

# TUNTREET

Part of Studentsamfunnet i Ås

No. 08 \ 20.10 2022

Tuntreet Volume 77



TWO BEERS:  
JØRGEN

TT TABOO:  
ASSOCIATION LIFE

REVIEW:  
THE UKEREVUE

# LEADER

## On speaking up

Hey you who just picked up Tuntreet!

In your hands, you're holding an edition comprised of a good mix of funny and heavier topics. Just like October, actually.

October is the month of UKA, partying, and fun. The festival which volunteers have put down hours upon hours of work for, so that you and I can get to attend cool events. And they're not done yet. Kudos to you, by the way – you're amazing.

October is also the month where daily life kicks in for real for many of us. In the midst of the orange fun, we have to start being serious students. Attend lectures, hand in assignments, and keep strict deadlines. For many, this goes alongside maintaining positions in associations or boards, work, and UKA. It's not always simple.

As we all know, life moves in waves, up and down. Lately, I've heard more how-are-yous with the

response "not great". I quite like that. Not because people aren't doing well, but because people are honest about it. Not everything is always going to be fine, and that's the human condition. But if we can talk about it and potentially do something about it, then that's pretty good. Mental health week, am I right?

Then there's those of us who meet every day with a different premise than most others, and who would have liked being met halfway by the system. In this edition of Tuntreet, we've talked with students who feel like this is missing, and are coming out to speak up.

There's something about speaking up when things aren't fair. Whether it's a lack of accessibility measures or that one just feels like they can't catch a break these days. If not for yourself, then for those who might sit around and feel like they have no right to "complain".

This might get a bit awkward, but there's this poem that's been on repeat in my head while I was writing this edition's "Leader". It's called "Våg å være" (Dare to be) and is written by Hans-Olav Mørk. I won't write out the whole poem here, you could always just google it and run it through Google Translate by yourself. But the last line is pretty nice to take with you when talking about opening up about the hard stuff: Someone needs all that you are, and that you are real.



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# TUNTREET

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# The renovation of Aud.Max. has been postponed: *The students are affected*

Auditorium Maximum (also known as Aud.Max.) is the largest meeting spot for students in Ås, and opened over 50 years ago. It was finally about to see some renovation, but the restoration has been postponed due to the increased cost of electricity, *Aftenposten* writes.



Iris van Brunschot  
Journalist



Anna Thylén  
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## A popular multipurpose building

Storstua at Samfunnet in Ås is used for everything from lectures to parties and concerts. Every other year the student-driven festival UKA i Ås is also arranged. Here, Aud.Max. is frequently used for revues and concerts. The building is, in other words, a popular meeting spot for students.

There are two main reasons as to why Aud.Max. needs to be renovated asap, says the leader of the Student Board, Jens Bartnes. “First of all, there is a lot of general wear and tear after 50 years of use, and second, there is need for energy efficiency.”

There are several outdated solutions in Aud.Max., including plumbing that leaks and old windows that cause a loss of expensive heat. A lot of the energy could be retained

by renovating the building. “Ironically, we probably have to postpone the energy savings because of the energy prices,” the leader of Samfunnet, Vilde Kjelsrud Pedersen, says. “Things which might help are those we won’t be able to do.”

## An embarrassing situation

The renovation of Aud.Max. will cost well over 100 million NOK, and most of it would be from NMBU’s own funds. The electricity bill will on the other hand be 70 million NOK more than anticipated in 2022, and is expected to exceed by another 100 million NOK in 2023. That means that NMBU has to use money that was originally meant for construction and infrastructure, to pay for the electricity.

“It’s embarrassing that the government just sits there without lifting a finger,”

the headmaster, Curt Rice, says. “It goes to show that they don’t take the green transition seriously. If the electricity prices remain as is over time, NMBU will also be forced to cut back.” This is a crisis which affects the students the most.

## The students are affected

The head of the Business Committee, Nora Christine Hjelme, emphasizes how these cuts always affect the student mass. “Aud.Max. is an important arena to attract new students, but also a way to bring together current students. It’s at the heart of voluntary commitment in Ås,” she says, worried.

Since Ås is not a big city, there aren’t as many alternative meeting spots. It’s therefore even more important to make the premises connected to the university appealing.



UKEleader Jørgen Bonden and AU leader Jens Bartnes is showing the worn-out windows creating the loss of heat.



Jørgen (UKA), Jens (AU), Vilde (Samfunnet) and Nora (NU) is worried that the postponed renovation will affect the students greatly.



The concrete falling from the roof outside of Aud.Max. can create dangerous situations for the students.



Curt Rice, the rector at NMBU, requests economic help from the government to do the renovation in spite of high electricity prices.

With cold reading rooms because of the lowered temperature and worn-down premises at Samfunnet, we have a problem. "Where will then the students meet?" Jens asks. "We have to create safe meeting spots for the students in the aftermath of the pandemic."

There are also many volunteers who have spent their time and energy to acquire knowledge and information about the restoration, which is now lost. The leader of UKA i Ås, Jørgen Bonden, thinks this is very regretful. "It's very important that the project is only postponed for two years, and not even longer," he says. "The renovation will happen after UKA 2024".

**The solution?**

Solar panels, remote heating system, and recirculation of the cold night air for cooling down the laboratories. NMBU are doing what they can to save energy, but the measures are not enough. Curt Rice wants help from the government to

implement the green transition. "We'll postpone the construction for 2 years, but the government needs to step up today if we are to actually afford it in 2 years," he emphasizes.

Vilde further points out how AP wants to promote innovation, sustainability and the green transition. This is done while they simultaneously deprioritize NMBU, a university which educates students with these exact abilities. "Norway benefits from us graduating as well-educated students, and that doesn't only happen at school." Nora nods and gestures around her. "It happens here," she says.

Curt Rice finishes by encouraging the students to raise their voices and let the government, SV, and the Department of Education know that this is unacceptable. Today's priorities affect the student life in Ås, and it's time to say stop. "Help must come, and it must come now," he says firmly.

# COMIC STRIP



Signe Aanes  
Creator



# Mental Health and Accessibility

## - how should the university meet people who are struggling?

How is it to attend university when you are struggling? Is a leave of absence the only solution, or should there be even more room for accomodation in class settings? Tuntreet interviewed the student Kristin Stubberud, who is in this situation herself, in addition to the study advisor Anne Svinddal and the health center in Ås.



Othelie Eliassen  
Journalist



Juliette Ambrogi  
Photographer



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Illustrator



Kjell Ertesvåg  
Translator

### Constraints and strict frameworks

Kristin Stubberud hails from a creative sphere, and has studied at an art school. In addition, she has worked independently over several years with her own projects in film, text, photography and art. She came to NMBU in 2020, which turned out to be a completely different experience. Even though the digital education during covid worked surprisingly well in terms of flexibility, she quickly understood that basic structure of university was heavy and quite square. When life also became hard during the study period, this structure became even heavier to deal with.

In the spring of 2022, we suddenly turned back to traditional, in-person education. “It became too much for me. It was unnatural having to deal with 80% attendance demands in several of the courses, it honestly felt like returning to secondary school. I tried, but overstepped my limits, and it had consequences. I am not made for this kind of systematic structure. I need freedom and trust to trigger real curiosity. And I need it perhaps extra when I’m not feeling good.”

### Communication with the lecturers

After the summer of 2022, Kristin had to make a decision. The autumn semester consisted mostly of physical and mandatory attendance. “I noticed something didn’t work when the semester began. The train kept running but I felt left behind, utterly winded.” She therefore contacted a study advisor, which she found really helpful and encouraged her to keep an open dialogue with her lecturer. “I was originally thinking of taking a leave of absence, as this is the first solution presented. But after a few good conversations with the study advisor I decided to rather try and contact the lecturers in my courses.”

The lecturers’ reactions turned out quite different from one another. ‘Two of them were positive. I mainly felt they appreciated that I reached out. But the one bad experience, when I decided to be vulnerable, was a painful experience. It felt like running into a brick wall, where the answer was that they didn’t understand how this would work out, and I was once again urged to take a leave of absence instad of receiving facilitation.’

Kristin explained how it all made her feel like the problem. It felt like everyone managed just fine except her, she explained. “Alot of these feelings can be avoided if the lecturer choose to meet vulnerability with openness,” she says. “It feels like they are afraid of thinking outside the set schedule.”



### Could the university become more humane?

Kristin believes the system of judging everyone according to a uniform set of requirements is obsolete. During the pandemic we had a hybrid system. Why not bring the experience along with us? “We went through a disaster, it was a golden opportunity to make changes, but it doesn’t seem like it was taken seriously enough. There wasn’t room to process, reconsider and find back,” Kristin thinks.

If we take a look at the SHoT survey results for 2022, 35% of students say they experience psychological problems, and 20% have suicidal thoughts. 11% says they haven’t followed a normal progression in their studies. More than half of all students are also afraid of verbal examinations, or speaking up in professional contexts.

### The way forward

The rest of Kristin’s studies remain. “I’m still not sure if there is room for the person I am.” At least she has a doctor’s note for the absence this semester, and is still in contact with her lecturers.

Kristin comes with an open proposition for improvement: “Learn from other schools and institutions which have a more spacious philosophy. Look at what perspectives of human life that are the foundation. Mental health and learning is unavoidably tied together. The university has an old-fashioned machine-like view of human life, it is so clear that this hard structure must crack soon. I thought covid would do that job, but a stronger hammer is clearly needed.” She also adds that she would love to join this work at NMBU, if invited.



Anne Svinddal, photo from nmbu.no

### The study advisor’s perspective

Tuntreet has also contacted the study advisor Anne Svinddal in order to hear her perspective. Svinddal has worked for NMBU since 2001, and has been a study advisor since 2007.

The study advisor is aware that being a full-time student is a demanding task, and that the times we are living in only makes it worse. “It has become harder to be a student. The economy isn’t doing great, and hasn’t for a while. I believe it’s important to pay attention to the daily concerns of the students and change the lectures accordingly to better accommodate them.”

“My experience is that the lecturers wish that the students are physically present as much as possible. Digital lectures does not provide the same experience as having active students in the classroom,” Svinddal says. She all highlights that they understands that there are different need for accomodation, for example a doctor. There is great well-will and care among the lecturers. A lot of things can be handled within the demands in the learning objectives as long as there aren’t too many individual wishes – then it can quickly become impossible.

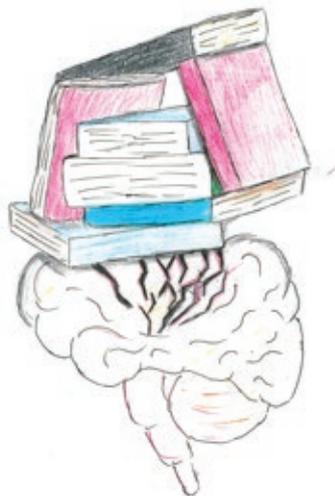
### The students’ responsibility

Svinddal tells how she knows some people don’t have an easy time contacting the study advisor but she is happy when they do. “One possibility is to take direct contact with the lecturer. There is often cooperative work between the lecturer, the student, and me, and usually we’re able to resolve any problems. We can also give the students access to other services, like the student health station.”



To read more about the SHoT survey 2022, visit [studenthelse.no](http://studenthelse.no).

Here, Kristin is not afraid to put the responsibility on the university: “Taking these numbers into the evaluation of the education is extremely important. It is clear that the rigid traditions at a university does not serve the new world we live in.”



The greatest challenge is those who aren't able to reach out in the first place. "Those who retreat, pull themselves away, and disappear. They are the ones we are really trying to help."

### What could NMBU do?

Svinddal is occupied with constant updates and schooling of the study advisors, and informed us about a national study advisor seminar that recently took place. "The seminar carried undertones of the students' mental health problems. Only eight study advisors from NMBU showed up, which I felt was far too few. NMBU must take the continuous schooling of study advisors seriously, including us who have years of experience under our belts. We have to stay in touch with our assignment, but also keep our limitations in mind. It gives the impression of greater professionalism and makes us more confident at our jobs."

