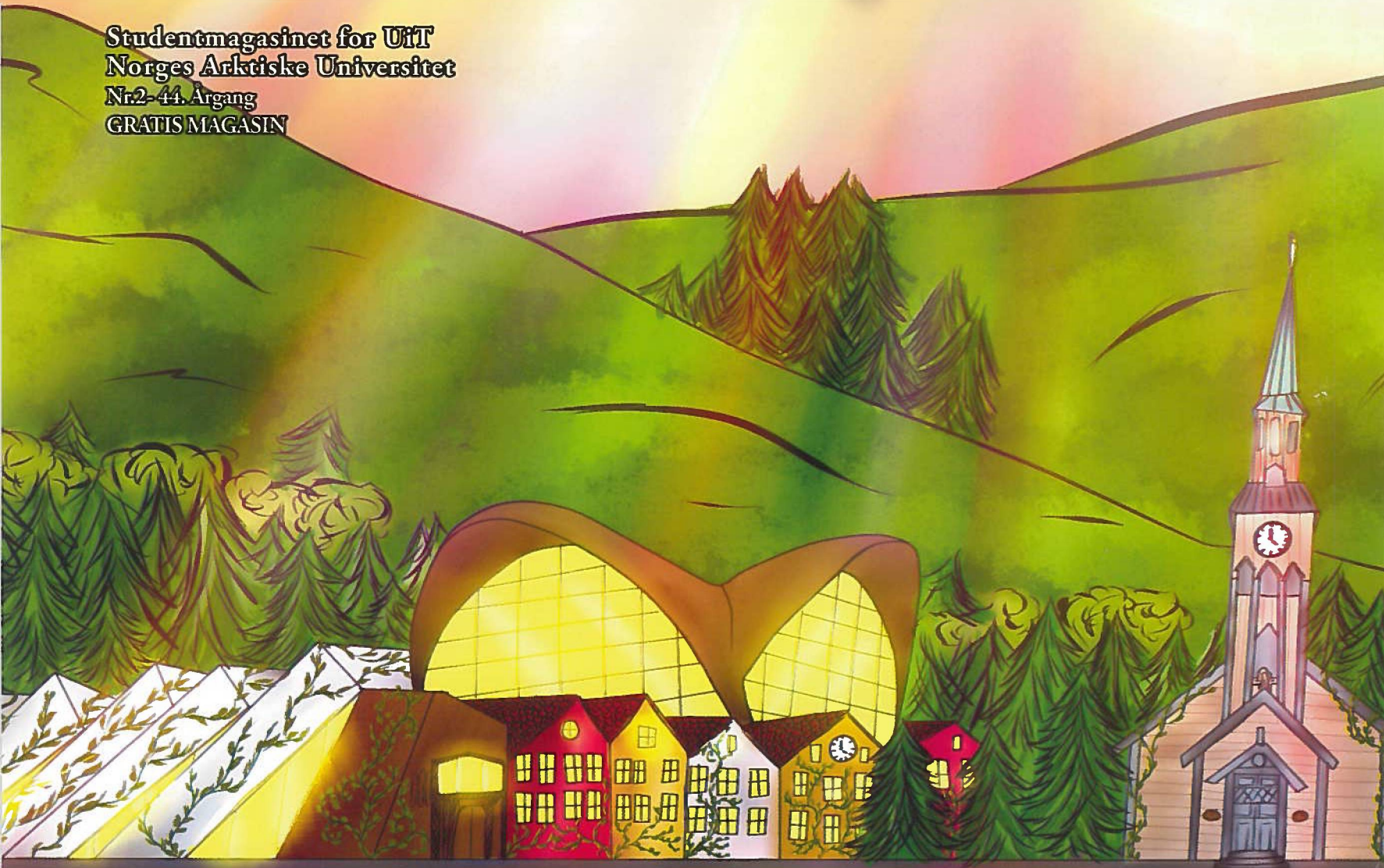


Utopia

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Norges Arktiske Universitet
Nr.2-44. Årgang
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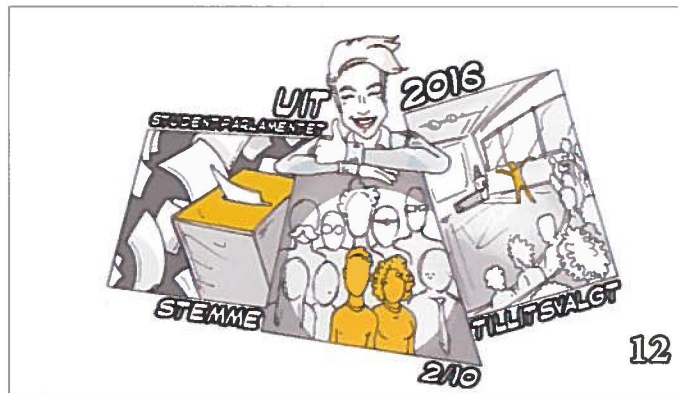
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LEDERKOMMENTAR

TEKST: Mats Johansen Beldo
 FOTO: Olga Shavrina

Kjære leser!

Den andre utgaven av Utopia er nå her!

I denne utgaven har vi tatt miljø som tema. Klimaeffektene merkes mer en noen gang og både miljøaktivister og politikere har et oppriktig håp om en mer miljøvennlig hverdag.

UiT – Norges Arktiske Universitet har vist en økende satsing på miljøvennlige tiltak og det er vi som studenter som har et ansvar for å følge med på konsekvensene av de vedtakene for å sikre at den kritiske røsten blant universitetets kjerne ikke forsvinner. Vi har alle ett ansvar for å bidra til en bedre hverdag, som Gandhi formulerte så vellykket ”Du må være endringen du vil se i verden”, selv de største bygg er bygget på små stener. Vi i Utopia ønsker å være med på å rette fokus mot miljøet og hva vi kan bidra med for at vi som studenter skal dra våre lass, derfor er den andre utgaven av Utopia preget med en særdeles vakker grønn forside.

Februar har hvert en kort og intensiv måned for oss på kontoret, veldig mange saker som har dukket opp og ikke minst de fantastiske studentlekene som virkelig har bidratt til å sette Tromsø på kartet som en av de beste studiebyene i landet. De frivillige har jobbet hardt som fotografer og journalister for å sy sammen denne utgaven.

Det som kan vente deg i denne utgaven er alt fra læringsrike artikler om århundrets største oppdagelse; gravitasjonsbølger, til en gripende historie om en ung manns flukt fra ISILs grusomme herjinger i Syria.

Vi i redaksjonen vil igjen benytte litt av tiden til å takke deg som leser for at du følger med på våre produksjoner.

Mats Johansen Beldo
 Ansvarlig Redaktør

Utopia for 37 år siden...

Ny studiefinansiering

Utdanningsfinansieringsutvalget, UFU, ble oppnevnt i statsråd i september 1977 og overleverte 13 august i år sin innstilling. UFU har vurdert de nåværende stønadsordningene, bl.a. sett i lys av den allmannelige økonomiske utviklingen fra 1969 og i forhold til de målsettinger Stortinget tidligere har trukket opp for studiefinansieringen. Ut fra dette har så UFU fremmet forslag angående endringer i forhold til det eksisterende stønadssystem. De viktigste punktene er følgende:

ALDRERSGRENSER

Skillet i stønadsordningen anbefales å settes ved 18 år mot nå 20.

Øvrige aldersgrenser som eksisterer i dag foreslås fjernet.

BORTEBOERSTIPEND

Alle reelle borteboere foreslås gitt botillegg, ikke som idag bare til borteboere som har foreldrehjemmet i en viss avstand fra lærestedet.

REISESTIPEND

Et prinsipp om reisestipend aksepteres. Dette stipendet skal dekke utgiftene til 3 tur/retur reiser til hjemstedet pr.år, fratrukket en egenandel på 300 kr. Stipendet skal kun gis til ugifte søkere under 30 år, samt til gifte søkere som ikke kan bo sammen med ektefellen i den tida utdanninga varer.

SOSIAL TRYGGHET

Ved sykdom som varer i over 14 dager, foreslår utvalget at lånet for den aktuelle perioden automatisk omgjøres til stipend. For svangerskap foreslås det at kvinner får avskrevet gjeld for inntil 18 uker dersom nedkomsten finner sted i utdanningsperioden, og at utdanningen er påbegynt 6 måneder før nedkomsten.

PROSENTSTIPENDMODELLEN

De tradisjonelle stipendene for utdanningssøkende over 20 år (grunn, borteboer og forsørgerstipend) faller bort og erstattes av et generelt utdanningsstipend.

Støttebehovet avgjøres ut fra

Over til side 11

THE ENTREPRENEUR MAKER

Story of Elin M. Oftedal, Business Creation and Entrepreneurship (BCE) Program Coordinator



Defining what we want to be in the future is easy, whereas making it happen is just like trying to open a locked door without the key. Sometimes we don't even know what we really want, even though we are already halfway through our endeavor. Twists and turns will become spices to our lives until we find the wake-up call, the key to that locked door.

TEXT: Yati Chen

PHOTO: Michalina Marczak

Meet Elin, the entrepreneur maker.

"I am looking for the next Steve Jobs", Elin said, when Utopia asked her about the criteria for being accepted onto the BCE program. Although she is now the coordinator of the BCE master's program, becoming a professor in the entrepreneurship field was not Elin's biggest dream back when she was a child.

When she was in high school in her hometown of Stavanger, Elin was thinking more traditionally, contemplating going into medicine or the field of journalism. Yet somehow, the idea of going into business came into her mind. She believes that in business, one can never get stuck because he or she always has the opportunity to develop new ideas. This small idea of hers soon led her to start a bachelor's degree in business administration.

"At one point I wanted to do art, I think I was just fed up and I went to look for a school of art", Elin admitted, "but the school of art was not accredited by the Norwegian education system, so I had to pay for myself, which I couldn't afford at that time" she added.

Then a light shone on her third year of her bachelor's study program, when Elin was introduced to entrepreneurship. The thought of developing something from nothing excited her greatly. "Sometimes it just clicks, you don't know what you are looking for but it just ignites something in you", she said.

Elin continued to study for a master's in international marketing and production management, which was influenced by innovation and entrepreneurship. Similar to other graduates, she later worked in an innovative handicap equipment company. Thus, she utilized all the knowledge she acquired from her studies, since the company also exported products to Europe and Japan. She obviously enjoyed the occupation.

However, the longing for academia soon returned to Elin. She missed theory. She had the urge to contribute in a way that meant what was learned in context could really be used. With this in mind, she pursued her PhD in Bodø, focusing on high-impact entrepreneurship.

As part of the PhD process, Elin travelled to Austin, Texas, to witness the situation of entrepreneurship there. "Austin was called the Galapagos Island of entrepreneurship", she described. There are a lot of innovations and creativities in the city, in contrast to Europe, where Elin explains that people say no to new ideas. In Austin, all ideas were worth investigating. "In Austin, it is not about picking up on who the winner is, but more about which company you can help. This was a huge wake-up call for me" she added.

Later, Elin went back to Stavanger with her knowledge from Austin, and became involved in 'Greater Stavanger Economic Development'. She received the title 'Opportunity Developer', which aimed to find opportunities within Stavanger that

were external to the dominating oil sector. She helped to develop the 'Business Incubator', focusing on food and clean energy. She even initiated the Cultural Incubator. In her opinion, renewable energy needs more attention. The oil sector is so profitable that it absorbs a large proportion of resources, meaning there are only a few people involved in the clean energy sector. Shortly after, Elin took a year off and went to Thailand. There, she coincidentally met Lene Foss, whom she knew from her previous project. Lene mentioned to her an opening for a professor position at UiT and encouraged her to apply. At that time, Elin was not convinced but thought that there was no harm in trying. Just before Christmas that year, she applied for the position.

But what was her reason for accepting the position? "I experienced that I was narrow-minded, but then I got access to new knowledge and that was a revolution for me. That's why I am here", she answered. She also said that it is amazing to be a part of the UiT BCE program. There is a lot of freedom to develop new ideas, which is why she wanted to be part of BCE and joined UiT in 2010.

Finally, Utopia asked Elin what she really expects from the BCE students. "I wouldn't expect all students to become entrepreneurs because that's such a major decision. But I hope their time in here is more than useful because BCE program is a strong background for management, business development and consulting, so they can start something new".

Startup 101: Venture Cup Competition!

TEXT and PHOTO:
Gorn Phetchpinkaw

Have you ever thought about starting your own business, but have no idea how and where to start? Have you come up with a fantastic idea, but have no clue what to do next? Or you have no knowledge about business whatsoever, but you wish you knew more. Keep calm and read the rest of this article.

There is a competition called Venture Cup where participants are to submit new ideas along with a business plan. The competition is held by a non-profit organization running in four Scandinavian countries, though each of them run the competition individually. The competition runs from local, regional, and national rounds. This year, the winner of Tromsø local round is a student studying the Business Creation and Entrepreneurship program, Robert Pallin Aaring (27), and we have a chance to share in his inspiring thoughts.

“Why not? I have nothing to lose.”

When asked what brought him to the competition, “it was my friend (Paul Terje Nilsson) who made it to national round in the 2014 competition who told me I should give it a shot. And I thought, why not? I have nothing to lose.” The competition is surely a good jump for starting a business. He also added that the idea he has come from one of the classes he is studying this semester, Idea Evaluation and Strategy. In this class, he needed to come up with an idea and, as a freeskier, he asked himself what does he need and what can be improved focusing on skiing experience. Many successful startups make their first step as they are trying to solve the problem occurring around themselves, like Robert does.

To be eligible to apply, applicants need to be students and can present individually or in a group. “It can be any new idea, and it must be saleable so that it can earn you money,” he added. It is important that the idea has a potential on the market, otherwise, the investors would not be interested in funding, but also you would not get any money from the customer’s pocket. “The work done for the competition,”

said Robert, “is to submit a couple of pages explaining how your idea works, market potential analysis, and a business model canvas.” He mentioned that it was not that much he needed to submit for the competition, but what was more important was the time he spent developing his idea. It is significant to do so because the more time you give crafting your idea, the more real it can become and the less risk you will have in the future. After Robert won the local round, he will be meeting with investors which he is to receive guidance and support for his idea, along with financial support.

“It’s not the money I expect from joining Venture Cup,” Robert said modestly, “it’s when people know more and talk about it.” It is what companies have been doing these days: to make their products go viral. Venture Cup is a great spokesperson for a startup since it is a national competition. People start to recognize your idea/product which can increase your rate of success if you really make it to a market launch.

For those who having an idea to work on and want a trigger, Robert recommended, “to apply to the Master program I’m studying now (Business Creation and Entrepreneurship.)” While I was making sure Robert did not get paid from the program to say this, he added, “it’s like a melting pot of ideas. We have a very dynamic class and you get a chance to work with lots of awesome students and lecturers.” He also suggested to definitely participate in Venture Cup as it is a superb way to be in a learning process, to have a deadline for your idea, and to kick-start yourself. If you do not start today, when is it going to be then?

“Participating in Venture Cup is a superb way to be in a learning process.”



Great ideas want Great investments

TEXT: Anna Dranovska
PHOTO: Gorn Phetchpinkaw

I love attending all kind of events where presentations are given in Norwegian. Mainly, because I can listen and improve my language skills, but also because if the topic is economics-related, the language has so much resemblance to English that it becomes extremely easy to follow.

This time Innovasjon Norge and NHO Troms and Svalbard gathered entrepreneurs-in-need-of-money to tell them where to get the money they need and how not to lose it too soon. Being a part of Business Creation and Entrepreneurship program at UiT, we love considering ourselves young entrepreneurs, so I and three of my classmates decided to join the event and enrich ourselves with a new and potentially useful knowledge.

Apparently, business world wakes up earlier than students do, because it appears to be a bit challenging to arrive at city center at 0830 in the morning. Still, here we are, just in time for morning coffee, fresh baguette and some mingling with other attendees. This is the perfect moment and perfect place to practice your networking skills, patiently waiting for the event to begin.

They say, in the modern conditions of the regional economy, tourism and fishery business are the two industries that create the biggest value. Thus, it becomes extremely important to support and encourage companies that work within these industries. Support not only in financial terms, but by giving advice as well as good guidance. Presentation pinpoints several aspects for young companies to take into account:

Make thorough preparations.

Do your research before entering the market. Because if you don't – you will not be able to...

to get to know your customer base. Because if you don't – you will not be able to generate high enough revenues.

Build your network, including partners and suppliers – because this will give you better image and credibility in investors' eyes.

Liquidity issues. Because you might get lots of money selling your products tomorrow – but you have to pay your bills today.

And last but not least – **don't fall in love with your idea** and become overly optimistic. But if not for the love for the idea – then why would you spend your nights and days to turn your idea into reality?

Many good tips and pieces of advice were expressed, and the second part of the day was about to start. To tell the truth, I have never tried speed-dating in my life because it has always seemed like a lame and shallow way to meet potentially interesting guys. Here same concept was applied for us to meet and talk to specialists in the branch and share our ideas, concerns and what is more important – get feedback and useful contacts. And you know what? I really liked it! First of all, it's a good chance to train how to *pitch your idea*. Especially, when you have six speed dates one by one. Besides that, you get valuable 15 minutes from a person who is not that easy to reach any other day. We met people who taught us important things we need to focus on with our own ideas, people who encouraged students to approach them with suggestions for cooperation, who told jokes and who said "I'm sorry and cannot help you anyhow, but here are some guys you

definitely need to talk to!" – and we stand right there with the contacts of specialists we were right looking for.

