

# Utopia

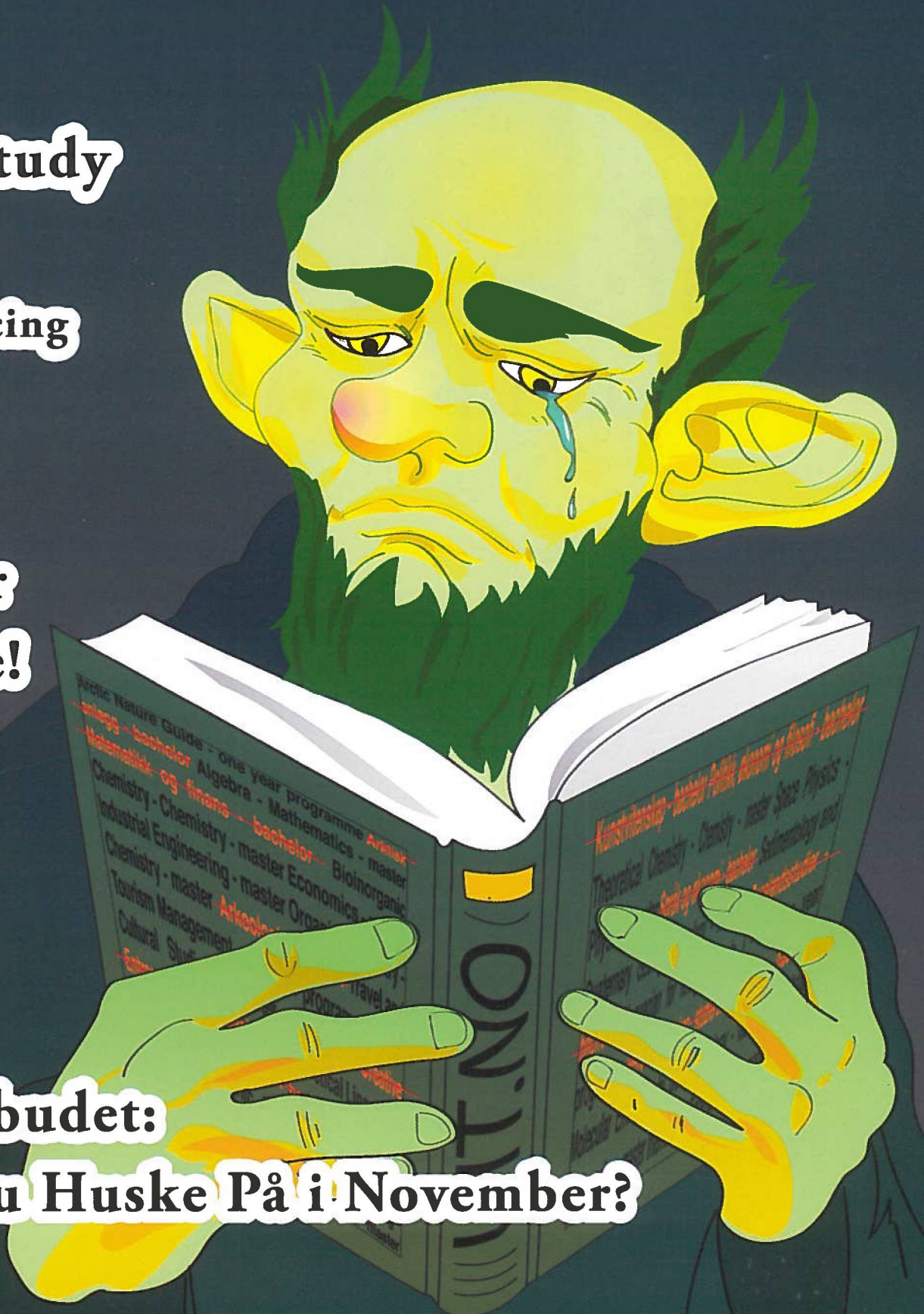
Studentmagasinet for UiT  
Norges Arktiske Universitet  
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GRATIS MAGASIN

**UiT Cuts Study  
Programs:  
Are We Sacrificing  
The Future?**

**Utopia Får  
Leve Videre!**

**Lamps for  
Mørketid**

**Studentombudet:  
Hva Bør Du Huske På i November?**





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## En stor takk til våre medarbeidere!

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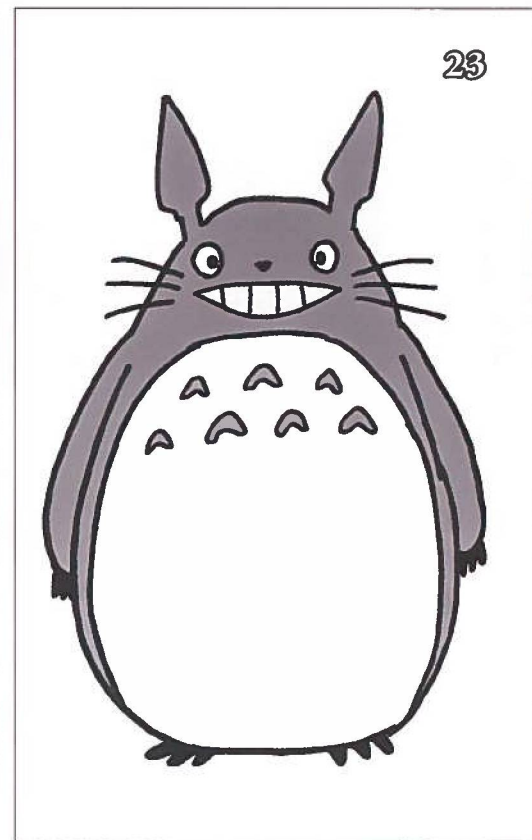
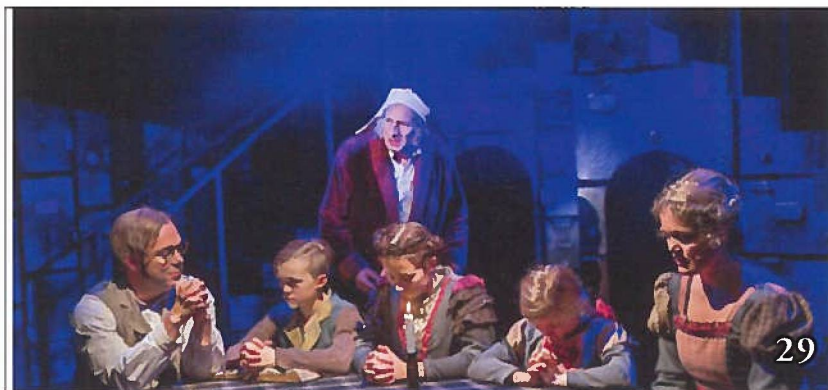
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TEKST: Mats Johansen Beldo,  
FOTO: Olga Shavrina

## Kjære leser!

Oktober måned har for lengst passert og en ny årstid er her. På samisk kalles det Skabma, på norsk kjenner vi det som mørketid med en sen høst eller en tidlig vinter, noe de fleste i nord har et forhold til. Skábmamánnu er det samiske navnet på november måned. Navnet betyr 'mørketidsmåneden', og betyr i praksis at Kong Vinter har meldt sin ankomst. For folk flest betyr det kortere dager og lengre netter, for studenter betyr det med sikkerhet at eksamenstiden nærmer seg.

Noen av dere studenter har allerede hatt deres første eksamener, inkludert undertegnede. Andre ligger godt gjemt på lesesalen i en iherdig innspurt av pensumslitteraturens overraskelser. Om knappe to uker forsvinner de siste solstrålene i Tromsø by, og Nord-Norge går inn mot mørketiden. En tid som mange opplever litt vanskelig, særlig i denne tiden med den konstante følelsen av mørke og tomhet som noen sitter igjen med under mørketiden.

For meg handler ikke mørketiden om mørket, men farger. "Mørketiden" bør sees på som "fargetiden", det spektakulære kunstverket som males over fjellene, himmelen og havet på morgenvkysten på vei til universitetet kan kun beskrives som vakkert og emosjonelt. Vi må huske at det ikke er mørkt døgnet rundt når det er mørketid. Midt på dagen lysner himmelen en kort stund, og du får en vakker blanding av daggry og skumring. Er det klarvær kan du nyte stjernehimmelen, månen lyser som alltid, og nordlyset blaffer i grønt, blått og rødt. For meg har det bidratt til en lysere start på dagen, og en mer motiverende dag på lesesalen. Kanskje en tidlig start på dagen, med vandring i lyset, kan gjøre det samme for deg.

Vi hos Utopia ønsker deg en fin november, og lykke til med eksamen.

Mats Johansen Beldo,  
Ansvarlig Redaktør

*Utopia for 25 år siden..*

# Studentenes egen avis

**Vil du være med på å grave frem nyheter og forme mediabildet ved Universitetet i Tromsø? Liker du å prate med folk? Trives du i et godt miljø? Da er studentavisa noe for deg. Utopia er et tilbud til deg som er student med skrivekløe eller som engasjert leser.**

Studentavisa Utopia skal gjenspeile de forskjellige aktivitetene ved Universitetet i Tromsø og rette

et kritisk søkelys på aktuelle forhold tilknyttet Universitetet. Vi tar også opp det som rører seg ellers i utdanningsmiljøet i Norge. Det er mange saker å skrive om på Universitetet og mye av det har interesse for folk utenfor universitetsmiljøet. Utopia har avdekket flere forhold ved Universitetet som har blitt referert i rikspresen.

Det første nummeret av Utopia kom ut i 1976 under navnet Studentavisa i Tromsø. I dag kommer Utopia ut med omlag 10 nummer i året i et opplag på rundt 3500 og deles gratis ut.

Utopia er et velferdstilbud til studenter som er interessert i avisdrift. Avisa er mer enn det journa-

listiske arbeide, det er også et spennende sosialt miljø. Utopia fungerer som ett treffsted hvor man skaffer seg venner på tvers av faggrenser og institutt tilhørighet.. Det er også en samlingplass for nyheter så man får innsyn i det som rører seg på Universitetet.

I dag gjør vi alle ledd i avisproduksjonen selv, bortsett fra selvtrykkingen

Synes du dette høres ut som noe for deg? Stikk innom vårt kontor i underetasjen på ISV for en prat og en kopp kaffe. Du trenger ikke å kunne noe om avis for å bli med, det eneste du trenger er lyst til å skrive. Det du trenger å vite for du greie på under veis.

# Green Economy In Tromsø

TEXT: Johanna Schirra

Once a month the Norwegian Environmental Association “Framtiden i våre hender” invites both the citizens of Tromsø and several speakers to have breakfast in the public library and to have discussions about issues related to sustainability and preserving our environment. This month the “Frokostseminar” focused on “green corporations” in Tromsø.

This month’s speakers were Thomas Johansen from “Din Taxi”, Cathrine Henaug of the international corporation “Rambøll” and Asbjørg Fyhn representing Troms fylkeskommune. Presenting their very different companies and fields of work, they all had two arguments in common: that it is necessary to raise awareness on climate issues and that both citizens and companies should work together to find solutions to reduce global warming.

Thomas Johansen presented his local taxi organisation, “Din Taxi”. This corporation tries to establish a green alternative to the common taxi corporations in town. Since 2012 they have launched new acti-

ons to become an environmentally friendly mode of public transport. Being a green taxi corporation might sound contradictory, but the idea of Din Taxi is to reduce emissions by environmentally friendly driving and by lowering the amount of tours by collecting people with the same destination. Johansen also said that his company is trying to negotiate with the municipality regarding a ban for private cars in the city centre, so that people start using public transport and taxis instead of taking their own car to town.

Cathrine Henaug told the audience about the corporation named “Rambøll”. She explained that they are working on sustainable building technologies focused on environmental amenity that both their customers and society can benefit from. During the company’s existence of more than 50 years, their leading slogan was to consider healthcare, the environment, sustainability and society as a whole – all of which should be considered together as a whole, also. Henaug especially pointed out the importance of co-working with different experts to find mutual solutions. Last, Asbjørg Fyhn from the Tromsø

municipality presented Klimapartnere Troms, a network of both private and public partners who try to find solutions to environmental issues by exchanging ideas and common issues. Fyhn emphasized the necessity of this cooperation between the private and the public sector, saying that political aims to reduce global warming can’t be realized without it. She also appealed that people should not hesitate to question the green symbol that companies like to embellish themselves with. Sometimes these are only used as ornaments when these companies are not taking action at all.

In the following discussion, one could easily see that the problem of communication and co-working is in fact an ongoing one. It turned out that, for example, the contact between Din Taxi and Troms fylkeskommune is fragmentary and may not even exist. As Asbjørg Fyhn stated, she did not even hear about attempts by the company to get in touch with the city council. So, in the end, all of the speakers agreed on the need to find better ways to communicate and work together to find common solutions.



Clean transportation



More efficient and cleaner energy production



Better water usage and management



Greener buildings



Clean and efficient waste management



Improved land usage through sustainable farming and forestry

# Are We Sacrificing The Future?

TEXT: Marie Søndergaard  
ILLUSTRATION: Shuramora

On October 24th it was possible to read about the university's suggestion for future cuts in the different faculties within the university. This decision instantly became a subject of debate, and it is clear that it is the faculty Humanities, Social Sciences and Education that would experience the largest cut in the near future. But is this wise?

At UiT's webpage it says: *Our central location in the High North, our broad and diverse research and study portfolio, and our interdisciplinary qualities make us uniquely suited to meet the challenges of the future.*

UiT was founded with the intention of becoming one of Norway's elite University a so-called "bredde-universitet" with a lot of variety and different studies. Through the University it is possible to contribute to the development of competent manpower in the region and secure that Tromsø remains an attractive place to live. However, their suggestion for closing down these 15 studies illustrates something different.

There has been written a report by "Strategisk Utdanningsutvalg" who, through interdisciplinary work, is suggesting the cut of 15 bachelor programs. Why? High dropout rates, low recruitment level and low scores on the study barometer seems to be the compelling reasons to close the programs.

Many programs are from the faculty of Humanities, Social Sciences and Education and the professors from these departments are pulling their hair, not understanding the management of the university and their priorities. The heads, employees and professors of this faculty strongly object to such changes and hope to reach a compromise.

The friction between the social sciences and the natural sciences is not new, however, it is the social sciences who are facing the major changes at the moment. Personally, I find it more interesting to ask the question *why* the study quality of the given programs is low and if the low number of applicants is connected with this. Perhaps, these unpopular study programs should have been paid close attention to instead of being cut.

Through the past decades the humanities have been criticized for being "soft" and "less important". Students who study humanities are compared to people being on vacation where

they can lean back, relax, read a bit of literature, write a paper and boom – now we have a bunch of newly graduated scholars with a small chance to get a job. Let me say right away – the reality is very different. Yes, it is true that the humanities often do not have many classes, *but* it is not because the students do not want to – often they fight for more classes, however the money is prioritized differently. It is also true that many of the exams are written home-exams. But neither of these things makes it easier to be a humanity-student. This field is neither inferior nor superior to other ones. There is never just one answer to anything. The humanities are content with not knowing but rather accepting the fact that there is never one single answer, because truth is merely based on different perceptions. Everything is a matter of perspective and good research, well-grounded arguments and excellent writing are crucial.

Today we live in a world where almost everything is based on statistics, right and wrong answers, and quick results. This pattern is not only applicable to UiT but in general within the society as well. I had hoped that UiT would not follow this trend. What has until now made UiT special is the wide variety of programs offered in the High North, which is one of the most important parts of the University's strategy.

One of UiT's general strategies is: *UiT will offer research-based education of the highest international quality standards. The University's shall offer a broad and diverse study programme portfolio.*

Note the last sentence – "a broad and diverse University" is what makes UiT special. There is no doubt that UiT carries a great responsibility offering all these programs in a more or less distant area as the Northern Region. A region, which is challenged by its infrastructure and long distances. But how would Northern Norway and especially Tromsø be without the University and its varieties of programs offered? The management should remember that they are not only cutting programs from UiT –

they are cutting them from the whole region. Northern Norway will become a region where it no longer will be possible to study philosophy. I believe that UiT has an important social responsibility to educate people who have expertise within this area, so cutting Russian studies away seem as an odd choice to me. Some studies are meant to be small since the society only needs a small handful of experts within the given area – but not having Russian studies in a region working so closely with Russia seems strange and is a sad image to send to Russia. UiT should remember that they carry a big social responsibility to educate people who want to become experts within these areas; we need these people.

Therefore it is no wonder why the professors at the departments of humanities are skeptical towards UiT when they deviate from their own strategies in a situation like this.

On November 10th the faculty Humanities, Social Sciences and Education came with their suggestions of what to do with the different bachelor programs. They agreed to cut 2 programs; *Politics, Economics and Philosophy and Languages and Economics*. Regarding the other programs they see it as a necessity and an opportunity to discuss the current structures of the programs. However, they still see the programs as being essential for the University and the region. UiT needs to accept the fact that not all programs need to be filled. Rather they should be satisfied with fewer students getting an excellent feedback through their education.

So are UiT sacrificing the future? They are definitely making it harder within certain areas. Personally, I hope that these suggestions for programs cut have provoked the different faculties and will encourage them to become more visible within the public debate – show the public that they are actually present in this region. UiT has the responsibility to protect, educate and engage Tromsø, and the surrounding population with critical thinking. – A job they have to continue.



