

Utopia



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**SAIH: From One
Student To Another**

The New Kraft

**Meet The Dark
Period With A
Bright Smile**

**Gold, Ice & Fire –
Explorations on Ringvassøya**



En stor takk til våre medarbeidere!

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TEKST: Mats Johansen Beldo,
FOTO: Olga Shavrina

Kjære leser!

Desember er kommet og året nærmer seg slutten. De fleste av oss er godt i gang med siste eksamenssinnspurt og noen andre er allerede ferdig. Siste innspurt er ikke nødvendigvis kun for dere studenter, vi i Utropia har også vår sluttspurt når året nærmer seg slutten.

Vi har i løpet av året opplevd mye positivt blant studentene og våre frivillige journalister og fotografer ønsker å takke dere lesere! Uten dere ville ikke motivasjonen til å drive magasinet vært tilstede. Vi i redaksjonen ønsker også å takke våre fantastiske medhjelpere som har bidratt til produksjonen gjennom året, og du som leser er alltid velkommen med på laget!

For min del har det vært et spennende år som redaktør i studentmagasinet. Jeg tok på meg noe nytt, og har lært mye på reisen gjennom året. Med det ønsker jeg å benytte denne lederspaltten til å personlig takke alle frivillige, mine flotte medarbeidere: Olya og Outi.

Nå overlater jeg roret til noen andre, og ønsker min etterfølger lykke til med arbeidet for Utropia og UiT – Norges Arktiske Universitet.

Vi i Utropia takker for oss og ønsker deg en riktig god jul og ett godt nytt år!

Mats Johansen Beldo,
Ansvarlig Redaktør

Utropia for 25 år siden..

Lånekassa – en brukerveiledning

Lånekassa er en statlig institusjon som de fleste av oss stifter bekjentskap med i løpet av studetida. I Tromsø holder den til på kaita – mellom Skansen og Ungdommens Hus.

Ansvar for de upopulære lånebetingelsene og de mikroskopiske stipend-andelene ligger ikke hos lånekassen, noe som enkelte ser ut til å glemme i bannskapstradene når innbetalingslippen ligger i postkassa – det er Stortinget som bestemmer.

Tekst: Gry Berntzen
Foto: Bjørn Joachimsen

For skoleåret 89/90 kan en enslig student med inntekt på mindre enn 2500,- kr brutto pr måned få 49800,- kr fra lånekassa. Av dette vil 6500,- bli gitt som stipend. Et eventuelt reisestipend vil komme i tillegg. Man kan være forsinket inntil ett år i utdanninga, og fremdeles få lån og stipend. Men blir det mer enn 20 vektalls forsinkelse, er det slutt på råden. Da må en klare seg uten lånekassa inntil forsinkelsen er nede på 20 vektall igjen.

Lånesøknaden bør leveres så tidlig som mulig. Gjerner semesteret før det en søker støtte for. Vil en være sikker på å få studielån til semesterstart, nytter det ikke å komme med søknaden 31 juli. På høsten er det en voldsom opphopning av søknader, og da ligger behandlingstida på 4-6 uker. En må selv gå ned på samskipnaden og hente meldinga fra lånekassen – det vil ikke bli gitt melding hjem til søker!

Skal en ta en kort pause i utdanninga, må en si i fra. Det samme gjelder hvis en akter å klare seg uten støtte fra lånekassen. Lånekassen ønsker i kontakt med universitetet på andre måter enn at de får til-

sendt karakterutskriftene. Hvis de ikke mottar en lånesøknad vil de gå ut i fra at en har sluttet å studere, og skrive ut en betalingsplan. En får støtte fra lånekassa i maksimalt 8 år – eller til studielånet har nådd en øvre grense på 220 000,- for folk på cand.mag-nivå, 265.000,- for hovedfagsstudenter.

Tilbakebetaling...

Tanken på tilbakebetalinga av lånet kan være en kilde til søvnløse netter for mange. I den senere tida har det kommet flere ordninger for å lette denne. En kan søke om å få utvidet tiden lånet løper over, slik at en ikke betaler inn mer enn 6% av brutto inntekt i året. Maksimal nedbetalingstid på lånet vil allikevel ikke være mere enn 30 år.

Den eneste måten en kan betale mindre på er ved å flytte til Finnmark, eller en av til 7 kommuner i Nord-Troms. Har en arbeids- og bosted her i mer enn ett år, vil studielånet reduseres med 10% pr år – maks 15000 pr år. Som arbeid regnes her også deltidsstilling så lenge den er på minst 50%, og omsorgsarbeid i hjemmet.

Fødselsstipend

Uansett om en har søkt lån eller bare stipend, vil maksimalt støtte-



beløp bli gitt i 24 uker etter fødselen. Dette gjelder også om de 24 ukene strekker seg inn i sommerferien. Forutsetningen er at en har vært i utdanning i minst 6 måneder i forveien, og at en ikke er mer enn ett år forsinket i utdanninga.

En vil også få et forsørgertillegg, men det totale stønadbeløpet vil variere ut i fra om en får ytelser fra trygdekontoret, sivilstand og om ektefelle/samboer er student eller i arbeid. Ta kontakt med trygdekontoret og lånekassen for nøyaktige tall basert på din egen livssituasjon!

Sykkelønsordning

Hvis en blir langvarig syk, kan en få lånet omgjort til stipend under sykdomsperioden. Begrensende faktorer er her at ordningen ikke gjelder for den første måneden i semesteret, den er tidsbegrenset til 3 måneder, og det er også lagt inn en 14-dagers karenstidperiode. Til tross for begrensningene, er dette en stor forbedring i forhold til før, hvor syke studenter falt fullstendig på yttersida av hjelpeapparatet.

Ved bestått hovedfag kan en få et-tergitt 26 250 kr på lånesaldoen.

Ordningen var først en gubrot for å få flere til å ta hovedfag i upopulære fag, men har nå blitt utvidet til å gjelde de fleste studieretninger. Nytt av året er at embedsstudium i jus, sykepleievitenskap og i medisin også kvalifiserer til ettergivelse – i tillegg til gradene mag.art, cand.phil. og cand.scient med ped.sem. For realistene kan det være interessant å merke seg at selv om en har oppnådd cand. real eller cand. scient før ordninga ble iverksatt, vil en få ettergitt pengene om en har tatt ped. sem etter høstsemesteret 87.

The New Kraft

TEXT: Mathilde Roux

PHOTO: Kraft

The Kraft training center has been there since 2001. It may not seem that old, but it has been offering group classes, team practices, sports events, training equipment and so on for 15 years. The proximity of the building to the university makes it very convenient for UiT students to combine sports with studies. Inspired by this success the idea of a new and bigger center emerged in 2007. In 2011 the idea became a plan and since 2016, as some of you may have noticed, constructions have begun. But what will change? What will be new? And when will it be ready?

I met with Bjørn Olav Kufaa Brækkan and Vegard Andreas Haugen from Kraft, who accepted to share the plans for the new facilities. The new building will be twice as big compared to the current one. With three floors it will offer a lot more possibilities for training. In addition to that, the new Kraft will have a cafeteria, to make the sports complex more social. Here you will be able to buy coffee, tea, snacks and hang out. You will find meeting rooms that can be rented and TSI's office will be moved there, bringing them closer to the action. They will also have a room to clean, repair and dry their equipment. When

finished, Kraft will have six new changing rooms, 3 for men and 3 for women. Compared with the old ones they will be even bigger and one will have a sauna, yes a sauna! Several offices will be available for doctors and students who are working with health, nutrition and physiotherapy. Very convenient in case of an emergency. Also, a new parking lot will be constructed in front of the building. This parking will be connected to the main road which will make the facilities much more accessible.

What about the training? New rooms will be created for group training. One new cycling room with a capacity up to 35 bikes. One room for yoga, and dance or other group classes. The third and biggest room can be divided into two smaller ones. In this room Kraft will offer courses in TRX, step and strength classes. Finally, a fourth room will be entirely dedicated to fighting sports like judo and aikido. There will also be a brand new area for cardio and free weights, close to 700 square meters on the third floor. This area will be furnished with more new equipment.

On the first floor of the new building they will also have a new sports ground.

Again more spacious than the one they have now, with possibility to separate it in 3 sections. This will provide more space to all team sports practice.

What about the "old" building? It will basically stay as it is and the new one will simply be added to it. In total, the new and old building together will measure around 8000 square meters. The two buildings will be linked, only one entrance would let you go into both. The planning will allow easy access from one area to another. This is especially important during tournaments. The current training rooms will continue to exist but Kraft has not yet decided on their purpose. One likely option is the creation of a new wall for bouldering!

All this new space will create possibilities for more classes at the same time. In other words, more opportunities during the week for you to practice the sports you already loved to do at Kraft. Not only that, the design of the building with huge glass windows will make your training even more enjoyable. As you may have noticed, the construction is going fast. You can see it grow day by day. Now you will just have to wait until autumn 2017 to be able to try it all out!

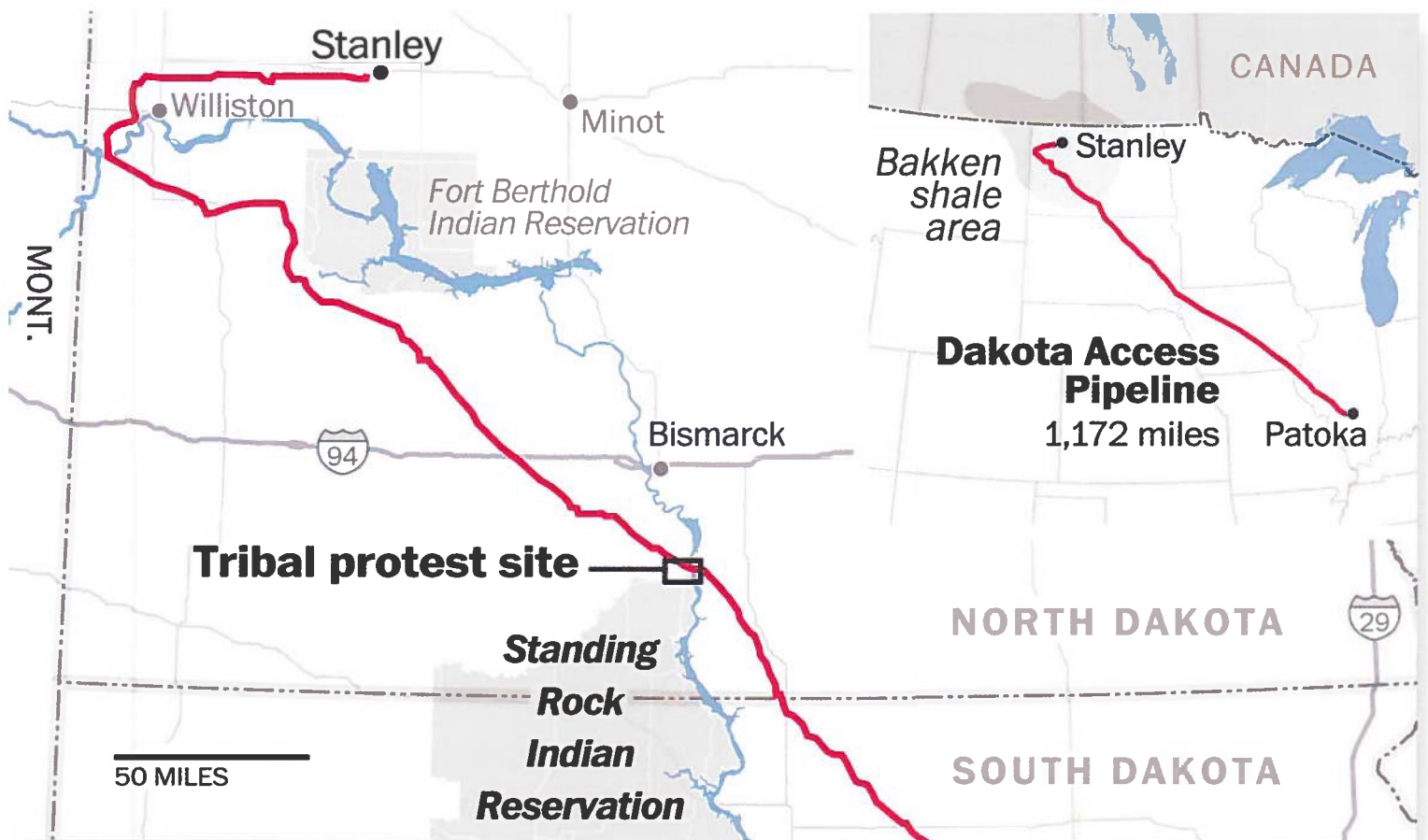


A Pipeline Runs Through It...

In North Dakota, the mobilisation against the Dakota Access Pipeline (DAPL) continues around the Standing Rock Sioux Reservation. Around the world people have started to organize to support the opponents of this pharaonic project. This was the case in Tromsø on Sunday the 27th of November in Prelaten Kro og scene, a bar and concert hall. There, the støttekoncert for Standing Rock (support concert) gathered more than twenty musicians and in order to inform peoples of Tromsø about the ongoing struggle, to exchange about what is at stake here, and to stand in solidarity with the “water protectors”.

TEXT: Basile Maytraud

Map: Energy Transfer Partners



It's an old story, going on for hundreds of years. That of the American Frontier, the conquest of the West lands, and the genocide of the Native Americans. In many respects, the construction of a 1172 miles (1886 km) and 30-inch diameter (76cm) buried pipeline by the Texan company Energy Transfer Partner is a late incarnation of this facet of the US history. Intended to transport crude oil through

four states, from the Bakken and Three Forks extraction sites in North Dakota to a terminus near Patoka, Illinois (see on map), the pipeline would run less than half a mile away from the Standing Rock Sioux Reservation. However, it would cross Sioux sacred lands, where ancestors of the tribe are buried. In addition to that, it would pass underneath the Missouri river. In case of leakage, this could threaten the source

of drinking water to the inhabitants of Standing Rock. (<http://www.daplpipelinefacts.com/about/fact-sheet.html>) it is argued that the construction and maintenance of a pipeline will be a step forward towards US energetic independency and a have a very beneficial impact on local economies. The project will create around ten thousand jobs during the first phase. Moreover, the pipeline transporting “as much

as 570,000 barrels per day” will generate “\$55 million annually in property taxes” to the fourth states it would cross. “We’re not opposed to economic development, we’re not opposed to energy independence, but we’re tired of paying for it” explains Dave Archambault II, the Standing Rock tribal chairman. This summer, the United States Army Engineer Corps has provided the oil corporation the federal authorisation which it needed to dig under bodies of water. So the project is perfectly legal. As legal as the Homestead Act was: voted in 1862 and signed by president Abraham Lincoln, this law played a crucial role in the colonisation of the American West. During the Civil War, this policy, allowed any adult who had never taken up arms against the U.S government to buy a 160 acre piece of land at very low prices. The Homestead Act stimulated Northern farmers to exploit natural resources on their own, as opposed to relying upon slavery. It greatly favoured the settlement of pioneers and farmers, mostly at the west of the Mississippi river, without giving any consideration to the natives inhabitants who used to live there. Who in turn were chased away, when lucky, or massacred on the spot.