A bit later, again, more coffee, more mingling, and golden-bright balloons as if reminding us that this is same cheerful event as children's celebration – but this time adult entrepreneurs celebrate together a chance to gather and talk about something they like – money (or if to be less money-focused, something that would help making their ideas come true).

By the way, Den Store Penedagen which were on 18th February was the first event of a kind in the city. Hopefully, there will be more to come. So stay tuned, check Innovasjon Norge calendar events and join us next time!



Escaping ISIS: A Syrian refugee on a new life in Norway

TEXT: Sophie Scotter

PHOTO: Private

“I cannot believe that I have successfully made it out of that terribly extremist community”

Despite the fact that Norway is not a full EU member state, it is just as much embroiled in the current refugee crisis as the Mediterranean border states regularly splattered across the front pages of the tabloids. Although access to the country has been effectively confined to the Arctic Russian border, Norway has seen an increasing number of migrants utilising this route as a cheaper way of entering western Europe (10 times cheaper, to be exact). Refugees are predominantly young men – albeit from a variety of backgrounds - whilst women, children and older generations have thus far tended to remain in Syria.

However, even on the back on the planet's most romantic day of the year, little love has been spared by border authorities, who have turned away thousands of refugees attempting to cross the border on bicycles – the only means of transport permitted. Instead, police have been rounding up abandoned bikes and demanding that asylum seekers return to Russia. British newspaper 'The Independent' says deliberation by Russian and Norwegian authorities has resulted in refugees yo-yoing between the two countries in sub-zero temperatures, provoking outcry from human rights activists and the church. Ot-

her migrants have endured a repeating pattern of arrest, detainment and release, as the Norwegian government continues to re-evaluate its approach. In another part of Scandinavia, Danish officials have come under fire for their controversial decision to remove all but sentimental valuables from new arrivals.

Just over one week ago, Norway's largest refugee camp with room for some 600 migrants, was opened close to the Russian border in Finnmark county. Sputnik International claims the Russian-bordering county of Finnmark witnessed a ten-fold increase in refugees in just a single year (2015), with asylums bursting at the seams in the towns of Kirkenes and Vadsø. Whilst spending the winter period at home in the latter, a close friend found herself befriending several of the Syrian refugees living in the local asylum. As a means of seeing beyond the headlines, I spent some time talking to one such asylum seeker, Mikhael Hamwi. Here is his story:

Where in Syria are you from?

- I am from Latakia, Syria.

What were you doing for work before you left the country?

- I was a third-year-student in the English Literature Department and an English private tutor.

What condition is your hometown in? Is it safe?

- To be honest, my city has not witnessed much armed fighting. Only the surrounding villages were/are occupied by the Free Army/IS, so my home is temporarily safe. Still, basic needs are missing. Electricity and water are only available for four to six hours maximum per day.

Why did you decide to leave Syria? When did you leave?

- I had actually decided to leave Syria to continue studying, as this was something I had wanted since high school. However, when the crisis started we were living in a village called Kinsabba. At the end of 2011, some Free Army militants attacked the surrounding villages and were on their way to ours. Miraculously, we managed to leave the house and escape to Latakia. We were later informed that our house had become an IS courthouse. The main reasons for my leaving are as follows: First, I'm doubtful that this horrible war will come to an end any time soon. If I had stayed, it's probable that I would have had to participate in this bloody thing, for there were rumours and reports that every man was expected to join the army, even if he was without brothers. Either this, or be considered a person against either of the conflicting parties. Secondly, my family and I were afraid. People were being kidnapped for money and there were several people from our village who were taken. I also had other more personal reasons for leaving. I left Syria on 28th of June, 2015.

Which did you consider the biggest threat, President Assad or Islamic State?

- Definitely ISIS. I believe they are more dangerous than anything in the world.



Mikhael when he first arrived in Greece

Have your family come with you? Who have you left behind? Have they been affected?

- I came alone to Norway having left my family, including my parents and my sister, in Syria. Thankfully they have not been affected physically thus far.

Why Norway?

- Firstly, I both read and heard that Norway is one of the countries most concerned with human rights, equality, and such. Secondly, there were few asylum-seekers when I arrived, so I thought my asylum-seeking process would be faster than in other countries.

How did you make it from Syria to Norway? Was it a difficult trip? What did you see on the way?

- I came to Norway through Turkey, Greece, Macedonia, Serbia, Hungary, Austria, Germany, Denmark, and Sweden - a long way! It was a difficult trip because we had to be wary of bandits as well as the police, at all times. In Serbia, for example, we came across an Afghani group who wanted to take our money. We also had to sleep in the woods or on pavements in the cities.

What happened when you reached the Norwegian border?

- I was asleep during the trip through Sweden to Norway, but I was told that nothing much happened when we crossed the Norwegian border.

How are you finding Norwegian life? What do you like most about Norway / dislike most?

- The Norwegian culture is so good. The people are great. They are cool, open-minded and loving people, though they are a little bit afraid of us. However, after a while I got to know some local people and we became friends - such as your friend and myself. What I like the most is that the people are generous and warm-hearted, whilst I also like their honesty and the fact that they speak English. This makes everything easier! On the other hand, everything here takes a long time - like processing our residence papers.

Have you faced any overwhelming kindness / help / prejudice / hostility from Norwegians?



- In general, I have experienced an overwhelming kindness from Norwegians since I arrived; from people in the streets, to the workers in the refugee centre, to the people who came to talk with us and brought us food - especially young girls and guys.

Do you plan to stay on Norway or are there other countries you would like to move on to?

- At the moment, I think I'd like to stay in Norway for at least for the next six years. Then I may go to England.

What is your opinion regarding the decision by several EU member states to perform airstrikes on Islamic State strongholds?

- I'm in agreement with the EU's decision, as long as its priority is to fight the real threat to the world - Islamic State - and not to engage its forces and its men in a war fought simply to overthrow a particular regime and thereby kill innocent people.

Would you like to go back to Syria in the future?

- I do not imagine going back to Syria or the Arab world at all. I cannot believe that I have successfully made it out of that terribly extremist community.

How are you adjusting to life in a refugee asylum? How do you keep busy?

- At the moment my life is very boring, I have nothing to do. I live in a small apartment with nine roommates and try to keep myself busy by going to the shops and the library, watching many TV series, reading lots, and visiting my new friends.

Some refugees have left the asylum in fear of being sent back to Syria - what do you think about their decision to do so?

- I believe these people have left the asylum because of this controversial decision by the government, even though some of those concerned have lived and worked in Russia for many years, and have a home there. However, a large number of refugees have simply passed through Russia, and have nothing/no-one there to be sent to. Therefore, I think leaving the asylum is completely reasonable, since no-one wants to return to Syria where their situation might be very bad.

In order to distribute immigrants more evenly, the EU has recently called for refugees to seek asylum in the first 'safe' EU country that they enter - what do you think about this?

- For the last question I really do not know where I stand, though I think it is important for countries to maintain their population in accordance with their resources. However, in this case they are preventing people from freely choosing where they want to live, which is their right.

**Since this interview, Mikhael has been granted Norwegian citizenship and is considering continuing his university education at UiT.*

Slik skal du huske bedre!

Mange synes at de har dårlig hukommelse, spesielt før eksamen, når man pugger pensum. Er det mulig å få bedre hukommelse? Under StudentUKA i Tromsø fikk UiT besøk av tidligere verdensrekordholder i hukommelse, Oddbjørn By. Han mener at alle kan etablere en god hukommelse hvis de kjenner til husketeknikker. Han har skrevet flere bøker om teknikken Memo, som de flinkeste kursdeltakerne kunne få gratis. Kurset var praktisk lagt opp og alle fikk kjennskap til de viktigste husketeknikkene. Kurset varte lenger enn det var planlagt og de som ble igjen fikk en liten bonus: De fikk se med egne øyne hvordan Oddbjørn memorerte en rekke tilfeldige tall som kursdeltaker skrev på tavla, og hvordan han kunne regne ut hvilken ukedag forskjellige datoer fra fortida falt på!

Reiseruteteknikken

Fikk du ikke med deg kurset? Da får du en rask gjennomgang her!

Helt fra starten begynte kurset med en oppgave - Reiseruteteknikk som bygger på at du skal forestille deg selv i et hus som du kjenner godt. Nå kan du godt forestille deg følgende ting mens du leser teksten nedenfor. Bruk så mye tid du trenger på hvert punkt:

- Tenk på en slektning eller en venn som har en garasje. Ser du en garasje til en tante, onkel eller venn? Bruk så mye tid som du vil for å forestille deg det.
- Inne i garasjen ser du en guide som kjører.
- Nå, forestill deg inngangsdøra og utenfor inngangsdøra ser du en prest som låner.
- I gangen ser du telefon som ringer.
- I stua ser du noen som gir en mandarin.
- På kjøkkenet ser du ballerina som danser.
- På badet ser du salt som hopper.
- Nå tenk på trappa og forestill deg ei and som går.

Gå gjennom alle punktene i reiseruten en gang til uten å se på teksten. Bruk gjerne så mye tid som du vil og du kan gjenta reiseruten et par ganger til du føler deg trygg nok på at du kan forestille deg alle tingene fra lista ovenfor. Kan du se for deg alle disse tingene?

Hvis svaret er ja...

Gratulerer! Du har nettopp lært 7 verb på italiensk, men fremfor alt har du lært teknikken som kan tilpasses å brukes når du vil huske noe. La oss se på de italienske verbene. Alt du trenger å huske er at disse verbene skal slutte med suffiks -ARE.

1. **Guidare** – kjøre
2. **Prestare** – låne
3. **Telefonare** – ringe
4. **Mandare** – gi
5. **Ballare** – danse
6. **Saltare** – hoppe
7. **Andare** – gå

Er du imponert over deg selv? Oddbjørn fortalte at det en gang var en kvinne som klarte å lære nesten 200 italienske ord på bare to timer. Du bør helst bruke en reiserute du kan godt, for eksempel en runde i en venns, slektnings eller ditt eget hus. Det kan også være veien til butikken eller ungdomsskolen. Grunnen til at du bruker reiseruter, er at det gir kunnskap om en lagringsplass.

Fem viktige steg som funker

Gjennom kurset skrev vi ned ti områder og leste gjennom dem til vi var trygge på rekkefølgen. Du kan tenke på inngangsdøra, gangen, soverommene, trappa, stuen og så videre, til du har en passelig lang reiserute. Rekkefølgen på rommene skal være så logisk som mulig, derfor er det best hvis du forestiller deg et hus du har vært i fra før. Du kan gjerne gå gjennom vegger eller tak. Oddbjørn nevnte at for noen er det viktig at det finnes bevegelse og ikke bare ha ting liggende på forskjellige plasser. For å oppsummere deles teknikken i fem punkter:

1. Lære.

Du trenger å åpne pensumbøkene for å ha noe å huske! Det er viktig å forstå at man ikke trenger å lære hele pensum. Det er umulig og unødvendig, og derfor skal du bare lære det som er nødvendig og viktigst.

2. Lage nøkkelord.

Velg ut nøkkelordene du skal lære deg. Hvis du har eksamen i historikk, kan du lage slike nøkkelord: Marshallplanen, Berlin-blokaden, NATO og så videre.

3. Finne assosiasjoner.

Det viktigste er at du innretter alt slik som det passer best for deg. Det er ditt personlige hus og ingen ser det unntatt deg. Du kan finne de artigste eller sære assosiasjoner som skal hjelpe deg å huske, men som antakeligvis ikke vil passe for noen andre. Hvis du finner det vanskelig å lage en assosiasjon kan du bare slå opp i ordboka og se hvilke ord begynner med ordet du ønsker å huske. Marshallplanen kan for eksempel assosieres med marsmallows, Berlin-blokaden med berlinerboller og NATO med NATO-soldat.

4. Visualisere nøkkelordene.

Etterpå skal du visualisere det du skal lære deg.

5. Repetere

Du kommer ikke til å huske hvis du ikke vil repetere reiseruten. Du kan gjøre det når du for eksempel er på bussen eller venter på noe og har ingenting å gjøre.

Er du klar for den andre oppgaven?

Lag en reise på ti punkter gjennom huset. Hvis du allerede har lagt reiseruten med italienske verb, er det bedre hvis du lager en ny reiserute i et annet hus eller sted.

Kan du tenke deg en reiserute på ti punkt? Du kan forestille deg de forskjellige stedene gjennom å klappe for eksempel: klapp (forestill deg utenfor døren), klapp (forestill deg gangen) og så videre til du forestiller deg ti de følgende plassene. Nå, plasser tingene under i reiseruten fra det første punktet til det tiende punktet slik som de står på lista:

1. En russer.
2. Ei gås.
3. Mikke Mus
4. Kinakål
5. Kaffe
6. En kenguru
7. En indianer
8. Fotballspilleren Messi
9. En kasse
10. En allergisk person

Du har nettopp memorert de største landene i verden:

1. Russland
2. Canada
3. USA
4. Kina
5. Brasil
6. Australia
7. India
8. Argentina
9. Kasakhstan
10. Algerie

Hvis du for eksempel allerede husker de tre største landene i verden, trenger du ikke å bruke dem i reisen og kan, for eksempel, begynne med det fjerde største landet i stedet. Men hva hvis du trenger å memorere mange ting? Kan du plassere flere ord på ett punkt? Ja, du kan enten lage en lengre reiserute eller du kan visualisere to ting på hvert punkt. Det kan lett bli kaos hvis du visualiserer alt for mange ting på ett punkt. Det viktigste er at Reiseruteteknikken gir deg trygghet og klarhet over hvor informasjonen du må huske er lagret.

TEKST: Auguste Jasiulyte
ILLUSTRASJON: Ashai



Siste nytt fra Studentombudet



Det er en glede for meg å få presentere Studentombudet ved UiT sin første spalte i Utopia.

Denne spalten ønsker jeg å bruke til å informere om relevante lover og regelverk, og rette fokus på aktuelle problemstillinger og utfordringer. I tillegg ønsker jeg å gjøre deg bedre kjent med rettigheter og plikter du har som student ved UiT.

I denne utgaven ønsker jeg å fortelle dere som kanskje ikke kjenner Studentombudet så godt om hva ordningen er, samt å rette fokus på en viktig og innflytelsesrik mulighet alle studentene har – nemlig muligheten til å engasjere seg.

TEKST: Torill Varberg, FOTO: Lars Åke Andersen, ILLUSTRASJON: Mat Mot

Studentombudet ved UiT

Studentombudet ved UiT er en nøytral bistandsperson som kan gi hjelp og veiledning til studenter ved universitetet i saker som omhandler deres studiesituasjon. Studentombudet er organisatorisk plassert i Samskipnaden, noe som medfører en total uavhengighet fra universitetet. På denne måte kan ombudet upartisk påse at både universitetet og også studentene holder seg innenfor det til enhver tid gjeldende regelverk.

Ja, for noen ganger havner studenter i kji-pe situasjoner som er selvforskyldt. For du som student har noen plikter du må overholde. For eksempel har du et ansvar å påse at du kjenner til emne- og studieplan, at frister overholdes, at du har tilgang til studentmailen din og fronter, at du leverer inn obligatoriske arbeidskrav og setter deg inn i reglementet som er aktuelt for ditt studium og din eksamen. Din utdanning, ditt ansvar.

Men har du også ansvar for andre? Har du ansvar for medstudenter? Ja, på lik linje med alle andre studenter ved UiT har du for eksempel et ansvar å sørge for et godt læringsmiljø. Du har ansvar for å slå av lyden på telefonen under forelesninger og du har ansvar for rydde leseplassen etter deg. Det er i og for seg ikke store forpliktelsene du har overfor medstudenter, med mindre du ønsker å engasjere deg som til-

litsvalgt, i studentutvalget ved ditt fakultet eller i studentpolitikken.

Verv som student

Slike verv er svært viktige. For din egen del skaffer du deg erfaring og nettverk du kanskje ikke ville fått utenfor slike verv. Og for studentene sin del kan du være med å påvirke deres studiehverdag på universitetet.

I Norge har studenter ha rett til å organisere seg. Det er nemlig fastsatt i universitets- og høyskoleloven at studenter kan opprette et studentorgan for å «ivareta studentenes interesser og fremme studentenes synspunkter». Studentene må selv ta ansvar for å velge sine representanter, men UiT har en plikt til å legge forholdene til rette slik at studentorganene skal kunne utføre arbeidet sitt på en tilfredsstillende måte. Videre skal studentorganene høres i alle saker som angår studentene på det aktuelle nivå. Dette er en viktig plattform for studentene til å utøve innflytelse over sin studiehverdag.

Studentparlamentet ved UiT

Studentparlamentet (SP) er det øverste organet for studentene ved UiT, og har en rådgivende funksjon for studentutvalgene og studentorganisasjonene. SP behandler og fatter vedtak i saker som angår studentene

nes interesser, som for eksempel fagpolitiske saker, studentvelferd og læringsmiljø. SP er også valgorgan for utnevning av studenter til sentrale styre og utvalg, og fordeling av velferdsmidler. Når det gjelder det sistnevnte er det SP som innstiller på fordeling av semesteravgift til studentorganisasjoner, som i 2015 utgjorde ca. 4,3 millioner kroner. Når det gjelder valg av studentrepresentanter er hovedregelen at studentene skal ha minst 20 prosent av medlemmene i alle kollegiale organ som tildeles beslutningsmyndighet på universitetet. Det medfører at SP utnevner studentrepresentanter til blant annet universitetsstyret, læringsmiljøutvalget, Samskipnadenstyret, klagenemnda og likestillingsutvalget m.m.

