

WHAT HAPPENED
AT THE GA?

TWO BEERS WITH
MIRANDA

LANDLORD
NIGHTMARES

TUNTREET GEOGRAPHIC

ASSOCIATION HOUSING

AN INSIGHT INTO THE HOMES OF THE STUDENT ASSOCIATIONS

Part of Studentsamfunnet i Ås
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LEADER

Chaos

Hey ho!

Easter weekend is now over, and I hope you've had a lovely time! I, at least, have managed to properly relax – apart from stressing out about what to write about in this leader. What's what important to me right now?

Right now, an idea that has gotten stuck inside my head is food waste. Throwing out food is something I don't take lightly. This does absolutely not mean that I never throw away food, but it genuinely hurts every time I have to do so. Did you know that more than 450 000 tonnes of edible food are thrown out each year, just in Norway? That is completely insane!

I've also thought a lot about culture and the cultural offers. I read some articles around Easter times and read about how difficult it actually is to make use of the cultural offers due to the horrible price increases. Culture is actually at the foundations of a society. What would Ås really be without its cultural offers? We are luckily mostly based on volunteering, which helps us keep the prices down, right?

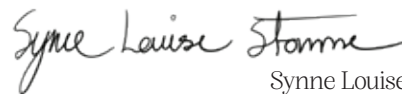
Another thing I have thought about is statistics and propaganda! I have seen an incredible number of articles of gaming and drugs, for example,

where these are presented as the sole cause of death or harm, without presenting potential other sources of impact. This is direct propaganda, but it is not entirely wrong either. But what are you supposed to trust then?

Speaking of trust: have you considered that someone might be watching you through your phone or laptop camera? And TikTok is monitoring people! But the PST (Norwegian Police Security Service) has already been doing that... And the fact that digitalisation is now eliminating jobs, and to a certain degree, poses an obstacle to socialisation: more time spent being watched.

Get woke! What's the deal about woke, actually? And speaking of, did you know that the sugar disease isn't a real thing? It is actually called Diabetes (type 1 and 2), and the origins to that is not the sugar itself! And did you know that candy and sugar is possibly not allowed? It is too dangerous and attractive for children, so now it's not allowed to enjoy a bar of chocolate every now and then. No more sugar disease at all! Speaking of children, El Niño himself is on his way, and we can expect an extremely warm summer, in addition to a warm 2024. Yahoo, climate change!

As you might already be aware of, there are just so much going on in the world, and my head is filled with chaos. Maybe you feel the same as me? Then I encourage you to use your thoughts and opinions: get yourself a pen and some paper (or your laptop if you dare) and write about it! Maybe you would like to submit a letter to the editor of Tuntreet, too?



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GA - AN UPDATE

BY **MARIANNE SKOLBEKKEN**
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 TRANSLATION **BENJAMIN A. FAULKNER**

Studentsamfunnet's General Assembly (GA) began in Aud. Max. on the 20th of March, attended by many excited students. Many of the associations turned up, some of them for the positions, other for the much-celebrated pea soup. The participants were mainly concerned with coffee and knitting, not to mention the GA bingo, moderator club, financial accounts – all monitored by a rather disconcerted journalist. Upon entering Samfunnet, one was informed that the session could last until after midnight. The journalist was not ready for this but accepted the challenge with a smile. At five 'o clock, the show began, and expectations were high.

CASE 1-2-3...

To be quite honest, democratic formalities are unbelievably monotonous. As case 1, 2, 3 and 4 preceded one another, the expectations dropped while fear that this would become a long night increased. Do not misunderstand me, it is important to promote common understanding and instruct on how to register a desire to speak and who is going to sign this and that protocol on behalf of all the members. Not to mention maintain to transparency in processes which – truth be told – is one of the main pillars of our democratic society. Luckily, case 1, 2 and 3 went fast due to skilled moderators. They ensured a speedy and straightforward run-through.

RAPPORTS AND PROPOSALS

Thus rang the bells of judgement for 2022, announced by the board reports. The organizations went up on stage and presented their reports, goals and conclusions. Some goals were achieved, others half-way and some far off yet. The agenda with reports attached is out on samfunnetiaas.no/generalforsamling, if you wish to read them. Here are some examples:

Samfunnet has worked on increasing the amount of English events and to use community service at a wider variety of events. The Board of House and Finance works with bigger projects like the renovation of the Samfunnet building and Aud. Max.. The Board of UKA has established their duties as an Eco-Lighthouse through shopping locally and second-hand. NU got 42 businesses for this Spring's Career Day. And Tuntreet updated the GA on finances and advertisements.

CASE 10: POSITIONS AND ELECTION

Finally, the case we've all been waiting for: the election of different positions for UKA, Samfunnet, Tuntreet and the Business Committee. Before it all began, there was a lot of anxiety around a lack of candidate nominations. There were only candidates for 10 of 17 positions: leader of the Board of Samfunnet,



Head of Events Committee for the NU, Student representative for the Board of House and Finance and two representatives for the Election Committee. The Board of UKA was the organization under Samfunnet with highest amount of declared nominations: Head of UKA, Head of Administration, Head of Events, Head of Marketing, Head of Revues, and Head of Parties. The act of “benking” - or volunteering - was voraciously employed to fill the position of Head of Finance and Head of the House. This is a procedure employed where participants can nominate others in-situ for a suggested position. When nominated for candidature, a person must decide whether to agree to declare their candidature. Most positions were filled except Head of Finance for Samfunnet. This position will be filled by a supplemental assembly held on April 17th.

The night concluded with the national anthem at 00:30, and the constituency began clearing out of Aud Max. All in all, it was a very interesting evening, seeing the happenings in Samfunnet from the inside. Most importantly, to be able to influence. If you are in doubt before the next general assembly – whether it is worth going or not – you can decide if there is something you wish to maintain or change in Samfunnet, the management or the activities. The doors to the general assembly are open for all.

THE ELECTED POSITIONS

UKE Board

Head of UKA: Ingeborg Berli Tuften

UKEHead of Marketing: Janihar Manohar

UKEHead of Revy: Aurora T.-B. Amdam Helland

UKEHead of Administration: Helene Sylvarnes

UKEHead of Event: Emilie Aaen

UKEHead of Parties: Jakob Bruun Ånonsen

UKEHead of the House: Albert Hoffmann

UKEHead of Finance: Magnus Aalde

Board of Samfunnet

Head of Samfunnet: Maja Raz Karterud

Head of Events: Åse Vigdisdatter Nytrø

Head of Finance: None. Will be decided on supplementary general assembly.

Managing Editor of Tuntreet: Martin Hansebråten

Business Committee (NU) at NMBU

Events Manager: Ingrid Rustad Røflo

Sponsors Manager: Kristian Walland

Career Day Manager: Ingeborg Aasebø

Student Representative i the Board of House and Finance: Vilde Kjelsrud

2x Election Committee: Gunhild Finstad, Anne-Guro Bekken



PHOTO MAGNHILD HUMMEL

PRICE INCREASE IN SIÅS HOUSING

BY **MARIANNE SKOLBEKKEN**
 ILLUSTRATION **REBECCA ØISTAD**
 TRANSLATION **SOFIE PALMSTRØM**

Food prices are rising. Fuel prices are increasing.

Electricity prices are growing, and so is the rent. The normal basic student loan is 8787 NOK per month, in addition to two larger payments in January and August of 23,400 NOK. However, after the summer, Lånekassen has adjusted its rates for the 2023-2024 school year, so now students receive 9403 NOK in basic loan every month, in addition to 25,000 NOK in August and January. This corresponds to an increase of 7% and 6.9% respectively compared to current payments. On the other hand, SiÅs housing prices are expected to increase by approximately 4.8% from the current level for the next school year 2023-2024, which may not come as a surprise to many. SiÅs adjusts its prices on July 1st each year, but what is new this year is that the electricity price is separate from the rent. Why is that? What is the background for the higher price adjustments? And is there anything students can do to influence it in the future?

SEPARATING ELECTRICITY FROM THE RENT?

On December 14th last year, SiÅs sent a Christmas greeting by email, which also included two sentences about updates on the rent invoice:

“When you receive the rent invoice for January, you will see that electricity is specified on the invoice (450 NOK and 950 NOK, respectively). This is so that you can apply for electricity subsidy from Lånekassen, if it is continued.”

SiÅs confirms this by email to us and further explains, “the condition for receiving electricity subsidy was either having an electricity subscription or having electricity separated on the rent invoice.” The extraordinary electricity subsidy from Lånekassen meant for students was carried out twice in 2022, but to be qualified for the subsidy, electricity could not be incorporated in the rent. By separating electricity from rent on the invoices, residents of SiÅs student housing qualify for electricity subsidy if the subsidy program is reintroduced. As for the amounts of 450 NOK and 950 NOK, SiÅs explains that these “are based on some simple average considerations given the energy costs for 2022.”

BACKGROUND FOR RENT ADJUSTMENT(S)

As mentioned, the rent is always adjusted on July 1st to ensure that ongoing costs (such as electricity, insurance, municipal fees, maintenance, salary for caretaker/administration, interest, etc.) and long-term maintenance costs are covered. SiÅs further explains that “the long-term maintenance and rehabilitation costs are distributed across all generations of students, ensuring that everyone contributes to paying a proportionate share of wear and tear.” The reason for the high rent increase, according to SiÅs, is that, “Price growth in general is high in Norway at the moment, and from December

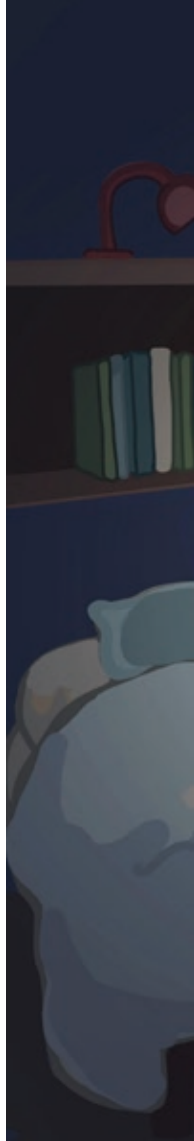
2021 to February 2023, prices have increased by 6.5%.” SiÅs further explains that the rent increase of 4.8% for the upcoming rent, “corresponds to the expected price increase that is the basis for the 2023 state budget.” SiÅs also writes about future price changes as a consequence of the general price growth in Norway and internationally. “When price growth is low, so are rent adjustments.”

HIGHER RENT, MORE UPGRADES?

SiÅs explains that part of the rent students pay goes towards upgrading the student housing. However, specifying exactly how much goes towards which costs, ongoing or long-term maintenance and rehabilitation costs, is difficult. When asked if there will be any changes/upgrades to the student housing as a result of the price adjustment, SiÅs states that they “carry out maintenance and upgrades every year, but not in all housing areas at the same time.” In 2023, SiÅs plans to work on, amongst other things: Exterior painting of three houses in Kajaveien student housing. Upgrading fire alarms in old family houses in Skogveien. Upgrading ventilation in Utveien 6. And planning for the total rehabilitation of Pentagon 1 among several student housing buildings (+ expansion).

WHAT CAN WE AS STUDENTS DO TO REDUCE RENT INCREASES?

Wouldn't it be cool if students could have a say in rent prices? Although there is no quick, magical trick for this, SiÅs has some good advice that can influence future rent rates:





1. Take good care of the student housing so that they last longer. The harder the use and wear, the higher the maintenance costs.
2. Report water leaks (and other maintenance needs). Even small water leaks can cause significant damage to buildings and furnishings - in addition to much higher water consumption than necessary - and the associated high water and sewage fees.
3. Don't waste energy. In other words, don't waste heat by leaving windows open while radiators or panel heaters are running at full capacity.

The advice from SiÅs is about thinking of the students who come after us, by taking care of the housing while also creating good living conditions for current students. The abstract but equally important intergenerational contract between the current generation of students living in student housing and the next generation moving in is pervasive in the advice. Part of the dilemma related to questions about students' influence on price adjustments is that they "cannot measure and reward moderate consumption by individuals." This means that as students, we should think holistically, about the community now and in the future, and thereby perhaps be able to steer price adjustments in a more desired direction (downwards).

ON BEHALF OF TUNTREET...

I hope this article was clarifying and informative, but in conclusion, a summarizing comment from SiÅs regarding price adjustments and student finances:

SiÅs understands that student finances are tight and that payment for student housing is the biggest expense in the monthly budget for everyone living in SiÅs housing. We support students' demands for better financing in their studies and increased construction of student housing as a means to ensure students have good and affordable student housing. SiÅs will do the job of managing student housing well and reasonably, thereby ensuring that rental costs remain moderate - but not at the expense of future generations of students."

*Source, new rates for basic support:
University and university college (lanekassen.no)*

WHY DO WE NEED PRIDE?