The protests at Standing Rock are somehow tied to this past. As the mobilisation is gaining strength, the law enforcement response is getting tougher. In the last

“We’re not opposed to economic development, we’re not opposed to energy independence, but we’re tired of paying for it”

few months, around two hundred tribes have joined the opposition movement in North-Dakota. In addition to that, the protest has attracted hundreds of other citizens concerned with indigenous peoples rights and environmental issues. These “water protectors”, as they called themselves, are gathered in a camp they occupy since April 2016, close to the construction site. Most of them protest peacefully, marching and praying. However, some acts of violence have been reported which have led to roughly... 500 arrests since August, according to the Morton County District Court Clerk’s Office. Energy Transfer

Partners wants to take Mr. Archambault and six other representatives of the mobilisation to the federal court. They accuse them of blocking access to the construction site, threatening workers and, ironically, trespassing onto private land. On the other hand, several testimonies and news-cast denounce the violent attitudes of some security agents hired by the construction company. Yet, the federal authorities have not troubled a single one of them. With the governor declaring a state of emergency, national guards have arrived to protect the site. They are permitted the use of “less-than-lethal” weapons such as rubber bullets, percussion grenades and water hoses against the activists. One could say that there is a veritable militarisation of the energy industry occurring. A couple of days ago, on November the 28th, the governor of North Dakota has ordered the immediate evacuation of the main encampment of the protestors. But beyond this violence, is there any attention accorded to their claims? Earlier in November, president Obama declared: “there is a way for us to accommodate sacred lands of Native Americans, and I think that right now the army corps is examining whether there are ways to reroute this pipeline.” That was



before Donald Trump's election, which plays directly in favour to the "Black Snake" - the name activists gave to the crude oil pipeline. Indeed, the 45th president's economic program is accentuated on US energy independency, and the unconditional defence of the US companies. The DAPL route didn't change one iota yet.

So what exactly tied us, here in Norway, here in Tromsø, to what's occurring in North Dakota? First, in the age of global warming we all are concerned with the ecological impact that the exploitation of fossils energy has. As a matter of fact, this autumn in Tromsø is the warmest since the 1940's. What's more, the ongoing struggles of the Sami people in Northern Norway is a continuous reminder of indigenous people's rights. Finally, Norwegian actors are somehow implicated in the DAPL project: Den Norske Bank (DNB) has recently sold the assets it had in the disputed project, thanks to a petition gathering 120,000 signatures. It did not however cancel the \$2,8 million loan to the company - an important amount of money representing 7,6% of the investments for this \$3,7 billion project. The Oljfondet (Norwegian Oil Fund) a state pension fund (it is to say public savings) is also a financial partner of Dakota Access. With this in mind, several persons in Tromsø decided to react and rally in order to support the demonstrators. Synnøve Angell is one of them. She recently visited the camp close to the Standing Rock reservation and participated in the struggle to protect our Mother Earth. Back in Tromsø, she initiated the concert which took place in Prelaten last Sunday. When she first asked the musicians to participate in a support and solidarity concert, they all agreed. The only question asked was if it would be possible to play more than three songs.

Breaking News!

On the 4th of December, the US Army Corps Engineer has finally denied an easement for the Dakota Access Pipeline near the edge of the Standing Rock Sioux Reservation, thanks to the pressure of the Obama administration.

**The pipeline though might be rerouted. But petrol lobbyists have already call for Donald Trump to reconsider this "historic" decision when he will take office in January.
To be continued..."**

In total, more than twenty artists, musicians but also poets, gathered for a four hours long event. In front of a packed room, various kinds of music filled the stage on after another: from Niko Valkeapää's traditional folk, to Ulf-Ivan Olsen & Band's punk rock, from Benoit Tamba & Band's Afrosalsa to Yoiks. One of the performer of this traditional Sami song told the audience that the inspiration came to him "through the ocean", from Standing Rock. Marry Ailonieida Somb's poetry resonated with a humble rage: "America is a big oil company" she chanted. The whole night guitars, violin, piano, drums, saxophone, banjo, contrabass, and voices united in a call for justice, for our common responsibility to protect the nature and for consideration of the native's rights. A sign of solidarity, the concert hall was made available for free to the organisers of the event. After deducting the expenses due to the organisation of the concert, mainly to pay the technicians, the money collected to support the protest amounts to NOK20000: NOK16000 come from tickets sales and

NOK4000 from handicrafts and donated books sold at the entrance of the bar. The supplies will be provided to the camp, via its website (<http://sacredstonecamp.org/faq/#howtohelp>), and will be used there to buy what is needed for the daily life through the winter: medical equipment, food, shelters and so on. Moreover, a record of the concert will be send to the campers and hopefully provide them some warmth from the Tromsø polar night. As the last notes of music were muffled by the snow outside, on the town's sidewalks, another support concert for Standing Rock started in Washington D.C. Such events seem to be an effective way for people to take a stand not only via social networks, but concretely and in a good mood: dancing, singing, giving to every participants the opportunity to meet people involved in the struggle. These meetings might inspire future actions. In other words, citizens exercising their rights about a subject they feel concerned with, in a democratic, yet pro-active way. What is at stake at Standing Rock is relevant in terms of indigenous peoples rights and environmental issues. But it also calls into question the capitalist socio-economic development model, for an important part of this model resting on the exploitation of natural resources. This natural wealth destruction for a purpose of economic wealth production raises important political matters. The way the profit made out of this exploitation is used, how it may benefit the population, and to which part of it, are central preoccupations that have to be addressed. But beyond this calculation stands this proverbial speech, commonly attributed to the Sioux warrior Sitting Bull (1831-1890), which must be considered: "When the last tree will have been cut down, the last stream polluted, the last fish caught, they'll figure out that money cannot be eaten."

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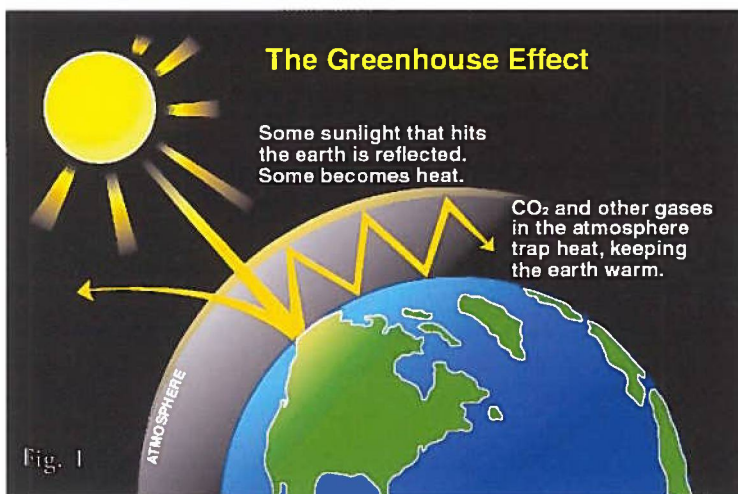
Climate Change

With the election of an American president who denies the very existence of climate change, the snow that was late this year in our own Tromsø and the abnormal high temperatures on the North Pole and Svalbard, it's once more time to put global warming and climate change in focus.

TEXT: Flore Van Maldeghem

Why does the climate change?

The climate has always fluctuated throughout geological time. These fluctuations are driven by different factors. First of all, the strength of the sun, because almost all the energy that affects Earth's climate originates from the sun. However, the energy output from the sun is not constant and varies over time. A second factor is the Earth's orbit around the sun. This is an ellipse but this ellipse can change shape. The closer the Earth is to the sun, the warmer our climate and vice versa. Besides the rotation around the sun, the Earth also rotates around its own axis. This axis leans at an angle which can change over time. When the angle increases, summers become warmer and winters become colder. The quantity of greenhouse gases in the atmosphere also contributes to the warming of the climate. A final important factor is the ocean circulation. The currents carry heat around the Earth. Their direction can shift so that different areas become warmer and cooler.



The greenhouse effect and the anthropogenic influence

Nowadays, the greenhouse effect (Figure 1) is driven by two components: a natural one caused by the amount of greenhouse gases naturally found in the atmosphere and a man-made one caused by the amount of greenhouse gases that humanity adds to the atmosphere as a result of its activities. These gases are water vapour, carbon dioxide, nitrous oxide, methane and ozone. Since the start of the industrial revolution in 1750, human activities have greatly increased the concentrations of these gases. The main sources for these gases are burning fossil fuels (which leads to higher CO₂ concentrations), farming and forestry, cement manufacture and aerosols. The dramatic rise in CO₂ is very clear when looking at the record derived from ice cores on Antarctica

(Figure 2). The atmosphere of the past is preserved in the little air bubbles in the ice, so this provides us with a continuous record. In the past 800,000 years the values have never been so high, nor have they increased that fast, as they do now. Before 1750 the concentration was approximately 280 ppm, now it's 387. The increasing rate is 2-3 ppm/year. If it continues like this, these changes may possibly cause an increase of 1.4-5.6°C between 1990 and 2100.

Consequences

Predicting the consequences of global warming is one of the most difficult tasks because other natural processes and expected effects of global warming are dependent on many factors. It is also difficult to predict the size of the emissions of greenhouse gases in the coming years. There are, however, some effects that can be predicted: more drought and more flooding, less ice and snow, more extreme weather incidents and a rising sea level.

Solution?

A possible solution to reduce or at least stop the rise in CO₂ emission is by storing the CO₂. There are three main ways to do this: in deep geological formations, in deep ocean water or in the form of mineral carbonates. But these techniques are still experimental and not on point yet. Another (maybe better) solution is to reduce CO₂ emission by using green energy, recycling and using our resources with a common sense. Something to think about if we don't want to ruin mankind, because Earth will survive everything we throw at it, but we won't be able to cope with the changes.

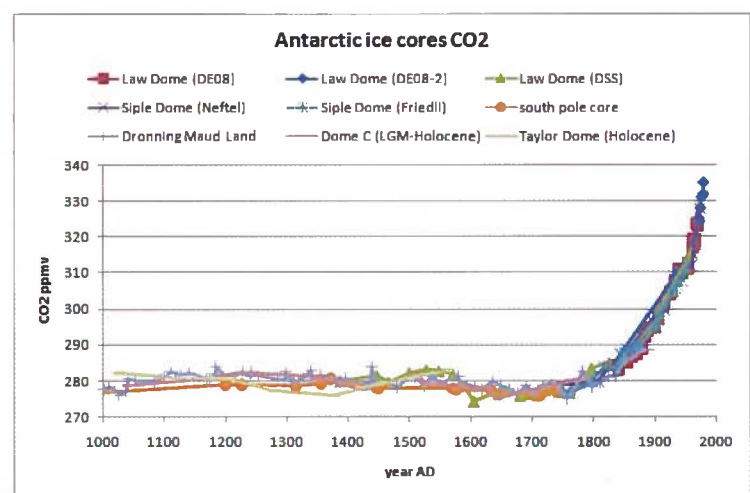


Fig. 2

How Your Food Can Change Our World

One of my biggest surprises whilst living in Tromsø was not that the buses are almost never on time. Even the fact that back in 2008 Norway knighted a penguin to colonel-in-chief of the Kings guard has not left me as puzzled. Instead, it has to do with food. The bastion of Arctic research, front row seat to observe the heating of the earth, seems to be reluctant to ask this question and I am wondering why. Here it comes: Should we maybe, eat a little bit less meat?

TEXT: Mark De Hoop
PHOTO: Olga Shavrina

In the traditional Norwegian cuisine, vegetarian cooking only happens by accident, when the shops are closed and some international student ransacked your meat stack. This year, a proposal to introduce vegetarian food in the cantina was turned down at the Tromsø Kommune. Apparently, the opponents argued that in Northern Norway 'no meat', was not an option. Such a dogged rejection should not be seen as an indication of Norwegian shortsightedness but simply points out the persistence of traditions. In Bolivia, asking for a meal without meat (sin carne, por favor) can provoke a range of responses ranging from frowned pity, to outright contempt. The same can happen to you at UIT, for example at a conference on sustainability and the future of drilling in the Arctic where lunch included not a single meatless snack. And have you noticed that the Mix store does not offer warm vegetarian food? For many of us, a meal without meat is not a meal. Meat is something masculine and strong. A rudimentary cultural sentiment from a time when hunting a buffalo was more than pushing a button; food that will turn you into a warrior, instead of a tofu twat. However, this warrior food contributes to some pretty unpleasant problems on our pale blue dot.

Because the meat industry is one of the biggest polluters in the world. There it is. Greenhouse gas emissions of the livestock sector are estimated to be 14.5 percent of the global total, that number exceeds the direct emissions of transport. So, if everybody would stop eating meat, it would have a bigger impact than if we would all stop driving our cars. Cows produce significant amounts of methane, a greenhouse

gas that is 23 times as effective as carbon dioxide. But that is just the beginning, extensive use of fertilizers leads to over-fertilization of water, which may trigger algal blooms. This in turn can result in decreased oxygen levels, which might be harmful for fish. We see pesticides flowing into rivers and affecting water quality.

Because the meat industry is one of the biggest polluters in the world. There it is.

Governments failing to act against logging which wipes out rich forests to clear pasture for grazing and agriculture. For the past five years, over 2 million hectares of forest have been cleared every year. A large part of this land is used to produce soy. If you were hoping to find a complacent finger to point to our tofu twat, hold your guns. Only 6 percent is used for human food, whereas 75 percent ends up in feed for pork, cattle, poultry and farmed fish. Ecosystems in South America are burned down, meter by meter, day by day to produce the steak that you eat with your mashed potatoes for dinner. Closer to home, intensive reindeer herding has led to overgrazing which has contributed to a systematic decline of lichen vegetation. Another aspect often overlooked is water. Consider this: one kilogram of beef costs around 15.500 liters of water to produce. In comparison, producing the same number of calories as meat in cereal takes 4000 liters. With clean water often mentioned as a potential cause for a third world war

and 1 in 10 people lacking access to it, that is an interesting statistic. I have not even mentioned the dangers of excessive antibiotics use yet. The truth is that cheap meat is only made possible by polluting the environment.

