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Periodical of S.A. Astatine

2019

ATTENTIVE

SSA - South Korea

Shaping a Villain
Sander de Ridder

Introducing
The 15th Board

ASTATINE

Colophon

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Editorial

Attention! Read this in French

Do I have your attention? Good, because you are holding mine! It is time to unfold upon yourselves the first Attentie of this year. If it is looking a little strange to you, there is nothing to worry about. To freshen everything up a bit, we have decided to go with a new design. Besides giving the whole magazine a clean *less is more* kind of look, this design should also give some more freedom in designing articles, without straying away from the main style too much. We have worked hard on it, so we hope it is to your liking. I myself really like how it turned out, but I might not be objective.

So, onto the contents. We have quite some things to catch up on! The SSA of this past summer, the Bucom of before that summer, and Jons' holiday. Furthermore, the committee explored a matter of utmost importance: what is the best Yohma salad?

A lot of reading to look forward to. I sincerely hope you enjoy this edition. If you do, and realise that you would like to be a part of something as awe-inspiring as this magazine, by writing or designing or both, contact me. We are in awe-full need of you.

Sander de Ridder
Editor in chief

Herbert Wormeester

Writing this contribution is always finding the sweet spot between just in time and just too late. An exercise in telling yourself “I still have time” and realizing that the clock keeps moving in a slow but steady pace. The topic I would like to write about is that it is important to find your way to relax in an often hectic life.

For you, hopefully breaking away from your study. For me getting my mind on something else than next week’s lecture and exercises. For each of us this is found in a different way, sport, hanging out with friends, culture or sometimes just sitting in front of the TV. For me, this is in playing flute on Thursday evenings in an amateur orchestra. I do not play flute very well, I simply started too late in life with this. Still, each time I notice that the longer I play the more alive I get, even after a full day of work. This energizes me and I am not likely to miss a practice.

Activities like these also have a drawback. A few years ago I would have thought it very unlikely that I would participate in a carnival activity. Now I take part in one of the largest carnival parades in Germany, as well as playing two days on a Schützenfest. The latter is an old German traditional event that has a few important characteristics it shares with carnival. The most important one: it allows a large consumption of beer.

Why these revelations? Well, taking time off and setting your mind to other things helps tremendously (a great Trumpism) to keep focus during intensive activities. In my case this is playing flute, and I am curious to learn what yours is.

Herbert Wormeester



Laura Berkhof

What a year it has been and what have we grown a lot! And I do not only mean literally (see picture). We have learned so much and really developed ourselves as people. Looking back there were quite some highlights during our board year. One of the first things being the constitution drink season. We went to every single one of them (not always with all six of us) and there we got to know our fellow board members who also made our year so much better. With them, we could do fun things, which most of the time including alcohol, or rant about our problems only board members can relate to.

In December came the Dies of the association for which we made an amazing 3-course dinner in the theme Classy Christmas Casino. It involved a lot of cooking and preparations but we even managed to make each course name start with a C (Chicken Soup, Chili Con Carne, and Cheesecake).

In the new year, a big event came up for me personally, which was the Bedrijvendagen. It was a lot of work, but luckily my fellow board members helped me to get through the two days of talking to

companies and we even found some new sponsorships!

Just a few days later came the ski trip to the luxury ski resort Davos where we got to enjoy some fresh air, as we do not get this a lot in our 10m2 room on the 7th floor of the Horst... And as if this was not yet enough festivities, two weeks later was the gala, which I organized and got to open with a very nice, awkward, dance.

The months following that I ran a lot. Not to run away from my fellow board members and problems, but to practice for the Batavierenrace. Together with Bram, we got to run the last two tracks going from Enschede city center to the Utrack on Campus. Especially the last kilometer was an unforgettable experience with so many people cheering you on!

And, to end off the year, we all got to join the BuCom 2019 and enjoy an Astatine activity with barely any responsibilities. It was AMAZING.

All in all, we had a really fun year, with some great moments to look back on!

Op de hoogste!

On behalf of the 14th board,

Laura



Introducing

Ward: Chairman

Hello everyone,
I am Ward and I am this years chairman of Astatine. People also may call me praeses, leader or wadriaan, I am alright with almost everything.

Next to keeping Astatine alive, I'm currently doing module 5. This takes quite some time, but luckily in the evenings I have time to sport a little, since besides Astatine I am also active at ZPV Piranha. Here I am a super amazing water polo player and I love giving difficult land trainings to my teammates. They are really happy with me, because I will join them as well and get really tired myself. You may think, this is not the smartest thing to do, but for me it is.

During the summer holiday I was a bay-watch at Vlieland, for this it is important to have enough gains to lift drowning people out of the water. I made myself join the training, it keeps me fit and makes sure no innocent people will die in the rough Dutch sea.

Before joining the Board of S.A. Astatine I was already active at Astatine. I started my time here as a kiddo of 4 Happy Feet. Sadly they did not teach me a lot of great dance moves during the kick-in. Luckily I have been to a lot of parties ever since and I see my experience in it as a rising line.

During my years I have been active in committees such as Nicat, Deco, Tipcie and Kitcat. I really liked organising the first years weekend because I had the best committee ever. I had the biggest breast circumference of the whole com-

mittee, gains of course, which I was really proud of.

I want to wish you all an amazing study year, I hope you will join a lot of nice activities and make great memories. If you see me you can always say hi to me or ask me questions (for example how big my breast circumference actually is)!

Ps. If you want to keep me happy, make new coffee if you take the last or second-to-last cup from the can.

PPs. This whole piece is written by Smilla, the vice-chair of Astatine.

Simone: Treasurer

Hey everybody,
My name is Simone, and as treasurer of Astatine this year, I hope to take good care of all of Astatine's finances. You can come to me to have all of your declarations paid (so long as they're legit, of course). I'm hard at work each day to make sure we actually make the loss we budgeted, instead of gaining an unnecessary profit. This is more difficult than you may think, Smilla is doing her job of acquiring sponsorships very well...

Besides my monetary duties, I love being part of Astatine in other regards as well. I started as a Frisbee kiddo, though many of you may know me better as a board member of the BuCom from last year. Although that was a lot of fun, I find even more enjoyment in the IMCo, of which I've been part for some time now.

As part of my non-Astatine-related activities I'm part of the ice skating association, where I spend lots of time whoosh-

ing over the frozen waters of the ice rink. Here is where I make the ice shavings fly, instead of the dollar dollar bills y'all.

As for this upcoming year, I've gotten a newfound interest in programming, so I'm currently following the PiE courses together with Smilla. With that in the back of my head I'm planning to join the ITco, where I hope to be of even greater service to Astatine.

Besides that, I'll be doing my utmost best to be a good representative of Astatine wherever I go. After all, with the moments we treasure, of business and pleasure, we travel the world with our broad expertise.

Until next time!

Ps. This part is written by Tom, the one and only vice-treasurer of Astatine.

Marly: Educational Affairs

Hey all,

I am Marly and I am your commissioner of educational affairs. Sometimes people call me Smarly or Smarla, because there are many times that Smilla and I are sitting next to each other and because of that people started to mix us up. Using the mixed up name you will never have it wrong and it sounds funny.

As commissioner of educational affairs, I am responsible for all the tasks that are related to the studies. To do even more for the study, I am also lab TA. It is a lot of work, but in return you are getting to know a lot of people and you earn some money from it as well.

Next to Astatine I also like volleyball, I am doing this at the university as well as

my home town. When I am not doing my sport, then I really like to join activities, go to a GTD borrel or enjoy an evening of doing nothing.

Since my first year of Advanced Technology I started joining committees like Oucie, LoA, NICAT and BUCOM. I really liked learning new skills and, what I think was the most important thing, I learned to organize nice activities. The activity that I enjoyed the most was the BUCOM. During the BUCOM you travel around for 7 days and explore the cities during day and nightlife with your fellow students. Because I liked this so much in 2018, it made me want to organise the BUCOM of 2019. Which ended up being really fun for everyone. By doing a board year I can improve even more on organizing activities, learning new skills, making a difference and also not having any exams to worry about.

I hope that this will be a year to remember for everyone, with many nice activities, different teas and drinks.

Ps. This whole piece is written by Simone, the vice-Commissioner of Educational Affairs of Astatine

Tom: Secretary

Ahoy fellow astatine members,
I'm Tom, the Secretary of Astatine for this year. This is a pretty suitable task for me since I know a lot of fancy English words that I can use in my correspondences to make sure Astatine always sounds eloquent, intelligent and formal (when necessary). Besides that, I can type really quickly which is basically the

best super power any secretary can have. This means that I can take minutes at the speed of light and hardly ever need to ask people to slow down in meetings. Also, the combination of these two allows me to send witty brass letters or responses to other associations!