BY HELENE SYLVARNES
ILLUSTRATION SIGNE AANES
TRANSLATION SOFIE PALMSTRØM

Imagine you're walking down the street with your partner. You're holding hands, embracing each other, behaving just like any other couple in love would. Then a group approaches you. They start yelling at you. "Disgusting. Stop that. Fucking lesbians." And this happens more than once. It happens in the evening and during the day. Old and young people shouting at you, just because you are of the same gender.

It was only 50 years ago that homosexuality was decriminalized in Norway. On April 21, 1972, paragraph 213 was removed, and loving whomever you wanted to love was no longer considered a crime. This was an important step in the right direction, but still many steps remained. It wasn't until 10 years later that the Ministry of Social Affairs removed homosexuality as a diagnosis of mental illness. And it wasn't until 1993 that the Norwegian Parliament passed a partnership law granting gays and lesbians the same rights and obligations as heterosexual couples through marriage, with the exception of the right to adopt and marry in church. In 2008, the law allowing same-sex couples to adopt was passed, but it wasn't until 2017 that same-sex couples were allowed to marry in church.

There have been many big and important steps for LGBTQ+ rights in Norway. However, at the same time, LGBTQ+ individuals report lower quality of life than the general population. 40% of LGBTQ+ individuals report experiencing hate crimes. Studies show that LGBTQ+ individuals have a higher risk of suicide than the general population. Many LGBTQ+ individuals are still afraid to come out of the closet.

Research shows that attitudes towards LGBTQ+ individuals in the Norwegian population are improving. However, there are still reminders that we must continue to fight for LGBTQ+ rights and show our support.

On June 25, 2022, in the midst of celebrating love and the right to be oneself, London Pub, one of Oslo's LGBTQ+ venues, was attacked. A man turned this place, which is supposed to be a safe haven for LGBTQ+ individuals, into an unsafe environment. This was a brutal reminder that not everyone shares the political values that we have seen grow in Norway over the past 50 years.

Outside of Norway, we see setbacks in LGBTQ+ rights in several countries. In 68 countries, being gay is criminalized. Love is considered a crime. Uganda is one of the countries that has significantly weakened the human rights of LGBTQ+ individuals recently. In March 2023, the national assembly passed a law that prohibits identifying as LGBTQ+. It also allows for punishment for "attempted homosexuality," "promotion" of homosexuality, and "complicity" in homosexuality. The penalties range from several years to life imprisonment and even the death penalty.

In Europe, there are several countries where LGBTQ+ individuals are losing their human rights, including Poland. Since 2018, over 100 municipalities there have declared themselves "LGBTQ+ free zones," and there are hardly any openly gay individuals in these cities. Politicians are using anti-LGBTQ+ rhetoric to gain votes. Andrzej Duda, who won the presidential election in 2020, referred to LGBTQ+ individuals as "not people" but an "ideology."



A few weeks ago, I received a message that someone had written “FUCK PRIDE” in one of the university’s bathrooms. It’s hard to understand why someone would choose to write that, but by expressing these attitudes, the shame of being LGBTQ+ is perpetuated. This can make people continue to feel ashamed about their love and make it harder for them to live fully as who they are. These attitudes must be fought against so that everyone can live safely as themselves in Norway.

In 2017, the Pride campaign, “Walk for Me”, took place in Norway. People who were afraid to participate in Pride could share their stories. The stories that emerged ranged from those who hadn’t come out of the closet yet, to those who feared for their lives if anyone found out they were queer. This campaign showed that there are many hidden stories throughout Norway, people who need us to march in Pride and show that everyone should be able to love who they want and be who they are.

Why do we still need Pride today? Because there are still people who are afraid to participate in Pride in fear of being “outed”. Because we need a reminder that love is for everyone, and that it’s not a given that everyone should be able to love who they want. We cannot take for granted the political battles that have been won; we must continue to work for LGBTQ+ rights, both in Norway and around the world. So that everyone can walk our streets and feel safe, no matter who they are holding hands with.

From spring to autumn, Pride celebrations pop up all-over Norway. Oslo Pride takes place at the end of June, and Follo Pride will be celebrated in Ås in September. Join us and show that love is for everyone <3



SPRELLFESTIVALEN

TRANSLATION KAJA BUGTEN



Gangar

BY ANNLAUG PIJFERS

PHOTO WILLIAM FREDRIK BAKKE DAHL

Friday March 17th came and we were excited and ready for one of Sprellfestivalen's big happenings! Luckily, Gangar could fill in on short notice as William Gamborg had to cancel. Gangar played at Halvflaskefestivalen in August, and made a good impression on the students in Ås. The band bases itself on traditional folk music, and the original melodies just how they were written down in the archives. "Call it 'archive rock' if you want!" frontman and fiddle player Mattias Thedens exclaimed. They innovate folk music with rock and jazz elements, making it accessible to a wider audience. The fiddle was the star, but the rest of the instruments were exhibited too. We headbanged, and danced waltz and "tree dance", and the band looked like they enjoyed themselves as much as we did. Towards the end, people danced halling in the middle of the floor of Festsalen. We saw great kicks and jumps, and not least associated acrobatics from both Mattias and several members of the audience. The night was a great musical experience with new dance moves and great mood. Gangar is Ås at its best: nature, folk music, folk dance, good vibes and low threshold to participate in everything that is fun. I hope this band will keep coming to Ås!



Stand-up

BY CELINE VÅGA

PHOTO JONAS LUND HAGEN

The comedians met a hall filled to the brim, and after ten minutes overtime, the night kicked off. First out was the night's host, Marlene Stavrum. She warmed up the audience by getting to know the audience and our studies. A smart move, because there is nothing us students like better than to laugh at ourselves and those we study with. Her following act about weird municipal coats of armour really got the laughing muscles working and was probably the part of the show most people laughed at - a relatively sad remark if I do say so myself...

Second person out was Ahmed Mamow. Ahmed's show can be described in the same terms he describes himself with: kind of a withdrawn guy who both wants us to laugh with and at him. His stories about his own life and naive introduction to sex made us laugh, but I think we wanted him to own the stage a bit more.

Last up was Maria Stavang. She was comfortable both on stage and about the topics she discussed, and was not afraid of sharing an unpolished life with us. From being fat-brave to vaginismus and guy's atmosphere (guttastemming), we were served everything. The show was well received despite the comedians' seemingly strong desire to get off the stage (or away from Ås). The audience really pulled themselves together when it comes to talking during a show in Aud. Max.. Hats off to them!



TØFL

BY VIKTOR TALGØ SYVERTSEN

PHOTO MAGNHILD HUMMEL

Friday March 17th meant one of Sprellfestivalen's big happenings: TØFL. You didn't join that night's festivities? Fear not, here is a short summary. We'll get right to it and start with the stage show. All four dudes in the band really got to show themselves off from the beginning. The energy level on stage went through the roof from the first song, *Raketter*, and easily infected what was initially a small audience. Throughout the first song, the room filled up, and the guys on stage made sure that the jumping muscle got its practice. During a few of the most known songs, *Alle Andre Får Lov* and *Tunneler*, the audience sang along loudly, and the band jumped up and down in both blazers and pyjamas. It soon became clear that TØFL was proud of their home, when three of four were dressed in Løgnasalage shirts. Association-wear weren't the only props they had in their suitcase; hats and VR glasses in line with the lyrics nailed the feeling that TØFL didn't just show up on stage, but gave something extra to get the vibes.

Towards the end of the concert, the vocalist, Hans Markus Riisdal, took a victory lap through the audience, before he reascended the stage and asked the audience to let the jumping muscle move one last time: And it certainly did.

The audience was a mixture of true fans, people who crammed the songs days in advance, and people who barely knew the band. After talking to several people in the room, and the general atmosphere throughout, TØFL made sure that the show was positively received.



EMMA STEINBAKKEN

BY INGILD LAUVSTAD SUNDE
PHOTO HANNE RABBÅS

Saturday the 18th of March, the headliner of Sprellfestivalen was ready to take the stage. Emma Steinbakken was ready to take Aud.Max. by storm, and Tuntreet was ready to report on the happening.

20-year-old Emma started off with the catchy song, *Can't fight this feeling*, and created a relaxed atmosphere with her cheerful energy. Amongst other songs, the girl from Jessheim played *Sorry*,

and her cover hits, *Delilah* (org. Isah), *Jeg glemmer deg aldri* (org. Hellbillies), and *Floden* (org. Bjørn Eidsvåg). Even the Red Cross workers were lined up to watch and film the show, as the guitarist showed off with a wild solo, backed by an amazing light display.

Without a support act, we were however left with the feeling that this was a sweet and relaxing, but somewhat short concert.

3000M BEER

BY TPO

PHOTO TUVA HEBNES

The alcohol was pooling alongside the track at Storebrand this very day. The associations raised their flags and prepared their soldiers for a battle like no other. A wild pack of students, fearless of tomorrow's flu and the upcoming hangover, ready for another 3000m beer battle! If you want to know what the field looked like where these refrigerated alcoholics ran, imagine several centimetres of cold water, some half-melted snow and vomit - plus splashes in all directions.

Some crazy people (or should I say crazier people) also thought that it would be funny to cross the finish line by sliding on their belly through the disturbing mixture of bodily fluids and slushy snow. It's not the stupidest, nor the funniest thing I've seen wasted people do - but especially one of our black and gold sweethearts from Collegium Alfa really started this day off at a good pace!

The winner of this year's battle, Jørgen Rettedal Ekeli, running for the association Løgnaslage, finished in only 16 minutes and 34 seconds. Ekeli was also the winner of 3000m beer in October last year, and despite the hellish conditions this time, he finished only 2 minutes away from his last win.



This article has been edited after publication (11.05.23)

INTERNATIONAL FOOD FESTIVAL

BY TPO

PHOTO TUVA HEBNES

To the delight of our taste buds, the International Students Union (ISU), hosted an International Food Festival on the 19th of March Samfunnet, from 12:00 to 15:00. Two nations were offering the wonders of their gastronomic culture and Americans were offering peanut butter and jam toasts (heart on you Americans but come on guys ...). All students could also help out those countries who lacked natives, to cook and compete. It was of course a necessary rule, but it resulted in a few funny situations like a minority of Chinese people in the Chinese team and an unexpected alliance of Belarus and the US.

It was a unique chance to discover little-known dishes and I personally advise everyone to try Sri-Lankan and Pakistani food (but maybe with a bit less spices).

The festival was a huge success: Aud Max was crowded with satisfied students.



Samfunnet: A storage puzzle

BY INGVILD LAUVSTAD SUNDE
PHOTO TUVA HEBNES
TRANSLATION IDA HARALDSTAD



On October 3rd last year, just before UKA got underway, the board of Samfunnet i Ås sent an email to several associations, which surprised many. It stated that all associations had to clear out their storage space by January 2023 and that anything that was not cleared out would be thrown away. What was the reason behind this sudden requirement to clear out everything?

Tuntreet spoke with both Samfunnet and the affected associations to shed light on the matter. From Studentstorbandet, we spoke with leader Martin Thelle Backer, former leader Lars Fredheim Hodne, and board member Anne-Berit Alm. From Rockeklubben and Åsblæst'n, Tuntreet talked to manager Ingvar Pipkin and foreman Nemina Garshol Øvly, respectively. Current leader, Vilde Kjelsrud Pedersen, represented the board of Samfunnet. DÅs, and the cards and board game club, Både Kort og Bredd (BKB), provided written comments.

Instruments, yoga mats and board games

The associations first and foremost emphasize that they store a lot of valuable equipment at Samfunnet. "We store big things like drum kits, guitars and bass amps, and pianos, as well as sheet music and music stands," says Martin from Storbandet. Both Rockeklubben and Åsblæst'n store similar items. "In addition to a lot of instruments and equipment, we also have other effects with great sentimental value," Nemina adds.

DÅs comments that they store equipment for dance rehearsals, such as yoga mats and a Soundbox, while BKB has, "about 300 card and board games, materials for role-playing games, and various costumes used on a weekly basis."

"The items cannot withstand water and should be stored in an orderly manner," the game club adds. There are also practical reasons why the associations believe it is best to have storage space close to the rooms they use. "This means that if we lose storage space at Samfunnet, we also lose practice space," explains Anne-Berit.

A storage allocation that required a solution - sooner or later

"The storage booking up until now has actually been very random," says the leader of Samfunnet, Vilde. No associations have a contractually guaranteed storage space, and this has led to Samfunnet losing track and not being able to clarify rights.

The reason for the redistribution is primarily the renovation of Aud. Max. "Many rooms around the stage must be emptied," explains Vilde. "But all of Samfunnet is full of nooks and crannies, not just in the NMBU part of the building!"

"What led to the redistribution happening now, and not right before the renovation, was a visit from NMBU and the chief fire officer," the Samfunnet leader explains. The conclusion was clear - the use of rooms and closets is not fire-safe, and they are simply filled with too many things. Vilde emphasizes, however, that the building itself is, of course, fireproofed.

