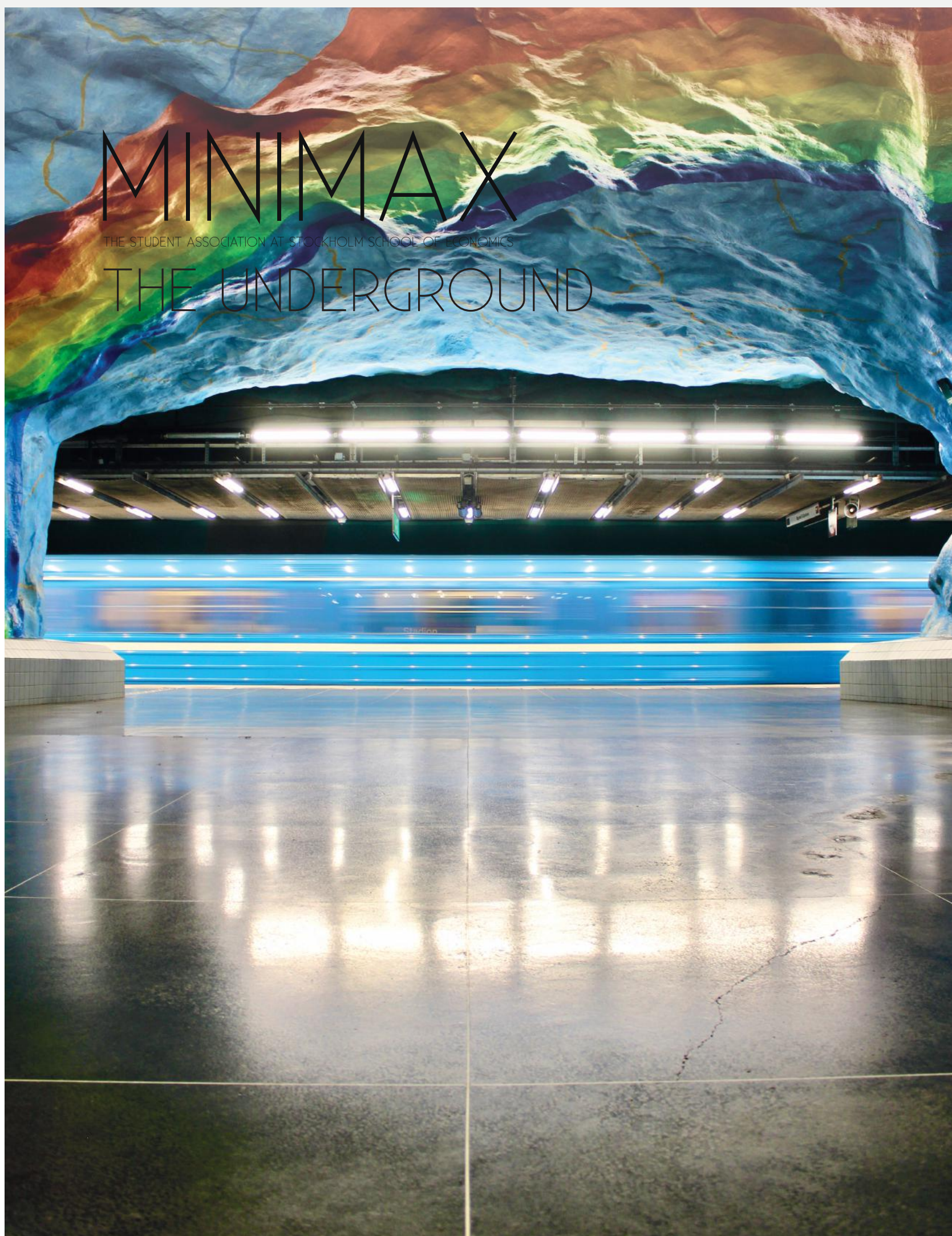


MINIMAX

THE STUDENT ASSOCIATION AT STOCKHOLM SCHOOL OF ECONOMICS

THE UNDERGROUND



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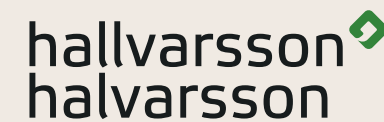
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LETTER FROM THE EDITORS

UNDERGROUND FACES

THE STOCKHOLM SUBWAY HAS ALMOST 1 MILLION PASSENGERS EVERY DAY. BUT SOME STAND OUT MORE THAN OTHERS.

It's morning. I'm sitting on the red line on my way towards school. It's one of the old trains: the ones with worn seats; with soft, tan walls; without cute little names on the corner of every car. The old reminders of a time and era passed; with a long white stripe racing down the wall; with little windows at the end of each car; the train which rumbles as it hurtles down the track.

We depart from Stadion, and my focus returns to the novel I've been slowly ploughing through for the past month.



Suddenly, a pair of knees enter the corner of my eyes, and through the music in my ears I hear a brief, unintelligible murmur. Before I can pry my eyes up over my shoulder, a man passes by briskly, walks about four paces, past the closed doors, before coming to an abrupt halt in front of the next quartet of booth seats. I watch as he presumably repeats himself, again mumbling a few indistinct sentences, nods his head, and breezes by to the end of the car as "Nästa, Östermalmstorg" blares through the loudspeakers.

As we pull in, my eyes have become fixed upon the man, and they follow him as he steps out onto the platform and shuffles forward into the next car. Through the oblong porthole at the end of my car, I watch how the man continues to trudge through the train, stopping, speaking, waiting momentarily, walking, repeat. By now, I can tell he is asking for charity, laboriously combing the morning commuters for spare change. Of course, I've seen plenty of subway

beggars since I came to Stockholm last fall, but there is still a strange novelty about them for me. I've spent every summer I can remember in Sweden, with a fair share in Stockholm. But I can't remember ever encountering a homeless person on the subway once in all those years. Now, I see one on a weekly, almost daily basis.

Returning to the man, something stands out about him. There is a certain air of resignation about him that I've hardly ever seen from a beggar on the subway. It appears as if he knows nobody will listen to him, let alone help him. I watch as he reaches another group of seats. His beanie-covered head is stooped slightly, and his sportcoat and duffel bag shoulders are slumped slightly. He repeats his short speech for what might be the thousandth time, and then hastens forward, without waiting for the inevitable affirmation of denial. He gives a few disappointed but compassionate nods of understanding to the few pairs of eyes that even dare look at him.

"Nästa, T-Centralen." The train grinds to a halt, and the doors open up. Almost simultaneously, everybody in the car stands up. Still looking through the window, my view of the man becomes blocked by about a dozen people. He has become swarmed by clashing waves of passengers entering and exiting the train, and just as quickly as he appeared, he is now gone without a trace, swallowed by the rush hour mob.

I step off, and move on with my day. But in some corner of my mind, this scene of the man nestles itself quietly.

A few days later, I'm on the subway again, on my way to Alby to see a distinct station I want to write about. Book in hand again, I ride the red line, listening to music, and slowly drift out, only noticing the remarkability



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of every passing station.

But somewhere along this indistinct stretch, something catches my eye, but from within the car, not outside of it. In the momentary pause of switching songs, I catch the slightest voice, wafting down the rows. I glance up, and my eyes are met by a young woman wearing a bright, neon pink jacket. A knitted lily white cap and mittens cover her head and hands, and looking at her, I am strangely reminded of the man I had seen a few days earlier. I pause the music to catch what she is saying, but can only grasp a few faint glimpses. But she soon moves forward, closer, and I can just make out what she says.

In an accented Swedish, she softly but swiftly announces who she is. Her name is Anna, from Finland, and she has been homeless for some time. But because she doesn't have a stable address, she can't activate her now-old personal number, and therefore can't get any aid from the government. She is ashamed, but humbly asks for just a few kronor towards some food or just a place to stay the night.

But otherwise, she wishes the passengers a good day, and then falls silent.

It's a unique, yet all too familiar story and plea for help. She briefly stands still, looking at the passengers, searching for someone willing to lend a hand. But nobody does. No one even so much as looks up at her. A look of disappointment flashes across her face, but she quickly seems to brush it off, and moves on.

A few paces closer to me, I can more audibly make out what she is saying. As she speaks up, a boy jolts backwards, startled, looking up at Anna. But as soon as he sees her, or perhaps more likely, understands her situation, his head turns away just as quickly, and his gaze cowers through the window. She finishes again by wishing everyone a pleasant evening, but gets only a few fleeting glances in return. Again she strides forward, slightly disappointed, but nevertheless unwavering. I can clearly hear her now, as

she repeats her address almost to the word. She receives a regretful and compassionate nod of acknowledgement from a middle-aged man, and in return gives him a smile of understanding, and moves forward.

