

# MINIMAX

THE STUDENT ASSOCIATION AT STOCKHOLM SCHOOL OF ECONOMICS



## THE LOVE ISSUE

APRIL 2018

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THE STUDENT ASSOCIATION

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# LETTER FROM THE EDITOR

The past two issues of Minimax have focused on some heavy topics- health, both mental and physical, and sexual harassment and assault. When it came to our third issue, there was one thing that the Editorial Team's article and theme ideas all had in common: Love.

In The Love Issue, the Minimax Editorial Team 17/18 wanted to delve into the many different kinds of love that we encounter in our daily lives. Love can be a feeling of community, of a team, of a support system- the love for each other. Whether it's a romantic love in all of its messiness, the love for our friends in all its glory, the love that comes from enjoying time together, or just simply respect for our fellow human beings, we should all love each other. There's also a love for more intangible things, like the love for our future which allows us to question; is our education the best it can be and what happens after? Then there's a much larger type of love- the love for our planet: the love for where we live and how we can live more sustainably in order to take better care of it.

Right now, as I reflect on The Love Issue, love is the designers helping each other as we approach our 30th hour of design this week, love is the collaboration between the different editors, journalists, and photographers as they develop the ideas that fill the pages that follow. Love for me is the incredibly talented, thoughtful, eager, and amazing group of individuals that I have been lucky enough to work with and see grow over the past months and issues.

Regardless of who you are, what period of life you are in, or what love means to you- it's an emotion that we all have in common, in some way or another, just like the following pages.



OLIVIA KRALL  
Editor-in-chief 17/18







# EDITORIAL TEAM

# 2017/2018



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REPORTAGE

# SASSE BOARD

I would enjoy a piece of swiss sausage and gruyère cheese while enjoying the view of the Alps around me. Oh, and yes, a second person would be nice.

**Fredrik Bauer**  
*The Vice President*



**Rebecca Gustavsson**  
*The President*

My dream date would be drinking wine and eating tiramisu in Rome! Preferably with a person that really knows how to make me laugh.



**Filip Flenhagen**  
*The Treasurer*

On my dream date we would sit on a balcony in Venice, while enjoying Italian culinary sensations and watching the wooden gondolas pass by.



**Astrid Olsson**  
*President of the International Committee*

My dream date would be a picnic in the sun with some strawberries, wine (and of course good company!). It doesn't have to be harder than that!



**Oscar Dieden**  
*President of the Entertainment Committee*

Something different that you remember, the more surprising the better! The optimal date could be everything from a nice summer evening on a cliff in the archipelago to something daring, maybe bungee jumping in another country.



# Q: What would you do on your dream date?

On my dream date I want to be surprised and taken to a sunny place.

**Ebba Jeppsson**  
*President of the Sports Committee*

Surprise me. And bring some food with you, please.

**Elin Ruland**  
*President of the Social Committee*



**Christofer Ljunggren**  
*President of the Business Committee*

Food prepared by Emma Perlelin, wine selected by Oscar Dieden & Elin Ruland, music provided by Fredrik Bauer and the bill taken care of by Filip Flenhagen.



**Emma Perlelin**  
*President of the Media Committee*

I prefer active dates. A long hike including lunch/sauna/hot tub with a nice view would be dreamy.



**Martin Unger**  
*President of the IT Committee*

My dream date would take place on a grass field in the late summer with a take away pizza and a bottle of wine (with my girlfriend).



**Antonia Alan**  
*President of the Education Committee*

Hmm, a dream date for me would probably be to go iceskating at a outdoor ice rink!

2018/2019

# THE LOVE ISSUE

**LOVE FOR EACH OTHER**  
**page 11-22**

**LOVE FOR OUR FUTURE**  
**page 23-30**

**LOVE FOR OUR PLANET**  
**page 31-40**

# DISCLAIMER:



**NOT AS CHEESY AS  
YOU MIGHT THINK**

# THE IDEAL RELATIONSHIP

TEXT // LUDVIG EKSANDH

DESIGN // JOHANNA ARENIUS

What kind of romantic relationship is it we desire in today's society?

Is it:

A) a steady relationship between two people who have the utmost respect for each other; a relationship built on trust, healthy boundaries, and acceptance of the other person's flaws and weaknesses?

Or is it:

B) a relationship between two people who are blindly in love, built on passionate, uncontrollable, and erratic feelings, and a codependent lifestyle, coupled with ecstatic highs and excruciating lows?





My guess is that most sane people would agree that Option A sounds a lot better, let alone a lot more realistic and sustainable. Surely then, if this option is what we as humans strive and crave for in romantic relationships, this must be reflected in what is considered our culture's most famous love stories and idolized couples throughout the ages, right? Let's investigate, the answer may surprise you.

So, where else would a journey through our cultural heritage's corridors of love begin, if not with Romeo and Juliet? These two, who were madly in love, would not let their respective family's century-long feud stand in their way. This renaissance power-couple and their brave, limitless love, which knew no boundaries, has been drooled at for centuries by people all over the world. So what were the defining characteristics of this iconic relationship? For starters, the fact that four days after meeting for the first time, they both end up committing suicide due to thinking the other one is dead (long story); they might've had some codependency issues that needed to be sorted out.

In fact, there doesn't seem to be too much to take away from this story, except, perhaps, that love can be dangerous and causes us to make awful mistakes. Surprise, surprise, this is exactly what Shakespeare had in mind when writing the play: to warn people of the dangers of love (which I, of course, was able to realize on my own by reading the play's synopsis on Wikipedia). But instead of taking Shakespeare's wisdom to heart and seeing Romeo and Juliet as the blueprint of what a relationship should not be, we've praised the two to the skies as the archetype of what true love is.

Is it possible our society prefers Option B? Let's look further.

Next up are Bonnie and Clyde, a hugely celebrated couple from 1930's America, because why wouldn't we revere two notorious bank-robbers who repeatedly shot and murdered civilians and policemen alike? The image we have of Bonnie and Clyde is largely misconstrued by the media and doesn't comply with the reality of it, but it's this celebrated image of them that is more interesting to us than anything else. They were portrayed as two young lovers who lived on the road and had no possessions or cares in the world except for each other, who saw death as inevitable but didn't mind it as long as they were together.

I think it's time for Option A to admit defeat in the realm of popularity. If you want to see two people blinded by

love to dangerous degrees, Bonnie and Clyde are the prime example.

The final couple on our list is slightly more modern than the previous two. Danny and Sandy from the 70's classic *Grease* are widely loved for their unforgettable love story at Rydell High. After a bumpy senior year in which Danny and Sandy take turns rejecting the other's advances, they finally end up together at the end of the movie/musical.

However, the only reason this happens is Sandy's 180-degree turn in style, attitude, and overall personality. In short, she transforms her entire being (overnight) from a preppy and reserved schoolgirl to a chain-smoking, leather-wearing, full-out greaser girl in order to please Danny. What a great message this is, if at first someone won't go out with you, just change who you are completely and it might work out! When looking at the symptoms, Danny and Sandy undoubtedly belong to the list of couples who have a Type B relationship.

When reviewing these couples, a Type B relationship is the clear winner. Why is this? Why are we so attracted to this type of relationship? Perhaps because it's easy. It's comforting to imagine yourself living happily ever after when you finally meet the person of your dreams. It's wishful thinking, and this idea of all your problems going away when you meet the right one is easy to sell, which is why we see it everywhere around us in books, films, tv-shows, etc.