If the costs are so high, how are they maintained? Long term ecological management; often paid for by the government. Subsidies that help to keep the price low such as the EU schemes; paid by governments. Low wages in abattoirs; a human cost paid for by foreign laborers with their life quality and perhaps our karma. Eventually, "external costs" are often paid for with tax-payers money, or degradation of livelihood. And the estimated global economic costs of climate change in the upcoming decades run wildly between hundreds of billions to trillions.

Consider this: one kilogram of beef costs around 15.500 liters of water to produce.

The question is: why do we not hear more about this? Environmental questions related to meat are the political equivalent of asking your kid to turn off the computer one day a week. Not a good idea if that was your strategy to spend some quality time on a Sunday. Perhaps politicians avoid the question for fear of a public opinion backlash and being punished by consumers during elections. On both a national, as well as EU level, meat is a sensitive topic with big interests. Near-

ly half of the European Union budget is spent on agriculture and fisheries through a framework that was designed in the face of widespread food shortages during the post-war period. This money goes to subsidies but also projects to promote dairy and meat consumption. The production of meat alone presents about 28 percent of the total agricultural output of the EU, around 96 billion euro.

A research by Chatham House concludes that 'climate change is not currently a primary consideration in food choices'. Consumers look at taste, price, health and food safety but not climate. In other words, there is a wide awareness gap regarding the link between food and the environment. But a lot of us do know about this, and it

is easy to ask yourself to whether writing yet another article about it will change anything. Because this is not only about "knowing", it is about trying something new and changing habits.

Consumers look at taste, price, health and food safety but not climate.

Costs rising into billions are abstract numbers and the suffering of others is something faraway. As long as every day the sun rises and REMA1000 opens, what will make us care? I have tried to show why we should and the least we can do is

to remember ourselves and others of these facts over and again. So that one day, in response to requests for a non-meat option, the Mix store will offer samosas and you might think "what the heck, why not". Something to keep in mind when piously pledging to your new year's resolutions: why not try a meat-free Monday? A vegetarian meal, including fish, will carve 48 percent of your dietary carbon emissions, which is around 13 percent of your daily footprint. This article is not a call to boycott meat. It is not written by a guy driving a fixie and only drinking ecological tea from Brazil that tastes like morning dew and rain forest. As matter of fact, I like meat a lot. I simply would like you to ask yourself: should we, maybe, eat a little bit less meat?



From One Student To Another

TEXT: Marie Søndergaard

PHOTO: SAIH

SAIH wants to give a special thanks to all the students of the University of Tromsø – but do you know who they are?

Each year every student of the University of Tromsø pays a semester fee; and each year you are asked if you want to pay an additional fee of 30 NOK to support SAIH. But did you realize what good cause you just supported?

SAIH – Studentenes og Akademikernes Internasjonale Hjelpfond (Norwegian Students and Academics International Assistance Fund). For some this name rings a bell while others have no idea what this is about. SAIH is an organization that believes that education – especially higher education - is essential. Through education an individual person will learn how to manage critical thinking, which is necessary for the whole world whether you live in Tanzania, China, the US, England or Norway. We all need to be a part of our societies and the debates that go on within.

SAIH is a politically independent organization. Solidarity, equality and non-discrimination are among their important values, which are essential to the work of SAIH. It is about standing together. That is why SAIH cooperate with other organizations who share the same goals and values; that everyone has the right to education and to ensure good conditions for education in several countries. Education for liberation is one of their slogans and through projects in several countries they try to live up to that slogan.

This seems for me a lot to bear and a huge goal – so how do they manage this? To get to know and understand the SAIH better I got the chance too interview Inga Marie Nymo Riseth, the president of SAIH; a young woman with a lot of passion that shines out of her. She told me about their work and projects and I will admit that it was hard not to sign up as a volunteer!

Their work

SAIH is a worldwide organization – they believe that education is a way out of poverty. Therefore, the SAIH collaborates with 40 organizations in 8 countries in Latin America, southern Africa and Asia. But the organizations are not randomly picked. Inga Marie assures me through the interview, that *“the organizations promote equality, inclusion and diversity. Furthermore they follow the principles of respect for human rights and non-violence”*. Their target groups are students and youths as well as academics and teachers within the education sector. Additionally the SAIH tries to improve the young people's and marginalized groups, such as indigenous peoples', right to relevant and quality education and support continuing education for teachers.

Inga Marie uses Zimbabwe as an example to explain to me the improvements they have done. In 2015 827 young women in Zambia, Zimbabwe and South Africa got supporting informal training and capacity building in leadership skills. This is a huge deal in countries where woman are taught to keep their opinions for themselves. Moreover they fight for the right of the students in Zimbabwe and for a cheaper education so more people can afford it.

Furthermore she tells me that they cooperate with organizations that are working on non-discrimination based on sexual orientation and gender identity at universities in South Africa.

The topics that the SAIH deals with are not small – they are quite the opposite, and will support long term developmental work within higher education and training for younger people within that particular area. This work is necessary and cannot be done without SAIH support.

FACTS ABOUT SAIH:

- The SAIH started in 1961.
- It is a political independent organization.
- The contribution started being 5 NOK - in 2017 the contribution is set to be 40 NOK at most universities.
- The amount to donate is decided by the parliament of each University.
- In 2016 SAIH received 13 millions NOK through money donations.
- SAIH supports 40 other organizations in 8 countries.

You can find SAIH on Facebook or e-mail saih.uit@gmail.com

The donations are essential for the SAIH to work and to continue supporting projects all over the world. Therefore, on behalf of the SAIH Inga Marie wants to give a special “**THANKS**” to the students from the University of Tromsø. So far in 2016, SAIH has received almost 600 000 NOK from the UiT. Without donations the work of the SAIH would be impossible. It is a big help – from one student to another.

Local work

Are you more curious? The SAIH have a local office placed in Tromsø. The office is very flexible and chose their own projects they want to focus on in order to support SAIH as a whole. Cassandra Myhre, the leader for SAIH-Tromsø tells me “*they balance what they want to do combined with the whole organization. SAIH Tromsø have focused a lot on stereotypes these recent years and try to enlighten that what the media is telling is not necessarily true.*”

One of their focus areas has been the campaign called “Students at Risk”. This campaign led to the establishment of a program that give to students who are expelled from university or are in other ways hindered from completing their education because of their activism, the opportunity to study in Norway. . So far around 20 students are in Norway – 3 of them at UiT.

RadiAid

The new campaign starting in December is called the RadiAid Campaign. This will be more on an award show with two categories; *The Rusty Radiator Award* goes to the fundraising video with the worst use of stereotypes. *The Golden Radiator Award* goes to the fundraising video using creativity and engagement.

By highlighting the best and the worst charity ads of the year, what the SAIH wants to accomplish by this award show is to change the way fundraising campaigns communicate and engage people in issues of poverty. The last years have shown that it is possible to make good charity adds without the traditional stereotypical representations. The stereotypes and oversimplifications creates an image of the receiver as being a passive actor who is lacking resources to change their livelihood. This image can easily turn into prejudice, racism, poor debate and policies. The NGO’s plays a major

role in including people and their understanding of development in the world today and it is therefore crucial to fight these stereotypes and let the people know the truth. We need debates based on knowledge – not stereotypes. The ceremony will be December 8th in Oslo.

Do you want to join?

Did you get curious by reading this article? Do you get tickling fingers that want to do something good? Have you dreamed about doing volunteer work to help others?

If you agree with the statement *Education*

for Liberation SAIH might be the perfect place for you then! SAIH-Tromsø is very social group who meets and discuss the different campaigns and what to do next. You will be engaged in work that the newspapers rarely cover and you will help other students worldwide fighting for their rights.

After meeting Inga Marie and e-mailing with Cassandra it is hard not to sign up for this organization. What they do is an important step for getting people out of poverty – and it is a fight they cannot fight alone!

Inga Marie Nymo Riseth, the president of SAIH



When It Is All About Giving

TEXT and PHOTOS:
Marie Søndergaard

There has been a boom of volunteer work over the past decade. People have signed up and followed campaigns such as “buy a goat for Christmas”. People have donated money, materials and many private persons have even started their own collection; I was no exception.



My volunteer adventure started in the summer of 2014. I needed a change from working 50 to 60 hours a week, to something that actually had a meaning – a purpose. I needed a point in my life instead of being a robot, so I went to Tanzania with the thought that I could coach some children in European football. The children loved it. I found some friends around Arusha, close to USA-River, where I could coach 56 boys from the age of 9-24. Many of them played in football boots without any cleaves and the goalkeeper did not have any gloves. This was the first time when I collected some money from Denmark to buy 10 pairs of boots.

Football was something that the boys played every moment they could – it brought them happiness, smiles and a hope of getting out of poverty if they could become

the best football player. It truly touched my heart how happy they could be considering how poor they were. I had players passing out because they had not eaten for a full day, I saw children playing with a can because they couldn't afford a football. Yet, they were still smiling.

One day, my friend Malene was telling me about her boyfriend from Tanzania and how he had reacted when he received his first gift for his birthday from her. He had never ever experienced getting a present before in his life. That is when it hit me “Every kid deserves a Christmas present”. This became my first “real” project. I realized in my naivety that not every child in the world receives a Christmas present. One thought lead to another and I created a collection on Indiegogo to collect money for Christmas gifts. That year I spend my Christmas in Tanzania to hand out

Christmas gifts for street children and for the children living around the Kilimanjaro Mountain. I thought that it would just be a minor project but all of a sudden the local newspaper in Struer, Denmark, called to do an interview. I started receiving donations from Switzerland and people would call me to donate toys and teddy bears. Eventually, I had SO many presents that I filled 2 suitcases with 64 kilogram. With these I travelled to Tanzania where I managed to hand out approximately 700 Christmas gifts and buy school supplies for a village called Mbahahe on Kilimanjaro.

This project was overwhelming. I am sure everyone can imagine what it is like to give a child a gift and see how happy he or she becomes – but in Tanzania it was not just the child who got happy – it was the whole family. People who literally had nothing invited me inside for tea and bread. I remember a grandmother coming up to me crying and saying that she now could rest in peace knowing that her grandchild had tried to own something. It was so touching and overwhelming. Some weeks I had to take days off to comprehend my experiences and call my own family to tell them about all my impressions and feelings. A simple little toy, a car or a puzzle for example, changed their view of life and made this a Christmas they would remember. The Christmas, when they received a present.

I realized through this project that it honestly does not take a lot to make children happy and that I was not going to stop with this project. I just wanted to find a project, which could help them stay out from trouble as well. A present can make a child happy, but it cannot help them out of misery.

- Marie studies anthropology in Aarhus but is living in Tromsø, where is doing her exchange at UiT.
- She is hoping to get accepted for the Indigenous Master program at UiT.
- All her work is 100% voluntarily and all the donations are spent a 100% on the project – This is very important for her.
- The webpage for “Footies for Smile” is footiesforsmiles.dk and will be available from January.
- It is possible to follow the project on Facebook – Like the page “Footies for Smiles”
- If you have any donations, please do not hesitate to contact her: marie@sgaard.com
- Most important – help her spread the word.

January 2016 I travelled to the Philippines. One thing I realized about Tanzania, and Africa in general, is that there are SO many aid- and volunteer organizations that it is a competitive market. But when you search in the Philippines, it is hard to find any organizations although there are some. But honestly, very few, which is impressive considering that a huge part of this population is living in poverty as well. So I decided to travel to Bohol and Negros to find inspiration and a placement for my next project.

At Negros I found a small city called Kalombyan. It lies isolated in the mountains, with no wifi, 3G or even cell phone signal. However, there were a lot of people full of hope and energy to make the best out of the day for the kids. Yet, they did not have all the supplies they needed. I had several talks with the headmaster to promote the idea of doing a football project. I organized several practices to see what materials they had, how they children were and to get an overall impression of the village. The children loved playing football and wanted to get the best out of it. If one kid had a pair of boots, he would share it with his friend, meaning that two players now had one boot on. They really did not have a lot. I held a practice with 43 boys but only had 3 footballs. I met a coach who loves football and who is a true inspiration to the children, yet he is so unhappy that he cannot give the children what he really wants; a great football experience through a great practice.

This community wants the best for their children and they want them to stay away from the street and the trouble, yet they are missing the resources to, for example,

having a complete football practice. A project can make that happen.

In January 2017 my new project is going to start – it is called “Footies for Smiles” which is a collection of football materials that a small group and I can bring to the Philippines. My goal is to make children happy; through football.

For me it has never been about saving the children – it has been about making them happy. I cannot save the world, but I can do my best to make sure that people around me are happy.

Many have asked me why I do not donate to other voluntary or aid organizations such as “Save the Children”, or something similar. The thing is, that I do not want to pay another person’s salary. If I am donating money I want to make sure that

the donations go straight to the children. When I travelled to Tanzania I covered all my costs myself. I paid to bring the extra luggage etc. so I could make sure, that the money people had donated went 100% to the children and their community. When organizations become so big that people need to be paid in order to keep it running I do not see it as volunteer work anymore; I see it as a work.

If you have any footballs, football-boots or other materials, which is just taking up space, then donate them to the project. I can guarantee that they will be able to generate a smile amongst the children in Kalombyan.

No one has ever become poor by giving – I hope you will help me make this project a success by donating your football materials.





Dear Diary,

This might be the last writing from Norway – I am facing the last month of my stay in Tromsø. As the days have grown even shorter and the dark period has begun, I am just starting to experience how the absence of the sun feels. Finally the snow came and brightened up the scenery a little bit before it started again to get warmer and to rain. But I am convinced, that there will be colder days and the snow will return again before I finally return home.

I recently remembered a list I had made when I came here. Seems like it's already time to sum up the last months. But I must say that this might be difficult right now. I just got the feeling of having settled in a realistic everyday life. I go to University, meet friends in the evenings or at the weekends and last week I started to work in the library on my home exams. I started to go to that wonderful room with the full spectre lights, afterwards to the library, middays to the cafeteria with my friends and I finally got into routines – And now I will have to leave in a short while. That seems quite unfair to me. But, as I mentioned before, I knew that my time in Tromsø would be limited and that I would have to face going back home in the end. So now I would like not only to think about what I will leave behind but what I will take back home with me – And I'm not talking about my collection of stones and seashells that I will have to carry in my luggage. One thing that's for sure is, that I gained a lot of writing experience in English during the last months. Writing not only for my classes but also for the Student Magazine has improved both my creative as well as my scientific writing skills (Yes, I got some nice feedback on this by others. So this observation is not completely exaggerated).