Other than my role as Secretary, I am also known as the “IT Wizard” within the board, from setting up everyone’s thunderbird mail account to fixing webapps. I guess you could say that I know my way around computers. My coding knowledge was pretty good before AT, so Programming Skills in the first year wasn’t so bad for me. However, I have definitely learned a lot more after joining the ITCo (the coolest IT committee around #IT-Co’vo). I really love this committee and

the fun evenings that we spend coding and eating pizza, so I am extremely happy to be the chairman of the ITCo.

In my free time I do activities with my scouting group so I can also fix things IRL and not just by coding. We are quite an active group so I get a lot of opportunities to enjoy the great outdoors. I am also quite a big memmer, so if you ever spout some obscure references I’ll probably know exactly what you are talking about. Don’t worry though, I only use my meme knowledge for the greater good and create some pretty hilarious edits related to Astatine and ATers. Some of my best works include presenting memes during my PBL presentations in Module 7.

I am very excited for this year and being the Chairman of ITCo as well as Secretary

of Astatine but I am also really looking forward to learning more and honing in on skills that I can use later in life. Specifically, I would like to become better at Mario Kart, so if you ever see me at Astatine challenge me for a quick game ;) Cheers!

P.S. This whole thing was actually written by Sian, the Vice-Tom of Astatine

Smilla: External Affairs

Hii everyone!

My name is Smilla and I’m the commissioner of external affairs of the fifteenth board, but you might also know me as

the happy blonde girl from the board. I love Dancing, listening to feminist podcasts, eating nice food (which I can’t do too much if don’t dance or sport) and my very sweet boyfriend Max. I’m originally from Brabant (which is why I talk funny) and my boyfriend still lives there, so I miss him a lot sometimes. Luckily I can visit him during the weekends.

I can hear you think: “what does a commissioner of external affairs do?” Well, I make sure that Astatine has a good relationship with as many companies as possible. This means that I’m always busy with sending and reading emails and having a lot of meetings or phone calls with people from companies that Astatine wants to work with. Any time we have a lunch colloquium or get some-



Christophe van der Walt

Ok so here's the deal. I need to write an article that was supposed to be due last night, and until a few seconds ago I had no idea what I wanted to write about. Given that I need to just pick something, I decided to write about the first thing I noticed. Now, there's this really nice tree just

structure of a higher plant, typically green and blade-like, that is attached to a stem directly or via a stalk". This seems a bit reductionist, at first. Pine needles are leaves too, and they're not flat by any means. If anything, their cross section is somewhat baseball pitch shaped (see picture). You

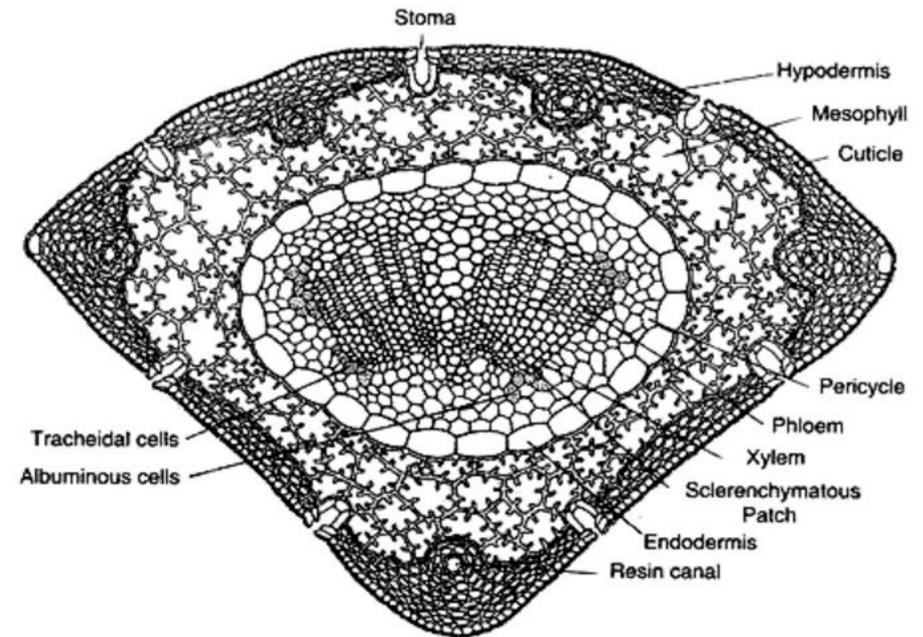


Fig. 8.36. T.S. of *Pinus* needle.

thing nice sponsored it's probably because I arranged it. So, if you like the free lunches or anything with an ASML logo on it, give me a pat on the head when you see me. Besides that, I'm also responsible for the tiny tony's in the ASS, because I love chocolate.

Before I joined the board I was already very active at Astatine. I was in the OuCie, Nicat, Commiski, Loa, Boss and Bucom. I'm also half of the Iconic duo Smarly together with my bestie Marly. Even though we don't look the same, people still confuse us with each other, so they call us the same name. Besides that, I've also been TA since the start of my second year. I really like doing that because you get to know a lot of the first years from that.

I hope you all have a super amazing year!

P.S. This introduction was written by Ward, the vice commissioner of external affairs.

Siân: Internal Affairs

Eyo, My name is Siân and this year I am the commissioner of internationalization and commissioner of internal affairs. I say it in this order because it sounds better.

The reason I am commissioner of internationalization is that I'm a real Barbadian girl. For those of you who don't know Barbados, ~~suck my dick~~. Just kidding. It is a small island in the Carribean with a population of 285000. One of the persons from there is Rihanna (love her

song 'Umbrella'). What I miss most from Barbados is twerking (it is sad that Dutch people don't really do that) and Cockspur or Gaymount rum (but luckily my mother sometimes packs me a bottle). Next to my Barbadian roots, I'm also part Welsh. My father is from there and also my name is pretty common there. Even though I have a foreign background, I am starting to learn some Dutch. You should ask me if I can say 'Ik heb een grote kont'.

But let's talk about my work at Astatine: before doing a board year I did some committee stuff. In my first and second year I was in the DeCo and in the ImCo. Things I did for the DeCo were designing socks, hoodies and (my proudest work) the ASTATINE CALENDAR (still for sale). In the ImCo I was organizing cultural activities such as foreign cooking workshops and study abroad fairs. As an internal affairs I'm responsible for random stuff: I take care of the social media accounts, help people feel welcome at Astatine, and sew clothing of fellow board members. The reason I wanted to be an internal affairs is so I could have a bit more free time to do nothing. However, the free time I have is not as much as expected because I'm also a TA for module 5.

When I do have free time, I like to braid my hair for 8 hours and binge-watch series. Also, I like to dance at Chassé. The dance style that I'm doing is jazz dance (that's the dance with the popping hands) and interpretive dance.

If you see me around, please come say hi! I would love to meet and get to know you all.

P.S: This introduction was written by Marly, the vice-Siân

outside my bedroom window, and as of writing this, the leaves on this tree are just starting to turn golden. So that's it, then. I guess I'm writing a leaf-appreciation article. That'll get Sander off my back.

Oxford Dictionnary calls a leaf "a flattened

might start to think about bringing the whole integrity of Oxford Dictionaries into question. But don't worry, they've made an amendment! As a sub-definition, they list the following: "Any of a number of plant structures similar to leaves". It certainly serves to quell our concerns about



certainly had things to say about that. However, maybe in the interests of keeping the topic of this article at least slightly leaf related, let's talk about something else.

