

THE FINAL DRAFT

SVGS-IB STUDENT YEARBOOK 2024



Sandefjord
VIDEREGÅENDE SKOLE





The Final Draft 2024



Sandefjord
VIDEREGÅENDE SKOLE

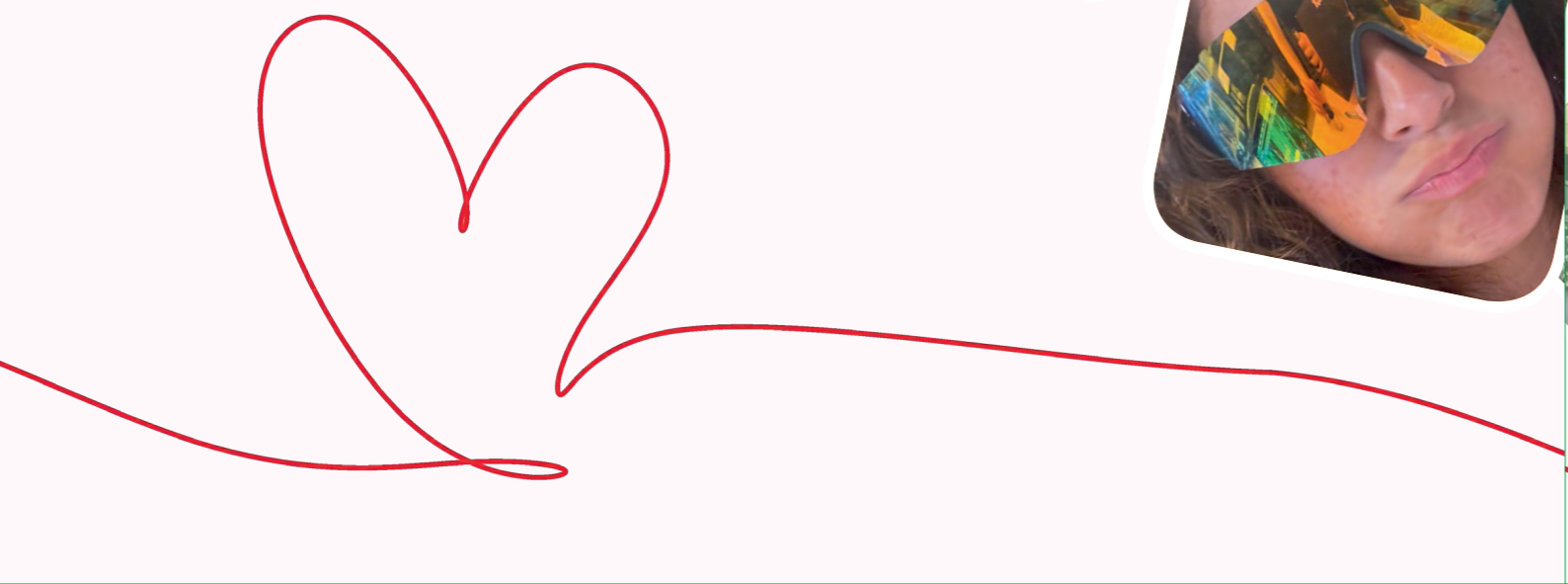


TO OUR
FAMILIES,
FRIENDS, &
TEACHERS

Thank you

WE COULD NOT HAVE DONE THIS
WITHOUT YOU.

*The
3IB's
2024*





Education for a better world



Sandefjord
VIDEREGÅENDE SKOLE

What's inside???



SKIT DIARY	ART	BADMINTON	HEISETRA	RUSSE	WAFFLES
AWARDS	(Some) ARTICLES WRITTEN BY AI	CHRISTMAS	WILHELM		
CURRENT AFFAIRS	VIDEO GAMES	ITALIAN	POETRY	CAS	ORWELL
SCIENCE	JOKES	MONGOLIAN THROAT SINGING (AGAIN!)	PAPER	DANCE	MOCKS
RETIREMENTS	TOK TRIAL	VIOLINS	SPORT	HALLOWEEN	EDVIN



Let us begin —

Hello!



From the office at the end of the corridor.....

The school year 2023-2024 has seen many changes to the IB department. We said goodbye to our IB Department Head, Siân Stickler and, as we approach the end of the school year, we also say goodbye to Erling Gogstad and Tore Thorstein who ride off into the sunset to enjoy their retirement after many years of service in the IB department. And of course, we also say goodbye to a wonderful group of 3IB students and wish them all the best for their futures as they embark on new adventures.

For us, we have worn many hats this year from teaching, contact teaching and acting heads of department but through it all, it has been a pleasure to be a part of our IB community here at SVGS. As we turn the final pages on this school year, this yearbook gives a wonderful snapshot of life in the IB and is filled with memories that we hope will stay with you for many years to come.

Thanks to the Yearbook Committee, led by Jo Einar, you will find a tapestry of learning, laughter, friendship and creativity. From Yagmur and Angelica who designed the cover, the artistic contributions that adorn the pages, the many written contributions that include articles, playlists, the funny things we all say, to the more unique contributions: all offer a myriad of experience that defines the IB, namely, a sense of friendship and community. Each memory contained in these pages is a testament to the spirit of camaraderie that we see everyday in the corridor and classrooms.

Let us celebrate the moments captured in these pages, the memories that remain with us and the bright future that awaits our graduating class and once again congratulate the Yearbook Committee on a wonderful production.

Astrid & Michelle

Out of Time

A Greeting from the Editor

As the editor of this yearbook, I went into the year with a lot of ideas. Above all I wanted greater participation from the Yearbook Committee, something I personally wanted as a member last year. In that respect, I fear I have let the Committee down. I am sorry for that. Though perhaps you are all relieved I did not implement my grand scheme. In any case, I want to thank you all for contributing, and not just the Committee – the yearbook would not be possible without the whole group, and naturally that includes the teachers as well. In fact, I am quite certain this year would not have been the same without you in particular. Thank you for that and thank you to our sponsors and parent contributions for making this publication possible.

About a week before the exams started, I got into the habit of listening to the record *Out of Time* by the American rock band REM. Yes, I know I am thirty years late to the party. It was first in the middle of the exams that I realised how ironically fitting the title was for the time. I would not say I ran out of time on any exams exactly – partly because one of our teachers has told us several times that it is not possible. His argument, as I recall, is that we know exactly how much time we have.

THE YEARBOOK COMMITTEE 2023-24



BR: A.M. Forero Herrera; T.O. Nyheim Slettingdalen; A. Wike Snildal; J. Haugen; N. Kaushik; M. Gundersen-Cataldas; L. Esmurzieva.
R3: I. Kveberg Kreken; I. Markeviciute; I. Baneshi; M. Røste; J. E. Sundet Hole; Y. Erbas; E. Russell Roberts; E. Magari; M. Piorkowska.
R2: P. Skjetne Bentsen; L. Kerpyte; T.S. Tristao; T. Nhu Huynh; C. Houmb; S. M. Synnes; N. CikataVICIUS; M. Eldevik; V. Odintsov.
FR: M.K. Bratus Larsen; W. D. Hillgaar; H. Abdiani; S.M. Gogstad Pedersen; W. Austlys; M. Hamo; J. Vilberg Oskarsson; G.G. Aparecio Augusto; N. Fuglset; L. Maria Pazdro.

If you are reading this right after the school year concluded, and you have finished the DP this year, you are likely going to move away at the end of summer. If so, I want to propose an idea. You roughly know the date when you are leaving, right? Then logically there is no possible way for you to run out of time this summer. You can spend the summer well, or unwisely. I just hope you know that your friends want to see you, and that there is time for plenty of mistakes to be made. So, please do not waste this opportunity. It might not present itself again. And you can probably wait to read the memories contained within this yearbook. Meet your friends and make new memories over the summer.

I think the modern school system is a strange institution. The aim, I admit, is simple: prepare us for life. I am trying my best to override the urge to write a political statement. If you know me, I am sure you know what it is. In any case, I want to comment on a common thing said at graduations and similar occasions. The point is often made that the most important things we learn during school is not about our subjects, but rather about ourselves. There is some truth to that. I do not really feel I have learned so much about “who I am” during these three years. But I do think I have learned a lot about who I want to be. For that knowledge I am thankful to all of you – though especially, I suppose, to one or two in particular.

My plan at the moment, if you are curious, is to move to the heart of Europe for my studies, to Berlin, Germany. If you are ever there and want to see me, let me know. I think some of you owe me a waffle or two.

There is not much more to say, I suppose. I will go my way; you will go yours. If you are reading this, we probably said our goodbyes long ago. And that is quite alright. Every conclusion is just the start of something new. I mean, what even is a goodbye?

Sorry!
I mislaid the
photo



I am partial to the German way of saying it, of course: *Auf Wiedersehen*. It basically means, ‘see you later.’ There is a lot more optimism in that, I think. It’s rather clever, I must say, devious almost. Delaying the farewell until a later time is easier, I suppose. Those pesky Germans.

I for one have never known how to say goodbye, and I cannot think of any fitting words. I could demonstrate my inability to say goodbye with a drawn-out section of thanks to specific people, but I do not know if anyone wants that. And really, who am I anyways? But I would like to thank you—yes you—for all the smiles and bad jokes you shared with me or other people. I want to urge you not to lose yourself, though I know we live in a world where that is so very easy.

There, I have said my piece. Please enjoy the rest of the yearbook.

Auf Wiedersehen

Jo Einar Sundet Hole

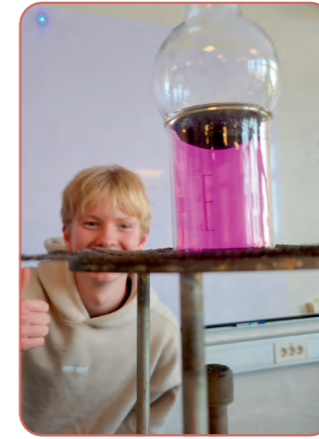
**LET'S
AT THE END!!!
START**

**End of Year
Celebration**
16.06.2023



**Best School Attendance
Award 2023**





AUGUST OPENING SCENES

21.08.23
WE'RE BAK!
 We now have our very own 'Mr IB' (Ilia Baneshi).

22.08.23
 Eirik Mortensen tells us everything is normal. Sunniva disagrees.

29.08.23
 Skolevalg... follow your heart comrades!

01.09.23
Staffet for Livet – Saule and Noelia spotted leading the runners.

07.09.23
 Michelle sends her annual Teams tirade at 2nd years concerning rubbish in the meeting rooms. Rightly so Michelle!

08.09.23
 Strange animal sounds coming from 2IB ToK.

12.09.23
 Lars shows-off his dance moves during the morning warm-up! Paul opts for innebandy!

13.09.23
 Michelle turns up 55 minutes late for her own 3IB Economics class... but it was her birthday, so that makes it okay???

14.09.23
 Heisetra – Mohamed and Vadym sneak out of the lavbo at 3am to the comfort of the cabin.

21.09.23
 Who's breaking the toilets??? Rektor sends warning to all.

25.09.23
 Ida Wolde Bache (Norges Bank Governor) interviews Jonas (3IB) about the state of the Norwegian Economy.

28.09.23
 Rektor bans going to the toilet during class-time. Ilia says it won't affect him!

02.10.23
 Rektor initiates advertising campaign for Jodel... Subscribers soar!

03.10.23
 Siân to the rescue - Vlad and Nakul volunteer as styremedlemmer on the Russ Committee!!!!

04.10.23
 The 3IB Oslo Trip: Finally Vlad and Eline get to sleep-in.

06.10.23
VAK! - HØSTFERIE

16.10.23
BAK!

24.10.23
 Maria interrupts HL Chemistry to announce 'Greia etter Skole': free tacosuppe. Something to look forward too.

25.10.23
 Football Camp announced on intercom: Abdirashiid seen vibrating in his seat and must be restrained!

26.10.23
 The annual Halloween Costume Gala. Tiril and Melissa add seasoning to the event.

30.10.23
 Time Capsule buried behind the school. See you all back here in 2098!

31.10.23
 Goodbyeeeee Siân! Miss you.

02.11.23
 Goodbyeeeee Kornelius, our fallen comrade! Miss you too.

14.11.23
 Leila denies book-burning. 'It *"fell"* into the fire', she claims.

20.11.23
 Chicken & Rice again Max???

22.11.23
 Magomed achieves a new record, oversleeps for economics the 10th week in a row and doesn't even have economics in the first period.

28.11.23
 Mikaela tries to explain glitter balls to Jonas (3IB).....Jonas left looking con-fused!

30.11.23
 Blue Day!

01.12.23
 Hitler literally turns up at the ToK trial and is acquitted of all charges!!! *Gott im Himmel!*

13.12.23
 How many 3IBs can fit around the red tables???? Infinity +1.

14.12.23
 Politi seen coming in the front door. 3IB-Emil seen going out the back!

21.12.23
 Rektor sends-out his Christmas Homework. Peder says he'll definitely do it this time.

21.12.23
CHRISTMAS VAK!

01.01.24
 New/Old/New Vestfold County. Has anybody noticed?

04.01.24
BAK!
 Yay – Astrid returns, we missed you lots!

08.01.24
 Magomed arrives to economics on time..... must have received an alarm clock for Christmas!

10.01.24
 False alarm. Magomed arrives late to class. The world is normal.

11.01.24
Utdanningsmesse. Sooo many choices!

15.01.24
 Sol returns to SVGS. We thought she'd quit! Warm-up the glue-gun.

17.01.24
 SNoooooooooooooooooooo
 Oooooooooooooooooooooow.
 Tacosuppe for all! Many stuck in Forum until 20:00! Taxi home!

18.01.24
 Home School! TEAMS Again. NOoooooooooooooooooooo!

19.01.24
 Back to normal! 3IB biology dissect a deer! Liepa spotted searching for saws!

24.01.24
 3IB explain the advantages of 'mewing' to Maria in ESS.

12.02.24
 3IB Mock exams. Emil focuses on level-9 of his favourite phone game. Melissa focuses on fashionista! Exams? What exams?