Tuntreet has requested a comment on the matter from director of academic affairs, Ole-Jørgen Torp. He himself has not been involved and do not know Kristin's case, but says, "Svinddal has given good advice and counselling to students, and has accounted for the challenge in these types of cases."

Torp tells that "NMBU experience an increasing demand for individual follow-up and a need for more adapted accommodation. This is an important task that must receive increased attention in the time forward, but it also demands resources."

The study director also highlights that in 2021 an action plan was passed by the rector for universal design and strengthening the learning environment 2021-2026. In the action plan, prioritized areas of effort are named as activities and measures that are to be implemented in 2023.

"For every activity/measure, there is a definition of which units (faculties and/or departments) that have the main and sub-responsibility for making sure these are further concretised and followed up in order to reach the subsidiary goals," Ole-Jørgen explains. "We focus a lot on this, but can always become better."

### The Health Center

One of the services given to students is the Health Center for Youths and Students in the centre of Ås. We sent them a request and asked about the rumors regarding the long waiting lists, and the difficulties of receiving help.

The health station says that nowadays there is a long wait for psychic evaluations. There are other factors at play, but the usual cause is "long-lasting illnesses in employees that can't be replaced, an increase of a 1000 students that have to be supported by the same budgetary restraints, and students who don't even attend their appointments, or drop out on short notice."

Regarding the question of what NMBU could do, the health station said this: "We have been in contact with both SiÅs and NMBU in order to see how we can resolve

this problem together in the best way possible. There will be a meeting on Friday this week we will discuss this, among other things."

Regarding the difficulties in getting help they said this: "In principle, you will receive a spot in the queue for an evaluation appointment just like the majority of those who contact us."

The health center brought up the Student Telephone: "It is an excellent option if you need help quickly, and you don't have to wait in line here with us." They also mentioned "Studenterspør": "There you can read other students' questions regarding their own health, and put down your own questions and receive answers from professionals." Finally, they mentioned Studentlivssenteret that SiÅs created on the campus area.



# Student Parliament 5

Benjamin Alexander Faulkner  
Journalist



Sofie Palmstrøm  
Translator

**The 5th Student Parliament was held Monday October 10th. It all started with a delicious dinner, and with the help of two jugs filled with a psychoactive, centrally-stimulating substance in the form of coffee and cake, the agenda run-through could commence.**

The career counsellor paid us a visit today and told us about the career guidance that exists at NMBU. Did you know that you can get feedback on your resume and CV at SIT every Wednesday from 10 to 14 o'clock? Here, you can also get interview training, a LinkedIn course and advice on how to prepare for future work life. The only thing to do is to get involved!

**As the agenda demands, the vote counters were quickly constituted.** "It's not the voting that is democracy, it's the counting," the dramatic Tom Stoppard said once, and the vote counters were – to everyone's great enjoyment – quick as lightning today. There were a few elections of committee members today, but it is to be shared that the prestigious position, Buddy General, is still not taken. The general is the link between the Heads of the Buddy Week and the

faculties, and is there to make sure the new students are thriving and feeling safe. It must be mentioned that the general can choose their own secretary. The chairman, Anthun, adds: "If you have a best mate who needs something to do, you get the opportunity to give them something to do."

**One of the most discussed topics was the SHoT survey 2022.** The occurrence of mental health issues has increased continuously since 2010: every 5th student now reports having a mental illness, one of three meets the demands for insomnia, almost thirty percent says they often or very often misses someone to spend time with, the extent of sexual harassment has increased, more people are addicted to social media and harmful alcohol consumption is very common. The results have been discussed in the faculties, and they have all come up with good suggestions to contributions: better inclusion of international students, maintaining the buddy group a lot longer, hiring a student doctor, getting better information about health services, and not least having a larger variety of alcohol-free events. Mental health concerns us all, so we must pull up our sleeves and make our everyday a little better each day.

**The government now wants to move away from the principle of free education for international students in Norway.** Therefore, a proposition has been made that the Student Parliament pass a resolution that actively speaks against this, and that the student democracy at NMBU participate in a national student resistance against the government's goal. The council concluded that international students give Norway a comparative advantage and contributes strongly in academia. The resolution was passed.

**At the Student Parliament, it was also agreed to support Samfunnet i Ås with 264 000 kroner from the Student's Welfare Fund to buy furniture and a projector for Halvors Hybel, buy new furniture for Rosehagen and chairs for the Bodega.** In the end, the faculties were very pleased with the meeting – especially with LANDSAM's chocolate cake, but there was also some critique against arbitrary language drift between Norwegian and English. Not least must the speaking time be kept sacred.

# GET TO KNOW THE DEGREES



Benjamin Alexander Faulkner  
Journalist and photographer



Emilie Reistad  
Photographer



Jeanne Michielin  
Illustrator



Sofie Palmstrøm  
Translator

## VETERINARY MEDICINE

Veterinarians come in all shapes and colours: some work at small animal clinics, some become scientists, some become regional veterinarians and some become advisors in special interest organizations. Veterinary Medicine is one of the degrees Tuntreet's readers want to learn more about. I have therefore met up with two veterinary students at higher years, Aksel Njaal and Ida Beate Løken, to gain some insight into what in the world they are doing.



### Blood and gore

Veterinarians get to experience a lot of weird stuff during their study period. Today, Ida and her class had a very impression-filled autopsy class. "It was the sickest bladder I had ever seen," Ida said, and tells us how she had to sit down when she saw it. There is no doubt that veterinarians get to see a lot of sad destinies. Aksel adds that the tutors understand that some situations can seem traumatising to the students. It is still meaningful to learn how to best care for animals. "Protecting the animals is beneficial to the people," Aksel quotes.

### The course of study

When you are accepted as a veterinary student, there are three levels to go through to build the competence that is required to become authorized as cand.med.vet (read: candidatus medicinae veterinariae). The first level is about the organ

systems of healthy animals, while the second level is about the manifestation of diseases, parasites, drugs, and medicines. The third level is an introduction to diagnosing and treatment of animals at clinics. For those who are particularly interested, you can also choose to add two years of science education and/or do an exchange year abroad.

### Intense weekdays

The veterinary degree is rightfully infamous for having very packed study days, and a lot of it is mandatory. Aksel says he wishes he had more time to spend on the study associations. The veterinary degree is a tailored package that does not have much room for flexibility. There are also many national laws and rules to follow, and not least EU directives. Usually, the students start off with a lot of theory, and then move on to bigger and bigger amounts of praxis.

### The veterinary student's weekdays

Ida and Aksel tells us that it is easy to find work after finishing their studies. The challenge is to get the favourable shifts. Some work in the Norwegian Food Safety Authority or the aquaculture industry, but most often you start working at clinics. Here you can work in small animal clinics or become a regional veterinarian and look after livestock. An exciting aspect of veterinarians, Aksel tells, is that in addition to treat animals you treat the people owning the animals. Is it morally right to let an animal live in pain because the customer doesn't want it to die? These questions are not uncommon to ask yourself in the work life. One should be good at understanding other people, but still stand your ground on behalf of the veterinarian profession. If all else fails, you can put your trust in St. Blasius (the saint for veterinarians), not to mention stonecutters and people with ear-nose-throat diseases.



Illustration: Synne Louise Stromme

### Fish food and “hands-on” tutoring

At the start of the study there is a great deal of practical experiments to get everyone familiar with the fish, its welfare and threatening diseases that can strike a fish farm. The information page of Aquaculture at NMBU states that “fish are special because it can’t express itself,” and therefore they are extra preoccupied with animal welfare and has their own modules for this. A lot of the course is also about feeding technology, which entails how to choose raw material for feed and produce your own feed, and then observe how the fish in the tanks grow

### Flexible study

Jacob says that a whole year is dedicated to courses of your own choosing. He himself considers taking some administration courses at the School of Economics and Business. The ambition is to one day be an operations manager at a facility. There are also some aquaculture students who are doing research on special topics such as feed, fish welfare, and overall production. In addition, you can take internships and complete praxis periods either within the country or even travel to Australia. With a bachelor’s degree in Aquaculture, you are qualified to continue with a master’s degree.

### “The fish lab”

After the interview, Jacob invited us to join a lecture in the fish laboratory. As soon as we put on the blue shoe protectors and lab coats, we went straight up to the lab and pulled out the knife. The goal for the day was to get to know the inner organs of the fish. Before the blood gushed out in the lab, we asked if we could see the so-called RAS tanks (recirculating aquaculture system), and under the lid we could see the fish. Here, there are also external actors who are involved, so an aquaculture student quickly becomes familiar with work life.

### A diverse student mass

Jacob says that there are people coming from all sorts of backgrounds to NMBU to study aquaculture. Some have worked in the industry before and needs professional refill, while some master students have travelled from faraway places to see how Norwegians run fish farms. There are also some interdisciplinarity with the veterinary students. Professional refill outside of the study period can be found in the newly started study association, Aqua Student Organisation. For this gang, there can simply never be enough fish.



## AQUACULTURE

Perhaps you thought that fish farms only existed in the western part of the country. There are actually some in the eastern parts, and one of them is actually right here in Ås. Norway is the world’s biggest producer of farmed salmon, and a lot of the science related to this is carried out here in Ås. Every year, around 50 students are enrolled in Aquaculture at NMBU, a study with focus on fish farms. Jacob Ringheim is on his second year of Aquaculture, and we got the opportunity to talk to him about what in world they are doing in the little grey building between Nordskogen and the Institute of Veterinary Medicine.



These are the courses most people wanted to hear more about in Tuntreet’s survey. Want to know more? Scan the code and get the answer here!



Tord Kristian F. Andersen  
Journalist



Rebecca Rehell Øistad  
Illustrator



Rebekka Berg  
Translator



## HOUSING AND FINANCE BOARD

The highest authority of Studentsamfunnet, with the chairman of the board as the supreme leader of Studentsamfunnet. Every board member is chosen at the General Assembly, but the board is self-constitutive. The Chairman and deputy chairman is distributed internally, and are generally external representatives. These are traditionally former NMBU students. Appointed external representative is promoted by the board, but approved by the General Assembly.

Through the Housing and Finance board Studentsamfunnet has members in several different committees together with SiÅs and NMBU.

The Housing and Finance Board consists of:  
4x external representatives, anointed external representative, leader of Samfunnet, head of UKA, leader of NU, editor-in-chief at Tuntreet, and a student representative.

Additionally, these have the right to speak:  
Head of finance of Samfunnet and head of finance of UKA i Ås.

And the right to attend:  
Head of administration of Samfunnet.



## THE BUSINESS COMMITTEE AT NMBU

Also known by the acronym "NU".  
Is the connective link between students and the business world. Hosts Career Day (KD) every year each autumn, and Business Day each spring. KD is NMBU's biggest career fair. NU also host other career-promoting events throughout the year. The head of sponsorship has the supreme responsibility of sponsorship for the whole of Studentsamfunnet.

Is run by the Business Committee Board, which consists of:  
The leader and the head of Career Day, marketing, administration, sponsorship, and events.



## THE ELECTION COMMITTEE

Consists of 4x representatives.  
Explains and encourages people to run for head positions. Primarily works ahead of the General Assembly. Throws mics to eager speakers during the assembly itself.

## THE GENERAL ASSEMBLY

It is at the General Assembly that the most important cases are brought forth and voted on by regular members. Every member of Studentsamfunnet i Ås have the right to speak, make propositions and vote. The General Assembly is the highest authority of Studentsamfunnet i Ås, and it's here amendments to the articles of association, approval of work program and long-term strategy, and last but not least appointment of head positions are made. Every member can send in cases within announced deadlines. A nice pea soup is also served during the break.



## TUNTREET

Free student paper at NMBU.  
Published with 10 issues each year. Tuntreet has a wide coverage of the student life in Ås, socially relevant cases and other nice readings. The contents of the paper can be very varied with everything from funny, non-serious cases, to more investigative excavations.

