



CAPITAL PARTNERS



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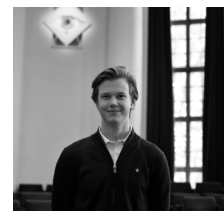
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LETTERS FROM THE EDITORS

To the Reader,

I hope that the third issue being released this year finds you well. Heralding further achievement by the team, and welcoming new journalists, we hope to strike while the iron is hot, presenting to you articles ranging in topic from AI to the Handelsspexet.

This issue takes inspiration from the critically and popularly acclaimed feature film Everything Everywhere All at Once, presenting to you a menagerie of ideas, viewpoints, facts and beliefs. In a way, we hope to act as your trusted collectors and disseminators of knowledge.

I hope you enjoy this issue and take away from it something new and exciting, or revisit an old thought with a new perspective in mind.

Sincerely,
Egor Hagberg



Dear readers,

What a title! When we brainstormed the theme for this issue, we had one thing in mind: Everything.

We produced an issue that, like Camelot, takes us on a journey through time once more: to the future via advancements in technology and to the past by the Space Race. This issue is also like Scandal, covering topics of most interest to the members of SASSE, from exams and internships to their futures containing endless possibilities. Yet it is also unlike any other, covering stories of our most ambitious students and the role Art should play.

With everything that may be going on around you, perhaps this issue will give you a sense of clarity in the havoc, or a stimulus in the stillness. We hope you enjoy.

Best,
Maral Batbaatar



AN OPEN LETTER ON ART

EMMA S. JOHNSON

A word of encouragement for the somewhat curious (and perhaps, even the critical). Alternatively, an open letter.

Oh, dear.

I worry that some are too quick to misplace art in a realm completely different from education. As if they have little to no room for one another. When in fact, I believe, they are perfectly aligned. Intertwined!

When we look at a theory or a case, we are asked to analyze and discuss. Every single time we look at an art piece, or are placed in it, and experience it, we do exactly those two things: analyze (“what does it mean? What is the purpose?”) and discuss (with the friend or stranger who stopped to stare with you, or with our inner voices).

Albeit, in our experience of education we tend to be more present. In the sense that teachers and our need for success demand our attention, so we consciously analyze and discuss. Whereas with art, you might be staring at an elephant or monkey in their shifting eyes and not even realize that your experience of the piece, however brief, is a documentation of what you feel; a conversation between the artist and you - just like one between yourself and your professor - that you might not even realize that you’ve had.

I think art is brilliant; and because it’s brilliant, I think it’s a shame that the role and purpose of art within our school might be misjudged. No matter its form, we shouldn’t expect art to conform; no matter how much it might dare to challenge our sensitive and overly standardized norms.

The world is fluid, dramatic and strange. As such, I don’t think we should find it strange or unnecessary, as students of the world, to be surrounded by art that is fascinating, dynamic and wide in range.

This is not a list of instructions. Rather, as the title suggests, a word of encouragement. To explore, discuss and discover - to learn. If a piece of art catches your eye, please don’t dismiss it as a distraction. Try to experience it. Try. Was it the colors? The sound? The shape? The texture? Or simply perhaps the fact that it’s new (and shiny) – because even if it’s been there for years or months or hours, seeing you walking past; you only just noticed it. Now that you have: What is it that you see?

And when you realize what you see: Why? For example: skin. Generally speaking, have you ever wondered why we are so quick to objectify and sexualize one of the few things we all undoubtedly share - skin and bones? Especially when it belongs to a stranger, and that stranger’s a woman. Well? Would you ever consider such questions, deeply, if it weren’t for a short film on a small

screen? Oh, well.

Moving on. How does it make you feel? Are you happy or sad? Somewhere in between, or somewhere far beyond? Or nowhere at all. Whatever your location, do you intend to stay? If so, is there anything left to learn? If not, where would you like to go instead? What does a frog unable to leap have to say about your sense of accomplishment? If you’re not a determined toad, would you prefer colored pencils in the wall? What’s your cup of tea? Structure, a cowboy, the awkward, the detailed, chaos, or the (un)natural?

All or none of the above?

Focus, focus, focus! Can you look away? Is it so terrible if you can’t? The piece will remain. The video will loop. Just stay here. Explore. It’ll all be over soon - but it also need never end.

The art - a form of expression. You - a vector for thought and emotion. The relation between the two (yourself and the art) - a malleable matter of fact.

Before you’re so quick to dismiss, consider what you might have missed. Allow the art to speak for itself, without forgetting that it requires your own, personal, translation. Subconsciously or consciously, you’ve participated in a discussion. An analysis. Intricate? Well, that’s for you to decide. Straightforward? Perhaps, if there is such a thing.

Each piece carries something. A predefined, distinct purpose or intention may not always be present, but as long as you are - present, that is - however you decide to experience art will always prove reflective and insightful (I think). Even when you have nothing to say, maybe that silence does in fact ‘speak volumes’.

‘Why? What? Who? When? Where? How?’ Classics. So simple! Basic, useful tools. And so, before you’re so quick to retire a stream of thought inspired by any art piece, I encourage you to employ your imagination and feed your curiosity.

The art - a form of expression. You - a vector for thought and emotion. The relation between the two (yourself and the art) - a malleable matter of fact.



AN OPEN LETTER ON ART – ART IS MEANT TO BE SEEN

EGOR HAGBERG, PHOTOGRAPHY BY LINGZI TANG

I find all art to be an alluring thing. One is always drawn either towards its consumption or towards its creation. Be it shabby poetry meant for one other person, or no one at all, the chicken scratches that line the margins of notebooks, created in the midst of an important lecture, the novels written by contemporary and long-dead word-masters. All of the above, and countless more exist to capture the zeitgeist of the now, the past and the future. Perhaps it is no more surprising that SSE seeks to collect and display art at any cost.

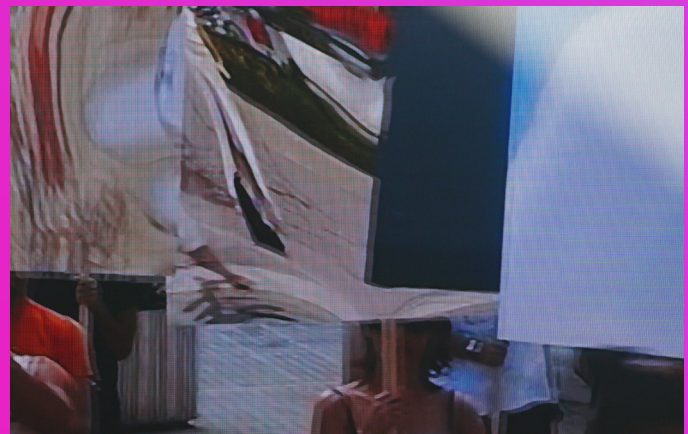
And no, as tempting as it is, I am unable to speak of the financial burden of acquiring the art displayed around the school. Knowing the sticker price of the cowboy or of the toad would be intriguing indeed, but such information seems hard to come by. Besides, I would be no better off arguing that money spent on such art would be better off spent in other ways, that is simply impossible to know. What I can say is that recycling already existing art is frankly banal. I give credit where credit is due: displaying the art for us is valiant in making SSE students more aware and in tune with the artistic, sure. But it is also the most lackluster way of going about it.