# Utopia Får Leve Videre!

## Studentmagasinet Beholder Videre Støtte Videre Fra Semesteravgifts Fordelingen

**O**nsdag, den andre november hold Studentparlamentet møte om fordeling av semesteravgiftens midler til studentorganisasjonene. Møtet fant sted i Auditorium 1 og varte mer enn to timer. Det var kun et tema på sakskartet, og det var fordeling av semesteravgiften. Der ble blant annet. Studenthuset City, Studentersamfunnet Driv og Utopia sine søknad om støtte diskutert. Debatten rundt tildelingen av studentmagasinets midler var den som uten tvil tok mesteparten av tiden, og med god grunn.

En uke før møtet innstilte semesteravgifts komiteen i sitt saksdokument på fordelingen til alle studentorganisasjonene. En innstilling hvor de fleste studentorganisasjonenes søknadssummer var endret i henhold til søkt sum og foreslått tildeling, var det kanskje studentmagasinet som lå under kniven, utsatt for det største prosentvise kuttet i tildeling av driftsmidler. Komiteen foreslo å kutte tildelingen til Utopia fra den søkte sum på 365.000 NOK til 200.000NOK.

Forslaget om kutt i støtten ble ikke tatt vel imot av tidsskriftets frivillige og de ansatte redaktørene. Argumentene mot det foreslåtte kuttet var blant annet at et slikt prosentvis kutt ville føre til den sikre død for Magasinet; til sammenligning var trykkostnadene for 2016 større enn den foreslåtte tildelingen.

Våre frivillige og redaktørene startet en underskriftskampanje, både i papirform og på internett, som ble signert av omtrent 700 støttespillere. I tillegg møtte over ett dusin frivillige fra studentavisen opp i Auditorium 1 for å overvære møtet og vise støtte til magasinet.

På møtet deltok parlamentets representanter, komiteer og arbeidsutvalg. I tillegg var det rundt 40 tilskuere på bak-benken. Komiteens forslag ble presentert av komiteens leder, Daniar Ramak, og komiteens medlem Håvard Arctander Rosenlund. Tidlig i den påfølgende debatten etter orienteringen om innstillingen, tok parlamentets medlemmer til orde for å diskutere kuttet i Utopias tildeling. Noen av poengene som ble presentert for å kutte i tildelingen var begrunnet i Utopias manglende nedslagskraft blant studentmassen og generell laber oppslutning blant studentene, noe som for øvrig også kan sies om stemmetallet blant de siste årenes parlamentsvalg ved universitetet. Argumentasjonen som også ble presentert var en oppfatning om at Utopia bør drives av ikke bare de nesten 50 frivillige journalistene, men også av de 3 redaktørene som er ansatt i avisen og som burde investere sin tid til dugnadsarbeid og ikke lønnet arbeid.

Ansvarlig redaktør i Studentavisen, Mats Johansen Beldo, fikk også muligheten til å redegjøre for konsekvensene av en reduksjon i tildelingen til studentavisen. Han la vekt på at Utopia har endret seg de siste årene og at det ville være lite hensiktsmessig å kutte midlene midt i en slik omstilling uten å ta hensyn til resultatene av endringen i strukturen til studentmagasinet. Studentmagasinet har hatt en vekst i antall frivillige og kuttet i lønnsposene de siste årene i tråd med hva parlamentet har ønsket.

Beldo avsluttet sitt innlegg med å tillykke alle de som bidrar til Utopia i fremtiden.

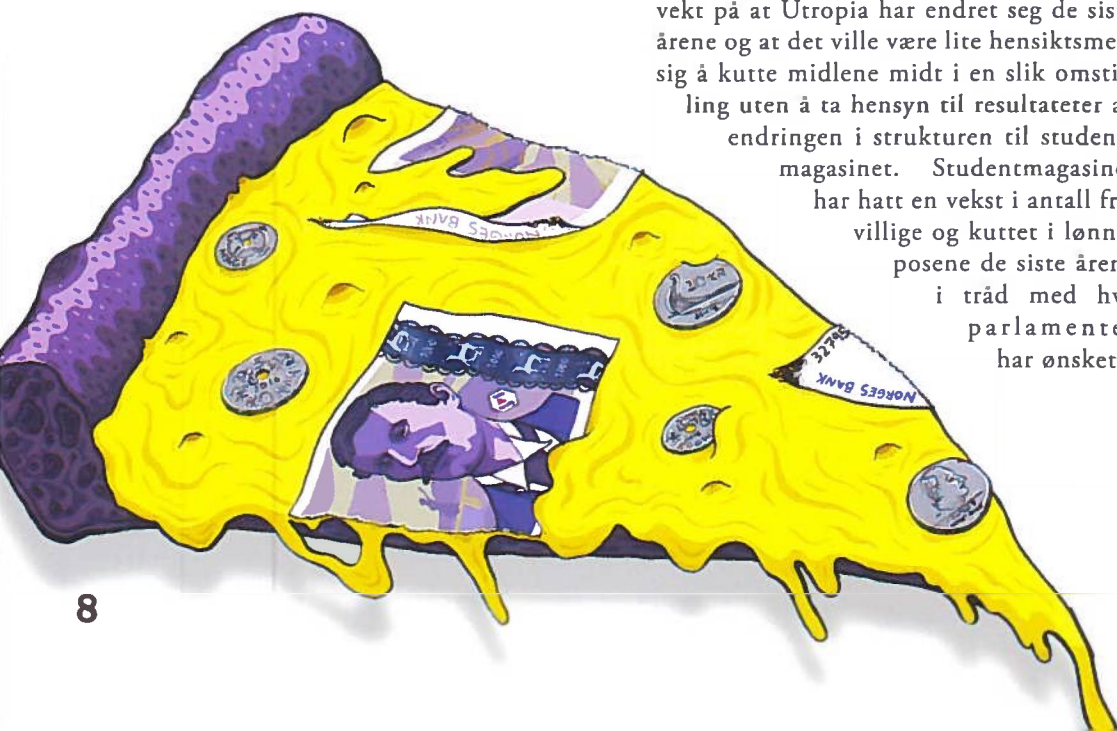
Komiteens presentasjon var heller nøktern og fikk fram sterke reaksjoner blant parlamentets medlemmer. Tidlig ute var Moderat Listes, Sveinung Søberg Løfaldli som argumenterte for et helhetlig endringsforslag i samarbeid med Sosialdemokratiske Studenter, Grønn Liste og Sosialistisk Studentlag. Ett forslag av en slik tverrpolitisk kaliber er noe vi sjeldent har opplevd i parlamentet ved UIT – Norges Arktiske Universitet. Hovedpunktene i forslaget var å videreføre flere av organisasjonenes søkte sum og blant annet øke den foreslåtte tildelingen til Studentmagasinet til kroner 365.000 NOK.

Møtet ble avsluttet med at studentparlamentet stemte over de to alternativene til vedtak: innstillingen til vedtak fra semesteravgifts komiteen og det kombinerte forslaget fra Moderat Liste og samarbeidspartnere. Resultatet ble at 18 mot 3 representanter stemte for forslaget fra Moderat Liste, Sosialdemokratiske Studenter, Grønn Liste og Sosialistisk Studentlag.

Studentmagasinet anser forslaget som en seier for studentvelferden ved universitetet.

Debatten rundt forslaget om å redusere Utopias midler spredte seg over hele møtet til tross for at representanter fra de andre studentorganisasjonene også ba om redegjørelse fra semesteravgifts komiteen rundt deres foreslåtte tildelinger. Det var tydelig under hele kvelden at finansieringen av Utopia var det mest betente kuttet som hadde vært foreslått av komiteen, noe som, ifølge ansvarlig redaktør Mats Johansen Beldo, viser at Utopia fortsatt er en betydelig og viktig del av byens studentmiljø.

TEXT: Lyonel Perabo og Mats Beldo  
ILLUSTRATION: Adrian Myhren





# What makes DNA of the business?

TEXT: Anezka Prosecka

PHOTO: Varvara Alekseeva

**F**LOW is a local Tromsø platform for small businesses that assists them in becoming successful and fully running. It gathers people from many departments of companies and provides them with an opportunity to connect with their needs. Someone is focused on technical or IT part of business, another person can be more educated in PR and others have knowledges in particular fields such as economy, law, science, health care, etc. A part of this platform is inspirational presentations about marketing, management, important background for starting your own business, company, and follow you dream.

Besides other activities there are also organized events called "FLOWlive". That means short meetings with interesting people, projects like VIPPS and their stories of success. On the 19th of October there was a first Facebook livestream on a topic: „How to put your DNA into your brand“ with Simen Fangel. Don't be confused by the term DNA. Simen tries to explain metaphorical heritage of the possible brand. He is a writer who helps people to set their goals and base stories. His work is about believing into other people's beliefs.

The presentation had a main message – find your philosophy and dedicate yourself to everything you like and do, especially in your business. Simen pointed out that the most important thing you need to consider before even starting up a business is coming up with your base story. One has to make clear what one does, what one's goals

are and why one wants to achieve these goals. One needs to be prepared to be able to tell this story anytime one is asked about one's business.

According to him, there are three factors that define business: product, communication and emotions. The third one, emotions, is the hardest one to implement because there are premises for it - strong bonds with people not only when it comes to love or friend relationships, but also to co-workers and customers.

Small businesses and start-ups are based on credibility. In the beginning, that is the

only thing one can count on and a major reason why such businesses are of interest for customers. And there are no shortcuts when it comes to being credible – only being honest with everything one does or says will help. Therefore, it is crucial to clarify for oneself what one wants from their business and be aware that it is meant and true.

In a wider perspective, there is great chance for one to turn one's base story, philosophy into a label, brand or a strong business idea - just because one has got a real, honest base story, which recurs to mind whenever one faces difficulties in one's business life.



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# How much do we have the *right* to know?

## What *should* we know?

## What do we actually *want* to know?

TEXT: Marie Søndergaard

PHOTO: Wikimedia Commons

When having a radar as your neighbor, how much do you actually want to know about what they are doing? As a local politician, how many questions do you actually ask about them? As a journalist, how deep are you actually allowed to dig about what they are monitoring? Simply, how much do we have the right to know and how much do we actually want to know?

The conference “Militær etterretning som en demokratisk blindzone” which was held in Vadsø October 10-11th, was to promote and invite to a public debate about northern Norway as a militarized landscape of secrets.

I attended the conference as a student assistant from UiT and with my background living in Greenland and working at Thule Air Base for a few years, I found the theme of the conference quite interesting. The conference gave me a lot to elaborate on and gave me new perspectives, but yet it also surprised me in many ways. I was surprised that people questioned the intelligence service – A service that the people *should* trust! They should trust that the intelligence service acts in the best interest of Norway – even if they do so behind their back. Isn't it okay that we as regular citizens do not know what they are doing, if they are doing it to protect our country?

Activists, politicians, local citizens, academics, scientists and a bunch of journalists were present at the conference. Especially the number of journalists caught my attention. Were they here to catch the next headline? Were they digging for the next huge scandal in Norwegian history? It has been seen before that politicians have made under the table agreements with the United States; Denmark (Greenland) as an example, allowing atomic bombs at Thule Air Base. You get the feeling that the journalists were there to find something just as bad. The journalists are hoping that the intelligence service will be more open with regards to the use of

the Vadsø Radar and what it is monitoring – but what would the point of an intelligent service be, if they need to play with their cards face up?

It was easy to feel the disagreement between the few politicians present and the journalists throughout the conference. And even though no one from the intelligence service was present, they were still being criticized – especially for not being a part of the debate.

But should they have joined the conference to be targets? I believe that their absence can be interpreted several ways. The people attending the conference described the politicians and intelligence service as ostriches, hiding their heads in the sand for not showing up.

However, I think that the intelligence service believe so much in what they do and that they do right for their country, that they saw their presence as being unnecessary. Also, I have my doubts as to whether the conference would have continued in such a peaceful and proper level or if their presence would have led to mudslinging.

I found the local citizens and their reaction towards the theme of the conference quite interesting as well; some were surprised – the radar has always been there and is for some, an integrated part of the landscape. “Why do they need a conference? We can just talk about it around the dinner-table” said one from Vadsø. For them, the theme is common and they were surprised that a conference was needed to get the theme out in the public for debate.

Some of the journalists victimized the local citizens for being neighbors to the intelligence service and their radar. But as far as I could see, they did not see themselves at victims – the radar also created jobs along the way. So is this a real problem or is the media generating it to promote their own case?



One of the politicians refereed to LEGO during his discussion. “The best is not *too* good.” With this, he refereed to the conference and the opportunities it gives to enlighten different problems – Only by that, the intelligence service can get better. He does not mind openness as long as it does not put the community at risk.

That debate is now raging, and I find it very interesting that people are showing mistrust to the intelligence service, whom want to protect Norway. Why is this happening now? What will Norway and their intelligence service look like in 20 years? Will general people ever rely 100% on politicians and the intelligence service? Rely on them to do what is best for Norway? Is it possible to keep the country safe from external threats if the citizens claim complete openness? How will we ever know, if they are honest? Where will this lead the Norwegian society? When will it stop?

Personally, I get a little bit frightened that there are people who are trying to blur not only the boundary between what we *should* know and what we have the *right* to know – but also what we want to know. It is a delicate balance, which needs to be found.

As I mentioned in the beginning – such a conference adds new perspectives to your thoughts.

# Deciding The Future

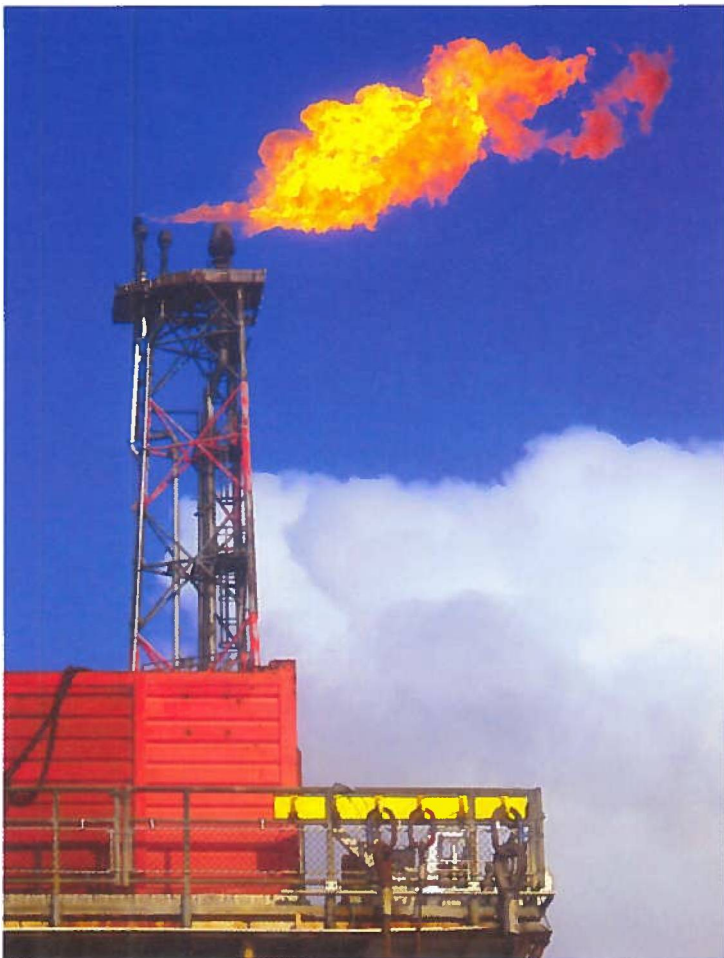
**People of Tromsø and experts of the oil industry gathered to discuss some important issues about the main industry of the country.**

TEXT: Alena Antipina

PHOTO: Wikimedia Commons

In the cozy evening of October, the 19th, citizens of Tromsø came to the "folkemøtet" ("People's meeting"), where they were about to answer the reasonably important question: Do we need oil and gas? Personally, I would evaluate this event as a sign of a progressive society- Let me explain why.

First of all, I will provide you with some background information. This People's meeting was the ninth in the row of the seventeen across the whole country. In occasion of the fiftieth years anniversary of the oil and gas industry in Norway, experts in this sphere and environmental experts, representatives of different NGO's agreed that it was no longer available to decide the destiny of the national property without the participation of the nation itself.



People gather to listen to experts' discussions and reach a compromise. This is the concept of such events. And organizers themselves think of it as a proper way of solving occurring problems in modern Norwegian society. However, throughout the meetings, which already took place, it was noticed that this opinion is varying from region to region and audience to audience.

Besides, there were not only experts who gave speeches that evening. One young woman held a presentation about her offshore job. And the audience seemed to be very interested in her story.

One thing that I really want to mention is the content of discussions, which took place during these meetings. I had a chance to interview the representative of Norwegian Oil and Gas Association, who revealed me some of the points. The citizens of Norway, as citizens of any other country, tend to become more concerned about the environmental issues. This particular suspense had been one of the main reasons to conduct this kind of meetings. People discuss who should be held responsible for the current climate change and who must care about environmental security. The debate is whether it should be consumers or producers. As a background: everyone realizes, that it is impossible to make any radical changes. Thus, we cannot cut on producing, because it may lead to unexpected consequences. However, what we need to rethink is consumer's habits, which can and must be reorganized in order to sustain the environment and not make the matters worse.

This is not the only topic of discussion; the future of oil and gas reserves, which are decreasing day by day, are of interest too. People of Norway, from youngsters to pensioners, are worried about their destinies and the fate of the whole humanity. It is common sense that there is involvement and willingness to help. Nonetheless, there is the other side of the coin.

