

# ISFIT-23 MAGAZINE

## POLARIZATION





**VÆRNES**  
EKSPRESSEN



**ABES**  
Trafikkskole

**Moller Bil**  
Trondheim

## 100 % sertifisert kaffe *FOR EN BEDRE VERDEN*

Vår kaffe er 100 % sertifisert med Rainforest Alliance og Fairtrade - som bidrar til at kaffebøndene kan drive mer bærekraftig jordbruk, samt få rettferdig betaling og arbeidsvilkår.

**Kaffe er ikke bare kaffe.  
Ta et bærekraftig kaffevalg du også.**

Les mer om fremtidens kaffe på [kjeldsbergkaffe.no](http://kjeldsbergkaffe.no)

Fås hos Rema 1000, Oda, Narvesen, 7-Eleven og YX

# EDITORIAL

The ISFiT23 magazine attempts to center the theme of polarization by allowing for different voices to be heard. Polarization is not just political and cultural differences but is something that affects nearly every aspect of life. The contributors to this magazine have explored the broad spectrum of polarization and through this we aim to broaden your understanding of this complex term.

Current events highlight the importance of this; Europe is in limbo and the need for student activism has yet again proven to be crucial in the fight for peace. This festival's Student Peace Prize laureate DOXA Journal, has shown us what bravery looks like. Their fight for freedom of speech and expression in their native Russia inspires people beyond Russian borders and sets examples for students to stand up against totalitarian regimes.

This February we will host our first physical festival since Covid and we can yet again invite students from all over the world to exchange their experiences with polarization.

ISFiT is an opportunity for international students to meet other students from a variety of different backgrounds to engage in conversations, not debate.

Brew yourself a cup of coffee or tea, sit down and read through our magazine. We ask that you take a moment to reflect on your privileges and acknowledge the work that has been done that has led you to this peaceful moment.

We hope that this magazine will inspire you to dare to see yourself in someone else.

**Editorial Leaderteam,**  
Eline Larsen Tusvik, Assistant Head of Editorial.

Camilla Dahl Øyan, Head of Editorial.

4	A Talk with the Presidential Team of ISFiT23
11	Rise from Darkness
16	War and Conflict make Women More Vulnerable
22	A Fight for Peace
28	Student Peace Prize Winner 2023: DOXA Magazine
32	Mixing Decarbonization with Depolarization
35	Political Polarization and the Growing Gap between Republicans and Democrats
40	Who's Cancelling Who?
44	The Extrovert Ideal
48	The Architectural Revolt
50	Climate Change: A Pathway to Violent Conflict?
53	Belonging, in a Heartily Polarizing World

A Short and Sweet Guide on How to Avoid Polarization 58

More than Vanilla 60

How Groupthink Could Lead to Polarization and How We Could Avoid «Group Blindness» 60

Make a Choice 68

Comic Strips 71

ISFiT's Editorial Board's Complete Guide to a Night Out 72

ISFiT and the Year 2022 in Puzzles 74

Are You Ready for Quiz O'Clock? 76

POLARIZATION

CAN BE:

WAR

PEACE

CLIMATE CHANGE

POLITICS

COMMUNITY

MENTAL HEALTH

CANCEL CULTURE

PERSONALITY



"ISFiT is the perfect platform to open a dialogue and make a change."

## A TALK WITH THE PRESIDENTIAL TEAM OF ISFiT23

TEXT: ÅSE HÅTVEIT  
AND LARS INGAR TUTTUREN  
DESIGN: MATHILDE STIMO

### Can you tell us a little bit about yourself?

Yes, I can! My name is Åse, and I am 24 years old. Now I am working on a master's degree in Computer Science, and this is my fifth year as a student in Trondheim. I grew up in Oslo with two younger siblings, and have always been that kid who loved to have a lot to do all the time. I have a passion for music, and spent most of my free time playing the clarinet and saxophone in music ensembles and bands over the years. Playing music was my introduction to different cultures and people, and I learned that even though you may have different backgrounds, religious beliefs, or political opinions, you can always find common ground in music.

### What was the idea behind Polarization?

The idea behind Polarization came from a conversation with a friend who was very



Åse Håtveit

frustrated about the fact that the world was so divided, and that all the debates only asked for yes or no, or right or wrong. After the conversation, the word "polarization" was stuck in my mind, and the more I thought about it, the more it made sense that this was the heart of ISFiT - getting people to tear down the wall and boundaries, find common ground, and build friendship and dialogue based on that trust. Polarization is not just some political debate in the U.S., but a global issue more than capable of rocking the most solid democratic pillars of the world. ISFiT is the perfect platform to open a dialogue and make a change.

### How has it been planning ISFiT post-pandemic?

Well, honestly it has been a privilege to work with so many amazing volunteers, that is the first thing that pops into my head. Even though ISFiT21 was a digital festival, creating ISFiT23 has been an amazing opportunity to create something of our own. Yes, I admit it has been challenging to create a festival that almost none of our volunteers have experienced before, myself included. However what I experienced is that even though none of us have actually experienced this before, our reasons for having this festival are stronger than ever. Pandemic, war, climate changes and poverty - without learning how to understand and cooperate with each other, we are not able to solve the problems that the world is facing today. ISFiT is more important now than ever before.

### What are your goals for ISFiT23?

The vision for this festival is "Dare to meet yourself in someone else". I want everyone to challenge each other to build friendships based on common ground. For me it is very important that ISFiT23 reintroduces an amazing and important festival that is created for students, by students. ISFiT is a place to connect students from Trondheim and the rest of the world.

### Can you tell us a little bit about yourself?

Of course! My name is Lars Ingar, and I am a 22 year old from Norway. Currently I am studying Energy and Environmental



Engineering here in Trondheim, and I have studied here since 2020. I grew up in Ås, a small town just south of Oslo, alongside my three brothers. I have always enjoyed doing a lot of different things in my free time - such as playing volleyball, playing the piano, singing or being politically engaged. I also have a deep fascination with the world around us - be it the nature here on Earth or the people that inhabit it. During the last two years of high school I went to an international school in eSwatini in Southern Africa. It was incredible to get to know people from the whole world, and I gained a deep respect for the diversity of people and cultures that live on Earth. This is also a big reason why I joined ISFiT in the first place - I wanted a way to connect with an international community in Trondheim and Norway.



Lars Ingar Tutturen

### Why is Polarization an important theme?

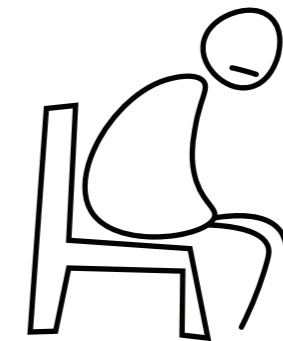
It is evident that the world is currently facing enormous challenges. Climate change, loss of nature, resource scarcity, conflicts and war and population aging ... The list goes on. We also have to come up with solutions on how to deal with the challenges that come with technology - such as job losses due to automation and the negative effects of social media and the internet. How are we going to be able to solve these issues, if the distance between us is growing? How are we going to be able to create the solutions of tomorrow, if there is no conversation?

Polarization threatens our common future, but dialogue and conversations can be a part of the solution. What better place to have that conversation than at the world's largest international student festival?

### How can ISFiT contribute to depolarization?

Funnily enough, ISFiT has always focused on depolarization. The heart of ISFiT has always been to make the world a better place, by gathering students from the whole world to talk about issues that concern all of us. Through meaningful dialogue we can decrease the distance between us. It does not necessarily mean that we have to agree on everything (I do not think that is the goal at all), but perhaps we will get a better understanding of each other's viewpoints.

No matter what ISFiT's theme has been - be it Migration, Discrimination or Corruption - ISFiT has always focused on polarization by bringing people together for meaningful dialogue about said themes.



# RISE FROM DARKNESS

TEXT: ANDREA KLERUD | DESIGN: INGRID HODNE VALAKER

Kristian Hall was deeply depressed for 11 years, over the span of his time as a teenager and student. Gradually, with the help of therapy and self-help, he managed to get rid of the depression completely. Hall's experiences with depression has resulted in 7 books, where depression and self-help are recurring themes. One of his most important goals in life has been to help as many people as possible out of depression.



The quotes below are excerpts from the diaries of Kristian Hall, and illustrate the differences in thinking when one is ill with, and healthy from, depression:

*“Resignation. Worse than Depression. I feel like I’m sitting still in a loose railcar that is slowly but surely moving toward the edge of a cliff. It’s not the usual irrational depression that is tearing me down now. It’s unfortunately something much worse. It’s my own conclusion, after having carefully analyzed my life using logic and reason. My life is not bearable.*

*No matter what scenario I picture, the conclusion is that the best and quickest way out is to hang myself. I feel nothing except loneliness and resignation. The lift is on its way toward the end and I don’t give a shit. Two things make this situation fucked up. First of all, the fact that I can never take my own life. If I could, everything would really be quite simple. Then I could live one day at a time, and once things got too difficult, I could simply end it all. The second matter complicating the situation is my never-ending longing for love and intimacy.*

*I cannot see a solution.”*

*“I have been knocked down a lot, but I am now living a very fulfilling life. Despite everything, in spite of my sometimes difficult childhood, in spite of my depression, there were a lot of good things earlier too. I had Dad, who after all was 1,000 times funnier than most*

*people. I have Mom and Henriette. I have all my friends. And I have Kirsten. And Falk. I love Falk so much it often hurts. I understand how Henriette and I must have been huge sources of light in Dad’s life. I now know where I am going.”*

I met up with Kristian and we talked about his story, and about how depression is linked to polarization and a changed view of the world.

*You have published self-help books that deal with depression, where you also describe your own journey out of long-term depression. Can you tell us a bit about your story?*

My story doesn't start with me, but rather with my father. Dad struggled with heavy anxiety and depression at times, and drank relatively heavily. He burned the candle at both ends, and died from that. I was terribly fond of him and fell into a deep grief when he passed, and just kind of stayed down there. What started out as a deep sadness eventually turned into a depression, which got worse and worse. My head eventually filled with terrible thoughts and demons, which in my case, unfolded as a monologue. And that is important to point out. It is not a voice that sounds like another identity, it is your own thoughts about yourself. Like a broken record, your mind plays on repeat; “you’re worthless, you’re useless as a human being, you’re ugly, you’re