What SSE ought to do, if it wishes to become a pioneer and patron of the arts, is to simply do more of what it already does: commission new art. The Heckscher-Ohlin Room, The Cabinet Room, The Jacob Dahlgren Room. The above are a part of the so-called permanent collection and have been designed explicitly and exclusively for the school's use. These, I argue, is what art should be about. Much of the rest of the permanent collection such as, The Chair, Farewell, Whiz, The Union etc etc, was acquired from existing collections and often obscured from public view, as is The Heckscher-Ohlin Room, itself a faculty lounge, never to be accessed by a student.



What good does it do when art that would otherwise be public, in fact, was made to be public, becomes the private and unreachable property of, an admittedly large, handful of people?

It loses much of its power.

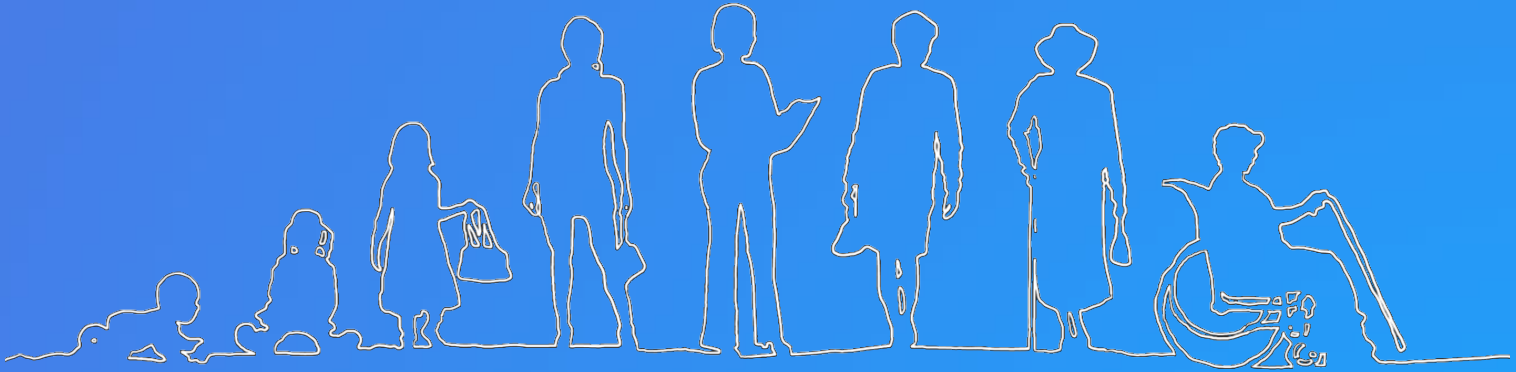


Art that is created for the public view ought to remain as such. Its creation has its purpose, that being to be viewed. SSE should not take this opportunity away from virtually everyone by placing nonspecific contemporary artwork permanently within its walls. If it wishes to commission art, it should look no further than the wall of plants found in the atrium, or the many beautified rooms scattered around its interior. As an alternative, keeping art pieces temporarily, and rotating these out, is a much preferred alternative to the monopolization of so many pieces.

I agree with much of the sentiment of the submitted piece. In fact, I think it is great that art has come to be discussed so openly and constantly within the walls of SSE. My wish is simply that the school's practice keeps to the very nature of art itself: that it be kept accessible and free to all.

AN INTERVIEW ACROSS AGES

PRATIK KULKARNI, DESIGN BY EMILIA ESSINGER



An Introduction

A facet of the 2022 Oscar-winning film, *Everything, Everywhere, All at Once*, that stuck out to me was its take on existentialism. I have seen a lot of sci-fi movies tackling multiple universes, but never have I seen one that weaved such a deep topic into its main core so seamlessly. This article is quite special to me. We are overcome with inner monologues and provoking questions/thoughts about ourselves that make us learn more about who we are, and if we reflect on our past selves, we would realize that our answers to these questions tend to change over time. So, I decided to showcase this fact through multiple interviews; first, with a high school student, then, 2 university students, my father, and lastly, my grandfather, trying to gauge the differences in their answers to an identical set of thought provoking questions. Hopefully, this article will allow all readers to reminisce on their past, reflect on their present and have a sneak peek into their future.

An Interview with a Teenager

The first interviewee, Aryan, is a 16 year old high school student currently pursuing the A-levels in the Modern International School of Bangkok taking on the subjects of Chemistry, Physics, Business and Maths. His favorite past-time hobbies are playing football and video-games. Aryan mentions that in the near future, his main goal is to be able to get into a good university and when asked to speak in the longer run, he wants to *“get a good and stable job in the car manufacturing industry. In 10-15 years, [he sees himself] very close to achieving these goals.”* When I asked him to speak more about his passions, Aryan mentioned that he loved playing the guitar but that he finds it difficult to find time for it now as he *“needs time to prepare for his exams.”* He also talks about his struggles with ADHD saying, *“my biggest obstacle in life is myself.”* However he has managed to come up with a few procedures *“like by listening to music and meditating. I can’t sit in one place for too long because I’m hyperactive; I shake my leg or fidget with a pen to help control it. If I don’t control this, I won’t be able to achieve my goal.”* He also mentions that he’s the happiest when he’s with his friends and family and sad when all his friends perform better, academically, than him. On a more positive note, he also had this to say, *“I’m pretty happy with where my life is going as I’m getting better with my ADHD and have been concentrating a bit better.”*

An Interview with Young Adults

The next 2 interviewees, Filip and Nikola, like myself, also study at SSE in the Business and Economics program. Filip was born in Canada and Nikola in Serbia but both have lived in Sweden for a considerable amount of time. In the near future, both would like to graduate with their Bachelor’s degrees, pursue further education, and then find the right work opportunities for them. However, when asked to speak on dreams in the long run, their answers were more ambiguous. Filip said that he doesn’t have any dreams in the long run and that his plans for the long term depend very much on his current performance in the short term. He believes carrying this mindset is better than *“having a goal right now and getting obsessed over it, then if it doesn’t end up happening, being disappointed.”* Nikola says his dreams for the long run are,

“Giving back to the places that have made me who I am, like Čuprija in Serbia, or Vårby in Stockholm, as well as to the people that have made me who I am, especially my parents who sacrificed a lot for me to be able to grow up in Sweden where I would have better opportunities.”

He also points out that he’s learnt from people older than him that *“things never turn out the way you expect, there’s always something weird that happens along the way and completely changes the trajectory”*, and so, like Filip, he has decided to focus on his short term goals more. I then asked them about their past passions and how they developed. Filip mentioned his recent passion for fitness and noted that his earlier passions have, in his words, been *“childish,”* which he grew out of over time. For example, he said, *“I used to [practice] basketball but that was just like a fantasy and it wasn’t really something that was ever within reach especially with the time and effort I put in.”* Nikola used to enjoy making YouTube videos when he was around 10-15 years old. He especially enjoyed editing as he said, *“I would start doing it and forget about everything, time included, while I was working”* but *“It fizzled out over time since I didn’t enjoy other parts as much, like recording, and since I was leaning into other free-time interests.”* However, he was rather proud of its profitability, mentioning, *“I remember having made somewhere between 5 and 7 Swedish krona, but I couldn’t take those out because that number had to hit 700.”* In high school, he started to encounter business and entrepreneurship accounts on Instagram while reading *“weird self-help books from like the 1920s or something. Not my proudest modment .”* But as he did so, he started developing an

interest in the stock market and tapping into his analytical self.