She's standing in front of me now, and while I was okay with looking at her from afar, now that she's just a few metres away, I feel anxious to look her in the eyes. Almost instinctively, I look away whilst she speaks, though for a brief instant, as she wraps up her speech, we make eye contact. But it is quickly broken as an older lady sitting diagonally from me reaches into her purse, and produces a few coins, which she places into Anna's palm with a warm smile. Anna thanks her warmly, and then continues moving back into the train. Gradually, her voice fades, and soon ceases, as she presumably steps off the train. But she leaves behind a heavy impression, far stronger than the brief scene with the man earlier in the week.

When I step off at Alby, I struggle to concentrate on the vast expanse of subterranean jungle, as countless thoughts race and ricochet through my mind.

I wonder if I have ever seen her before. It occurs to me that I could have seen this woman a dozen times before, but every successive time I have

simply dispatched her like nothing, without ever once truly looking her in the face. I think back to the first man, and try desperately to recall his face, but fail miserably. I start thinking of every single person I've ever seen on the subway, asking for alms, and quickly realise that, even in just a few moments, I can't think of a single specific characteristic of one of these people. To me, these people have never been anything than a faceless mob of suffering and need. It feels wrong. Guilt and shame begin to course through my veins, and I ask myself why I have never seen them.

Another few days pass, and I'm on the subway once again. I still feel guilty for watching this woman, asking out for help, and not once did it cross my mind to help

her, let alone acknowledge her. Consumed in these thoughts, I barely notice the young man approaching down the walkway, asking for help. As I hear his brief murmurs coming from down the car, I snap to attention with the memory of Anna fresh in my mind. I resolve to pay attention, truly pay attention, to what he is saying; to make a thorough effort to see him for him.

He makes his way down the train, and stops about 2 metres away from me. I look him plain in the face. His name is Jonathan, 27, and has been a construction worker for most of his life. But now, he has become homeless, and has no other option but to ask for help. We make eye contact, and I remorsefully tell him that I have no cash to give him. He nods with understanding, and moves on. But as he stops a few steps behind me, and repeats his story for a new crowd, a middle-aged man, clearly in a bit of a rush, walks past me, and straight through Jonathan. With a disdainful shove, he simply pushes Jonathan to the side like nothing, and marches on.

This total lack of respect shocks me; a complete and utter disregard for a human in need. Jonathan seems unbothered, as if this kind of thing happens all the time, and keeps moving. But I feel disgusted. Compassion compels and propels me out of my seat to catch Jonathan, who has just stepped out onto the platform at Slussen. I lay a hand on his shoulder and he, startled, whips around quickly.

"Hey, can I get you something to eat?" I ask, as gently as possible. Jonathan is frozen for a second or so, but soon melts into a warm smile.

"Yeah, I'd really appreciate that," he replies, offering his hand: "Jonathan." I shake it, and explain what got me to get up and talk to him. "Oh, yeah that's a pretty standard thing," he says, with a chuckle. We walk up the stairs, and try, awkwardly, to make some small talk. But as we approach the gates and the Pressbyrån up by Södermalmstorg, Jonathan hesitates for a moment. "Do you mind... if I wait here?" I look up confused, before realising what he means.

"Of course" I respond, and ask what he wants. "Just a hot dog is alright."

I return with two, and we start talking. I feel like I have a thousand questions for him, but just one comes to mind: "What is it like?" Right away Jonathan understands what I mean, and replies with just two words:

"It's hard." After a pause, he continues: "it just makes you feel like you aren't human. At first, I felt so ashamed, but in the end I had no choice, I didn't know what else I could do." I don't ask, but it feels like he's had this exact conversation many times before.

He has finished both hot dogs, and looks somewhat restless, as if he needs to get back to work. But before he can run off, I ask one last question: "what do you want people to do when they see you?"

"Honestly, I don't really care if you can't or don't want to help me, but the least you could do is acknowledge that I exist, that you see me, that I am a person to you." His voice rises with hints of annoyance and anguish. Taken aback by Jonathan's frankness, I must seem visually startled, because he nods at me in acknowledgement, reaffirming the punching poignancy of his words.

It is so easy to dehumanize and desensitize these people in need, to just look away and pretend they don't exist. But they do. These are not phantoms, floating from train to train; these are people — real people with real stories. In the silence, Jonathan takes the opportunity to thank me, and then quickly heads off before I have the chance to say anything. But while he may have disappeared for good, his words don't.

** All names have been changed and places are not verbatim **





“BUSINESS PRACTICES ARE NOT JUST A WAY OF MAKING MONEY - BUT A WAY OF UNDERSTANDING SOCIETY”

AN INTERVIEW WITH NATASHA WEBSTER.

Natasha Webster is a researcher at the Department of Human Geography at Stockholm University in Sweden. She has interviewed migrant women from 26 different countries, who are entrepreneurs in both cities and rural areas in Sweden. Through Webster's studies we get to learn more about what kind of challenges these women face, and reflect on what entrepreneurship really means.

SEE NEXT PAGE.



What made you interested in this specific topic?
 - I was always interested in gender issues and entrepreneurship, not only from the business side but more from the social side: what it means to do entrepreneurship and what the impact of entrepreneurship is.

I wanted to know what entrepreneurship does. I wanted to look at it in migration, how does it help or not in entrepreneurial practices? In what ways does it shape different integration policies? During my PhD studies, my professor had a project looking at rural areas, and she said, 'why don't you look at entrepreneurship in rural areas?' And I saw pretty much right away that one of the interesting groups was Thai women, and I was really interested in that. How do you end up in Sweden from these really small towns from Thailand? What is that experience like? How does a business survive in a rural area? Rural areas are quite interesting since people generally leave them for cities. Still these women are arriving there and opening businesses.

What have you seen?
 -I think one of the common themes in my research is that we really need to understand business practices not just as a way of making money, but as a way of really understanding society; a way of understanding different sorts of inequalities in society, different values and thoughts; and a lot of these things get expressed by business practices. So in that sense I think it's interesting to use entrepreneurship or work life to understand us and how we function as a group.

What we value, what we think is important or not important, what we want as a collective group in terms of our world and what we want our world to look like.

What are some common challenges these women have faced?

"I think that erasure of one's past in migration is a real hurdle that a lot of the women experience."

-One thing about entrepreneurship is that we really see the way intersectionality works: the way these women experience being both women and migrants, and then often race, class, ethnicity and religion and other identities also play a role in that. I think one thing that is common to almost everyone's experience in terms of describing is the sense of losing a lot of their past experiences, and changes to how those experiences are valued prior and post migration. Some of the Thai women for example, may have run a business before but then when they encounter business help or discussions on how to do this it's almost as if that's erased. Education, background and work experience sometimes doesn't matter anymore. They might speak a lot of languages but if it's not Swedish, it doesn't matter. So I think that is common to a lot of women, that process of trying to build a history and track record here in Sweden and fast, in order to get work or open their business.

What's been the most surprising result from your studies?

-For me personally I hadn't prepared for how emotional the process would be, which may not sound so surprising if you think about it logically.

As a researcher I hadn't really initially prepared so well for that. And I think that one of the things that has always struck me as really interesting is how powerful these women are. It's really easy to fall in to a narrative of vulnerability, and victimhood, but they are really strong, resilient, and they think very carefully and strategically about how they want to do things and how they want their world and lives to look like.

What do you think has made some of these women into successful entrepreneurs?

-Tenacity. Almost every woman I've interviewed is extremely stubborn and very focused on succeeding, however they define their success. I think it takes a lot of willpower to make a business; you have to do so many things. It's not just simply a matter of opening a business and off they go! If we think about it and take a step back, these are women who are doing something that's really difficult, even for Swedish women it's really hard to open a business. You have to know how the government works, how authorities work, how the market works, how you even rent an office. These are difficult things already and here are women that are doing that in a language that's not their own, in a context where maybe they don't really know the situation well. It takes time to learn 'what does the Swedish market look like? What will work here and what won't work here?' Usually they're also without a network. You might have a partner, maybe a few friends, but maybe you haven't gone to university or school here. You don't have access to the networks that you might've had in your home country. You are kind of starting well behind the starting line and when I think about what women migrant entrepreneurs have done - that's really inspiring!

I think it's really important to think about that because it can be a bit of a normative value to think that these businesses are really small and so they're not very 'entrepreneurial'. Like 'what's so entrepreneurial about a hairdresser?' In an academic sense I think there may be some point to that: a hairdresser is no Spotify in terms of how we understand entrepreneurialism. But if we take a step back and open the processes that went in there, it's extremely entrepreneurial to learn how to navigate a new system; know how to build networks.

"I think it's really important to think about the

values and the normative structure that shapes how we talk about success and how we talk about who we think is important and not important."

I think that's very gendered as well, and becomes even more so when we add identities like migrant onto that.

What is the climate around talking about topics such as discrimination towards women and migrants facing these challenges?

