates were in agreement about most topics; it seems their different experiences, interests and priorities will complement each other.

Even though AU is the most visible, current AU leader Jens Bartnes reminds us that “We have a lot of candidates running for other positions, so it's still important to use your right to vote. Also, a high voter turnout really makes our job a lot easier. When we talk to the rector or politicians, it's a lot easier to have credibility if we can say that we really do represent all NMBU students – not just a small fraction of them.”

The spring election will also decide on the female representatives on the University Board and of all the seven Faculty Boards.

Female representatives are chosen every spring, while male representatives are chosen every fall, to secure a balanced representation.

As this issue is printed before votes are counted, this journalist cannot predict the winners. With so many great candidates, it's sure to be close. Data from voting records of the last three semesters has uncovered some interesting trends. The latest election in fall 2022 for male faculty board representatives showed some small winning margins: as little as 1-2% difference between candidates.

Each faculty had a margin of 10 to 31 votes which swung the election in favor of one of the candidates. In sum, your vote counts.

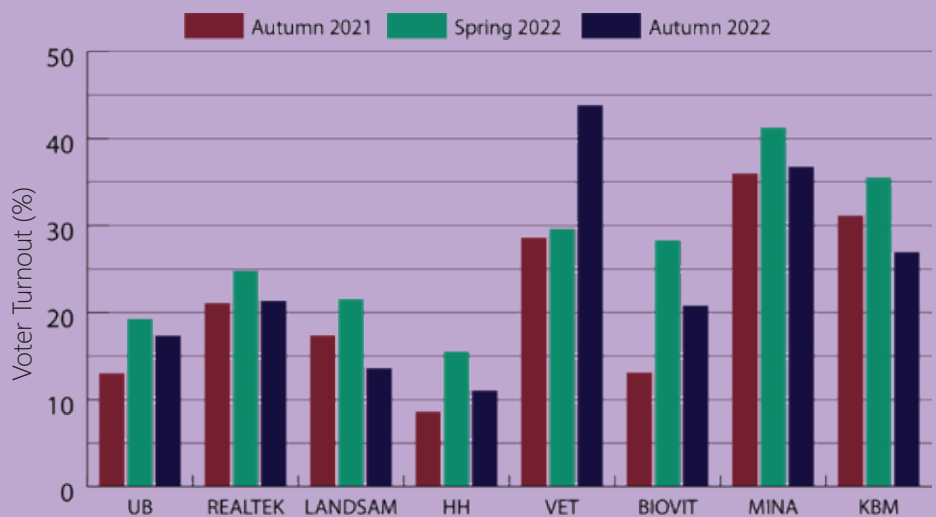
In the last three semesters, on average 24% of students voted in the faculty board elections. The available data is very limited for AU elections, but turnout was around 24% in the last reliable count (2020). The turnout is lower for the University Board election – on average 16,5% of students voted there. In fall 2022, VET reached a record high turnout with 44% of students casting a vote.

This was almost 15% higher than the previous two semesters. MINA has had a stable high voter turnout, while HH has had some of the lowest turnout.

Whatever the reason, the majority of students aren't using their right to vote. A slim margin makes the difference between which student ends up face-to-face with NMBU's most powerful decisionmakers. Don't you want to know they represent you?



Voter turnout for UB and faculty elections,
From autumn 2021 to autumn 2022



Overview of candidates for the University Board and each faculty board

University Board	Emiline Frantzen	Ada Marie O. Karlsen	
BIOVIT	Louise Olsen Methlie Wedaa	Malin Neteland	
HH	Birgitte Mathisen Brønnick	Solveig Anna Blindheim Synes	
KBM	Ida Sauro Høimyr	Sofie Dreyer Heimen	
LANDSAM	Sigrid Lyslo Wilhelmsen	Idunn Saltnes Skjerdingsstad	
MINA	Jorun Yri	Mathilde Brunvoll	
REALTEK	Amanda Seeger Halvorsen	Ane Siqveland Kalheim	
VET	Hannah Ødven Larsen	Kristine Koppervik	Thea Øvregaard



TWO COFFEES WITH MAGNUS DYBDAHL

I found him in Bikuben 15 minutes earlier than our appointment — a decent, well-structured, well-prepared individual with notes. After a few minutes of talking and drinking our coffee, I realized, my first impressions were correct. When you speak with Magnus, you feel he will be the most collected person in the room all the time.

From Spain to Ås

If you can live in a sunny, cloudless country like Spain, why would you spend your twenties in Ås? - I was wondering when he mentioned that before the university, he used to live in Spain for eight years with his family. The key to his decision about moving to Ås was even more interesting: running.

Magnus attended a running competition in Ås when he fell in love with the town and nature here. He thought, that if he chose NMBU, he could enjoy the wonderful environment here while running. Besides, his plan was to live and work in Norway later, so a Norwegian diploma would be more beneficial for that than a Spanish one.

Running to meetings

“In the first year I couldn’t run that much, because I had to run around all the time for my university responsibilities and student association meetings”. At the beginning of his university career, he said yes to almost every opportunity and request, then he learned that if he wanted to do something well, then it was important to choose his main motivations and roles which he would like to take. So, he decided to take a bigger part in The Student Parliament NMBU and the Grønne Studenter association. He became a board member in both and is the national leader of Grønne Studenter now. He has also worked a year for The National Union of Students in Norway. He has an opinion about everything and tells it too, but he always does it respectfully and rationally. Advice: if you want to learn some reasoning, you should have conversations with Magnus! I can assure you that it will be a meaningful and rich exchange.

Yes man!

Saying yes: that’s how his path started as an active and motivated student. When he saw opportunities to be a part of a student initiative, he said yes, as he remembered, maybe too many times in the beginning. He thinks that it was a good lesson too. He learned that when you have many responsibilities, it’s a good chance to learn how to be structured and well-organized.

But starting something and continuing it are two different things.



Ibolya Váradi
Journalist



Ylva Friberg
Photographer

He became an active member of the student life as soon as he started his university years, and he never stopped since then. How did he stay so motivated for so long? “It’s a wonderful feeling when you make university life better, and you can help other students.”

Inspiring the next generations

Magnus is in the first generation of his family with a university degree. His parents were supportive and motivating when it came to his education. He chose to be a science teacher, as he argues that education is extremely important if we want future generations to have a better life. He knows he would earn more with other professions, but he still finds that it’s worth it: “I think teachers have a key role to give young people competence that the world needs.

I want to inspire students to live their life in a more sustainable way. That is my key motivation to become a teacher.”

