

TUNTREET

Part of Studentsamfunnet i Ås

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Tuntreet Volume 77



NEW LOFT, NEW
HANKATTS?

CHRISTMAS
CALENDAR

TWO BEERS:
VICTOR

LEADER

Thank you for everything!

Time is so strange. Sometimes, it passes so slowly, like when you're in the most boring lectures, when you're waiting for the train, or when you're waiting around for something you're really excited about. It also passes way too fast, like when it's suddenly time for exams again or when you're supposed to make it to your 10:15 lecture (or anything really, if you're a bit of a time optimist). It does, however, pass the quickest when you have a lot to do and/or are having a great time.

If there's one period of my life where time has passed quickly, it's the years I have spent in Ås. I'm sure I'm not alone here? Especially this last semester has passed at a breakneck speed. It has been busy and exhausting, but also really lovely. Largely thanks to Tuntreet and times spent with my friends (though there's a significant overlap there as well). We're now heading towards the end, and it all has happened a bit faster than expected.

Because in addition to finishing up my run as an editor for the world's best staff and student newspaper, I'm about to do the unthinkable: moving away from Ås. It all went like this; on the day of the deadline, more or less, I decided to apply for an exchange for the final semester of my bachelor's degree. All of a sudden, one and a half semester in Ås turned into just a half.



Since then, I've caught myself saying, "This is the last (...)," quite often. Last staff meeting, last layout weekend, last tea party with the gang, last Christmas party with my class, last family feuds in the dorms, last trip to Samfunnet, maybe the last time I'll see this person and that one, etc. A bit depressing when you mention it like that, someone told me.

I disagree with that statement, though, cause lately I've taken a step back more often than usual, to just take in my surroundings. And suddenly it all becomes clearer how much I really appreciate what's around me. Og da blir det plutselig mer tydelig enn vanlig hvor mye man egentlig setter pris på det og de man har rundt seg. There's nothing depressing about that, rather something quite lovely, and it might be something to do a bit more frequently? Spending a bit more time to ruminate has also made it quite clear to me that despite living my best life here, I am as ready as I'll ever be for a new experience, at a completely different place.

And with that, I want to give thanks for the time I've spent in Tuntreet (and Ås), both as an editor and the time prior to that. Thank you to the readers of Tuntreet, and you who have contributed to the paper in one way or another (both the current staff, those from before, and external contributors). I would also like to wish Synne, Celine, and the rest of the staff the best of luck with the road ahead. I'm "as excited as a child" (or rather as a proud mother) to follow your process and all what you'll achieve.

So yeah, merry Christmas and happy new year, and good luck on your exams, by the way! I hope you'll enjoy TT10!

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TUNTREET

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AUTUMN GENERAL ASSEMBLY



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November 14th was the time for this autumn's General Assembly (GA), and it turned out to be a long one. Both change, addition, and resolution proposals were voted on, some were rejected and some were approved. The engagement for running for a position was high this year, both for the submitted candidates and volunteering others for positions.

Administrative cases

The first General Assembly since the covid restrictions were lifted was opened by the Head of Samfunnet, Vilde Kjellsrud Pedersen. Martine Bingen and Erik Mathias Bjørno Rummeloff acted as Chairs of the Meeting.

Already after the first few cases, someone exclaimed a BINGO on Tuntreet's GA Bingo, to a pretty large confusion for the attendees. Is it really possible to get a bingo 10 minutes into GA? So it seems.

Preliminary report

After the more practical GA cases, it was time for Case 5: Reports from Studentsamfunnet in Ås. All the different bodies of Studentsamfunnet presented a summary of their work so far this autumn. The Board could tell us that operating committees during UKA were a success, but that there is room for improvement. They also presented a new project position that is going to work towards getting Samfunnet Eco-Lighthouse certified.

The House and Finance Board's main talking point was that they currently don't know more about the renovation of Samfunnet and that this is dependent on NMBU. UKA could report that they had about 1000 volunteers this autumn and 4 sold-out concert nights (a new record!).

The Business Committee reported that during the Career Day 71 businesses participated, and they estimated that 2000 students stopped by.

Tuntreet reported that we have 40 contracted committee members and several freelancers. Per now, 800 Norwegian editions and 200 English editions are published, and most of these seem to disappear from the stands.

Budgets for 2023

After everyone had filled up their stomachs with pea soup, it was time for the approval of budgets for Samfunnet. The different bodies explained how they view the coming year. A recurring theme was the increased prices for food, drinks, building materials, and paper.

Cases received in accordance with applicable deadlines

Two cases were received in accordance with applicable deadlines: resolution proposals and questions about the candidate ring.

The resolution proposals, put forward by Simen Walbækken Tangen and Tord Kristian F. Andersen, were concerning Tuntreet. They proposed changes to ensure quality by making a clear purpose clause and changing multiple paragraphs to be more descriptive. The changes were approved.

The case about the candidacy ring was received from the Ring Party Committee of 2022. The last few years the price of the



ring has increased because of the increasing expenses of the materials for the ring. The proposal was to make an alternative, made from gold and surgical steel which would be cheaper. This was approved.

Positions in the Board of Samfunnet

After these two cases, it was finally time for the elections. For most of the positions, there were submitted candidatures and a lot of engagement around volunteering others for the positions. In addition to this, there were many of the volunteered candidates who said yes, cheered on by the joyful applause of the attendees.

Lars Nordby was elected Head of Bodega, Sebastian Nygaard became Head of Marketing, and Hedda Solberg Sagen was volunteered and elected as Head of Administration.

The last position on the Board was Head of Concerts. Again, people were excitedly volunteering each other, and the winner of the election was Julie Overrein.

New Tuntreet Editor

The next position was the editor of Tuntreet, with 3 candidates up for election. There wasn't a sufficient lead after the first round and the two with the most votes went on to the next round. After the last round of votes, Celine Våga was elected as the new editor.

Election of representatives for The Board of House and Finance

At this point, it had gotten so late that some of the cases were switched around since there were a lot of people who needed to catch the last train to Oslo. The election of positions for the Board of House and Finance, and additional cases, were therefore moved in front of the Business Committee elections.

House and Finance needed two external representatives, and after voting there wasn't a sufficient majority for one of the 5 candidates. A new round for the two with the most votes and the positions went to Lars Raaen and Kristiane Holter. The proposed representative, Espen Eikaas Syljuåsen, was also approved through voting.

Case 11.1, additional cases, needed to be voted on to be proposed. The case was about a unisex model of the new candidate ring. $\frac{1}{4}$ voted against and the case was not brought up.

Positions for the Business Committee

There were 3 candidates for Head of the Business Committee and after the first round, there wasn't a sufficient majority. After voting over the two with the most votes, again there wasn't a sufficient majority. The fear of an extraordinary GA began but after the third round of voting, it was Birte Liset that got the congratulations as the new leader of the Business Committee.

The next position of the committee was Head of Administration, and Olav Olsborg was elected. Ingrid Fagerbakke got elected as Head of Marketing, and Erlend Bore was elected the Head of Events.

The Election Committee

Up last were elections for positions in the Election Committee. After the first round of voting, it was one of the volunteered Chairs of Meeting, who had left his post on the stage to join, Erik Mathias Bjørnø Rummelhoff who got elected. The second position went to Eline Furseth.

All the elections were now done, and the Chair of the meeting found his place on stage again. The closing statement thanked everyone who made GA possible, and true to tradition, Samfunnet's National Anthem was sung. GA officially finished at 00:48.



Photo: Margreta Brunborg



Front, from left: Olav Olsborg, Celine Våga, Birte Una Sognedal Liset, Eline Furseth and Erlend Bore. Middle, from left: Julie Overrein, Eirik-Mathias Bjørnø Rummelhoff and Hedda Solberg Sagen. Back, from left: Lars Nordby, Sebastian Nygaard and Ingrid Fagerbakke.

THE HISTORY OF PENTAGON



Ingvild Lauvstad Sunde
Journalist



Ylva Friberg
Photographer



Elina Turbina
Translator

Illustrations: Dyrø og Moen Arkitekter

Climate crisis, pandemic, and war. Even in a constantly changing world, they stand here faithfully, always ready to house an infinite number of students. I am, of course, talking about the apartment buildings of our dear student town, the Pentagon. But the dormitories from the 60s show signs of wear and tear and do not fulfill the requirements for student housing in 2022 anymore. Something is finally going to be done about this! Tender drawings are ready for the new and improved Pentagon 1! But what does this entail? This is the second part of the history of Pentagon.

The first step is taken

In the first part of the history of Pentagon in TT09, it was claimed that the tender drawings were ready. In a written comment, the acting administrative director of SiÅs, Pål Magnus Løken, denies this. In an interview with Selma Sollihagen, the

student representative, and the chairman of the board of SiÅs, she elaborates, “It is the outside area and the placement of the buildings that is the focus right now. With densification, the outside area becomes more important.” The illustrations shall therefore show the possibilities for the

densification of the area. It is important to point out that this is not a final proposition for the densification of Pentagon 1. SiÅs has now decided to go forward with a regulatory case about Pentagon 1. “It could last up until 2024,” Selma explains.



Coffee bar and market square ?

Pentagon is densified through the expansion of the blocks in volume. The green area will be reduced and must be utilized well. The illustrations do not show the architectural design of the buildings, but the architect proposes to create a market square at Pentagon 1, and also a coffee bar!

The total project will consist of 981 housing units with 981 bicycle parking spots together with 150 new parking spots. Blocks with names that begin with “D”, “E”, and “F” will also finally be built!

How will the students be heard?

To answer this, Tuntreet contacted the Student Board (AU) member Helene Sylvarnes. She explains that AU has sent a summary of input from the students to SiÅs, who have forwarded them to the architect. At the Student Parliament 6, SiÅs also called for a student representative in the planning committee to be appointed for the project. Selma adds that the architect has been to the Student Parliament’s autumn conference themselves.

Helene further adds that the outside area is important for AU. “The students like that the outside area is very flexible,” she explains. Selma points out for her part that, “There are many considerations to take into account. SiÅs finds it important for the outside area to be universally designed.” She goes on to say that all students are different in age, gender, and living situation and that the new student housing must work for many. “We have actually gotten an impression that the students do not want a coffee bar, but instead a social meeting point.”

“The future students will live in the new student housings, but all the input must come from the current students,” Selma states at the end. If you have any input, just contact AU!

“Thorvald reveals a sincere gratitude for his Pentagon”

There is no doubt that an era is coming to an end when the first step towards the “new” Pentagon 1 is now taken with the illustrations over densification.

The student idyll of the 60s shall turn into the student idyll of 2022. There is no way to escape the fact that students require other functions from housing now than they did 60 years ago. Therefore, the students’ voices must be heard! Now that the regulatory case is starting, students in 2022 must pave the way for good student housing in the future, even if we won’t live in these ourselves.

I believe that the quote from the article about the laying of the foundational stone in Pentagon can be a guideline for the future, “Thorvald reveals a sincere gratitude for his Pentagon.”



5 AT PENTAGON ABOUT PENTAGON



Ingrid, Environmental Physics and Renewable Energy

1. Yes, I live in Pentagon 1 now.
2. It is a bit worn out but fine.
3. I would have changed the innerdesign of the room!
4. No, I have not seen the new illustrations.



Harini, Data Science

1. No.
2. I have heard that it's old. Have definitely heard the myth about the "gas chamber shower".
3. I would upgrade the old bathrooms!
4. No, I have not seen them.

We stood outside Pentagon one afternoon and asked five random students what they thought of Pentagon now and in the future.

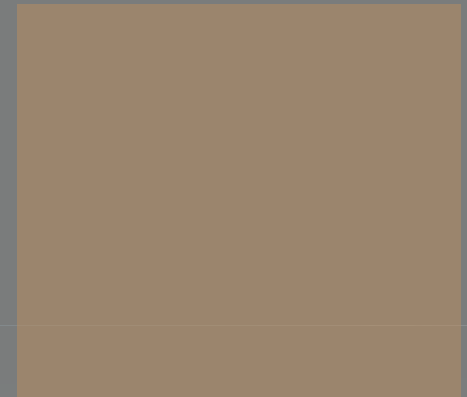
Questions:

1. Do you live/have you lived at Pentagon 1?
2. What do you think about the current Pentagon 1?
3. If you could have one wish fulfilled for the "new" Pentagon 1 – what would it be?
4. Have you seen the new illustrations? What do you think?



Sofie, Applied Economics and Sustainability

1. Yes, I live there now.
2. It's a bit outdated, it could use some renovations. The room is okay though!
3. I would have wished for a better bathroom and kitchen, but I would have ensured that the new project kept the student vibe, I'm afraid it might become "too modern".
4. Yes, I have seen them! I think the roads between the buildings don't work, people will definitely create short cuts.



Marie, Veterinary Medicine

1. No.
2. I think it is nice to have such an old tradition with these buildings!
3. As long as nobody has to share a room, I am satisfied!
4. No.



Mehdi, Technology - Chemistry and Biotechnology

1. Yes, I live in Pentagon 2 now and lived in Pentagon 1 some years ago.
2. I feel comfortable, but it isn't very warm. Pentagon 1 was much worse than Pentagon 2.
3. I would fix the washing machines and would try to create a better place, and also improve the bathrooms!
4. No, I have not seen the pictures.

A Christmas Story

- guess the order

This story was written in a hurry and the order is all scrambled up.
Can you find the right order?



Helene Sylvarnes
Writer



Jeanne Michielin
Illustrator



Kjell Ertesvåg
Translator

Have you heard about the town where they almost couldn't celebrate Christmas? It wasn't because Santa Claus couldn't find any nice children there, or because the Grinch was the mayor. It was because it rained an awful lot there. One year it rained so much that many believed the Fall season would never end, and no one knew that December had begun.



Then suddenly, one day Arne realized what it was. They didn't have Christmas spirit! Bergen was in the middle of December, and there still wasn't a single light or Christmas tree anywhere to be seen. Arne quickly spread the word, but no one believed him. "There's no way it could rain this much in the middle of December," the Bergensians argued.

Early on in the month of December a well-known Bergensian arrived at the airport. The plane barely managed to touch down, and they were forced to use boats to get to the terminal. Despite this, the famous Bergensian was happy to be back home again. This famous Bergensian was, of course, Arne Bergsol.



Arne had an important job on the other side of Nurgen, but he travelled home as often as he could. On this very trip home, he noticed something was different about Bergen from the rest of Norgen, but it rained so much he couldn't quite put his finger on it.

Arne knew the clock was ticking faster and faster as Christmas Eve approached, and if he was to do anything, it had to happen NOW! Arne implemented all the measures he could, like performing rain dances and sacrificing coffee to the weather gods. However, the gray, rainy weather continued.



This story takes place at the beginning of December. The Bergensians had been stepping in muddy, rainy weather for several days and nights. It got to the point that no one had any idea what day or month it was, and so the start of December came without a single Christmas light or Christmas tree in place.



The town I will introduce to you is situated in a country to the east of an ocean to the west of the mountains. When you zoom westwards in this country called Nurgen, you will find the grey city Bergen. Bergen is from time to time quite marked by the weather gods, and is the unofficial rain capital of Nurgen.



Arne went around Bergen for days and nights, wondering what in the world was missing. It felt so much brighter and livelier in the other parts of Nurgen. Could the rain really have such an effect on Bergen that you just forget something that essential?