I also have the impression that my spoken English got a lot better. I remember the first days at UiT, when I definitely had some problems expressing myself. Norwegian language acquisition worked out quite good as well. At least I was finally able to have basic conversations with citizens of this lovely town!

Well, the cross-cultural experience could have been a bit broader. I hang around mostly with other German people. At least this will be a benefit when I go back home: We won't be too far away from each other after returning to our hometowns. And I also spent some mentionable time with other Europeans, mostly they are French and Norwegian. So there will be a few nice spots in Europe to spend my next holidays at.

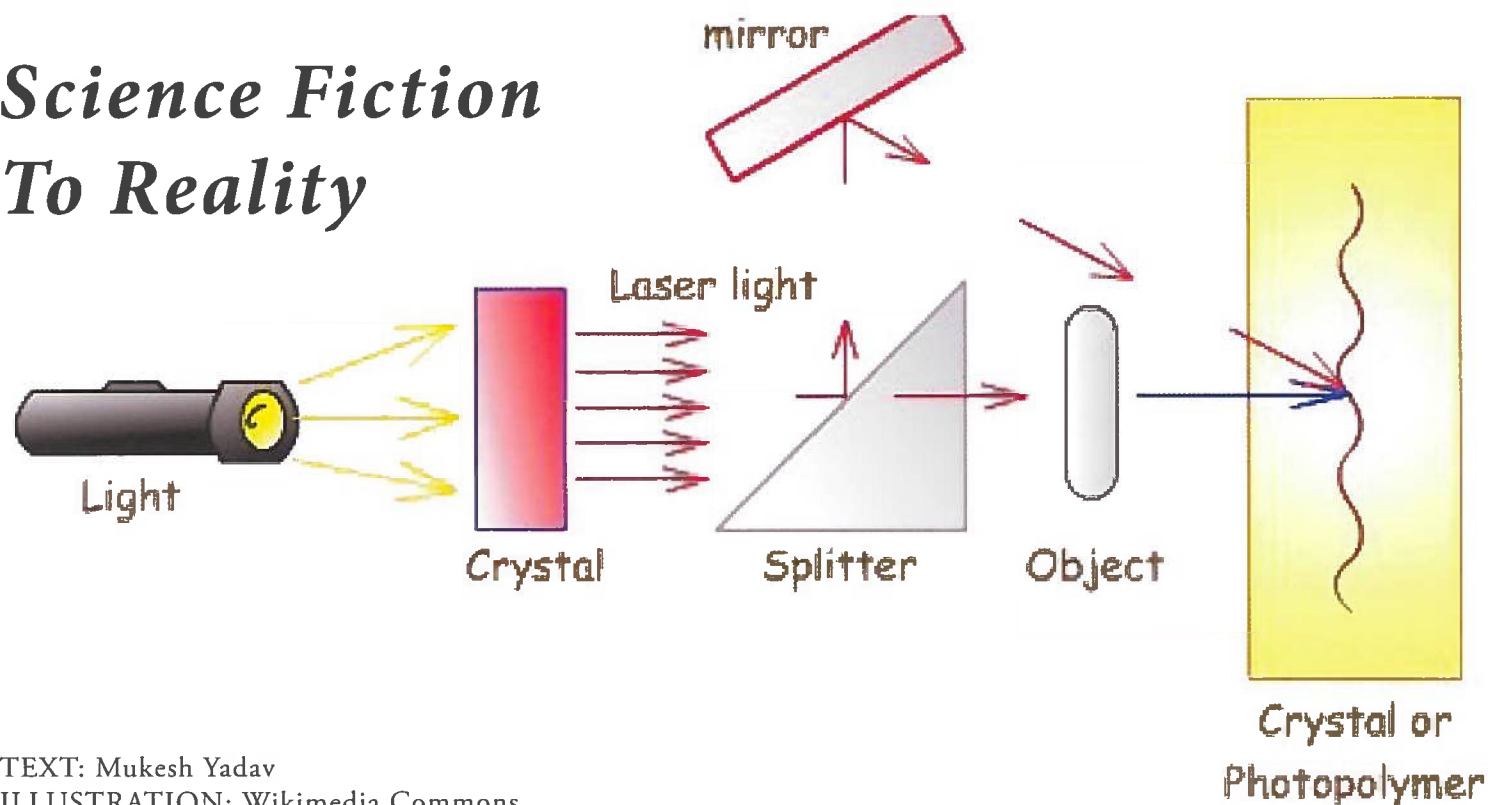
Then there was this leaving the comfort zone-thing. I guess I can say that I succeeded in this as well. And the good thing about it is not that I changed completely by doing that. I just got assured of what I already considered myself to be. So I will definitely not go home as a totally different person but as a self-assured version of myself. And of course with some wonderful memories, some friends I hope to keep in touch with and with a lot of beautiful pictures – and of course with my collection of rocks and seashells! So farewell, Tromsø – It was a pleasure to live here. And I will gladly return in spring when I visit those lucky friends of mine who will stay for more than one semester!

Greetings, Johanna Schirra
Illustration: Boyka Todorova



Holography:

Science Fiction To Reality



TEXT: Mukesh Yadav

ILLUSTRATION: Wikimedia Commons

For decades, the application of holograms has been seen in Sci-fi movies and TV series. In *Star Trek* and *Star Wars*, it is common to see 3-dimensional transparent images of someone. One popular instance was the 3-dimensional image of Princess Leia pleading for help from Obi-Wan Kenobi. In most of the movies, 3-dimensional images (holograms) are used for interaction with someone who is not physically present. This technique is not only possible in science fiction, it can be implemented in real life. And it is most possible that we will be able to interact with 3D images of someone sitting far away in the near future. This is possible because of holography.

This fascinating technology is becoming very popular nowadays. It is based on the principle of the 'optical interference phenomenon'. Optical interference is defined as the interaction of two coherent or correlated light sources with the same frequency. This can happen when two light sources coming from the same origin interact (laser). So, to record a 3D hologram of any object, interference of laser source and light from the object are recorded on a holographic screen. Then, after recording, the image can be reconstructed from the hologram by using a laser source. Laser sources generate the image at the same position in which it

was placed during recording. And because of interference, we also get 3D information of an object.

At present time, we are using holography technology without knowing that it is based on the same technology that is shown in fiction movies. One of the common applications are 3D holograms on books. On those holograms, a 3D image of an object can be seen by tilting the book. Historically, the first optical hologram was developed in 1962 by Yuri Denisyuk in the Soviet Union. It happened only after the development of the laser light source, which is the basic requirement for the development of a hologram. Firstly, this development became popular among artists. The first holographic art exhibition was held at Cranbrook Academy of Art in Michigan in 1968. After that, a number of art studios and schools were established, each with a particular approach to holography. Along with this, scientists had started research on this technique regarding applications in real life. They found it in storage systems, sensors, biosensors and security systems. As a storage system, holography technology can be implemented for storing terabits of data in a 120mm disc, which was developed around 2004 but has not been commercialized yet. As a sensor, it has been implemented for various applications like gas sensors and bi-

osensors for diagnostic use. Regarding security systems, holography films are used in currency notes, as security holograms are hard to forge. They can only be replicated from the master hologram that requires expensive and specialized equipment.

The future of holography is going to be an interesting aspect of daily life. The research and development of this technique are not confined to any specialized field. Now, big companies like Microsoft are trying to implement this technology in their products. MSFT and Tech30 are interesting projects that Microsoft is investing in. Using this technique, holograms can be pulled, tapped and flicked away by just looking at it through special glasses called HoloLens. HoloLens is itself a computer. It understands where your eyes are pointed at, recognizes your gesture and voice and it can map your surroundings. It is not just a project: some scientists from the University of Tokyo's Department of Complexity science and Engineering have already developed a machine called Haptoclone that can perfectly replicate an object and display a clone of it in second place, which can then be seen with the naked eye and touched with the bare hand. Plus, if you interact with the object, for example by touching the 3D image, the system effects the hologram by the force exerted by you and displays the effect made by that force.

Style-novation: When fashion meets innovation

Welcome to the gallery of the future apparel! From a simple dress substituting the changing room to high-tech workout shirts, these 10 innovative clothing prove that we are already living in the future. Even better, some of these innovations also aim for a greener world by helping us reducing clothing consumption. So, take a look at the gallery below, and let Santa know which one do you want for a Christmas present!

TEXT: Yati Chen

1. Baubax Travel Jacket

This jacket might be the best travel jacket, since it has a staggering 15 features, including earphone holders, drink pocket, sunglasses pocket, microfiber cloth, pen with stylus, iPad pocket, hand warming pockets, neck pillow, eye mask, passport pocket, phone pocket, portable charger pocket, blanket pocket, and gloves. However, the most impressive feature is the seamless built-in neck pillow, which can be inflated and deflated within just two seconds!



2. Radiate Athletics

‘Thermal vision built in your shirt’ – that is what Radiate Athletics claims to be. This shirt changes its color as you exercise, and shows the area where your muscles have worked out. It also has a heat management system that keeps your body cool while radiating the heat on the shirt as the color changes. In addition, the shirt is also anti-microbial and moisture wicking, eliminating sweat and odor.

3. Karma Trik

Another example of a simple but great innovation, Karma Trik is a piece of cloth that can be worn in 15 different ways. It can be worn as a shirt, skirt, and several styles of dress, without the need of buttons, zippers or straps. The fabric is made of recycled plastic bottles collected from the beaches in Haiti. By wearing this shirt/dress/skirt, you actually help to clean the beaches, create income opportunities in Haiti, and reduce the number of your clothing, thus, giving you good karma.

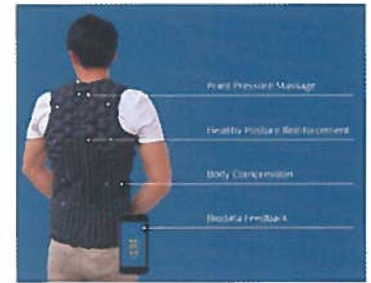


4. Hexoskin

Hexoskin is a workout shirt that monitors your heart rate, breathing volume and rate, exercise intensity level, steps, and pace. The data is stored on your phone and can be viewed real-time. It has 14 hours of battery life with Bluetooth connection. The fabric is machine washable, quick drying, breathable, lightweight, anti-odor, chlorine resistant, and has UV protection.

5. Airawear

Massage lovers rejoice! Now you can wear your masseur, since Airawear is a jacket equipped with 6 specially-targeted acupressure modules that will give you a massage anytime, anywhere. The modules are so thin that no one will notice that you are enjoying your massage on the go. The mobile app is used to select the massage program of your choice based on intensity, preference, duration and pain points. Furthermore, it also has the function of automatic posture correction, which inflates automatically when you have poor posture.



6. Scottevest Carry-on Coat

Just like Baubax travel jacket, Scottevest is also a perfect travel jacket. However, instead of just 15 features, Scottevest has as many as 33 pockets! From the smallest size, these pockets are designed to store pens, keys, phone, iPad, and even some folded shirts in the biggest pockets. Thus, it is named as the carry-on coat, which substitutes a carry-on bag and saves extra baggage fee.

7. Flexwarm

This smart jacket warms not only your body, but also your hands, with controllable heat levels that can be operated from a mobile app. It is claimed to be the first climate control jacket, which has a sensor to monitor the temperature inside and outside the jacket. In addition, it has the longest battery life – 13 hours, since it is more energy efficient, compared to traditional carbon fiber heating technologies. The external battery is located in the pocket and can also be used as a phone charger.

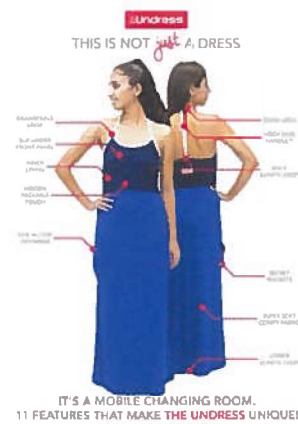


8. Silic shirt

This hydrophobic t-shirt has gained its popularity from a viral advertising video. Silic is waterproof inside out, since it is made of fibers woven with silica. It is claimed to be soft, breathable and washable up to 80 washes. And since it is hydrophobic, it also has antimicrobial quality, reducing the need of a frequent wash. Thus, it is impossible to stain and also environmental friendly.

9. Ai Riders on the Storm

At a glance, this jacket resembles a superhero's costume, and the pom-pom on top of the hoodie adds the entertaining part of it. But if you wish to ski without the hassle of carrying your goggles and face cover, then this is the perfect jacket. The goggles attached to the hoodie are replaceable with transparent lenses, plus, they are scratch resistant. This goose down jacket also comes with mesh grates in the mouth and ears section, which are useful for breathing, hearing, and also for preventing fog from covering the goggles.



10. The Undress

No changing room at the beach? No problem, because this dress works as your changing room. The Undress is actually a simple dress with a drawstring loop and two pocket-like side openings. However, this dress proves that a simple solution can be a great innovation. By slipping the drawstring loop under your shirt and wearing the loop on your neck just like wearing a normal dress, you can take off your shirt effortlessly without getting naked. The side openings are useful for taking off your pants easily. And since it looks just like a normal dress, you can also wear it as a beach dress or simply pack it in your bag as you travel.

Invited Unconditionally

On a cool, blue Sunday morning, I walked across the frosty streets towards the Domkirken. The wood seems to be breathing in the fresh cold, and gives the church a calm openness that reminds me of Norwegian nature. As I enter, I smell old liturgy books, wood, fresh coffee and cake.

Inside I meet Jill. She is a priest and the person behind Food & Fellowship, an initiative of the Tromsø International Church. On a regular basis, they organize events where people can meet and celebrate Christian services.

Can you explain what the International Church does?

Tromsø International Church is an international community for people living, working and studying in Tromsø. Our monthly English service is an alternative not only for international students, but also for working immigrants, refugees and even tourists. You will also meet Norwegians who like an international atmosphere. Our goal is to gather them for common services, for social events and also give them the opportunity to participate in smaller groups. These life groups are for friendship, sharing life experiences and our Christian faith. In 2017 we will hold English services once a month, Sundays at 05.00 pm (17.00). We also organize Food & Fellowship. Food & Fellowship is a social arena where we eat together and where we will arrange mini-concerts and maybe share some reflections about life and faith. This will take place on one of the other Sundays, also at 05.00 pm. We really hope to reach out to international students. For many people who come to Tromsø adjusting to the life here will be fine. But for some, it might not always be that easy to find their way. We want to be there for them, and everybody else.

