

TUNTREET

Part of Studentsamfunnet i Ås

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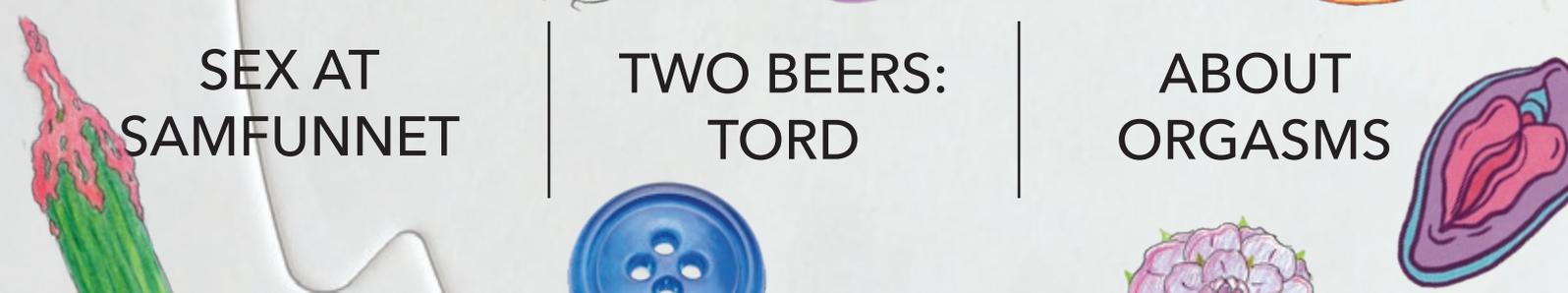
Tuntreet Volume 78



SEX AT
SAMFUNNET

TWO BEERS:
TORD

ABOUT
ORGASMS



LEADER

Body and price increase stop (?!)

You're now holding Tuntreet's first 2023 edition, TT01, and Celine's first edition ever as managing editor! This edition is, as you (hopefully) already have caught on to, a sex edition, filled with both facts and fun!

For the occasion, I started thinking a little bit about body and wellbeing. You know: health and happiness and all you can do to feel good in your own skin. The first thing that came to mind? That was food.

Food is essential for the human body, and is how we're provided all the nutrients we need, which again is how the body is able to operate the way it should - this goes for your sexdrive as well.) And yes, there are many opinions when it comes to food, like: *what* to eat, *who* should eat what, and *where* the food comes from. But *HOW ON EARTH* will we be able to eat right, or even eat at all, with the recent price increases?



Yes, that's right. These last years there has been steep price increases, and it's only getting worse. I'm currently writing this leader on the 1st of February, which is the day the prices are set to increase even more. And I ask again, how on earth is this supposed to

Update from the 3rd of February: Yeah, alright, the prices decreased a bit, but that doesn't change the fact that they recently have increased significantly and that they will rise again. Besides, the grocery stores are not the ones at fault here, even if it's them who are holding back on the prices right now.

work?

Either way, it's a known thing that we as students have a tight budget, unless you have a well-paid job on the side, or have been good at increasing your savings before you started studying (neither one applies to me). Luckily, I got a reminder on the way back from the office on the 31st of January, from my dear friend Elina, "Can you believe this is the last day the prices are normal-ish?" This resulted in a spontaneous trip to the store, to try and do some minor hoarding for the essentials. But with the limited freezer and fridge capacity available in a student housing, one can't survive on that through this price crisis either.

Still, it's not just us students who will struggle, or who are already struggling. It's a strain on everyone within the country. I've read a lot of articles about families or individuals who are expressing how much of a load this is: to not be able to support their children with food, or supporting themselves at all - it is absolutely crazy.

Anyway, even if the price increase is a hot topic these days, I can promise you that this edition is even hotter. Food is sexy (trust me - I know), but this edition really takes the cake! So lean back or settle in, and prepare to be distracted.)

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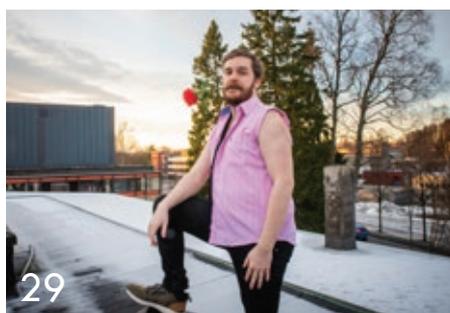
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Government budget of 2023; A budget with an aftertaste

On the 29th of November one could read in Aftenposten that there is an agreement on the government budget of 2023. Regarding students, the government have decided not to remove the tuition fee for foreign students in Norway, while also increasing the student grants with 5400 kroner. To increase the student grants is something we view as a positive contribution. We in the local chapter of the Norwegian Labour Party are positive and even content that, through negotiations, students are now to receive 5400 kroner more in the coming year. This ensures that we now see it as possible to reach the goal of 1.5G (1.5 times the basis amount of welfare services in Norway, approx. 150 000 kr each year).

Because we feel that the life of a student concerns more than just sitting in the study hall. It is equally important to participate in the social university life; to be able to join the quiz, or be out with your fellow students without constantly having to worry about being able to pay rent could mean a lot, and is a step in the right direction from our point of view.

We also see it as positive that our government now also chooses to build even more student housings. To be able to live in a student housing often decides where you can afford to study, and it is important for us in the Oslo chapter that the municipality accommodates for an effective and simplified process for just that, building student housing. At the same time, we see it as a responsibility belonging to the municipality to provide more plots for building student housing

by the Student Welfare Organisation, something we perceive as possible with the increased opportunity for building said housing.

On the other hand, we are disappointed in what we consider a breach of principle in forcing international students to pay tuition fees in Norway. This will create an exclusive instead of an inclusive society and student environment, while at the same time closing the door on international students who are unable to afford studying in Norway.

For us in the local student chapter of the Norwegian Labour Party in Oslo, it is important that education continues to be free, even if the government now prepares to put the principle of free education away. By removing this principle, we risk getting fewer international students studying here in Norway, something which has already been experienced in countries like Sweden and Denmark, which have implemented tuition fees for international students. This will affect courses that rely on foreign students, but also in an economic sense.

All in all, we are proud over the budget that have been agreed on for the students, even if it is, as previously mentioned, a budget with an aftertaste.

Written by Astud Oslo



Vegard Sjaastad Hansen
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Sex education

- what we didn't learn



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Sex = penis in vagina, people are usually straight, a few others are gay, g-spot is a myth - or is it true? And is there any form of contraception other than condoms? Did you ever feel like you got proper sex education at school? Or did you have to resort to friends or the internet? How good is the Norwegian sex education?

First and foremost; how is the norwegian sex education today?

In Norwegian schools today, sex education is taught twice. In the 5th grade at primary school, you mostly only have puberty education, because puberty begins at this age. Sex education itself is taught in the 9th or 10th grade in secondary school.

Pretty much everyone who now takes higher education in Norway has followed the old curriculum from 2006. Here, "body and health" was a separate theme in each class. This is not the case in the new curriculum from 2020. At the same time, the competence aims concerning sexuality and health are more nuanced, and deal with both mental/physical health, gender and

gender identity, violence and abuse, and sexual orientations and expressions. Part of this was missing from the 2006 curriculum, or was poorly phrased.

After secondary school, Norwegian pupils do not receive any more sex education. What do students and teachers really think about this education?

The students think: “Inadequate sex education in school”

Sex og samfunn, Norway’s largest center for sexual and reproductive health and rights, is responsible for much of the information around sex education in Norway. Sex og samfunn carried out a study on this in 2017. The recipient group were Norwegian 10th graders and students in the 1st year of high school.

90% of the pupils in the survey stated that they had had sex education at school (not 100%). Otherwise, the numbers are clear: 80% believe that sex education is important to get a good relationship with your own body. At the same time, 50% also believe that it is still a topic they miss in their education, and all of 70% want more sex education in general. Sex og samfunn also has an even more recent survey from 2021. This showed that half of the students only had 4 hours or less of sex education, in total.

An article on nrk.no, dated 11 May 2017, was headlined: “Young people dissatisfied with sexual education: - They don’t learn about rape at school”. There are many similar articles and opinion column publications from students in Norwegian schools, and most of them appear in the same way - sex education is not good enough, and there are several topics missing.

Here there’s obviously a gap between the students’ learning and the curriculum. What do the teachers think about the sex education?

Great interest among teachers - still a lack of good education.

A study carried out by Sex og samfunn in 2016 showed that 80% of teachers in Norwegian schools prioritize spending time on “subjects related to sex and sexual education when it comes up naturally in class”. At the same time, just over half of Norwegian teachers also have a great interest in sex education. If the numbers are as good as this, then the students should have experienced much better sex education, right? Despite this, 70% of class teachers admit that the quality of sex education is not good enough.

Too early with sex education in the 9th grade?

Sexual education is given when you are 15-16 years old, although it is well known that the average age of debut in Norway is 16.7 years for girls and 17.9 years for boys. Did you ever feel like you forgot everything when it all happened? Were there many things you realized you should have learned about that you would rather have learned elsewhere?

In secondary school, most people begin to explore their own bodies. There is still shame associated with masturbation, because sex education does not give information about the many positive consequences of this. However, it is not only masturbation that is not talked about enough.

“Sex is about avoiding pregnancy, not about pleasure”

A mantra in sex education is often “if you’re going to have sex, you must remember to protect yourself”. The condom is 99% safe and all that. This is followed by the classic “condom on banana” exercise. Does this sound familiar?

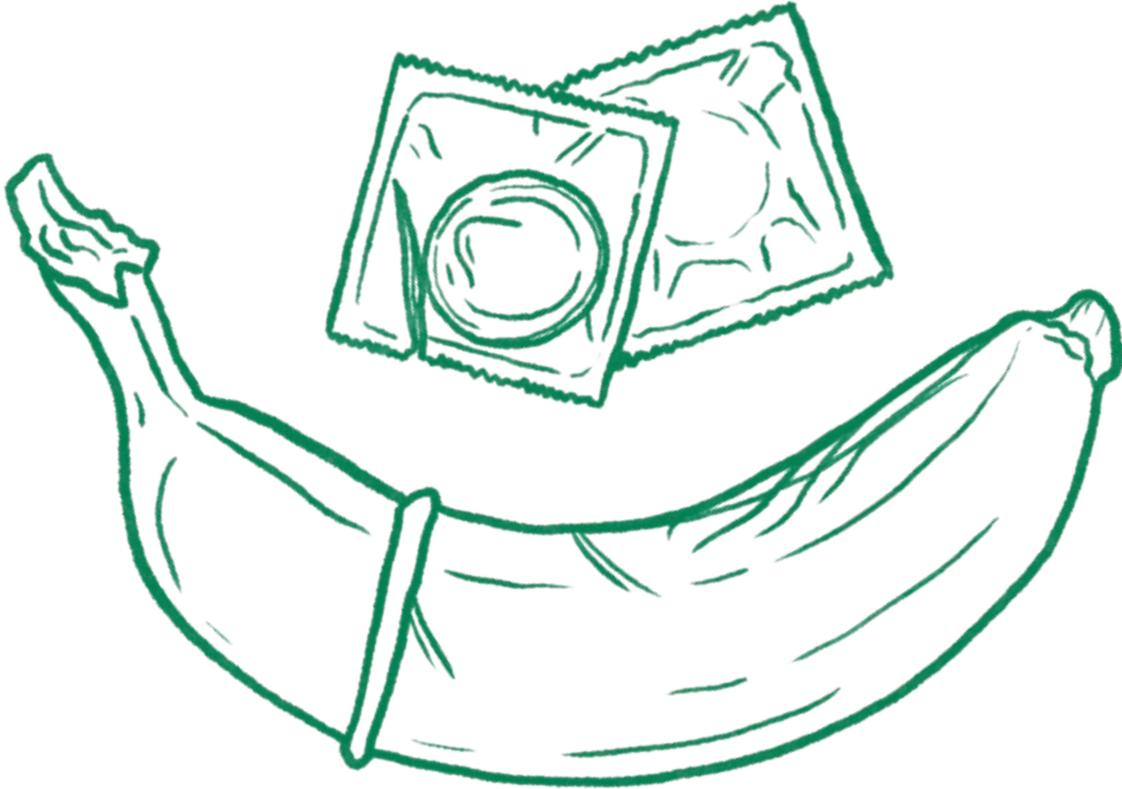
On top of all this, it was a bit difficult to grasp the point of sex, because why have it when it can lead to so many problems? Pleasure is for many a self-discovered concept. It is only when you have a reason to have sex that it becomes a point to protect yourself. Many are now calling for so-called ‘sex-positive’ teaching, rather than the current ‘sex-negative’ presentation.

Sexual abuse - what exactly is it?

The stories are many. One was drunk at a party, it was an older family member, a partner or spouse. Many people do not realize that they have been subjected to abuse until afterwards. It often takes a long time before one feels safe enough to talk about it. This can be traced back to a lack of sex education.

Too few learn what abuse is. This can affect both the victim and the abuser. This is also something that today’s students are calling for in sex education.





Johan Golden can't pronounce the word endometriosis because "he doesn't even know what it is" - do you?

"Nytt på nytt" 27 January 2023: Composed of the words 'woman' and 'blunder', Golden deduced that the new word the panel should come up with must be "endometriosis". Endometriosis is a disease that affects women and involves tissue that resembles the lining of the uterus growing outside the uterine cavity. Golden's defence when misspeaking was "I don't know even know what it is!". This is unfortunately the case for many - women, as well as men, as well as those who do not identify as either.

There are many reasons for the lack of knowledge about women's health and there has recently been a call for a greater focus on this. Regardless of whether a lack of sex education is a contributing factor, it may be precisely here that women's health can be given more space.

What are the consequences of the deficiencies?

There are many topics that are lacking in sexual education which are now brought up to date. And deficiencies usually have consequences.

Many believe that insufficient education leads to insecure young people and it has been proven that less knowledge results in more mistakes. Earlier awareness of abuse makes children and young people better at identifying the abuse, and there is a lower threshold for speaking up.

Thus, it can be said that shortcomings in education lead to more and stronger taboos, more children and young people relying on unreliable sources on Google, more mistakes, and less transparency. Sex education that covers all topics in a good way also ensures greater diversity in gender expression and sexualities.

Yes, the sex education is bad - but what is being done to improve it?

If you look up "sexual education" on nrk.no, there is not only negativity that pops up, but also bright points. Students at some schools learn about abuse earlier and teachers let the students themselves shape the sex education.

The Sex og samfunn report from 2021 also makes three good recommendations: we must have a common expectation for sexual education, teachers must stay up-to-date and we must listen to the students' wishes and needs to a greater extent. Perhaps sex education should also be continued in high school?

Sex education should, after all, be about more than periods, pimples and condoms on bananas.



It needs to be talked about!

TERM CLARIFICATIONS

Sexual assault is used about sexual acts which are executed without genuine or legitimate consent from the victim. This includes among other things, rape.

Sexual harassment is unwanted sexual attention that can be experienced as degrading, annoying, or humiliating, and can happen physically, verbally and through body language.



Helene Sylvarnes
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Kim is 20 years old and has just started his studies. He has been looking forward to getting away from the small town where he grew up. That place is a constant reminder of all the things he'd rather forget, but now, having moved away, it should get easier. Now he's going to forget the terrible incident that has taken up so much space in his head the last months. He's starting fresh and life is getting better. That's what he has decided.