The day before Christmas eve Arne's prayer was finally heard. The rainy weather ceased, and the Bergensians woke up to a white blanket covering the ground, with dancing snow from the clouds. No one understood what had happened, but Arne went live on the national radio broadcast to tell everyone it was snowing, and Christmas was right around the corner. At first panic arose from the Bergensian homes, but eventually, everyone turned thankful. Just think about that, they almost couldn't celebrate Christmas because it rained so much.

And that was how Bergen could also celebrate Christmas.



GET TO KNOW THE DEGREES



Marianne Skolbekken
Journalist



Ylva Friberg
Photographer



Amanda Engebø
Illustrator



Rebekka Berg
Translator

WATER AND ENVIRONMENTAL ENGINEERING

Watery fun!

We meet in the TF canteen at the Faculty of Science and Technology. Here I'm wondering what it means to study Water and Environmental Engineering. According to NMBU's website, you achieve a Master of Science (sivilingeniør) after completing the five-year degree, and you learn how to "ensure clean water for the cities and the country". How do you tackle a social task such as this?



Structure

Eivind Toft is currently on his second to last semester on his Master's Degree in Water and Environmental Engineering. He tells us that the first two years are kind of like a "beginner's package". You have general courses in mathematics, physics and informatics. Eventually, you will go on to have more specialized subjects like fluid mechanics and management of stormwater as a result of climate change and increased precipitation. "Fluid mechanics deals with how water moves, and how we can affect it. In the course of your study, you will also learn about drinking water and sewage water, and you will have chemistry and courses on cleaning processes."

Then you might be able to answer why it's possible to get water from the tap?

"Yes, you see, the water gets transported through pressured pipes, and the sink works as a valve. So, when you "open" the sink, you open up to the pressure which pushes the water out. That's also how fountains work, it's about pressure," Eivind explains.

(Summer) Jobs in the business

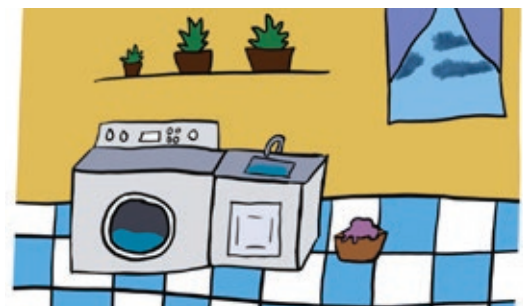
"As a sivilingeniør with a degree in Water and Environmental Engineering, you won't be the one who puts water pipes in the ground, you'll be more like a "consultant," Eivind explains. After completing your degree, you can for example work in hydrology, doing research on groundwater, or work for The Norwegian Water and Energy Directorate. Many students get jobs doing conservational work for the state or in the municipalities as design consultants in various consultant firms, according to Eivind. "We don't have internships during the course of the study, except for relevant summer jobs. Instead, we visit water management and sewage processing plants. I know several classmates who have been offered permanent jobs after their studies," Eivind says with a smile.

A typical Water and Environmental Engineer, and personal motivation for applying

"There are different people, but they are generally technically interested, solution-oriented and interested in learning." Eivind further explains that he liked physics and maths from upper secondary school, and that he also knew that there were good possibilities of finding a job with this educational background. "I've experienced that people are attractive on the job market, and we also have a good social environment at school. The student association, AquariÅs, contributes a lot to this, and several committed students take part."

Finally, I'm wondering if you have any fun facts about Water and Environmental Engineering?

"Well, if you line up every pipe within the water, storm water and sewage water network that we are expected to have by 2030, they would reach all the way to the moon. It's an enormous infrastructure, and even if it's not that visible, you would take quick notice if the water in the tap stopped running."



Structure

Emilie Løvberg and Knut Sørbo are both taking the 5-year Master's in Teacher Education in Natural Sciences, and are on their third and fourth year. They say that you can choose between a number of different courses during the Master's programme, but everyone must have a major equivalent to 80 credits and a second subject with 60 credits. Knut says that he has chosen physics as his major and mathematics as his second subject, while Emilie majors in biology, with chemistry as her second subject. Before you choose specialisation, you have many common courses.

Internship and Master's

Emilie says that there are two different types of Master's theses they can write. "You can either write a master on your major, it will then be equal to a master's in biology or physics, or you can write a didactic master about pedagogy."

Emilie and Knut say there are many days of internship during the course, a total of 100 days spread out over five years. As a lecturer in natural science, you must have the competence to teach at secondary school and upper secondary school. "How much you control the teaching depends on the internship teacher," Emilie says. "In the beginning," Knut says, "you are only there to observe the classroom, then there will be a gradual transition in how much you manage everything." "Furthermore, what is emphasized in the various internship periods is different," Emilie continues. "You can, for example, be in your internship, and be told to focus on working methods."

Speaking of working methods, do you have any inside information on how teachers work?

"Something I think most people have been exposed to at school is IGP," Knut replies. "It stands for Individual, Group and Plenum. It's a method of teaching that many teachers like, where you first work with the subject alone, then in groups and then in plenary with the class."

A typical lector student, and personal motivation for applying

"I wouldn't say that there is a 'typical lector student'," Emilie says, "there is a wide range of people." Knut continues, "There are many people who are very interested in their subjects. I myself wanted to apply after trying a mechanical engineering degree first, and I have always liked standing in front of others and talking." "I thought biology was interesting in upper secondary school, and I liked the combination of being able to take a master's at the same time as I get a teacher's training," Emilie says.

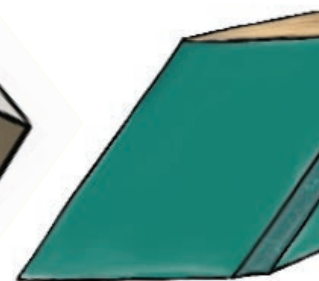
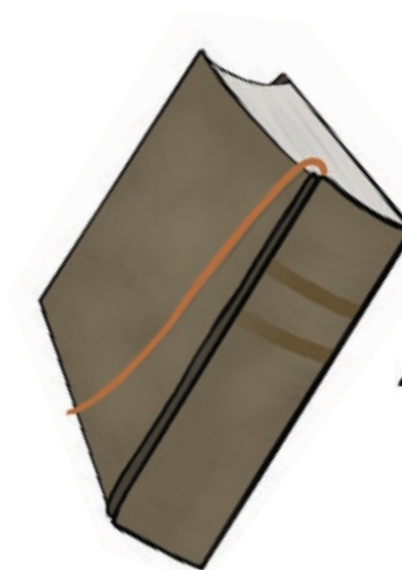
Finally, do you have a favorite subject within physics and biology?

"Hm, my favorite would probably have to be Maxwell's equations on electromagnetism," Knut replies. "I am very fond of behavioral ecology, so being able to watch documentaries with David Attenborough in class is exciting," Emilie continues.

TEACHER EDUCATION IN NATURAL SCIENCES

The reality for future teachers

We meet in the big, white wooden house at the crossing by Meieribygningen, also known as Damgården. This is where the "lector" students reside and where they, according to NMBU's website, are studying to get a "Master's Degree in natural science and educational competence in two school subjects." How is it to be surrounded by electrons, mathematical equations, chemical formulas, rocks, classification of ecosystems while also being in control of 15 and 16-year-olds? Tuntreet has taken a closer look at this.





Ingvild Lauvstad Sunde
Journalist



Kristin Gilboe
Translator

Student Parliament 6

On the 21st of November it was time for Student Parliament 6 and on the agenda was both the beloved and cursed candidate election, tuition fee for internationals, and a resolution regarding SiÅs and privacy. As the last Student Parliament of the semester, this sounds pretty normal, right?

After yet a delicious dinner served by SiÅs and a refill of coffee, tea and snacks, we could fill out the bingo board! The idea was to fill in what one thought was going to happen during the meeting, for instance "LANDSAM has not discussed the issue", "AU is given the authority to find a candidate" or "someone is asked to stand up when speaking". The latter was a returning subject throughout the meeting, and chairman Hedda joked that standing up was a way of "maintaining your health during the meeting, by making sure you have proper blood circulation."

The leader of the Student Board (AU), Jens, updated us on the matter of the government's proposal in the National Budget, where they suggest a tuition fee for international students.

The proposal is that international students will, from the upcoming Autumn, pay a tuition fee so the government can provide less money to educational institutions. Jens shared that it was not only protests about the suggestion at NMBU, but in ten other cities as well!

There has also been proposed a law that makes it mandatory for educational institutions to collect a tuition fee from international students. On questions about the possibility of this law draft not getting approved, even though the proposal in the National Budget is approved, Jens answered there was a very slim possibility. In other words – if the suggestion of the tuition fee is approved, there is a very high chance the law draft is too. The implementation of a tuition fee will not affect students already enrolled in Norwegian universities.

Later in the meeting, Helene from AU, explained that SiÅs wanted two people for their Planning Committee for the renovation of Pentagon 1. Åse, also a member of the AU, explained how AU wants to start a promotional campaign to find the right people.

They are looking for extroverted people to join and shape the committee. The resolution to follow up on the results of the SHoT survey was approved with two adjustments. The matter of SiÅs and privacy was also discussed. This concerns, amongst other things, the lack of notice provided before maintenance work. The budget and the plan of action for the Student Parliament was also approved with minor adjustments.

Results from the candidate elections worth mentioning is that Ben Børildsen was elected as the Buddy General of 2022/2023, Vegard Sjaastad Hansen became leader of the Control Committee, and Maja Raz Karterud and Emil Langsrud Halvorsen was elected as two out of four representatives for the Election Committee. Jens Bartnes, Åse Vigdisdatter Nytrø, Bonnie Sutherland and Wilhelm Anthon became delegates from NMBU at the 2023 national meeting with The National Union of Students in Norway (NSO).

THE STUDENTS' PEACE PRIZE 2023 IS AWARDED TO A RUSSIAN STUDENT MAGAZINE: WHY?



The Students' Peace Prize is awarded on behalf of all Norwegian students biannually to a student or student organization noted for their efforts in promoting human rights, peace, or democracy. On previous occasions the prize has been awarded to the student group METU LGBTI+ Solidarity (2019), a student group at the Middle East Technical University of Ankara, Turkey, for their work on promoting a diverse and inclusive education, and to the Libyan law student Hajer Sharief (2017), for her progressive work within peaceful bridge building and female representation in peace negotiations, especially in connection with the Libyan civil war.

This year the Students' Peace Prize is awarded to the Russian student news magazine DOXA Magazine. DOXA was founded at the Higher School of Economics in Moscow in 2017, and has since then taken on discussing themes regarding a free and independent media and academia. In recent years they have turned their attention towards uncovering corruption at Russian universities, as well as political persecution and state-promoted misinformation. DOXA has throughout

2022 worked especially on documenting the Russian invasion of Ukraine, students' role in the Russian anti-war movement, freedom of expression, and changes in Russian academia under martial law. As a consequence of their support for students partaking in the opposition movement, many of the heads of the magazine have been expelled from the university, and several of the founders have experienced persecution, house arrest, and physical violence. Today, a majority of DOXA's staff live in exile, and continue their work anonymously in order to keep the magazine alive.

The Students' Peace Prize is an initiative led by the International Student Festival at Trondheim (ISFiT), Norwegian Students' and Academics' International Assistance Fund (SAIH) and the Norwegian Student Association (NSO). The Peace Prize committee is composed of students, student representatives, and professional and political specialists in fields associated with peace, democracy, and human rights, and I was very lucky to take part in it this year. We experienced how difficult it was to discuss and arrive at only one winner between all the candidates, when each and every one of them deserved the

highest degree of recognition. Still, DOXA Magazine rose above the rest of them. In a time when parts of the European continent are characterized by the forward march of authoritarianism, war, and uncertainty, the awarding of the Student Peace Prize highlights the true importance of the voices of students in the struggle for freedom of expression, while also recognizing the brave efforts of the students who risk their own wellbeing and safety for the cause.

The announcement of this year's Peace Prize winner took place in a jam-packed hall in Studentsamfundet in Trondheim on October 27th. Me and Jens (Head of the Student Parliament's Board) were super lucky to be there. The announcement took place on a night with choir song, speeches from, among others, the rector Anne Borg, the leader of SAIH, Hector Ulloa, and the leader of NSO, Maika Godam, and a touching video from the winners themselves - many of whom still live in exile. The handing out of the prizes to the winners will take place in Trondheim during the ISFiT festival in February of 2023. The theme of the festival will, appropriately enough, be polarization.
- Submitted by Åse Vigdisdatter Nytro



Kjell Ertesvåg
Translator

D**KTATORS AGAINST STUDENTS

Leo Ruiz Montes

David Bawi
Tha Sang

Maksim Zafranski

In a context of global fascism, SAIH launched their "D**ktator" campaign to support and inform about student activism in authoritarian countries. As part of this campaign, SAIH-Ås and the Student Parliament at NMBU organised a panel discussion on the 7th of November. The discussants were three international students, the Student Parliament leader Jens Bartnes, and the president of SAIH-Ås Magnus Azevedo Stirø. The main subject was student activism in authoritarian countries, the global fascism of the world and protection mechanisms safeguarding students and their role as human rights defenders. The three international students are at NMBU as part of the Students at Risk program. This program was initiated by SAIH and NSO in 2012, and it gives persecuted student activists the opportunity to complete their studies in Norway.

Mathias Tupinier
JournalistAnna Thylén
Photographer

Min Aung Hlaing, Lukashenko and Ortega send their regards

Maksim Zafranski comes from Belarus. He was a student leader during the last protests and was under surveillance from the police when he came to Norway. He and his organisation are still trying to fight back from abroad. Leo Ruiz Montes comes from Nicaragua, and similar to Maksim, he also left after the repression of protests. He is also a student leader. The third international student is David Bawi Tha Sang from Myanmar (ex-Burma). The violent repression of the 2021 protests and the violence against some ethnic groups forced him to leave Myanmar, as he himself is part of the Chin minority.

Entering activism: call of history or long-time choice?

None of the three international students planned on becoming a leader. It was a personal choice made during a crisis, not their long-time ambition. They have experienced situations where someone needed to be in charge and, somehow, they became that person. "At first it was a misunderstanding. The police thought for some reason that I was the leader so

other people also believed that and at some point, I really became one", explained Maksim. The president of the Student Parliament and the president of SAIH-Ås laughed a bit remembering how they both started by being lured with pizza.

Activism in an authoritarian country.

"Fear and violence of the regime is everywhere. We became almost used to repression, to surveillance: activism in



Belarus is extremely stressful”, Maksim recalled. Student resistance is also a common experience between the three international students. “Students often lead protests and revolutions: that’s why authoritarian leaders fear us”, explained Leo. He argues that the freedom and lack of comfortable situation of the students is the fuel of that revolutionary spirit: “you can’t lose your house or your kid if you don’t have one.”

As a French citizen, I wasn’t at ease. Many things that only existed in dictatorships a few years ago are now usual in my country and in many democracies: a violent repression of protests, the president saying that “those who don’t want to be injured shouldn’t go in a protest”, an increased surveillance of the universities, ministers supporting the police no matter what, and cops hiding evidences of police brutality.

Activism in the democratic countries.

The president of the Student Parliament argued that: “The main difference between a dictatorship and a democracy is trust in the political system: in democracies, people usually trust the system”. That trust is for sure one of the greatest strengths of a democratic system. “Politicians and media are usually interested in what we have to say”, added the president of SAIH-Ås.