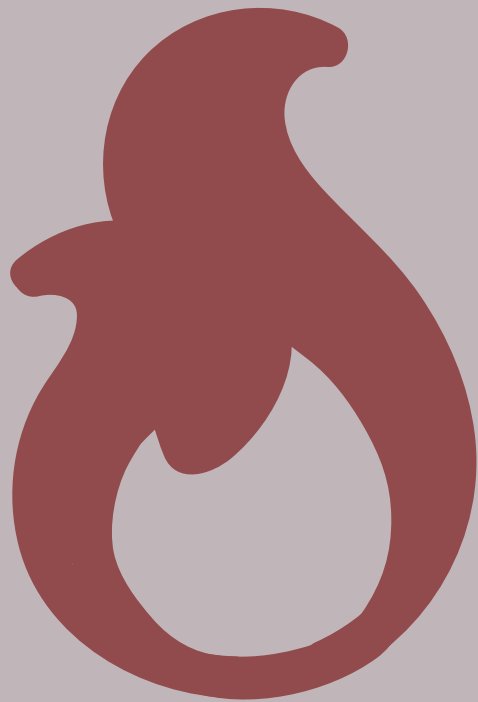
We don't want to hear the truth, which is that maintaining a relationship requires a lot of hard work, discipline, and being there for the other person even when your love for them isn't at its strongest point. And, big surprise, your own personal problems won't ever be solved by someone else, they'll still be there no matter who you meet.

The truth is that our preferred idea of love isn't only an illusion, but a toxic one at that. If you set the standard for a relationship incredibly high and expect to feel fulfilled by it every waking moment, you're bound to be disappointed when reality kicks in the door and slaps you across the face. So let's hope people start seeing this idea for what it really is and start changing their perspective on what a relationship should be like. Maybe then, when meeting someone they like, people will be pursuing something way more realistic, healthy, and sustainable.

# LOVE, 2.0

TEXT // MATILDA FORS

DESIGN // FRANSISKA ASPEGRÉN



**A** recent episode of the Netflix show *Black Mirror* opens with a familiar scenario: a young, attractive couple in the candlelit ambiguity of a first date. We quickly learn that the date has been initiated by a donut-sized handheld device that in a flat, automated voice promises to set the user up with their Ultimate Compatible Other.

The system works by matching people up, setting a time limit on their relationship, and collecting data while the couple endure their hours/days/years together. Sparks are flying between our protagonists, but no luck. Their relationship is set to expire within 12 hours. As the episode wears on, our star-crossed lovers begin to suspect that the system is wrong. Can an algorithm truly capture the content of a good match?

It's ironic that Netflix — one of the drivers of the on-demand mentality — should be the ones to address the issues regarding modern relationships. Most of us are familiar with the feeling of browsing through Netflix for so long that it becomes impossible to pick something to watch. As counterintuitive as it might sound, having a wider selection doesn't seem to help us much in making better choices. Instead we keep scrolling, weighing alternatives against each other, hoping something even better might come along.

The mission of the digital age is to make everything available at all times and to suit all likings. While this offers amazing opportunities, it also reduces the emotional cost of investment. With everything so much easier to obtain, it also becomes easier to discard.

Adding to that is the fact that most technology today is designed to give us the illusion of an endless supply — take Instagram, where you can keep scrolling and literally never reach an end. “Flows” and “feeds” are appropriate words, since these are one-way currents, designed to keep on going forever. In a never-ending supply of new options, that are easily disposed if they don't suit you, how do you decide on something that truly makes you content?

SSE professor Micael Dahlén argues in his book *Nextopia* that the modern age has made us notoriously difficult to please. In a world where trailers get more attention than movies, we seem to be trapped in the belief that what we need in order to be happy is just around the corner. The era of digitalisation makes us into junkies, scoring for the next high: the next iPhone, the next date, the next season of *Game of Thrones*, all in the belief that whatever comes next will truly outshine all alternatives.

All of a sudden, it's possible to capitalise merely on people's expectations. The present value of all activities is immediately discounted with a factor weighing in the superiority of whatever is to come. We keep running, we keep looking.

This way of thinking didn't arise randomly. A half-century of material affluence, secularisation, and the efforts of increasingly suave marketers has bred a culture of extreme individualism. With individualism comes not only the laudable right, but also the creeping pressure, to express identity. Today, everything is supposed to say something about who you are — or, using an appropriate buzzword — everything is about storytelling.

Our culture tells us that we should be ourselves and go our own ways, promising us custom-made and individually optimised solutions to all problems. This kicks us off on a never-ending quest for something that will fit us perfectly and showcase our identity — an Ultimate Compatible Other. So in a world where every decision is supposed to be based on individual fit and preference, the leap is not far to browse for partners similarly to the way we browse through Netflix.

You think I'm being hyperbolic? Take a look at Tinder, Netflix, Tinder, and fast fashion all operate under the same mechanism. We browse, we raise our expectations, we compare, we consume — and we never seem to become truly satisfied. So we keep running after what the *Zeitgeist* promises us — a perfect, personalised match.

In the future, there may be an algorithm that locates our ideal partners with 99,8% accuracy. There may also be computer software that stocks our wardrobes, does our grocery shopping, and customises our music playlists without our intervention. Embedded in this theory of constant customisation is the assumption that we actually know what we want at all times.

If that were true, there is no reasonable explanation as to why I enjoyed watching Mel Gibson's cringe-worthy *What Women Want* when my Netflix list mostly consists of gritty documentaries. It also goes against all logic that I, who normally go through the hassle of lentil stews and wild rice and homemade green pea hummus, should find myself recollecting fish n' chips from a local pub as the nicest meal I've had in a long time.

Maybe we need to take into account that we like to be surprised and sometimes thrown off guard; that fondness can develop over time even though it once seemed unlikely. Perhaps we are much less consistent than we like to think of ourselves as. In a world that increasingly caters to individual demands, it certainly is refreshing to acknowledge that sometimes we can't rationalise on our desires.

While more and more aspects of our lives demand that we make choices based on personal taste, we may be wise to leave some areas still untouched by the mechanic hand of optimization. Perhaps we will never get to the bottom of why we love who we love, and perhaps we ought to leave it a mystery.

# TINDER IN SWEDEN FROM AN AMERICAN PERSPECTIVE

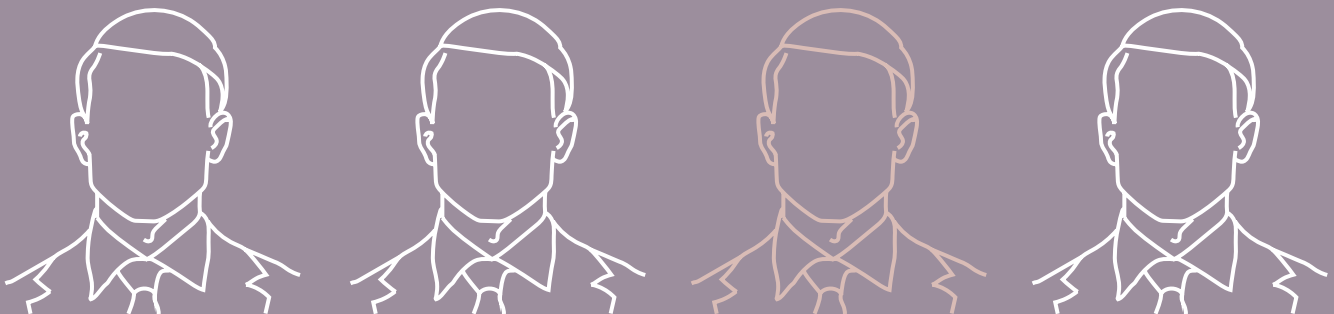
TEXT // LIAM RUSSO

DESIGN // JOHANNA ARENIUS

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When I first arrived in Sweden, I set a few goals for myself:

1. Be able to come back to the States and say “Sweden” in a distinct Nordic accent
  2. Comprehend all the different shades of black and layer them accordingly
  3. Effortlessly fall in love with a Swedish boy and parade through Drottningholm Gardens with a big bowl of meatballs
- 



One and two ended up being easy; I could do the whole Umeå whistle in a matter of days and I knew enough to match my charcoal pants with my ebony t-shirts. Obviously. But number three on my list seemed to be a little bit more work. I had to do some empirical research on my own, and I needed to learn more about Swedish sexuality than the obtrusive Club Privy van I always found parked outside of Handels. So I put a little bit more Tinder into the fire, and tested it out.