-I think it's very complex. On one hand there is a strong policy support generally for women migrant entrepreneurs. There's a lot of different programs available from incubators to trainee-ing and "Swedish for entrepreneurs". One of the challenges in a lot of those programs is that the funding model is very short. Let's say you participate in a program for 6 months,

"I think when I thought I was studying entrepreneurship; I hadn't expected it to be such an emotional topic. It was so linked to people's identities, lives and experiences, that it was really hard to talk about entrepreneurship without it being an intense conversation."

it's not really in line with the actual length of time that it takes to start a business. Especially if you already started with a lot of obstacles. So I think there's a bit of a contradiction that even though there's a common understanding and agreement that women's potential needs to be realised and women need to be lifted, at the same time there needs to be more support. There needs to be longer programs, more opportunities for mentorship and

less fast and easy fix solutions. We have this overlying rhetoric that entrepreneurship is an answer to labour market integration problems, like 'you can just start a business straight away', but that's really not understanding the entrepreneurial process. A business doesn't get made when it's registered. It's all of the other activities that make it really difficult. So I think that's a contradiction in the policy field for women entrepreneurs.

Anything you'd like to add?

-I think it's important to think about the migration and entrepreneurship as a complex social process. It's important to think about it deeply as a lot of women will be doing this with skills that aren't necessarily perceived as entrepreneurial but are very much so. There's a lot of silences around issues that are particular to women but should be considered as part of the entrepreneurial process more broadly.

LArin DESIGN!!

LArin DESIGN!!

OUT WITH THE OLD

ARIAN - SASSE PRESIDENT

When during your time in the SASSE Board did you feel the most proud, and why?

For me, it's the small everyday activities that members come up with. When I walk past the pub an evening and see a small group of people having a nice dinner or a Mario kart tournament, it makes me smile and feel proud of the friendships that SASSE contributes with apart from all the big projects. I think more members should try to utilize SASSE's resources to create small engagements.

What do you appreciate the most about yourself?

My ability to be kind to myself. I think it's important to encourage yourself the same way you encourage others in the face of failure for example.

Have you changed in any way during your time as

WENDELA - MEDIA COMMITTEE

When during your time in the SASSE board did you feel the the most, and why?

After the introduction when we had met all the new students. It was so much fun meeting everyone and creating a positive first experience for them. I hope that as many as possible felt at home and became eager to join SASSE.

What do you appreciate the most about yourself?

That even though I can have a million things to do, I always put aside time for friends and family.

Do you see yourself as a creative person? Why?

It depends on what you mean by being 'creative'. I'm not the best at photoshop, but I will help you turn a boring

KALLE - SASSE TREASURER

When during your time in the SASSE board did you feel the most proud, and why?

After having, together with Niclas, mended the hole in the wall in the Kåridor,

What do you appreciate the most about yourself?

Being blunt. I like knowing that when I say something I actually mean it.

Was staring at excel sheets and helping clueless SASSE members hand in receipts for a year really fun?

It was! What most people don't know, is that I sometimes also help projects out by opening the door to the kitchen.



SASSE President and if so, how?

I've become more professional and relaxed at the same time, if that's possible. I was quite serious before and I think that a whole year of SASSE involvement has taught me to loosen up a bit more when I'm not "on duty".

What's the best thing about SASSE?

Standing on the chairs. Please don't though!



night around with some crazy idea.

What are you the most thankful for?

My brother, we've always been very close.



What does a perfect day look like to you?

The sun is shining, and I'm hanging out in a park with friends the whole day.

NICLAS - SASSE VICE PRESIDENT

When during your time in the SASSE board did you feel the most proud, and why?

It was during the first intro pub when stad i ljus was playing and the Rotunda Bar freshly rebuilt. Fifteen marshalls were standing together on it dancing and I did not have an ounce of doubt that the new bar would carry them and generations to come safely without problems.

What do you appreciate the most about yourself?

I always greet people with a smile on my face. I say that's a strong skill that I have!

Let's say Lars Strannegård or a major SASSE sponsor gives you unlimited funding to improve the SASSE premises. What do you spend it on?

ALICIA - SOCIAL COMMITTEE

When during your time in the SASSE board did you feel the proudest, and why?

I would say after the introductions. Having seen so many students engage in welcoming the new students, day and night, week after week makes you proud.

What do you appreciate the most about yourself?

Hmm, difficult. Maybe that I usually do not overthink situations.

What's the best thing about the Social Committee?

-The best thing is the creativity you have within the committee. One year never looks the same as the previous one, making it a special time that you share with

KATARINA - SPORTS COMMITTEE

When during your time in the SASSE board did you feel the most proud, and why?

When we went to tournaments in the Netherlands and Germany. Seeing 50-60 people from the school come together, support each other, and even win cups.

What do you appreciate the most about yourself?

That I am a pretty logical person, not very emotionally driven.

What's a sport you'd like to try that you haven't?

Diving! I'm a fan of gymnastic sports, so it sounds fun to combine that with water.



THROWBACK

There's a small room under the rotunda. I would get one of these huge digging machines that you see in cartoons, and dig out that room to be as large as the basement.

How would you rate Arian's performance as SASSE President and why would you have done a better job?

Maybe a strong 6,5/10? I think I would have done a better job because I'm not as full of myself as he is.



the people engaged in SU.

Do you have a bucket list, and what is or what would be on the top of that list?

To become SASSE President.



Who's someone you look up to, and why?

My big sister, Julia. She always dares to do things I wouldn't have dared to, like moving abroad without knowing anyone there. Throwing yourself at life without knowing what's around the corner is something she does which I look up to a lot.

CECILIA - TECH COMMITTEE

When during your time in the SASSE board did you feel the the most, and why?

It was probably when I officially changed the name of the IT committee to the Tech committee, and then the day after had a big release event with the cake master of 2018 bake a cake and cupcakes. It was amazing to see that I had a goal when I started and then actually achieved it.

What do you appreciate the most about yourself?

Probably that I am not afraid to do things that I normally wouldn't. I've been good at seizing the opportunities I've gotten throughout the years.

What are you going to miss the most about being the Tech Committee President and Member of the SASSE Board?

JOHANNA - INTERNATIONAL COMMITTEE

When during your time in the SASSE board did you feel the most proud, and why?

When me and a couple of second year retail students had written the Sweden survival guide. I was proud not only because we had finished it, but also because the school contacted me because they liked it and wanted to use it for the incoming international students. It confirmed to me the great work that we had done.

What do you appreciate the most about yourself?

My piano skills!

What is something you wish you knew before you became President of the International Committee?

With the upcoming internationalisation there has been a lot of work, and a lot of different things to take into

ELIN - BUSINESS COMMITTEE

When during your time in the SASSE board did you feel the most proud, and why?

It was when 3/6 members from my board chose to run in the fall elections that I felt the proudest. It was a kind of confirmation that our year together in the Business Committee had been fun and made an impact on these people that they decided to spend another year with each other.

What do you appreciate the most about yourself?

My work ethic.

What is the most fun thing with being BC pres?

What I have loved about my role is that it's both professional and fun. During the days you have to be responsible of the financing of the association



That I get to meet a lot of people! We get to meet so many members and students at this school every single day and it is really amazing. It is what gets being a part of the SASSE board and the tech committee so rewarding.

What's the weirdest thing about you?

Something that I get judged by a lot is that I haven't done a lot "normal" of things, such as watching the original version of the lion king?



consideration and I wish I would have known where to start and some tips on what not to do throughout the year, to have been a more effective president.

What's your dream vacation?

An adventure? I don't know where, but I imagine Australia has a lot of it. I just want to bungee jump and go on waterfalls or whatever.



and sit in serious meetings with SSE faculty and company representatives, but during the evenings you get to meet and have fun with amazing students.

If you could speak to any person, dead or alive, who would it be?

Ellen DeGeneres, I love her vibe.

HILDA - EDUCATION COMMITTEE

When during your time in the SASSE board did you feel the most proud, and why?

When all course directors on bachelor level executed their mid course evaluations.

What do you appreciate the most about yourself?

I appreciate that I have a lot of compassion for others.

What is something concrete that you did for the students at SSE that they should know about?

I have ensured all course directors now get an email from the Vice President of SSE with instructions on how to show they have taken student feedback into consideration.

How do you 'recharge'?

Running with my boyfriend in the forest.

CORNELIA - ENTERTAINMENT COMMITTEE

When during your time in the SASSE board did you feel the most proud, and why?

The Sunday after the Summer Party, when the dust had settled and the atrium, the Rotunda and the Pub was back to normal. When I knew that we, together with the SASSE board and 15 volunteers, had just pulled off the biggest event of our year, that's when I felt most proud.

What do you appreciate the most about yourself?