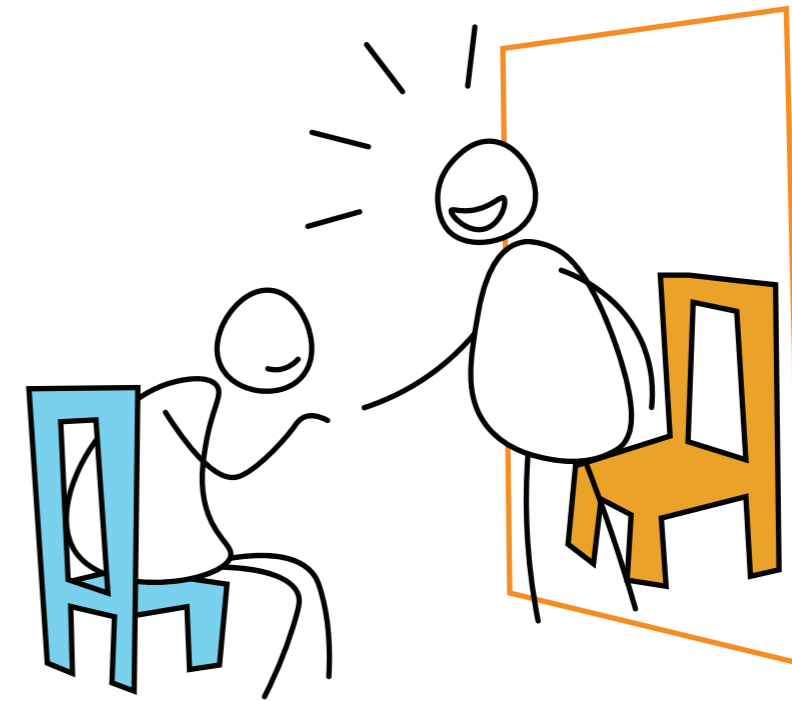
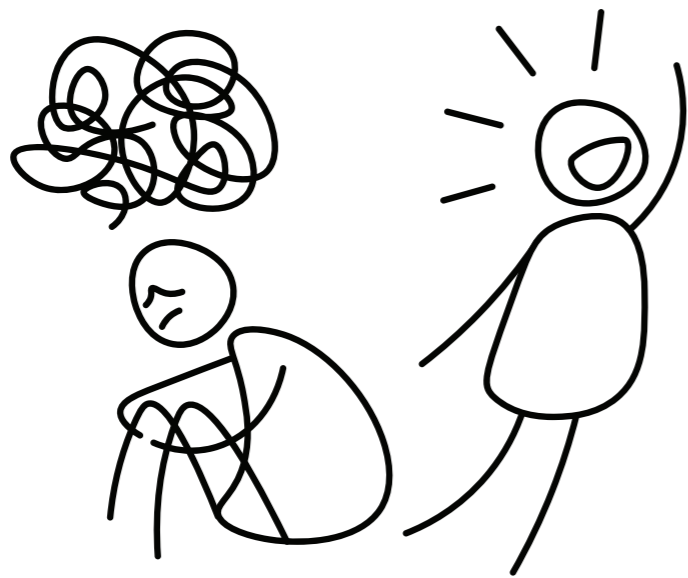
stupid, you'll never succeed at anything in your life, you'll never get a girlfriend”, etc. The point I'm trying to make is that if you have a voice like that, “the bastard on my back” as it is often called in Norwegian, it is very difficult to be happy. After 6 years, however, I finally listened to my sister and mother who had been nagging about me needing to talk to someone, and that was what it took for me to seek help and consequently healing from my depression. What I was able to do then, was clearing up the complicated grief I had over my father. But even after two years of it, I was still really sick. I was still very depressed and I had heavy suicidal thoughts throughout this period. It was knowing how intensely it hurts to lose someone that made it meaningful for me to continue to exist for my mother and sister. I was eager to continue on my healing journey now that I had been shown that things could get better.

What I started to do was to read all the psychological literature I could come across. I read a lot of research, a lot of self-help books, and started practicing the various techniques I found. One of the techniques I came across is cognitive behavioral therapy, which I believe has been the most efficient for me in making my demons shut up. As I eventually got to test out many different directions, with varying degrees of success, I took a lot of notes along the way. It occurred to me one day that those notes could most likely be useful to others, rather than just me. These notes later resulted in the

book *Rise from darkness* which took me 10 years to complete. However, I was not 100% happy with the first book, and therefore continued to write. This resulted in a new book titled *14 steps to Happiness*, made up of 14 steps and different phases. I am an engineer and am well trained in building systems, so this is sort of a civil engineer's take on self-help. During the fourteen steps you go through, when you've completed the program from the book, you've gone through the vast majority of what there is of various techniques. I very much support the principle that when you are ill, because we are as different as we are, you do not know what will be effective for you. This is an illness where there are a thousand ways into, and from which there are a thousand ways out. So you just have to try many different things, and then stick to the things that work for you.

*In what way can one say that the thinking of someone who is depressed in many ways becomes polarized?*

On most lists of the top 8-9 thought errors for depression, polarization is mentioned as one of them. Polarization is in a way the sibling mindset of overgeneralization. If you've had a couple of bad experiences with the opposite sex or a romantic partner, when you polarize you may find yourself saying things like: all men are scumbags or all women are useless. It is



precisely that word; everyone. Everyone, everything, always. These words follow polarization and are the words you will often find when talking to someone with depression, victims of these thought errors. One might even argue that these three words are mostly useless, because there is almost nothing in the world that is absolute: 100% is not found in nature.

Realizing when you polarize your own thoughts is the core of cognitive techniques. This means that you analyze the experiences you have, both thoughts you have had and feelings that have arisen because of those thoughts - then you critically review these experiences and look for thought errors, where polarization is one of them. Like I

mentioned, I wrote diaries in all the years I was ill, and it is striking how often I write things like: "I will always be unhappy". This is polarization. It is often said that depression lies to you, and this is a very good example of just that. So the way out, or a technique that can be used on one's way out, is what is called Socratic questioning. In essence, it is creating a dialogue with your own thoughts. You can also get someone to help you in this technique, someone that shine light on the lies that you tell yourself when you are struggling with depression and being in this negative spiral of polarizing. When you are healthy, you know that your thoughts are not true, but when you are sick, you forget it.

*Do you have any wise words for those who find themselves in hopelessness today?*

The most important thing is to convey hope, because that is what the disease steals from you. You think that all is hopeless. And again this polarizing thought that it always will be hopeless, and that you will stay sick forever. One often thinks that nothing will help, but that is fortunately all a lie. Because, for the majority of people there is a great reason to feel hope. It is very likely that you will

get better. For many people, depression passes by itself, and the thing who helps is time. So, it is not certain that you need to do anything to get better, but at the same time I believe that it is likely that you will recover much faster and that you will stay well, if you take action and that you take action from different directions. You have to run a test on what works for you. Do it over time, and then I think it is very likely that you will feel much better, and that you will be able to prevent depression in the future.

If you go to <https://kristianhall.com/system/>, you can find a free version of the program from 14 Steps to Happiness

# WAR AND CONFLICT MAKE WOMEN MORE VULNERABLE

TEXT: INGRID JENSÅS | DESIGN: INGRID HODNE VALAKER

The fact that war and conflict bring about a significant higher risk for gender-based violence and sexual rape, is neither a new nor unknown phenomenon. There are countless examples from both a historical and global point of view. Women are often the victims. This problem is also big in the Ukraine-war nowadays; The United Nations have denounced this war in particular as a crisis for girls and women. They have also described how sexual harassment, torture and rape are used as weapons, and how women as refugees are vulnerable to human trafficking. The consequences are enormous for the victims.

Why do armed conflicts lead to a significant increase in violence and abuse against women? How can we best care for those who are exposed to this, and is there anything we can do to prevent such violence? Or must we accept this as a sad, but unavoidable consequence of war and conflict?



## GENDER ROLES IN WAR

War and conflict often induce men and women to take on different roles. Men are often sent directly to the battlefield and are implicated in military operations, which could lead to serious physical and mental illness and death. Even if women traditionally have been less involved in direct combat, being a woman in a war situation puts you in significant risk. Women and girls are therefore often seen as an especially vulnerable group.

Professor emeritus and psychologist Nora Sveaass, with extensive clinical experience from working with traumatized refugees, describes how women in war often will experience major changes in roles and responsibilities. In addition to the roles they already hold, they must often take over their husbands' roles as well. Many of them will therefore be left with a double burden of care and work, in addition to the fear and dread for the family's financial and security situation.

## GENDER BASED VIOLENCE AND RAPE

The UN Refugee Agency (UNHCR) describes gendered violence as "sexual, physical, mental and economic harm inflicted in public or in private... includes threats of violence, coercion and manipulation". This can take many forms such as intimate partner violence, sexual violence, child marriage, female genital mutilation and so-called "honour crimes", and at the same time as "one of the most widespread, persistent and devastating human rights violations in our world today".



While as many as one out of three women worldwide experience sexual or physical gender-based violence, various crisis contribute to a significantly higher risk. Associate Professor at the Center for Gender Research at the Department of Interdisciplinary Studies of Culture, NTNU, Jennifer Branlat, points out that the problem also concerns men, boys and non-binary people, particularly in detention and captivity situations. She also draws attention to the fact that "Vulnerable groups often become the targets of campaigns that encourage violent practices as a weapon of war. This is connected to a dangerous mentality that male soldiers are somehow entitled to conquer through practices like rape, mutilation, torture and forced marriage".

Sveaass goes on to explain how the wars in the Balkans in the 90s have been a contributing factor to why the UN has since had the safety and rights of women and girls high on the agenda; it was only in connection to the war in the Balkans that the world really opened its eyes to the fact that it was a matter of systematic abuse against women, and that this also formed a strategic part of warfare. After this, the UN has implemented several important resolutions and initiated important work. Gender-based violence is now seen as a weapon of war that can threaten humanity in the same way as other weapons.



## SERIOUS CONSEQUENCES FOR THE VICTIMS

Sveaass says that many of the women experience major consequences after being subjected to abuse in war situations. She says that some of the victims are ashamed of what they have been through, and could also experience a very changed relationship with their own body; "It is the most intimate aspects of life and body that have been attacked, and one has been humiliated in the grossest way. Such words and actions will often linger for many years; -voices and expressions that were used can still be heard, the body aches because the abuse continues to affect them".

At the same time, she explains how trauma, re-experiences and nightmares are frequently seen. This could be very inhibiting in daily life, and lead to social withdrawal. This may come from a desire to avoid things that could be a reminder of the event or be perceived as triggers, but also from a fear that others will "disclose" what they have been through.

According to Sveaass, some people feel ashamed of having to seek help or not mastering caring roles as well as they did before the violence and rape. At the same time, there are many who experience ostracism and stigma, and may therefore want to hide or isolate themselves. The distrust of others is often very great.



## HOW COULD GENDER-BASED VIOLENCE IN WARTIME BE AVOIDED AND HANDLED?

Sveaass describes the abuse women and girls experience as extremely gross, and as a serious human rights violation, where the violation of the person, both psychologically and physically, is a goal itself. She further describes how many of the victims are left with a feeling of being unprotected and almost completely disenfranchised in the situations; many feel that no one has intervened either during the events or afterwards.

She therefore sees it as very important that those who are exposed to such abuse should receive compensation and rehabilitation, and that society very clearly distances itself from these abuses and punishes those responsible. At the same time, she sees training of the military, holding leaders accountable and bringing them to justice, making the crimes visible and intensifying the work to prevent them from happening again,

as central tasks for the world community and its leaders.

Branlat says "Gender-based violence in times of conflict should not be seen as an unavoidable consequence of war. It can be avoided, and there are many pathways to this, but it involves the parties involved in the conflict allowing international organizations and Non-Governmental Organization's access to vulnerable groups with aims to provide protection. It also involves recognizing that basic human rights are at stake".

UN Women mentions women being involved in "decision-making platforms on de-escalation, conflict prevention, mitigation and other processes in pursuit of peace and security" as an important tool to provide peace and security for women in areas of conflict.

## SOURCES



Jennifer Branlat. Foto: NTNU



Nora Sveaass. Foto: Monica Orjuela

Great Resource-bank for providing free information about the consequences of human rights violations on mental health in contexts of disaster, conflict and war: [hhri.org](https://www.hhri.org) (Mental Health and Human Rights Info)

1. IPI International Peace Institute. Women, War, and Leadership: A Gendered Perspective on Peace and Conflict in Ukraine (2022). <https://www.ipinst.org/2022/05/gendered-perspective-on-peace-and-conflict-in-ukraine#7>
2. The UN Refugee Agency. Gender-based Violence. <https://www.unhcr.org/gender-based-violence.html>
3. UN Human Rights, Office of High Commissioner. Women's human rights and gender-related concerns in situations of conflict and instability. <https://www.ohchr.org/en/women/womens-human-rights-and-gender-related-concerns-situations-conflict-and-instability>
4. UN Security Council. Resolution 1820 (2008). <https://www.securitycouncilreport.org/atf/cf/%7B65BF9B-6D27-4E9C-8CD3-CF6E4FF96FF9%7D/CAC%20S%20RES%201820.pdf>
5. UN Sustainable Development Goals. Ending Violence Against Women and Girls. <https://www.un.org/sustainabledevelopment/ending-violence-against-women-and-girls/>
6. UN Women. In Focus: War in Ukraine is a crisis for women and girls (2022). <https://www.unwomen.org/en/news-stories/in-focus/2022/03/in-focus-war-in-ukraine-is-a-crisis-for-women-and-girls>



# A FIGHT FOR PEACE

TEXT: EDITORIAL LEADERTEAM; CAMILA DAHL ØYAN,  
ELINE LARSEN TUSVIK  
DESIGN: OLIVIE ROUPPE VAN DER VOORT



We had a chat with the leader of the Student Peace Prize (SPP), Mathea Mohn, about the SPP's background, this year's Peace Prize laureate and how to achieve world peace.