The email and meeting

In desperation after the meeting with NMBU and chief fire officer, the Student Union sent an email to associations with storage space at Samfunnet. The associations had to move out by January 2023.

“We felt we had little information and therefore took the initiative to hold a meeting with the other associations and the board of Samfunnet,” explains Martin. Anne-Berit adds, “At the meeting, both parties gained an understanding of each other’s opinions and needs.”

“We simply did not have an overview of how much the associations had stored and what their needs were,” Vilde admits. After the board and the associations had talked, the deadline for clearing out was extended until the end of January.

The alternative solutions

After a suggestion from Åsblæst’n, the associations were offered alternative storage space in the rooms collectively called ‘Monitor’, above the bars in the Aud.Max. - foyer, which have previously been used by various committees. “To make it fire-safe, Monitor had to be emptied so that it can be used more as a storage space. This also makes it fire-safe for the photography committee to have a studio there,” says Vilde.

In addition to Monitor, Åsblæst’n also has a remote storage facility in Skogveien, “which presents some extra challenges and planning,” says Nemina. BKB originally had two well-organized lockers in Grønn Peisestue, and despite having more space in Monitor, they are considering alternative solutions at NMBU.

The members of the Storband don’t have much complaint about the solution, but Martin jokingly brings up “the terrible, horribly steep stairs” leading up to Monitor, and shares the experience with the others. Manager Ingvar laughs and points out that “our old storage space had less room, so Monitor is a bit of an upgrade.”

Like BKB, DÅs also had two lockers before the redistribution. These were located near Allrommet, not far from where they practice in Festsalen. “Now they’re empty, and we think it’s a shame that we can’t use them temporarily,” says the dance association.

However, the associations emphasize that they are grateful to have been given temporary storage space. “It’s not as good as our previous storage space, but everyone has to adapt,” says Anne-Berit, with Lars and Martin’s agreement. Nemina also says that Åsblæst’n misses their former ‘blæst’ room and hopes to return. “But ultimately what’s important is being able to run the association, and we can still do that,” Ingvar points out.

A bit of criticism mixed with many possibilities

“What is a bit deserving of criticism is that we received the email without any explanation,” Anne-Berit explains. The other associations had the same experience. “In retrospect, everyone understood each other’s needs, and over all we think Samfunnet has handled the situation well,” Anne-Berit concludes. “The good thing about the move is that everyone got to clean,” Martin points out, and Nemina says Åsblæst’n has now digitized their music archive.

Vilde takes criticism on behalf of the board and believes that the communication initially should have been better. “We are very grateful that the associations spoke up,” she says. Ingvar believes the situation has given both Samfunnet and the associations a good experience. The board of Samfunnet wants a fair distribution. “We are working on a search system that creates an overview and makes it possible to contract storage space, and we hope to offer space to everyone who needs storage space related to room use,” concludes Vilde.



The staircase to Monitor is steep and narrow



Blæsten's previous storage room

BY TPO

Revyhjulet: the turning wheel has turned.

During last general assembly (GA), the proposition 1.3 (F3) of case 8, regarding increasing the level of financial aid to the associations, the topic strayed towards Revyhjulet. A lot of us, even in the associations, don't always know all the subtleties of Revyhjulet, so Tuntreet decided to do a little sum-up of the theme.

A long time ago in a GF far far away...

The whole story began in 2014/2015 when suddenly there were a lot of revues being held, and the different associations wanted more fairness around who would get to hold revues. Some young, temporary or joke associations were also asking for a revue: rules needed to be made to avoid anger and arbitrary decisions.

During the GA of spring 2015, a resolution setting some ground rules for revues at Samfunnet and creating Revyhjulet, or the "Revue wheel", was passed to solve the situation and keep it fair amongst the associations and Samfunnet.

The CODEX

The resolution limited the amount of revues to a maximum of 6 per semester, and this included events similar to revues, like "Swingnight" with Swingklubben Snurrebass, or "BEdog" with Over Rævne. The reason is that there wasn't (and still isn't) enough people in the committees. Five technicians for each revue are the very least that is needed and if somebody from sound or light committee work one revue in a semester, they've worked all the hours required. The KS Revy explains that he "would love for nothing more than revues every week at Samfunnet from everybody who wants to have one," but simply can't due to the lack of staff.

The resolution also limited each association to a maximum of one event at Samfunnet per year, so that the same association could not have an event each semester. The repartition of the spots of each association in the revue wheel depends on the last time they held a revue or event at Samfunnet. For example: the last PB revue was autumn 2021 so PB gets a revue this autumn. To ensure that everybody gets a chance to perform a revue, there must be at least 2 years between each time an association holds a revue in cooperation with Samfunnet.

The resolution also demanded long-term viability from those applying: fad associations are therefore banned from revyhjulet.



PHOTO INGUNN REIMERS

“There is no rule without exceptions,” French teachers’ proverb.

Spots in the revue wheel have priority over anniversary revues or events in cooperation with Samfunnet. However, association can trade with another association for their spot on the current revue wheel if they both agree. When associations trade places between themselves to suit their anniversaries or similar events, the two-year rule counts, meaning their next revue will be two years later. One other possibility for the association is to do it outside the semester programme with the agreement of Samfunnet but pay for everything themselves, or they can hold a cheaper revue with less technical assistance from Samfunnet. This is the case of choirs like S.Lærken, Over Rævne, or IVAR, who wish to have revues or events more often than the wheel assigns them. These wishes are rarely prioritized, but often other associations turn down their spot in the wheel, or potentially if a Samfunnet event is cancelled for some reason. In that situation, Samfunnet allows those associations to have an event in its place, instead of another “Animal Bodega”. However, these filler events or revues are not given the same financial support and technical help as “revue wheel” revues.

Advantaged associations compared to others?

One could argue then that S.Lærken, Over Rævne or IVAR are advantaged because they get to do more events but the truth is more complex. Associations don’t have the same culture: some prefer a lot of little events, others few big shows. They also don’t have the same staffing levels, the same capacities of organisation, the same competences. They are strongly helped by Samfunnet to do a revue every other year and the rest is up to them.

In a sense, we could say that associations with a lot of people, a lot of money are advantaged, but it’s not the fault of the revue system: even among associations inequalities are making the law.



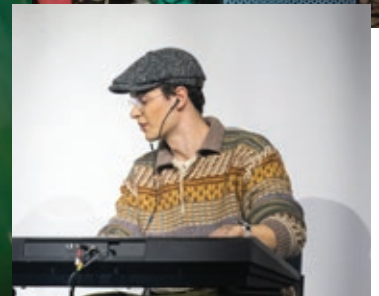
PHOTO JONAS LUND HAGEN



PHOTO JONAS LUND HAGEN



PHOTO MARGRETA BRUNBORG



“Back to the future”

The current Revyhjul was created this autumn, and each association was informed about how to apply. One issue this time was that Aud.Max. was originally supposed to be renovated and unavailable during this “wheel”, but then they postponed it, which led to uncertainties for the next semesters: it was unclear if Aud.Max. would be available or only Festsalen.

Overall, the associations are happy about the revue schedule and none of those we asked about the system complained. Revyhjulet works fine and if you have interrogations while planning a revue, just ask Samfunnet or read that article again.



PHOTO MARGRETA BRUNBORG

FACULTY FINANCES

Put yourself on the back – all students are valuable to the university. Qualitatively, at least. After all, what's a university without students? Still, it is possible to put a number value on each student. Your quantitative value, in the eyes of NMBU and its source of funding, the state, depends on several indicators: Whether you are a bachelors or masters student, how many ECTS get, and not least what you study. These factors determine how much funding NMBU receives each year.

THE BASICS

Let's start with the basics. The Norwegian state funds all public universities and colleges. Their funding is separated into three portions: basis, instruction, and research. Basis funding is a stable amount each year, adjusted for inflation, while instructional and research funding are indicated by the school's performance and so change over time. In 2022, NMBU received 684 mil. kr total from the three portions: 399 mil. kr in basis funding (58%), 209 mil. kr in instructional funding (31%) and 76 mil. kr in research funding (11%).

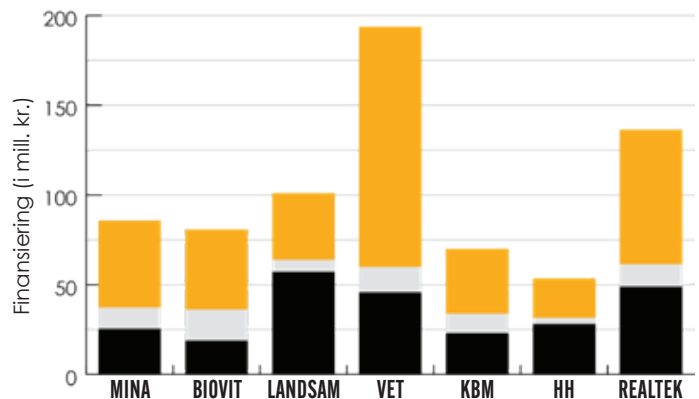
But what is the basis? In 2003, there was set a basis amount of funding for each college and university in Norway. Each year, the basis contributes about 60% of each institution's budget. Some criticize the relevance of basis funding because it is founded on factors from 2003. This may be outdated and favor the older, more established universities like UiO or NMBU over newer schools like OsloMet.

The basis funding also creates inequalities among NMBU's faculties. When the current funding model was introduced, a new basis funding was allotted to all faculties at NMBU. Faculties that produced more study points got a relatively low basis funding, while faculties with few students and thereby less study point production received a larger basis funding. Since the basis funding covers a large share of the total costs and remains constant, faculties

that substantially increased instructional and research output since 2003 can cover less and less with their basis funding; it may become difficult for these faculties to afford their growth.

The graph shows each faculty's state funding in 2021 divided into the three portions. Each faculty has a different distribution of basis, instruction, and research funding. Some faculties receive much less basis funding than others. The differences are also explained by uneven focus on research versus teaching, unequal number of students, and costs involved in lab instruction versus lectures.

Instruction, Research and Basis Funding by Faculty, 2021



SIX CATEGORIES

Everyone has an opinion that their study program is better than all the others. But the government has an opinion too, and they rank students into six categories (see table). Health-related programs are given the most money while bachelors humanities programs are among those given the least. This has practical reasons (e.g. the cost of laboratories), but also steers institutions towards offering more of what the government sees as most valuable. Thereby NMBU is incentivized to take in more veterinary, architecture, and technology students, especially masters students.

CATEGORIES	STUDIES	KRONER IN BASIS FOR A FULL TIME STUDENT
CATEGORY A	Veterinary education	273 250
CATEGORY B	Five-year master's program in architecture and industrial design Product design	206 100
CATEGORY C	Science, technology, and fisheries at higher degree level	140 150
CATEGORY D	Subjects at higher degree level: - Humanities, civil society subjects - Five-year master's program in technology - Business Administration - Five-year integrated teacher education	98 400
CATEGORY E	Subjects at lower and higher degree level: - Basic education bio engineering	84 550
CATEGORY F	Subjects at lower degree level: - Agricultural subjects, forestry, animal care education - Technological education, science and engineering education	70 600
CATEGORY F	Theoretical subjects and social science at lower degree level: - Humanities and civil society subjects - Business and administration - Sociology - Tourism	70 600

Sources:

Sigurd Rysstad and his lecture:

Insentiver rettet mot fakultet vs. enkeltmedarbeidere

Beregningsteknisk dokumentasjon NMBUs budsjett for 2023

https://dbh.hkdir.no/tall-og-statistikk/finansiering-meny/finansieringskategorier-finansiering?undermeny=finans_kategorier&tsektorKode=0&valgtArstall=2023

INSTRUCTION PORTION

After the basis, the remaining portions of the budget are performance-based. In the instructional portion, schools are evaluated independently of the rest. Producing more will get the school more funding across the board. More students, more study points, more exchange students.

The production of study points in each of the six categories affects the instructional funding. It's not enough to offer study points – the funding comes from the number of study points passed. This incentivizes faculties to pass as many students as possible, otherwise they'll get no "return on investment" for their students. If you've ever taken a class for easy study points, you've helped NMBU make an easy buck.

The faculties not only want to have as many students as possible take their faculty's classes (and pass); the real money lies in study points in the top four categories, that is, masters level classes. The effect of this at NMBU is displayed by statistics from 2021. REALTEK produced 76% of their study points in Category D, which is considerably more than they would get if they didn't have integrated masters. LANDSAM produced 62% of their study points in Categories C and D; prioritizing these two categories helps increase their total funding, as LANDSAM has a relatively low basis funding.