What does the International Church offer to international students that they can't find on campus or at their student housing?

You can find fellowship, company to discuss values of life, or share your beliefs and religious convictions. In that regard, it is a social meeting point. And, of course, it is a place to meet Norwegians from different parts of society. The fellowship we offer can give you a feeling of worth independent of degree, nationality or beauty. What makes the church special is that people visiting here share a deeper connection. It is like entering someone's home. We base ourselves on the gospel and would like to spread its ideas to those who are interested. But anyone who visits us can experience an unconditional welcome and embrace.

There has been a lot of criticism towards the church institution in the past years. How has this impacted your work?

People don't often show it directly, but I can feel that skepticism about the Christian church and belief is high. Which I can understand. But the institution has to be distinguished from the faith. The church is a place where you will be welcomed with love. A space where you reflect, and find quietness, which is something I think

many of us are looking for. As a student, you want education and friendship, but also answers to more existential questions. What do I want to bring into life? Why am I here? For that, the church is a treasure.

Still, the church has become associated with things like child abuse and has been criticized for corruption at every level. People wonder if they should support, even by visiting, an institution that is known for this.

Being a Christian is not about pretending to live only in righteousness. The most important thing is the relationship with your heart and your relationship with God. Even if members of the Church don't come to the same conclusion on things like gay marriage and female priests, the faith goes deeper and keeps us together in spiritual unity. Still, for some people, these questions are so important that they keep their faith in their heart and stay outside of the church. But even if they do, through faith, we still belong to the same Christian family. Then there are people that might disagree with others inside the Church, but continue to participate in the community. They join to overcome these differences.

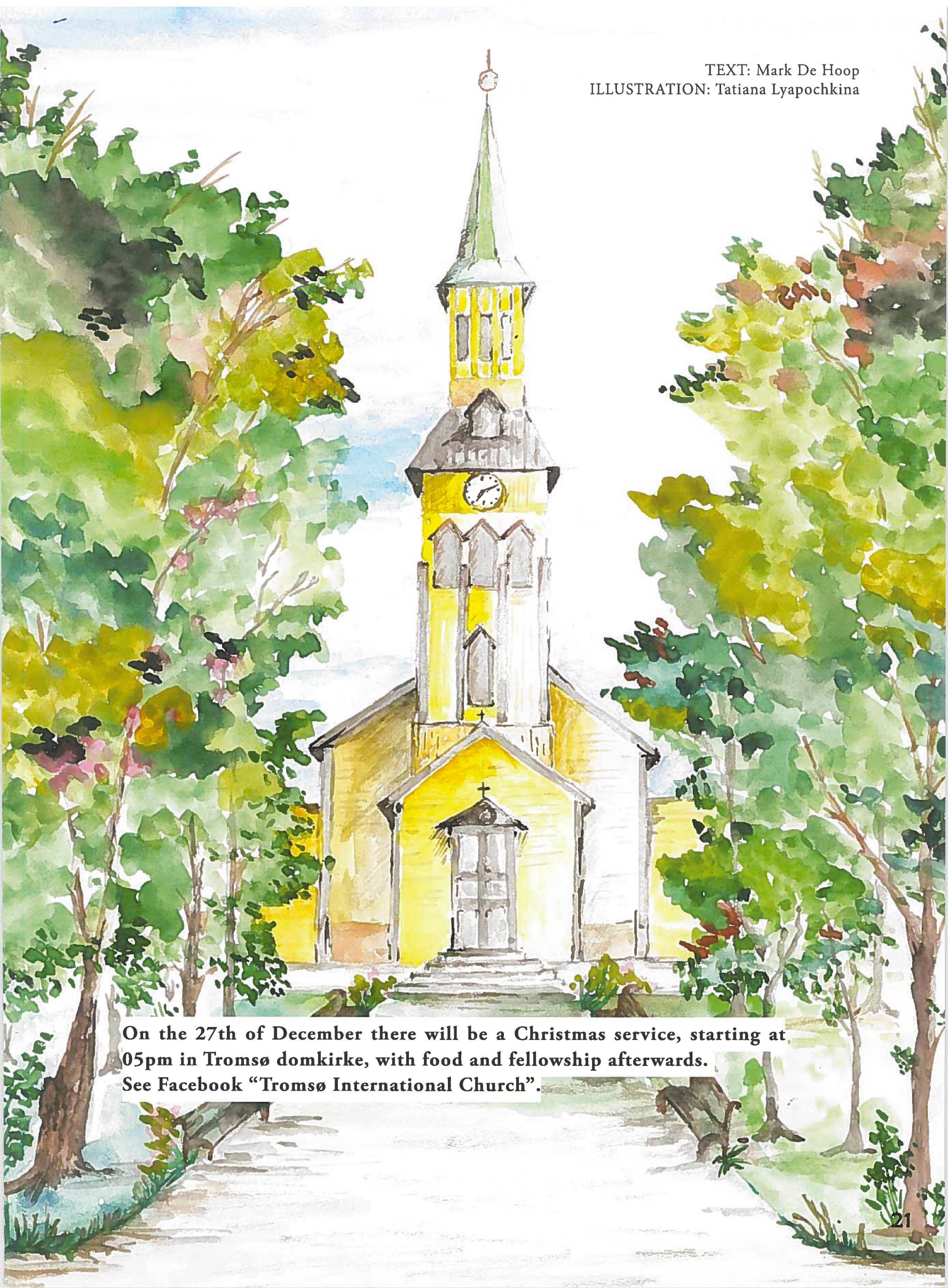
How would you describe the openness of the debate about these topics in church?

Well I must say, that at least in the church that I am part of, we have had big discussions about these questions for years. The debate now is very much in the open. As I mentioned before, in the church you will find so many different values and opinions. Ranging from the very conservative to the very liberal. Some colleagues joined the Pride Parade last week, for the first time. We come to church and carry a thousand things with us. The most important thing is, that we hope visitors will feel acceptance, and a personal connection because they are met with love.

Despite the challenges, the church has something important to offer nowadays, even for those who look at religion with skepticism. It is a space where you can be met with an open heart, and use a moment to ask yourself questions which might not come up during a normal day.

Indeed. You can not say the church is just one thing or another. Every Sunday, I meet people with so much love in their hearts and a willingness to do something good. Their inspiration is their faith. You will find a variety of opinions and perspectives, but that is what connects us. We started organizing Food and Fellowship to invite people and let them know what we do. Whenever I walk into a church, I feel that I have entered a holy place. This makes it special, a home where you are invited unconditionally.

TEXT: Mark De Hoop
ILLUSTRATION: Tatiana Lyapochkina



On the 27th of December there will be a Christmas service, starting at 05pm in Tromsø domkirke, with food and fellowship afterwards. See Facebook "Tromsø International Church".

Universitetets Vedtak Er Rett,



TEKST: Torill Varberg,
FOTO: Olga Shavrina

«Et spørsmål jeg ofte møter som studentombud er hvordan jeg formidler det til en student hvis saken ikke har gått slik som studenten ville. Jeg tror at hvis man har en god prosess så er det lettere å akseptere en dårlig nyhet. Se for eksempel for deg følgende scenario:

To studenter har fått vite at de ikke har bestått praksisperioden. Den ene studenten får vite dette en halvtime før siste praksisdag, ved at praksisveileder gir henne et brev og ber henne gå hjem og lese det. I brevet står det at studenten ikke har bestått på et grunnlag som hun overhodet ikke kjenner seg igjen i. Når studenten forsøker å kontakte skolen for å komme med sitt syn på saken får hun ikke noe svar. Ingen tar telefonen, epostene hennes blir sendt fra person til person. Etter tre måneder får hun en epost om at fordi reglene for stryk på praksis ikke var blitt fulgt, skal hun få et nytt forsøk.

Hun får imidlertid ikke vite noe om når eller hvordan den nye praksisperioden skal gjennomføres. Studenten er sint og frustrert. Hun føler at det har blitt fattet et vedtak basert på uriktig infor-

Høstsemesteret 2016 nærmer seg slutten, i korridorene hviskes det «vis hensyn – eksamen» og om ikke lenge venter en velfortjent juleferie. Mange benytter gjerne den siste måneden til å oppsummere og reflektere over året som er gått, og både gode og dårlige erfaringer tas med i planleggingen av vårsemesteret 2017.

Studentombudet har til nå i år mottatt rundt 180 henvendelser, og på bakgrunn disse ønsker jeg i denne utgaven å ta opp et tema som ofte kommer opp: Hva er forskjellen på rett og rettferdig? I den forbindelse ønsker jeg å dele et utdrag av en artikkel som Studentombudet ved HiOA, Anita Tøien Johansen, publiserte i Khrono den 12. mars 2015.

Jeg håper både studenter og ansatte tar seg tid til å lese denne teksten.

masjon. Hvorfor hun ikke besto forstår hun ikke. Kanskje var det fordi hun hadde en diskusjon med praksisveilederen om en faglig problemstilling den første uka? Kanskje var det på grunn av den medstudenten som ikke likte henne? Hvordan skal hun klare å gjennomføre en ny praksisperiode nå, når hun ikke vet hva hun gjorde galt forrige gang? Er det kanskje noen som er ute etter å få henne ut av studiet? Det var jo noen som nevnte skikkethet en gang, kan det hende at de har sendt inn melding på henne?

Den andre studenten får også beskjed om at han ikke kommer til å bestå praksisen den siste dagen i perioden. Han blir imidlertid innkalt til et møte, der både praksisstedet og skolen er representert. I møtet legger de frem begrunnelsen for at han ikke har bestått og han får anledning til å fremme sitt syn på saken og stille spørsmål om det han ikke forstår. Også i hans tilfelle kommer skolen til at det har skjedd en formell feil ved at han ikke fikk beskjed om at han sto i fare for å stryke før den siste praksisdagen, men vedtaket kommer raskt, og studenten får et brev der han samtidig innkalles til et møte

Men Jeg Føler Det Ikke Rettferdig...

for å snakke om når og hvordan han skal kunne gjennomføre neste praksisperiode på en god måte.

To studenter som i prinsippet er i samme situasjon. Begge har fått ikke bestått praksis. I begge tilfellene har det skjedd en faktisk feil og skolen har opphevet vedtaket og gitt studentene en ny praksisperiode. Sannsynligheten for at den andre studenten kommer til å gjennomføre den nye praksisperioden på en god måte og ha tillit til hogskolen videre er imidlertid mye større. Hvorfor er det slik?

Lin Adrian, adjunkt på Københavns Universitet, har forsket på rettsmekling i Danmark. I en artikkel fra 2013 introduserer hun begrepet «procesrettfærdighet». Hennes forskning viser at den måten avgjørelser treffes på tillegges stor betydning for mottakerens subjektive opplevelse av om utfallet er rettferdig, og ofte større betydning enn det å få medhold. Prosessrettfærdighet handler ikke bare om det materielle, at visse regler er blitt fulgt, men like mye om den berortes opplevelse av prosessen. Hun viser til fire faktorer som må være på plass for at man skal oppleve prosessrettfærdighet: Å bli hørt, nøytralitet, tillit og respekt.

Den første faktoren handler om studentens rett til å få si sin mening og til å føle at noen hører på ham. I eksempelet over har bare den andre studenten opplevd dette. Selv om den første studenten kanskje skrev en epost med sin side av saken, vet hun ikke om denne ble lest. Det var ingen som spurte henne på noe tidspunkt hva hun mente, selv om dette var en situasjon som handlet om henne.

Den andre faktoren handler om å stole på at saken din blir behandlet på bakgrunn av objektive kriterier, og at du får samme behandling som andre som er i samme situasjon. Det kan godt hende at hogskolen i tilfellet til den første studenten behandlet henne etter likebehandlingsprinsipper, men det hjelper ikke stort på opplevelsen av prosessrettfærdighet hvis det ikke også blir synlig for studenten.

Det tredje kriteriet handler om oppriktighet og omsorg. I Adrians artikkel skriver hun om et grunnleggende prinsipp i dansk rett som er at forvaltningen skal opptre «hoflig og hensynsfullt». Dette prinsippet er ikke like uttalt i norsk rett, men vi snakker i stedet om «god forvaltningsskikk», og det er klart at det å behandle studentene på en ordentlig måte også er en del av dette. Den andre studenten opplevde en hogskole som forsto at han var i en vanskelig situasjon

og som forsøkte å tilrettelegge for at han skulle få informasjonen på en god og hensynsfull måte. Den opplevelsen hadde ikke den første.

Den siste faktoren handler om det å føle seg verdig behandlet og tatt på alvor. For den første studenten var saksbehandlingen mer preget av at hun var del av et samleband, og det kunne for henne virke som om det egentlig ikke var noen som brydde seg om hvordan hun følte det i den vanskelige situasjonen som var oppstått. Det var aldri noen som spurte om hennes mening, og når ingen svarte på epostene hennes eller tok telefonen så følte hun seg ikke tatt på alvor. Slik hun opplevde det tok ikke hogskolen ansvar for den feilen som var blitt gjort, og viste ingen forståelse for hvilke konsekvenser det hadde for henne.»

For studenter, som for oss alle, er det viktig å bli møtt på en ordentlig måte og med prosessrettfærdighet. For dersom prosessen har vært god, er det lettere å slå seg til ro med resultatet. Og dersom man kan akseptere resultatet er det også mer sannsynlig at man vil overholde de pliktene som man har blitt pålagt. Hvem av de to overnevnte studentene tror du vil møte opp med en positiv innstilling til praksisforberedende undervisning og gjennomføre en ny praksis på en tilfredsstillende måte?

Det som er rett behøver ikke oppleves rettferdig. Og mange av henvendelsene til Studentombudet viser at studenter ikke alltid opplever prosessrettfærdighet. Jeg vil derfor oppfordre ansatte til å tenke på hvordan dere møter studentene og hva man kan gjøre for å sørge for en god prosess, selv om resultatet kanskje ikke alltid er det studentene ønsket seg.

Og med det ønsker jeg dere alle en riktig god jul!

Beste hilsen
Torill Varberg

Procesrettfærdighet – det er også måden, der tæller, adjunkt, ph.d
Lin Adrian, Juristen nr. 3 2013 s. 107-116

Artikkelen Rett eller rettferdig? Kan i sin helhet leses på hrono.no/debatt/rett-eller-rettferdig

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.

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Merry Pocket And Happy Planet Earth – How To Eco-Celebrate



TEXT: Anežka Prosecká
PHOTOS: Olga Shavrina

The following won't apply to those who can't imagine any kind of celebration without glitters, artificial decorations and brand new expensive luxuriously wrapped gifts.

