

Utopia



Studentmagasinet for UiT
Norges Arktiske Universitet
Nr.4-46 Årgang
GRATISMAGASIN

> Studentboliger
med Panoramautsikt

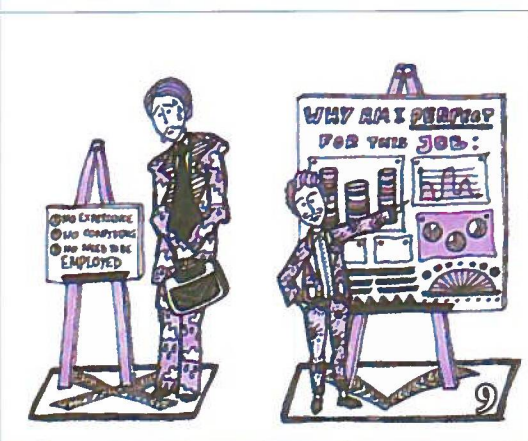
> Time to Ride the Bike!

10 inventions you had no idea about

> Underwater spring:
Freediving in Tromsø

> Think globally,
eat locally!

Seminar on the local
food in Tromsø



En stor takk til våre medarbeidere!

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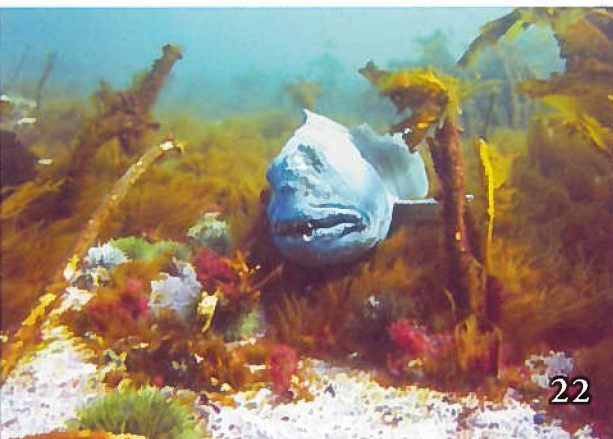
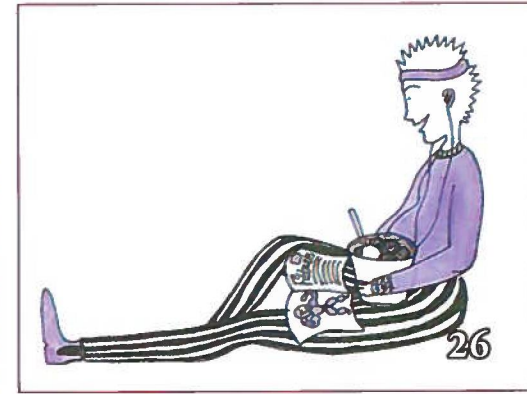
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LEDERKOMMENTAR

TEKST: Mats Johansen Beldo, FOTO: Olga Shavrina

Kjære leser, ansatt, underviser, professor og student.

April har fløyet forbi og mai du skjønnne milde har slått inn for fullt. Eksamensperioden er kommet og de fleste studenter står på for fullt med siste innspurt. Kaffekoppene tømmer og lesesalene er fulle. Med dette i tankene vil jeg benytte denne utgavens lederspalte til å hylle deg som student: du som student er unik, du er flink og du er fremtiden. Eksamen er bare neste steg på veien og ikke reises slutt.

Når innsatsen er lagt ned, eksamen er levert og refleksjonens stille stunder kryper innpå er det viktig å slappe av. Er det noe som stemmer hver eneste gang,

så er det slik at det aldri hjelper å sammenligne seg med andre. Husk alltid det, at så lenge du har gjort ditt beste, så er det bra nok. Karakteren er for deg bare en bokstav. For noen føles den lille bokstaven tung på skuldrene. Da er det viktig å huske at det kommer et nytt semester etter den varme gode sommeren. Jeg minnes det Alf Prøysen sa så fint, "du skal få en dag i morgen".

Ønsker deg lykke til på eksamen, og en god sommer.

Mats Johansen Beldo
Redaktør

*Special appreciation goes to our fantastic volunteers.
Thank you for being with us this semester!*



Panama-papirene

TEKST: Maria Zaikova

FOTO: Wikipedia

Panama-papirene ble offentliggjort for bare et par uker siden, men har allerede ført til store konsekvenser i flere av verdens land.

Panama-papirene er en fellesbetegnelse på 11,5 millioner lekkede dokumenter som strekker seg over en periode på nesten 40 år. Det er klassifisert finansielle og advokat-klient-informasjon for mer enn 214,000 offshore-bedrifter assosiert med det Panama-baserte og forholdsvist ukjente, men mektige advokatfirmaet, Mossack Fonseca.

Egentlig ble de «originale» papirene lekket for over ett år siden, da en anonym kilde, senere gitt navnet «John Doe» kontaktet *Süddeutsche Zeitung* (SZ), en tysk avis og leverte et internt dokument fra Mossack Fonseca, der det ble avslørt at de hadde hjulpet flere offshore-firmer med å skjule penger i skatteparadis. I de følgende månedene ble flere dokumenter fra advokatfirmaet offentliggjort. Til slutt hadde SZ fått tilgang til 2,6 terrabyte med data, som gjorde dette til tidens største dokumentlekkasje,

over 1500 ganger så stor som WikiLeaks, lekkasjen fra 2010, da det ble offentliggjort dokumenter fra det amerikansk diplomati.

Lekkasjen har senere blitt gitt navnet Panama-papirene, med stor misnøye fra regjeringen i Panama, pga. det negative synet de mener navnet gir til Panama som land. Panama prøver nå å få endret på navnet på lekkasjen.

På grunn av mengden med dokumenter SZ fikk tilgang til, kontaktet de *International Consortium of Investigative Journalists* (ICIJ), som delte dokumentene videre. De siste 12 månedene har rundt 400 journalister fra mer enn 100 mediehus verden over, deriblant Aftenposten, som den eneste norske representanten, studert de lekkede dokumentene.

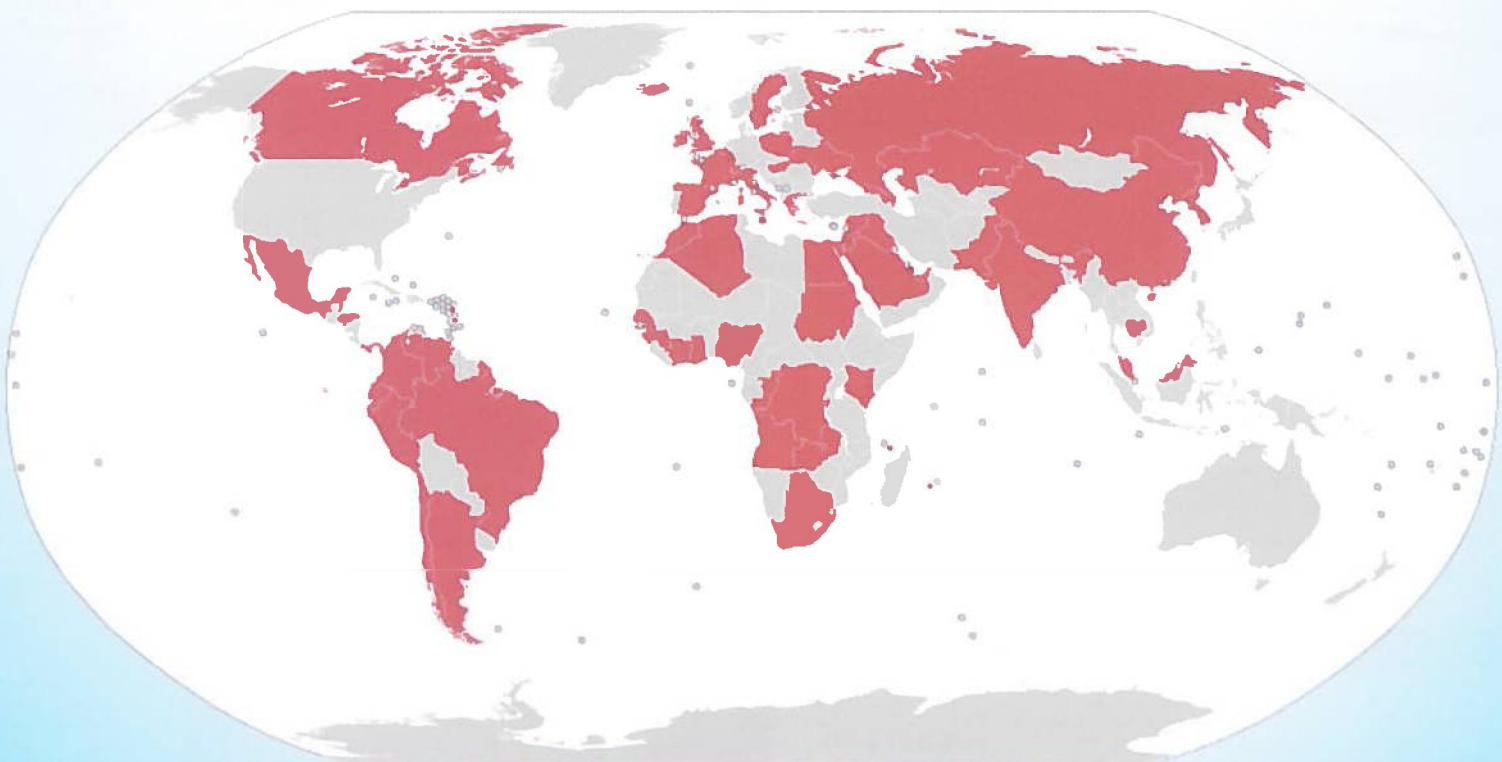
Dokumentene viser blant annet hvordan Vladimir Putins, Russlands president, nærmeste krets i all hemmelighet har flyttet rundt på 2 milliarder dollar via banker og forskjellige skyggeselskaper for å skaffe seg *skjult* innflytelse i

russiske bedrifter. Islands statsminister Sigmundur Davíð Gunnlaugsson sto også på listene, og det ble avslørt at han og kona også hadde gjemt unna store formuer via selskap i skatteparadis, som resulterte i det største folkeopprøret på Island siden finanskrisen, og resultatet ble at han måtte gå av fra sin ministerstilling. Filene avdekker også selskaper i skatteparadis kontrollert av statsministeren i Pakistan, kongen av Saudi-Arabia, barna til presidenten i Aserbajdsjan, flere kjendiser, internasjonale idrettsstjerner og kriminelle. I tillegg er mer enn 200 nordmenn også omtalt i dokumentene.

– Disse funnene viser hvor dypt inngrodd skadelig praksis og kriminalitet er i denne bransjen, sier Gabriel Zucman til ICIJ. Zucman er økonom ved University of California, Berkeley.

I tillegg har Zucman uttalt at avsløringene bør fremkalle «konkrete sanksjoner» fra flere myndigheter verden over mot skatteparadis og institusjoner som selger hemmelighet til disse.

Kartet under viser en oversikt over statsoverhoder, politikere og nære assosierte som har blitt innbefattet i Panama-lekkasjen:



Studentboliger med Panoramautsikt

TEKST: Mats Johansen Beldo
FOTO: Olga Shavrina

Dramsveien Panorama, studentboliger med byens fineste utsikt

400 står allerede i kø for de splitter nye studentboligene i Dramsveien på Tromsøya. For de heldige venter toppmoderne bofasiliteter og byens absolutt beste utsikt.

Torsdag 12.mai fikk Utopia være med på avdukingen av første byggetrinn på Dramsveien Panorama studentby. I tillegg slapp de nyheten om at neste byggetrinn allerede er startet.



Med fellesarealer vil hver student ha 28 kvm hver til disposisjon. I den ene enden av etasjen finner vi fellesstue, mens i den andre enden er det felles kjøkken. Her vil kjøkkenbord, stoler, sofa, bord og benk komme på plass og alt er tilrettelagt for trivelige stunder med matlaging blant studentene.

En av de som har søkt på de nye studentboligene er Ingrid Beate Øpstad Fredriksen.

- Det er fantastisk å bo sammen med andre studenter, det kan bli en fin gjeng som bor her og mange nye bekjentskaper dannes, sier hun, og nyter utsikten fra toppen i åttende etasje.

Avlaster markedet

Direktør Hans Petter Kvaal i Norges arktiske studentsamskipnad mener de nye studentboligene vil dempe presset på det private leiemarkedet.

- Dette blir et flott løft for byen og regionen, og bidra til å fjerne de useriøse utleierne. De nye studentboligene vil merkes i boligmarkedet.

Samskipnaden har så langt registrert 384 søkere til de 200 boenhetene. Leieprisen for en hybel vil ligge på mellom 4.600 og 4.800, forteller Kvaal.

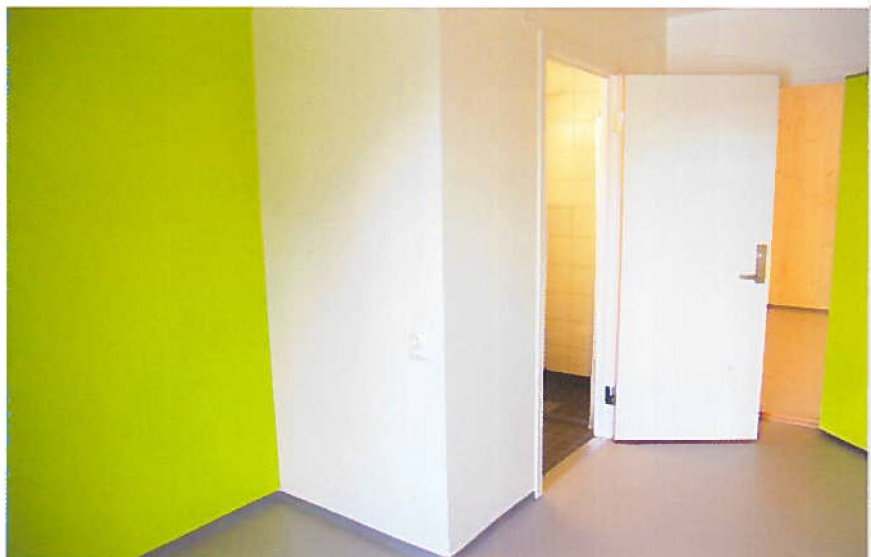


Sosialt og engasjerende

Stillas og presenninger er fjernet og de to blokkene på åtte og ti etasjer står flott sammen med de grønne omgivelsene. I dette byggetrinn øverst i byggefeltet vil 240 studenter bo fordelt på hybler og toromsleiligheter.

Enda gjenstår siste finpuss før studentene kan flytte inn til semesterstart. Møbler og innredning gjenstår, men allerede er det mulig å danne seg et inntrykk av hvordan det vil bli for beboerne. Fellesarealene oppfordrer til sosial omgang og trivelige stunder blant bofellesskapet.

På omvisningen blir vi introdusert til 8. etasje. De 15 studenthyblene i etasjen er på 15 kvadratmeter hver, inkludert bad.





Utropia er imponert ettersom det er overraskende billig i forhold til standarden i byen, og dette hjelper svært på et allerede presset studentbudsjett..