The first issue was published in 1946, after wishes for a student paper.

Is run by two editors:  
Editor-in-chief and managing editor.

STUDENTSAMFUNNET I ÅS

Student organisation by and for students in Ås. The activity is mainly based on voluntary work. The organisation was founded in 1864 as “The pupil association”. Today it consists of around 2300 members. In comparison there is ca. 6700 students at NMBU. Studentsamfunnet is organized as four individual bodies: Samfunnet i Ås, UKA i Ås, Tuntreet and the Business Committee at NMBU. The bodies have representatives in the Housing and Finance Board, which has the supreme authority in-between General Assemblies. The Election Committee makes sure that suitable people run for head positions at the General Assembly. Hans Hovenhet Hestehoven is an order of honour, that is the supreme protector of Studentsamfunnet i Ås.

HANS HOVENHET HESTEHOVEN

The supreme protector of Studentsamfunnet i Ås, founded after taking inspiration from similar positions in Oslo and Trondheim.

Their most important task is order of promotion, where titles are given to people who for one reason or another have caught the attention of Studentsamfunnet. The college of orders consists of the Grand Master, Cantzler, and the Master of Ceremonies, with the respective functions of judge, prosecutor and defence lawyer during the orders of promotion. Additionally, there is Herold and three Vice-cantzlers/Cantzelister. During the order of promotion one can be sentenced to either Hestehoven or the gallows, the latter rarely used, and if so in absentia. Hestehoven is divided in three: Knight, Commander, and Grand Cross.

In addition to executing the order of promotions, the Grand Master presents Riigets Stillstand (the kingdom’s standstill, a play on the Norwegian term of State of the Union).

Grand Master, Cantzler, and Master of Ceremonies are appointed at Studentsamfunnet’s General Assembly.



UKA I ÅS

Norway’s longest student festival. Held in even years for the whole month of October. Includes miniUKA during the spring semester the same year. UKA takes over Samfunnet during the period of the festival, and gives the operation back to Samfunnet afterwards. Was first held in 1924 with a revue and market. It has especially since the 90s been an increased focus on concerts and more external content. In addition to a revue and concerts, a variety of other events are also arranged. The UKErevue is still considered the main pillar of UKA i Ås.

Is run by Heads of committees and funksjonærer (volunteers), independently of Samfunnet, with the exception of operational committees. Unlike Samfunnet, the organisation is built from scratch before every new UKE.

Is run by the board of UKA, which consists of: UKEleader and the head of marketing, of the revue, the house, administration, catering, events, and finance.

SAMFUNNET I ÅS

The daily management of events, party nights, café, student association revues, quiz, concerts and more. In a lot of ways, these are the things we relate the most to Samfunnet.

It’s operated by the heads and members of committees, in addition to community service. As a member of Studentsamfunnet, you are obliged to complete community service when you’re called. As a head or member of a committee, you will not be called in to complete community service.

Is run by Samfunnsstyret, which consists of: The Leader, and the heads of the Bodega, administration, finance, concerts, events, and the head of marketing.

The Leader of Samfunnsstyret is the supreme leader of day-to-day operations at Studentsamfunnet i Ås.



# Student life with a disability

**In this article you will read about the results from the survey conducted by Tuntreet about what it is like to live with a disability at NMBU, including an interview with Emilie Naphaug.**

## Could you tell us about yourself and why you are engaged in this discussion?

“Why, yes. My name is Emilie Naphaug, I am 25 years old, and I am in the fifth year of my degree, Water and Environmental Engineering. I am involved because I know what it’s like going from being able bodied to being permanently disabled. This made it difficult to return to my life as a student. I mainly suffer from movement problems, which means I have to use crutches, and sometimes a wheelchair. Personally I have felt lonely, and I wonder if anyone feels the same. Are there any other disabled people at NMBU? Do they experience difficulties of their own? Should we talk about it more? What is already working well at NMBU? I hope this survey, and this interview, could shed some light on these questions.”

## Accessibility and room for improvement

Seven students with different disabilities took part in this survey. The numbers don’t necessarily represent the whole picture, but they do give us some level of insight. In this survey, they answered they feel NMBU properly accommodates their needs.

Several of them responded positively, having been given more time to complete their exams, while others, like those with hearing disabilities, experienced that certain lecturers did not want to use a microphone.

When I asked Emilie about the same thing, she said: ‘Both yes and no. NMBU is generally pretty good, at universal design, and there is a lot of good that comes from studying at NMBU. The buildings have wheelchair accessibility, with the exception of a couple heavy doors. Mandatory field trips on the other hand have been more troublesome, with a lack of accomodation and information. I directly asked about how far we are going and where we are heading, and about what kind of terrain we’ll go through: asphalt, grass, etc. I don’t always get the answer I need, or the guidance I need to get access to the same materials and education my classmates have.’



Marianne Skolbekken  
Journalist



Emilie Reistad  
Photographer



Rebecca Rehelli Øistad  
Illustrator



Kjell Ertesvåg  
Translator



Viktor Tålgø Syvertsen  
Illustrator

Regarding what can be done to improve the conditions at NMBU, Emilie said, “Yes, maybe they could get better at improving the individual accomodation we receive. There is one person, Bodil Norderval, who works on universal access, who has helped me a ton. It would have been nice if we had more people like that. She told me that SiÅs has considered establishing a fund for disabled students, but the project fell through. I hope they’ll reconsider it.”

Other students talk about what could be done to improve the 10-credit courses, instead of the 5-credit ones. “Less obligatory and more freedom, more information about support at NMBU, and more economic resources for the Disability and Special Needs Office (DSNO).” The decidedly most popular response was that they wanted better communication about their rights and accommodations.





- Join Dysleksi Follo, a recently established organization for students with dyslexia, dyscalculia, and certain language difficulties (it is also open for people with other disabilities)
- If you have a disability that makes it so you can't have a part-time job, ask Statens Lånkasse for an extra stipend.
- Utdanning.no has an overview of the options and rights you have at the different universities around the country (danning.no har en oversikt over mulighetene/rettighetene på de ulike studiestedene i Norge.
- Universell.no has a list of people to contact for students with disabilities at each study place.
- The Disability and Special Needs Office at NMBU. They will assist your official requests for both instruction and exam accommodations (requires a medical certificate)
- NAV: For work and trip-related transport (for those who need assistance)
- Take contact with whoever is course responsible and your study advisor, if you have any specific needs. They can evaluate challenges and find solutions. It's a good idea to do this early.
- If you have moved far from home, we recommend getting a doctor in Ås, that way you won't have to deal with a potential long wait at the urgent care center.
- NHFU (The Norwegian Association for Handicapped Youths.) A social network that offers information and support.

### Communication and rights

Emilie describes it 'like being a ball tossed between SIT, DSNO, her doctor, and NAV' in her attempt to find out more about her rights. She then talked about how others "easily deprioritized me and handed the "problem" over to someone else. I felt isolated in it all." She is not alone in this. Everyone who partook in the survey answered 'no' when asked: Do you feel like NMBU has done a proper job of informing you of what rights you have as a student with a disability?

One person described the task of finding out what rights you have as 'more work for students who initially must use more time because of their disability'. Lecturers and other employees should increase the information level and understanding for students with specific needs, so that they won't have to ask for accommodations themselves. In the survey there were diabetics who did not find enough information about what options they have for eating or drinking when studying in a lab setting, or on a field trip. The students with dyslexia also had to find out on their own how to get the added time they needed to complete their exams - after the exam period was over.

### Tips and advice

It's not hard to see why the students who partook in the survey, like Emilie herself, want to inform others about what could help. Here is a list of some of their advice:



Speaking of social networks, it might be a good idea to create a local one for disabled students here at NMBU. Many of the participants are positive to the idea and desire one. A couple have said they feel lonely or excluded due to their disability.

And finally, Emilie, do you have any life hacks you could share with other students in a similar situation?

“When going to bed at night, try saying “I am proud of myself.” It could be for something significant, or minor, like having cooked your own meals. For most people, being able to do something that simple is a given. But what is a normal varies from person to person. Also take a moment to appreciate how amazing and fascinating the human body is. Think about everything it does for you automatically, like pumping blood and adjusting itself to new environments.”

**Comments from NMBU, by director of academic affairs, Ole-Jørgen Torp**

*First I'll have to say I'm proud that Tuntreet is shedding light on this issue (...) Feedback is important, since it improves knowledge and awareness. I'm also glad that Emilie feels she is getting the help she needs. We take our feedback seriously, like how we've been told it is difficult to find information about rights. You can find information here: <https://www.nmbu.no/student/helseogtilrettelegging/tilrettelegging>, and here: <https://www.nmbu.no/student/helse>*

*NMBU has seen an increasing need for both individual guidance, and more accommodation. This is an important task that needs to receive more attention going forward, but it also needs better resources. In 2021, the principal implemented a plan to both improve universal access, and strengthen the teaching environment over a five-year period between 2021 and 2026. Certain areas are prioritized, and the measures will be implemented in 2023. For every measure and activity there will be defined a unit (faculties and/or department) which is mainly or partly responsible for ensuring they are properly concretised and followed up in order to reach the subsidiary goals.*



*The Learning Environment Committee has been assigned the responsibility of ensuring that faculties and subdivisions follow up subsidiary goals and measures. ([https://www.nmbu.no/student/helseogtilrettelegging/universell\\_utforming](https://www.nmbu.no/student/helseogtilrettelegging/universell_utforming)). We focus a lot on this, but there is still room for improvement.*

**Comment from SiÅs regarding the fund mentioned in the article, by CEO Pål M. Løken**

*Hello, I don't know which story about any potential fund you're talking about, so I need more information about if I'm going to make a comment.*

UKA  
i ÅS

Astrid S

Flipp flopp  
tommel opp

Myra

UKA i Ås

 ukaiias.no

 @ukaiaas

Revypartner: BANE NOR



Silje Bie Helgesen  
Journalist



Ylva Friberg  
Photographer



Elina Turbina  
Translator

## WHERE ARE THE FEMALE ARTISTS?

The lineup for UKA 2022 is set. In the following weeks, Ås shall host artists from all over Norway. Names like UNDERGRUNN, Hagle, and Kjørtan Lauritzen will be up on the UKAstage, but where are the girls?

The number of female artists is considerably smaller compared to the number of male artists. Astrid S and Myra are the only female artists that are performing, out of 16 names. To find out the reason for such an imbalance, we have spoken to the event manager, Hanna Steine.

### Why are there only two female artists during UKA 2022?

Steine explains that it has to do with how the booking industry works. To be able to book artists, several things should align in the negotiations, and this process is not always seamless. "There should be agreement on three things: the date, fees, and technical equipment. One cannot reach an agreement if one of these things is not agreed upon. We are a student society; therefore, our abilities are often limited by the budget." Furthermore, Hanna explains that it is difficult to get ahold of more female artists as there are not that many of them.

- What about relevant names like Gabrielle, Julie Bergan, or newer names like Synne Vo and Emma Steinbakken?

"Without saying too much, we have been in contact with some of these names. The booking has been ongoing and worked hard, but the fact that there are not more female artists represented is simply unfortunate," says Steine.

### Is it understandable why people react to this large imbalance?

"Yes, I think so. At the same time, I hope that people acknowledge that people have done their best at this job. It has been important for us to have women in the lineup, so it is a shame that it is not visible in the programme," she replies.

### A tough industry for women

"The proportion of women in the artist industry is also reflected in other investment industries such as start-ups, for example, where there are few women who try." As a woman in the music industry, you are often either an up-and-coming star who can become known internationally or a star who never quite reaches the status of a well-known artist. "It is a tough industry for women. You're evaluated on a different basis, with different expectations for music, style, and appearance," says Steine.