Av de 25 parlamentsmedlemmene stiller 16 til valg hvert år fra studentenes egne politiske lister. Det er ved dette valget alle studenter ved universitetet har muligheten til å påvirke systemet. Per i dag er det fem lister som stiller til parlamentsvalget: Ark-tisk liste, Grønn liste, Moderat liste, Sosialistisk Studentlag og Sosialdemokratiske studenter.

I 2016 blir det valg til Studentparlamentet i tidsrommet 6. til 15. april, og Studentombudet oppfordrer alle studenter til å stemme ved dette valget. Bruk stemmeretten din, og ta kontakt med Arbeidsutvalget dersom du har noen spørsmål om parlamentsvalget.

Studentutvalgene

Studentutvalgene (SU) er det lokale studentdemokratiet på fakultetsnivå. Studentutvalgene jobber for det faglige og det sosiale miljøet på fakultetet, og har jevnlig møter med fakultetsledelsen.

Medlemmene i SU velges i allmøter på hvert enkelt fakultet, og hvert SU har ansvar for å at det velges representanter til fakultet-, institutt- og programstyrer. SUene har også ansvar for å følge opp og tildele velferdsmidler til sine linjeforeninger, samt arrangere kurs for de tillitsvalgte.

Tillitsvalgte

Vet du hvem som er tillitsvalgt på ditt kull? Vet du hva de tillitsvalgte gjør?

De tillitsvalgte har en svært viktig oppgave i å sikre studiekvaliteten på ditt studium, og de gjør en viktig jobb både for universitetet og ikke minst for medstu-

dentene. Ordningen vil være forskjellig utformet for de forskjellige studieretningene, siden hver studieretning har forskjellige behov. Men felles for alle tillitsvalgte er at de taler på vegnet av sitt kull. De har også en innsikt i studiehverdagen din som verken SU, SP eller Studentombudet har, siden de følger forelesningen, kjenner pensum og er til stede der du er.

De tillitsvalgte bør ha jevnlig møter med institusjonen og er derfor en god kommunikasjonskanal mellom studentene og de faglig ansvarlige.

Dessverre er det i dag mange studenter som ikke har tilgang til et velfungerende tillitsvalgssystem. Grunnen til dette kan være mange, som manglende engasjement fra studenter, manglende samarbeid med universitetet eller kanskje dagens ordning fungerer så bra at det ikke er behov for tillitsvalgte? Uansett bør ordningen

eksistere på hver studieretning, og kanskje du er rette personen til å stille til valg til høsten?

Engasjerte studenter skaper et levende studentmiljø på universitetets campuser. Jeg anbefaler deg derfor; å stemme ved årets parlamentsvalg, bli kjent med ditt SU og vær med på å sørge for at ditt studium har et aktivt tillitsvalgssystem som kan sikre best mulig faglig utvikling for deg.

Har du spørsmål eller ønsker å engasjere deg, så kontakt Studentutvalget ved ditt fakultet, Studentparlamentet eller Studentombudet.

Ha en fortsatt fantastisk dag!

*Beste hilsen,
Torill,
Studentombudet ved UiT*

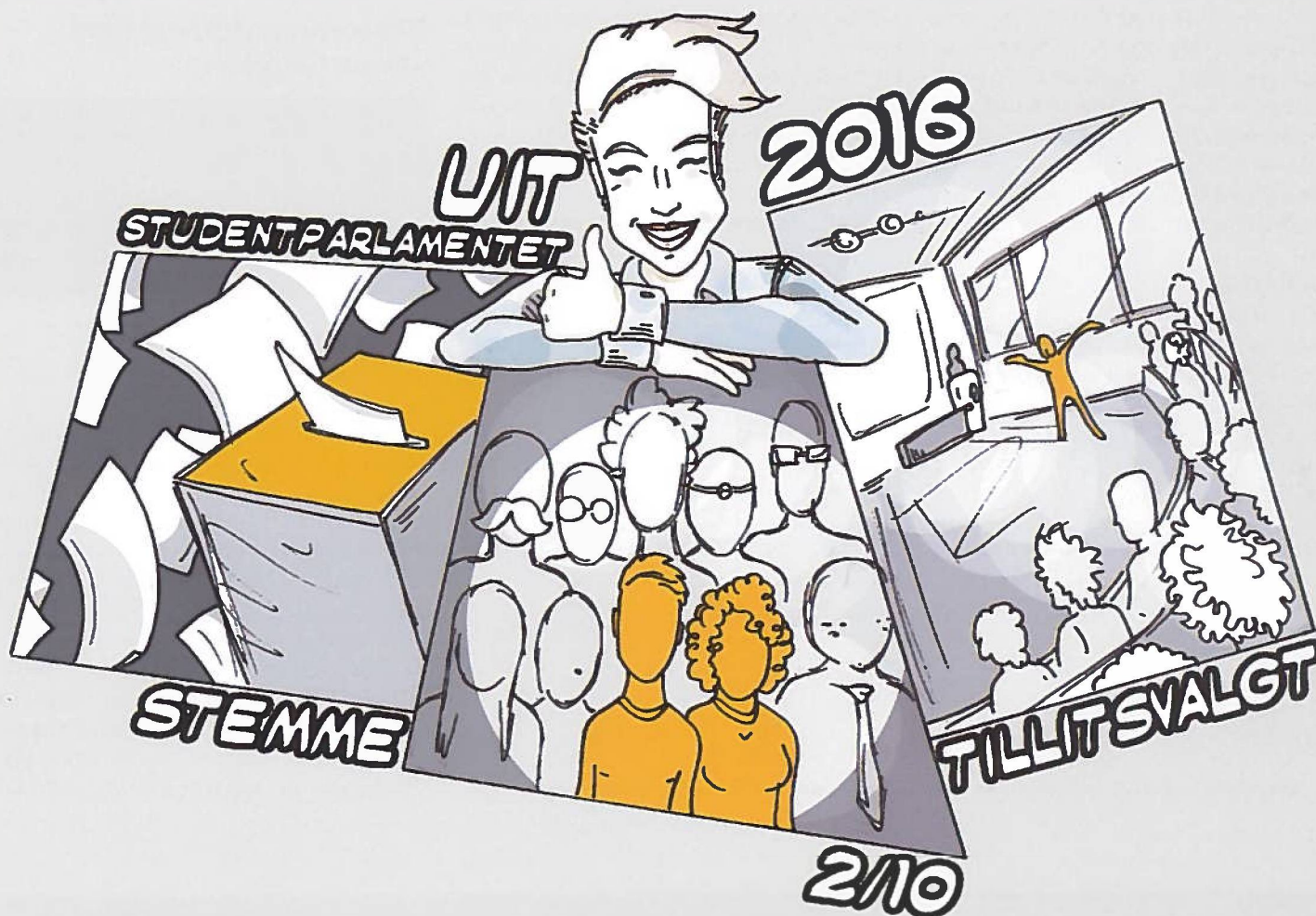
Torill Varberg er ditt studentombud. Hun kan gi deg råd og veiledning i saker knyttet til din studiesituasjon ved UiT. Studentombudet skal påse at saken din får en forsvarlig og korrekt behandling, og at dine rettigheter blir ivaretatt. Torill har taushetsplikt, og det er uforpliktende å ta kontakt.

E-post: studentombudet@uit.no

Telefon: 977 13 040

Hjemmeside: uit.no/studentombudet

Facebook: facebook.com/studentombudetUiT



Gravitational Waves Demystified

Those of us who have heard the news about the discovery of gravitational waves may have wondered, what's the big deal? Why has this news gone viral on social media? What are these gravitational waves in the first place and what difference has their discovery made in the field of science? Why has it taken so long to detect them, even if they were known to exist, theoretically, 100 years ago?

I will try to answer all these questions in this article one by one. Let's start off by understanding the fundamentals of gravitational waves.

Waves:

Waves can be described as some sort of disturbance travelling through space (you can consider space as your surroundings) as time passes. Let's understand this definition with some examples: Sound is a kind of wave which is created by the rapid back and forth vibration of an object (e.g. drum). When an object moves back, a low pressure area is created in front of it, and when it moves forward, a high pressure area is created. This phenomena continues and packets of different air pressure travel through space from that object to our ears, which are called sound waves. Fig 1 illustrates this phenomena physically. Here the disturbance is 'pressure'. Another example is water waves. When we throw a stone in a still pond, we see that ripples start from the point where the stone created an impact. The disturbance being transferred from one place to another are water waves.

Forces in nature:

I hope all of you have an idea about what a force is. If not, a force is a push or a pull

that tends to change the state of rest or motion of any object. There are four kind of fundamental forces in nature. Electromagnetic (EM) force, Gravitational force, Weak force, and Strong force. We are able to stand up straight on the ground due to both EM, as well as Gravitational forces. Gravitational force pull us toward the centre of the earth. As we are in contact with the ground, atoms on the surface of the earth and the atoms of our feet touch each other. Atoms contain electrons, which are negatively charged, and if two atoms come close to each other, they repel each other due to the overlap of electrons. Hence, an EM force acts against gravitational forces and balance each other. The other two forces that I mentioned, we do not need to concern ourselves with, as they act inside the nucleus of an atom. If you stand on a scale that reads 60 kilograms, for example, then this is the amount of gravitational force between you and the earth. For the purposes of this discussion, we will only be concerned with gravitational force.

Gravitational force/Gravity:

It all started when an apple hit Isaac Newton's head while sitting under an apple tree. He thought, why did the apple fall down? Why not fly away in the air? He developed a

theory of gravity, which explained why things always fall down on earth. This theory was not only applicable to earth, but was also a universal theory. According to Newton, every mass in the universe attracts another mass. This attraction is proportional to the product of both masses (in this case, the mass of the apple and mass of the earth). Simply put, attraction is greater if the mass of both objects multiplied together is larger. This attraction also decreases if the objects are far away and increases if they are they come closer together. More accurately, gravitational force is inversely proportional to the square of the distance between objects. The stability of the universe is only possible due to this gravitational force. Planets revolve around their sun due to gravity!

Einstein and his theory about Gravity:

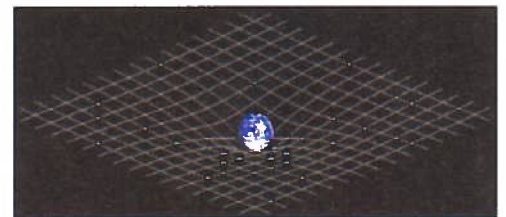


Fig. 2. Spacetime curvature

In 1905, Einstein proposed 'The Special theory of relativity'. Imagine that a police car is chasing the car of a serial killer and they want to shoot him! What should they do? They must move parallel to the vehicle of the killer at the same speed! That should make the relative speed of both of the cars zero, so that they are 'at rest' with respect to each other in order to make sure the bullet would hit the culprit. What if light was the serial killer the police were chasing? Einstein said that you cannot chase light! The speed of light is 300,000,000 m/s.

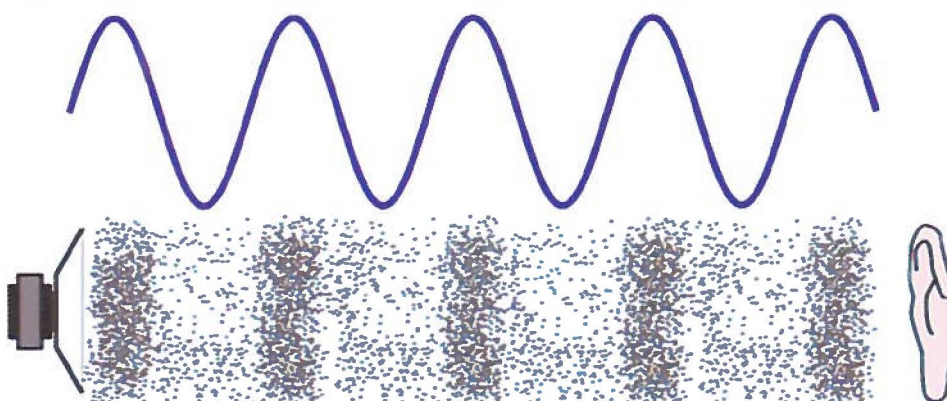


Fig. 1. Manifestation of a sound wave through air from a speaker to a human ear

Even if you achieve a speed equal to the speed of light (which you can't according to this theory), light will still be moving at its own speed with respect to you. This has some serious implications in the structure of space and time. Speed is equal to the distance moved in space, per unit of time. Mathematically, it can be shown that space can be contracted and that time can be stretched! This must sound absurd, but is what it is. If we combine space and time into a single entity, 'spacetime', we can say that now that the structure of spacetime can be altered. Think of everything immersed in this spacetime, which we can't feel, but is there!

In 1916, Einstein published another theory, the 'General Theory of Relativity'. One of the things this theory suggests is that masses in space distort the geometry of spacetime. For more clarity, see the figure 2, in which the earth distorts the fabric of spacetime. It is only the imagining of the earth distorting two dimensional spacetime. But in reality, spacetime is four dimensional – the three dimensions in which we live in, plus a time dimension. Now, you might ask, do I alter the structure of spacetime? The answer is yes, but your mass is so small that it's negligible. To detect any change, one has to look at an astrophysical event which involve massive objects, such as the collision of two stars. This kind of event creates ripples in spacetime, just as a stone would create waves in water. These ripples travel through spacetime just like waves and are known as Gravitational waves.

Detection of Gravitational waves at LIGO:

A few weeks ago, scientists at LIGO (Laser Interferometer Gravitational-Wave Observatory) announced that they have confirmed the detection of gravitational waves. These waves originated from an event in which two black holes merged together. Black holes can be created from dying stars, which are collapsing on themselves, creating such strong gravitational pull that that nothing can escape from its effective gravitational zone (the event horizon). Not even light! The mass of each black hole was more than 25 times that of the sun. When they merged, they emitted gravitational waves in all directions. Fig 3 shows a numerical simulation of the gravitational waves emitted by the merger of two black holes. The coloured contours around each black hole represent the amplitude of the gravitational

radiation. When these waves travel through space, anything the waves hit, will vibrate in one of the directions.

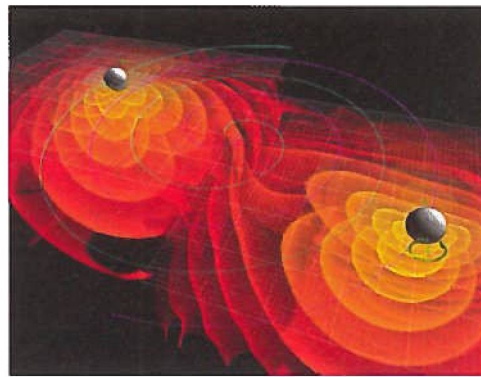


Fig. . Numerical simulations of the gravitational waves.

Experimental setup for detection.

The principle of detection of these waves is really simple, but the engineering used to construct this setup is mind blowing. Computational techniques required to detect such a minute signal was another challenge. To build this required huge amounts of money, extremely skilled personnel and advanced technology which is why it took so long to prove Einstein's theory. To confirm the detection, two similar setups located in Livingston, Louisiana, and Hanford, Washington, in the United

States, were also built. At each observatory, a 4-km long L-shaped LIGO interferometer using laser light split into two beams that travel back and forth down the arms of four-foot diameter tubes kept in a near-perfect vacuum. The beams were used to monitor the distance between mirrors precisely positioned at the end of each of the arms. As discussed earlier, according to Einstein's theory, the distance between the mirrors will change by an infinitesimal amount when a gravitational wave passes by the detector. A change in the length of the arms smaller than one-ten-thousandth the diameter of a proton can be detected. Figure 4 shows the signal of gravitational waves picked up at LIGO. This confirmed the existence of gravitational waves.

How can gravitational waves help mankind?

The simple answer is to understand our universe better! There are many things that do not emit light in our universe, such as black holes, so they can't be observed using light telescopes. We can use the gravitational waves emitted by these objects to study them. In summary, I can say that this is just the beginning and it has opened a whole new field of science. There are many more applications to be figured out!