Gladnyhet til studentene

I tillegg slipper Samskipnaden gladnyheten om at byggetrinn to av Dramsveien Panorama studentby allerede er i gang. I 2017, når neste

byggetrinn står ferdig, vil det være 230 nye studentboliger som kan tas i bruk. Målet i Dramsveien-prosjektet er ambisiøst.

– Fullt utbygd er det plass til over 1.000 studentboliger, og i 2017 vil vi nærme oss 50 prosent, sier Kvaal.



Tromsø mer populær som studentby

Student og styreleder i Norges Arktiske Studentsamskipnad, Johannes Utvåg, er klar på at studentboliger er viktig for rekrutteringen til studentbyen Tromsø og skryter av fasilitetene som venter studentene.

- Fantastisk lokasjon med kort vei til Universitetet, butikk og treningssenter når Kraft 2 står ferdig. Dette vil absolutt styrke Tromsøs posisjon som et av landets beste studiesteder, sier Utvåg til Utropia.



Startup 102: Venture Cup - The Final

TEXT: Gorn Phetchpinkaw
 PHOTO: Robert Pallin Aaring

You might remember that in our previous issue we have talked about Venture Cup and the story of a student, Robert Pallin Aaring (27), who made it to the regional round this year. Today we have some updates from him. However, if this does not sound familiar to you, we are about to present you a short introduction here. Venture Cup is a competition where student participants are supposed to submit an innovative idea followed with a business plan. It is a great opportunity to find necessary connections and funds if you want to kick start your own business. In our earlier article we talked about how Robert came up with his brilliant idea and what story was behind it. Now let us see how his story continues.

After Robert took first place in a local round in February, he successfully continued and took first place in the regional round one more time, in March. Right now he is preparing for the national round which will take place in October. Hopefully, he will become a winner once again. At this stage, the student is not only working on his perfect business pitch for the judges, but also developing a prototype from his idea. A huge amount of money is required, since there is a need for specific materials and professional skills. Fortunately, Robert received big checks as the winnings, so he is spending them in an appropriate way to convert his idea into reality. The prototype is planned to be finished by mid-May and tested as many times as possible before the last pitch, which will take place in Bergen. Nonetheless, Robert mentioned he might not have that much time, since his idea is snow-related and the season is ending quite soon.

Although it has been a lot of hard work to catch up with everything

including the competition, studies, and his hobby, skiing, Robert seemed quite satisfied with his current situation. He teams up with his relatives who are very eager and positive about his idea, and ready to give it all they got. We all know how important teamwork and learning from one another is, and Robert is delighted to have them by his side. Moreover, he gets many opportunities from people and organizations in every form imaginable, and he cannot be grateful enough for this.

Whatever place he will take in the final round, participating in Venture Cup has already been both a high-return investment for him and a great accelerator for his idea. For the second time, he highly suggested that everyone who has even a little idea should develop it and apply for Venture Cup. Your idea will be always hanging over your head if you do not do anything to it. You need to implement it, which is simple - just write it down on a piece of blank paper. Every innovation starts from scratch, and so does yours.



Hello, I want this job!

Thinking of getting a job? Be ready for an interview! Ingvild Sørensen, an adviser in the center for career and employment, shares some tips about how to behave, what to emphasize and how to prepare for a job interview in order to be successful.

TEXT: Elizaveta Lamova

ILLUSTRATION: Anna Lukachuk



Theoretically, everything is simple. During the interview you should prove three most important statements: you have enough competence for the job, you are really interested in getting it and you are the perfect candidate for it, which actually means that the job fits you perfectly. Keeping these points in mind will help you to structure your speech.

Yes, the main rule here is to be prepared! The most common mistake applicants make is that they hope there is no need to spend time for preparation. Consequently, their speech becomes unstructured, filled with logical mistakes and hard for comprehension. The speaker starts to

switch from one topic to another, which gives a mixed impression about him/her. That is unacceptable. Make sure you are ready with your presentation.

The recommended length of it could vary from two to three minutes. It should contain points mentioned above. Moreover, if you are very nervous before the interview and cannot stop licking your lips, putting your hair behind ears or shake your legs, a well-prepared speech would bring you some confidence.

Show your competence! Include information about your previous job, list what you are good at, and emphasize skills and

experience. And remember, if you are invited for the interview, the employer has already got acquainted with your papers and is interested in you. Let the employer decide if this job fits you or not! Have you graduated a few month ago and you don't think you have much experience? Try to focus on your strong sides – have you maybe helped organizing university events, participated in conferences or are you an active volunteer? When employer asks you about experience he does not always mean full-time job. Explain, why you are interested in this job. A good motivation shows that this is important for you and attracts employer. It is always more attractive to work with passionate people.

Think globally, eat locally!

TEXT: Michalina Marczak
PHOTO: Frank Meissner

Tromsø Library has once again hosted the monthly Breakfast Seminar organised by The Future in Our Hands North. This time the speakers shared their knowledge about the movement for local food in the city of Tromsø as well as the importance of shaping positive attitudes towards agriculture among children.

Farmers markets are becoming an ordinary part of urban trade and locally produced food is more and more valued among the consumers. Many people believe that such commodities are healthier and tastier than conventional food. Research conducted at Harvard Medical School shows that there is hard data behind people's intuition and usually regional foods have more nutritional quality indeed. Fortunately, the trend for buying local food as a part of the green shift towards a more sustainable economic system is predicted to be growing and getting more mainstream.

Foodwise, there are several reasons for going local. Apart from the better taste which is a result of more direct relationship between the farmer and the source of food, it also needs less time to end up on people's table. This influences both the taste (less additives!) as well as reduces carbon footprint stemming from transportation. Buying local food is socially responsible and not only supports the local economy but also strengthens the bond between people. Forming a personal relationship between the producer and the consumer leads to more responsible behaviour on the side of the farmer too – it's easier to treat seriously the customer who is not anonymous. This in turn builds stronger local community and a psychological sense of belonging. The sense of belonging, which is one of the basic human needs, stems partially from place attachment which is a notion used to describe the bond between person and place.

Influential Norwegian philosopher Arne Næss suggested that place attachment is crucial in developing the ecological wisdom which he called *ecosophy*. This ecological wisdom might be defined as a tendency to appreciate the inherent value of nature and seeking to live in balance with the natural environment. Næss argued that everyone should develop their own

ecosophy which refers to a specific place in nature which is important for them. Empirical research supports the hypothesis – referring to a specific place in nature is much more efficient in shaping the concern for nature and willingness to protect it comparing to the more abstract perception of nature. Direct bond with food growers gives the unique opportunity to visit the farms and explore all that is behind food production – the land, the crops, the animals, different seasons on the land, details of the process of growing food. They all constitute the development of place attachment which leads to environmentally responsible behaviour.

The global trend for small scale urban agriculture as well as urban-dwellers' will to cooperate with farmers in order to participate in food production has reached the Arctic. Since it is difficult to produce food on a bigger scale in Tromsø, agricultural education programmes in the city focus on enabling children to grow vegetables by themselves in vegetable gardens along with teaching them how to prepare healthy and interesting meals. Children are encouraged to get involved, and through workshops and team work, discover that contact with food and agriculture can be very inspirational and give a lot of fun.

Three speakers invited to the breakfast seminar focused mostly on the environmental education programmes based on contact with food. Veronica Bergan, associate professor at the UiT who trains future teachers in environmental education and embracing gardening projects in school curricula, emphasised how important it is to educate children about the sustainable food production and where the food comes from since many children are separated from this knowledge and associate food with supermarkets rather than farms. She also acknowledged that one should draw from local tradition and teach children not only about farming but also

about fisheries which have been a significant part of food acquisition in Tromsø. Interestingly, many children who disliked fish actually change their opinion about seafood after they have learned to prepare attractive dishes out of fish during special workshops. Nutritionist and writer Vibeke Thorp presented her experience from workshops on different dimensions of perception of food. She referred to research showing how much associations are triggered by different tastes and odours and how food in turn can be used in the transfer of knowledge or in eliciting emotions. She also spoke about different meanings that food carries, description of which can be found in detail in her book "Sterk Kost". Ute Vogel who specializes in climate change communication and is a leader of the projects Kløverhagen 4H and Frisk Pust Tromsø described her grassroots work with children. In her opinion, the relationship with food is crucial for the *green shift* to occur. Ute agreed to tell Utopia more about her grassroots experience with local food production projects.

What is Frisk Pust Tromsø?

Ute Vogel: Frisk Pust Tromsø is a local network of activists, projects and organisations working towards more sustainability locally. It came out from one of my projects. In 2014 I organised a workshop with the global ecovillage network and from this cooperation we formed an informal organisation. It's actually rather a network of people who support each other, a platform for exchanging information, establishing cooperation and getting support, all the above concerning environmental activism.

What about Kløverhagen 4H?

UV: Kløverhagen 4H is a local club within the organisation 4H which is a very old

non-profit organisation with main focus on practical learning activities rooted in rural life addressed to children and youth. Although it started in the US, it is now present in around 80 countries in the world. The organisation works with local clubs. What is special about 4H is that it is the kids and youth who decide about what to do. We follow 4H's four main focus areas: Nature, Culture, Health and Society. The kids choose projects each year starting at the age of 10-11 until they are 18 and get a certificate each year for the project they have accomplished. I started the club out of my own interest because I needed experience within climate communication on a very practical level. I have learnt a lot from climate scientists while working with climate communications at UiT. This has led me to asking: how do we communicate the emergency of climate change and the need to change our lifestyles?

Is it possible to communicate it through local food projects?

UV: My opinion is that it is very important to do something positive and something local. I have worked a lot with international projects but I kept asking myself: what can I do locally? At the same time, I have kids, they learn a lot about climate change and natural sciences at school but I see that there is lack of connection to nature among youth. I looked for the possibility to communicate nature and ways of coming back to nature in an urban setting, for opening the heart through working directly with the earth. I think this is decisive when it comes to solving the problem of climate change – it is no longer so distant, working with the soil

builds the psychological, emotional aspect of connecting to nature. I missed gardening myself since I come from a family where gardening was always an important social event. I wanted to learn what a local gardening project would change in the neighbourhood.

What do you do in Kløverhagen?

UV: We started two years ago from a community gardening project in our backyard. It was very small in the beginning, no more than 25 square meters. I invited kids from my children's school, grades 2-4, and we started planting vegetables, herbs and flowers. We have expanded the area last year, and now we have our own greenhouse as well as about 400 square meters of gardening area.

How does one do that? How do you start a gardening project?

UV: You need engaged parents or people, and the ability to motivate people to start something new. But first of all, someone who gives you the area to grow. It was a long process for us to get the access to the land. We started from a pilot project and got permission from the community housing. We faced a lot of scepticism. They asked: What will it look like? Is everybody pro? Will it create noise? It was crucial to motivate not only the members but also the people around the project to support it. I had to do a lot of information work, a lot of "selling" the ideas of the project to the neighbourhood. The tip I can give is: start small and test it out. Then you can see how people engage. For us it was very

helpful to be a member of a bigger organisation – 4H gave us a lot of support. They had a project going in the region called *From the earth to the table*. This was a coincidence but we got a lot of support thanks to this project. Also the leader of 4H in the region had background in permaculture and ecological farming which turned out to be very helpful.

Did you set yourselves particular goals you wanted to achieve through the project?

UV: After the first year the experience was very positive. It created a lot of interaction in the neighbourhood and this is what it is about. The real value is not in the vegetable or in the herb, the value is in the social interaction and in *learning by doing*, which is actually the motto of 4H. An important thing was to acknowledge that we don't expect fantastic produce, the goal was to learn how to grow our own food and get an understanding of where the food comes from. Knowing and "experiencing" where the carrot comes from helps develop the relationship with the soil, something that the children have lost. Food production is central to climate change – we have to rethink our relationship to the food - how we produce it, how we transport it. For us, the main goal is knowledge and reconnecting to nature.

What would you point out as factors fostering the development of urban agriculture?

UV: A good supporting community. That's what we're trying to develop now – we have applied for money to start a school garden centre which involves teacher education, local schools and kindergartens in practical learning projects about sustainable development and food. It will also be a competence centre for ecological urban and suburban gardening and farming in general. It's crucial to organise knowledge-driven activities for the community – gardening, beekeeping, composting. All this is about going into cooperation. Multiculturalism can also add up a lot of skills and knowledge to the community. Many immigrants or asylum seekers have got experience from farming or gardening from their home countries. Urban farming has a great potential for integration too. And that's maybe the key word – integration. Gardening is a very integrative, positive activity.



A TALE OF ICE AND OCEAN

TEXT and PHOTOS: Sophie Scotter

When it comes to field trips (wait, scratch that, 'arctic expeditions'), it's safe to say that UiT's department of Arctic and Marine Biology cuts few corners. This March, a small group of bachelor and master's students set sail across the Greenland Sea to reach the West Ice off Greenland's east coast, carefully navigated by the experienced crew of the university's largest research vessel, the Helmer Hanssen. The trip is compulsory for members of Erling Nordøy's bachelor's course in Arctic Biology, and costs an estimated one million NOK to run. As such, it's only fair that I share with you the highs and lows of this incredible experience, dear reader.

The first three days were decidedly tricky for the majority. Eight metre waves had us confined to our cabins, picking out every detail of the ceiling as we passed the hours in a consistently horizontal plane. Embrace sea-sickness and it will tend to pass; try and get the better of it, and it will seek revenge at the most inconvenient of moments. On the plus side, any personal boundaries you thought you might maintain with your cabin mate quickly dissipate: sharing is caring, right? Nonetheless, bouts of sea-sickness soon subsided, after which most students could be found up on the bridge staring bleary-eyed through binoculars, on the look-out for all manner of sea creatures.

our first glimpse of ice on the horizon. When the distant sky shifts from grey to white, it's a sure sign there's ice ahead, reflecting sunlight and turning the clouds an ivory hue. It doesn't matter how many times you've heard David Attenborough's dulcet tones describe barren landscapes of drifting ice floes; nothing compares to sailing through them in total silence as the brisk winter air stings your cheeks and your eyelashes become laden with crystals. Erling, an experienced polar research scientist who has successfully handled leopard seals (Google them) in Antarctica, gave a half-hour lecture on the highest and most exposed deck; a baptism of fire if you will. Heat flowed out from a shivering huddle of students like lava.

It took us an extra day patrolling the ice edge before we began to happen across sporadically situated family groups of hooded seals. Mothers nursed new-born pups as they barked aggressively to deter males lingering in the vicinity. The hooded seal has the shortest lactation period of any mammal, leaving their pups pumped full of milk after just four days, immediately after which she accepts the advances of the male - if you know what I mean....

We spent around 10 days conducting a series of long and exhausting practicals, though copious amounts of cake kept our blood sugar sufficiently high to see the days through with relative ease. Indeed, this cruise was no vacation, and students could be found typing up project reports well into the evening. Tired yawns, creaking ice flows and the hum of the

Kitted out like pack horses with all the things you (definitely don't) need on a ship, the air of anticipation was tangible as we climbed from the dock to the main deck of the 63 metre, ex-trawler we would call home for the next three weeks. The Helmer Hansen was purchased by the university in 2011 and kitted out with a selection of high-tech equipment purpose built for researchers across the fields of geology, biology, chemistry and fisheries.