# Prejudices: Student associations in Ås pt. 1



Marie Tjelta  
Journalist



Signe Aanes  
Illustrator



Elina Turbina  
Translator

## Broderskapet Unity



Daddy's boys from Bærum, who're a bit in love with themselves, and have not realized that RT (Russetid – a period of celebration for high school graduates) is over yet

## PB



Mystical and somewhat legendary guys, a group that's hard to get into. A bit superior and see themselves as bit of a 'topper'

## BB Cowboys



A gang of America-loving tacky rednecks who go around in tight jeans and sometimes roast a whole pig in Pentagon

## Foreningen Hunkatten



Charming feminists with spunk who love a good party and walk around dressed in potato sacks

## Tonus Uteri



Described as the «prestigious choir» of the veterinary students that Ås students warmly welcome to campus!

## Budeieforeningen



Old souls part 3, who were born in the wrong decade. They like needlework and certainly like churning butter?

Tuntreet sent out a survey where we asked you about what kind of prejudices and sentiments you have connected to the student associations here in Ås. You did not hold anything back! We received many good, funny, and somewhat strange answers. The students have spoken, and we tried our best to paint a picture of these prejudices:

## Mannskoret Over Rævne



A choir with manly hotties in suspenders and sixpences, and they have the best clothing out of all the student associations. Are probably more known for hosting completely bonkers events than singing

## Noe Ganske Annet



They are, just as the name suggests – something quite different. Childish, colorful choir with a place for everyone. They're like pick-and-mix bag, good and mixed!

## Feminin og fornem



A sheep flock of blue dresses who make some great waffles and are sort of like the popular girls from high school. Described as the girl version of Unity

## Pikekoret IVAR



A flirty girl choir where you meet a firework display of girls. They have a sort of grand-aunty style with a little too many flowers, but is that even possible?

## Rockklubben



A super cool rock band with very fun hair colors and eyeliner that the students of Ås would like to hear more of!

## Piratforeningen



Crazy bunch. Drunk on rum-n-coke, running around in pirate costumes doing all kinds of antics (rumored that they smell like fish)



# TT Taboo: Student associations – insider and outsider perspectives

Ås is known as the place of study in Norway with the highest density of student associations and clubs per student. A student club can be important for a sense of belonging and be the start of lifelong friendships. But there is always a dark side of the moon. The way the student association life is perceived from the outside is not necessarily the whole truth. Tuntreet has sent out a survey to get closer to the real life of the student associations. The survey got 73 responses.



### Ås' student associations – A long history

Norway saw its first-ever student association when the Hankatt association was founded in 1902. The first female association at NLH was the Hunkatt association, founded in 1960. The association was then made up of the 10 female students who were admitted to the university. After this, the number of clubs and associations kept growing and today there are over 80 student associations and clubs in Ås!

The increase has resulted in a wide variety of clubs. We have primarily social clubs, study associations, and region-based associations for members with geographic connections. There are, in addition to this, interest-based clubs for members with everything from sporty to musical hobbies. Many students join an association, but what are their motivations?

### Student associations – a chance to expand your social circle

The survey was answered by about 70% women and 30% men. Out of the seven faculties, there were most answers from the REALTEK and LANDSAM students, both with 26%. Over half of the participants answered that they were part of an association. 41 of the 46 that said they were part of an association also stated that it was because they wished to expand their social circle and make more friends. Most of them also answered that they wanted to do something fun during their time at university. 31 (67%) answered that they wanted to join the association's activities, and no one felt pressure to join. Close to 80% stated that the initiation of the association was just fun. The rest found it "just alright".

### Peer pressure within the associations – does it lead to a change in personality?

Around 70% of the 46 that stated they are in an association answered that they haven't experienced any form of peer pressure. 26% however, stated that they have experienced different kinds of pressure. The alternatives were about drinking, sex, looks, personality, and participation. Of the ones experiencing peer pressure, most of them experienced pressure to partake in everything, then followed by peer pressure to drink. It is easy to believe that drinking pressure is what naturally occurs the most. However, the survey shows that association members feel that they are expected or required to part take in everything. Therefore, it is a lesser-known side to the student association life how time consuming it can be.

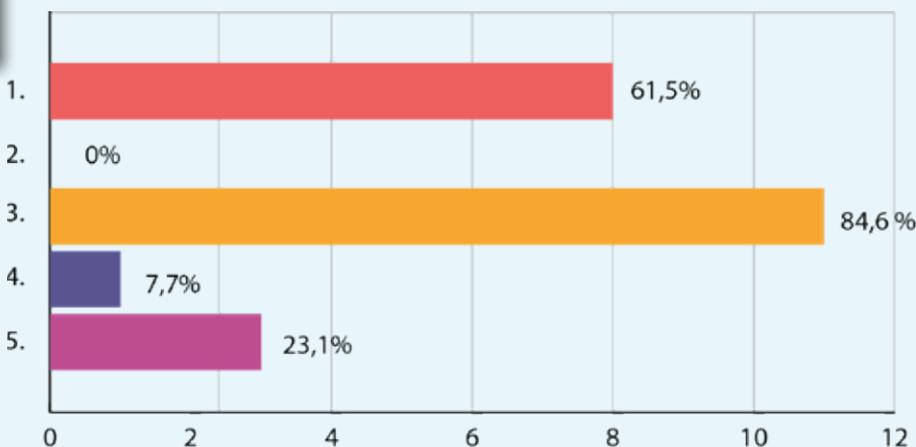
#### What was the main reason for you joining a student association? (47 answers)

1. Wanted to expand my social circle and make more friends
2. Wanted to do something fun during my studies
3. Wanted to party more
4. Wanted to drink more alcohol
5. Wanted to do something outside of studying
6. Wanted to join a choir/join a marching band/dance/have a volunteer board position/take part in what the specific association is known for
7. Wanted to make a revue
8. Thought the uniform was nice
9. Felt like I had to/felt pressured to do so



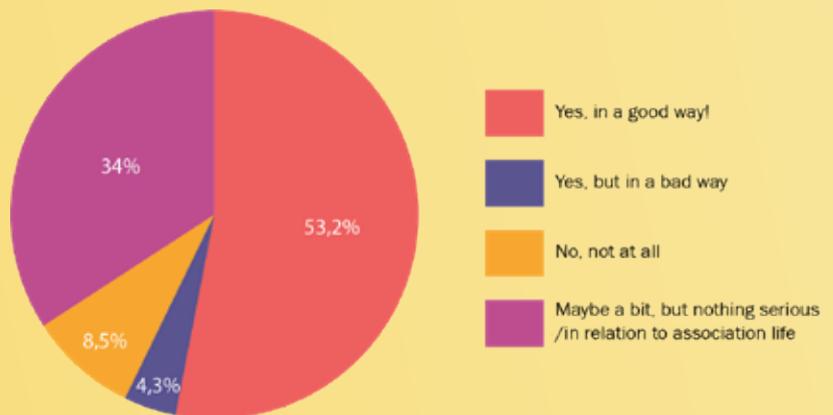
#### What sort of peer pressure have you experienced? (13 answers)

1. Drinking - peer pressure to drink alcohol
2. Sex - peer pressure to have sex with someone in and outside of the association
3. Personal - peer pressure to join every event or happening
4. Looks - peer pressure to dress or present yourself a certain way
5. Personality - peer pressure to act a certain way or be a certain type of person



It is easy to get carried away when one is suddenly part of a larger social group. Maybe you feel the need to change to fit in better? Maybe you start imitating a stereotype about how the association members act? A little over half of the ones who stated they were members of an association thought they had only a positive change after joining. About 30% stated that they had changed, but not necessarily because due to their participation in student association life. There were nevertheless 4% that thought that their personality had changed negatively as a result of their membership. 8% stated that they hadn't changed at all.

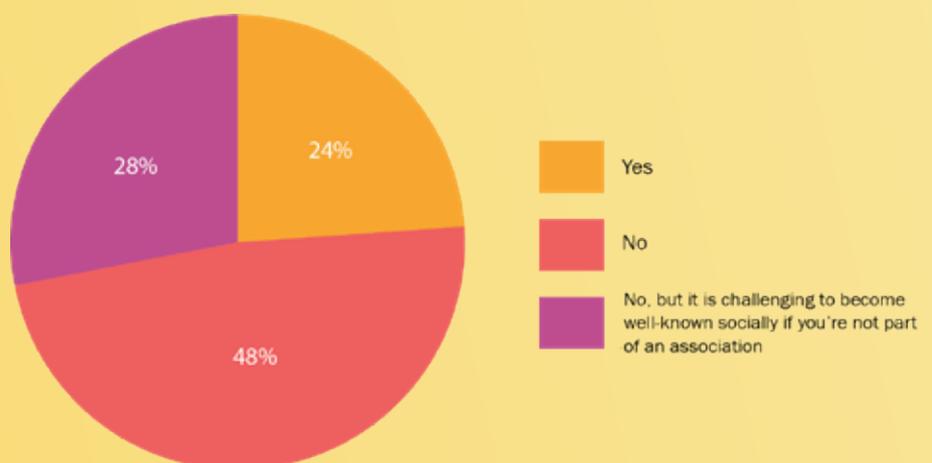
**Do you feel like you have changed after joining an association? (47 answers)**



**Peer pressure to join an association?**

70% of the nonmembers participating in the survey answered that they hadn't experienced any pressure to join. However, 28% felt it can be challenging to establish yourself socially outside an association. A little under half stated that not being part of an association wasn't a problem. However, 70% still answered that they were not planning to join an association, despite the previous answers.

**Do you feel excluded in any sort of way due to not being part of a student association? (25 answers)**



**Is there a good selection of student associations in Ås?**

Over half of the respondents stated that there is a good selection of associations, and that there is something for everyone. The remaining respondents thought the selection was good, but that the student association life still isn't for everyone. No one stated that student association life is exclusively for specific personalities, and it is a clear agreement that it is possible to find a fitting association.



Sara Thu  
Food journalist



Amanda Engebø  
Illustrator



Rebekka Berg  
Translator



# Cheesecake

Are you tired of always waiting for the oven to become available? Do you have way too much space in your fridge? Then, this cheesecake is perfect for you! All you need is a baking tray, a fridge and time to spend waiting, and bam, you have a great cheesecake that will make you the dream guest at birthday parties.

## INGREDIENTS

- ½ pack of Marie Biscuits
- 125g melted butter
- 1 carton heavy whipping cream
- 1 can sour cream
- 250g cream cheese
- 120g powdered sugar
- 1 tbs vanilla sugar
- 2 packs lemon jelly
- 5 dl water



Start by boiling 2 ½ dl of water, then take the pot off the stove and pour in one package of lemon jelly. Stir until the jelly has dissolved. Let it cool.

While the mix is cooling, you can start making the biscuit crust for the bottom of the cake. Crush the biscuits first: either by putting them in a blender or by putting them in a bag and using something heavy to smash them. Mix the crushed biscuits with the melted butter, and spread out the mixture in the bottom of a cake tin by pressing it down. If you want to take the cake out of the tin when it's finished, you should use baking paper. Put the tin in the fridge.

Mix heavy whipping cream, sour cream, cream cheese, powdered sugar and vanilla sugar until the cream is soft and airy. It's best to use room

temperature sour cream and cream cheese to get a nice consistency without chunks. You then mix the jelly into the cream. Pour the cream over the biscuits and let it cool in the fridge for at least 2 hours. It might be wise to let it cool overnight.

When the cream has set, you can make the jelly lid. Boil 2 ½ of water, take the pot of the stove and pour 1 package of lemon jelly in. Stir until the jelly has dissolved and pour it into the cake tin. Put the tin back into the fridge.

When the jelly lid has set, you can decorate with fruits and berries. In the picture, we've used blueberries, grapes, blackberries, physalis and some chocolate.

It's also possible to eat the cake just as it is.