Kim is of course joining his roommates who are going out at Samfunnet. He puts on his nice shirt and is feeling pretty good. At Samfunnet there is a dance party in Festsalen. People are dancing closer and closer, and Kim is attempting to create his own little safe zone so he doesn't have people so close. Then a hand strokes his ass. His head is losing control. The same feeling he had at the local party hall a few months ago takes hold. The feeling rips his head back to that time. Kim is trying to remind himself to breathe, reminding himself is not there.

Then a stroke over his shoulder. Kim jumps. Sweat is running down his face and back, but not from dancing. He decides he needs to get out, he needs fresh air. He pushes through the crowd and reaches the stairs. His body is living its own life. His whole body shakes, breathing uncontrolled. After many deep breaths, he can calm down a little, but he's scared, he doesn't understand what's happening. He understands that it was probably connected to what happened back at home, but now he was safe; it might not have been intentional that someone stroked his butt, it might have been an accident in the heat of the dance.

This story about Kim is a work of fiction, but it tells a story about what can happen after a sexual assault.

It is not unusual for sex to be mentioned at a party, during a drinking game, or in conversations with friends. You talk about who you've done it with, where, and how many sexual partners you've had. From shows and movies, we are presented with a picture of sex being easy, and the lack of sex education in high school gave a simple and one-sided picture of penetration and contraception. What is not talked about is how vulnerable sex is and the emotions sex

can awaken. Especially for those who have experienced uncomfortable situations with sex, for example like assault.

To experience a sexual assault is a traumatic experience that can affect a person in many ways, also long after it's happened. People have different reactions to traumatic experiences. One of these reactions is experiencing anxiety and fear. For some, the experience can pop up when a person is met with sexual impulses and situations, and one can experience intense discomfort or not be able to think clearly. The body and emotions get an acute stress reaction and the result can for example be a panic attack. It can be easier to shield against things that invoke those emotions, and some can view sex and sexuality as generally threatening. One can also experience discomfort in situations without anything inherently sexual happening. It can be triggered by scents, sounds, places, and situations.

Someone who has been the victim of assault can experience losing ownership over their own sexuality. One can experience a missing contact with one's own body and lose the ability to feel good in their own body – and no longer be able to say no when something feels uncomfortable. This brings a risk of falling victim to another assault.

This is only a small part of the reactions one can experience after an assault. Sexual assault can be an underlying problem in people who struggle with depression, anxiety and other mental difficulties. One can also experience other bodily

reactions like pain during sexual activities, vaginismus, erection trouble, orgasm trouble, and ejaculation trouble.

Why is it so important to talk about assault?

Overgrep.no writes that 1/3 of women and 1/10 of men have been victims of at least one sexual assault during their life (overgrep.no, 2021), but it can be hard to get precise numbers since the topic is such a taboo. Talking about sexual assault can contribute to more people daring to seek help and report it. Victims are not alone, and even if everyone has their own story, the after-effects can be the same. Not talking about assault can give room for the shame many feel afterward. By not talking many spend a large amount of energy keeping themselves composed, and this can affect emotion management and self-regulation.

Today's society needs to make space for the tough and uncomfortable feelings as well.

If you have been the victim of a sexual assault, it is important to seek help so you can feel safe in your sexuality. Getting help processing the experience gives a possibility of experiencing safety in sexual feelings and relations.

WHERE CAN YOU SEEK HELP?

If you have been a victim, it's important to seek a doctor or an assault center as soon as possible. Examination after a sexual assault is voluntary but has multiple intentions, including discovering potential injury, checking for STDs, and documenting with pictures and descriptions. In tandem, evidence is secured should you want to report it later. A doctor can also send you to a psychologist, crisis counseling, or further treatment.

Health center for youth and NMBU students:

Phone: 64 96 22 40

E-mail: hfu@as.kommune.no

DIXI resource center - 22 44 40 50/ 930 58 070

Kirkens SOS (church SOS hotline) - 22 40 00 40 or chat

Violence and Assault hotline – 116 006

When campus becomes unsafe

On December 19th, 2022, the Norwegian Government received Straffelovrådet's (Criminal Law Council) report on the subject of consent and sexual offenses, which proposes an update in the Samtykkelov (Consent Law). These changes could solve the problematic nature of the law, which hinders the understanding of what voluntary sexual relations are.

Elina Turbina
Journalist



Viktor Talljø Syvertsen
Illustrator

Defining sexual misconduct

The current Norwegian definition of rape that is punishable by law presupposes violence or threatening behavior in which the victim is unconscious or unable to resist the act. The proposal extends such a definition to any sexual intercourse in which one of the parties does not want it and expresses so through words or actions. Similarly, the council proposes strengthening the law regarding the grooming of vulnerable persons into sexual acts, which, for instance, could be done through drugs and alcoholic substances.

This, among other updates proposed to Samtykkelov, are a vital step in order to create awareness of what consensual relations actually entail, as well as bringing justice to more victims of sexual assault. However, the new definition of rape is yet to appear in the law, keeping sexual misconduct a grey area subject in Norway.

Never OK?

At Ås, the discussion on sexual misconduct has been a persistently relevant topic ever since the emergence of the #METOO movement. In 2018, NMBU, SiÅs, Ås Feministiske Studenter, and Samfunnet i Ås have signed the ALDRIOK (Never Ok) campaign to commit to making campus a safe and inclusive environment without discrimination or abuse. There have been regular debates on the issues of consent and

harassment, some of which we have covered in the past five years, and not without a reason. In a TT-taboo article about setting sexual boundaries (TT09; 2017), 27% out of 568 respondents answered that they have experienced sexual harassment at Ås.

It seems that, much like in the current consent law, the concept of consent is not wholly understood on campus. We sign campaigns and uncover inappropriate dynamics on campus, yet the cases of sexual misconduct keep showing up in the local digest semester after semester. Although it may not seem like it, the campus is far from being a safe place for each and every student.

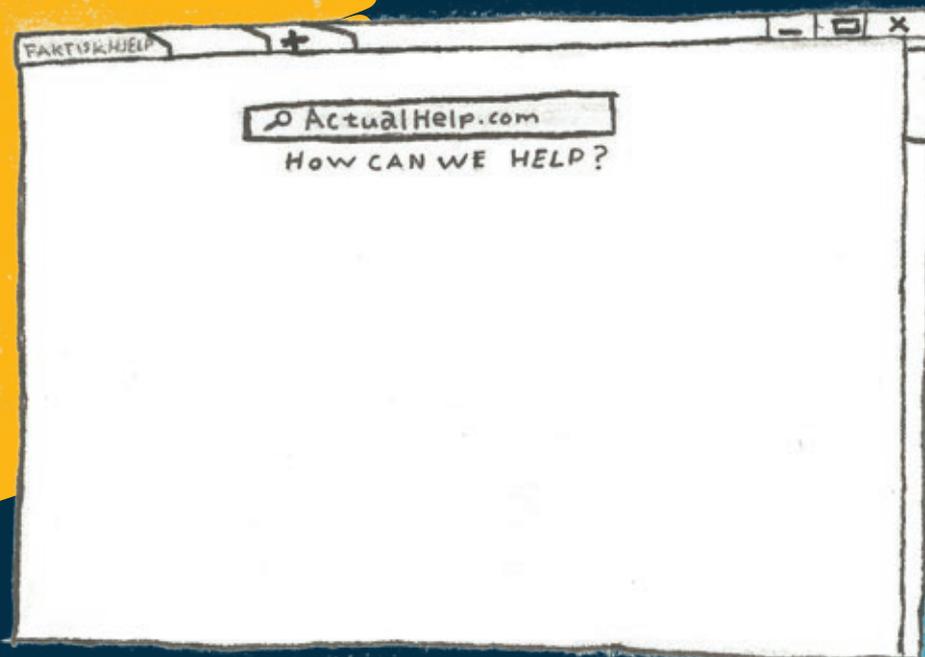


Reporting at NMBU

Currently, the system of reporting cases of harassment or sexual misconduct is insufficient in keeping the students and staff safe. In the debris of the NMBU's webpage, there is a section called Si Fra! (Speak up!). It provides numerous lists upon lists of staff to report to, and a similarly broad list of entities at NMBU and outside of it. After the long list of various contact points and ideas on how to act after something uncomfortable happened, one can finally find a link to an outside source called HMS-Håndbok (available only in Norwegian), in which one must once again look through the same list of information until you actually find out that there is a direct form for reporting inappropriate acts on campus. This is not a form specific to sexual misconduct, which can be confusing for those trying to find a procedure outline for immediate support in the case of assault.

Neither Samfunnet's webpage nor SiÅs' provides any information on what to do in case this situation happens on their respective territories.

Such a confusing and complicated way of treating a delicate, and sometimes plainly traumatic event can make those reporting less motivated to seek help and support from the university, and that is absolutely not the standard the university should have for their students and staff.



Changes coming

The Student Parliament's Student Board (AU) has made it a point of their action plan for this year to ensure that this process is streamlined in the university and institutions related to them and that there is more awareness of what is and is not acceptable at NMBU. Although the law has yet to clarify the commonsensical nature of consent and assault, we as young, informed people should understand that the morality of our actions is more important than the improper legislation.

According to an AU member Åse Vigdisdatter Nytrø, NMBU is getting a revamped website in the nearest future. With this change, AU and the journalist of this article are working on making the university system for reporting sexual misconduct simple and more proactive: introducing an easily accessible direct portal for reporting, providing a smaller set of contact persons that can urgently take up the reported case, as well as ensuring sufficient information on resources a student can take advantage of in instances of crisis both at Ås and in the closest localities.

Additionally, the subject of consent should become a widely understood concept on campus. This means seminars for new students and association leaders, promotion of tools and resources on this subject, and intolerance towards harmful behavior.

Treating the root of the issue

NMBU should treat the root of the issue, not just the symptoms. That means treating cases of sexual harassment seriously and allowing the space for uncomfortable discussions and confrontation of your own beliefs about how one's actions can affect those around you.

Lastly, if you are unsure whether you are potentially harassing someone: if it is not a 'fuck yes!' from you and/or the person you are trying to engage in something with – it is a 'fuck no'.

Here are some sources you should use in case of seeing/experiencing sexual misconduct.

Police: 112

Legevakt (out-of-hours medical service): 116 117

Vold- og overgrepslinjen (violence and abuse hotline): 116 006

Hjelpetelefon mental helse (mental health hotline): 116 123

Crisis and incest centre in Follo: 64 97 23 00, post@kisif.no, Langbakken 9, Ås

Sexual Assault Centre by Legevakten in Oslo (open 24/7): 23 48 70 90, Storgata 40, Oslo.

Oslo Crisis Centre: 22 48 03 80, postmaster@oslokrisesenter.no

NMBU (for the time being): Visit the page "Report censurable conditions (form)" and use the link to the report portal (fourth link on the right side of the page). If you are unsure of who to talk to about your situation, contact AU: studenttinget@nmbu.no, U118, or NMBU staff like Iben Andersen (Head of the Student Information Centre), 97103845, iben.andersen@nmbu.no, and Bodil Norderval (Case manager at The Department of Academic Affairs and the Secretary of the Learning Environment Committee), 97179673, bodil.norderval@nmbu.no.

Vulva workshop

Written by Katrine Berg Sommer

Hello, my name is Katrine, I am in my third year studying International Environment and Development Studies at NMBU and I am interested in feminism. On a lovely evening in November, I held a vulva workshop for some very nice women. Those who wanted could get a cast of their vulva and there was otherwise an opportunity to draw and embroider. Now you're probably thinking 'vulva workshop?!?! What is that?' and I get it. Especially if you have a penis and/or don't quite know what a vulva is. So, let's start there.

A vulva is the outer parts of the genitals, such as the labia, the clitoris and the opening of the vagina, followed by the vagina, the inner part of the genitals. A vulva has two 'lips', which can also be called labia (Speciallæge Trolle, 2022). There are the outer labia and the inner labia. Now that you got some anatomy lessons on women's bodies, maybe you are even more confused about what this vulva workshop was about and maybe also why?!?.

You see, there is a rising number of women/girls who want their inner labia operated to appear smaller (Whitney, 2018). And there can be various reasons for this. In 2016, one third of women wanted them reduced for functional reasons, a third for cosmetic reasons and a third a combination of both (Rosenberg & Morken, 2017). Numbers like this are very similar in Denmark. It is very good that you can get help and I am not saying that you are wrong if you have or want a labia reduction. I am pointing to a problem behind the fact that the majority also have an aesthetic motivation, which points at something being wrong with the way we show and talk about vulvas. Professionals point out that this can be connected to the pornification of society, where there is a standard for the appearance of the genitals, which does not represent what is actually normal (Pedersen, 2021).

Unfortunately, this is not something that has been prioritized in health research until less than 10 years ago, and there is generally lacking literature on female genitalia. Fortunately, someone did something about this, and in 2015 both a Danish and a German study found that the inner labia vary greatly in width and general appearance among women (Pedersen, 2021). Out of hundreds of women, it was found that it is 50/50 if the inner labia extend below the outer labia, the average width was 1.5 centimetres and for one in ten women, 2.6 centimetres (Pedersen, 2021).

So, the point of this workshop (and now this writing) was to show and tell dear women and people with a vulva, that what's normal is that vulvas vary a lot and are exactly as they should be. If you want social platforms and book recommendations, I put them at the bottom of this text. If you want to do it at home, it is quite harmless with alginate pulp (which is also used by the dentist) and then plaster in that form. The casting is done with an oval bowl that you can sit in and otherwise you can follow the instructions for use of alginate online.

Footnote: The text talks about women's vulvas, but it is important to recognize that this applies to all genders that have a vulva. Not just those who identify as women.

Do you want to know more?

<https://www.vg.no/spesial/2023/vgina/> Vg has created a page with a lot of different knowledge about the vulva and vagina, with stories from different women who have "female" diseases, a 3D review of the genitals and lots of other things.

Instagram:

@Cono_Jewelry (Danish jewellery artist who casts and makes jewellery of vulvas, and shows the diversity)
@the.vulva.gallery (artists illustrating vulvas

from anonymous people and celebrating vulva diversity
@Vulvarium (Austrian artist who makes casts of vulvas)

Books:

'Gleden med Skeden' by Ellen Støkken Dahl and Nina Brochmann

'Gjennombløtt: En Bog om Menstruasjon' by Maja Nyvang Christensen and Sine Cecilie Laub

'Vulva: det usynlige kjønn' by Mithu Sanyal

References:

Pedersen, M. C. (2021). Hvorfor får kvinder lavet deres kønslæber mindre? Vi gik helt tæt på et tabu. Og fandt en knude af dilemmaer

De seneste ti år er efterspørgslen på intimitkirurgi for kvinder steget. Under udviklingen gemmer sig en række problemstillinger, der ikke kan skæres væk. Zetland. <https://www.zetland.dk/historie/sOMVaJ3z-aoV3ME1j-4bc22>

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“NEVER HAVE I EVER..”

Students and Virginity



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Sex with one, with many, or with the same gender, sex for the first time, or... no sex at all? There are as many reasons to have sex as there are for not having it. Still, it's often shameful to be a virgin. Why? What does it really mean to be a virgin? Can one actively choose not to have sex?

The myth of “penis in vagina” – when do you really lose your virginity?

The word virgin has previously meant “untouched woman”. In modern times the word is generally used about someone who hasn't had intercourse with another person, no matter the gender or sexual orientation.