It was a strange feeling re-downloading the Tinder app, as I wanted to truly leave my Americanness behind when I came to Sweden. The app doesn't have a great reputation in the U.S. and I assumed it might be received the same way here. But after swiping left and right on nearly four people, I came to the realization that the app functions on a completely different algorithm here in Stockholm than back home.

In the U.S., the app is much more hookup centric and profiles tend to live in a comical vein. Blurry, but acceptable, photos of nights out show you're fun, and beach and gym pictures make you look hot. It's truly that simple. But the app isn't in the least bit serious and we tend to have low expectations in the people we match with as most Americans use it out of pure boredom.

In Sweden, however, I noticed quite the contrary. The Swedes seem to shape their profiles much more like LinkedIn, wearing slick suits and peacoats, or elegant white dresses in the summer sun, and there seems to be a real drought of humor in Tinder bios. To further my motion, within 15 minutes, I matched with three Eric's with sharp haircuts from Bromma and two out of the three had pictures of themselves in suits. There is a greater emphasis on showing off good looks, but, more importantly, ambitions.

The Swedes our age have lots of pictures at Handels or other universities, at their graduation, and photos of travels to anthropologically rich locations. But there isn't much room for Swedish self-deprecation as many of the profiles lack bios entirely or emotional variation.

With these realizations, Tinder became a way for us Americans to actually meet Swedes and go out for coffee without the fear of hookups. Anecdotally, it became a glowing beacon of hope for some sort of Euro romance, where we'd all sit in the Handels Atrium and nudge at each other yelling "No way! Oh my god, you have to do it!" when one of us had a match.

Year-long Handels exchange student Katya Hodges, who calls neither America nor Sweden home, but instead grew up in the Philippines, enlightened me on how the app is viewed from a different sociological standpoint. She points out how the Swedes tend to be a lot more hesitant to message first on the app, which plays with the gender dynamic.

"Swedes are definitely more awkward and I think a little more picky, and by that I mean that you get less messages from people you match with, whereas in the U.S. pretty much all the guys will send you a message," says Hodges. "Though guys in America tend to message first, I feel like it's less weird in Sweden for girls to message first—which I guess says something about gender equality. In the U.S. when girls message first they come off as ~desperate~ and guys are less likely to reply."

As we've all seen on the subway, Americans love to talk, and being in a country where the norm is to be much quieter and respectful of others' time, "the guys on tinder in Sweden are less aggressive" and are much less willing to have less "aesthetically pleasing profiles," adds Hodges. That being said, she also feels like "the types of photos are more similar than the types of ethnicities represented."

Neither of us have had much hope with the Drottningholm Garden strolls or the steaming bowl of meatballs, but at least I can confidently say "du är snygg" now without laughing. Well, kind of.



# LOVE YOURSELF!



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When talking about love, it is incredibly important to consider to what degree you love the person you spend most of your time with - yourself. As the concept of self-love has become extremely popular, it's important to keep in mind what's best for you personally, but here are some suggestions for when you are in need of some inspiration.

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**1. Take care of your basic needs.** Take a shower, put on your favorite outfit, do your hair, or put on some makeup if that's something you enjoy. The small things can sometimes make the biggest difference in how we are feeling.

**5. Do something you enjoy or try out a new hobby.** Whether it's cooking yourself a nice meal, dancing around in your living room to your favorite song, re-watching your favorite series, learning to paint, or taking up yoga; do something that makes you smile.

**2. Take time to do things on your own.** Visit a museum, go for a nice lunch, go to the movies, or go to a concert. Simply put, if there's something you want to do, go do it; don't wait on someone to go with because then you might miss out. Find some more suggestions on the Stockholm Map on page 40.

**6. Say no.** It's easy to overbook your calendar; say no to plans if you aren't feeling up for it, and schedule in some time for yourself.

**3. Treat yourself and give yourself a thoughtful gift.** Whether it's candy, flowers, that spring jacket you started to look at in January - give yourself a little reward, you deserve it.

**7. Be kind to yourself.** We are often our own harshest critic; if you wouldn't say it to a friend, or anyone else for that matter, try not to say it to yourself.

**4. Turn off your cell phone;** in fact, just leave it at home and go explore a new place.

**8. Sleep,** it's as simple as that.

LOVE FOR EACH OTHER

LOVE IS

RESPECT\*

\*AND RESPECT IS TO NOT APPROPRIATE OTHER CULTURES



When discussing love, I think it is crucial to discuss respect. Love is to show respect. SSE has, during its history, evolved to become a much more inclusive institution. Though the work is far from complete, being a woman is no longer controversial. However, many voices, views, and people are still missing from our great halls, and we can either wait for things to change, or we can open the doors to change. Love is respect, and respect is opening our eyes to societal structures, and to recognize ourselves in the context that is our global world.

This year's Esten party in the Rotunda named "Straight Outta Tentan", featuring the theme "Straight Outta Compton". A theme, and name, that evoked no reaction.

I would like everyone to take a second to consider why having a hip-hop/gangster theme (as the party was described in its marketing) in Rotunda in the context that makes up SSE today, might be uncomfortable, and perhaps gnawing. Perhaps it is exploiting another groups cultural inheritance and/or perpetuating harmful stereotypes.

If it, however, is not apparent how you should approach thinking about it, here is some guidance: A group of people oppressed for centuries (slavery, segregation, etc.) creates a cultural art form to express themselves. Later, in 2018, the mainly white, privileged student body at SSE thinks, "Hey, this would be a cool theme for our party, let's put on a rap song, some grillz, and try some twerking".

Now, that art form, with its historical roots found in being oppressed by the exact same demographic, is taken from the creators just as they, earlier in history, were robbed of their freedom. The art form in question is also perceived differently depending on who is expressing it due to societal structures, attitudes, and history. One group expressing it might be ridiculed while another group is acclaimed and given credit for that exact art form someone else created centuries ago. Do you get it? If not you can check out a short [7 Things You Might Not Realize Are Cultural Appropriation That Are on Bustle.com](https://www.youtube.com/watch?v=7TgUgYkz8j0).

Beyond that, by implying that hip-hop and gangster are the same thing, it minimizes all that hip-hop is and embodies, as it is (and has been) a medium to talk about oppression, class, race, and societal problems. The point is that SASSE must be more attentive and critical than this. It cannot be that a group of privileged, white teens

can sit in a beer drenched room deciding on themes for our post-examination parties without any reflection what so ever; without anyone in the association reacting. There must be voices of uncertainty when this theme is presented, and we must be self-reflective when we try to interpret cultural concepts into our own, so that we don't risk reproducing such harmful stereotypes.

I have a friend who grew up with a mother who had a large interest in human rights. She had her full analysis ready on societal structures by the age of 5. I, however, grew up with parents far from the enlightened debate and I, frankly, had a lot of questionable, less appealing views of the world until I was far older. As the virtue of being non-judgmental is being widely propagated, this is something worth considering. Being an open-minded person is not decided by your upbringing, but by the openness and willingness to adhere to new information. At SSE, the critical view on whether or not "straight out of tentan" is a good theme, does not exist, so our access to this information is limited and the possibility to adhere to it, slim.

**”We need to both attract a wide range of students, and be the kind of school which attracts this much needed variety.**

This is not meant to shame anyone of you behind the choice of theme. The voices and perspectives missing from our school is not something we can blame on the individuals within it, but rather at the lack of diversity within it. To become aware of critical perspectives, the critical perspectives must be allowed to exist.

That will take some work. The school is already trying to attract students that differ from what can currently be, and is expected to be, found at SSE, but we are still far off. However, to be an attractive school for these students, we need to start to change now. The University of Lund has a group for each class, resembling our class ambassadors, that discusses the issue of critical perspectives within their own programs. We should be able to do the same. We need to both attract a wide range of students, and be the kind of school which attracts this much needed variety.

I, also, would like to say that I do not have the preference of interpretation in these questions. However, bringing critical perspectives into our student association is crucial for us to have a chance to become analytical societal members with the ability to adhere to new information. Until better spokespeople come along, I would at least try to raise the question. Because love is respect and respect is to not appropriate culture.