Despite the fact that discussing the issues connected to national property is crucial nowadays (for Norway especially), I'd like to express my thoughts in the end, as a non-Norwegian citizen. I have a feeling that people from several towns gathered to decide not only the destiny of their property, but also the money of the whole industry and all the countries involved in its functioning, respectively, which is not as inappropriate as some may claim.



## Every Town Needs A Social Meeting Point

TEXT and PHOTO: Christine Butz

**D**id you ever hear the German word ‚Heimat‘? It’s a term that is quite unique and cannot really be translated to English or Norwegian. ‘Home’ might be the word that comes closest to it, or maybe even better: ‘the feeling of being at home’. Though ‘Heimat’ often refers to the area where one is born, it need not necessarily be that. Bausinger describes ‚Heimat‘ as a connection between a physical place and a social togetherness - a place where we feel very safe, understand the cultural rules and feel that things are manageable.

At a project last year at SISA (Culture centre in Alta) people from all over the world came together to discuss what ‚Heimat‘ meant to them. The answers were as different as we humans are; while it was the smell of roasted rice from their mum’s kitchen for some, it meant the wagging tale of a dog when coming home or the hug from your husband after a long day of work to others. Though the details people came up with were different, all agreed that feeling safe and home was mostly connected to other people, to friends, family and neighbours. Likewise, the strong, emotional bonds that connect us with the people around us were an important key to the theme. These mosaic parts echo the research results in psychotherapy that show that it is not so much the kind of therapy one approaches in need of help, but rather the quality of the bond one develops with the therapist that is important.

In times of globalisation, where people choose not to live where they are born, either because they want to or because they are forced to, the question arises whether it is possible to have more than one place that we refer to as ‘Heimat’.

I personally feel that this is possible and that social meeting points like SISA in Alta and the Arctic Meeting Point in Tromsø

can play a big role in the process of feeling at home at a new place. They offer the opportunity to get in touch with new people, get insider tips about the region and have a cosy time drinking a cup of coffee or tea. Since this magazine is being distributed both in Alta and in Tromsø, I would like to give a short introduction to both of these places to give students that just moved to the North a place to connect with others.

SISA is situated in Bossekop, next to the Coop building. It offers various things like speeches, international food days, art exhibitions, trips, catering, markets, a tailor, a haircutter and much more. There is also a shop in the building that is made of old EU palettes and sells handmade things. If you produce something yourself, this could be the place to start selling it. But most of all, SISA is an open house with a small café where you can drop in and meet great people.

The AMP (Arctic Meeting Point) in Tromsø has still not grown as much as its big brother SISA. Though it is not connected to the church at all, the rooms are situated in the Methodist Church close to the public library in Tromsø. They offer courses like Qigong, have an open coffee and tea meeting every Monday evening and different cultural events like during Kulturhatta. Every Sunday at 19:30, the creative ‘Living Room’ meetings take place there, featuring changing themes like cooking, storytelling or improvisation theatre.

Both culture-houses are open for everyone and are always in search of and welcoming people with their own ideas to start something new. So if you feel like you have an idea for a special kind of course, a small business or one-time events, both the folks from SISA and AMP would appreciate you dropping by or contacting them. Just take a friend and show up, you won’t regret it.

# Hva Bør Du Huske På i November?



**Visste du at rundt 16000 studenter er registrert på UiT Norges arktiske universitet? De fleste går nå inn i en hektisk periode. Både eksamensforberedelser, innlevering av arbeidskrav og oppgaver, og avsluttende uker i praksis opptar nå mange.**

**Studentombudet har i de siste ukene mottatt en del spørsmål om studentenes rettigheter og plikter i denne forbindelse, og derfor ønsker jeg å minne deg om følgende regler når du nå nærmer deg slutten på høstsemesteret 2016.**

TEKST: Torill Varberg,  
FOTO: Olga Shavrina

## **Unngå fusk og plagiering – riktig henvisning!**

Skal du ha hjemmeksamen, obligatorisk innlevering eller skriver du de siste sidene på en bachelor- eller masteroppgave? Da bør du være sikker på at du har forstått reglene for kildehenvisning.

Å hen vise (sitere eller referere) er å oppgi hvor du har hentet informasjon fra, altså hvilke kilder du har brukt. Dette er et krav til akademisk redelighet, som dreier seg om å være tydelig i forhold til hvilke tekster, tanker og refleksjoner som er dine egne og hvilke som er hentet fra andres arbeider. Det gjelder opplysninger, resonnementer og argumenter hentet fra litteratur, forelesningsnotater, veiledning, andre studenters besvarelser, egen tidligere leverte besvarelse eller nettsider. Kilden skal synliggjøres både i litteraturlisten og fortløpende i teksten med navn på forfatter, tittel og sidetall.

Det er både etiske og praktiske hensyn som ligger bak reglene for kildehenvisning. Kildehenvisning skal derfor gjøres på bestemte måter og det er viktig at du setter deg godt inn i regelverket før du leverer oppgaven. Hvis man for eksempel siterer kortere eller lengre tekst ordrett fra andres kilder, skal dette utheves slik at det synliggjøres at det er et sitat. Vær oppmerksom på at de ulike fagområdene kan ha særlige regler å markere sitat og referanser på. Dersom du er i tvil om hvordan du skal gjøre det, spør faglærer for det emnet du tar eksamen i.

Å unnlate å referere til kilder eller utheve sitater anses som plagiat, dvs fusk. Det samme gjelder samarbeid mellom enkeltindivider under hjemmeksamen, på fagoppgaver osv som fører til tekstlikhet i besvarelser eller som gir en eller begge kandidatene urettmessige fordeler i eksamenssituasjonen.

Som fusk eller forsøk på fusk ved eksamen eller prøve regnes blant annet å presentere andres arbeid som sitt eget og å sitere kilder eller på annen måte benytte kilder i skriftlige arbeider uten tilstrekkelig kildehenvisning, se forskrift for eksamener ved UiT Norges arktiske universitet § 20. Tilsvarende gjelder ved obligatoriske arbeidskrav der det inngår et element av vurdering fra universitetets side.

Fusk straffes med annullering av eksamen og/eller utestenging etter reglene i universitets- og høyskoleloven §§ 4-7 og 4-8. Vedtak om annullering eller utestenging treffes av universitetets klagenemnd. Den som straffes for fusk kan utestenges fra universitetet og fratras retten til å gå opp til eksamen ved institusjoner i inntil ett år.

Dersom du blir mistenkt for fusk, enten før, under eller etter eksamen, blir dette undersøkt nærmere. Hvis det besluttes å reise disiplinærsak overfor klagenemnda, vil du bli konfrontert med mistanken og får anledning til å uttale deg i saken.

Husk at også kommunikasjon mellom studenter på skoleeksamen (i eller utenfor eksamenslokalet) også blir betraktet som fusk.

## **Be om begrunnelse**

Har du fått igjen en eksamensoppgave og lurer på hvorfor du fikk den karakteren? Kanskje forventet du en bedre karakter, kanskje forventet du dårligere? Vurderer du å klage og lurer på om du bør gjøre det, eller kanskje tenker du at det hadde vært nyttig for læringsutbyttet å få en begrunnelse for vurderingen? Uansett hva som er grunnen til at du lurer så har du rett på en begrunnelse for karakteren du fikk, se universitets- og høyskoleloven § 5-3 første ledd.

Dersom du ikke får begrunnelsen automatisk, har du tre uker på deg etter at karakteren er kunngjort til å framsette krav om begrunnelse for skriftlig eksamen. Merk at du ved muntlig eksamen må be om begrunnelse umiddelbart etter at du har fått vite karakteren. Kravet rettes da direkte til sensorene.

I begrunnelsen skal det "gjøres rede for de generelle prinsipper som er lagt til grunn for bedømmelsen og for bedømmelsen av kandidatens prestasjon". Dette betyr at du både skal få vite hvilke generelle prinsipper sensor har basert bedømmelsen på og hva det var i din spesifikke eksamen som gjorde at du fikk det bestemte resultatet. Det er for eksempel ikke tilstrekkelig å bare vise til sensorveiledningen eller læringsmålene uten å si noe om din besvarelse i forhold til dem. Du kan lese mer om begrunnelse i eksamensforskriften § 45.

## Overhold fristene

Dersom du er uenig i bedømmelsen av eksamen din kan du klage på eksamenskarakteren innen tre uker etter at sensuren ble kunngjort. Er krav om begrunnelse for karakterfastsettningen eller klage over formelle feil framsatt, løper klagefristen fra du har fått begrunnelsen eller endelig avgjørelse av klagen foreligger.

Tilsvarende frist gjelder dersom du ønsker å klage over formelle feil ved eksamen. Formelle feil kan være feil ved eksamensopp-gaven, eksamensavviklingen eller gjennomføring av sensuren. Merk at dersom det er begått en feil som kan ha hatt betydning for prestasjonen din eller for bedømmelsen av denne, skal sensurvedtaket oppheves. Dersom feilen ligger i selve gjennomføringen av eksamen kan du risikere å måtte ta eksamen på nytt. Hvis feilen kan rettes opp ved ny sensur av foreliggende eksamen, foretas en ny sensurering.

Men det er ikke bare klagefristene du må huske på. Hvis du blir syk rett før eller under eksamen har du rett til utsatt eksamen dersom du levere legeattest til fakultetet senest to døgn etter den første eksamen som attesten gjelder for. Legeattesten må altså inneholde opplysninger om hvilken eksamen den gjelder for (emnekode) og tidsrommet for sykdomsperioden. Er det ikke mulig å få en legeattest senest to døgn etter den første eksamen som attesten gjelder for, må du gi fakultetet beskjed om dette innen fristens utløp.

## Den siste perioden ute i praksis

Hvis det er fare for at du ikke består praksisperioden skal du kalles inn til et møte og få skriftlig varsel. Slikt varsel skal gis senest tre uker før praksisperiodens slutt. For praksisperioder på fem uker eller mindre skal varsel gis halvveis i perioden. Meldingen skal angi hva du ikke mestrer, og hvilke krav som må oppfylles for å bestå praksisstudiet. Kravet om varsel kan fravikes hvis du i løpet av praksisperioden handler eller viser atferd som utvilsomt gir grunnlag for å ikke bestå praksisstudiet.

I motsetning til vanlige skriftlige eksamener, der du kan klage på karakteren, kan du ikke klage på resultatet i praksis. Det betyr at dersom du får «ikke bestått» kan du ikke klage på resultatet, uansett hvor håpløs du mener vurderingen er. Du kan imidlertid klage på formelle feil ved praksisen

Formelle feil er hvis det har skjedd noe i praksis som ikke er i samsvar med regelverket eller retningslinjene for praksis. Dette kan for eksempel være at du ikke har fått beskjed om at du stod i fare for å stryke, at du ikke ha hatt midtveisvurdering, at du ikke har fått tilstrekkelig veiledning i praksis, eller at det har oppstått en annen situasjon som kan innebære en formell feil. Det er fakultetet som behandler klager på formelle feil, og vedtaket kan påklages til klagenemnda. Selv om du skulle få medhold i at det er skjedd en formell feil vil ikke resultatet bli at du består, men du kan få annullert forsøket. Dersom du får annullert praksisperioden på grunn av formelle feil skal det tilrettelegges for ny praksisperiode så raskt som mulig.

## Til slutt...

...må jeg be deg om å sette deg inn i regelverket. Undersøk hvilke bestemmelser som gjelder på eksamen, for oppgaven du nå holder på å ferdigstille eller for praksisperioden du snart er ferdig med. Kontakt en faglærer, en studiekonsulent eller andre på fakultetet ditt dersom noe er uklart. Og om du behøver bistand fra en nøytral og uavhengig instans, kan du kontakt Studentombudet.

Ha en fortsatt fin november.

*Beste hilsen  
Torill Varberg*

Torill Varberg er ditt studentombud. Hun kan gi deg råd og veiledning i saker knyttet til din studiesituasjon ved UiT. Studentombudet skal påse at saken din får en forsvarlig og korrekt behandling, og at dine rettigheter blir ivaretatt. Torill har taushetsplikt, og det er uforpliktende å ta kontakt.

**E-post:** [studentombudet@uit.no](mailto:studentombudet@uit.no)

**Telefon:** 977 13 040

**Hjemmeside:** [uit.no/studentombudet](http://uit.no/studentombudet)

**Facebook:** [facebook.com/studentombudetUiT](https://facebook.com/studentombudetUiT)

# From Dinosaur To Bird

TEXT: Flore Van Maldeghem  
ILLUSTRATION: Wikimedia Commons



150 million years ago, dinosaurs roamed the earth. They were more abundant, stronger and prominent than any other animal, but after the fatal meteorite struck, they disappeared. However, during the long period they walked around they gave rise to another animal group, that we all know and see every day. The mighty dinosaurs gave birth to the birds.

The modern birds as we know them are the descendants of a group of two-legged dinosaurs, called the Theropoda. The famous Tyrannosaurus rex and velociraptors are probably the best known species in this group. So how did these enormous creatures evolve into pigeons?

## Covered with feathers

For a very long time, the only known fossil link between birds and dinosaurs was Archaeopteryx, a creature with feathered wings but the teeth and tail of a dinosaur. This fascinating animal appeared in a time span of barely 10 million years and had almost all the characteristics of modern birds. Of course the dinosaur didn't turn into a bird overnight. In fact, it was a seamless transition in which the classic features of birds evolved one by one. Prove for this was found in the 1990's with the discovery of new dinosaur fossils in China. The animals found here, were covered in feathers, even though they lacked wings. This means that feathers evolved long before the birds developed.

## Shrinking to a flying size

When we imagine a T. rex, we think of a huge, monstrous animal and when we picture a bird, we see a little flying creature. The size

was obviously a problem. Almost 200 million years ago (50 million years before Archaeopteryx appeared), the coelurosaurs, the group birds evolved from, started shrinking, while most other dinosaur lineages grew larger. At a certain point this shrinking process accelerated. They shrank 160 times faster than other dinosaurs were growing. This suggests that the smaller animals had an advantage over larger ones (new habitats, new ways of life). Whatever the reason was, this small stature was probably a useful precursor to flight.

## Changing the skull

After studying alligator eggs, it was discovered that the head of the embryos inside the eggs looked quite similar to birds. To test this, fossilized eggs with embryos of dinosaurs were examined and they showed the same similarities to birds. This leads to the hypothesis of birds evolving from dinosaurs by stopping the development early in life. So birds resemble tiny, infantile dinosaurs. This process is known as paedomorphosis and is an efficient evolutionary route. It was important in the evolution because it might have helped drive the miniaturization or vice versa. It also helped to make the skull a blank slate on which selection could create new structures.

## Appearance of the beak

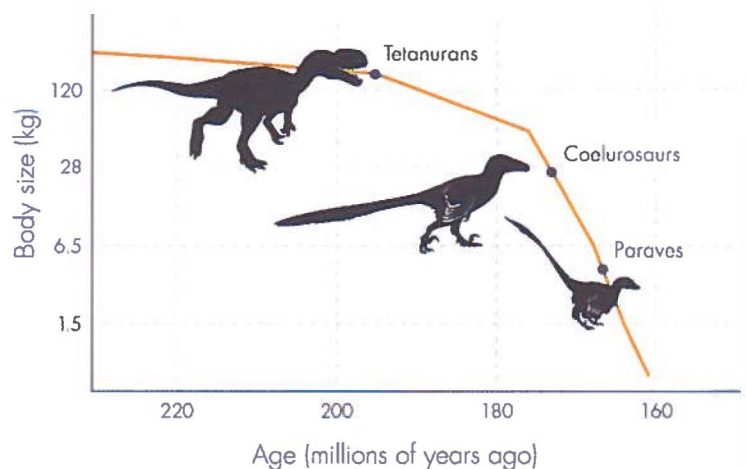
Another interesting characteristic of the bird is its beak. It uses it to find food, clean himself, make a nest and so on. In modern beaks, two bones (the premaxillary bones) fuse to form the beak, while in dinosaurs, ancient birds and most other vertebrates, these remain separate. To understand how this change occurred, two genes expressed in these bones were mapped out. They found that reptiles and mammals had two patches of activity, on the sides of the nasal cavity, while birds have a much larger single patch spanning the front of the face. When they undid the bird-specific pattern in chicken embryos they saw that these embryos developed a more dinosaur-like face. This is a good example on how simple molecular tweaks can trigger major structural changes.

The evolution of dinosaurs to birds is not something that happened overnight. It was a long, slow transitional process, but as soon as the first birds appeared, a burst of evolution followed. They had a very successful new body plan and type of ecology which led to an evolutionary explosion. So next time when you're at a quiz and they ask what is most closely related to a pigeon: a T. rex or a monkey, you know the answer.

Reference: Singer E., 'How dinosaurs shrank and became birds', Quanta magazine, June 2 2015

## THE INCREDIBLE SHRINKING BIRD

Small stature was likely an important precursor to modern flight.





# Norway's Killer Whales

TEXT: Glen Jeffries

PHOTO: Wikimedia Commons

In the last few years, as the sun has begun to leave the fjords of Troms for the winter, one of the animal kingdom's most charismatic animals has been arriving. Orca. Killer whale. På norsk: spekkhogger.

Nearly 500 miles south-west of Tromsø in Andenes, a research project on Norwegian killer whales has been under way since 2013. Norwegian Orca Survey (<http://www.norwegianorcasurvey.no/>), the non-profit organisation founded by Eve Jourdain and Richard Karoliussen, provides important scientific data about these animals through a census of the population and by monitoring their occurrence patterns and foraging ecology on a year-round basis.