## SPP then and now; what's the biggest difference?

The idea of a peace prize for students came from two ISFiT-volunteers called Sigvart Voss Eriksen and Gisle Bråstein on a late autumn night in 1998. The fact that students, who were often the ones at the front line of demonstrations and in revolutions, were overlooked ignited a desire to include them more and give them the recognition they deserve. It's inspiring that it all started with two engaged students, and now it's grown into what it is today. This shows that the power you hold as an ISFiT volunteer can evolve and become something greater than yourself. For instance, by being involved with booking a concert or painting a wall you will have a direct impact on the participants' experience of the festival and ISFiT as an organization.

Student Peace Prize was established in 1999 and functioned as a team in ISFiT until 2011 when we became our own

Mathea Mohn, the leader for SPP this festival  
FOTO: privat

section. It is inspiring to see how SPP grows and develops every year, with the same aim as in 1999; to put the spotlight on how important student activism is in working towards peace and freedom

## Have SPP's core values changed over time, if so how?

SPP's core values are peace, democracy and human rights. This year it's all about student activism for peace around the world and it's our role to support those students. Every SPP volunteer group puts their stamp on SPP during their







This festivals SPP board | FOTO: foto.samfundet.no

year and a half period. This year with DOXA as Laureate, our focus is on the important role independent journalism and freedom of speech plays in anti-war movements. With last year's laureate METU LGBTI+ Solidarity, we focused mainly on LGBTQ+ rights and during the ISFiT19 in 2019 with Fashia Hassan as laureate, the focus was on the right to education for all. Because we have a new laureate each festival it's only natural that our focus changes and I think that is what makes the SPP so special.

#### **How do you typically work with the laureates?**

Every year the SPP board makes their

own action plan and this year our primary focus is being an actor of change. We want to be something beyond a symbol by awarding a prize. Our main goal is to support the laureate on their terms. We cannot give the activists what we think they need, but rather provide them with what they tell us they need. The SPP gives the laureate a unique platform to speak more about their work through our projects including the Peace Tour leading up to the festival where we visit different Norwegian cities, creating opportunities for the laureate to participate in panel talks, meet Norwegian politicians, press, and make one-to-one contact with Norwegian students. We also work on follow-up projects with our earlier

laureates, make exhibitions to raise awareness about the laureates' work and reach out to more people by increasing our social media presence.

When over 450 participants come to Trondheim from all over the world for each festival, there really is no better place than ISFiT to grant the Student Peace Prize.

#### **How can people support the work you do?**

To get active and engage themselves! Be curious, gain knowledge and learn about the laureates and their cause. We want to put the spotlight on the laureate. Additionally, you can buy coffee through our coffee campaign, which is a

direct way to contribute financially. The Student Peace Prize is given on behalf of all Norwegian students, so be aware of the power you hold. Pay attention to the laureate, follow them on social media and stand in solidarity with students all over the world.

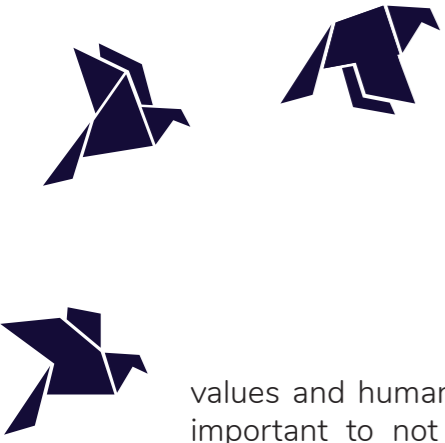
#### **Tell us about this year's laureate.**

This year's laureate is DOXA, an independent journal that is run by Russian students in opposition to the totalitarian government in their home country. DOXA is a good example of how important students are in the anti-war movement, and is one of very few independent mediums in Russia. Free press equals real journalism, which is crucial in upholding democratic

SPP 2023 laureate DOXA Journal | FOTO: foto.samfundet.no







values and human rights. It's extremely important to not cut ties with critical actors. They need to know that their oppositional work is recognized, which will be essential in rebuilding Russia.

**Who decides the laureates?**

Two committees; the Nomination Committee and the Peace Prize Committee. The Nomination Committee consists of six students from Norway who meet up for seminar weekends in the Spring semester, where they receive nominations and eventually choose around half a dozen candidates they include in a conclusive report. This report is then given to the Peace Prize Committee, consisting of the leader of SAIH (Students and Academics International Helping Fund), four experts (i.e. politicians, scientists, leaders of organizations) and four students. This entire process is independent from SPP and ISFiT in order to ensure a free election of the laureate and no contamination.

**How would you define your role and what is your most important task?**

I hold many roles, but first and foremost I am a facilitator and my main responsibility is the operation of the organization itself. I have no real own



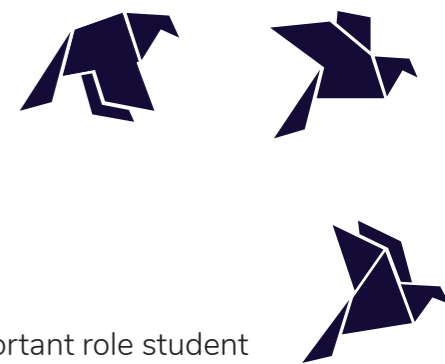
The SPP opening ceremony in 2017. FOTO: foto.samfundet.no

projects but rather work on facilitating my coworkers' projects. Further, I am the spokesperson for SPP. My main task is to balance everything as a leader of an organization (in tripartite cooperation with ISFiT, SAIH and NSO), the leader of the SPP Secretariat (consisting of all

SPP volunteers in ISFiT), and a board member in ISFiT.

**How has this role changed you?**

I am very proud and honored to be able to lead the Student Peace Prize and I have



learned about the important role student activism holds in society. I feel very lucky to have been given the opportunity to hold a leadership position at such a young age, 23. Working with SPP and ISFiT is very rewarding because we bring important issues into the spotlight. Students are often brushed aside, and I have gained more knowledge on that, by seeing first hand how viable we as students are in the work towards peace. Because this project is directed towards a specific goal I can see a real change and be hands-on. I now know what I want to do later as a result of this; I want to work with engaged students. Even though SPP and ISFiT volunteers come from different cultures, backgrounds and study programmes, we all hold the same values and I feel very lucky to have the opportunity to work alongside so many devoted students. This year's ISFiT theme is polarization and we want to make people talk with each other rather than talk past each other. I have learned a lot from the other volunteers and have become wiser by being exposed to other mindsets.

**How can we achieve world peace?**To acknowledge that students at the forefront is one of the greatest forces in the fight for peace, and remember that we, the students, are today creating the future of tomorrow.

# STUDENT PEACE PRIZE WINNER 2023: DOXA MAGAZINE

TEXT: INGRID JENSÅS AND KAIA LOWERSON | DESIGN: SUNNIVA NYHAMAR

Doxa Magazine was founded in 2017 by students at the Higher School of Economics in Moscow. Because of their work promoting freedom of speech as well as press freedom, they received the Student Peace Prize in 2023, a price awarded on behalf of all students in Norway. We had the chance to talk with Ekaterina Martynova, a journalist from Doxa Magazine about some of the challenges they face, as an independent magazine, working in Russia.

“The idea of the magazine was to make a platform where students and academics could provide their opinions on the ongoing discussions of political and social Institutions in Russia, both inside and outside academia. So for us it was important firstly to give the voice to young people where they could be heard by others in academia.”, Ekaterina tells us. Doxa Magazine covers topics such as social inequality, harassment, corruption in the universities, as well as political corruption.

The Magazine started out focusing on student rights and the academic crisis in Russia. Gradually, as the audience

expanded and the magazine became bigger, it started covering more global news and topics such as the Russian invasion of Ukraine, war crimes and political repression in Russia. Martynova explains the reason behind some of their success. “...before DOXA there was no media or student organizations in Russia which could provide this platform for politically active young voices, so it was a completely free space and there was a huge demand among students for this.” That said, the road has not been an easy one, and they have faced both resistance, and expulsion. “In 2019 one of the biggest protests happened in Moscow, and most of the participants were students and

professors, who got arrested. Later we helped them fundraise money for the finds and provide them lawyers, and just wrote news about them.”

## Facing resistance from the government

The Peace Prize committee states that “Despite threats and persecution, the magazine works in a network of editors living in exile, local informants and

anonymous journalists - all students or recent graduates. The way they are working shows how the Russian opposition can continue to operate within extremely challenging conditions. DOXA’s work highlights the importance of not cutting ties with critical actors living under an authoritarian regime. They need to know that their resistance is recognized, which will be crucial for the rebuilding of a free and democratic society in the future. ... The way they work shows how the Russian opposition



From the left: Armen Aramian, Ekaterina Martynova og Nikita Kuchinsky  
Foto: Mathea Mohn





can continue to operate within extremely challenging conditions. DOXA's work highlights the importance of not cutting ties with critical actors living under an authoritarian regime. They need to know that their resistance is recognized, which will be crucial for the rebuilding of a free and democratic society in the future”.

We asked Martynova about some of the biggest challenges they face. “We experience a lot of resistance. It started a year ago with the criminal case that the Russian government made against four of our editors who put a video where they stated that it's unlawful to fret students that want to go and the protests and so on. Later they were raided and put under house arrest for a year.” Martynova explained that the court later decided to sentence the students to four years of corrective labor, giving them no choice but to leave the country if they wanted to continue their work. In December 2019, they were expelled from the higher school of economics student organization;

“It was the beginning of our resistance to governmental institutions in Russia.

Now with the start of the war we were blocked inside of the country. Today we got the news that one of the government commissions who commended DOXA to be categorized as extremist organization, because of our content that we are publishing they especially mentioned that we are talking about the work crimes we are financed from the west, and in case we will be recognized as an extremist organization in Russia, that will be a huge problem, which puts you in a very complicated position if you are working inside the country. Your bank account is frozen, there is a criminal risk of being put in jail for 5 -10 years.”

In the press statement, the Students Peace Prize committee justified giving the 2022 prize to DOXA, saying “The Russian state has been more and more hostile against critical voices inside the country. Protests have been shut down, dozens of thousands have been arrested for raising their voices and human rights organizations have been stamped as foreign agents towards others in opposition to Kreml. When members of DOXA supported students participating in the opposition protests in 2019, they got expelled from the university, and four of the establishments experienced home invasion, physical violence and house arrest. Shortly said; they got numerous of their basic civil rights denied. DOXA is today in the first line for a free independent media, and the rights to express themselves in Russia.”

### “Winning the prize is a big honor”

Martynova says winning this prize means a lot to DOXA Magazine. “The prize is a big honor and a big appreciation of the work we have done... Its the first prize that we are getting as a Russian organization, and its a very big event for us, in the sense of our work being recognized”. She tells us further that they are very grateful to all Norwegian students who have shown their support, that it shows that their work isn't in vain, and that it is not just something Russian students care about. “It also means that the global community cares about human rights, and general democratic values in authoritarian countries. I think it's a very huge step toward supporting journalists and activists in exile, especially young ones like us”.

Lastly, they emphasize how their work could not be possible without other independent media, for instance in Belarus and Ukraine. “...we stand in solidarity with those organizations, students unions, magazines and media, who worked with Russian propaganda, and Russian crimes.”

To continue their work, as well as reach an audience outside of Russia, Martynova tells us how much following DOXA on social media, as well as donating money to pay the reporters, helps. “We are going to establish English versions soon, and we would be very, very grateful if you follows us.”



# MIXING DECARBONIZATION WITH DEPOLARIZATION

TEXT: CHRISTAN HAYES VIGERUST | DESIGN: OLIVIE ROUPPE VAN DER VOORT

**The UN's climate report points out that the consequences of global warming will lead to increased conflict between countries. However, the implementation of climate policies is in itself a potential source of conflict, which may lead to increased polarization.**

Today's global climate politics has largely begun to focus more on the issue of who to blame for the climate crisis. This became very visible in the UN's latest climate meeting and with the newest policies for climate compensation to poor countries affected by the climate crisis. The question of blame will potentially increase the polarization between national borders. A particular example is when populous countries such as India, Pakistan and Nigeria today have a legitimate desire for a similar modernization that rich Western countries have undergone. What right do Western countries have to demand that these countries do not base this modernization on fossil energy? Emissions of greenhouse gasses could thus increase massively. With the current situation, however, it may be difficult to see how Western countries will be able to reduce their emissions in order to compensate for this. In this way, current climate politics faces a potentially very



polarizing situation. This is the situation where the modernization of poor countries is held back at the request of other countries, when at the same time it is poor countries that are hit hardest by the climate crisis.