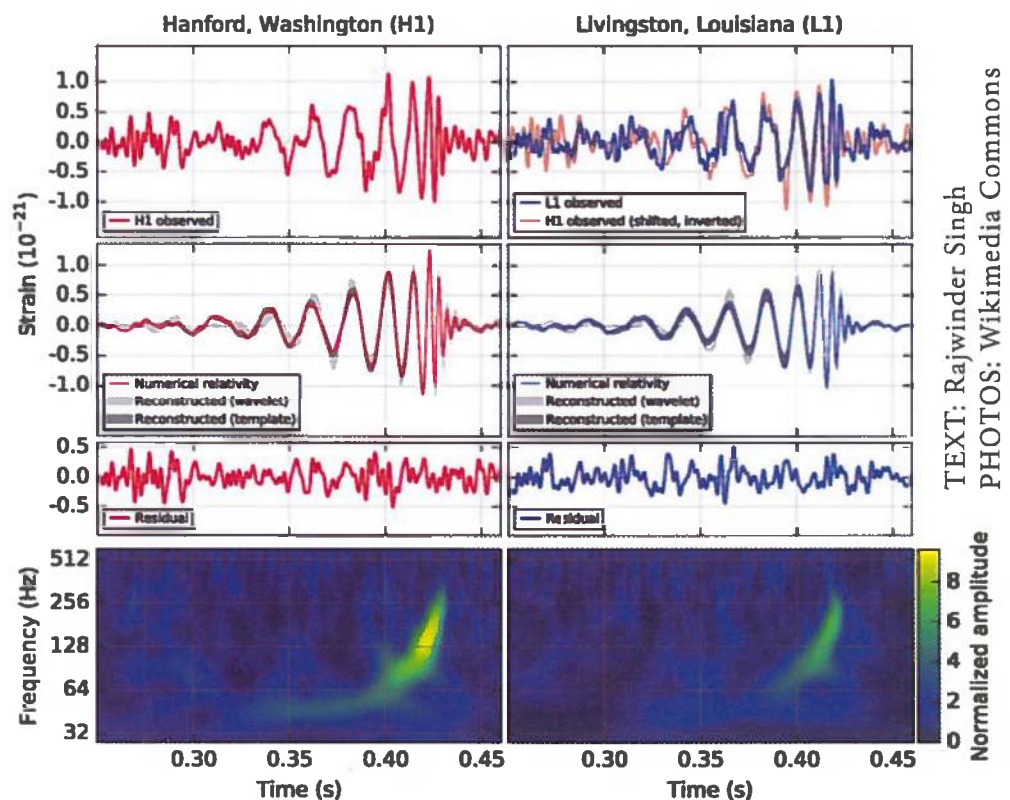


Fig. 4. LIGO measurement of gravitational waves

TEXT: Rajwinder Singh
PHOTOS: Wikimedia Commons

To visually celebrate ecology

Green combination

Are solar panels or high energy efficiency enough to call a building eco-friendly? Well, specialists in the field are still struggling with the ultimate answer to what specifically makes a building green. Ecological design should certainly combine environmental technology, resource conservation and aesthetics, but these categories are not easily defined either. This is why several rating systems were established in order to confirm the sustainability of buildings. Among the most popular are the American-based LEED and the British BREEAM. They both assess a building's level of compliance with environmental laws and regulations as well as its design, construction, operation and maintenance. In order to be considered green, a building must reduce its impact on the environment. Such reduction is often approached through optimizing energy and water efficiency, usually through employing alternative energy sources and introducing plants as integrate part of the building. Appropriate location and structure is no less significant in order to create an environmentally-friendly construction. Use of low-impact building materials, which means those that are (among other criteria) recyclable, reflective, and non-toxic, reduces waste, and again, makes the building more efficient.

A green building usually integrates different technologies and ideas in order to eliminate negative environmental impact. Its design takes into account the location (both geographical and siting) and relies on local high-quality low-impact materials. It looks for ways to produce renewable energy and reduce energy consumption. What is more, the construction fits aesthetically into the natural surroundings and the interior meets the postulates of psychological well-being.

From mud to mud

Green architecture is by no means a new invention. Interestingly, history seems to have made a full circle here - from subterranean villages of Shensi in China, through Turkish Cappadocia and sun-baked mud towers of mosques in today's Mali, architects began rediscovering indigenous materials anew in 1960's. The ages-old structures had several things in common - they were durable, made from ecologically friendly materials, perfectly used the siting and did not consume much energy for heating due to the insulating properties of mud and their earthen enclosure. At the same time they remained beautifully composed with their awe-inspiring surroundings. Following the growing awareness of en-

vironmental destruction in the United States in the second half of the 20th century, people started looking for inspiration to address the environmental issues. Some radical environmentalists moved out of polluted cities and started experimenting with constructions based on indigenous people's minimal impact on the land; but it was academic theorists who pioneered and spread the idea of green architecture, among them the philosopher of technology Lewis Mumford, landscape architect Ian McHarg and independent scientist James Lovelock. It is Frank Lloyd Wright, however, who is considered to be the father of modern sustainable housing. His work shaped the principle of blending the structure with its surroundings; in the beginning of 20th century, however, long before the word ecology was in common use, he was way ahead of his time and his ingenious ideas fell out of favor in the shadow of the upcoming wave of Modernism. Meanwhile, the grassroots environmental movement slowly grew in numbers, accelerating from the 1970's onwards (along with growing human pressure on the environment, sadly) and green architecture gathered more and more momentum. Independent think-tanks and architects developed the ideas of using regional materials as well as relying on decentralized renewable sources of energy, permaculture and waste-free constructions.



On Wednesday, February 17th, in the library of Tromsø, a very special breakfast was served. Along with crispy canapés and fragrant coffee, one could listen to a talk on green architecture. The breakfast meeting was one of the seminars under the umbrella *Green Restructuring of the North* organised by The Future in Our Hands. The speakers, Øystein Dale, development manager in Tromsø Municipality, Stig Tore Johnsen, regional manager of Peab and Rune Langseth, architect at Asplan Viak, discussed the efficiency of green buildings, their costs and how they see the development of green architecture in the High North. Before we get into details of the talk, let's have a look at what green architecture is.



TEXT: Michalina Marczak
ILLUSTRATION: Yeonwoo Baik

American architect Malcolm Wells promoted the idea that not only should the architecture have minimal impact on the environment but buildings should also be minimally visible. Hence his return to underground and earth-sheltered constructions which, despite their use of high-techs, resemble the tranquil ancient earthen dwellings.

Green buildings in the North

As much as earthen houses and indigenous environmentally friendly constructions might serve as inspiration, the issue of green architecture must be primarily addressed on contemporary terms. If green architecture is to help solve environmental problems, it should be presented from practical perspective rather than through the myth of sustainability of past cultures. First of all, there is a difference in efficiency between green buildings and traditional ones. Of course, specific energy use depends on the type of building. A green office building is about 38% more energetically efficient than an ordinary one and, when speaking of commercial buildings, the difference in energy use between green and traditional constructions is larger than 45%. According to a study conducted

in 2011, buildings in Norway use on average 225 kWh/m² which indicates that Norway still has a long way to go in order to improve the energy efficiency. Building green is usually more expensive than constructing a traditional building. Øystein Dale, from Tromsø Municipality suggests that it pays off in two cases. The first one is when one wants to rent out space to companies or organisations that have a strong environmental policy and are therefore willing to pay more for a green office. This phenomenon is steadily on the rise. The second case is when one invests in a green building to sell it after some time - the prices of green buildings are rising too. Along with purely commercial gains, green buildings hold the promise of protecting occupants' health and improving their productivity. So far, 165 green buildings have been registered by the Norwegian branch of BRE-EAM, most of them obviously in Oslo. As regards Tromsø, we can find 2 passive buildings here - the Kvamstykke kindergarten and Sommerlyst junior high school (under construction until June 2016). One more green building is currently being built by a private company planning to move their offices there. Øystein Dale says on behalf

of Tromsø Municipality: "We have had environmentally-friendly development on the agenda for the past five years, and gained experience regarding building quality and climate friendliness. We will probably do even more in the future. The aim will be to build in terms of low running costs and durability."

In order to shift from conventional architecture into sustainable designs, we need to place earth in the center of our economy. Although this slogan has been long repeated without much effect, it is slowly being grasped by the mainstream and put into practice. Sustainable solutions are getting cheaper and easier to access and people are more and more environmentally conscious. The times we live in might be one of the most exciting periods in architectural innovation in history. As James Wines, a renowned architect associated with environmental design, put it: "Architecture has the dual responsibility to help solve environmental problems, as well as visually celebrate the results".

Special thanks to Øystein Dale for answering my questions in detail.

Cool Innovations for 'Cool' Arctic Outdoor

TEXT: Yati Chen

Golden sun, clear blue sky, pure white snow, fresh air. Suddenly you have an itch to go out. Whether it is hiking, camping, snowshoeing, skiing or snowboarding, the Arctic outdoor is a perfect place. We are so blessed to live in such a beautiful yet so unforgiving natural surroundings.

Avalanche, cold temperature, deep snow, and slippery paths are just some of the dangers of the Arctic outdoor activities in winter. However, human beings always find the way to turn these challenges into something irrelevant. These cool innovations are just some of the proof that human can change unfriendly winter outdoor to be a place for fun activities.

Small Foot: the pocket snowshoes

Small Foot snowshoes are inflatable snowshoes that claimed to be the world's most compact ultralight snowshoes. The snowshoe weights only 184 grams for a pair. It is said to be easy to inflate, deflate put on and put off. The snowshoes are so comfortable to the point that you will forget you are wearing snowshoes. They are also compatible with all types and sizes of boots. A set of the snowshoes comes with a pair of front crampons, a mini pump, a deflation cap, a repair kit, an emergency mirror and whistle.



Cobra JumPack: power bank and jump starter

One of the most annoying problem in winter is that our electric devices, especially smartphones, run out of power more quickly in cold weather. This power pack is the solution. Its 7500 mAh Lithium-Cobalt battery can quickly charge your smart phones, digital camera, tablets and other devices. But the most special feature of Cobra JumPack is an ability to jump-start your car, motorcycle, boat or snowmobile. With the size of 128 x 73 x 25 mm and the weight of only 300 grams, JumPack fits easily into your pocket or purse. It also has a built-in LED flashlight. This power bank is very suitable for northern lights chasers.



Kjus BT Gloves: gloves or gadget?

What is so special about this glove? It might look just like a normal boring black glove, but you can pick up your phone calls with this glove! Talking into your glove? Yes. Kjus BT Glove is actually a Bluetooth headset. It solves the problem of freezing hand or dropping the phone when you are trying to answer your phone outdoor. There is a button for picking up phone calls on the glove, so you don't need to take off your glove or search for your phone to answer a call anymore.



SubQ Designs' Jackson Airbag Jacket: avalanche airbag jacket

Avalanche airbags in backpacks are quite common nowadays, but some skiers would prefer to ski without backpacks. SubQ Design created Jackson Airbag Jacket for this reason. The jacket is equipped with two 170-liters airbags on the sides. The harness that holds the airbags also has ski and snowboard carry strap. In addition, the jacket has an easy access beacon pocket which is an important thing in order to survive in an avalanche.



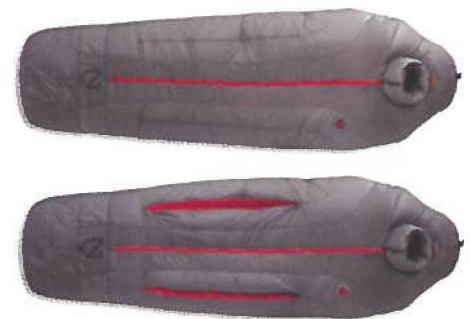
FNDN Heated Scarf: the warm and soft scarf

This trendy super soft scarf is made of ultra-soft microfiber and comes with a large 32.5 x 8 inch heated surface area. It also has a button with 3 heating mode. The rechargeable battery works for 4.5 hours on a single charge.



Nemo Canon -40 Sleeping Bag: the warmest sleeping bag

This award-winning sleeping bag is said to be the best sleeping bag for winter. It has the patent pending Thermo Gills which regulates the temperature inside the sleeping bag while keeping the cold air out. The tunnel hood has a warm air pocket to prevent cold air from coming in which can cause breathing difficulty. Two arm-zippers complete the design so you can stay warm inside the bag while sipping your coffee.



Meindl Retractable Spike Boots: boots with built-in spikes

We all have experienced the funny moments when the roads of Tromsø turned into ice skating rink. Carrying dirty spikes is not cool and stepping into buildings with your spikes on is also an act of vandalism. Meindl retractable spike boots come to the rescue. You don't even need to touch the dirty part of your boots to retract the spikes. Simply turn the dials on the heel and you are good to go on the ice. These boots are also very well insulated and waterproof.



Mattracks Powerboard: snowboarding anywhere

While hoverboard and Segway just stay home in winter, Mattracks Powerboard replaces them out in the snow. This vehicle resembles a scooter but the rider's position is similar to snowboarding. Operating with a 200cc engine, Powerboard can climb to any snow covered hills. It uses sturdy rubber tracks that can also carve the snow like a snowboard does when the rider leans his or her body to one side of the vehicle.



An evening of Healing and Learning: Isogaisa and Sami Shamanism

The name Isogaisa is familiar to many. Some look forward to the festival from year to year. Others may not know what it refers to and why it means so much to its participants. For the latter, there is a way to become more familiar not only with the event itself but to take a first step on the path to spiritual cleansing and peace. The 23rd of February brought on the introductory evening for the festival, held at the St. Elisabeth Hotel Helsehus, hosted by Ronald Kvernmo, an evening of meditation, learning and healing. Utopia had the occasion of talking to “Mr. Isogaisa” as he jovially describes himself, the organizer of both the healing evening and the yearly festival. However, Ronald Kvernmo is not just a simple organizer: he is also Sami shaman. What does that mean? Well, read on and find out!

Sami culture has many facets. It is the joy of the ethnologist and a treasure trove for the sociologist, and the trail does not stop there. Many are the lessons that these hardy people can teach the modern world. Not the least of which is their traditional conception of the world and how we as humans interact with nature. That being said, it is time to look upon a more concrete application of the rich spirituality surrounding Sami traditions and how their harmonious contact with nature can help even the “modern” and “technology savvy” member of civilization to come closer to the less material values of life.

The Isogaisa Healing Kveld began with a ritual cleansing, using smoke from birch knusk (tinder), after which everyone received chaga tea. The next step was a drum meditation, lead by the shaman. The more practical aspects followed, including a lecture about shamanism, chaga and Isogaisa itself. The final and most important phase was the meditation and healing ritual. For more details, let us refer to the man himself.

“The whole objective of the ritual is to open a channel to nature so that I can start the healing process. When everybody is sitting in a circle there is very good energy; everyone is equal and therefore it is easier to heal them. After that there will be a Sami ritual where candles will be used to transmit the negative energy into the melted wax, which will then be poured into water to solidify and show what kind of sickness there was in the person. The candle itself is then impure and only I may touch it. Once the wax is collected, it can be disposed of in three

different ways: it may be burned, buried or thrown into the sea. In this way I practically take the negative energy and sickness and give it back to Mother Nature and it will return as positive energy.”

Can you tell what kind of sickness affects a person by the wax?

“I can, but I may never tell, firstly because when you’re in a circle with many people it is hard to tell each person at a time, but also because it is important that everyone look for themselves. The very first thought that comes to mind when you look is usually true and you will know it in your heart. It doesn’t have to be a negative thing either; it could be your totem animal helping you, but the important thing is that they look for themselves because that starts the process inside. We all have a healing energy and this is the process by which we can flip that switch to turn it on. Understanding what you see can take a day or two or a week, but the important thing is to ask yourself what the problem is.”

Could you tell us about the origins of this ritual?

“This tradition is common to the Sami and people in Siberia, but there are different ways to carry it out. My relatives lived in villages, called sida, of three or four families, all living together in the tundra. If someone was sick, the shaman would bring them to a cold water spring. They would boil reindeer fat, and the ritual would involve walking seven times around the sick person, and on the seventh round they would pour the fat

into the water and it would freeze. In such small villages the families are very close; it is all for one and one for all and everyone is needed for the ritual. People must trust in each other.”

So changing the way we think can be a form of healing?

“Yes, it’s all about positive energy. The Sami used to sacrifice for happiness, it was called reinlykke, reindeer happiness. Some people are happy and lucky all the time and everything they touch turns to gold. You can fill a room with good energy by using the Sami way of thinking. They sacrifice things like coffee, meat or fish into the fire, making a ceremony, seeing the smoke go up as a present for the spiritual world. You give something and receive something back, but it’s important to give it with a clean heart. We say that if you send out bad energy it will travel around the Earth and hit you in the back.”

Tell us a bit about yourself, and how your journey began.

“When I was about 12 we lived in a big forest, a military area with lots of roads everywhere and I liked to bike around on them. It was very quiet usually. My brothers and sisters would play football together and such, but I liked to be alone. I started to feel a kind of surrounding energy, to feel that my ancestors had been in these woods, that they might have had a fire here, or kept reindeer there.

Later in my life I forgot about it and lost interest. When you’re 18 you think about

motorcycles and girls and so on, but more and more it started coming back, until when I was about 30 and I felt that my life had been for nothing. My interest for Sami culture grew and I understood that this was my calling; I had lost my culture so now I had to take it back. I read books by Ailo Gaup, a very famous shaman who unfortunately passed away last year. Then one day I went skiing up to a holy place, a sied stone, and tried doing a ceremony. I didn't really know how, but I lied down on a reindeer skin and closed my eyes. I tried playing the drum for a while but nothing happened. Then as I lay there I started to hear the grass, the flies, people, but when I opened my eyes there was nothing there. I did it again and could hear the birds, everything, it was a very comfortable feeling and I didn't want to stop and leave, the energy was strong. After a long time I opened my eyes and it was completely dark, the moon was shining, and I was freezing. Luckily I had my skis and my big strong dog that helped pull me away. It took about an hour to get back to the car. When I got home I realized that this was dangerous to do alone, so I contacted Ailo Gaup, and joined a course he held with eight of us, all sitting in a circle, and during a weekend he taught us how to meditate and play the drum. That's when it started for real, and I followed his teachings for many years."

Are there many shamans like yourself today?

"No, there are very few left. There are many who heal, but few who are actually shamans. I travel around teaching groups, and in a group of ten maybe one person might have the power. Of course there are also those who say that they can do it but only to trick people. However, it is a serious gift and must be respected."

Is it easier to conduct a ritual in nature, where there aren't cars and noises and smoke?