I want to talk about my favourite leaves. First up is oak leaves. I like them because they're somewhat of a friendly leaf. The edges are rounded so they can't prick you,



the veins inside them are low profile and subjectively unassuming, and they don't have much in the way of complicated patterning on them. It's solid bright green in summer, and solid dull brown in winter. It gets some minus points for harboring those awful processional caterpillars, but I'll let that one slide.

the definition not including pine needles. But there's a new problem now. According to this, a leaf is anything I want it to be apparently. You're perfectly justified in saying that in some context, leaves are similar to Canterbury Cathedral in that they both have a measurable mass and obey gravity. But maybe definitions aren't supposed to be exact. Indeed, Kierkegaard and Wittgenstein

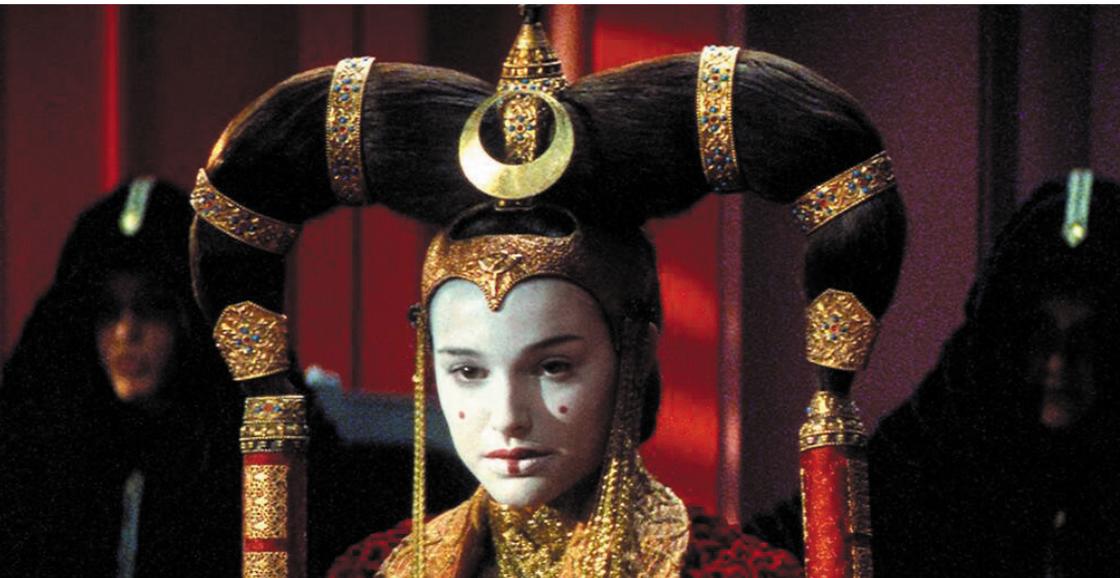
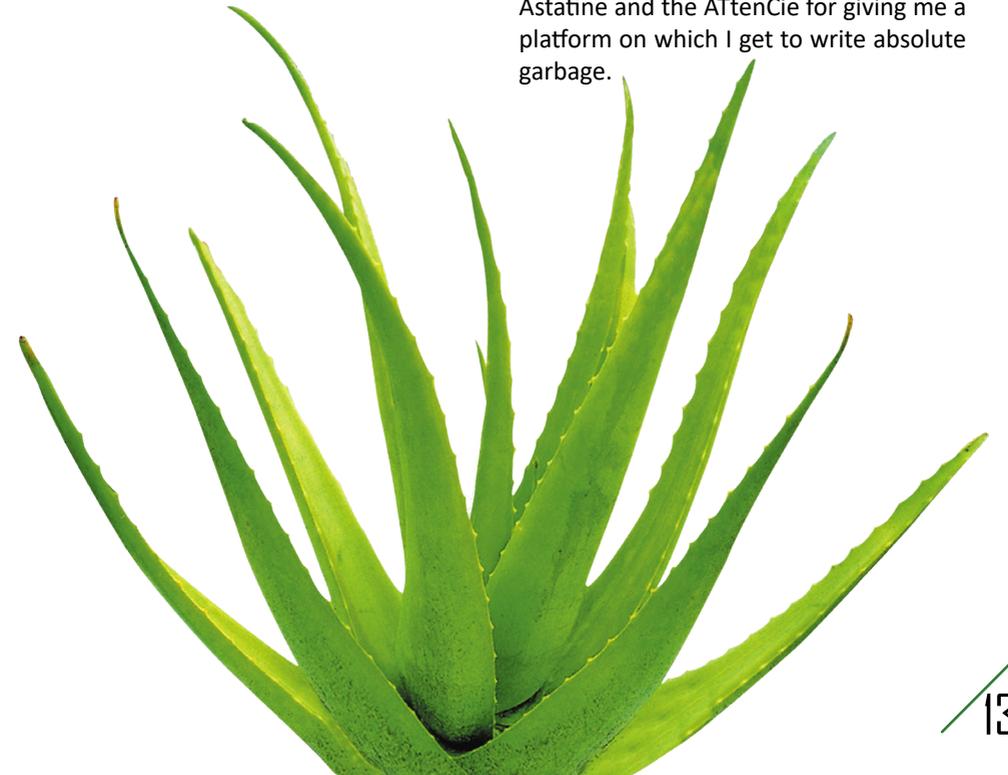
Japanese Maple leaves are the most graceful of the leaves. If the oak is the Tom Hanks of leaves, then the Japanese Maple is the Natalie Portman of leaves. It's got regular, symmetrical features and comes in interesting colors. Also, the sight of it is invariably pretty zen, whether it's sunny out or completely foggy, the Japanese maple always looks calm and dignified, which justifies its heavy presence in buddhist gardens across east Asia. I don't know if this last one applies to Natalie Portman too, though.

Last but not least we have Aloe Vera. The most badass of the leaves. It doesn't require much justifying, I don't think. It has spikes, and the way the slender leaves curl slightly outwards is pretty menacing if you ask me. Its celebrity analogue is probably Nicole Kidman in the shitty Golden Com-



pass movie. You can picture that thing holding a glass of wine and scheming the downfall of its enemies. Now, at this point you might be doubting whether what I'm talking about even is a leaf. Indeed, Aloe Veras don't seem to have that much of a stem. But apparently, according to Oxford Dictionaries, a leaf is whatever I think it is so you would be wrong.

Ok, so this was somewhat of a disorganised piece of text about leaves that turned out to be part-rant, part-fanfiction. Thank you for indulging me, and thank you to Astatine and the ATtenCie for giving me a platform on which I get to write absolute garbage.



The Bucom

Stéphan Bosman

About this year's Bucom...let's start with again a small introduction to what the Bucom actually is as we might have a few new readers who have no idea what it means! The Astatine Bucom is a yearly bus trip within Europe organized by the BuCom committee, visiting several countries and cities within roughly a week and during that time, give the participants a glimpse of what the work environment in other countries looks like by going to companies and universities.

This year the bus left the Spiegel at 6:00 am with everybody on board - direction Prague in Czech Republic. As you might know from looking at a map, it is quite a ride, so people occupied themselves by finishing their night or blasting music through the bus. Around 12 hours later, we were at our destination and the fun could officially begin! The day after, as it was a Sunday and beautiful weather we all set out to visit Petrin Park, a nice piece of nature on a hill very close to the Charles Bridge, this last one being the #1 thing to do in Prague (according to trip advisor), giving us a nice view of the city, the famous bridge and of course plenty of opportunity to take basic tourist pictures! The rest of the day just exploring the city and of course not missing the chance to enjoy the biggest club in Prague, consisting of 5 floors with each different music styles.

The next morning we set out for Brno, stopping at OZM Research on our way, this is a company that specializes in explosives, as they claim themselves, that is

true, but also about the protection from explosives. There we learned what kind of uses explosives can have and were shown what kind of protection is needed against them. And you'd be surprised how thick steel walls need to be for only 1kg of dynamite! They also showed their test chamber where there were still quite heavy impacts on the walls.

The second day in Brno was also visit-heavy, we went to Thermo Fisher, which is a company that does all kind of research in technology for the healthcare sector. There we got a cool tour through the labs which are also part clean rooms so we had to wear special suits and shoe covers! In the labs we saw the construction steps for an electron microscope and their testing once finished which was super interesting. These microscopes will later be shipped all over the world! Later that day we went on to the University of Brno where we saw the work environment of students in Brno. The section we saw was more IT oriented but that didn't make it less interesting, at the end we got to play with one Bachelor student's project where you shape sand and with a projector it would simulate the movement of water on the surface of that shape if it were raining.

Next day, and last day of company excursions, saw us go to Bratislava, in Slovakia. There we first visited ESET, which makes internet security systems and has offices worldwide but lucky for us their headquarters are in Bratislava. There we got a presentation from a very motiva-

ted person about viruses, malwares, how to recognize them and what you can do against them. We even got to experience the beautiful view of Bratislava as they are located on the 16th floor of building with a very nice terrace!

Then we went on to Slido, which is a small but growing company that makes interactive surveys. In the sense of, for during a presentation people can post questions and the presenter can answer them at any point, or if in front of a big audience, give the presenter an easy way to interact with the crowd. They are still pretty young but that is what made it nice to hear how their start went and their enthusiasm to grow bigger.