If you could change one thing

““Everybody should be more engaged in positions, because there is so much to do”- said Magnus when I asked him if he could change one thing immediately in student life, what would it be. He says that participating in different student associations is a good education. “You will become more structured, focused, and engaged, and it’s also good for your CV.”

For him, it was important to learn not only from the university subjects but from the other extracurricular activities as well. He said that being an active participant in the student life shaped his personality well.

His advice for future generations is also related to this: “Be engaged in student associations, because you will get so much back from it!”

Remain in Ås

After our university years, many of us will leave Ås, but not Magnus. He is now finishing his studies and planning to continue living here and finding a teaching job in the neighborhood. “I fell in love with this place. I think that so many people gather here who want to change the world. I become so engaged when I’m in this community. I want to continue to have this motivated feeling and work to make a difference.

“Good luck with your teaching career and see you around in Ås!”



GREETINGS



Super Mægg!

We met because we were in the same class, but only got to know each other when we both wanted internships in warmer climates. It didn't turn out that way - but there is no one I would rather work for sustainability in education with than you. In fact, we worked so well together that we were nicknamed the "ducklings" by the other teachers - two eager practical students who were looking for a great role model. Then there was politics. You always get involved in details. Thanks for geeking out over the funding system and academic freedom and pretty much everything else. I greatly appreciate all discussions; both about biology, the teaching profession, the HE sector, Samfunnet and society, and student life. In summary; I am very happy that you will soon be my neighbor, and I look forward to new adventures with you! You are one of the kindest people I know. Aaand, "just so you know!"; I don't think you're some spineless amoeba.

Hugs from Tuva

Magnus Dybdahl - man or machine?

One will have to look far for the match of an organizational iron and positions plough like you. We in the collective just gape and drool, and don't understand how you manage to juggle between a two-digit number of volunteer and political positions, live and breathe the green life, work as a substitute at Ski VGS, attend three national meetings in April/May, be up-to-date on the master's thesis and at the same time walk like a ray of sunshine through our lives. You must have beat the devil at cards or something. We really admire how you manage to fill all these roles while at the same time be as down-to-earth, trusting, sociable and positive as you are. You are the best of both worlds.

If your future employer reads this: "RAISE MAGNUS'S SALARY!"

Greetings from us in the Watchtower



Magnus, sexy Mangus and Mags!

We've never seen someone perfecting catching the train like you - you're always on time! The same can probably be said about your life. No one balances as many balls in the air as one "ildsjel" like you. We are eternally grateful that you, with your raw negotiating skills, stayed as long as you could in the Moomin house, because you always had the most exuberant energy, if it is Eurovision, super-serious tea-testing or a competition to blow up the calorie counter at Just Dance! You are also an outstanding and adventurous fellow hiker, no matter if it is small trips around the campus, a several-day trip in Jotunheimen, or a tent trip on the coldest night of the year! As long as the birthday caterpillar balloon hangs faithfully on the fan, future Moomins will always remember a fantastic Moomin resident!

Thank you so much for all the good laughs!

Greetings, your fellow Moomin residents<3



Outdated holidays?

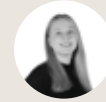
Or a necessary space to breathe?



Marianne Skolbekken
Journalist



Signe Aanes
Illustrator



Ida Haraldstad
Translator



When spring comes, so does the flowers, the green grass, Easter eggs, and many holidays. The biggest chunk goes to the Easter holidays, followed by several Christian holidays such as Ascension Day and Pentecost. Compared to May 1st, Labor Day, which always falls on the same date, these Christian holidays fall on different dates each year.

For example, Easter is determined by the Easter formula which states that Easter Sunday falls on the first Sunday after the first full moon after the spring equinox. It's somewhat complicated, but that's the explanation for why Easter moves every year.

But what about the other holidays? What is the background of Pentecost, extra holidays, and other red days in the spring? Is there still a need for these days of rest with a Christian background, or are they becoming outdated? What are the alternatives?

Everything stems from Christianity

Of course, not everything stems from Christianity, but many of the holidays, as mentioned, come from religion and the church. According to SNL (trans: the Great Norwegian Encyclopedia), the Easter formula was formulated by a monk in Rome in the 5th century named Dionysius Exiguus. Although attempts have been made to set a fixed date, it has

not been successful, and Easter can occur anywhere from late March to late April. In 1818, Easter Sunday fell on March 22, which is the earliest date, and will happen again in 2285. The latest possible date for Easter is April 25, which last occurred in 1943 and will be repeated in 2038.

Another detail about Easter is that Easter Monday is primarily about geography, not religion. In a long country like Norway, it was necessary to have two holidays to have time and space for everyone who came. Thus, Easter Monday was introduced so that everyone who wanted to go to church to celebrate could do so. This is also the reason why we have Whit Monday.

Pentecost, which comes 50 days after Easter, also provides holidays. The word 'Pentecost' comes from Greek and means "fiftieth." This year, Pentecost falls on Sunday, May 28, and Monday, May 29.

Some may argue that other religious holidays should be on an equal footing with Christian holidays. In Norway, this means the public holidays, but it is possible to take two days off work per year in connection with other religious holidays.

Bridge days and other public holidays

Think back to primary and secondary school and the joy of knowing that May 17th fell on a Thursday, or that May 1st was a Tuesday. The chances were high that we would get Friday or Monday off, as a so-called bridge day. According to an article from Nettavisen in 2022, the practice of taking time off on a bridge Friday is so common that "even the government takes time off" on some of these bridge days. But it is not guaranteed to get time off on a bridge day, this is determined by the boss in the workplace, if you're working as an adult. For primary and secondary schools, it is difficult to find exact rules for bridge days. Most likely, it is about logistics and understanding that children may benefit from time off over a longer period of time.

What's happening in Denmark

Some argue that public holidays are outdated in how they function today. In an article from Nettavisen last year, Young Liberals Leader Ane Breivik writes that we should remove all Christian holidays. She argues that there is no longer a state church in Norway, and that people should instead be able to make use of the ten public holidays whenever they

themselves want throughout the year, almost like vacation days.

Another argument for the removal of public holidays is that they can provide increased revenue for the state treasury, as Denmark's government argued earlier this year. They had a public holiday called "Great Prayer Day," which was abolished to finance the Danish defense with 3 billion Danish kroner. By cutting public holidays and ensuring more working days, the state can earn more money through taxes, for example. Great Prayer Day has been an annual holiday since the 1600s, and the proposal to remove it caused major protests. Nevertheless, it was passed. Fortunately, the process in neighboring countries does not seem to affect Norway, as the Ministry of Labor and Inclusion further informed VG that it is not on the agenda in this country.