DIY (Do It Yourself) is the best way how to be economical, ecological and personal with giving. You can go from the bottom – making everything from “raw” material to the last layer of wrapping by yourself. **YouTube** and **Pinterest** are fulfilled with ideas for those, whose excitement did not meet with creativity. Give food or cosmetics (most likely nature-friendly), something useful, what will eventually run out and won't sit on the shelf for years catching sunlight and moon dust. Decorations from serial manufacturers, so-called dust-catchers, are made from hard plastic or any other long-term decomposable material or at least are coloured with some not nature-friendly paint.

DIY food

Go for bulk and use it in several ways. Granola, muesli bars, and oatmeal – they have same base of ingredients, you can play with wrapping them and they are then more special when homemade.

Similarly, you can go with dry mixture for soup – buckwheat, red lentils, grain flakes, spices, dried vegetables. When you buy ingredients in bulk, you can mix several portions and have ready gifts for any occasion, including sudden invitation for coming over.

Homemade cosmetics

It brings the advantage of not contaminating nature when being used after.

Everything starts at home. Try to use as much as your home is able to provide. Old clothes, fabrics, papers, wooden pieces, large food packages, and so on. After considering all the opportunities for DIY, make a shopping list and keep it on you for any time you would randomly go to the market. Never buy things with that promise that you will find out something to do with them.

Wrapping

Again – home is the source. Those who like sewing can make anything from old curtains, fabrics, table tops, and clothes. Those who are not that good at it can use these materials instead of buying new wrapping paper, which often contains artificial colours and flame-proof chemicals. They do harm to nature when they decompose.

Use glass or any other reusable jars instead of cellophane bags. That counts also for decorations. You can redecorate glasses all over again – with beads and wires, some writings or patterns, knitted or crochet coats or just wrap them into some old photos from newspapers or magazines.

For decorating you can always use what nature gives to you during the seasons. Dried apples on the string, leaves, branches, egg shells, grass, plant zest – the list is endless.

Nowadays you can also get clear plastic balls. You can change filling in them according to season and use them as a decoration any time of year! These fillings can be some dried foods, herbs, small stones, beads, crayon shavings.

You can also choose to buy products of better quality, which one would not normally buy – nut oil, plant syrup, high quality meat, superfoods, nutrition additives; also ecological personal and home care products.

DIY gifts do not necessarily have to be tangible objects, they can

be virtual gifts. You can make a special playlist, funny video, presentation of life moments, poems or lines for one you appreciate. More than that, these gifts are not harmful to our nature.

During the year, whenever you see something that could be suitable for a particular person, do not wait for any occasion to give it. Just give that right away when you see the person. A birthday surprise can be more surprising when given three months earlier. By the way, if your friends or family get offended by second-hand gifts or homemade wrapping, they should know that you did those things with love!

It is important to remember that our life revolves around communication. When you are struggling to find inspiration, you should say that to potential receivers. And you can agree rather on some common activity or exchange of some old stuff you do not use that often. You can always try to cook something more advanced than usually. You will get an useful experience, some new knowledge, and, hopefully, even a wonderful dinner. All the traditions are connected with long processes of preparations, which were finally the main purpose of the events – to make something together, no matter it turns out into.

When this philosophy will settle in your mind, you will be able to think wisely during the whole year. You will buy food in glass jars and store them, you will be able to find usage of several house leftovers, and you will be resistant against pointless shopping. There is infinity of possibilities how to show love and appreciation to your closest human beings. And, of course, it should not be solely related to particular days during the year.



Tea And Coffee – What A Magic?!



TEXT: Anežka Prosecká
PHOTO: Wikimedia Commons

These two substances are considered as the biggest commodities in the world, right next to the tobacco and alcohol. As we could expect, long time passed before we were enabled to enjoy various teabags and barista's tricks.

Here it is worth to mention, that tea and coffee were considered as ritual and occasional beverages few hundreds of years ago and we should think more about how luxurious it could appear ages before to have a cup of these now available literally on every corner.

People and scientist still doubt about the effects of these two beverages, but the positives ones are above the possible negative effects. When one is comparing „what is better“ here comes a wide spectrum of possible answers. Generally could be said, that not tea, neither coffee is better than the other one. The most active substance in them is well known caffeine.

So the best barista knows how to make heart shape on the milk foam?

Of course not. The best baristas are able to recognize various tastes and aftertastes in coffee. To those, who put tons of sugar and litres of milk into their coffee – yes, it has more than „bitter“ taste hidden inside.

I will have a tea... No you won't.

People are used to say „tea“ about every beverage, which is prepared from herb/plant and mostly with boiled water. However, the true tea comes from *Camelia sinensis*, contains caffeine, differentiating according to processing of leaves and people from tearooms would just go mad, if someone calls herbal or fruit teas a tea!

Students and other hard-workers know this. When the screen starting to get blurry, YouTube doesn't catch headlines anymore, Facebook does not show any activity; probably it is that long-awaited moment to get the work done! And here comes the best friend, large warm cup of delicious life saver and brain energizer – tea or coffee. Suddenly everything is shining; eyes wide open and night prepared for humbling of records in reading! But how is it actually possible?

And so what are these true types of tea, you may ask.

After green, black and white, there is semi-green and pu-erh. Green tea is gained from leaves being withered, fried and dried. For black teas there is an additional process. Instead of frying it is rolled and oxidising, hence reaching the black colour. White tea is just dried before previous manual processes. Semi-green tea is in the half way between green and black one. That means that the leaves are oxidised, but not fully. Pu-Erh is a fermented tea, which has strong earthy taste, sometimes little mouldy. It can be substitution for coffee, when doctor says "not to drink coffee".

And why can doctor gives such a recommendation?

It is scientifically proved that coffee increases blood pressure permanently and also some compounds of it are able to make mess in one's vanes. This effect is not that significant for whole population, but it is able to help with cardiovascular diseases, when they start to occur.

Comparing

One might have noticed that coffee awakes faster and stronger, but also the tiredness comes back after approximately 2-4 hours. That is because of the caffeine, which is being absorbed and eliminated in the body really fast. That is the time, when you feel little dessorpresso :)

The similar process goes along with the tea. However some people could notice different, possibly less intenser but longer holding effect. This could depend on the type of tea and also on another chemical compounds present in the tea beverage. These compounds are able to manipulate with caffeine in the digestion differently. Sounds too complicated?

Here are some numbers:

Dry weight tea leaves contain 2-3% of caffeine, coffee beans 1.2-1.4% - that is almost twice as less as in the coffee. However in the cup of beverage there is approximately 40 mg in green tea and 105 mg in grounded coffee, which is almost three times more than in the coffee!

What happened with my beloved brain?

Caffeine substitutes special regions in the brain – adenosine receptors – which normally cause the tiredness. However, body will recognize that there is something different and starts to create more of these receptors. That is the reason of possible addiction to coffee/tea – more precisely caffeine

Alternatives of the desired effect:

Guarana, maté, wayusa – these are three of Latin-American trees. Leaves are used for maté and wayusa and for ages have been prepared ritually by boiling in the water during the night in the middle of the tee-pee. They contain much more caffeine and one serving should not be combined with any other caffeine beverage. Guarana comes from tree Paullinia cupana and there are fruits and seeds – together reminding shape of an eye - also highly caffeinated.

Caffeine-free alternatives for tea:

Herbs – melissa, mint, linden, sage. Rooibos and lapacho – trees, wooden taste, serve for releasing and reducing phlegm.

Caffeine-free alternatives for coffee:

In this part it is important to highlight, that instant coffee is not a coffee at all. It is basically already prepared coffee beverage, which is chemically adjusted to create these granules. Imagine how much chemistry and additives had to be used to make dry solid substance from liquid!

Coffee without caffeine: it is really made from the real coffee beans, by long chemical process simulating metabolism of caffeine

Chicory "coffee": chicory, or wallflower root is used commonly in several types of coffee alternatives. It has bitter, but also a little bit sweet taste and can be prepared grounded as well as instant.

Barely "coffee": barely, which is roasted in the brewing process and can be used as a coffee substituent. When grounded it makes similar beverage, slightly more bitter and not as sour as coffee can be.



Meet The Dark Period With A Bright Smile

TEXT: Marie Søndergaard
PHOTOS: Olga Shavrina

One of the characteristics about the Arctic is the “dark period”. Many tourists fear it and wonder how the locals can live here without any sun for six weeks.

It is a general assumption that people get more depressed in the wintertime due to the lack of sun and D-vitamin. Winter depression is an American phenomenon and has not yet been fully investigated. Sadly, people seem to have welcomed this phenomenon with open arms and accepted the fact that the dark period is the toughest one to get through in the Arctic. However, I am wondering if the dark period is actually as bad as people make it sound like. The dark period is not just dark – it is also a period full of colors.

The Dark period in Tromsø begins November 27 and lasts until January 15. However you will rarely experience *complete* darkness since the sky will be brightening briefly at midday, leaving the sky with beautiful colors. If the weather is clear the stars will be right above you, the moon will glow and the northern lights will be dancing in green, red and blue. As soon as the first snow arrives, the snow will reflect the light of the moon and the ground will look like its covered with crystals.

The dark period is also the time of the year where you, with great conscience, can enjoy a cup of hot chocolate in front of the fireplace, enjoy the atmosphere and just sit down and relax: Read the book you never had time to do in the summertime, watch the movie you have thought about for months. Simply, this is the time to slow down and enjoy yourself.

After talking with a couple of locals in Tromsø I realized that not many people are “fearing” the dark period. They stay

active and happy throughout this period and get their D-vitamin from other sources such as fish and solarium.

Some even enjoy this period more than the summer period. When the sun is shining 24/7 many feel obligated to go for hikes or other outdoor activities, whereas the winter period is the time where you can relax.

But the dark period does not only scare tourists away – it also attracts people to come to Tromsø. Theresa Albers studies photo journalism in Denmark and for her last project she specifically picked Tromsø, focusing on the dark period. She did not want to focus on winter depression; instead she wanted to get a look into how the locals deal with the dark period and if they are affected by it.

Through this she has been interviewing a great amount of people, both locals and internationals of all different ages and with different backgrounds. She has been talking with people who are *selling* the light, meaning Northern light tourist guides; she has been talking to tourists who are in Tromsø to experience the light in the dark period; she has focused

on the lack of D-vitamin and people's way of handling that. She has simply tried to get a look into people's everyday-life and has taken photos of this. The photos will end up as a magazine or photo book as her final product for the exam. Through her interviews she was surprised to see how happy people are and how well they are handling the darkness. She said that many of the people she interviewed were either very active or very good at relaxing and enjoying the period to get the best out of it. Also, people are good at eating fish and get their D-vitamin from that source instead.

So how does she handle the dark period herself while being in Tromsø?

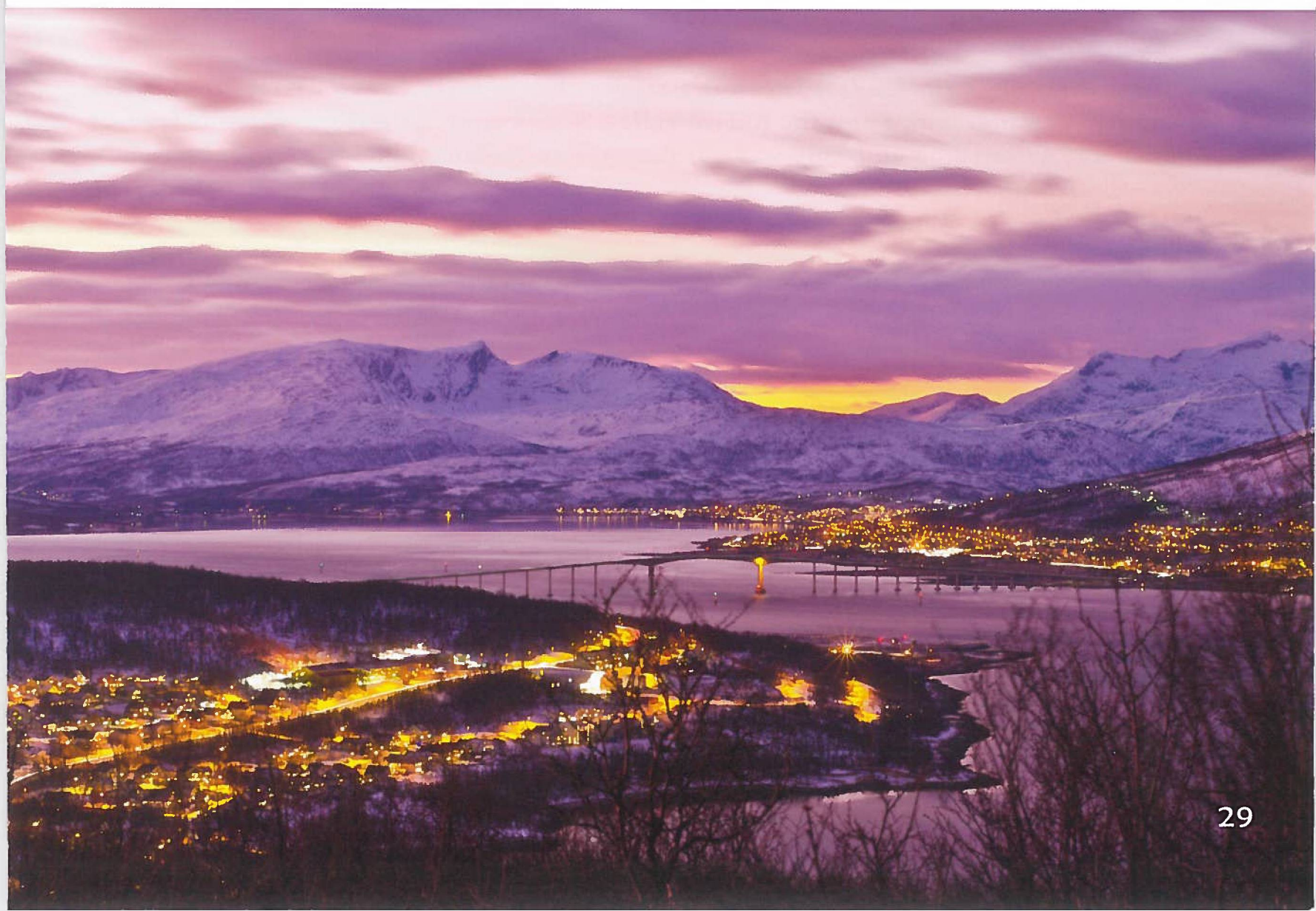
"I really like Tromsø. It is a nice small city with lots of nature and a nice atmosphere. But it does feel a bit weird when it is already totally dark at 3pm. Maybe I am a bit more tired in the afternoon, but not too bad. I just keep on doing stuff and then it is all right".