I asked both my interviewees what their biggest obstacle is in their life at the moment. At first Filip mentioned that, since he's very blessed with what he has, he couldn't think of any obstacles holding him back, however after pushing him a bit, he later mentions that he struggles with self accountability where he says that *"I'm being too easy on myself"* in the sense he has a lot of potential that has yet to be realized. Nikola, on the other hand, struggles with being too rational, or spending hours to try and find information on a certain topic in order to make a decision that eventually makes him *"none the wiser,"* however, he strives to work against this flaw of his because he *"want[s] to become more in touch with [his] heart and less anxious, and this feels like a step in that direction."*

An Interview with a Father

My next interviewee was my very own father. Ravindra Kulkarni was born and brought up in India but he has been working in several different countries for many years like Singapore, Thailand and now, Sweden. He has a Bachelor's degree in engineering, and in terms of work experience, boasts 20+ years in several industries like manufacturing, semiconductors, automation and the food industry. In the short term, his goals from the professional side include reaching a director position and on a personal standpoint, he says, *"I want to make sure that my son (me) completes his Master's and gets a good job."* In the long run, he has a very concrete goal set to *"relocate [himself] to India and start farming."* After his response, I decided to dig deeper on where his passion for farming stems from and he said, *"my farming interest is from my childhood... I have seen my uncles and grandfather farming... somehow I got detached from it due to various situations and I want to be connected to my roots again and it looks like, now, the time has come to realize my dream."* In 10 to 15 years, my father has said that if he works in an intelligent manner, he confidently sees himself achieving these goals and dreams, as his responsibilities are slowly diminishing *"and it all depends on [his] son once he takes his own responsibilities."* (Definitely no pressure on me.)

One of the earliest passions that my father can recollect from when he was in India was the fact that he wanted to travel overseas and work outside of his home country. He then mentioned that he worked hard towards that goal and a time came for him to capture this opportunity. Looking back, he reflects that he has been abroad now for several years and his passion has slowly changed. *"It is getting on to me more and more and it plays on my mind that I should be doing what I like,"* that being farming and giving back to society. My father has already started making plans and taking steps in planning his future in India. His company is now in the process of training him so that he can bring with him to India a holistic approach in managerial contributions to the firm's operations there. Furthermore, he has also made some investments in India, mostly in real estate, hoping that these small steps will help him financially to achieve his dreams.

When asked about setbacks in his life, he mentions that he never takes any setbacks as obstacles, but rather, as challenges that can never be impossible to solve and thus, he *"cannot*

foresee anything that [he] cannot overcome as of now." Furthermore, he mentions that he likes to plan things well ahead of the present, as he despises unpredictability or surprises. When I asked him further if there were any hurdles that were simply slowing him down in his pursuits, he told me, *"I was not expecting this recession or inflation hitting Europe so hard. I thought that I was going to grow pretty fast when I relocated to Europe from APEC but the financial growth has almost stopped."* To combat this, he has been *"cutting down on expenses."* He has been growing a bit tired of this situation and especially with the stagnant labor market as he says, *"I think I have a lot of skills that are not being used properly because of a lack of opportunities to showcase them."* Despite these very short term setbacks, my father is very happy with where his life is heading as he says that:

"Everything is going according to plan. There will be ups and downs, of course, but I would say that the ups are more than the downs in my life. I am also backed up with lots of support from my family, so I don't feel stressed at all."

At this juncture, he values family and love as the two most important aspects in his life, however, he does mention that if he was younger, these values would not have been the same.

"When you're younger, it isn't much about family and you're kind of selfish sometimes, and you're so focused on your own goals that you tend to forget the sacrifices your family has made. But, that's very natural, that's human. But when you start supporting someone else and someone is supporting you, your thinking changes."

An Interview with a Grandfather

The last interviewee was my grandfather, Suryakant Kulkarni. In the near future, because of his age, my grandfather says that he cannot make any goals and try to attain them. He mentioned that when he was younger, *"[he] had so many goals and most of them have been achieved. This is the success of [his] life."* I then asked what some of these goals were:

"When I passed my diploma course from Karnataka, at the age of just 20, I had to leave to Maharashtra for my job. We got our appointments from our colleges and I had to go join them (the job in Maharashtra). The place was unknown and the living conditions were totally different, and the job was to survey India, like surveying rivers, buildings, roads etc. So, I had a very tedious duty for 10 years and I earned a good name in that department. Secondly, I had to shoulder a lot of responsibilities when I was so young because both my parents were uneducated and I had to support my parents and my brothers, educate them, so I had to face many things in my life to attain all these goals."

He mentions that luckily, he has been able to achieve all the dreams he has had in his life and he says that this seldom happens to everyone. Thus, he has no more dreams to look forward to now as he's achieved all of what he's wanted. My grandfather has a love for music and *"[he] used to listen to songs as and when [his] salary increased."* Furthermore, he had a passion for watching Hindi movies and even when he had to face financial troubles, he still managed to enjoy film and music. In terms of obstacles, he has said: *"In the present, I have no big obstacles in my life because now I have stopped helping my*

brothers in their needs because they are good-to-do for themselves.” One of the happiest accomplishments from his life comes from his career since he has been able to make a status for himself even outside the Maharashtra state so much so that people on the government level knew him by his name. Furthermore, he is proud that he has “shouldered all the responsibilities of [his] parents like educating [his] brothers in their needs but unfortunately, [he] could not get any good results from them and that is the only sad thing in all of this.” The only tiredness my grandfather has in his life is his physical tiredness but he says that “mentally, [he] is very young.” In conclusion, he had this to say:

“I am very happy with where my life is heading because life has shown me everything, [as], in my younger ages, I have faced so many difficulties and in the coming years, my children have taken their education and they have achieved their status in the community. Even my grandchildren are now employed or have their own businesses, so I am very happy.”

An Open End

The initial idea with this article for me was to find some kind of conclusion, trend or pattern, and to comment on the differences in the answers between my different interviewees. However, this plan quickly changed when I started conducting the interviews. I thought that most of the answers would be related to a person’s age and his experiences related to his age, but, I have realized that the answers are barely dependent on this. There is a lot of beauty that comes from this uniqueness across individuals, for no matter how young or old we are, we are bound by our own experiences, thoughts and +maturity that we can never share with anyone. Thus, I decided that I should showcase all of what my interviewees have said in its raw form and let the readers make of this what they will.