In authoritarian systems people usually don’t trust the system: is it the cause or consequence of corruption? Hard to say, but those two are surely feeding one another.

Activism in the democratic countries is also very important for those fighting directly against authoritarianism. Nowadays, nationalists, fascists, and authoritarians from all over the world are joining forces. David pointed out that: “Russia and China supported coups in Myanmar. Fighting them from safe countries is important.”

Non-violence: Idealistic dream or real solution?

To this statement, David directly responded: “It didn’t work in 1962. We just died. Same in 1988. We were raped, tortured, killed. And killed again in 2021. I don’t know if it can work, but so far, it didn’t. Revolution may be the only way. We need democratic countries to send us weapons”. Maksim agreed, and added: “When you face someone unwilling to discuss, non-violence can’t work. In Belarus, the regime doesn’t care about lying to us, they don’t have to answer to anyone.” Leo was more nuanced in his response: “In Nicaragua, the regime is willing to talk, even to negotiate sometimes. Non-violence is a path for us.”

Non-violence works by showing the violence of the regime to the public. It worked against the apartheid, during the civil rights movement and the Indian independence, because in those situations the government couldn’t hide this violence and was forced to act by the public. But non-violence didn’t end the soviet regime, the Tsarist regime or any modern dictatorships. We also have to remember that when non-violence worked, it wasn’t the only strategy employed by the militants: would MLK have succeeded without Malcolm X?

In democracies, the question of the legitimacy of violence feels taboo, but we have to acknowledge that it might be the only solution. In a context of rising nationalism, we cannot afford the luxury of condemning the violence of the oppressed against the oppressors.

As Dom Helder said, “There is no greater hypocrisy than to condemn only the revolutionary violence, pretending to forget the institutional violence, which gives rise to revolution, and the repressive violence, which kills it.”



New loft, New Hankatts?



Marie Tjelta
Journalist

Tord Kristian F. Andersen
Photographer



Elina Turbina
Translator

It is no secret that Hankattene have had some harsh rumors about them in recent years. Now they have both renovated their loft and gotten many new members in a short period of time. They are renovating their association as well, one might say. What lengths are Hankattene willing to go to be able to clean up the Hankatt name? I took a tour around the Hankattloft to find out exactly this.

The World of the Hankatt

As I enter the loft, I am met with quite a pleasant dormitory. I have never been to the Hankattloft before, but it is not what I envisioned. The fire is burning in the fireplace, creating a warm and homely atmosphere. Many random objects cover the walls, telling the story of the Hankattloft.

The history of all the Hankatts that came and went through the loft in the years since they moved in here in the sixties. This year they turn 120, and they are Norway's oldest student association.

Renovated loft

Hankattene were well on their way with the pre-drinks for the evening's festivities, pouring themselves Aass pilsners. The aspirants were diligently directed left and right and it was quite entertaining to observe. I sat down for a chat with Director Jørgen, and ombudsmen Olav and Markus. They are the management of the Hankatt association. This past semester, they have been renovating the Hankattloft. They both got a dishwasher and a new stove and painted over walls and doors which needed a fresh coat of paint. Additionally, they have updated their wardrobe and given the members new tailor-made suits from Thailand. They say it is done both to create a pleasant dormitory to live in, but also in order to raise the living standards a little, as Markus calls it.

Upholding the balance between history and culture is also something that was kept in mind during this makeover. "The culture stays but the association is dynamic," says Olav. "Now it is quite simply just a bit more pleasant to live here," adds Jørgen.

Life as a Hankatt

They explain that when you become a Hankatt, you become a part of a family. "You get a brotherly connection with those you live with," says Olav. They have communal dinners every day, something everyone is expected to be present at. In the evenings they like to sit by the fireplace and play cards. Furthermore, they say that as a Hankatt, you get an extensive social network and that your new social life is practically served to you on a silver platter. They have shared many unique experiences as Hankatts and because of that, they feel that they are a part of something bigger than themselves. "All kinds of people are encouraged to apply to be a Hankatt... all orientations and ethnicities are, of course, welcome," adds Olav.



A new generation of Hankatts

Hankattene also felt the effects of the pandemic. They had little recruitment since not much was happening. This year, Hankattene have invested heavily in building up the association again and recruiting new Hankatts. That they did, and many young aspirants have therefore joined the Hankattloft this autumn. This resulted in a sort of age gap within the association, and they are possibly on the way to a generation shift. Regardless, the bunch gets along well despite the differences. “We are so lucky to have so many nice people here now,” says Jørgen. “It is healthy for the association; it is healthy for us and them. They are, after all, those who shall lead the association further.”

The Hankatt controversy

The association has quite a large chunk of rumors about them that one can refer to as problematic sexual morality these last years, specifically after the “object scandal”. In short, this was a scandal that started because of the writing Hankattene published, depicting women as objects. This is something Tuntreet wanted to confront them with. First and foremost, they think that it is a shame, also because the new association members are left with rumors about the old Hankatts. “Rumors linger from previous years, and they take a while to disappear,” they point out and go on to say that they just have to rise above the old

rumors and continue to work against the prejudices. None of the current members had any connection to this scandal other than the stories that they have been told. “Since we have a secretive association full of mysticisms, it is easy to interpret things in the worst possible ways,” Olav says and further explains that when someone messes up, they do not hesitate to apologize. “Sometimes you notice people who don’t put out the best representation to the world, but it is an exception and absolutely not normal.” Hankattene who are here now do not relate to these prejudices.

Everyone is welcome at the Hankattloft

The Hankatt association stands out at Ås, both in the student community and locally. “It is easy to throw us under the bus,” Markus points out. Amongst the students, rumors run the mill, and that’s how it has always been. Not only does it affect the Hankatt association, but also the vast majority of associations. Some buddies might tell their charges to not go to Hankattloftet, something that colors the students’ first impression of the association. “Those who know us know who we are and what we stand for,” Markus says. “We are nice guys,” Olav adds. They don’t want anyone to be scared of visiting Hankattloftet as it’s open to everyone and meant to be a place where people have fun partying. “I want to emphasize that everyone is welcome at the loft,” Jørgen points out.

A transforming association

I then ask them which changes they are introducing within the association to turn these rumors around. They answer that a lot lies in the recruitment of new aspirants. They want to bring in those people who are willing to facilitate this change in the association. The admission to Hankattene is a meticulous process where they handpick the right people they think could shine in the association. After all, they are the ones who will move the association forward. “We want people to see Hankattene as a fun and lively bunch,” Jørgen explains regarding how they wish to change the prejudices.

Vision for the future

The vision of the future for Hankattene is to change the prejudices students have against them and to focus on showing the good side of the association. They shall get back on their feet after the pandemic. Moreover, they wish to keep the trend they have had in this past semester: to recruit new, good people and to finish renovating the Hankattloft. They shall shape the aspirants to have good attitudes and to form their own future. 2022 is, in other words, the year of Hankattene! “Cheers to that!” Jørgen concludes.



THE SANTA PAPERS



Mathias Tupinier
TITS investigator

Cult guru, kidnapper, drug dealer... A lot of rumours are rapidly spreading about the acts and even existence of a certain mysterious individual. Sinter Klaas, Saint Nicolas, Père Noël and Santa Claus are just few of the numerous alias he uses to stay under the radar. The TITS, Tuntreet Investigation Team on Santa, sent many agents over the years to infiltrate various organisations that might be connected to this man, and after 20 years of investigations, we discovered a few exclusive footages.

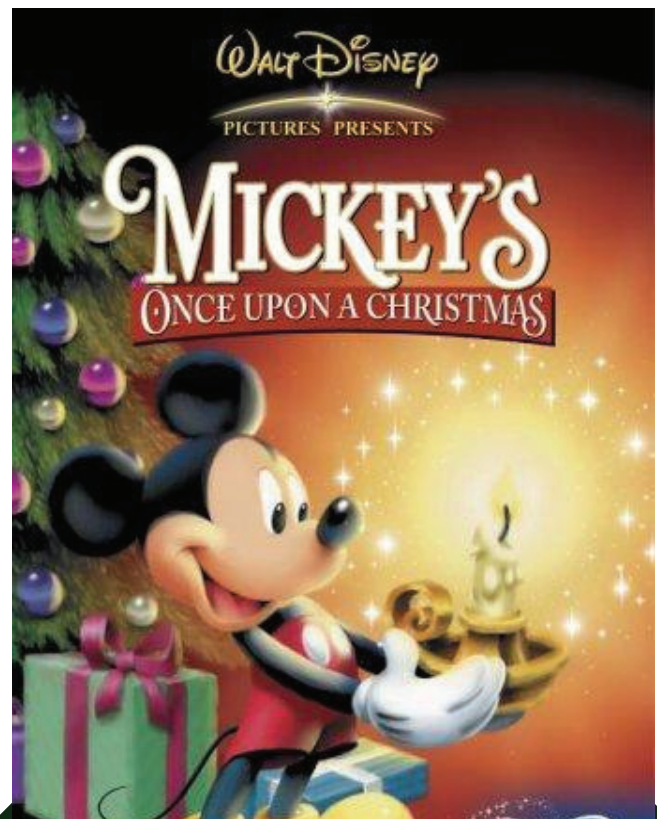
Footage 1: Mickey's Once Upon a Christmas

The three part documentary was made in the winter of 1999 by Jun Falkenstein and Alex Mann. Both of them disappeared the next summer after leaving Hamburg in their boat. All the copies were supposed to be on that boat, but we found another one in the cellar of Ellen Mann, mother of Alex Mann.

The first part is the recording of a time loop experiment made on the triplets and their family to put them in a state called "Christmas Spirit". It was made sometime between 1937 and 1947 in Ducktown, USA. The video itself doesn't show any sign of kidnapping and doesn't allow us to know anything about Mr Santa himself but given that we haven't found any sign of Duckburg in any official records, it makes us think that there is a connection between Mr. Santa and the FBI.

The second part is a series of family footages of Goofy Goof and his son Maximillian Goof now well known as "Max" Goof. Falkenstein and Mann believed that it was the proof of a connection between the Goofs and Santa, but we think that it is another experiment made by Santa to create "Christmas Spirit". However, it proves that Peter Pete was hired by Santa during the 80s to make people doubt his existence. We are also certain that the "Christmas Spirit" is part of the ideology of a cult run by Santa himself: he can be seen punishing unbelieving people with some snow controlling device. We are now certain that Santa is an old bearded Caucasian man who's kind of fat, but his face remains unknown.

The last part was made with police camera footages. We follow the acts of someone identified in the video as Mickey Mouse, probably an alias. After 2 mins and 24 secs, Mickey starts being possessed by the "Christmas Spirit". He then kidnapped someone and stole money from another to buy a necklace. Possession stopped at 19 mins and 14 secs and it seems that Mickey doesn't remember it. As far as we know, "Christmas Spirit" may be the code name of a mind control device: World domination through "Christmas Spirit" is Santa's plan.



Footage 1 Picture from the Internet Movie Database

Footage 2: Home alone

The second footage mainly consists of family videos made by Kevin McCallister and street security camera archives during Christmas 1974 in a suburb of Chicago. The whole thing was assembled by Chris Columbus in May 1990. Mr. Columbus and his associate, Mr Williams disappeared two days ago, right after we asked them for information about that footage:



Footage 2 Picture from the Internet Movie Database

they were last seen arriving at the Helsinki Airport, going to Lapland. The footage itself shows Kevin forgotten by his family and trying to defend his home. We suspect that he became possessed by the “Christmas Spirit” around 40 mins and 47 secs. The cause seems to be his relationship with his old neighbour who looks a lot like a thin version of Santa. One other element that makes us think that this old guy was an associate of Santa, or Santa himself, is the fact that all the houses around Kevin’s were possessed at that time by a compaignie located in the Bahamas and detained by Miss Arie, suspected to be an associate of Santa before 1998 and missing since 2002. Kevin himself went through addictions and depressions after it and doesn’t remember what happened. Another unidentified associate of Santa spoke to Kevin before the night of the attack and left Chicago driving an old stolen Honda.

Footage 3: Gremlins

The last footage was also made by Chris Columbus in 1984. The events showed occurred during Christmas 1971 in Kingston Falls, Pennsylvania (which like Ducktown doesn’t exist in the official records of the US government). In that document, we witness the invasion and destruction of the town by unknown creatures named “Mogwai” or “Gremlins”. Those creatures were given to Randall Peltzer by Mr Wing in Chinatown few days before the events. Mr Wing is a former

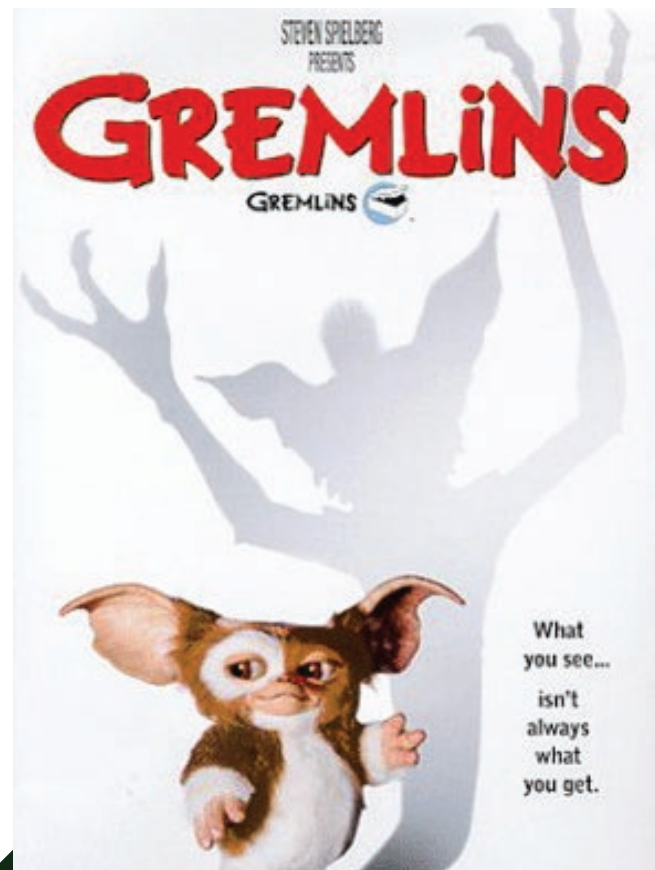
biologist and a known associate of Santa. We suspect him to be the creator of the “Gremlins”. Three rules must be followed around “Gremlins”: no bright lights, no water and more important than anything else, no food after midnight. We can also see that Santa himself got attacked by the Gremlins, explaining why he didn’t use them after that incident. Other elements disturb us. During the bar video, we found a lot of similarities with what happens in the Bodega and Klubben during parties: “Gremlins” may have been made from the DNA of Norwegian alcoholics. Remember to follow the rules at all costs: even Santa can’t control them.

Public enemy no.1

The TITS can now affirm that Santa is the most dangerous man on earth.

He had various plans of world domination through the years: “Christmas Spirit” is only the last one. If someone comes at you showing signs of “Christmas Spirit”, show no mercy: even if it is your loved one, you will have to kill or be killed.

The TITS is officially demanding nations all around the world to team up to destroy him before it is too late.