19.02.24
VAK! - VINTERFERIE

23.02.24
BAK!
 Mobile Hotel (prison) regime begins! Aurora says, 'This means war!'

27.02.24
 Lisa comes to school without her ToK Essay AGAIN! Because... ???

01.03.24
 All hail Prom-King Martin.

04.03.24
 Automatic blind in B315 goes berserk!

01.03.24
 Sommerjobbmesse: William S. applies for job as a mime-artist for the Kommune!

12.03.24
 Kristin walks out of 3IB Maths after realising that she had done the same question twice!

15.03.24
 2IB Trip to meat factory cancelled. Sniff-sniff.

20.03.24
 Vadym is voted cutest person in IB as voted by the 2IB Cuteness Committee.

22.03.24
EASTER - VAK!

02.04.24
BAK!

09.04.24
 William D. and Sandra reminded for the umpteenth time to stop talking during class.

19.04.24
 Last day of teaching for 3IB's – Cake for all!!

24.04.24
 Shhhh!!!!!! IB exams begin. Magomed says he never realised there was an "8:30". His clock starts at 11:00.

01.05.24
 Workers of the World, UNITE! 3IB's do Maths P1. Tiril found in the legevakt!

03.05.24
 Solidaritetsaksjon today! Every krone counts!

09.05. & 10.05.2024
 Mini-vak... Except for 3IB's

15.05.24
 New Volleyball Court is open! Tore & Paul try to organise a staff-team.

16.05.24
 IB Exams over: hooray! Congrats 3IB... you did it! 1IBA Trip to Oslo to visit the Big Smoke!

17.05.24 - Selvfølgelig
 Hipp Hipp Hurrah! Melissa 'found' sleeping on Tiril's veranda!

21.05.24
BAK!

22.05.24
 3IB graduation in Borgsalen. Don't they all look great! We'll miss you! Ilia has cap surgically removed for the event!

23.05.24
 2IB Science-Day. An 'explosive' day!

28.05. and 29.05.24
 2IB EE Day. How come everyone disappears at 14:00?

01.06.24
 Pride Flag is hung with pride.

10.06.24
 Yearbook goes to print.

20.06.24
 3IB graduation No. 2!

21.06.24
 Last day of School... Hooray! SEE-YA IN AUGUST!

FOOTBALL - MORE THAN A SPORT FOR ME!



Abdirashiid
Adam Abdille

Football is more than a sport to me; it has been my life, passion, and motivation, and it has shaped who I am today. The past two years I have been quite obsessed with this sport. And

my routine goes like this:

- Monday? Training.
- Tuesday? Training.
- Wednesday? Match.
- Thursday? Training.
- Friday? Training.
- Saturday? Match.
- Sunday? Rest.

This routine has been my life, my passion, and my commitment. Despite really loving football, I can sometimes find it a strain at times when trying to balance the demands of school with my commitment to football... but it's a challenge I've embraced wholeheartedly.

I currently play for Nanset Idrettsforening G19. I devote most of my time before and after school to playing this game. I spend between 18-25 hours a week on football. There have been bad moments like injuries and exhaustion, and sometimes I feel overwhelmed as I battle with school assignments and low attendance in class. But hey, that is what I signed up for. There are times when I feel like giving up on school (!) and continuing to pursue my childhood dreams, but I know that both football and education are important for my future.

Football is something different, and those who play it and love the sport can testify. Each time you step onto the field, all doubts are silenced. The rush of the game, the mutual trust and friendship among people who spend a

lot of time together, the nerves that don't let you sleep the night before a game, the thrill and goosebumps you get before the game—these moments assure my dedication.

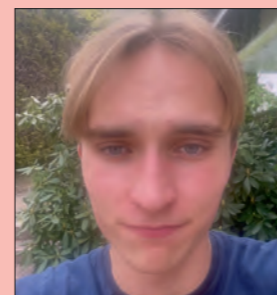


Scoring a goal, making a key pass, or simply outrunning an opponent gives me a sense of achievement and joy that is hard to describe. Football has taught me about resilience, leadership, sacrifice, perseverance, and teamwork. It is through football that I've learned some of life's most valuable lessons and how to overcome obstacles and push through tough times.

After I graduate from the IB, my biggest ambition is to make it to professional football, play for Barcelona, and win the Champions League. It's a goal that requires not just talent but dedication and hard work. I know that it is not easy, but no dream is too big, and I am ready to tackle everything that comes between me and my dream. Here's to the future, to the pursuit of my dreams, and to the beautiful game that has taught me so much. After all, "The future belongs to those who believe in the beauty of their dreams."



WHICH CAME FIRST, THE CHICKEN OR THE EGG?



William
Stixrud Hagen

This must be the most important question in human history! This rather rudimentary question has sparked debate among nerds for God knows how

long. I believe I know the answer. I know the chicken came first, and here is why:

Firstly, it is important to consider what the question is really asking. 'What came first' implies that the presence of an egg either existed without a chicken laying it, or that a chicken came into existence without being born from a chicken egg. We are essentially looking for the possibility of affirming the presence of one, without the necessity for the other. So how do I know it was the chicken? It goes back to evolution. As animals gradually evolve over generations, new species emerge. By the theory of evolution, the present-day species known as 'chicken' is the offspring of another species that came before it. This is not a sufficient argument by itself, because we still have the problem of definitions. How can we say that the egg that inhabited the first chicken wasn't a chicken egg by that fact?

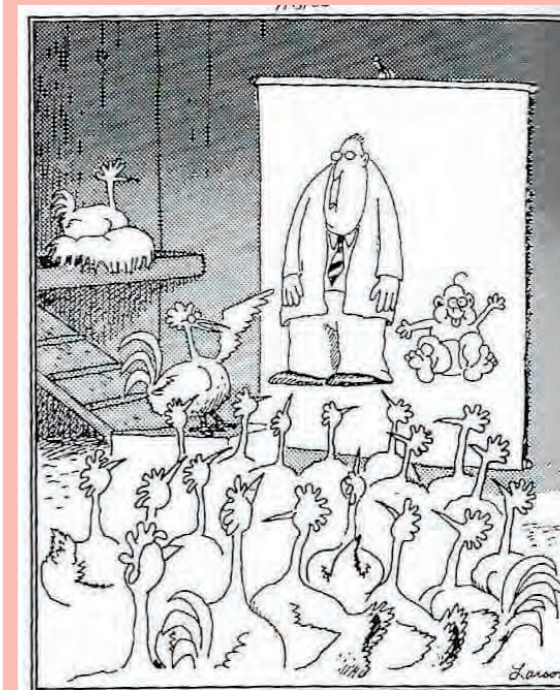
In essence, is the type of egg determined by what lays the egg, or what the egg fosters? Hence, we have a problem of definitions.

It seems like there is nowhere to go from here, after all it just comes down to how you define the egg. But I disagree because I believe there is only one correct solution. You see, the eggshell does not contain DNA. The egg is simply a casing to protect the foster inside. As the preceding species to the chicken

laid the egg that would become the first chicken in existence, the egg had no indicator or relation to what was inside. The egg belongs to its layer, which is in this case the species before the chicken. Furthermore, the egg must have been fertilized. Before fertilization, the foster had the exact same DNA as the mother, making it not chicken. Only after the crossing of the two preceding chicken species was the first chicken created. The egg remained unchanged by fertilization, meaning its ownership remains with the mother's design and function, not a chicken egg, although it now inhabits the first chicken ever. This is also demonstrated in artificial breeding in labs. We can take a chicken egg, cross fertilize with some other species to get a new hybrid species, although the egg remains a chicken egg.

And there you have it. The chicken came first. What did you say?

You disagree? Prove it tough guy...



"Now here's one of the mysteries of the universe. ... Which came first?"

"The Things people say!!!"

- EMIL (3IB):** *'Jeg har selektiv intelligens.'*
- PERNILLE:** *'What is the rektor on? Han tror han er batman som stopper mobbing. Mobbing kommer til å forsvinne never.'*
- HERALD:** *'The bigger the D gets, the weaker the B gets'*
- PAUL:** *'Make sure you meet the deadline because, I've got a crowbar and a shovel, and they will never find the body.'*
- YAGMUR:** *'Liking sushi is a social construct.'*
- STEFAN:** *'Ironically, I really hate kodeveksling.'*
- HERALD:** *'Ok, I am an electron'*
- ABDIRASHID:** (While in a boat on the lake at Heisetra) *'I dont know how to swim, they are gonna kill me!'*
- INGRID:** *'Pernille er helt klart djevelen!'*
- PAUL:** *'It's your funeral... and you can't spell funeral without F.U.N..'*
- GUY:** *'Chemistry names are like students in a class, sometimes they explode!'*
- LEILA:** *'Jeg spurte mamma hvilken disney prinsesse jeg hadde vært.. hun sa Ariel... men så bytta hun til Belle.'*
- EMMA:** *'Skal vi være rasistiske og si Jasmin?'*
- MAX (1IB):** *'Are you not singing?'*
- DARJA:** *'I have sungen!'*
- PAUL:** (While drawing an economics diagram on the board) *'My curves are getting worse.'*
- ADRIAN:** *'Nothing is better than listening to Feliz Navidad while eating sh1t.'*
- Ingeborg:** (TIL ILIA, LEILA, MARIA OG HALVEIS EMIL [2IB])
'Ingen av dere er turfolk.. det er fordi dere ikke er norske.'
- CAMILLA:** *'It's a "them" problem.'*
- LEVA:** *'I want some lettuce... let me be a cow'*
- NAKUL:** *'When I take something from others, I always give something back. It's because the Bible says, "thou shalt not steal", but it doesn't say "thou shalt not swap."'*



What people say; what people do;
and, what people say they do: these
are entirely three different things."

— Margret Meade

- PAUL:** *'I'm a vegan who eats chicken... and sausages... and drinks milk.'*
- MIA:** *'På en skala 1 til 10, hvor dårlig er det å bli sammen med en gift mann på moviestar planet?'*
- EMMA:** *'Hitler kunne ha trengt en venn.'*
- SOL:** (While walking out of B306 with half of KDA's art supplies.)
'I'm off to teach history.'
- MARAT:** *'I'm only human afterall.'*
- WILLIAM:** *'Bro, don't sniff my cheese.'*
- HERALD:** *'Let me show you the karate I was doing yesterday...'*
(Herald proceeds to karate chop the air, saying) *'Maaz-daa; Toy-o-taa'*
- REDON:** (While yelling to Nojus who is sitting right next to him)
'HAVE YOU DECIDED WHAT YOU ARE WRITING FOR THE EXTENDED ESSAY?'
- NOJUS:** (Whisper-yells back) *'WHY ARE YOU YELLING?'*
- PAUL:** (in 2IB Economics) *'87% of this class doesn't like me... and that's statistically normal'*
- MARAT:** *'Shhh, I'm mewing.'*
- PAUL:** *'Speaking about police-car tyres, and then you can re-tire!... re-tire...tire...c'mon that was a good one. Now I feel deflated.'*
- CAMILLA:** *'Ah-ha, I saw your tootsies walking.'*
- KORNI:** *'Jeg liker toern uten sopp.'*
- ERLEND:** *'Jeg har ikke mommy-issues. Fordi moren min er ikke her!'*
- EMIL (3IB):** *'I hit my head against the door.'*
- SOL:** *'Yes Emil, we can CLEARLY see the consequences of that.'*

TO YOU, AFTER MANY YEARS.



Nursulu
Umarova

Dates, anniversaries... they seem like special milestones in life, but honestly, they can feel a bit mundane. It's interesting, though, how certain numbers can boost someone's spirits. It's fascinating. You're 19, right? That's a good age.

This morning, I realized it's been a long time. Hello, by the way. Please excuse my familiarity. It's funny how some things remain the same despite the passage of time. We're still running side-by-side with smiles, cherishing the moment. Looking around, I see an ever-growing circle of wonderful friends, and that keeps me going.

I can't help but ponder how the world is different now than it was 5, 10, 50 years ago. Scrolling through the news, I ask myself: what have I accomplished in that time? Empty conversations, meaningless gestures... yet, the boundless passionate love across the globe keeps me from giving up.

There's something important about it. We often delude ourselves into believing loud calls to change the world. Reckless ambition and vain cries about making things better won't lead to success on their own. Until we appreciate the value of life, the world around us, and ourselves, we can't build anything on a shaky and uncertain foundation.

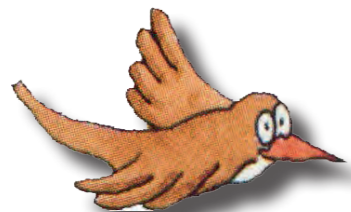
Sure, I miss the past sometimes, but I know it's behind me. I am happy in the present, no matter what. After all, the present is all we truly have.

These reflections help me see the world as it is. Open your ears and be discerning when you hear the promises of "leading you to success" or "lighting your way." After all, darkness is the absence of light. Perhaps, we should consider why it's missing.

And isn't it ridiculous to think about justice and well-being when violence is met by society as a reasonable and expedient necessity, and every act of mercy causes an explosion of resentment and vengeful feelings?

Peace and contentment lie within us, not outside. Free and profound thoughts, which seek to comprehend life, and utter contempt for the foolish vanity of the world, are the two goods above which man has never known.

Live in the present, redeem the past, do not fear the future. I'm here for you. Oh, and take care of your health!



MUSIC I WAS LISTENING TO INSTEAD OF STUDYING



Stefan Sørhaug

Now that I'm done with my exams it's important to recognise any faults in my studying method so that in the future, they can be avoided. As I'm sure a lot of people do, I spent a concerning amount of time listening to music.

Too much time. I had things to do. Didn't matter. Somehow my brain figured that was more important. I'm not sure why I thought that either. Oh well. What's done is done. My grades have suffered accordingly. Was it worth it? Probably not. Here are some highlights, I guess.

Time waster #1, King Gizzard & The Lizard Wizard

They're an Australian band who are incapable of sticking to one genre for more than an album at a time. They were also rated as #21 on the list of most hard-working musicians by the Institute of Contemporary Music Performance in 2018 due to their insane touring schedule & album releases. As of May 2024, They have released 25 studio albums since their formation in 2010, averaging 1.79 albums per year.