After two days of travelling, the sea fog lifted to reveal Jan Mayen, home to the world's northernmost active volcano: 'Beerenberg'. Several meteorologists inhabit a weather station on the island for lonely six-month periods; our hitch-hiking seabirds representing some of the few visitors they get! Despite the fact that we were soon treated to a glimpse of rare bottlenose whales, there is one site permanently etched into my memory:



coffee machine were the only sounds to break the relentless tapping of keyboards and turning of pages. Finally, as each day turned to night - silent and pitch black as it was - students slowly disappeared from the bridge until all that remained was a coffee stained paper cup and a pair of abandoned binoculars. I often wonder about what sorts of things happened on the ice at night as we lay blissfully unaware, dreaming of tomorrow's adventure.

On one very memorable evening, as we indulged ourselves in the chef's fish of the day, one student came full throttle into the mess room where he slid to a halt and paused, breathless, clutching his camera in one hand and steadying himself with the other. 'You guys want to see a polar bear?' he asked, beaming from ear to ear, chest heaving. There was a sharp intake of breath and a brief pause in the room, before cutlery clattered to the floor and we raced to the bridge like a stampede of wild animals.

There it was, yellowish in colour and magnificent in every way, leaning over a seal pup atop a jagged ice flow, entirely focused and ignoring us entirely as we approached. Expecting this to be a fleeting glimpse and a once-in-a-lifetime opportunity, cameras flashed and students jostled to get the best view. One thing's for sure, no one anticipated that we would spend the next three hours watching this young bear play with its prey in a dis-

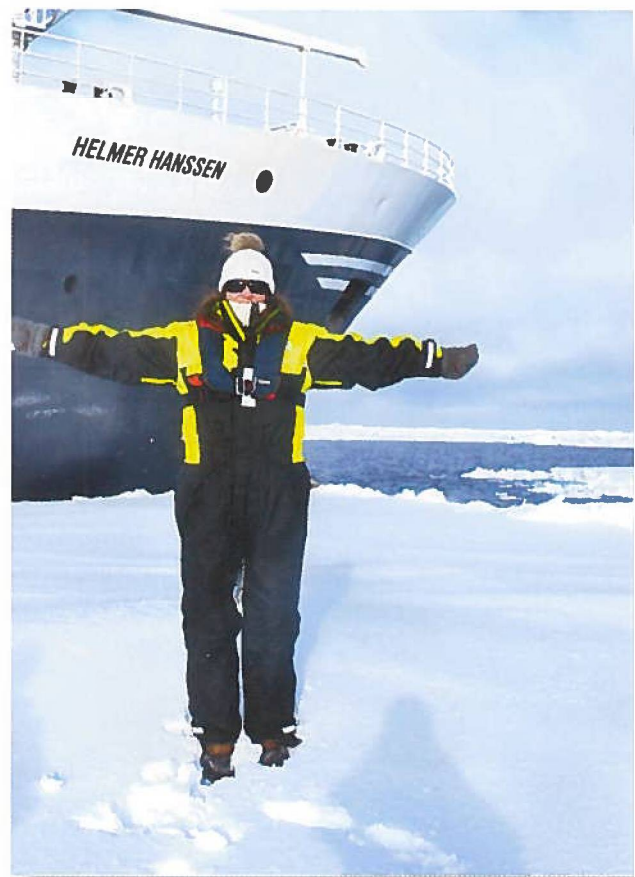


tinctly *macabre* manner, keeping it alive as it practised its hunting techniques and threw the pup around like a ragdoll. It was only when darkness fell that we lost sight of the bear, never to find out the fate of the pup but pleased to see such a healthy individual given it's that this species is the icon of climate change. We headed to bed feeling all sorts of emotions yet sharing a common realisation: nature is very, very cruel.

Special thanks go to the crew of the Helmer Hanssen, who never once let us see them sweat, and to Erling and Lars, for a wonderfully orchestrated introduction to Arctic field research. I think I can say on behalf of all the students, that this was an unforgettable and truly unique experience for which we are extremely grateful.



After 2.5 weeks at sea, it was time to head home. Much like our outbound trip, the open ocean took no prisoners. Students were flung across rooms and water cascaded in through poorly sealed windows as waves smashed into the ship, the ocean holding us firmly in its wrath. The calm waters surrounding Tromsøya brought some light relief as we passed under Tromsø bridge and gazed out at the shoreline, anticipating the feeling of solid ground beneath our feet and watching tourists stare back at us. I remember the eerie silence during these last few minutes on the water, as we relived every moment of the expedition and wondered how on earth the next months might live up to it. Safe to say it would be a challenge.



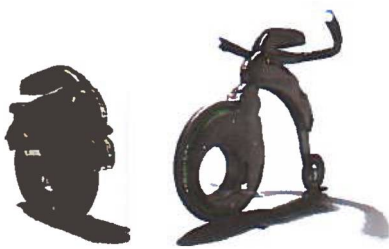
Time to Ride the Bike!

Spring finally comes to Tromsø, no more icy roads and freezing wind. It is the perfect time to ride your bike and enjoy the midnight sun! Whilst you need a new bike, why not try one of these ones?

TEXT: Yati Chen

1. Bergmonch

This backpack-turning-bike is a perfect hiking equipment. When it is turned into a bike, it has a cargo space for up to 12 kg load. When it is folded into a backpack, the total weight is 9.5 kg, with the bigger wheel on top of the smaller wheel. As it is a downhill bike, there is no pedal. The rider has to kneel on the backpack since there is no seat.



2. YikeBike

This is a fully electric bike, which means no pedaling needed at all. It has two models, Model V and Model C. Model C has one big wheel and one small wheel, and only weighs 11.4 kg. Model V comes with an additional small wheel, which makes it possible to carry another passenger behind. When folded, YikeBike looks just like a wheel with a seat on top of it that also serves as a handle. One 100-minute charge of the 36V battery can last up to 20 km.

3. One Shot

Normally, a folding bike can only be carried when folded, and most of them are still quite heavy to be easily carried around. In addition, folding and carrying the bike will result in dirty clothing if you are not careful enough. One Shot solves these problems. It can be easily folded without touching the wheels, and it does not need to be carried since the wheels stay on the ground, thus it can be pulled or pushed just like a stroller.



4. ELF

Is it a car or a bike? You decide. Elf is a solar and pedal powered tricycle that can speed up to 20 mph with electric assist, and 30 mph with pedaling. The electric motor can transport the user for more than 15 miles without pedaling, and if it runs out of battery, it can be fully charged in 2.5 hours. But the best feature is the solar panel, which fully recharge the vehicle in 7.5 hours. Perfect for the sunny season in Tromsø.

5. A-Bike Electric

Claimed to be the smallest, lightest, folding electric bike in the market, A-Bike is a super-compact electric bike. It weighs 12 kg and can be folded into just 21 x 40 x 70 cm. It also has a detachable battery that is no bigger than a water bottle and one charge can take you up to 25 km, without the sweat. But if you want to sweat, of course, you can ride it like a normal bike.



6. SurfBike

Surf and bike at the same time? Why not? SurfBike is your answer. It is a combination of a bike, surfboard, propulsion system, and a rudder. It can speed up to 11 km/h, on a calm water, of course. Just be careful not to fall into the cold water of Tromsø.

7. Strida

With a unique triangular frame, Strida can be easily folded into a simple long shape for easy storage. The bike is a single speed belt-driven bike, instead of chain-driven, which means that it is suitable for short rides. Plus, it only weighs 10 kg.

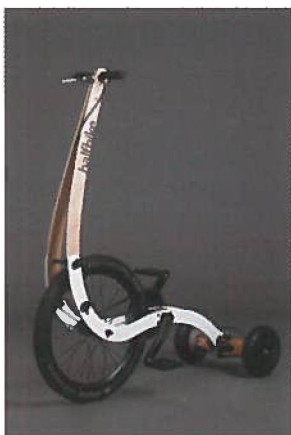


8. BWM

BWM stands for Bike Washing Machine, thus, it literally washes your clothes while you are working out. However, it is a stationary bike, not a mean of transportation. The faster the user pedals, the faster the clothes inside are cleaned. This bike gives you multiple advantages; tones your legs, cleans your laundry, saves your time, and reduces your carbon footprint.

7. BlackBraid Bike

You might think that there is nothing special about this bike until you lift it. BlackBraid looks like a normal bike, but it only weighs less than 5 kg! How could that be possible? Because it is produced with a unique carbon braid technology. The very special braiding technology renders the particularly high-performance material as stable as metal while weighing less than aluminum.



10. Halfbike

Obviously, it's called Halfbike because of the lack of a seat. However, Halfbike claimed that it is a vehicle that trains your balance and reflexes. It has three wheels, one big front wheel, and two small rear wheels. The handlebar can also be folded for space-saving.

Professors aren't as bad as you think

TEXT: Anna Dranovska
PHOTO: Matthew Lynch

First, he moved to another city and occasionally visited Tromsø just for our lectures. Then he moved to NTNU and taught his last course at UiT. This month he crossed the whole continent seeking new business and educational opportunities. But I couldn't help reaching out to him with bothersome and curious questions I have always wanted to ask him and share with you all. I feel really sorry for you if you did not get a chance to get to know him before, but since life is full of surprises and might give another opportunity in the near future – let me introduce this incredibly amazing person and absolutely phenomenal professor – **Federico (Fede) Lozano**.



As professor of Design Thinking methodology here at UiT, Federico tried to inspire students to become not just future entrepreneurs, but human beings full of love and compassion for other people and creative individuals, open-minded and free of constraints.

“Not a typical guy cut with a cookie cutter”

You know that he is not any other professor from the moment he enters the room: “What the heck is this guy doing? Is this for real?” – and half of the class stares at him at a loss not knowing how to react. This weird guy jumping in front of you, making you ask your classmates weird personal questions and stare into their eyes for 4 minutes, encouraging you to be wild, to express what you think, because “there are no dumb ideas”. You are simply not used to this, not prepared. However, as days pass, you start to discover amazing changes in the

class: you stop worrying about your image and just start being yourself. Because “learning is about expressing yourself and having people express themselves to you in the most human, honest and loving way possible”. And the more students open up their hearts to embracing everything they learn, the more they start loving it and the rest of the class joins too.

Fede says he would be much more worried if there were no students staring weirdly at him as he enters the class, because then he would not be able to make any difference and change people, because creative students do not need him – they will succeed in any case sooner or later. It is incredibly valuable to be able to “turn people around”, because very often those students that were the most skeptical about what he was teaching “become the most embracing” ones – and that is the most rewarding and “the best thing in my [his] job by far”.

This reaction is common not only for

students, but for his fellow teachers too. Being different “is a double-edged sword”. Some will like you, the others will think that you are weird and “breaking the rules” of acceptable.

“Sometimes you have to push really hard for things to happen”

Many know that Federico Lozano co-founded Design Thinking lab (or simply DT lab) along with Uladzimir Kamovich at UiT's Business School, which now became a creative collaborative space for design thinkers and almost daily home-place for BCE students, including myself. The room used to be rather small and was desperately asking for expansion. What Federico did with his colleagues was tearing down the wall to the room next doors, which caused immediate shock and opposition from the university administration. How can

someone, sound in mind, do anything like that? It is outrageous, and simply against all the rules and norms! Later, during a trip with Crown Prince Haakon and Professor Martin Steinert from NTNU, university Rector Anne Husebekk got to know that UiT is home to such creative people as design thinkers. And so, she found Federico and visited the DT lab, falling in love with the whole concept and approving the removal of that scandalous wall. "It is better to ask for forgiveness than for permission", - says Fede. That is one of the most important Design Thinking rules.

"Life is about attitude"

As a successful teacher, having earned love and respect of his students, Federico admits to be lucky teaching methodology that "matches perfectly with his value system". We learned from him that "Design Thinking is all about love and fun and playfulness" and "not about IQ" in any case. Teachers are looking for smart kids that do well in exams and get straight A-s. However, what does it mean to be smart? Fede strongly believes that all that matters is "to adopt right attitude", including "passion, love, compassion, respect for the other human beings, mutual understanding, [...] As long as "you have right attitude, you will be fine" - and this is what he is eager to teach us.

Access to any information nowadays is so easy, it does not bring any value if a teacher comes and simply reads lecture material to you - you can just as well find it all online without wasting time and energy on attending classes. It is no longer about "coming up with the right answers, it is about asking right questions". So instead of making his students read textbooks (which he does not even have), Federico encourages them to "explore things that do not exist yet". He views education as "an opportunity to absorb a lot of different mentalities, and perspectives", because life is about much more than "just learning frameworks and formulas, it is about constant change". In our conversation, he mentions Carol Dweck, the teacher of "Perspective of mindsets" at Stanford, who divides people into two kinds: tho-

se with fixed mindset and growth mindset. Fede believes that it is a privilege being a teacher when you can move people from one category to another.

"Grades can be misleading"

Moreover, in his new courses he does not even grade students based on their co-called "achievements", because you cannot measure the level of learning with some letter or number. Traditional approach considers grades an important element in student's motivation, and removing them would make students care less. You know what? Fede proved it all wrong! Removing grades makes students worry less about what they would get in the exam and makes care more about what they learn and what experience they gain through the course. They become more risk-taking, eager about "collaboration and team building". Because at the end of the day, this is what companies are looking for too. We no longer live in 1960s or 1970s, when economy was about dry transactions and needed efficient factory workers. "Modern economy needs independent thinkers, problem solvers and collaborators", people, who are good at communicating with other human beings - and no grade says anything about human relationships.

As an outstanding personality and a teacher with a God-given talent, Federico never particularly learned how to be a good teacher. "I have always thought teaching is about something that you feel - not something that you have to do". There is no wrong or right way to do teaching as long as you communicate your message through your feelings and as long as you sincerely believe in what you teach.

He was lucky "to stand on the shoulders of giants" - the same kind of remarkable personalities in his life as he now has become himself, who influenced evolution of his identity, teaching him "to communicate complex ideas", to try things, fail and then move on, to embrace being eccentric, to value personal relationships and most importantly - to care.

And because he sincerely cares about his students, Federico happily shared three messages that, as he believes, should be of particular importance to all students.

1 "Push yourself - students are way too safe. We are looking for a chance to shine - but only safe ones." Challenge yourself as contrary to looking for an easy way out. Try to be as open-minded as possible, looking for new opportunities, creating new opportunities and embracing them.

2 "Focus on human beings". We are overly concerned about concepts, ideas and knowledge, forgetting that all these things come from human beings. "The traditional educational system many times ignores the human element". At the end of the day, we all want to make the world a better place, so "learn how to be a good human".

3 "Have fun - this is critical". According to Darwin, we are all focused on two things: pain aversion and pursuit of pleasure. "You will never learn if you are not enjoying yourself", because adrenalin, that is released into your blood in stressful moments, will prevent your brain from absorbing information and learning. "Look for learning opportunities that are fulfilling and enjoyable", says Federico.