# Studenttingets Arbeidsutvalg 1982-1983

Nei vent, mente 2022/2023, kan du skrive det i stedet? Sorry



**The UK Erevue Ensemble**



**Flipp flopp  
tunnel opp**

**and the UKEband 2022**





Synne Lousie Stromme  
Journalist



Amanda Engebø  
Illustrator



Julie Hauge Blindheim  
Translator

# WhÅssup?

You know what? I'm gonna be completely honest with you here, things are not going too great. Mental health week just passed, and with that, I took some time to do some self-investigation. Imagine how hard i laughed at the thought of how exhausted I've been lately.

On the World Mental Health Day, I decided to take some time off and spend a calm night in with some friends. Ironically, my birthday was on the following day. Why is that ironic? Well, because one might think you'd get some time to take a deep breath and figure out the mess of thoughts running through your head. That was not how it went. My birthday was mostly spent in tears and tearing out hair.

Don't get me wrong: I'm surrounded by fantastic people, I have a place to live in beautiful Norway, and I'm having a pretty good time here in Ås. But I'm so stressed out – all the time. My back is one huge knot, and my head feels heavy throughout the whole day.

Stress is actually a survival mechanism. The stress response is supposed to work as protection to stimulate action: fight or flight. Yet, stress is rarely experienced as a helping hand. It has weight. What I do know, is that stress can be managed, with time, the correct mindset, and possibly also a helping hand.

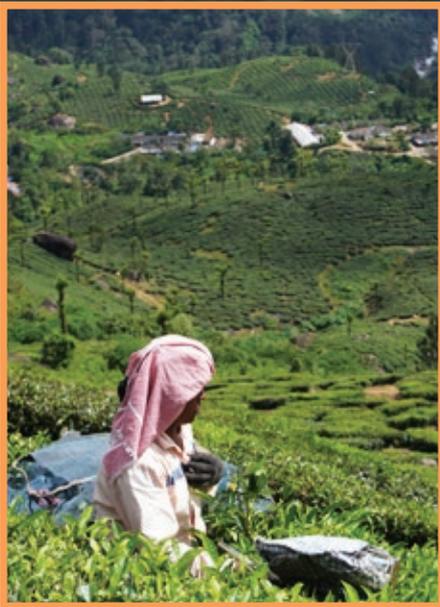
When discussing mental health, which in my case specifically related to stress, the typical response is a "solution" or some sort of quick-fix. "Just eat, sleep, and relax," and your life will suddenly be filled with rainbows and unicorns. I don't know about you, but that has rarely been the case for me. The same goes for the great support of "Can't you just stop feeling sad?"

Luckily, I have a very special significant other in my life, who brought me some wise words. No solution, no tips, but rather a beautiful metaphor which gave me motivation and a wide grin:

"Imagine scaling a mountain. At the start, you're full of energy, and there's barely any slope. This will be fine, you think. You walk and walk, and suddenly the slope increases, significantly. Then, it steadies. The trip consists of both hard and easy climbs. After a while, the rise gets too steep and hard that you don't think you can handle it any longer. The stress increases just as quickly as your energy dissipates. When the road gets too long, just turn around and take a look. Look how far you've come. See how beautiful the view is from here, and what you've left behind. When you've gotten this far, been through so much – then, maybe, the top of the mountain isn't that much further to go?"

I don't know whether this will motivate you as much as it motivated me, but I at least hope you consider it. UKA is now well on its way, and there's loads of partying and fun. It's time to let off some steam and appreciate all that you've done, instead of stressing over all that you haven't done. Best of luck with whatever you do, no matter what your situation looks like <3





# Travelogue from India

## A beautiful chaos

Iris van Brunschot  
Journalist and photographer



Kjell Ertesvåg  
Translator

I am sitting in a bus and being tossed around in my seat. The driver is blasting Bollywood music not so much in the background as right at the front, and people are yelling over one another in a foreign language. This is chaos. I've come to India.



### A course beyond the ordinary

In August and September I went on a trip to India as part of one of my courses (EDS387). It revolved mainly around the state and civil authorities' role in developmental and environmental concerns. This involved visiting different municipalities around the country and meeting people and NGOs, and discussing their projects and initiatives.

We visited two different parts of India, and this made the contrasts and differences within the country more visible. In the north of the country we visited 'Barefoot College,' an organization which works to promote sustainable development, with a particular emphasis on women and the poor. Among other things they fought to dispel the taboos surrounding periods through means such as satirical doll play acts. In the south, we visited fishermen and rice farmers, and also ate a lot of rice. (I believe I may be on a rice diet right now.)

### Organized chaos

Let's turn our attention back to the bus trip. As the arm on my watch strikes 3am, I feel not entirely unlike a human milkshake. When we arrived at the hostel a couple hours later we were dead hungry, and we bought something to eat immediately. The shopping trip turned out more chaotic than we expected.

Instead of tempting fate by trying out paneer tikka masala, we took a tuktuk to a fruit stand and spent an inordinate sum on two kilos of bananas. Haggling was the order of business in this shop.

It was a good introduction to Jaipur, a large city in the north of India with around four million inhabitants, characterized by a bizarre blend of ordered chaos that I still don't fully understand.

### Onam

After two weeks of lectures and field trips in the north, we headed southwest to the coastal state of Kerala. We first went to the state capital of Thiruvananthapuram, which I have yet to master its pronunciation.

While staying in Kerala, the 'Onam' took place, a traditional autumn festival where you make floral decorations, eat food served on banana leaves, and play loud music that does an amazingly good job at keeping Norwegian students awake until way past midnight : )

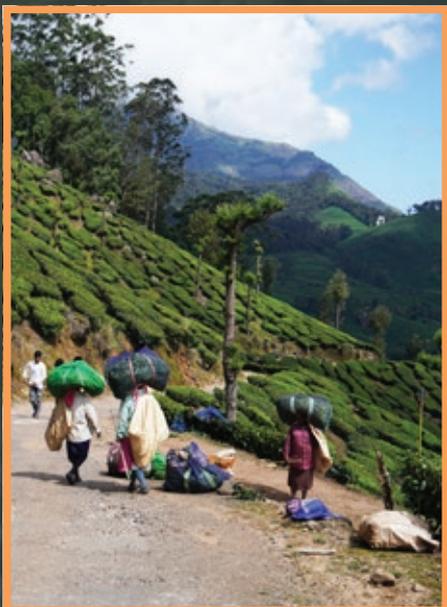
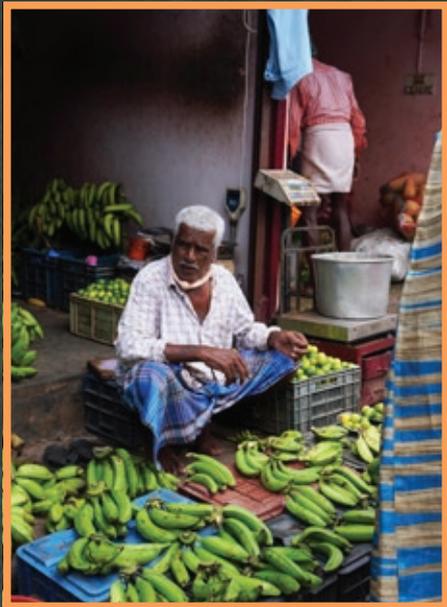
### Love/Hate Relationship?

Before heading off to India, I heard one will either love or hate the country. However, the countless contrasts make it possible to absolutely adore one thing, while completely despise another. In addition you can pretty easily get worn out by the things that first enamored you, and eventually gain an understanding for the things you initially disliked.

All in all, I am still very fond of India. You have to get used to the idea of dying rather than running over a cow on the road, constantly hearing the sound of honking, music, and shouting, and crying from food that is far too spicy. True, it is chaotic, but it is a beautiful chaos.

भारत में मिलते हैं







Two UKEbeers with  
Jørgen Bonden

I sat down with UKEleader Jørgen Bonden in the Bodega. The original plan was to talk in Klubben, but since the bar-building was well under way, the Bodega became the better alternative. Looking back, I see that this was the perfect place to get to learn more about Jørgen Bonden, and not just his role in UKA i Ås 2022. Despite the pressure of the upcoming festival, Jørgen seems relaxed and honoured to be chosen for Two Beers.



Mathias Tupinier  
Journalist



Kristin Gilboe  
Journalist



Synne Louise Stromme  
Photographer



Margreta Brunborg  
Photographer

### The university oath: a call to experience

Like every good fairytale, it all started with an oath. An oath a shy boy gave himself when he arrived at NMBU for the first time, that has shaped his last four years. “I told myself: you need to be a part of this, be a part of the students’ lives. You are going to do anything you can, and join as much as you can,” Jørgen says. When his buddy proposed that he should become a “funkis” at the UKEgrill in 2018, his response was, naturally, yes. “This is one of the things I am truly happy I did.” Jørgen immediately fell in love with the energy UKA radiated and was amazed by the complexities and intricacies of organising such a large-scale festival.

### The CoronaUKA

Although the pandemic feels far away now, it is important to remember that UKA i Ås 2020 was a big festival at the time. During UKA 2020 Jørgen worked as an event manager. “I was sort of a potato, helping everywhere,” he says about the position.

Jørgen is still amazed and impressed of what they managed to organize despite the pandemic. “It was an amazing feeling to be a part of it”, he describes. When I asked him about his favourite memory, he quickly remembers the time during UKA 2020 when the band Klovner i Kamp thanked them for the opportunity to perform in front of an audience, and the possibility to have a concert. “It felt so good to hear how grateful the band was for all the work we had put into the concert, to actually make it happen”.

### Jørgen “Busy Boss” Bonden

When the UKEboard 2022 was to be elected at the Studentsamfunnet’s General Assembly during spring of 2021, it felt natural for Jørgen to participate in the project. Several positions were considered before the decision fell on running for UKEleader position. “I wanted to challenge myself, and see how I would handle the part”, he explains. From this point, everything accelerated. He ran and was elected the UKEleader of UKA i Ås 2022.

All of a sudden, he was in charge of eight people who, alongside him, became those responsible for organizing Norway’s longest student festival. He explains how it all felt overwhelming at first, with everything that had to be built and everyone who had to be recruited. They hired people who hired more people, who then hired even more people. Things escalated, and now, at this point UKA has more than a thousand volunteers. Jørgen admits that even though more than a year has passed since the planning started, he still feels quite small when he thinks of the enormous machine that is UKA. “I’m so happy but also a bit anxious,” he says. The shy boy who had decided to participate in everything he had the opportunity to, has now become the highly regarded and well-respected leader of a huge festival.

“No one here considers me a shy person, but I was. I changed thanks to the people surrounding me.”



## The leader's origin story

Jørgen comes from a small town of 9000 people called Sande, located outside of Drammen. "It was a farmer's life", he tells. Jørgen grew up next to a farm which he eventually started working at. He can't really explain where his love for the farm life came from. It has always been, and always will be, a part of Jørgen. His childhood passed between the forest, the farm and his friends.

At an early age, Jørgen joined an association called 4H. This was where his career in volunteering began. "When you are volunteering, you meet all the nicest people in your community. Everyone is happy and smiling, it's the best feeling to work in an environment like that", he says happily. 4H gave Jørgen a sense of belonging, and the opportunity to be part of a new family. The feeling of being part of something bigger is something Jørgen has held on to since and it inspired his oath to participate in everything fun.

## A new family closer to the farm life

After a while, Jørgen joined Sande Bygdeungdomslag, a local group of Norway's Bygdeungdomslag. By participating in the organisation, which focuses on promoting the village's interests and maintaining the farming communities in the country, Jørgen found a way to combine his love for the countryside with his wish to be part of something bigger. He also experienced the rewarding side of organising various events. Jørgen says that the events were very fun in themselves but knowing that he helped organize them made them a bit better.

## The wish for NMBU

When Jørgen finished high school, he had few ideas about what he wanted to study, or where he wanted to work in the future. "I didn't know what I wanted to study, but I knew where I wanted to study", he says. Jørgen already knew about Ås, NMBU and its student community, and he was certain that he wanted to be part of it. He started looking at the subjects offered at NMBU, before he eventually settled on Geomatics. He liked both math and physics, and more importantly, he considered it to be quite easy to transfer to another study program if Geomatics turned out to be the wrong choice. That last part quickly became irrelevant: Geomatics was really the perfect choice.