For countless days of the year Eve and Richard's environment is the coastal waters of Vesterålen or Troms. And it is this year-round commitment to being out on the water that makes their study so dynamic. Collecting observational data of orca behaviour is comparatively easier in the winter: Norwegian orcas mainly follow the migrations of the Atlantic Herring, and in the winter months the herring stock over-winter in coastal waters. It is the arrival of the herring in the Troms fjords that has brought the orca here each year since 2013 (between 1986 – the first year data was collected by whale biologists – and 2006, the herring were over-wintering further south in the Tysfjord and Lofoten region and the orca tailed them there). However, less is known about Norwegian orca feeding habits outside of the winter months. With the herring stocks covering greater distances across pelagic waters in spring and summer – they have been known to go as far south as Bergen and as far north as Svalbard – the orcas, too, are more dispersed. This provides huge challenges for collecting data. Eve says building a picture of their movements and foraging patterns across the entire year "is like completing a puzzle".

Different orca populations across the world have different diets and foraging techn-

## How you can collect scientific data when watching killer whales this winter



iques. For example, in the north-eastern Pacific, two coastal types of killer whales cohabit: one feeds on fish and one feeds on marine mammals. Norway's orcas have been observed feeding on herring, salmon, mackerel, cod, sei, halibut, and occasionally seals and porpoises. One of Norwegian Orca Survey's most exciting findings has been that two particular sub-groups of the population are regularly hunting seals. The team was recently able to film one of these two sub-groups hunting and sharing a seal. This activity had never been filmed up-close before. The footage was shown on national television channel TV 2 (it is also available on the team's Facebook page – <https://www.facebook.com/norwegianorcasurvey/?fref=ts>). Put simply, this is new scientific data: it is a piece of the puzzle whale biologists did not know existed.

In addition to observing orca behaviour, Eve and Richard are undertaking a census of the orca population. Through photo-identification, Norwegian Orca Survey is maintaining a catalogue of every orca they encounter (available via <http://www.norwegianorca-id.no/>). Each orca has distinctive natural markings on its dorsal fin and saddle patch. These are the orca equivalent of human fingerprints. Eve reviews each photograph visually – no software is involved – to verify whether it

is an animal that has been seen before. If it is a new animal, it will be added to the catalogue. But Eve and Richard are just two people in a small boat in a big sea. Members of the public can assist by sending their own high-quality photographs of the dorsal fin of the orca they see to Norwegian Orca Survey. Send your photographs to: [id@norwegianorcasurvey.no](mailto:id@norwegianorcasurvey.no) (guidelines for photographs available here <http://www.norwegianorca-id.no/get-involved>). Even after three years of running the project the majority of the photographs being submitted are still revealing new animals. And why is it important to understand more comprehensively the foraging patterns and populations of Norway's orcas? Eve is very clear on this point: it is about conservation. The more we know about orca the better we can understand how to properly preserve their habitats and help their survival.

And when will the killer whales arrive in Troms? The simple answer is ... when the herring arrive. Last year the first orca sighting was October 23rd. Eve suggests following the Facebook pages of Hvaler I Nord and Norwegian Orca Survey (<https://www.facebook.com/norwegianorcasurvey/?fref=ts>) for updates on the orcas' journey north. And then, when you go looking for the animals, ready your cameras in the name of science.

# Nobel Prizes 2016 In Physiology Or Medicine, Chemistry And Physics

Nobel prizes are awarded annually for outstanding contributions for humanity in chemistry, economics, literature, peace, physics, physiology or medicine. It's regarded as the most prestigious award in these fields. In this article, we will explore the research that won the Nobel prizes in the field of sciences in 2016.

TEXT: Rajwinder Singh

## Nobel prize in physiology or medicine:

In case you guys wonder about what is physiology: *Physiology is the study of how organisms and their internal system like organs, cells, biomolecules carry out physical and chemical processes.* The 2016 Nobel prize in this category was awarded to Yoshinori Ohsumi for discovering the mechanism of 'autophagy'. The word autophagy originates from the Greek words 'auto' meaning 'self', and 'phagein', meaning 'to eat'. Thus, autophagy literally means 'self eating'.

Let us understand this process by a simple example. Imagine you have food in your freezer. Suddenly something went wrong with it and it stops working. You notice it after some days and by then the food inside is wasted. You throw this waste into a bin. Similar processes occur in a cell when something goes wrong with a cell. A cell destroys its own contents by packing them in sack-like vesicles called 'autophagosomes'. These autophagosomes then transport these packets to another compartment of cell called 'lysosomes'. Lysosomes are considered as 'garbage bins' of a cell, where the content is degraded. This degradation takes place in presence of some enzymes.

## Experiments done by Yoshinori:

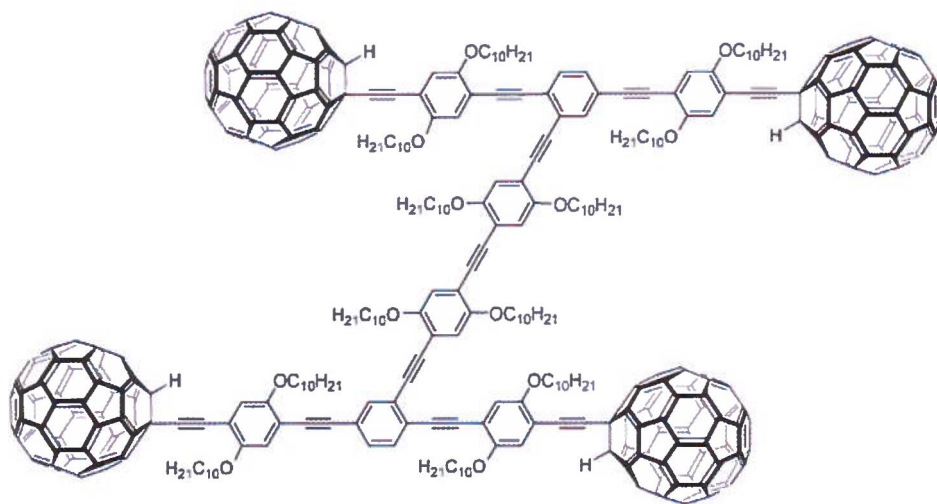
Yoshinori used yeast cells to understand the mechanism. He first mutated the cells in such a way that will eliminate the degradation enzymes responsible for degradation in lysosomes. By doing this, the waste will be transported to the lysosomes, but will not be degraded. Then he starved the cells to death! i.e. induced autophagy. The results were amazing. Autophagosomes started accumulating in the lysosomes which could be seen under a microscope and this proved that autophagy occurs in the yeast cells.

The next step was to identify the genes responsible for autophagy. Yoshinori designed another set of experiments where he exposed the yeast cells to some chemicals which will mutate the genes randomly. When a chemical will mutate the genes which were responsible for the autophagy, the process will not occur. Hence by repeating the process several times with different chemicals he was at last able to identify those genes. This was a ground breaking discovery because mutations in autophagy genes can cause diseases, and the autophagic process is involved in several conditions including cancer and neurological diseases.

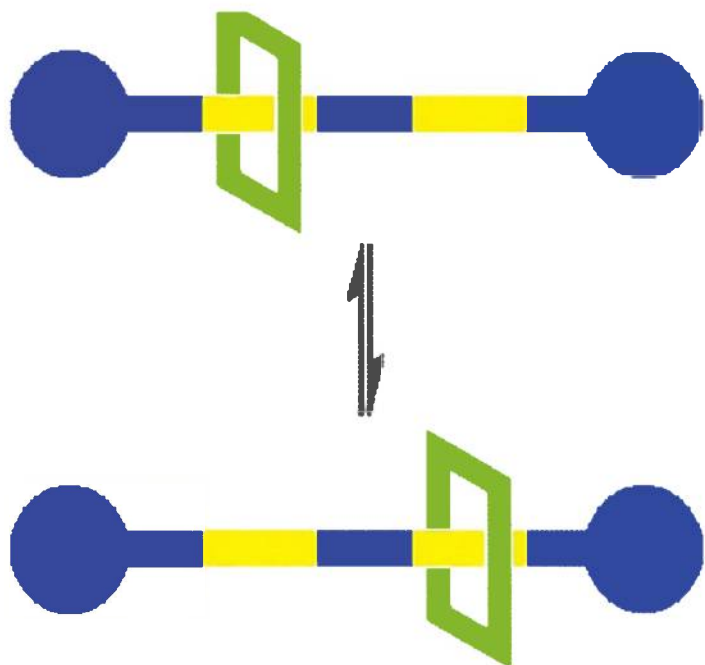
## Nobel prize in Chemistry:

The Nobel Prize in Chemistry 2016 was awarded jointly to Jean-Pierre Sauvage, Sir J. Fraser Stoddart and Bernard L. Feringa 'for the design and synthesis of molecular machines'.

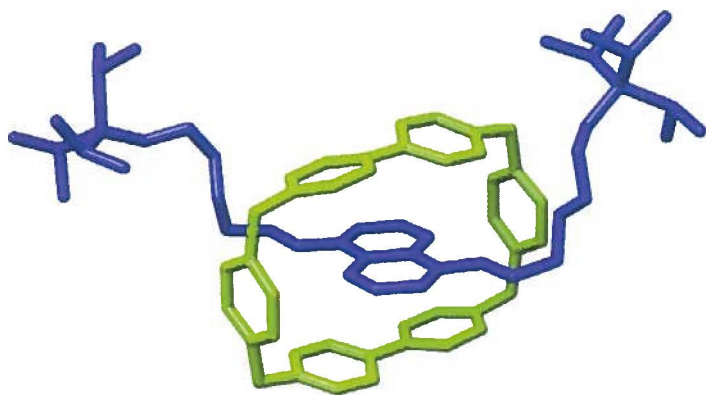
Machines have been best friends of humans for centuries. But, how small can a manmade machine be? Humans being curious beings have always tried to push limits and achieve something extra ordinary. One of such successful attempts is creating miniature machines made up of few molecules. The first step in creating a machine is to figure out the way to assemble different parts. Sauvage's team found



Chemical structure of a nanocar. The wheels are C60 fullerene molecules.



Crystal structure of rotaxane with a cyclobis (paraquat-p-phenylene) macrocycle.



An example of a molecular shuttle where the macrocycle (green) moves between two stations (yellow).

out a way to link two molecules in a chain by using copper ion. On the top of it, this bond was flexible allowing free movement of molecules about the bond. With the help of this, Stoddart's group designed a molecular machine called 'rotaxane'. Potential application of rotaxane is molecular shuttle, which can be used to shuttle molecules from one place to another. They even constructed a molecular elevator using rotaxane which could raise itself 0.7 nm from the surface.

Bernard Feringa produced the first molecular motor in 1999. This 'nanocar' is composed of something that can be linked to two small rotor blades, two flat chemical structures that are joined with a double bond between two carbon atoms. A methyl group is attached to each rotor blade; these, and parts of the rotor blade, work like ratchets that force the molecule to keep rotating in the same direction. The car is driven when it was exposed to UV light. Initial research done by Sauvage, Stoddart and Feringa will act as a tool box to construct next generation molecular machines.

## Nobel Prize in Physics:

David J. Thouless, F. Duncan M. Haldane and J. Michael Kosterlitz were awarded Nobel prize in Physics for their 'theoretical discovery of topological phase transitions and topological phases of matter'. Even though I did a one year project on the same topic back in India, this subject is difficult to explain in simple language. I will try my best to simplify.

## Topology:

Imagine that you have a lump of clay and you flatten it out into a disk shape. Now you make a bowl from it and after that a glass. Topologically speaking, disk, bowl and a glass are all similar. A cup with a handle and a doughnut are also similar. As far as you can preserve the number of holes in an object when you continuously transform it from one shape to another, the objects are topologically equivalent. Topology is a branch of mathematics dealing with the study of objects which are topologically distinct or similar.

## Phase transitions:

Matter around us exists in different phases namely gas, liquid and solid. Consider a simple example of ice. Upon heating, it will change into water and then into water vapours. Here the phase of matter changes twice. First from solid to liquid and then liquid to gas. The change of phase in any sort of matter is known as phase transition. These phases depend on how strongly the atoms are bound to each other.

## Topological phase and topological phase transitions:

When we go from three dimensions to two or even one dimension, the properties of matter change drastically. Conventional quantum physics was not able to explain those phenomena. Topological phase is totally different from usual solid, liquid or gas phase. When we cool down the gas to almost absolute zero temperature such that its only confined to two dimensions, the atoms form tight vortex pairs. Vortex is something you see very commonly e.g. when water goes down the sink it whirls around the outlet. But in topological phase, the vortex pairs wander around together.

When we start increasing temperature, at some point, these vortices break-up and start wandering freely. This is known as topological phase transition and was discovered by Kosterlitz and Thouless. These transitions are also known as *Kosterlitz-Thouless transitions*. When we vary the magnetic field applied to this two-dimensional matter, the electrical conductance also changes, but only in integral steps i.e. twice, thrice and so on. This gradual integral change in conductance couldn't be explained by the present physics but then David Thouless found out the solution in topology, as the no. of holes in topological object are also integral. Haldane studied one-dimensional matter using topology as well.

# Workshop In Cross-Cultural Understanding

TEXT: Mo Yong Xin Lorraine

I never liked long walks, especially on chilly evenings: what felt dreadful to me was coming home in the raw twilight with nipped fingers and toes. My heart bound by the loneliness and cultural shock on the bus to university which arrived much later than the designated time in the schedule. Norwegians tended to sit alone and not next to me. After a long lesson I could not endure the great hunger so rushed to the café to get a Norwegian sandwich, which seems to me simply two pieces of thin bread. My stomach warned me I needed warm noodles and much more meat. I do not understand how the Norwegian girls survive with such a small amount of food at meal time. By then I went back home and on the way bumped into the other international students from Europe and the UK- they looked cheerful and made funny silly sounds of chickens and pigs. What followed was the familiar question, 'How are you?', in reply I gave a very polite and well-elaborated answer driven by my Chinese instinct, which entertained and also shocked them. But it turned out to be too long for them and I could see impatience in their smiles.

I wonder if some of these moments are familiar or sound odd for you. Anyway, it is part of the reflection of my life experience here in Tromsø. It is part of my culture, reflecting my beliefs, my eating habits, and my expectations in social etiquette in my home city. There is no right or wrong. Cultural understanding is a process of learning in life, according to the sharing in the workshop run by anthropologists Rachel Issa Djesa and Line Vråberg in the student counselling centre on 22th October 2016 (Saturday). It was attended by international students of different nationalities from many different places - France, Germany, Czech, Russia, Saudi Arabia, Africa, Iran and China.

In order to get an insight on what is cultural understanding, at the beginning of the workshop Rachel and Line challenged the participants with a very deep and broad task – drawing our own understanding of culture? The process and results were funny and thought-provoking: culture as a pyramid, an iceberg and a human eye. It demonstrates that culture itself is a common thing for humanity, the meaning of it is dynamic and diverse.

Cross-cultural understanding involves taking something for granted not for granted. Getting acquainted with new people, we get used to asking what others' names are, but we rarely develop a deeper talk about the meanings of the names and how they relate to themselves. In the workshop, we were invited to ask each other's name and its origin or story. Names- like any other observable elements in a culture such as language, food and music- can be compared to the tip of an iceberg which are explicit to us. However, the meaning and history of it is not something we can see or which can be compared to the lower hidden part of the iceberg according to the Iceberg Cultural Theory by Edward Hall in 1976.

It is controversial to conclude that culture should be perceived as a thing like an iceberg, but the metaphor suggests to us that we reflect on our common 'mistake' in cross-cultural understanding. We tend to make assumptions on a particular culture by noticing what is explicit and they have now become stereotypes. Communication and respect is therefore the key to understanding and breaking the 'ice': Norwegians do not sit next to you in bus not because they dislike you but because they do not want to disturb you; if the Chinese do not hug you in greeting this does not mean they do not like you, but simply because they are shy; Southerners are not so passionate about sun because they have enough of it there...etc.

Being foreigners here in Tromsø, have you ever honestly identified yourself as Norwegian? Rachel Issa Djesa, who comes from Africa and has been staying here for over 20 years, has made a documentary film for Ph.D visual anthropology studies, this film was shown during the workshop - 'I am what I am.' For many others, a Ph.D degree is simply status of education, but for her it is a way to feel liberated from male dominance in her town in Africa. In a film screening in Paris, her film made some audiences burst into tears, they might have shared the same feeling of hers as a confused foreigner and stereotyped phenomenon in the host country. On the other hand, her film antagonized some audiences. After all, she courageously admits that it does not matter for as it is her own personal reflection: cultural understanding is a continuous process of making 'mistakes' and learning. 'It takes a whole life,' remarked Rachel.



# Stereotypes:

## Do Russians Really Drink That Much?

TEKST: Christine Butz and Konstancja Suchanek  
ILLUSTRATION: Ashai

We all know that while travelling to other countries or meeting new people, the fact where you come from awakes certain images in your counterpart. This can lead to some interesting discussions or findings about similarities, but it can as well be annoying, for example, being linked for the 100th time to the Second World War when you are German.

We made a small survey and asked students what the first things that come to their minds are when they hear the names of ten countries. In this article we want to present some of the findings and try to explain why we often think in stereotypes or prejudices. When do we come so far as talking about discrimination or racism? These questions certainly exceed the possibilities of this article.