What now?


Having access to time off is very important; in fact, it's actually a human right. In Article 24 of the Universal Declaration of Human Rights, it states that everyone has the right to rest and leisure, in addition to paid vacation periods. Exactly how this right should be formulated is not mentioned, but coincidentally, many public holidays fall in the spring months of April and May for various reasons. Being able to use these days when the air gets warmer, the grass gets greener, and the birds sing, makes it, if possible, even better. A long weekend at the cabin or a spontaneous picnic in the park - the public holidays become an extra space to breathe and enjoy yourself. Perhaps you are not particularly religious? Or have forgotten why May 1st is a public holiday? You can still enjoy them!



Datoen for kick off er klar!
8. - 9. september

Hold av datoen og følg med!

 @urbanlabnmbu

 Urban Lab NMBU


URBAN LAB

Culture X-plosion

On Friday, April 28th, it was finally time for Culture X-plosion in Festsalen at Samfunnet, an annual event where associations and students come together to raise money for UnitedAid. The associations once again showed off their playful and artistic sides, and the generosity was especially great at this year's auction. The students in Ås collected an enormous 44,602 kroner, which is the largest amount ever raised.

Jakob Bruun Ånonsen
Journalist



Ida Haraldstad
Translator

Despite this success, it wasn't easy being a guest or volunteer at this year's Culture X-plosion. The evening was troubled by sound problems, and the hall had been set up with a central aisle that no one was allowed to walk in. It wasn't easy for drunk audience members to walk straight when trying to sit down, but apparently it was even harder for the sound and lighting technicians to resist the urge to throw their equipment at slow passersby. The technicians were also not helped by the noise level in the building, as much of the audience was letting loose at the semester's final party, resulting in lots of chatter at the back about exam stress, the weather, and how few people understand just how insane Erling Haaland is in the Premier League right now.

With an impressive five community service workers at the event, the after-party also got a bit wild, and as both a bartender and journalist, this was one of my more hectic evenings of volunteering.

The evening's hosts were Anna Vedelden Robberstad and Kristoffer Bovard Rønning. They made a heroic effort in the war against a noisy audience and unclear sound. But despite the poor conditions, it was still a fantastic show! The most important item of the evening, where the money was going, was unfortunately lost in the noise, but that surprisingly didn't stop people from being engaged. After the initial formalities were over, it was time for the culture show.

The first association up was Åsblæsten, who time and time again showed us that marching bands are cool and woke up the audience with "Everytime we touch". Afterwards, Hunkatten took the stage. They're not a marching band, but they were a surprisingly competent hip hop group, delivering an awesome rap. Over Rævne then tried to impress a lucky audience member with "Einkvan Odelsgut". It was a bit boring to watch, but fortunately they made up for it by looking very handsome.

DÅs gave good promotion for their auction item, which was an exclusive dance for the buyer. They really flexed their muscles with a convincing show. This was followed by less convincing dancing performed by Nordisk Landskamp, who made up for their lack of entertainment talent with extreme athleticism and energy. Then, to everyone's surprise, Hankattene unexpectedly offered themselves with a thrilling and scantily clad K-pop show. Collegium Alfa then took the stage, and I don't think anyone really understood what was happening on stage. However, it seemed like Rævne was ready for "TEQUILA" when they managed to double the current bid during the auction. Unity took over the baton and delivered a rock show with delicious energy. However, the lyrics were written in a room with extremely low levels of estrogen. Confusion spread when the stage suddenly transformed into a drag show. Who could this be? NGA, of course. A well-delivered performance!



The ladies of F&F performed a line dance worthy of giving BB Cowboys goosebumps, before IVAR stepped onto the stage with an amorous version of "Back to Black". Koneklubben played on their bold side and delivered a great dance. Anything but a new round of "La det gro" deserves a 6 out of 6 rating in my book. After that, the only 1 out of 6 rating of the evening followed. Ås Campingstol sent out a solitary camping enthusiast who knocked over the camping chair, delivered three jokes that were at the bottom of the barrel, then folded the chair and left. The only thing worse than Ås Campingstol on stage was Ås Campingstol as audience members. I would like to call this an honest attempt, but it was not.

It was not just the associations that got to show off. The hosts Anna and Kristoffer were among the evening's highlights. They were cheeky and entertaining, and they kept the audience at the edge of their seats.

They were also good at raising money. Every time a new fundraising goal was reached, the show was enriched with increasingly boundary-pushing activities. After 5000 kroner, a couple of tubes of self-tanner were to be smeared over a few scantily clad ladies. The next milestone involved waxing a Unity guy's genitals. Finally, a shocking performance of "Euphoria", delivered by the hosts themselves, donning shock collars. They sang with convincing passion and delivered an electric performance. Some audience members got the opportunity to verify that the shock collars were as shocking as Kristoffer expressed through his innovative dance moves. And they were.

Even Brede Sillerud from the United Aid board also wanted to convey the following after the evening, "All in all, it was an amazing party night with lots of good entertainment and great engagement among the registered acts and audience.

It was very cool to see such generosity among the students in the audience, where there were fierce bidding wars on many of the acts. This year's edition of Culture X-plosion broke all previous records. The board of UnitedAid would like to extend a big thank you to everyone who participated, both audience members, volunteers at Samfunnet, and everyone who was on stage. We also want to thank Samfunnet in Ås for giving us the opportunity to organize such events." An impressive summary, considering that he was the one who had his behind brutally shaved on stage that same evening.

The evening will be remembered as a wild and chaotic auction, where both associations, presenters, and the audience bid shamelessly on themselves. However, there is little about the event that shows compassion for children in need. Let just hope that they will appreciate the gift.



Charity in Ås

What would Ås be without the efforts made for others? This unique ability that Ås students have extends not only to the students at the Agrarian Metropole, but also to those who need it most.