The fact is that the implementation of climate politics is expensive and has many considerations. These considerations entail very different points of view. For example some would argue that it does not concern the West which way developing countries choose to modernize. The West should rather focus on setting a good example. Others, on the other hand, will point out that this becomes problematic when considering that the consequences of the climate crisis will be disastrous for the entire globe. Still, there is no guarantee that some rich countries will not push forward climate policies that affect poor countries in an unfair manner. This should be a

point of focus because fair global climate politics is immensely important to reduce polarization. What fair global climate politics is will be the central question for years to come.

The uncomfortable truth of the climate crisis is that it needs everyone on board. In a time where politics need to focus on a mix of decarbonization and depolarization and an ongoing war in Ukraine, the need for good communication is greater than ever. Only through better communication will it be possible to shape a future where one can function as a planet that can deal with the climate crisis in a fair and humane way. ISFiT's contribution

to this should not be understated. The fact that this year's "Student Peace Prize" went to DOXA Magazine may be an important signal to young Russians that young people elsewhere in the world are able to see them as people with independent thoughts. Actions like this facilitate communication. As does bringing students from all over the world to Trondheim where they can share ideas, viewpoints and memories. Young people today are taking over a world that more than ever needs to act as a united planet. This requires us to be able to communicate with people from a different part of the world.

# POLITICAL POLARIZATION AND THE GROWING GAP BETWEEN REPUBLICANS AND DEMOCRATS

TEXT: VILDE LUND | DESIGN: MARTIN KARAL

Storming of the American congress, brutal police violence, and peaceful demonstrations that turn into barbaric riots. These are just some of the issues America has faced the last couple of years. Many will explain these accounts of violence as a result of political polarization.

This article will dive deeper into the roots of American polarization, how dangerous it can be to a country and its democratic system, and safety. Expert on American foreign policy Hilde Eliassen Restad will offer commentary on the matter during the Article. Restad is currently working at the Norwegian foreign policy institute (NUPI), and has an PHD in foreign affairs.

## IS POLARIZATION INGRAINED IN AMERICAN HISTORY?

I asked Restad her opinion on some of the main causes of American polarization, and quite interestingly, she answered that it was a paradox. “America was supposed to be a liberal republic that reflected the views of the enlightenment but was founded on slavery and ethnic cleansing of the indigenous population. Since then, America has struggled to solve this paradox. Every time a new group demands rights, conflict and political violence arise”.

One can see parallels to the issues American face today, stemming from the Paradox Restad mentions. America, the republic built on liberal ideas, that would provide “equal opportunities for all” was very much reliant on the exploitation of slave labour. The political division on the case of slavery, came to the surface with the civil war. While slavery was abolished, the ideological differences are still visible.

A parallel can be drawn to the Black Lives Matter movement, the Klu Klux Klan and other hate groups that are still present in American society to this day. Systematic racism, ingrained in American history. Restad is arguing that every time a new group demands rights and equal opportunities; conflict arises. This is the paradox of polarization America is struggling to escape.

## THE AMERICAN POLITICAL SYSTEM

The American political system is often described as a two-party system. Two Parties dominate the American political sphere, The republican party and the Democratic party. Other parties do exist, but in order to gain an influential power, other parties would have to replace either the democratic or republican party to gain any influence. If one looks at multi-party systems one will find parties representing a plethora of different ideologies and opinions. However, when the voters are limited to two parties with very contrasting ideologies, it might lead

to an easier road towards radicalization of opinions. According to an article given out by Civita in 2022. A Study from 2019 found that the republican party has more similarities with right leaning parties that are classified as extreme, rather than those classified as moderate (Civita, 2022).

When talking to Restad about Polarization in America, she commented “I think it's correct to say that the right side of American politics has been radicalized. Even though Joe Biden is the most left leaning president in a long time, many voters leaning in between the democratic and republican party votes for the democrats because the right side has gone too far. I would talk about an asymmetrical polarization and radicalization” It seems that the two-party system has played a certain part in radicalizing the right side of American politics. As right-wing extremists would be drawn to the republican party, because there are no other parties with feasible political power that leans more to the right. This might lead to the radicalization of the parties’ views. Also grasping that many voters who leans towards the middle of the political axis, votes for the democrats, which further amplifies the fact that the republican party can become an echo chamber for voters that lean far to the right.

*We The People*

*of The United States, in order*

*to form a more perfect Union,*

*Establish Justiceinsure domestic*

*tranquility...*





## THE STORMING OF THE CAPITOL

On the 6th of January 2021 republican protesters gathered outside the American congress in Washington DC. Banners with “TRUMP 2020” in big bold letters swayed in the wind before the announcement of the election results. Trump lost the election, which now makes Biden the new president of America. The protesters are in denial of the results, many think the election was rigged, egged on by Trump himself, who encouraged his voters not to accept the results. Before the congressmen had a chance to start the process of affirming the election results, mobs stormed into

the Capitol of the White House, unable to be contained by the police.

The incident illustrates the polarization in America, and how far from each other the democratic and republican party stand ideologically. As Restad said, this demonstrates a case of asymmetrical polarization and radicalization of the republican party: as Republican voters refused to accept Democratic legislation, and chose instead to answer it with violence. This is also a direct attack on American Democracy; hundreds of people breaking into the White house with an attempt to undermine the election results, does not bode well for the constitution of American Democracy.

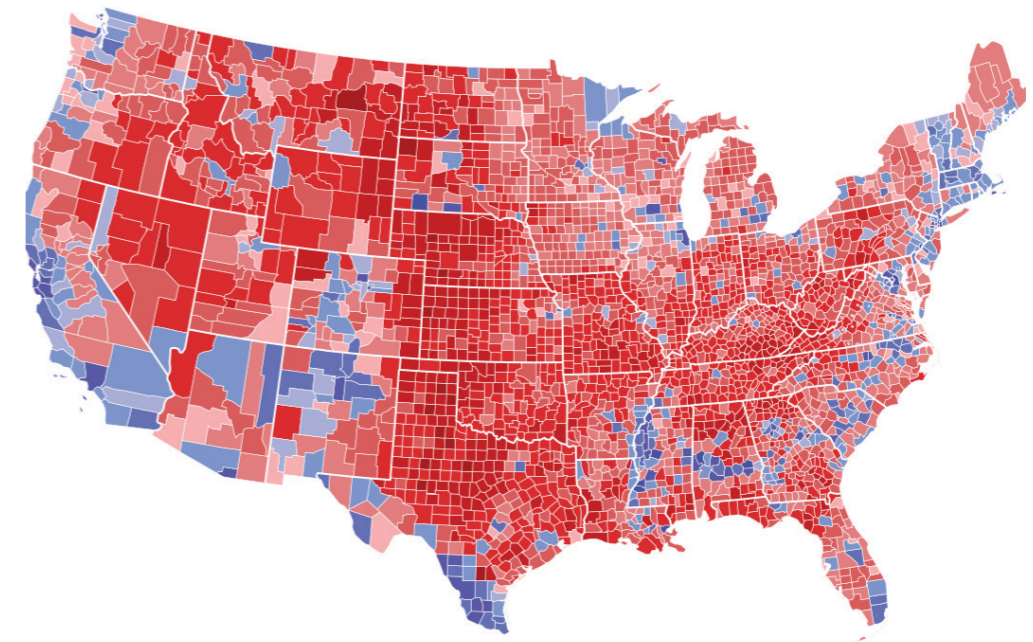
## GATHERING A SPLIT COUNTRY

Polarization lay in the roots of America's foundation, and is something that roots back for decades.

From the ideological differences stemming from slavery and ethnic cleansing to political divisions between democrats and republicans. The political landscape in America is an example of how polarization can be dangerous; it can lead to violent riots and the undermining

of democracy. Restad has recently released a book which further discusses the development of the political system in America and provides a deeper insight on the matter called “The American Paradox”, which I recommend for anyone interested in the topic.

What is certain, is that gathering the split country that is America will be a challenge for some time to come.





# WHO'S CANCELLING WHO?

## THE RISE OF CANCEL CULTURE AND POLARIZATION IN A MODERN WORLD

TEXT: KAIA LOWERSON | DESIGN: RUNA BREKKE ESPEDAL

'Cancel that bitch like Nino' Lil Wayne sings in his 2009 hit I'm Single. He's referring to the 1991 cult classic New Jack City where Nino Brown, the main character, pours champagne over his girlfriend saying "Cancel that bitch, I'll get another one tomorrow". In a Vox article, Aja Romano tracks down this specific line as one of the first references in popular culture to 'cancelling someone'. Today the word cancel is so overused that even reading about it makes you weary. In the age of social media, online discourse and wokeness, cancel culture has become one of the major antagonists of the 21st century. Our perception of right and wrong is constantly changing, and we increasingly are expecting accountability and responsibility for peoples' actions, both current and previous. Reduced to a simple question of right or wrong, the current debate lacks nuance. It has become an ongoing battle between the online activists, and those who deem them 'the morality police'. Considering that many view cancel culture as a way to protect marginalised groups from discrimination and hatred, it is important to question whether it serves that purpose or not.

Public shaming has existed since the beginning of time. In the Bible, Adam and Eve were exiled from the garden of Eden after eating the forbidden fruit and forced to live a life of shame. In ancient Greece, democratic Athens actively used the political process of ostracism, where citizens could be exiled for ten years if they were considered a threat to democracy. During the Middle Ages, public humiliation was used to punish men and women for their sins, their unlawfulness, their crimes and, of course,

their blasphemy. Moral failure was to be punished publicly. This punishment played an important role as it deterred others from deviating from social rules and moral standards. Of course, we should be careful when comparing the consequences of breaking the law in the Middle Ages with modern society's reactions to perceived wrongdoings, but the purpose of cancel culture holds the same implications: moral failure will result in public humiliation.



Some might say that cancel culture represents a tyranny of the majority. In John Stuart Mill's On Liberty, he describes this phenomenon as the silencing of the minority by a tyrant or an oppressor. The topic of censorship has been raised many times in the debate, often by people claiming that freedom of speech is being endangered. It is important to point out

the difference between hate speech, and speech we do not like, that challenges our perception of the world or might be controversial. The line between these two is not always easily agreed upon. And if you cross the line, what should the consequences be?

Some have questioned the existence of cancel culture. Is someone being cancelled or are they just facing the consequences of their actions? From this perspective we can view cancelling as someone being boycotted. It is a way of saying “We don’t agree with you, and therefore we won’t continue to support you through your art, medium, music, etc...”. With this perspective, cancel culture is merely about accountability. But how does this actually play out?



Cancel culture is neither a political movement nor representative of a specific ideology. Despite its association with the political left, it is found on all sides of the political spectrum. In a speech from 2020, Trump described cancel culture as “the very definition of totalitarianism”, despite having been an active participant of it himself. As the following quote from his Twitter account demonstrates when he demanded that CNN analyst Joe Lockhart be fired for speculating that Trump was hiding a stroke from the American public: “Fake News! Why wouldn’t they act. When the World watches CNN, it gets a false picture of USA. Sad!”. Ironically, it is often the people complaining the loudest about cancel culture that insist on cancelling opinions they do not like.

This is especially evident with the rise of antifeminism and the popularity of misogynistic creators. A kind of anti-cancel culture movement is growing, and the #metoo-backlash seems to have reached its peak. In the defamation trial of Amber Heard and Johnny Depp the frustration and anger with cancel culture and #metoo was blatant, and not in a good way. The very public domestic violence lawsuit became a media circus, with Depp generally receiving positive attention and even admiration, whilst Heard was relentlessly bullied online. You cannot help but feel a bitter aftertaste. Mainstream media’s portrayal of Depp and Heard was unnuanced and failed to acknowledge how sexism and misogyny played an important role in Heard’s

cancellation. This portrayal of Heard as a manipulative, lying woman could make other women fearful of coming forward with their stories of abuse.