Footage 3 Picture from the Internet Movie Database

TT Taboo: Students' toilet habits

Feces and digestion are sensitive topics. At the same time, it has been proven that people spend approximately 1,5 years of their lives on the toilet. In addition, there is found to be a link between our mood and bowel. It is about time we talk about our toilet habits!



Rebecca Øistad
Illustrator



Iris van Brunschot
Journalist



Kristin Gilboe
Translator

Coffee = poop and alcohol = unwell

A lot of things affect our digestive system. In our analysis, with over 120 respondents, a little over 60 % of the students replied that they think food, beverage, and alcohol affect their toilet habits to a large degree.

“Coffee= poop”, “alcohol = unwell”, and “the morning after poop” are some of the comments we got when asking how food and drinking habits affect digestion. For instance, coffee and alcohol often gives loose feces. Many students do, in addition, live with a tight budget, resulting in a less healthy diet which gives a bad baseline for a healthy gut flora.

Irritable bowels warns us

Just like how people can be irritated at times, your bowels can also be easily irritated. Knut Rudi, one of the professors at the Faculty of Chemistry, Biotechnology and Food Sciences at NMBU, has

researched the microbiology of the bowel. Along with the company Genetic Analysis, he developed a test to identify variances in the gut flora. This helps with the diagnosis of Irritable Bowel Syndrome (IBS) amongst other things.

In our analysis 33 % responded that they (might) have an irritable bowel. “IBS is a collective term for all bowel-related issues with an unknown cause or source,” Rudi explains. Even though IBS often is seen in relations to increased gas production, it is not linked to the lack of one distinct function. This makes it difficult to treat.

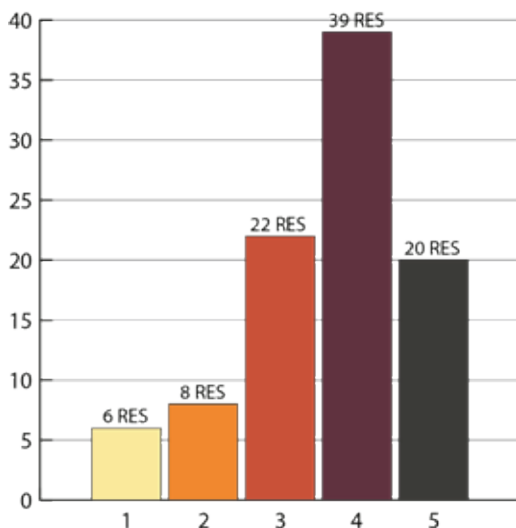
Help, I need to see a doctor!

Last year, I went to the doctor with an irritable bowel, and experienced a large gap in knowledge. After a lot of nagging from my side, I was referred to a nutrition physiologist. I was later denied help because I had not formally registered my address in Ås, which was very frustrating.



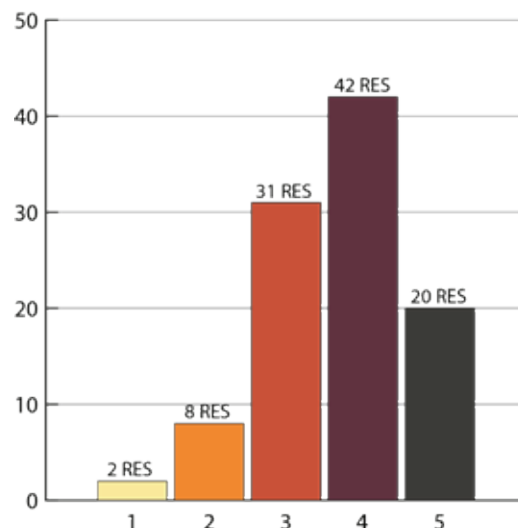
To what extent do you feel that alcohol affects digestion and feces?

Responses: 94



Do you feel that your eating and drinking habits affect digestion and feces?

Responses: 102



Only 20 % of the students who have been seeking help for their bowel problem, reply that the problem was resolved afterwards. It is concerning that so many students feel they have gotten little- to-no help when talking about digestion-related issues. This is a problem that affects everybody, and it is important to get good professional help.

FODMAP, what is it?

One thing that appears to be working for IBS-related problems is the FODMAP diet, developed by researchers at the Monash University in Australia. The diet works by eliminating all carbohydrates that are hard to digest, before they are reintroduced one by one, until you find what your bowels react to.

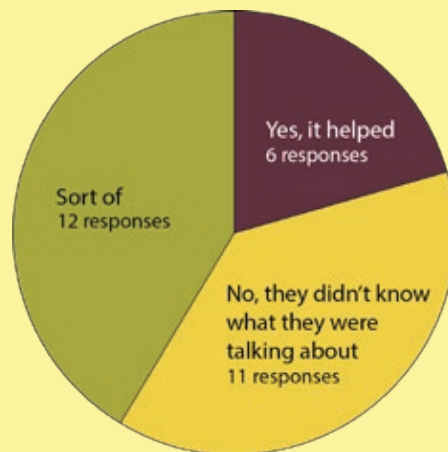
In the beginning, you should exclude foods that contain lactose and gluten, along with an extensive list of very specific food items. For example, one could happily eat canned mushroom, while having to stay away from fresh ones.

Even though almost half of the students (47 %) have heard about FODMAP, only 10 % have tried it, and even less have completed it. For students with tight budgets, it is difficult to follow the diet. In combination with the lack of knowledge seen at the general practitioners' office, many people with irritable bowels feel they are stuck in the situation. This is problematic because there is a close connection between our physical and mental health.



Did the problem get solved after the doctor's appointment?

Responses: 29



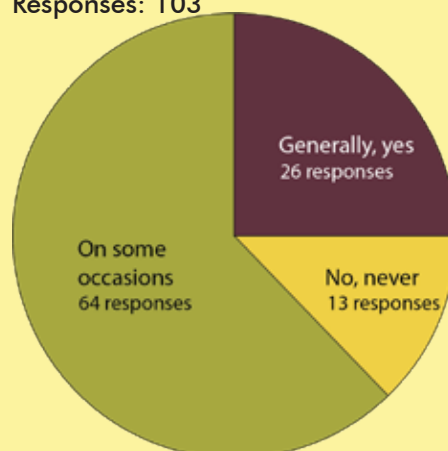
Approximately 15% of the Norwegian population is estimated to have Irritable Bowel Syndrome (IBS). Have you heard about this?

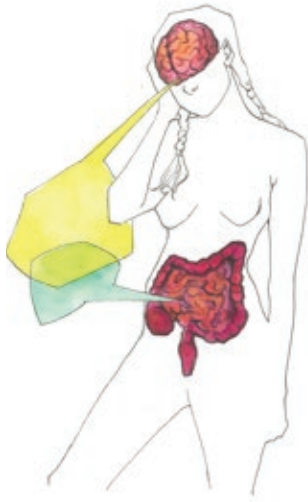
Responses: 103



Do you think it's embarrassing to talk about digestion, feces and toilet habits?

Responses: 103



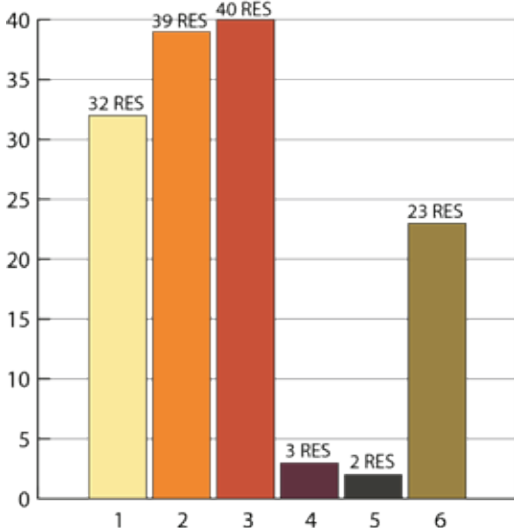


The brain and the bowels talk with each other

Many students mention how stress can cause diarrhea, and that their stomach starts to act up during the exam period. This can lead to increased stress about stomach issues, which only makes the situation worse.

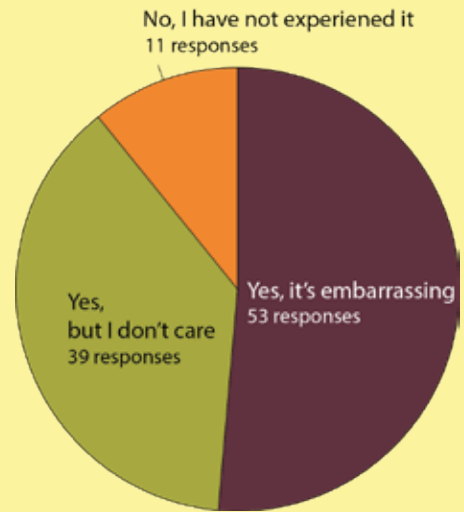
Many students live in dorms with thin walls, or spend long hours in reading rooms at school, without a private toilet available. Most people can probably agree that public toilets today are not designed to be soundproof. This creates even more stress for people with irritable bowels.

Do you feel comfortable pooping in public bathrooms (for example campus, Samfunnet, Ås kulturhus)?
Responses: 103

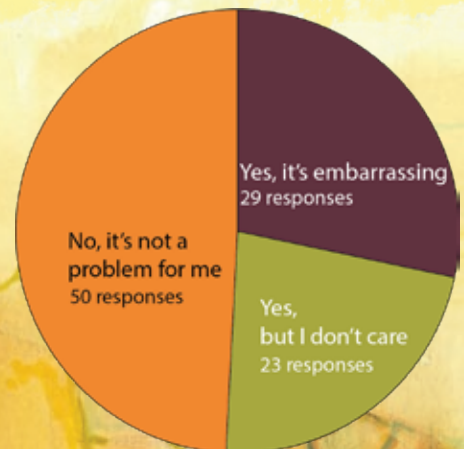


1. Yes, with no problems
2. Only if the doors are soundproof
3. Only if there's no one/few people around
4. Only if I'm drunk enough
5. Yes, but I don't usually sit down on the toilet seat
6. No, I never really feel comfortable

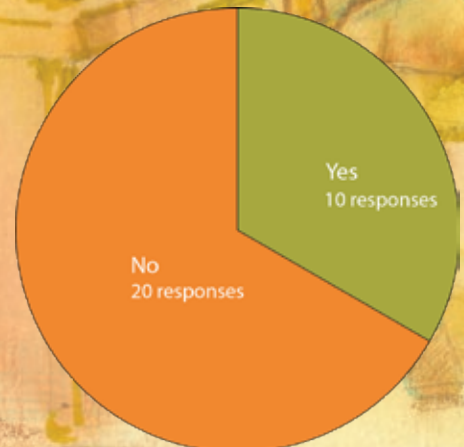
Have you experienced that your bowls make inappropriate noises while being in a quiet place?
Responses: 103



Do you regularly experience that your toilet visits involuntarily can make a lot of noise?
Responses: 102



Has this hindered you in your everyday life?
Responses: 30



“There’s not enough knowledge about digestion and feces (IBS) and the problem was not taken very seriously when I went to see the doctor. It was also really hard to follow the FODMAP diet with a limited student budget - for example with gluten

“Coffee and alcohol often get it going

“It’s been a few dates where the stomach has gone straight to hell. I’ve had to run to the toilet pretty often, also during sex ahah. + explosion of air that the date has probably heard outside of the toilet.

“When my stomach hurts, I feel like shit and I don’t want to do anything. I always get stomach-ache when I’m stressed.

“Somehow it feels like I am the only one with these issues? everyone is just chilling, but for me this is an eternal worry.



“Explosive end station”

Almost 90 % of the students experience loud unwanted sounds from their bowels in quiet places, and just under 50 % feel like the visits to the toilet are unpleasantly loud. Even though almost all the students pee on public toilets without problems, most would only poop in public if the doors were soundproof or when there were few people present.

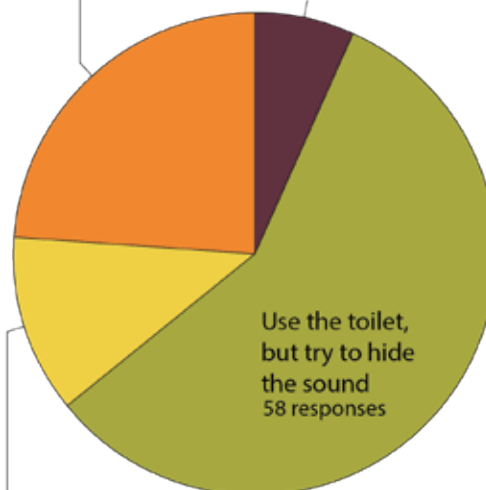
In the analysis we forwarded one specific scenario: “You’re on a romantic first date, and you’ve just had dinner. The mood’s great, then you realise that you have a bit too much gas that you need to pass. You also know that this will be a noisy affair. Your date lives in shared housing,

What have/would you do in this case?

Responses: 101

Use the toilet without letting them know, and hope for the best
24 responses

Come up with an excuse so that I can go home and use the toilet
7 responses



Tell my date that I have a noisy stomach and use the toilet without shame
12 responses

and the toilet is right by the living room...” 27% of the students recognized this type of problem. Most people would have solved it by using their date’s toilet while trying to cover up the sound.

Listen to your bowels

Sound is one of the most embarrassing things connected to digestion and toilet habits. We don’t want people hearing our stomachs, bowels or toilet visits. But irritable bowels can result in bad days, and it is therefore an important topic to discuss. The most important thing is to listen to our bowels when they try to tell us something. Instead of trying to ignore them, we can ask ourselves (and others) what they are trying to tell us – it is probably something important!

Christmas Cookies

This recipe is from a famous cookbook called *Den rutete kokeboken* (the checkered cookbook). The cookbook is written by the queen of "Christmas prime rib" and TV bossing, none other than Ingrid Espelid Hoving. The perks of shortbread dough are its lack of yeast, its relatively few ingredients, and that you can use it as a base for other Christmas cookies.



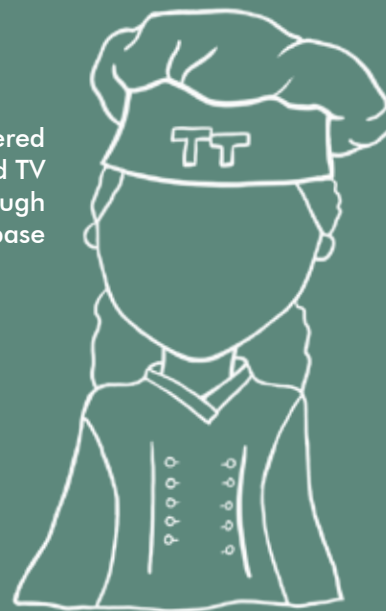
Marianne Skolbekken
Food journalist



Amanda Engebø
Illustrator



Ida Haraldstad
Translator



INGREDIENTS

For about 50 cookies

- 100 g sugar
- 200 g butter
- Ca. 300 g flour
- 1 egg
- Time: 45 minutes

Decorations:

- Non Stop
- Dark or milk baking chocolate
- Cinnamon and sugar

Equipment:

- Large bowl/form
- Rolling pin
- Cookie cutters
- Kitchen scale
- Baking tray (with baking paper)
- Creativity

Decorate with Non Stop or baking chocolate, and put on the baking tray.

Bake the cookies in the middle of the oven at 175-200 degrees Celsius for 8-10 min until golden. Remember that the baking time will vary between ovens, so check on them from time to time.