Jørgen explains that studying makes him feel like being part of the future, and part of exciting new technologies that will shape everyone's tomorrow. But no matter how much we notice Jørgen enjoys the subjects, it becomes clear that the social part of the studies also means a lot. "Almost the best part about Geomatics is the environment, where everyone are friends and like to hang out with each other."

## There and back again, the tale of Jørgen

No matter how fun it might be, UKA won't last forever. "I am already considering if I, eventually, want to take over the farm", he admits. His grandparents own a smaller farm, and luckily for Jørgen he has the right to take over (odelsrett). The farm will probably never become his main job, but with a first and last name both meaning "farmer", it isn't easy to let the opportunity to run the farm get away. The love he developed for the farm life as young is still alive, and it is very likely to stay alive forever.



# Greetings to Jørgen

Aaaaahhh!!! Happy Birthday psamt Pskaal Ambassadeur!! During the time as young Werdensrecord in Stiftelsen was Bonden known for something which often was repeated within the X-Clusive company. Each time he was allowed to speak, he got so eager that he was overcome with passion. He excitedly got up from his chair, as per usual, started pacing around his spot and spoke engagingly with his entire body whilst desperately trying to get to the point of what he was trying to proclaim. The proclamation never did get through, though, as the physical language overtook the verbal in intensity and passion. Luckily, this would improve with time, but maybe it was this lack of speaking time at the start of Bonden's time as a PB-Mand which made him pretty much unable to stop talking since. When mixing this word vomit habit with passion which few can replicate and the personification of the word "friendly", you'll end up with a guy who can charm absolutely everyone. Bonden is actually exceptionally good at stating his case, and at talking with others. This is a strength he has brought with him to several roles with large responsibility, both within Stiftelsen and for the great pleasure for the average student of the Agrarian Metropole as UKEsjef (The former has of course been the most important and prestigious position for him). When you're a born entertainer, it makes life a lot easier for both yourself and those within your orbit. By being easy-going, joking around a bit, and giving you a wide grin, Bonden has the ability to calm the greatest storms and make people relax, and just like that, the conflict wasn't that significant or the question as hard after all. For those of us who have known him since he took his first steps into the Den X-Clusive Stiftelse PB only a few weeks after starting his studies at the Agrarian Metropole, Bonden has primarily been a wonderful comrade, but also an outstanding PB-Mand.

Observing your development through the years we have known you has been a pleasure, both within and outside Stiftelsen, and we're looking forward to the continuation. With X-Clusiv Hilsen Amb. 498 Hals, 499 Sveen, Casseur 500 Bjørnbet og Amb. 501 Thoner

Our dear yes-man Jørgen Bonden

Stuten from Sande, Væren from Vestfold, Kølla from Kjellaas, We consider ourselves lucky to be able to call Jørgen Bonden our friend. Since the first day at NMBU you made your mark as an unusually friendly guy. You didn't have anything bad to say about anyone and everything was pretty solid. Through the years you have filled out more positions than there are volunteers at Samfunnet. Despite this, you have always had time for your boys. This warms our tired geomatics hearts.

You always have a smile on your face, and a big mac or two in your hand. Even though you're usually the victim of the group, we still love you and we're just trying to keep you grounded. You're a true optimist, and you always keep the wheels turning no matter how much you've got going on, which we are very impressed by.

We could not imagine Ås without you. With everything from Catan nights to swing at Samfunnet, it wouldn't be the same without you. We are looking forward to the next grilled cheese afterparty.

Totally "Bænkens" !!!!! Greetings from Rikard, Hågen and Bjørnar !



Dear Jørgen, or, rather, Bonden!

Bonden is, for all those who don't know him, a firework of a person. Few can match the energy level of Ås' most famous entertainer. And it is exactly what we like about you so incredibly much, Jørgen!

You have a unique ability to see those around you, not just to get them enthusiastic but also to get them involved. It doesn't just apply to your position, and the 1000 volunteers you managed to get involved by speaking to random people in Klubben. You make everyone around you feel involved and included, at parties as well as in everyday life. Everyone is included – and Jørgen Bonden has it fixed! This is exactly why Ås has pushed you up and forward, and why you deserve this tribute.

We cannot write this greeting without mentioning you in your role as the UKEleader. We are super lucky to have gotten to know you, not just as a person but also as a leader. You always bring good vibes with you to the board meetings, and it is one of the reasons why Monday is a day we all look forward to. At the same time, you can also be severe and serious, but luckily, we have not seen much of that.

You are always there for us with open arms or listening ears, regardless of what's needed. We are very lucky to have you leading and looking after us, and, most importantly, as a friend.

Thank you for being you,  
hugz&kiszez from your UKEboard <333

# Flip-flops, UKEsocks, and ice cream kiosk shops: The UK&revue review



Elina Turbina  
Journalist



Ylva Friberg  
Journalist and photographer

This October is promised to be hotter than usual here in Ås, and not just because of the usual climate change and Aud.Max.'s inefficient electricity consumption. UKA's newest revue, **Flipp Flopp Tommel Opp**, invites us to forget our worries and enjoy prolonged summer. So, is the new revue a flop or a 'thumbs up'?

## Warm atmosphere

This year's show explores all-things summer, visualized by exciting summer costumes; beautiful, green scene decorations, and a recurring theme of vacationing throughout the revue.

Undeniably, one of the main highlights of this revue was its music. From musical accompaniment in between sketches, to songs: the revue impressed us with incredible performances from both actors and the UK&band. We tip the hat to composer Åsmund Persønn Ødegaard and the performers for filling the revue with the warm atmosphere.

## Boats, songs, and dances

Speaking of musical performances, the sketch about the boat-pianist Doc Angel, executed wholly by Aslak Brasøy Fjeldvær, has left a strong impression on us. Not only was the sketch full of wit and popular culture references, enjoyed massively by the audience, but it was also a bright example of the wide spectrum of talents amongst the revue performers.

Some of the sketches that lacked edge thematically were balanced out with incredible choreography and vocal abilities. The harmonies on the recurring skits about rail works were very enjoyable, and the skit about meat, and the lack thereof in fast food, has given us an impressive dance routine. Another outstanding number was the reimagining of the meme about the recent death of Queen Elizabeth II. Despite it being a rather grim topic, the dance number captured everyone's attention.



## For real? For real.

The sketch about the late Queen was not the only sketch featuring a casket during the show: a sketch about the BeReal notification going off at the wrong time served as a critique of our inability to sometimes stay present and respectful in important moments.

The revue would not be complete without sketches relevant to local events. The sketch about the administrative return of Østfold was a funny representation of the love Østfoldings have for their region. We found the sketch to be executed well, down to the accents, costumes, and the homage to Wig Wam's own Åge Sten Nilsen. The current energy crisis was also referenced with a song about solving the problem with nuclear energy. We found ourselves singing it long after the revue was over.

## Sharks, walruses, and monkeys

Similarly, we highlight the sketch about Freya the walrus, which poked at the hypocrisy of the protection over the famous animal. Although it was maybe a bit too violent for our liking, the sketch brought up a needed discussion on the animal rights discourse and practice.

The animal theme was also presented through a rather obscure but hilarious story of Julius, the legendary Norwegian ape who was adopted by humans and now resides in Kristiansand Zoo. We thoroughly enjoyed the documentary-style introduction and follow-up on this complicated story.





The revue did not shy away from utilizing the beauty of wordplay through the sketches, one of them being about a rather confused shark. We took a little too much time to recognize all the puns throughout the revue, but we praise the ability of the authors to make us do a little thinking as we watch along.

#### Devil in the details

While we were impressed with the thought put into this production, the weaker points did not slip our minds. There revue had several sketches with a great buildup, such as the office gossip sketch. However, the punchlines sometimes did not feel clear enough to satisfy the keen eye of the audience.

Additionally, the revue is divided in two lengthy parts that are presented in a delicately structured manner. However, the extensive length created inconsistency in the quality of the sketches we have witnessed. Regardless, we praise the attention to detail and the fourth wall breaks throughout the show.

Something we were left wondering about was if the revue would ever directly reference climate change, as we felt it was implied during the opening sequence of the show. Unfortunately, this topic was left unexplored, and this might have been a deliberate choice since the show lacked volume of exploration of relevant topics. Considering that the miniUKerevue relied heavily on relevant events, we see why this show has taken a lighter approach, although this choice took away some of the edge demonstrated in the spring revue.



#### Maybe woke, maybe just awake

Another theme we noticed throughout the revue was a sort of critique of our society's 'wokeness'. The sketch about woke students and being yourself, even if that means being a bigot, brought out some confused chuckles from us. Where the edginess missed the mark was with jokes about sexual assault of minors and the usage of a wheelchair throughout multiple sketches. For a show so aware of itself, these jokes felt unnecessary, as if they were used only for shock value, to punch down at those more vulnerable, without a bigger point to make. While it is important to push the boundaries of what topics are appropriate to make fun of, we wonder what purpose these details served within the revue.

Overall, Flipp Flopp Tommel Opp has promised to bring summer back to the rather cold and grey Ås, and we believe it has achieved its purpose. While the show dabbled in escapism a bit too much, the talent and versatility of the UKEperformers balanced out the revue's weaknesses. We rate this revue with most of the thumbs up at our disposal. You can make up your own mind about it all throughout this October.



# Fashion Police: Premiere Edition



Silje Bie Helgesen  
Fashion police

Sofie Palmstrøm  
Translator



Ylva Friberg  
Fashion photographer



At the start of UKA 2022, one has on multiple occasions put on party clothes. Dresses, shirts, and suits have been buttoned up to obtain the gala feel at the premieres. We have of course taken the trip to the student premiere to see what our students choose to dress themselves in when finer attire is to be worn.

## The blue and black

The most prominent colours in the room were black and blue. These are two safe colours that don't stand out, but they nonetheless never go wrong on a gala dress. The blue colour is stunning against the red hair, and the black dress is jazzed up with a long split. They both made a safe, but good choice, five out of six stars.

## The classic suit jacket

Nowadays, it's no secret that oversized suit jackets with shoulder pads are in, in 2022. Still, there is a fine line between using the suit jacket dressed up at a party, versus using it in job meetings. The way you choose to style the suit jacket determines the mood. Here, the approach was muted colours in dark tones, with a half black heel. High heels and a coloured top turn the outfit to party mode. Three out of six stars at the premiere, six out six stars in the office.



## A bouquet of autumn colours

You must never be afraid of wearing colours, and these ladies certainly are not. From knee-length to long dress, to a beautiful cheongsam dress. They all shine in their own style. Four out of six stars.

## Shirt with sneakers

A blue shirt with a playful pattern sets the standard for the outfit. Or not? At first glance the garments are well-suited for the evening's festivities. The patterned shirt looks good paired with black pants, but on the feet sits a pair of black sneakers. Brown leather shoes would look better with the belt. Three out of six stars.



## The wrap dress

The wrap dress originates from ancient Greece and is a perfect choice for such an occasion. The sky-blue colour stands out from the darker blues. Nothing more to say, six out of six stars.

# FOMO - Fear Of Missing Out



Marianne Skolbekken  
Journalist



Jeanne Michelin  
Illustrator



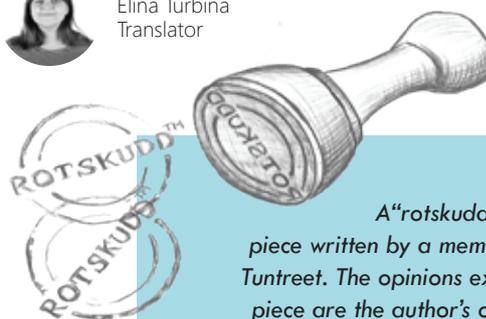
Elina Turbina  
Translator

The day the tickets for this year's UKA concerts were released was the day FOMO seeped into every friend group and every classroom. At 12 o'clock everyone was ready: in the reading rooms, in the stairwells, and the libraries. In vain, the lecturers tried to say a few closing words before the clock struck 12, and all the students quickly logged into Linticket to try and snag tickets for Astrid S, Kjartan Lauritzen, and Hellbillies. However, this is not meant as a criticism of Linticket's collapse and how their website is not built to cope with such large traffic, it is meant as an insight into the young adults' biggest fear.