LOVE FOR EACH OTHER

# WE'RE ON EACH OTHER'S TEAM



You are sitting in the back of a tiny, uncomfortable car; obscure New Wave 80's music blaring. You are going up the escalator at Östermalmstorg. You are lying on the floor; laughing in an apartment you can almost call your own at this point. You are in another car; not many miles north of the previous one, but it's years later; and you are exhausted after a long flight. You are balanced on a couch, late at night, or early in the morning depending on how you see it, sight blurred by staring at the same screen for hours on end.

All of these circumstances span across your lifetime, all with different people (you are also a different person during almost all of them, because of each of them), but they all have something in common. You are filled with a feeling that you know well at this point, but still not completely. Your chest gets warm, you feel like the whole of you is glowing, but can anyone else see it? You look at the person, or people, surrounding you and that feeling grows. It's some sort of mixture of pride, gratitude, and something else- you decide that the only way you can define that feeling is love. A love that is limitless, that is messy, that makes you feel like you can do anything, that is everything women are and so much more. It is the love that only comes from sisterhood, it is the love that only comes from female friendship.

When you attend a company/network event, especially those of which women are the target audience, oftentimes the speakers will discuss the importance of having a network of women that you can turn to for guidance in both your professional and personal life.

We are told how important it is to build a support system that you know will have your back, or will offer you a hand to hold when you need it the most, that will offer advice when you need it and tell you things you don't want to hear; but also the things you desperately want to know. To surround yourself with women that make you realize your full potential, that are there during your highs and lows, that allow you to be unapologetically yourself.

Because often that is how it is. Our lives are chaotic; we can go years moving forward in our lives, succeeding with our dreams, to one day be faced with what feels like

an impossible obstacle. The only constant fixture during it all, through the far in-betweens, your darkest nights and brightest days, are these women. The haphazard collection of characters in your life, all a little different, all of whom you can turn to for the different events and times in your life.

The childhood friend who has known you through the years, the friend who knows your soul inside and out, the friend that you can turn to for business advice, the friend that turned to you in their time of need and you have done the same, your creative friends, the list goes on and on. If you are lucky enough to have created such an empowering group, it doesn't really matter if you turn to them over a glass of wine or a cup of tea, with tears in your eyes from happiness or sadness- they have helped you get to where you are today, both professionally and personally, and this encouraging environment is one of the biggest phenomenons in your life.

**”To surround yourself with women that make you realize your full potential, that are there during your highs and lows, that allow you to be unapologetically yourself.**

There are many myths surrounding female friendships, many true and many false, but one thing is for sure- they are a beautiful, powerful thing. So here's to celebrating the honest group of women in your life. Here's to having people to spend time with regardless of how you are feeling or how you look- you can show up on their doorstep at all hours

of the day or night, not having showered in a week, and know that you will still be welcomed. Here's to being that support system back to your own, because they deserve it, and so do you.

While each of these personal attachments may only make sense to those involved, they all come down a sense of understanding, safety, and support. These things should not be limited to your select few. Regardless if they are part of that inner circle or if they are someone that you met once on the subway, we need to extend the same amount of support and understanding to each other. Life is hard enough as it is and not one of us actually gets ahead by tearing someone else down. In order for us all to succeed in the long run, we need to see the beauty in each other, help each other grow, and build each other up. We are all on the same team.



# BAIN AND CO.

TEXT // OLIVIA KRALL AND SIGURD LOG RØREN

PHOTO // JOHANNA TELL

**Bain & Company is, according to the Glassdoor Awards, one of the best workplaces in the world. Minimax met Dan Kuzmic, Managing Director for Bain Nordics, and Christine Frostmark, a Partner at Bain, at their Stockholm offices to talk about their recruitment process and their internal culture.**

## **Why do you think that Bain is considered such a good workplace?**

Dan Kuzmic: "I've been in many different markets where we have had this Glassdoor ranking. What I love about that ranking is that it's about as pure as you can get in those types of rankings. It's not a ranking that you pay to be involved in, or you get to choose who they talk

to. The only way to consistently be ranked that well is to have a very strong culture that extends through just about everyone, since anyone could be a part of the feedback of the company for this particular ranking. This culture is actually one of the reasons why I've been here for 18 years, because that really permeates all levels of our company."

## **What is the dream candidate for Bain when recruiting Business students?**

DK: "I think, first and foremost, that [the applicant is] a good fit with our mission. You have to have a real desire to have an impact, to drive results, and to see some value created by you being involved as a consultant. Second, there's just a cultural fit with the way we work. So wanting to have that impact, but at the same time wanting to learn, being humble, being more impressed with our clients than we are with ourselves, and being thankful that the clients would have us involved and allow us the opportunity to help them.

"Internally, we have a mantra, 'a Bainie never lets another Bainie fail', and that has to innately be in people when we go to recruit. It's the idea that I am so much more interested in seeing my team succeed than seeing just myself succeed, maybe even at the expense of the team."

Christine Frostmark: "I think looking a bit broader, looking for a lot of grit and drive, is important as well. Looking at people that have achieved well in sports or have great jobs parallel to studying, I think it's a plus, along with what Dan described. It makes you even more rounded, and when it comes to these decisions is something that we like."

## **Do you have an everyday example of that culture?**

DK: "I have a wonderful one out of our Oslo office. At times we have great people that come from engineering or even liberal arts; they have great brains and are great problem solvers, but they just happen to study something different. We had an Associate in Oslo that didn't have a lot of experience in modeling in Excel and one of the partners said that this Associate was really coming along and had developed over the past six months.

"I asked what changed and he said that one of their colleagues and a person a year ahead of them had been staying after work and on the weekends and teaching her how to use Excel, how to model things, how to do things faster; how to find insights, how to format things, and more importantly, just saying, 'Look you are going to be good at this, you are going to build confidence in this, it is just going to take some time because you haven't done it and you haven't practiced it'. No one asked these two to do that, but that is the idea- that you can lean over to your neighbor and say I've never done this before, and if they have, they are going to stop what they are doing and help."

## **Christine, you have been active within SASSE. Do you think that has helped you in your career?**

CF: "The first thing I did in SASSE was to work with getting sponsors for Handelsdagarna, which allowed me to early on learn how to contact companies, close the deal, and reach targets. I actually think that was something that was very helpful! I also worked in the Entertainment Committee, together in teams and in organizing events, which I felt was a very fun and educational experience."

## **How does Bain work with inclusion and equality?**

CF: "We work very much across different types of inclusion, gender just being one. If I pick gender specifically, because I'm also more involved in that, we have people working full time with this. We work with addressing things like unconscious bias and how to make sure that when we recruit we get our fair share of the best talent for male as well as female applicants. We also work on a local level with things to make sure that women are equally as sponsored as men, and that we network to make sure that people know each other and feel included and connected.

"There are great sources of inspiration in many of these female leaders. We have for a long time had a female chairman, and I think we are the only professional service firm that has had one. We are proactively working in making diverse teams which we really believe will allow us to perform better and deliver better to our clients."

## **Why do you work with inclusion?**

DK: "I want to be a part of a place where any talented person that is interested in doing what we do, feels like they have the full opportunity, and their aspirations are only accelerated by working here. Those values are important to me.

"Business wise, as Christine was mentioning, there is fantastic talent in all places and can come from all sources. Therefore, we want to make sure that we are putting ourselves out there as a very attractive option to anyone regardless of orientation, gender, or any type of difference; that only makes us more interesting as a company, more capable, and more competitive in this market."



# CLOSER TO THE BUY-SIDE

## INSIDE THE LSE ALTERNATIVE INVESTMENT CONFERENCE 2018

DESIGN // FILIPPA HÖGLING

TEXT // DAVID DERNDORFER AND NICHOLAS HELD

*“At this very moment someone is trying to screw me, steal from me, and beat me. And after I am done with this speech here, I am going to find out who that someone is.”*

- Keith Breslauer, Founder and Managing Director at Patron Capital, at the LSE AIC 2018

Monday, January 22, 2018, was not an ordinary day at the Marriott Hotel Grosvenor Square. At 9 a.m., over 300 delegates from universities all across the globe gathered in a ballroom to listen to David Rubinstein, Co-founder of The Carlyle Group, kick off the LSE AIC 2018. Rubinstein's speech focused primarily on the importance of giving back to society. As a member of the Giving Pledge, he urged students to think about how they could contribute to making the world a better place and not to focus on building wealth.