RESEARCH

The final portion of the budget is made up of indicators involving research. Even though it's a small percentage of the total, it includes some of the few factors that institutions can readily change, and therefore success or failure here makes a big difference. Schools must compete against each other for the research funding; if one school produces more, they get more funding, and as a result, take away funding from a school producing less. Say for example that NMBU produces more research, more publications in more prestigious journals, more PhD candidates, and gets more external research funding than any other school; then the state gives NMBU more money, and everyone else gets less

TOTAL MAKEOVER

Now, what if I told you all of this is about to change? On March 24, the education and research minister, Ola Borten Moe, announced the latest update in his "total makeover" of the university and college financing system. Several research indicators are dropped, and the six categories are down to three, with no financial difference between bachelors and master. Moe, having ascended to Minister twice without a college degree, wants to encourage shorter, more accessible degrees being available across all of Norway. This contrasts with the last 20 years of incentives for advanced degrees and scientific research.

BY **BONNIE SUTHERLAND**
PHOTO **TAMZID MAHMUD**

LANDLORD NIGHTMARES

BY BONNIE SUTHERLAND
ILLUSTRATION VIKTOR TALGØ SYVERSTEN

I was washing my dishes when my new roommate pointed out the white blob impregnated in the counter behind the faucet tap. “This mold is dangerous to your health,” he said, “But I’ve already told the landlord; he’s gonna fix it.” It was August, I had just moved to Ås, and this unpleasant surprise was the beginning of a dispute with my landlord which would last more than a year.

The mold growing in the kitchen counter was not the only problem with the house. A square of countertop next to the stovetop was loose and repeatedly fell into the drawer below. If we showered too long, or too soon after one another, the bathroom floor flooded. The thin toilet seat slid around on its porcelain; you had to sit very carefully. We were given one house key to share among nine roommates. I could go on.

One Saturday morning, I was awoken by a knock on my bedroom door. It was a middle-aged man who said I had taken his room. The landlord had apparently forgotten about him, and rented it to me, helping me empty the room of the man’s belongings.

THE MOLD

My food was going moldy within days of being exposed to our kitchen. I was experiencing unusual health problems, which were all common symptoms of mold exposure. In October, I asked in writing. The landlord replied the mold would be fixed next week.

Each week I would ask for updates. Each week he told me “Somebody’s coming next week.” Eventually, someone dropped off new countertops, which laid in the hall for over six months, blocking my roommate’s bedroom door. Later, someone came and cut out the moldiest piece of the counter. Unfortunately, this just left a largish hole exposed next to the faucet, with mold creeping in.

By December only my clothes were living there; I was eating and sleeping at a friend’s house. I had read up on the law and gotten advice from several sources. I notified the landlord that I would be withholding my rent until the mold was fixed, and that I was moving out before Christmas.

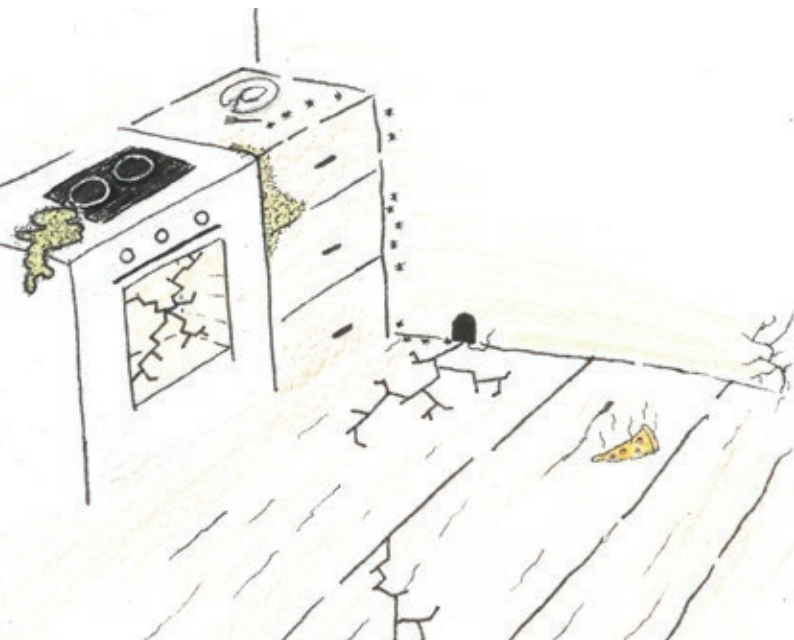
The whole ordeal drained a lot of time and energy – I was reading law, finding a new place to live, and taking exams. Five of the nine tenants were moving out after only four months (the remaining four wouldn’t last much longer).

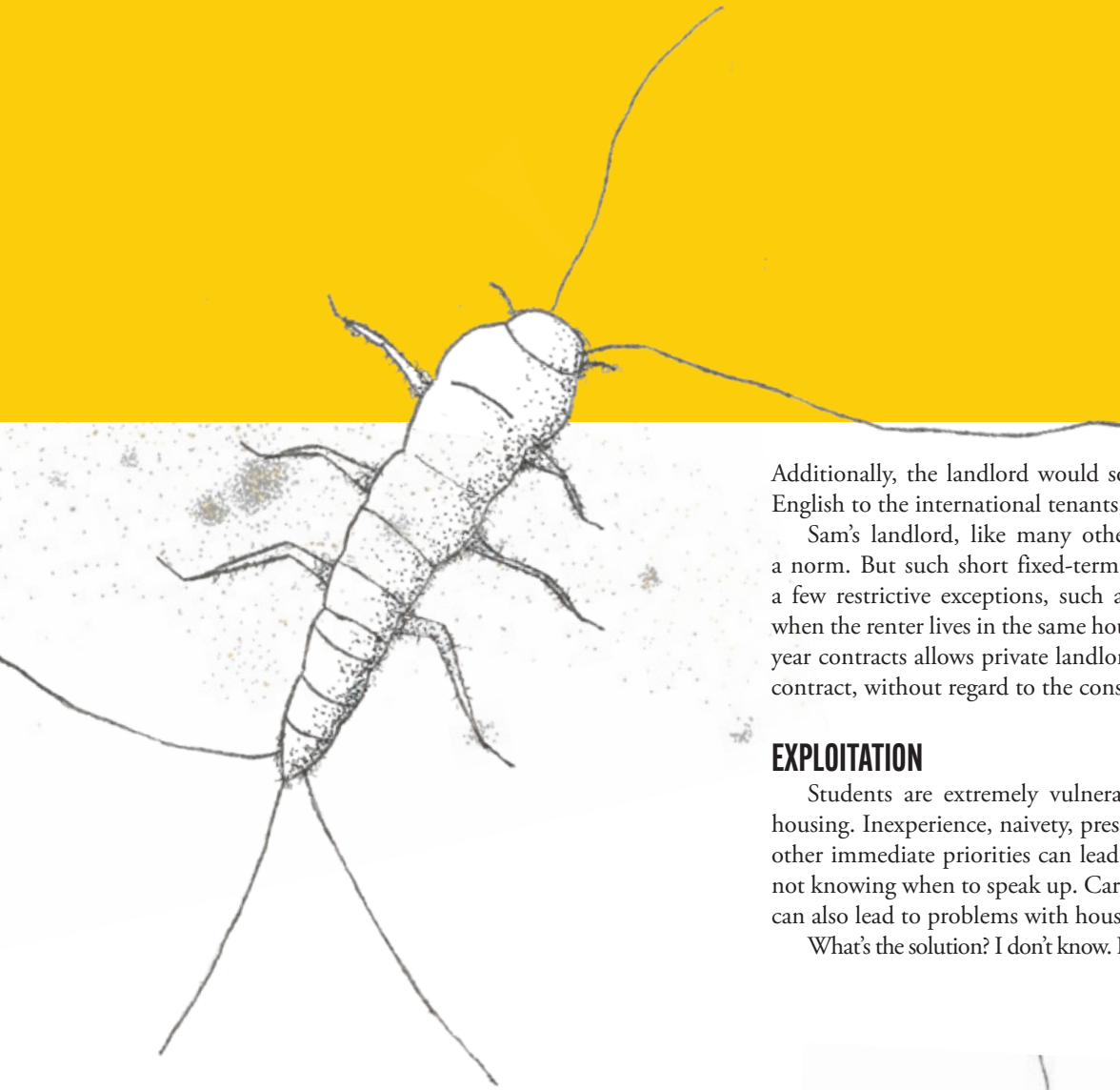
I couldn’t do anything to stop him renting out the house. The only scrap of restitution I had left was getting my illegal deposit returned to me. I kept messaging him, and he kept promising to send it in two days, next week, next month. After months of unfulfilled promises, it was revealed that he didn’t even know my account number.

In June, I learned that the landlord had abruptly moved into the house, and that only one tenant had gotten their deposit back, and it came in three separate installments. My only chance was to send in a case to Rent Disputes Tribunal (HTU), which handles disputes between renters and landlords. I alerted my landlord; he said, “Just give me three more days. I have money coming in.”

In November, HTU ruled the case in my favor, but couldn’t enforce it; I had to make my case with a division of the police, Namsmannen. They can deduct directly from his bank account. Bureaucracy and more missed deadlines brought us to March; now I’ve waited 15 months trying to get back 13500 kr (and 1600 kr interest).

But the wait is finally over – the police have ended the case. They found that my landlord has no employer, no income, no savings, and he doesn’t own anything of any value (the house is owned by someone else). The man who drove a Tesla and bragged to us about his penthouse apartment in Oslo can’t afford to pay me back. I now owe 1500 kr in case fees, and he owes nothing.





Additionally, the landlord would sometimes choose not to speak English to the international tenants, as if he had forgotten how.

Sam's landlord, like many others, uses yearlong contracts as a norm. But such short fixed-term leases are only allowed under a few restrictive exceptions, such as renting student housing, or when the renter lives in the same house as the landlord¹. Using one-year contracts allows private landlords to raise rent with each new contract, without regard to the consumer price index.

EXPLOITATION

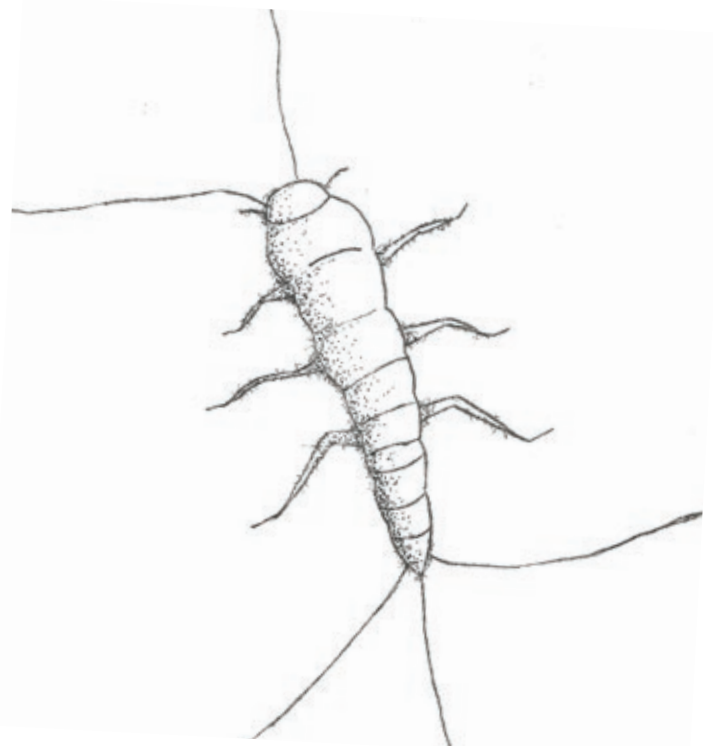
Students are extremely vulnerable to exploitation in private housing. Inexperience, naivety, pressure on time and finances, and other immediate priorities can lead to students not wanting to or not knowing when to speak up. Carelessness from previous tenants can also lead to problems with housing conditions.

What's the solution? I don't know. But here are some things to avoid.

A SHARED NIGHTMARE

My rental experience was unique in some ways, and absurd, but hardly uncommon. I talked with another student, "Sam", who was wise enough to avoid the illegal deposit, but still dealt with quite an unpleasant landlord.

When winter descended, it became obvious how poorly insulated the house was. The doorway was leaking out heat. Sam could feel wind by standing in front of their closed window. Condensation dripped down the glass. The landlord's response was that they should be vigilantly wiping the condensation off the windows. "I can't do that every twenty minutes," Sam comments. The landlord shamed the tenants about their electricity use, rather than fixing the insulation issues. Several times the landlord came to the house, letting himself in without knocking, and checked the heater temperature. Once when it was unsatisfactory, he screamed at the tenants. "Show me the law where the landlord can demand your heating level," says Sam. The landlord also suggested they unplug their freezer to save electricity, despite it being full of food.



¹ Source: Leieboerforeningen, *Tidsbestemte leieavtaler – lov eller ikke lov?* and *Reglene om husleie og leieøkning*

YELLOW FLAGS (WATCH OUT)

- Photos on Finn are old and obviously recycled, and don't have descriptive captions.
- The Finn description is so old it refers to UMB instead of NMBU.
- It's unclear how many rooms are in the house or the rental price for each room.
- Several (3+) rooms of the house are available at the same time (Previous tenants have fled).
- They'll only rent to certain groups, like students (They either don't know the law or are knowingly breaking the law - they're not a serious actor).
- You come to a showing and the landlord isn't there.
- The address isn't listed in the Finn announcement.