Vescio & Weaver (2013) define stereotypes as “cognitive representations of how members of a group are similar to one another and different from members of other groups.” In that sense stereotypes must be as old as mankind, since we use them to define ‘us’ in the sense of being different from ‘them’.

From a psychological point of view, thinking “in boxes” helps our brain to order the world, to make it easier to understand. Using stereotypes to decipher our surroundings is in that sense something universal, though Adorno argues that there are people that are more likely to think that way. His standpoint was that people who are more authoritarian and follow stricter rules are more likely to think in black and white. Though Adorno's scientific methods have been subjects of debate, there is more research pointing in the direction that people with conservative- and hierarchy-based thinking are more likely to have prejudices about groups of a perceived lower status (Plous 2016).

When is it that we can talk about facts, what are facts at all, when do they become stereotypes or prejudices? Let's take Russia - roughly 60% of the people we asked

thought of vodka when they thought about Russia. In a WHO survey from 2010 Russia was the country with the fourth highest consumption of alcohol. Some might argue that we are not talking about prejudices anymore, but about facts. There are, nonetheless, a huge amount of people in Russia that drink little or maybe nothing. What does it feel like for those who are being linked to the ever drinking Russians?

The major thing we could observe while looking at all the survey answers was the fact that all the people's thoughts about particular countries are usually very similar — either they perceive a country in a very positive way or a very negative one; it seems that there's not so much in-between.

When people think of Norway, they think of nature — the most common associations with that country were mountains, fjords, water, snow, fish and northern lights. The adjectives used to describe Norway were exclusively positive — the country is rich, impressive, beautiful and stable. Are all the students biased, because they are living here right now or is Norway a true paradise? This question remains open.

England and France also are a bit of a paradise. England is a place full of lovely people, good beer, nice music, beautiful gardens, fashion, football, biscuits and afternoon tea. Some of the students mentioned Brexit, but it wasn't one of the main associations. France is a country of love, wine and good food. Students associate France with baguettes, cheese and delicious pastries.

Poland, on the contrary, cannot boast about its popularity among students — a lot of people associate it with thieves, black market, shady workers, alcohol and regression. Some of them mention also the most popular Polish curse word. Russia is perceived as negatively as Poland — it seems to be a country of alcohol, corruption and decline. Despite the fact that both Poland and Russia also offer beautiful landscapes, huge cultural heritage and interesting history, people focus on the political aspects of both,



which leads them to all the negative associations. For some people Poland is a country of beautiful women and Russia is a country of beautiful language. Those seem to be ones of the very few positive words about those nations.

Germans, according to the questionnaire answers, are efficient, strict and cold people with strong work ethics, but without sense of humor.

Turkey and Indonesia seem to be perceived as typical tourist destinations. Despite some negative political associations with both of them (lack of stability, chaos and dictatorship as it comes to Turkey and terror and children labor as it comes to Indonesia), most of the students associate both of them with warmth, beaches, sun and palm trees.

Although e.g. Turkish people live and grow up in one country with one from the outside perceived culture, Barth argues that inside one culture every individual can choose from a whole multitude of cultural streams to define their identity (1989). The whole theme of stereotypes is so broad that it has its own field of research and we are not the ones to try on giving some final answers. We feel that it is good to remind yourself of that when you judge somebody and base your judgements on his or her origin - you might have a second thought about it.



# NOVEMBER IN Tromsø

Dear Diary,

It's me again – still alive, still enjoying my time in Tromsø, still busy with traveling, studying and finding adventures. We can feel that winter is coming – the period of sunlight gets shorter from day to day, in the night it's freezing and sometimes we even slide in daytime on the icy floor. On some mornings, the whole Island of Tromsø is covered with white frost and there have been some days where the frost has stayed tenaciously in the long shadows of sunlight that gives you the impression it's always around 5pm.

As it's now the end of October, half of my time in Tromsø has passed. And I already feel sad about saying goodbye in a short while. I'll not only have to say goodbye to this lovely city, the amazing landscape, but also to my friends, my lifestyle and my every day surroundings. Although I knew when I came here, that my time will be limited, this fact hit me even harder when I thought about my flight back home. I think that I'm not only speaking for myself but also for my fellows when I say that just everything is different when you are abroad. Especially the people and the way you interact with them. The friendships I built up have become more intense in a shorter time than it has ever happened at home. When I think about the first two weeks in Tromsø and the people I had just met then, I feel as if we had already known each other for years. And because these friendships seem to be so intense it's quite shocking to realize, that they are also limited by time. I think there are also a lot of international students who don't want to go back home and to leave these special feelings behind. And I have to admit, that right now, I'm not sure if I would like to be home again.

Of course, I miss my family and friends. But I'm sure that I will miss the way of living here in Tromsø as well. Maybe even harder in the beginning. I love the fact, that I only have to walk two minutes to see my friends and to share a cup of tea, that we can meet up spontaneously to make dinner with the different ingredients everyone brings around and to walk to the private sauna to have a chat with the girls, enjoying the heat on a cold winter day. Yes – writing it down strikes this feeling: I will miss it sadly to live here.

But I must also say that I'm looking forward to going back to everyday life. Living in this time limited bubble of an exchange year (or even half a year) I feel like someone has pressed the pause-button. The Bachelor Thesis, the amount of gathered Credit Points, the worries about the future – it's been gone for a while. I felt like I could do everything in my first months up here because everything that could bother me was suddenly so far away. But when I realized that life will go on, once I'm back home, I was not too sad about it. I think it's good to have a direction to hang on to.

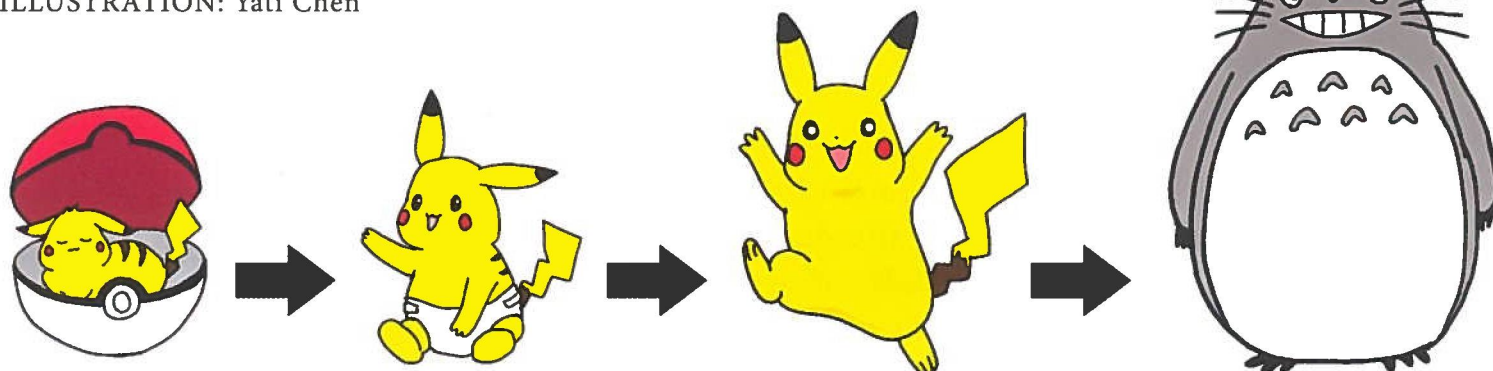
Btw: Exams are on their way – so I'll have to go back to work now!

Greetings, Johanna Schirra  
Illustration: Boyka Todorova



# Pokémon Go!

TEXT: Marie Søndergaard, Proofread by: Glenn Jeffries  
ILLUSTRATION: Yati Chen



Most of us have seen it! People who walk looking at their phone, making a motion with their hand and then either erupt in celebration or begin to swear. And if by any chance you have missed this, well then we have heard about it: Pokémon Go. A game which has taken the world by storm. Pokémon Go is a game for the smartphone, where the virtual world meets the real world.

The uniqueness of Pokémon Go will disappear – no doubt about that, and after a while it will only be the hardcore gamers left. But what effect has this game had during its high period? And will we be able to learn anything new? As long as the world become more stationary the innovative thinkers will always have to rethink how to get people out and moving. What effect did the game have? Did it get people to move more? Did they do it because they wanted to or felt forced to? What made people play the game?

From an anthropological viewpoint, this is simply what Bruno Latour calls Actor-Network Theory. It is a bit provocative and many won't like to admit it – but a phone is making us do something. It makes us go for a walk to catch creatures in the real world: it is simple a game on your phone making you do something that you otherwise would not have done.

The screen of the phone is the gateway between the virtual and the real world and connects it by placing the Pokémon around you. You look at the kitchen table – nothing – you look through your screen and BAM – there is a Pokémon! And if you walk another 700 m then there will be a Pokémon stop – so a short walk can suddenly turn out to be 5 km long walk.

Furthermore it adds social aspects – people can meet at the Pokémon stops and create new societies with Pokémon as the central theme.

When gaming on a computer, you are usually sitting in front of a computer. However, when playing Pokémon Go you, as a player, are playing the game in the real world. This means that you bring the virtual world into the real world and make them interact with each other. This interaction between the two worlds has brought some conflicts along the way. But why is that? I simply believe that some people have not been ready for the meeting between the two worlds! The virtual and the real world have always been two completely different things, but now within the framework of technology it is possible to connect them.

When the “Pokémon Go Wave” was at its highest, you would see messages on social media pointing to Pokémon Go players. They were reminding them not to break into each other's apartments, show respect to the dead in graveyards etc. Pretty much – remember there is law! This is exactly how I got my inspiration for this article after seeing a photo on Facebook saying: Respect the dead! Please catch your Pokémon somewhere else and let people rest in peace.

According to me, this is a clear clash between two worlds. A person playing on a graveyard goes against every ethical rule in the real world. You're not allowed to have fun on a graveyard – there is an unwritten, accepted behavior when walking among graves. But why is that? I think that the virtual world still lacks some rules that exist in the real world. People believe they

can get away with everything in the virtual world – but with gaming now being a part of the real world, all behavior matters and has an impact. It is no longer possible to hide behind a screen. When playing World of Warcraft it is legal to kill in that world! – however, if you do that in the real world you will be arrested.

Rules and laws are a guide of accepted behavior in a society existing to create the least chaos possible. When living together, clashes will arise – but laws, rules and guidelines help decrease clashes within our society.

In Denmark there are clear rules stating that you should not use your phone while driving. But one driver got himself killed in a car accident since he was playing Pokémon Go while driving his car. Is this simply stupidity or a good example of a general trend? As I see it, we have not yet adapted to this new possibility of connecting the virtual world to the real world and clashes occur when people forget that they are still in the real world.

Another interesting thought is how well people have accepted the game and have accepted Pokémon in our real world. Would the game have been just as popular, and would the connection between the worlds have been the same big hit, if it was a shooting game such as GTA, which was introduced as a link between the two worlds or was “Pokémon Go” a hit because it is small fantasy animals walking around us in the real world?

This development will definitely be interesting to follow in the near future!

# Lamp-novation: Lamps for *Mørketid*

TEXT: Yati Chen

*Mørketid* is coming, as the day is getting shorter, and soon the sun will hide under the horizon for two months. However, the darkness won't bother us at all, since we can just simply turn on our lamps, especially if we have these innovative lamps listed below. These unique lamps are either powered by soil, water or gravity, and some of them just mimic the sun and the moon perfectly. So, no more winter blues, and let there be light.

## CoeLux

This is the perfect lamp for the *mørketid!* CoeLux is an innovative source of light installed on the ceiling to create an artificial sunlight. The lamp looks exactly like the sky, and the light mimics the sunlight, so well that it even tricks the human brains and cameras. CoeLux uses a thin coating of nanoparticles to create the Rayleigh scattering effect, which is the same effect as the atmosphere scatters the sunlight. This skylight is actually designated for windowless spaces, such as underground rooms, parking spaces, and toilets, but it can also be a perfect lamp for houses and buildings in Tromsø.



## Soil Lamp (on the left)

As the name suggests, Soil Lamp is powered by soil. It contains several mud cells stuffed with copper and zinc, which are the source of power for the LED lamp. The chemical reaction between the mud, copper, and zinc produces enough electricity to keep the lamp on until the water in the mud dries, thus, the mud needs to be watered regularly. However, the lamp will shine longer if there are more mud cells attached.

## WAT (on the right)

WAT is a cordless water powered lamp, which uses a hydroelectric battery to light up the LED strips. The hydroelectric battery consists of a carbon stick covered with magnesium powder. Combined with water, the battery creates an electrochemical reaction that powers up the lamp. This lamp is a perfect match for people who love plants, as they will always remember to water the plant and the lamp.







## Luna

Luna is the moon that you can bring to your own room or give to your loved ones. This artificial moon is handmade by order, thus every moon is unique. This lamp is made with heat resistant, water repellent, and durable material, so it can be either hung or laid on the floor. Luna's luminosity can be adjusted as needed, and it is available in 7 sizes. For now, it is still using a halogen bulb except for the smallest size, but the producer plans to use LED bulbs in the future.

Is it a book? Or is it a lamp? This pop-up lamp book will be a delight on your desk, by disguising as a vintage book when it is not turned on. To lighten up your desk, simply open the book and a vintage paper lamp will emerge. There's also another version of this book, which is a miniature of a street lamp completed with the street and the grass. Both books are made of paper and fabric, and powered by a simple low voltage adapter with an electric cord.

## Book of Lights



## Gravity Light

This lamp works by using the kinetic energy released by an elevated weight that is slowly falling down. Ideally, a 12 kg weight, connected to the lamp, will be lifted as high as 1.8 meters, and it will be released down as slow as 1 mm per second. As the weight goes down, the movement turns a sprocket inside the pulley system with high power, which will be transformed by a gear into a high-speed output that produces electrical currents to light up the lamp. After the weight reaches the floor, it can be simply lifted up again to power up the lamp.

## Light emitting wallpaper

This luminous wallpaper concept is designed by Jonas Samson, a Dutch industrial designer. When it's turned off, it looks just like a normal wallpaper, but when it's turned on, it's magical. With this wallpaper in the room, there's no need to install conventional lamps anymore. The wallpaper consists of a layer that produces electricity, a conductor layer, a layer with the LED lights, and finally a layer of regular wallpaper. Unfortunately, there's still no details about the availability in the market.



## Solarpuff

This collapsible, lightweight solar powered LED lamp is not only suitable for camping, but it is also helpful during a disaster, since it is also water resistant and economical. The lamp is made of a foldable PET lantern, equipped with a solar panel that can be fully charged in 8 hours. A single charge gives enough energy for the lamp to shine for 8-12 hours. However, charging this lamp in the dark winter here in Tromsø can be quite a challenge.

# Lyngsalps – Where The Mountains Touch The Sky



TEXT and PHOTO: Christine Butz

**T**he Lyngsalps truly live up to their name; with around 140 glaciers and snow covered, high mountains up to 1833m it's a truly scenic area and as a friend of mine said: "It doesn't matter where you go it is beautiful either way."

The short 7 km walk to the little top Barheia and back is accessible for most people, and easily be changed into a longer overnight trip, since there are cabins and trails in the area. You can park your car at the Svensby tourist Centre or the Gamslett museum. Those starting points are roughly 500m north of Svensby, where the ferry from Breivikeidet docks.

At good weather the ferry ride to Svensby alone is worth the travel. With the car it's a 1,5 hours drive there from Tromsø. For those without a car, bus No. 150 goes from Tromsø to the Lyngen as well. There are immensely many hiking possibilities, so you should consider staying for a few days, if there is the possibility for it. Check out the homepage [visit-lyngenfjord.com](http://visit-lyngenfjord.com) for more information. They offer a free hiking guide for the whole area with a lot of trips including maps and descriptions.

After following the gravel road up the hill past an area with cabins, a marked trail goes to the left up to the top. The forest

is full of mushrooms and reindeers roam through it to get up to the plateau, the same way we follow as well. A great thing with that walk is that it offers some fantastic views after a very short hiking time. When you are on top of the flat Barheia you can see down to Ullsfjord and the mountains like Jægervasstindan with a 360-degree view around you. The area is as well flat enough to go on cross country skis in winter. There is access from Barheia to the Stortinddalen and Russedalen, which would make a nice 20km tour to get out to Koppangen and to the fjord on the other side. If you consider taking a dog sledding trip in the next season, you should check out [www.teamlyngen.no](http://www.teamlyngen.no). Tommy owns a small dog compound that is wonderfully different to the big touristy places. Here every dog gets to be seen as the individual they are and are not just as a mean of earning money.

While I thought the name Lyngen comes from the Norwegian word for the plant erica (lyng) that is so abundant in the area, it rather comes from the Norse word 'logn' which means silent. Silence being something that is quite prevalent and so sacred by a lot of nature lovers.