More controversial voices may feel silenced by cancel culture and its moral implications. There is a danger that if people feel their freedom of speech is curtailed then anger and frustration can result in more hateful and discriminating behaviour. This is not only seen in the backlash against #metoo, but also in the #alllivesmatter reaction the #blacklivesmatter-movement. Even though social media creates a platform for marginalized voices to speak up, it seems their opponents speak louder.

Progressive voices risk being called radical, and accused of taking it ‘too far’, when speaking up against bigotry and discrimination.

There is no easy answer to whether cancel culture works in our favor or not. As we move towards a more and more digitalized world, the distinction between the public and the private sphere is disappearing. As future generations grow up, it’s not easy to say whether social media will continue connecting us or divide us even more.





# THE EXTROVERT IDEAL

TEXT: ANDREA KLERUD | DESIGN: JOHAN SUÁREZ

**Society presupposes human contact and cooperation. Throughout life, from start to finish, interaction with other people is something one must deal with. However, how the individual interacts and thrives with other people varies quite significantly.**

The personality traits introversion and extroversion describe the differences between individuals regarding how we tend to act and think in social settings. Said differences can affect our lives in terms of how we choose to solve challenges, the way we communicate, which friends we choose and how we show affection. They also can have an impact on our career choices, and to what extent one is successful or not in

various aspects of life. In the book *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Caine, this topic is problematized.

Some people feel energized by interacting with other people. These people are often referred to as extroverts. A typical extroverted person thrives on being the center of attention and is more than happy to "take the floor" in social settings.

An introvert, however, is often explained as the polar opposite of an extrovert. A classic introvert recharges their batteries by spending time by themselves. This person often has a louder inner dialogue than an outer one and is often perceived as more reserved because of it. It is, however, to be mistaken for shyness, which has no direct correlation with introversion. Shyness is a result of fear of social condemnation.

ALTHOUGH PEOPLE TEND TO IDENTIFY AS EITHER ONE OR THE OTHER,

THE CLASSIFICATION OF PERSONALITY TRAITS IS NOT NECESSARILY THAT RIGID.

On a scale where being either introverted or extroverted represent the extremes, most of us find ourselves somewhere in between on said scale. According to some psychologists, there is a strong correlation between a person's DNA and to what extent they have introverted or extroverted traits.

Being extroverted is a personality trait that has been found to be less prevalent in countries in Asia and Africa than, for example, in Europe and America. This is claimed to be related to the fact that the

people who emigrated in earlier times and people who had an urge to explore were often those with extroverted personality traits. Evolution has also contributed to the fact that this has become a more common personality trait predominantly found in the Western world, contrary to the rest of the world.

It is assumed that approximately one out of three people in the Western world are introverts. Despite the fact that we naturally have different personalities and needs, society is in many ways more adapted to the typical extrovert, rather than the introvert. Susan Caine writes about the rise of "the extrovert ideal", which during the 20th century has left deep traces in our cultural world. The extroverted ideal refers to the fact that being a person with extroverted personality traits is perceived as the ideal in Western culture. The extrovert ideal can clearly be identified in various social studies. These studies show that a person who talks a lot and who typically is the center of attention are considered smarter, prettier and more interesting. In connection with this, these people are often preferred in relationships. In addition, studies have shown that thoughts and ideas that extroverts present in a group context are higher valued than others. This even though others may have presented equally good input in the given context.

In a professional setting, being extroverted is often considered attractive, and where extroverts are often rewarded with advantages and/or benefits. Being an open, outgoing and typically talkative person will in many contexts be traits that employers consider favorable. This becomes apparent in various recruitment processes and job advertisement. In job It is not uncommon for advertisements to include that the employers are looking for an "outgoing" person. When this is the typical phrasing, it may seem as if everyone should be outgoing, when that in fact is not the case. Choosing candidates based on charisma and radiance, as well as the ability to capture an audience, can contribute to excluding those who could have been excellent

candidates for a job, but don't identify with the phrasing in the advertisement. In addition to it often being easier to get a job as a typical extrovert, introverts frequently experience less recognition from their boss in a workplace, as well as less overall job satisfaction, this is enlightened through European Employee Index by HR Norway.

In addition to professional life often being more suited for extroverts, the same research shows that extroverts to a greater extent take on leadership roles than introverts. Can we therefore conclude that extroverted people make better leaders? (Probably not). which again makes room for others to establish themselves within a collective.

Introverts have a list of traits which often corresponds with the traits of a competent leader. A typical introvert often possesses qualities such as deep thinking and reflection, radiates a sense of calm, is often a skilled problem solver and possesses creative abilities. In addition, an introvert is often a good listener and person who has less of a need to assert oneself within a group,

Considering the question of which personality traits make for the better leader, there is no definitive answer. Different types of leaders are suited for different fields of work and different working groups. Just as a workplace needs different types of leaders and coworkers with different qualifications, a society needs people with different personality traits, resources and abilities. We need a wide range of competence to achieve both smaller and greater achievements. We need a person who is able to provide a room with lots of energy, who loves to talk and to socialize. As such we also need a person who is analytical and able to reflect, a good listener who does not need to be the center of attention.

Society's favoring of people with extroverted personality traits is unfortunate for several reasons. According to Caine, this has meant that in many contexts we tend to strongly underestimate introverts, and that we miss out on important resources in society. As the traits of an extrovert is considered as the ideal it affects how many introverts value themselves and their own capabilities. We must together start to build up under the qualities of the individual, and embrace the differences in personalities. It is important that we break down the norm of the extrovert ideal and start valuing diversity. As individuals we have the possibility to excel in our own fields, but it is together that we are able to achieve mighty things.




# THE ARCHITECTURAL REVOLT

TEXT: VILDE LUND | DESIGN: AURORA KOLSTAD

Have you ever walked through a neighborhood and thought, “This is... ugly”, or “This building makes me depressed”. I have at least had these thoughts, more times than I can count on my hand. We, as humans, are affected by our environment. Throughout history, people have laid great emphasis on the places they inhabit. Look at the old stone houses filling up the streets in France, Italy or Spain. Or the preserved houses built in trees that serve as tourist attractions all over Scandinavia. Who also serve as important symbols of the country's cultural heritage. Even in old Egypt, hundreds of hours were spent building giant, triangular structures of stone, much for the reason of aesthetics.

A Norwegian movement called “The architectural revolt”, have gained rising attention. The revolt criticizes modern architecture. Modern architecture has dominated much of Norway's architectural culture since the 1920's, which the architectural revolt is not happy with. The movement simply thinks too many ugly buildings are built today. Monotone, simple, square buildings are something the movement finds dreadful. @Aonorge, is an Instagram profile, that has reached 68 000 followers, which loudly advocates for the need of more aesthetically pleasing buildings. Showing that the movement has gained quite a lot of supporters.



The new Munch Museum in Oslo is a building that is heavily disapproved of by the movement. The museum is supposed to honor the famous artist Edvard Munch as it displays his many artworks. The building is, simply said, a large crooked square block. It is, no doubt, an expression of modern architecture. Nevertheless, it received the “Horror-medallion” from the architectural revolt, and was said to be one of Norway's ugliest buildings. To quote Psychologist Sahar Soururi, who is active in the architectural revolt “The Munch museum is so ugly that it awakens emotional discomfort”.

Nevertheless, it can be pointed out that the residential areas that are built today is made with an intention to lower the housing prices. For many, it is difficult to enter the housing market, and traditional architecture is very sought after, and can therefore be expensive. For example, the most expensive streets to live on in Oslo, like “Oscars Gate” or “Jacobs alle gate” is defined by beautifully structured traditional architecture. One of the intentions of modernism, is to build simple, quick, and easy buildings.

The modernist and functionalist architectural movement grew in the 1920's, and reflected the growing need of residential areas for the working class. The movement reflected the needs of ordinary people; a functional living area close to work. Is the architectural revolt, in this regard, a privileged movement driven by an elite that can afford to care about such matters? Functionalism, no matter how ugly it is, covers the need for housing.

Aesthetics is important for the population. To inhabit places with depressing architecture, can entail negative psychological consequences, in regard that people value the places we live in. Fewer traditional buildings are built today, which is a shame, considering their contribution to the environment around us, and their cultural heritage. However, modernism has its benefits, which the architectural revolt seems to gloss over. What is certain, is that we value traditional architecture, and it should be emphasized to build traditional architecture, as well as modern.

# CLIMATE CHANGE: A PATHWAY TO VIOLENT CONFLICT?

TEXT: KAIA LOWERSON | DESIGN: RUNA BREKKE ESPEDAL

A warming planet waits for no one. Floods, droughts, extreme weather, hunger, and animal extinction are just some of the warnings in the latest report from IPCC, the Intergovernmental Panel on Climate Change. Christened the “file of shame” by UN Secretary-General himself, António Guterres, the report shines light on the seriousness of the situation. One thing is specifically evident: the consequences of climate change are not experienced equally. Europe and North America together are responsible for almost forty percent of greenhouse gas emissions worldwide. Meanwhile, Africa is only responsible for seven percent, and the Middle East even less – only two. It is, however, countries in Africa and the Middle East that experience the brunt of climate change. Both vulnerability and capacity to adapt to climate change plays an important role. In nations with weak political systems, infrastructures, and political institutions, as well as a high level of poverty, climate change may increase security risks and violent conflict. To explore this topic more, I reached out to Junior Research Fellow at NUPI, Anne Funnemark.

Anne Funnemark is a part of the Climate-related Peace and Security Risks project, a collaboration between The Norwegian Institute of International Affairs (NUPI) and the Stockholm International Peace Research Institute (SIRPI). On their website, NUPI writes that throughout the project, they wish to “generate reliable, relevant, timely and actionable information on climate, peace and security risks”. On top of that, they want to build a global network of scientists and decision makers, and establish a Nordic and Baltic Climate, Peace and Security Network.



ANNE FUNNEMARK,  
JUNIOR RESEARCH FELLOW AT NUPI

In recent years there has been a lot of research on the correlation between climate change and conflict. Questions on whether the correlation exists, and if so, to what degree, have been raised. Therefore, it is important to note that the causal correlation between climate change and violent conflict is yet to be proved. With that in mind, I asked Funnemark if climate change still affects conflict indirectly or can do so through other channels. **“The impacts of climate change can contribute to magnifying existing socio-economic stresses, thereby contributing to added stress on human security. This depends very much on the context in which we are looking, and in some circumstances, this added stress on human security can increase the risk of violent conflict.”**, Funnemark explains. She also points out four pathways that can be used to navigate the relationship between climate change and conflict: livelihood deterioration, migration and mobility, tactics of military and armed actors, and lastly, elite exploitation and mismanagement. In Sahel, a region in Africa, the changing climate is putting pressure on the livelihoods of both nomadic and transhumant pastoralists.



Scarce access to water and grazing land are leading to violent conflicts between the farmers and the pastoralists in some places. Funnemark points out this as an example of how deterioration of livelihood opportunities and changing access to resources can escalate conflict.

The Climate-related Peace and Security Risks project focuses on the relationship between climate change and security risks in several countries. One of those is Iraq. I asked Funnemark why Iraq is more vulnerable to climate change than other countries. **“Iraq is highly vulnerable to the impacts of climate change due to its physical exposure. Mean annual temperatures are likely to increase by 2 °C by 2050, in particular negatively affecting water security and increasing the likelihood of more frequent and more severe droughts and dust storms. Iraq is also projected to experience a decline in rainfall, which will also negatively affect water security and food security.”** Adaptation capacity to climate change is also affected by socio-economic vulnerabilities, such as high levels of poverty, political instability, violent conflict, and corruption. Funnemark points out how this can become a vicious downward spiral: **“Iraq’s long-standing violent conflict is especially important when explaining its high levels of vulnerability to climate change. Armed conflict has profound socioeconomic implications, increasing poverty, reducing the function of the state and damaging the economy. In so doing, armed conflict makes countries**



and societies more vulnerable to the impacts of climate change and increases the risk of climate-related conflict in what has the potential to become a vicious downward spiral.”