When you are a virgin, it is said that you haven't “lost your virginity”. A known myth is that this is a membrane in the vagina that bursts at the first penetration and can bleed a little. The myth is based on the notion that it's the girl who loses her virginity, and there are few myths from boys' point of view. Many do not believe in the “hymen” anymore, but the heteronormative way of losing the virginity – “penis in vagina” – is still a very common definition.

Nowadays, more emphasis is put on the fact that one's sexual debut is not one single incident. This is now seen as an individual experience, and one should decide for oneself when and how.

More sides to the same story

Being a virgin has often been regarded as something involuntary, but now it is recognised that virginity can be voluntary choice. The nuances between being a virgin and abstaining from sex must be highlighted. One can be a virgin and abstain from sex, but one can also stop having sex even if you have had it before.

Sexual pressure among students

Sexual pressure among students

The study period is the time right before entering “adult life”. Being a virgin as a student can therefore be a special experience. Tuntreet have spoken to “Pernille” (23) about this. She studies at NMBU but is anonymised. Pernille is not her real name.

Pernille has not had sex because she experiences insecurities about her own body and has never felt safe enough with those she has been romantically involved with. “For example, when you are at a party and playing drinking games, the games are mostly about sexual activity. Then the question isn’t “have you had sex”, but rather “how many have you slept with”, “what is the wildest place you have had sex” etc, she says.

Sexual pressure is defined by the Great Medicinal Encyclopaedia as “physical or mental sexual and erotic approaches when the other person does not want this contact”. In a student setting this is often mixed with alcohol.

An article in Universitas dated May 11th 2022 shows that many students agree that alcohol has an influence. “Norway is in the world’s elite for one-night stands, and I don’t think many of these happen in a hundred percent sober state”, a sociology student at UiO says in the article. Sexual pressure can be very serious and can in worst case scenarios lead to assault. Alcohol increases the risk of this happening.

High Expectations

Another reason why Pernille, and many others, don’t feel ready to have sex is perhaps that they have high expectations. Porn and a lack of sex education might have influenced this. Pernille highlights how there is a “certain expectation that you have already had sex when you are a student”. Exploration was done in high school, and when you start your studies, you are more experienced, or? This can cause many to feel that the threshold for debuting during one’s studies is high.

Talking about your sex life can feel “TMI”

Pernille emphasize that there are many ways to get to know one another where you don’t have to give private information, like your sex life. “It’s not about whether you have had sex or not, or potentially how many you have slept with that defines a person.” She again points out drinking games as the culprit. “I think that these situations definitely can make you feel pressured to brag about things you haven’t

done, and this contributes to making it more shameful to be a “virgin”,” she says. Because when someone asks how many you have slept with, it might be extra difficult to admit that you haven’t slept with anyone?

Not having sex is also a choice

Most people think that choosing not to have sex must mean that you are religious, because a common religious norm is to abstain from sex until marriage. In some religions the ideal is to live in celibacy. Waiting to have sex until you are married, or not having sex at all, can however also be a non-religious choice. Maybe you are simply waiting to meet someone you feel safe with?

Another non-religious reason for choosing not to have sex can be sexual orientation. If you are asexual, you don’t feel sexual attraction. Sexual orientation is a spectrum, and asexual people can still be interested in having sex, even if they mostly only get romantically attracted to others.

There many more reasons to choose not to have sex. The fear of unwanted pregnancy, not having found the right birth control, or even not wanting to use birth control at all. One can simply not have time for sex, or not wanting to spend their time on it.

Virginity is a shameful topic

TV-shows like “Skam” and “Sigurd f kke pult”, and the experiences of youths like Pernille show that being a virgin is still considered shameful. There are also different attitudes towards boys’ and girls’ sexuality. This is based on an outdated ideal of having sex.

However, everyone can contribute on making virginity a less shameful topic. Perhaps that drinking game with all the sex-related questions could be deleted from your phone, and instead of bragging about your fake sex life at pre-games, maybe a conversation with a good friend can be the solution?

To have or not to have? That’s the question, or?

Virginity is in no way something to be ashamed of, student or not. There are, as mentioned, a number of reasons for

choosing not to have sex, and either way, the most important thing is that YOU (and your partner) want it. So don’t stress with getting rid of the “hymen”. Stress never leads to good sex – and then what is the point? And honestly you guys, why the fuck do we even care that much?

Sources. Snl.no, Universitas, Ung.no, Nettavisen





Orgasm

- A boost of joy from your own body



Silje Bie Helgesen
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Vegard Sjaastad Hansen
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Olina Søyland Bru
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Orgasm is something most of us have a relationship to, and many of us are very fond of it! An orgasm isn't just an orgasm. It is both healthy and gives you a burst of joy in your everyday life, and there are 11 different versions of it. I had a chat with the sexologist who has written the first and only Norwegian book on masturbation; Annie Tønnessen.

Better health from orgasm

Tønnessen explains that the brain receives impulses all the time, and that this also happens when you masturbate, have sex, or experience sexual pleasure. “The hormones initiate neural signals to the genitalia that releases dopamine, while the level of the hormone oxytocin increase,” she says.

Oxytocin is a hormone that activates the part of the brain where emotions are controlled. Oxytocin is also called the Love Hormone

because it is released when you have sex or get eye contact from someone you are extra fond of. Dopamine is a happiness hormone that gives increased sense of well-being and joy, which makes you smilingly happy. “For men, ejaculating 21 times a month could reduce chances of prostate cancer by 33 percent,” Tønnessen explains.

There are many factors which play a part when it comes to the orgasm. Actually, your own confidence all the way from when you

were a child can affect your sexual pleasure! “To explore yourself is to learn to know your own body. To improve your self-image from when you were a child can have a large effect on orgasms.”

The four stages of orgasm – This is what happens to the body

The excitement stage is the first step of the orgasm. You simply get horny, or aroused, and the body prepares itself for sex and masturbation. The excitement stage can differ from person to person because people don't necessarily like the same thing. Some get horny by being close to someone they are sexually attracted to, while some can reach arousal by fantasising or watching porn. Regardless of your preferences, the body prepares in the same way. In Tønnessen's book, “Om onani” (About Masturbation), it is explained that men get a stiff penis, enlarged testicles, and small amounts of liquid will exit the urethral opening. A woman will become wet, and get stiff nipples, and a stiff clitoris with enlarged outer and inner labia. The cervix will retract upwards and the vagina will expand to “receive” a penis, or a sexual aid.

The plateau stage is the phase where all the tingling and emotions build up to climax. Now the penis is at its largest thanks to the erection. The head of the penis changes colour to a deep purple hue and the testicles retract. Women also gets a change of colour when the inner labia turn deep purple, while the vaginal cavity tightens, and the uterus and clitoris is lifted even further up.

Orgasm stage - This is it! The orgasm reaches its crescendo and urges are uncontrollable. The outer labia spasm with three to twelve contractions in the musculature with intervals of 0.8 seconds. There is a possibility of a squirt being ejaculated. The man first reaches the emission phase where the seminal vesicle, vas deferens, and prostate is contracted. The inner urethra pushes outward with intervals of 0.8 seconds. Furthermore, seminal ejaculation happens in three to four waves. Now the orgasm is at its peak!

In the relaxation stage all involved genitalia and erogenous zones revert to their starting points, and it is time for relaxation. At least for men, who need more time in the relaxation stage than women, who on the other hand can reach several orgasms back-to-back. In the relaxation stage there is often the need for relaxation and sleep. The

body has just released feel-good hormones and one can enjoy a high of dopamine.

Orgasm in couples

Tønnessen refers to new research that shows that knowing your own sexuality leads to a much better relationship to your partner. “Improved personal sexual health leads to a better relation to another human being. A lust for more increases when one gets an orgasm,” she says.

The first step is to have good communication, tell your partner how you like to be touched. “All too many forego lube, regardless of age. Use coconut oil from REMA 1000, it is cheap and good.”

She continues to say that some women struggle to get wet, and then the partner assumes that she is not horny. Annie explains that this is not necessarily the case. If this happens, lube can make the session a better experience.

Are there differences between genders?

“It is fraught with shame for women to want a lot of sexual pleasure and orgasm. I experience meeting a lot of female clients who consciously limit themselves sexually,” Tønnessen says.

Norms put boys and girls in boxes, also when it comes to sexual health. From the olden days women were supposed to be “pure”, which was measured by whether or not she was a virgin. Even though modern society has liberated women, these types of societal norms still cling on. This can push women to limit their sexual activity, often out of fear of being “slut shamed”. “It has always been said that men have more sexual urges than women. Despite that, I meet clients with erectile dysfunction all the way down in their twenties, in the same way that there is a lack of sexual urges for some women.” Tønnessen says that lusts for orgasm pertains more to age, stress, medications, and pressure.

What is a stressed student to do if the lust for orgasm declines?

“Discover and explore your erogenous zones, they stimulate lust,” she says. Find the source of stress, and work on techniques for handling stress. When the stress declines, lust will improve.

Eleven different types of orgasm – briefly presented

Women can experience clitoral orgasm, kissing orgasm, anal orgasm, g-spot orgasm, and cervical orgasm. It is possible for both sexes to imagine themselves to a fantasy orgasm, without any need of physical touch. Orgasms from erogenous zones are also common ground, like nipple orgasm. Therefore, the different types of orgasm will vary in numbers for each person, because we have so many different erogenous zones. Multi-orgasm, also called full-body orgasm, can give you both spasms and make your eyes tear up. The orgasm most men refer to is the orgasm that gives both orgasm and semen at the same time. “For men orgasm is spasm in their body and ejaculation of semen. Therefore, men can achieve a type of orgasm where semen isn't produced,” she says. Men can also have a prostate orgasm and anal orgasm.

No matter what orgasm you get, it will give your body positive hormones and confidence. Happy orgasm!

ÅH,
YES!
AH, AH
OH
YEEES

I'll take you to the Candy Shop

TT tests: ToyParty



Bonnie Sutherland
Journalist



Tuva Hebnes
Photographer

We arrived late in the evening, as the rest of Ski Storsenter's fluorescently lit hallways were empty. The fine ladies at Kondomeriet graciously invited us into the store, which is strategically located in a discreet corner of the mall. As we stepped inside the store, the metal door was rolled down behind us. A small table was set with a tablecloth and filled with plastic wine glasses, bowls of chips, and thematic candies: ChoClits and After Dinner Willies (dark chocolate in penis form). The store manager Camilla introduced herself and her "right hand lady," who quickly interjected, "But you know, not like that!" The joke set the scene for a casual and fun evening, free of the risk of judgement.

Cliteracy (Clitoris Literacy)

Kondomeriet's current campaign is called *Vi Onarerer* (We Masturbate). Its goal is to break down the taboo around self-pleasure, especially for women. 45% of women report masturbating several times a week, while 82% of men report the same. Kondomeriet sees this as a barrier to equal enjoyment of the effects of masturbation: stress relief, pain relief, naturally antidepressant, and sleep-promoting! Our host emphasized that there are no negative side effects of masturbation, only positive.

Camilla presented a kind of medical replica of a clitoris. No, I was not clear over how it looked - like a wishbone. The visible part

we're more familiar with is at the center point, and makes up about 10-25% of the organ. The rest wraps around the labia and vagina. Camilla explained that the clitoris has even more nerve endings than previously thought - now the total is up to 10200.

Womanizer

Prominently displayed around the store is the Womanizer, and rightfully so. It's the bestselling sex toy among women. Womanizer's patented "Pleasure Air Technology" can feel like a vacuum, by blowing air out of an area surrounded by a kind of silicone lip. The idea is to increase blood circulation, so it ends up stimulating all of the nerve endings. To compare, a vibrator stimulates around 2-3000 of them. And there's a version for penises too! Having known some boys in high school who put their dicks in actual vacuum cleaners, this seems like a big step up. This version was aesthetically manly in black silicone. It reminded me of a gun, with a barrel on top, which twists open almost like a holster. The company decided against the name "Manizer", choosing instead "Arcwave".

Fleshlight

While the Pleasure Air Technology may eventually win over as many men as it has women, the top selling item for men is still the classic fleshlight. The thick silicone opening leads into a very wiggly shaft, which is fitted into a hard plastic shell. It's soft, it's cushy, it's hygienic. You can even get warming sticks which make it a nice 37.5* in about 10 minutes. We were introduced to a concept called "Clone A Pussy". It's an at-home kit where you make a silicone copy of a vulva (your own, or whoever else's) and put it on your customized fleshlight. Is the inside a copy too, you might ask. I did ask. But no, it is, as you may understand,



logistically impossible to do that. The inside is either standard or chosen sets of grooves and bumps.

Sex games

It was time for unbridled competition for a special prize. First up was tossing the pink rings onto dildos with suction-cup bases. There were a variety of colors and sizes represented, not that it made the game any easier.

Next we were going to flip either a suction-cup dildo or a suction-cup butt plug à la Bottle Flipping trend of 2016. The purple dildo had a kind of wiggly heft to it which landed on the counter with a satisfying fwap! The smaller rubbery buttplug was

easy to toss into the air, but easier to sail across the room than land on its suction.

Finally, we taste-tested several lubricants. I thought they all tasted sweet and fruity in a non-specific way, but others had more sophisticated taste. Celine and Matthias had exquisite tasting abilities and each won a bottle of flavored lube.

Finale

Kondomeriet has something for everyone – “gag” gifts like you might give to a bachelorette, leather bondage accessories, condoms, sexy outfits, and vibrating toys of every kind. There’s equipment for self-pleasure, and there’s equipment to enhance the experience with a partner. If you bring

in old vibrating sex toys, you can get a 20% discount on a new vibrating toy. Students also enjoy a 20% discount! If you are less than happy with your toy, their orgasm guarantee allows you to trade it in (within 30 days) for a toy more to your liking.

The people at Kondomeriet know their shit. Peek behind the counter and you’ll see they have a thousand sample toys ready to show you. The store offers toy parties free of charge, to any kind of group, and are flexible on working around a suggested theme. We experienced our ToyParty as relaxed, entertaining, and enlightening. Highly recommended ;)



TT Taboo: Porn

I was 16 years old and had just gotten together with my first boyfriend. I decided that I was ready to have sex, but I was worried about my inexperience. So, I prepared in the only way I knew - by watching porn.

Bonnie Sutherland
Journalist



Rebecca Øistad
Illustrator



On a Friday night not long after, we were making out on the couch in his basement. Harry Potter was on the TV, a cover-up because his mom was upstairs. It didn't take long until we were naked. Skin on skin, on scratchy woven fabric.

My mind raced back to what I'd seen in the videos. I was so nervous about what to do, what to say, if I was saying enough, or if I was too silent. Most importantly, if I looked sexy enough, that I forgot to consider how I felt.

In the heat of the moment I said, "You're so big." Just like I'd heard on Pornhub. He stopped abruptly and stared down at me. "Don't ... say that." I was petrified. He had caught me in my act. Suddenly it was obvious that my entire performance was copied from porn. Unfortunately, it's all too common for people to imitate porn in real life, especially young people.

Mimicry is natural

Some say human culture spreads and replicates through imitation. Babies watch their parents speak, walk, eat, and by mimicry, learn how to be a person. We learn new behaviors by first watching someone else perform that behavior.

But sex is one human activity that is notably different. Kids don't watch their parents model sex to learn from them. Nor do we learn sex in school or any other public arena. Sex is generally

something youth must figure out on their own, with some help from outside sources. Luckily there are several such sources – gossip from friends or an older sibling, movies, and TV shows, porn - widely available, on any device, for free. Of these, porn is the most credible resource with large potential for imitation. There's an endless library of people doing it, and it's conveniently videotaped. Watch and learn.