Now that the company excursions were over, there was more time to visit the remaining cities in our free time. Starting with Vienna where we spent a day, unfortunately it was Ascension Day but as it is a capital there is always enough to do! For those that didn't much of an idea where to start we went to visit the Ottakringer Brewery which is quite known there. It was pretty interesting and of course at the end we got to experience

their beautiful craft firsthand during the tasting. The rest of the day we visited the city, but we had to take care not to follow up too much on what we started at the brewery as we had to spend the night in the bus to drive from Vienna to Stuttgart. It was a little uncomfortable, but we managed, and early in the morning we arrived in Stuttgart, in Germany, which was half-way home already!

There we spent the day and we had the choice to either go to the Porsche or to the Mercedes museum (or none of course if that did not interest you at all). But most people went to one of them where they got to witness the start of the company and their models over the years. Completing the day by simply visiting and then ending the trip with a good dinner with the whole group where we celebrated Bart's birthday for the last time and then one good night of going out!

Finally, the next morning, all hungover and tired we got in the bus for the last part and arrived back in Enschede in the afternoon, saying goodbye to everybody we just spent the week with and going home for some nicely deserved sleep!



The Nicat

Timon Smit

This year the NICAT was organised by Jenny, Jelte, Jelle, Luc and Timon.

While all the games in their free time showed them the endless possibilities of everyday items.

Saturday night there was an epic cantus again, where the new board reminded the corona who gives the orders around Astatine.

With the seals also came the cold of the north with a phenomenal 15 bottles of ice that were dealt.

The NICAT sure had fun and hopes everyone else felt the same. And as an added bonus no one got seriously hurt (or died). How cool is that.

*See you again next year.
Love, The NICAT*

Together with our lovely activists we made sure to give the first years a camp to remember. From the smiles at the parties to the tears at the bootcamp, things sure were packed with adventure.

The hunt for the 'soldaten van oranje' let our dear first-years see how to have fun in a small rural town.

Not all schachtenmeesters were equally good at keeping the order, some may even have been wasted...

This year there was also a massive amount of seals on the cantus. Maybe the first-years needed some more education on their clapping of the hands.



Studying

Ruben van Asselt

As this is the first Attencie of the year and a lot of you have just started with studying, I thought it would be a good thing to try and teach you how to study. Well, actually the reasoning for writing this article came from the fact that I had issues with getting work done myself and needed something else to get my mind of the important things.

A lot of students, empirical data found out everyone, get stressed before the due dates of papers or exams that are scheduled months in advance. This is different for everyone in when they get stressed. This could be several days or even weeks before a due date. The problem mainly is that when you are stressed for something, you tend to not be able to focus on what is important at that moment and start to procrastinate.

Me *.2 seconds into studying*
My brain:



Horrible of course as it feeds your stress even more if at the end of the day you realized that you actually have not made any progress.

For this reason, I tried to figure out things to make yourself useful when you are stressed and how to deal with a correct way of studying or getting work done.

Many students like to study together as it gives the possibility to ask someone else whenever you cannot work out why your answers are wrong. However, finding the correct people to work together with might be a struggle to some. First of all, you need to understand that you are not the only one that needs the help of others. In fact the main reason for people not working together is because they are all too scared to ask someone to study together. Thus for tip 1 – just send a text in the groupchat of your year with the question to study together in a reserved room. There will at least be 3-5 students that are also anxious about asking others. You do not have to literally do every exercise together but just being in the same room gives the possibility of discussing and solving problems together.

Whenever you are behind on your workload for whatever reason and cannot find your way through it, always know that you can go to the teacher of that subject. Just ask them at the break or end of a lecture or send them an email. You might feel stupid for lacking behind, but for your teacher it sends the message that you are doing everything in your power to get back on track. Also, it is kind of his

job to teach the subject. Thus it is easy to provide you the necessary information quickly through which you will catch up again.

Also, when you have scheduled yourself a study session and cannot stay focussed there is a specific technique which might help. This is called the Pomodoro technique. It is relatively easy to follow and gives plenty of time to get work done. You start by giving yourself a task to do. Then you set a timer for 25 minutes and fully commit to the task you have given yourself. This means no phone or getting distracted otherwise. After all, it is only 25 minutes of work... After this session you give yourself a break of 3-5 minutes where you can make a drink or talk to someone. Obviously then you go back to work again in the same way with the timer. After the fourth session it is time for a long break of 30 minutes before you will start to work again. It gives your brain the time to think about everything you have read in order to really take everything in.

Lastly, stop reading this Attencie right at this moment because there are probably many more deadlines coming up and the only reason you are reading this is because you are procrastinating :)

ASTATINY

In 1982, a man was killed after damaging a saguaro cactus. The victim was shooting and poking at a saguaro cactus in an effort to make it fall. An arm of the cactus, weighing 500 pounds (230 kg) fell onto him, crushing him and his car. The trunk of the cactus then also fell on him. The Austin Lounge Lizards wrote the song "Saguaro" about this death.



NICAT

Also known as the Na Introduction Camp. The camp is for all the first years to get to know each other with fun activities. On a Friday we all cycled to an unknown location which is now known as Ootmarsum where on Saturday a foxhunt was organised. In the evening a cantus was held where we all got acquainted with this rancid but overall fun experience. The BOSS made sure we were all hydrated up to late in the evening.

A special mention to the graduation ceremony at the start of the college year. Congratulations to all the Advanced Technology students that finished the study and get to move on to their Masters! Hopefully we will still be seeing you at activities of Astatine or around the study associations rooms.



Do you also have difficulties getting your work done during daytime. Well, that is an issue we probably all have encountered. Which is why, via Astatine, there are homework evenings organised. During these homework evenings you get to spend time on studying for exams while there is a teaching assistant standby! Join us all and study together at the dates presented on the posters at Astatine!

Some final activities before the end of the study year were the yearly LoA pubquiz, where gossip had to be matched to the person. This activity was enjoyed with some amazing food prepared by the LoA. Another activity held at the end was the KlontieBall tournament...Let's not say too much about this. If you are unfamiliar with the sport Klontieball, know that it involves some Klonties and a ball.

PSSST...!



"Why is my Attentie late?"

- Indesign hit puberty
- My dog ate your version
- It could not handle South Korean cuisine
- It got snapped for balancing purposes
- It was too busy doing board work
- I fed it bread with the wrong salad
- Something something excuse something



ASTATINY

The Johma Review

According to a foreigner and friends
Ivana Bošnjak

One of the things I learned when coming to the Netherlands is that Dutchies are very creative when it comes to putting food on bread. You probably already know of the popular hagelslag or pinda-jam sandwich but one of the not so well known things to put on bread are the so called “Johma salades”, where Johma is just one of the brands associated with these types of spreads. Salades roughly translates to (Suprise! Suprise!) salad. This review will include opinions on some of the spreads so you have an idea which types you want to try or you can disagree if we rated your favorite spread too low. Enjoy!

Beenham (apparently tuna?):

Christophe: Christophe shrieked in disgust and refused to touch his food (n/a/5)

Ruben: Something fishy is going on, This tastes fishy, I hate fish (-1/5)

Sander: I don't like tuna salad (1.5/5)

Yannik: This leaves an aftertaste way into the other spreads (2/5)

Jons: It's like leg (1.4/5)

Alina: Mayonaise with a hint of vinegar, unique (2.5/5)

TOTAL: 6.4/30

Kip samba (Spicy chicken):

Christophe: Pretty unoffensive for Johma salad, but not as good as kip samurai (4.5/5)

Ruben: Pretty good refresher after the tuna salad (4/5)

Sander: 4/5 samurai, would commit chicken seppukku again

Yannik: Pretty hard to beat (4/5).