We could not have imagined a better start for this exciting two day conference full of keynote speakers from world-leading investment professionals, such as Terra Firma, Permira, CPPIB, and Renaissance Technologies, and workshops with The Carlyle Group and Point72.

The variety of great speakers made it clear that they all had a very distinct route to getting where they are today, and that truly being yourself is the most important asset in the financial industry. The workshops gave delegates the opportunity to ask questions in a smaller setting and learn about various topics such as how to break into the buy-side, what development opportunities exist within the different firms, and how to make a candidate profile stand out.

During the breaks and at the end of the day, the conference turned into a huge networking event, which allowed for like-minded students to connect and to speak about career opportunities with various representatives from the buy-side. One of the most impressive aspects we encountered during the conference was the great interest in alternative investments from students who's related fields of studies had nothing to do with finance or business. We really got to appreciate this diverse environment, while exchanging our thoughts, mingling, and having a pint of beer in the pub next door with civil engineering, history, and biology students from across the globe.

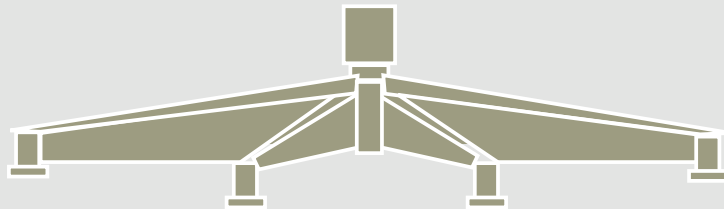
On day two, the conference hosted professionals from EQT, Bain Capital, PSP Investments, BlackRock, etc., who gave interesting insights into how their businesses will develop in the future. One such speaker, Thomas von Koch, CEO and member of the founding team at EQT, elaborated on the topic of AI and how it is already used in deal screening and origination work at one of the leading European private equity firms.

The LSE AIC 2018 gave us the opportunity to hear world class speakers, learn about industry trends, receive recruiting advice, and, most importantly, extend our network beyond what we could have imagined.

We were able to attend the conference through the the SASSE Representation Fund and encourage all students interested in the field of alternative investments to attend this amazing conference in London next year.

The LSE SU Alternative Investments Conference is the world's largest student conference on Hedge Funds, Private Equity, and Venture Capital, and participants include 40 senior level industry representatives and 320 student delegates. If you have any questions regarding the conference, contact David Derndorfer (41259@student.hhs.se) or Nicholas Held (41234@student.hhs.se).

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# ARE THE NEW BACHELOR STUDENTS WORSE AT BUSINESS LAW THAN EARLIER YEARS?

TEXT // SIGURD LOG RØREN

**In the first Business Law course for the Business and Economics Bachelor students enrolled in the fall of 2017, 57.9 % failed and only 0.8 % received Excellent, based on the statistics prior to re-exams. This has created fury amongst the students.**

Minimax met the course administrator, Business Law Professor Lars Henriksson, for an interview.

**May I record this interview? It's only for the sake of details.**

"That depends. What is your aim with this article?" Henriksson says without even trying to hide his skepticism.

**Let us start at the beginning. Do you think that exams are a good way of measuring competence?**

"Grades are a good way of measuring how well you answer exam questions, not necessarily your competence in a subject. At this exam, the students performed worse than earlier."

"Among the students there are a lot of personal beliefs explaining the bad grades, interpreted as personal truths. This especially concerns beliefs that the grading has been especially strict this year. It has not."

**Why did the students underperform?**

"Of course, we always start by investigating ourselves. It would be disastrous if we did something that made the students perform worse. We are certainly not perfect, we are only human beings. But this course has been on the right track the last couple of years; until this exam, the grades has actually been improving over the last five years.

"We have worked with several different hypotheses.

Have the questions been harder? No. Has some teacher been particularly strict in their grading? No. Has there been extra things to do? No. Can it be explained by the literature? No, we have used the same as previous years," Henriksson says, arguing like a true lawyer.

**Has anything changed from last year's course?**

"There has been a minor, very technical change regarding how we decide if someone has failed. This might have slightly contributed to the high level of failed exams, but not the bad grades in general."

**Now it sounds like you are saying that there is nothing wrong with the structure of the course. What is then left? The efforts of the students?**

"It is important for me to say that, of course, the students today are as smart and dedicated as former students. And the teachers are as pedagogical as earlier. We are still investigating what happened."

He leans back in his big chair, pausing for a moment before continuing.

"The students do more in parallel with the course than ever so there is no doubt that the students are hard working. However, it does not work like 'I have spent this number of hours so therefore I deserve this grade.' The exam tests what you have learned, not necessarily how many hours you have spent studying. It depends on how you study."





# THE LEAST LOVED COURSES AT SSE

TEXT // SIGURD LOG RØREN

PHOTO // SSE

**T**here are some courses at SSE that are more heavily discussed among the students, especially the courses where many students fail year after year. Minimax met with the President of the Education Committee, Antonia Alan, to discuss her work with these courses.

## What does the Education Committee work with?

“The Education Committee works both with monitoring the education and the projects that add to our education, like the Tutor Center, the Alumni Mentorship Program and the Economics Society.

“When it comes to the monitoring of our education, we work continuously with receiving feedback regarding the ongoing courses, but we especially follow-up every course after they have ended. We then meet class ambassadors from every class and discuss everything from pedagogy and structure, to course literature and exams. We bring the feedback forward to both the heads of the programs and the heads of the different departments,” Alan explains.

**There are several courses where many students fail year after year, e.g. Accounting and Managerial Finance or the Statistics courses. Why do you think so many fail these courses?**

“After having participated in those courses I know that these are difficult courses. Furthermore, we do not have a lot of basic knowledge in these areas from high school. Therefore, I think that the structure of these courses is

really important. The simple fact that these courses have been like this for years, makes it harder to change them,” Alan says.