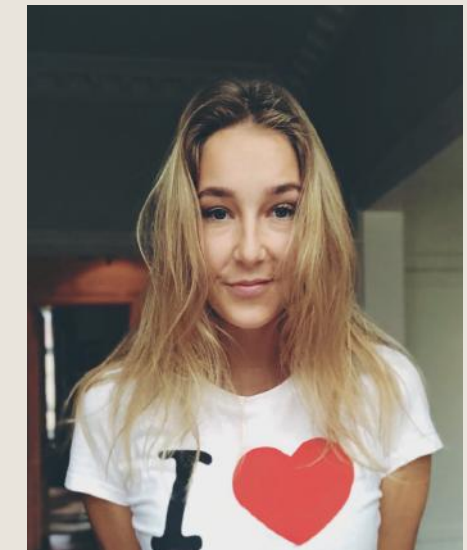
My mopping skills.

How often do you wash your purple overall?

Every other day.

What's the best thing someone can do to make you happy?

Feed me candy and I am happy as a clam!



IN WITH THE NEW

HANNA - SASSE PRESIDENT

How would you define success?

Having people turn to you for help and support, being someone than other people can trust.

What do you appreciate the most about yourself?

Being able to find balance in things.

On a scale of 1-10, how funny would you say you are?

Mellanmjölk, a 5?

What do / would you tell SSE students not engaged in SASSE looking to get involved in some way?

Dare to ask! We are here for you at all times, and if you have something you would like to do, everything from arranging a movie night to a crazy surf trip just come by the reception and we will guide you through the process!



STYRBJÖRN - SASSE VICE PRESIDENT

How would you define success?

Being fine with being who you are.

What do you appreciate the most about yourself?

My optimism.

On a scale of 1-10, how funny would you say you are?

I would say a 5, but that's just because with great jokes comes great humility.

Do you feel sufficiently prepared to take on the various responsibilities of the Vice President, and what are your top priorities?

I can only promise you that I'll wake up on Monday morning and do my best. Although I've heard rumors that there's a new group called Property Management Group that are going to build some crazy stuff this year.



IDA - SASSE TREASURER

How would you define success?

To management and fulfil your dreams.

What do you appreciate the most about yourself?

That I always want to see the good in other people and be there to help them.

On a scale of 1-10, how funny would you say you are?

ZERO! But luckily, I have other good qualities.

Why should SASSE members be interested in the work the Treasurer does, and what is something they should know about SASSE's financial status?

We will make sure that SASSE's finances will survive another year and that you will get the most out of it! Also, if you want money for a new project, I'm your queen!



EDWARD - SOCIAL COMMITTEE

How would you define success?

Being able to live life in your own way.

What do you appreciate the most about yourself?

My curly, golden and extremely fluffy hair.

On a scale of 1-10, how funny would you say you are?

Scale does not matter, I'm always the highest.

How can the Social Committee continue to be an inclusive and fun gathering point for all SASSE members?

Of course by living up to the "Social" part of our name by creating events open for anyone to attend or in any other way become a part of. We will keep on delivering necessary study breaks, with our events ranging from full size parties to the smallest of tentafikas. SU should always be a part of making a students everyday life better and create "studentnytta" (student value) like no one else can.



JAKOB - EDUCATION COMMITTEE

How would you define success?

Acting in accordance with your goals and ambitions without compromising on your values. Money's pretty great, too.

What do you appreciate the most about yourself?

I'm quite good at boiling water.

On a scale of 1-10, how funny would you say you are?

A solid 3.7...

What are some ways for students to make their voices heard when it comes to their concerns about their education-related experiences at SSE?

Without student opinion, the Education Committee cannot represent the students in a satisfactory way, and while class representatives will likely be your first point of contact, you're always welcome to contact someone in the Education Committee Board, particularly if you're unsure where best to turn. In the coming year, I want to make more of an effort to be present as a direct point of contact, available to discuss anything and everything. I will also be experimenting with various forms of feedback collection, both personal and digital, with the goal that every single student will feel willing and able to share their thoughts regarding the student experience at SSE.



ISABELLE - SPORTS COMMITTEE

How would you define success?

When you accomplish something you have fought for.

What do you appreciate the most about yourself?

Being a part of this amazing association.

On a scale of 1-10, how funny would you say you are?

This is a really Swedish answer, but I would say 5.

What can be done to ensure more SASSE members take the time to make exercise a part of their lifestyle?

The Sports Committee needs to take the time to find answers to what the members want. If we can provide activities that correspond to the student's interest, I believe that more students will make exercise a part of their lifestyle.



RICHARD - ENTERTAINMENT COMMITTEE

How would you define success?

Making Kårordförande (SASSE President) Hanna proud.

What do you appreciate the most about yourself?

If Hanna compliments me, she compliments my loyalty, so I would have to say my loyalty.

On a scale of 1-10, how funny would you say you are?

Not as funny as Hanna.

How can this year's Entertainment Committee outdo the efforts of last years'?

I have great confidence in Hanna as a leader and I think she will contribute with priceless input.



EMMA - INTERNATIONAL COMMITTEE

How would you define success?

Dating Chris Hemsworth.

What do you appreciate the most about yourself?

My ability to fake-speak every language in the world.

On a scale of 1-10, how funny would you say you are?

Edward says I'm a 10.

What do / would you tell SSE students not engaged in SASSE looking to get involved in some way?

Every SASSE member has to be aware of our informal behavior and how our actions can affect others. It's, for instance, super important that we always communicate in English, that we are open for new perspectives and show respect for other people's wishes and needs. So, it's not about removing our Swedish traditions or killing the Swedish student life. However, all members have different backgrounds and experiences and that is something we need to embrace together!



SPENCER - BUSINESS COMMITTEE

How would you define success?

Doing something that brings joy to both yourself and someone else or society in whole.

What do you appreciate the most about yourself?

The people surrounding me on a daily basis!

On a scale of 1-10, how funny would you say you are?

11.

In what direction can we expect the Business Committee to develop during your time as its President?

During the upcoming year you can all expect more personalised company events with themes and subjects that you feel a deep interest within. And for sure, a Business Committee room where you can always hang out and people who are always willing to help out!



HENRIK - TECH COMMITTEE

How would you define success?

I'd say it's very individual, depending on what you want to achieve in life. Basically feeling that you love what you are about to do when you wake up in the morning, and that you are making progress in what matters in your life.

What do you appreciate the most about yourself?

That I'm aware of what I want to do in life, and that I've started working on getting myself to where I want to be in the future.

On a scale of 1-10, how funny would you say you are?

A 7 probably?

What is your vision of the direction the Tech Committee should move in?

I want to create a committee that is as alive as possible. Internally that we really appreciate each other, but also externally producing more lectures and activities for SASSE members than we are currently!



SOFIA - MEDIA COMMITTEE

How would you define success?

When you do something that you are proud of.

What do you appreciate the most about yourself?

My dying sense of humor!

On a scale of 1-10, how funny would you say you are?

Definitely a 2.

What ideas do you have for furthering the Media Committee's position as a creative outlet for SASSE members?

I want to arrange more workshops and lunch lectures that can give the members a possibility to learn more about ex photoshop, movie editing and photography, in order to give the members the knowledge that they may need in order to be more creative in their everyday life!



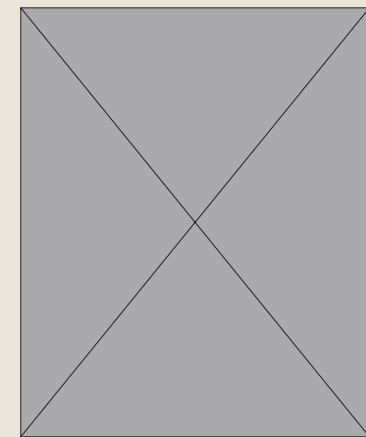
ADS



BEHIND THE GREEN WALL

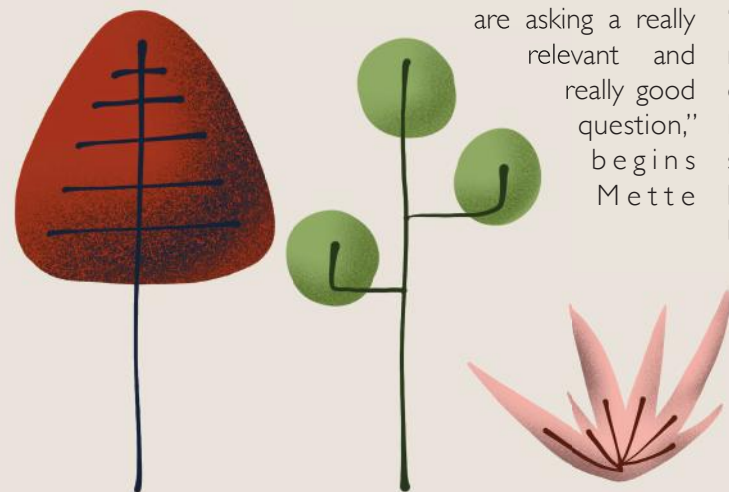


Whenever you think of a “climate scientist,” or a “sustainability researcher,” what do you picture? Most likely, you can’t picture anybody. Climate and sustainability research have become incredibly impersonal — a faceless, nameless, shapeless abstraction. But behind this wall of green obscurity is a human side that often goes unnoticed and overshadowed by the deeply important work they do. However, without the thousands of individuals researching sustainability every day, the world would be