The fear of missing out on something.

The UKA ticket release at Linticket is just one example of this fear. Understandably. You get the feeling like this is something everyone wants to go to, so you feel the need to go there as well. Missing out on something is a bummer, but what is worse is when you miss out on being with the gang that's having fun. Together. Without you. For many, it is the worst possible scenario. There, you stress-check Snapchat for signs that the concert isn't that fun and pray that your friends won't post a group picture on Instagram the day after.

Luckily, there are helpful measures for those of you who know about FOMO. The typical antidote is to turn off notifications on social media. Maybe you can explore a new hobby? Alternatively, if this is something that is really bothering you, it can help to share your thoughts with someone. FOMO is a feeling that most of us have felt and will feel. Remember that there should be a low threshold to speak to professionals as well.



A "rotskudd" is an opinion piece written by a member of staff at Tuntreet. The opinions expressed in this piece are the author's own and do not necessarily reflect Tuntreet's perspective.

Oh wait, it won't be that easy.

Because NMBU and Ås municipality have not built up enough capacity around mental health to be able to help all the students that need it. Building the necessary capacity looks like a problem that extends over several arenas...

But it is worth remembering that there are other things you can also do if you did not get tickets for UKA. An evening at home filled with your favorites is hard to beat. You can read the recommended articles on your syllabus and improve your grades, or drink cocoa, watch TV shows, and doodle ideas for Halloween costumes. Get to really feel the JOMO – joy of missing out. For if there is one point to take away after reading this story it is that you will win the year's best Halloween costume if you dress up as FOMO. It is, in fact, every young adult's biggest fear. Potentially, Linticket's website which never loads...



# TT parties and red carpet!



Marie Tjelta  
Journalist



Tuva Hebnes  
Photographer



Rebekka Berg  
Translator

## Blood, sweat, tears and vomit

It's the first Saturday at UKA here in Ås and it will start off with a bang. This day starts as all good days, with day drinking. The clock is ticking towards 12 and it's time for the 3000m BEER of the semester, and Tuntreet are going strong. The weather has been pretty terrible all week, but this October morning we are blessed with sun and clear skies. A mix of students and associations are spread out on the gravel court by Eika, every single one willing to sacrifice blood, sweat, tears and vomit. This is it. BOOM! The race is on. It doesn't take long before the first students capitulate – it all becomes a mess of panting and vomit. Who will stick it out? Keep the beer down and come out victorious?

As a new first-year in Ås, I've heard rumours about the bizarre event and I've been excited to see what it's all about – I was not disappointed. I would have liked to have run for Tuntreet myself, but period cramps and the wrath of the universe stopped me from doing this. Luckily, several other dedicated Tuntreet co-workers took part, ready and daring with two T's painted on their cheek, and saved the day.

## The fastest cat in Ås

SEven if I didn't run myself, I participated in spirit and took a couple of ciders while I observed the chaos unfold around me. Just 11.30 minutes into the race a winner was announced through the speakers.

The winner was none other than the Hankatt, Jørgen! I don't understand how it's physically possible for any human to finish something like that in 11.30 minutes. And of course, we got an exclusive interview with him.

Proudly dressed in red stripes with a case of beer in his hands, he happily answered our questions. Jørgen is a fast guy so "It was the drinking that would be the problem," he explains. The other Hankattene were cheering and stood ready with an open Aas pilsner for him each lap, something he felt was important to be able to finish. Naturally, it was the Hankatt spirit that motivated him towards the end. He got the message that his position was good and "If you don't puke now, you win." That might have been the last little nudge he needed to cross the finish line and win 3000m BEER. "I ran for Hankattene, it's important to make your association known."



## Tuntreet's 3 tips for 3000m BEER

After the race, we at Tuntreet have some tips for future runners.

1. Choose the right amount of alcohol! Our French journalist, Mathias, misunderstood the amount of alcohol that needed to be consumed and brought 7 0,5L instead of 0,33. The Frenchman still finished strong and was just as happy afterwards, even if he didn't manage to keep it all down. He described it as "Twice the amount, twice the fun."
2. Choose the right beverage! We at Tuntreet have experienced that choosing the right beverage also can be quite tricky, since our illustrator, Signe, tried Seltzer, which was way too sweet.
3. Be in good shape! Our dear editor, Sofie, participated hungover and threw up by the second beer, but she gets kudos for her dedication.



### Juicy IPA concert

A nap, a vors and three spilled ciders later, I find myself in the centre of the student life in Ås: Samfunnet. Many were, understandably, exhausted after the day's affair, but still the students are present for the first concert at UKA 2022 with Ka2 and Myra. "One more time!" the audience shouted when Ka2 were about to leave the stage. Myra entered the stage shortly after with an amazing outfit, and voice. After a day of watching my co-students get drunk and throw up it was my turn to drink. As I am writing this, I cannot chronologically retell what happened after three juicy IPA, but one Hankatt, drunk driving on a bike and out of tune sing-along was definitely involved.

As every other successful evening, I ended up at Bohemen. I took the liberty to end this night with some bad drunken poetry.

TT fest is always the best

I do love late-night afters

But it's now time to leave

I drink as much water as I can handle

Now I'll be going home to my pillow

Scream and shout, Marie's out



# UKA in pictures

**Sprøytetog**  
Thursday 6th of October



**3000m beer**  
Saturday 8th of October

Margreta Brunborg  
Photographer



Tuva Hebnes  
Photographer

**Car bingo**  
Saturday 8th of October





**Mental Health Day**  
Monday 10th of October

Anna Thylén  
Photographer



Anna Thylén  
Photographer

**Til topps med Thomas Lone**  
Monday 10th of October



**Sløyfevors**  
Wednesday 12th of October

Margreta Brunborg  
Photographer



# Current Affairs



Sofie Bergset Janols  
Journalist



Jeanne Michielin  
Illustrator



Elina Turbina  
Translator

## The State Budget 2023

### – Proposal for international students to pay for education

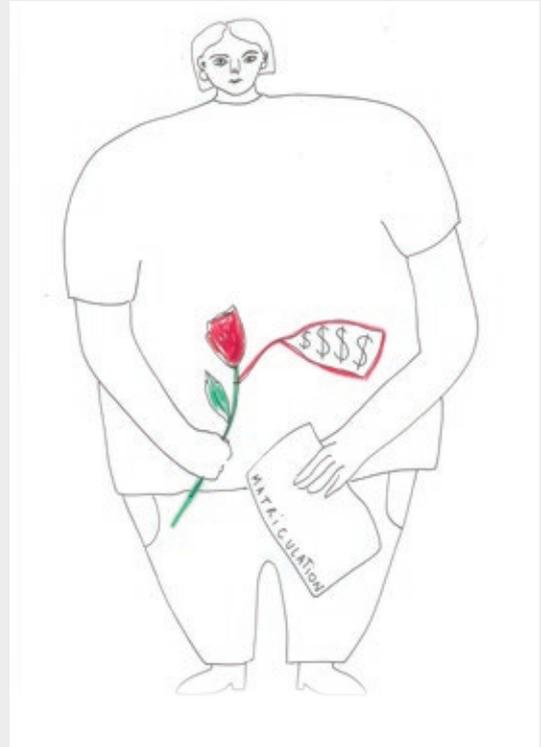
Thursday, October 6th the government put forward their proposal for the state budget for 2023. It was announced in advance that this year's state budget is one of the tightest in a while, and that is not escaping the education sector either. One of the cost-saving proposals is that the students outside of the EU, EEA or Switzerland must pay for study spots in Norway from autumn of 2023.

The proposal has been met with a lot of criticism, one of the reasons being that the Labor Party (Ap) and the Centre Party (Sp) have promised in their political platforms and the Hurdal's platform that the "free principle" in higher education shall persist, also for international students. Further, it is feared that the introduction of tuition fees would make Norway lose out on many talents and possibilities for internationalization, since only the richest international students would afford to study in Norway.

Negotiations with the Socialist Left party (SV) are to commence in the coming months before the final budget is adopted in December.

Tuntreet is going to come back with a bigger story on the topic. Follow along on our website: [tuntreet.org](http://tuntreet.org)!

Sources: Khrono, NRK



## New, free print solution at NMBU

In June, IT announced on SharePoint that they had renewed the print system. The page fee has been waived. The students were not informed in advance, so Tuntreet has reached out to IT.

### New functionality

For the ones already familiar with the old system, the user experience hasn't changed much. You log on with the Student ID and press "Pull Print". However, the web page where you submit your prints has become more user-friendly. Previously, the fee per page has been about one NOK, and you would fill your account via NMBU's print page. You could check your print balance either through this webpage or the printer.

### Comment from IT

Tuntreet has been in contact with the IT director, Ståle Mørch, to find out why the print system was changed and what happened to the students' print balance. He explains that the contract for the last system ended, and that a new company won the print contract for the next period. The balance that was on the old system has been transferred, but, for now, there won't be any print fees. IT is in the last stages of the upgrade and are evaluating whether they should have a plan for how many print-outs should be allowed before you would have to pay.



Simen Walbækken Tangen  
Journalist and illustrator



Ida Haraldstad  
Translator



# Priestly Thoughts

## October 2022

Sometimes you feel like time is moving slowly. Like in January, for example. I feel like January always moves by so slow. And then there are other times, where time and days just flow by at a rapid pace. Sometimes it's nice, because as one says: "time flies when you are having fun." Other times, it feels like the days fly away, while you don't really feel present at all. This is what it feels like when I sit here and write. Like the week has just flown by without bringing me along for the ride. That's why I found a small poem by Trygve Skaug, published in the book "Følg med nå" (Pay attention now).

Okay  
I will now teach you  
An abbreviation  
Y O L E D  
You  
Only  
Live  
Every  
Day

Sometimes I need to stop and look around. Take deep breaths and think about where I am and what I'm doing. To stop the time from flying by. To remember that I actually live that day too.

It has also happened that I at times think "why didn't I enjoy that more?" or something similar. It occurs to me that I wasn't really present and didn't take as much advantage of the situation or the day as I could have done. This is why I try to remind myself that I live every day – yes, I do in fact live every day.

Ingrid, student priest.



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](mailto:io484@kirken.no) , 95919318.

# Student things

Greetings to you all,

Since last time, several signs of autumn's appearance have been popping up all over Campus: Shorter days, gradually more wrapped up students (read: dressed as polar explorers on their way to Campus at 8:00, packed mules in t-shirts carrying thirteen layers of clothes on their arm when they return home at 15:00), while the trees dress in all nuances of orange, and so does the rest of our surroundings as UKA i Ås finally has arrived. In summary, the Board of the Students Parliament (AU) has been on a couple of visits, had a few visitors, arranged Student Council 5, participated in the planning and execution of, among others, Mental Health Week, and the Innovation Day, and started planning the Student Election for the autumn of 2022.

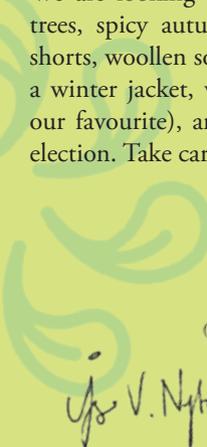
As a part of The National Budget for 2023, we have also taken a clear stand towards the governments proposition to reinstate school money for international, non-European students. The case has gotten a lot of attention through an extraordinary discussion at Student Parliament 5, and through the AU leader Jens' publication in the newspaper Nationen. This is something we in principle, like all student democracy organs across higher education in Norway, look at with great concern and disapproval.