- o Wake up at 5.30 AM
- o Stretch
- o Do 100 sit-ups, then 100 push-ups
- o Take a cold shower
- o Apply an exfoliant with 10% lactic acid and an herb-mint facial mask for 10 minutes
- o Wash face, then apply moisturizer
- o Dress business casual
- o Meditate for 10 minutes
- o Breakfast: oatmeal with berries and a ginger shot
- o Take vitamins
- o Scan the New York Times for 10 minutes
- o Do the day's Wordle
- o Check emails
- o Review today's schedule
- o Browse LinkedIn
- o Congratulate him on his new internship
- o Don't be fooled
- o Brush and floss teeth
- o Pack iPad
- o Inhale
- o Take the subway to Rådmanngatan
- o Listen to *Rich Dad Poor Dad* at 2x speed
- o Review today's readings and lecture slides
- o Scroll on social media
- o There she sits, across from me, scrolling on her phone; less than a meter away, more than a world apart
- o Go to class
- o Open a Google Document, paste in images of the lecture slides
- o Mid-lecture break: network in the Atrium
- o Don't forget to smile
- o Return to class
- o Continue taking notes
- o Applaud the professor
- o Study in the Atrium
- o Speak if spoken to
- o Smile
- o Continue R project
- o Grab a salad with friends during lunch
- o Attend a business meeting during lunch
- o Go to lunch lecture
- o Be inspired
- o Take a business call during lunch
- o Buy a bagel from the café during lunch
- o Swipe, left right left left left right
- o Go to class
- o Raise your hand
- o Apply for internships
- o Review your stock portfolio
- o Buy low
- o Sell high
- o Apply
- o Browse online for new leather loafers
- o Applaud the professor
- o Do the thing for the student club

- o Buy tickets on Keyflow for Friday
- o Plan something for Saturday
- o Yes yes yes yes
- o ~~NO!~~ **YES, I'LL BE THERE**
- o Open Canvas
- o Stare at the assignment
- o Paste the task into ChatGPT
- o Plan a meeting for the group assignment on Messenger
- o Appear excited
- o *Perfect!* 😊
- o (It isn't)
- o Join the job interview on Zoom
- o Homework: do the readings, take notes
- o Watch the additional, optional Youtube videos on Canvas at 2x speed
- o Take notes
- o Write cover letters
- o Take a personality and IQ test
- o Plan weekly business operations
- o Review cash flows
- o Hold business meeting on Microsoft Teams
- o Apply for scholarships
- o Resume the audiobook on way to work
- o Maximize profits
- o Slide into her DMs
- o Grab a coffee, save the turtles
- o Grab a ~~pussy~~
- o Order sushi
- o Collect a package from the post office
- o Practice pitching business idea
- o Do a SWOT analysis
- o Do the dishes
- o Donate to Unicef
- o Do the laundry
- o It turns, again and again and again and
- o The carousel continues
- o Attend networking events
- o Volunteer with community service
- o Go to the gym, listening to podcast at 3.5x speed
- o Scroll through the Netflix shows so you're up to date
- o Do tutoring
- o Play tennis
- o Facetime with family
- o Meal prep
- o Grab a beer with friends at Hirschen
- o Start a podcast
- o Found a foundation
- o Send thoughts and prayers and red heart emoji to victims of this week's tragedy
- o Get a SASSE rose
- o Win a scholarship
- o Practice French
- o Qualify for exchange to UPenn
- o Post about becoming CFO at Bain & Company on LinkedIn



- o Start a hedge fund
- o Invest in blockchain
- o Get a perfect GPA
- o Sign up, go to the thing, work on the project
- o Earn billions
- o Become president of McKinsey
- o Save the world (it looks good on your resumé)
- o Sell a company
- o Sell
- o Review Excel cells
- o Excel
- o Exhale
- o ⚠️ Time to BeReal ⚠️
- o Underpaid overworked under shame overlooked
- o Split in two
- o The wall is here
- o I am in it
- o Block the chain, chain the block
- o Swallow deodorant
- o Deconstruct lettuce
- o Wipe lampshades
- o Worship Tate
- o Lean off balcony
- o Move to Italy
- o Lubricate p-pills
- o Suck on microplastics
- o Open an incognito window in Chrome
- o Do the research necessary to prepare the █████ at █████
- o Absorb the charcuterie boards
- o Be in bed by 10.30 PM



I'M FINE

NOAH COLLANDER
DESIGN BY SARA MARSICO



AMBITIOUS OR PRIDEFUL? DECONSTRUCTING THE MODERN-DAY ICARUS

KARL BORGEHAMMAR, DESIGN BY ALMA SGOURIDIS

If there's one thing the Stockholm School of Economics has, it's clout. If in doubt, just go to a party and introduce yourself as a Handelsstudent, and watch the reactions. Some double takes, a few grimaces, a glance of envy. Whether this is due to the infamous SSE-student stereotype, or the prestige of the institution, it's clear that for one reason or another SSE has garnered a reputation. In fall 2022, the number of applicants that had the BSc in Business and Economics program as their 1st choice was the 4th highest in the country.

For some, that wasn't enough.

You may have heard of them: through whispers in the hallway, or names mentioned offhand in the Atrium. The rumored "dual-degreers" — those studying 2 full-time bachelors programs simultaneously. Those who took one look at 30 ECTS and said "I want more." To figure out what drives these people, I interviewed Viktor Lado Naess, a 2nd year BE student at SSE and a 1st year Computer Science student at KTH.



Viktor's aspirations for 2 degrees began back in gymnasium. "The plan was always to do KTH and SSE," he recalls. "I'm someone who enjoys being busy."

Unfortunately, the Swedish university application system threw a wrench into his plans. "[In Sweden] you can only start one program each year," he says. His first year at SSE, he found himself boasting a single-digit attendance rate for most of his classes. As a former IB student, he found the courses at SSE couldn't scratch the itch he had for mathematics: "SSE data courses were either review or statistics, neither of which I find particularly interesting."

Starting at KTH added more difficulty: "It's stressful but also fulfilling." He found that his KTH studies were further facilitated by the administration's approach to recorded material.

"At KTH, all lectures from the COVID years were recorded

and published," he says. "We're given slides before the lecture, to prepare and try out [beforehand], where questions will be gone through. We also have clear guidelines on what literature will be covered on the exam."

"It's stressful but also fulfilling."

While some may think these "dubbelpuggare" have unfulfilling social lives, Viktor doesn't think of himself as a hermit. With twice the studying, he is exposed to twice as much student life. Some of it is more unique to each school: "To be honest, I don't think the student life is comparable. In terms of partying, there's a lot more for KTH since each KTH program has their own bar, where they sometimes host during the week, and NYMBLE (a Rotunda equivalent) is open to externals. The KTH tenta-fest/post-exam party is probably one of the best university parties in Stockholm."

On the topic of SSE student life:

"It's not really fair since SSE is a much smaller school. SSE is mostly banquets and Rotunda parties in terms of events. But I really appreciate SSE's small-school vibes, where I feel like everyone kind of knows everyone. I feel like I always see friendly faces whenever I'm in the atrium. SSE also has more active participation through committees."

"The KTH tenta-fest/post-exam party is probably one of the best parties in Stockholm as a whole as far as university organized parties go."