Most respondents felt that they were influenced by porn before they started having sex. For many, porn was a negative influence, either scaring them away from sex, or giving them a certain idea of how sex should be. Several responses stated that porn made them believe that during sex, the focus should be male pleasure. Other respondents were positively influenced by porn before they made their sexual debut. Some wrote that they were able to explore what they found pleasurable, find what turned them on, and explore their boundaries before they eventually had sex.

But is porn even realistic? As ThePornConversation.org says, "porn is entertainment, not education!" Videos are edited to have the best entertainment value. They seem continuous, but the shooting takes place over several hours with breaks in between. Foreplay is often edited out to make the videos shorter. Aesthetics are put before anything else. It's not designed to be a tutorial.

Is it necessary to learn sex first by watching? Sex may be one thing all humans have the innate ability to figure out, without mimicry. Philosopher Rene Girard may not have had sex on his mind when he wrote his mimetic theory of desire, but it rings true for the existence of porn. He wrote, “Man is the creature who does not know what to desire, and he turns to others to make up his mind. We desire what others desire because we imitate their desires.” Humans may be able to figure out sex itself, but we like to be shown what to desire.

Responses to the survey make it clear that we often use porn as a source of material to mimic in real life. Most common was mimicking positions in porn, using it as a source of inspiration. Several respondents also mentioned themselves or their partners mimicking the vocabulary and vocal style they hear in porn, like moaning more than they naturally would, screaming, or “sexy talk”. Some felt they were putting on a performance, copying the behaviors of porn stars. Others wrote they or their partners exhibited attitudes often seen in porn, such as the man dominating or talking down to the woman, slapping or choking, fast and rough sex with most of the attention on male pleasure.

A repeated response was “expectations.” Vague, but important. We’re familiar with the long list of expectations: The participants must ejaculate every time - especially the man. The woman will be sexually excited even when little or no attention is paid to her needs. A penis will get hard immediately and stay hard for the duration of the act. A penis must be large. Et cetera. The fact that respondents used the single word “expectations” shows how implicitly long and universally experienced the list is.

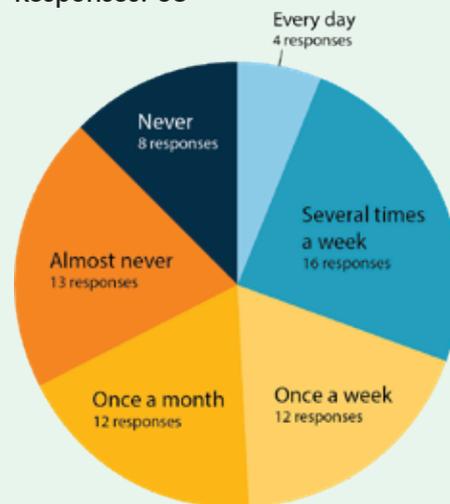
Preferences

Almost half of respondents answered that they had a category of porn which they sought out. Additionally, a majority answered that their interests are represented in available porn. It seems that the nearly endless internet contains something for everyone, even if it can be difficult to navigate around so much unwanted content.

It seems that people find what they like in porn after trial and failure, similarly to real life sex. Half of survey respondents watched porn before age 16; they’ve had time to find what they like virtually and physically. Many wrote that porn affected them most when they were young, then less as they became more experienced and comfortable.

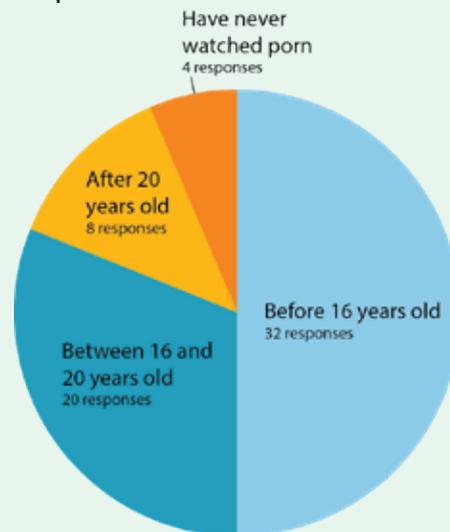
How often do you watch porn?

Responses: 65



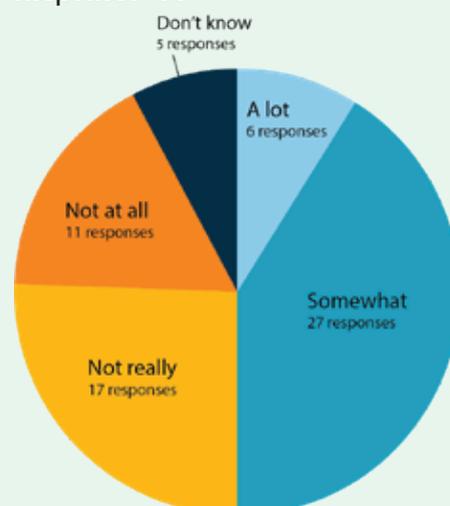
When did you first start watching porn?

Responses: 64



To what extent do you believe that porn influences the way you have sex?

Responses: 66



Shame

About 62% of respondents felt shameful when watching porn, even though 90% consider it normal to watch porn. When asked how they felt about their partner watching porn, 71% responded “good for them,” while 9% said that it feels wrong, and 19% weren’t sure. There could be shame from feeling that we aren’t good enough for our partners - not sexy or adventurous enough - but this is based on the unrealistic ideals of porn.

At the time of writing, a few of the top video titles on Pornhub include “creampie”, “licks all the cum”, “horny bitches”, and “fucking my stepmom.” In general, stepfamily members and teens are mentioned frequently. Everyone has different fantasies, but there’s a difference between an adult dressing in a schoolgirl costume and child sex trafficking.

Countless videos featuring nonconsensual and illegal content have been posted on Pornhub and other sites. Even if it gets removed, someone else can reupload it. For the user, it’s impossible to tell whether it’s abuse. Regardless, we shouldn’t have to ask.

I wonder if it’s simply the taboo of masturbating, or if we are troubled by consuming something that we know is unethical. We may feel shame in getting off by watching someone be degraded, not knowing if they have chosen to do this, or under what circumstances. I can’t say for certain why so many feel shame – you should discuss that at the dinner table. But I can say that there are alternatives to mainstream porn which can be ethically produced and may alleviate that shame.

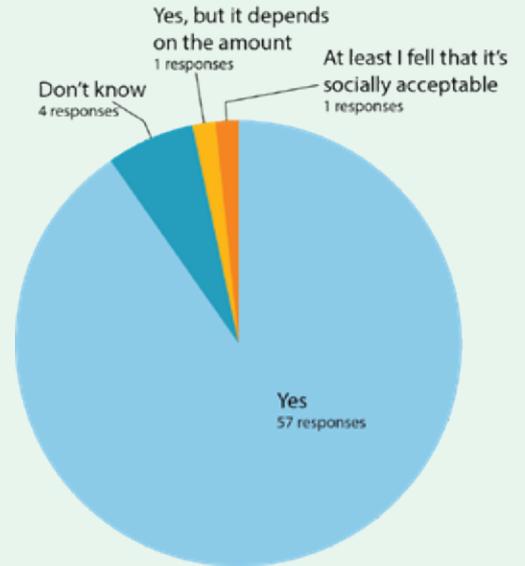
Ethical porn?

Ethical porn simply means the actors are treated fairly. A whopping 63% of respondents have not sought out alternatives to mainstream porn, such as ethical porn or OnlyFans. Several respondents wrote positive feedback, that it feels better to consume ethical porn. Others seemed unacquainted; some were uncertain if the word “ethical” made any real difference.

A simple google search will get you started. One popular site, Bellesa.co, is “porn by women: the premier destination for all things female sexuality.” They have a “pay what you want” subscription model with some content available for free. In addition to videos and written erotica, they sell sex toys and even have a few blog posts. They also have standards around performers of legal age, no incest, transparency between directors and actors, safety, and communication.

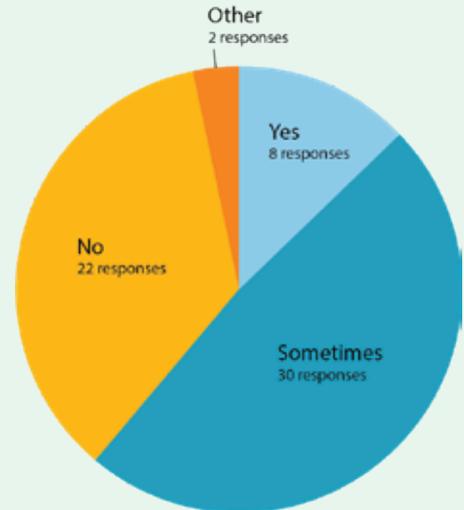
Do you think it is normal to watch porn?

Responses: 63



Do you experience feelings of shame in relation to watching porn?

Responses: 62



How does porn influence the way you have sex?

In the past it has influenced my perception of sex and body image

Positions I want to try. Expectations to body and looks. Moaning and satisfaction

Makes me feel a bit guilty that I am not more explorative with my partner

Do you feel your sexual partner is influenced by porn?

Expectations that women can cum/get pleasure only through penetration. Too much focus on the male in porn and completely unrealistic in how women best have sex

Yes! Some positions are taken straight from porn and not actually pleasureable...

I think many believe something is good because of this. Like slapping and choking. Everyone has different taste. And that some believe it is very easy for women to have an orgasm because it is portrayed like that in porn.



Another example of ethical porn is the site Make Love Not Porn, which could fit into the category of amateur porn. The content is made by regular couples, who then receive half of each rental price (50 NOK per video). To post a video, the site requires an introduction video and two forms of identification from each participant. The site emphasizes that you can still find spicy videos there, but it's always consensual.

Other examples are paid sites like Lust Cinema, Sssh.com, the audio-based Dipsea (offering free trials), and Audiogasms on Tumblr (for free). Plenty to choose from. (Note: these are only examples. Do your own research!)

OnlyFans has taken the world by storm, now with 170 million users and 1.5 million creators. Respondents were unsure whether OnlyFans can be considered fully ethical. Some wrote that it feels creepy to have such a direct link to those who consume the intimate content. Others were concerned about creators joining without being clear on potential consequences, especially how the ease of posting and the normalization of the platform affects young people. On the other side, respondents wrote that it could be a good source of income and give power to the creator rather than middlemen.

The average OnlyFans creator has 21 subscribers and makes about 1500 NOK per month. The platform takes 20% of the creator's earnings, which is still lower than other porn platforms. The average subscriber is male, married, and 35-44 years old. OnlyFans' popularity has magnified the conversation around ethical porn. The arguments surrounding OnlyFans are incredibly relevant to the rest of the ethical porn industry.

Go forth and watch porn

Even so-called ethical porn can promote the same types of harm, so when you consume porn, take it with a pinch, or a handful, of salt. Be conscious of the entertainment value of the porn, and the mere presence of a camera means that it's never going to be as realistic as the real world. And if you haven't already figured this out on your own, allow me to give some free advice: You don't have to sound like you're in a porn video when you have sex.

Porn, in its various forms, has existed for as long as we can trace. It's here to stay. We look to others to find out what we desire. Honestly, it's hard to just close your eyes and imagine something sexy. If it was easy, we wouldn't need porn. The industry has always been evolving, both regarding new technologies and social attitudes. We may be in a porn revolution right now! Go forth and find pleasure.

Saturday September 1st, 00:40

M runs through Oslo Central Station and onto platform 17. She is not known for being in a hurry, but today she lost track of time when she suddenly found herself heavily making out with that handsome guy at the bar.

M walks to the carriage at the end of the platform, where there is no one to be seen. She is still extremely horny after the make out session and thinks that now she can just as well take care of herself. She sits down at a three-row of seats, puts on a seducing song, closes her eyes and starts dreaming back to the hot guy from the bar. She dreams about his delicious lips kissing her down the neck. His hands slithering down her body, and find their way to her waistband. She almost trembles from the pulsation between her legs. She leads her fingers down her stomach, opens up the fly and takes her fingers down to the pulsation.

M moans to herself, her head is back to where she was an hour ago. Suddenly she is torn back to reality when the train door opens, she pulls her hands to herself. A tall guy with dark, curly hair enters the carriage. She suddenly sees that it's the guy from the bar! He walks with determined steps towards her. She looks up at him with a surprised but sensual look. He throws a glance down at her open fly. "Do you need some help?". He sits down next to M and puts one hand behind her neck, before his luscious lips meets hers.

M throws her leg around his legs, so she gets up on his lap. She kisses him over the neck and down his muscular body. He leads

his fingers down her stomach and in under her pants, just like in M's dream. They both moan in unison. M touches his tight pants and opens the fly. "I want you here and I want you now".

They both push their pants to their knees. She adjusts herself on top of him, thrusting back and forth. It feels great, he pulsates and grows bigger in contact with her. She is not far away now, her breath gets quicker, her body feels warmer, and she feels wetter between her legs. The moaning gets louder and as she is reaching climax, she lets out a scream of joy. Even if their ears are disconnected from the outside world they hear "approaching Ås station". They put their pants on in silence and walk towards separate train doors.

- Written by anonymous



Celine Våga
Illustrator



Sofie Palmstrøm
Translator

Libra

September 23rd – October 22nd

Pluto enters the horizontal sphere and will with this encourage you to explore the dark corners of your attitudes towards relationships. This is a unique opportunity to examine yourself from a new perspective. A new era of openness to others is upon us, so embrace it and they will embrace you.



Sagittarius

November 22nd – December 21st

You've got the feeling that someone is playing tricks on you, or that someone is trying to trick you. The planets are out of balance, creating problems for you this month. Your insecurities may push you to take action but be careful; don't rush words that can never be taken back.

Scorpio

October 23rd – November 21st



An inner force directs you this month, to make changes in a current relationship. The constellation of the stars encourages you to really have a look at your recent utterances and find their roots. This is your chance to do something about them!

Capricorn

December 22nd – January 19th

You may think you are a hot billy goat, but this is not necessarily true. If you have tried to trick somebody this month, then you will find that Uranus is getting in the way of all your future progress in life. To get yourself back into the right orbit, you must win back the forgiveness from the offended party. The easiest way to do this is to serenade them in public. As Gandhi once said, "karma is a bitch."



Aquarius

January 20th – February 18th

The heavenly bodies bring with them an understanding of why you want to attract a special person in your life. You will discover two conflicting motives at work in one of your close relationships: both that you want to have them and not have them. Rise above wild emotions and avoid getting too involved.



Pisces

February 19th – March 20th

Even if this month you have no idea what to do with one of your relationships, the moon will once again become clear and help you understand your role in the challenge - it may seem impossible to do anything about the situation, but when the time is right, you will know what to do.



HOROSCOPE

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HOROSCOPE



Signe Aanes
Illustrator



Aries

March 21st – April 19th

The planetary atmosphere brings great opportunities for you. This is your chance to better get to know someone exciting. There may be a lot of competition for the attention of the lucky one, but your triumphant combination of looks and brains makes sure you get whatever you want! But remember: Let passion guide you in your choices this month, and the world will be yours.



Gemini

May 21st – June 20th

This month, chances are that you are abnormally and powerfully attracted to someone who you can't get out of your head. The orbits of the planets have created an atmosphere that makes you powerless, where you will do everything you can to get that person's attention. But be careful and keep steady; if not, you may end up scaring them away. After all, not everyone is someone you should flirt with...