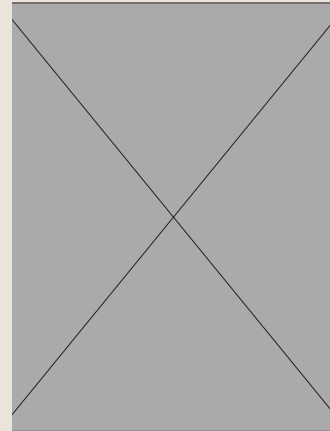


Mette Morsing

I began by asking what it means to be a researcher in today’s day and age, what with mounting pressures everywhere in the world. “I think you are asking a really relevant and really good question,” begins Mette

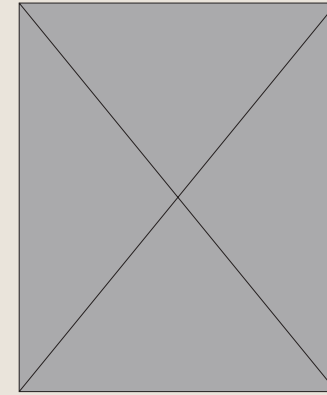


Morsing, the executive director for Misum — the Mistra Center for Sustainable Markets — here at SSE. “I think that what is happening in sustainability is that you will find a lot of researchers who are dedicated because they are not only researchers, but because they are also on a mission: they want to change the world. And it is interesting to see, because just ten or fifteen years ago, as a researcher you were not supposed to be an activist, but a neutral entity who was purely analytical and objective. And of course, we are still analytical in all of our research, but I can clearly see a new movement emerging amongst some of my colleagues doing research that matters for the world today.”



Friederike Döbbe

I spoke with one of these colleagues, Friederike “Fritzi” Döbbe, who is a second year PhD student and researcher at Misum, about this shift amongst researchers into activists, and how she perceived her own role as an activist. “It’s a difficult question. As a researcher your main role is research, but then there is also a question about what to do with that research. Different types of research might lead to different types of roles. For example, in the social sciences you might not always be able to provide a silver bullet solution for how to solve the world’s problems, because it’s so complex. But what you can do, and here, maybe, the activism aspect becomes a bit more relevant, is that you can mirror what society currently looks like. Through research, you can problematize and question certain ways of organizing in our society that have become normalized, and you can thereby direct attention to these challenges, which can range from gender inequality to environmental pollution.”



Tinni Ernsjö Rappe

This sentiment was echoed by Tinni Ernsjö Rappe, the former communication manager for Misum, and now the manager for the art initiative at SSE. “When I first started at Misum, I began with the research and with the UN’s sustainable development goals, and spreading awareness of what we were doing with sustainability at SSE. But soon I started shifting more and more towards working internally, getting the students to know that we exist, and getting the faculty to cooperate more with us.” Subsequently, she has “seen a big change in how students were 5 years ago compared to today. Today there is much more awareness and interest in sustainability.”

Next, I began wondering about the psychological effect that constantly working with sustainability might have on a person. As it seemed to me, sustainability is a field with enormous consequences for the future, and with these consequences, there must surely come an immense pressure on its individuals.

“As a teacher you have an enormous responsibility,” says Mette, “you are on the stage, engaging with students who are very engrossed and demanding. In our role as teachers, that is where we have the most impact on a daily basis — in the classroom. For example, some new research shows that if the teacher takes up an article on sustainability and then says ‘oh, you know, there’s five minutes left of class, I don’t think we have time for this article today, maybe next week, or maybe not,’ that creates a cynicism in the classroom

Mette also stressed the importance of researchers as educators as well. “We need to mobilize our students, also. A central aspect of what we do at MISUM is of course research, but also education. That role as a teacher, as an educator of young people, of the future decision makers, that is crucial.”

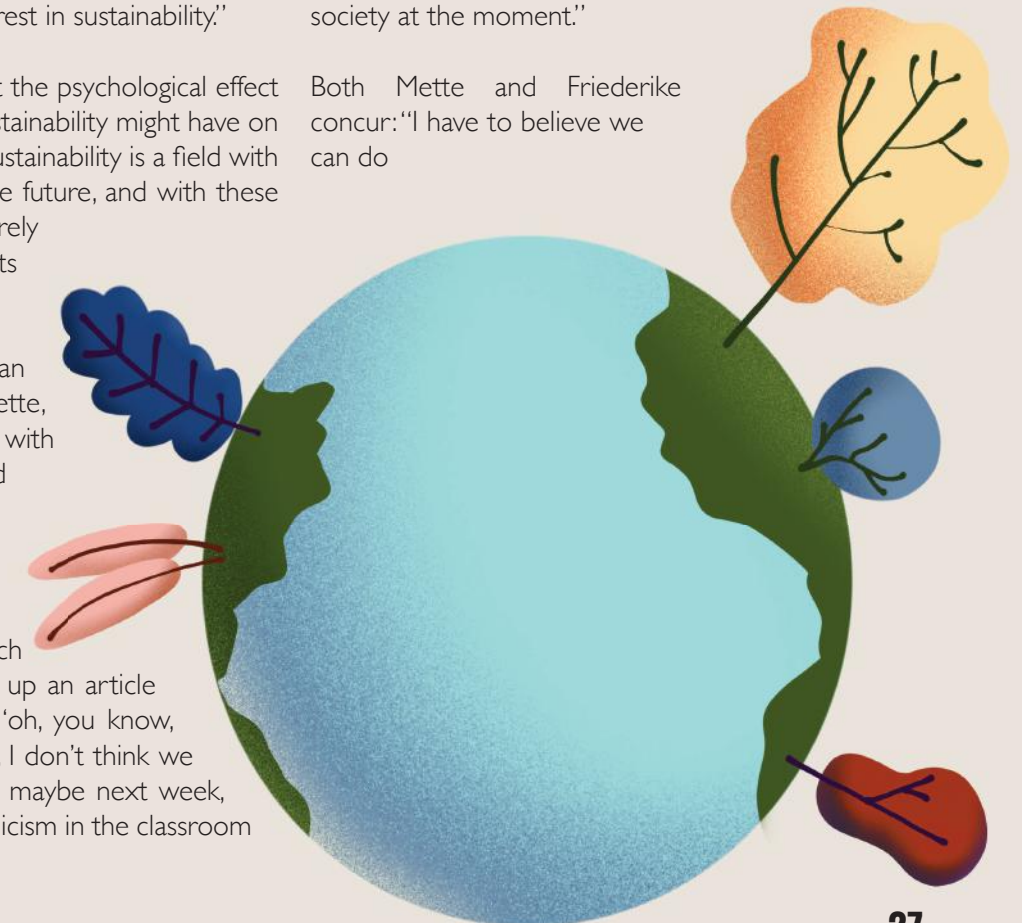
among the students, because the teacher is showing ‘well, that doesn’t really matter, this is not the important stuff.’”

Along the same lines, Friederike, whose research centers around sustainable food systems, argues: “I think there is of course pressure when working in academia, because in the end it is taxpayers money that is paying for our jobs. While working on sustainability issues is certainly a personal drive, it becomes difficult for me to compare whether being a ‘sustainability’ researcher would give me a feeling of more or less pressure - simply because I can’t compare it to any personal academic experiences in a field not related to sustainability.”

Tinni, however, certainly feels the stress: “I have been weighed down over the past years by trying to meet this broad complex of problems, by going to seminars about the seas and global warming, and at the same time noticing how slowly things are changing.” I then turn

towards the future, and ask her how she feels about, for example, the UN SDGs, and whether she feels they are attainable. “They’re set very high, so in that sense I don’t know if they are reasonable, and I feel like I don’t see that many big changes in society at the moment.”

Both Mette and Friederike concur: “I have to believe we can do



it, but I can also see that there's a long way ahead of us. We have to be careful not to think we're almost there, because we're not," says Mette. Friederike agrees: "I have hope. But I think we need drastic changes in how we live, how we govern, how we produce and what we produce — we have to change a lot." Concerning the Agenda 2030, Friederike thinks that "the SDGs are a great improvement on what we had before [the Millennium Development Goals], they are much more specific through their indicators and targets."