Even for those who revel in stress, pursuing 2 full-time degrees simultaneously is not all sunshine and roses. One of Viktor's biggest challenges is exams falling on the same day. "Sometimes there'll be two at the same time, and I just have to choose which one I have to retake. Sometimes it's irritating, sometimes it's relieving," he says. Forced into a sort of exam triage, he has a methodology to how he prioritizes his exams:

"At KTH you can grade raise, so I can retake exams if I think I can get a better grade. If we look at the priority list, it goes: 1) prerequisite courses, 2) what courses I should prioritize in terms of difficulty/how relevant they will be to future courses, jobs, and degrees. And sometimes, it's just doing what courses I enjoy the most first and cramming for the rest."

Managing two course loads is also a tough task. "Do I really juggle it?" he laughs. Aside from an increased caffeine intake, Viktor says, "you have to prioritize. It's always easier to prioritize things that you enjoy. One main thing is to start

early. I read ahead to self-teach if the book is good. I've been doing a math exam each day for the past two weeks."

"I've been doing a math exam each day for the past two weeks"



But the best thing about each school: *"Definitely the people,"* Viktor says. *"I get to meet people from all different types of courses and I've been exposed to so many new things. I started as co-project lead of the Exchange Committee at SSE this year – it's been a lot of fun and I've learned a lot from it. KTH and SSE have very different atmospheres, but each has a lot to offer."*

This brings us to the big question: why do it?

"To be honest, there are some days I wake up and ask myself the same question. I guess it's because I sort of want it all – romanticized student life, both business and computer science, and good grades. Throw in family, friends, and hobbies and it becomes a bit of a balancing act. I'm trying my best so I don't have to choose between any of them."

DISCONNECTING FROM REALITY

SAVYA GUPTA, DESIGN BY SARA MARSICO

Have you ever been in a situation where you were bombarded with so much information that you thought “Phew! I need to take a break”? With so many things all around, I am sure you have encountered this thought at least once before. I definitely have. But, how are we to address this? How can we effectively remove ourselves from the whirls of modern life? What realistic, reachable escape is there? To explore this, we need to dive deep and investigate what exactly is going on. I will focus on two aspects: information on social media and the chase for a greater number of material possessions. The above provide an effective summary of a concept that epitomizes the twenty-first century and concerns virtually every individual: overabundance.

What realistic, reachable escape is there?

We all constantly gain knowledge and receive new information on a regular basis through interaction with others or through various online means, such as social media. Moreover, humans tend to have an inherent tendency to be ambitious and gradually accumulate possessions. This subconsciously makes us want more, and so we are never content with what we have. With so much happening all around, FOMO and the “fear of not doing anything useful,” make it hard to get out of this trap. However, one has to become aware of the tipping point, see an opening and try to escape. To further illustrate, I would like to tell you a short story about myself.

When I first got a phone, the only social media platform I used was WhatsApp and I wanted to keep it that way. Not only is spending time on your phone (allegedly) bad for your eyes but, over time, it distances you from reality itself. However, as I started meeting new people at high school and SSE, I had to eventually increase the number of social media platforms on my phone to include Instagram, Facebook, Snapchat, LinkedIn, Teams, Slack, Discord, etc, on top of WhatsApp. While these platforms are great for communicating with my friends and family, often, I see an overload of frankly unnecessary information.

While such an overabundance of information on social media is an issue, there is also the problem of us being over ambitious. Ambition is oftentimes not bad, and in fact gives many a purpose in life. Nonetheless, being over-ambitious might not be great, due to our tendency to start competing and comparing ourselves with others. I believe that in order to avoid falling prey to such shortcomings of modernity, spending time in nature is a viable solution.



To escape the trap described above, we need to utilize nature and actively seek out time to immerse ourselves in its world. Passively sitting under a tree while gazing away at your computer’s screen will not do; walking among tree-crowded forests, round grass-laden parks or along near-water paths, might. The wind’s grazing touch on your face, the water’s reflective surface, the blue sky, will all leave a happy trace in your mind, longing for your return and rejuvenating your body. A day trip to a nice cafe or a nightly bar outing with friends are both valid ways of unwinding and relaxing within the confines of concrete boulevards. Yet, the effects of nature are truly unique.

Spending time in nature might be difficult in a country like Sweden where the weather isn’t always conducive to being outdoors. However, if overcome, which is honestly not as difficult as one may think, this challenge becomes but a small roadblock along the way. As for suggestions: Observatorielunden, the hill-side park right next to SSE, or water-side near lake Mälaren, on Djurgården or Riddarsholm (all within 10-15 mins), are all great places to spend time during lunch breaks, the weekend or anytime, really. The above provide for not only a scenic natural escape from the stuffy Atrium, but are also extremely accessible. Further motivation is of the essence; initiating clubs or activities at SASSE that involve nature walks, hiking, camping and the like would be invaluable to boosting both the popularity of and access to the vast outdoors for the average Handels student.

HANDESSPEXET: IT'S ALL COMING TOGETHER

OSKAR BENSON

In the wake of the recent exam period, many of us are experiencing any number of emotions. Exhaustion from many late nights of studying is mixed with the reinvigoration of starting new courses. Relief that the exams are behind us is contrasted with a tense anticipation of what the results will be.

As such, if you need something to take your mind away from the post-exam malaise, here is something to look forward to: in just over a month, this year's edition of Handelsspeket finally goes live!

During last year's show, *The Meaning of Leif*, the Spex brought us on a journey back in time, to an age of vikings and medieval royalty. This time, the journey is set for the stars. After much deliberation within the script group, *Space Race* was finally chosen as the theme for this year's Spex. However, rather than a technological arms race between two geopolitical superpowers, as happened in the 1960s, there is a characteristically SSE-oriented twist: the Spex pits rival companies, each set on being the first to reach the moon. On the one hand, VASA (Venture Associated Space Aerodynamics), a humble yet ambitious start-up. On the other, Covert Consulting Partners, a mighty and power hungry conglomerate.



At the end of May last year Elsa Persson was appointed as Spex General, and since then she has worked diligently to create a new show from scratch. She stepped into the role with previous experience as the band leader for the two

previous shows, in 2019 and 2022. Given her background in music, one of her ambitions as Spex General is to elevate the Spex's musical element.

"I wanted to make sure that the music is a big part of this Spex. It was last year also, but it has not had such a big role in previous years, from what I've heard at least," Elsa tells Minimax.

From the moment the theme was decided, Elsa has been aware that scenography will play a crucial role this year:

"How is the stage gonna look, what props are we gonna have? How are we gonna show that this actually takes place on the moon?"

To this end, the Spex enlisted the help of David Cronsioe, who brought a scenography perspective to the scriptwriting process. Emma Thi Bjellhagen, who is this year's Head of Scenography, has also worked to ensure that this aspect of the Spex becomes something to behold.

"The scenography is gonna be very different, most significantly compared to last year when we had basically no backdrop. It was an empty stage with some small props. This year I hope we can build something more [sic], something bigger with regards to the scenography."

In the months and weeks before the Spex goes live, work picks up dramatically for the performers and everyone else involved. As last year's Spex General, Thomas Brolin put it: *"You basically live and breathe the Spex."*

From the Spex General's perspective, the greatest challenge actually lies with the finances rather than with what is happening on stage. Elsa gives us an overview of the financial situation facing the Spex each year:

"Obviously, we sell tickets, that's our main source of income. The venue is really expensive, the equipment is really expensive. It's a big production, which is very expensive. At the same time, we do not attract as much financial sponsorship as other projects in SASSE do, like for example Handelsdagarna."