Cancer

June 21st – July 22nd

Either you want it all, or you want nothing! This month, the stars will help you balance this tendency. With time, you will realize that this strong reaction is not helpful in your relationships. You will also see how often your mood causes problems for you this month.



Taurus

April 20th – May 20th

The celestial configuration makes this month particularly special for you. Your romantic interests and close friends are especially loving and caring, and they will go above and beyond this month to make you happy. If you are looking for love, this is the right time to meet someone new. Try your hand at themed bodega nights, as the people at these party nights often are on your wavelength.



Leo

July 23rd – August 22nd.

The sun and moon will this month help you accept love on a more realistic level. Your relationships are usually an adventure into the unknown, but when the adventure starts to become mundane you feel the urge to escape completely, or find yourself a new adventure. But this month, the universe will put your love life into perspective, so that you can also approach love in a new way.



Virgo

August 23rd – September 22nd

You tend to stay in difficult relationships and situations much longer than what is necessary. The stars of the sky will this month make you realize how destructive and harmful it is to the soul to hold on to things that should be let go of. Listen to your body when it wants out and away from painful situations. You must develop more compassion for yourself and allow yourself to change when and if necessary.



The 18 best spots to have ~~sex~~ at Samfunnet

Most students at NMBU have a good relationship to Samfunnet. With a huge building and so many nooks and crannies, however, one is forced to pose the question, "where are the best places to have sex in at this place?" Armed with blueprints of the building, precious knowledge from 20 years of TT articles, and last but not least the sexpert Vegard, aka the Love Translator, we will finally answer the one big question in life.



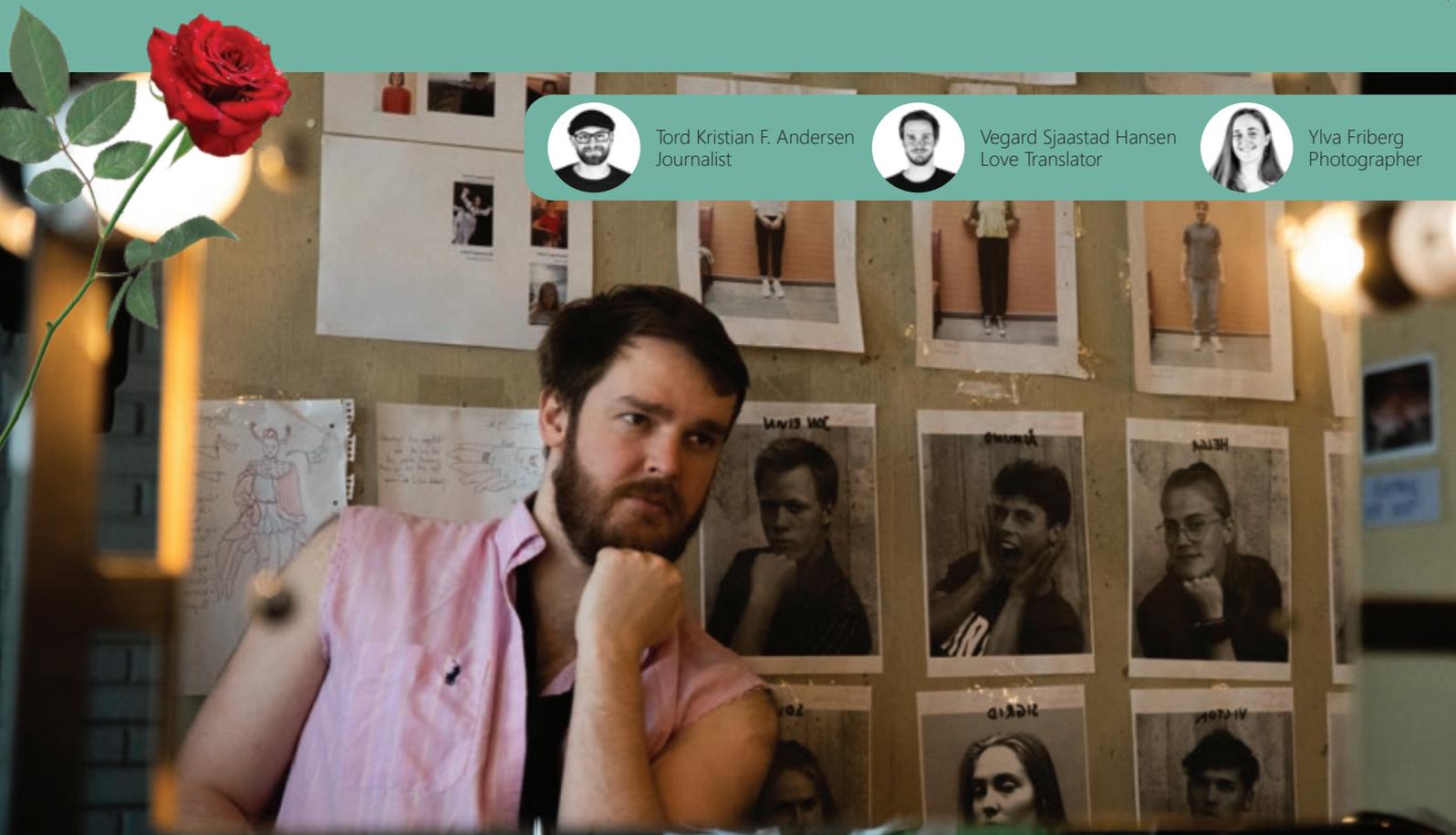
Tord Kristian F. Andersen
Journalist



Vegard Sjaastad Hansen
Love Translator



Ylva Friberg
Photographer



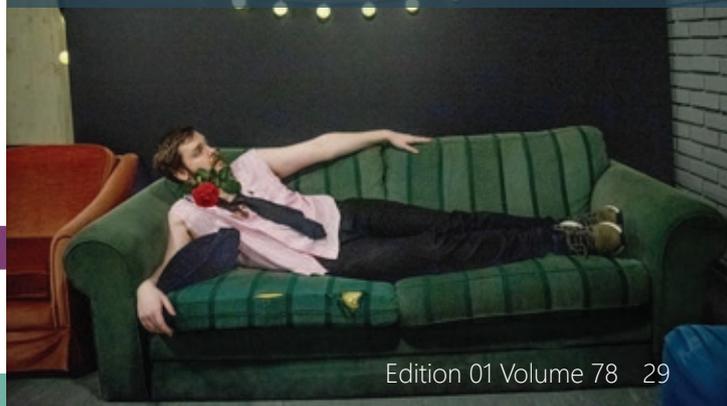
Aud.Max.

Ouf, this was cold, hard, and damp! Aside from it being very easy to be discovered, the area is huge and *cough* might make other things seem small in comparison. Tuntreet gives it a thumb down.



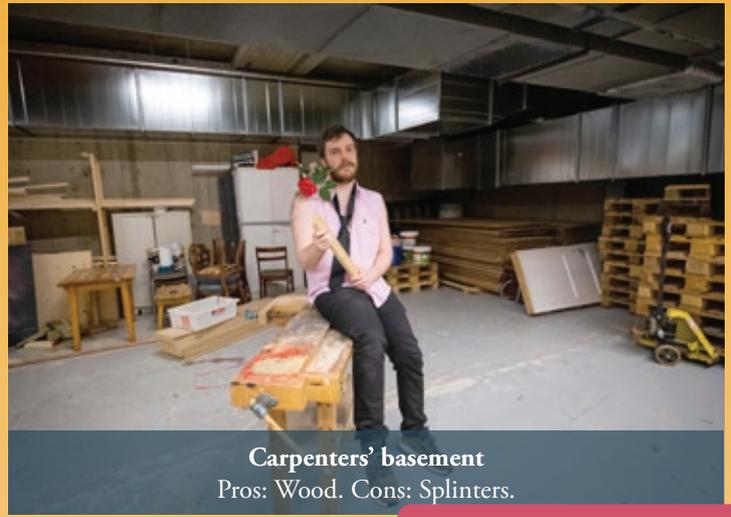
Backstage

Do you have an artist in you? Find your inner entertainer backstage, and add yourself to the line of countless stars that have been and are going to be at Studentsamfunnet. Just remember to sign the wall before you leave.

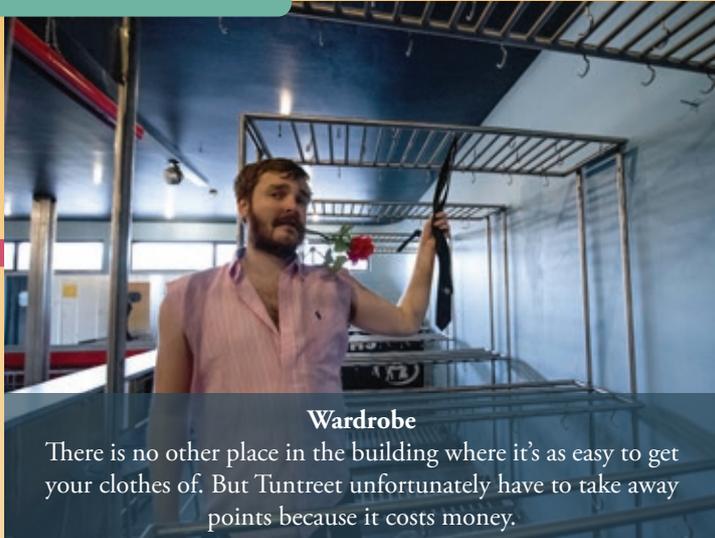




Costume attic
Perfect for roleplaying.



Carpenters' basement
Pros: Wood. Cons: Splinters.



Wardrobe
There is no other place in the building where it's as easy to get your clothes of. But Tuntreet unfortunately have to take away points because it costs money.



The old liquor cabinet (closet)
Rumoured to be an exclusive and tight arena, as long as you have a key.



Circle-jerk in the Bodega
Do you have what it takes to service Samfunnet's own special gloryhole? Here there will be a loud mood, with a mix of associations and unions. Everyone is welcome!



Photo studio
This is the place for those interested in voyeurism! Apart from the feeling of being watched you have full overview of Aud.Max. without being perceived in return. If shadows are dancing in the windows, it can only mean one thing; you'll have to wait your turn!

Toilet
Great if you want to feel like a dirty little boy/girl, but a somewhat long line.

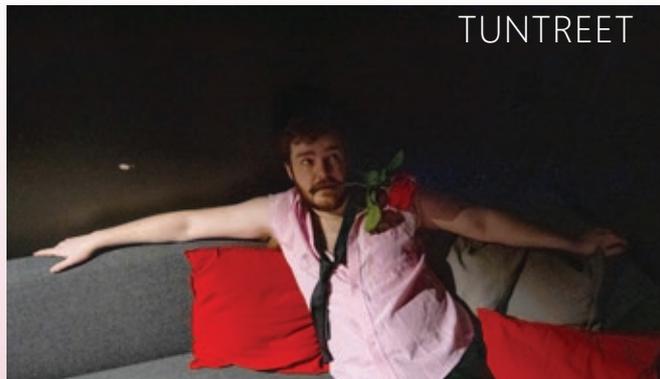
Behind the stage curtains
Do you like it technically? Are you looking for that electric tingling? Crawl in behind the stage curtains. Here you can even keep up with the lecture in statistics! Just make sure not to touch the button that lifts the screen...



Make-up attic
Perfect for make-up sex.



NU office
Business AND pleasure.



Make-out corner in Johannes
This place is 20+, so if you are looking for someone more mature, this is the place to be.



Radio room
With one of the best sofas at Samfunnet and a colourful and erotic red wall it is easy to get in the right mood. Just think of all the erotica read here.



On the roof
This was cold! But the view is iconic, and especially romantic. This isn't acrophobia, it is acrophilia! You are well hidden with a beautiful view.



Broom closet, Lærken
Vegard gives this a 10/10, but reminds us that this room is only for Lærker.



The elevator
Are you looking for a moving experience, then the elevator is a good option. Here an exceptionally intimate atmosphere is offered. The elevator is a good place for a quickie, with just the right amount of slowness. But we will have to deduct points for a maximum capacity of only 6 people.



Football room
This room will, despite not pertaining much football anymore, ensure the interest of everyone fond of balls, with its pool table centrally placed.

After trying all the different places, the envoys were exhausted, but ensure that the only limit is one's imagination. Are there any spots we missed? Submit them to post-box 1211. Good luck!





Two Litago With

Tord Kristian "F." Andersen

Bespectacled, bearded, and a sixpence atop his head, we find Tord in his second home: The office of Tuntreet. Here he sits comfortably planted in the brown leather sofa, surrounded by countless issues of Tuntreet from the past years glued to the walls. To him, this room contains many past memories of articles, meetings, friends, and ideas. On the table we find his favorite drink: Litago! A drink he has consumed copious quantities of during his time here in Ås. We start off the interview by giving him a Litago toast before Tord tells us about his adventure at Ås.





Marie Tjelta
Journalist



Elina Turbina
Photographer



Tuva Hebnes
Photographer



Kjell Ertesvåg
Translator

The Art of Capturing a Moment

He grew up in Nesodden, a rather strange place outside of Oslo. To live so close to the forest and the sea had an effect on him growing up. “Ås is so claustrophobic!” Ever since he was little he had two interests that are worth bringing up: Hats, and photography. Tord used hats and caps ever since he was in primary school. “I found my first hat outside my home, and since then I’ve been using headwear. I still have that first hat.” His interest in photography goes back as far as he can remember. “I’ve always been taking photographs, so for me it sits at the top of Maslow’s hierarchy of needs.” Taking a picture, for him, involves freezing a moment in time. “It’s a bit like visual poetry. I’ll always have that memory to go back and look at”.

You’re Allowed to Change your Mind

After a year in the photography class at a folk high school Tord was ready to embrace the student life, but it took a few tries before he found the right path. He tried out both geosciences and archival science in Oslo, but they weren’t the right thing for him. It’s a bit ironic that both of these times, he had NMBU as his second alternative for which university he’d apply to, so the third time he took a chance and made it his first choice - this turned out to be his final home.

When Tord came to Ås he was determined to focus on nothing but his studies, since it was the most important thing of all to finish his education. This didn’t last long. Already in the buddy week he was introduced to Tuntreet. He crashed down on the sofa with a friend of his and, when he woke up, he had a chat with the previous head of photography, who got him in touch with the newspaper. To begin with it was only an excuse to take photos. “When I saw the shelves in Tuntreet for the first time, I didn’t find it all that interesting actually.”

Now that he looks back, it was a pleasure for him to leave his comfort zone and try out something he was unsure about. “You’re allowed to change your mind and enjoy things more than you thought you would.” The student newspaper would turn out to mean much to him in the coming years.

One thing he still hasn’t tried to this day is any of the student associations. Despite the similarities to the caps worn by Rævne, Tord admits to being a BÉtrayer, and doesn’t partake in the association either with their songs or the social events. “There are some who think I am in Lærken anyways,” he chuckles.

His Greatest Love in Ås

“Tuntreet is my first and greatest love in Ås.” This edition is the 45th one he has contributed to. The fact that he is now a fifth year student of geomatics probably has more to do with his wish to contribute voluntarily, rather than doing his master. Initially the plan was to run for office to become the editor of Tuntreet when he was still doing his bachelor, but when he was encouraged to become the editor for UKA 2020, this plan was postponed. The natural solution was to keep working on his master so that he could apply to become the editor the year after. “I’m going to spend the rest of my life working, I can only do this now,” Tord said, reflecting over his choice.