The people in Lyngen protect their silence. One of the locals told me a legend that goes like this...In old times robbers from

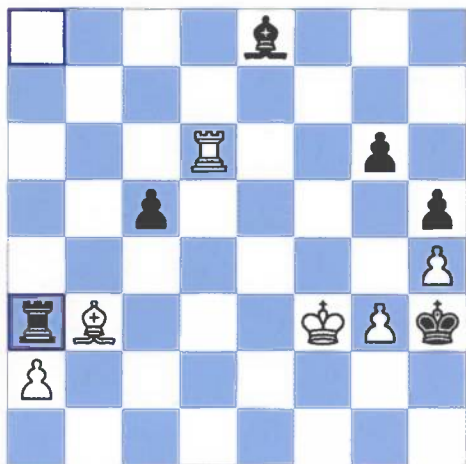
Finland and Russia called tsjuder came to Lyngsvalley to rob gold and whatever they could get, spreading fear even before they arrived. A small child that was guarding the mountains warned the inhabitants so they managed to hide in a hole. While the tsjuder went up the hill with their spears and arrows they didn't notice the people hiding. An old tsjud though, walking more slowly than the rest could hear them in their hole. He put a stick in the ground to mark the place and went up to get the others. The child that still stood guard observed the situation and moved the stick to another place. Doing so he saved his people and the legend ends with the old tjud being killed and thrown into the hole, that the others dug in vain.

Another interesting fact about Lyngen is that it is the cradle of the 'Lyngs-directions', two types of the Lutheran religion Laestadianism, which is still spread in the area. Nils Gaup made a movie called 'Kautokeino-opprøret', which shed a light on the role of Laestadianism for the Sámi people and the impact on drinking habits, which were a threat to the society back then. There is much more to the plot and some great scenery is included that give you good reason to go and watch it. Maybe on the evening you come home from a multiday Lyngen trip after having had a warm shower.

# Sjakkspalte: Hammer - Blomqvist

TEKST: Simon Steinnes

I slutten av oktober ble Nordisk mesterskap arrangert i Finland, som en Bergeturnering med ti spillere, to fra hvert land. Norge stilte med Jon Ludvig Hammer og Johan Salomon. Hammer var høyest ratet av samtlige, mens Salomon vant Landsturneringen i sommer og hadde vist fin form. De var to av forhåndsfavorittene, sammen med Erik Blomqvist og Axel Smith fra Sverige. I første runde skjedde det noe som kanskje ble avgjørende for resten av turneringen.



Stillingen er helt lik, og hvit har flere trekk som holder balansen, som 49. Td3. Hammer velger i stedet et annet trekk.

**49. Kf4? c4!**

Presist. Nå ryker bonden på g3.

**50. Lc2 Txc3 51. Te6 Lf7 52. Tf6 Tg2 53. Le4 Tf2+ 54. Lf3**

Etter 54. Ke5 bytter sort av tårnene og vinner løpersluttspillet. Bonden på h4 lar seg ikke forsvare.

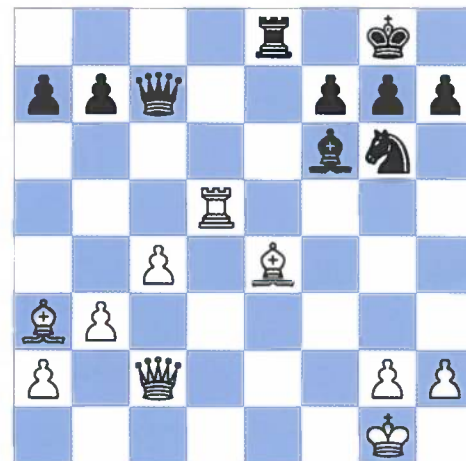
**54... Le8 55. Ke3 Kg3**

Hvit kan ikke stoppe c-bonden og redde løperen samtidig. I tillegg truer sort Lc6 og materiell vinst i flere varianter.

Med et helpoeng med sort mot Hammer var det åpenbart at Blomqvist var i storform, og fortsatte med ytterligere fem seire, to remis og ett tap. Svensken vant turneringen med 7/9, et helt poeng foran nestemann. Hammer fortsatte også ganske bra,

men tapte i siste runde og havnet akkurat utenfor pallen. Johan Salomon var slett ikke i den formen vi har sett i det siste, og endte helt sist i det som nok må kunne sies å ha vært en fiaskoturnering av de norske deltagerne.

## Månedens nøtt:



Sort trekker og vinner. Send trekkforslag med begrunnelse til sst067@post.uit.no innen 1. desember. Forrige måneds vinner ble Kristian Hansen Schmidt. Vi gratulerer!



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

Ønsker deg velkommen til:

- Undersøkelse med to røntgen, tannsteinsrens og puss kr 522,- (ordinært kr 870,-)
- Tannbleiking kr 1800,- (ordinært kr 3000,-)
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Tannlege Jan Erik Kjærstad  
Tannpleiere Anita Wiik,  
Christina Fredheim og Karina Bergland

# Soft Marble

## In Tromsø

TEXT: Tamara Sizykh, Aleksandra Iakovenko  
PHOTO: Jahn Nitschke

**N**orth Norwegian Art Museum is proud to present the exhibition "Myk marmor" ("Soft marble") - the first presentation of Håkon Anton Fagerås in Tromsø. The exhibition consists primarily of sculptures in marble as well as two works in cast iron created specially for the exhibition.

Håkon Anton Fagerås (b. 1975) graduated from the Norwegian National Academy of Fine Arts (1997-2001) and also studied at the Norwegian National Academy of Craft and Art Industry, where he was a student of Jan V. Saether. Fagerås has made a number of public commissions, including Oslo's memorial Rørdal Amundsen in 2011 on the hundredth anniversary of his arrival to the South Pole and the Monument for Peace in Narvik, which was unveiled in 2006. In 2011 Fagerås was awarded the Wessel Award by Norske Selskab.

According to Jarle Strømoden, director of The Vigeland Museum, "Fagerås belongs to the younger generation of sculptures within the field of three-dimensional art. He works in the classical figurative style and adheres closely to the traditions of sculpture".

On the 22nd of October there was an official opening of the exhibition "Myk marmor" by Håkon Anton Fagerås in the North Norwegian Art Museum which plays a leading role in the visual arts in Norway and gradually becomes more popular in the international circumpolar North.

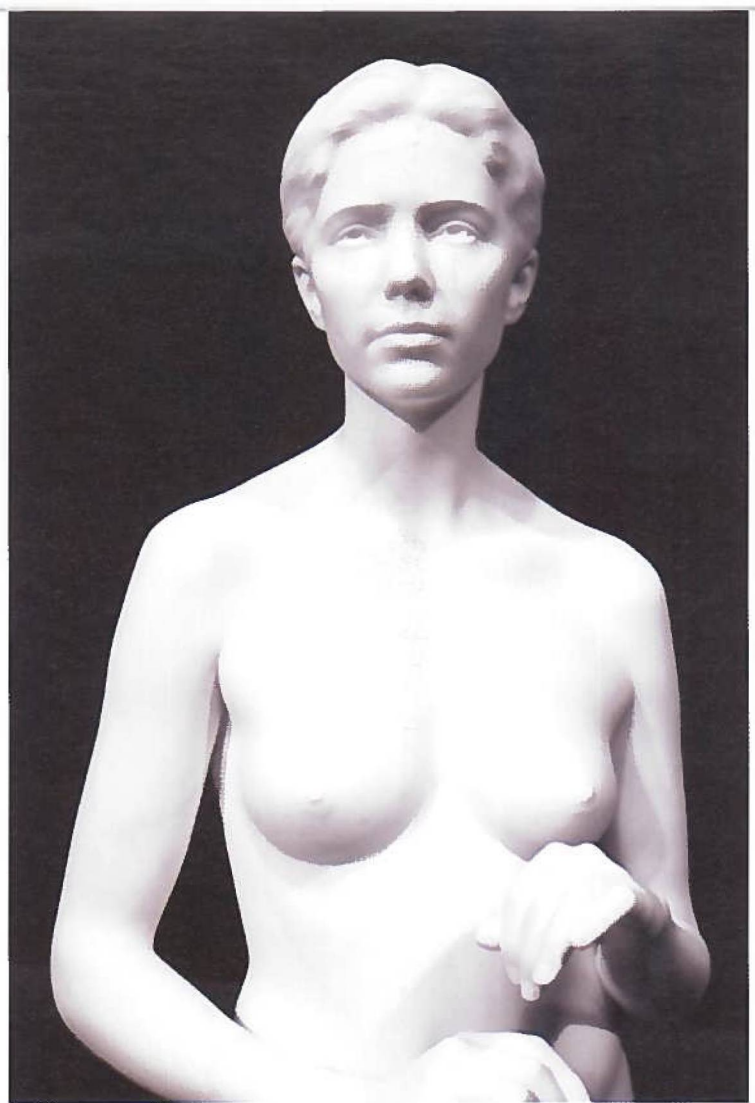
We were lucky to interview Fagerås and ask him about his works and future plans.

### - What did inspire you to create your artistic work?

- That is a big question. If I should simplify a little bit, I would say that the vulnerability was the main subject and different approaches to it. It is obviously other themes as well. It would be my shortest answer.

### - What is the technology behind the creation of works made of cast iron?

- Well. I always make my sculptures first from clay and then I cast the clay sculptures to plaster, and the plaster model serves



as a model for casting it into cast iron. It is not a common material for sculpture. For me, it was the result of searching for an alternative to bronze which is a standard material for making sculptures. I have done a lot of bronze sculptures, but I am rarely completely satisfied because I feel bronze can be somewhat cold in terms of expression. And for this exhibition, which consists of mainly marble, I thought it would be nice to have a contrast to the pure white stone.

### - It is your first time making an exhibition in Tromsø, right?

- Yes, it is.

### - What do you think about the local people who are interested in art?

- Well, from what I have seen at the opening, there are surprisingly many people. I am very pleased to be exhibited at this museum, and I have been received well. A director of the Vigeland Museum, who held a speech at the opening, said that this is one of the best exhibiting places in Norway. And I really think it is.

### - What are your future plans?

- I am doing a couple of commissions now for Northern Norway, one of which is decorating a new hospital in Kirkenes. And the other work is a statue of polar explorer Adolph Lindstrøm in Hammerfest. That is my only fixed plan.

The exhibition "Myk marmor" will be taking place in the North Norwegian Art Museum until the 29th of January, 2017. Do not miss out on such a great opportunity to see wonderful sculptures by Håkon Anton Fagerås with your own eyes.

# Not Just A Christmas Carol...

TEXT: Marie Søndergaard

PHOTO: Ola Røe, Hålogaland Teater

It is much more than that! It is magical and at the same time both humorous and terrifying – a piece of theater that manages to bring the Christmas spirit to Tromsø.

Ebenezer Scrooge, played by Ketil Høegh, is a rich, old and bitter man who definitely hates Christmas. You get this impression straight from the beginning of the act. The last thing he wants to hear is “Merry Christmas” or any other things related to Christmas. He just wants to be on his own and to work, but this is a fairytale, and Mr. Scrooges changes after three spirits have visited him. One spirit shows him the past, one the present and one the future. Through a series of events he realizes that he is missing J-O-Y in his life, and that life offers much more than just counting money.

This is definitely Ketil Høeghs big chance to shine – and he does that with bravery from the beginning of the performance to the end. He plays Ebenezer Scrooge, who is loud and powerful in his lines; this is both when he has the role of the greedy Scrooge and the very generous man.

All the actors do an amazing job! I would especially like to highlight Anneli Drecker who is the spirit of the present. Taking this role after Maryon Eilertsen is not an easy thing to do – however, she manages to follow the footsteps of her! Maryon was missed on the stage, but Anneli excellently performs and succeeds in adding some personality to the character.

It may happen that the youngest children need a hand to clench when Scrooge is at his most frightening stage of act. Or when his spirits are. But the piece still encourages the audience to have a lot of fun while there is a lot happening in front of them. It is, therefore, impossible not to notice the Gjermund Andresen’s great work with the scenography. A scenography which is constantly in motion. In and out with bed, table, gravestones and much more. There is an impressive flow – especially during the second act.

The actors manage to deliver Charles Dickens’ message to the audience, which was that we all should enjoy life because we have only one chance, and most importantly in the spirit of the Christmas, that Christmas is the time of year when everybody should rejoice and be happy.

It is definitely a good entertainment for the whole family, for all ages, which was reflected with the audience present at the premiere.

**Impressive and excellent performance!**



It is possible to experience “Et Juleeventyr” from November, the 3rd until December, the 17th.

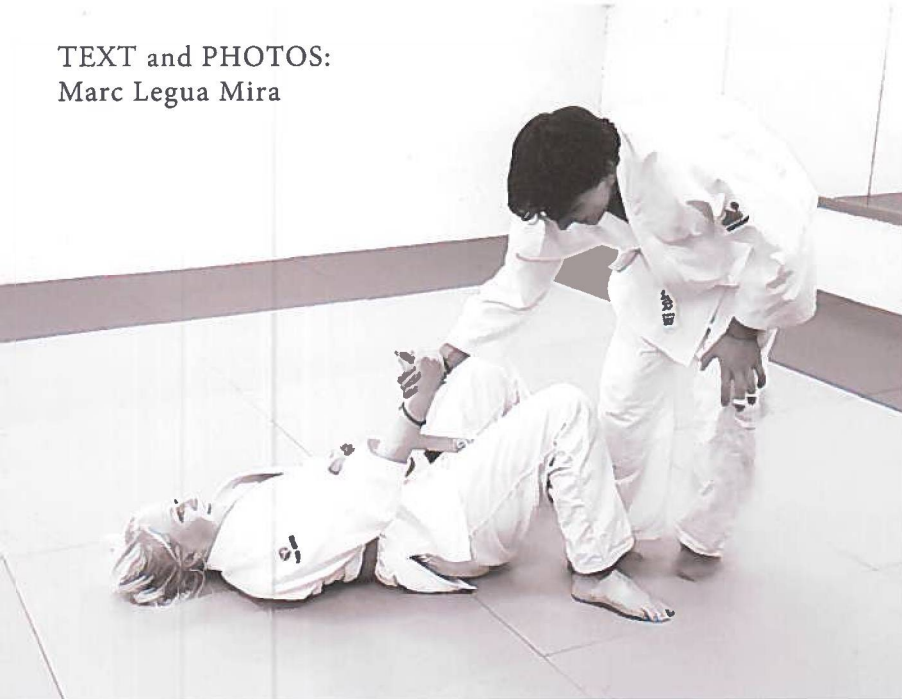


# TSI Judo

To understand the reality of training with TSI judo at UiT, one must go all the way back to the original philosophy and the ways in which the discipline originated in the first place. Derived from Jiu-jitsu or Jujutsu, Judo emphasizes the concept of self-development in a much wider spectrum than purely physical self-defense, highlighting the application of the principles of gentleness and maximum efficiency with minimum effort as a way of living, transversal to one's character and behavior. It is no surprise then, that when Jigoro Kano founded the discipline, he gave it the name of Judo, using the part Do (meaning "way", "road" or "path") instead of Jutsu ("art" or "means"), in a clear effort of tying it with the much broader Chinese concept of Tao ("key", "doctrine" or "principle"), with which it shares a common origin, and to move away from a simplistic perception of the discipline.

These core values are very much ingrained in the club's methods of reaching nowadays and every student is reminded of the fact with the ritual salutation at the beginning and end of each training session. Everyone present, (including the highest-ranking instructor), vows towards the picture of Jigoro Kano overlooking their endeavors from the wall.

TEXT and PHOTOS:  
Marc Legua Mira



Nevertheless, while it is true that understanding the values of softness and gentleness is essential to training here, make no mistake: this is no feeble or impractical self-defense style. It is precisely because of the danger and bluntness the techniques imply that one must ensure students keep the right mindset before, during and after training. Learning how to avoid your opponents' attacks, leaving them in a powerless position and stepping in to throw them off balance turns out to be a highly effective way of fighting, which allows for the takedown of significantly stronger foes regardless of your physical build.

Founded in 1979, the club was born only two years after the establishment of the Tromsø sports club (TSI) in 1977 and admitted under the agreement that the former would take care of procuring its own training area and equipment. The original members were Rosalie Evans and Hans-Petter Saxi, who made it possible for the club to exist by arranging a training space in the IMR bomb shelter building and applied for university money to buy all the necessary equipment. Back in the day, regular trainings as well as special parent-and-child and self-defense trainings were held by the club, and it was only 1983 when the first black belt promotions were held for TSI Judo. Simultaneously that same year, the



club had to move its training grounds to the HSL faculty's bomb shelter building, the room in which they still train as of today.

Since then, around 15 black belt promotions have been held over the years as well as trainer, referee and kata judge courses. Tournaments and summer camps are also commonly held in collaboration with the Tromsø Judo Club. TSI Judo is home to the highest-graded woman in Norway and maintains very high standards for their coaches. Moreover, very recently the club made it into the International Judo Federation's World Judo Day account as the northernmost club in the world, and proudly stands as a platform where both Norwegian and international students foster new-found friendships and partake together in a singular understanding of work and life, all the while learning how to defend themselves and those who they love. There are no prerequisites to join the club and, being present at the DebutUka at every semester start, it is very easy for all to give it a try and perhaps discover a new hobby. You need only bear in mind that getting thrown is something that will happen not eventually, but from the very beginning and for real - but have no fear, the mats provide sufficient cushioning against impacts and with all the proper falling techniques you are going to learn, the tricky and icy walkways of Tromsø's winter will have nothing on you!



# Alice Through The Looking Glass

**DIRECTOR:** James Bobin

**RELEASE:** 10th October 2016 (Norway)

**RATING:** 6/10

**TEXT:** Stefanie Singh

In the sequel of "Alice In Wonderland" (2010), the eponymous heroine (Mia Wasikowska) goes on an entertaining and action-packed journey through time which makes "Alice Through The Looking Glass" a sequel and a prequel at the same time. Next to the reappearance of familiar faces such as the Mad Hatter (Johnny Depp), the White Queen (Anne Hathaway) and the Red Queen (Helena Bonham Carter), new characters like Time (brilliantly performed by Sacha Baron Cohen) are introduced. Furthermore, it is the last film Alan Rickman contributed to before his death in January 2016.