## What can be done to ensure that more students pass these courses?

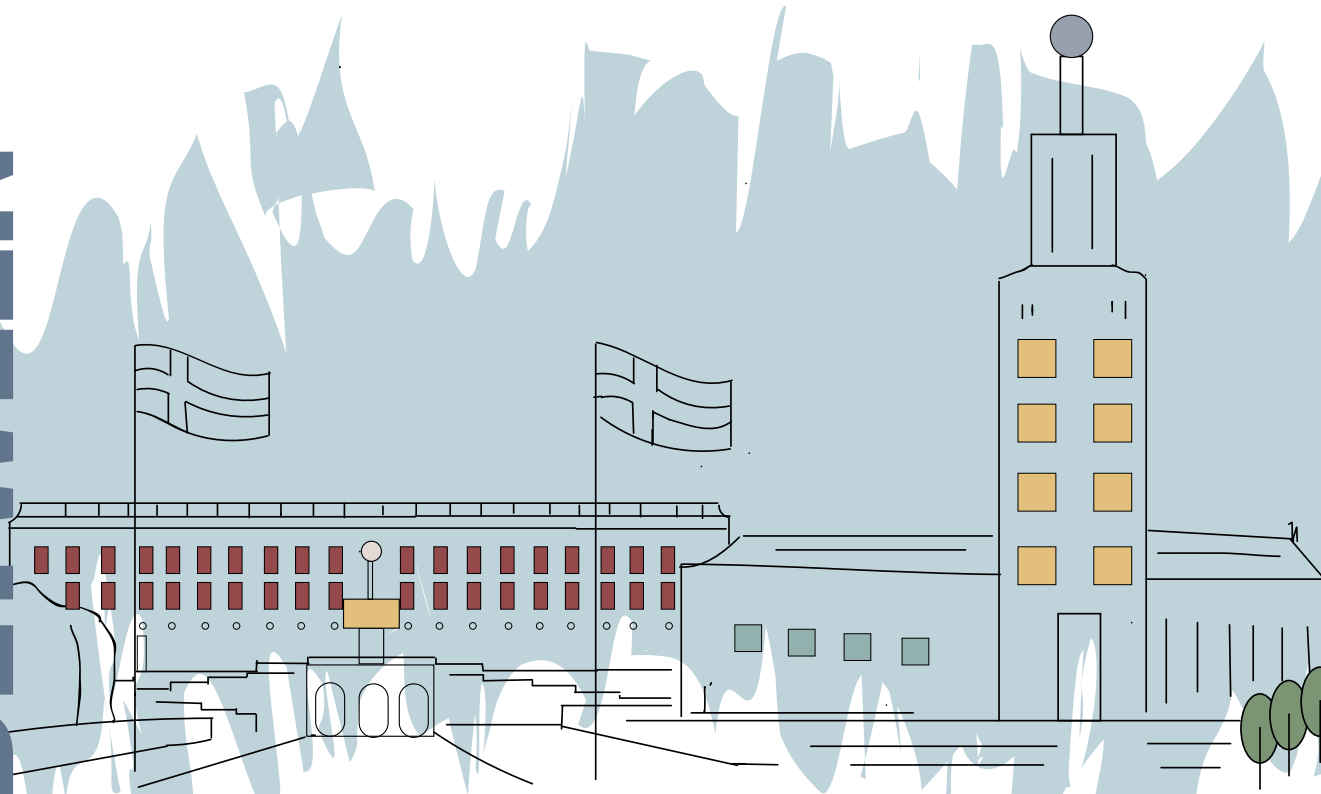
“I think we need to continue developing them by receiving feedback from the students and implementing the changes they see fit. We need to make a vigorous effort through concrete measures and dialogues with the teachers in question and the heads of the programs. The school is aware of these problems and they understand how important it is that we work with this.

“We should look through these courses thoroughly. It might be that the use of the literature in the lectures need to change, or how coordinated the seminar teachers are etc.”

## What are you doing more specifically?

“In the Student Handbook it says that there are no requirements that the course grades follow a certain distribution, but the level of the course should be such that the percentage awarded Excellent a year normally do not exceed 25%. There are similar systems at several universities in Sweden, and in Europe, that I have talked with. The Education Committee is now working with a similar system for when the grades deviate in the other direction.”

# LOVING THE IN-BETWEEN



**B**eing an American in Sweden often means thinking you know what to do and then being reminded that you don't. Like when you take the Tvärbara in the wrong direction. Or when you almost show up at the wrong time because you read 15:00 as 5:00PM, not 3:00PM. Or when you accidentally turn off the lights in a room full of people because you were trying to leave early and couldn't unlock the door (doors are different in the U.S.).

Generally, though, things are pretty intuitive. Symbols of American culture abound, and with everyone able to speak English, you can sometimes forget that you are in a foreign country. People are incredibly accommodating – with almost perfect pronunciations, they may apologize for their “awful” English, while in your head, you're thinking that if anything, you should be the one apologizing for expecting others to speak your language, and that they'd probably laugh if they heard your attempts at Swedish.

I live with a Swedish host family and it's a running joke between us that sometimes they seem more American than I am. I will return to the U.S. with a love for Swedish culture, and also new knowledge of American boats, cars, and music.

This familiarity makes it pretty easy to imagine yourself here forever. Many of us were told Swedish people may be hard to approach, but I have found people to be incredibly kind and genuine. Things work here, and people seem happy to help Americans figure out how.

Fika is great, it's actually not dark 24/7, and people are way friendlier than the stereotype. So, why not spend the rest of your life in one of the “happiest countries in the world”? Handelsdagarna made people wonder if they could get jobs in Sweden and then laugh because a better alternative might be finding a Swedish spouse.

But are we actually experiencing the real Sweden? On most days, you're just living in the bliss of making new friends, being a tourist, and figuring out what your favorite parts of Sweden are, but you occasionally realize that studying abroad is kind of a liminal experience.

You're not fully in one place or another. You're not home, but you're trying to make this your new home – until May. You try to “plug-in” to make the most of your time here, but you also call friends from home, check your school email, and stay up to date



with class registration for the fall because eventually you will have to go back and continue living your real life. You get a temporary break from your usual responsibilities, but in the back of your mind you know that your real life awaits your return.

That being said, being neither a true insider nor outsider comes with many perks. You know just enough not to consider yourself a tourist, but have the perfect excuse to make mistakes. You can break Swedish social norms and people will likely look the other way. You can even break American norms and people might not notice.

The stereotype of Americans is that we are incredibly friendly and outgoing, so being foreign gives us the freedom to live up to this more than we would in the U.S. (when was the last time any of us were ever that friendly to strangers back home?). People taking a Swedish language class are actually told to start a conversation with someone in public as a homework assignment.

Back home, we outwardly try to be unique, yet fit in without trying. Abroad, we want to assimilate. We exchange tips on things we've noticed, and brainstorm ways to make Swedish friends. During orientation, people listed "meet Swedes" and "blend in enough that someone asks me for directions" as semester goals. We strategize

on how to act more Swedish and avoid looking like we are walking around the atrium wearing signs that say, "I'm American, be my friend!"

Rumor has it, though, that we have not yet mastered the art of blending in. "You travel in packs, you dress a little differently, and you wear funny backpacks," said a Swedish friend when I asked if we stood out as foreign. Even toddlers blend in better, apparently - and can run faster on ice without falling.

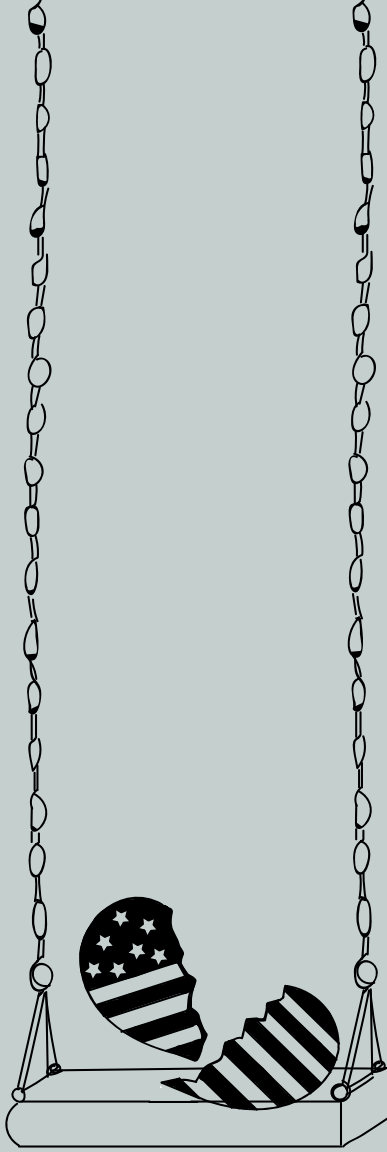
***“Even toddlers blend in better, apparently - and can run faster on ice without falling.”***

It's a privilege to leave the responsibilities of your life for a semester and do something totally new. You're like an outsider on the inside, or an insider on the outside, in your own little unique state that you kind of share with the other

students in the program, but also feels a lot like your own.

Being abroad makes you love a new place and helps you realize what you love about your home, but mostly, allows you to love the in-between. You might be taking a break from your country, but you probably don't really feel Swedish either, and although potentially a little disorienting at times, this gives you a boundless range of new possibilities.





“SO I’M SORRY,  
UNITED STATES OF AMERICA,  
BUT WE NEED TO TAKE A BREAK.”

# IT'S NOT ME; IT'S YOU.

**D**ear United States of America,

I think it's time for us to take a break. We've had a solid relationship for the past twenty-one years but things have been getting a little rough lately. You've been challenging what I thought we always both believed in; you seem to care more about money than your own morals these days, and I'm afraid that if I don't take a step back from our time together, I might explode, and, in the process, ruin our relationship for good.