Covid: The Most and Least Fun Time of His Student Career

In the middle of the preparation for miniUKA, the covid pandemic hit. Tord describes the first few weeks and days as being pretty fun. “We basically watched movies the whole day.” As the weeks turned to months, things got worse. In hindsight he still thinks it was a miracle that they still managed to arrange UKA. “I constantly waited for them to cancel it, but it never happened.”

Immediately after UKA, Tord was chosen as the editor for Tuntreet. To him it was important to make choices for the right reasons, and being the public face of Tuntreet was something he took seriously. Tord tells us there were times when he lay dead flat in his bed without any motivation to get up, but it was his responsibilities at Tuntreet that got him out.

Tuntreet was critical for Tord to stay on course during the covid period. Not everyone had an opportunity like this,



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TWO BEERS

especially in the Spring of 2021. Tord was perfectly aware that this was “a touch of normality that the rest of the student body never had.” Considering that Tuntreet wasn’t dependent on physical events or meetings, the newspaper stayed active like it normally would in an otherwise abnormal student environment. “In many ways I was at the right place at the right time, at the wrong time.”

An Old Soul

Tord brings out one of the thick books from the shelves of the TT office. He moves the glasses further down the bridge of his nose, and browses through the large pages. In the midst of Tuntreet’s 75 year anniversary he decided to cover all of its history, but where to begin? Why, by reading all 800 editions they’d published, of course. Later on he also became the “unofficial” archivist at Samfunnet, when “archivist” isn’t an occupation anymore.

Tord thinks out loud, “for me it’s like making a time that doesn’t exist anymore come alive.” He feels that the archive of Samfunnet and Tuntreet are way too interesting to be forgotten. “If noone writes it down, it’ll be forgotten!” He has had an interesting insight into the everyday lives of students going back 75 years, and has realized that students are students, now as much as ever.

A Journey of Self-Discovery

After finishing his time as the editor he originally planned on taking to the back seats, but that was before he had taken a look at UKErevyen. “I’ll admit that I snuck around quite a bit behind the scenes during the revue of UKA 2020.” The turning point came when he interviewed Halvor Holtestaul for Tuntreet, who’d been a revue actor and writer for many years. Holtestaul said that being in a revue “was the most fun thing I’d ever done.” Tord submitted an application, and got a job as a head writer. In the aftermath, he describes his revue time as “exhilarating, but exhausting.” He goes on and says that the revue block is a whole different thing. “They work insanely hard, way harder than UKEstyret would ever understand, and it’s a bit ironic to think that UKA has traditionally been a cultural festival, and not a concert arena.”

Despite the hard times, Tord is glad to have thrown himself at it. He describes himself as

a rubber band, that the band is pliable and you can push your boundaries, so long as it doesn’t tear. “It is a privilege to challenge ones own boundaries.” Tord is actually an introverted type who doesn’t speak loudly among others, so for him, working voluntarily at Ås has been a journey of self-discovery. “There is a difference between studying and being a student.”

Three Touching Moments

Tord is not an easily moved guy, and it’s not often he feels touched. But he has three distinct memories that can be brought up. The first time was when he won a Tuntreet Oscar prize for Tuntreet for the best set of photos during his second semester. He described it as a moment when he really felt that he’d contributed something to Tuntreet, and wasn’t just there.

The second time was during the 75th anniversary of Tuntreet. An editor for Tuntreet from the 70’s pushed through the crowd to praise him for the historical work he did, and that he’d covered the 70’s as well. “It’s the greatest compliment anyone can get... to have written about something as it was, when you weren’t there yourself.”

The third time Tord felt moved was during UKErevyen, when when the final line of the student premiere was said. “What I’m left with is not what I’ve done, but how it made me feel.”

To round things off, he asked us why Tuntreet wanted to have a Two Beers with him in this special issue about sex. “Then I realized that I’m obviously the greatest sex symbol of the university,” he said with a smile in the corner of his mouth. Well well, nothing wrong with his self-confidence at least. Either way, we wish Tord the greatest luck forward in his life anyway.



Greetings

Hey dude!!

Now we're here, after 4.5 years with you in TT, and it is YOUR turn to get Two Beers. It is only right that you get your own pages, dedicated fully to you, because it can't possibly be anyone who has been as dedicated to Tuntreet as you.

Your countless hours at the TT office must not be forgotten. Nit-picking details in Photoshop only we would know about. Infinite stacks of TT-archives with notes poking out of them. Frantic writing on last minute leader and articles. Chatting in appropriate and inopportune moments. Nintendo Switch and Mario Kart. Your hysterical funny snaps, keep it up. Anecdotes, stories, film (especially LotR), historical facts about TT/Samfunnet/NMBU/NLH/you name it, brainstorming, hats, the list goes on. Did we mention anecdotes? Here we have one about you:

One early summer two editors are walking from Samfunnet to Åsgård elementary, in the middle of the plain, they encounter the newly hired Curt Rice. Tord introduces them by saying, "We are Tuntreet".

Tuntreet is more than just two editors, but you have had many of the remaining roles as well. You are a yes-man who is always there on short notice, and without expecting anything in return when one needs someone to lean on. Thank you so much for all you have done, are, and will do/be!

So until the next time we meet: what style of hair/beard do you have now? You never know with you.

Dear F.

We have known you For nearly two years (Helga have known you for Five years). It is a gift to have people around one self who are themselves as much as you are. Like Tom Medon, you deserve more screentime. You have a way of life that is so recognizable that we use you as a reference to explain how others behave. Therefore you deserve your own Fan-based wiki, and there the following articles would have been the most read ones: hats, Switch, Mario Kart, pre-drinks with the lads, F's Fanwikies.

"You are one of the strangest people I know" someone told you in lower secondary school. It is on point. Because who attends their own revue in a leprechaun suit?! You are like a hobbit. You live in your own little world, but when someone has to take the ring to Mount Doom, no one is more worthy. You don't live on lembas, but enjoy Litago for breakfast and second breakfast. Like Pippin, you spring through life, and you land with your feet firmly planted among good friends no matter what. You have a surprising amount of control, for someone with generally so little control. No one knows as much useless trivia, and that is just all too well, because that is what makes for revue and good memories!

Greetings KK

Tord. It is quite unbelievable that a guy can know so much, and yet so little. Tuntreet, which this is so poetically written in, has been important for the both of us. We met when I was recruited to drive the magazine around on campus, and you were going to help. A couple of years we lived together. When covid struck, it was basically the two of us who held down the fort at Mølla. I have no idea how many movies we saw, nor how many walks we went on in the relatively dull nature of Ås. I am happy to have had you on my team to push Tuntreet forward for that half year. You made the time during lockdown so much more bearable for me, just so you know. You are a good friend. One who cares about how others think. A smashin editor. And you have a terrible sense of humor, almost as bad as mine. So Tord. Two Beers. A milestone for a citizen of Ås. Congratulations! Thank you for lending me your sofa. There will probably be more hungover mornings and pancakes at nach the next 50-60 years. Well done! PS: bobby killed a guy.

Greetings Herman





A brief history: Male and female contraceptives



Marianne Skolbekken
Journalist



Ida Haraldstad
Translator

Contraceptive pills, implants, pessary, rings, injections and hormonal and copper IUDs on one side and condoms and vasectomies on the other. What's the reason for this skewed distribution of contraceptive methods between sexes? Is it because men reject the potential side effects? Or is the reason alternatives and possibilities, to give women the ability to choose? And what will the future bring?

Research, who made what?

It's easy to assume that all contraceptives for women were made by men, including the pill. But when you assume, you make an ass of u and me. The American woman, Margaret Sanger, was a nurse and, according to SNL, a pioneer in contraceptive work and family planning in the US and western Europe. She lived from 1883 to 1966, and was one of the people who, in 1921, started the organization we now know as the Planned Parenthood Federation of America. Sanger was a controversial figure who, according to many sources, stood for eugenics and lectured for the Ku Klux Klan. Still, many sources report that Sanger was not racist herself, but looked the other way when friends and colleagues talked about stopping black Americans from having kids.

Margaret Sanger was arrested multiple times for her work of spreading

information about contraceptives. She kept working, despite the resistance, and contacted Gregory Pincus, a biologist who later teamed up with Dr. John Rock, to develop a contraceptive method based on progesterone. But the lack of funds became a problem. Again, a woman was important for the continuation of contraceptive development, namely the insanely rich biologist Kathrine McCormick. She had inherited money from her husband and wanted to finance Pincus and Co.'s research. The research broke a lot of the ethical guidelines we follow today, e.g., Gregory Pincus conducted experiments with the pill on poor women in Puerto Rico who, according to Kvinnehelse.no, wanted to avoid pregnancy. Without deep diving into who made the other contraceptives, it is thought-provoking that one of the most discussed contraceptives, the pill, was a collaboration between men and women.

Viewpoints

The view on contraceptives, and abortion, have varied through the decades and between cultures. An excerpt from a Norwegian law from 1902, according to Kvinnemuseet:

Woman who with repellent measures, or in any other way kills the fetus in which she is pregnant with, or contributes to this, will be punished for abortion with prison for up to 3 years [...] Paragraph 245. Law of 1902.

The punishment for abortion was 3 years in 1902, which apparently were an improvement from the hard labor they were sentenced to before the law took effect. The contrasts seem large when you turn time forward 110 years to 2012 and the American organization Male Contraceptive Initiative write how male contraceptives can have a positive effect on the UN's sustainability goals:



“In this section (...) we illustrate the potential, incredibly positive impact that new methods of male birth control can have in achieving our shared sustainability goals”.

Attitudes around contraceptives will probably continue to vary in the future, and between groups in society. Science will at the same time make sure the selection of contraceptives is varied and give alternatives to people with different needs.

Women’s future: No longer test rabbits in medical development?

The contraceptive method of recording and analyzing the menstrual cycle to avoid an unwanted pregnancy has become more common. This might be because many find the side effects of hormonal contraceptives are scary. When the pill was developed, but still being improved, that time’s department supervisor of Kvinneklenniken OUS, Britt Ingjerd Nesheim, said that all women were in some ways the test rabbits for the contraceptive Pill (Kvinnehistorie. no 2017). Mood swings, the risk of blood clots, depression, hair loss, and fluctuations in weight.

A regular period tracker is an app that, by measuring body temperature and data you enter, can estimate the menstrual cycle and give information on when it is safe to have unprotected sex. By the way, the mathematical algorithm that tracks the cycle is made by a married couple, male and female, since we’re talking about collaborations between genders in science. Many health experts, including Steinar Madsen, a strategic director at The Norwegian Medicines Agency, advise against this form of contraceptive method. The method is not secure, seeing how menstrual cycles are unpredictable and irregular. Therefore, the increased risk of

unwanted pregnancy has to be weighed against the positive aspect of fewer side effects. Is this the secure alternative for the future, or is a new generation of women being test rabbits in the development of contraceptives?

Men’s future. More alternatives?

Research on new male contraceptives is constantly popping up in the news. Some of the headlines include “The Pill for men found 99% effective in mice» from NRK (2022), “This contraceptive gel can become a staple in a man’s toiletry bag” NRK (2021), and “Men get the Pill without side effects: That’s pretty fucked up” TV2 (2022). According to Aftenposten, a contraceptive pill for men has been researched since the 1970s. Many points to the fear of different types of side effects as one of the reasons behind the long development and research. A little curious when you look at the history of the development of the female pill. I, personally, am rooting for higher criteria for medical development. Because women have been given a poorly made product, with large-scale side effects, men “have” to

experience the same? No, it’s better that we research ways to create better alternatives (for all genders!) and continue looking at possibilities for male contraception. The alternatives from the news articles mentioned might not be the best answer, but they might be a step in the right direction?



3000 BC – Written sources regarding King Minos of Crete using goat bladder as something “condom-like”

1550-1850 BC – Honey and Acacia leaves were used in the vagina to block sperm cells in ancient Egypt.

End of 1800s – Condoms of vulcanized rubber.

1900s – Condoms and pessary (with modern rubber technology).

1920s – IUDs made of silver and silk.

1950s – IUDs made of plastic.

1956 – Larger tests of the contraceptive pill.

1960s – Culturally significant: The sexual revolution in the western world with the Pill as a symbol.

1967 – The Pill is first allowed in Norway.

1967 – France removed the ban on contraceptives with a new law. This law was not in full effect before 1972.

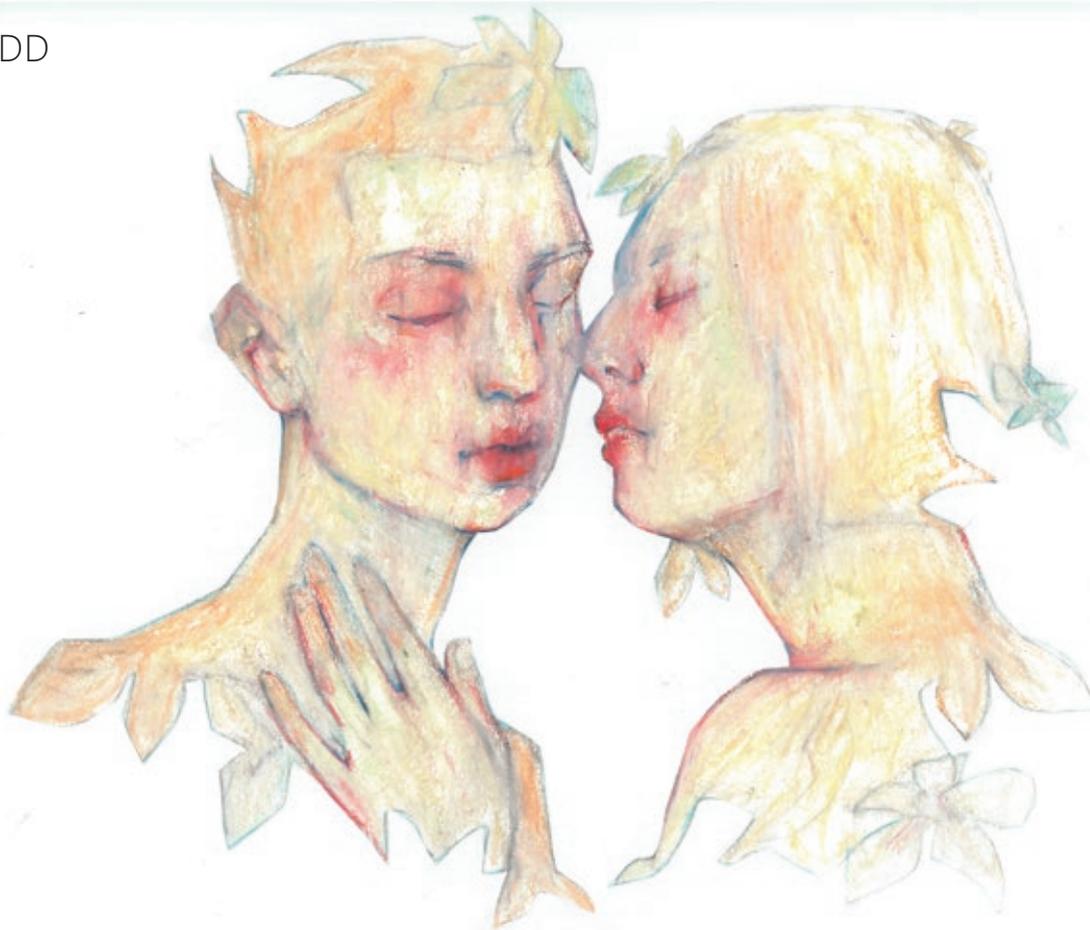
1970s – The copper IUD.