"Alice Through The Looking Glass" provides basically everything that one can expect from a (non-animated) film produced and distributed by Disney these days: Ridiculously expensive production costs (\$170 million), a prominent cast, and digital visual effects as far as the eye can see. Without the-

se tools, today's "cinema for the masses" doesn't seem to work anymore, and one needs to be aware of it when inserting the DVD into the player.

The motion picture comes along in loud colours, but that's how the world of Alice is supposed to be, and Tim Burton (who directed the predecessor and is now one of the producers) isn't exactly known as a cult director from the underground either. If all that is clear, one can take much pleasure in watching "Alice Through The Looking Glass" because the film in itself is well done, even if the plot is rather loosely based on the books of Lewis Carroll. Those who are already sick and tired of the typical ingredients of contemporary Hollywood blockbusters should rather invest their money in the DVD of the animated cartoon version from 1951. And, no, this recommendation is not meant ironically!



# Before The Flood

**DIRECTORS:** Fisher Stevens and Leonardo DiCaprio

**RELEASE:** 21st October 2016

**RATING:** 9/10

**TEXT:** Alena Antipina

*Before The Flood* is definitely NOT the ordinary movie you are used to watch after a long day at university. But it is indeed the most necessary one to be watched. By the 6th of November it had reached the point of over 11 million views on YouTube and there are tons of views via National Geographic channel as well. What is of great importance is the fact that it gained 8,5 rating points on IMDb site since it had been issued.

Let us be honest: *Before The Flood* is not even a documentary you are used to see. This is more of an involvement picture to what your future is looking like. It is not shown concretely, but after you have finished it – you can see your terrifying future without the Earth that we are able to see now.

As for the movie structure, it's quite simple: Leonardo DiCaprio conducts several interviews with key people on the international arena and apart from this, shows us the pictures of a devastating climate change, that is happening nowadays in many regions

of the world. For a documentary we must admit that he chosen the right strategy to build the movie upon. But for the impression and impact it has to deliver, I would say, it may still be not that shocking to majority of viewers.

Which is of crucial importance is the fact that it is the worldwide-known actor, the Academy Award Winner and a public figure who is translating the message to the audience. Without Leonardo DiCaprio this film would probably never have got as vast anticipation as it had.

One way where *Before The Flood* differs from other environmental documentaries is that it has been told by the Person to everyone in person. Leonardo DiCaprio, as an ordinary human being, the citizen of not the U.S. but planet Earth, is talking to the same people as himself, how he sees the changes with his own eyes and he talks as a person, not as an actor or as a media individual. As a person, who is concerned about the Earth and future as never before.



In summary I will speak very briefly about personal reflections. First, I have never been so sure of the stupidity and stubbornness of some political structures as I do now. Second, while you see the pictures of a terrifying framework, which we are facing now, you see a dramatic controversy. And thirdly, this controversy is shown as an intention of one actor from a "third-world" country (what a naïve definition, isn't it?) to explain the stubbornness, mentioned in the "first" above. The debate for all the countries is either to develop and live by the western wealthy standard or to live in a harmony with nature...which means now to live the life itself.

# Arctic Adventures Discourse- Extend To The East

TEXT: Mo Yong Xin Lorraine  
PHOTO: Sir Arthur Conan Doyle's Adventure Diary

One may find that the key word "Arctic adventures" is frequently associated with "travelers", "rescue", "dangers", "survival", "heroism", "northern lights", "ice" and "coldness" in the catalog of popular but traditional Arctic literature or visual text in the west and Russia. However, improvement in transport technologies provides immediate travel to the Arctic, particularly China. China has been viewed as an observer-member in the Arctic Council and has openly expressed keen interest in the Arctic resources and global warming in both real works and declarations. Study on the discourse of the Arctic literature in the east should therefore be encouraged to understand the Eastern perspective concerning the Arctic to facilitate policies-making.

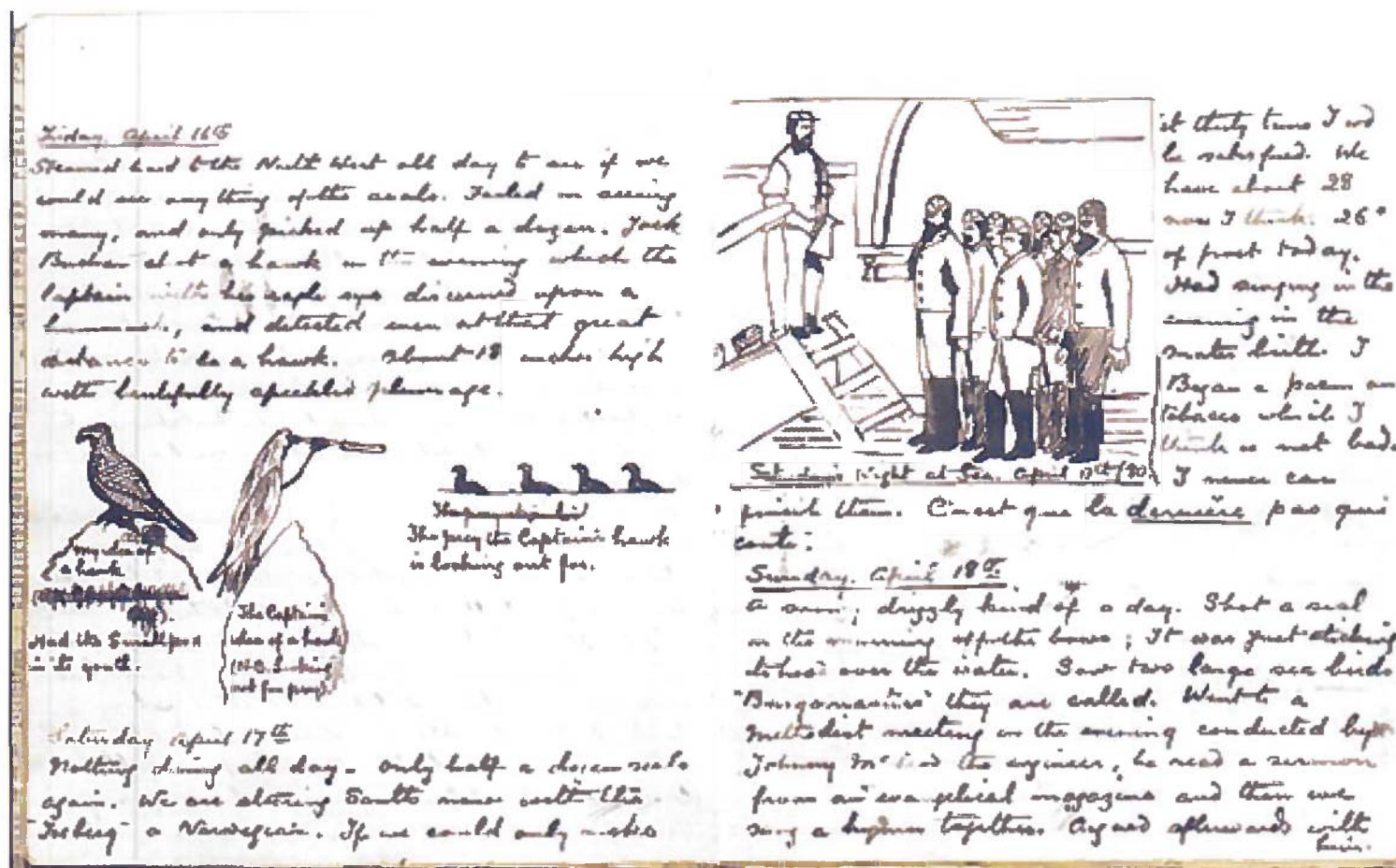
To begin with, the origin and certain features of traditional successful adventurous Arctic stories are to be enumerated. Since the 1800's when the European empires were seeing the Arctic as a land of discovery, the Arctic had attracted tourists, who were anglers, hunters, mountaineers, and adventurers for exotic wildlife experiences in remote regions. Their "adventures" have become the model of popular guide books for future Arctic tourists.

Typical popular Arctic adventure stories were highly dominant in the genre of British and American expedition narratives from the 19th century – Post-romantic era. The heroes are featured as physically daring. Man, is the central figure and the author was most definitely a white male. In the contemporary context, a hero figure

is not simply a physical strong male person, but also can be a female and one with high moral standards and ethics.

The dominant use of illustration in the narratives to appeal this sub-genre has been a selling point to "the general reader," who did not have much knowledge about the Arctic. They are mostly in the forms of para-textual additions such as personal journals, meteorological journals and sketches and gave a more vivid picture of the places the explorers encountered during their adventure, even though some were declared by authors as fictional or intentionally omitted by the readers for entertainment.

Concerning discursive theories and practices of the cultural representation in





the Arctic Narratives after enlightenment period, four theories were dominant: Edward Said's Orientalism related to Imperialism; Micahel Foucault's language and power; Laclau and Mouffe's development of a theory of changeable discourse and Mikhail Bakhtin's multidimensionality of discourses. For the early works, Arctic Adventure genre is explicitly asserting the dominant position of the Anglo-Saxon 'race' over 'the other' following the popularizing of Charles Darwin's theory of evolution and is based on a Eurocentric. As genres are continuously changing in accordance to

the changes in cultural values and industry economics, people do view narratives of a type with certain expectations and a coherent value-laden narrative system. Arctic adventure narrative is or should not only understood simply heroism and non-fictional in Arctic exploration by the European Whites, but also in imagination and re-imagination with literary, technological and political elements and spiritual ideals, particularly in the East.

One of the best examples refers to the documentary-film, Xtreme Marathon, which

is a modern Arctic adventurous tourist narrative made by local Hong Kong TVB television company. One of the stories is about an Arctic experience of a Hong Kong actor, Oscar Leung, in a polar marathon in April of 2013 and narrates his participation in eco-tourism in Longyearbyen in Svalbard of Norway. Though the hero is not quite successful in the end of the adventure, he reflects how his soul gets awoken by the harmonic human-nature relationship in the Arctic and how the Arctic adventure could be a proudness of claiming an identity of Hong Kong SAR in the North Pole.

## A modern Hong Kong Arctic Adventure Narrative in Longyearbyen and Arctic Marathon

ARTISTS: Oscar Leung, Kenny Wong

RELEASE: 3-7th June 2013

RATING: 5/10

TEXT: Mo Yong Xin Lorraine

The documentary-film, Xtreme Marathon is a modern Arctic adventurous tourist narrative made by local Hong Kong TVB television company. It serves as a good source of understanding blended Western-Chinese cultural presuppositions in Hong Kong and Chinese ideologies.

It is a 5 episode documentary about two extreme marathons: North Pole Marathon and Marathon des Sables in Sahara Desert. Adventurous expeditions these two "Xtreme" provoke reflection on human exploration and global warming. One of the Xtreme stories is about an exotic experience of a Hong Kong actor, Oscar Leung, in a polar marathon in April of 2013 and narrates side story of his participation in eco-tourism in Longyearbyen in Svalbard of Norway.

The hero Oscar Leung is signifying the blended connotation of the "Adventure" of the West and the East: being physically rough and "cool" and the virtue of "keeping face" in a group. He is not particularly physically strong as the Scandinavians and acknowledges his physical weakness in dealing with the strong wind and ice, as well as his insufficient preparation in costume-selection for freezing weather.

It is an Asian documentary film, but orientalism and European superiority is still explicitly underlined. When Oscar Leung

was suffering from the strong pain of being frozen on his path of his 7th round of race out of 8, other European participants in red jacket had already finished all the 8 rounds of race without stop in 13 hours. He reflected that he believed Chinese are relatively weak in physical condition to deal with coldness in Arctic, comparing with his Scandinavian counterparts.

Introducing the town of Longyearbyen in Norway, Oscar describes the joy of reciprocal trust and harmony between the dogs and human by riding dog-sledges. He relates this kind of joyful relationship

with wild dogs to the ideology of Chinese Buddhism that it is believed that there are souls in animals and they understand human.

The Arctic adventure narrative implicitly underlines a quest for local political identity: The Hong Kong crew standing with its Hong Kong flag in the Arctic demonstrating a kind eagerness to maintain 'One country, Two System' in our Basic Law.

If you are interested in understanding the Eastern perspective concerning the Arctic, give this documentary a watch.



# Meet Cassandra Falke -

## The American professor of English literature in UiT

TEXT: Mo Yong Xin Lorraine

PHOTO: Taylor Holm

Reading has become a routine task for us in academic life, we tend to read for writing assignments, projects and exams, but not in leisure time. It sounds time-consuming and boring, because it takes hours of sitting quietly and we might miss some fantastic moments of knowing cool people during parties and hikes! The American professor of English literature in UiT, Cassanra Falke, would not deny this. However, a coin always has two sides and she encourages us to consider that reading could foster our interpersonal relationships. As a passionate professor of English literature for over 20 years and author of the recent book, *Love Phenomenology and reading* (published in Bloomsbury in 2016), some hints are given to motivate us to read with wisdom of life.

- It sounds interesting that you discuss in your book, *Love Phenomenology and reading*, that reading can be connected to love and interpersonal relationships. How do you explain the relationship between them?

- One thing I wrote about is that the way we pay attention to the literary texts is like paying sustained attention to another person. They train us to explore and to be open to what a book offers, like making a commitment to a new person. Reading sounds a bit safer and less risky for those who are shy like Norwegians. When we read about someone, we could have our horizon extended, like the way we are getting to know another person.

- Instead of reading literary text, reading web-texts is so common nowadays for youngsters. How would you differentiate them?

- Reading on the internet (except for reading literary text in Kindle in electronic devices) is different from reading a literary text in a book. Reading web-texts is mostly for information. We simply go to the web for information like Wikipedia, which pre-

sents itself as readily comprehensible text. Reading literary text, such as poems or stories, is open for questions but not simply for information. Reading them is like a practice of relating us to the world and important skills in interpersonal relationships. I would refer it back to your first question, like in the real world we do not use a person for information only, but make a real conversation and commitment. And literature is a good practice of that.

Another point is that texting, in other words media gratification, is quick. Authorities in literature deny medial gratification, because it challenges you a lot. Result-oriented questions like "What is the real answer?" often appear on the internet. However, in contrast, literary text invites us for questions. The Internet sounds simpler when comparing with literature.

- How did you become to be a professor of literature?

I have always loved literature, but I am not from a family of graduates in literature and education, or knew very much about academia. So, I did not view for me any possibilities to be a professor until the 3rd year of my university studies. Once there was a professor away for a week and I was asked if I could teach the class in his absence. I felt so shocked and honored to know I would be capable of it. But I loved doing this so much during the process of the class, and it was still fine that I was working as a waitress and landscape construction person. I still had not thought of being a professor.

Upon my graduation in summer and hiking with Daemon (Cassandra's current husband, who is also teaching in UiT) in Tasmania, my professor who is an accomplished scholar and a graduate of Cambridge asked me "What are you gonna be?" I felt how wonderful it was they thought it was possible for me. After a couple of years I decided to teach literature from the roman-tic period, because I felt like a lot of ideas



about education, imagination and individuality are actually inherited by us nowadays from that period. In order to do that I had to have a Ph.D and so I went to York in England. Then I went back to the states and taught in a college.

While I was doing this, at the same time Daemon had a kidney transfer and we had our first child. In America you had to have a medical insurance in order to take care of a child. That means I had to have a full-time job. I began teaching full time in the states and came back to England in the summer to finish my Ph.D. I enjoy teaching very much. If I had a traditional research position, I would not have enjoyed it very much.

- You were teaching, doing a Ph.D, being a mother-wife at the same time. Could you give us some hints in time-management?

First, you should recognize what part of day you can do different tasks, like I was a night person and did readings in the evenings. Secondly, I also think it is difficult to decide to have fun or do reading for your courses if the deadlines are still a few weeks later. I suggest that you should be intentional in time-management. Nobody is able to read well a day before. And so, you may do reading intensively for a day or divide the process into 6 periods, so then you can relax and go out for a drink with the rest of your leisure time.

# Bread Spreads

When I talk to people, they seem to be divided into hummus lovers and those that have never even heard of it. So here comes a recipe for the latter! For the ones that may be already familiar with it I've found another delicious recipe of a bread spread. How to make hummus? The following are the ingredients we'll need:

## Ingredients:

- ◊ 1 can of chickpeas (250g)
- ◊ 2-3 spoons of tahini (sesame paste)
- ◊ ½ tablespoons of lemon juice (half a lemon will do),
- ◊ 2-3 tablespoons of virgin olive oil
- ◊ 1-2 small garlic cloves, roughly chopped
- ◊ a dash of cumin
- ◊ 1 teaspoon salt and ½ teaspoon ground black pepper

## Recipe

Firstly, drain the chickpeas into a strainer and rinse under cool running water. Then put everything in a container or a food processor and blend with a hand mixer until the ingredients become a smooth paste. The great thing is that it goes quickly and you can experiment with all different types of leguminous plants. Red lentils or yellow split peas are great too, for example. If you buy dried legumes, you should cook them long enough, so that you still get a smooth paste in the end. If your hummus turned out to be stiffer than you expected, add water or lemon juice/oil. Tahini is sometimes difficult to find in supermarkets, but international ones usually have it available. Also don't forget to experiment with seasonings! Finally, scrape hummus into a bowl and serve with either pita chips or raw sliced vegetables.