Cool on a wire rack.

Store the cookies cold in an airtight container with a lid. Don't use paper to separate the cookies or at the bottom of the container.

Preparation:

Take the butter out of the fridge a couple of hours before you plan on starting with the dough, this way it becomes room temperature and soft.

It is also smart to wash your hands, use an apron, and take your rings and watch off. Part of the fun of making this dough is that your hands will get a bit (read: quite) sticky.

Shortbread 101

Pour ca. $\frac{3}{4}$ of the flour either onto the table or preferably in a bowl. Like it says in *den Rutete Kokeboken*, "It's hard to say exactly how much flour is needed, too much flour gives a crumbled dough, and with too little, the cookies will expand." So, the best amount is "just right."

Pour the sugar over the flour and make a small dimple in the middle of the flour and sugar mixture. Add the butter, preferably cut into smaller cubes. Lastly, add a whipped egg.

Now it's time to use those hands, everything is getting mixed and kneaded into a dough.

After some mixing it will become a unified dough, but because of the butter, it will feel a bit greasy. It shouldn't be sticky. In that case, you can add some more flour. After that you can put the dough in a bag and put it in the fridge for a couple of hours, preferably overnight.

Shaping and baking the cookies

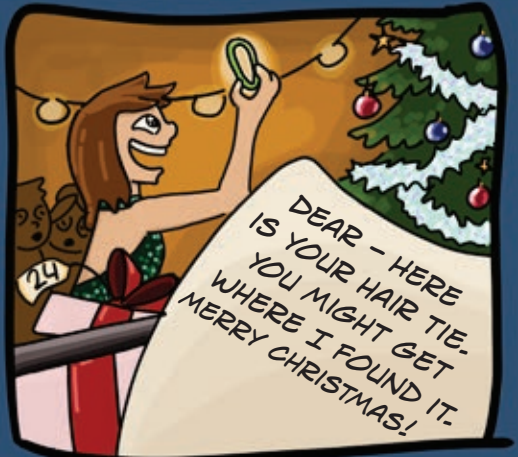
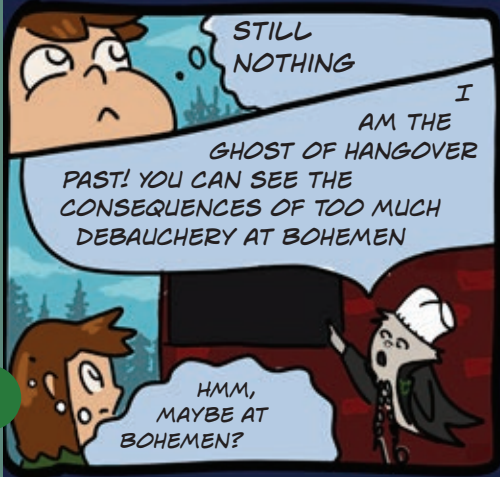
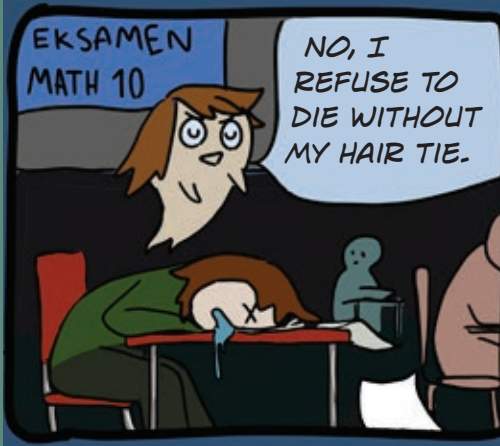
Take the dough out of the fridge. Now you can shape and divide the dough however you want. Remember that thicker bits need to bake for longer on lower heat, than small thin ones.

A good start is rolling out the dough and using the cookie cutters. It might be necessary with some more flour.

Put the cut pieces of dough in a mixture of cinnamon and sugar.

CHRISTMAS CALENDAR

BY FILLING OUT THE WHITE IN EACH SQUARE - MERRY CHRISTMAS!



TTs

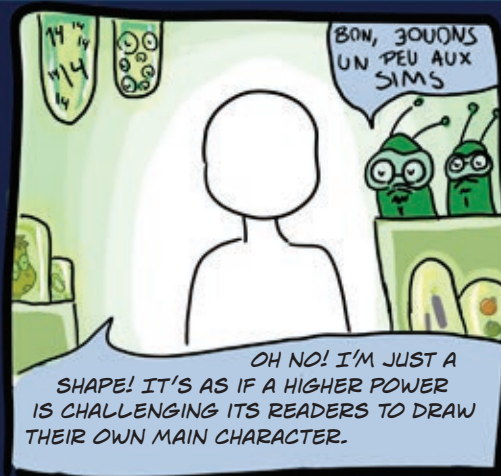
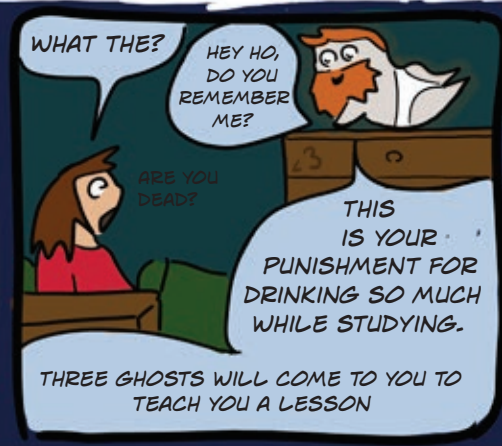


staff Christmas 2022



THE STUDENTS CN

READ THE STORY - SOLVE THE MYSTERY - FIND THE DATES - COUNT DAYS



WhÅssup?



Synne Louise Stromme
Journalist



Amanda Engebø
Illustrator



Rebekka Berg
Translator

Halo! When you're reading this, we have entered the month of December. The streets are filled with Christmas lights, red décor has taken over all collectives and premises, and the shops are stuffed with Christmas soft drinks, cookies and greasy food. This is my very last issue as Managing Editor, and before I take over as Editor-in-chief, and end this column, I want to address a rather complicated topic: Christmas.

Most people are probably familiar with the stress regarding gifts, decorations and general preparations that have to be done before one can sit down at the dinner table and get a taste of the perfectly cooked prime rib. Still, there is a lot of other feelings that come to the surface at Christmas time: Loneliness, drug-related problems and dissatisfaction. This is not something that is only linked to Christmas, but for many this time amplifies everything mentioned above.

It is known that both aquavit and Christmas beer often accompany the Christmas dinner, and although it is often delicious, it is also just as scary. I have personal experiences, both directly and through friends, of unpleasant situations related to alcohol. I do also have good experiences with consumption, and one does not always think about how it is for everyone else around, when one consumes a little more than planned.

Loneliness is also something that can be linked to Christmas. Perhaps you, who are reading this, are looking forward to going home for the holidays to meet family and friends. However, you are not alone if you are sitting around worried about where you are going to stay, or who you are going to stay with. I can also add that this is definitely something I have experienced.

The reason for feeling like this is not always well defined. What's important is to not be afraid to tell someone or to ask for help. If you are in a situation where someone around you expresses concerns about these things, it might sometimes be enough to see them. But remember to always take care of yourself. Don't put yourself in potentially dangerous positions. Rather contact someone, such as the various helplines or other resources:

This turned into a dreary text, and I would therefore like to end it with wishing everyone a happy holiday!

I would also like to wish you all good luck on the last leg of the semester, and I hope that you, no matter how or who you spend your Christmas with, get to relax and recharge before the new semester!

Drug helpline: 08588

General helpline: 116 123

CONCERT WITH ISAH, DUTTY DIOR AND SLIOH

The clock is approaching 8 pm on a cold Friday evening in November. Samfunnet has received the artists Isah, Durry Dior and Sli0h for this evening's concert. The boys have served Norway with familiar hits like "HALLO", "Blitz" and "KALD DJEVEL". We sit down to get to know them better.



Silje Bie Helgesen
Journalist



Synne Louise Stromme
Photographer



Sofie Palmstrøm
Translator

Growing Up With Music

All three can thank their families for their interest in music. From a young age, music has been a part of the home, where both mom and dad played songs that kicked off the imagination. They explain that the music has been a big part of their upbringing.

"My father played the keyboard. I played the clarinet and saxophone in the band at Nylund school," Isah smiles.

It wasn't a hard choice to start making music of their own, but they admit that singing in Norwegian wasn't completely natural at first.

"When Arif released "HighEnd/Asfalt", it was the first time I thought that Norwegian music was cool. That was when I decided to do Norwegian music," Dutty Dior says.

Before it All Began

Isah says that he sang in the hallways at school when a musically interested friend of his liked what he heard. It was still a little embarrassing to post his first songs on SoundCloud.

"It was a little bit taboo in Stavanger, where the genre is based on rock. I didn't want that many people to know about it."

Isah and Dutty Dior were introduced through a mutual friend. They added each other on Facebook and after a while they made the song "Seint" together. They say that they slowly but surely got into the industry.

Quitting His Shoe Store Job

Isah was working in a shoe store when he suddenly got a message on Instagram. It was a message from Karpe, who wanted Isah's phone number.

"It led to them sending me a message that they wanted me to leave the same day."

He then got a choice to spontaneously quit his job and jump on a plane to Ålesund, or lose his big chance. He thought "Fuck it man, I'll do it", and the next second he was freestyling to the upcoming song "SAS PLUS/SAS PUSSY".

The Importance of Staying Together

Around five years ago Sli0h got to know Isah and Dutty Dior. For Sli0h, it was the album "PARA/NORMAL" from 2019 that made him like Norwegian music in this genre.

"It's important to be pushed by someone else, because it's not easy knowing whether it is good or bad all by yourself.

Especially in the beginning," Dutty Dior says. He further tells that he has grown a lot in three years and has become confident in his own music. The need to get confirmation on his music from other isn't as big anymore. It's still important for him to have people around who push him further on his path. He also tells that having this as a job has both good and bad sides. "You make your own schedule. There is nobody that tells you to work, but it is up to you if you want to stay on. If you fall off, it's your own fault."

American Vibes in Norway

All three agree that Norwegian music can remind of the poem analyses from Norwegian class. They wonder why texts always must rhyme, be structured and follow "writing rules".

"The music is starting to become freer. It's more about the feeling that the melodies give off rather than how good you are at writing," Isah says.

"American music is a lot of feelings and vibes. We want that in our music," Dutty Dior explains. They want to make music that stands without borders. By listening to their music, you feel that the division between American music vibes and Norwegian vibes are blurred.

A Concert on Fire

The doors opened at 9 pm, and one hour later Sil0h came on stage. Despite him being a relatively new artist there were several people in the audience who knew the songs, and those who didn't know him before were pleasantly surprised.

The next one out was Dutty Dior. There is no doubt that the pulse of the audience beat a little faster when he carefully lifted his shirt and swayed in movements across the stage. Bittersweet melodies from "KALD DJEVEL" set the mood.

Like the firework of a boy he is, Isah took the stage with his moonwalks and dance moves. One became sincerely happy seeing his smile. Like no one else could, he lifted the energy level with the joy he has for making a show. The whole thing ended with Isah and Dutty Dior's duo songs.



FIVE QUICK QUESTIONS

Summer or winter?

Everyone wants Summer and sun.

A night out or staying in on your couch?

Dutty Dior answers the couch without blinking. Sil0h does the same, while Isah would like both.

Favourite drink?

Tequila is Dutty Dior's favourite, Isah likes tequila and gin tonics, and Sil0h goes for vodka red bull.

Best stage experience?

For Isah it's a tie between Kadetten 2019 and Landstreff Stavanger with Karpe.

He says it felt awesome coming to his hometown where he knew people in the audience who laughed at him when he first started making music.

Dutty Dior has played at Kadetten twice, and he mentions both times as the best experiences.

Sil0h enjoyed the experience of playing at Sentrum Scene earlier in November.

Favourite artist?

Dutty Dior puts Future as one of his favourites, Sil0h is inspired by Prince and his use of voice, while for Isah, Tory Lanez is without a doubt his favourite artist today.

TWO BEERS WITH

Victor Haugen Kristiansen





Benjamin Alexander Faulkner
Journalist



Emilie Reistad
Photographer

If you've seen UKerevyn 2020, you've seen Victor as an actor. If you've seen UKerevyn 2022, you haven't seen Victor as an actor, but rather as a writer. We in Tuntreet found him in deep contemplation, sitting in a messy classroom in the KA building. After we poked him a bit, he began to speak.

"It was at the Jutul Cup at Fossum, as I ran down the pitch alone with the opposing keeper. And I missed, naturally. The movies always insist on letting the protagonist make it during the most important moment. You never do in reality, really."

Gravelchild

Victor grew up in the suburb of Haslum, Bærum, Oslo, Norway, the world. He attended school like any other kid, and neglected football. He'd rather build castles of gravel during football training. He didn't pay attention, whatsoever. He was put in defence, with all the other bad players. How could this boy, who built gravel castles and sucked at football, ever amount to anything? He enjoyed arts and crafts class, but none of the teachers liked him. He was the teacher's worst little nightmare, and did absolutely nothing if he didn't understand exactly why he had to do it.

Consequently, he never met up in class after breaks. His mother wondered if it would be better to put him in a Waldorf school, but that never happened.

The young artiste

In his attempts to find an outlet for his creative outbreaks, he attended theatre, which he liked a lot. He never wanted to quit. That's what his theatre teachers wanted him to do. Victor explains that it was probably some, "16-year-olds who did it as a part-time job, and I wasn't any better at paying attention there than anywhere else." He has never been fond of rules and regulations, and always buys unlined notepads. Already then, a provocative *artiste passionné* was in the making, and he was a real thorn in his teachers' backside. Her name was appropriately Sølvi Malfoy, who was very strict. "She'd be a Slytherin," Victor says. "Not because she's evil, but Slytherins are a bit elitist and systematic."

Across the ocean

He later continued his education at Sandvika high school, but suddenly, he decided he should travel to America, so he found a place to settle in Fargo, Minnesota. He had ambitions of becoming a professional American football player. He attended a real high school where, apparently, there wasn't a fixed learning curriculum. He could pick things for himself. He naturally selected weightlifting and calculus, and ended up becoming a sort of unnatural crossbreed of a "jock" and a "nerd", floating in the middle between the two cliques.

He was accepted wherever he went as he was an exotic Norwegian. But he didn't really get along properly with anyone. Victor liked to sit in his room, write epic stories and build marvellous universes with the tip of his pen, while the locals occupied themselves with hunting pheasants.

The creative type

By third grade, he realized he wanted to become an architect. That's what his mum said he should try, as he was a creative type. But plans changed as soon as he was introduced to the life of an actor at the Sandvika revue. He applied to study at the Academy of Theatre, but then switched for studies in film production at NTNU, "because that is nice." Then, he received a letter. It was decided that he should serve the King as an artillery ranger, acquiring targets far behind the enemy lines. After two weeks, he asked for postponement, and he's glad Russia hasn't invaded yet. "Then I'd die. I'd obviously die." Back in Trondheim, he started a program at the student radio called "Harselas", as a kind of "poor man's" Misjonen. There, he was encouraged to say as many stupid things as possible and push people to the brink.