Celine Våga
Journalist



Tamzid Mahmud
Photographer



Synne Louise Stromme
Illustrator



Sofie Palmstrøm
Translator

Projects in the spirit of Ås

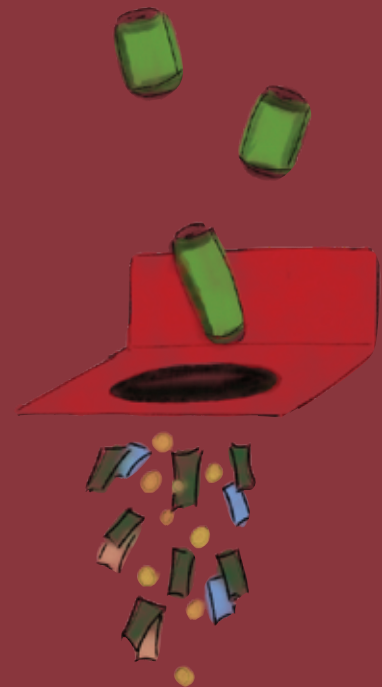
At Ås, two of several charitable projects can be highlighted: UKEhjelpa and UnitedAid. The first is a project that collects money every even numbered year during the student festival UKA i Ås, with varying recipients from year to year. During last year's festival, UKEhjelpa chose the project "Giving Hope To A Child" (GHTAC). The second project, UnitedAid, was founded in 2011 and is a charitable collaborative project between the student associations Broderskapet Unity and Feminin & Fornem. The UnitedAid project is a collaboration with Unicef, and the money raised goes to Unicef's annual projects such as "Schools for Africa".

How is the money collected?

The charity projects raise money through annual events and fundraising runs,

as well as collecting bottles and cans for recycling several times a year or at designated recycling stations. The work is voluntary and based on volunteering either at Samfunnet i Ås or somewhere around the student villages. Larger events such as the UKEAuction and Culture X-plosion bring in the larger sums for charitable purposes. For students, this means that we can support good charitable causes simply by showing up at party nights, putting on our running shoes, or not cleaning up after having pre-drinks.

The idea here is that festivities and fun (and their leftovers) can benefit those who need it most; a strategy that makes it easy for students to partake in charity drives on their usually tight budgets. We students don't have all the world's wealth to spare, but a small fraction of it could mean education and a





future for others.

How much money is raised?

So, how deep are the pockets and the spirit of effort among Ås students? During UKA2022, the UKEhjelpa committee estimates that they raised around 170 000 NOK for GHTAC through their events and actions. At the same time, UnitedAid raised 102 526 NOK for Unicef the same year. In total, Ås students raised 272 526 NOK in 2022 through both projects. If we also count the record collection from this year's Culture X-plosion of 44 602 NOK, UnitedAid has raised a total of 147 128 NOK. Some more money can also be expected when UnitedAid's orange recycling stations are emptied after the outdoor beer season and during the buddy week after the summer. The pockets and the spirit of effort are quite large indeed.

Is it worth it?

Why do these busy students bother with

these voluntary projects? Agnes from UKEhjelpa points out that it is important for students to have a little reminder amidst all the fun during UKA; "Not everyone is as lucky as us." Even from UnitedAid says that through the project they get the opportunity to spread joy across borders, not just here at NMBU. Both see charity as a matter of fact and as an opportunity for us students to help those in the world who need it most. Engagement for others is an art in itself, and a skill that the common Ås student masters well. Student life in Ås would not be the same without the voluntary efforts that are put in. In situations where we cannot contribute financially, we can at least contribute our time by participating in these charitable projects. The small effort made for others can mean the whole world to them. So yes, it's definitely worth it.

BLEEDING FOR FREE AT CAMPUS?

“Does anyone have a tampon?” is not a rare sentence to hear at the women’s rest rooms. Packing layers and layers of toilet paper in your panties is also not a rare solution when you have been visited by an uninvited guest in the middle of lectures and have forgotten to bring pads or tampons. To solve this, the students have for a while now fought for free access to sanitary products like tampons and pads at campus. If you make a trip to BIOVIT you may have already noticed that there is an emergency storage of tampons. Why did this appear? How far have we really come. And why should bleeding at campus be free?



Marie Tjelta
Journalist



Tuva Hebnes
Photographer



Ingunn Reimers
Photographer



Sofie Palmstrøm
Translator

Background for the arrangement
The Student Parliament has for a long time worked towards getting the proposal of free tampons and pads to be a reality. We had a short interview with Jens Bartnes, leader of the Student Board at NMBU, to get a final status update. It all started when committed students at NMBU submitted a resolution called “Equal access to sanitary products at NMBU”. The resolution proposes that the university should offer free sanitary products like pads and tampons all over campus. It was accepted by the Student Parliament and now the Student Board is fully engaged in following up on it.

Arguments for and against

In the resolution, it is argued that such an offer is important to maintain the standard that the university should offer all students a good learning environment. As the study day can easily be interrupted by having to go home from class due to unexpected menstruation, this standard is not met to the same extent for all students. “It is a small measure that does not cost as much money and can contribute a lot to the welfare of students at NMBU, and therefore I think it is a very good measure to use some resources on,” Jens explains. After all, it concerns half the population. Critics

of the concept point out that students will only empty these stocks and take as much as they can. Nevertheless, Jens points to the University of Bergen, which succeeded in implementing the program last year and where the scheme has worked very well. There are also several examples of other institutions that have adopted the concept, where we see that students show respect for the offer and only take what they need.

How far have we come?

As of today, the Student Board is in contact with NMBU, which has shown interest in starting a pilot project, where dispensers with pads and tampons will be set up in various restrooms in the most central buildings on campus. The goal is to have everything in place before the summer so that it is ready for the fall semester. At this moment, the Student Board is waiting for a response from a supplier who can be responsible for filling up the dispensers with products so that students do not have to worry about it.

BIOVIT took matters into their own hands

On the other hand, the BIOVIT faculty has taken matters into their own hands and made a head start. We contacted the Student Council leader, Bonnie Sutherland,

who was one of the initiators. She had been part of the Student Council when the resolution on free pads and tampons was accepted, but when nothing happened, she took matters into her own hands. As it was a pilot project with a prototype, this would only apply to the most central buildings, and it might take years before the concept reached her faculty. Therefore, Bonnie contacted the dean at BIOVIT to inquire if the Student Council could receive funding for it. They were given 250 NOK to buy products and chose to set up an emergency stock of pads and tampons with this money. You can find them in the restrooms of Fruktkonservatoriet and at the Animal Science Building’s student wing. So, if you are lucky enough to be there when that time of the month suddenly arrives, BIOVIT’s got your back!