The climate crisis can also be exploited by armed groups. “What we do see in Iraq is that armed groups have, in several instances, taken control of and destroyed water sources and infrastructure. The significance of such control and destruction increases as water becomes scarcer due to the impacts of climate change.” She also points to the situation in the Philippines and Afghanistan, where extreme weather is a significant factor in recruitment to paramilitary groups. When the local population consider the government inadequate to the task of dealing with the problems presented by climate change, illegal paramilitaries present an attractive alternative.

Climate change also disproportionately impacts women due to pre-existing gender roles and inequalities. In Iraq this is especially evident, as the country ranks number 154 out of 156 in the Global Gender Gap report. “Oxfam reports that women in Iraq are highly marginalized, with very limited access to social, political and economic life. Access is hindered both by cultural and social norms and by institutional and legal barriers, and women and girls are often constrained to traditional reproductive roles”, Funnemark elaborates. Men

therefore adapt easier to climate change, and Funnemark points out that women are often constrained by their caretaking responsibilities: “[In] Iraq, we see that whilst men tend to migrate to cities when livelihoods deteriorate, women tend to stay behind to take care of family and livestock.” Because of the traditional responsibilities of women in Iraq, such as growing and gathering food, climate change impacts their access to these resources. Funnemark also tells me about how the Hawzi marshes in Iraq are affected by drought and water scarcity. Women are forced to search further to provide livestock for the family, and their workload is increased.

“While we can assess the links between climate change and the tactics and military and armed actors, we cannot, as researchers, predict the future”, Funnemark tells me. Even though we cannot predict the future, our current inaction is causing more harm than we know. Iraq, among many other countries, is facing the harsh consequences of climate change and emissions they themselves are not responsible for. People’s livestock and livelihood are affected immensely. One may ask whether conflict and security risk will escalate in the future if global temperatures keep rising and the action gap expands.

# BELONGING, *in* A HEARTILY POLARIZING World

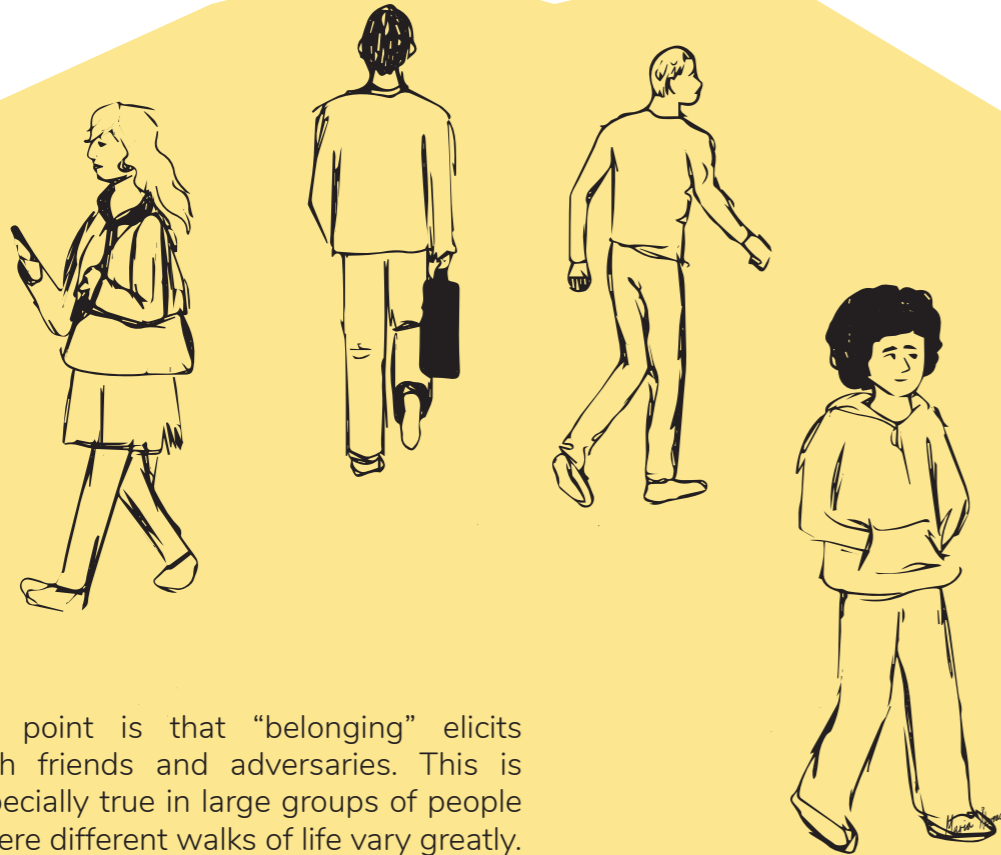
TEXT: HÅKON LUND-KRISTENSEN  
ISFIT HUMAN RESOURCES, CREATIVE ASSISTANT  
DESIGN: MARIA ÅKERNES

Being a part of, well anything, can sometimes be quite daunting. The world is overwhelmed with things to do, ranging from your run of the mill volleyball team to the no-laughing-matter category of elderly bingo clubs. This boundless, terrifying freedom of choice requires commitment – a stance that highlights how you want to spend your time. Hopefully, you have at least once in your life loudly declared something like: “Mother, I have grown quite fond of yodelling and decided that there is simply nothing you can do about it”. While this example is a tad overdramatic, it is certainly an invigorating experience to know in your heart that you have discovered some exiting new endeavour and perhaps likeminded people to share it with.

However, joining amidst the ranks of existing group members can sometimes feel like a trial of worthiness. For example, it has come to my attention that claiming the



prestigious title of "knitter" might at first seem like a harmless daily distraction, but as you start comparing your efforts to others, the path to a finished homemade sweater becomes soaked in sweat and tears. Additionally, pleading your fealty to a given community could lead to alienating another. One cannot simply cheer for a particular football team at the local sports bar without expecting the chance of being hurled into the line of fire like a cigarette at a gasoline convention.



My point is that “belonging” elicits both friends and adversaries. This is especially true in large groups of people where different walks of life vary greatly. Imagine being recruited as a volunteer in ISFiT. You might ask yourself: “How am I supposed to do my tasks, cooperate efficiently, make new friends and maintain my uniqueness, all at the same time”? Organising an international festival requires great deal of effort and is marvellously achieved by a bunch of students who were initially strangers to one another. By now, the volunteers represent a ludicrous family gathering of noisy little brothers and eccentric aunts.

This kind of difference is bound to evoke conflict - which unfortunately is a term that is often misunderstood as something preferably avoided, while in truth, it is simply a measure of tension and diversity. Take for instance the current theme of ISFiT – polarization, which in this context

is not about “that which divides us”, but rather “how can we acknowledge and respect our differences”. When conflict is approached from a place of empathy and curiosity, it creates knowledge, community and creativity. I advocate that the struggle for conflicting and heartfelt relationships is not only favourable, it is necessary. However, there is one crucial threat to this – the danger of certainty.

Humans tend to demand clarity and to “know”. But when judgment and expectations come at the expense of openness, it disrupts our desire for belonging. If you persistently try to make up your mind about the person you are talking to, you will have little time to catch a glimpse of that which could surprise

and inspire you about them. Genuine personal insight is discovered by happy accident, not manufactured. It is rather unfortunate that a large portion of society tend to worry about what is “proper”, and likewise that those with any patience for imagination are busy being troubled by what other people might think of them. Knowing this, you might discover that it is a painful thing of our time how often the state of doubt and indecision is overshadowed by the need to be right.

My consultation is not to be too pompous and sure, but rather allow yourself to question. As my great hero Stephen Fry once said: “It's time for engaging, emotionally fulfilling, passionate and positive doubt”. I find that this is beautifully illustrated by one of his favourite and lesser-known Greek gods – Hestia, the goddess of the hearth. Since the dawn of civilization, people have gathered around a fire to talk, share stories and wonder about the great mysteries in life. This is perhaps one of our most primal and human ways of learning. It is a willingness to share a moment and

cherish a common source of warmth and intimacy. In modern society, we rarely take the time to sit down and “share a fire” with strangers. “We seem to have lost our hearth”, as Fry says.



Let this final lesson hover over the rest of your day: humans have fabricated borders between different fields of knowledge and social behaviour, but the real world is not like that at all, or put more politely, my world is not like that at all. I know a splendid café in the realm of uncertainty, you should join me for a cup of tea and kindle the hearth of belonging when you find some time to spend.





... BUT  
POLARIZATION  
CAN ALSO BE:

SEX

MUSIC

CROSSWORDS

MAKING CHOICES

ARCHITECTURE

COMEDY

# A SHORT AND SWEET GUIDE ON HOW TO AVOID POLARIZATION

TEXT: OLAV MCINNES | DESIGN: SUNNIVA NYHAMAR

It would be a shame to introduce a concept such as “polarization”. It makes us all fight over what dog breed is superior and what sitcom is worth watching again. Without any help, avoiding this is challenging, thus I have constructed this simple guide on avoiding polarization.

The guide is so simple that an anemone would be way more open-minded after following it. That is if we did support animal testing, which we do not. However, if we did forward this text to a group of sea creatures, it is my belief that the ocean would be a lot more progressive.

Your preconceived opinions are reinforced when you only see things from one perspective. Given the design of a magazine it would be inconvenient to see it from anything but the front, but I suggest you give it a shot.

The second step is to find something you disagree with. Perhaps fracking isn't such a bad idea after all?

Seeing as you now want to read opinions that contradict your values, I will assume that you would be more interested in a guide on becoming polarized, lucky for you that is just what this article has become.

And it is not a simple guide. It is so not simple that when tested on anemones none of them changed their behaviour after reading it.

The first step to becoming more polarized is to read a paragraph and only seek the information you want to believe. Let's give it a shot.

To disagree with each other is to accept that every person has integral values, yet some act as if they must convince you

of what they see is the only acceptable truth. Where does the balance of truth and opinion go? Those who simply accept facts without questioning them are defined as narrow minded, and we have been taught to seek the contrary. Is it ideal to walk around with opinions which one half-heartedly believes in? To be open minded does not equal being weak of will, every person must know that their values are worth believing in, otherwise there would not be any point in acting to them. In conclusion one should take pride in one's beliefs, but not hesitate if conditions change and you are suddenly struck with the thought, “What the hell was I thinking?”

If you are a polarized person what you should conclude from that paragraph is:

- Every person has a right to their opinion and an attempt at challenging it should be regarded as an attack on who you are as a person.
- You should do everything in your power to convince people that your truth is the only truth.
- And you should ignore these points:
  - Being open-minded is not the same as not trusting your values.
  - You can be faithful to your opinion, whilst still capable of letting go of it if it does not correspond with your current values.

If you find yourself unable to ignore the latter, it might be that you still are not radicalized to the level we are aiming for. This concerns me, however with dedication, even the most tolerant of people can become close minded.

To be more close-minded you can:

- Find statues, pieces of art, benches etc that are dedicated to historical figures you dislike. Express this dislike by photoshopping this subject out of pictures people have posted on Google Maps.
- Make it a goal to state broad and vague accusations against people you do not support three times a day.
- Make it your duty to share new stories that only your source has the guts to release to the public.

I hope this article has given you a new perspective on polarization. If you feel more polarized, great! If you feel less polarized, that is great too. Just know that nothing is set in stone and that it is never too late to change your mind on a matter.



# MORE THAN VANILLA

TEXT: RUNAR JOHNSEN | DESIGN: INGRID HODNE VALAKER

Everybody likes ice cream with vanilla flavour. It is literally the most basic flavour ever. Still, most people tend to go for vanilla when it comes to the action between the sheets. What other flavours are out there?



Vanilla ice cream is certainly a good flavour, even a superior one when it comes to adding sprinkles and sauces. There is so much you can do with it, but on its own it feels tasteless and bland, much like a boiled potato. I mean no insult to the potato, but when there are limitless options to what you can do with a potato, boiling it seems extremely pointless and low effort.