"Mildly put, an interest in maps"

Later on, he completed a bachelor's degree in geography. The question now was whether he should do a master's degree or start at the Nordic Institute of Stage and Studio. He chose to pursue a degree in landscape architecture at Ås, as he has, "mildly put, an interest in maps."

He has detailed all the fantasy worlds and universes he has created down to the last contour lines. He wanted to combine geography with something artistic. He matriculated as a student at Ås in 2018, and his only goal as a student was and still is to be finished as quickly as humanly possible. Nothing else mattered.

UKA i Ås

The first year, he lived together with two chieftains at Samfunnet: Oskar Mork and Erik Tylleskär, both heavily active in all aspects of society at Samfunnet. He agreed to join the UKERadio as a technician. He notes the differences between Ås and Trondheim. Volunteer work at Ås is connected to a strong association culture, while volunteer work at Trondheim is connected with individual projects at their Samfundet. He prefers the latter, and has never wanted to join association life. His social sphere is in Oslo, and that is enough. The corona plague came, and he kept mostly to himself and his projects. In 2019, he joined the UKERevue, mostly for the project. He is, after all, fond of projects, but he made some good friends on the way as well. Here, his talent for pushing others was put to good use. There is something very chaotic deep down in Victor's heart.

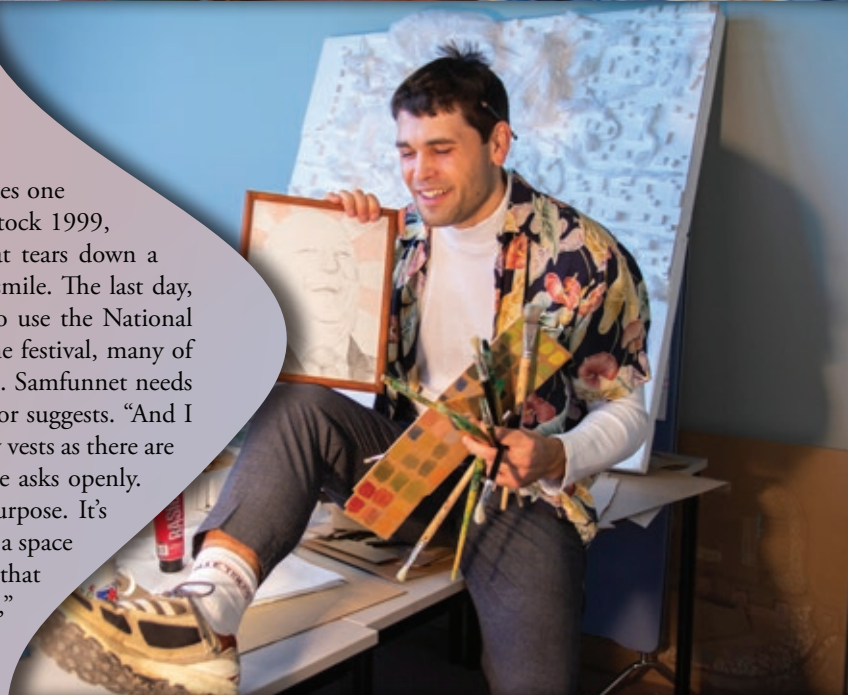
Chaos and other cushy things

This man appreciates chaos more than any other. He provides one example on how chaos is better than anything else. Woodstock 1999, a well-planned festival, ends with a shitfaced audience that tears down a sound tower and burns it all down, he says with a boyish smile. The last day, the employees ran off, and the Federal Government had to use the National Guard to stop the carnage. Despite the bizarre ending to the festival, many of the attendants said that it was the best moment in their life. Samfunnet needs to have a bit more fun. Today, they are too controlled, Victor suggests. "And I wonder – why are there as many sitting on chairs with yellow vests as there are partygoers in the room? Isn't locking the doors enough?" he asks openly. There are many artificial jobs that don't really serve any purpose. It's like Samfunnet has forgotten what it is – and it is to provide a space where people can have fun. "It's when you do those things that aren't completely proper, that you enjoy yourself the most," he claims. We have to cross the boundaries to get a feel for them. That's when you transcend to a "greater fun".

Master's thesis and what comes after

For the purpose of his degree, he is exploring possibilities for a garden in Larvik dated to 1680. "It's actually a bit exciting. I have to work with it, kind of. So I sit alone in my room, most of the time." The reason he chose this subject is that it's what his advisor told him to do. When he is finished, the possibilities are many. As he says, "Theatre is primary, landscape architecture is secondary." Together with his colleague, revue instructor Mathias Falch, he has instructed Sandvika high school in its revue. It shouldn't surprise anyone if he finds himself a career in revue. Tuntreet wishes him good luck for when he's sitting alone in his room and waiting for Christmas.

“I don't have a clear plan, really. Everything is just chaos. That's exciting”



Greetings

Me and Victor worked together at a folk museum in Trondheim. The job consisted of entertaining kids visiting the museum with gags and antics inspired by the old days. There was this one time when we hosted a difficult kindergarden that didn't react to the ordinary jokes. Then, Victor took the initiative and said: "Do you know what I like to have on my bread slice? Lingon poop jam!" The kids laughed, and the rest of the experience went fine. Victor taught me that it's fine to be shameless if the goal is to make people laugh.

- Sven (former colleague at Folk Museum in Trondheim)



Dear Victor.
Little did I know what lay I store for me that fateful night we moved in together to that dorm. Your humor is top notch, and you radiate comic genius. I have drawn great pleasure from all the moments when we've messed about together.

- Regards from Anders (former roomie)

I feel I'm getting somewhat mixed signals from you, and I wish you could be a little more coherent in your communication. It is not my intention to be difficult, but I believe that what we've got is worth fighting for<3 Thanks for being the person you are. I am looking forward to see how you develop; With or without me. Call me.

- Filippa



Dear kind and lovely Victor.
As a child, you were already enthusiastic and creative in play. You liked to listen to and create good stories. You dreamt of building castles, trenches and trojan horses. You were, at times, so engorged that you forgot time and things. Have you told your friends that you've been in two horse films, there known as "Gustav"? You are good at setting goals for yourself, and have the capacity to complete your work. We are impressed by all you've accomplished with the student radio and student revues, in addition to your studies. We greatly appreciate your good spirits, and your care for your family and friends. We are very proud of you.

-Hugs, mum and dad <3



Lovely lad, lovely man, lovely chap! Behind the steady facade lies a unique driving force. A driving force that creates and provides, professionally and privately. I actually mean that. In addition, I have seen his prick once, and still don't see colors.

- Gøran (Trondheim Student radio)



It is known that beloved onions have many layers, and Victor is an onion. Creative, caring, mad, industrious and completely deranged! You can be certain that something shiny comes out of him when he glares thoughtfully up into the ceiling. It might take a little time, but it is always worth it. He's a sore loser, too. We have video evidence that you weren't the one to win the winter tournament of Hi-Ha-Ho in 2020. You have to accept defeat, Victor. You frighten those around you with your impassioned feeling! You're an exciting combination of dutifulness, but not very punctual. BUT, we are lucky to have experienced you snapping fingers to "Bet on it".

- Friends

Review: ROCKEKLUBBEN

Marie Tjelta
Journalist



Juliette Ambrogi
Photographer



Kjell Ertesvåg
Translator



– Great and varied!

Rockeklubben finally entered the stage again on Saturday night November 19th at Kulturbrakka. The music thundered through the locale through the night, and the audience was hungry for rock music. Rockeklubben showed us how broad the rock genre really could be. The night was spiced up with different bands with different concepts and personalities. Both punk rock, classic rock, indie, and pop was performed. In total there were five bands on stage that night. Fjomp, Vice Cream, Pinnsvinklubben Tordenlyn, Poor-Q-Pine, and Deep In The Cheese; a thorough mix. Here I have a few brief reports on each of them:

Charming Boys

Fjomp was the youngest band on stage that night. The young fellows played various cover tunes ranging from Elvis to Pixies. Not least, they presented two of their own original tracks written by the lead vocalist, and they were therefore the only band with their own original tunes. That's a huge plus! The boys were charming, but I missed a little more stage show and character, although the audience was still captivated. When they announced they were playing their last song, the audience boomed, which couldn't have been anything other than a good sign!

The New 'Måneskin'?

Vice Cream entered the stage and spellbound us, something they pulled off with both talent and maybe a little bit of charisma? They started out with the hit Zitti E Buoni by Måneskin and performed like they dominated the stage. No one could complain about their aesthetic with the lead vocalist's flowing hair and a guitarist who took the liberty of painting himself in a proper heavy metal style. They gave us the same sort of alternative and refreshing attitude you might recognize from Måneskin.

The highlight was when the vocalist leapt at the audience and the audience performed a successful crowd surf. They were the first international band in Rockeklubben, and it can only go upwards from here on!

The Classics are Often the Best

Pinnsvinklubben Tordenlyn caused a thunder on the stage! Here they gave us classic rock at its best. They were an entertaining group that was fun to watch. It was remarkable how the pirate guitarist showed his skill by playing almost effortlessly. They lacked a more concrete visual concept, but they played well together, and it was clear they were a well-functioning band. At one point the bassist Vetle asked the manager if he could get him a beer, which gave the audience a good laugh!

The Gen-Z Band

Jumping from one hedgehog-inspired band to another, we have none other than Poor-Q-Pine. They are an alternative group that performs using unorthodox instruments like ukuleles and harmonicas, which gives their songs a distinct flavour

when they perform. Here I think we are seeing the development of a new type of band that includes other instruments than bass and drums in the world of rock. Really exciting stuff! I hope to see more of them in the future, since they had a pretty short performance.

More Cheese, Please

Rockeklubben rounded off by saving Deep In The Cheese (D.I.T.C.H) for last. And I have to say, these guys are badass! A real punk band. They caught the audience's attention, there was no way to get bored when they played. The vocalist Emi owned the stage with her pink hair and a sick metal rock-styled dress. Throughout the entire performance they delivered catchy tunes that made it difficult to stand still while listening. The audience went wild with how everyone jumped about as the band encouraged a mosh pit. The night's concert finished off with these guys as the finale.

The students at Ås have been sorely missing the sight of Rockeklubben lately. But with another successful rock concert we can conclude that we want even more, and hopefully there will be a ton of excitement to look forward to in the future.





Benjamin Alexander Faulkner
Journalist



Astrid Moltu
Photographer

The Student Big Band at NMBU est. 1912 is 110 years old!

NMBU doesn't have faculty of music, and it's a long distance to any other serious music institution. Despite that, the Big Band achieves to piece together the best musicians passing through. This year, they are celebrating their 110-year anniversary.

They never cease to impress with their syncopated schwing from polished saxophones and trombones. When they play Barry Manilow's disco favourite "Copacabana" or the legendary fusion hit "Birdland" by Weather Report, it is hard to keep your foot in one place. No matter what they play, they perform with such energy that you'd think the songs were written yesterday.

The Big Band is most likely the most professional musical association here in Ås. Organized music is, on its own, a minor chapter in the grand scheme of things here in Ås. During the early 20th century, there were no loudspeakers, you had three orchestras providing music and earache at

theatre performances, formal proceedings and informal evenings. It is, indeed, impressive that we had three orchestras at a time when there were no more than five hundred students: Big Babus Brothers, pumping out jazz; the Student Society Orchestra, entertaining with light Austrian operettas; and the illustrious Orchestra Populi – and nobody really knows what they played. Still, the orchestras all disappeared after the war, as Norway said farewell to Jens Book-Jenssen and hi to The Beatles. Big band was no more.

After the war, UKA became more and more institutionalized and became the biannual culture festival we enjoy today. The Student Orchestra functioned as the revue orchestra for a long time up until 1986. Then, they went over to big band format with solely trombone, saxophone and trumpet sections accompanied by drums, bass guitar, piano, guitar and singers. They began hosting regular dance events at Samfunnet, which became hugely popular. Around 1985, the Student Orchestra changed its name to

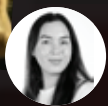
the Student Big Band, and from then on, became regular participants at Ringfest, premieres of the UKArevue, as well as major Christmas parties and employee events at NMBU.

On the Saturday the 12th of November, Aud.Max. was decorated for a spectacular dance event. The big band played the one hit after the other, enriched by arousing syncopated rhythms. "Wonderwall", "Single Ladies", "Summertime" — and "As it Was" by Harry Styles excellently arranged by the house trombonist Ingvild Lauvstad Sunde. The situation became feverish (jenka included), and the Swing Club really turned a sweat. Many of the attendants wonder why Samfunnet does not accommodate for more big band music and jazz. This night has shown that there is obviously a huge demand for it. The anniversary concert was a no-nonsense show for those fond of dancing, but also provided space for the tired or shy to sit and enjoy a beer, enjoying the fantastic musical handywork of these remarkable musicians.

A Mid-semester Dream Come True



It's been a whole four years since the last time Laget was ready to take the stage for a revue. Festsalen fills up so much that more chairs are needed. Present in the room are excited members of Laget both from Ås and beyond, and the many unions from the Agrarian are strong in numbers. The atmosphere is good, the audience members are chatting loudly, and the stage is set for a divine evening.



Celine Våga
Journalist



Margreta Brunborg
Photographer



Sofie Palmstrøm
Translator

The revue "A Midsemester Dream" is a tale about the life as a young Christian in a modern world. A candy bag of student life, faith and well-written jokes are served, and the audience eats up every skit. Many a soul in the room can associate with Laget's humorous elements, and even those with no relation to Laget can find something to relate to.

From the very first moment, Laget demonstrates the greatest ability to act self-deprecatingly, which is a real virtue in the revue genre. Laget isn't afraid to play on the stereotypes of the association, and to

use faith in an unexpected and, honestly, hysterically funny way. From pick-up lines and the bo(ot)dy of Christ to phenomenal sneaky roasting of fellow associations, the audience understands that Laget has and shows the most.

The most striking thing about the revue is the quality they bring. The props on stage are solid and well-made, the costumes are both funny and creative, and the actors' performance is solid and confident. Laget shows a lot of proper rehearsal and dedication, which is something you might expect when the association has had four years to complete the production. Not only do we find quality in the performance and the props on stage, but Laget has indeed put together a real firework of a revue. With over 15 skits, musical numbers, video clips and re-used props from Laget's bar during UKA, they show an extensive production. Even the transitions between

the skits are well thought out and as if collected from a textbook.

Throughout the whole evening, there was a good response from the audience. The punch-lines are well-liked in the room, and especially from the bench in the back who are enthusiastic throughout the whole show. It's hard not to have a good time and smile with glee when the actors shine with devotion, and it's certainly easy to see that they are having the best time on stage.

The audience is left with a top-tier experience. Laget shows in their revue that they are an association that can provide so much more than waffles and communion bread. If you read between the lines, you find an association that is so much more than what first meets the eye, and more importantly, one who knows how to make a student revue! Indeed, Laget's revue dream came true.

TRADSHOW at Samfunnet

On Wednesday November 16th, Tradnigheten, a collaboration between Frøy, Flatlusa and Budeieforeninga, threw their hat into the revue ring in front of the packed festival with, as they describe it, "a wholesome traditional rural evening."



Othelie Eliassen
Journalist



Tuva Hebnes
Photographer



Elina Turbina
Translator

In what has become a known fashion in revues, it all begins with a video, and Tradnigheten shows a three-headed troll strolling around Samfunnet to enchant everything into its traditional form again. Beer turns into svele, music as well as dancing in Halvors become traditional, and the video sets a good stage for the evening.