The Students Have Spoken

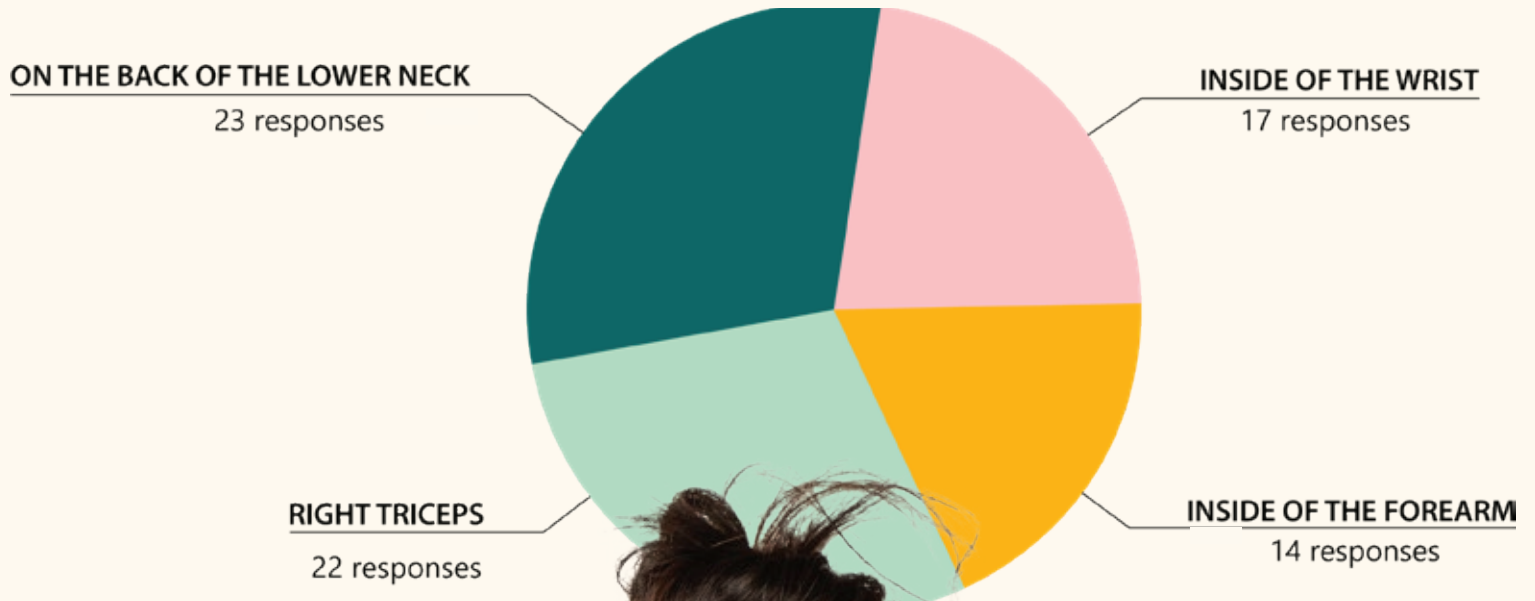
If there’s one thing this issue has shown us, it’s how engaged and proactive the students at NMBU are. The engagement for free pads and tampons has been demonstrated in many different arenas, whether it is as regular students with an idea, the Student Parliament, or the faculties’ student councils. The students don’t hesitate to use their voices, and hopefully, it will be free to bleed all over campus before we know it.

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KUNSTSTOFF

551U1033
KUNSTSTOFF

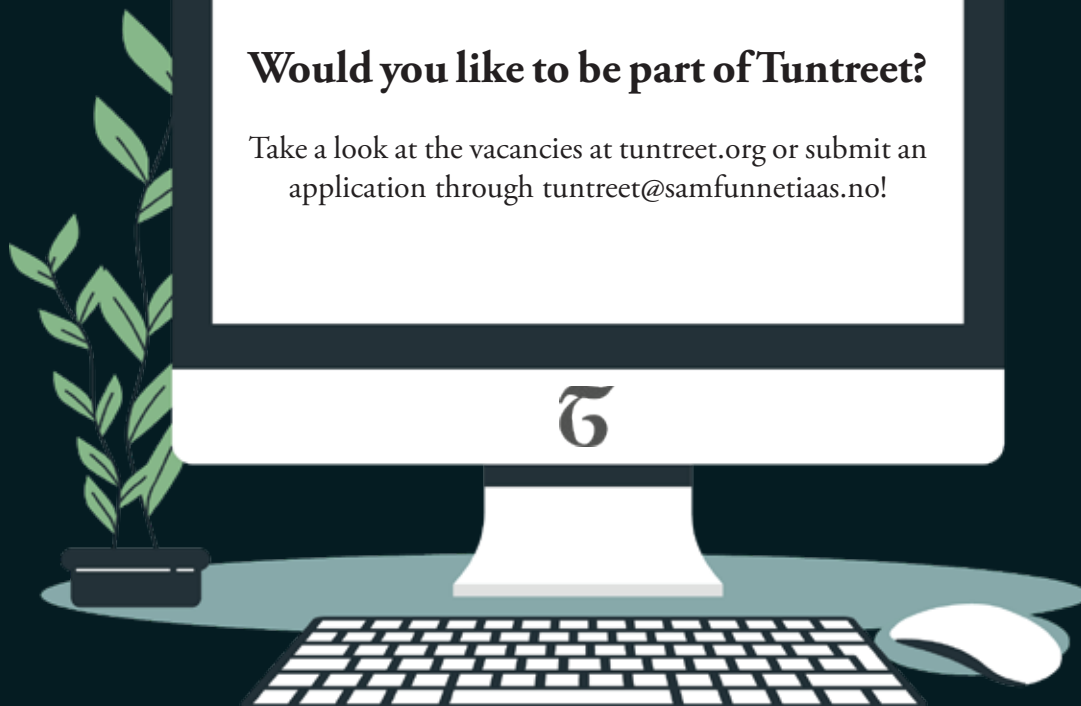


OUR READERS HAVE DECIDED Celine has been tattooed!

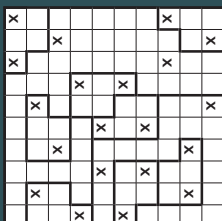
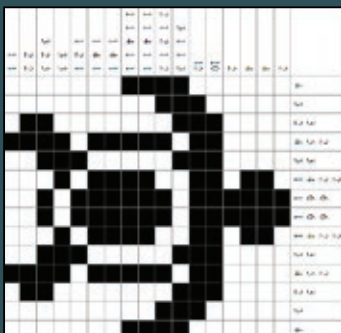


Would you like to be part of Tuntreet?

Take a look at the vacancies at tuntreet.org or submit an application through tuntreet@samfunnetiaas.no!



GAMES TT04



Som student og medlem på Eika sportssenter har du tilgang til gjestetrening i hele Norge

Studentsamskipnader som tilbyr gjestetrening:
BERGEN - TRONDHEIM - TROMSØ - STAVANGER - OSLO - AGDER - BUSKERUD - VESTFOLD

Gratis gjestetrening
15.06-15.08.2023



SIAS Eika

The Sexologist

Some time alone in the summer heat...