And one message to teachers: bond. "You are not only a teacher and they are not only students". We can all learn from each other, and you will miss out on enormous opportunities if you deny that. There is nothing wrong being good friends with your students, because through sharing your values and your dedication, you show that you care, and therefore you help create better human beings. That is the ultimate mission of any teacher, isn't it?

The Art of the Brew

TEXT and ILLUSTRATION: George Stoica



Around 6000 years ago, in Mesopotamia, Ulushin was resting after a long day of building ziggurats. His neighbor, Namkuzu, was just finishing up his work with the crops for the day. Namkuzu was probably the first human to be named ironically by his parents, since he was dumber than a pile of sun baked bricks, such as those Ulushin used for raising temples to Marduk and office buildings. Now, Namkuzu had left out a bowl of barley which he would feed to his chickens or whatever animals they had back then. Unfortunately, the rainy season and his forgetfulness now meant that his bowl, left out in the Sumerian sun, had begun to ferment. While doing some yard work that evening, Namkuzu accidentally spilled this bowl right into his neighbor's water pail. Typical. Not wanting to get into trouble, especially after the incident with the bees from the week before, Namkuzu said nothing and walked away. Two hours later, he was disturbed by a racket coming from outside. Ulushin had drunk the whole pail of water and was going around asking for cigarettes and reminiscing about "the good old days", singing Irish folk songs and generally behaving like a tosser. Beer had been born.

Of course we can only speculate on how beer actually came about, but it is a surprisingly good indicator for the level of complexity that a civilization has reached both culturally and technologically. Once you start to see party cuneiforms and beer pong hieroglyphics, you know that that culture had understood fermentation, brewing and all the technology that it entails, not to mention having domesticated grain. Beer is a bigger deal than most think.

Not to be outdone by ancient civilizations, Utopia sent out an agent to learn this ancient art, in a ritual that took place at The Arctic Room on Wednesday, April 13th. The course itself and everything it entails are organized by Ølakademiet, a group focused on creating and promoting beer related activities, such as brewing, tasting, pairing and so on. Classes take about 3 hours and take place across Norway. Our brewmaster on this occasion was the lovely Inga Greve, an experienced brewer and all around great teacher.

The course also includes a tasting segment, where you are given four different beers and taught about how to appreciate their taste and smell properly. It is amazing how much variation there is to beer, even more so when you find out there are over 800 factors that determine

the taste. If you've never had a coffee stout for example, now is your chance (protip: replacing your morning coffee with said stout is still probably a bad idea). We were encouraged to discuss the flavors we can sense, and were also told how these tastes come about as a result of both the ingredients and variations in the brewing process. Food pairings were also discussed, and the rule of thumb we were given was "lett mat, lett øl".

There are many tricks to brewing which aren't written down anywhere, but only passed on from person to person, and courses such as this one are the perfect place to hear many of them. You can even take a more active role and help mix the malt or recirculate the water, all under the skilled guidance of a professional. Bring a notebook and a pen if you're serious about brewing because there is A LOT of information to be gained. Our brewmaster also offered us details regarding the best equipment and where to get it. For obvious reasons, the process taking place right in front of us could not be completed in one evening, but the important phases were all covered.

Though the course takes three hours, it is very well broken down into segments. Also included in the price is a warm meal, combined with the delicious beers and the learning itself all adds up to a very complete package. On this occasion, we were only four "apprentices", one of which had only brewed wine previously, and who surprisingly told me that beer is the harder one to make out of the two. Live and learn.

Overall, what you get for the price is completely worth it. The great thing is that you can even offer it as a gift to a friend. It's a wonderful introduction to the world of beer brewing, a great way to learn something new, and a really interesting and fun way to spend an evening. Obviously, we cannot give details regarding the actual process, for that you have to attend the class itself. You can find all the details about signing up on Ølakademiet's website (*ol-akademiet.no*), including information about where and when the courses are held. In closing, let me leave you with this piece of wisdom from the immortal Steven Hyde:

"I'm telling you, the government has a car that runs on water man. They just don't want us to know, because then we'd buy all the water. Then there'd be nothing left to drink but beer. And the government knows that beer ... will set us free."

Doing Cote d'Azur the Right Way

Sorry for this vacation-teaser in the middle of your exams, but I hope it will inspire you to have some fabulous Nice time when it's all over.

When spring comes to your cozy arctic city and you feel the first gentle sun kiss on your cheeks, there seems to be no better place on the entire planet. A month ago, this lovely spring was not even ready to take its first timid steps and I dared to escape: Escape to a place where sun shines 300 days a year; with a friend that makes you smile million times a day.

At that moment, one word in my vocabulary changed its meaning once and forever: Nice. Nice is not an adjective, it is not even a city in French Riviera. Nice is a state of mind when you are living in Côte d'Azur.

Not many know how enjoyable summer destinations can be in early April when you can freely stroll along the streets without bumping into crowds of tourists. Or when you can still succeed in seeking privacy for a romantic picnic in the sunset at the beach. Or when the sun is already hot enough for a short swim but still rather mild for a pleasurable experience of exploring the city.

I have collected 7 **NICE THINGS TO DO AND SEE IN NICE** that will make your stay in this fabulous city worth every minute!

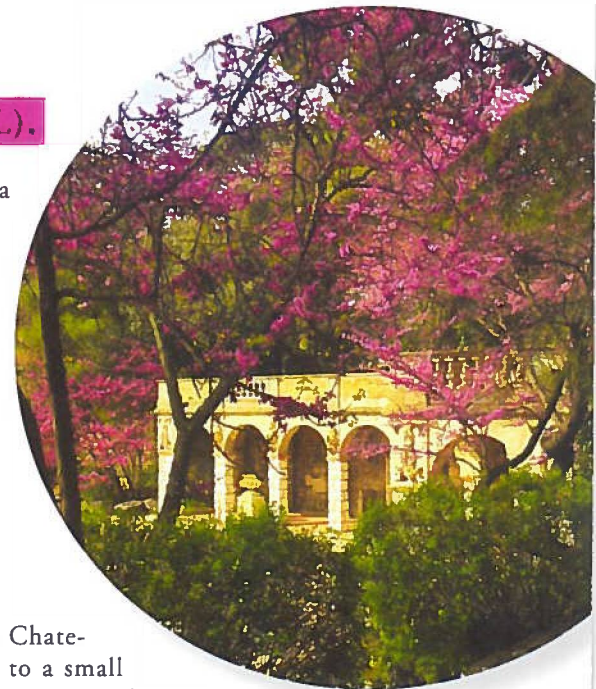


1. THE PROMENADE DES ANGLAIS.

Beyond the shadow of any doubt this is a place you just cannot avoid visiting. Start your day making a walk along the Promenade or join Frenchmen for a morning run. When the sun is up, go for roller skating (you can rent a pair of rollers right on the Promenade). Or, if you prefer evening time, get some take-away dinner, wine, warm blanket, and go for a memorable picnic at the beach listening to the wash of the waves on the rocks.

2. LE CHATEAU (CASTLE HILL).

Climb a little bit up from the sea level to enjoy a panoramic view of the French Riviera from this beautiful hilltop park. Take some delight in blooming gardens on your way up, listen to the song of waterfall, practice yoga together with locals and remember to get enough sun-kisses as you go.



3. FLOWER MARKET.

Walking down to the Old Town (from Le Chateau), past the old cemetery, will lead you to a small island of rich flavors and colors, where you can buy fresh flowers, veggies, honey, hand-made soaps, exotic fruit and delicious pastry. After the market is finished for the day, restaurants take over the same place and offer wickedly good seafood dishes cooked from fresh ingredients bought just a couple of hours ago from the market.



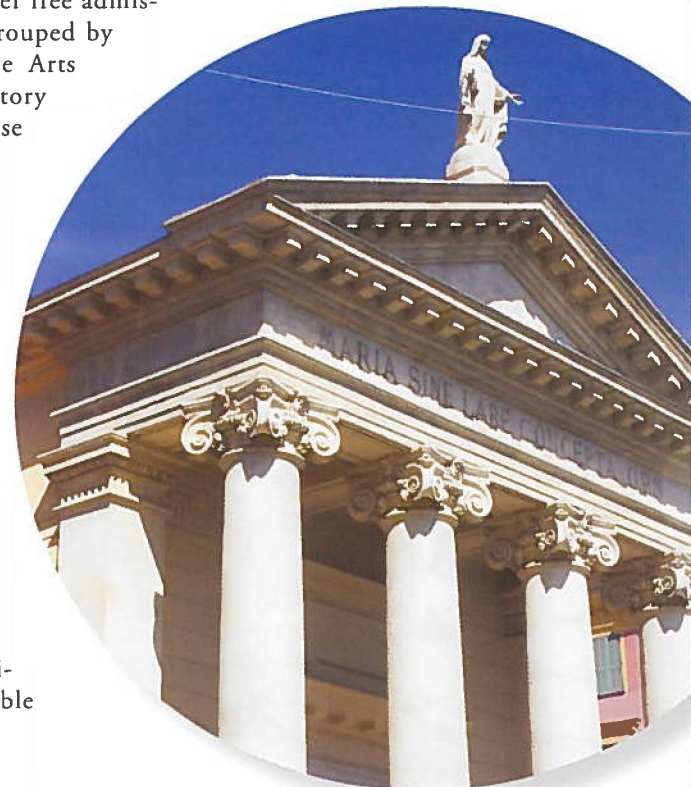
4. NICE OLD TOWN (LE VIEUX NICE).

Get lost in the old cozy streets with caramel sweet houses, stop by little shops where no one speaks English and no one is actually concerned about it, have some more heavenly delicious pastry, put your lovely smile on and find your perfect spot for a dinner with a glass of wine.



5. MUSEUMS.

Nice has 14 municipal museums that offer free admission to all students. All museums are grouped by 4 categories: Modern Art Group, Fine Arts Group, Archaeology Group and History Group. Many of them are located close to each other, so it makes it even easier attending as many as you wish. Just do not forget your student card and all doors into the world of art will be open to you!



6. SUNDAY AFTERNOON SYMPHONY CONCERT.

Nice municipality sponsors a free concert with Orchestre d'Harmonie de Nice held every Sunday at 15:30 next to Kiosque du Jardin Albert 1er. Come at least 30 minutes before the concert starts if you want to get good seats and have this pleasurable music experience. No tickets needed.

7. NIGHTS OUT.

No student travels without diving into the nightlife of the city! Nice offers many exciting bars just in the heart of the Old Town, ranging from fancy places with delicious cocktails to noisy bars full of young and fabulous Frenchmen (and girls). Some of the bars close at 2 a.m. but you can find clubs where people keep dancing till the sun comes up (or at least another 3 hours more).



Spring semester is almost over and students will soon rush to summer destinations, enjoying themselves in the sun in the careless breeze of freedom. Hope this short guide into vacation in Nice will be helpful to you! In any case, whatever place you choose for spending some warm days away from Tromsø, make sure you get the warmest memories possible, because they will become your source of summerish mood and cheerfulness when winter is back on the streets!

TEXT and PHOTO: Anna Dranovska

TSI SURK: Underwater Rugby

TEXT and PHOTO: Kevin Ochoa

This crazy sport is an anaerobic, three-dimensional and a funny alternative to swimming. A great dose of adrenaline is ensured in every training session and even more so during the matches! Want to hear more? I really hope you do!

Monday	Wednesday	Friday	Saturday
21:00-22:30	21:00-22:30	20:00-21:30	16:00-18:00

HOW IS IT PLAYED?

Two teams, each with six players, try to get a plastic ball filled with salt water in the opposite team's bucket. The buckets are attached to the bottom of a deep swimming pool (3,6m on average) and the field stretches the width of the swimming pool. Each player wears a water polo hat, a mask, a snorkel and a pair of fins. There are three main positions in each team: goalkeeper, defender and forward. Once everything is set, it's time to start fighting underwater!!!

It is certainly a rough sport, but the rules will protect you, so don't worry. It is forbidden to kick, punch or attack the equipment. However, pushing, grabbing and

most kinds of physical contact between persons (hugging and kissing included!) are allowed when a player is holding the ball. Once the ball is released, the player becomes untouchable.

AM I SUITABLE FOR THIS SPORT?

All you have to ask yourself is: do I know how to swim? If the answer is "yes", then you are more than ready for this addictive and original sport. You are all more than welcome to try for free!!! This is a sport suitable for both men and women, you just need to be willing to try new and challenging experiences. Besides, our train-

ing schedule is more than compatible with studies and work, so no excuses!

You never know if you like something until you try it, and this is another such example. Actually, I could have never imagined I would get so hooked on such a weird sport. Now, here I am... after almost two years playing for TSI SURK.

TOURNAMENTS AND CUPS ALL OVER NORWAY

Several times every semester our club flies to other Norwegian cities such as Oslo, Stavanger, Trondheim, and Bergen. Every new team member gets the chance to experience what it is like to face other teams and to share a fun weekend with teammates. Visiting other cities is always great, mainly when done in such a friendly environment as we have at TSI SURK. What's more, travel is relatively cheap because the club organizes voluntary jobs called "Dugnads". These might involve such things as cleaning houses and helping people to move out of their old apartments, all in order to collect money for trips and to promote team work within the club.

The last cup we attended was in Oslo this April. We defeated all the teams except for one, thanks to an incredible team job! Cooperation and team spirit are the keys to success in this sport. Strength, swimming skills and underwater agility are some of the features you will develop the more you train. Once you have decided to give it a try, just drop by one of our training sessions or contact us on Facebook: TSI SURK. Come and join a sport that will take your breath away!



Underwater spring

TEXT and PHOTO: Sebastian Sivam Wada

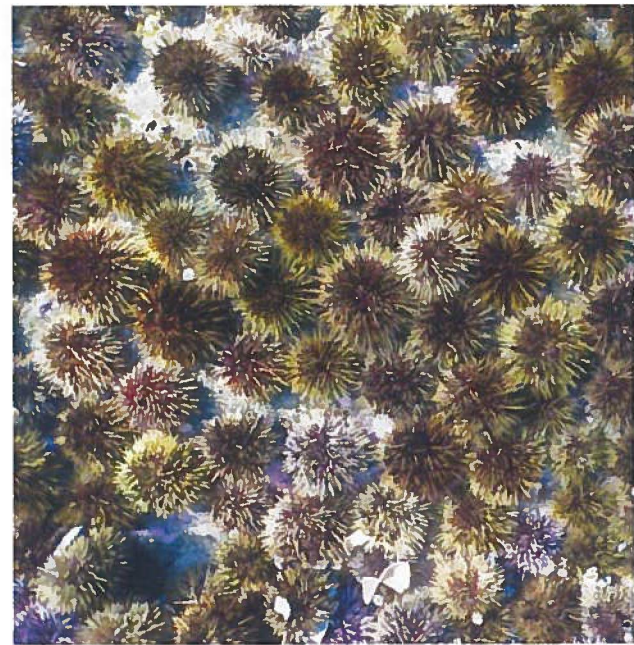


with Tromsø being one exception having a very dense population. Spearfishers must still have an awareness of the impact they make. We must hunt responsibly. We usually start the freediving-season with taking some wolffish to make the traditional Norwegian fishcakes. After making a batch of fishcakes we let wolffish be and focus our hunting after big cod, pollock and the legendary halibut.