## Tomato Spread recipe:

- ◊ 200g tomato puree
- ◊ 50g margarine
- ◊ 1-2 garlic cloves
- ◊ fresh parsley
- ◊ salt and pepper

Blend the ingredients until the mass is thick and smooth, smear it on a slice of bread and enjoy. Both bread spreads can be used as dips with baked potatoes as well.

TEXT and PHOTO:  
Christine Butz



## Полночное Одеядьное

*С ума сходят в одиночку, но главное – чтоб под синим одеялом,  
потому что оно напоминает вечность и немного пахнет океаном..*

*Где теплые воды безумия примут распахнутой бездной.  
Четыре стены, потолок и кровать здесь вряд ли будут уместны.*

*Под синим одеялом есть даже ракушки, хотя обычно бывают под пледом.  
Ракушки греют внутри слизнячков, чтобы те стали чьим-то обедом.  
Ах как же трагична их злая судьба, пожалуй, не буду об этом.  
Морские коньки и так сводят с ума – поют на всю громкость фальцетом.  
Морская звезда мне вцепилась в глаза, ей так сильно хочется ласки.  
А я отбиваюсь от любопытных пираний, одеваю страшные маски.*

*By Olga Shavrina  
Illustration: Boyka Todorova*

## Utroscope



**Aries:** We've received news about special deal from Health Department in Norway only available for Aries this month – “I don't give a tiny rat's bottom”-pill. Take it twice a day or in any morally-uncomfortable situation to feel yourself happier!



**Cancer:** This month you will find your lost son. He will ask you for food and house, and you will not refuse. You will start a new life, start earning money and give your son care the he needs. But in the end, it's a lie. You never had a son. You are just a crab on the sea bottom.



**Taurus:** After a collective debate about the nature of Tauruses, UiT decided to arrange a 3-weeks long crash-course in physics to show you how things work in this world and why world doesn't spin around you all the time. One day you will have to accept the truth!



**Leo:** Sun is going down and will not return for many months. Arctic-living lions should be careful and abstain from selling their kidneys on a fish marked to get enough money to run away to a sun-rich Savannah-like countries. We understand the need, but it's not worth it, sir!



**Gemini:** Forgetting things are a part of our life – until you start forgetting where you live. Your neighbour will never appreciate your company in his bed after midnight, especially when you are stealing his duvet and roll away with it back to your room.



**Virgo:** Even if you think that your immortality is real, you still better follow some basic rules of life: eat, drink and sleep. It's scientifically proven that sleep, food and water cannot be replaced by three cans of red bull every two hours.

Мне б водоросль в волосы – я бы русаль могла томно корчить на рифах  
 И песней своей безмятежной суда разбивать бессовестно. В мифах  
 Жила бы моя злая душа, ну а так – живет под кроватью.  
 Я твержу ей, что мы доживем до утра, и кутаю в старое платье.  
 А ей все равно, она ждет океан, что одеялом пахнет синим  
 Чтoб в складках его волн втихоря с ума сходить что есть силы.



**Libra:** As we all know, it doesn't look like your exams will go great, so maybe the academic career is not for you? It's time to fulfil your dream – becoming the first space pirate! Pirates can do whatever they please and they don't need to take exams!



**Scorpio:** Even if you think you can trust a Pisces —don't! Those fishes had something on their mind since you ate their cheese last night. If they invite you for a cup of coffee, remember to get something for your self-protection.



**Sagittarius:** Selling your soul will be a great investment in your bright future and we are here to happily inform you that your beautiful soul is worth... Two cups of coffee. Well, it's not immortality, but at least you will survive through the day!



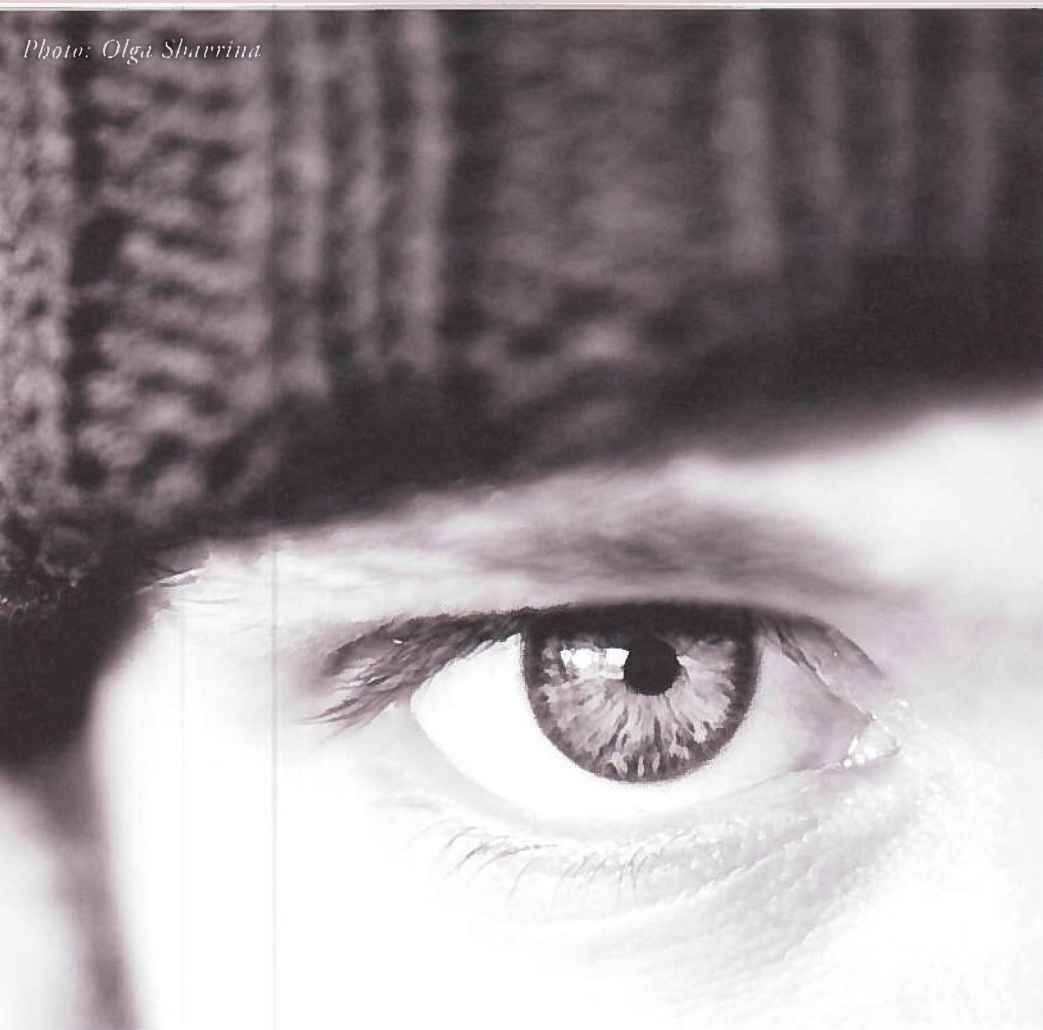
**Capricorn:** This month you will understand that religion doesn't really matter for you. After all the questionable decisions you've made in life so far, be sure that you've already been guaranteed the sunniest spot in hell in every religion.



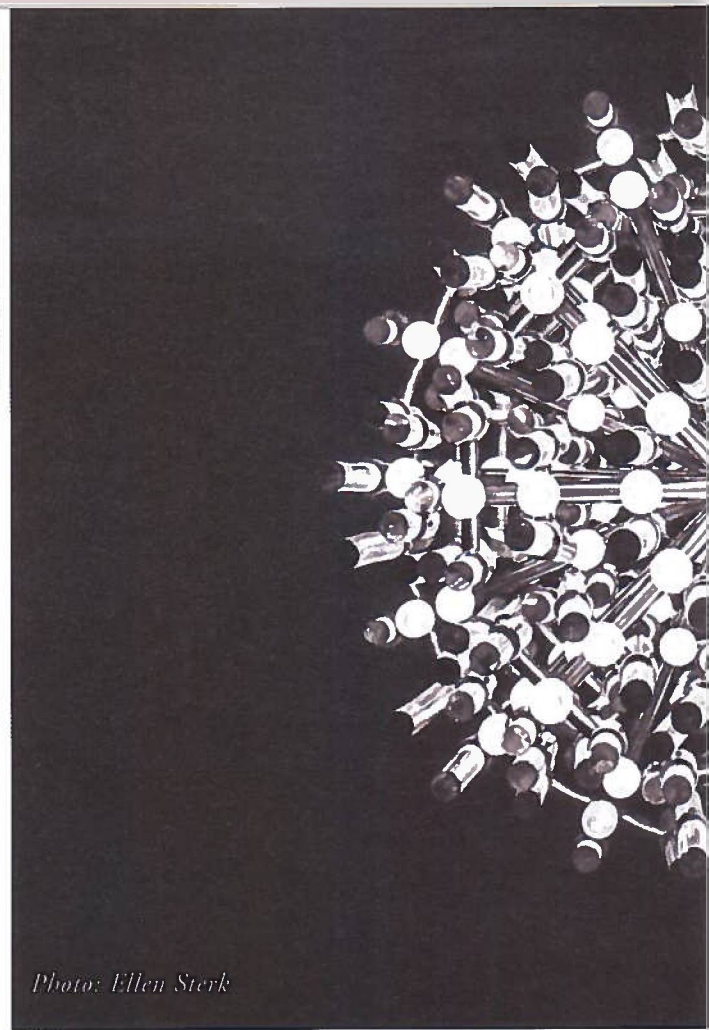
**Aquarius:** This month your life will become a big question mark. What's happening? Who is this person on my couch hugging my dog? Do I have a dog? But some uncertainty is good for a happy life, so don't hesitate and hug this homeless being, but mind the hygiene.



**Pisces:** It's hard for you not to notice that Scorpio is struggling with something this month. Try to be understandable and invite Scorpio for a coffee somewhere nice and talk soul to soul. Just don't kill the mood with your silly humour.



*Photo: Olga Shavrina*

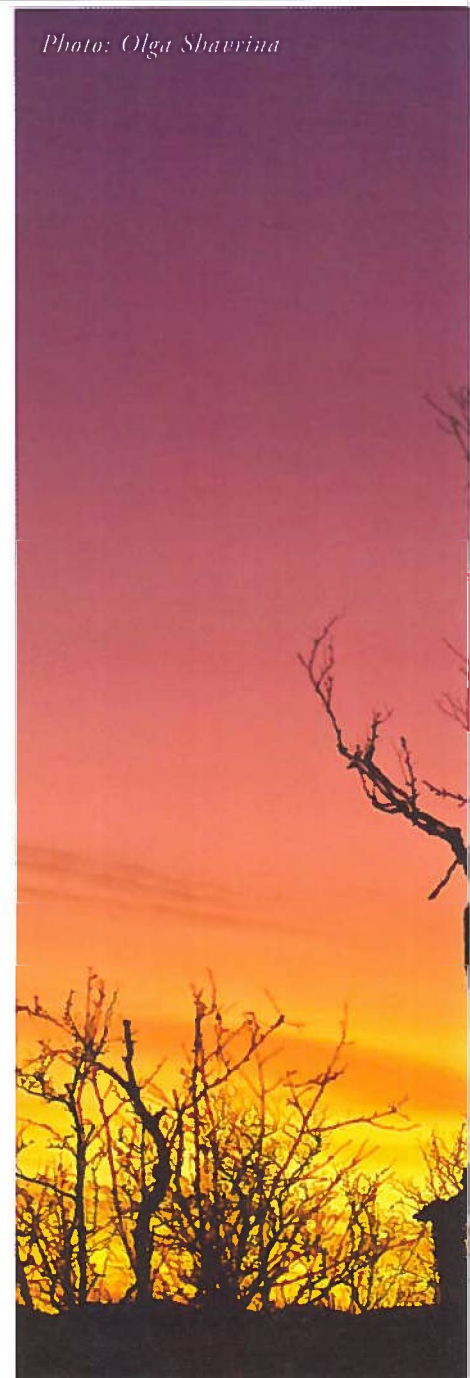


*Photo: Ellen Sierk*

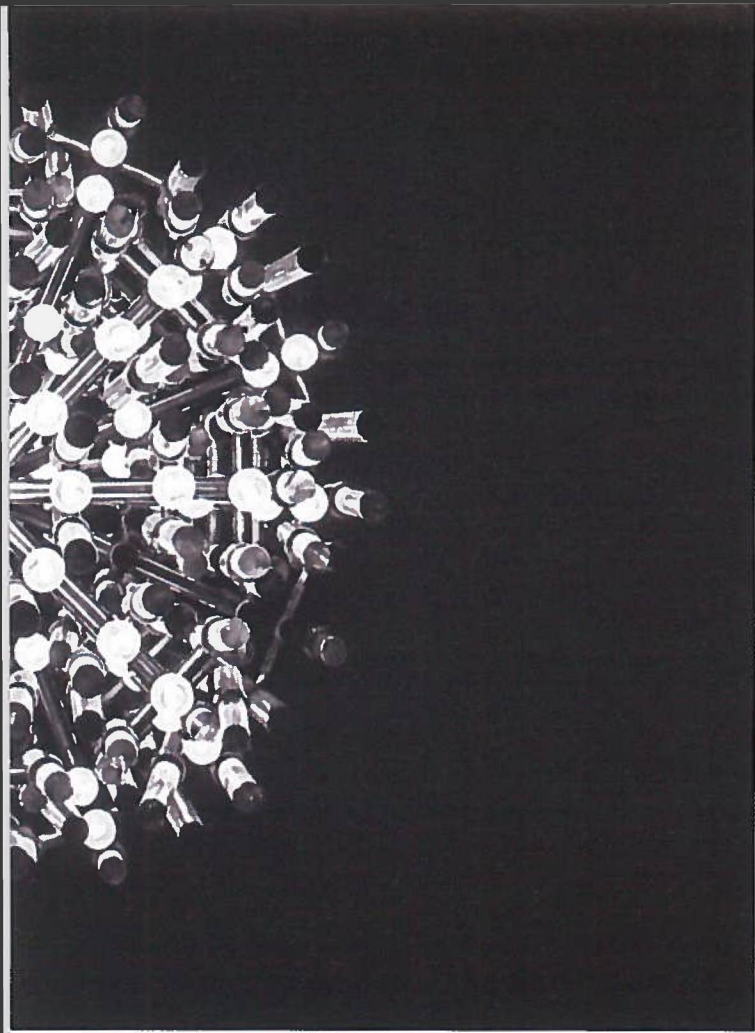
*The month of November makes me feel that life is passing more quickly.  
In an effort to slow it down, I try to fill the hours more meaningfully.  
- Henry Rollins*



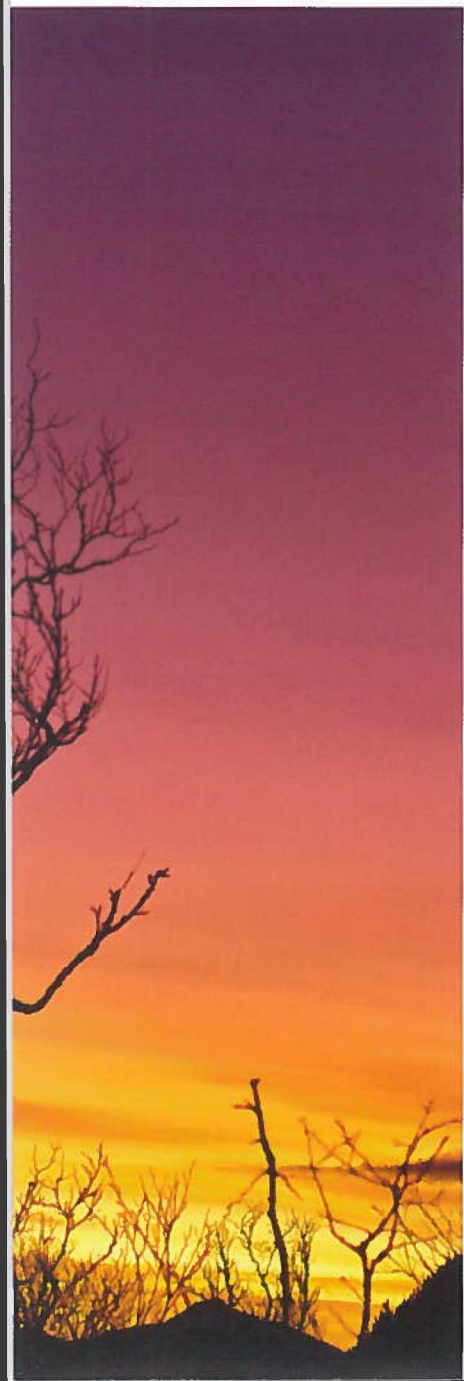
*Photo: Olga Shavrina*



*Photo: Olga Shavrina*



*Photo: Olga Shavrina*



*Photo: Ellen Sterk*

# DRIV

# STUDENTSAMFUNNET I TROMSØ

## TEASERS FOR 2017



**Liima<sup>(DK)</sup>**

13. january

SNN-SCENE



**Jaa9 & OnkIP**

28. january

SNN-SCENE



**Sondre Lerche**

10. february (StudentUKA 7-18. feb)

SNN-SCENE



**Dagny**

18. february (StudentUKA 7-18. feb)

SNN-SCENE

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