When exams and school assignments are put away for a while, it is an investment to collect nice sensory experiences. Sexual self-care is important. To invest time in getting to know yourself and what you find sensual is an important part of this. What do you find erotic in your everyday? Something you feel, see, smell, or hear?

What awakens the good feelings in your body and what disturbs them? When you are comfortable with your own sexuality and consider it something important, it is easier to guide a partner and set boundaries if something feels off. This gives a better starting point for play and pleasure together. When you have defined the things that are important for your sexuality, it is easier to have an open and free dialogue with your partner. The play, the laughter and the dynamics develop when you (singular or plural) feel safe together. Be creative, lower your shoulders and explore yourself and a possible partner in a way that feels best for you. When the focus is on pleasure, the performance anxiety goes away. Sex becomes better by erasing the lines between foreplay, intercourse, and orgasm. Lower your shoulders and let your sexuality be a source for relaxation, play, and good health.

Life and your study period will challenge you. Some might interfere with the pleasure and the desire. If you struggle with figuring out all of this, you are welcome to contact me at the Health Centre for Youth and Students. Look at your sexuality as a good resource when Autumn eventually arrives. There are enough demands out there... Your sexuality should work as a counterweight. Whether you do it solo, duo, or what do I know... find time to tune in the nice sensory experiences in the heat!

Have a nice summer!

Maria Bendheim,
Sexologist



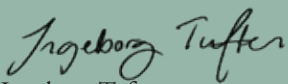

The Office Wing


Hey ho!

The planning of UKA i Ås' 100 years anniversary is in full swing, and we are well underway with signing the internal agreements. Soon we will have the pleasure of being joined by more adept people, and we are so looking forward to becoming a nice group! Pay attention during the Autumn, as we will be announcing more vacant positions for budding committee heads!!!

The Business Committee has since last time hosted the event Ås-så-videre (And so on) where four previous Ås students came to talk about the student life, the job application process and their time after studying. We have had a visit from the company EY, which went very well. We are well underway with preparations for this Autumn's events, and last but not least the Autumn Career Day which will take place on the 4th of October. We believe it will be an amazing semester!

We have had many different events, where "We love the 2000s" was sold out and turned into a great success. The spring clean was carried out, where we painted, tidied up and did some carpentry. Here you will have the pleasure of seeing new furniture at Halvors and Rosehagen! We have gotten a new Head of Finance after the (worlds shortest) extraordinary General Assembly, and we are looking forward to getting to know Håkon! Samfunnet's games is for the volunteers, and with a new record for number of participants, it was a great success and we hope that all participants had a good time. We congratulate Sjappa with taking home the victory!


Ingeborg Tuften
UKA leader,
UKA i Ås 2024


Birte Una Liset
Leader,
Business Committee at NMBU


Vilde Kjelsrud Pedersen and Maja Raz Karterud
Incumbent and newly elected leader,
Samfunnet i Ås

Student things

Hello, the world's best NMBU students!

The spring semester is coming to an end, which means the end of some things, such as a long semester, or someone's time in beautiful Ås. At the same time, endings usually bring the start of something else – and we are not only talking of greener grass and the gorgeous (potentially flat) toads that have decorated Ås these last weeks. We hope all NMBU students can look back on a school year filled with joy, accomplishments, and master's theses.

The spring has also brought some changes to the university. Thursday, 20 April, Curt Rice announced his departure, and we would like to thank him for the effort he has shown during his two years as rector of NMBU, and for the nice cooperation with us in AU. At the same time, we look forward to nice conversations and good teamwork with Siri Fjellheim, the newly appointed rector! We also look forward to seeing the results of this Spring's Student Election, and to find out who is going to represent the NMBU students next year. We would also like to thank everyone for the well-executed faculty General Assemblies, and a fantastic last student parliament meeting of the semester.

We are starting to look back on the past year: It has been quite unique to spend an entire year as full-time student representative. The year has gone by way too quickly, but has given us so much – priceless challenges, lessons learned and acquaintances, as well as uncountable opportunities for development. Most importantly – we hope we also have provided you with something, and that you feel we have done a good job representing you all.

Alexa, play The Climb by Miley Cyrus, because this got emotional!! Even it is feels sad and wistful, we can take comfort in the fact that new adventures are waiting as soon as we leave U118; Jens will become the new manager of international affairs for the National Union of Students in Norway, while Helene and Åse will remain in Ås as Head of Administration for UKA and Head of Events at Samfunnet i Ås. If you want to know more about the projects we have worked on this past year, we recommend you look at our annual report, which can be found on our web page.

Other than that: enjoy the spring, Ringfest, the first or fifth swim for the year, 17th of May, Pride, and summer vacation. We sincerely thank you for the trust you have given us this past year – we hope we did not disappoint.

Thank you <3 Best regards,

Åse Vigdisdatter Nytrø, Hele Sylvarnes and Jens Bartnes

AU 2022/2023

Jens Bartnes *Hele Sylvarnes* *Åse Vigdisdatter Nytrø*



A letter of apology from the editor in chief

Hello everyone! In our last edition (TT04) we in Tuntreet wrote an article about the international food festival. It was brought to our attention, that we included some false information about one of the stands at the festival. The Mexican stand did in fact have a native Mexican representative, who was not present during our visit at the stand.

We apologize for the inconvenience this may have caused, and I hope everyone understands that this was not intentional. We will correct the mistake in our digital file and ask all of you to ignore the statement in your printed magazine.

It is much appreciated that people report potential mistakes, so that we can correct them. Thank you to the people who brought this to our attention!

I once again apologize on the behalf of Tuntreet to everyone involved.

Synne Louise Stromme

Synne Louise Stromme
Editor-in-chief
tuntreet@samfunnetiaas.no

GAMES

QUIZ!



Tilde Milia Skåtun
Creator

1. The summer lasts from June to September in the northern hemisphere. When is the summertime in the southern hemisphere?