As a result of this vanilla/potato image, I often find myself wondering: why do I find people in relationships so boring? I certainly do not speculate about what they do in the bedroom, but it is a thought in my mind that keeps on lingering. To me, relationships are very on brand in the vanilla world. This article, however, will not be about love. It will be about making love.



## TELL ME, WHAT IS A KINK?

I do think that couples actually are the least vanilla in bed. I mean, they should be. They know each other, hopefully well, and they probably test their own limits. After a while the standard missionary position must be getting boring, and if you do not communicate – you must get tired of faking your orgasm for the third time in a week. Why just not tell someone what you like, instead of pretending? If you want someone to whip your ass, ask them kindly and receive it roughly.

Because this is certainly a kink. What is the definition of a kink you might ask? According to my favourite dictionary, the Urban one, a kink is a sexual taste for a person. In addition to this, it is usually an unusual taste in sexual behaviour. So when I mention vanilla when talking about kinks, vanilla is the “normal” sexual behaviour so to say. Of course, some of these kinks are obviously more kinky than others. If you are into a little spank on the buttock, or if you want someone to take a shit in your mouth, those are two quite different things and levels of it.



## TRY A KINK TODAY!

My goal with this article is to open up this new world to you, the world of kinks. As mentioned earlier, the most important part of the kink play is to communicate. If you do not do this, things could end up even worse. No one wants to be strangled in bed if they have not allowed the person to do it. This could not only ruin your relationship to a person, it can also ruin their relationship to sex as well. Being afraid when you are at your most vulnerable, naked in a bed, is not something I would wish upon my worst enemy.

Please ask someone if they actually want what you are doing, and please ask beforehand. As we say in Norway: "consent is sexy", or perhaps a better English saying would be "consent is cool". Always remember this! This is why I would recommend that you try out kinks with a friend you trust or with a partner, not a random hookup from a dating app or a one night stand. Maybe you have a friend with the same kinks as you, or maybe you will discover that your partner actually likes it up the butt?

## THERE ARE LOADS (OF KINK OR CUM?)

I have mentioned some possible kinks already, but the world of kinks is almost endless. The most basic ones are of course spanking, strangling, slapping, and other things starting with the letter S. Of course you start here, and I would actually recommend that. If you are not into pain, then you should try something else. The BDSM world is quite big, you can be the submissive, you can be the dominant. Try licking someone's feet, do a footjob, use your titties. The only limit is in your and your partner's mind and fantasy.

If you want to be "caught" during sex, you can do it in public. Find your nearest park or go hiking in the mountains. Rent a hotel room and spice things up that way. If you have seen "Modern Family", you can do like Phil and Claire, and explore role play. Change your name temporarily, pretend that you are a police officer looking for a criminal, or if you are into that, you can be step siblings? I mean, this is after all a very popular category on porn websites. Or maybe you are into sleeping with an older man or woman. Age differences can be cool too.

More hardcore kinks include, as mentioned earlier, scat and piss. Getting other people's faeces on or in your body might be fun for some, but remember that it is easy to catch diseases. This also applies to sex without a condom, where pregnancy is also a risk. Unless you are into pregnant women, then it might be different. And while we are on the vagina (or asshole) being expanded, you could always try fisting. This is very hard to do, and very easy to fuck up. Use lube, please use lube, and maybe not do it the night after you had a spicy curry.

Remember to have fun, be who you are and not be ashamed of yourself. Talk to other people about what you like, and maybe you will find out that what you like is not as shameful as you might think. There is obviously a reason that less vanilla things in bed are labelled as kinks, and it is absolutely not for everybody. Also, always remember to have a safeword if you are going really kinky, so your partner can stop if it gets too much. I recommend "umbrella", "Trump" or "polarization". Go out there and conquer the world, or at least get laid. With consent.

# HOW GROUPTHINK COULD LEAD TO POLARIZATION AND HOW WE COULD AVOID "GROUP BLINDNESS"

TEXT: INGRID JENSÅS | DESIGN: MARIA ÅKERNES

## – A positivist view of how openness and curiosity could lead to a less divided society

Cambridge Dictionary defines the word polarization as “the act of dividing something, especially something that contains different people or opinions, into two completely opposing groups». Polarization between people with seemingly contradicting opinions and attitudes can be seen “everywhere”, in both a bigger and smaller scale. Politics and ethnic conflicts are greater examples, but it exists in everyday life too.

Why do people group themselves in ways that create conflict and why do we misunderstand each other so often? Why do these deviations between people usually seem so incompatible, and could we as individuals try to avoid this?

And what is the potential advantage of freeing ourselves from the “us-against-them” mentally, typically seen in strong groups?

## THE IMPORTANCE OF GROUPS

In- and out-groups are concepts from sociology and social-psychology used to describe how group belonging could affect our attitudes and thinking, and why group members often act similarly.

As social beings, group belonging could seem central for human wellbeing, and is important for most of us. We all belong to different groups; it could be defined by interests, political stance, geographical affiliation, family or your working field. Groups like these could all participate in creating a feeling of personal value,

belonging and being appreciated by others - something seen as important for preventing mental health issues and loneliness.



## GROUPTHINK AS A POLARIZATION FACTOR

At the same time, the collective group thinking that often occurs in these groups, could aid in creating distance and negative attitudes against out-group members, those we do not see as members of our in-group.

According to social psychology, we tend to make collective thoughts and beliefs within groups, which we think all in-group members have in common. This is not always the case, since there are many different processes affecting how collective “groupthink” is made.

As we want to fit into the group and preserve a good atmosphere, we tend

to seek common agreement with other group members. This is something that could lead to individuals withholding thoughts seen as conflicting with the group, and the views that are being shared will often stand unchallenged. We also tend to verify the opinions that are presented, something that could enhance the stands further.

Research has shown that something which might seem as the group members’ collective thoughts, often seem more extreme and unambiguous than each member's separate thoughts. This could lead to group polarization, where subgroups develop more extreme attitudes where everyone seems to agree. These attitudes are often directed towards out-group members.

Group belonging can make us feel safe and is something we want to be a part of. Not blindly following the group may therefore seem a bit difficult, as you could fear losing your place in the group and possibly be seen as an out-group member. The membership could also lead to deindividuation, where people can minimize their own role and the importance of their behaviour and stances, due to the greater group.

## HOW TO PREVENT GROUPTHINK AND PRESERVE A WIDER PERSPECTIVE

The fact is that we all could be affected by groupthink in one way or another.



Sometimes it can affect us negatively by adopting prejudice and less positive mindsets, or preventing us from getting to know and explore new people and situations. This can further lead to conflicts and polarization between people we see as out-group members.

These processes often happen automatically and unconsciously. What can you do to prevent this, and instead be able to form your beliefs based on your own experiences and exploration of the world? And what could be the potential gain from freeing ourselves from group conformity?

**3** Think about who you are surrounding yourself with. Are you only surrounded by people who are very similar to yourself, who think just like you and who have the same interests and manners as yourself? Or do you surround yourself with different people who can teach you something new, who may have different interests and experiences than yourself, and who give you a greater perspective and new thoughts?

**4** Be humble and do not think that you yourself have all the answers. Your opinions and attitudes are based on your experiences, personality and influence from your surroundings, and your foundation will therefore be limited to this. Understand that this can be a limitation to how you understand and perceive things, and that others may have different ideas or perceptions that may be just as correct as the ones you have -it is just based on other things.

HERE ARE SOME THOUGHTS OF WHAT YOU COULD DO TO GAIN A BETTER UNDERSTANDING OF OTHER PEOPLE:

**1** Be open and curious: If you encounter people or situations who are unfamiliar, where you may feel a bit insecure or have trouble with understanding others' point of view, try to understand and leave your prejudices behind. By meeting new people with a more open and curious mind, and by showing interest in them, it is easier to reach out to and learn more from them.

**2** Ask yourself why you act and think the way you do, especially when it comes to thoughts and assumptions about others. Are they based on personal experiences or just blindly learnt from someone else?



WHAT ARE THE POTENTIAL GAINS OF A MORE OPEN VIEW?

While being open, curious and thirsty for new experiences and meeting new people, you could learn and earn much insight and understanding about something you did not know a lot about earlier. This experience-based understanding could tell you a lot about why the society, our surroundings and other people are functioning the way they do.

Openness for new experiences and ways of thinking could also help you create new ideas and give you a more diverse and rich life. The outcome could potentially be new acquaintances, new interest and personal growth through a broader perspective of the society. It could also lead to less conflicts and getting along better with your surroundings.

This being said; the previous writing does not mean that you should accept everything other people are saying or doing if it goes against your own values, but it could give you a better understanding of why things and people are acting in the way they do. At the same time, a broader understanding of the reasons behind other people's attitudes and acts could be helpful if you want to work for a more equal world. The perspective could be a good starter for reaching out to people in a better and more effective way, as conflicts and rigid standoffs often tend to inhibit good communication and cooperation.



# MAKE A CHOICE

TEXT: OLAV MCINNES | DESIGN: SUNNIVA NYHAMAR

You are but the sum of your decisions is something someone once said. To illustrate this, I've created a string of choices that you must make. It's quite simple. Just follow the narrative and make the choice that feels right. If none of them feel right, think about the choice that feels wrong and then choose the opposite of that. Good luck!

Start here

It's a beautiful day outside. Birds are chirping, the sun is shining. It's a perfect day to ...

Go out and explore. The world is your oyster and oysters need to be explored. I think?

Stay inside. The world is but a pallet of monotone experiences. Each moment blends into another, rendering the totality of your day meaningless

Despite your depressive state of mind, you are reminded of something that gives your life meaning. The internet. It's the perfect place to

Go to chat forums with values that challenges yours. It's the perfect way to broaden your horizons. Making a valuable stance against polarization (hint hint)

Go to chat forums with values that contradict yours. There you log into your usual account to see if the ban has been lifted. It has, and you are free to make a statement so cruel it would make any villain proud.

Your comment stating that maybe dogs only appear smart because dog people have low IQ in the 'International Dog Lover forum', was not a great hit. You are banned. You are also hungry. What will you eat?

The oyster analogy has you confused. Oysters are quite small and not fit for exploring. While you can claim the ownership of your life, you can't claim the world. Also, the world does not look like an oyster. Do you...

Go outside and motivate people to get out of bed by waving a flag with the text "the world is your oyster..." written on it. (There is also an oyster drawn on the flag, however due to your lack of artistic skill it looks more like a clam)

Google the phrase "the world is your oyster" read up on the first page of results, then check out the references they site. And finally read the Shakespearean Comedy "The Merry Wives of Windsor" in which the phrase originated.

After spending some time in the forum for 'People Against People who are Handicapped', you feel partly disgusted by humanity, but also more open to new ideas. One of the members has invited you to a movie night and you get to decide the movie. What will you watch?

A two hour lecture in architecture on designing the most inconvenient buildings for people in wheelchairs

Intouchables

A croque Madame, except that the sandwich lacks eggs. It also lacks cheese, ham and bechamel sauce. Yes, it's just a slice of bread.

A croque Madame. Something you haven't had before due to your fear of new cuisine. You've thought long about it and concluded that if people are brave enough to top their pizza with pineapple, you should be able to eat a french sandwich.



Most of the people you motivated did not appreciate being motivated. However, you've gathered a small group of oyster enthusiast. What will you do with your new friends?

Play Mario Kart

Continue motivating people until you've gathered a large enough group of oyster enthusiasts to start a separatist movement who pushes their oyster agenda through means of radical solutions.

You can finally put your mind of oysters, but can the oysters put their mind of you? Most likely yes, due to their lack of neurological tissue which would be necessary for complex thought, however you can't be 100% sure. How do you deal with this conundrum?

Assume that all oysters are dumb.

Take a degree in neuroscience with the intent of writing a thesis exploring the intelligence of saltwater bivalve molluscs (fancy way of saying oysters)

### MOST GREENS:

You're dead, which makes sense given the time that has passed since you were born. Luckily you made your stay on earth worthwhile. Your ability to keep an open mind has led you to live a life in which different values were allowed to flourish. This line of thinking has inspired other great thinkers and consequently led to an uninterrupted century of world peace.