"Not necessarily. Here for example it is warm, we can sit down and it is very comfort-

table. But there is indeed very good energy in nature; for example I once did the ritual up in the mountains with a reindeer herder. His wife was a famous joiker and she actually started the ritual with a joik she composed especially for the occasion, and it made us feel as if the world around us had gone back to 10,000 years ago."

Tell us a few things about what Isogaisa means to you and to those who participate.

"Isogaisa is a festival which takes place in Lavangen in August and lasts for about one week. I think it is the most unique festival in Norway or the world for that matter. The first thing to know is that there are no drugs or alcohol allowed. We are totally strict with this rule, one of the many reasons being that there are also many children there. It functions like a meeting place, where people come from all around the world to talk and give good energy. We invite artists from Russia, Finland, Latvia, Sweden and so on; Latvians are especially musical, all of them can dance and play and sing. Mother Isogaisa, Ekatarina Korkina also joins us."

How many people usually attend?

"Usually around 300 to 400, they aren't that many. We have a big tent in the middle for everyone, where the holy fire burns continuously. That is where people can make sacrifices. People from Russia throw coins into the fire, while the Sami throw coffee. We also used to drop coins into the sea before fishing. This reminds me of another old tradition which is to follow the seagulls to where they dive into the water, because that's where the fish are; after you catch some, the entrails are thrown to the gulls as a way of thanking them for their help. It gets noisy but it's a lot of fun, and it's all about giving back for what you receive."

A while back we also began hosting a sweat lodge run by some Danish people, but it

had to be moved further into the woods because they were walking around naked all the time!"

So you encourage people to bring their own traditions with them to the festival.

"Yes, the Sami way is to invite and be hospitable. You don't get Sami friends, you get a Sami family. First they may give you coffee, the second time you get it yourself, the third time you have to make it and soon enough you may find that they have given you one of their babies to hold and then you know you have been "adopted" and are always welcome."

What about chaga? It seems to play a very important role in many of your traditions.

"Drinking chaga can imply a special ceremony. It is not obligatory but it helps; you focus your energy on the birch forest, old and humid. That's where the chaga people live, and they are there to help. When they put their hands on the bark of a birch tree, that's where the chaga grows as a gift. It is similar to yin and yang, the black chaga and the white birch, and represents how the spirits can be good or bad. Bieggolmmai, the spirit of the wind can blow away mosquitoes and help sailing, but he can also kill. However, the chaga spirit, Bahkkololmmai, only gives and gives. If you respect him he will always give you more. If you offend him he will sometimes give you chaga only high up in the trees, making you have to work harder to climb up and get it, but the chaga up there is very strong."

And there you have it, folks, a truly interesting insight into the proud traditions that are resurging in the world thanks to the revival of the Sami way of life. Old traditions have much to teach us in an era of information overload where speed and efficiency is everything. Sometimes slowing down, taking a deep breath and connecting with nature can do more than just offer a break. It might even heal.

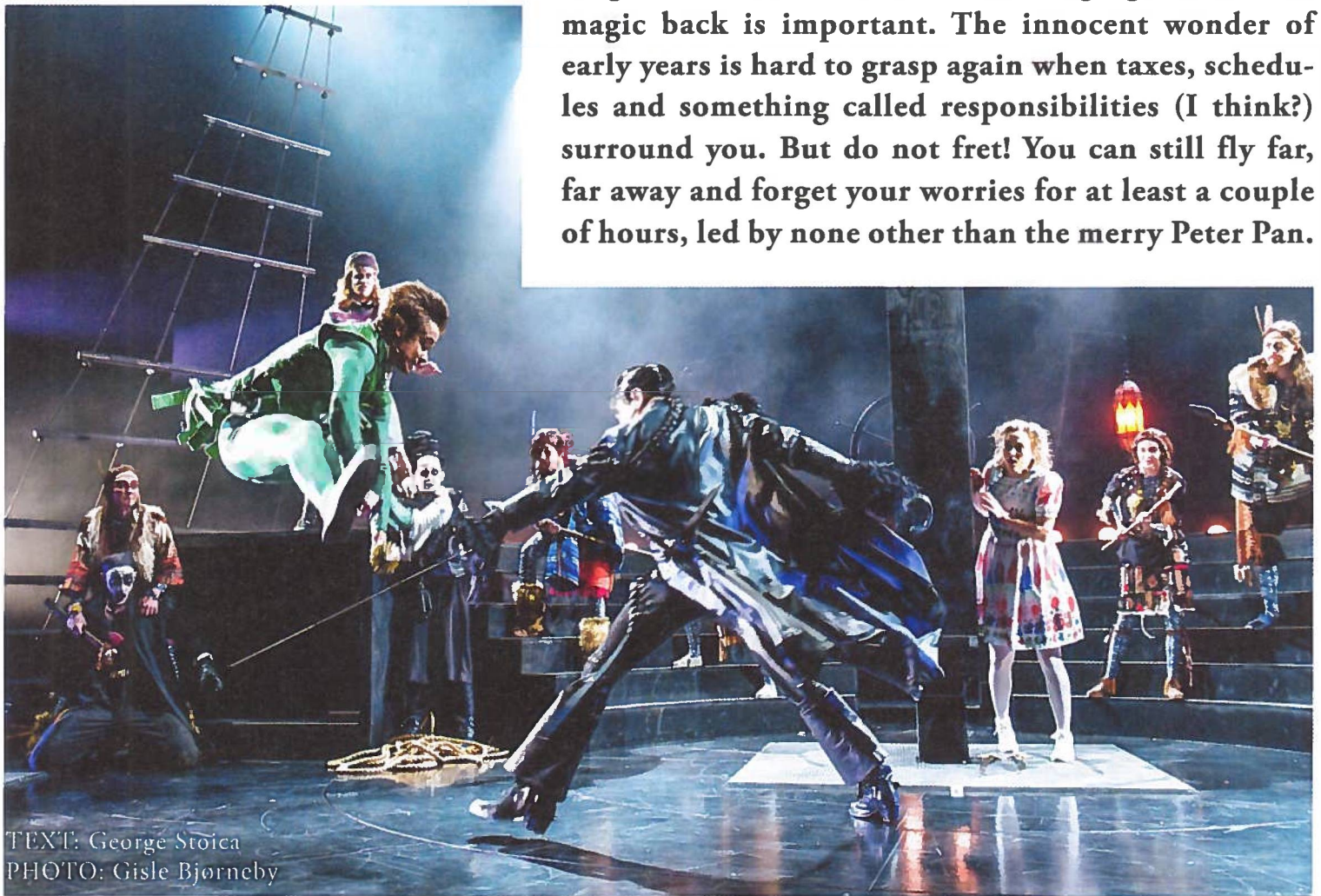
TEXT: George Stoica
PHOTO: Kevin Ochoa

ISOGAISA FESTIVAL FACTS:

- The first edition of the festival took place in 2009
- Anyone can volunteer to help; for more information and to sign up visit isogaisa.org/frivilig.php
- The festival this year will take place from the 16th to the 21st of August, in Fjellkysten, Lavangen
- Children under 15 are given free access
- There are no drugs or alcohol allowed, and breaking this rule gets you a 10-year ban

Peter Pan

Who among us doesn't miss their childhood? Anyone who doesn't have to go to classes and work for a living, that's who! So for the rest, bringing a bit of that magic back is important. The innocent wonder of early years is hard to grasp again when taxes, schedules and something called responsibilities (I think?) surround you. But do not fret! You can still fly far, far away and forget your worries for at least a couple of hours, led by none other than the merry Peter Pan.



TEXT: George Stoica
PHOTO: Gisle Bjørneby

The Hålogaland Theatre's production of Peter Pan, which debuted on February 25th, is an ambitious project even on paper. Besides the main cast, there are five stunt artists and twenty (!!!) drama and dance students from Kongsbakken Videregående skolen. Add to this a mobile stage setup coloured by acrobatics and swordfights and it seems like something way too overproduced for a target age so low.

Nothing could be further from the truth. The cast shines, and each character brings their own little nuance to the bright palette on display. A very special mention goes out to Kristian Figenschow Jr. for his portrayal of the bumbling yet endearing pirate Bill, who had the audience laughing with every line that came out of his mouth. The public loved him. His comedic punches were just what the show needed to break up the drama and action. And speaking of action, oh boy, this is where Kristoffer Jørgensen deserves all the praise. The swordfights

aren't just slow-motion swings two feet away from anyone's face, no sir: the actors get up close and personal, the blades sing as they meet, Captain Hook uses his eponymous weapon nimbly in battle, the Indians use actual spearing techniques when fighting, and there were so many other things that made these fights some of the most interesting parts of the show. Again, it doesn't matter if you're eight or eighty, seeing those scenes will grab you and hold you until the very end! Granted, one such scene taking place on the pirate ship had so many different fights going on at the same time that it was hard to keep track of everyone, but I guess it would be true to life when thinking about it. If anything, it encourages multiple viewings, just so you can see all the effort that was made to bring life and detail to those parts of the story.

The last point that needs mentioning is the stage setup. Based around a modular concentric design, the ingenious construction was capable of rendering everything

from a bedroom, to an island, to a pirate ship, to a lagoon, plus a few others which I won't spoil for you. The whole design meant that there was almost no need for the tech crew to come onstage and drag stuff in and out, except for the larger items. Sorry techs, but no one wants to see you! The whole idea was seamless and worked perfectly. The pirates also made use of the actual theatre hall itself, coming in and out through the entranceways, leering at the crowd and making them feel the threat and unease of being around pirates in black metal makeup. At one point two of them even... actually no, I'm going to spoil the excitement of seeing it firsthand.

The bottom line is that this is not just a production for kids. Their wonder and amazement was shared on the faces of the grownups that came with them. Indeed, there were no adults in the audience that evening, for they were somewhere far away, worrying about boring stuff whilst we were all in Neverland.

On Thin Ice

PHOTO EXHIBITION

TEXT: Yeonwoo Baik
 PHOTO: Nick Cobbing

The range of objects in the photographs exhibited in the photo exhibition «On Thin Ice» is wide. You see the day, the night, researchers, sea creatures, scenery—anything that you might be able to see in the ice-covered Arctic Ocean. But still, it seems that there exists one word that can link all those photographs of different objects: beautiful.

Let's read what is written on the introduction of the exhibition on the website of Framsenderet: "For six months, the ship «Lance» was a station for researchers who gathered knowledge about melting sea ice through the project «N-ICE2015». Follow the researchers from polar night to midnight sun on the drift ice." The description made me think of photographs with academic atmosphere, which follow the activities of researchers studying the sea and the ice. And the photographs presented on the website were actually like that. The description on the first floor of the exhibition venue explains «N-ICE2015», an abbreviation of Norwegian Young sea ICE cruise, as a project that aims to collect correct data that will improve the accuracy of Arctic change models. To reach the goal, a research station has been established in the arctic drift ice, and researchers could follow the process from the beginning till the end. Again, the photographs presented with the description seemed very academic. But don't be inti-

midated, for you can find beauty everywhere, both in ideas and in forms.

The sunlight breaks on the sea ice creating a dazzling sight. The night embraces the lonely tent of the researchers, and the shadows of the researchers are cast upon the walls of the tent as if the tent is the stage of a shadow theatre. A thin slice of sea ice shines with thousands of colours as polarised light falls upon it. A sea creature studies its reflection on the air bubble. The vast scenery of sea ice, also isolated and covered with snow, springs onto us. All these scenes are exquisitely captured—and yes, let's not forget the beautiful researchers concentrating hard on their mission.

I guess you all have encountered a sentence like "I felt how small a human being actually was as I stood looking over the vast nature spread out in front of my eyes." once in your life. Such a cliché, but you will not be able to avoid thinking of

a similar kind of sentence. Don't be embarrassed, though. For it is quite a natural consequence of seeing a ship and humans that were once filling the whole frame of photographs recede into the background and become one of the many other elements comprising the vast, grand scenery of arctic sea ice. Objectively speaking, the photographs are rather large and the resolution is absolutely high. However, as you stare more and more at the vast sea with cracking ice, or at the ship making its way through the misty wilderness of ice, you will discover yourself craving for even more.

You can enjoy the exhibition at Framsenderet, on the first floor at the library and on the second floor between 09:00 and 15:00 from Monday to Friday. And don't forget to look into the corridor on the left hand side of the second floor, for you can see amazing six prize-winning photographs of nature taken by Audun Rikardsen from the mainland and Svalbard.



Mens Sana in Corpore Sano

TEXT: Outi Autere

ILLUSTRATION: Sonja Zakharova

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

It is the year 2016. Years seem to pass by faster the older you get. Depending on your relationship to yourself and with yourself, life can float past you without you even really realising it. Or, you can choose to make the most out of it, through its sorrows and its delights. Reaching a connection with yourself where you really live and seize each moment can be achieved in number of ways, however the importance of being present and true to oneself cannot never be highlighted enough.

Lacking a connection with yourself may result from repressed feelings that for some reasons were not safe to feel as a child or from circumstances where survival has become more important than to work of one's mind. The problems start to pile when there is no room or safe space to feel.

Luckily, over recent years, even our western society has finally started to approve the connection with our mental minds and our physical bodies and thought as an entity. Therefore they cannot be treated or dealt though they were entirely separate. Put simply, your thoughts can have a great influence on the way your body works, just as how what you do with your body can effect your mental well-being. Mental well-being means that you are feeling positive both about yourself and the world around you.

Everyone knows how great it feels after a good workout, or, how even a short walk after a long day in the office can make you feel quickly relaxed and reborn again. That alone should be enough to realize that mind works better when connected to a healthy body - as the ancient Romans pointed out long ago; *Mens sana in corpore sano* (healthy mind in healthy body).

There are also clinical evidences showing a link between physical activity and mental well-being. Physical activity causes chemical changes in the brain by releasing

neurotransmitters like endorphins, which have a direct relationship with the elevation of mood by increasing feelings of satisfaction and pleasure. This means that physical activity can, not only protect people from anxiety and depression, but also cure it. Scientists have actually found that being physically active is as effective at curing depression as drugs or therapy.

Say what?!

Yes, being physically active is as effective at curing depression as drugs or therapy.

This result came from a summary of 39 different evidence-based studies made by Cochrane Community, a global, non-profit organisation of health practitioners, researchers and patient advocates free from commercial sponsorship or other conflicts of interest. Perhaps now it makes more sense, since the research is not commercially driven, but instead simply for the purpose of helping others. This is not to say that the value of drugs or therapy should be cheapened or degraded (in many cases their effects have been found to be valuable), but to raise awareness about how the human body and mind are interconnected, and therefore demonstrate the size of the impact one can achieve with personal life choices alone.

Feeling blue, tired or depressed can leave you low in energy, which makes getting active more difficult. However, being active doesn't necessarily mean hours in the gym, sweaty group classes or competitive sports. You can do housework, mow the lawn or walk to places you used to go by bus or by car. The only thing that matters is getting started. To repeat that: **the only thing that matters is getting started**. After that it gets easier every time. The resulting decrease in depression is shown to be greater the heavier and more regular exercise is - but anything is better than nothing. There are no disadvantages for health in exercises carried out properly, yet there are multiple disadvantages associated with immobility.

Life, as we understand it, is a complex thing. Since the early ages, the meaning of life has been contemplated, whilst the concept of having a good life is pretty subjective and culturally dependent. However, time goes by with or without us in it, so as long as we are here, wouldn't it be nicer to be part of it - mentally AND physically?



Exercises of the Month (All full-body blasts):

Thruster

A combination of a front squat and a push press. Starting position is with the barbell (with suitable weight, or for beginners no weight at all) in the rack position (across the chest and shoulders), the athlete squats (hips go below knees) and then stands, driving the barbell overhead, arms straight.

Wall Ball

Squat down using athlete squats. As you return to standing, toss a large medicine ball to the height of 2,5m (or higher) with a standing distance 0,5-1m from the wall. Catch the ball on the way down to the squat position.

Overhead Kettlebell Swing

Start with the kettlebell about 30cm in front of you on the ground. Hinge (not squat) forward to grab the kettlebell.

Swing the kettlebell between your legs while keeping it high and tight. Forcefully thrust your hips to move the bell forward and above your head, keeping your arms straight. It is super important to squeeze the glutes and abdominals to prevent damage to the lower back. Bring the kettlebell back between the legs with control and repeat without stopping the movement.

Burpee

Begin in a standing position. Drop into a squat with your hands on the floor and then kick your feet back to a push-up position before lowering into a push up. Rapidly return your feet to their standing position, then explode up, jumping from the ground and bringing your hands over your head. Land softly and continue with the next rep right away.

N.B. Burpee is the best (and most hated) exercise ever!



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

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

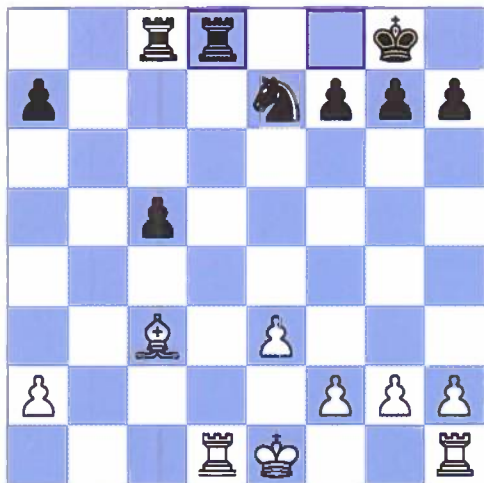
Lagsjakk i NNM og Eliteserien

TEKST: Simon Steinnes

Den første helga i mars ble Nordnorsk Mesterskap i lagsjakk arrangert i Tromsø, med lag fra alle de tre fylkene i landsdelen. Samtidig ble de siste rundene av Eliteserien 2015-2016 spilt i Oslo, og Tromsø var blant lagene som kjempet for å unngå nedrykk. I nest siste runde spilte Tromsø mot OSS, som hadde både Jon Ludvig Hammer og Simen Agdestein på laget, Norges to sterkeste spillere etter Magnus Carlsen. Heldigvis har også Tromsø sterke spillere, og da tenker jeg spesielt på Maxim Turov, en russisk stormester som har bodd i byen i noen år. Denne gangen spilte han et meget godt parti mot Eliteseriens eneste spiller ratet over 2700.