- A. From June to September
- B. From October to December
- C. From December to March

2. Which of the following facts is NOT true about the summer solstice?

- A. It occurs in July each year
- B. The sun reaches the highest point in the sky in the year
- C. The day has the most hours of daylight in the year

3. Which term is used for a period of unseasonable dry, warm weather in autumn from September to November?

- A. Arabian Summer
- B. Persian Summer
- C. Indian Summer

4. Which OTC vitamin may be used as a sunscreen by ingesting or applying a solution to the skin?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D

5. Which of the following explains why thunderstorms are often more common during the summer?

- A. Sunlight helps thunderstorms create lightning
- B. Hot weather aids the ocean's tides in creating thunderstorms
- C. Humid and hot weather are ideal for the forming of thunderstorms

6. Which year in the 60s was known as "The Summer of Love" with free-love, anti-war, drug, and hippie music scenes?

- A. 1961
- B. 1965
- C. 1967

7. The Summer Time was first introduced in Britain at what year?

- A. 1916
- B. 1943
- C. 1967

8. Why does summer in Europe occur at the same time as winter in New Zealand?

- A. Because of global warming
- B. Because they are located on different hemispheres
- C. Because of the ocean streams

9. All of the following are summer fruits, EXCEPT...

- A. Blueberry
- B. Quince
- C. Apricot

10. Which of the following insects are most prevalent during the summer?

- A. Bees
- B. Mosquitos
- C. Flies

KILLERSUDOKU

The rules of KILLERSUDOKU are the same as in normal sudoku. The only addition is that the sum of the dashed boxes are represented by the little number in the corner.

				6	2			
2	9		1				6	
		5		7		9	2	
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SUDOKU

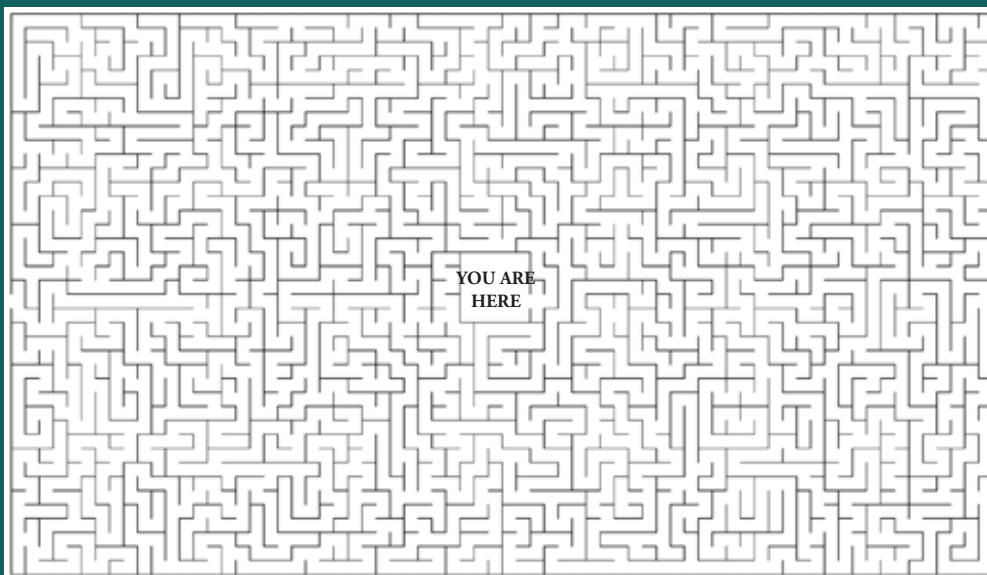
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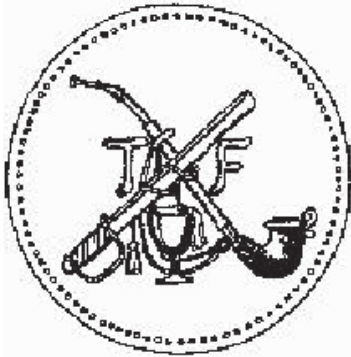
Will you make it through this exam season?

Summer leave <3



1: C. From December to March, 2: A. It occurs in July each year, 3: C. Indian Summer, 4: B. Vitamin C, 5: C. Humid and hot weather are ideal for the forming of thunderstorms, 6: C. 1967, 7: A. 1916, 8: B. Because they are located on different hemispheres 9: B. Quince, 10: B. Mosquitos

Club Banter



Wisest Foreman!
Illuminated Knights from 1st grade St. Jørgen!
Enlightened Knights from 2nd grade St. Jørgen!
Older and younger Worthy members of
Trøndernes Fagforening!
And others!
Skål!

Better, old men and women! Now the spring is here, and it is lovely to smell the great barn smell spread across Ås again, just like at home in Trøndelag. As I'm writing this, there are many students who are sacrificing blood, sweat and tears to finish master- and bachelor essays. Presidie in Trøndernes Fagforening uses this occasion to wish every new old people luck in the last inning. I'm sure that if you show the same strength in this as you would for the King, it will go well for you all!

Even though it might not feel like it right now, summer is just around the corner, and after the summer we will wish the new students welcome to Ås again. I think that all members of TF can say that they know the feeling of missing their home place quickly, so it fits nicely to come to a "get to know us-night" in the beginning of the semester to get a nice refill of trønder culture.

Skål for the summer!
Secretary Meldal



The spring shines from the sky, and in between the snowflakes we see both bluebells, white vetch, and crocus peeking out. A couple of feet stomps them brutally down. The feet spin really fast, and when you lift your gaze, you see that they belong to bodies that do the same thing. Oh my FRØY, how fun it looks! The murder of the crocus is forgotten, and you start stomping to the beat of Flatlus rub. Soon you're spinning along, but it's not too long before you crash onto the ground nose first. You're quickly on your feet again, in fear of sharing the crocus' destiny, and barely made it away in time for the Frøys to gather right where you lay.

You were angry and went home. You could never have as much fun as the Frøys. Traditional dance is soooo lame.

Or? A Wednesday you wake up, like in a trance, and walk right into Festsplacesalen at 18 pm sharp. It doesn't take long before your heart jumps to the beat of the rhythm of life. No nose digging this time. You are home.

Kick pride's hat off. Join Frøy practice.



Skål FFD!
Skål Writer!
Skål Piggy bank!
Skål Hunkatter!
Skål Qltural and Xclusive!
Skål Pusekatter!
Skål Tora and Thorvald!

Spring is here, that you can see.

Skål for the new Hunkatt year 15 x 4 + 3!

The cats are performing at Festsalen's Stage.
A course in Jenka is what the association is auctioning off.
We wonder who bids on it?
The Jenka's antics will find its way.

Skål for dance that spreads shimmer and joy!

Flowers are growing at the Agrarian Metropole,
the cats are laying and enjoying themselves in the sun.
But they cannot relax for long,
exams are approaching with its demands.

Good luck!

We can see the end of the road,
summer break starts the fun again.

Skål for looking forward to brighter times!