It seems like she is doing what everybody else are doing to handle the dark period;

Keeping busy. Maybe the dark period is not that dark after all. Maybe it is just about how we approach the dark period. Therefore, I suggest that we face the dark period with a smile, give each other an extra hug, eat a waffle and remember to enjoy the period and the beautiful limited light we have.

In case that you are still scared of facing the dark period here is some advice that many researchers have agreed upon.

- Have routines! Get up in the morning and remember to eat regularly throughout the day.
- Physical activities will make your body tired and help you to get a better sleep.
- Slow down – it is okay to sit with a cup of hot chocolate and enjoy life.
- Social activities.
- Get D-vitamin from alternative sources.
- Look at the bright things in this period and smile.



Gold, Ice & Fire – Explorations on Ringvassøya



In November, when the landscape can drastically change from day to day, we took a weekend trip to Ringvassøya and the Kårvik valley. A view over Skogsfjordvatnet, Norway's biggest lake situated on an island was our destination for the night.

Ringvassøya is Norway's sixth biggest island and is located to the north of Tromsø. In winter Skogsfjordvatnet is a popular lake for ice fishing since there live trout and arctic char. The starting point for our tour can be reached over Kvaløya by road, bridge and tunnel. Bus 429 goes as well to Indre Kårvik, close to where our 12 km trail next to the river starts.

If you are interested in the gold rush, this might be your island. Gold has been found on the island and samples have been taken the last 15 years. Novel Mining AS even has some oral admissions for further investigations. Skogsfjordformation is one of the interesting areas, so keep your eyes peeled.

The beginning of the tour follows the DNT trail to Ringvassbu. When you see

the sign to the cabin you proceed straight ahead and begin to walk in open terrain. There is not a lot uphill trail that needs to be managed on this trip. The challenge in this season was the crossing of around 50 small frozen streams coming down from the mountains. Since there was no snow that would have given a better foothold, the tour was harder than the map would suggest.

We had started the day early to use the little daylight that there is in the middle of November. In the beginning one can see the fjord at the starting point but after leaving that behind, one is totally surrounded by the high mountains of the valley. They make it hard to imagine that civilisation is so close at hand. In some parts the river had cut itself deep into the landscape with some sharp canyon like walls on its sides.

After pitching the tent we started a big fire that we kept going all through the afternoon and evening to give us warmth while reading or cooking. In daylight the road on the opposite side of Skogsfjordvatnet was barely visible. As the darkness fell, one by one the stars were popping up and in the far distance we started to see lights of houses and cars.

The next day we awoke to some rain and wind, over night the landscape had underwent some enormous changes, the little snow and frost on the ground was almost completely gone. The bigger streams had thawed, at some places a 10 cm layer of water lay atop the ice, which made the way home a "sliding party", allowing us to experience nature closer than we desired. In spite of our close up position we didn't fall over some gold pieces.

5 Smart outdoor tips!

1. Water bottle

Get a 1 l water bottle that is heat resistant. In the evening before you go to sleep you fill it with boiling water and have a simple hot-water bottle for your feet to keep warm. When you put in a bag of peppermint tea or any other flavour, you will have a drink ready for the next day.

2. Blisters

The never ending problem of blisters - here are some tips that really help.

- Tape your heel with elastic sports tape, before you start walking. Cut of the edges so it gets an oval shape and doesn't come off so easily.

- If you know for sure you will get a blister use a Compeed© plaster, those can stay on your foot a couple of days.

- Another trick is to use two wool socks a thin one and a thicker one, this way the socks rub each other and not the skin. If your shoes don't leave enough space for that you can use a thin nylon ladies sock and then a wool sock over.

- Air your feet a couple of times a day and/or change socks, when they get too wet.

3. Wool wool wool

If you use a thin merino wool layer directly on your skin underneath the rest of your clothes you feel much warmer. Even when you sweat a lot it still doesn't get as cold as it would get with e.g. cotton. There are a lot of hightech sweat-transporting materials, I personally feel that wool is the absolute winner in the test. Wool has an antibacterial characteristic, which prevents you from not smelling so bad. Even in summer it is nice when a t-shirt has some percentage of material in wool.

4. Running shoes

Carry a pair of running shoes with you besides your hiking boots. Norway has a lot of water and it's very likely you have to cross some rivers on your hike. Using your hiking boots always leaves the risk to have wet shoes for the rest the day. On the other hand, going barefoot might give you serious cuts or could be all too slippery. When you have a lucky day and arrive with two dry pairs of shoes, it is quite nice as well to just walk in running shoes around the tent and not have your feet in heavy boots all day.

5. Drinking cup

Have a small drinking cup with a carabiner hanging on your belt. It makes it easier to drink from rivers and lakes without having to take off your backpack every time. In addition to that it helps to prevent dehydration. Obey your thirst so to speak. With enough water in your body you will feel in much better shape both physically and mentally.

TEXT and PHOTOS:
Christine Butz

Introduction To Sport: Skiing



Skiing is one of the most popular sports in Norway. Basically, there are not so many Norwegians who never tried skiing. The most popular kinds are alpine and cross-country skiing. The latter is much easier to learn for those who never tried skiing before, because the risk of injury is less. As for me, I really like skiing in Tromsø because every time you do that, you can meet smiling Norwegians!

TEXT: Sofia Grabovskaya
PHOTO: Gintarė Turskytė

So, why you should try skiing right now once it starts snowing?

1. You will develop your stamina and strength of will. Life is just like that - willpower is useful everywhere.
2. You won't be afraid of heights anymore (if you are right now). Skiing will help you to get rid of it.
3. You will be less susceptible to illnesses such as influenza. This means you won't have to skip your lectures – you'll just have to find another reason;
4. You will get a reaction progress. This is a very useful thing.

This may sound quite trivial, but cross-country skiing is really good for health. It helps recover joints and ligaments, increases muscular tone and trains your abdominal muscles. Generally, cross-country skiing can be considered as one of the sport activities that are really safe for the joints and ligaments because, in contrast to, for example, jogging, the impact load is minimal. Cross-country skiing also strengthens the cardiovascular system, improves your heart muscles, and normalizes blood pressure. All in all, it has a positive effect on your immune system.

Some people probably wonder if skiing can help you lose weight.

Well, for every hour of this activity you can burn about 500-1200 calories. The number depends largely on what kind of equipment you use, and how hard you move. In addition, alpine skiing helps to burn more calories. If we compare this number with the one you could burn by jogging or swimming, it turns out that skiing is a better choice. Moreover, exercises at a temperature below zero have a tempering effect, enhancing the protective function of the body. Also, cross-country skiing helps to get the joy hormones, endorphins, which are essential if you have winter depression.

One more benefit: if you will master cross-country skiing, then it will be easier for you to succeed in alpine skiing, because you will already have acquired the balance that is needed. In other words, you are going to be super good at that!

Some beginners say that it is cool to take some headphones music or friends on your skiing session, which is true. The most common fear is "I will necessarily fall and break something". This won't be a case if you learn how to slow down properly, and this is the thing you need to learn first! But if you are so convinced that you will fall, then you should definitely take a friend or to with you who could film a video of your epic fall!

Here in Tromsø you can find paths for skiing called "Lysløyppa" on Tromsøya, Kvaløya and in Tromsdalen, so it's up to you where you want to get started.

If you are a member of Studentidrettshallen Kraft, you can join the TSI Langrenn skiing group. You can pay a membership fee of 100 NOK on their web-page tsidrett.no and become a part of the group that it is suitable both for beginners and pros. Contact them if you have any questions (tsi.langrenn@gmail.com).



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

Ønsker deg velkommen til:

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Frank Tandberg's gangster trilogy "Nattens joker. Løgnernes paradiset. Siste tog øst".

TEXT: Marina Borovaya

Newly published by *Kolon forlag*, this gangster trilogy features three novels written by Frank Tandberg in the late 90s. "Nattens joker" was written and published for the first time in 1995 and followed by "Løgnernes paradiset" three years later. The last novel "Siste tog øst" came out in 2002.

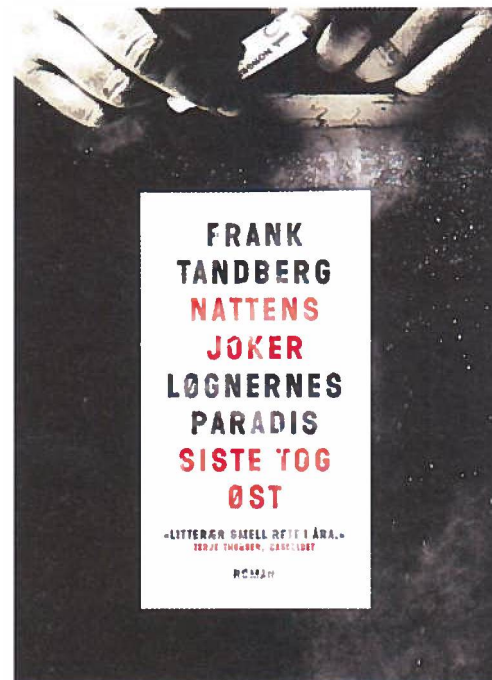
In all three novels, Tandberg tells us the story of Norwegian man Martin Lorentzen falling down the slippery slope. In "Nattens joker" things escalate pretty quickly from secretly rolling joints on the back of menus to cutting lines of some real heavy stuff. There are no friends, no lovers, just the ones "who have" –and that is all what matters.

The narrative in "Nattens joker" has a flow, but hardly builds any tension. It se-

ems to reach a certain point of regression, when you think it cannot get any worse, but then it gets worse, and you are like "Alright" and quickly read a few pages with just one eye open.

Tandberg's trilogy is a grimy window to the world where everything is for sale and the value of everybody can be measured with money and dope. It is not a pleasant read. The sad thing about it, is that it's not an imaginary world, it's the downside of the society we live in. The fact that we don't see it doesn't mean it does not exist.

The publication of all three Tandberg's novels under one cover in 2016 could be seen as a much needed reality check, not least to remind us that the things he was writing about in 1995 over ten years ago have barely changed at all.



Magisk Opprydding

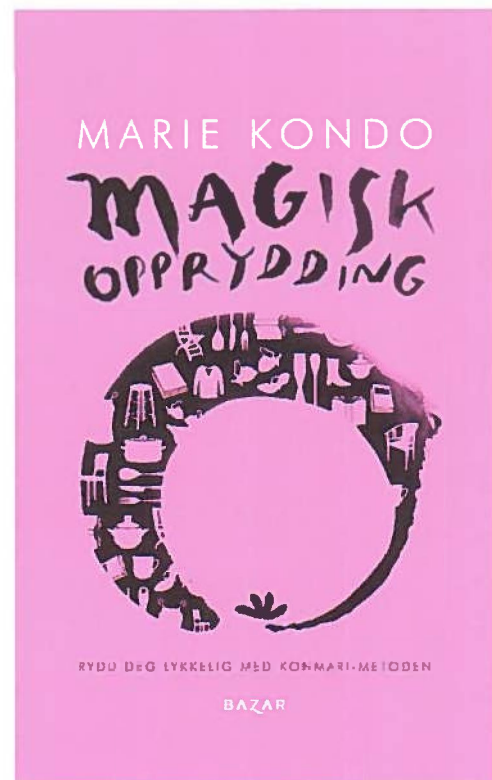
TEXT: Stefanie Singh

In recent years, topics such as minimalism and sustainability have enjoyed increasing popularity, along with the topic of decluttering. The book "Jinsei ga tokimeku katazuke no mahō" [English title: "The Life-Changing Magic Of Tidying Up: The Japanese Art Of Decluttering And Organizing"] by Japanese Marie Kondo was published at exactly the right time, selling over 4 million copies worldwide since its publication in 2011. Since 2016, the best-seller is also available in Norwegian, entitled "Magisk Opprydding".

The main focus in Marie Kondo's pink "decluttering bible" is on the so-called "KonMari" method, developed by and named after the author. With this method, the reader has to tidy only one more time in his / her life - and never again afterwards. A great promise in the course of an even greater hype, but the book can live up to the expectations for the most part. Even if you already know and

mastered all tips and tricks regarding decluttering, you can still learn something new here. For instance, when dealing with mementoes such as photographs, one should first and foremost "cherish who you are now". True words, but one should definitely think twice whether to discard photos as radical as replaceable commodities or not.

I cannot say (yet) whether it's necessary to tidy more than once after reading this book or not, but it gets you going already while reading it, thanks to Marie Kondo's motivating and personal writing style. While she has found her mission in life as an organising consultant in Japan's capital Tokyo, the reader is supposed to indulge his / her passion once the house has been put in order. Not least due to this approach, "Magisk Opprydding" suits perfectly as a Christmas gift, instead of something randomly chosen that may clutter up the receiver's home again.



The Dressmaker

DIRECTOR: Jocelyn Moorhouse

RELEASE: 5th December 2016 (Norway) RATING: 9/10

TEXT: Stefanie Singh

"Revenge is back in fashion" says the slogan, and the revenge of Myrtle "Tilly" Dunnage (Kate Winslet) is particularly entertaining and, fortunately, not as predictable as the official trailer for the Australian comedy-drama film suggests.

Based on the homonymous novel by Australian Rosalie Ham, "The Dressmaker" is set in Australia in the early 1950s, in a fictional country town called Dungatar. After many years, Tilly returns to Dungatar as a made woman; a glamorous dressmaker who has lived and worked in Europe. Pretending that she just wants to take care of her mentally ill mother (Judy Davis), her eventual love interest (Liam Hemsworth) realises that she actually seeks revenge. As an illegitimate child, Tilly was exposed to the bullying by the other children in Dungatar all her childhood. Later on, she was accused of murdering one of her tormentors and subsequently sent into exile. Now, she is back with an exquisite sense of style

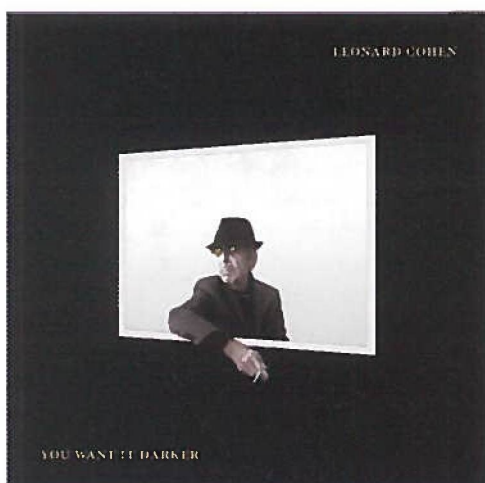
and a Singer sewing machine as her weapons.