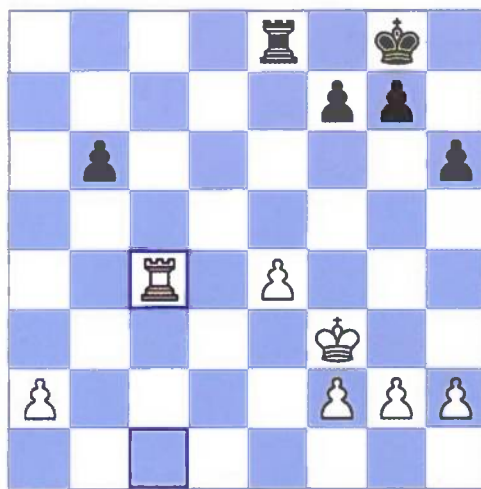
Maxim Turov (Tromsø) -
Jon Ludvig Hammer (OSS)

1. c4 e5 2. Sc3 Sf6 3. Sf3 Sc6 4. e3 Lb4
5. Dc2 d6 6. Sd5 La5 7. Le2 Sxd5 8.
cxd5 Se7 9. Da4+ c6 10. b4 Lb6 11.
dxc6 bxc6 12. Lb2 O-O 13. d4 exd4 14.
Sxd4 c5 15. Sb3 Ld7 16. Lb5 Lxb5 17.
Dxb5 Tc8 18. bxc5 dxc5 19. Td1 Dc7
20. Dc4 La5+ 21. Sxa5 Dxa5+ 22. Dc3
Dxc3+ 23. Lxc3 Tfd8



Hvit har en komfortabel fordel. De sorte bøndene på dronningfløyen er svakere, og den hvite løperen er en effektiv brikke.

24. Txd8+ Txd8 25. Ke2 Sd5 26. Tc1 h6
27. Ld2 Tc8 28. e4 Sb6 29. Le3 Te8 30.
Kf3 c4 31. Lxb6 axb6 32. Txc4



Sort har gitt bort en bonde og byttet ned til et tårnsluttspill. I denne typen sluttspill er det ofte mulig å holde remis selv om man ligger en bonde under, men Turov spiller presist og utnytter motspillerens små unøyaktigheter. Det er vanskelig å se hvor sort gjør den avgjørende feilen.

Ta8 33. a4 Ta5 34. Tb4 Kf8 35. e5 Ke7
36. Ke4 Kd7 37. Kf5 Ke7 38. f4 Kd7 39.
h4 Kc6 40. Tc4+ Kd7 41. Tb4 Kc6 42.
Td4 b5 43. axb5+ Txb5 44. Td8 Tb2 45.
g4 Tb4 46. h5 g6+ 47. hxg6 fxg6+ 48.
Kxg6 Txf4 49. e6 Txc4+ 50. Kf5 Tg1 51.
e7 1-0

På resten av bordene gikk det ikke fullt så bra for Eliteseriens eneste nordnorske lag. Tromsø tapte matchen med 1.5 - 4.5 med en seier og fire tap. I siste runde spilte

Tromsø mot tabelljumbo Sotra, og Tromsø måtte helst vinne matchen, og i alle fall ikke tape. Flere av partiene gikk frem og tilbake, men til slutt vant Tromsø 4 - 2 med tre seire og ett tap. Med det berget Tromsø plassen i eliteserien.

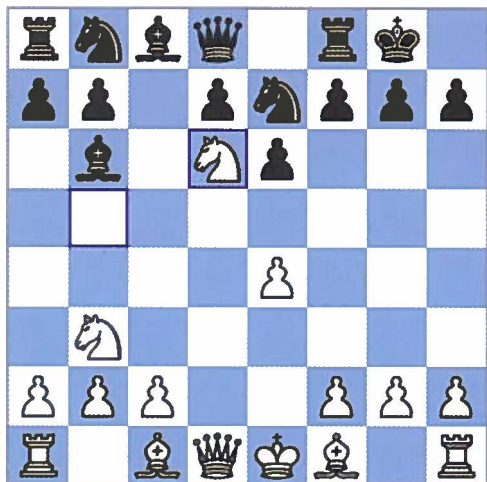
Hjemme i Tromsø var det turnering om NNM-tittelen i lagsjakk. De fire lagene var Alta, Narvik, Tromsø 2 og Tromsø 3, siden førstelaget var opptatt med eliteseriespill og Tromsø måtte stille med et ekstra lag for å få partall i turneringen. I tillegg til NNM-tittelen ville vinneren få en sjanse til å kvalifisere seg til Eliteserien, men siden Tromsø allerede er der, var det bare Alta og Narvik det sto mellom. De to lagene møttes i siste runde, og Alta hadde en knapp ledelse på ett poeng. Narvik trengte seier, mens Alta ville klare seg med uavgjort match. Her er partiet fra bord 1 i den avgjørende matchen:

Andre Nielsen (Alta) -
Kjell Ole Kristensen (Narvik)

1. e4 c5 2. Sf3 e6

Kristensen spiller Siciliansk forsvar, kanskje det mest kompromissløse man kan spille mot kongebonden. 2... d6 er det vanligste trekket, men 2... e6 unngår mange av de mest populære teorivariantene og har blant annet blitt spilt av Anand under VM-matchen mot Carlsen i 2014.

3. d4 cxd4 4. Sxd4 Lc5 5. Sb3 Lb6 6. Sc3 Se7 7. Sb5 O-O 8. Sd6

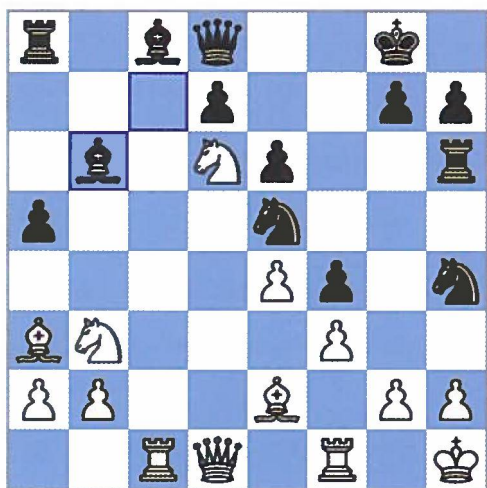


Hvit har flyttet samme brikke tre trekk på rad, og dette er vanligvis en dårlig ide. Springerer står likevel ganske godt på d6, der den blokkerer d7 og hindrer sorts utvikling.

8... Sbc6 9. Le2 f5!

Et aggressivt trekk som angriper sentrum og forbereder angrep på kongefløyen.

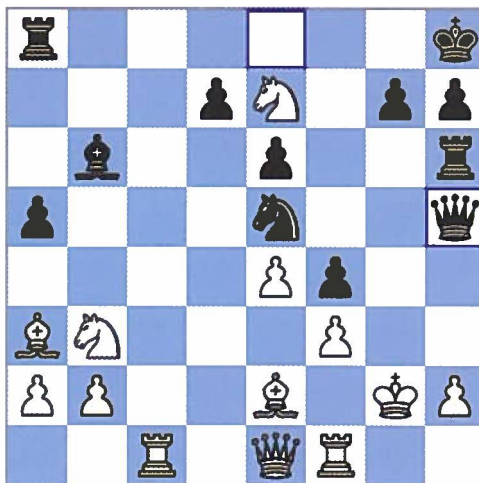
10. O-O f4? 11. c4 Sg6 12. c5 Lc7 13. Ld2 Sce5 14. Kh1 b6 15. Lb4 a5 16. La3 Tf6 17. f3 Sh4 18. Tc1 Th6 19. cxb6 Lxb6 20. Sxc8?? Sxg2??



Begge spillere overser 20... Dg5!! med vinnende angrep. Stockfish angir 21. g4 Shxf3 22. Se7+ kf7 23. Tf2 Sxg4 24. Dg1 Sxf2+ 25. Dxf2 Lxf2 26. Lxf3 Txx2+ 27. Kxx2 Dg3+ 28. Kh1 Dh3# som den raskeste mattvarianten, men for oss vanlige dødelige er slikt veldig vanskelig å se. Etter trekket som skjedde i partiet finner

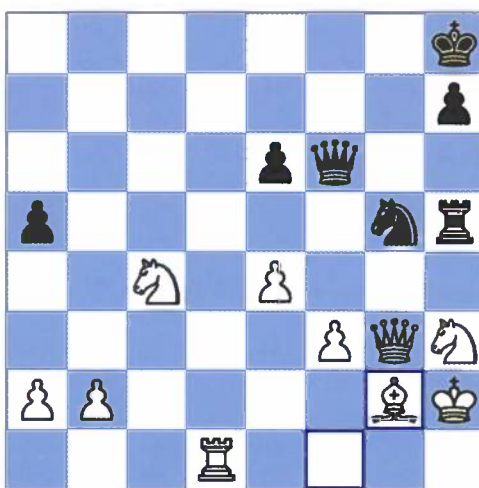
hvit et pent mellomtrekk som sikrer vinnende fordel:

21. Se7+! Kh8 22. Kxxg2 De8 23. De1 Dh5



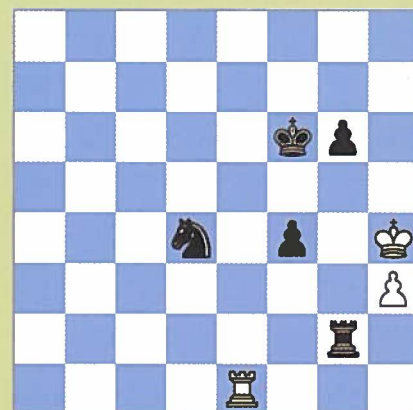
Får dronningen med i angrepet. Det kan se skummelt ut, men sort har rett og slett ikke nok brikker igjen, og hvit forsvarer seg presist. Se og lær:

24. h4 g5 25. Lc5 Lxc5 26. Txc5 d6 27. Tc8+ Txc8 28. Sxc8 gxx4 29. Kh2 Tg6 30. Df2 Tg3 31. Sd4 De8 32. Sxd6 Dd7 33. Sc4 Sf7 34. Td1 De7 35. Lf1 h3 36. Se2 Tg5 37. Sxf4 Df6 38. Sxx3 Th5 39. Dg3 Sg5 40. Lg2



Sort ligger nå to offiserer under uten nevneverdig kompensasjon, og valgte derfor å gi opp. Med dette partiet sikret Alta seieren i turneringen, selv om det siste partiet enda ikke var ferdig, og skal senere spille en kvalifiseringsturnering om plass i Eliteserien. Neste sesong har vi kanskje to nordnorske lag i øverste divisjon.

Månedens nøtt



Hvit trekker og holder remis.

Send inn svar med navn til [sst067@post.uit.no](mailto:ssst067@post.uit.no) innen 1. april, og vær med i trekningen av fine premier.

Vinneren publiseres i neste utgave.

Vinneren av forrige utgaves nøtt er Kristian Hansen Schmidt.

Gratulerer!

The Dance of the Arctic Fairy

TEXT: Lyonel Perabo
PHOTO: Marvin Pope

Acclaimed artist Elin Kåven just released her third album, *Eamirtni/Rimeborn*. This provides the perfect excuse to go back to the singer's back catalogue and review this brand new album in context through a well-deserved retrospective.

A Low-key Rise to the Top

Elin Kåven has been making music for more than a decade now, and her evolution as an artist over all these years is probably as fascinating as her actual musical output. Elin's musical career became public in 2005 when she released her first songs in the form of a limited EP. Her style on this record was quite far-removed from what she'd later become known for: the EP was essentially an exercise in modern Sámi rock in which songs were very much structured and dominated by an electric guitar as well as a full backing band. After this first attempt, Elin waited a bit before unveiling any new music. Then, in 2008, she re-appeared, this time on the forefront of the Sámi music scene with a brand new song, *Áibbas Jaska/All Still*, which won this year's prestigious Sámi grand-prix. This victory really kickstarted Elin's musical career and she used the funds and the exposure gained following her victory to record her first full-length album.

Under the Arctic Spotlight

Her first album, *Jiknon Musihkka/Frozen Music* was conceived through a collaboration with well-known music producer and session-man extraordinaire Ole Jørn Myklebust who, incidentally enough, is known among other things for his work with *Mari Boine*, Elin's musical idol. The album, released in late 2009 was received positively by the Sámi and North-Norwegian musical press. *Jiknon Musihkka* was at heart, a world-music album dominated by a mixture of folkloric instrumentation and more atmospheric electronic experimentation. A very contemplative album, *Jiknon Musihkka* delivered the goods and gave Elin's music a greater exposure, which permitted her to start performing live on a more regular basis. During her

shows, Elin, most often dressed in a intricate self-designer costume inspired by traditional Sámi crafts, spent just about as much time dancing as singing. Indeed, besides her musical activities, Elin is a trained belly-dancer who often has to travel quite a lot to perform both in Norway and in the rest of Europe.

Atmospheric Consecration

Elin's second album, *Máizan/Thaw* took some time to finally come out, in 2012, but the final product was well-worth the wait. Written and recorded in collaboration with the towering Finnish guitarist *Juhani Silvola* (previously a member of *Adjágas*), Elin's second album was nothing short of a consecration. Taking her first album's concept of a mixture of folk and electronics, this new release brought her artistic musical concept to the next level with even more melodic, atmospheric and dynamic songs leaving enormous breathing space both for the singer's hauntingly eerie chants and a multitude of masterfully played instruments. The performance of Scottish fiddler *Sarah-Jane Summers*, who spiced the album with her energetic yet subtle style was especially commendable on a record which left very little to be desired. Following its release, Elin received more press than ever before, in part due to the single *Vaimmu Cuovga/Heartlight* that she performed live on national Tv and in front of panel including among other the Royal family at the occasion of the celebration of the centenary of the female suffrage in Norway.

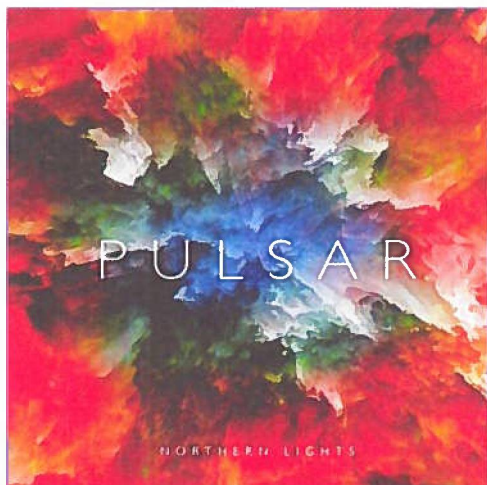
Return of the Fairy

Following the critical acclaim of her second full-length, Elin worked hard to publicize her music both in Norway and

abroad. In 2013 she signed with the German label *Nordic Notes* which re-released her *Máizan/Thaw* album and in November 2014, Elin performed on her first-ever German tour, playing in five different cities. In 2015, Elin and Juhani were already back at work on what would soon be known as *Eamirtni/Rimeborn*, the singer's third album. Released as a stately digifile by Nordic Notes, the album distinguishes itself from its predecessors by taking a somewhat different direction. It is quite clear when listening a few times to *Eamirtni/Rimeborn* that Elin has matured her concept enough that she's finally completely comfortable taking risks and experimenting: the singer masters classic joik melodies on *Dohkká/Doll*, creates wall of sound mixing vocals and fiddle on *Muorat Dánsot/Trees dance* and even sings a song she wrote about her (fluffy) cat, *Lynxie*, on track three!

On the whole, the album feels more like an exploration of an expending artistic concept than a simple collection of songs. Indeed, no two tracks sound the same! From the slow, melancholic acoustic song *Gárdin-Áhku/Grandmother Inga* to the joyful, guitar-driven *Friddjal/Free*, musical landscapes are crossed and mined for all they're worth, and while as a result, *Eamirtni/Rimeborn* might not display the same solid homogeneity as its predecessor, it nevertheless establish itself as a dynamic witness to the ever-evolving artistry of Elin Kåven who arguably represents not only the best of what Sámi, Folk and World music has to offer today but also what it likely will be tomorrow as well. Thanks to Elin and her team of gifted band-members, it's quite an exciting time for those of us who delight ourselves listening to music which is both ancient and new, unique and universal and most important of all, beautiful.





ARTIST: Northern Lights
ALBUM: Pulsar
RECORD LABEL: Northern Lights
RATING: 5/6

Music made for the sake of music, not for the thirst for fame

TEXT: Stefanie Singh

Although the name might suggest it, Northern Lights is not a Norwegian band, but a band from Germany whose songs are sung in English. On their brand new mini album "Pulsar", the songs are even exclusively in German, yet the quartet isn't completely unknown in Norway. At least not their frontman Jonas Nay, whose performance of the main character Martin Rauch / Moritz Stamm in the TV series "Deutschland 83" (In Norwegian: "Tyskland 83"; broadcasted on NRK1) kept us in suspense this winter.