RED FLAGS (GET OUT!)

- Tenants cycle out so often, or there are so many empty rooms, that the Finn announcement is always active.
- The landlord is cagey about information or hard to get into contact with.
- The landlord wants a deposit in their private account because "it always works fine".
- The landlord complains about the fee involved in setting up a legal deposit account.
- It's not possible to talk with the current tenants. Even worse if the current tenants tell you to get out while you can.
- The landlord seems to be aware they're breaking laws.
- There's a line in the contract that says: "renting as is" (som den er), gives a deadline to alert the landlord about flaws, or similar. Signing onto this contract severely weakens your right to get flaws fixed later.

GOOD TIPS

- ✎ Keep records of everything! Take pictures or videos when you go for a showing and when you move in – show all the flaws that are already there.
- ✎ When you ask your landlord to fix something, ask in writing. If you talk in person, you can send a text afterwards reminding them what you've discussed.
- ✎ A legal deposit is in a separate deposit account with the renter's name on it.
- ✎ Bargain collectively with your roommates.

TO GET HELP

- 📍 **Jussbuss** – law students in Oslo who give free legal help. 7 specialties, including housing law.
- 📍 **Juridisk Rådgiving for Kvinner (JURK)**. Law students in Oslo who give free legal help to women. Several specialties including housing law.
- 📍 **Jussformidlingen**. Law students in Bergen who give free legal help, also for housing law.
- 📍 **Leieboerforeningen (LBF)** – Renters union. Student membership is 250kr per year and includes legal help and full access to their online resources.
- 📍 **Husleietvistutvalget (HTU)** – Rent Disputes Tribunal. Their webpage "Your rights and obligations" <https://www.htu.no/en/your-rights-and-obligations>

STOP TUITION FEES FOR INTERNATIONAL STUDENTS!

BY **MAGNUS DYBDAHL, KRISTOFFER ROBIN HAUG**
 PHOTO **SKJALG BØHMER VOLD**
 ILLUSTRATION **REBECCA ØISTAD**
 TRANSLATION **REBEKKA BERG**

Ola Borten Moe, there is no shame in turning around. Even though you might not be good at it, the entire higher education sector sure would appreciate it.

On Friday, March 24, the government presented a law change concerning tuition fees for international students, transgressing with a long tradition for tuition-free higher education in Norway. This proposal opens a debate concerning the tuition-free principle, and might lead to more fees, for Norwegian students also.

The law change is a clear transgression of the government parties' own political platform. Both the Hurdal Platform and the election program were clear on the fact that education is supposed to be free, including for international students. We cannot accept this deceiving law change, as it also increases the social differences.

The costs for the individual student might go up to 1 million kroner. To segregate between those who must pay for higher education and those who don't is not solidaristic and creates an A and B team. It impedes the less fortunate to get an education in Norway, but it might also lead to bright people choosing other institutions than our own.

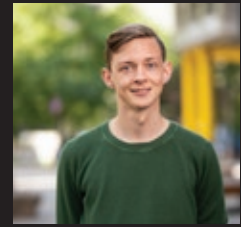
The benefits might come tumbling down. The costs of administrating the settlement are still unknown, and the institutions are not organized for this kind of money collection. Nonetheless, the Ministry of Education and Research, with Ola Borten Moe in front, expect 75 million kroner from tuition fees in 2023. This is, according to Universities Norway, completely unrealistic.

The sector has warned that the institutions might be emptied of international students and sorely needed competence. The minister does not care. The Ministry of Education and Research has stated that they expect fewer international students in Norway with this proposal, which we think is a pity.

We in MDG are doing what the minister should be doing: taking the fears of the sector seriously. International students add new perspectives and increased competence in the business world, working life, and society as a whole. We need more diversity in Norway, not less.

We stand together with the higher education sector against the introduction of tuition fees for international students. It is time for Ola Borten Moe to notice the resources international students contribute to society, and not just as a temporary expense. We wish to fight this law change in Parliament, and hope that the government parties and its supporter, SV, change their perspective.

We want more diversity in academia and faith in the sector.
 Not less! There is no shame in turning around!



Magnus Dybdahl



Kristoffer Robin Haug
 Photo: Own



VET RESPONDS

ILLUSTRATOR **SIGNE AANES**

AFTER TUNTREET'S ARTICLE about students at the Veterinary School and St. Blasihus, we feel the need to clarify. The article may give an impression that some think that VET and animal nursing students stay away from the rest of the student body mass and student life here in Ås, and we feel that this is completely wrong.

We feel that we are welcome here and think that other students, AU and student organizations have been very open. The studies at the Veterinary School are made up in a way that limits the possibility to participate in all the fun activities in Ås; classes have a lot of compulsory attendance and teaching at the clinic, with shifts during the day, evening and nights. We have exams at totally different times from other studies, and we always have a January and June block.

But that doesn't mean that we don't want to be a part of the student environment. On the contrary: after UMB and NVH merged to become NMBU, we have become a natural part of the social life here in Ås. Our two VET choirs have luckily remained and contribute to Christmas concerts and choir weekends. You can find us in almost all of the associations, behind the beer tap at Samfunnet, we contributed backstage and onstage in the UKE revy, we are in NMBUI, we run 3000m beer, Promosjonen's shield is hung in the Bodega and we invite representatives from all unions to Fjøsfesten that we arrange each autumn. We live in the Ås bubble just like most other students out here. We are here!

The reason why we still want to keep some of our almost 90-year-old traditions and want our own hangout spot is mainly to create and maintain the social environment within the Veterinary School, which is also important for life in demanding work after graduation. These are important measures to prevent dropout and mental illnesses that veterinarians unfortunately score the highest on in some statistics.

The new St. Blasihus is not an alternative to Samfunnet, but is a social and academic meeting point for students of veterinary and animal nursing who study here, abroad and graduated veterinarians. The house is rented and made available by our trade union, DNV. We don't have to be part of any associations to access the house, and it isn't closed for other students. There has to be room to host parties at other places than Samfunnet without it being seen as a threat.

Finally: to think that we are completely integrated only if we do things exactly like they were done before the move is not very inclusive. To create good experiences across study programs and new traditions is something we think should be embraced. The same goes for NMBU as it prepares to welcome hundreds of new students to start at all faculties. We will let them participate in the culture out here and let them shape it themselves and leave their own mark on the student life. If the community in Ås can't be changed and life in the Ås bubble will forever stay the same, well then, it's THAT elephant in the room that should be written about.



STUDENTS AND REPRESENTATIVES AT THE NMBU FACULTY OF VETERINARY MEDICINE

Tord Skrudland Kjeldsen
 Tonje Sunde (Promosjonskollegiet)
 Nick Harries (Veteriærmedisinsk Studentforening)
 Thea Øvregaard (Student Council Vet)
 Jasmin Søderlund (Board of the House)
 Aksel Njaa
 Erik Krokan Thomassen (Dyrepleiernes studentforening)
 Sara Nesse







The NMBU Business Committee

Spring 2023



Tuntreet's official guide to association housings (part 1)

BY MARIE TJELTA
PHOTO TORD KRISTIAN F. ANDERSEN
TRANSLATION KRISTIN GILBOE

A HOME FOR ÅS, A HOME FOR YOU?

For generations, the social associations in Ås have had their own housings, but which association has the most aesthetic home, hosts the best parties and, last but not least, is the best place to live? Tuntreet has investigated the association housings in Ås.



Qlturens Høiborg/Hunkattloftet

Foreningen Hunkatten

«The most creative home»

Established: 1966

Where: Inferno 301-306

Number of beds: 6

Interior: Already as you walk up the stairs you will find cat prints lurking their way toward the attic. Red and black are the colors of Hunkattene, which is very obvious in "Qlturens Høiborg". The interior is carefully considered and offers some fun elements. Beautiful cats can be seen on the doors, and the walls are filled with pictures of previous Hunkatter. They call the art style "Qltur".

Party possibilities: They have removed the classic Pentagon I bench that separates the kitchen from the living room to open the space. Despite having the smallest association housing, Hunkattene is quite creative when it comes to space during parties: the coffee table often works as a dancefloor!

Livability: Hunkattene describe Hunkattloftet as a normal home "90 % of the time", where they can live as normal students without association outfits. Despite the housing being located in Pentagon I, without a dishwasher, the cats seem happy with the living experience. "One of the coziest collectives I have lived in!" one states. They definitely have the prettiest view in Pentagon, which they tend to enjoy from portable bathtubs on the balcony.

Afterparties? Just knock and see

Drink of choice: Kildebrygg (Ringnes)

Fun fact: During the 90s, a baby lived in Hunkattloftet. The mother was a Hunkatt, and the baby grew up to be a PB-mand.

Faderloftet/Hankattloftet

HANKATTFORENINGEN ST. 1902

Established: 1966

Where: Jubilo, third floor

Number of beds: 12

Interior: Hankattloftet must be one of the more unique SiÅs collectives. During the evening, the place is known for being a party place with its stripper pole and “rave” atmosphere. In contrast, the place is rather a cozy collective during the day, with twelve boys spending the days together. It’s the place for keeping culture alive, the walls filled with the Hankatt story.

Party possibilities: What separates Hankattloftet from the other Pentagon I housings is that the place is twice as big, which means they got the entire floor to themselves. That gives them twice the space for hosting after-parties and other festivities. The after-party provided by Hankattene is referred to as “party 2.0” by the hosts.

Livability: Living as a Hankatt at Faderloftet is like being part of a family. At the attic, everyone has very specific roles and areas of responsibility, which sets the expectations and thereby avoids a bad atmosphere. Hankattene believe it works well to live as a normal student in the attic and that the place is just like any other collective during the weekdays.

Afterparties? Usually

Drinks of choice: Norway’s oldest brewery (Aas Pilsner)

Fun fact: The picture they have of Alex Rosén in a hotel room with two prostitutes was bought at an auction for 5000 kr when he went bankrupt. He later offered to buy the picture back for 50 000 kr, but Hankattene declined the offer.



F&F-huset

FEMININ & FORNEM

Established: 2008

Where: Herumveien 20A

Number of beds: 5

Interior: Blue is by some considered a sad color, but the ladies at F&F refute that statement completely. The house resembles a life-size dollhouse with everything necessary for a pleasant evening with the girlies. Balloons, candles, picture frames, fireplace, mannequins, and wooden dildoes. In short: It has a homelike feel to it.

Party possibilities: The housing is a house with capital H and is on paper the perfect place to throw a party. It is, however, located in a normal neighborhood, which limits the possibility of making noise during every hour of the day.

Livability: With a kitchen, dining room, living room, and a separate party basement there is more than enough space. The hung merch is not bothersome, and the couch is big. Nice.

Afterparties? By invitation

Drink of choice: “Champagne”

Fun fact: F&F once painted Andehuset on 16 May. As revenge, Hankattene painted the F&F house red and white with a big red penis.



BEdehuset/Rævnehuset

MANNSKORET OVER RÆVNE

«The coolest home»

Established: 2012

Where: Høgskoleveien 16

Number of beds: 4

Interior: the residents describe BEde as a mix between a cabin and brown, a very accurate description. They have both a homemade wood-carved wall and a table next to the couch, which gives the home a quiet and rough expression. Mounted on the wall is also the head of Børge the moose, along with national romanticist photos.

Party possibilities: With this well-completed brown bar, a basement with room to party, and with a big garden area, the Rævne guys have a number of party possibilities. “It is fun to host parties here, but it is difficult to fill up the place”. Do not hesitate to go by BEde if you are looking for a party.

Livability: The guys describe BEde as a very cozy place to live. It is a bubble in the bubble and can sometimes be compared to summer camp. “The vibe between us can become a version of ‘brakkesteming’”.

Afterparties? By indication or invitation

Drink of choice: Homebrew

Fun fact: They have made their own bar out of wood in the basement. Not only do they have a bar counter, but also tables and chairs – just like a miniature version of the Bodega.



IVARinn

PIKOKRET IVAR

“Most complete aesthetics”

Established: 2008

Where: Samfunnsveien 4

Number of beds: 4

Interior: IVARinn can only be compared to a rainbow. The walls are painted pink, purple, and turquoise, and are covered with flowers, instruments, and red kisses. They have given thought to every minor detail in the house and painted everything from cabinets to staircases. Decorated with gorgeous vintage furniture gives the place a unique 50s style. “More is more, less is bore” is the motto.

Party possibilities: This house also offers quite a big living room. They also have a big grass-covered garden where it is a possibility for a lot of fun things, once the snow melts away.


Livability: Collectivarinnene describe IVARinn as a cozy, social place to live, where there is room to be by yourself too.

Afterparties? By invitation

Drink of choice: Home-brewed IFA shots!