Jons: Like it more than kip samurai, not too spicy (4/5)

Alina: It's edible, but i'm not impressed (2/5)

TOTAL: 22.5/30

Ei (egg):

Christophe: It sure is egg (2.5/5)

Ruben: Simple plain egg - depends on your mood, really (2.5/5)

Sander: It's okay but i wouldn't fertilize (3/5 chickens)

Yannik: Coming back to this the second time its even more average than it appeared first (3/5)

Jons: Tastes like “lists ingredients” (2.5/5)

Alina: Egg is bland but functional - combine it with something other than dutch bread (3/5)

TOTAL: 16.5/30

Oude kaas pesto (Aged cheese pesto)

Christophe: Gets props for being interesting, best salad of today (3.75/5)

Ruben: Would do it again (4/5)

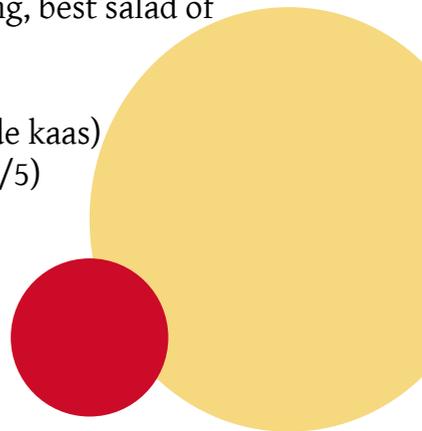
Sander: Surprisingly good (4.5 pesto/5 oude kaas)

Yannik: Solid, more solid than expected (3/5)

Jons: Depends on your mood (Phi/5)

Alina: It's nice and has its own taste (4/5)

TOTAL: 22.39/30



The winner of today's Johma review is KIP SAMBA!!

Overall, today's review did have some spreads not usually found during lunch hour. Some usual favorites are: Kip-kerrie, Cucumber salad, Kip-samurai (*never farmersalade*). With these you can never go wrong when trying to impress your Dutch friends at parties with your basic extensive knowledge of spreads. Good luck with trying them all.



The SSA

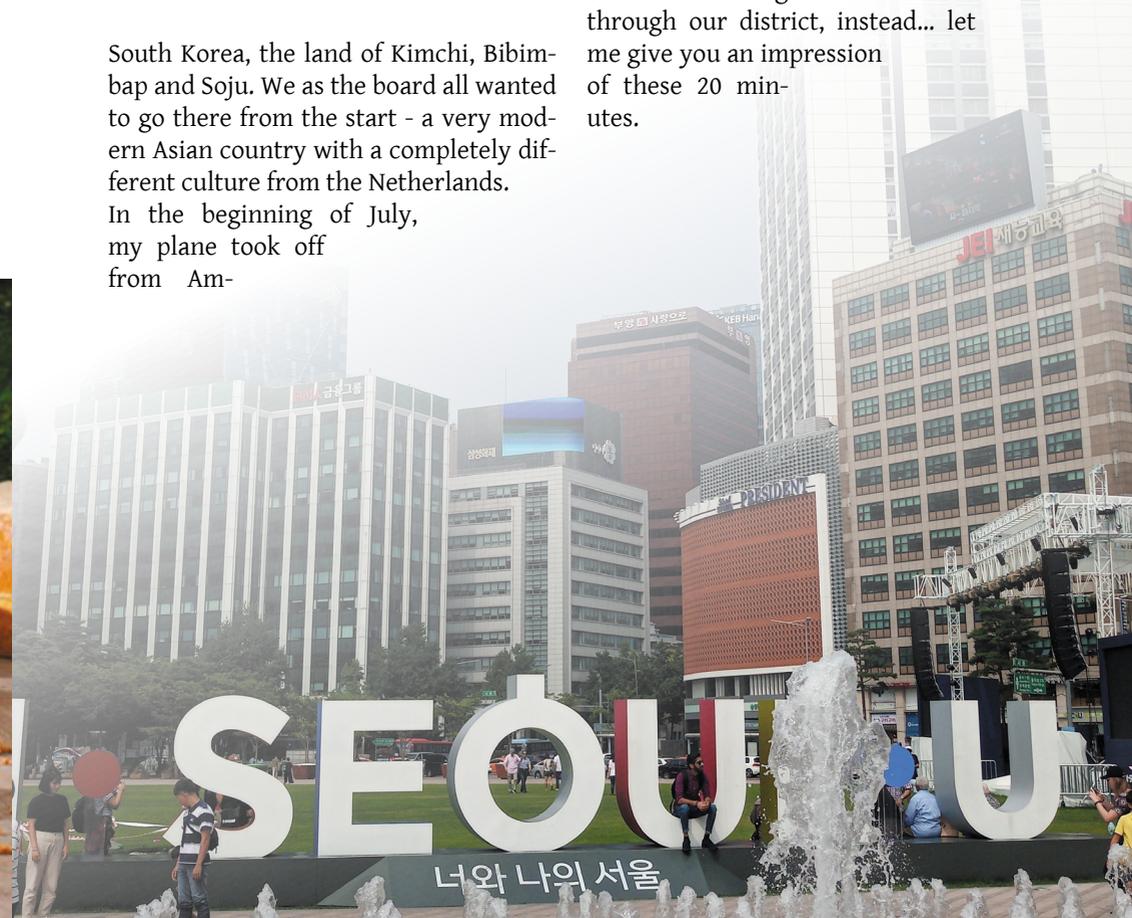
Yannik Wotte

Do you like travelling? Which country do you want to visit most? To live these travelling dreams during your studies, there are two study trips within Astatine: the yearly, 1-week Bucom within Europe and the bi-yearly, 3-week SSA outside Europe. I am going to tell you about my study trip with the SSA, and how you can join it. Because you work to finance the trip and because the University supports the trip, it is very affordable, and a 3-week trip can be as cheap as 400€! I have been the SSA's chairman for 1.5 years, and we went to South Korea last summer!

South Korea, the land of Kimchi, Bibimbap and Soju. We as the board all wanted to go there from the start - a very modern Asian country with a completely different culture from the Netherlands. In the beginning of July, my plane took off from Am-

sterdam at 21:00. My 11-hour flight went over Moscow and the Gobi Desert - I was way too excited at seeing either. Then I arrived in Seoul at 15:00 local time - yes, a 7-hour time shift and my first real jetlag. But over the excitement of being in Seoul I couldn't make myself care about that jetlag too much.

We got our public transport (T-Money) cards at the airport and went off with the first train to the city center. We still had to get the hang of public transport in Korea - so we decided to not take a bus to our hostel but to go for a 20-minute walk through our district, instead... let me give you an impression of these 20 minutes.





We got off at Hongik station, all low-key proud that we could read its name in Hangeul (the Korean alphabet), and made our way through the brimming streets of the Hongdae district – brimming with people, advertisements and flashy screens, restaurants and small side shops. But you would not have known that you are inside a humongous city – the 10 meter houses made the area seem closed off. It had its own sort of calmness, with everyone (except us) so used to this place. As we walked on, we stumbled over an array of dressed-up street performers singing famous K-Pop songs, their own creations or dancing to them in groups or alone. Even though they were just 10 meters from each other, each had their own crowd of fans and passers-by, enjoying these small shows. You see, the trick to performing your own song

from another girl doing the same, seems to be blasting your music so loud that your listeners don't hear anything else. Yet, everyone enjoyed themselves and all singers had a glint in their eyes that told you how much they love entertaining the people.

By the time we got to our hostel we were all sweaty – even more so after we carried our luggage up 3 stairs to our rooms. I have to say: South Koreans are really polite, and their cultural habits show this, too. When you enter a house, you take off your shoes to not make it dirty. So, the hostel's owner politely asked us to do the same and gave us slippers to wear instead. Also, when paying or receiving anything (also in shops, restaurants and fast food chains), you give and take with two hands, not just one. Anything else

would be impolite, suggesting you are not paying much attention to the trade and the other person. So, we gave our credit card to the owner with two hands, and the owner took it with two. And then our sweaty selves made our ways to the showers in slippers, glad to have arrived.

Over the day, all participants arrived, in small groups or alone. In the evening, we kicked off our trip with Korean BBQ – the hostel owner helped us organize this, because restaurant owners barely spoke any English. I gave a speech, and people applauded once it was over (more so because it was over). Then we started with our dinner: Savory and juicy meat, grilled right on your table. As side dishes a delicious miso soup, lots of vegetables (the one non-spicy thing) and of course Kimchi. Also cloves of garlic in a small bowl: once a roommate ate one of these you had to, too – else you'd smell them later on. This mentality probably explains why we didn't smell any garlic throughout the trip.

Over the next 3 weeks, we visited universities and research institutes, companies and cultural sites. Going through 7

cities and one island, we saw a lot of traditional markets, both strange and really tasty food. I will never eat a silkworm again, but moving octopus was definitely cool. On the tasty side, I am still longing for more Udon noodle-soup and Bibimbap. Every member will be able to tell you stories there. Be it about karaoke in Seoul, great hikes, surfing on Jeju or just funny stories about sketchy motels.