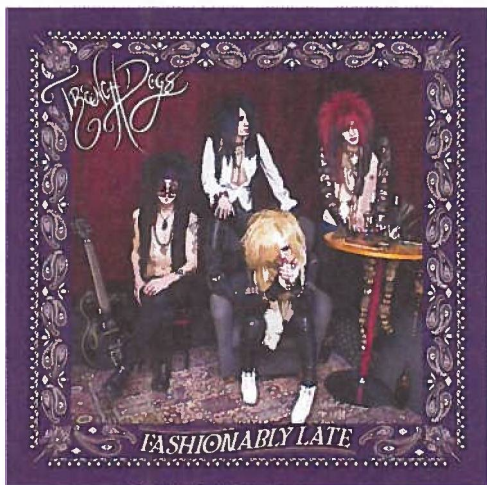
Northern Lights is consisting of four music students from Lübeck who are all specialised in jazz, so those who don't take pleasure in hip hop and rap shouldn't be put off by the beginning of the opener "Schlendrian"; it's getting more jazzy once the catchy chorus starts. It's similar with the tracks "Hänschen Klein" and "Sie Hält Dich Wach" for which a music video was shot. The chorus of the latter will stick

in your ears and in your mind for quite a while.

Labelling their musical style as "Progressive Pop", the song "Tyrannosaurus Rex" lives up to that label the most. An unpredictable composition that would fit well on the soundtrack of a Quentin Tarantino movie.

The highlight of the EP is the ballad "Zeitlupe" which reminds us of walking through life instead of running through it. After all, our time in this world is limited.

Physical copies of "Pulsar" are available at the live concerts of Jonas (Vocals & Piano), David Grabowski (Vocals & Guitar), Franz Blumenthal (Bass) and Jon Klein (Drums). Those who don't want to wait until the Northern Germans are coming to play some shows in Northern Norway can purchase the mini album in mp3 format via iTunes and amazon.com.



ARTIST: Trench Dogs
ALBUM: Fashionably Late
RECORD LABEL: Trench Dogs
RATING: 5/6

They don't reinvent the wheel of glam rock - but they rock!

TEXT: Stefanie Singh

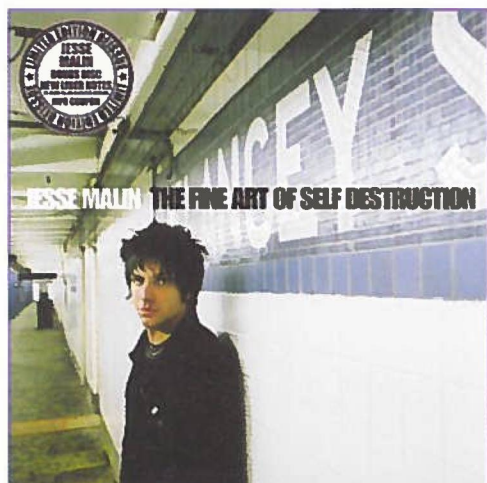
Two Utopians in Sweden's capital, Stockholm, for New Year's Eve, ended up at the gig of a Stockholm-based glam rock band. This is how we became aware of the "Trench Dogs" in the first place.

The band consists of Swedes Mattias Johansson (Guitar) and Martin Andersson (Drums), and Australians Andy Hekkandi (Vocals) and Li Sick (Bass). In actual fact, Li Sick is originally from Greece, and Andy moved first to Norway (namely to Stathelle), before heading to Sweden. Probably around the same time, Mattias Johansson was still acting front man for "In Va'n". Soon after, the Trench Dogs were founded and their first songs produced by no-less than Crashdiet guitarist, Martin Sweet.

Now the first EP, "Fashionably Late", is out alongside a music video for the

opener "Self-Sabotage" - and, Jesus, it rocks! Both the song AND the music video. One might argue that the quartet does not reinvent the wheel of glam rock - which they really don't, and yet they acquit themselves quite well. For this reason, we can ignore the fact that the beginning of "Thunder In The Badlands" is slightly reminiscent of Hardcore Superstar's "Wild Boys". It rocks anyway. "Ode To Ashes" is the obligatory 'let's wave the lighters' ballad, yet it's well done. And then there is the final "Silver Tongue", which probably works quite well as an encore at the live shows, thanks to its wacky touch.

Trench Dogs' "Fashionably Late" is a self-produced mini album and can be ordered directly from the band via email (trenchmerch.se@gmail.com). With a price of 70 SEK plus postage, it doesn't cost the earth either.



ARTIST: Jesse Malin
ALBUM: The Fine Art Of Self Destruction (Reissue)
RECORD LABEL: One Little Indian Records
RATING: 5/6

Compositions of timeless beauty, reissued for the younger generation

TEXT: Stefanie Singh

Early in March 2016, two Utopians ended up at a gig of Jesse Malin in Sweden's capital Stockholm (In Norway, he stopped by in the capital Oslo, also at the beginning of March 2016). The live qualities were considered as very good - and the same applies to the reissue of his debut album "The Fine Art Of Self Destruction" from the year 2002.

One is tempted to label the American as a singer/songwriter, but this is just one of the many facets of the musician who amongst others made a splash as the frontman of the glam punk band D Generation in the 1990s. As a solo artist, not only he delivers a very felicitous cover version of Bruce Springsteen's "Hungry Heart" on the bonus disc of the reissued "The Fine Art..."; it's the very same Bruce Springsteen who took the opportunity to collaborate with Jesse Malin in 2007.

The result was the duet "Broken Radio".

But let's stay on track with the reissue of "The Fine Art...": "Solitaire" and "Brooklyn" which are originally from Jesse Malin's era with the band Bellvue, and on the bonus disc, even "Sorrow" can be found which turns out to be one of the highlights of this re-release. And the demo version of "TKO" sounds almost better than the version on the regular album while the regular disc consists of catchy songs such as "Riding On The Subway".

The purchase of the reissue pays off also for those who already have the original version from 2002, not least due to the additional 11 tracks on the bonus disc which were obviously compiled with love. And after 14 years, one can certainly gain new fans with old material.

Jumbo Wild

DIRECTOR: Nick Waggoner

RELEASE: March 3rd, 2016 (Norway)

RATING: 9/10

TEXT: Violeta Onland

To me, this is an amazing movie that engages you in to a story of controversy, a battle to protect the last real wilderness in the Jumbo valley against the always increasing interest of development.

For over 24 years the locals, First Nations, conservationists, backcountry skiers and snowboarders, together with some government parties have fought against the opposition, Alberto Alberti and some government parties, that wishes to build a four seasons mega ski resort in the heart of the Central Purcell Mountains, placing down infrastructure and covering the four surrounding glaciers with ski lifts to provide access to what the architect Alberto Alberti calls his cathedral.

Right from the start I felt captivated by this documentary as the first sight you look upon is the sight from the top of a glacier, a great experience made better as it is accompanied by music of classical orchestra that actually

went up there for the shooting of this hour-long documentary. Moving over the valley the issue of the ski resort is explained from different views. Alberto Alberti, the Italian architect and creator of the resort plan, spoke of it as a dream he had since he was young, something he wanted to give to the world. I felt for the guy as he sounded really sincere about this dream of his. However, this huge resort would bring down the identity of this Sacred background country of the Ktunaxa and it would fragment a critical section of the wild life corridor, endangering the grizzly populations all around the region.

Beautiful shots were taken from the sky looking down at the valley, as well as right in front of the skiers just as they dive in the fresh powdery snow, from the grizzlies sniffing around or just from the locals defending their territory. It truly gives you this thrilling experience as if you are really there to fight for something too.



I really loved to watch this movie, because it raises awareness in people, make them want to share their opinion about the matter and think further or brings them right back home where similar things might also happen.

This movie was a worldwide production of sweetgrass and attracted many by its beautiful scenes, trilling music and outdoor experiences. It brought the fight of the locals of Jumbo to life and they already reached over 20.000 people that signed the petition on KEEPING JUMBO WILD!

The 5th wave

DIRECTOR: J. Blakeson

RELEASE: January 29th 2016

RATING: 5/10

TEXT: Elizaveta Lamova

The 5th Wave is an American science-fiction thriller enjoyable for its action. One day, usual life is interrupted by the coming of "the others". Nobody knows what they want. Then the "waves" start. The aliens are creative in the way they clean the surface of the earth of mankind, yet some of the people are ready to struggle through.

Cassie Sullivan (played by Chloe Grace Moretz) is an ordinary high-school girl, who shows all her courage and dignity in this extraordinary situation at the world's distraction. This role fits Chloe Moretz, although sometimes you expect her to be more emotional. She is fighting for her brother, but not for the whole world, making the movie more interesting to watch and contrasting it from other works of this genre. The plot of this film is, on one hand, framed within the standard structure of

invasion-themed movies, whilst on the other it finishes with a degree of uncertainty, allowing the audience to decide what will happen next. This is surprising, and the director succeeded in deceiving expectations.

Graphics and special effects are not as advanced as one would expect them to be. The leading role is associated with most of the action, yet almost all of the scenes are predictable. Dialogues sometimes turn out to be silly and don't contain any meaning, whilst the best scenes in the movie are silent, without speech. This holds a kind of tension, but as we all expect, the film plays out happily.

This film considers morality: a person's hope is their strong point, and you always have to think for yourself in order to avoid being manipulated.



Paper Towns

DIRECTOR: Jake Schreier

RELEASE: July 9th 2015

RATING: 7/10

TEXT: Sophie Scotter

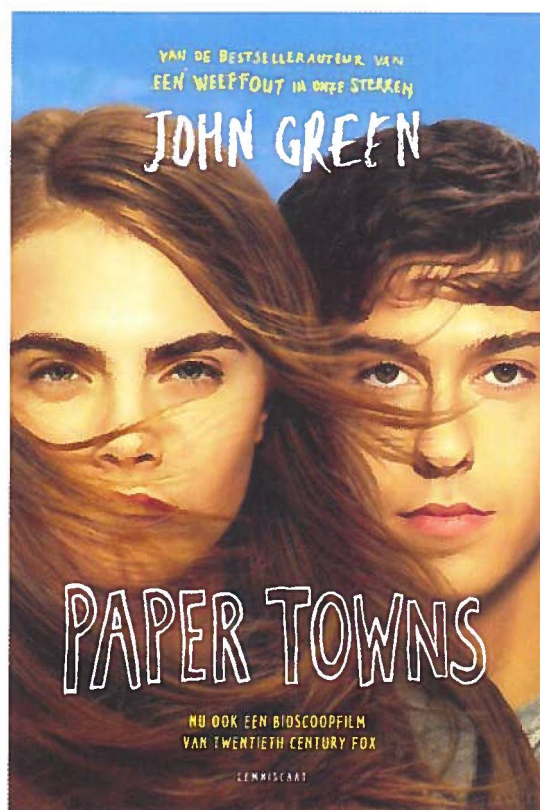
Simply put, Paper Towns is a fun movie. Its relaxed yet amusing plot is the perfect setting for a lead actress that refuses to take herself too seriously. Despite a whirlwind career, Cara Delevingne is refreshing as free-spirited girl-next-door, Margo Roth Spiegelman. The 23-year-old has been associated with some of the biggest names in high fashion, whilst her penchant for acting has landed her roles in several box-office hits. Despite all this, the actress-come-supermodel has remained one of the most down-to-earth celebrities on the block, and she made Paper-Towns what it was. This kind of easy-going, happy-go-lucky genre certainly suits Delevingne down to the ground.

The film was a perfect metaphor for the journey of self-discovery experienced by all teenagers: the endless confusion over who you are, what you want and where you're going. Throughout the plot, Margo Roth Spiegelman traverses the high school cliques, from in-crowd to geek-squad to solo disappearing artist. Hidden behind the Paper Towns' come-

dic theme, it's only upon reflection that Margo's journey becomes a striking symbol of social angst. Her powers of persuasion over her peers, as well as her daring and bold nature, successfully conceal Margo's real insecurities, and it's not until the very end that Schreier exposes the character's fragility.

Indeed, the ending was not as predictable as one might expect from a film of this genre, leaving viewers wanting more of the typically warm, fuzzy feeling. Perhaps the plot could have been deepened or philosophised in parts, though there was a danger this would contrast too greatly with the witty guises of the supporting roles. I would like to have seen more depth to the end of the movie, given the time that lead actor Quentin Jacobsen (Nat Wolff) devotes to searching for Margo.

Paper Towns had me philosophising, intermittently cringing-out, and grinning from ear to ear. Heart-warming, exciting and totally relatable, this was a lovely movie with something for all.



Mustang

DIRECTOR: Deniz Gamze Ergüven

RELEASE (Norway): February 26th 2016

RATING: 10/10

TEXT: Elinor Tessin

Mustang tells the touching story of five lively sisters from the Turkish countryside. Lale, Nur, Selma, Ece and Sonay's lives change dramatically as a consequence of one seemingly innocent decision marking the beginning of school holiday. The sisters' growing up accelerates rapidly when they see their freedom restricted by their conservative family. Their guardians' love and understanding is subdued by convention, as their actions are closely followed by the eyes of nosy, bigoted neighbours. We see how much evil the conviction about one's righteousness can cause in a conservative community where the elders have authoritarian power over children, and where the women's rights are understood to concern only get married as soon as possible to a man chosen by their family.

Despite the family's paranoia concerning girls' sexual licentiousness, the sisters vigorously rebel against the new strict rules. We breathlessly follow the dramatic chain of events and get a brilliant picture of intimate relationships between the sisters. As the story unfolds, our laughter changes to tears unexpectedly, and then back to laughter as we follow the dynamic plot. Even though the film was supposed to be a drama, it keeps us in suspense better than many a thriller. The story remains very convincing in spite of the slightly exaggerated heroism of the youngest sister, Lale, through the eyes of whom we watch the events unfold. Just like Lale, we become more and more aware of what is happening before us: we see contemporary Turkey divided into modern cities and conservative villages where arranged marriages continue to be practiced, and where the role of women is reduced to being an obedient housewife.

The film is the debut of Turkish-French Deniz Gamze Ergüven, who both directed the picture and co-wrote the screenplay. It is not only the plot that delights but also the enchanting original soundtrack by Warren Elis, and the vivid cinematography by David Chizallet



MUSTANG

and Ersin Gok, both of whom manage to capture the beauty and colours of summer on the Turkish Black Sea coast, as well as the electrifying intimacy between the sisters. The cast did a wonderful job, and the characters created by the Turkish actors are strong and authentic. No wonder the film was so widely acclaimed. Apart from receiving a number of prestigious awards, it was nomi-

nated for an Oscar for 'Best Foreign Language Film'. The film raises a very timely topic, namely the clash between modern lifestyles and conservative traditions. As the discussion about where tradition should step aside to make way for women's rights continues, this film perfectly illustrates the emotional aspects of growing up in the shadow of dehumanising traditions.

Kittiwake..

TEXT: Sophie Scotter

ILLUSTRATION: Boyka Todorova

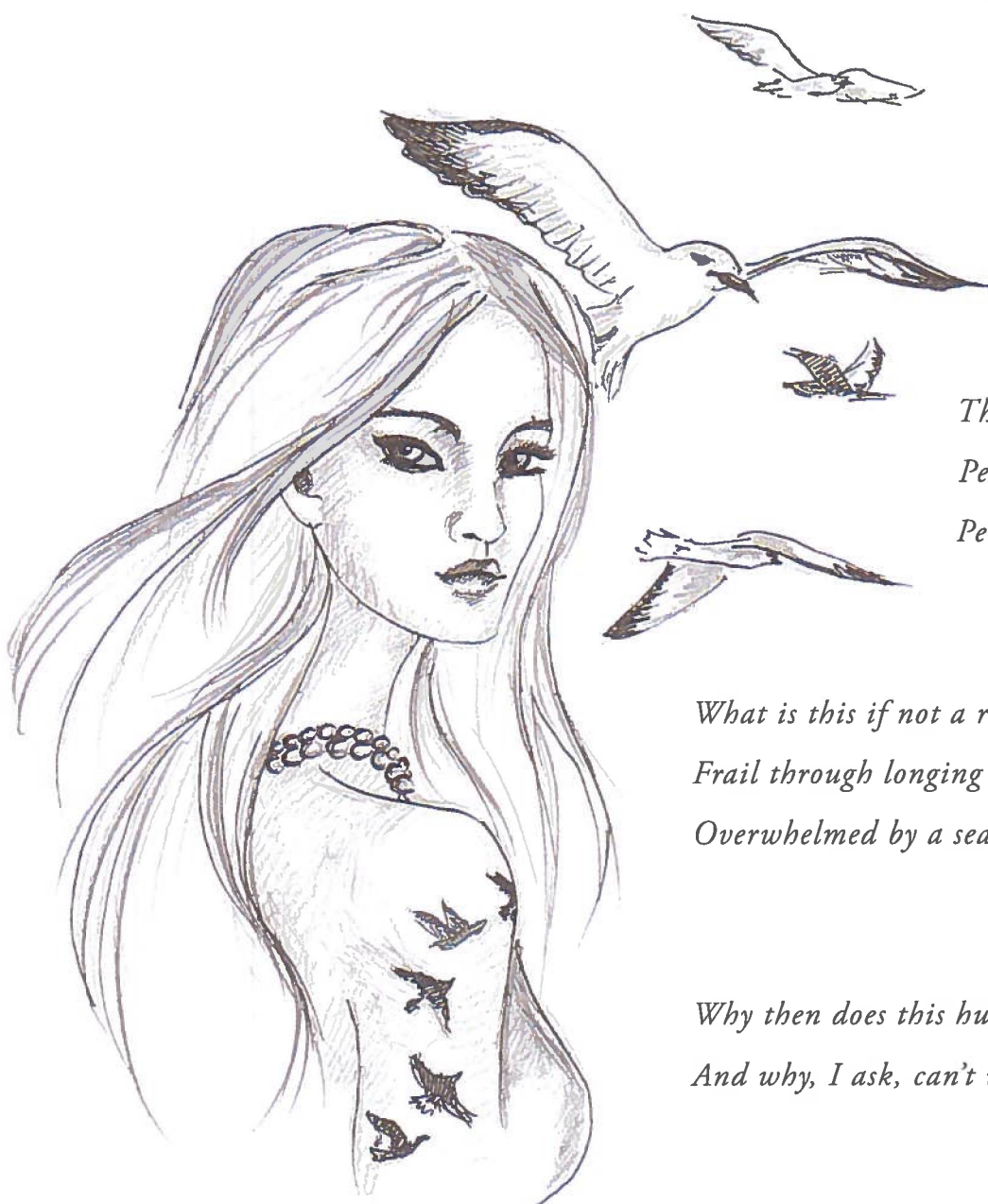
*They caressed the headlands,
Taking in their stride those gusts of tribulation,
Hurled across oceans to challenge their grace,
To throw them from purpose.*

*Each flies to its own music,
An ode to the shores they call their home.*

*They scan the sea,
Perhaps in search of something lost,
Perhaps with no purpose at all.*

*What is this if not a reflection of our own existence,
Frail through longing and littered with empty searches,
Overwhelmed by a sea of unknowns.*

*Why then does this humble bird glide so carefree?
And why, I ask, can't we?*



Easy-peasy Microwave Spinach Soup

FOOD COLUMN

TEXT and PHOTO: Yati Chen

A microwave is a student's best friend. Trust me, it really is, especially after you've tried this recipe.