Clear blue skies and sun makes diving much more comfortable although the waters is at constant four degrees this time of year. After a relaxed deep breath, one submerges and calmly swims down. As the body descends the water pressure compresses the body and one slowly starts to get negative buoyancy. You get the feeling of flight when the current makes you glide effortlessly some meters above the bottom. The trained freediver is not stressed underwater. Everyone has mammalian dive reflexes which enables the body to keep an anaerobic activity. The trained freediver has enhanced these reflexes to a level where he or she, for a limited amount of time, can forget the life and troubles above surface and only focus on the underwater world. Cliffs covered with sea urchins and starfish, schools of pollock or a lurking wolffish hidden in the swirling kelp becomes the focal point of

your consciousness. Nothing can be better than that.

Freediving is about knowing your own body and your own limits. It is also about finding out a whole new universe below the surface. You could start out in the shallowest of waters. In the shallows one can forage kelp, sea-snails and clams. Don't hesitate to get the whole arctic experience both above and below the surface.



Spring in the arctic. While most people think of blooming flowers, bird songs and melting snow, the spring in Tromsø is so much more. Below the surface kelp-forests starts to grow back, algae blooms and fish ascends from the depths. Life returns to the underwater world as well.

In Tromsø there is a small community who awaits the spring in the waters. It is the start of the freediving season. This means the start of spearfishing and marine foraging such as picking crabs, shellfish and different types of kelp. Springtime is also very dear to us because of the wolffish.

The wolffish looks like no other. It has a moray-eel body with a vicious-looking head and even a more vicious bite. Its hideous appearance is misleading because they are in fact quite docile creatures. Nevertheless, they seem to have fierce fights with each other and some of them even have scars from territorial battles. They also have amazingly sturdy skin. During the Second World War, because of lack of resources, Norwegians used the wolffish-skin to make leather.

This mythical creature gets up in shallow waters to eat sea-urchins and reproduce. It likes to hide under rocks and kelp and thus it can be hard to find. However, its grey-blue body is quite easy to spot for a trained eye. Wolffish meat is considered to be a delicacy and it is often at the menu in top-tier restaurants. Because of overfishing, the species have become a rare sight



Speed, Dogs, and a Stunning Scenery: A Taste of Dog Sledding

People of Tromsø were lucky to have a chance for a free dog sledding experience. On 17th of April, Tromsø Villmarkssenter did an open day, starting with a free bus ride from the city center to their facility. The event included a short dog sled ride, cuddling dogs and puppies, free use of the lavvos (Sami tents) with open fire inside, and also outdoor bonfire where people can grill their own food. Utopia had a chance to speak with one of the staff, Sylvi, who explained everything about the dogs and the facility eloquently.

The panoramic bus ride

It was a chilly morning in the city center and the sky was a little bit cloudy but it was still a nice weather. The streets were almost empty, but dozens of people had been waiting at the Tromsø Prostneset bus stop. Exactly at 9 AM, a bus came and all of the people boarded the bus. It was obvious that these people were the participants of the open day, since the bus was provided by Tromø Villmarkssenter. The 30-minute bus ride felt short with the ex-

The call for attention

Once the participants arrived, all we could hear was the barking from the dogs. They were asking for attention, or more precisely, cuddling. Before they went to cuddle the dogs, a staff from the center did a short briefing about the facility and the following activities. Then it was time to cuddle the dogs. It was difficult to choose from 300 dogs which one to touch first, as all of the dogs jumped excitedly even though they were chained. The dogs were

was particularly popular among children. According to Sylvi, it is also a perfect way to socialize the puppies, so they can get comfortable with human interaction from a very early age.

The sledding convoy

While the guests were having a great time with the dogs, some of the staffs were getting ready for the sledding. They started to fetch some of the dogs to form a team in front of each sled. A few moments later, the participants were already lining up for their turn to experience the dog sledding. And with little or no delay, all the guests were already sitting snugly in the sleds. The mushers (drivers) started to lift up the anchor that fastened the sled to the ground, and off we go! One sled started after another sled, making a long convoy, bursting through the stunning winter wonderland. We rode through the snow covered birch and pine forest of Kvaløya, passing a small stream, up and down the hill, with the wind on our faces. The ride was not as speedy as in movies, but it felt really safe. Moreover, the dogs seemed to be enjoying their exercise to the fullest. After a short 15 minute ride, the sleds then stopped right in front of a panoramic view of Håkøya and the islands surrounding it, ending the experience with a perfect chance for photo shoots.

Enjoying the lavvos and refreshments

The whole experience would not have been perfect without warm food and drink. After the ride, the participants helped themselves with either their own food or the ones from the facility. The center

quisite scenery along the road. The bus crossed the bridge connecting Tromsøya and Kvaløya, then moved along the coast of Kvaløya with the magnificent landscape of Tromsøya and Håkøya before it finally entered the wilderness center.

paired with duplex dog houses for each pair. The dogs definitely enjoyed their guests' rubbing and patting, as they wagged their tails ecstatically. But that was not all. There was also a special enclosure for cuddling the puppies. This activity



had a café and an open stall that sold cakes, hotdogs, bidos (reindeer stew), and hot drinks. The guests were free to shelter inside all of the lavvos, which were equipped with reindeer-skin-lined benches, an open fire with table and sitting logs surrounding it. Some of the guests grilled their own food while warming up themselves and enjoying their conversation. It was a splendid way to end the adventure of the day.

Why the slim Alaskan husky?

Some people might notice that the dogs in the facility were slimmer than the usual Siberian huskies or Alaskan malamutes. But do not worry, they are not underfed, because they are Alaskan huskies. An Alaskan husky is a crossbreed of a Siberian husky, an Alaskan malamute, and a greyhound. Therefore, it has the winter endurance of a husky, strength of a malamute and speed of a greyhound. In addition, it needs the size and shape of a greyhound to achieve the speed required.

The team and their lives

As stated by Sylvi, a team of dog sled consists of 10 dogs. The lead dog or the dog in front is usually an experienced female dog. This dog is calm and able to communicate well with the musher. The dogs behind her are called as the swingers. They are the motivators of the team, who give the hype to run when the musher commands. The last two dogs that are stationed right in front of the sled are usually the strongest males, in order to pull the sled when it gets stuck in the snow.

To steer right and left, the musher yells 'gee' and 'haw' respectively. However, the



sled is designed to be flexible with long stretches of thin wood, so the musher can manage to steer on bumpy roads with his or her body movement as well.

A puppy starts his training at 6 months of age, and starts to join the team at the age of one year old. According to Sylvi, all dogs have the opportunity to get off-chained for at least 10 hours a week. She said that it is enough for them considering that they exercise a lot when they pull the sled. Moreover, they need the maximum energy when they are running the sled.

So, what are their activities during summer time when there is no sledding? Sylvi explained that they have three possibilities for summer. First, if it is too warm, they have to rest because they are winter dogs. Secondly, they have the chance to go hiking with guests. And lastly, they might be taken to the summer camp, where they can run free in a special enclosure.

Back to the city center with joy

At 2 PM, the bus that transported the participants came back and picked us up. We went back to the city center after thanking Tromsø Villmarkssenter. After all, it was a delightful experience, suitable for people who love dogs, speed and stunning scenery.

TEXT: Yati Chen

PHOTO: Gintarė Turškytė



Less Is Not More: More Is More

TEXT: Outi Autere

ILLUSTRATION: Anna Lukachuk

Fit for Life – A Monthly Based Column with the Best Exercises of the Month

How many times have you missed your morning jog in order to sleep half an hour longer or skipped your gym day because “there was something more important to do”? I know, but; there you just got yourself a great punch of excuses, no exceptions. Where you reply: “Well, I needed to read for my exam, pick up my son from kindergarten or felt tired”, and then you continue: “None of these were excuses, I could have not done differently, I chose the only possible way there was”. Maybe that was true for that present moment; however, the problem is that you just got yourself convinced that “your dog ate your homework”. The sad part is that when you believe it yourself, you are safe in your world that rolls how it always has, and you cannot do anything about it. Somehow, you just got a justification for self-deception.

Lazy days are nice. A big bowl of tasty ice cream, outdoor games with a group of friends or family, relaxation under the spring sun – without a doubt it is a superb way to spend a day; few days; an entire summer holiday? Those early nights when you can curl up next to you loved one after a long workday, pamper yourself with a mega bag of sweets and watch a few episodes of your favourite series from Netflix, because you have earned it. Maybe to leave a bit early from work or school to just go and have a coffee in your favourite cafeteria, with extra toppings and maybe a piece of cake, well, not every day your mom is visiting you, you have finished your project, or sun shines. Isn't it ironic how there is always time for a treat...?

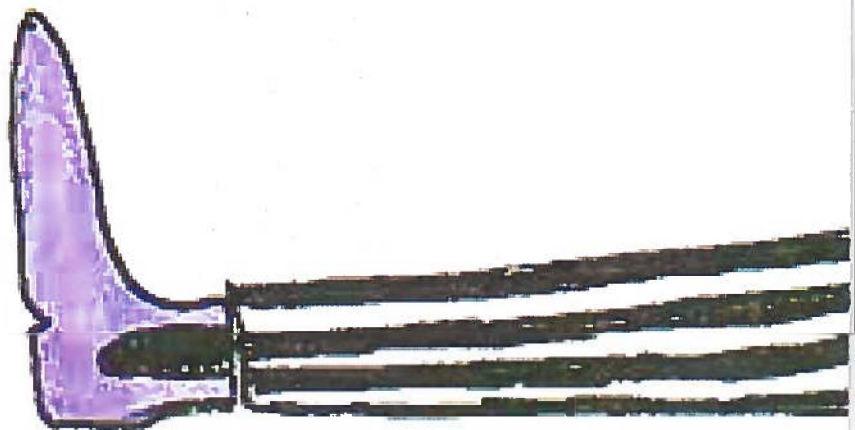
Look into a mirror. What do you see? Who is looking back to you? What is the first thing you focus on?

Can you see a smiling, happy person who is enjoying life fully with choices that has been done consciously? Can you see a perfect you as you are? Or is the one in the mirror someone you barely even recognize? What is wrong with that person?

From the bottom of my heart I hope that whoever looks back from that mirror is a person fully aware of the surrounding world, and moreover, the surrounding body and mind, its values, goals and positive feelings. However, if there is something that makes the face look unhappy, the first thing to make a difference, is to find out why. Look deep into the mirror. Find out the real concerns and assimilate them. Then, make an effort to fix them. Whether the questions were about the looks or the mind, there is an easy formula to solve it: Understanding+patience+dedication=results.

If there is a will, there is a way. Let's say we don't seem to get rid of the love handles and we have a will but there just doesn't seem to be a way. There are few questions that should be asked from oneself: Despites the possible limitations, are you focused and working out meticulously? Do you demand enough from yourself? Do you pity yourself if there are others who are doing better than you are? Do you cheat, and worse, do you cheat yourself enough to get it justified by yourself?

Here are a few simple tips to share, being there, struggling with a cone of ice cream in the other hand and a summer vacation in bikinis in the back of a head. The effectiveness of your workout is not measured by the length of your exercise. It is measured by the quality of your exercise. An effective workout should be big on intensity and effort, not on time. Whatever you do, do it well and give 100%. If you like gym and free weights, do it, if you prefer group classes or a running on a treadmill, go for it. However, it is not indifferent how you do it. If you want the workout to get into your system and make a change, you should feel pretty spent after it. With a high intensity, there is no need to go longer than planned, nor is there any energy left to do so. Rather use 20 hard-core minutes to get yourself sore than waste two hours for nothing. Quality over quantity; add on weights, do a proper clean set of squats and you realise that there is no argument for a saying “less is more”. More is always more, and if you cannot feel it – then you are not doing it right.



Exercises of the Month:

With these 'easy' exercises, you have NO EXCUSES to skip your workout. These workouts are bodyweight-focused, there is no need for any special instructions or place, and they only take the time you use for them. Choose one, do it properly and the faster you are done, the better you did. The next one is for the next day. Keep track and see how fast you get better. Good luck!

1# 10 Rounds For Time (as fast as possible):

- 20 Push ups
- 20 Sit ups
- 20 Squats

2# For Time (against time, as fast as possible):

- 100 Push-ups
- 100 Sit-ups
- 100 Squats

3# For Time:

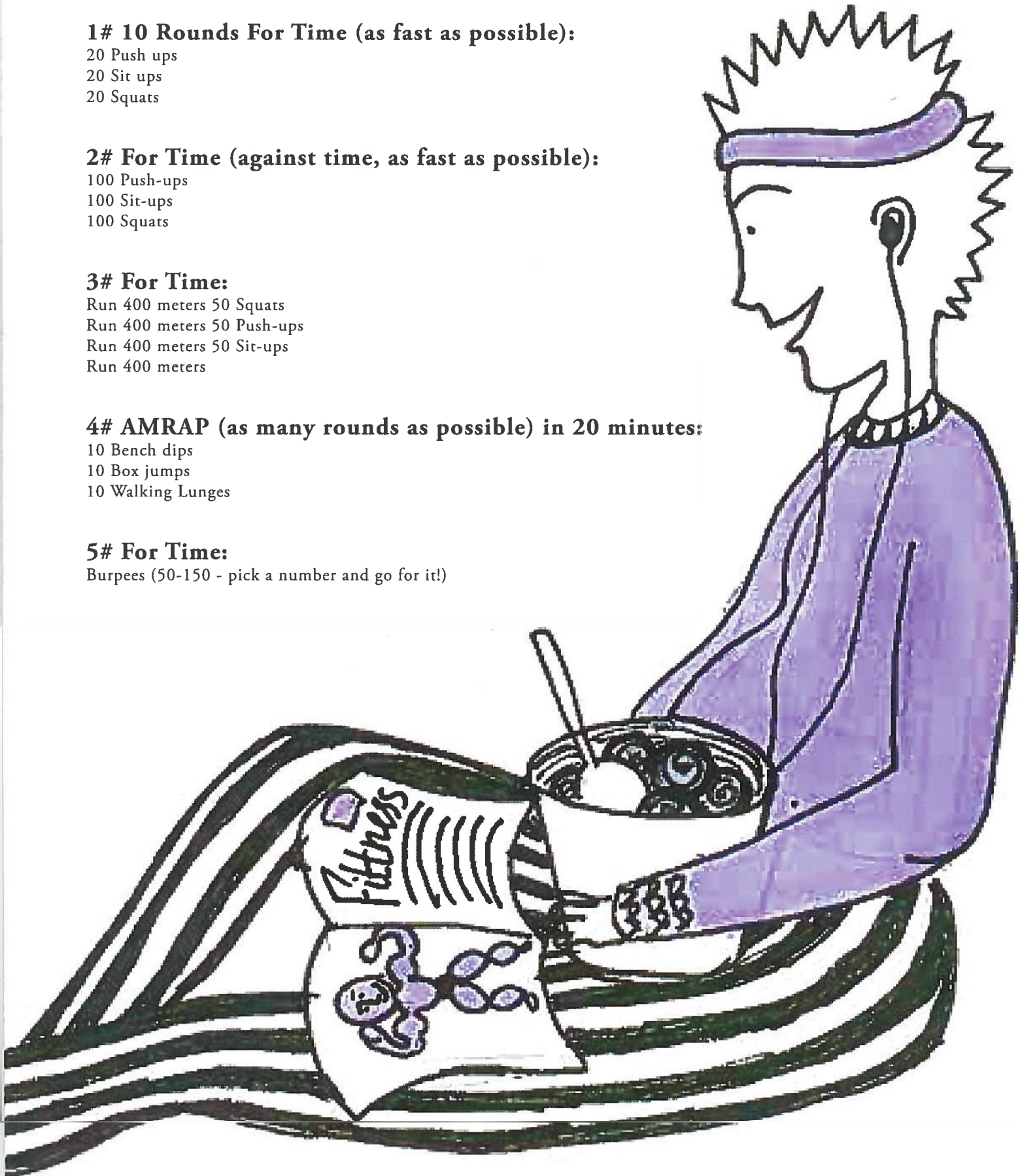
- Run 400 meters 50 Squats
- Run 400 meters 50 Push-ups
- Run 400 meters 50 Sit-ups
- Run 400 meters

4# AMRAP (as many rounds as possible) in 20 minutes:

- 10 Bench dips
- 10 Box jumps
- 10 Walking Lunges

5# For Time:

- Burpees (50-150 - pick a number and go for it!)