Some people have already taken it upon themselves to call it quits on you completely and now they live with England, or France, or even Canada. And after sticking by you during all of this turmoil for so long, I've finally realized that I too need some space.

For the next few months, I'll be across the pond with Sweden. I don't know them all that well, but I find that we are getting along quite nicely. They don't like playing with guns as much as you do. And they don't make derisive comments at 2 a.m. about those who supposedly possess enough nuclear weapons to obliterate your Big Toe.

No, Sweden, on the other hand, feels more relaxed and welcoming, and yes, they have their problems because of it, which I know you like to point out, but I'm appreciating their differences, for the time being.

You may think I want nothing to do with you anymore, but that's not true. I still keep tabs, checking up on you over social media and online papers each morning over my breakfast. But I'm enjoying this new ability to judge from afar. I'm no longer attached to you in the formal sense of our past relationship – suddenly I have permission to invest my energy in a new place. The horrific events happening because of your obsession with people being able to defend themselves and your hatred of those who are not born in you or do not share the same skin color as the first presidents you appointed, don't feel as real.

Suddenly I don't have to look around you and wonder when I might fall prey to your petty enjoyment of AR-15s. I don't look around and think that you are causing us to rip apart at the seams, because suddenly my seams are not shared with yours. Observing from a distance, I see more of your flaws than I did before.

But I have to admit that there are things I miss. I miss your sprawling mountain ranges and your smiles that you throw at anyone on the street and your loud laughs that fill up atriums without drawing a single eye in confusion or agitation. And sometimes these memories of our time together well-up inside me and I wish I hadn't chosen this route for us.

But then I remember your love of pussy but your hatred of women, your denouncement of chemical weapons but your unwillingness to actually help those affected by them, or your prayers for those lost to your petulant gun games but still you continue to play.

So I'm sorry, United States of America, but we need to take a break.

It's not me; it's you.

Yours,  
Fiona

## PARKS



Minimax favorite: **Vitabergsparken**

"Somewhere to have picnics and wine in the summer with all your favorite people." -Filippa

- 1 Humlegården Östermalm
- 2 Tantolunden Södermalm
- 3 Vitabergsparken Södermalm
- 4 Rålambshovsparken Kungsholmen
- 5 Skinnarviksberget Södermalm
- 6 Djurgården Djurgården

## CAFÉS



Minimax favorite: **Il Caffé, Södermalm**

"When you don't feel like studying at home, but are too lazy to go to SSE." -Olivia

- 1 Café Pascal Norrtullsgatan 4
- 2 Il Caffé Södermannagatan 23
- 3 Café Pascal Skånegatan 76
- 4 Gast Rådmansgatan 57
- 5 Snickarbacken Snickarbacken 7
- 6 Kaffeverket Sankt Eriksgatan 88
- 7 Il Caffé Bergsgatan 17
- 8 Bageriet Bulleboden Parmmätargatan 7
- 9 Johan Nyström Norrlandsgatan 20

## HUVUDSTA

## MUSEUMS



Minimax favorite: **Fotografiska**

"Just pseudo-intellectual enough to impress your date." -Fransiska

- 1 Fotografiska Stadsgårdshamnen 22
- 2 Carl Eldhs Ateljémuseum Lögebodavägen 10
- 3 Moderna Museet Exercisplan 4
- 4 Nordiska Museet Djurgårdsvägen 6-16
- 5 ArkDes Exercisplan 4
- 6 Sven-Harry Art Museum Eastmansvägen 10
- 7 Andréhn-Schiptjenko Hudiksvallsgatan 8 2tr

## ASPUDDEN



# EXPLORING STOCKHOLM

When studying at SSE, you can easily spend more time at Sveavägen 65 than anywhere else. So get out there, bring your books, your friends, a date, or just yourself, and discover something new!



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SJÖSTAD**

# FOCUS CSR

TEXT // EMMA HAMRE  
DESIGN // JOHANNA ARENIUS

**Some things cannot be measured in financial numbers. The purpose of a company goes beyond obtaining a profit. Profit may often be the goal, but a company's sheer existence has a profound impact on its surroundings, in other ways that are not quantifiable. In other words, there are other dimensions to business.**

The aspect of sustainability and its intrinsic value to maintaining an upstanding society, a reliable economy, and a thriving environment is a central dimension. Sustainability, in its essence, is expressing concern for the future, for future generations and for future life, and its application is now an expectation.

Sustainability's unquestionable importance has earned it a week of discussion at SSE. The SASSE-led project Focus CSR is organized with the intent of making sure that students are well aware of what Corporate Social Responsibility entails, and the opportunities that arise in relation to its endless sphere of applications. Focus CSR aims to showcase the broad applicability of sustainable practices in different sectors. The project team believes that all sectors of society need to work together as a unit in order to tackle the challenges found in issues ranging from climate change to inequality.

The project team hopes to expose students to a wide range of perspectives. The week included a number of

activities, lectures, and workshops by both businesses, organisations, and individuals who are passionate about different issues within sustainability.

The 2018 CSR-themed week was held at SSE between April 16th and April 20th. Whether it was a lecture about the necessity of a circular economy, sustainable investments, or simply a company's own understanding of sustainable practices, the week served as a medium for unique and powerful discussion. Students not only gained a better understanding of innovative initiatives involving CSR, but also saw potential ways to integrate and build a career founded on sustainable business ideas.

For those heart-broken by footage of divers swimming through a sea of plastic. For those gut-wrenched by an article about the real impact of climate change on a visibly starving polar bear. For those who burn for fighting for gender equality in the workplace. For those fascinated by technological innovations that will forever change whole industries and ways of thinking. For those who truly wonder about the relationship between profitability and sustainability. For those who express concern for the future state of the planet, the economy, and social welfare. You have the power to be catalysts for social change. So take the first step of reimagining solutions and actions for a more sustainable future and engage in meaningful discussions. Focus CSR is waiting for you.







# GENERATION: GENTRIFICATION

**There is a sense in the world, at least in the Western world, that urban communities no longer exist. Some might argue that there is no sense in the Western world at all, and they might be right, but most likely they are wrong, or they are the mythical creatures known as Russian trolls. Still, the inkling that today's generation has no material attachment to its foothold anymore, especially among the nomadic young professionals, is too coherent to ignore at this point. As in – it makes sense.**

We are the Bedouin tribes that move from city to city with no sense of belonging, looking for greener pastures where to tend our career goals and lifestyle ambitions. I should know, I am one of the tribespeople. And to appease the needs of the ever-changing crowd of newcomers, urban places have to tailor themselves to the least common denominator. Suitable for many, particular to no one – that is the gentrification survival mechanism.

City 1 - City 2 - City 3, and then the burbs. Fair point – so far nothing that the previous generation did not do. However, I would argue that there are several things that make our grass-hopping different than Gen X's. Some are the usual suspects: the Internet, social media, and globalization.

Some are less recognized: the sharing economy, rising global incomes, and a 50% drop in real airline prices over the last 20 years. We can now travel cheaply, move easily, stay almost everywhere, google for “cool things to do in...”, and share those experiences online to show where the grass is greener. Minimized trial-and-error, little risk, not a lot of investment. The world is our farm-raised oyster, and we will wash it down with a glass of champagne.

In this process we will dilute the essence of every urban space that had any. And that is almost a good description of gentrification, albeit in somewhat chemical terms.

There are two sides to the gentrification coin, both equally unhelpful in the modern cashless society. The tails side of it, where the nominal is shown, is of economic nature. In this sense, gentrification relates directly to increasing housing prices. It takes place when the poorest community members are priced out to the fringes of urban societies by rich inflows of capital looking for prime residential real estate. Just ask the residents of East Palo Alto.

The heads side, where lie depictions of kings and queens, has a cultural importance. This gentrification type usually follows a decade-long circular dance. First, the cheap rent and history of a once-cool-turned-derelict neighborhood attracts poor artists, writers, musicians, designers, and furniture makers – people of the expressive type. Think Greenwich Village of the past and Detroit of today.