Not only have they made an insane amount of music in a very short amount of time, but the music made has been incredibly diverse in sound, meaning they essentially have an album for everyone. My personal favorites have been "Infest The Rats Nest" (2019, trash metal), "PetroDragon Apocalypse; or, Dawn of Eternal Night: An Annihilation of Planet Earth and the Beginning of Merciless Damnation" (2023, Heavy/progressive metal), "Polygondwanaland" (2017, Progressive rock), "Quarters!" (2014, Psychedelic Pop/Jazz rock), and "Paper Mâché Dream Balloon". They're on tour in Europe right now and have already played multiple new songs, so it seems like they're continuing the trend of making a frankly concerning amount of music into 2024 as well. I shan't complain.

Honorable Mention Time waster: TOOL (Progressive/Alternative Metal)

American metal band that I on average listened to for 2.27 hours per day in 2023. They've only ever released five studio albums. All of them are 10/10's. They do a lot of weird stuff with polyrhythms and time signatures but I'm not going to pretend I know enough about music theory to actually understand any of it so all I can really say is that it makes the music sound weird in the best way possible. I've probably listened to the middle album, "Lateralus" (2001) from the beginning to the end more than 100+ times at this point, if not more.

In conclusion, consider listening to music at the same time as you study instead of just doing one or the other. I didn't realize you could do that until it was too late. Bye.

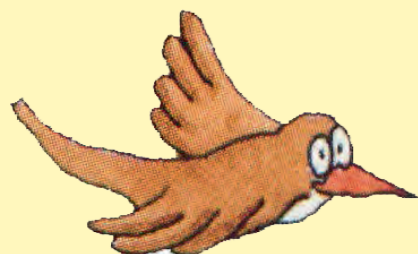
CUTE CATS



Max Eldevik

The British Shorthair is a wonderfully cute feline companion. A velvet-like coat, paired with a reserved nature, makes this breed an exceptional pet.

Soft and squishy, the British Shorthair is an independent cat. Although they are not the most agile cats, their powerful physique is exceptional for hunting. A careful observer will notice the British Shorthair is loyal to their owner and enjoys the occasional cuddle on its own terms. All in all, the British Shorthair is an impeccable pet.



LIVERPOOL FOOTBALL CLUB



Tobias Bergan
Gåsholt

Liverpool Football Club is the best football club in the world. With 18 top division titles, one Premier League, six UEFA Champions League, eight FA cups, nine league

cups, 16 community shields, 3 UEFA Europa leagues and some other less important trophies, there is no denying that Liverpool is the best in the world.

Liverpool is currently second in the Premier League and is managed by the mighty Jürgen Klopp, captained by Van Dijk, and owned by Fenway Sports Group. According to UEFA: Liverpool is the fifth best team in the world right now. The current team consist of many world-famous people, like Mohammed Salah, Dominik Szoboszlai, Darwin Núñez, Alisson, Trent Alexander Arnold and many more. With a team with that quality, you can see they compete only in the best competitions.

Liverpool also has a rich history with some icons that played for the club. Some of them are Steven Gerard, Ian Rush, Luis Suarez, Sir Kenny Dalglish and a Norwegian legend named John Arne Riise. These players were important for the club, bringing them to a new high every time. Sir Kenny Dalglish became a legend both as a player and manager.



IL MIO ANNO ALL'ESTERO

Ciao! Sono Eliana e sono una studentessa italiana, per l'esattezza dalla Sardegna e ho deciso di partire per il mio exchange year in Norvegia. Il mio placement è un piccolo paesino, Andebu, non lontano da Sandefjord, la città dove vado a scuola.

Frequento il secondo anno di scuola superiore nel programma IB, scelta che ho fatto alcuni mesi dopo essere arrivata in Norvegia e ho trovato dei compagni di classe molto aperti e con i quali ho anche stretto alcune amicizie! Sono molto contenta di ciò.

Parto col dire che le difficoltà iniziali si sono sentite. Ero molto triste anche se tuttavia ho imparato tanto da questi mesi lontana da casa. Sono riuscita a crescere e maturare davvero solo che ci sono voluti un pò di mesi per abituarci alla cultura norvegese, anche perchè alcune volte notavo tante differenze dalle mie abituali relazioi con i miei amici e la mia famiglia italiani i quali mi mancano davvero tanto.

Imparare il norvegese è fattibile e da persona che l'ha vissuto, bisogna metterci tanta volontà e allo stesso tempo non avere paura. La lingua non è la più semplice, ci si abitua e si prende coraggio di provare a parlarla per quanto io stessa preferisca l'inglese perchè più semplice per me.

Mettendo da parte amicizie, scuola ecc.. in questi mesi ho visitato alcune città come Oslo (stupenda e cosmopolita), Bergen e Tromsø. Se dovessi svegliere, direi che sono innamorata di Bergen, ha una storia stupenda e mi ha lasciata innamorata dalla bellezza del quartiere più storico.

Tromsø mi ha invece lasciato un ricordo unico: ho dato da mangiare alle renne e ho imparato sulla cultura Sami . Non si

smette mai di imparare per questo motivo è importante essere curiosi di un'altra cultura senza avere pregiudizi e in particolare conoscere la bellezza della diversità tra le abitudini di due Paesi diversi come l'Italia e la Norvegia. Una cosa però, il cibo della



Eliana Magari

Sardegna o quello italiano non si batte.

Sono davvero felice di tutte le esperienze

(negative e positive) dalle quali ho collezionato ricordi, emozioni e lezioni importanti che mi aiuteranno in futuro. Per questo motivo, auguro a tutti di viaggiare e di fare esperienze del genere quando si ha 17 anni, per questo saranno storie da raccontare ai propri amici e familiari.

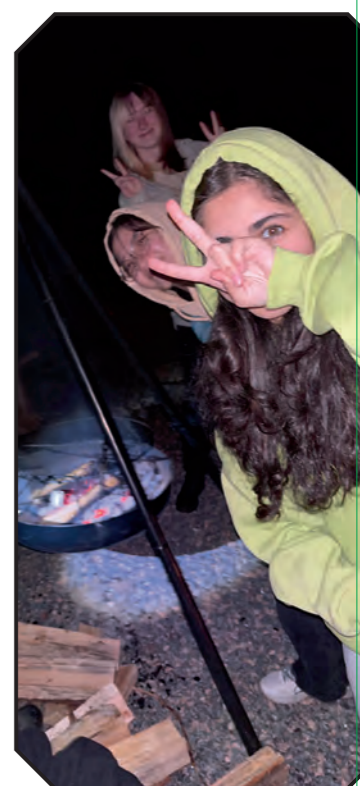
Personalmente, spero che chiunque abbia l'opportunità di intraprendere l'anno all'estero e diventare un'exchange student, non la perda e anzi decida di partire per un'avventura.



Memories from 2IB's Trip to

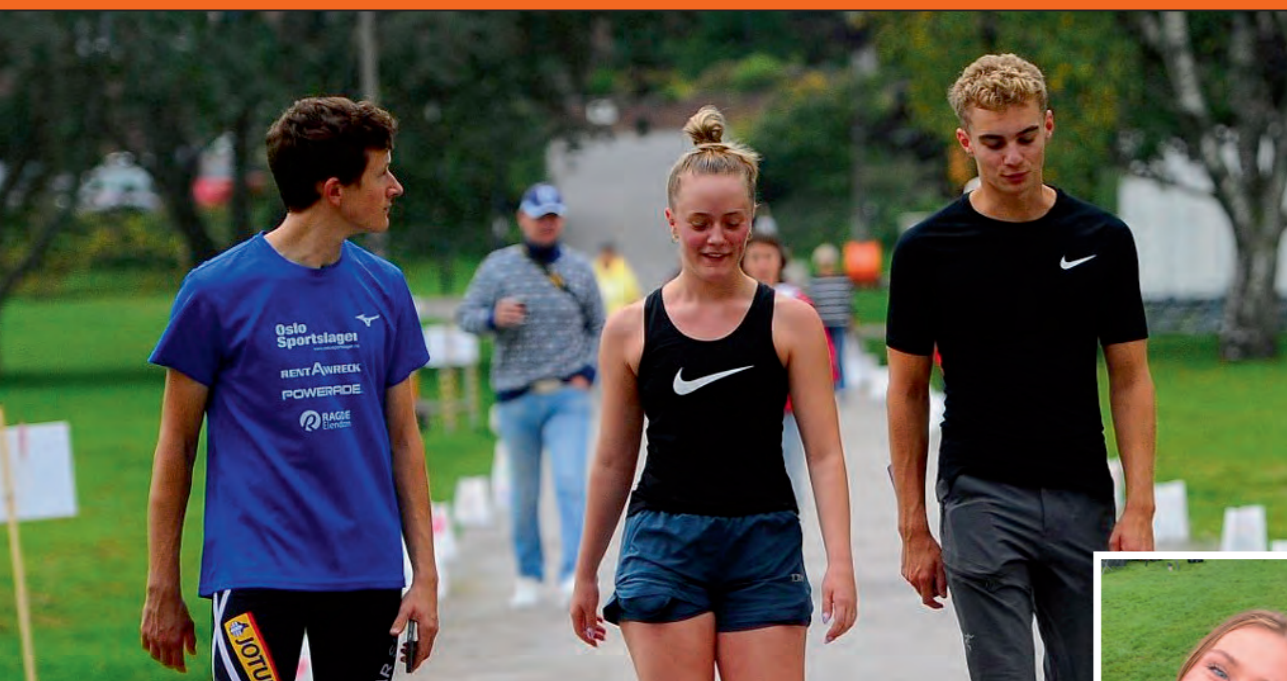
HEISETRA '23





IB DEPARTMENT ROSADAG 2023





Stafett for Livet is a major fund and awareness raising event for those directly or indirectly affected by cancer. The Stafett lasts for 24 hours, and it symbolises that Cancer never takes a break and those affected have to deal with it 24/7. The Stafett takes place in Badeparken and it consist of multiple teams which can represent a school, business or another voluntary organisation. Each team needs at least one person on the track at all times. However, you do not need to run as you can choose the pace you want (You can even roll if you have a wheelchair).

I have for over two years played an active role in the Stafett and I first started in working there in 2022. For 2023, my goal was to engage the whole IB department more in the Stafett as we could both benefit from getting CAS, while also contributing to a good cause. There were two things that I wanted us to achieve. The first was to get more students to participate in the organisation of the event. The second was to try and make an IB team so we could participate in the event itself.

For organising the event we needed someone to help set up the event and clean up, as well supervising the child activities. When I asked if someone would be able to help, I got an astounding number of responses from

both the 2IBs and 3IBs. It was frankly surprising and heart-warming to see that so many people were willing to help. Through their initiative we were able to set up the event much quicker than expected. We also got many people to take care of the children. However, it did not all go smoothly when it came to the children as there was always a lot to handle simultaneously. (At one point the children seized control over the bouncy castle). Despite this we were able to solve everything through our co-operation.

When it came to participating in the Stafett itself, the IB department managed to organize its own team, consisting of mostly 2IBs. Since I was involved in the organisation of the event, I was not able to participate much in the Stafett. I was initially concerned that there wouldn't be enough people to participate for 24 hours, but the 2IBs showed me otherwise. They were able to muster up most of their class to participate and it was incredible to see their level of commitment. They brought tables, chairs and lights to the team tent and it seemed quite enjoyable. When me and a few other 3IBs came to run early in the morning we saw some of the 2IBs huddled together in sleeping bags in the tent, speak of dedication! In the end all of the efforts of the IB team

”

The IB department's contribution to the event has been essential for us, and we appreciate everything you have done. It is my hope that the IB at SVGS will have the opportunity to continue participate and help us in the future.

— **Dag Gladsø**
Leader for the Stafett
2022 & 2023

Staffet for Livet in the IB Department

Text by Jonas Hagen



paid off, as we were one of the teams who ran the most rounds.

After the event I talked with an old man who helped organise the event and who had previously struggled with cancer. What he said really struck a chord with me. He said "Its heart-warming to see that our young actually care for our problems. It makes us feel

seen and valued." This highlighted how much of an impact our participation really had. Whether it was through long term planning, setting up the event, managing the children or running, it is clear that we all made a difference for someone.



3IB Oslo Trip

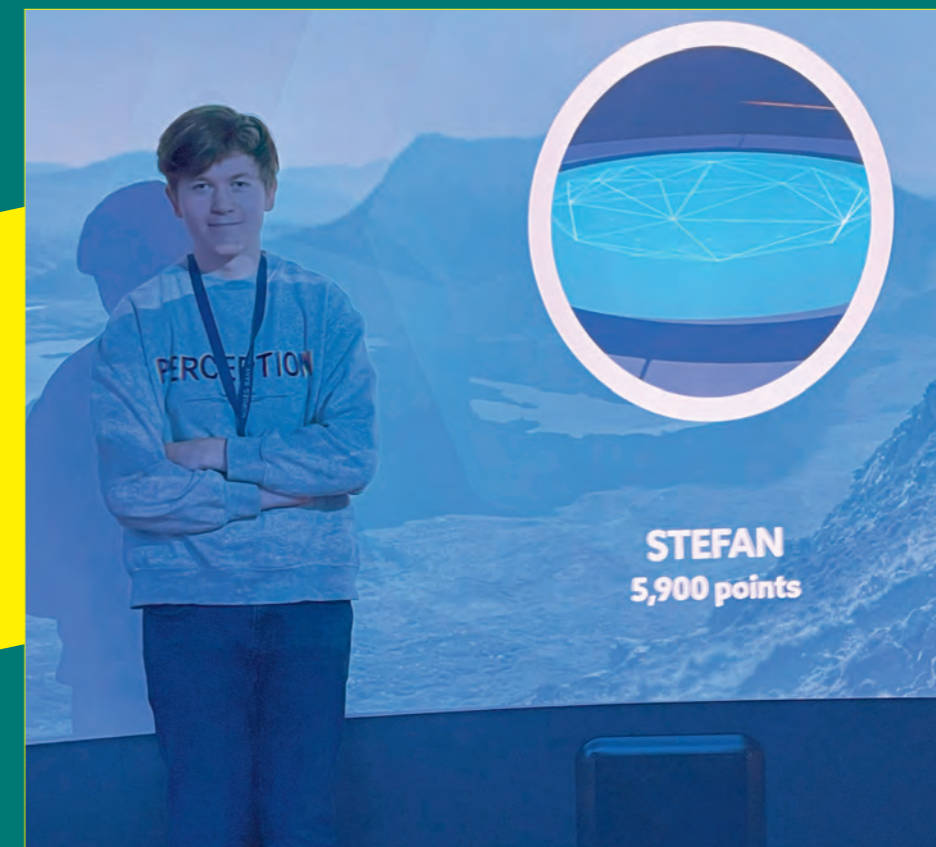
OCTOBER 2023

TOK - HISTORY -
ECONOMICS - DRAMA

On the 4th of October 2023 we went on a full day trip to Oslo. The day got off to an inauspicious start as we were stood up by our bus driver who arrived an hour late, but not to be deterred and after a few phone calls by Therese and Michelle, our driver showed up and we made it to Oslo. The day started with a trip to the HL centre which was formerly Quisling's house which should have provided an opportunity to learn about history by being in a place of such importance, however, the focus was on Memes and how they are used to shape identity and while the tasks were interesting for a time, they became a bit repetitive and boring and we were left with too little time to explore the museum.