Among others, we went to the three most popular universities of South Korea, the SKY universities Seoul National

University (SNU), Korea University (KU) and Yonsei University. All have their own huge campus, SNU and KU right in Seoul. As for Yonsei, we visited the Biomedical Engineering University in Wonju, more central in South Korea. At KU and Yonsei we got to talk to their students – If I had the space, I'd love to tell you more about talking to them. We went to the Korean Institute of Technology KIST in the middle of Seoul, who greatly contributed to South Korea's fast rise to a developed country. Later on, we saw DGIST in Daegu, the nuclear research institute KAERI, KIMM with their magnetic levitation train. On the company

side, my favourite excursion went to Key Valve Technology (a manufacturer of humming valves). Before going to South Korea, we visited their partner HPValves in Hengelo, so we could really see how things are done differently in Korea. We also went to the demilitarized zone, the strip between North and South Korea. Other cultural excursions went to the various palaces and temples that were important throughout Korea's history.

If you want to hear more about the trip, just ask our members! Come to our welcome-back-drink, our info lunch-lecture, or just ask if anyone in the members room at Astatine went to the SSA. If people have time, they will be glad to tell. The two trips before this one went to the USA and Japan. So the SSA really allows you to visit any country outside Europe.

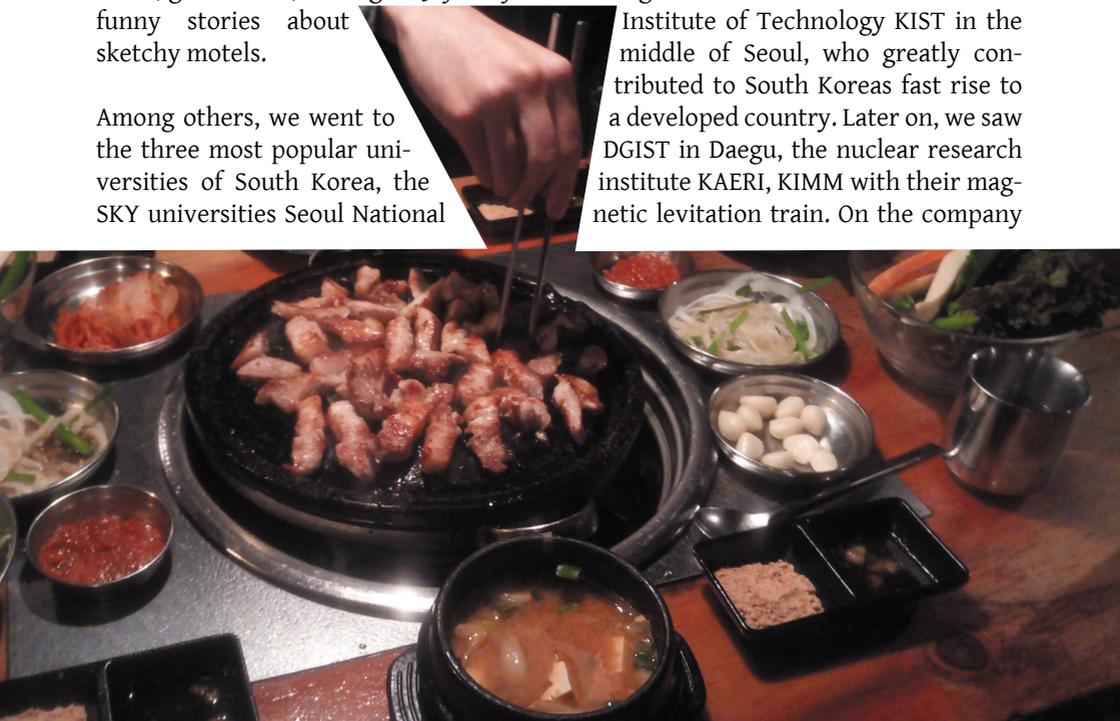
Did this get you interested in joining the SSA? Let me tell you some more details about it. We organized the trip as a group of 23 AT students. Besides planning, we acquired cases to work on and worked for companies to finance the trip, handled the finances ourselves and made our own merch. (also see ssa-ut.nl). But this is not a completely free-running trip in the

hands of inexperienced students – there is a supervisory board, which consists of experienced Alumni that give advice and feedback. Herbert Wormeester is also part of this supervisory board, and the AT staff is glad to assist you. There are also always more experienced members in the study trip, that organized such trips before.

After the current edition is completely finished up, the first members of the next SSA trip are going to be the next board members. These are four 2nd or 3rd year students who will be Chairman, Secretary, Treasurer and Commissioner of External Affairs. Together, their first tasks are to decide on the destination and to recruit the remainder of the students.

It is common for 1st, 2nd and 3rd year students to become participants, so everyone is welcome! To apply you need at least 45EC, and send a motivation letter together with some other relevant documents (nothing extraordinary) to the board once they open the application process.

We hope to hear from you, and more information will follow!



Africa

Jons Bolding



Do you know what the translation of 'kitchen' is in Afrikaans? There is actually simple reasoning which you can use to get to the answer. In essence, who are the 'Boeren' in South-Africa? The original boeren, or whites, were Dutch explorers in the 17th century. Would it be the translation of kitchen in Dutch? Well, no. It is actually the translation of 'kitchen on a ship' in Dutch, kombuis. The more you know, ey?

So I went to South-Africa and Namibia past summer and I am here to tell you that you should too! South-Africa is the southernmost province in Africa and Namibia used to be a province of South-Africa until like 1990. Let me start off with South-Africa since Namibia is not really worth many words. South-Africa is a multi-ethnic society which has 3

capitals(!) and is home to the cradle of humankind. Furthermore SA also has various beautiful landscapes and animals, beautiful nature basically. Think of the Drakensberg mountains, the Kruger national park and the Garden Route¹. Sounds good right? Well, there are also downsides and this mostly has to do with the biggest issue of South-Africa, the apartheid.

South Africa used to be ruled by the white farmers, who did not like the indigenous people very much. Therefore they used the apartheid to separate 'black' and 'whites'. This was completely integrated into the society in a way that there were different schools, public toilets and public benches for people with different skin colour. Nowadays this is not the

case anymore, but separation still lives on in SA. It is one of the reasons that if you find yourself in Joburg you literally see walls around each house with their own cameras and alarm systems due to the high crime rates. Each day 57 people are killed in South Africa. However, as a tourist your chances of getting killed are not that high, fortunately.

South Africa is splendid nonetheless, Namibia is a bit less. If you know anything about Namibia it is probably the magical pictures of the Sossusvlei, a beautiful sand desert. What those pictures don't tell you is that you have to drive over seriously terrible sand roads², making your VW Polo vibrate in its eigenfrequency it seems. Besides that Namibia has the second largest canyon in the world, the Fish River Canyon. However, you could

also just call it Canyon since it contains no fish and no river (see photo in the bottom left). Namibia is a country where each attraction is a several hour drive from the other away and you can find many Germans there since it was a colony³ of Germany.

To conclude, if you are planning to go on holiday to Africa, you need money. So look at your parents nicely or just demand some more from your Uncle. If this fails, wait until you are old and grey since that is apparently the moment you (should) have money. So when that happens, go to South Africa. Although, Namibia might have been taken over by the Chinese and North-Korean so it could be interesting to see.

Tatta,
Jons

² Did you know only 2% of Namibia has tar road?

³ Only for 30 years approximately and still it seems like it is a German bundesrepublik at times. I

must admit, the genocide was quite large and there are not many indigenous people left

¹ PS. Look them up if you don't know them





Shaping a Villain

Sander de Ridder

Most people like to focus on the good in others. They have to. If we do not trust one another, our society simply would not work. We are, of course, aware that there are those that do not abide to these rules. Generally, they are dismissed, their existence simply denied. Assumed to be nothing more than a story, something made up by someone. Albeit this is not always true, these outcasts being a bitter reality, some are in fact fiction. And these fictitious villains can spark the most intense hatred of all, that is, if they are well written.

Warning, this article contains major spoilers for: Game of Thrones & The Avengers: Infinity War

Except for some comedies and children's stories, very few narratives lack an antagonist. Does being an antagonist immediately mean that you are the villain?

Not necessarily. Say you are in a romantic story, one written by Nicholas Sparks.

You are in love with the same girl as the protagonist, but you are not the protagonist. Whilst this makes you the antagonist, it does not make you a villain -- as long as you refrain from doing immoral things, you bastard. A villain can best be described as such. Someone that, by the standards of the society he is in, is being immoral. Someone whose actions infuriate you. Someone you would describe as villainous.