Qlturell Regards
Pusekatt Ingrid and Pusekatt Cathinka



Us in IAESTE Ås have enjoyed ourselves on our last trip before the exam period begins. Wishing everyone good luck with exams. It might be a bit WORK.

Soon interns are arriving in Norway, and Norwegian students travel out to the big world to get some new EXPERIENCES.

New opportunities come in the fall. We look forward to you new students to DISCOVER Ås and all that IAESTE has to offer!



Drunken soccer in snow was a true fairytale
Thanks to Hankattene that invited
Both homemade punch and wine
Acted as medicine

And we have been to Hup-Cup and a pajamas party
The preparty with Gents was a pretty wild west
The next week we got a new board
To be elected you have to sell a kidney

Finally time for Spring party
With our dear Unity as guests
Pub to pub set the standard for the evening
Not strange that everyone had regrets

Charity run, culture x-plosion and Ringfest on the agenda
We are good at charity and filling the palate
It will be sad to ring out our misses
But they will have one last opportunity to let their hair out

Congrats to the new AD
This is the semester's last edition
Bye

Forfatterfrøken



Exams are close,
The academy says thanks for another great semester.

Events and fun,
we have had plenty off.
But now reading for exams awaits,
before we can enjoy summer's warm joy!
We wish everyone luck,
with the last inning now this spring.

For those who do not return to us,
we want to thank you for your time.
We wish you all the best,
and maybe we see you again in the future.

Gents Academy
w/ Lord Ambassador



We are super excited for May 17th now, buuut not so much the day after.
With good food and sparkling drinks in the glass, there will quickly be good vibes, nothing will be saved.

Last year was a little too harsh, yes by 3 o'clock you see all puke.

Good company, speeches, and songs on our Constitution Day, later in the evening there are activities in various ways.

So hipp hipp hurra the day is almost here, we hope to see you all!

Kind regards
Koneklubben Freidig w/
Nestsjefskoneemne



The sun is shining from the sky, and there is life in the green. Soft grass tickles you between your toes as you walk aimlessly around in the field between Clock building and Bikuben. Right away you feel something pulling you west. It flutters in your belly when you look towards the forested Fougnerkollen. Is it just pollen tickling you in the nose? No, it's like the ears adjust just as much as you hear it: sound like distant tunes. Thoughts wander through the Pearly gates, busses for russ, ice cream truck... but this isn't tunes like that. It is a fiddle! You hear it now that you have come closer. You can feel your feet have started a light trot, and huge trunks of Douglas and Japanese lark fly by in the corner of your eye. Suddenly, you're there.

In front of you it's getting crowded. You're suddenly standing on a mountain pasture. On the hill, people are dancing wild polonese, and of course it's Flatlusa that plays the beautiful tunes that dragged you here. Frøy west and costume frolics and glimmer in the sun. The ladies stomp and beat whey, while others sit and spin. By the wall, sour- waffles and porridge cooked over a fire is served. But there aren't just Traditionals here. There is Thorvald! And Tora, who you're waving nicely to. All kinds of accusation people, students, and university management. The National Archives? EVERYONE is here. And now you are here.

You shake off the speechlessness with a smirk and jump into the dance.

It is Saturday September 9. See you there.

Since last time, we in Collegium Alfa have completed GA and the semester's last course day.
In addition to having displayed our dance moves at culture x-plosion.

Soon there is studying for the exams, and we will be around in the study halls giving out buns that hopefully helps with keeping the motivation up a bit longer <3

We want to wish everyone good luck on the exams, and happy holidays when that time comes.

We look forward to doing a lot of fun stuff again next semester, and to all the new students: become a member at Samfunnet, apply for an association and get engaged in everything amazing Ås has to offer.

You find us in black and gold :)



Have an Alf evening!

Soon the roe bag is way too big, and the salmon goes upstream to yield. It is the same way the students make you ready to perform, in yet another exam period.

The candidAlf has tasted their way through the wine-embAlfssy's many Alfavit liquors and want to show both gold and shit.

Løiten's Linie Alfavit: Spiced and bold in flavor, with scents of Alfis and caraway. Yellow and golden are the colors.

Gone too many times around the equator. 4/10

Løiten's TUR Alfavit: Taste of caraway liquorish and barrel. Smells about as good as a full bottle machine. Could get the steadiest tuning fork out of tune. 1/10

Taffel Alfavit: Blanc in color, tasteless in the throat. Rich and long aftertaste. Gives you inner pleasure. Even BigAlf didn't quench his thirst from only one. 7/10

Fernet Branca: The color is like black gold, and steady if we are older than we should. Rich in flavor, a good combo with a real boom. Our embAlfssy in the thinnest of universe. Recommended with a sponge cake. 10/10

- The CandidAlfes

Have you heard...

Frustrated student!!!!

Will there be a tractor pull in Ås to watch? No rush, the diesel fuel isn't cheap these days.

Frustrated student!!!!

Why the bloody sunny day and green lunar phase doesn't Word online have page separations!!!! It's fucking impossible to finalise a fucking document that needs to be submitted within the day!!!!

Incognito

Larvene at k22 raises the point that promosjonen "doesn't have any gossip", could it be because of it not being fun to gossip about those who want to be gossiped about the most in the whole world? Asking for a friend

Do you have to make such a ruckus?

Is a leaf blower really the most effective way to remove gravel?

Grumpy volunteer

Maybe Samfunnet should have a stricter punishment for not showing up for one's community service? Just so that the house won't shut down due to too few people showing up?

Volunteer spirit?

Is it a stricter punishment we need, or a stronger sense of responsibility? Doesn't seem like the members who don't show up understand how Samfunnet's event nights are organized.

AU

Did you vote in the student election?????

Research is also exciting

Curt Rice wanted to give NMBU the most exposure, but if you google NMBU now, most of the results will be about how he quit with immediate effect. A bit unsure whether what's going on at NMBU or Rice gained the most exposure.

Out in the sun

Where were you when Curt Rice stepped down as rector?

Curt fried rice

Sat on the toilet

At the master's reading rooms

Realized that my dream position is soon published as a vacancy!

Electric feel

It's pretty non-sexy to step down as rector due to an electricity bill

Not that funny..

Curt Rice quits his rector position with immediate effect to follow his dream of being a stand-up comedian!

Electric feel

"— What are your plans now?

— I'm currently looking for work. I've received some inquiries today. I don't know if it's the perfect match but it's nice. And this allows me to develop my stand-up career, Rice says with a smile"

<https://khrono.no/curt-rice-om-avgangen-det-er-toft/775927>

 #tuntreet