A brief lunch followed and then we had to high-tail it to Norges Bank. Economics students had studied about interest rates, inflation and other policies pursued by banks. Thus, this was a great opportunity for us to visit the Central Bank to learn more about the importance of their role in monetary policy. We spent the afternoon rebuilding the Norwegian economy which started with the barter of fish and candlesticks (!), proceeded through the creation of money all the way to the modern economy as we know it. We tried our best to be placed top of the leader-board but it wasn't to be SVGS' shining moment on this occasion, except for Stefan of course who outshone us all with his vast economic knowledge and was crowned the winner for the day.

After a stimulating afternoon of trading stocks and shares and saving the Norwegian economy from ruin, we had some free time to eat and explore the sights of the Big Smoke, Oslo! The day rounded off with an exhilarating modern production of Shakespeare's Hamlet brought to us in Norwegian and of course credit to the musicians who elevated the mood when each character entered the stage. Alas, it was eventually time to return to Sandefjord (via Sande and Tønsberg). Another surprise was the bus ride which was reminiscent of the one to Rjukan in that—for better or for worse—it also became a kind of karaoke experience.





THE 3IB TRIP TO OSLO





WHY 'LOVE' MATTERS

The Greeks claimed that there are eight types of love:

- Philia (deep friendship)
- Ludus (playful love)
- Agape (love for everyone)
- Pragma (longstanding love)
- Eros (sexual passion)
- Philautia (love of the self)
- Storgé (family love)
- Mania (obsessive love)

So when you hear the expression:

I ❤️
POTATO
CHIPS

Think
Again!



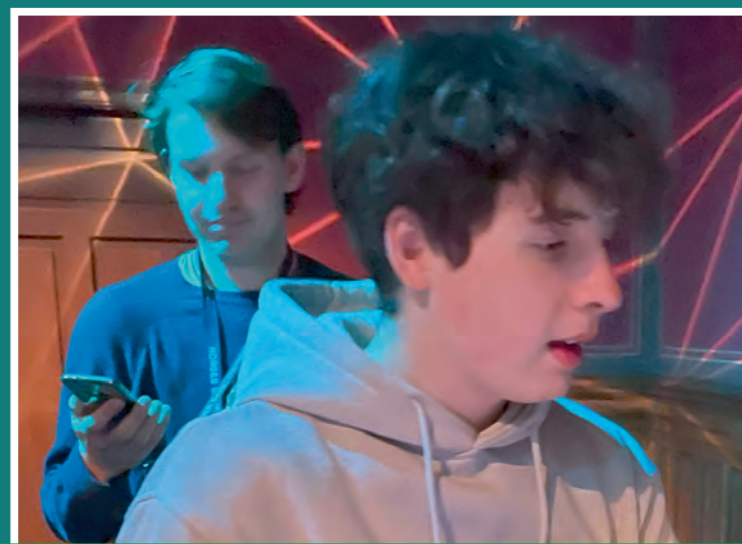
REVIEW: FORREST GUMP



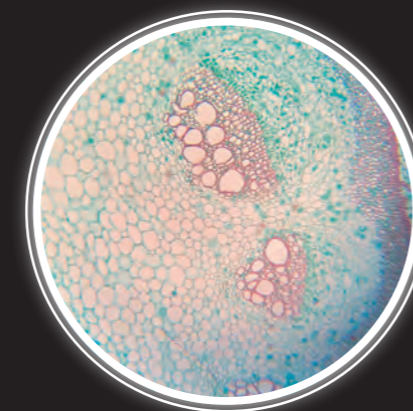
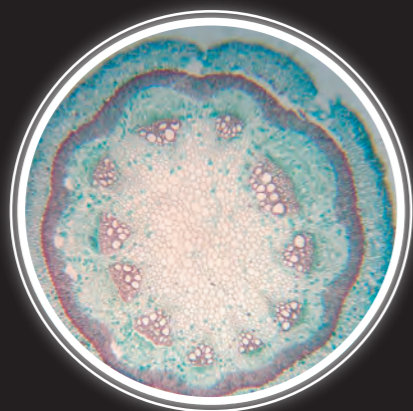
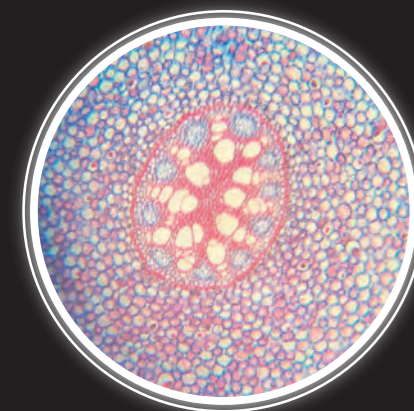
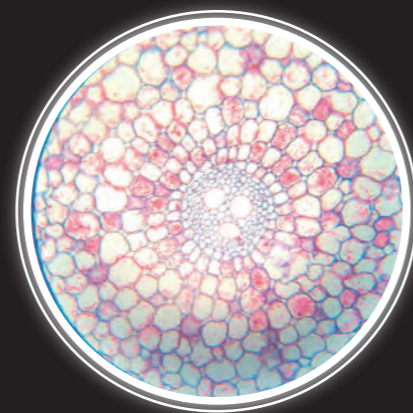
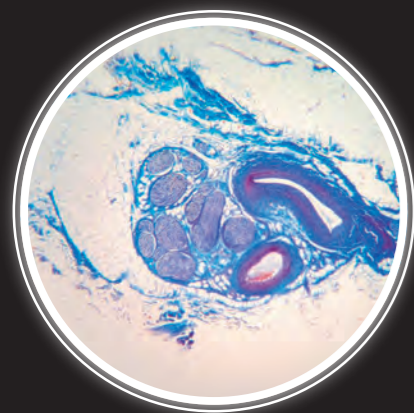
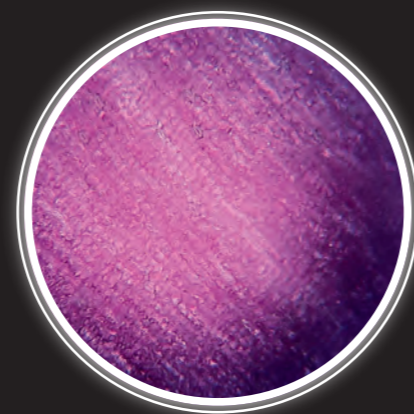
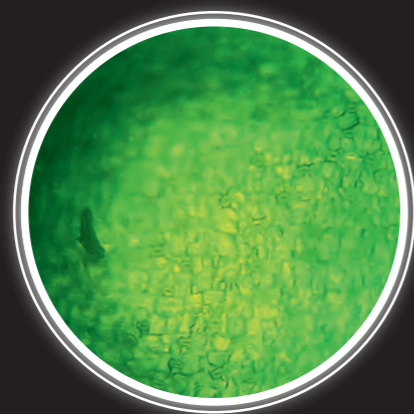
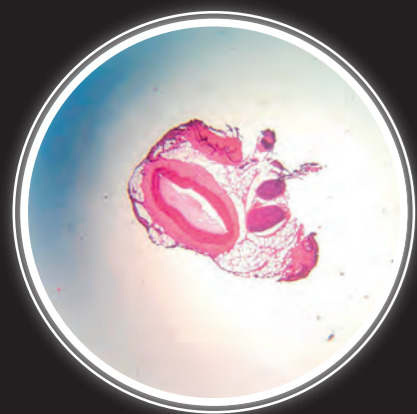
Ahmad Hamedin

Forrest Gump is a great film. The film is about a person named Forrest and we get to see the challenges he faces and how he overcomes them, eventually reaching

success. We also get to see how Forrest influences people around him, such as family, friends and strangers. The narration of the film, as well as the acting, is incredible. The ending of the film is perfect in my opinion. I think this film, is one of those films that everyone should watch regardless of whatever type of film genre they're into.



Images from Ieva's 2IB Biology Fagdag



Knut Straume from the United Nations Association of Norway came to visit 1IB and 2IB on the 17th of October to explain the importance of the UN's Sustainable Development Goals... important links for many IB subjects!

REFLECTIONS ON FRIENDSHIP

You know, I've always wished for a best friend. I've wished for it for as long as I can remember. And you know what they say, be careful what you wish for. I could never imagine finding myself being best friends with some random Norwegian guy. But here we are, I guess.

I remember the second day of VG1 and it has to be one of my favorite days and one of my core memories. The whole class was getting to know each other by doing activities in the center of Sandefjord. This is where I first noticed him. Or not him, but his annoying dialect. Whenever words came out of his mouth, I got the worst migraine possible for humankind. I tried to keep my distance from him, but destiny brought us together, and the next day we were standing right beside each other. Guess what. Turns out we're neighbors. No, seriously, we're talking approximately 600 meters from his house to mine. I had no other choice. I had to befriend him.

Months went by and we spent each day that passed together. Doctors' offices, McDonald's, school, work, you name it. Where he was, I was. We were inseparable, literally. He would listen to whatever boy problem I had, and I would listen to him complaining about school. We would sit for hours and talk about nonsense, but this nonsense meant so much to both of us. All the time we spent together and all the memories we shared for these couple of months, made us both feel like we had known one another for several years. This is when I had to ask the question "Was this the best friend I've always wanted?" Straight away I knew the answer. He was more than a best friend; he was in fact more like a brother. Just without the fighting. To this day we can't fight for longer than 10 minutes.

While writing this, I realized it sounds like a teenage love story. And it is indeed. I love my best friend. Of course, we keep it in the friend-zone because he doesn't really swing that way (ifykyk), but that is not what matters. Love isn't necessary romantic and that I've discovered with Martin. Love is caring, love is laughing till our stomachs hurt, love is crying till we have no tears left and love is arguing because he thinks he's better than me in everything he does.

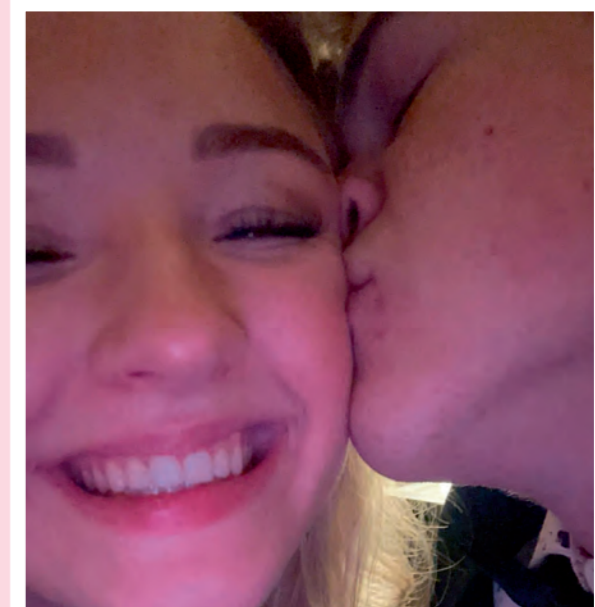
So, to whoever is reading this; love. Love once you get the chance, because at the end, it's worth every second.

A text about my special friend, Salule, Saoul or Saule, since she is Lithuanian, her name is a little bit difficult for me to pronounce, but I'm pretty sure that it is one of them. I met her on the first day of school in our first year of VGS. I remember sitting in the IB section in the gymnasium on the first day and turning my head, looking backwards. When I saw her for the first time, I almost peed my pants, she sat there, in her biker suit, all black with her helmet and long eyelashes on both her eyes. Then after two weeks we did everything together, we clicked like two pieces of a puzzle, and she instantly became my best friend.

She was the first person in the class that I told I was gay. I wasn't really in the closet before, I just didn't feel the need to say it out-loud to everyone, but after someone wrote on my name tag on one of the first days "Martin er gay", I really felt unsafe and exposed, and I wanted to switch schools there and then. After a few days, I decided to tell Saule and she made me feel safe, and I will be forever grateful to her for that. After knowing her now for one-and-a-half years, almost two, I still appreciate her as much or even more. We still hang out very often, even though we also have to prioritise school sometimes, and I really hope we continue to be best friends forever. You deserve to be happy.



SAULE ON MARTIN



**MARTIN
on
SAULE**

Freedom of Expression?



Mia Martine
Strømberg-Vibeto

It's safe to say that one of the main forms of personal expression at SVGS, is drawing, and not just any type of drawing, the particular kind the school likes to call vandalism. The only way one could miss the doodles which cover the school walls, is if you're blind!

Our school has a lot to offer, about anything you could want, and more. The contents of these doodles are vastly different, depending on how you interpret them, and if you can interpret them. We have examples such as "A + S = sant", which rightfully can be interpreted as a sign of true love, whilst "Hege er en hore" could be interpreted quite differently! What's more difficult to interpret is the intent behind Lego Ninjago porn, some guy's Fortnite stats, or simply "bitch". Some doodles do become rather repetitive, however: the top spots would go to penises (∞), and love declarations (14+). While these could be deemed harmless, the innocence seems to drain away when we consider the prevalence of swastikas (14+). I've wondered now for quite sometime why and what do they mean in 2024?