Now that the definition is, hopefully, clear, let us continue with defining what makes a villain "good" -meaning one that is despised by characters in the story and

the audience alike. Or not. In fact, a well

written

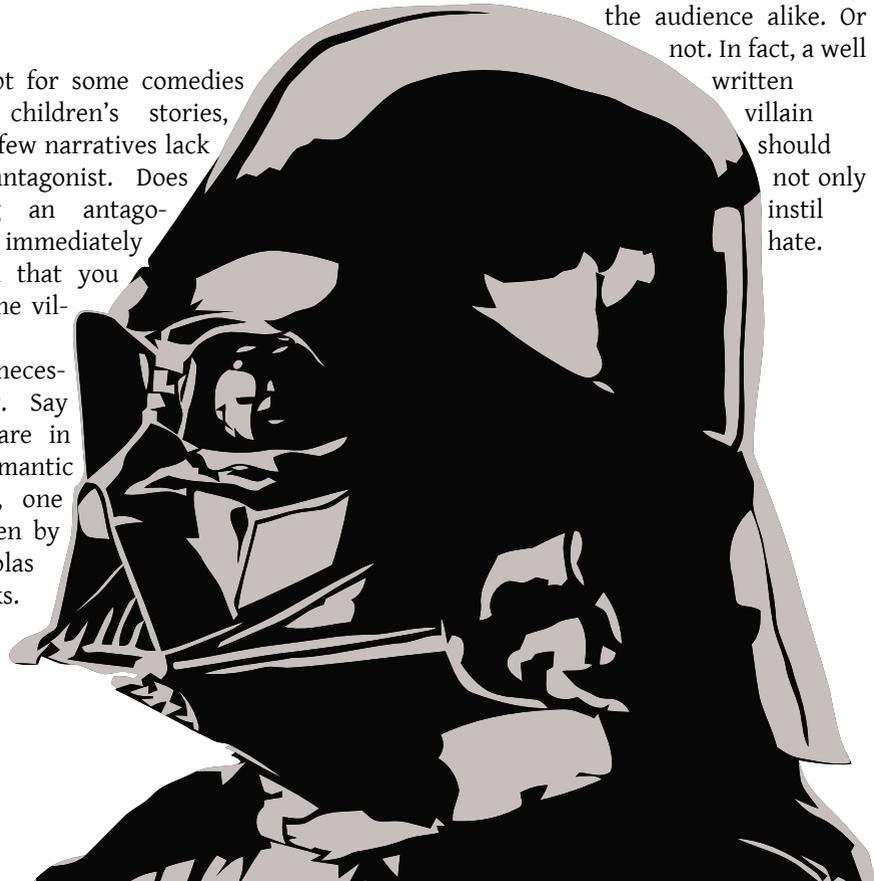
villain

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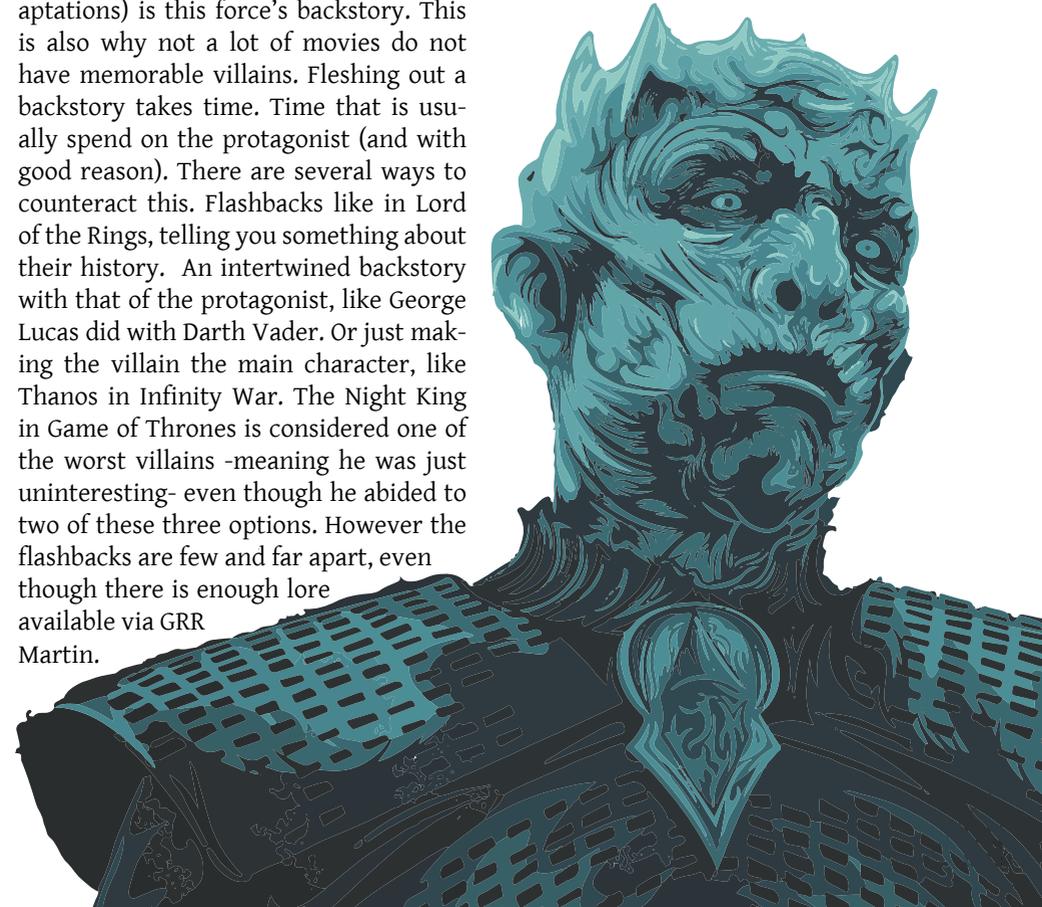


Doubt, compassion, maybe even admiration spring to mind. The latter two are dependent on the type of villain, but any bad guy should give you doubt. A nagging feeling that, maybe, he is right. Or a tiny voice in the back of your head saying that he might be wrong, but it is not his fault. A villain needs a motivation for his actions, and a good one at that.

This can form a major pitfall when choosing the scope of the story and the accompanying antagonist. In a lot of fantasy and science fiction, the villain is often more a sort of "force of evil" than just an evil-doing person. This leads to a save-the-world type of story, like Lord of the Rings and Game of Thrones. The difference between these two (their screen adaptations) is this force's backstory. This is also why not a lot of movies do not have memorable villains. Fleshing out a backstory takes time. Time that is usually spend on the protagonist (and with good reason). There are several ways to counteract this. Flashbacks like in Lord of the Rings, telling you something about their history. An intertwined backstory with that of the protagonist, like George Lucas did with Darth Vader. Or just making the villain the main character, like Thanos in Infinity War. The Night King in Game of Thrones is considered one of the worst villains -meaning he was just uninteresting- even though he abided to two of these three options. However the flashbacks are few and far apart, even though there is enough lore available via GRR Martin.

And whilst his screen time increases with the season, he does not feel like a real person. He never says a word, and thus his motivations never become clear. All we see is evil, but we never know why.

Motivating a villain is perhaps the most important thing to do. Motivating any character is, of course. You cannot just have them stumbling from one plot point to the other by mere coincidence. This is where the backstory comes into play. Usually, something that happened in the past set the villain on his evil path. Perhaps a bad brush with the protagonist, like in some superhero movies. A lot of times their motivation is enforced by character traits. A certain madness, or



ruthlessness, that any villain will ultimately need. Combine this with an obsession maybe, or some grand vision to strive to, and the audience will understand the why of the villain. Cersei in Game of Thrones forms a great example of this. In the earlier seasons she already shows her lust for power, but more importantly, the love she has for her family. As that family slowly falls apart through murder and treason, she starts to snap more and more. The hatred she gets from the folks of Kings Landing, and her walk of Atonement do not help. She does not break, yet. But the moment that Thommen, her son and the last member of her family that still stand by her, kills himself due to her own actions, she does. She takes the throne for herself and turns ice cold. All she really cares for from then on is her power, thus she holds on to it by any means necessary.