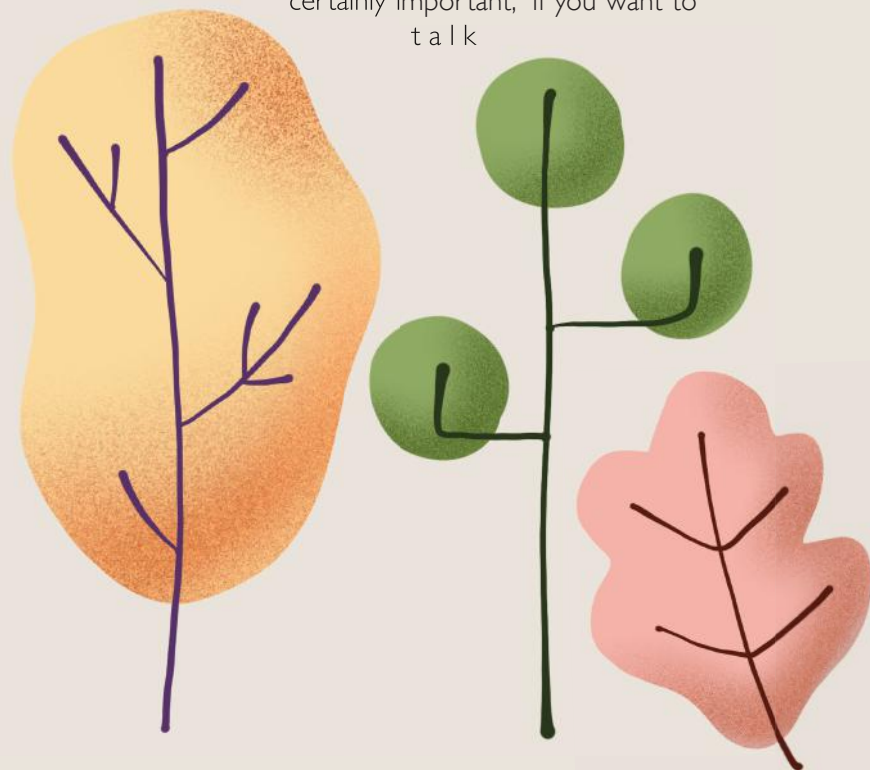
But for Mette, hope is imperative. "We have many of the techniques in place, we've got many of the solutions, but we still need to change the way we make decisions in policymaking and in business ... You need to have hope. Otherwise you dive into climate depression, and that will not take us anywhere. So I think you need to keep up that hope, because falling into that apathy is very dangerous." And for Tinni, who doesn't feel "hopeless, but a kind of horror, that things are at an overwhelming point ... I still feel like change is possible. I still come into the school each day and think it's super important to work with the students and the sustainability question."

So where do we go next? What should our next step be? "Education," says Mette, with little hesitation. "I strongly believe in education; education that is based on research, it's a very important way forward. Of course, it's not the only step towards sustainable development, but it's a very important way forward." But for Tinni, while education is certainly important, "if you want to

t a l k

about sustainability and accomplish some change, there needs to be some personality to it. You need to 'sink into' people at every level. So while information is one aspect, you also need some feeling, that maybe art and literature can do — another way to reach people." What's more, Friederike offered yet another angle: "Don't only focus on the individual. Education and art, yes, but then we also need to consider the production side and governments."

Perhaps this is most telling, that all three of these people working so directly within sustainability have different outlooks on the future, yet all three are right. Not only does it speak to how massive "sustainability" is, but it also highlights the immense diversity of thought behind sustainability. There is no single blueprint for what a sustainability researcher, activist, or advocate should think or be. The people behind sustainability are anything but a monolith — just like you and me, they are regular people, who also feel the stress of a deteriorating world. And if we want to make some serious strides forward, the least thing we can do is at least acknowledge that there are real people dedicating their lives to sustainability — so maybe it isn't too hard to make some changes to yours.



THE UNCONVENTIONAL ROUTE

The Stockholm School of Economics is a comparatively old business school and well-established institution in Sweden, and has undergone significant changes in the past years, with ever-increasing internationalisation. What exactly this will mean for the school is left to see, but four interviewees were happy to share their respective perspectives from the faculty, students and SASSE.

The time; I hated speaking in front of people and I really did not want to network. That was not where I felt comfortable. They put me in the middle of these events and in a way, they threw me out into this unknown space where I had this massive learning curve."

She goes on to tell me how she overcame this hurdle. "I started having this ice breaker question: 'what brings you here?' I learned I could get to any group of people or get into a conversation with anyone just by asking that". Delin tells me how this question got people talking about their passion, "either you were passionate about entrepreneurship or startups or you had your own startup; you have a passion for product management; you want to learn more and get into the business. You can get into the person's mind quite quickly and talk about something that they are interested in."

Still receiving no compensation, Julia stayed at the company late at night and during weekends, absorbing inspiration. "There was another guy who was there a lot and we got to talking and he was coding the apps for a start-up. He had some free time and we started some projects together". From that, PeppMeApp was born as a non-profit which shared condensed, three to six minute lectures from famous and inspiring people in Sweden. "I learned a lot about building a product" Delin tells me, which lead to her next venture.

Throughout our conversation, Julia reiterates a common motivation of hers: to change human lives. However, un-

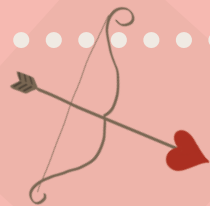
like many aspiring entrepreneurs, Julia humbly recognises the boundaries of her influence at each stage of her career: 'I didn't want to make more money, that's not why I was starting a business'. She offers her advice to those truly wishing to get involved in the Business Lab: 'Go look for a diverse set of team members who complement you and brainstorm ideas of problems that you want to solve'. This is exactly what Julia did next after PeppMeApp.

"At the time, we were having issues selling tickets within SASSE" Julia explains. "I talked to the person in the Tech Committee who was responsible for finding a new solution and asked him 'what do you need for this system?' They gave me a list of everything they didn't like about the current system and what they wanted. I gave this to my friend and said do you think this will be possible to build? We spent all summer building it, and when I left we had a turnover of over 4 million SEK a year from SASSE alone. That's a lot of tickets".

Delin had been involved with the Business Lab for some time, defining herself as the creative problem solver. After graduating from SSE, she received a phone call from Douglas Stark, her predecessor, with an exciting opportunity to join the Business Lab. Just one week after starting in her role, Douglas informed Julia that he was beginning a journey to bring e-scooters to Sweden, leaving Julia with the Business Lab and a colossal donation from the Erling Persson family who had bet on the promise that innovation would prosper in the Lab.

LArin DESIGN!!

LArin DESIGN!!



FINDING LOVE



INTERVIEW WITH VICTORIA EKLUND

Reality - TV Dating shows seem to be popping up everywhere - First Dates, Eating with My Ex, Hemliga beundrare ("secret crush"), — the amount of circumstances where people go on dates in front a camera seem to be never ending and at times, absurd. But what makes them so addicting? And what is it actually like to participate in a Reality TV Dating show? Minimax had an interview with Victoria Eklund, winner of Love Island 2018, along with her boyfriend Jacob Olsson, to see what her experience was like.



FACT BOX

Love Island is a dating show in which a group of contestants travel to a villa cut off from the outside world and filmed 24/7. To stay in the game, the "Islanders" must couple up with each other, and throughout the show the participants can also re-couple. Singles are eliminated and sent home. Fans of the show also get to vote on which couple they like the most, and the winning couple receives 500 000kr. The show was first produced in the United Kingdom but today also runs in the US, Australia, Germany and Sweden.

Why did you apply for Love Island?

-There was just this day in January when I realized I was stuck in a hamster wheel. All I did was go to work, go to the gym and have some fun during the weekends. I just felt like something had to happen. So I was sitting at home by myself and searched on google for "program delta" and ended up on TV4's webpage. And there were tons of shows to participate in, "Farmen," for example, but also Love Island. I had no idea what it was and had never seen it before. In the application it said 'Are you single, looking for love, and love travelling?' and in my head I just went "check, check check...". I thought, if I don't apply now it will never happen. So I just went for it and sent a quick application. They contacted me a week later and wanted more information, and then the casting process was around 6 months long. But the main reason why I applied was that I was extremely bored.



Many of the programs such as Ex on the Beach and Paradise Hotel headhunt people for their shows, but Love Island tries to go more for people who haven't been on shows before.

ON REALITY-TV...

How much did the "find love" part apply to you?

-The thing is I hadn't been in love before. I hadn't had a boyfriend before. So I didn't believe in it. Sure, of course I wanted to find love, I've always wanted to, but when talking to my friend just before I left

"I felt like it would really take a lot to fall in love with someone."

"I thought, 'what's wrong with me? Here I am again, still single. And I'm going to leave this place forever-single'."

What was your experience like on the show?

-It was kind of in two parts, I would say. The first three weeks, before Jacob came in, it was just like, 'oh my god...I will never find someone'. There were so many new impressions and you became very self conscious. Because I didn't find anyone I connected with, and because I didn't get that attention from any guy at first.