It's in cases like this we see the importance of using one's vote. We would therefore like to take this opportunity to mention this autumn's Student Election (23rd -30th of November), where we are to elect male representatives (permanent and vice-representatives) to both the Faculty Boards and the University Board (female representatives for these positions are elected in spring). If you, or somebody you know could fit in one of these positions, we recommend you send an email to us AU, preferably by sending

an email to [studenttingets.valgmemend@nmbu.no](mailto:studenttingets.valgmemend@nmbu.no) or by using the QR code at the bottom. By doing this, the Election Committee will contact you and help you with the process. The deadline for candidate propositions is the 9th of November! Other than that, we recommend you to always check which positions are up for election at each Student Parliament – these can also be found by using the QR code. There is no need for prior experience, and the Student Democracy is for everyone.

Until next time we hope you take good care of yourself and each other in the autumn cold, ask each other how things are going, get enough sleep (!!!), smile to each other when you pass one another in the hallway even when you are in a bit of a hurry and the sock has slid off your foot in the shoe, get enough hugs, and fit in a few quiet cocoa nights between all the studying, volunteer work, long ToDo lists, and all types of UKA events.

We are looking forward to more autumn weather and orange trees, spicy autumn outfits (we hope to see some of you in shorts, woollen socks, Birkenstocks, and a winter jacket, which is up until now our favourite), and last but not least – election. Take care!



Jens Bartnes

Uge V. Nyho

Helene Sylvarnes



# The Office

Good morning and hi, the agrarian metropole!

UKA has finally started, and we are really pleased with how things have gone so far. The ticket sale has been very good, and we are proud to have already met our sales target at 75%. Our impression is that people seem to be enjoying themselves at the events, but do not hesitate contact us if something is bothering you. We have two weeks left of UKA, so all you have to do is to hurry along and join the remaining events! The UKErevue has also been off to a flying start, and we highly recommend you see it both once and twice. The UKEhelp will come around every Sunday to collect "pant" (bottles for recycling), and we recommend everyone to participate! Finally, we would like to wish everyone a great UKE (week) and hope you will continue enjoying yourself!

The Business Committee at NMBU (NU) has arranged their first in-person Career Day (KD) in 2,5 years! The day went even better than imagined and it was so fun seeing all the dedicated students walking around at Samfunnet. We hope everyone got the chance to talk with the companies they wanted to and that you gained something from participating. The evening banquet also turned out great. There was good food and drinks, and a private concert with Inge Bremnes. All in all, this year's KD turned out to be everything we could have wished for! We would also like to take this opportunity to thank all the companies that participated. KD could not have happened without you! Besides KD, NU works continuously on organization development. It is such exiting work, and the board is really looking forward to showing you all that we are working on at GF (The General Assembly). If you would like to participate in NU, and all the exiting things we do, I recommend you to show up at GF. NU will be electing a new leader, an administration manager, a marketing manager, and an event manager. If you have a question regarding the different positions, please contact one of us!

Since we last spoke, Samfunnet has held their last events before UKA took over, and we have all really loved to see how the house has blossomed in its different colors and with the fun ideas. A lot of fun and successful events, such as the Karaoke Bodega, the Stentor Bodega and dog cuddling are among Samfunnet's events. Internally, we have been working to finish the final version of The Work Program, which will finally be ready at the General Assembly! And this is where our main focus lies: Planning and hosting the General Assembly for Studentsamfunnet this autumn. We are really looking forward to seeing all our wonderful members and volunteers present on November 14th.

The Office hopes you continue to have a Flipp Flopp Tommel Opp October!

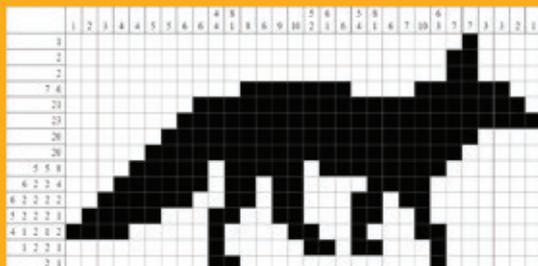
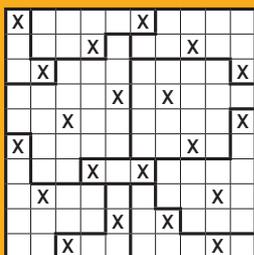
Jørgen Bonden  
**The UKEleader of UKA i Ås 2022**

Nora Hjelme  
**The leader of the Business Committee at NMBU**

Vilde Kjelsrud Pedersen  
**The leader of Samfunnet i Ås**



## GAMES TT07



### 7 TT

1	A	B	A	C	U	S
2	U	N	D	O	N	E
3	R	U	F	F	L	E
4	O	U	T	F	I	T
5	R	O	D	E	N	T
6	A	S	L	E	E	P



# The Fall Crazy-Cross



Tilde Milia Skåtun  
Creator

NUMBER		TIMBER	COLLIERIES	DOG-BREED	TOWARDS		OLYMPICS	CUCUMBER IN BRINE	INDIAN RELIGIOUS TEXT
BIRD			UN-TRUTH		LABEL		MISSING IN ACTION	EMPEROR	
					SIMPLY				
TYPE OF TEA						CAN TEA BE			
						HARD MINERAL			
WOMAN					BUDDHIST RULER				
					TILL SOIL				
	AFRICAN COUNTRY						... AND BEHOLD		
							TO EXIST		
		ROMAN NUMBER			EAR-				
			NOT ANYONE						
				US					

Tea

## JOIN THE GAME PAGE PUZZLES!



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



# Club Banter



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

*Amazing colours and cold weather  
 Finally is the lovely autumn here  
 The warm days is starting to disappear  
 It is important to enjoy the sun as long as it is  
 allowed to shine*

*Cheers for fantastic autumn weather!*

*The days are filled with song and dance  
 Finally it is time for Oransje Revansj!  
 UKA i Ås has made its entrance  
 Now you can lean back and enjoy!*

*Cheers that Agraren has turned orange again!*

*In red hats and ribbons we come  
 With brew in hand for a good glide!  
 Darker days is setting inn  
 Then it is extra nice with cat vision!*

*Cheers to finding the way to Samfundet!*

*Qlturell greetings,  
 KG Agnes, Barkatt Ingrid and Pusekatt  
 Ingeborg S.*



Relevant summer job abroad?

Follow us at @iaeste\_aas to see when the job listings are posted.



UKA has long since began  
 3000meter beer we all ran  
 We congratulate Hunkattene  
 with an unofficial record  
 And appreciated Ka2s chords

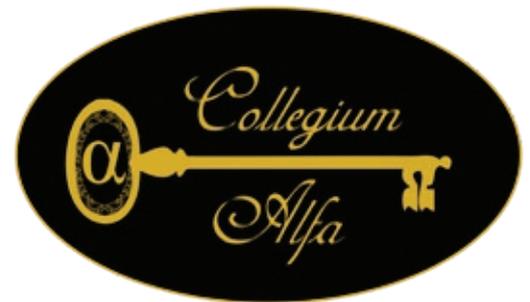
We were all at the clock building  
 And exposed our udders  
 Some more than others  
 But we touched eachother

The day after us and DÅs had a fun night  
 There was good dancing  
 and other shennanigans  
 The same night a guy puked in our bar  
 It sounded like a dromedar(y)

We have also pre gamed with Hunkatten  
 Before we all partied all night  
 UKEauksjonen were a fun affair  
 No one can be too vulgar

Fornem Aften with Forhenvarende in line  
 with tradition  
 Hope you found the moonshine tasty  
 Nice on wine we all went to the concert  
 This the hangover was worth

Forfatterfrøken



Collegium Alfa wishes to use this edition of Tuntreet to give a shoutout to the one and only Britney, who is an important part of our We Love The 2000 bar. We want to encourage everyone to let down their hair as much as Britney did in 2007 before the exam period comes over us again. We hope UKA has been a nice experience for everyone and that almost everyone has taken a swing on the stripper pole, or pulled a muscle on the Twister floor.

Free Britney!



Dear Agrarmetropol  
UKA i ås has started!  
The academy are ready for a party  
And unforgettable festiveties

The G-Held will the respectful  
Gents of Honour take the trip  
Old firendships will  
Be brought up again  
And new will be made!

Our Pirate bare with  
Koneklubben freidig is ready!  
Take a Jack Sparrow and buy a Piratass.  
Walk the plank and jump in the Caribbean  
sea in our bar!  
Arrgh!

Gents Academy  
v/ Lord Ambassador



*Koneklubben  
-Freidig-*

When life is a soup, it is best to spoon.

Kind regards,

Koneklubben Feidig v/  
Nestsjefskoneemne



Hey ho let's go!

So the autumn has taken Ås, with "Oranje revanj" written on trees, asphalt and the Studentsamfunnet themselves. The herd has lost its way up in the mountain, and budeia (undersigned) that were supposed to call them down for the last club banter was laying in a ditch after practicing too hard to run 3000-meter beer.

But now we are back, and we have admitted a fantastic group of cute little lambs! We are very proud of you <3

Other than that we have been swinging with the lovely ladies in blue dresses, which has been a huge success! Now we are looking forward to UKEauksjonen, pre-games with Koneklubben and Gents, seminar with Collegium, and Octoberfest with Rævne.

When it comes to the first mentioned, the stage needs to be completely clean, dry, and squeak-free, if not BullDåsa and BullDåser messy heads come straight down.

Heels to the roof and teeth in the tapestry in Spritsløyfa! Baa you later!

Kind regards  
The Borard of DÅs – Dance Ås  
v/ BullDås Caroline Gudrun

Sørhellinga snusforening  
BEAKTEDE ETTANUS SOLUTAMUS!

*Vi priser deres verdige og verdifulle påskjennelese av deres helligdommer.  
Deres hellighets oppfyllelse av våre beskjedne legger samt ukultiverte gemytt!*



Portions for the High Esteemed Ettanus Solutamus!

Portions for the Portion!

In his singularly brilliant existence in the Esoteric Beyond, Ettanus Solutamus has found a place for new Ryss people among himself and his people at his merry table!

If your being finds the aforementioned desirable and substantial for the propagation of your body as well as the maturation of your character in spiritual union with the High Esteemed Ettanus Solutamus, you can attend an ever-so-small information party in Villa Ettanus (Hageveien 3) on the 20th of November, at 18:22



*Jon Eirik V. Bjørnset*  
Beaktede  
Clericus Bjørnset

*Jon Alvarus Haugland*  
Beaktede  
Dicenti Haugland

# Have you heard...

 #tuntreet

**Removed for 3100,-**  
Can one get too "pampete"?

**Blaaaaaaast**  
Terror sells!

**Baaah 4**  
Sex sells better

**Ten or sauna**  
Haha yes sex and wine nights sells hard

**Political game?**  
Isn't the money that was supposed to be spent on the renovation of Aud.Max earmarked?

**Vetbabe**  
Guttastemning is the worst! Boys are too quick to show their dicks, and when they have, there's not much more to look at

**What is NMBU without their international students?**  
The government wants to introduce tuition fees for non-European international students :( International student enriches the student life in Ås and gives useful perspectives to NMBU to solve the challenges of the future. We can't afford to not have them here.

**come on UKA**  
Move UG to AUD. MAX. it's the scandal of the century that they're playing festsalen.

**Ivar**  
What about Ravi in Halvors, won't that be a tight fit?

**UG to Halvors**  
I don't get the hype around UG

**Tired**  
Have waited for a repairman to fix the coffee maker at biotek for two years

**Agreed**  
YES

**Johan L. Hirsch**  
Hyggebroken is back at it again. Free food every Wednesday from 12-14 in the bodega. Leggo

**Anders Gustavsen**  
Hey, this is my job to inform about!!!

**Johan L. Hirsch**  
Who painted andehuset white and blue and why hasn't it been repainted @hankattene????



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