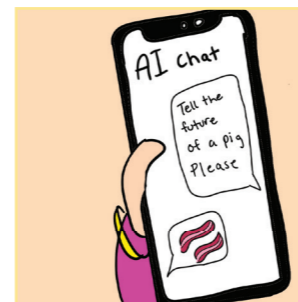
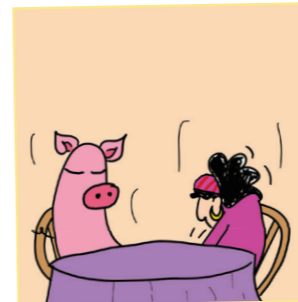
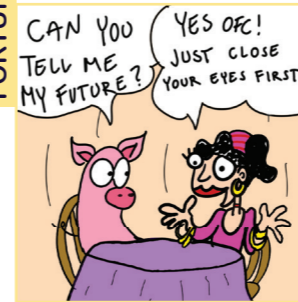
### MOST PINKS:

You're dead, which makes sense given the time that has passed since you were born. You made good use of your time on earth though. Somehow your narrow minded view of the world led to one catastrophe to another. The details are too gruesome to be discussed here, just know that it is your fault and that you should feel bad.

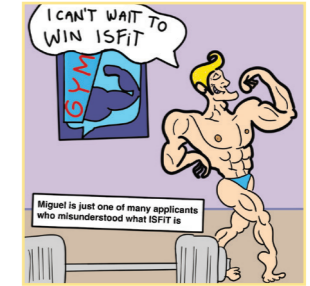
# COMIC STRIPS

IDEA AND ILLUSTRATIONS: LAN LA AND KEVIN KRISTIANSEN  
DESIGN: MATHILDE STIMO

FORTUNE TELLER ANNO 2023



isFIT



EXPENSIVE ELECTRICITY



PRIORITIES





# ISFIT'S EDITORIAL BOARD'S COMPLETE GUIDE TO A NIGHT OUT

TEXT: INA MARIE KVITHYLL, ELINE HARRFELDT, CAMILLA DAHL ØYAN, ELINE LARSEN TUSVIK | ILLUSTRATION: LAN LA | LAYOUT: SUNNIVA NYHAMAR



**Ina Marie Kvithyll**  
Language Director

Your night starts here: you're full from a decent dinner, fresh out the shower, half-naked in your room, playing and dancing to good tunes whilst alternating between sipping on your preferred beverage and getting ready for a night out in good company - immaculate vibes all around.



**Eline Harrfeldt**  
Magazine Executive

Finally the weekend is here. You feel the tremble in your «rock-foot» and you realize that today will never come again. Invite all your friends to a vors they'll never forget with this pre-rave playlist. Are you ready to let go of the past, get in the right mood fast and let the speaker blast? Well, this one's for you<3



**Camilla Dahl Øyan**  
Head of Editorial

You can find Camilla in the club, with a bottle full of bub' Blanc. This playlist is for all you ravers who are sick n' tired of hearing the same ABBA songs in every club. It's time to dance along to the rhythm and not the lyrics, people! And no requests, please

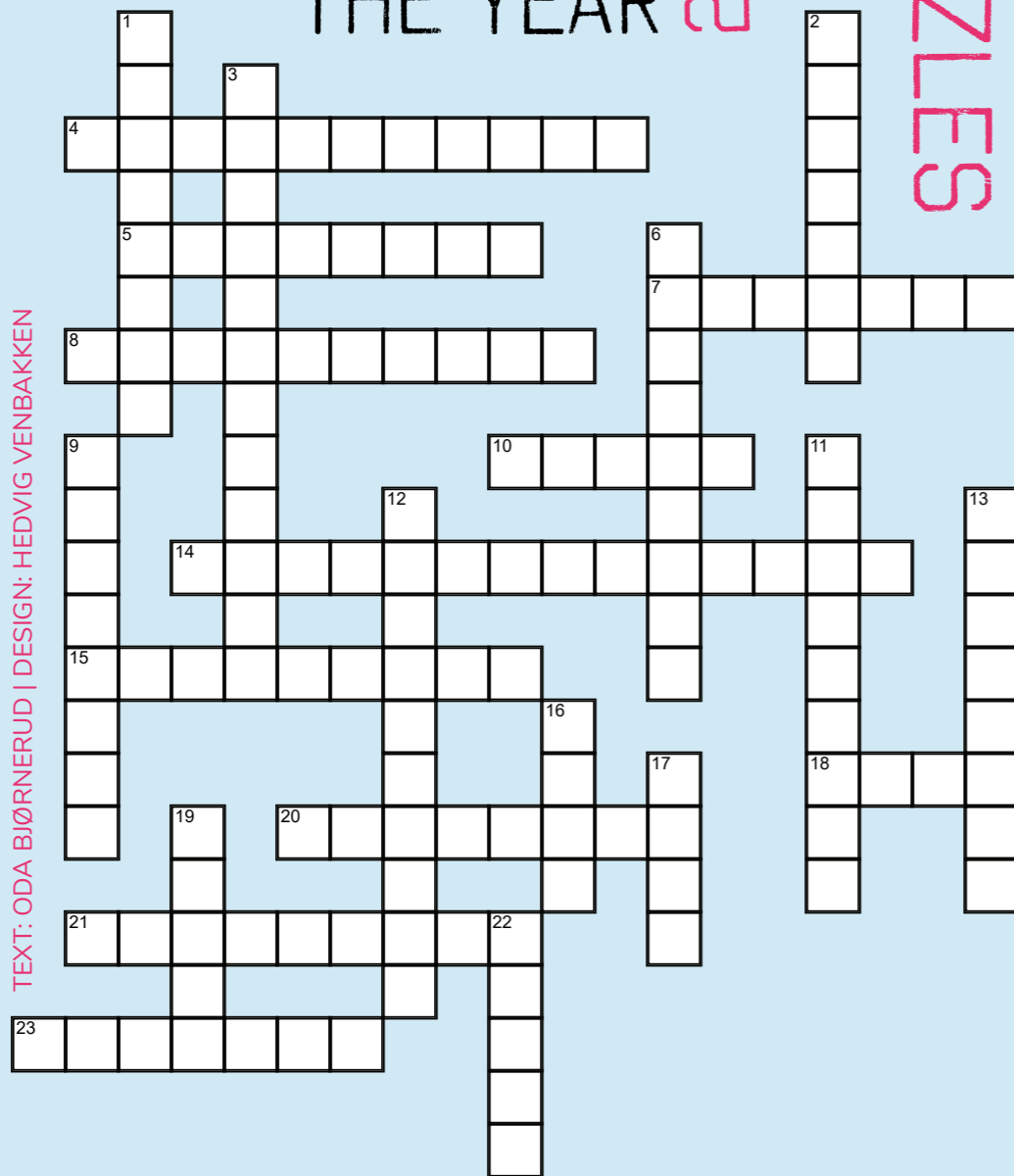


**Eline Larsen Tusvik**  
Assistant Head of Editorial

Once Eline gets started, she might as well keep the night going until the sun rises. She loves a good afterparty filled with the mellowest of mellow vibes, and that is exactly what you can expect from this playlist. Be prepared to rock on all night long, while simultaneously being half-asleep the whole time.



# ISFiT AND THE YEAR 2022 IN PUZZLES



TEXT: ODA BJØRNERUD | DESIGN: HEDVIG VENBAKKEN

## ACROSS

- 4 An infectious disease caused by the SARS-CoV-2 virus
- 5 A conversation between two or more persons
- 7 The state of a country or region in terms of the production and consumption of goods and services and the supply of money
- 8 Singular person, thing
- 10 The world population is now over \_\_\_\_\_ billion
- 14 The unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability.
- 15 The "T" in ISFiT
- 18 The magazine that received the Student Peace Prize 2023
- 20 The "F" in ISFiT
- 21 A general increase in prices and fall in the purchasing value of money.
- 23 To say or do something to show that you disagree with something or think it is bad, especially publicly

## DOWN

- 1 An overflowing of water onto land that is normally dry
- 2 A person who moves from one place to another, especially in order to find work or better living conditions.
- 3 The theme of ISFiT23
- 6 A period of excessively hot weather
- 9 A formal and organized choice by vote of a person for a political office or other position
- 11 Facts, information, and skills acquired through experience or education
- 12 A relationship between friends
- 13 A heavily armed, highly organized force primarily intended for warfare
- 16 Like or enjoy very much.
- 17 What Will Smith did to Chris Rock during the Oscars ceremony
- 19 The world's largest international student festival
- 22 An international prize given each year for achievements in literature, physics, chemistry, medicine, economics, and world peace.

# ARE YOU READY FOR QUIZ O'CLOCK?

QUIZ MASTER: LAN LA | DESIGN: LAN LA

## Theme 1: Slang

- LOL
- BTW
- OMG
- IDK
- THX
- JK
- SMH
- HMU
- NVM
- IRL
- ASL

## Theme 2: Here are four excerpts from Pitbull songs. Which is fake?

- She like that freaky stuff, two in the «o» and one in the eye, that kinky stuff, you nasty.
- No more climbing, I'm on the top, she knows I own it, and we out blowing it up.
- I gave Suzie a little pat up on the booty, and she turned around and said, walk this way.
- Look up in the sky, it's a bird, it's a plane, nah, it's just me, ain't a damn thing changed.

## Theme 3: My Little Pony or sex toy?

1. Starlight glimmer
2. Lovehoney
3. Lelo
4. Vignette Valencia
5. Lora Dicarlo
6. Hoity toity
7. Flash sentry
8. Ella Paradis
9. Soraya
10. Luster dawn
11. Larissa
12. Big MCIntosh

## Theme 4: Random

1. How many legs does a spider have?
2. What is the Italian word for "your welcome"?
3. What does M&M stand for?
4. How many months have 28 days in them?
5. Who wrote the song for *Sonic the hedgehog 3*?
6. What is the most watched video on YT and how many views does it have?
7. Which sea animal has 3 hearts?
8. How many episodes does the Simpsons have?



**Editor:**

Eline Lund Harrfeldt

**Assistant Head of Editorial:**

Eline Larsen Tusvik

**Head of Editorial:**

Camilla Dahl Øyan

**Journalists:**

Vilde Lund  
 Andrea Klerud  
 Ingrid Jensås  
 Nathalie Bergh  
 Kaia Lowerson  
 Olav McInnes

**External writers:**

Åse Håtveit  
 Lars Ingar Tutturen  
 Runar Johnsen  
 Oda Bjørnerud  
 Samson Joseph  
 Christian Hayes Vigerust  
 Haakon Lund-Kristensen  
 Lan La  
 Kevin Kristiansen  
 Ina Marie Kvithyll  
 Eline Larsen Tusvik  
 Eline Lund Harrfeldt  
 Camilla Dahl Øyan

**Design:**

Hanna Haugerud  
 Hedvig Venbakken  
 Sunniva Nyhamar  
 Olivie Rouppe van der Voort  
 Runa Brekke Espedal  
 Maria Åkernes  
 Mathilde Stimo  
 Ingrid Hodne Valaker  
 Johan Suárez  
 Nikolay Elven  
 Martin Karal  
 Aurora Kolstad  
 Lan La

**Language editing:**

Ina Marie Kvithyll, Language Director  
 Teodor Fossdal  
 Iris Dirven  
 Lea Longva  
 Niwetha Ratheekanthan

**Photography:**

Fotogjengen  
 Samfundet

**Communication Leaderteam:**

Lan La  
 Runar Johnsen

**Print:**

BK Trykkpartner.

# SCAN THE QR-CODE TO VISIT OUR WEBSITE



## ANSWER KEY FOR THE CROSSWORD

### ACROSS

- 4. Coronavirus
- 5. Dialogue
- 7. Economy
- 8. Individual
- 10. Eight
- 14. Discrimination
- 15. Trondheim
- 18. DOXA
- 20. Festival
- 21. Inflation
- 23. Protest

### DOWN

- 1. Flooding
- 2. Migrant
- 3. Polarization
- 6. Heatwave
- 9. Election
- 11. Knowledge
- 12. Friendship
- 13. Military
- 16. Love
- 17. Slap
- 19. ISFiT
- 22. Nobel



isfit | ၈၈