Vårsjakken i Tromsø

TEKST: Simon Steinnes

Helga i månedsskiftet april-mai ble Vårsjakken arrangert på The Edge i Tromsø. Turneringen ble spilt som en kombinasjon av hurtigsjakk og langsjakk, en turneringsform som har blitt stadig mer populær den siste tiden. For rustne spillere kan det være en fordel å kunne spille noen runder hurtigsjakk før man kaster seg med hodet først inn i tunge langsjakkpartier, og undertegnede vurderte i det lengste å melde seg på selv.

I gruppe A var Espen Forså og Johannes Kvisla to av de største favorittene. Begge er representanter for den knallsterke 1990-årgangen, som også Magnus Carlsen og Jon Ludvig Hammer er en del av. Pål Røyset var nummer tre på listen over de høyest ratede spillerne i turneringen, og rett bak kom tre blad Machlik, som nok alle hadde ambisjoner om å blande seg inn i tetstriden. Allerede første spilledag fikk vi se en av forhåndsfavorittene tilsynelatende heftet av kampen om turneringsseier, da Johannes Kvisla tapte to av sine tre hurtigsjakkpartier. Pål Røyset satte standarden for hurtigsjakken med tre poeng av tre mulige, og fikk dermed et utmerket utgangspunkt før langsjakken. De øvrige favorittene gikk gjennom hurtigsjakkdelen uten tap, men avga poeng i form av remis.

Neste dag fortsatte Røyset det gode spillet, og med remis og seier mot Edit og Monika Machlik økte han ledelsen til resten av feltet med nok et halvpoeng. En ledelse på et

helt poeng er imidlertid ikke en trygg ledelse hvis du skal opp mot din nærmeste konkurrent i neste parti, noe som vi også fikk se i partiet mellom Levon Aronian og Magnus Carlsen i nest siste runde av Norway Chess i år. Denne gangen var det Espen Forså som hadde muligheten til å ta Pål Røyset igjen med en seier, og Forså gjorde nettopp det. Partiet finnes på tromsosjakk.no, kommentert av Sven Wisløff Nilssen.

Espen Forså fulgte opp med å vinne partiet i syvende runde, mens Pål Røyset gikk på en uventet smell mot Andre Machlik og tapte sitt andre parti for dagen. Det er tøft å spille dobbelrunder, for taper man det første partiet, rekker man ikke alltid å riste det av seg før neste parti. Espen Forså kom dermed på førsteplass i turneringen, med Andre Machlik et halvt poeng bak. På tredjeplass kom Johannes Kvisla, som hentet seg inn på imponerende vis med fire seire av fire mulige i langsjakken.

I gruppe B var det en annen Espen som sto øverst på listen over Utropias forhåndsfavoritter. Spillere som Torbjørn Valvåg og Mathias Schouten er definitivt på vei oppover, og et par av spillerne på lista var ukjente størrelser for Utropias utsendte, men ivrige lesere husker kanskje at Espen Klævik-Pettersen kom på andreplass i det første og hittil eneste Bodegamesterskapet i lunsjakk, bare slått av Ole Jakob Hegelund, som Espen for øvrig slo i innbyrdes oppgjør.

Espen, som stortrives i stillinger preget av taktikk, angrep og det han selv beskriver som «sambasjakk», har likevel tatt grep for å bli en mer komplett spiller. Som Pål Røyset gikk også Espen gjennom hurtigsjakken med tre poeng av tre mulige, og da han skulle spille sitt første langsjakkparti i turneringen dagen etterpå, møtte han en annen av Cafe Bodegas erfarne ringrever:

Espen Klævik-Pettersen - Kristian Hansen Schmidt

1. d4 Sf6 2. c4 e5?!

Et friskt trekk som inviterer til Budapest-gambit. Mer fornuftige trekk for sort er e6, g6 eller c6. Espen velger å la bonden være i fred, men sort får raskt et lite initiativ.

3. d5 Lb4+ 4. Ld2 De7 5. Dc2 c6 6. e4 O-O



Stillingen er original, men jevn, og begge sider har ting å spille på. Sort har en tryggere konge og et lite utviklingsforsprang, men hvit har sentrum.

7. Sf3 Lc5 8. Le2 d6 9. O-O h6? 10. Sc3 a6?

Dette går nok litt for tregt. Selv om stillingen har en gan-

ske lukket karakter, er det tvilsomt om sort kan ta seg tid til luksustrekk som dette.

11. a3 Sg4? 12. h3 Sf6

Sort har spilt litt planløst ut av åpningen, og hvit har nå en klar fordel. Sort har visse utviklingsproblemer på dronningfløyen, og hvit har fortsatt sentrum.

13. b4! La7 14. Tfc1 Sh5 15. b5 f5 16. Tab1 fxe4??



Vi ser et typisk tema der sort angriper på kongefløyen samtidig som hvit kjører på med bøndene på dronningfløyen, og stillingen ser litt ut som kongeindisk, selv om sortfelt-sløperen står på a7. Det siste trekket til sort var ikke så godt, siden det gir hvit e4-feltet og farlig spill på dronningfløyen og i sentrum. En bedre ide hadde vært å avklare stillingen på dronningfløyen med cxb5.

17. Sxe4 axb5 18. cxb5??

Hvit mister tråden et øyeblikk. Hvit vinner etter 18. dxc6!!, og etter for eksempel 18... Sxc6 19. cxb5! Sd4 20. Sxd4 Lxd4 ser vi at springeren på h5 henger. Sort har andre mulige trekk som 18... bxc6, 18... Sf4 og 18... Sf6, men hvit for vinnende fordel mot alle disse tre.

18... cxd5 19. Sxd6?!



Nå har plutselig stillingen snudd til at sort står til vinst. Dronningen kan bare ta springeren. Det kan se ut som at hvit har stolt på at trekk som Lb4 og b6 er nok til å hindre sort i å ta springeren, og det kan se ut som at sort også stoler på det, i det han spiller et angrepstrekk som utnytter bindingen på f-bonden:

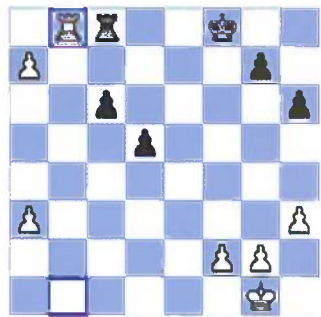
19... Sg3?! 20. Lb4! Sxe2+ 21. Dxe2 Df6 22. Sxc8 e4

Hvit bytter det han kan, og e4 er ikke farlig. Nå står hvit til vinst.

23. Lxf8 exf3 24. Dxf3 Dxf8 25. Dxf8+ Kxf8 26. b6!

Et elegant trekk som har ligget i luften en stund.

26... Sc6 27. bxa7 Txc8 28. Txc6! bxc6 29. Tb8!



Hvit fremtvinger tårnbytte og bonden går inn. Sort ga derfor opp i denne stillingen.

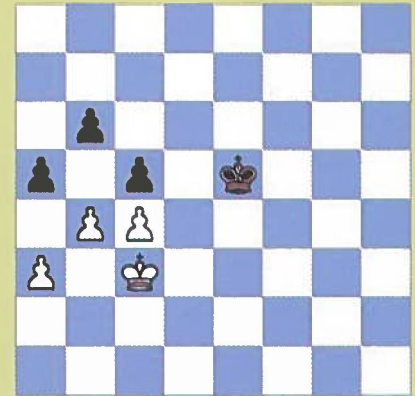
Videre i turneringen spilte Espen fortsatt skarpt.

Han holdt et tilsynelatende ubehagelig sluttspill mot comebackmannen Hauk Are Kristiansen, slo det unge talentet Mathias Schouten i et veldig skarpt parti og avsluttet med remis mot Remi Jakobsen i et parti der begge hadde fordel i løpet av partiet.

Med det landet Espen Klævik-Pettersen på 6/7, et halvt poeng foran Hauk Are Kristiansen på andreplass og et helt poeng foran Kristian Hansen Schmidt på tredje.

Forhåpentligvis får vi se alle tre i Landsturneringen som spilles her i Tromsø til sommeren. Meld deg på!

Månedens nøtt



Sort trekker og vinner.

Send trekkforslag med begrunnelse til sst067@post.uit.no innen 1. september 2016, og vær med i trekningen av fine premier.

Forrige måneds vinner er Jørgen Aarmo Lund. Gratulerer!



Caroline, Jan Erik (tannlege), Marthe, Anita (tannpleier), Christina (tannpleier), Karina (tannpleier)

Ønsker deg velkommen til:

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Husk studentbevis 😊

Ring for time:

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Tenner i sentrum

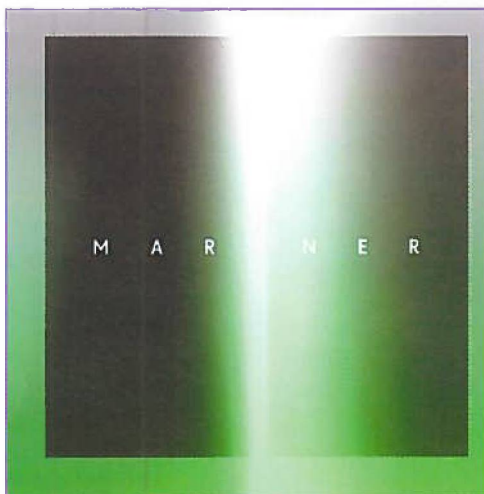


Tannlege Kjærstad AS

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Tannlege Jan Erik Kjærstad
Tannpleiere Anita Wiik,
Christina Fredheim og Karina Bergland



ARTIST: Cult Of Luna
ALBUM: Mariner
RECORD LABEL: Indie Recordings
RATING: 4/6

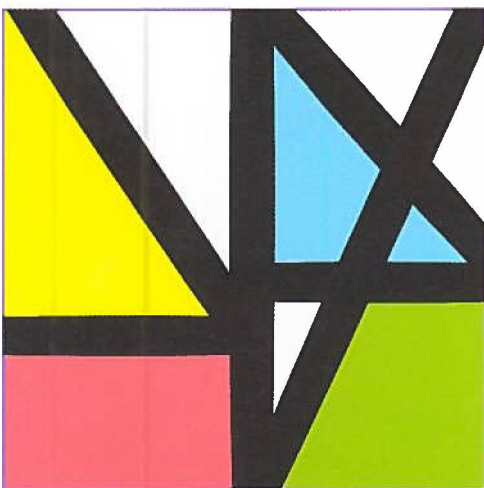
A pleasant listening experience for those who enjoy post-metal

TEXT: Stefanie Singh

In the middle of May 2016, Cult Of Luna are going to play one show in Norway's capital Oslo. Those who cannot make it there might go for a walk to the nearby record store instead. There, "Mariner" is waiting, the seventh album of the post-metallers Cult Of Luna. "Mariner" is a very special collaboration between the Swedes from Umeå and the American musician Julie Christmas from New York, not only in terms of music. The album was created largely through online file sharing.

"Mariner" is an opus one really has to engage in; it's definitely nothing to listen to while chopping vegetables in the kitchen or the like. It's probably the best to listen to it while looking into the stars - which will also make its central theme "space exploration" more accessible to you.

"Mariner" is atmospheric for the most part, and it repeatedly builds up tension which partly unleashes in metal growls ("A Greater Call") or in the screaming of Julie Christmas ("The Wreck of S.S. Needle"). One has to like both in order to be able to enjoy this release 100%, and that's unfortunately not the case for my humble self. As long as there is someone singing, may it be Cult Of Luna ("Approaching Transition") or Julie Christmas ("Chevron"), it's a pleasant listening experience, but their metal growls and her screaming are an integral component of the album's concept, so those who don't mind either should definitely check out the record themselves. And if it is considered as a mind-blowing opus, try to buy it on vinyl instead of CD, because only the vinyl edition includes the bonus track "Beyond The Redshift".



ARTIST: New Order
ALBUM: Music Complete
RECORD LABEL: Mute
RATING: 5/6

Music to dance your troubles away to

TEXT: Stefanie Singh

In times like these, where music icons such as David Bowie, Prince and Motörhead's Lemmy Kilmister die off while other musicians like Roxette's Marie Fredriksson and AC/DC's Brian Johnson suddenly cannot rock the stages anymore, due to health issues, New Order appear like a welcome constant. Just recently, "Singularity" was released as the third single from New Order's latest effort "Music Complete", so it's high time for us to check out their first album without founding member Peter Hook.

Already the opener "Restless" - which was released as the first single from "Music Complete" - demonstrates why New Order can be experienced as a constant, despite some break-ups in between: Not only are they in the business since 35 years, but they also have their own sound which is - in case of "Music Complete" - so 80s

and yet so timeless. The tenth studio album is a record to dance and dream to at the same time, with guest appearances by La Roux's Elly Jackson (Amongst others, she can be heard on the album's second single "Tutti Frutti"), Iggy Pop ("Stray Dog") and The Killers frontman Brandon Flowers ("Superheated").

It's said that New Order's "Blue Monday" is the best-selling 12-inch vinyl of all time in the UK, but "Music Complete" proves once more that the men from Manchester shouldn't be reduced to their heyday in the 1980s, especially in consideration of their brilliant seventh opus "Get Ready" from 2001. Despite all the nostalgia, their mix of new wave and dance rock is still up-to-date, and maybe it's the contrasts and New Order's ability to unite those contrasts which make their sound so unique.



BEST BELIEVE IT EP

ARTIST: The Black Marbles
ALBUM: Best Believe It EP
RECORD LABEL: The Black Marbles / Ofelia Productions
RATING: 5/6

From Gothenburg with soul

TEXT: Stefanie Singh

As currently observed in the hotly debated case of AC/DC, it's not that uncommon that a band gets a new voice. The Swedes from The Black Marbles had a change at the microphone, too, and what makes their change remarkable is the fact that it is no longer a man but a woman who interprets the songs of the quartet which was founded in 2009. After one album (The debut "Made In Concrete" which was released in 2013), Kaj Paxéus left The Black Marbles by mutual agreement in 2015. With Marica Svensson, a successor was found in no time, and things continued at a spanking pace, resulting in the immediate recordings for the "Best Believe It EP".