1972 – The Supreme Court in the US makes it legal for unmarried couples to use contraceptives.

1980 – Contraceptives is made legal in Ireland, in all ways; sale, import, use etc.

1990s – Hormone IUD.





Spaghetti, meatballs and foreplay



Marianne Skolbekken
Journalist

@Tindermareritt has 244 000 followers on Instagram. Stories about bad pick-up lines, one night stands and ghosting. What has happened to the romance in modern times? Where is the spaghetti, the meatballs, the 100 roses, and the important foreplay?

The key to catching prince charming – or princess and anyone else with a royal title, could perhaps be found in the five love languages. This is a psychological theory explaining how we wish to receive or show our love. Just to clarify, these languages can also apply to other relations, such as family and friends. In this case, we will stick to the romance. Language number 1 is words of affirmation, before continuing to quality time. Nr. 3 is gifts, 4 is acts of service, before reaching physical touch. Most people have several ways they like to receive and show love, but perhaps you have one preferred language? Maybe you like receiving affection in other ways than you prefer showing it? If you find dating and romance difficult to understand,



Kristin Gilboe
Translator

you can start by finding out which love language(s) speaks to you. The possibilities are endless, but there is also endless room for misunderstandings.

Imagine that you prefer appreciative words more than quality time, and then you meet someone that prefers the opposite. Perhaps you send them cute, romantic messages, but you do not get the same response. The questions start piling up, “Do they not like me?” “They always answer so briefly”. On the other side, person 2 might find the messages cheesy, “too much”, and ask themselves the question: “Why don’t they ask to meet up, and just keep sending cheesy messages?” These types of language differences can be everywhere – especially on Tinder, where there is grounds for commitment issues, mixed signals and (un) wanted situationships.

But Tinder should not get all the blame. There are people that meet the love of their life on the app, and there are people who



Rebecca Øistad
Illustrator

use it for good shagging. No matter what you are seeking, I want to speak on behalf of the important foreplay and aftercare. If you go for pleasure without romance, or light a candle before the session, foreplay and aftercare will (always) be appreciated. Making your partner feel safe and accepted is important. Even though foreplay and aftercare might seem a bit awkward for someone, it should not be disregarded. If you find it difficult to write words of affirmation on a Valentine’s Day card, you can choose not to, and rather pick another love language to capture someone’s heart. If you ignore making your partners comfortable and seen, I have only one thing to say to you: Be better.

Source: Bufdir «De fem kjærlighetsspråkene»



Chlamydia in A's

Whenever we think about the risks of sex, 2 things come in mind: first, having an unwanted pregnancy (and even more if you are in a country where abortion is banned or impeded) and second, STDs (Sexually Transmitted Disease). HIV is of course the most famous one, but others like Chlamydia, Syphilis and Gonorrhea are contaminating and injuring more people while (or maybe because) they are less mediatized.



Mathias Tupinier
Journalist



Signe Aanes
Illustrator



Astrid Moltu
Photographer

Few numbers on a worldwide scale

Every day, more than one million people contract a curable STI (Sexually transmitted Infection). In 2020, WHO (World Health Organization) estimated that 374 million people have contracted one out of four STIs: chlamydia (129 million), gonorrhoea (82 million), syphilis (7.1 million) and trichomoniasis (156 million). More than one million cases of curable sexually transmitted infections occur every day.

A prominent Norwegian problem

In 2018, visitors and locals witnessed in front of the Oslo Central Train Station an unsettling ad saying: 'Welcome to Norway! The Land of Chlamydia'.

Some were shocked or angry, but the sad fact is that in 2019 it was recorded 534 (reported) cases of chlamydia per 100,000 population was reached in Norway, whereas in the 1990s the rate was less than 300 (reported) cases of chlamydia per 100,000 population. It is even worse in the region of Oslo where it was recorded 890 (reported) cases of chlamydia per 100,000 population.

The unexpected help of the COVID

As Eisenhower said before D-day, "the only thing we can be sure of is that nothing will happen as planned" and if one thing is for



sure, it is that the health authorities weren't planning on the worst pandemic since the Spanish flu would help them fight STDs. However, thanks to the social distancing measures during the covid pandemic, cases of HIV, chlamydia, and gonorrhoea infections fell sharply in Norway. The only exception is syphilis, which is on the rise. Chlamydia dropped to 478 reported cases per 100,000 inhabitants in 2020, and dropped even further to 435 in 2021. In

the Oslo region incidence of the disease fell by over 30% in 2 years! This same effect has not been seen in the rest of Europe however: Norwegians may not be good with condoms, but they are better with health restrictions.

The problem may not be solved, but hopefully it will be possible to capitalise on the unexpected boost from restrictions to make progress in the fight against STDs.

A discriminating disease

Sexual diseases in general in particular doesn't affect everyone equally, looking at the gender and age of the affected. In Norway women represent 60% of the infected, and young people under the age of 25 account for 70% of infections. If we intersect those 2 variables (women and young people between 20 and 24 years) the absurdly high incidence rate of chlamydia of 4491 reported cases per 100,000 population is reached in 2020...

The condom issue

NMBU students seem to have the same problem as the rest of the population: Condoms. The NGO Sex og samfunn (Sex and Society), the Folkehelseinstituttet (The Institute of Public Health) and Pia Lund Eriksen Onsaker from the As Health Station all have the same analysis: Norwegians are bad at using condoms. They rarely use them and condoms are often quickly forgotten if one of the participants is using other contraceptions. Dr Silje Eidsvoll from the As Health Station adds "condoms are considered a good contraceptive when used properly, in addition to providing protection against STDs. When using other contraceptives, one should keep in mind the importance of using condoms as a supplement to protect against STDs".

The Health Station against STDs

Fortunately, in As, we can count on the locals Health Station. Equipped with 11 workers, this helpful public service is advising, testing and curing young people between 13 and 25 years and students at NMBU of all ages and nationalities for now few decades.

In addition to their valuable advice and expertise on the topics of sexual health, mental health and lifestyle related problems, there are a lot of other services at your disposal. You can find free condoms, as well as free test kits for Chlamydia, Gonorrhoea and/or Trichomonas if you have any doubt. If you test positive, you are also able to get

treatment of antibiotics here. However, be careful not to cross mycoplasma genitalium on the testing form without a good reason: the treatment is often very expensive and not refundable like it is for Chlamydia and Gonorrhoea due to the degree of severity. Furthermore it's very important to prevent antibiotic resistance, another good reason for trying not to get STD. Selftest is intended for Chlamydia, if you want to test anything else, drop by on a Monday or Wednesday and talk to someone at the Health station.

The battle of Thermopylae

I've been in AS for almost a year now, and one thing always comes up with students when the subject of the health station comes up: the waiting time for consultations are very long.

Pia Lund Eriksen Onsaker from the As Health Station answers that "in some periods of time, it can indeed takes some time before having an appointment but we all are only working in the Health Station part time so it's not really possible for us to face huge waves of requests for appointments." Even if they were full time, it would still be 11 workers against 5 000 Students: a fight can't be won in a country where the incidence rate of chlamydia alone is almost 4000 reported cases per 100,000 in the age range of 20 to 24 years old.

Another public service in the sights of the right?

Our most loyal readers may remember that a few months ago we wrote an article on the different political formations present in the city council, their leaders, their ideological identities and their actions at the city



level. Some of them told us that the health station has been the target of attacks from the right and the extreme right for several years. The alleged deficits generated by the Health Station in the city's budget seem to be the reason (or the excuse) why these parties would like to close it or defund it.

It is quite shocking to imagine that politicians would think that the good health and well-being of the people living in Ås is of low importance and not their primary focus. However, let us remind that it may be an exaggeration of their opponents: we can give them the benefit of the doubt for the time being (or not).

Indeed, the personnel at the health station doesn't seem too concerned about the risk of being closed down. Pia Lund Eriksen Onsaker explains us that "Of course, we can never be entirely sure that the Health

Station is absolutely safe but it isn't something that is concerning us that much at the moment. We have a good cooperation between NMBU, SiÅs and Ås kommune and hope it will continue like that."

De ansatte på helsestasjonen ser ikke ut til å være for opptatt av risikoen for å bli nedstengt. Pia Lund Eriksen Onsaker forklarer at: "Vi kan såklart aldri føle oss helt sikre på at helsestasjonen er helt trygg, men det er ikke noe som vi tenker mye på for øyeblikket. Vi har et godt samarbeid mellom NMBU, SiÅs og Ås kommune, og håper det fortsetter slik."

Opening hours Health Station

Monday: 08:30-11:00

Wednesday: 14:30-19:00

Tuesday, Thursday, Friday: By appointment



From the left, Silje Eidsvoll and Pia Lund Eriksen Onsaker

SEX AND CINEMA

How to put the taboo in pictures? A simple, classic question, and a bit of a cliché no doubt, when it comes to cinema. Whether it's gore, the grotesque or nameless horror, cinema has long made a specialty of putting into images what the norm refuses to address. From the metaphors of *Snow White* to the crudest porn films, sex has naturally carved out a place for itself in the classic film topics.

Here we are going to talk about 2 films that each tackle or divert the subject in their own separate ways. The 2 movies reviewed for this article are all among more recent adaptations. However, we want to encourage our readers to also watch older movies about the subject to see how it has progressed through the ages.



SHAME

Shame is a 2011 film directed by Steve McQueen and starring Michael Fassbender. It tells the story of a respected manager who is addicted to sex and pornography. The main focus of the film are the various problems it causes him regarding his social interactions in everyday life and his emotional relationships in particular.

If at first glance, the film seems very raw, cold and almost documentary in its aesthetics. However, Fassbender's performance complicates everything, it is ... ambivalent. At the same time perfectly integrated into the gaunt, surgical, disembodied atmosphere of the photography and yet bringing so much emotion, so much soul to this film. Sex addiction is for sure an unaddressed subject in our society and the very fact that such a film, such a realist and touching film, exist, is wonderful.



120 Beats per Minute

120 Battements par Minute directed by R. Campillo and released in 2017, won the Grand Jury Prize at the Cannes Film Festival.

It tells the story of a heterogeneous group of HIV-positive activists from the ACT-UP association during the 90s (after the contaminated blood scandal). They fight against politicians who doesn't care about HIV as well as laboratories which are trying to make as much money as possible from the disease by delaying the marketing of certain molecules. They do prevention in high schools; they fight as best they can against the disease and homophobia.

One objective of the film is obviously to tell this story to the younger generations - this half-forgotten militant history. However, this movie is also a very intimate incursion into the lives of those people. They know that they don't have many years left so they fight to the bitter end, trying to live their lives as fast as they can. It might be the best movie about HIV and homosexuality ever made.

BPM

(BEATS PER MINUTE)



Would you like to be a part of Tuntreet?



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

EDITORIAL ASSISTANT - COMMITTEE HEAD

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

JOURNALIST - COMMITTEE MEMBER

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

HEAD OF LAYOUT - COMMITTEE HEAD

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

HEAD OF PHOTOGRAPHY - COMMITTEE HEAD

As the head of photography, you're the head of the photo committee at Tuntreet and responsible for the photographic content in the paper. You will be organising the work of Tuntreet's photographers, assisting with training, and giving advice when needed. Also, you will be available during the layout weekend and go through all pictures before the paper is published. You should be well-versed in camera technicalities and photo editing.

PHOTOGRAPHER - COMMITTEE MEMBER

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

LAYOUT WORKER - COMMITTEE MEMBER

Do you have a desire to create and design with nowhere to channel your passions? Join us as a layout worker! Here, you will be part of assembling Tuntreet roughly every third weekend. It's preferred if you have former experience with InDesign, but this is not required.

ONLINE DISTRIBUTOR - COMMITTEE MEMBER

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

ILLUSTRATOR - COMMITTEE MEMBER

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



PROOFREADER - COMMITTEE MEMBER

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



HEAD OF PROOFREADING - COMMITTEE MEMBER

Do you enjoy keeping track of things and keeping them in order? Are you annoyed by strange syntax or improper comma use? Then head of proofreading in Tuntreet might be the position for you! As the one responsible for proofreading, you will be working to perfect the journalists' work by providing feedback and correcting texts. At the same time, you have the main responsibility of your proofreaders, and will work to connect them and the journalists. This job includes making schedules and having work assessments with your committee members.

What do you believe in?

What do you believe in? Have you ever gotten that question? I have heard that you shouldn't ask that question. But I think you can always ask that question – because everyone believes in something. Not necessarily in a God or a supernatural force, but perhaps in science? Or yourself? These are not contradictions either. But why are there some people who quiver a little by the question about what you believe in? Is it too personal? Have we lost the language for it? Where is the line between what is personal and what can openly be talked about, and what is private and reserved for the closest of relations?

Every time I as a priest hold service, I ask the whole gathering to stand up to say the Apostolic Creed in unity. An old declaration with roots all the way back to the 200s, and which since then has been repeated loudly in Christian churches all over the world. There is something nice about traditions and words that have stood the test of time. At the same time, words written so long ago can perhaps sometimes become hard to understand? Or to relate to? I feel like that at least.

I have several times asked the confirmands I work with to write a declaration of faith – to write words and sentences about what they believe in. This way it comes in a different form, in other formulations and maybe more into our time? I for one think that's beautiful! And I become more humble to how we humans express, experience and think about faith. Several years ago, the confirmands wrote down the following declaration of faith to a service they made:

I believe there is more between heaven and earth than what we understand
 I believe in friends and family
 I believe that angels are watching over us
 I believe there is good in all humans
 I believe in women
 I believe in one God
 I believe in life
 I believe that small things can mean a lot
 I believe in honesty
 I believe in life after death
 I believe in equality for all
 I believe in love
 I believe in opportunities
 I believe in myself

Do you recognise yourself in any of this? Maybe you can add your own sentence?

I believe in a lot of things. I believe in God, in humans, in love, in women, in men, in life after death and I believe in myself. And I also believe that it is good to challenge ourselves and each other on this question: "What do you believe in?". For in that process and conversation you can find good things to emphasize when life is tough. Do you dare to ask yourself? Do you dare to talk to someone else about it? You can at least always come to me to talk – about faith, about doubt, about life and everything you have on your mind.



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

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

Chairman's column

Dear students,

We are already well into the new year, and it is such a pleasure to see all the students back for a new semester. We move towards lighter times, with longer and longer days, which is welcoming!

SiÅs has approved this year's strategy and we will work to ensure that we deliver good welfare services to all students in their everyday life. In a long-term perspective, we are working on increasing the number of student residences. Ås is a small community with a lot of students that needs a place to live. To avoid increased prices in the housing market, we contribute by offering a high level of housing coverage. We are doing our best to keep the housing prices as low as possible, and hope this contributes to more space in the market. We are well into the process of planning new student housing at Pentagon. In this process the insight from the students has been essential. It is after all students who know what students want in a residence.

In times of unstable and high energy prices, it is also important to look at possibilities for more efficient use of energy, and initiatives that help to reduce consumption. Both because we want to keep the costs as low as possible for our students, and also from a sustainability perspective. The most sustainable energy is the one not used. We have also ratified a climate and environmental strategy to get a better approach towards improving sustainability in the way we operate. We are working on increasing the

competencies internally and are establishing an environmental council to help prioritize initiatives to lower our climate and environmental footprint. At the same time, we will ensure that all initiatives happen without affecting the student welfare.