Fun fact: IVAR was once sponsored by Nidar because of its high consumption of IFA pastilles.



A young woman with long brown hair, smiling, is sitting in front of a world map. She is wearing a light green cardigan over a white and orange patterned top. She has a large, detailed tattoo on her left arm that includes a skull and floral elements. A small, fluffy brown cat is perched on her lap. The background is a world map showing various countries and oceans.

TWO COFFEES WITH MIRANDA MOLDSKRED DØRUM

When I asked her what she loves the most in Ås, she said in this student community, everybody could feel safe showing their true weird self. As soon as she started talking of people in Ås and Samfunnet, her eyes lit up and she kept smiling. A girl, who gained a lot from a community and gave even more back. I found her at her home and we started our morning together with two coffees and a lovely snowy view from her kitchen.

A CITY GIRL IN ÅS

Why would you go to Ås of all places?" - Miranda wondered about her elder sister's decision regarding her university choice. She always considered herself a city girl, who would never go to a smaller town to study or to live. But then something happened. A concert at Samfunnet.



Her favorite singer had a concert here in Ås. So she visited her sister and went to the event. That was the beginning of Miranda and Ås' love story. She was shocked, but in the best way. She imagined a small, dull town, where you would be bored to death, but she experienced something different. She realized that the life of a student here is sparkling, and can always show something funny and surprising. She also experienced the beauty of small towns. After this party, Miranda became a part of the student society here, even before starting her degree.

YOU CAN BE WEIRD IN A SAFE PLACE

"You can be yourself and meet many weird, interesting, unique people. Everybody can feel safe showing their true weird personality." Still, even though she had spent some time here before university, when she first arrived here as a student, she felt completely lost.

Although she had had a joyful experience in Ås as a high school student, she had two other university options to consider, and in the end, she chose NMBU. "I made my final decision at the last minute. I was on my way to Ås, with a fully packed car with all of my stuff, and I had no idea what I was going to do. I didn't even have accommodation."

Then, till she got here, she found accommodation in a private house. This story sums up her character very well. A fearless person, who always goes with the flow, and in the end, she always figures things out.

She believes that challenges and pushing yourself out of your comfort zone will help you the most to improve your personality. Her latest adventure, for example, was a two-and-a-half-month trip to Brazil alone, in relation to her master's thesis.

'BUDDYLESS' TO BUDDY LEADER

Miranda finally arrived at Ås, and found a place to live at the very last minute, but she didn't have any information about the buddy week or buddy groups. She was about to start extra courses preparing her for Biology major, that's why they didn't enroll her in any buddy group.

"I thought that I had to collect my courage and had to connect with people." She messaged buddy leaders, got a buddy group and then decided that she would like to help new students as well. She wanted to make sure, that everyone was included and nobody felt as alone and lost as she felt in her first days. So in the following years, she became a buddy, then a buddy leader.

BY **IBOLYA VARADI**
 PHOTO **YLVA FRIBERG**
 TRANSLATION **REBEKKA BERG**

EVERYBODY NEEDS A BREAKDOWN

She could write a novel about all her voluntary work. Without mentioning all: she was a member of Pikekoret IVAR, Foreningen Hunkatten, and worked as event manager in Samfunnet, besides her buddy leader role. It sounds exhausting, and it was. Miranda did so many things simultaneously that she pushed her limits.

“Everybody needs a breakdown because this is how you learn your boundaries” - she said about her exhaustion. But why would somebody do this many things? Because to her, people and connections were the main motivation to study. She doesn't consider herself a person who could sit by a desk all day, so she started to do volunteer work. When she felt exhausted, she would find balance between volunteer work, other responsibilities, and relaxing.

DON'T RUSH IT

When I asked her if she had any good advice for future generations, she said, that we should take our time, because we can only be students once. So, if you finish your studies one year later than originally planned because you need more time, don't worry about it. She feels that student life gave her so much, and she would never have found so many interesting people in one place outside of university. Her best tip for new students: be open to new people, and don't rush it!

SAILING AWAY AND GOING BACK TO THE JUNGLE

“I dream about simply buying a sailboat and sail a little bit, to have a small break and just see what happens. I would like to travel around because I've been a student for a long time now” - she said about her plans after university. Her other plan is to go back to Brazil in the autumn. See you on the sea or in the jungle!



GREETINGS

A bottle of red wine, white wine and fern for the children's table, please! That's how we know Miranda best. Reflected thoughts in one moment, the meanest ideas and fantasies in the next. There is never a dull moment when she is around. Miranda is a lady with a wide range of qualities. This is a lady with a lot of gumption, a big heart for those around her and who always presents herself with an open mind and a positive attitude. It's fascinating how she can be so distant while being so in control, bloody serious and at the same time so unselfish. Miranda jumps into challenges with both feet, full effort and is not afraid to give of herself. We look forward to more fun in the future, dancing on the table with liquid black gold in the glass and "Koppen" on the speaker.



Skaal 304! Life with you as a loft resident was unpredictable - just the way we like it. You threw yourself into all sorts of things head first, be it as a spa instructor, hairdresser or when it was ready for bathing time in the living room. If, against all odds, everyday life should go against us, you were always ready with a KaffeB and words of support. We also got to witness what an "ildsjel" you are. You darted in and out of 304, always with a little too many plans and too little time. You are a strong, active and committed woman who works hard all day. At night, you are still spinning wildly in all directions, until you thank yourself by falling horizontally onto surfaces full of broken glass.



Miranda Fancysnerk Jordskred Dørum - A.k.a: Skinnypenis On a cold February day in 2019, there was a dirty figure on the door of Botanisk Hage (BH), dripping with sins from their alleged "backpacking" in "Asia". There she proudly displayed her stolen property from various parties/children's birthdays/funerals, including a crystal skull, a sombrero and other dingy things. We began to understand that we had been given the Agrarian's greatest kleptomaniac to deal with. Although the character was both violent and rude, there was something about her that was appealing and we decided to let her into shelter. Since that day, we have been through countless late nights with juicy stories of raccoons, wet foot slapping, kidney punching and blood peeing. Remember Mirrh; you're not dead, you're alive! We like you and you're cool, etc. Your ex-roommates Ingrid and Harald, plus Mette who just came in



Ås legends: The Story of Andehuset

When I arrived in Ås as a fresh student, one of the first things I noticed when I took a walk on campus was Andedammen. It's was an idyllic pond that glistened in the August sun with lilies resting on the surface of the water. In the middle, there was a small island where I spotted a white and red house. Little did I know that this house was an essential part of Ås' longstanding association history and had been through both kidnapping, blasting, and numerous layers of paint.

THE ORIGIN OF ANDEHuset

The purpose of Andedammen was originally to function as a fire reservoir, and the island has likely been there since the beginning while we can trace the actual house back to before World War II. Rumor has it that the former professor of horticulture, Olav L. Moen, placed his doghouse on the island sometime in the 1930s, and that this was the origin of the duck house.



Det er et sørgelig syn som møter Direktør Rune Høstmark og hans egen muslimske terrorexperter Salman Saeaa
It is a sad sight that meets Direktør Rune Høstmark and his personal muslim terrorexperter Salman Saeaa

On May 17, 1947, the newly founded association, Selskapet for emigrasjonens fremme, swam across the duck pond to commemorate those who emigrated to America. Later, the Foreningen Hankatten took over, making it an annual tradition to make newly enrolled students jump into the pond and swim to the duck house. They have been in charge of the pond and the island since 1994 when a treaty with PB was signed.

EXPLOSIONS, KIDNAPPING AND SLEEPOVERS

On Tuesday, February 21, 2006, Rune Høstmark, director of Hankatten at the time, woke up to a gruesome sight. The duck house had been blown to pieces! Several witnesses reported hearing a loud booming sound in the middle of the night. The house had indeed been blown up only six years earlier in 2000. It turned out that PB had blown up the house in 2006. Fortunately, the Hankatt members were hardworking and built a new house the same year. Now the same house still stands to this day, and we cross our fingers that there will be no more explosions.

Despite the fact that the house is intact, it has been through a kidnapping and has been seen in various places around campus. The house was taken on a little walk in 2017 and ended up at Ur and was observed in both 2021 and 2022 in the roundabout at Meierikrysset. The Hankatten association does not appreciate this, as ducks actually build nests and live in Andehuset.

But fortunately, Andehuset has been the subject of more than just vandalism. In 2015, Hauk Liebe was commissioned by Tuntreet to spend 24 hours on the island. Hauk set up with his sleeping pad, crispbread, Tuborg, and aquavit and lived on the island for 24 hours. He documented his experience in a Tuntreet article and took us on the journey that stranded him on a deserted island. Believe it or not, he survived and was both happy and richer in experience afterward.

THE TRADITIONS OF ANDEHuset


When I went on the journey over Andedammen as a fresh student, I was surprised by the sight that met me. Up close, Andehuset was far from a pretty sight. It was dented and deformed,



and looked like it was melting. This is the result of all the layers of paint that have been applied to the house over the past decade. The tradition has been that, despite the fact that it is the property of Hankatten, many other associations have painted Andehuset in different colors, often in connection with events. Nevertheless, Hankatten is always prepared and has white and red paint cans ready inside the duck house in case someone tries to paint over it.

Andehuset has been with us students through thick and thin. It has been with us as first years struggling to make it across the pond, in association-wear as we paint it over in thick oil paint, and last but not least while we have vandalized it in every possible way. There is no doubt that Andehuset has a very special place in the hearts of the Ås students.

BY **MARIA TJEITA**
 PHOTO **TUVA HEBNES**
 TRANSLATION **IDA HARALDSTAD**



VI SEES IGJEN PÅ BOHEMEN PÅ NAS!

“THIS YEAR’S BEST LØRKEREVY, OR THE BEST LØRKEREVY EVER?”

Sangkoret Lærken has thought outside the four walls of Festsalen tonight. We are moving into a dark hall, all set up with a charming homemade stage - the entire setup exudes DIY. It’s time for an intimate revue tonight, and the Lærken members are ready to show us ‘this year’s best Lærkerevy’.

IT IS NOT AN EXAGGARATION to describe tonight's show as "something you've never seen before." Due to technical challenges, the Lærken members had to take matters into their own hands for tonight's show and arrange their own technical equipment. This resulted in an alternative setup of sound and lighting with borrowed speakers, karaoke microphones, and desk lamps on the stage. The choir also set up a donation basket outside the hall and encouraged the audience to bring things they no longer used.

The show officially started with the screening of the video that was used for promotion of the revue - with a surprising ending! The video shows a very talented Lærken pianist playing the third movement of Moonlight Sonata on the keys. In between the piano chords, we also see another Lærken member getting ready for battle. The Lærken member puts on the association uniform, "most beautiful", grabs a sledgehammer, and sets off to destroy the aforementioned piano. This journalist had no idea that Lærken was willing to sacrifice an entire piano - but I was certainly wrong! A cut-scene from the video was shown, where the piano really gets demolished. If there was still any doubt, the piano was later rolled out onto the stage, quite deconstructed.

As the projector screen rolled up, one of the Lærken members stepped out. He expressed that the lighting was so poor there, and handed out flashlights to the audience in the front row. After some back and forth, the hall and stage were better lit. A clever little play on their technical "challenges" for the evening, showcasing that they have come up with some good alternative solutions. They then kicked off with an energetic opening song!

The first two sketches of the evening both referred to something that is a recurring theme in the student community here in Ås. The first sketch showed three funny characters on a trip, who looked like they were straight out of a '50s detective show, in search of fun and parties. The characters represent, apparently, students who come up with the idea of going to Samfunnet in Ås. Topics such as DiggiPay cards and free wardrobe were brought up, and the students' perception of fun suddenly turned out to be a bureaucratic chaos.

The next sketch was packed with discomfort that many people feel, along with a main theme. A woman tied to a chair is being tortured by a man by cracking kvikkklunser in half and crushing entire packs of crispbread. The woman, who turns out to be a security guard at Samfunnet, eventually gives in to the torture: digital driver's licenses are now valid identification for entry to Samfunnet.

One of the next sketches addressed something that only the Lærken members could have come up with: NRK's break fish. Three pitiful break fish who realized that they were tired of living their lives displayed in a cramped little aquarium, expressed through an original song! The song was surprisingly captivating and gave this journalist a completely different view of 'attractions' such as break fish!

After a well-executed choir number, the audience was served a real treat! One of the Lærken members strolled onto the stage, munching on an "almond" potato. The audience became very engaged and were eventually instructed to reach under their chairs. Suddenly, everyone had a potato in their hand, only to be told that throwing said potatoes was not allowed. The sketch ended with a batsman

(read: baseball) on stage, getting pelted with almond potatoes.