The stage show begins with the band, who greatly deliver throughout the evening, playing a Gangar song that some might recognize from Halvflaskfestivalen. The first scene is an introduction to the flute health, and it points out how important it is to "oil it well first and dry it afterwards". Budeiene also get a chance to show off by stripping themselves layer after layer to a familiar Magic Mike song "Pony". They do not make it to their innermost layer as they get a message that the show must go further.

War in Europe was also a topic, as the student revue enthusiasts could recognize Lærken's "Klappeland" sketch from spring. Now it is instead the Russians who are attacking, and it is budeier who fight them off. In addition to a tribute to Lærken, DÅs also get a greeting when a

dubious sheep shearing (sheep stripping?) depicts how it is a member of DÅs who is actually getting rid of their wool.

Tradnigheten also addresses privacy rights and animal rights when animals at a farm discover that their electroshock collar-affected lives are documented in detail at the farmer's "data computer machine". They take revenge on the farmer by locking him in a "little patch of bad grass" for life for violating GDPR and animal mistreatment, while the farmer expresses his regret through self-composed lyrics to "I Dreamed a Dream" melody from Les Miserables.

The collaborative association also shows off their wordplay skills through the grouse lekking, where two grouses exchange puns to win over another grouse. At the end, the win is with the grouse who gives out punch to all those standing in a line, which becomes the final wordplay on the word "punchline".

The biggest hit for the audience was the triangle playing. The triangle sounds off multiple times throughout the show, played by Ås' own Grieg, and becomes more and more crazy with each time.

The audience celebrates the triangle when it is brought out with both cheers and standing applause.

When the revue ends with Alexander Rybak's "Fairytale", only with even more traditional and self-composed lyrics encouraging to stay at Samfunnet, the atmosphere is promising a continuation of the terrific evening. There is no doubt that Tradnigheten delivered on both the silliness and tradition.





TT parties

A TWO-DAY PARTY AT SANDOREN

Did you know that NMBU has its own cabin twenty minutes from Kongsberg? This cabin can be rented at a low price, by the student associations. We at Tuntreet naturally had to test and party in the cabin, and now you will get the story of how it went.



Silje Bie Helgesen
Journalist

Tord Kristian F. Andersen
Photographer



Jeanne Michielin
Illustrator

Rebekka Berg
Translator



Semi-functioning car and driver

The madness was present from the beginning. To be honest, I really shouldn't have joined the cabin trip. When the phone rang and a car was parked outside the house, there was not much more to do than to give in to the pressure. Of course, Noah, Tuntreet's own 24 kg mascot, would also be joining. Our things were pushed into the car, the dog was put in a safety harness in the back seat, and the car rolled out of Ås. With Aqua and Mika playing on full blast, the car made it to Sandoren after three hours. The car journey was actually supposed to take an hour and a half. If you ask the driver herself, she will probably answer that the traffic, navigator and shopping trip were

the main reasons for the delay. To drown out the sound of an overzealous security alarm wailing 90 percent of the time, "I'm a barbie girl" was played at full volume.

Beware of smoke poisoning

Finally, the car slowed into park in front of Sandoren. November's frost was especially present this evening. The whole gang burst through the door and into the cabin to get the fireplace warm as quickly as possible. The flames roaring in the fireplace.

Eventually, there was a little too much smoke in the living room. "Is there a fire somewhere?" someone said. No, there was no fire anywhere. The smoke came from the fireplace as it did not go up the pipe. Eventually people started coughing, and the fire alarm went off into full emergency mode.

"Run outside, don't get smoke poisoning," was shouted. Everyone stood outside for half an hour while the smoke raged.





What on earth should be done to stop this. After a few phone calls, the evening was saved by opening the damper. If you are going to Sandoren: You do that by pulling the lever on the fireplace!

“Should we play yatzy?”

There is no electricity at Sandoren. This means that you have to live as they did in the 19th century. The most important thing to be able to see is tallow candles. This may not be as important if you choose to go there in the summer, which may simplify the orchestrations a bit. Going there when it's warm in the air also means you don't have to freeze your tits or balls off, it's a question of what you have to lose.

Over the course of the evening, food was put on the table, people sat down and alcohol was poured into the glasses. Mascot-Noah got his own quilt on the floor in front of the fireplace, but of course that wasn't good enough. Everyone should know that he should have a mattress, then a duvet afterwards.

Food was replaced by wine, wine and more wine. Now it was only appropriate to get a highly intoxicated group with fierce competitive instincts to play a game of Yatzy. “Put on Tønes' Yatzy song!!” This is when the real hysteria would start.

Where would one place three fives? What should you bet on? Did you dare to test yourself at a full house? Yes, of course we played the only proper yatzy way where you can strategically choose where to put your points. Fortunately, the yatzy queen herself was sitting at the table and she was able to answer any questions that were asked. Unfortunately, the yatzy instincts of the players slowly switched with other things that are more important when drinking wine or beer.

Bonfire + beer = true

On Saturday, the TT gang was supposed to be sporty and take a trip to a waterfall that was located two kilometres from the cabin. When we returned, everyone had walked a full four kilometres, which makes you terribly thirsty when the cabin is in sight. And there is no better way to quench your thirst than with a beer, right? Your inner savage really pokes his nose out when the beer is popped while you light a fire out in the open nature, with a crazy hunting dog running around.

As darkness fell, so did more beer. It's strange how it all fits together. Secrets emerged around the fire, including the wild things have happened in Sandoren's very own sauna. A certain association is responsible for the reputation the sauna has acquired.

Secrets were also shared about Tuntreet's own, via truth or dare, or fuck, marry, kill. Although such children's games are really for 12-year-olds in the seventh grade, digging into people's private lives is a lot of fun, if not even more interesting at the age of 20 plus.

Uno-crazy

Later in the evening, people withdrew into the cabin to help themselves to one hundred percent Norwegian tacos. To top off the competitive instinct from the day before, Uno was played. Let's just say that it can get pretty heated if someone gets pick up two cards, skip cards, or worst of all: pick up four cards and a change of colour. Howling and screaming will of course become a part of the dance, if no cards of the correct colour are drawn.

After a bit of hatred for each other, it was just a matter of putting the dance into the body, because here a Frenchman was going to show how to headbang. With the ponytail on top of the head, the hair was thrown back and forth at a crazy speed. For a second it looked like the hair was going to catch fire as it landed inside of the tallow candle.

Fortunately, it went well, and Sandoren didn't burn down this time either.



November in pictures

Anna Thylén
Photographer



Bouldering competition Monday 7th



Intimate concert Tonus Uteri Wednesday 9th



Tuva Hebnes
Photographer



Astrid Moltu
Photographer

Student big band Saturday 12th





Tuva Hebnes
Photographer

Intimate concert Over Rævne
Wednesday 16th



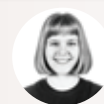
GA
Monday 14th



Intimate concert IVAR
Wednesday 23rd



Juliette Ambrogi
Photographer



Tuva Hebnes
Photographer

Would you like to be part of Tuntreet?

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

HEAD OF PROOFREADING (CM)

- One vacancy

Do you like to have overview and order? Do you get annoyed when you see strange sentence structures or incorrect use of commas? Then Head of Proofreading at Tuntreet is the position for you! As a proofreader you work to perfect the journalists' work by giving feedback and correcting texts. At the same time, you have primary responsibility for your proofreading staff, and act as a link between proofreaders, journalists, and the editors. The position includes some administrative work, such as setting up work schedules and employee interviews.

PROOFREADER (CM)

- Two vacancies

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

LAYOUT WORKER (CM)

- Two vacancies

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

JOURNALIST (CM)

- Three vacancies

What is a student newspaper without its journalists? If you have an urge to write, or just want to raise issues and opinions about life on the Agrarian, the position as a journalist is perfect for you. As a journalist, you have the opportunity come with case suggestions and angle the cases the way you want in order to describe what is happening at our Agrarian Metropole. You will also have the opportunity to meet many exciting people and develop your own skills, while at the same time getting to know everything that goes on at our beloved place of study. The position is very varied and is perfect for those who want a position that offers challenges outside the Society's party evenings.

EDITORIAL ASSISTANT (KS)

- One vacancy

Are you a responsible person who likes to get things done? Tuntreet is now creating a KS position for an editorial assistant who will assist the editors with the many different organizational and administrative tasks that appear in a student newspaper. Tasks will include managing contracts and job advertisements and keeping Tuntreet's economy in order. Other tasks will be to receive and manage external content, and to keep track of editorial content in the days before the layout weekend. The editorial assistant will also be tasked with organizing social events and courses in collaboration with the editors. If you want a varied and flexible KS position, this is the position for you!

PHOTOGRAPHER (CM)

- Two vacancies

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

***Application deadline for all positions:
Friday December 16th***

**Do you have any questions for us? Come talk to us, find us on social media or send an email to tuntreet@samfunnetiaas.no.
Information about applying can be found on <http://www.samfunnetiaas.no/stillingsutlysninger>**

Wispy Christmas tree

*It looked perfect
Where it was standing with everyone
Else
Then you pick it out
And put it in the living room
And see that it's missing
It's wispy at the bottom on one side
And it's tilted
To the right
Because it's true
The fewest of us look good
When we're all alone
- Trygve Skaug*

3 years ago, I stepped into the hall of Ås arbeidskirke. It was the first week of advent and what greeted me in that hall was a thin, wispy, and sad tree with a few threads hanging off it. "My goodness!" I exclaimed and started laughing. I thought it must be a joke! Then I stepped closer and saw a note hanging there. The note read "No human is alike. Neither are trees, take me as I am."

A crooked, wispy tree reminded me that we humans can also be crooked and wispy – and that we all have the same worth no matter how the day, week, or year went. And that we all need each other. This tree reminded me to not be so quick at judging, to stop and take another look. It reminded me that in a forest of many different trees, this tree would fit right in – in a community with other humans, we all have our place.

This Christmas I want to focus on this. Make time to stop for a bit. Make time for both making space for and taking part in a community where we are all different and unique and can be together and find our place.

And so, I am here on campus. To meet students – in the middle of life, with all that it brings. I can take hearing about the great days, and that life can be hell. So, feel free to reach out if you need to talk!

- Ingrid, Student Priest

Ida Haraldstad
Translator



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

Appointments can be made with Ingrid here: io484@kirken.no, 95919318.

Chairman's column

Dear students,

The first semester of the academic year is almost over, and it has been an exciting time for us all. For us students, this is the first semester without any restrictions due to the Pandemic. We have finally been able to participate in the full spectrum of activities that belong to the student life. Studentsamfunnet has offered a large variation of activities, and we have gotten to experience UKA 2022, which turned into a great success. The student democracy has been a clear political voice on behalf of the students towards the university, the municipality and us in the welfare organisation. Student associations and clubs has been built anew and are hosting events both for members and other students. It has been a joy to both watch and participate. For the upcoming year, I urge you to take part in the nice student environment we're creating together in Ås. This year has been the year of volunteering, but volunteering will continue to be a vital part of NMBU, even when the year is over.

For SiÅs, this year has been a year of adjustments and change. What has pleased me the most has been to see all the students who are using Storebrand after the restoration. As we approach the end of the year, we will make some strategic choices for the upcoming year and build on the choices taken this year.

It has been economically tight for all of us, but we are doing the best we can to not let this affect the students. I am really looking forward to seeing what we can achieve together on the road ahead, to make the best student environment in the country, and continue working on providing the best student welfare solutions.

A big thank you to everyone who spend their spare time volunteering, both at NMBU and elsewhere. At the end I would like to wish you all good luck on finishing this semester, and a happy welfare year in 2023.

Chairman of the Board, SiÅs
Selma Sollihagen




Student things

Hi pretty people,

We in the AU hope this Autumn has been good to you, and that you are just as excited about Christmas as we are. While writing this, we are in the middle of an especially busy, but exiting week: We have just held the last Studentting of the year, ST6, which involved a lot of elections, and even more gingerbread cookies. We have, amongst others, filled the position for the upcoming year's Buddy General (we congratulate Ben Børildsen!), elected a new Election Committee and found delegates for the 2023 National Meeting with the National Union of Students in Norway. Most of the faculties held their general assemblies on this Wednesday (23 October), where a number of elections were held on faculty level: this means we now have a large amount of newly elected! The same day marked the beginning of the Student Election – but we have been nagging enough about this, so we are going to let that pass for now. Jens and Helene have also returned from Stuttgart, which they visited because of the Euroleague Student Association – a student organization for members of the university network, Euroleague for Life Sciences, which NMBU will be a part of.

We are now approaching the yearly clementine overdose, multiple Christmas parties, a large amount of Christmas music (a church concert with the NMBU choirs for those who are really lucky!)

and exams (this list is provided in the correct prioritized order) – we hope you have a lot to look forward to. We in AU are so happy we have gotten the opportunity to work with the world's greatest students, on the world's prettiest campus (if you ask us – totally objective) for almost an entire semester, and we look forward to seeing what the new semester will bring. But we leave you with this: put on some Christmas music à la Justin Bieber: Under The Mistletoe (Deluxe Edition), pull up a fireplace video on the TV ('12 HOURS of Relaxing Fireplace Sounds' on YouTube seems promising, 23M views cannot be lying), be kind to your bodies and mental health during the exam period, use reflectors and take care – we care about you. <3

With wishes of a good exam period, an amazing Christmas and a Happy New Year,
AU




The Office

Happy 1st of December!! (Christmas is coming)

We are approaching this semester's final destination, and Samfunnet can look back at a great semester.

UKA is over, and we are well under way with the evaluation. We have published a questionnaire on social media which we hope as many of you as possible will take the time to answer. Your answers will be very helpful and affect UKA i Ås 2024.

The Business Committee (NU) is preparing their newly appointed board members, and the resigning members are feeling wistful about their final days approaching... BUT, that is not a reason to slow down, and we are well on our way with planning this spring's Career Day. We have set the date for the spring Career Day on Wednesday 8th of February. Write down the date and start planning which companies you would like to talk to. The companies will be ready in Aud.Max. from 12.00 – 15.00 to answer all your questions!

Samfunnet is once again in charge, and we have really been looking forward to this! Since last time we've had intimate concerts in Klubben, a members' party and last but not least the Isah & Dutty Dior + Bianca concert. The Autumn clean-up also happened in the beginning of November, and we got to paint, fix up some things, and improve parts of the house. We are now working on finishing this spring's semester program and the design is starting to form. We are so looking forward to sharing all the fun things we have planned! We have also hosted

the General Assembly, which really became a General Assembly that showed us all the dedicated people we have in Ås. The board of Samfunnet is exited for a good transition period and to get to know the newly elected, we congratulate you all! Now we look forward to the Christmas party for all our wonderful volunteers.

The office wishes you all good luck with exam preparations, the finalization of assignments and a merry Christmas when the time comes! We are looking forward to seeing many of you again in the new year!