The only real solution, Elsa explains, is to sell out the tickets.

"Which I'm very positive, very hopeful we are gonna do this year... What really always sorts itself out is, and that I'm not worried about, is the on-stage stuff. We have our professional director, Micke Klingvall, with us. He's just out of the park, extremely good."

At the end of our interview, I offered the floor to Elsa in case there was something she wanted to tell the student body at SSE.

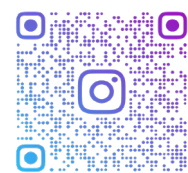
"Yeah, there is something. I have been at the school now for

almost five years. I've seen many boards come and go, and there is some "committee-against-committee" in the organization. I love SASSE, I love being a part of it, it's very inclusive in every way. But your identity is very much built upon what committee you're in, what project you're in. And I want Handelsspexet, not just the project group, but the event in and of itself, to be a way for the student body of SSE and all of SASSE to come together, enjoy something together, and get a bit of perspective on ourselves. Because SASSE is kind of a bubble. So, I want the Spex to be something that can challenge the way we look at ourselves, but also make you look at the person sitting next to you, even if they're in PU, SU, Handelsdagarna, or any other project. We are all in SASSE, and we can all relate to what's happening on stage, we can all laugh about it."

Turning to all students at SSE, Elsa leaves us with a few upbeat words:

"Come watch the Spex, buy the tickets with your friends! It's gonna be super fun, a fit of laughter and lots of partying, so come watch!"

*You can find the official
Spex page here!*



@HANDELSSPEXET

ON AI: FROM CHATGPT TO WORLD DOMINATION

HANNA SZINAI, DESIGN BY EMILIA ESSINGER

What is everywhere, all the time? What is so fundamental, so basic, that we forget it is all around us, every second of every day? What is the invisible driving force behind humanity's digitized entry into the 21st century, one empowered by an unparalleled speed of communication and access to an infinity of accumulated knowledge?

When modern Internet was introduced to the world in the 1990s, people dreamed of unlimited, world-wide connection that was one day going to move society into a new digital era. The foremost advantage people discovered was the instantaneous connection to other people; communication with colleagues, friends and family across the world. That was only the first step though, and later scientists asked themselves, what's next? Now, we can talk to a robot, through the Internet, anywhere, anytime.

ChatGPT is the newest phenomenon taking the world by storm. Journalists, content creators and students alike have found the AI tool to be invaluable for scanning the internet for complex answers. As it stands right now, artificial intelligence technology has not reached the heights scientists dream of, that of creating an entity with a conscience equal to ours. The pinnacle of human innovation, creativity and ingenuity, but also a huge risk, a cause for ethical and legal concerns. Elon Musk famously said "artificial intelligence is far more dangerous than nuclear warheads," and many believe he has a point. Online rumors about chatbots developing "evil alter egos" have already started circulating, but those are just the tip of the proverbial iceberg. Real concerns about information access, academic cheating, and even a potential restructuring of the workforce — stemming from replacement by chatbots and smarter search engines operated by AI — are however topical questions to be answered by professionals from different areas. To delve deeper into the topic, Lars Henriksson, professor of Law at the Stockholm School of Economics, was kind enough to provide some insight into the regulatory and legal aspect of the emergence of AI, and specifically chatbots such as ChatGPT.

According to the professor, regulatory efforts to control the rampage of artificial intelligence will face some challenges on the way. Lawmakers and policy makers are usually not quick to act, unless there is severe danger to society in the case of inactivity. Controlling new entities in the capitalistic market with regulatory measures is reactive rather than proactive, meaning that no laws will be made until they really have to be. But, to even start to make laws about AI, we must decide what an AI even is.

In its essence, currently existing AI technology is simply an incredibly advanced algorithm capable of analyzing huge amounts of data and predicting speech patterns in order to imitate a human brain. It is not yet conscious. If it becomes conscious however, it raises the question of what this entity is, and what rights it has. It is not human, therefore it cannot receive human rights, under the current definition of "human" and "rights." Professor Henriksson likened the situation to that of the animal rights issue. Animals' conscience and intelligence is debated, but it is certainly not equal to ours. In this, they are similar to AI; artificially



created intelligence is not the same as a human's, and it is hard to see how it ever could be. Even if they develop real conscience, and believe they are equal to humans, a whole new legal category has to be created.

A permutation of AI that feels closest to us students is the wondertool, ChatGPT. The online tool that basically answers every question we pose to it, be it an abstract one about the best method of how to market slippers to young people, or a concrete problem set about consumption constraints. Seemingly a blessing for students, and a curse for teachers. If we have the answer to every question at our fingertips, how can teachers make sure we won't cheat and actually learn the material? Well, according to professor Henriksson, the aid of ChatGPT is equal to the use of any other material, in the eyes of SSE. Googling answers is allowed, asking ChatGPT is allowed. Essentially, as long as the intellectual work is your own, there are no rules against it. Copying something totally, however, is not only a violation, but something teachers see as a potential threat to the students' learning. It is pointless to give students assignments if we are just going to ask an algorithm to do it for us.

So, what now? According to professor Henriksson, as it is not currently possible to eliminate the use of ChatGPT, teachers will probably rely on more vague questions and in-person assignments in order to make us do actual work, on our own, and learn something. Which, after all, is what we are here for.

Looking at the long-term, it is impossible to predict what the future holds for AI tech. Science fiction, with its evil robot revolutions and scary omnipotent creatures, does not have a necessarily wrong outlook on AI. It is not the only possible outcome however, and the many benefits this technology gives humanity currently outweigh all the dangers some say it brings. Yet, we don't even know how to categorize something sentient, but not human. How could we possibly regulate something like that? Fortunately, SSE is not a law school, therefore we at Minimax leave this question to law students, who are far more equipped to face it than us.

SASSE 101: HOW TO LAUNCH A NEW PROJECT

MARAL BATBAATAR, DESIGN BY EMILIA ESSINGER

The SASSE Initiative Fund. Though it remains elusive, the Fund has made quite the impact. The Tough Viking, for example, was one of its many resultant projects. A more recent, but just as notable, example is the Digital Assets Society (DAS). Its founders utilized the fund to their advantage, fulfilling the students' budding desire for everything from DeFi to crypto.

Yet, how does one start a new project? What are the steps, rules, procedures, customs, surrounding such a groundbreaking ordeal? After all, demand for new initiatives has invariably followed with the growing intellectual diversity found at SSE. Below, the founders of DAS share their experiences, in order to serve as an example for aspiring SASSE-entrepreneurs. The three founders interviewed are Viktor Svensson (President), Erik Gunnarson (Vice President), and Alex Ekberg (Head of Newsletter).

Start with a Vision

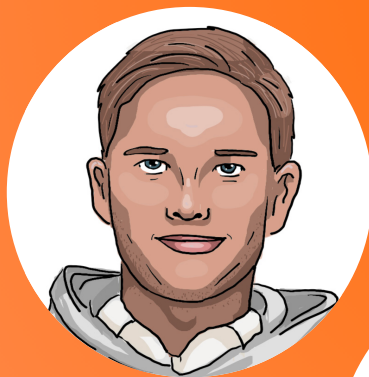
Minimax: *How did the idea for this project come to be?*

Alex: Some of us were having a beer and, as you do, talking about a variety of topics where we ended up discussing crypto and what is money. This led to us discovering our shared interests and the eventual idea of starting DAS.