Norway is a country with freedom of speech (guaranteed by Article 100 of the Constitution), where one shall always have the ability to speak their minds as long as it isn't used as hate speech. It's also impossible to determine if these are made by very dedicated Buddhists, or not (though 2 years of attending this school may leave one with a strong impression that this is least likely). It's not the swastikas in themselves that provides any danger, one can instead find it as a valuable insight into today's society. Slowly but surely, we are falling into

the same old trap! These days, many of those who had any sort of first-hand experience with the holocaust are wiped out, something that's playing a major role in this sort of vandalism we are seeing around school. Those with the knowledge and experience have died, slowly killing the knowledge left amongst us. Slowly but surely, society is warming up to the ideology our ancestors were ashamed to share the same planet with others. This is especially ill-fitting, with the current situations, particularly with the oh-so-familiar economic hardships pushing their way through Europe once more. Even though most teens don't have to pay the bills, in one way or another, they feel it. This increasing sense of unfairness, in addition to their already present teenage angst, you have the perfect recipient for extremism!

As humans, it's easy for us to be emotionally persuaded. In the current horrific events taking place on Palestinian soil, it is nothing but infuriating and painful to witness, even only as a bystander. All of these emotions are easy to get railed up about, especially when so many aim them towards certain people. Antisemitism is a largely growing phenomenon to this day, where neo nazis are currently taking advantage of the war to spread their horrific ideas of race war. It's of the utmost importance that we are able to distance ourselves from these dreadful thoughts, as a life for a life, has never once brought us closer to justice. Where hate can only take us so far, it's so very important that we keep up with reality. (! cliché warning !) Hate will only get us so far, whilst compassion and love is what can take us all the way.

It's there to be said, that the swastikas at school should be able to stay. One could go out of their way to get them removed. Why not? But also, why? They will only reappear again. The only thing we can do, is to make attempts to reach

out to those who draw them and encourage them to draw penises instead which is way trendier. As well as it's just more fun for all involved, where it doesn't encourage the extinction of a human race. We should encourage people to make change, and fight this "swastika" trend that can bring us down the same path we have walked before. It's not necessary for us to fear the nazis as we once did, as this ultimately has led us to the same starting point. This is valuable insight

into our current status as society, with a strong possibility to maybe even try to break the chain. Essentially, this is to the people that enjoy walking to the innermost stall at the boys bathroom in the cellar to draw swastikas: haven't you thought of drawing any penises? Why not change it up for once? You might even like it. It might even change some of your interests. It might even change your view on a whole race. It might even change your whole world view.



“Slowly but surely, society is warming up to the ideology our ancestors were ashamed to share the same planet with others.”

“Nynorsk er dessutan eit mykje betre språk samanlikna med bokmål. Heilt sakleg sett er nynorsk eit penare skriftspråk.”

Tiril Olivia Nyheim Slettingdalen Jo Einar Sundet Hole



Faen ta bokmål – eit svar til FPU

Dette er eit lesarinnlegg og reflekterer difor berre skribentanes personlege meiningar. Sandefjord vidaregåande skule og IB-avdelinga står ikkje ansvarleg for dei.

DET ER EIGENTLEG ganske enkelt: Nynorsk er best. Eller i kvart fall mykje betre enn bokmål. Me tykkjer det er heilt klart at hovudmålet i Noreg burde vere nynorsk. Det er jo noko underleg at Noreg brukar to skriftspråk i det heile teke. I dette lesarinnlegget skal me gjere greie for kvifor nynorsk er betre enn bokmål og korleis me kan forbetre språket og kulturarven til Noreg. For me er veldig imot innvandringa av dei engelske og danske språka. Få dei ut!

Bokmål er ikkje eit ekte norsk språk. Bokmål brukar utruleg mange låneord, spesielt frå det fascistiske språket engelsk. Derfrå får bokmål dessutan mange ord med latinske røter, som ikkje akkurat er noko ønskeleg. Enda verre er det at bokmål eigentleg berre er ein fæl fornorska dansk. Og som me alle vet er dansk eit utruleg stygt språk – det høyrast ut som man spyr når man snakkar det. Å ta utgangspunkt i eit slikt språk er rett og slett skammelig. At me slo oss til ro med bokmål (dansk) er hårreisande, spesielt når me har eit så flott alternativ som det Ivar Aasen jobba flittig med å utforme. Me har eit enkelt spørsmål til deg: Korleis kan man vere stolt av å vere norsk når grunnloven er skrevet på dansk? Bokmål er berre ein påminning på undertrykkelsen av nordmenn i fleire århundrar!

Nynorsk er dessutan eit mykje betre språk samanlikna med bokmål. Heilt sakleg sett er nynorsk eit penare skriftspråk. Det er finare å uttale og høyrast betre ut når det vert uttala. Også ser det ti gongar betre ut på arket reint estetisk. Til dømes kan du berre sjå på ordet Kjærleik. I bokmål får ordet unødvendige stavingar, og ein ikkje-norsk ending.

I dette lesarinnlegget har me gjort greie for kvifor bokmål ikkje fortentar sin plass som Noregs hovudmål og kvifor nynorsk er eit mykje betre alternativ. Me vil ikkje ha noko samnorsk eller sidemål, berre nynorsk. Dersom me skal fortsette å bruke to språk i Noreg, kan me ikkje heller anerkjenne samisk som eit sidestilt språk? Om du har innvendingar kan du dra til Danmark kor du høyrar heime.





WHAT PURPOSE MUSIC???



Vadym Odintsov

There are quite a few things that have changed my life. These things are very meaningful to me and teach me valuable lessons to be a better person in society, the most important influence being music.

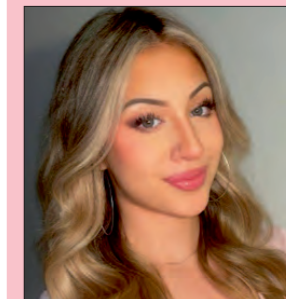
The real meaning of music only came to me some months ago. At that time, I had no thoughts and feelings for music until I met one important person who showed me that hearing music is one thing, but feeling it is just another level of satisfaction.

The power of music is highly underrated. It can cheer you up, excite you, make you sad, everything. Those chills we all get when hearing a new song for the first time are indescribable, but I am pretty sure that everyone has felt it before. The best ideas appear while listening to music.

Music helps me structure my day and work-out the worst situations. I have different playlists set up to reflect different moods depending on whether I want to workout, write, bake, read, or just goof around the house. I have never been good with silence, so music became linked to every aspect of my life.

To "feel" music, you have to understand not only the lyrics being portrayed, but also how the person singing and playing feels. Some people like Taylor Swift, we call them "Swifties", others prefer A\$AP Rocky but I would say I like whatever makes my heart feel in the right place since music is the language of the human soul.

FASHION



Una Guzvica

I will write about fashion and why it is important to me. Everyone has something that is important to them, whether it is a little or a lot. I like fashion and think that it is important to know

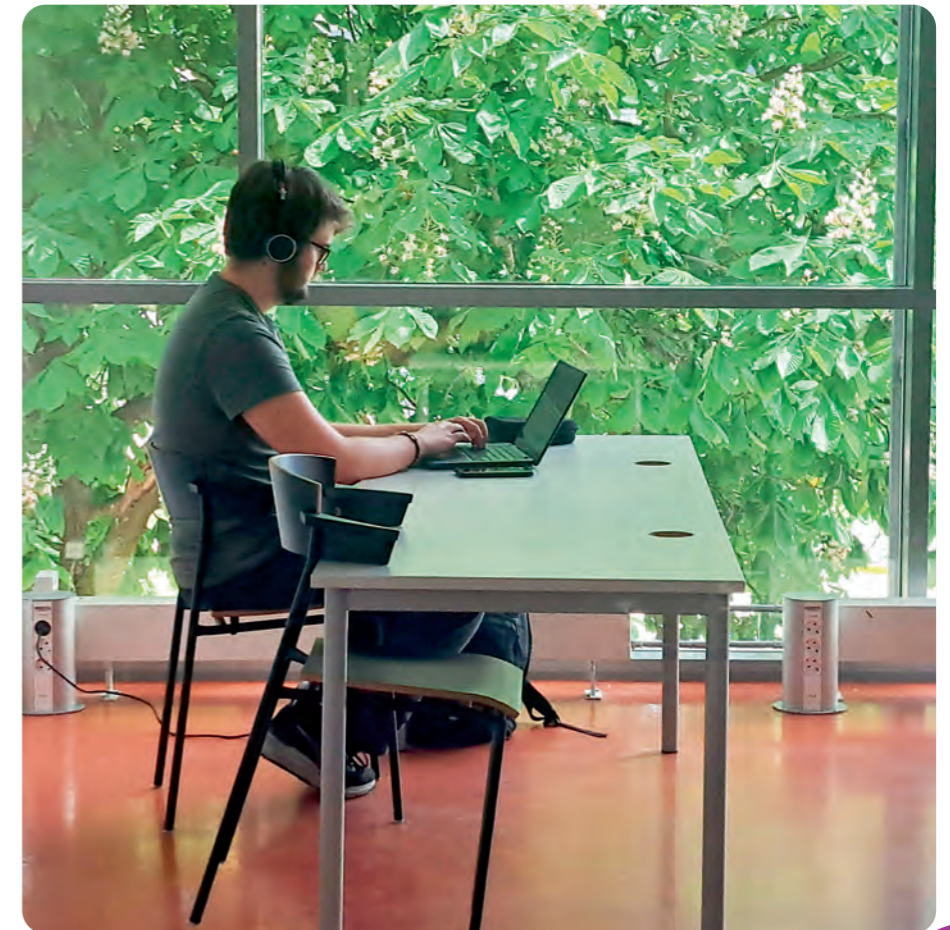
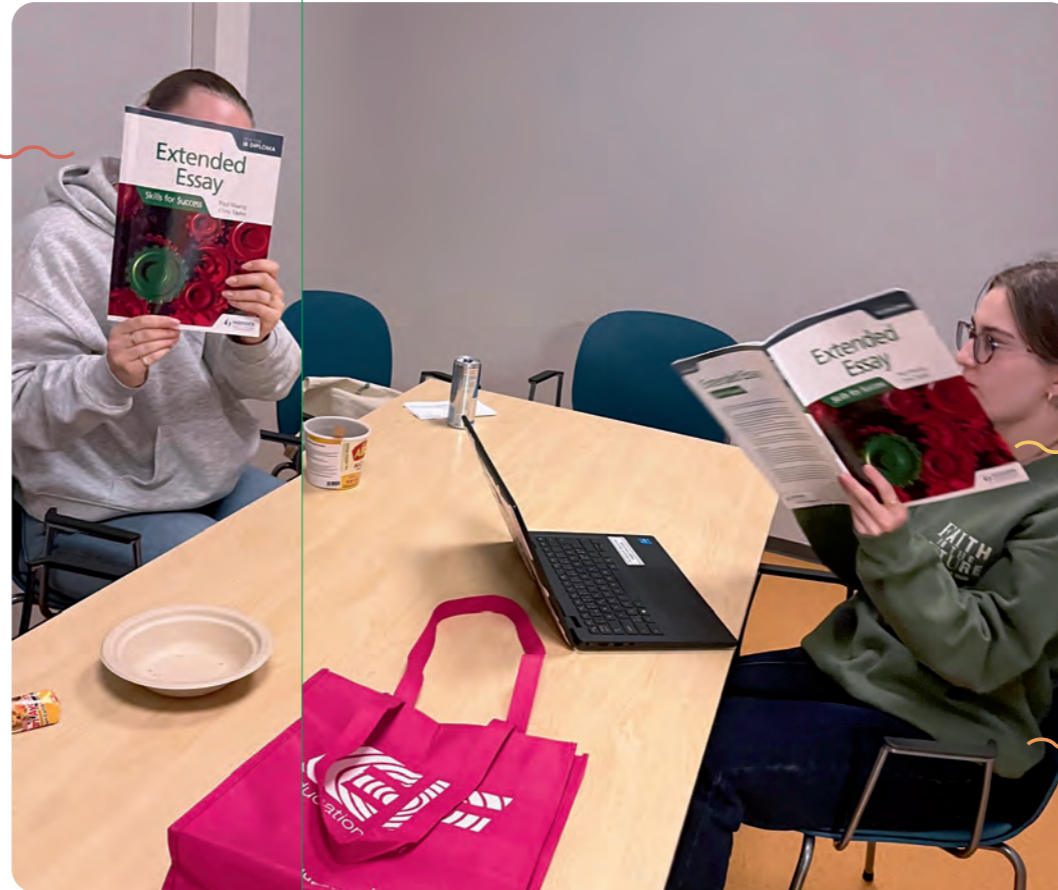
how to dress. There are different types of fashion, when it comes to any type of occasion, but I think that being extra is always delightful.

Fashion is not just about clothes. It is how you show who you are and it makes you feel good. Knowing what to wear for different times and occasions can make you happy and leave a good impression. Whether it is a regular day or a special event, adding a little extra to your outfits can be exciting. Trying out different styles and looks can be fun and make you feel confident. Fashion is a way to express your personality and be creative.

So, do not be scared to mix colors, patterns, and accessories to create your own style. Dressing well is more about feeling great in what you wear and letting your confidence shine through your outfits. It's all about having fun with fashion and showing the world who you are!



2IB EE DAY (29.05)



THE DAYS ARE GETTING CLOSER



Hurya Abdiani

The days are getting closer and closer. The deadline is slowly coming near. Some students are stressing. Others are calm. Some are conflicted. Others are determined.

Our class, 2IB, has officially started their Extended Essay process. Today, Tuesday 28.05.2024, we had our first EE day. Some might not have started until today; others might have started from earlier this year. No matter where we stood, we had to start today. Some came prepared. Some came half prepared, and some came unprepared. I suppose we are all different and have different paces.