Jørgen Bonden
UKEleader for UKA i Ås 2022



Nora Hjelme
Leader of the Business Committee at NMBU



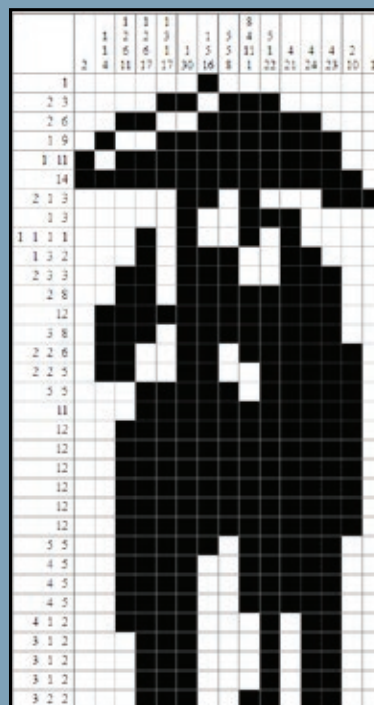
Vilde Kjelsrud Pedersen
Leader of Samfunnet i Ås




ADVERTISEMENT NMBU Student journal

Are you interested in academic writing, publishing, and science communication? Do you want to be part of an international, interdisciplinary team? The NMBU Student Journal is looking for editors, reviewers, and submissions for the 2023 edition. For more info send a mail to studentjournal@nmbu.no or check out our Facebook-page: [@nmbujournal](https://www.facebook.com/nmbujournal).

GAMES TT09



Godt og blandet



Tilde Milia Skåtun
Creator

WITHDRAW	↓	ABSORBANT	↓	NORWEGIAN M. NAME	↓
FOLKS		ARE THE LUNGS, HEART, KIDNEYS ETC		HAWAIIAN FESTIVAL	
→					
TYPE OF FISH					
AN INDICATOR					
→					
→					
POST SIGN					
CITY, CZECH REP.					
COMPASS POINT					



The sweetest gift to receive

TUNTREET'S PUZZLE CHALLENGE!

Did you keep up with the game page puzzles this semester? Did you find the letters hidden in the puzzles? Rearrange the letters correctly and find a word! Submit your suggestion to tuntreet@samfunnetiaas.no, and you get the chance to win a Flaxlodd, in addition to honour and glory in the next edition.



SUDOKU

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

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

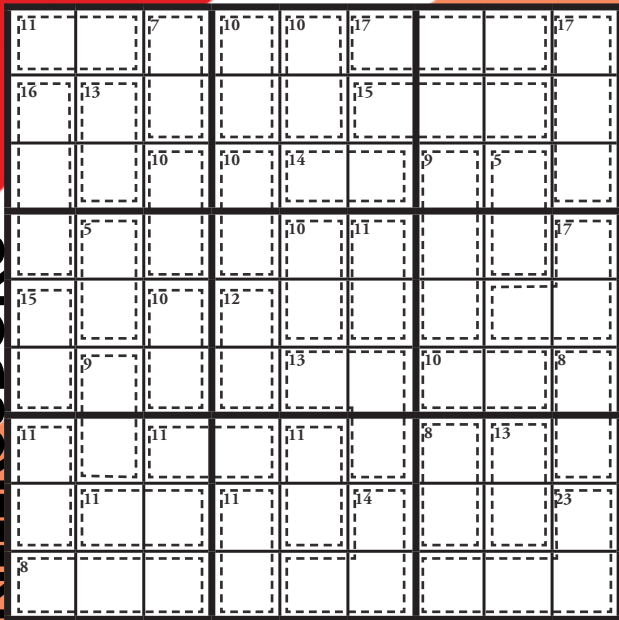
	4			3	1	2	9	
8			7			5		
	2		4					8
	7			8	2			
			6		7			
			1	9			7	
9					8		3	
	6			4				5
	5	8	9	6			1	



The rules for KILLERSUDOKU are the same as in normal SUDOKU, with the addition of smaller sum-cages. The digits inside these dotted cages must sum up to be the small number in the corner of each cage. Start with the cages with smaller numbers, and use pencil notes to keep track of your options.

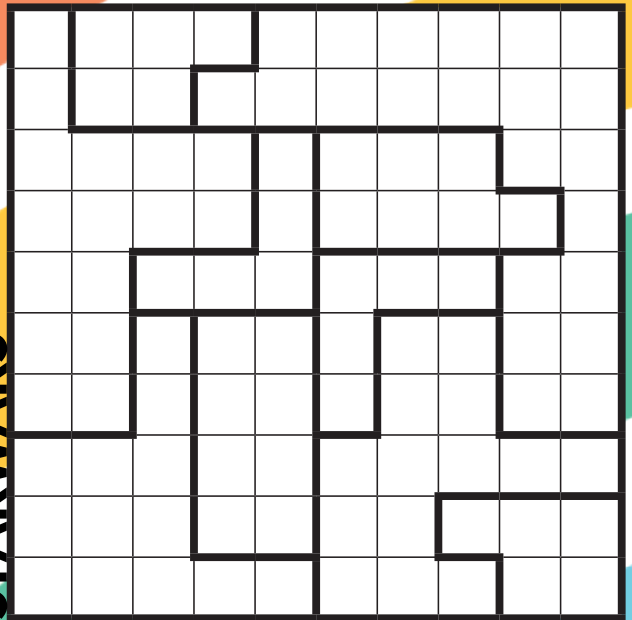
TIP: The sum of all 9 digits in each row, column, or each of the 9 larger squares, will always be 45.

KILLERSUDOKU



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

STARWARS



In nonograms, cells in a grid must be colored or left blank according to the numbers on the side of the grid to reveal a hidden picture. The numbers tell how many cells should be connected. 2 3 means that there should first be 2 connected colored cells, then at least one blank cell, and then 3 connected colored cells. Try crossing out the cells that should remain blank, to eliminate more possibilities. Good luck!

					1					
	4	2	1	1	2	3	1	1	2	4
3										
1 1 2 1										
2 2 2										
2 2 2										
1 2 1 1										
3										

Found in the purse of an old lady

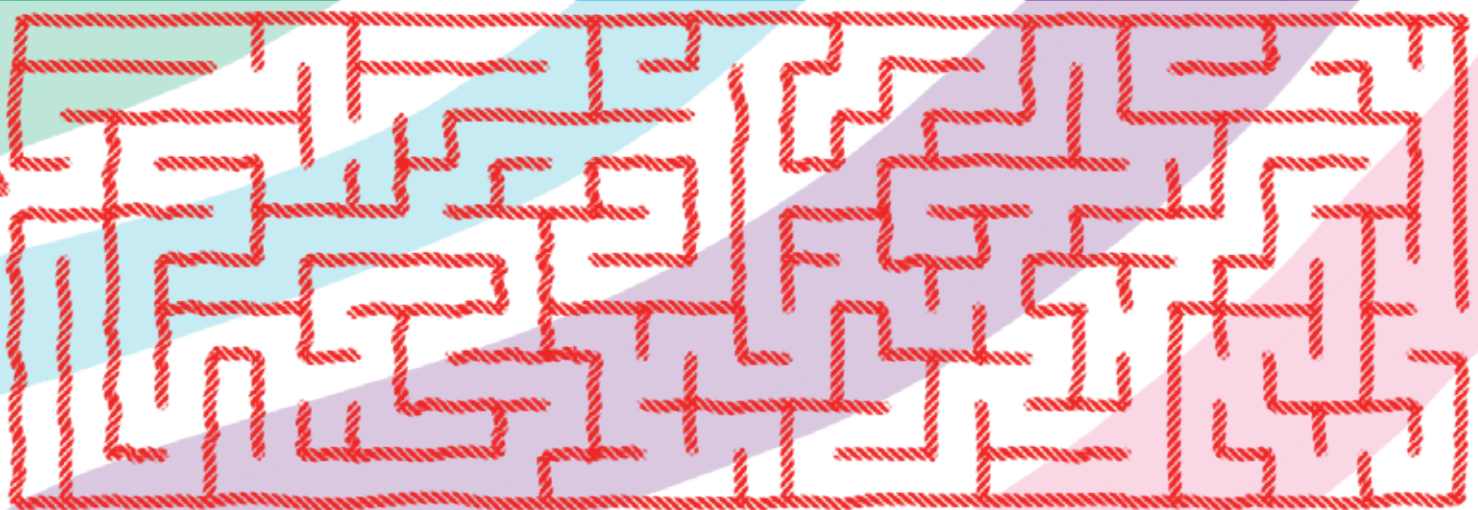
	4	6	3	2	2	7	7	5	3	2
3										
4										
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Not just for babies!

		2	3		3	2				
		3	2	8	2	3				
	4	2	1	2	1	2	4			
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Scarily good!

Will you make it through yet another exam season? Some candy along the way works wonders <3



Club Banter



Cheers FFD!
Cheers Skriver!
Cheers Sparegris!
Cheers Hunnatter!
Cheers Qlturelle and Xclusive!
Cheers Pusekatter!
Cheers Tora and Thorvald!

Black Night, cool Cat
But how did the Cat become cool?
No, not a cult!
Cult!?! I'll tell you what is not cool
Atle Antonsen and VM in Qatar
Perhaps you thought we're going to raise our
glasses now? You are wrong!
Absolutely nothing to raise our glasses for
TVI, and double TVI

Black Friday, black Week, black Year??
All bullshit and I'm unwell
Buy buy buy!!! Buy?!?
If you are really smart, you leave it be
Glogg is good. Clementines too

Cheers for pre-cristmas time right around the
corner!

QH
Mousecat Astrid, Thalia Aurora, PR Miranda
and Arsenalist Ingeborg



NORWAY

Vi i IAESTE Ås ønsker alle lykke til på
eksamen og god jul.

We in IAESTE Ås wish everyone good luck
for their exams and a merry christmas.

Desde IAESTE Ås les deseamos a todos la
mejor de las suertes en sus exámenes y una
Feliz Navidad.

Me IAESTE Ås toivotamme kaikille onnea
kokeisiin ja hyvää joulua.

IAESTE Ås
 では、皆さんの試験での幸運とメリー
 クリスマスをお祈りしています。

IAESTE Ås
 में हम सभी को उनकी परीक्षाओं के लिए
 शुभकामनाएं और क्रिसमस की शुभकामनाएं
 देते हैं।



The schedule is packed
 But first we will fill our mouths
 Revues, intimate concerts
 and Christmas parties
 This is not for the faint of heart

The most important night
 of the semester is done
 The GA's statutory changes
 are not exactly fast
 Congratulation to the elected
 PB was best when it came to it

The Christmas party with Unity
 was a successful night
 It was kinda like a brothel
 We have also had pregames
 with Bjældeklang
 Many of us were infatuated

The exam period is here once again
 You'd almost think it's by force
 Now one must ditch all social life
 But we'll talk in the new year
 with new energy!

Forfatterfrøken



The Alfas have, as spotted on insta, been on a golden trip to Krakow. The trip was a great success, and all 28 made it home in one piece. The tourist t-shirt is now put on the shelf and the glad rags are to be put on for the Christmas party season.

Everyone's favourite time of the year is upon us. It's Christmas party season! Where there are plenty of drinks and fights.

After many a glass you want to share your voice.

It's so unfortunate that you always forget the lyrics.

Don't stop before the table is broken and your phone no longer exists.

These are the good moments you'll remember for ever.



Whip me hard

Kind greetings,
Koneklubben Freidig v/
Nestsjefskoneemne



The last club banter already!

Since last time, the sheep herd has been on many adventures. We have been at pregame/birthday party for the Gents boys and gotten drunk with Koneklubben, and we can all agree that this is to recommend. We have also had a dance lesson with Collegium Alfa and Hankattene, and can give a little tip that the ladies in gold can offer quite the dance show if you put on "phonography", and that the cats in the red-striped suit now has been given good tutoring in couple's dancing.

Otherwise we have, like last year, pregamed with Rævne before Oktoberfest, and there is no doubt that this was extremely more fun than what happened at Samfunnet that day. So for next year we suggest that BEde host Oktoberfest instead! Just kidding (not really). Otherwise we look forward to the Christmas party at the attic (we will be careful consuming too much Hannkatt-beer this time), SGP (we can guarantee both singing and dancing) and not least the end of semester- and Christmas parties.

And at the end we must say that we are honoured over the shoutout we got at TRADshow (referring to the one who involved sheep shearing and mango IPA, NOT to the one who implied that we, like every other Ås-association, are playing on sex), which by the way is one of the best shows yours truly have seen at samfunnet.

See you at spring!
- KisteDÅs Helene



Gooooood day you magnificent peepadoodles!

Was wonderful seeing some of you attending our concert, causing some ruckus on the dancefloor, and having fun with us! Grateful to Kulturbrakka for hosting us and giving us the chance to put on a hell of a show. Almost blew the roof off with that.

So, thank you so much for being a wonderful crowd and thank you to our bands who worked this semester to rehearse and polish their set's, wouldn't be the same without all of you who gave your all. It was truly a night to remember!

But if you feel like it was fun watching us perform, I can guarantee its even better on the stage itself. So, keep your eyes open for our general assembly next semester so you can hear what we are all about and hopefully join our club in time for the next concerts!

But for now, the club is going to rest. Preparations for exams are long overdue and we wish you good luck as well reader, it is going to be a tough period but we're sure we'll all pull through. Remember to have the occasional rest folks!

So merry (upcoming) Christmas and Happy new year from us!



Have you heard...



GF is fun

cough cough hark OOUUUUÆÆÆÆÅÅÅÅH cough

Jossa Davis

Can Skrillex stop dropping the bass at på the GA

Skrillex

Felt like the GA got a bit boring so we had to crash it to elevate the atmosphere

Jossa Davis

Does anyone have roen on snap?

Bro

Selma bro

GF in fun

Uka is sad because no one shows up at the sponsored events

The sponsored events are fun

UKA are satisfied that many showed up at the sponsored events. The point was rather to encourage students to keep showing up at the sponsored events as the attendance plays a significant part in whether one gets a potential new agreement or potentially, a larger one. Both Samfunnet and other societies of Ås need more funding, and through sponsored funding you can get millions of moneys. Of course this means that the offers and standard of the events must be upheld!

Rejected

Thank you for wasting our time on a useless suggestion, which doesn't change a damn thing.

Samfunnet's Circle Jerk Assembly

General assembly: How to spend 30 min on shaping a single sentence, whilst certain members of the administration are patting each other on the back

definitely not olav

honorable circle jerk assembly.....

That vet babe

Årrhh meloaaanss...

That vet babe

How do I change my name on have you heard

That vet babe

Have heard rumours that Even Gkke is here for pleasure, but to dominate.

not olav

Did he dominate you to the point where you're unable to spell? ;)

not olav

Has anyone ever seen Olav kalvig sober?

Olav penis

Have only seen his clockwork

:/:/

Olav is hellasus

Tellef sex

Olav penis



Greedy boi

SiÅs pizza = sticky lump of dough with cheese and yesterday's food waste

RBÅ

Yum Yum, it's good to fully make use of the resources!

A chemist thirsty for coffee

The coffee machine at KBM has to be fixed at some point?

For real?

Realtex administration is a fan of anarchy

Not sure if I agree

Was the best bar of UKA elected based on sales?

Member

Why did the board of Samfunnet get free tickets to UKA when members didn't get a member's discount?

Election Committee

It's time to run for the board of samfunnet at the GA!

Another member

Or present it as an "other" proposal at the GA. A debate regarding member benefits could be interesting.

Nut

Those who work get benefits, those with more responsibility and work get more benefits. Short debate

Go Piss Girl

What the fuck is up with girls trying to skip the line when there are 10 other girls queued up??? Are you dumb? We're not all lined up for fun either