That any means necessary is the ruthlessness mentioned before. What prevents most people from being evil is their own moral - the voice in their head telling them they are doing wrong. A villain may even know that what he is doing is wrong, but if he is truly devoted to his cause, he will ignore the voice "for the greater good". Sacrifices have to be made to reach ones goals. For the protagonist this may be bittersweet, for the antagonist it often is set as an emotionless necessity. But why? These villains have emotions just as well, so why not show them? Look at Thanos in Infinity War. He sacrifices his own daughter in the movie, on its own an evil deed. But in the scene he is portrayed as having to deliver the ultimate sacrifice to him, with all the emotions necessary. After that, as he arrives

at the rendezvous with his henchman, he is told they have found their demise, and he is visually put aback. At the end of the movie, as he has accomplished his goal, he is shown to have given these losses a place, and does not let it put him down. Often a strong protagonist is cheered on for dealing with their emotions and setbacks, so why not do the same for a villain? Being evil might even require the stronger will of the two.

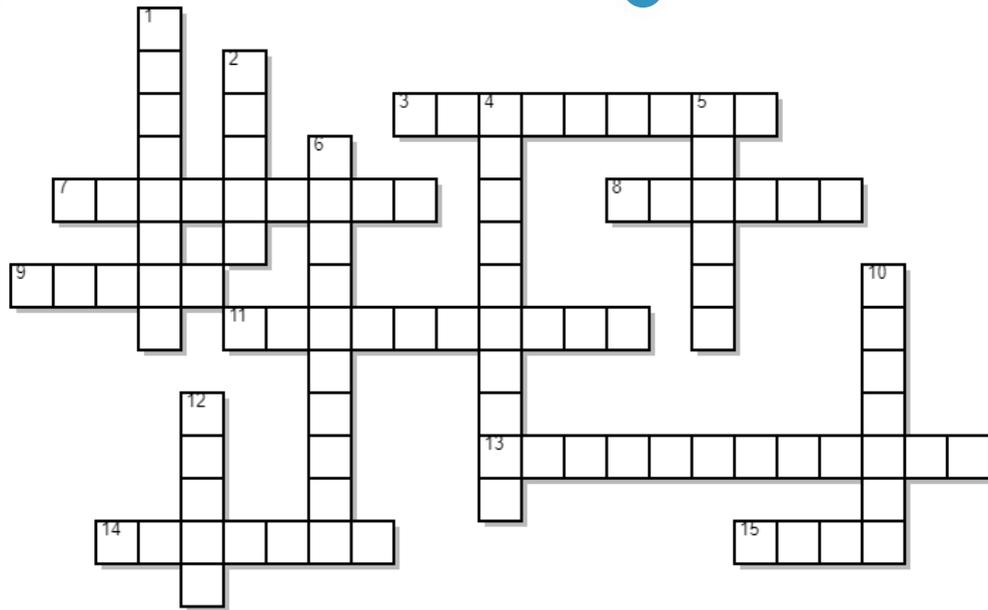
This article cannot be finished without mentioning something major in a villain, or any character for that matter. Nobody is perfect, nor will they ever be. Every villain will have flaws, human or not. Something as small a temper can do wonders to make a villain believable. A lot of villains have a sense of superiority as well, which often is a trait protagonists exploit. Anything that can break the idea that the villain is inhuman, or impossibly strong of will. Running with the perfect villain is also possible, just prepare yourself on a win for the bad guy.

All that has been disclosed will now be summarised by, in my opinion, one of the greatest villains in recent movie history. Infinity War Thanos may perhaps become a villain as iconic as Darth Vader. His first scene in the movie not only shows how powerful he is, but also that he is willing to slaughter a ship full of nearly helpless refugees to reach his goal. His backstory and motivation are slowly revealed throughout the movie, with him seeing his home planet being destroyed without his solution being used. Since he has the most screen time of any character in the movie, his persona is fleshed out very well too. His major flaw would be that he

is so convinced of his solution, that he would rather let his opponents live and let random chance decide their fate, than to kill them and be rid of them. But what makes him stand out from other villains is how he is humanised throughout the movie. He shows respect for the heroes that fight him and makes a remark about the death of his henchmen. It is, however, best shown through his bond with his daughter. The emotions shown when he realizes she has to die for his cause, his stern willingness to sacrifice her and the imagined talk with a younger Gamora after Thanos snapped half of life away make it clear that being a villain is no easy task. It really did cost him everything.



Ruben van Asselt



ACROSS

- 3 Scene insertion that interrupts the present story
- 7 Technique of setting a 25-minute timer for studying
- 8 Name of the Korean alphabet
- 9 Astatine Introduction Camp
- 11 Destination of the SSA
- 13 Traditional German and Swiss festival featuring target shooting
- 14 Destination of Jons Bolding besides South-Africa this summer
- 15 Korean Institute of Technology

DOWN

- 1 Korean "mixed rice" dish
- 2 Astatine Committee organizing the Europe trip
- 4 Adversary of the protagonist
- 5 Activity of singing and drinking performed by students
- 6 A beautiful sand dessert (Africa)
- 10 Slang word for the position as Secretary
- 12 Salads bought during AttenCie meetings for lunch

Cheerful Chef BibimBap

Roos de Vries

Dear faithful readers,
As you have undoubtedly read early in this edition of the Attentie, some of our members have recently visited South Korea! As a true food connoisseur—I pride myself on eating three meals a day—one of my favorite parts of the trip was the food. South Korea has a wonderful barbequeing culture, however since that requires some very specific tools, I've opted to share another recipe with you. This dish is perfect for lunch or dinner (or breakfast if you are a fitboy, or just got up really late). This recipe serves four.

How to do it

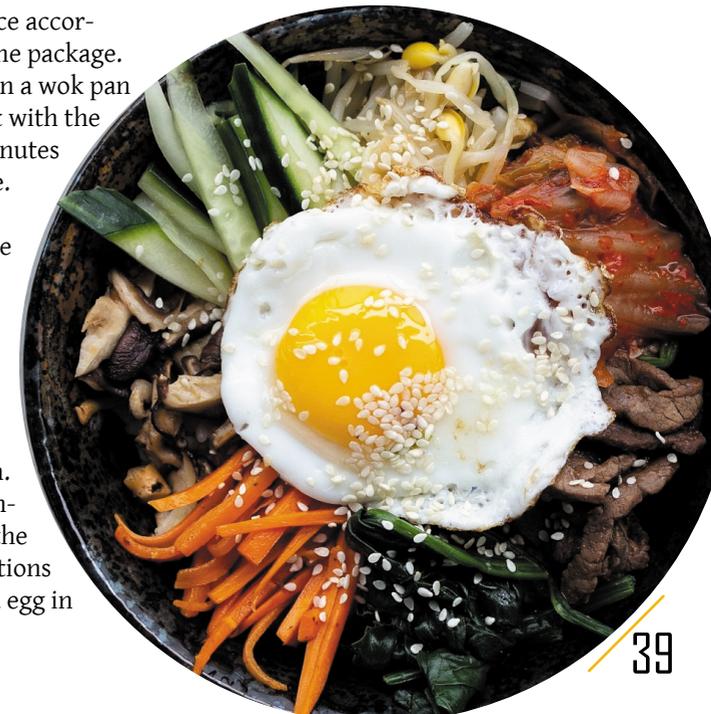
1. Heat a frying pan without oil or butter and roast the sesame seeds for 3 minutes. Allow to cool on a plate. Cut the cucumber into slices and then into strips. Clean out the pointed bell pepper and cut the flesh into thin rings.
2. Squeeze the lime and sprinkle some juice and sesame seeds over the carrots.
3. Cook the basmati rice according to the instructions on the package.
4. Heat half of the oil in a wok pan and stir-fry the minced meat with the sambal on high heat for 3 minutes until golden brown and done.
5. Heat the rest of the oil in a frying pan and fry one egg per person. If you like your eggs soft, that is totally acceptable! That's how the Koreans eat it.
6. Divide the rice between four bowls. This dish is all about presentation. So, carefully place the cucumber, bell pepper, carrot and the minced meat in separate sections on top of the rice. Put a fried egg in the middle of each bowl.

- 4 tablespoons of sesame seeds
- 1 cucumber
- 2 pointy bell peppers
- 1 lemon
- 300 g carrots, cut in thin strips
- 300 g basmati rice
- 4 el peanut oil
- 300 g beef
- 4 eggs

7. Enjoy! For the authentic experience, add as much sambal as you dare!

Variation: You can add other vegetables as well, such as shitake mushrooms, avocado, or seaweed. You can also leave out the beef.

Gosh, I miss South Korea! This takes me back.



Do you like:

Movies?

Free things?

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**Fill in the survey for a chance
to win 2 movie tickets to be
picked up at Astatine**