I started my process some months ago. My EE subject is Norwegian B. I wanted to have a book based on different cultures. The hardest part is picking a book that interests you. I went to the librarians who recommended some books for my EE. They gave me good options and I found the book I wanted to write about. *"Hva vil folk si"*, by Iram Haq and Hilde Hagerup. I have watched the film twice before, so I knew quite a lot about the story. I started reading the book today. I annotated while reading so that I could go back to the pages and reflect on my ideas. I have found about six sources for now and written them down on the RRS page on OneNote. Those who have the same subject as me have decided that we will review each other's EE. That way, it will be easier to notice mistakes and get new ideas from our partners.

We are all standing in different places; however, we will get this done and be proud of ourselves.

THE KEY(S) TO SUCCESS



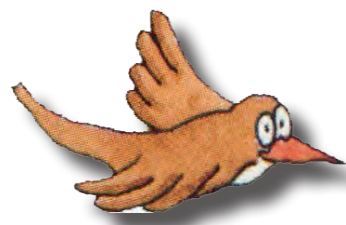
Hajir Idriss Kerrar

As many of you probably know, the key to success is not always easy. The thing is, nothing in this life comes in an easy way either. That is why you have to find not

just the inner strength to continue, but also the dedication for what you value in the word "success". For me personally, "success" means that you have at least one person by your side that will stand with you throughout the whole process.

Do not get me wrong though, there is nobody but yourself who is going to see the light of the tunnel, but it is always nice to have at least one supporter. With that being said, another key to success besides love and affection, is getting the job of my dreams.

At the moment, I am not so sure of what I want to be anymore as I have found out varieties of information about many other jobs. What I do know, is that I will do everything in my power to make it happen. I always put a reminder that what I am trying to achieve in the present, is for my future self.



Becoming "Westernised"

By Nakul Kaushik



So, here's the deal: I am an Asian kid, who moved to Norway in 2022. I had no idea who Jay-Z was, and the fact that Beyoncé had married to that weirdo. But moving-on: my life in India revolved around studies, parents, and praying to God to help me deal with both those matters. I had neither played with Lego nor Minecraft but after coming here, I am addicted to both those games (don't worry, I am banned from online gaming at "home", until eternity).

What else? Well, I finally have a "Western/American" music playlist on Spotify containing artists (with weird names, in my opinion) like Kid Cudi, Miley Cyrus/Cyrus?, and the rivals Kanye & Swift. Although my vocabulary in western slang/curse words has increased to that of a 12-year old's (woo-hoo!), I am still learning (again don't worry, I am banned from cursing). Additionally, I think that people in the West are less judgemental (except for the few weird "woke" people) and thus it was easier for me to share my opinions without hesitation. But... there are a few challenges, "wokeism" was/is extremely hard to deal with (my trick: walk away when such people open their mouths 😊).

However, I feel that the mixture of my Asian and Western knowledge has helped me in not becoming entirely like Kim Jong-un or Nicki Minaj (fortunately!) Lastly, I am grateful to all my friends who were patient and kind enough to help me navigate through this ocean of wilderness.

[PS. I am still Indian; I still love rice; I still have an Indian accent; and, I still use my brain to do math.]

2IB's WHO PASSED THEIR DRIVING TESTS THIS YEAR 🎉





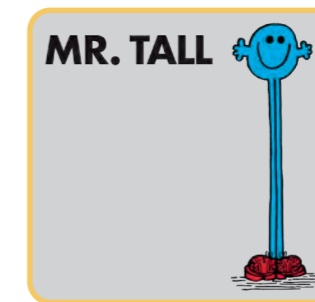
**31B Students made
a list comparing
their teachers
with the popular
Mr Men and Little
Miss characters...**



Astrid



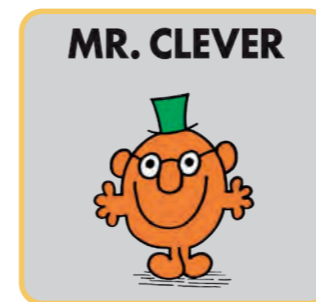
Aud-Mari



Erling



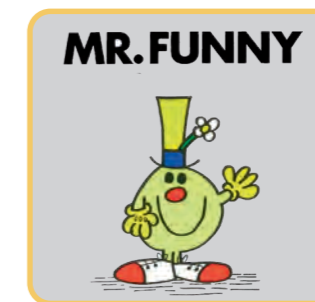
Fredrikke



Guy



Helle



Herald



Kristin



Lars



Mari



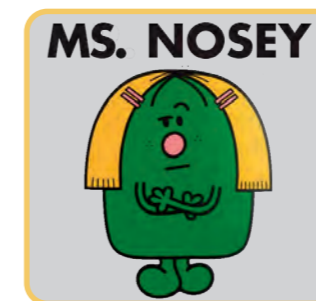
Maria



Michelle



Nafez



Sol

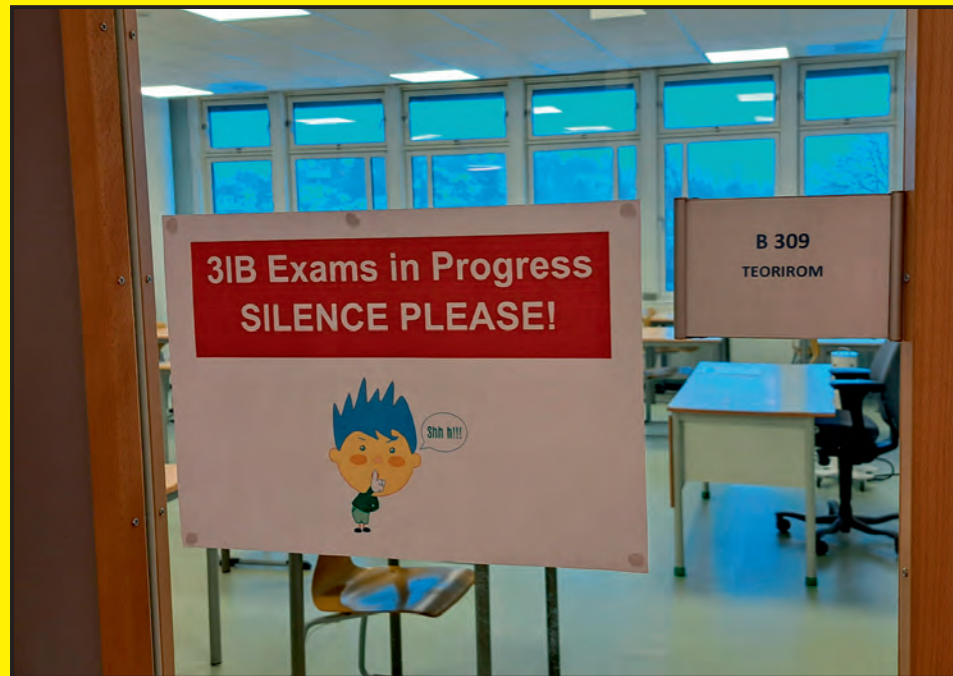


Therese



Tore

2IB & 3IB MOCK EXAMS 2024





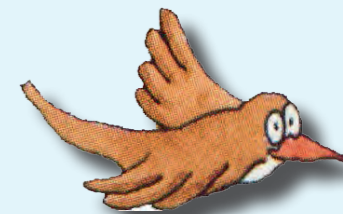
2IB

Norwegian-B Students Rediscover Sandefjord

On the 26th of April, Helle sent her Norwegian B Students on a History & Culture scavenger hunt of Sandefjord Town.

THE 'NEW' SVGS BUILDING & THE TIME CAPSULE

On the 5th of October, the school placed a time capsule under the new monument behind the school (*The Time Breaker*). The time capsule will be opened in 2098 (!)... and our 22-23 Yearbook is inside!
Here are some of the memories from that day.



The GREAT 3IB Survey 2024

The Great 3IB Survey 2024

Let's see how this year's 3IB's have interpreted the pressing issues of the age!

WHAT ADVICE WOULD YOU GIVE TO THE NEW 3IB's?

*Listen!
Start following
advice!*

*Do
your
assignments
on-time!*

*Life's
hard,
get over it!*

*Start
Early*

*Please don't leave
the Extended Essay
until its about to be
delivered.....*

*Just be like
us and it'll be
fine*

*Don't
stress!*

**DO NOT
DELAY YOUR
EXTENDED ESSAY. START
EARLY WITH THE TOK
ESSAY. DON'T HESITATE TO
ASK, AND START EARLY IN
REVISING.**

*You can finish some
IA's over a weekend.*

*Be
prepared
to be humbled
when getting
your TOK essay
feedback!*

*Do your CAS
portfolio*

*Do
not catch
fireworks with your
head*

THE BIGGEST ANIMAL YOU COULD KILL BAREHANDED?



IF YOU RECEIVE A KRONER FOR EVERY LATE ASSIGNMENT, WHAT DO YOU THINK THAT YOU WOULD HAVE ENOUGH MONEY TO BUY?

*a lollipop
nothing
the school
a time machine
a fancy lindt dark chocolate
probably a nice mclaren 720s
audi rs7 matt black with v12 engine, spoiler and led under the car
mcdonalds cheeseburger
half a taco-baguette
half a pack of taco spice
with today's prices? you're crazy
a waffle from jo einar ('cos they're free
whatever you can buy with like 10 kroner
a lollipop at the store
a swt hellcat
at least one fox
chocolate bar
10g of candy
one, maybe two, grains of sand
an eraser*

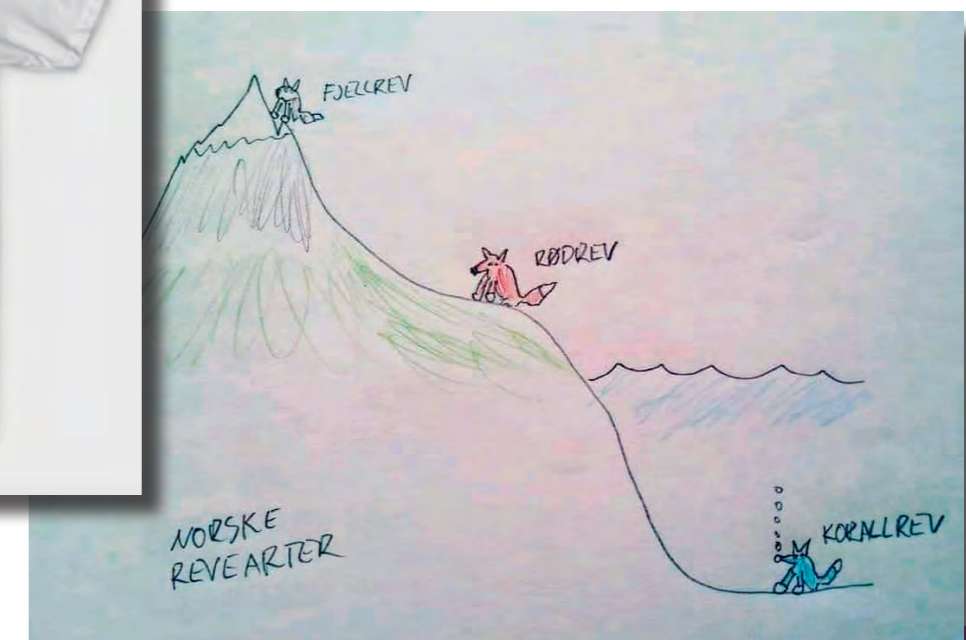
WHAT DO YOU THINK WERE THE BIGGEST TRENDS OF 23/24?



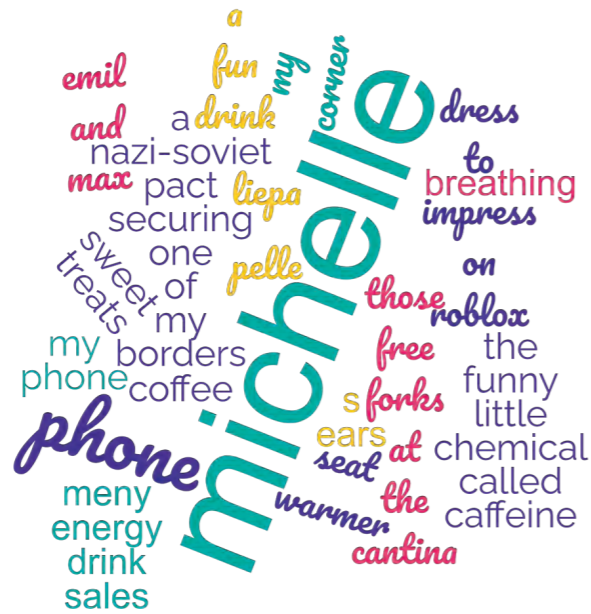
WHAT IS YOUR FAVOURITE MUSIC GENRE?



3IB's FAVORITE MEMES



FINISH THIS SENTENCE: "I COULD NOT LIVE WITHOUT..."



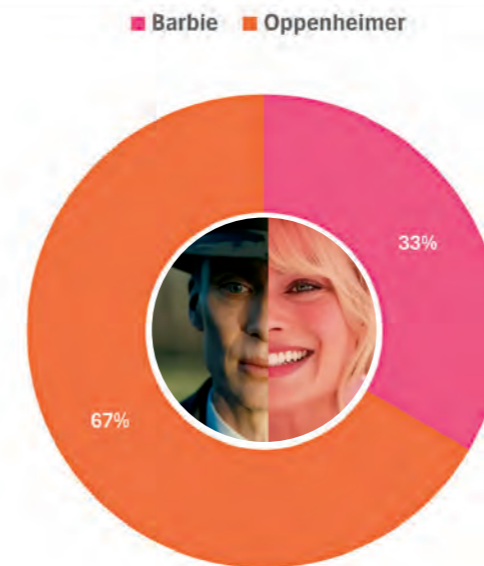
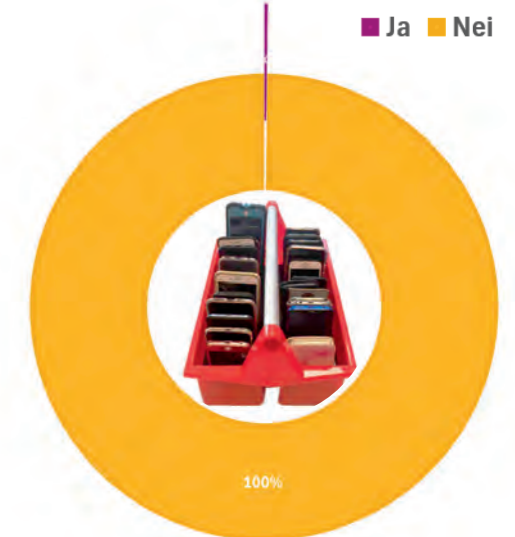
"IN 20 YEARS TIME, I'M GOING TO BE..."