Viktor: We were interested in the future of the financial system – one that we believe will be decentralized and based on new technology, blockchain technology, to be particular. Truly, we wanted to create this society for our own sake and then to educate other students about this space. When I started SSE, I thought everyone would be talking about this emerging industry. However, this was not the case. I realized there was no real, structured place to talk about this topic and to get in touch with the industry. I then realized it was up to us to take [the] initiative.

Erik: The project really was for our own interests, we were not so dependent on other students' interests to motivate our efforts in creating the project. We believed that inviting

September 2021	October 2021	November 2021	December 2021	January 2022	February 2022	March 2022
Idea		Team formulation and motivation to SASSE: - Launched the website - Launched the newsletter - Submitted the motion and began the procedures with the SASSE board	- Received an interim budget - Hosted the first event, an inspirational lunch lecture, with full attendance	Podcast launched	Hosted a larger scale event by collaborating with another project, XTech, also in the tech committee. An NFT exhibition and panel discussion were organized in the Fotografiska museum with over 100 participants. The event was live-streamed.	New SASSE year: Received the official budget for the project. From then on, continued to host inspirational lectures, workshops, and other events. A new generation of the DAS board was appointed.



From top to bottom: Viktor, Erik, Alex

notable figures in the industry ... would prompt interest in the students.

Identify Demand

Minimax: *To motivate the project's formation to SASSE beyond just an idea, it is important to identify existing demand in the student body, if there is any. How did you know that there were other students who were interested in this?*

Alex: One of the very first things we did was [the launching of] the digital newsletter which enabled us to discover and test for demand and a base audience to grow with.

Viktor: [Also] the intent with the digital newsletter was to educate students about this space. So that if they understand it, they may [develop] an interest, and then come to our events and be able to join in on discussions. Potentially, professional opportunities may open up to them in the future.

Write the Motion

Minimax: *According to the description under the Initiative Fund on the SASSE website, once you have solidified the idea and identified demand, you can write the Motion. For guidance in writing the Motion itself, you can contact the Vice President. The Motion can then be sent to the SASSE board for decision. What should students keep in mind when writing the Motion for it to be convincing?*

Viktor: Try to show that you are a unique project, not a new project. [Also] be prepared that it will take some time. It took us around two months from submitting the Motion to hosting our first event.

Find your place in the Bureaucracy

Minimax: *In the Association, a project can exist as an independent project like Friedmans Apostlar or Handelsdagarna, reporting to the Vice President if they are unique enough to not quite fit under the umbrella of a committee. Or it can operate as a project within one of the eight current committees and report to the President and/or*

Project Coordinator (or similar role). DAS currently operates under the Tech Committee. How did this come to be?

Viktor: In our first conversations about this, we actually wanted to start a company or Initiative in Sweden from this shared interest to spread awareness about digital assets to young people. Then, we realized SASSE has so many resources, so doing something here may give a lot of leverage as a starting point to accumulate knowledge and relevant connections. We believed that operating under a committee provides valuable indirect resources [compared to being an independent project]. Then we began thinking about the committees and believed our topic and mission would best suit [to] either TechU or NU. For our case, the SASSE Board discussed internally and agreed it is best for us to operate under TechU.

Organize the project

Minimax: *How is DAS organized internally?*

Alex: We were a small group of relatively inexperienced friends. So, we decided that it would be best for us to delegate and specialize. For example, I primarily headed the newsletter whilst Viktor and Erik did the SASSE work.

Erik: In organizing ourselves and working together, we saw something from the ground up together. This made the experience even more effective [sic] and satisfying.

Take-Away

Minimax: *In retrospect, what are your thoughts on having founded this new project? Any advice for those thinking about starting theirs?*

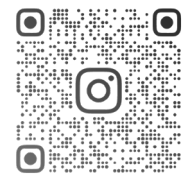
Erik: It has been truly rewarding to be a part of this project. Having people work under you for a common aim has been great to see. Being a part of running the project provided even more incentives to learn as much as possible and keep updated on the topic.

Viktor: Founding the DAS initiative has been so reward

ing since it has provided me with priceless knowledge & insights, lasting friendships, connection with leading profiles within this field, and attractive career opportunities. I am proud [of] all members of DAS who have made this possible and grateful for our shared passion for this industry. For those out there wanting to start their own projects: If you have a particular passion for something, just do it, it will be worthwhile. You may think you work for “free,” but you will be very rewarded.

Alex: Just do it. You have to start somewhere. Through different activities including the digital newsletter, workshops, lunch lectures, and a podcast, DAS continues to strive to provide students at SSE and across Sweden with an ecosystem for learning more about everything concerned with digital assets. The second generation of leaders has been recruited and will continue to operate the project in the Student Association. The founders aim to work with digital assets and promote digital literacy in their professional lives post-graduation.

*You can find the official
DAS page here!*



@DIGITAL.ASSETS.SOCIETY

FIVE SPRING ATTRACTIONS YOU SHOULD CHECK OUT IN STOCKHOLM

MEJA MINDO, DESIGN BY SARA MARICIC

Note that any businesses referred to below are unaffiliated and uninvolved with the writing of this article; no parts of this article are a paid-for promotion, and are based purely on the author's personal and honest opinion.

If you are a student who has not previously experienced the Nordic winter and are new to Sweden, I can promise you that the darkest and coldest days are past us, and that Stockholm's most charming sides lie ahead. Break the hibernation and enjoy sunny spring days by following this five step guide from a Stockholmer.

Step on Royal Grounds: Walk through Djurgården

Djurgården is an island bordering districts such as Gärdet and Östermalm. The royal, southern part of the island is a perfect destination for escaping the city's pulse and breathing in some clean air. Head on a walk around the canal that flows around the area by crossing Djurgårdsbron, thereafter walking through the "Blå porten". Apart from watching tourists riding canal boats and runners practicing for the Stockholm Marathon, you could pause and settle down for a Fika at Rosendals Trädgård.

Break the Ice: Hitch a Ride on the SL-boat

In connection to the walk on Djurgården, you should go in the direction of the amusement park, Gröna Lund, where you can take the SL-boat to destinations such as Blockhusudden and Nacka Strand. The best part is that you can use your SL-card for the trip.

Become a real Stockholmer: play "City Monopol"

Your next step in the spring guide is playing Monopoly in the city by visiting all the streets in the Swedish version of the game. On every street you should head on an activity, such as taking a coffee break or visiting a cinema. This perfect activity for a sunny spring day will take you from Gamla Stan to Södermalm and all around the city. It is the perfect activity if you are unfamiliar with the city or want to become a skilled Stockholmer.