The question that naturally arises first: Whose interpretation of The Black Marbles' bluesy classic rock is better, the one by Kaj Paxéus or the one by Marica Svensson? And the answer is: There is no

"better" or "worse" in this case as both deliver(ed) the goods. And those who are sceptical towards the change from male to female vocals should know that this lady definitely has the balls... uhm, voice... to take the band from Gothenburg to the next level.

The title track "Best Believe It" may sound very catchy, not to say slightly poppy, but "Little Sun" and "Fallen" reveal what Marica Svensson is capable of in terms of vocal range - and that is truly impressive! In order to mark the beginning of a new era, the EP is finalised by Miss Svensson's version of "All Out Of Money".

"Best Believe It EP" is an appetizer of the upcoming second album, "Moving Mountains", and available on both CD and 10-inch vinyl. Since both formats are strictly limited to 300 pieces each, one should hurry up with the purchase.



ARTIST: Irma Agiashvili
ALBUM: Behind Space
RECORD LABEL: Playirma
RATING: 6/6

Melancholy, light-heartedness and even a touch of Bob Marley

TEXT: Stefanie Singh

"Is that whiskey? Such a strong voice doesn't appear from nowhere, does it?": When the Finnish-Georgian singer-songwriter artist Irma Agiashvili repeatedly grabs her glass of water during a live concert, such questions from the audience are not unusual and may well be taken as a compliment. Born in the former Soviet Union and based in Finland since she was 8 years old, Irma Agiashvili released her debut album "Sing The Unspoken" in the year of 2013. Like the debut, the successor "Behind Space" was produced by none other than Johnny Lee Michaels. The album takes us on a journey where dull moments will be searched for in vain. From melancholic ballads like "Dream" and "Turn Your Lights On" to light-hearted rock'n'roll ("Heartbreaker") to reggae ("Stargazing (Friends Are My Wealth)"), everything can be found on the tracklist. Obviously, no musical boundaries were

set during the creation process of "Behind Space", and that's one of the strengths of this record, next to the voice, talent, soul and personality of Irma Agiashvili.

"Won't you take me to Jamaica?": If you ask that question like Miss Agiashvili does in "Stargazing (Friends Are My Wealth)" and receive a "no" as an answer, just grab a bottle of cola, put the said song on full blast and dance to it in the garden. After that, you don't need to travel to Jamaica anymore, because after that, summer will have arrived even in always-chilly Northern Norway.

"Behind Space" is one of the "must have" discs in the summer of 2016, and Irma Agiashvili is one of the finest examples of the fact that Katie Melua isn't the only singer / songwriter artist from Georgia one should be familiar with.

Troy Shall Fall Again!

Artist: The Fall of Troy

Album: OK

Label: no label, self-released

Rating: 7 broken ribs out of 6

TEXT: George Stoica



WH A A A R R R G H H H !!!
GLORRRRGH!!! AAARRR-
RGLAAARB LAAAARGH!!!

That is about as coherent as I could be when I first found out that, after almost 5 years, the idiots that made up The Fall of Troy were not only reuniting but recording a new album as well. Well, break all the windows and tear out the toilet seat if that doesn't sound like the first piece of really good news this year! After teasing us forever with their dumbassery, in the form of ridiculous short videos on their Facebook page, a few weeks ago their first new song was posted online. This was followed by the band posting their entire album for free this April 20th. Stop smiling; let's see what it's all about.

The Fall of Troy is most notorious for their lead man's almost obscene and insulting ability to sing while ripping some insanely crazy guitar parts. I swear to the god of broken guitars that I haven't seen someone abuse open-string tapping so well since Brent Hinds, and that vibe is back in full force here. While the tone is slightly less abrasive overall, which is a shame, there is absolutely no downtime while listening to this album. It's like curing a headache

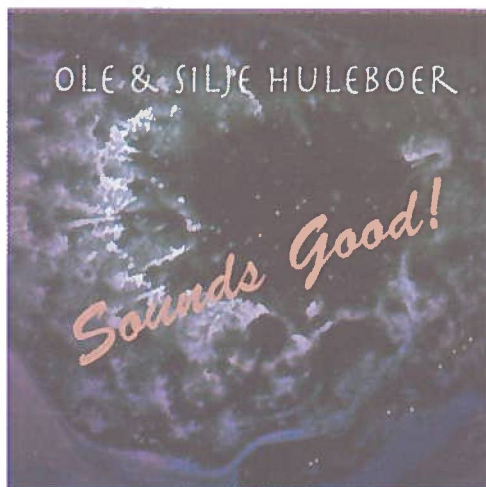
with a hammer to the face. What I like most about OK is the blend of beautiful melody and full-out kick-in-the-teeth energy. Their earlier albums were like one big party that destroyed the furniture, tore down the curtains and left everyone in the hospital. After that destructive spiral, which was simultaneous with their real-life substance abuse and eventual breakup, OK comes about as a sort of look back towards those times, but without the sappy nostalgia you would expect from any other band. Oh no, even nostalgia and retrospection are done Fall-of-Troy style. There's no better way to reminisce about the past than taking it and thrashing it around until your nose bleeds. It's cathartic to the extreme. While there are no songs that blast off in the incomparable style of "Just Got This Symphony Going" for example, the album does grow on you very quickly, and you'll soon feel that old feeling of a tune grabbing you by the hair and throwing you against the wall! What a blast!

The beautiful yet sparse melodic riffs provide short glimpses of a world somewhere between the sunset-tinted world of some suburban misfits and the more weary view of a person who has gone through the meat grinder and come out the other side. "Your Loss" is a perfect example, but there are plenty others. I appreciate the fact that, unlike other hardcore-derived bands, The Fall of Troy has always known how to execute the ups and downs that a song should have in order to keep the listener interested. In this sense, there is nothing innovative about the style of this new al-

bum (except maybe that short reggae-like passage in "401k", but what do you expect from three lunatics?) and neither does there need to be. I'm just glad to hear new things from them, and it gives me hope that maybe soon we might hear about a new Dillinger Escape Plan album, or something similar.

Long ago, when I first discovered The Fall of Troy, the first thing I did was to go online and tell them "You guys are a bunch of psychos and I love you!" They were, unsurprisingly, very appreciative. Nothing has changed in that regard. The attitude is the same, wild and reckless, though it comes after some very hard lessons. The humility and gratitude they showed in their message announcing the free album was more than enough evidence of this. Kind at heart, but always ready to party, I think that is the spirit of the album. The only thing I'm sorry they didn't bring back is the habit of giving their songs the most idiotic titles, such as the classics "Mouths like Sidewinder Missiles", "We Better Learn to Hotwire a Uterus" and "F.C.P.S.I.T .S.G.E.P.G.E.P.G.E.P.". Don't Google that last one; you're better off not knowing.

In conclusion, I wouldn't recommend this band to anyone, they are that good. To those who don't know them, they are what happens when you put three hyperactive knuckleheads (who are at the same time very technically proficient at their instruments) in a room with instruments and tell them that they have to tear the whole place down using only the power of music. Then you come back five minutes later and find that the whole neighborhood looks like it was hit by a moshpit crashing in from orbit and no one can remember their own name. Welcome back, guys, we've missed you so much!



ARTIST: Ole & Silje Huleboer
ALBUM: Sounds Good!
RECORD LABEL: Bangles & Brass Records
RATING: 6/6

This album melted my heavy metal heart, until there was nothing left but hummingbirds and jasmine flowers. I am now no longer allowed to attend doom metal concerts, but it was worth it!

TEXT: George Stoica

There is an undeniable tendency for bands around the world to emulate the so-called "western styles" of either Britain or the United States, and for each project succeeds in this respect there are thousands of others whose efforts come across as either undeveloped, superficial or just plain bad. Ole & Silje is not one of those thousands. This beautiful little gem of an album is something you'll wish you had in teddy bear form so you can cuddle it. It's hard not to smile at the crystalline quality of the songs and the simplicity of their form. It's just a clean guitar, a talented voice and some serious songwriting chops.

If there was one thing I'd complain about it would be that some of the songs are so achingly short, but even that works in

the album's favor. The songs come across as little vignettes set in colorful frames, each one delightfully sweet in its own way. Some have a lovely and tastefully subdued British folk influence while others are more like little ballads. Silje's bird-like voice does a wonderful job of conveying a range of emotions, all backed up by Ole's spot-on guitar work. I really can't find a proper way to explain how precious this little album sounds. I say "little" not because of the length of the songs, but because it has a way of evoking those little moments which are all the more valuable because they don't last. Whatever your musical preferences are, give it a try. It soothes, it moves, it works. I can't think of a more appropriate album title than the one they chose, and I can't wait to hear more!



DIRECTORS: Edward Berger & Samira Radszi
RELEASE: 6th June 2016 (Norway)
RATING: 10/10

Deutschland 83

TEXT: Stefanie Singh

While the complete series "Deutschland 83" will finally be released on DVD, it's still unclear whether the TV series from Germany will be continued or not. Unlike abroad (in countries such as the US, the UK and the Nordic countries), "Deutschland 83" wasn't popular among the television viewers in its home country. In Norway, "Tyskland 83" was broadcasted on NRK1 in November and December 2015.

During the Cold War, the young sergeant of the border troops of the GDR, Martin Rauch, is sent to West Germany; by the Main Directorate for Reconnaissance (HVA) and against his will. The leaders in Moscow and East Berlin believe that the West is planning a nuclear attack against the East, so sent undercover (as Moritz Stamm, senior lieutenant and adjutant of the Bundeswehr general Wolfgang Edel), Martin should spy on the Bundeswehr and NATO in order to gather further in-

formation. Not only does this supply us with eight very thrilling episodes: From the top-notch cast to the props to the brilliant soundtrack, "Deutschland 83" delivers just everything one could wish for from a series set in the 1980s. Next to the omnipresent suspense, there is also action, humour and love, though the latter is fortunately kept within a limit. No corny love plots in Hollywood style, if there is even a single sincere love story told in "Deutschland 83". One does not always know what the single characters are up to. Also a same-sex relationship was placed in the plot, which gives the series a more contemporary touch.

Given the remaining mysteries, the second and third season of the planned trilogy - entitled "Deutschland 86" respectively "Deutschland 89" - should be realised. If German television viewers don't appreciate it, the ones outside Germany certainly will.

Bad Neighbors 2: Sorority Rising

DIRECTOR: Nicholas Stoller

RELEASE: May 6th 2016

RATING: 7.5/10

TEXT: Elinor Tessin

Last time we encountered them, Mac (Seth Rogen) and Kelly (Rose Byrne) had just moved into a new neighborhood with their baby daughter without realizing what they were getting themselves into. This time, they are trying to move out and sell their house along with a second baby on the way, when the deserted war zone next door is suddenly occupied by a new, bigger and fiercer threat: a sorority.

Shelby (Chloe Grace Moretz) and her sisters have barely just started college, only to encounter a horrible truth: sororities, unlike fraternities, do not have a right to throw parties in their own houses. Enraged and tired of being bossed around, they found their own independent sorority where a girl can get drunk whenever she wants, and looking as unsexy as she wants - frat boys uninjured. With one notable exception: Teddy (Zac Efron), Mac and Kelly's worst enemy from the last installment, is back as the sorority's mentor, teaching them how to meet their

rent and also how to make their neighbors' life hell.

As the fight unfolds, participants change sides, crimes are committed, morals abandoned and then retrieved. It is fun to watch Shelby and her friends build their own community, a sorority that any girl would probably be happy to join; the movie deals with modern feminism in a pretty light-hearted way, but it's still nice to watch characters on both sides second-guessing themselves and, occasionally, even getting it approximately right. "Bad Neighbors 2" is a comedy, often gross, most of the time juvenile, and never pretends to be more than that. However, unlike most American comedies, it manages to be funny without resorting to sexist and racist jokes; that alone is a pretty new concept. Basically, while Shelby and friends fight for their right to party, we girls as the audience finally exercise our right to laugh at dumb jokes without being the punchline or prop of every other gag.



Where To Invade Next

DIRECTOR: Michael Moore

RELEASE: April 15th 2016

RATING: 6/6

TEXT: Elinor Tessin

The year is 2016, and children in the USA are drinking water contaminated with lead and getting beaten up or shot by police officers. Donald Trump is a presidential candidate. In many parts of the world the word "USA" is no longer associated with Hollywood movies, fast food and football but with fear and death by drones. Maybe, say the army generals and political leaders of the USA, it's time to try something new. Maybe it's time to relinquish control to Michael Moore.

With this premise, "Where To Invade Next" explores other countries' solutions to American problems; Michael Moore travels through the world and handpicks countries' more positive achievements while not even pretending to examine the negative ones. Among these solutions: the Portuguese abolishment of drug offender persecution, French school lunches, Italian labor regulations, Norwegian prisons, and German health care.

While this strategy might not be the end of all our problems, it is sometimes eye-opening to see conventional truths being challenged. Finnish teachers say homework is obsolete and children should spend little time in class, and their schools are the best in the world; Norwegian prisons try to rehabilitate their inmates instead of punishing them, and their recidivism rate is one of the lowest globally; Portuguese police officers want to help drug addicts and not arrest them, and drug deaths and crime are decreasing.

Moore's point, in the end, is that at least some of these ideas originally came from the USA and were then recognized and implemented abroad, functioning well. But, he reasons, it is not too late to steal those ideas back. And while not all of these concepts might work in all environments, they do show that radical ideas can work, and that widely accepted notions can be very, very wrong.

MICHAEL MOORE'S MOST DANGEROUS COMEDY



Prepare To Be Liberated.

Captain America: Civil Disobedience

DIRECTOR: Anthony Russo, Joe Russo **RELEASE:** April 12th 2016

RATING: 7/10

TEXT: George Stoica

Let's get one thing clear: this is Avengers 2.5 and don't try to tell me otherwise. Between the ending of Age of Ultron and the sudden influx of new people in skintight costumes, the main title of "Captain America" is little more than a way to help us pass the time until the Next Big Thing. The Civil War storyline (as seen in the comics) was a very interesting idea, though somewhat derivative of what the X-Men had been doing for years, but has it translated well into movie format? Eh.

I don't know about you, but I feel like the "Capsicle" jokes that Tony Stark used to make actually have a very sad reality behind them. Captain America is not a superhero fit for modern times. His true origin as a comic book character owes itself mainly to the Second World War, and the need that the people of the United States had for a heroic symbol to stand up to the threat of that one dickbag with the weird moustache. Captain America was as much propaganda as he was heroic, but he is very out of place in today's world, where guerrilla warfare and tactical drone strikes have pretty much wiped out any notion of classical heroic battles. His one strong point was holding the Avengers together, and in this latest installment his aforementioned role has begun to fail story-wise. The scene with the helicopter

only serves to reinforce this: it brings out all the cool things about Cap, his heroism, strength, altruism and determination. Sadly, this happens so seldom that it's hard to care about him. So what about the others?