So just before Jacob came onto the show, I really felt like I was never going to find love, ever. It really got me down, and I couldn't exactly talk to my best friend or my parents about it to get a confidence boost either.

-The other three weeks were an entirely different experience.

"I've never been in a state of so many feelings before."

When they asked me in what I felt on the set, I barely knew how to answer.

What's it like to go on a date in front of cameras, compared to regular situations?

-It's black and white. In a way, it was fortunate that Jacob came on the show when he did, because just the fact that you're being filmed is extreme. You know when you're out with friends and eating dinner and someone starts filming, and everyone starts fixing their hair and everything gets a bit awkward? To be yourself and genuine when you're on a date with potentially your future boyfriend — just that alone can be super difficult. And being sober on top of that. In regular circumstances, if you're in a bar for example and want to flirt, you get a lot of help with a bit of alcohol in your system. You're relaxed. So the situation was really new to me, especially since I had never gone on a serious date before.

If you go on a date with a guy at home, sure you can be interested in someone, but at the same time you know it doesn't have to be super serious. In the villa at Love Island, people are there to find love. The search for love is so apparent when you're on a date there — you're trying to figure out whether you two are a match or not. Sometimes I would think that even if I leave the villa single, then at least I've become awesome at asking the perfect date questions. It's so easy to just ask "What are you looking for in a partner?". It's those kinds of questions that are relevant on the show. You never talk about jobs, parents, et cetera — you ask the important questions instead.

"They always wanted to know what you felt about things and people, and I had never really talked so much about feelings before. When you're at home, you can kind of vent your thoughts with your friends to help you think, but there you were completely alone to figure it out."

Did you feel like you could relax during the dates?

-Yes. I know that from the first dates I went on, I can barely remember anything. You just thought about everything else surrounding you. There might just be one camera, but when you see it on TV it's from five different angles. Sometimes you do retakes and you do a lot of things only to make it look good on TV. So of course you think about the cameras, it's not like a regular date. Being on the show, I realized that there is so much work being put into shows like this, with editing and everything, that I didn't understand before.

“We had to do shots where we just stared into each others’ eyes for two minutes in complete silence. “

How did you and Jacob’s relationship change after leaving the villa?

-The first time we met was nerve racking. How were we supposed to act? What were we going to talk about? For the first time, we could talk about everything. In the villa we were constantly being listened to and watched, so you didn't want to talk about the really deep things. So it was a new step in our relationship and we got to get to know each other for real. We had just fallen in love, but since I hadn't been in love before I could sometimes ask myself, 'wait, what am I really feeling?' The first few times we met we didn't have each other's phone numbers, instagram or anything. Just talking on the phone was a new thing for us.

In the beginning we had a long-distance relationship, and that was also a challenge. But I guess all new couples go through these kinds of stages. At first you're all bubbly and don't care about the small things, then when you get comfortable with each other you might start getting annoyed that the trash isn't taken care of, for example. In Love Island everything is done for you, you don't clean, you don't do the washing, you barely do the dishes- but when you get home and settle in to everyday life- that's what really matters. That's something you could really see with the other couples in the show. Sandra and Johan for example, their relationship ended first thing when they came home. Still they'd stood and explained their love for each other just weeks before. It's crazy. Agnes and Niklas, they got back together now, but their relationship also ended when they went home.

Why do you think so many people like watching dating programs like Love Island?

-I think when it comes to Love Island, it's because there are so many feelings. Everyone can relate to feelings, when you feel for someone or relate to a certain situation. In the show you get to see all of them - joy, devastation, love.. it creates such a tight bond with those who watch, I think. Love Island is a show about feelings- not games. Even in a program like "Bonde söker fru", (farmers looking for love), -...they always talk about how they feel about each other. I think there's something beautiful about that, how it's something people can relate to. And it stretches over all ages- everyone can relate. It's more than just entertainment. Paradise Hotel, in comparison, is a lot about games and drama, for example.

If someone’s thinking of applying, what should they think about?

-During the casting I got to speak to a psychologist, and he said that one thing that a lot of people regret after being on a show like this, is that they have too high expectations on the show or how life will be after participating. Often people get disappointed when they get home because it didn't turn out as they thought. They didn't get that many followers on instagram, they didn't get famous, or similar things. If you're thinking of applying, think about why you want to be on TV. If your main reason is to become famous and you don't, then of course you will be disappointed. You should also be prepared for being portrayed a certain way on TV. You might experience that you've been shed in a bad light. Then again, someone once said to me that 'as long as you are yourself and can own up to what you say, the real you will show'. So I thought that as long as I am myself and can stand for my actions, then I can't blame the program for doing anything wrong. In some programs where there's a lot of alcohol involved and they do stupid things, then they blame it on the production- when in fact, it's just them. Nowadays almost every other person is on Reality TV, and a lot of people do it just to be shown on TV as a PR trick. Is it worth it? I don't think you gain a lot from being on a 20 minute show for just those reasons.

Finding a partner on Reality TV may not be the most common way to find love, but Victoria's story proves that it sure is possible, and just as real, as anything else.

Henrik, foto lights!!

SUBWAY STATIONS

With over 105 kilometres of track, the Stockholm Metro claims to be the “World’s Longest Art Gallery.” With so much art, exploring the entirety of this gallery would take countless hours, but here are a few highlights:

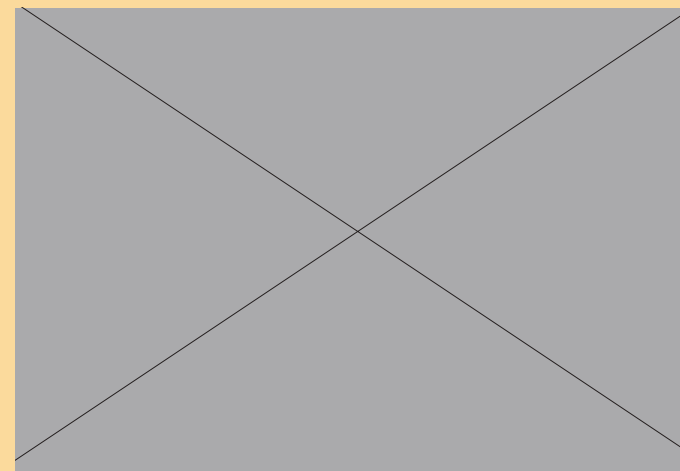
Kungsträdgården

The deepest in the city, this station is undeniably its strangest as well. Descending the escalators is like a descent into madness: checkerboards at the entrance soon form into piano keys, which quickly morph into an obscure geometric patchwork, littered with vibrant color and radioactive symbols. As you trek deeper into the absurdity, greek statues line the walls and a hallucinogenic shade of green envelops you upon reaching the platform, where freakish gargoyles and mesmerizing patterns haunt you while you wait for your train.



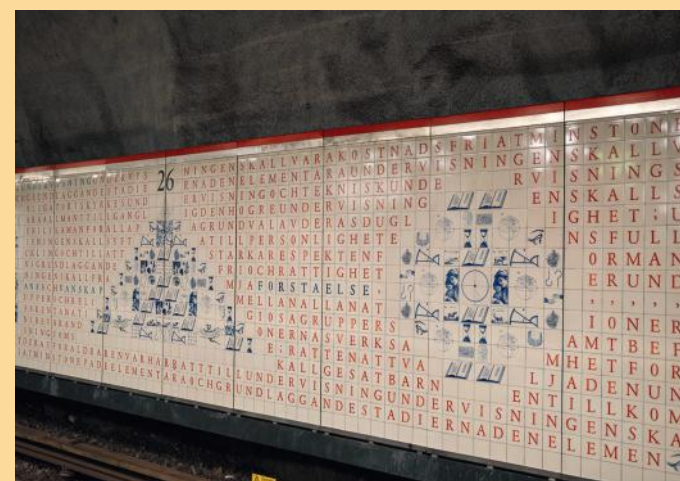
Hällonbergen

Step off the train at Hällonbergen and step into the imaginative expanses of a child’s mind. Childish scrawlings and scribbles cover the station, bouncing from wall to wall, racing up and down the platforms. Spots and dashes of color — pangs of fantasia — burst left and right, while words pop like thoughts onto the rough, uneven walls. Simultaneously, wild fences and cutouts of imaginary friends occupy the empty spaces of this youthful, pink, and energetic mind.



Universitetet

Much as its namesake institution fuses humanity and science, so does this station — a micro-universe of knowledge. While several elaborate panels, forever preserving centuries worth of research, line one side of the platform, tile tapestries of hidden words and symbols declaring what it is to be human cover the other side. Science and humanity stand opposite, both equally necessary for preserving the beauty of not just this station, but the world as well.