Drink tea with pearls: head on a Boba tour

Boba (or bubble tea) is indeed something that divides people's opinions - some think it has a weird consistency whilst others whine about other things. I, however, think that you should learn to like it and thus, this is your sign to follow my guide for finding your next passion during this spring. The rules for this tour is that you cannot have the same type of drink more than once and that you have to complete the full tour once you have started. Start the journey by heading to the boba shop Cha Talk near the school at Rådmanngatan and order your first boba. Next, walk towards Hötorget where you pick up your second boba at Oolong tea house at Sveavägen. Thereafter, head up to Yi Fang Fruit Tea at Mäster Samuelsgatan for your next stop. You will notice that this place is very different from the others on the tour. After this, turn left to Regeringsgatan and walk to Tekniska Högskolan where Matcha-Ya is the fourth and last destination awaiting you.

Partake in the student feast: celebrate Valborg

A standing tradition among Swedish university students is to celebrate Valborg, preferably in a student town, such as Uppsala. Here, the main activity is to party and have fun surrounded by other party animals whilst singing "Längtan till landet".

After completing this guide, I expect you to have become both an inveterate Stockholmer and a boba fan. Good luck!



Humans never fail to astound me, be it in their ingenuity or folly. Yet something nobody ever seems to be able to escape the pervasiveness of is the human desire to find meaning, some sort of purpose beyond survival. I know we keep this buried away for convenience purposes and mostly because it's a dead end or perhaps an endless labyrinth of explanations, but today I implore you to think about life itself. *Absurdism* is my favorite school of thought when it comes to making sense of a world that simply refuses to be understood.

If you're used to models and theories, here're two basic assumptions we'll use today. Firstly, the universe is indifferent to our existence; and secondly, our search for meaning is ultimately futile. As one does in a formal/academic theory, let's go over these assumptions and whether they make sense. Is the universe really indifferent to our existence? Well, I'm pretty sure the Andromeda galaxy doesn't really give a flying fish about your chronic loneliness, nor does Alpha Centauri care about your last LinkedIn post, so yeah, I'd say it's safe to assume the universe's indifference. The second assumption, that I'm sure I'll receive a ton of backlash for, is that our search for meaning will amount to nothing. I myself would beg to differ, if not disagree. Life is whatever meaning we give it, be it art or faith or whatever idea you sincerely believe in. However, I'd also argue it's escapism we'd be referring to. Now, I'm not legally permitted to talk about ideas of faith, since we respect each other's beliefs, so this is an assumption we'll just accept as pessimists today. Our search for meaning is futile.

Alright, so what about these assumptions? At its core, absurdism recognises the implicit assumption of humans' need to search for meaning in a chaotic and unpredictable world. This, in tandem with our assumptions, creates a sort of friction, a tension between our quest for purpose and the purposelessness of our very existence. And absurdism thrives in this tension.

This school of thought is about embracing meaninglessness. Think of life to be a game with labile rules. No matter how hard you try to find logic or patterns, you're bound to run out of things that make sense in aggregate. Yet, you keep playing. You can't make "sense" of the game from a bigger-picture sense, because there is no inherent logic or structure that the game really functions on in the first place. Here's another analogy that I think explains this well — life is a stage play. We're the characters (as a disclaimer, no, this is not about free will and determinism). The difference is, this stage play has no head or tail, no plot or closure, no logical division into acts or legible lines for characters. Yet, we play our parts to the end.

At this point, you've probably not learnt anything from this article except for the word and concept of absurdism in its academic, philosophical sense. "So what's the point of this article?" you must be thinking to yourself. To which, all I'll say is, "Exactly."

What does absurdism translate to in our daily lives and why should we care about it? It asks us to embrace irrationality and stop trying to make sense of things all the time. As Camus (the guy who came up with all this) famously wrote, "The struggle itself towards the heights is enough to fill a man's heart. One must imagine Sisyphus happy." He asks us to enjoy the journey we're on, whether there is a destination or not. I love absurdism because it feels so liberating. I find it all to be quite meaningless but then I realize that's the very point it's trying to make. If it's all self-referential, why not just fall in love with the circles we walk in?

Krish Uttamchandani
Design by Sara Marsico

ALWAYS AVAILABLE - JONATHAN STEFANSSON, DESIGN BY ALMA SGOURIDIS

When was the last time that you were completely unreachable for a whole day? I honestly can't remember. Since I got my first Nokia phone sometime around third or fourth grade, a day spent without a phone in my pocket has been almost unheard of. As most of the world seems to follow the same example, it's worth pondering that having a mobile phone was quite the anomaly only 30 years ago. For the majority of even the last decade of the 20th century, it was considered normal to be *gasp* completely unreachable as soon as you set foot outside.

Today, our society has radically altered its view on such matters. Even when we try to spend less time mindlessly scrolling our preferred social media and maybe even occasionally abstain from using our trusty mobile companions for a day, we still would never leave our phones at home. Maybe you will miss a call from someone for that one internship or a friend inviting you to yet another SASSE party? Little green men may even have swept down from the skies and abducted every capybara in the world, how would we

our ability to do that is wondrous and superior to the alternative, but one wonders what type of society that might lead to long-term. I used to scoff at my high school principal holding speeches about "logging off" and living in the "real world" instead of on our phones. Overlooking his appeal that students should leave their phones at home and go into the woods with a stranger (only a slight misrepresentation of his actual message), I have, over time, come to accept that he and the other "adults" had a point. Seeing a toddler holding an iPad at a playground really hammers that in. We might have been the last generation that had a childhood without an omnipresent internet, where it was still perceivable that parents could restrict screen time in favor of play time. If we feel naked without a phone on us, imagine how uncomfortable the toddler with the iPad will feel when they grow up.

Then again, is it really a problem if we spend more and more time with our eyes glued to a screen? Most arguments against phone use boil down to an aversion against living life differently than previous generations. Moral panics about how youth being corrupted didn't seem to pan out when they were about violent movies or rock-and-roll, and there's no obvious reason why this time would be any different. On the other hand, people spend around 4-5 hours per day on their phones according to the BBC, and an increasing amount of studies find relations between excessive phone or social media use and depression and low self-esteem. Even when overlooking the medical risks, it seems reasonable to at least think about if we want to spend what is likely the vast majority of our free time on our phones.

It seems apparent that the world will become even more structured around phone use and constant availability in the future. Therefore, thinking about how to handle this doesn't feel unreasonable. Phone use has the ability to add a lot of value to our lives, so deciding on welcoming a more connected world with open arms is completely valid. Nevertheless, I feel that it's nice to be able to go off the grid at times. As silly as they may seem, the "screen-time tools" on your phone can actually help with that. Getting a warning that Twitter will shut off in a minute is annoying, but it does make it easier to combine the benefits of using such apps and not letting them take over your life. Several friends of mine have deleted their Instagram apps in favor of using it occasionally on their computer. Turning off notifications on almost everything also helps when you need to focus on, say, writing an article about not using your phone. If someone really needs to reach you, they can always call.

Luckily, I have actually found the solution to all of these problems, something that will allow you to enjoy the bliss of fulfilling your longing for your phone without any bad consequences. The only thing you have to do is... didn't your phone just vibrate, you better check before we continue.



know? Our phones are laying at home, almost certainly ensuring our untimely demise, a demise worthy of the folly of willingly isolating ourselves from the world.

Even turning the hyperbole down a few degrees, we really have developed a habit of being available at all times. Don't get me wrong, I think that



THE END