For this recipe, you can prepare from home without the liquid (water) in your microwavable food container. You only need to add the water before you microwave it. The perfect volume of your lunch box for this recipe is 400 ml.

The ingredients are very students' wallet- and vegan-friendly. But of course, if your carnivore's desire is on the rise, you can add any kind of cooked meat, such as chicken salad meat or meatballs.



Ingredients (serves 1):

10 cubes of frozen spinach
 3 tablespoons of sweet corn (canned or frozen)
 1 teaspoon of onion powder
 1 small cube of meat bullion (substitute with vegetable bullion for vegan)
 1 teaspoon of butter (margarine/olive oil/ sesame oil for vegan)
 150 ml of water

Tips:

For the best result, prepare the ingredients the night before in the lunch box and put it in the fridge (not the freezer) to let the frozen ingredients thaw a little, so that you only need no longer than 3 minutes to warm them up on the next day.

Recipe

1 Put all the ingredients in a microwavable container (volume at least 400 ml). Separate the water if you are preparing for lunch box

2 Add water and microwave on highest power for 3 to 5 minutes (works with all microwaves in the university and student housings)

3 Stir and enjoy



To the elegant gentleman in the BMW convertible:
I was biking along the road when I saw you. Chestnut brown hair flowing in the wind, your strong arm outstretched towards the steering wheel of your BMW. At that moment I felt a sudden connection. Oh, how I wish you would have stopped. Do you know how much a new bike costs? I HAVE YOUR LICENSE PLATE NUMBER, JACKASS, THIS IS NOT OVER!!!

To the sexy girl at Burger King:
From the moment I saw your deep blue eyes and fairy-tale smile, I knew that I never want to see you again. Cool shoes though!

To the end of the month:
Why does my salary end just before you come? Can't you synchronize or something?

To the concerts of my favourite famous bands:
Well, where can I sell my kidney?

Dear biker dude,
You didn't see me, but I couldn't help but notice you. It was last Sunday in front of the docks, I'm sure you'll remember if you read this. My family always said I should beware of guys who ride loud motorcycles and drink whiskey straight out of the bottle in middle of the day. But as you sat there on your Harley Davidson, I realized you weren't like the rest of them, and that we were meant to be together. Because you weren't like they said at all. You were drinking vodka.

To the girl with the broken umbrella:
I saw you in front of the library, your bright yellow skirt saddened by the gray February sky. You looked like if a poet could paint the word "loneliness" with the happiest colors on his palette. I considered the bitter beauty of these moments, when you get a glimpse into the soul of a person for just one fleeting moment. My heart tightened painfully, as if gripped by an infinite sadness. I should really watch my cholesterol levels.

Utroscope



Aries: People who say ignorance is bliss are also those who say "Bless you" when you sneeze. The conspiracy is real. Don't trust them.



Taurus: Some may say "grab the bull by the horns". Though looking in the mirror and pulling on your hair in frustration may sound temptingly similar, much of the wisdom, and some of the hair, is lost in translation.



Gemini: In order to gain a deeper understanding of life, try to meditate and find your other self. A simple "where u at" will suffice for people who have twin siblings.



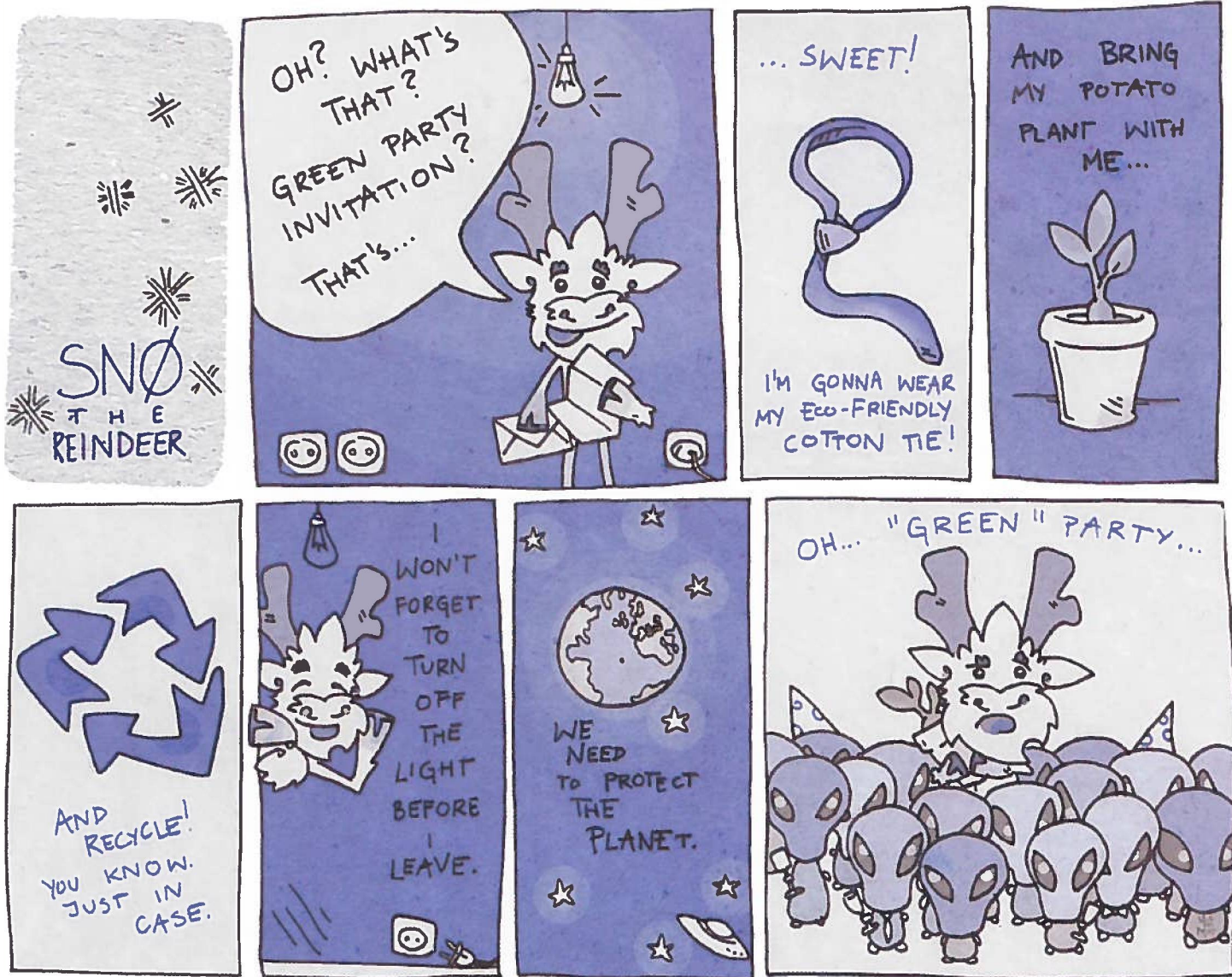
Cancer: If you're feeling crabby, try talking to someone who works in the service industry. Their sorrow will surely brighten your day.



Leo: Confidence is everything! Let everyone hear you roar, but not past 10 p.m. or 11 on weekends. Meowing is acceptable at all hours.



Virgo: A little patience can go a long way. So can a Saturn V rocket. Buy a rocket. Do it now.



Illustrasjon: Mat Mot

Tekst: The Eternal Golden Monk, Illustrasjon: Boyka Todorova, Kolorist: Kisrael Elementum



Libra: In a controversial move this month, Venus decides to reach aphelion on the same date as the terrestrial vernal equinox. What this deeply symbolic event means for you is anyone's guess.



Scorpio: Your predictions for this month are not looking good, for the most part because I can't seem to find my glasses. Better luck next month.



Sagittarius: Money is coming your way really fast. Unfortunately it doesn't intend to stop, and will blow right past you.



Capricorn: Sometimes we get so caught up in the everyday grind that it's easy to forget about the little things. So check for ants in your kitchen as often as possible.



Aquarius: When faced with a hard decision, flip a coin. This will do nothing to aid a rational consideration of your options, but it is a way of postponing a decision for at least a few more seconds.



Pisces: If someone asks you to help them, do it, but as incompetently as possible. That'll teach them a lesson.

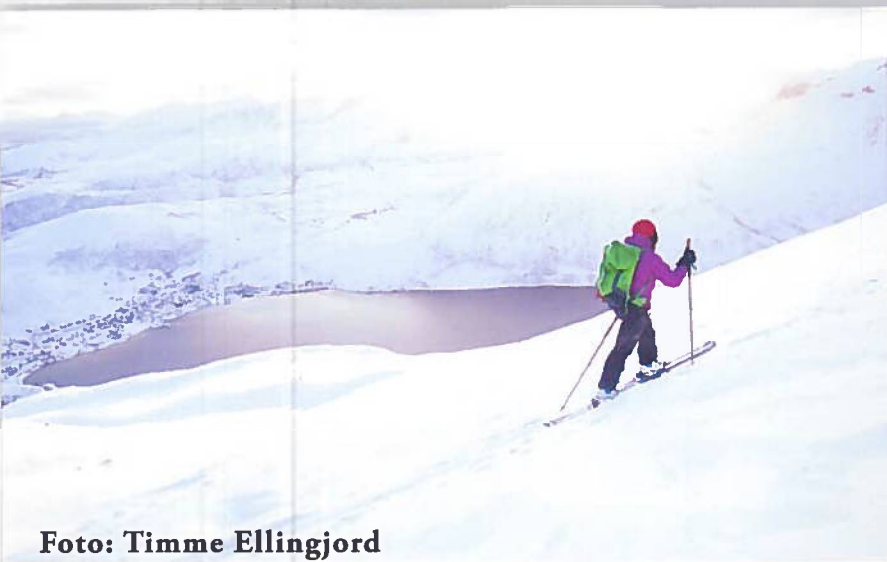


Foto: Timme Ellingjord

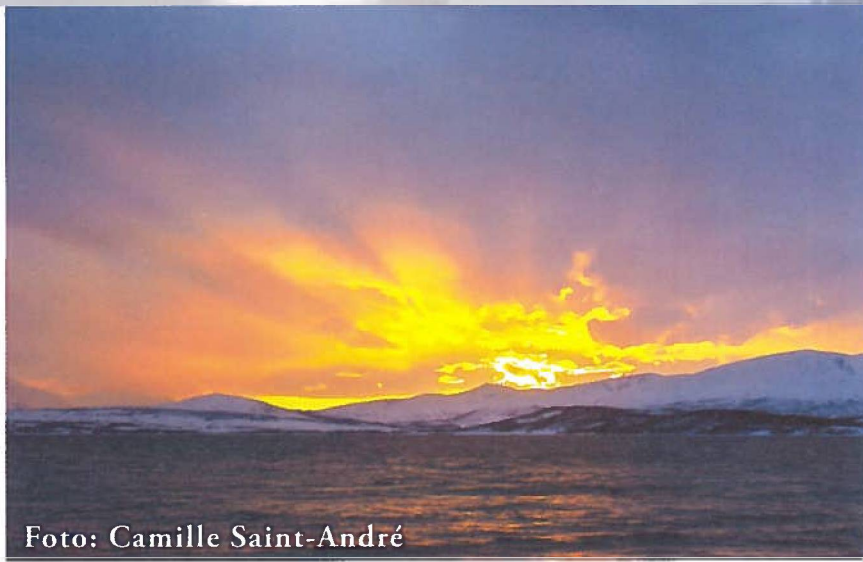


Foto: Camille Saint-André



Foto: Camille Saint-André

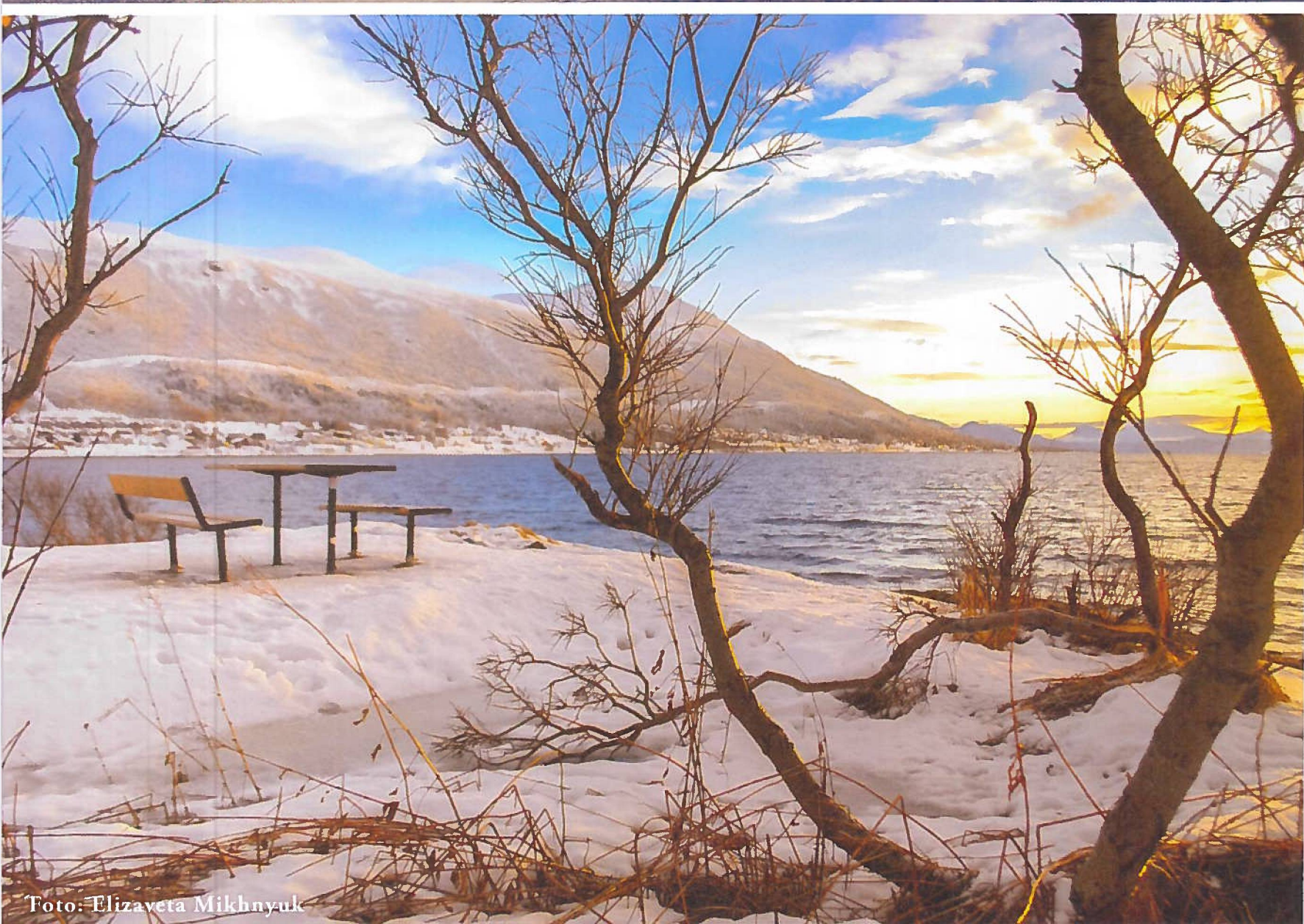


Foto: Elizaveta Mikhnyuk



Foto: Elizaveta Mikhnyuk



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Foto: Camille Saint-André



Foto: Kevin Ochoa



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