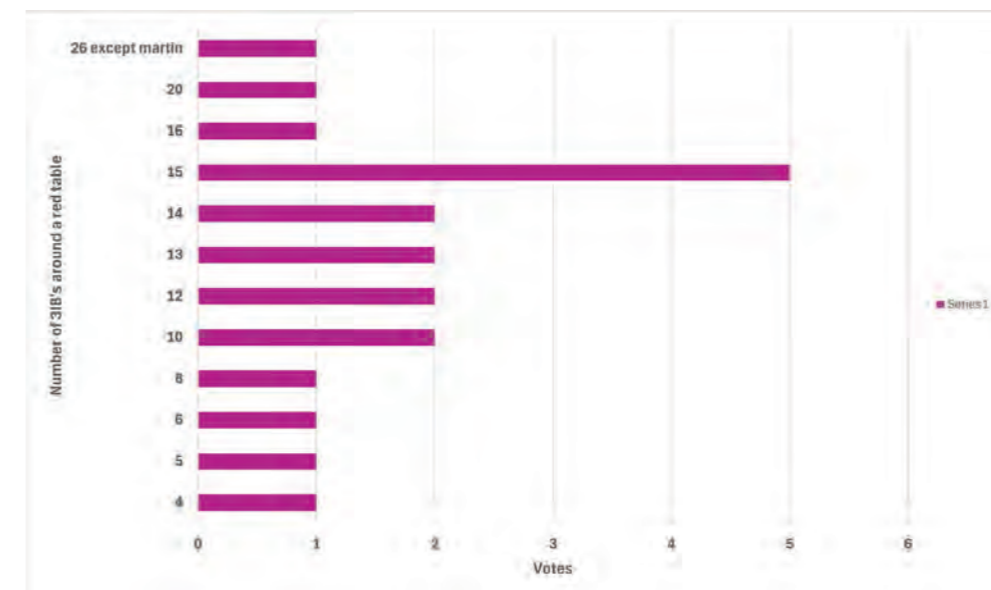
DESCRIBE ToK IN ONE WORD:



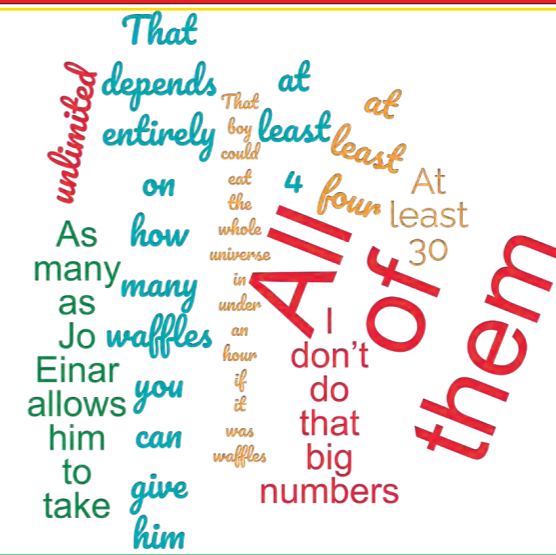
OPPENHEIMER V. BARBIE

**MOBILHOTELL (JA ELLER NEI?)**

How many 3IBs could fit around one of the red tables?



HOW MANY WAFFLES COULD JONAS EAT WITHIN ONE HOUR?



WHAT HAS BEEN THE MOST CREATIVE EXCUSE YOU'VE USED TO GET OUT OF SOMETHING AT SCHOOL OR TO GET OUT OF HOMEWORK.

- Tired
- Hiding in the bathroom
- A few weeks ago, I woke up, checked the weather, and immediately thought to myself, "there is absolutely no way that I go to school today; I don't care what they say, I'm working from home." An hour later we were told that all the buses had been canceled and everyone was working from home. I was going to say that my bus got canceled due to the weather, but turns out I didn't have to.
- I never lie: i am just lazy and honest
- Non-stop diarrhea
- My bike broke
- I have to think about my mental health
- That my LSTM neural network was still trading on EUR/USD data.
- I have handball
- I was deemed a national threat
- Yeah i will do it.
- *sneaks away*
- I never do that
- Being stuck in traffic

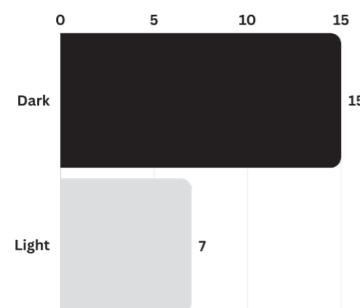
WHEN DID YOU ACTUALLY START DOING YOUR EE

When we were told to duh
The day before the first draft was due

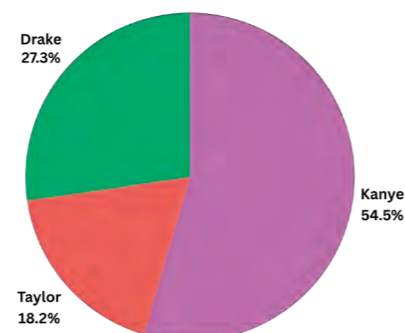
Before summer June
Day of the deadline September
May, of course August
When I was supposed to After it was due
Idk, i don't think I have Way too late
Tomorrow

Biology (January 2023) English B (January 2024)
After summer, right before the deadline
A week before the deadline

DARK MODE VS LIGHT MODE



KANYE VS. TAYLOR VS. DRAKE



WRITE A 6-WORD STORY ABOUT YOUR LIFE.

- Jeg smiler livet smiler ikke
- He did nothing of note today
- Hate sushi, judge people liking it.
- No economics IA, Michelle is disappointed
- Challenges faced, lessons learned, joy embraced
- I am Indian - My parents control me
- Drunk, brain damage, autistic, selective-smartness
- I came I saw I cried
- Ignore everything and everyone to flourish
- Born kule, stay kule, die kule
- Take over the world with AI.
- Busy busy busy much to do
- Ich bin geboren. Danach passierte was.
- Game all day, math grade away
- Born eat sleep grow chill graduate
- Tiktok is more fun than homework

FINISH THE SENTENCE: "I WILL ALWAYS REMEMBER..."

Michelle's kindness
Dublin
Indian Melissa
Theresa
Kornelius
Kornelius and Jonas with hair
Erlend's skamklipp
Jonas' pronunciation of 'nesegrus'
The one time I saw Paul run
The Kantines kanelboller
The 21st night of September (those aren't the lyrics but that's what I thought of so shus)

Change, continuity, causation, consequence, perspectives, significance
Emily's door incident

WHAT LIES IN STORE BY 2054?

3IB

DESTINIES



PREDICTIONS AS VOTED ON BY THE
CLASS OF 2024

PREDICTIONS

... have never gotten a haircut.	PELLE
... have represented Norway in the Eurovision.	SUHAIRA
... be a political extremist.	TIAGO
... be the first to seek an extension to complete their undergrad thesis.	LIEPA
... be the first 3IB artist to become famous.	YAGMUR
... be buried with their phone	MELISSA
... be late ...ALWAYS!	MAGOMED
... become a Sound Cloud rap artist.	EMIL
... be the first 3IB Student to be treated for video game addiction.	ADRIAN
... be the first 3IB Student to be surgically removed from their laptop.	STEFAN
... be the first 3IB Student to be sent to prison.	EDVIN
... be the first 3IB Student to be served with a restraining order.	ADRIAN
... be the most likely to start an argument with their college lecturer.	SUNNIVA
... be the first to start their own Energy Drink brand.	MARTYNA
... be the most likely to give all their time/money to charity.	TIRIL
... be the most likely to get married to a computer.	VLAD
... be the most likely to get lost in Stokke.	JONAS
... be the most likely to give the most hugs in their lifetime.	ANGELICA
... be the most likely to still be saying 'LOL' by 2054	LISA
... be the most likely to injure themselves at work.	EMIL
... be that crazy cat person.	KATRINE
... be the most likely to get sunburnt in 15 degree weather.	ELINE
... be the most likely to win the lottery, but lose the ticket.	PEDER
... be still biking (to work) and living off-grid.	ERLEND
... be jailed for an accidental hate crime!	NAKUL
... be the first 3IB who does a 'Moxnes'.	TIAGO
... be the first 3IB who will have walked around the world.	JO EINAR
... be the first 3IB still not to have their own room.	NAKUL
.. be the first 3IB to be on TV for credit card problems.	MELISSA
... be the first 3IB to become a serial killer.	MARTIN
... be the most likely to end up on an Instagram Reel.	EMIL
... be the most likely NOT to have a driving licence.	MAGOMED
... still be eating chicken and rice	MAX
... still working on their CAS Portfolio.	MAGOMED
... will not be bald.	JONAS



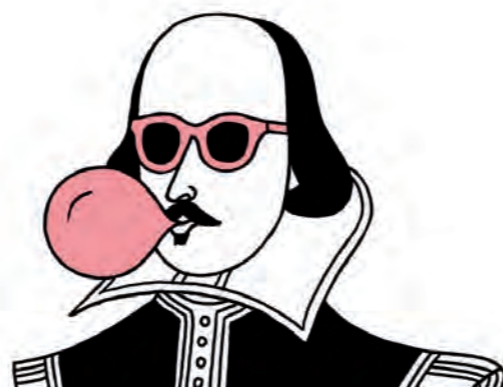
A Parody of Hamlet's 'To be, or not to be' (Act III, Scene 1)



by Ieva
Markeviciute

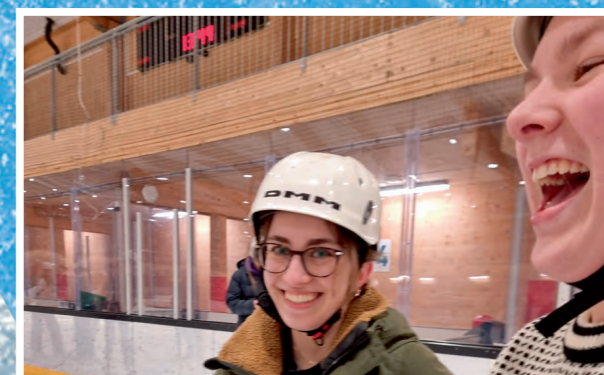
TO SLEEP OR NOT TO SLEEP

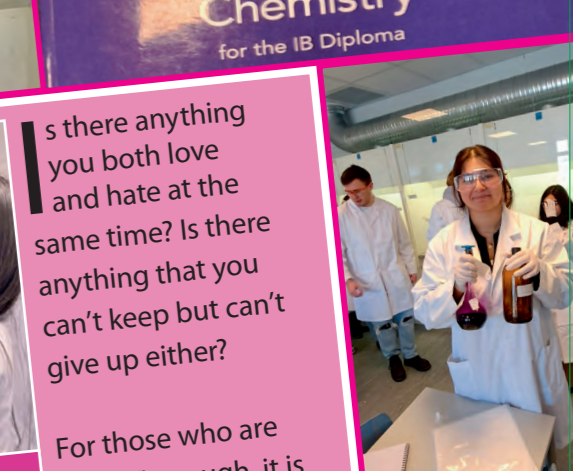
To sleep or not to sleep, that is the questions:
Whether 'tis wiser in the mind to endure
The tossing and turning of restless nights,
Or to take rest against a sea of pillows
And, by opposing, find sweet slumber. To sleep, perchance to dream;
Ay, there's the catch.
For in that sleep of dreams what rest may come,
When we have shrugged off the stress of wakeful hours,
Must give us pause – there's the fatigue
That makes a weary mess of our waking life
For who would bear the burdens of wakefulness
The teachers glare, the traffic's ceaseless hum, the insolence of
alarms, the delay of coffee
And the pangs of unfulfilled deadlines,
The patient merit of the sleep-deprived tasks
When she herself might her own peace make
With a simple surrender to the embrace of pillows



ZIB LET'S GO ICE-SKATING!

09.01.24





Tran Thien Kim Ngo

Is there anything you both love and hate at the same time? Is there anything that you can't keep but can't give up either?

For those who are "lucky" enough, it is understandable when

the answer is Physics. Yeh, you didn't read it wrong. For me, it is Physics... I quite like science, especially physics. But it seems like my love for physics is inversely proportional to what I or we - who chose this subject receive from it. That's why I don't like it. Maybe you will ask why we don't just drop it. Believe me, physics is more powerful than what you think.

There were 34 at the beginning and now just 12 people still working hard in physics class. Our teacher - Mr. Eirik - although he said that physics is not real, he is still and has been teaching it for years and continues teaching.

Nevertheless, I still like it more than I hate it. I love it because before I thought it was interesting, it was closely related to our lives and helped us a lot. But now I even like it more. Definitely not because I find it more interesting but because I failed it so many times (!) Indeed, I have participated in many different physics competitions and used to be one of the potential and promising candidates. However, in some miraculous way, success was always missed by the skin of my teeth. I have been disappointed, I have stopped but I won't give up. That's why I decided to take physics again in the IB program. I don't know what the outcome will be but at least I know that I won't regret it in the future because I have tried my best in the present. Finally, I hope we - 12 warriors in physics class will always persevere with our choices in particular and wish everyone in 2IB will not be discouraged by failures because:

Có công mài sắc, có ngày nên kim.
(If you have hard work, you will be successful one day.)

The Natural Sciences in the IB



MOCKS DURING EID – BOTH A BLESSING AND CURSE IN DISGUISE?