Apartments and buildings are creatively redesigned and refurbished, intriguing local venues are opened, and eye-catching installations are made. Soon enough, the Lifestyle section of some distinguished newspaper will describe it as “the city’s coolest up-and-coming neighborhood”.

This will catch the eye of the wandering hordes looking for a quick fix of belonging to something unique, hip, and authentic. And thanks to the widespread cult of personal branding, authenticity is in short supply these days - ironic, isn't it? It does not take an Econ student to figure out that an increasing scarcity of something shoots up its prices. Landlords realize they are in for a buck, the rents are increased, and the poorest members of the community start moving out.

Food & retail chains will notice the underserved high-income catchment area, and soon the first Starbucks moves in (usually a harbinger of the last steps in the gentrification dance). Local businesses, finding it hard to compete with the deep pockets and branding power of large-scale enterprises, will embark on a steady descent. The best will survive, but only as memorabilia of “the good old days”.

As for the people who made the area noteworthy in the first place, they will resist, initially. However, sooner or later, the realization will hit them in the face that it does not make sense to pay a higher price to live in a neighborhood that is changing against their flow.

Luckily, there is always some once-great city in decline, offering low rents and a spacious room for inspiration. The original hipsters pack up their musical instruments, and the dance continues somewhere else. Unluckily, the increased connectedness of the world means their newfound place will not stay underground for long.

So why are we the Generation GENTRIFICATION? Because we live in privileged times. We have an advantage over the previous generation that we have the time and the opportunities to wander around because the borders are open, the flights are cheap, and most of us do not have kids yet. Our advantage over the next generation: we are not the kids with whom Gen X is spending their time. And those poor little ones will have to live in an already largely gentrified world.

**MARTY HART:**  
**THERE'S**  
**ALL**  
**KINDS OF**  
**GHETTOS**  
**IN THE**  
**WORLD.**  
**RUST COHLE:**  
**IT'S ALL**  
**ONE**  
**GHETTO,**  
**MAN [...]**

- True Detective, Season 1, Episode 1, somewhere around the 14thmin

# THE PERFECT STIR-FRY

There's the Pad Thai from the local Thai place in all its glory, but this is a **“next-level stir-fry”**. Whether you want something quick and easy for dinner, to make a lot of lunch boxes for the week, or to just enjoy a nurturing and nutritious low-budget meal- this is the perfect recipe for you! The “next-level” label is because of its environmental friendliness; you simply choose ingredients based on what season it is at the moment. Here are some examples:

## SPRING



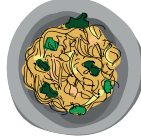
Broccoli, Carrots, Asparagus, Onion, Cabbage

## SUMMER



Bell pepper, spinach, fresh beans, corn

## FALL



Brussel sprouts, kale, broccoli, cabbage

## WINTER



Aubergine, onion, bell pepper, carrot

### Tahini and tamari sauce

Tamari soy sauce

Tahini paste

Lemon juice

Salt

Herbs of choice. Use frozen herbs during the winter and fresh during the summer.

+ Noodles of choice (egg-, glass-, rice-noodles etc.)

### How to:

Decide on some in-season vegetables, cut them in desired pieces, and fry them in olive or coconut oil on medium to high heat in a large pan.

Skip the meat for this dish, it's filling as it is and you will still get all the nutrients that you need.

Boil noodles of choice for a couple of minutes and when they are nearly done, add them to the vegetables and stir.

The trick for this dish is to nail the creamy tahini and tamari sauce.

On the side, put tamari, tahini, lemon juice, herbs, and salt in a bowl and whisk it all together. Either you blend the sauce into the stir-fry or you drizzle some when it is all on the plate (or in the lunch box).

# RECIPES

# CARAMELIZED POPCORN

Indulge in some easy-peasy salty, caramel popcorn - drizzle some chocolate over to make them a little something extra.

120 g soft toffees (ex. soft Werther's)  
½ dl cream  
4 dl popped popcorn  
Melted dark and milk chocolate

## How to:

Put the soft toffees in a pan and melt them together with the cream.

Stir to a smooth caramel sauce.

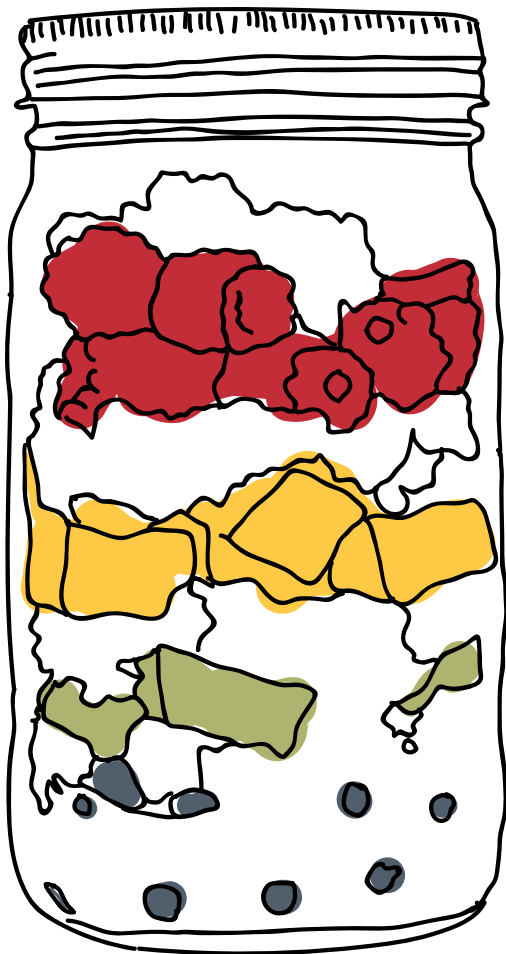
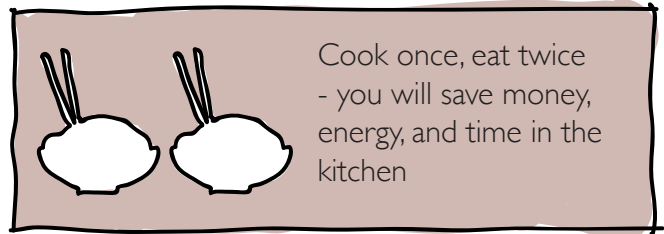
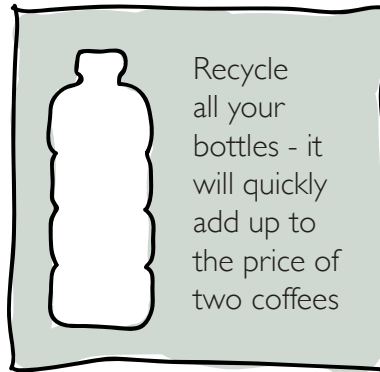
Put the popcorn in the pan and cover with the caramel sauce.

Spread the popcorn out on a baking tray and let them cool.

Drizzle some melted chocolate over the cooled popcorn if wanted.

## 3 EASY WAYS

To live a more "earth-loving" lifestyle



# OVERNIGHT OATS WITH WHATEVER YOU LIKE

This oatmeal recipe is an absolute savior for those of you that have busy mornings as you let it rest in the refrigerator overnight; add apples during fall, fresh strawberries during summer, and frozen berries during winter. Plus, add some cacao nibs and pumpkin seeds for a little crunch!

1 dl oats  
1 tbsp flax seeds  
1 tbsp sunflower seeds  
1 tsp chia seeds  
1 tsp agave syrup or honey  
2 dl non-dairy milk of choice  
Cinnamon or cardamom if you like (tastes almost like cinnamon bun)

## How to:

Just before going to bed, put all the ingredients in a jar, shake or stir, and store in the fridge overnight. Wake up the next morning with breakfast ready to eat at home or bring to school.

WHAT

IS

LOVE

BABY DON'T HURT ME

-HADDAWAY