Well, I've mentioned the ending of Avengers 2, and the characters seen there at the end come back as promised, along with a few others, such as Black Panther (I hope we see more of him, he's so badass!), Ant-Man aaaaaand... Spider-Man! Carrying on in this entomological fashion, we might see something like Colorado Potato Beetle Man next, who knows? But since we brought Spider-Man up, it's worth mentioning that this movie takes what Spider-Man 3 did, flips it over and takes it to a whole other level. Instead of overwhelming us with three enemies in one movie, this one gives us about a dozen superheroes all at once (no joke, count them up). The end result is a hodgepodge of action and origin stories (at this point Spider-Man is giving Batman a run for his money when it comes to number of reboots), none of which really feel fulfilling.

While there are some moments that truly work well and really give the two main characters (Stark and Rogers) motivation, their overall conflict seems kind of badly built up. Tony Stark

has lost some of his edge, and for those who say "well, he's been through a lot", I suggest you delve into the comics and see how even in the worst situation, Stark uses humor as a coping/defense mechanism. Having Ant-Man, Iron Man and Spider-Man in the same movie should have given us Deadpool levels of humor, but their interactions are severely shortened.

Through the idea behind the main characters' beef with each other is great, we are still left with a movie concluding in one giant question mark. Are they friends? Will they fight again? Did any of them really achieve anything? What was the point of all of this? When is Avengers 3 coming out? Has anyone seen my phone?

It would seem like the movie has failed in being anything special, but despite all this it's not bad. You'll laugh, you'll be entertained, you'll be surprised by one or two revelations, and at the end you might walk out, like me, feeling like you won't remember much of anything about the story a month from now, which is sadly par for the course with a Captain America movie. It serves well as a transition to the new generation of Avengers, but as a goodbye to our older and dearer superheroes it unfortunately comes off as bland and confused. Oh well, at least it's not Batman V Superman.

This changes everything

DIRECTOR: Avi Lewis

RELEASE: November 14th 2015

RATING: 9/10

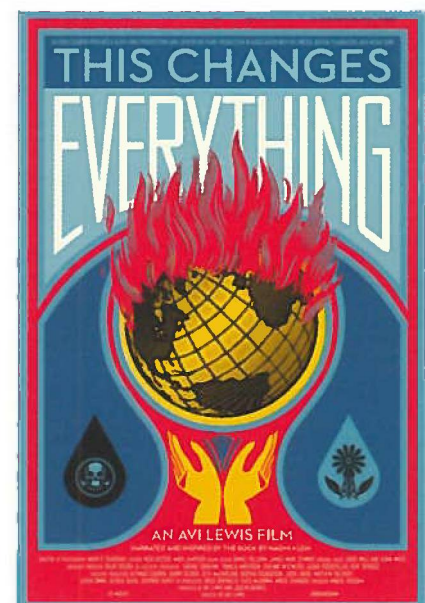
TEXT: Ellen van Marrewijk

This documentary about the challenge of climate change shows how a lot of different people around the world deal with climate change in their own region and how our economic system may be blamed for this crisis. Nine countries were filmed to illustrate the size of the problem regarding the whole world. The movie is directed by Avi Lewis and inspired by the bestseller of Naomi Klein 'This changes everything'.

"What if confronting the climate crisis is the best chance we'll ever get to build a better world?" This is the feeling during the whole movie. It shows a series of shocking numbers about the climate change together

with people that fight for a better world. Watching this movie let you think about yourself and what you could do against climate change. An impressive movie that may not change the world, but may change your mind.

"We don't own the world, we're only visitors!" was the main feeling of people after seeing this movie. People felt the urge of doing something for the environment. And luckily people were hopeful after this movie: "There will be a change if more people get engaged with the problem." So grab your change and watch this movie, it may change you so you can change the world!



20 %

Studentrabatt!



Da Pirocchio

PIZZERIA - RISTORANTE

Utroscope

Attention: since the stars have not been visible for quite sometimes, The Prophet Boise has had to resort to more primitive prediction methods such as howling at the moon and listening for the echo. You have been warned.



Aries: The black hide of the archwolf has suppurated under the blood moon. Voidreaders gather under the Summoning Sign. Tread carefully over the primordial ash, and look not upon the face of the Devourer. Also maybe light rain towards the end of the month.



Taurus: Always think twice before spending money. Do you really want strawberry flavored gum, or are you just trying to cope with an inner existential crisis? Nothing is real.



Gemini: You're nervous about exams, it's understandable, but try to keep calm. Remember, it's not the exam that kills you, it's the grade you get on it.



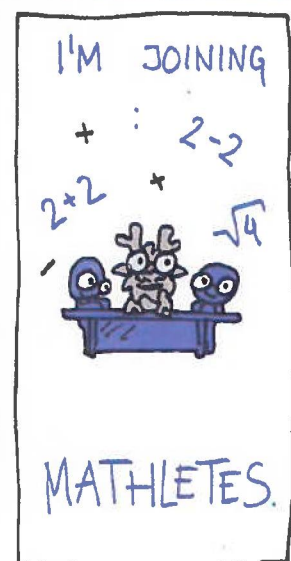
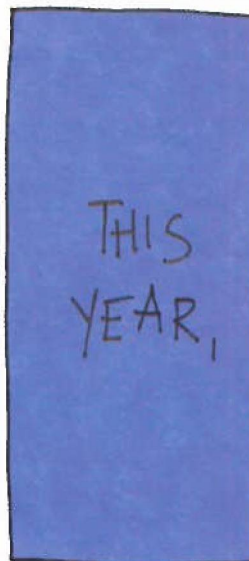
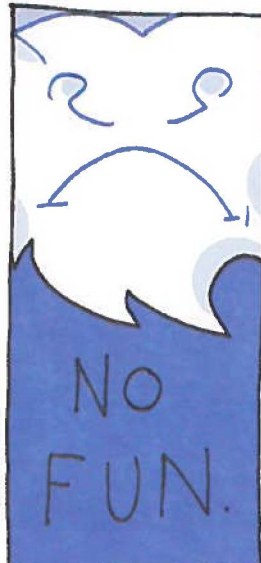
Cancer: Success can be hard to achieve, and you might turn to spirituality for guidance. Repeat after me: Dear [insert deity of your choice], I'll do anything just let me pass this semester! Anything but study that is.



Leo: This month you really need to focus on your goals. Like really focus. My suggestion would be to use a catadioptric telephoto lens but hey, what do I know.



Virgo: Remember to keep pushing forward. Think of school not as a means of improving yourself and having valuable experiences, but as an obstacle in your way towards all those crazy summer festivals.



Illustrasjon: Mat Mot

Text: The Prophet Boise, Illustrasjon: Boyka Todorova, Kolorist: Kisarael Elementum



Libra: This month is extremely favorable for financial gains! You're gonna be making loads of cash. Therefore, in order to find out your full predictions for this month, please leave an envelope containing 2000kr in non-consecutive bills in the trash can next to Bodega.



Scorpio: This month sees you longing for travel. Your mind keeps wandering over the hills and far away. Let your feet follow, and remember to bring a towel.



Sagittarius: Spring brings you energy, confidence, positivity, ambition and adaptability. Unfortunately, what you probably need most right now is money. Oh well...



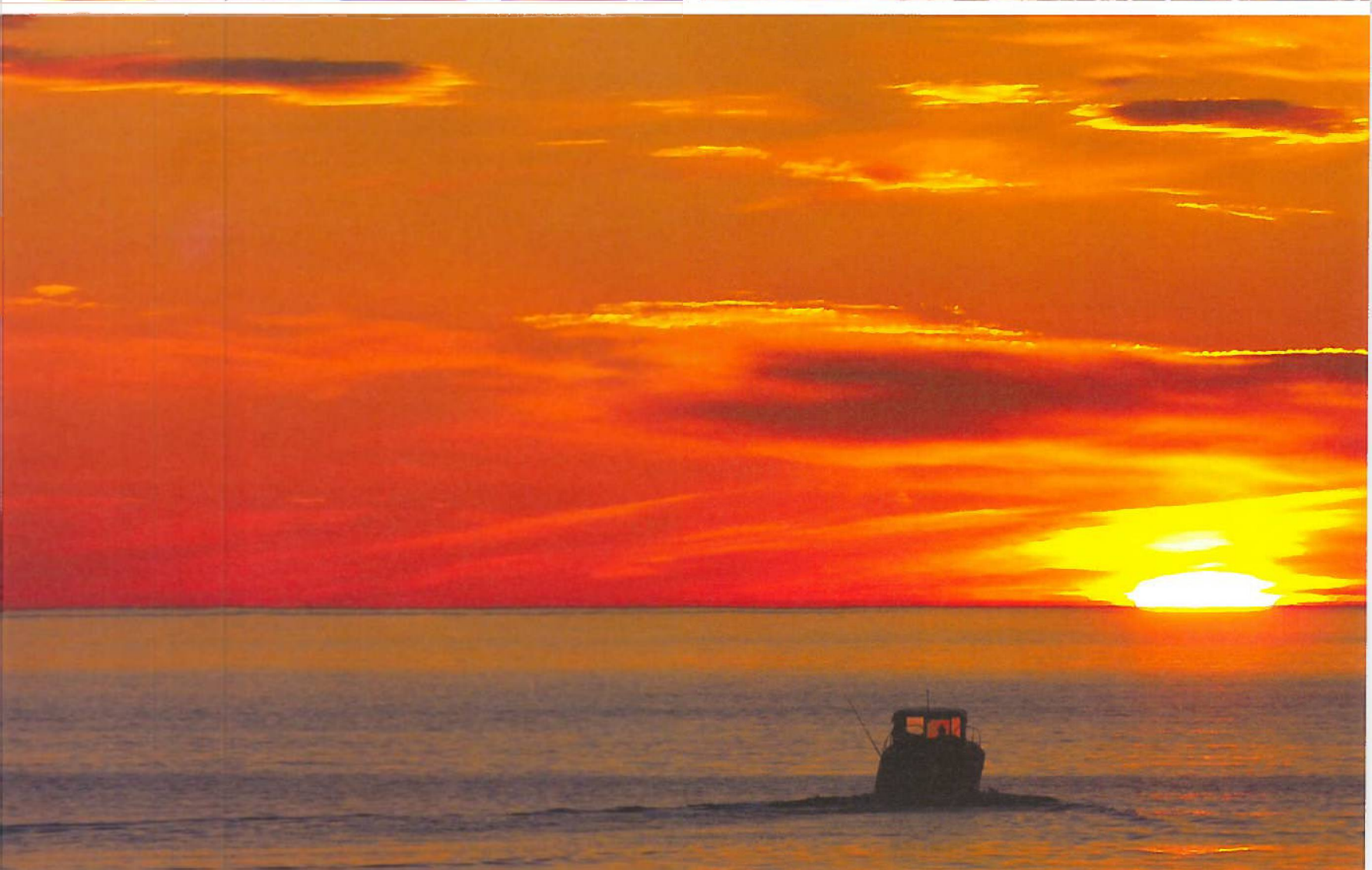
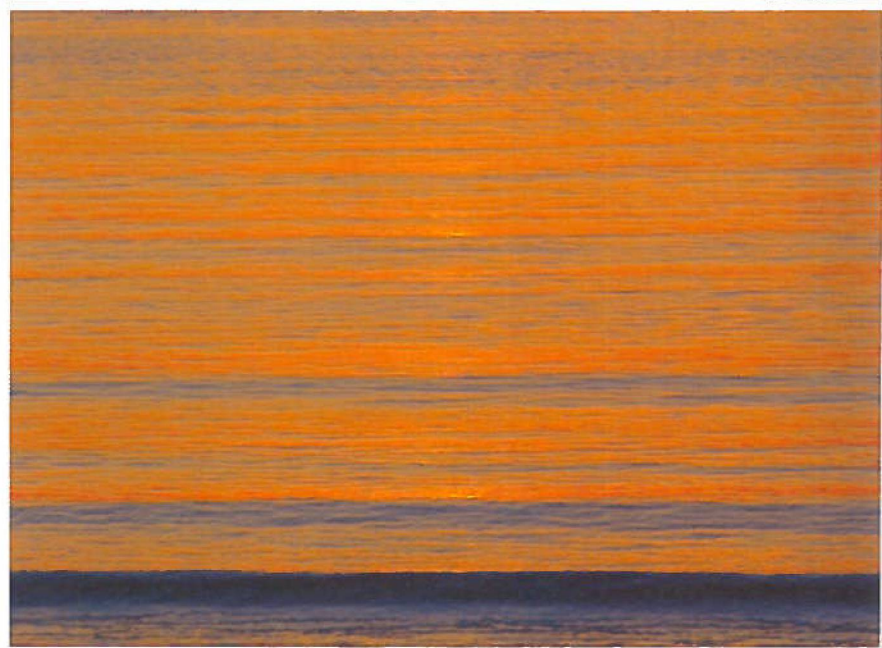
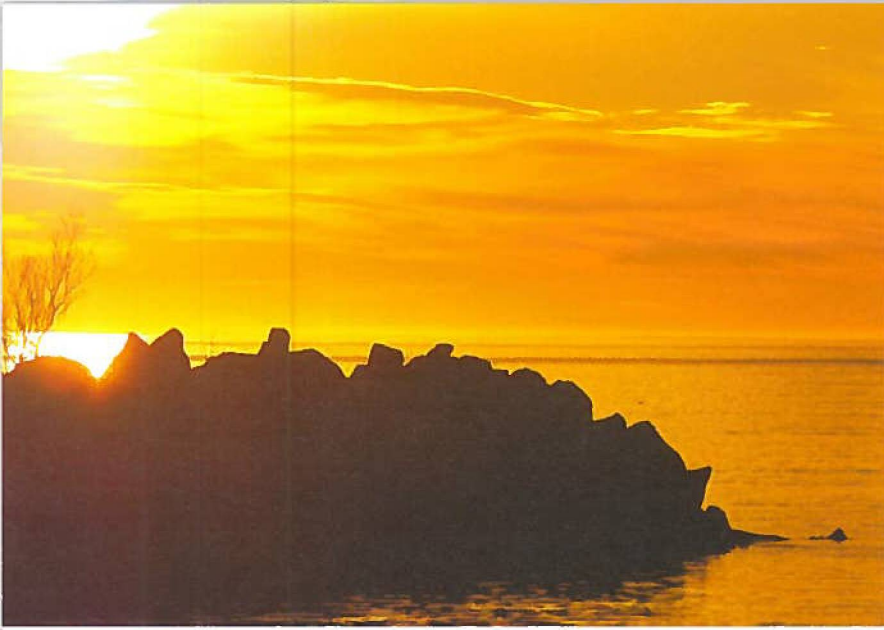
Capricorn: Things aren't looking good for you this month. I would suggest running away from any responsibility, preferably as far as Finnmark. I've heard Karelia is nice this time of year too.



Aquarius: You will meet the boy/girl of your dreams. Just remember that nightmares are dreams too. Use protection.



Pisces: Remember to stay healthy. An apple a day keeps the doctor away. Actually so does a guard dog. You know what? Forget the apple, get a dog, they're much better at playing fetch.



The colours of Senja

Photos: Camille Saint André



Dette kunne ha vært din annonse.
Ta kontakt og finn ut om vårt annonsetilbud.
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