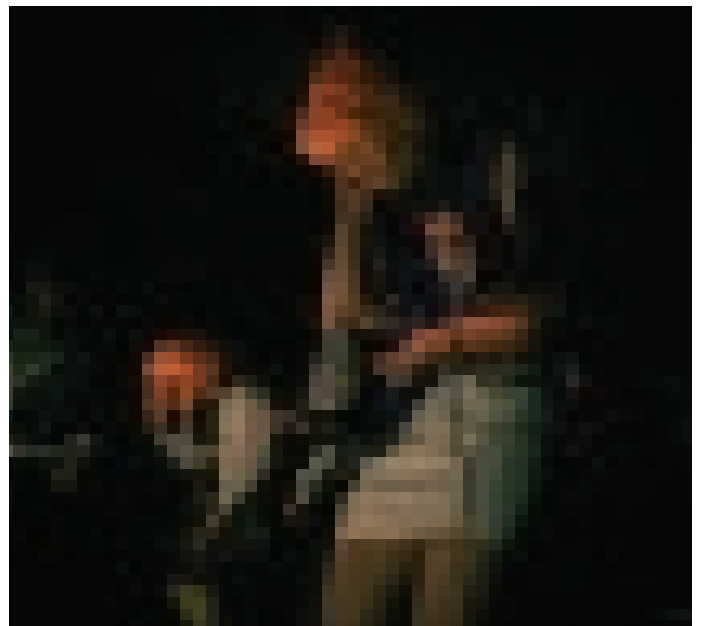
In between the acts, we saw sketches that dealt with supervillains inflation and hyperinflation, Helge falling in the store without any warning, and a fantastic duet between a SiÅS employee and a Lærke debating whether to reopen the sauna full-time or not. We also saw a timely sketch about windmills and their destructiveness. This sketch left us with the question: is the problem lack of energy, or our enormous consumption? The sketches were well-executed, and props from the donation basket were used extensively.

A definite favorite among the audience was the "dick or balls" performance. An amazing cover of the song We Are the World, performed by knockoff versions of the original artists. During the performance, flashlights, lighters, and hands swayed back and forth, and a large portion of the audience joined in on the lyrics: "dick or baaalls."

In many ways, the Lærks are the embodiment of the revue genre: a collection of odd components that seem random and out of place, but at the same time tied together by a red thread and a message. They impressed with well-executed interactive sketches that involve the audience in the show and seamless transitions between performance and storytelling. They even provided revue snacks!

As the show neared its end and the final song was sung, the audience was invited to Bohemen for an afterparty. However, the evening's concluding event had to be delayed a bit as the talented Lærks had to clean up the stage, equipment, and potatoes. All in all, it was a unique evening that showed that revues at Samfunnet can be diverse - just like a Lærke. And who knows? Maybe the Lærks have now found a winning formula for intimate revues? Perhaps this was actually the best Lærke revue ever?

BY **SYNNE LOUISE STROMME**
PHOTO **JONAS LUND HAGEN**
TRANSLATION **SOFIE PALMSTRØM**





FF Variety Show: an audience review

BY MARTIN HANSEBRÅTEN
PHOTO WILLIAM FREDRIK BAKKE DAHL
TRANSLATION BENJAMIN A. FAULKNER

I'm looking at my audience. They are staring intently at me. I'm the presenter at Åsblæst'n's yearly FF Variety Show. The NMBU rumour mill has been busy manufacturing comments on audience behaviour during events. The generally view is that people are unable to shut up. Others claim it is the venue. This applies mainly to Aud.Max., but Festsalen, where the variety show was held this year, is known to be better.

Åsblæst'n performed the first theme from the film series "Olsenbanden", followed by a number of intros from different film studios. This left the conductor obfuscated. The move is known as a "unote" (un-note), where the goal is to bamboozle the conductor and have a laugh. Then followed perhaps the best performed part of the show: the theme from the film "Schindler's List". During this theme, the audience sat quite still. In addition, the band played "Flåklypa potpurri", accentuated by bursts of instrumental solos which were technically and visually impressive.

During the break, the cakes were heralded by a vocal performance from Sangkoret Lærken. The audience was more excited by Lærken than the sweet pastry. Whether this was out of respect for the performer or the enjoyment of the music, one can only wonder. The choir ended the break with the song, "Livshjulet".

The veterinarian marching band Corpus Luteum continued to play. The band was established in 1966, but came to Ås in 2020 making it our oldest and youngest marching band. They began with the theme from "Dyrene i Afrika" and received a loud ovation by the audience. They continued with a selection of themes before ending with "Rosa på Bal", most likely the most delightful tune in the band repertoire.

One member of Sangkoret Lærken was armed with an applause sign. This sign was regularly raised at the best and worst of times, much to the enjoyment of the crowd. They applauded every time the sign was raised, rescuing the presenter from poorly received jokes.

When Corpus was finished, Blæst'n started playing again. On one occasion, the presenter announced "Welcomed to the jungle" by Disney, answered by an interpretation of "20th Century Fox". This was, yet again, an "un-note". Both the conductor and the audience were left in shambles; quite amusing for Blæst'n. The séance was concluded by the theme song from the film "Totoro".

The cakes were nice, the performance was good and the audience was surprisingly agreeable. They were involved where they were supposed to and were quiet at fitting occasions, and the musicians and presenter got the space they needed to produce a great show. The room factored in. It was built to amplify sound without microphone, and for a smaller audience, making it a venue more fitting for this kind of event than Aud.Max..



How much is a SiÅs bench?

The season for enjoying a beer outside (“utepils”) is fast approaching, and we all know what that means: our lovely outside area around Pentagon is about to be used until the brink of destruction. Loose items, such as SiÅs’ benches and tables are especially in for some rough treatment. But what’s the cost of a bench, and what are the consequences of the extremely criminal act of destroying it?

A PRICE TO PAY - NOT ONLY IN CASH

Acting CEO of SiÅs, Pål Magnus Løken, has provided Tuntreet with a comment on e-mail. “In May last year, the price of a bench was 4365 kr”. The price of 4365 kr is a discounted price and Tuntreet is in no doubt that SiÅs orders the discounted benches in bulk. Løken points out that the total cost is higher, and not only in terms of money: “In addition [to the price in cash] there is an hour paid labor to assemble one bench. It is also time consuming to remove the broken one, and to place the new.” So, a SiÅs bench does come with a price, both in time and money.

“WRECKED TO PIECES”

How many benches does SiÅs replace every year? Løken can reveal that the number lies between 2-3 benches, which fortunately is not a very high number. He still specifies that the broken benches have been “wrecked to pieces”. “We try to fix them, but if the bench is broked down [which does happen], it isn’t really a lot to repair.”

Tuntreet does not have the answer to how many of the benches SiÅs are able to save before they are beyond the point of repair.

AUGUST IS PEAK SEASON

To the question of when the peak season for destroying of benches is, Løken response that August, and especially the big BBQ party during the Buddy Week, must be the worst period. He believes this evening leads to more broken benches than other “normal BBQs”.

So, it is not only the students and the beer, but also the benches that are put to the test. But in contrast, the only thing a student risks after a heavy BBQ-party is a hangover, while the benches may pay an even higher price. They may never come back.

This thought caused the journalist to take a break to cry for a while.

CONSEQUENCES FOR THE GUILTY

When asked if they ever find the perpetrator, Løken explains, “We try to place the responsibility with the people we believe were in charge, but rarely get anyone to cover the cost.” Tuntreet understands the challenge of finding the people that broke the bench among several hundred party people. It can even be more than one guilty and Tuntreet begs everyone to be on the lookout for a gang that walks around on BBQs and destroy benches. We would even dare say that a BBQ can be just as good, if not better, when the ambiance of the evening is not depending on a broken SiÅs bench to 4000 kr + assembly time.

Rest in Pieces, SiÅs bench.

BY INGILD LAUVSTAD SUNDE
PHOTO ASTOR NESS
TRANSLATION KRISTIN GILBOE



Easter with Tuntreet



YNGVE RASMUSSEN,
LAYOUT
Haugalandet



AURORA T-B. A. HELLAND,
HEAD OF PROOFREADING
Stordal, Sunnmøre



IBOLYA VÁRADI, JOURNALIST
Trolltunga



INGUNN REIMERS, PHOTOGRAPHER
Stavanger & Svalbard



SARA THU, HEAD OF LAYOUT
Fossmork, Forsand





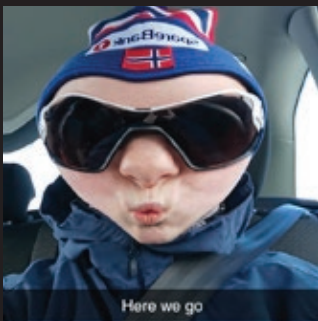
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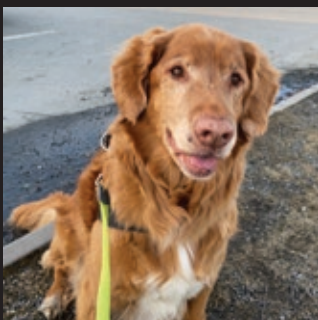
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fakultet her



2. Stem

når valgportalene åpner

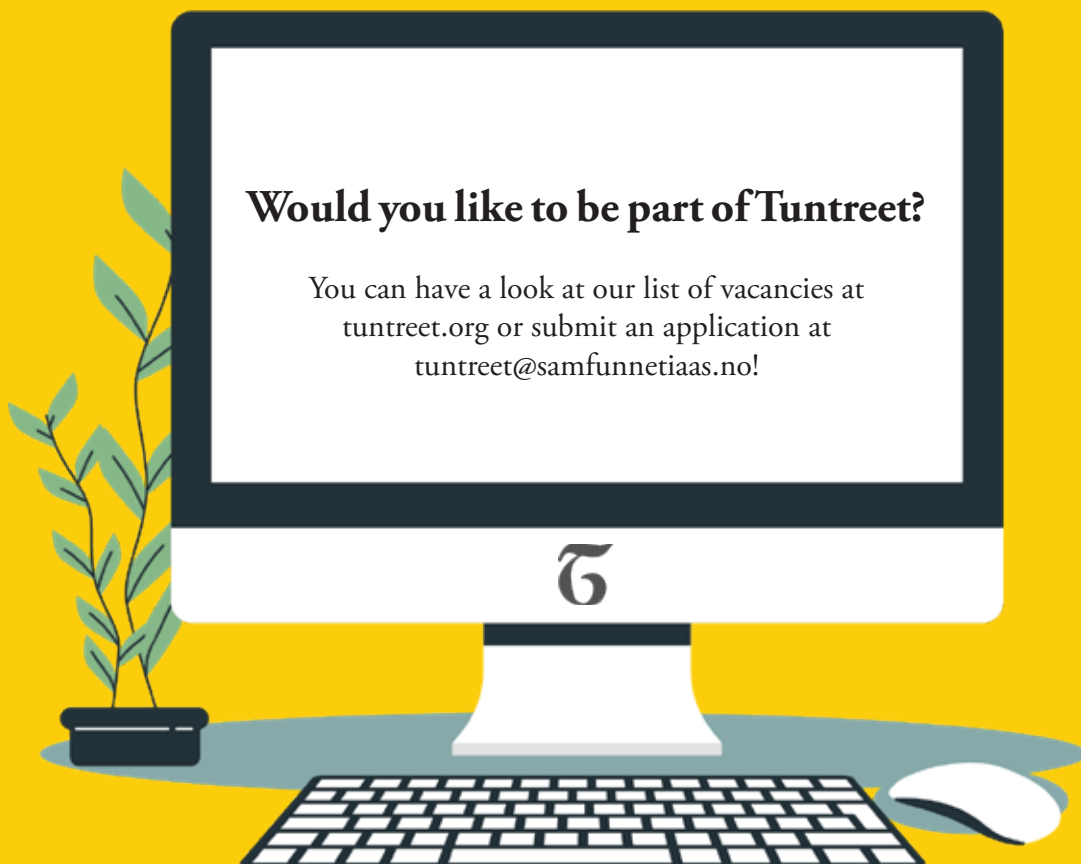


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kandidatene og stem
her



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What is strength, actually?

BY INGRID, STUDENT PRIEST AT NMBU
TRANSLATION REBEKKA BERG

”I must be strong.” This is something I have heard many times in the conversations I have as a priest. My response is often, “what do you mean by that? What does being strong mean to you?” The response is varied, but always reflective. And I always strive to both become wiser for myself and maybe get to wander a bit with the other person in the nuances of what strength means.

And I can't bring out all the nuances here, but I want to highlight a point that I think is important. Because additionally, I might ask “Is vulnerability the same as weakness?” I always let the other person think about it and reflect, but here I still have a clear opinion; vulnerability is not the same as weakness. At least not if weakness is a negative thing - and that's how the word is most often used. On the contrary, there is a lot of strength in daring to open up about what is difficult. Daring to ask for help. It's safe to say that you can't fix everything. It takes courage and strength to accept help. If you can't be vulnerable, a vacuum can build up inside you. You can simply get sick from it, and then it can be hard work to get back on your feet. For some it never works.