Alby

Situated all the way out on the red line, Alby station lies way out in the outskirts of Stockholm. It is perhaps fitting, then, that the station is a subterranean jungle of wild colors and shapes. A healthy shade of green coats the entire station, as flowery patterns and Nazca-esque etchings dot the entrance. Down at the platforms, there is an immense bloom of color, as bright flowers pop against the emerald hue. Incoherent and strange shapes emerge everywhere: strange birds, three-legged humans, labyrinths, rain clouds, rogue limbs, and much more to find in every edge and crevice.



Bergshamra

Have you ever wondered what it’d be like to be a mountain? Wandering around Bergshamra station gives, quite literally, that exact feeling. Of course, there is a lot of stone: the wall juts and jags out, but softly, eroded-ly; the floor is coated in veins of sediment and marble; fossils sit in every corner. But there is one more thing standing just as still as the rocks: time. From carved runes to black and white photographs, various pieces of history coexist peacefully, just as a mountain exists undisturbed for millions of years.



Solna Centrum

An immense cavern of poignant fire red, it is hard not to gaze in awe when entering the station at Solna Centrum. While it seems uniform at first, on closer inspection the paint is uneven; cracks of gray are visible everywhere. Suddenly, a flood of green scenery expands across the halls down on the platform. But along with this forestry are etched scenes of labor: builders, miners, and foresters take up the walls, bending the woods to their will. Is it a fusion of man and nature, or an invasion?

TEXT | FOLKE BRUNO
DESIGN | EDDIE HAGBERG
PHOTO | HENKE CASSLÉN



VEGAN EATING

THE STUDENT'S GUIDE TO CLIMATE-CONSCIOUS EATING AND BALANCING A VEGAN MEAL.

When starting university, having to cook your own meals might be a new experience, and making those meals on a limited budget is another challenge altogether. Not only this, but as climate consciousness grows increasingly important, especially among younger generations, students may face the challenge of wanting to eat less or no meat at all under that same budget constraint. As many cuisines and specific recipes are based on animal products as sources of protein and flavour, switching to a plant-based diet is difficult because of the additional knowledge required from the chef.

Embracing various degrees of veganism, vegetarianism or 'flexitarianism' is part of an increasingly popular trend. A 2018 study from the Swedish grocery retailer Axfood found significant increases in the share of Swedes who ate a vegetarian meal more than once a week between the years 2016 and 2018, and while the number of vegans and vegetarians were not shown to have increased in the study, the occasional exclusion of meat from a meal is evident. People choose to adopt a plant-based diet for a number of reasons, including but not limited to health, animal welfare, and climate.

The latter reason is closely interlinked with the contemporary climate debate; an Oxford University study found that switching to a plant-based diet can cut the carbon footprint of an individual's food consumption by up to 73%. A fully vegan diet is not the only way to cut down on the consumption of animal products, and it has even been noted that two-thirds vegan diets allowing for meat consumption once a day may actually have a greater impact on climate than vegetarian diets allowing for dairy. The Intergovernmental Panel on Climate Change has identified a reduction in the consumption of animal products as a key method to reduce global carbon emissions and followingly, climate change impact.

With this in mind, many turn to cooking vegan food. At first glance, problems like making the food tasty and nutritious appear. A balanced diet should include: a variety of fruits and vegetables; whole-grain and other starchy carbohydrates; protein sources like beans and lentils; dairy alternatives and unsaturated oils is a good start, and drinking plenty of water is equally important.

Keeping a close check on which vitamins are consumed should not be underestimated either, and can be kept in check using supplements. The cheapest route is probably a well-rounded diet consisting of food that covers all nutritional needs in any case.

A major budget consideration arises when a vegan cook wants to replace meat in dishes relying on animal protein. Some of these substitutes, whether they be soy-based or not, can be expensive, even when bought in frozen packages. A tip when doing this is to either find the cheapest alternative or try not to substitute the meat, improving the dish with some other ingredient instead. Additionally, many soy alternatives or vegetarian alternatives like halloumi. Keep in mind: Any meat substitute

will probably be cheaper than eating out, so the most impactful budget decision is to cook at home! Another climate-friendly choice that can help you get vegetables cheaply is buying seasonal local produce.

So, what are some examples of good dishes students can make as a part of their vegan or part-vegan diet? To start with, there's an endless amount of different stews, chilis and stir fries with a tremendous amount of flavour when including garlic and suitable spices. Delicious falafel dishes or sandwiches with a hummus spread are two examples of ways to integrate middle eastern cuisine in making food. Additionally, simple dishes like pizza and mac and cheese can both be made to satisfy a hungry mouth even



without the key ingredient cheese, and East Asian cuisines are full of dishes waiting to be veganised.

If you are interested in going vegan or increasing the number of vegan dishes you're cooking, you need to make sure you follow the RDI (Reference Daily Intake)! Since there are probably more recipes online than there are people on this Earth, finding food blogs or youtube

channels is also a good idea. While googling vegan dishes is not a recipe for disaster, there are simply too many recipes of varying quality out there and trying to find an easy online chef to follow is probably the better start!

EXTINCTION OF ORIGINALITY

How often do you read the news? I'm not talking about the sculpted biased crap paged all over Facebook. I'm also not talking about the intricately articulated opinion columns. I'm asking how often do you read the completely unbiased and objective current topics of the global ongoing? If your answer is anything but almost never then please let me know where you get your reliable source.

In 2019 I jumped on board the podcast-hype train and am loving having a way to broaden my opinions and get informed by the plethora of resources out there. When the American-Iran crisis reached its peak in January 2020, I found myself obsessed with scavenging all sources I could to get a better picture of what was happening. When Prince Harry and Meghan Markle announced they were to step back from senior British Royal positions, I found myself doing the same thing.

A few days later, I was at a mixer and discussing both of these topics with other well-informed individuals. Naturally, I was excited to share the information that I'd learned and demonstrate an understanding of the different opinions at play. Nonetheless when prompted to share my personal opinion, I felt rather swamped. The saturation of information had left me in the eye of the storm, the paradox of choice surrounded me. I had so many opinions to choose from to follow that I had no idea where to place myself.

This is what I've termed the extinction of originality:

"the over saturation of conflicting opinions and false information trapping the positing learner in a spiral of confusion."

Furthermore, there is an ever-increasing overreliance on regular sources. One uber-compelling story can lead to the placing of a great deal of faith in some podcaster or journalist. Yet the contemporary issue is that in doing so, you surrender your originality to this person's script. At what point do we draw the line to losing our original self to the media? The extinction of originality is upon us in this hyper-opinionated and information dense world.

I have discussed the topic of minimalism in a number of my articles for Minimax yet I've failed to mention an important benefit of such. It is the pleasure of remaining distraction and opinion free. Reducing one's exposure to opinions allows one to reflect individually on objective information. It is the luxury of originalism. I am reminded of a parable which tells the tale of a confused and intoxicated first century man trying to find his way home, stumbling down the wrong path. He soon found himself at a wall manned by a Roman guard who yelled down to him "Who are you, and what are you doing here?"

The man didn't answer.

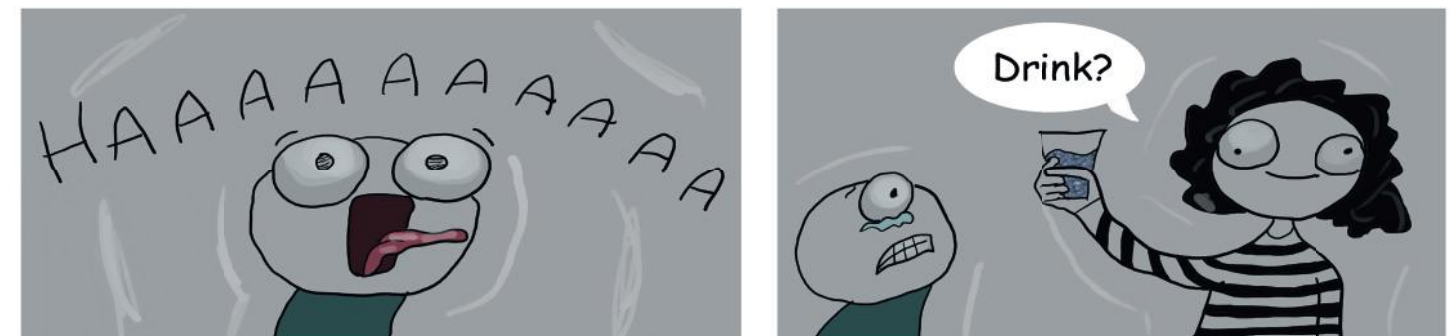
"Who are you, and what are you doing here?"

The man looked up at the guard and asked "How much are they paying you to do this?"

The guard was silent for a moment. "A hundred denarii," he eventually replied.

"I will pay you double to come to my house every morning and ask me that same question."

If we rely on other influences too much, there is little room for our self to take original form. Without asking ourselves what we truly believe or who we truly are in our opinions, we can lose sight of our individual direction.



OPINION INFLUENCES

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