Especially the cast of Kate Winslet is a phenomenal choice since she can represent both the self-confidence and the pain that is hidden behind the glamorous mask of the main character. Fortunately, the love story goes without any corniness, including an unexpected turn of events. And when an ugly duckling turns into the admired wife of Dungatar's most eligible bachelor, thanks to a custom-made dress by Tilly, you see why it's said that clothes make the woman. Well, clothes and the right make-up.

In 2015, "The Dressmaker" led the 5th Australian Academy Of Cinema And Television Arts Awards with a total of twelve nominations, bagging five of the trophies. In Norway, "The Dressmaker" was released on DVD at the beginning of December 2016.



You Want It Darker



ARTIST: Leonard Cohen
ALBUM: You want it darker
RECORD LABEL: Columbia
RATING: 6/6

TEXT: Anežka Prosecká

Here I am saying goodbye and leaving this world with deep faith in the next life. This sentence could explain the content of the whole album. Leonard Cohen, who recently passed away, finished this album in proper time. The texts are interlaced by scriptural motifs and metaphors of God's love. Leonard smoothly placed his 80s style into the 21st century style. Slight beats and electronical elements add the vibe to the songs, which is going through the listener's body. The songs are flowing each to other and telling the story of a wise man. As if he was giving to know that he is here by the whole album. That feeling can be noticed right away in the opening song, where appears the word „hineni“. That means in Hebrew „I am here“. In this form it occurs in the Bible

only few times and only in the situations, where the hero is meeting the God. Even without noticing these reminders of the faith and scripture the album is talking through the composition. It is one of these kinds, which one is able to listen any time and it is suitable for any situation, where you need background music. That does not mean that the music is not that interesting to be listened carefully, but the lyrics make it obviously more understandable and deeper in meaning.

Leonard Cohen could express his expectation of leaving to heaven by this album. It seems to be closing some period of the author's life. In this case the period was the life itself. Leonard could not say better goodbye than in this placatory way.

Obětí opylení

Mám strašnej bordel v srdci. Tak obrouskej, že to všechno házím na mozek, abych měla s čím usínat. V mém srdci totiž není žádná pavučina, ani usazené prah, dohořelý sváčky a skapané vosk, v mém srdci je čerstvej nepořádek, hromada čerstvě vytisklejších papírů, plakajících stromů, nepovedených řádek na psacím stroji a tikajících hodin. Zvoní tam budíky, jeden přes druhýho křičí svoje upozornění a tak to házím do mozku, aby se mohl nerozhodnout on a srdce mohlo bít... bÝt?!...

Být jezero bez přítoků s průtoky a rybama, dál toužící po paprscích a kýchovitém vyznání. Přibývá objem vody a hustota řídne, obyvatelé houstnou s kilometry, cedule s přeškrkanými názvy a pozvánkami na kávu.

Alternativní dojem objemu. Objímám svět a všechno kolem, objímám sebe a tebe a tebe taky. Objímám všechny a všechno, celý objem objímání se vejde do jedné prosté náruče, bez oběti obětí. Žádné dojetí jenom objímání, věčné objímání. Věčnost ve všem co jde a proudí, v času a nerovnosti peněz, v materiálnu a duchovnu co se rodí jen a jen v mojí hlavě,

co se rodí a zaniká

jen a jen v těle osoby

a osobnosti člověka.

Slučitelně a neslučitelně, když nevíš, tak alternativně. Alternativní vědomí a uvědomění.

Rozkošné?... ...a přitom rozkoš ano.

Utroscope



Aries: It is time to set-up right soundtrack, suitable for your personality. Pick up something from indie music. You want to be independent, isn't it so? Independent of all others opinions! For accomplishing your whole personality just turn on The Theory of Everything's soundtrack and have another cup of coffee with your brain.



Taurus: Let's assume, that you could not assume. Oh, what a disaster! Just imagine the world without assumptions. Wouldn't you feel lost? But, maybe... Wouldn't you feel relieved? Stop torturing yourself. Things won't change, when they are only in your head, swimming in the cocktail of feelings.



Gemini: Are you constantly meeting new people around? Isn't there at least 100% chance that you have been saying something to them? However, when you are having educational monolog instead of dialogs, you are just not familiar with any of these stories, so you are constantly considering them as "new". At least you are still exploring.



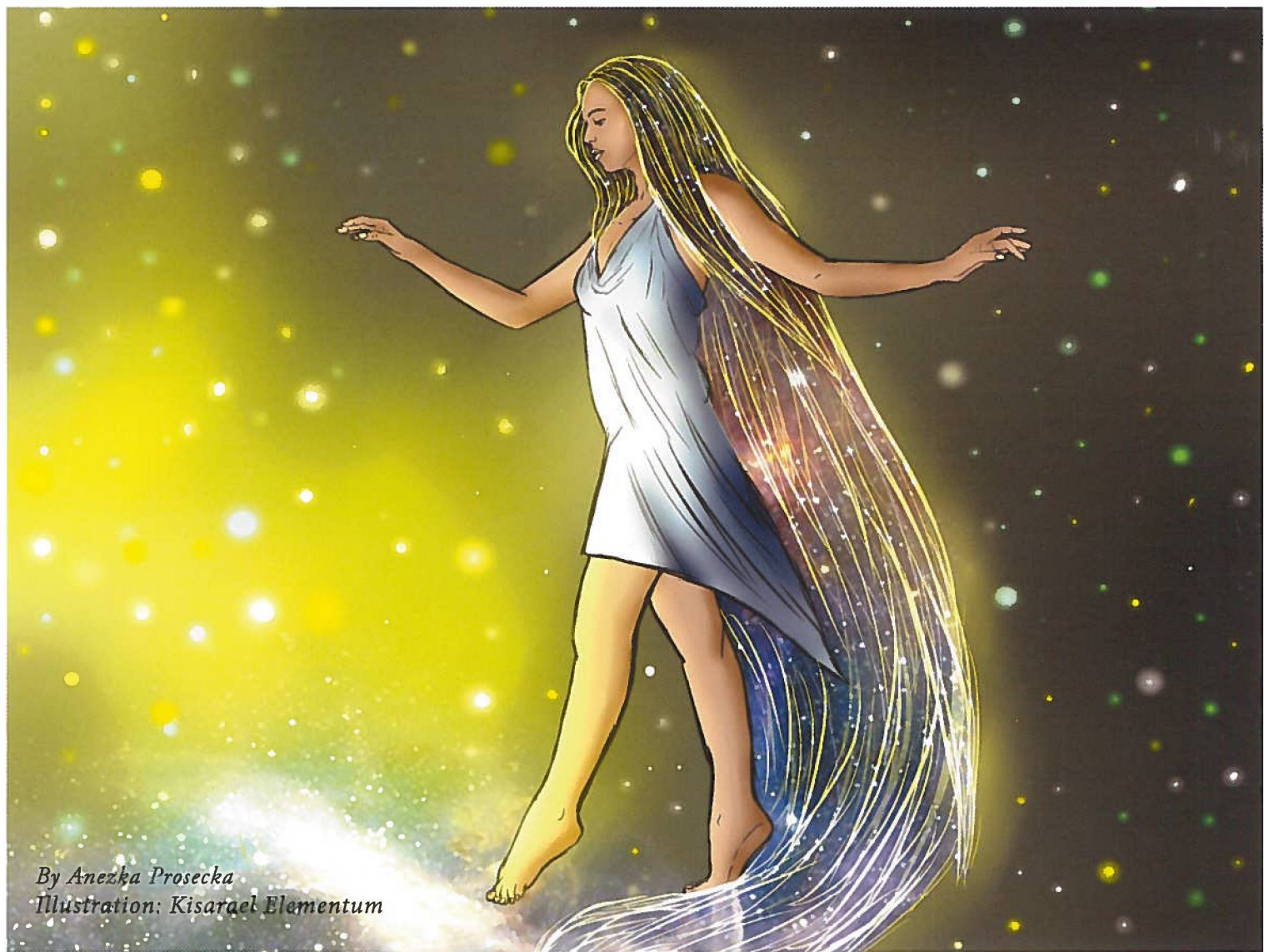
Cancer: It is up to you to give helpful mother hand to those, who haven't learnt everything in kindergarten already. However, it really does not mean that you will bake the "anti-depression" chocolate five-layer cake to your roommate, who is struggling with gaining weight, as you did for the whole semester before.



Leo: Hi shiny. Well, you should show up more between people. I know, that you feel offended by the Sun not coming to see you and bright for you. However, it is the best chance for you to be the star of the day. Stars know that. You know that. People around deserve you!



Virgo: Are you really sure, that your cards in your wallet are ordered by frequency of using? And your backpack is ordered into proper sections? Does that completely empty room seem cleaned up? And extra philosophical question just for you: How are you going to survive the winter, when it is messy or UNTIDY?



By Anezka Prosecka
Illustration: Kisarael Elementum



Libra: Snow or no snow? Right, snow is matching your shoes properly. And the new snow-water-wind-nature proof coat is just so cute. But your hair hate hat and the freezing fingers are awful... Well, you have to accept it. Weather just doesn't care about your visage.



Scorpio: The freezing nature is not trying to harm your feelings. The snowflakes are not trying to kill you slowly. And the darkness is not stealing your adventures. It is you, doing these things to yourself, while lying on the bed and thinking of the world injustice, because waffee in Café Bodega is not for free.



Sagittarius: Reindeers are moving carefully and moose, if seen before, are hiding more precisely. Everyone plays "newspaper reading" on you. Girls are not highlighting beauty with makeup and guys play hide-and-seek in Kraft gym. Northern lights insist on winter sleep. Everyone smells the time. Your time. Time for shooting. Photo-shooting!



Capricorn: The moment came. Library answered you every possible question as well as professors who you send them your millionth e-mail regarding "issue of your concern". The stars are giving you their blessing. You can align explanation of "Why I am still falling in love with the wrong person" to the official list of the astrophysical mysteries.



Aquarius: There haven't been a great party since last night. You should start one. Yes, at noon. You stop watching the time during the Polar night anyway, so who cares what time it is.



Pisces: You should talk with the universe. It will provide you some karma and little bit of chakras as well as the light. And you should read some horoscopes. They will always tell you what to do and they are not making fun of any type of lifestyle or of the prediction from the stars. Not a single one does that.

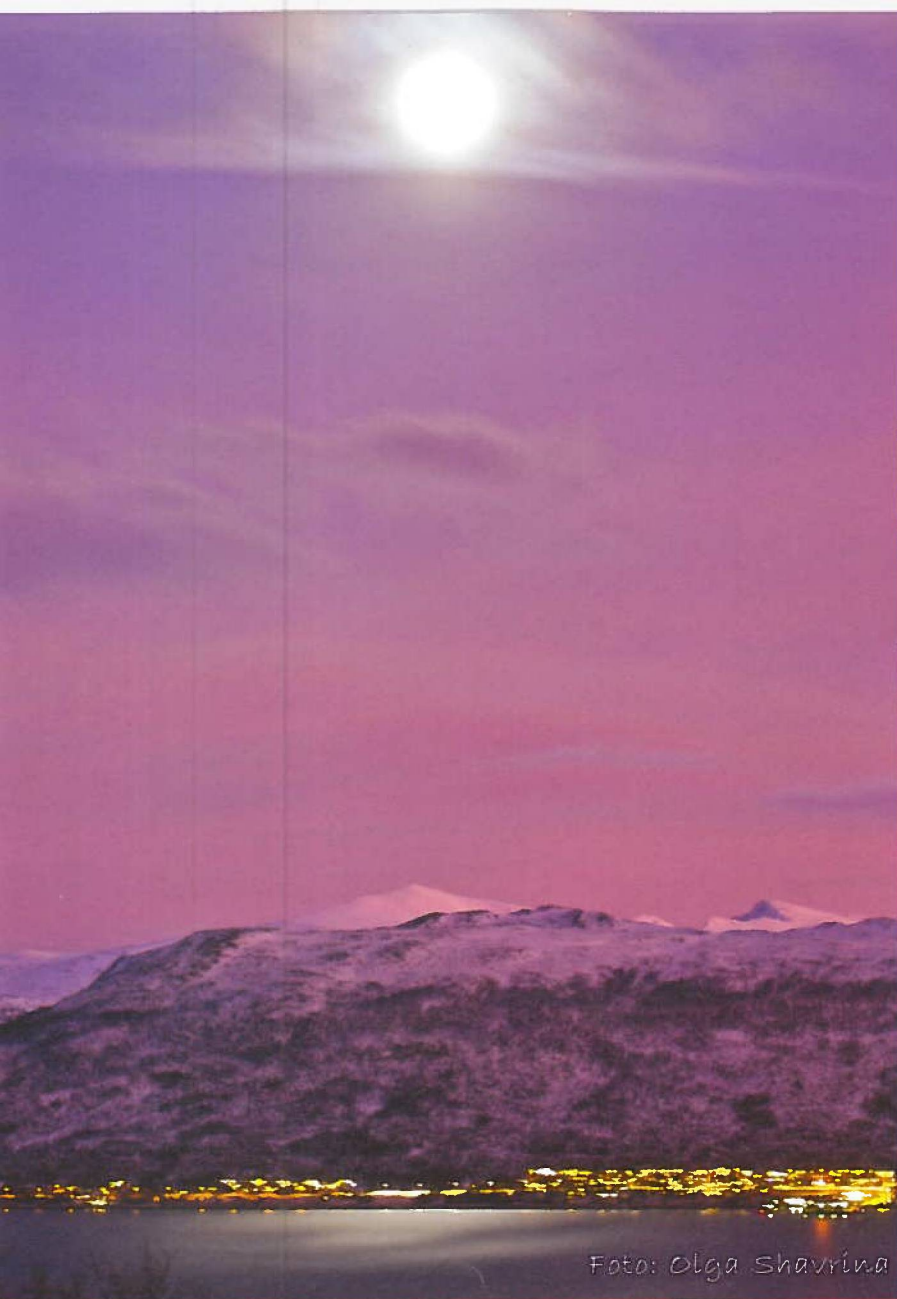


Foto: Olga Shavrina



Foto: Olga Shavrina



Foto: Christine But



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Vinterkos <3



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