The idea that vulnerability is weakness, and that it is negative and the opposite of strength, is something that historically has been more associated with boys and men. You (men) must be strong - and that means not talking about things, not showing vulnerability, always standing tall. The polemic Andrew Tate is unfortunately someone supporting this, who needs opposing voices - I'd happily be one of them. A voice I recommend listening to is Trygve Skaug.

“All the guys
Keep themselves too good to cry at anything
Except Jan
He relieves the pressure as often as he can”
Trygve Skaug

History and statistics show that it is especially the guys who need to hear the opposing voices. But the point is that no matter what gender you identify as, such an ideal is not something we should have, and strive for. Strength is kindness, humility, and vulnerability - to be strong is not to go through life's hard moments unaffected, but to take yourself and those around you seriously.

As a priest, I want to promote vulnerability as a strength every day and would happily join you in reflecting on this - you will find me in the basement of The Clock Building, ready for a chat.



Ingrid U. Øygard is the student priest at NMBU. The student priest has an office to the left in the basement of the Clock building. The student priest is available if you need someone to talk to, discuss with, or get advice from. The office hours are every week on Thursdays, from 9-14, but Ingrid is also available other days, through appointment. Appointments are made with Ingrid here: io484@kirken.no / 95919318



The Sexologist

Exam sex? When exams are closing in and stress is taking over, the interest in sex may disappear for many students. Our lust is extremely sensitive to context and the sexual “off-button” might be activated during the exam season. Suddenly there are all these reasons why it’s inconvenient to get horny. All thoughts are preoccupied with other channels. It can be hard to be fully present with your partner and enjoy each other and yourself as you have before. Stress can reduce the brains sensitivity to sexual signals. The physiological and neurological processes that help you handle threats, worries, and anxieties are activated under stress. With a lot happening in the brain, other things get overlooked.

For some, however, lust and sex drive might increase, and sex can be relaxing and provide a good break. Lust is everchanging throughout life, and that is normal. Sleep, circadian rhythm, food and diet, self-care, activity, and love contribute to the “off-button” acting up during exam season. When exams are over, the “on-button” activates again, and you can scan your surroundings for anything of sexual meaning. Talking with your partner is a big help, and having/setting realistic expectations for sex when life is a little bit harder. Maybe you’ll both smile a bit and have a little laugh together?

Don’t despair – your sex drive has not “disappeared”, it has only taken a small break so you can focus on other things.

Good luck with your exams!

- Sexologist Maria Benheim




Student things

Hello good students of NMBU, We are heading into a lovely spring, and since our last update, AU has been busy with various tasks, including planning the final Student Parliament meeting of the semester (Monday, April 24th) and preparing for this year’s National Student Organization (NSO) congress in Tønsberg (April 13th-16th). NSO represents a total of about 260,000 students across 32 universities and university colleges, and NMBU’s delegates to the congress this year were Bonnie Sutherland, Åse Vigdisdatter Nytrø, Camila Noel Moreno, and Jens Bartnes. Jens, the current AU leader at NMBU, was elected as International Affairs Officer in NSO’s executive committee, which means he will go on to work full-time with national-level student politics after completing his term in the AU here at NMBU - we congratulate him and look forward to following his future accomplishments!

Back home, we are now looking forward to the Student Elections (April 26th-May 3rd), where you students will vote for new representatives to represent you in central councils and committees at faculty and university level, and outwardly: a new AU (three people who will work full-time!), and one new student representative to the University Board and each Faculty Board.

We also remind you to attend the Student General Assembly at your faculty on Wednesday, April 26th, and if you wish, to express interest in becoming a mentor via the QR code (by May 1st)!





Best regards,
Åse, Helene, and Jens in AU



The Office

Hey ho let's go!

The new board of UKA is in session and we are super motivated for the times ahead. The planning of UKA i Ås 2024 has already started, and with this we are looking for committed and skilled assistants and committee leaders. If you want to be a part of shaping the 100-year anniversary of UKA i Ås, do not hesitate to apply, the application deadline is April 25th! If you have any questions, feel free to contact us, this is going to be awesome!

We in the Business Committee have started the overlap period, and have had the pleasure of getting to know our three new members better. The deadline for applying for career funding was March 20th. The Career Fund Committee then distributed NOK 71,000 to career-promoting events. We have also finally set the date for the Autumn Career Day, which will be on October 4th! Both the current and incoming Career Day coordinators, as well as the rest of the board, are looking forward to planning a fantastic Career Day with many varied companies. Put it in your calendar already!

Samfunnet is well underway with the overlap period for the new board after the General Assembly, and it's going great. We look forward to what's to come, and can't imagine anything other than it

being fantastic. Otherwise, Samfunnet is running as usual, and we are extremely pleased with the recent evenings at Samfunnet. The sold-out ABBA bodega was a huge success, and we hope everyone enjoyed the full house! Now, we look forward to the extraordinary General Assembly and seeing who the new face on the board will be. It's going to be great! Otherwise, we hope everyone had a great Easter and that we continue the semester as we have done so far.

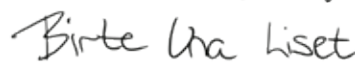
Ingeborg Tuften

UKELeader for UKA i Ås 2024



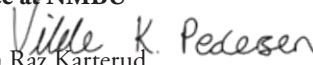
Birte Una Liset

Leder of the Business Committee at NMBU

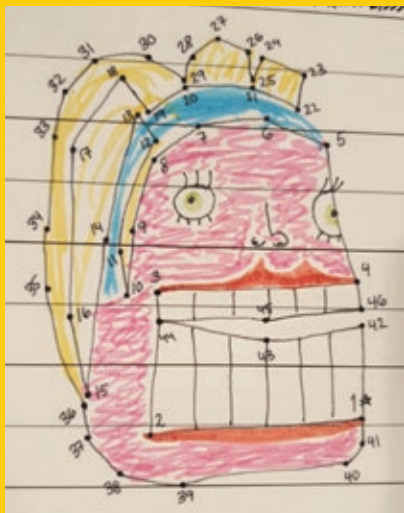


Vilde Kjelsrud Pedersen and Maja Raz Karterud

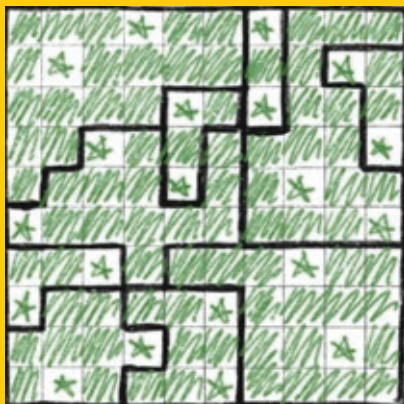
Incumbent and newly appointed leader of Samfunnet i Ås



GAMES TTT03



A possible solution/artwork submitted by Simon Bakkejord!



Klar til eksamen?



3 FOR 2
PÅ ALLE SKRIVE-REDSKAPER*

Vi spanderer den billigste

Velkommen til Boksmia!
Ås-studentenes egen bokhandel

slås

GAMES

BY TILDE MILIA SKÅTUN

SUDOKU

		2	3
2			1
4			2

	3		2
	1	3	
		2	
1	2		

	1	4	3
4		1	2
1			

1		4			
5					1
	4	1	6		3
			2		
4	6			3	5
					6

1				5	
3	4				
			2		5
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		2		4	3
	3		5		1

1				6	
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		1		5	
	5		2	1	4
		3			
		5	4		1

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

Club Banter



Skaal FFD!
Skaal Skrivers!
Skaal \$paregris!
Skaal Hunkatter!
Skaal Qlturelle in addition to Xklusive!
Skaal Pusekatter!
Skaal Tora in addition to Thorvald!

You thought it was Spring?
Think again!
Here comes Trick Winter Number 1960!

ALAS!

FFD obviously won Akekonk,
One Banana, two Bananas, three Bananas, 1960 Bananas!
Have you remembered to buy Tittcakes?

Skaal for contributing!

Of Winter, the Cats are bored.
Spring Meeting approaches!

Skaal for Spring Meeting 15x4+2!

Qlturell Regards,
Thalia Aurora, Matrise Ingeborg, Fotogen Thea, Pusekatt
Marlene samt Pusekatt Åse

Finally, spring is here.
Soon, the trees will be green.
Easter has passed
And we are ready with new energy

During Sprellfestivalen, we did a lot of fun stuff.
For example, prepartied with the girls in black and pink.
Koneklubben knows how to party,
and it was a joy to host.

Then, there was tvekamp and 3000 meters ice water
To win against the Gents and Hankattene is almost impossible.
Afterwards, we went to Loftet
Where we got to experience the cats shaking hips

The General Assembly is behind us
many elections made it quite interesting
We celebrate our dear Emilie, who is elected into the Board of
UKA.
UKA 2024 is going to be sick.

The trip of the year went to Filefjell
In the bubble bath we went a-swimming.
Thanks to Unity for great company
Without us, you would have nothing.

Forfatterfrøken



Summertime has started, we have adjusted our watches one hour and the days are getting lighter.

As we are writing this, we stand on the precipice of the Easter holiday.

For many of us, that means kvikkklunsj, oranges and yellow soda. It is said that Norwegians are born with skis on their feet, so many are using easter to test out their skiing skills.

But most importantly: a whole week without lectures.

Whether you are on holiday or not, we hope everyone takes time to enjoy the sun, and have a really good Easter.

We are looking forward to seeing everyone and enjoy the last weeks before the exam period is upon us.



The modern wifey material, part 2

The wifey material needs a real man, but that's not very easy to haul in. A night at Samfunnet often ends with a one-night stand, but that's not always very good. Oftentimes, they are not ideal – the last one was really bad.

Yes, the modern wifey material has many preferences, he must not be lazy and go to NAV. If he can't cook, then he's not a good candidate! And it must be quite long, so that it generates some enthusiasm.

Kind regards,
Koneklubben Freidig v/

Nestsjefskoneemne



Bleat regards!

The herd has been to a cabin. There's no other way to recover from Sprellfestivalen than taking the party up to the mountains, is there? If that wasn't good enough, we had to take a trip to the pasture to charge our batteries. But fear not!! We have naturally taken the parties with us back to Ås, and with our dear SkrukkeDÅser, we have danced around at Samfunnet during ABBA Bodega.

We are going to enjoy the rest of April with dance, Samfunnet and friends before we go into the dark times – the exam period. Help! But enough of that! Dancing first, studies later!

See you on the dance floor!

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



Spring is here, and our bikes are starting to hit the road again. We hope everyone has had some time off to enjoy the weather and the countryside. We have started checking our bikes, making us ready for the term. NMBU MC is looking forward to more driving trips, and other social events. Check out our term program on instagram or facebook. Do you enjoy driving, and want to join a posse interested in MC? Contact us! NMBUMC@gmail.com

Have you heard...

Must be great to be Danish in Ås

Anyone else missing the mountains and fjords here in Ås? Can't someone dig and create a fjord and make a mountain with a view!

Curious Espen

Are we talking of a joint effort? Just imagine it:

Ås -Mountains and fjords

The Westerner

Joining the effort, I'll bring my garden spade.

Curious George

Who's hunger striking outside of Ur and what is the point? Genuinely curious.

Curious Pål

I am also genuinely curious, but I think it's a prank. Isn't the point of hunger striking to promote a cause? They should contact the media to get some attention

Curious Espen

Don't mind me, I just need to finish this

Curly

It's interesting that Samfunnet is so scared of the alcohol law that they don't dare putting "Beer" in "3000m Beer", but has no problem with marketing public drinking in relation to the same event.

Politics is for everyone!!

Apparently, NSO held a leader debate at Bikuben yesterday. Why was this not marketed better? It concerns all students and maybe people would participate more in the Student Democracy if they had been in the audience.

Make GF Great Again

Can't unresolved elections at the GA be decided with a good old-fashioned leg wrestling?

MØSSA

Even Georg Myklebust - the new Robbin Hood we need u

My family is in A-hus

Olav Kalvig has always shown a great understanding of how to maintain a strong and viable economy. Volunteering the person concerned as the head of finance for UKA i Ås.

SelmaStan

There is not proper GA without Selma

Echo

Missing Ben Børliden as a candidate to head of the house at UKA

Stoat copi (not the stoat itself)

It's insane to directly win when there are 4 candidate

Stoat

Agreed, that's strong!

MØSSA

Astor Ness is a møsse

Why am I studying? I can always clean

20 000h,- for cleaning Audmax is great hourly pay

GA attendee

Hope we can do a GA without poking around, changing the wording of the statutes!<3

Could actually be more interesting without the unnecessary use of time

X editor

We need wording changes, this is mission statement paragraph from 1897:

"The association's purpose is lectures, discussions, readings etc. to promote comraderie and the associations of members.

Stoat

Poking about in the wording could be some of the most important things happening at GA. Would not call it unnecessary use of time <3

Celine is getting a tattoo, use your right to vote!