Good student welfare in the form of having a place to live while studying, access to food during workdays, good sporting alternatives, and access to health services when needed are important contributors when working towards a sustainable community. It reduces inequality, contributes to better health and quality of life, and supports the opportunity of getting an education. Then we will have to consider how these things can be upheld while working towards the sustainability goals.

Kind regards,

Selma Sollihagen, Chairman of the Board, SiÅs




Student things

Hi all lovely students, and welcome back for a new semester!

We hope you have enjoyed a nice and well-deserved vacation, and perhaps an exciting January block to kick things off. We in AU have had an exciting, but rather busy first month after the Christmas break. We started off with a trip to a cabin to evaluate last semester, off with a trip to a cabin to evaluate last semester, get and overview of upcoming tasks, and put together the plan for the Spring Semester. January brought along the opening of NMBU's new Sustainability Hub, the response to the hearing, a trip to Trondheim to participate in a strategy assembly for a possible student innovation network for institutions of higher education, participation at different strategy seminars, the restart of boards and committees after the break, and spent a small week in Tromsø along with student representatives from NTNU, UiB, UiO, and iT to participate at the first U5-network assembly for 2023. Luckily, February seems to be just as eventful, with the Student Democracy's Kick-Off Conference at Sørmarka 11-12 February, Studentting 1 on 13 February, and Green Week during weeks 9 and 10. The Sami National Day was celebrated on 6 February, and just around the corner, we have the award ceremony for the Student Peace Price (12 February) and the International Women's Day (8 March).

We look forward to an exciting and eventful semester and are so happy to see everybody back on Campus again. As always – we can be reached on mail at studenttinget@nmbu.no and at our office in U118. You can also find our respective areas of responsibility and e-mail addresses on our web site, studentdemokratiet.no.

Dere er gode! Beste hilsen,

Åse, Helene og Jens,

Studenttingets Arbeidsutvalg 2022/2023 <3




The Office

Hi everybody, and Happy New year!

A new semester is upon us, and it feels so good to see Samfunnet come back to life after the holidays. The new boards have moved into the office wing and have already started!

The Business Committee has finally completed an in-person spring Career Day! On Wednesday, 8 February, 42 businesses visited Ås to meet NMBU students, and with a range of businesses covering all subjects, we believe it was a great success! We, the new board, are starting to settle in and are well underway with planning this semester, as well as next semester. We believe it will be a great year!

The spring is here, and Samfunnet has already hosted several events in January. Bodegas, a Trønder-party, Tuesday Refills, and challenging quizzes are just some of them. As I am writing this, we are ready to show off Graskurs 1,5 and the Semesterkickoff! We are well underway with booking artists and planning events for Sprellfestivalen, and are so excited to give Thorvald and Tora the first physical Sprellfestival since 2019!

UKA i Ås has entered the evaluation phase and look forward to pass along all our knowledge to UKA i Ås 2024. There have been a few changes to the board of UKA i Ås 2024, and this is something people need to look into if they are planning to run for election. Information about this can be found on Samfunnet's website. We have full confidence that this semester will be packed with exiting events, and the UKA i Ås train keeps rolling, even though the festival is over for now.

Jørgen Bonden

Jørgen Bonden
UKEleader for UKA i Ås 2022

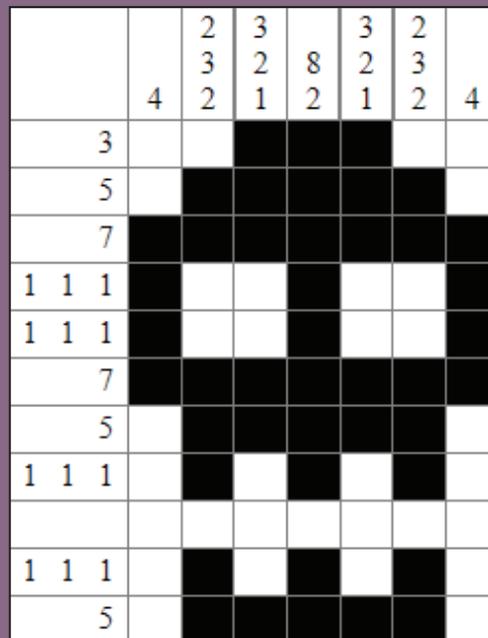
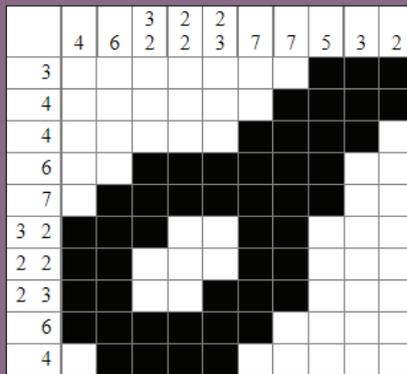
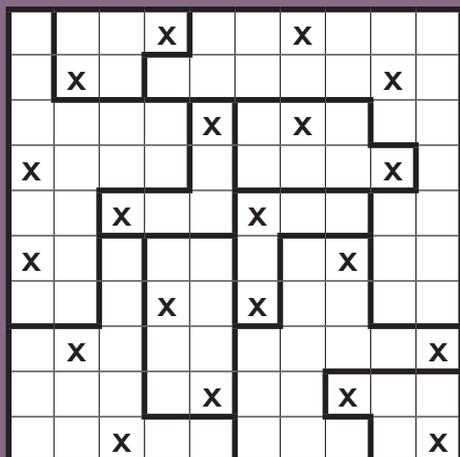
Birte Una Liset

Birte Una Liset
Leader av Næringslivsutvalget ved NMBU

Vilde K. Pedersen

Vilde Kjelsrud Pedersen
Leader of Samfunnet i Ås

GAMES TT10



THE GAME PAGES



Tilde Milia Skätun
Creator

10%
robott

ASEXUAL

BDSM

BINARY

CLEOPATRA

COITUS

COMMUNICATION

CONSENT

DESIRE

IDENTITY

KINK

LOVE

NETHERLANDS

PARTNERS

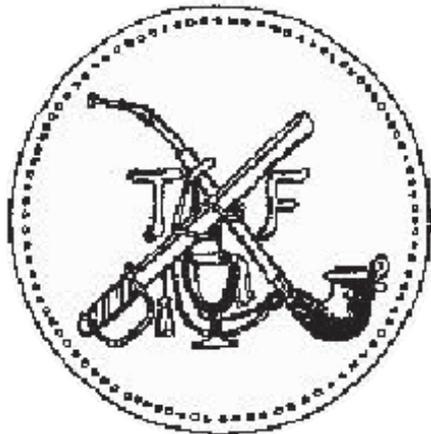
PLEASURE

RELASHIONSHIP

WORDSEARCH

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U	D	T	A	S	N	M	S	Y	Y	N	B	Y	C	J	Y	L	D	E	V
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K	I	O	X	Y	O	C	C	S	T	O	W	E	M	G	A	I	V	S	O
P	R	B	I	D	E	N	T	I	T	Y	L	L	Q	C	E	S	O	M	D
K	E	D	K	Y	B	V	H	V	L	V	C	B	C	O	N	S	E	N	T

Club Banter



Shining knight of first class St. Jørgen
 Informed knights of second class St. Jørgen
 Old and young honored members of
 Trøndernes Fagforening
 As well as you others.
 Cheers!

The 23rd of January t'was 120 years since
 the ice cold night when Karl Sørvig formed
 Trøndernes fagforening with the eternal
 words of:

“Bitter men! This doesn't work any more,
 we need to come together for an organized
 fight!”

This was the start of Ås' oldest association
 with continuous operation. The jubilant is
 just as fit and fight ready as he always has
 been. We knew that when we organized
 the jubilee party in Aud.Max. with over
 200 guests. King Alcohol got some ugly
 wounds, but some of the guest got them
 too, sadly. Cheers for anniversaries!

Visast Formainn

Nordisk Landskamp are in full swing
 planning this falls trip to Denmark! The
 danes seems to be in full swing planning
 the happening of a life time in Køben. To
 return champions from Denmark we wish
 to expand our troupe in Ås and collect the
 funniest and best gang Nordic has ever
 seen!

We are looking forward to taking Graskurs
 by storm. After that an infavors awaits and
 after that new admissions. Don't be a blood
 orange, and follow the sound of “un, dos,
 tres, quatro La pantera” etc. and become a
 part of the Nordic gang.

HEPP HEPP!

*Cheers FFD!
 Cheers Skriver!
 Cheers \$paregris!
 Cheers Hunkatter!
 Cheers Qlturelle samt Xkfusive!
 Cheers Pusekatter!
 Cheers Tora samt Thorvald!*

*Finally another semester.
 Kattene are very excited!
 A new revue is getting set up,
 Lets go no stop!
 Mjauing at Aud Max stage ...
 What purpose will this serve?
 Find out at Hunkatt Revue 10. March.
 This night QH will ofcourse have Nach!*

Cheers for the Hunkattrevue 15x4+2!

*Culturall greetings,
 FFD Maren, Skriver Ingrid samt \$paregris
 Sigrid*



Rævne is celebrating our 30 year anniversary
 the 10th and 11th of February! For this
 reason we are searching for the BEstifter
 that disappeared from BEde during the
 octoBERfest last autumn. This hat was
 the very first sixpence Rævne had and
 after having been with us for 30 years it is
 irreplaceable. It is a larger and more baggy
 sixpence than those we use today. They who
 may have the hat is asked to show proper
 Ås-spirit and deliver the hat to Tuntreet/
 kontorfløya, and it will be anonymous.

We'll move towards new admissions and
 ask potential BEdårende to follow what's
 happening on Instagram an facebook.

BBB BEskriver



Good new year
Its right as its written
Much fun awaits
And we are excited

We started the year with a newyears table
Where we at last lost direction north
Our homebrewed wine takes out most
Even PB

Another January down the drain
Time to fill a glass
Graskurs and exam party
It's what Samfunnet does best

The struggle for existence was 4th of
Febuart
To drop by everyone you would need a
Jaguar
The associations had their "Get to know
us" nights
Which actually means selling them selves
(also known as a brothel)

The next this happens in the weekend
Someone is going to be calling the moose
Bitter men pushing 30
We are ready with confetti

Foratterfrøken



And then it was time for a new semester,
filled with many tests and even more
parties.

Yes, for even if only a few weeks have gone
by, many a good party have we gotten.

Trønderne went for a 2-day bender in
known style, exam party were also a good
deal, and good vibez at infavors will there
no doubt be.

But, didn't go so good at exam, but that
didn't create any drama.

There you hit the wall because it was
revealed that you didn't pass anyway.

But fear not, even if you feel beaten,
everything gets better with a jellyshot!

Kind regards,
Koneklubben Freidig v/

Nestsjefskoneemne

Facebook: Koneklubben Freidig
Instagram: koneklubbenfreidig
<https://koneklubben.wixsite.com/-kkf>

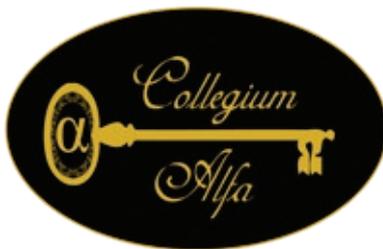


BAAAAA greeed!

After a lovely Christmas break with quality
feed and dancing around the Christmas
tree, the flock is ready for a new year and
a new semester. We have been looking
forward to don our clothes and brækdance
at Samfunnet again. We are already at
FULL go, and have been celebrating 120
years anniversary with Trønder Forening,
dancing another dance at graskurs, and
had admissions! The flock has gotten new
DÅsunger and this falls lamb has finally
gotten some wool on the body. We have
also heard rumors that the Energy Seminar
will have gorgeous sheep on stage during
the gala dinner. That cannot be anything
other than amazing! With that said the
flock needs to dance on. Remarkable
dancemoves won't dance themselves!

Bleat you later!

Kind regards,
Styret i DÅs - Dans Ås
v/ BullDÅs Meline



Finally, the spring semester has started!
Whether you've had January block, worked,
traveled, or relaxed:

Welcome back to Norway's best university.

This semester so much fun is happening,
including the semester kickoff,

Admissions period, and Sprell festival. We are
looking forward to meeting all the students again.
You'll find us at Samfunnet in gold and black.

A little riddle you can have fun with this last
winter month: Some months have 30 days, and
some have 31 days. How many days have 28
days?

For the answer, send a dm to @collegiumalfa ;)



Can yuo raed tihs?

Not us either!

Do you have dyslexia, dyscalculia, specific language
difficulties? We are working towards a better study life for us,
and getting the accommodations we need, and that lecturers
and fellow students get an understanding of how little is
needed till were all on the same starting line. But we need
more people on our team!

Throughout the year we are setting up both academic and
social events, in addition to helping answer questions tied to
accommodating studies. Interesting? Send oss a message on
facebook or via e-mail.

NB: remember to apply for exam accommodations before
1st of March for new applicants and 1st of April for the old
ones.

Have you heard...

 #tuntreet

Neutrality is coooool

Since when did it become a cool thing for presenters who, without shame, promote their own associations and think that all female associations only use sex to their advantage? Do betterrrrrrr

Sugondese

Is there a reason that member and committee member share a ticket price? Now that I'm in a committee I get almost the same benefits as members, but have to work 4x as hard during the semester

panopto

Realtek, teaches STEM courses and technology but refuses to implement it

Pantopo

That's your opinion

Au di ence

Graskurs is a great example of the cheerleader effect

Less hankatt in monito

Why do the committees participate in graskurs?

Pantomime show

I guess they need more people too. But don't know if the sound of the rest of the show was such great advertising

Always hungover

Can we get McDs at campus east? Nygaardskrysset is too far away :(

The hen mae

Sex behind burger king

hippetihoppeti

Can we get Sjur as an Einride replacement?? #longliveSJUR

Where did good manners og?

Fucking hell, why can't people at least just clean up after themselves if they clog the toilet????:((((

Frozen stick

Why is Bikuben so cold? I am freezing TO DEATH

Anar

Isn't it a bit weird that no one has sat down in meierikrysset to protest oil exploration and climate crisis?

Hoe hoe hoe

Does anyone know who ran off with the rest of the Christmas tree outside of UR?

Hannkatt PR

Isn't it at least better with double standards than no standards

Hihi

Knut Boges Bitches was here

Can the student democracy be improved?

How are people supposed to be able to decide at the elections of the student democracy? Misunderstand me correctly, it is great to be able to choose, great that there are several candidates and that they most likely are great, but how am I supposed to set them apart from each other? Their main causes are great and all, but will we ever see them followed through? Not necessarily saying that we should have party politics, but am afraid that it will be a popularity contest each semester..



Your candidate?

Well, we can always join UiO and UiB to declare Borten Moe as non grata!

Klubben enthusiast

Klubben and its workers deserve a massive shoutout, love u

Broom Broom soon they'll be gone

That 80% drive alone past NMBU really symbolises the Ås bubble

Inconsolable

Rest in peace, Sid Pussycrat Don. May you swim eternally in heaven, or potentially, hell.

Can I console?

Who is Sid Pussyscrat Don?

Fuck this

Fuck Black Friday/Week/Month!

Burring proud Bergenser

A thought: what if the Bergenser's burring of the R originates from it being cold in Bergen (which often is in combination with rain-wind) and they had to learn to burr the R to make themselves understood? I mean, just try to say something with a rolled R while your teeth chatter...

That's enough

Lærken is in dire need of a multi-level exorcism

Linda Blair

Save the primitive scapegoat mentality for someone who cares.