**Mohamed Hamo
& Redon Jusufi**

This text may feel weirdly specific, but hear us out for our experience of having mocks during Eid.

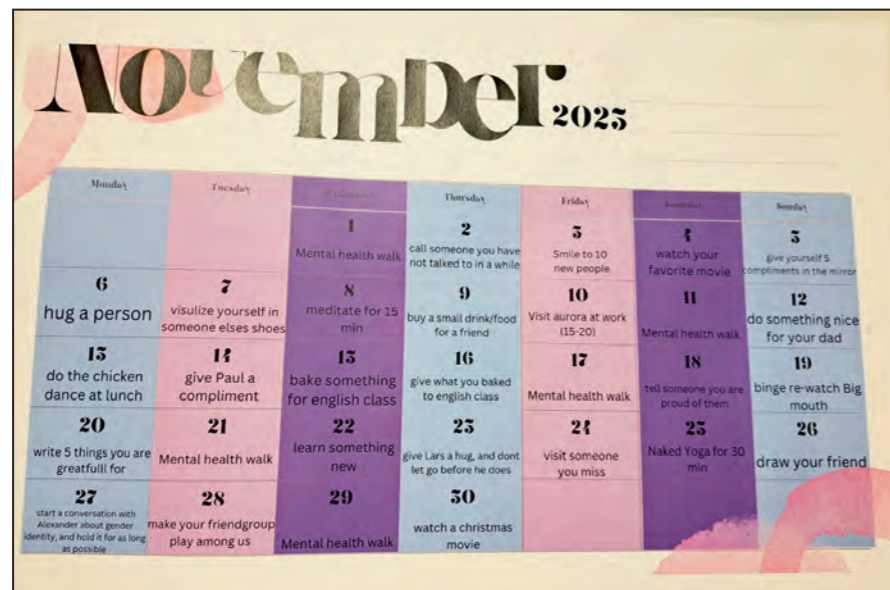
We think it would be wise to bring in some background information. After all, what is Eid al-Fitr? Eid al-Fitr is a joyful celebration at the tail end of the fasting month of Ramadan. It is a time when families and friends gather to share meals, pray, and enjoy each other's company.

This festival emphasizes the importance of generosity and gratitude. The aspects of discipline and devotion are especially celebrated, more specifically, the discipline and devotion of fasting through an entire month alongside regular activities such as attending school. Special, traditional dishes and sweets are prepared as part of the celebration, and gifts are usually given to the children. Eid is truly a beautiful blend of tradition, faith, and spending time with loved ones.

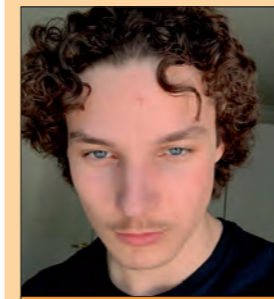
In terms of our experience, as well as others, the deal with having certain exams on the exact same days as Eid was either a blessing, or a curse depending on your subjects. For some, celebrating Eid was quite satisfying, as they were able to spend time with their families and friends without necessarily worrying too much about the mocks, as they were luckily a bit more spaced out for them, making it quite the blessing in disguise. For others, they were not as fortunate, as they got their most difficult subjects (f.ex. mathematics & physics) on the same day, almost right after Eid, making it somewhat of a curse in disguise. Regardless, Eid was definitely enjoyable for all 2IB students at SVGS, although to a varying degree perhaps. Hopefully Eid was enjoyable for all Muslims and participants around the world. Eid Mubarak!



English B's Rules to avoid the November Blues



'BRO-CUTURE': A DEEP DIVE



**Nojus
Cikatavicius**

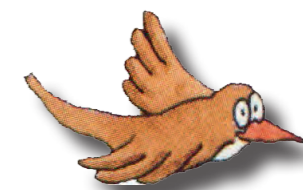
BROTHER CULTURE goes beyond the stereotypical image of rowdy, sports-obsessed young guys. It's more of a group of guys who share similar mindsets and worldviews really.

We also share interests but not all the time... Whether it's a guy balancing soccer practice with studying biology before the next test or a gym rat who is always wanting others to join him weightlifting, each 'bro' has something unique to offer. The diversity is a big part of what keeps the bros together, since variety is key and repetitiveness is stale.

But I must mention that humor is really the driving factor in our culture, everyday would be utterly the same without all the banter, sarcasm and dumb moments. And frankly all the buffoonery and goofiness we experience is the only reason we put up with going to that dreadful, atrocious and grim place we call school (for legal reasons that's a joke 😊).

All jokes aside, the bro culture keeps everyone inside it sane. Since without it, I truly believe it would create young guys who are often overly shy and introverted and lack much of any motivation to continue further in their lives and careers, since guys really feel their best when they're with their 'boys', you really get the feeling that you can tackle anything and anyone ;) in the world when you have your boys next to you.

I appreciate the 'bro' culture that has mingled with the process of the IB and that as we enter new days and paths of development we will retain the brotherhood. It has shown me that every 'bro' of mine can be counted on. Cheers to the guys who have turned this trip into a memorable one!



AMNESTY INTERNATIONAL



Matilde Isabel
Hollekim Corneliussen

Hi! My name is Matilde and I'm the leader of the Amnesty youth group in Sandefjord. I became the leader this year! We also "revived" the group

this year, as there has been an Amnesty group at SVGS before, but it died when the former group members graduated. At the moment we are about 17 members in our group, which is really fun!

For me, Amnesty is important as it is a way to meet new people, get better at working in a group and learn more about human rights. But Amnesty is much more than that. Amnesty is an organisation which originally was established to support prisoners of conscience, but now over 60 years later, it is a non-governmental organisation working for human rights. During my time in Amnesty, I have learned a lot about the work Amnesty has done and is doing now. One of the cases that really sticks out to me is Narges Mohammadi, who is fighting for women's rights in Iran. At the moment, she is in prison for her activism, and Amnesty International and Amnesty Norway is continuing to support her work by sending letters to

the government demanding that she be let out as well as sending letters to her to show our support! Our group has actually sent Narges many letters through Amnesty's campaign "Write for rights".

I have learned a lot about Amnesty's work over their 60 years, this last year. I have gotten the opportunity to go to Oslo twice to participate in national meetings. In February 2024, Ingeborg, the deputy leader, and I were part of a leader gathering, where we learned a lot about being leaders of a group as well as how to engage in creative activism. In April 2024, Ingeborg, William, Emma, Maria and I got to be part of the national meeting, where we got to see how decisions are made within the organisation as well as learning even more about Amnesty and what they do.



PERNILLE IS BACK! - THE MOMMIEST OF THE MOMMIES



**Pernille
Skjetne Bentsen**

Last year I covered the Daddiest of the Daddies. This year I'm doing something similar, but with Mommies. I felt it was much needed as everyone (no one) asked for it. The system is the same as last year, but with five contestants instead of two. There's so many Mommies it was simply impossible to decide on just two contestants. I decided on the beautiful Angela Bassett, Angelina Jolie, Gillian Anderson, Mrs. Incredible, and Jennifer Lopez. If you look at the Mommy-system below, you will see the competing Mommies in alphabetical order.

The first category is age because the older, the more Mommy. We can see Angela Bassett gets the most points, 65 points, with Gillian Anderson behind with 55 points. We should also look at the number of kids they have as they are by definition a Mommy. Angelina Jolie

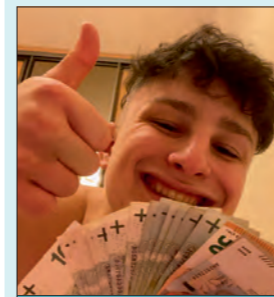
has the most kids, giving her 4 points. The third category is how much they have the Mommy-look, which they all got 10 points for obvious reasons. Then we have the equivalent to Zaddy-points, Mother-points, which gives them points for each year over 50. As I said above, the older, the more Mommy. On this category neither Angelina Jolie nor Mrs. Incredible gets any points. Not ignoring the impact of a Daddy, therefore, Daddy bonus is given if they have a current husband or partner. Only Angela Bassett and Mrs. Incredible got a Daddy bonus. At last, we must consider their Mommy roles, which are the number of roles they have played as a Mommy. Angela Bassett had most mommy roles. Gillian Anderson and Jennifer Lopez both got 10 points. Mrs. Incredible got 1 point because I said so.

According to my super-accurate Mommy-system we now have their Mommy-level determined. Gillian Anderson got second place, and Jennifer Lopez third place. The winner got 108 points, making Angela Bassett the Mommiest of the Mommies!

Details	Angela Bassett	Angelina Jolie	Gillian Andersen	Mrs. Incredible	Jennifer Lopez
Age	65	49	55	38	54
Kids	2	4	2	3	2
Looks like a mommy (1-10)	10	10	10	10	10
Mother Points (Years over 50)	15	0	5	0	4
Daddy Bonus (Partner)	1	0	0	1	0
Mommy Roles	15	5	10	1	10
Mommy-level (Sum)	108	71	82	53	80



CRYPTO



Jakub Lorenz

As someone fascinated by finance and technology, I've closely followed cryptocurrencies - digital currencies leveraging blockchain's decentralized ledger

for secure, transparent transactions without central oversight. Bitcoin pioneered this in 2009 for peer-to-peer transactions sans intermediaries. Since then, various tokens have emerged for payments, decentralized apps, etc., with immense potential to reshape finance. However, increasing regulations, volatility, and required technological/financial literacy pose challenges. While cryptocurrencies will persist, restrictions may drive usage to the Dark Web due to their decentralized anonymity, complicated regulation and potentially limiting mainstream adoption as governments prioritize consumer protection and financial stability, but also their will to have insight and control over our finances, which the decentralized crypto-wallets and exchanges are preventing them from.



VOLLEYBALL

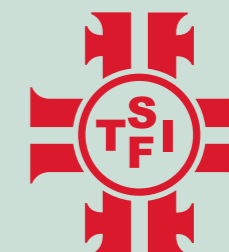


Erdoana Kryezi

I love playing volleyball and the energy it brings into my life. As an outside hitter, I've faced the unique challenge of excelling in a position that's demanding,

especially at my height of 162cm. It's often frustrating, but it pushes me to improve constantly. Recently, I was thrilled to be given the chance to play libero (defence), my dream position, for the national team of Norway. Although I haven't yet played for the national team, the opportunity itself is a huge honor and a step closer to my aspirations.

Playing libero allows me to focus on my strengths—quick reflexes, sharp defense, and precise passes. Meanwhile, I truly enjoy playing with my team, Sandefjord TIF. The camaraderie and teamwork we share make every match exciting and rewarding. Beyond playing, I am also a trainer for the under-15 players, dedicated to helping them develop their skills and passion for the game. Whether as an outside hitter, a libero, or a coach, volleyball remains my passion and the source of my greatest joys.



Sandefjord Turn & Idrettsforening

Aurora

I believe the Mobile Phone Hotels are pointless.

After the winter-break our Principal, along with the School Council, implemented these 'Bob the Builder' looking boxes to limit phone usage during classes. The Principal had several arguments for why the mobile hotels should be implemented. However, I believe that they are somewhat weak and I would like to dismantle the rationale that was made.

- **CLAIM 1:** "Safety for students so they don't get filmed or have their picture taken while presenting in class."

Firstly, there are few students who actually get filmed or have their photo taken while they present in class... mostly due to a lack of interest from other classmates. Most don't care about *your* presentation, so they either zone-out or they will be busy on their computer. (And btw, one can take pictures and videos on a computer too.)

- **CLAIM 2:** "Better 'presence' and concentration in class." "Multitasking works badly while learning." "We wish that more students finish school and pass with the best possible results."

There is no difference in the "presence" of students if they have their phone in their pocket or in a hotel. If a student is not interested in the subject/topic, they will zone-out regardless, or they will be on their computer. One cannot control a student's attention by taking away their phone. They will find another way. Also, many of us have

found it more disturbing to have the phones in a box that constantly lights up or buzz.

- **CLAIM 3:** "Avoiding spreading messages about things that happen at school. For instance: fights, since the spread of messages interrupt classes."

Heard of Teams? And.... one can log into Snapchat, Messenger, Instagram and so on, on their computer. Also, the students that spread those messages are already not in class, so they have their phone on them, undermining the mobile hotels.

- **CLAIM 4:** "National recommendations suggest limiting phone usage during school."

It's OK that there is a national recommendation to limit phone usage during school, however, just like the Principal's arguments, a mobile hotel won't fix the problem. And if you were to find a solution, you would have to ban all technological devices, like computers. I would argue that instead of working against this technology, one should rather try to adapt to it.

DEBATE: The Mobile Phone Hotels

Paul

I believe that the Mobile Phone Hotels (MPH's) do have a point... but their point may not lay in the claims made by the Principal. For the most part, I agree with the arguments

To conclude, I have one final reason for why this policy is unwise. These 'Bob the Builder'- boxes cost around 300kr each, and there are ca 200 of them at SVGS. That's 60 000kr! And let's not forget Harald's message about the vandalism on the boxes. So, let's say that they had to replace 20 boxes, then the cost is 66 000kr!! Personally, I think that the money should have been spent on something else, like a better cafeteria menu.

made by Aurora. I believe [ToK!] that the (costly?) introduction of MPH's came about because we (all of us: students, teachers, and administrators) recognise a deep problem: we have become addicted (physiologically and socially) not to mobile phones as material objects, but to digital media: to the distraction or elsewhere-ness that they have created. I think we all know this.

I think we also acknowledge the myth of multi-tasking, created and propagated by the tech-industry in the late 1990's and early 2000's, has firmly been debunked; meaning that we know that to do anything well, we must concentrate: we must focus on the task at hand... otherwise much is done, but little is done well. It's odd that at a time when we are encouraged by tech-marketers to 'live in the moment', we are also sold devices which ensure that this is never possible.

But what has this got to do with the MPH's ??? Well, we must understand that the MPH is the recognition of a problem and they force us to recognise that we are

addicted... and as with all addictions, we must first recognise the addiction in order to try to overcome it. Asking 16-, 17-, and 18-year-olds to 'put away their phones' is a humiliating act for all of us: it contaminates our relationships and infantilises us. But these are infantilising, narcissistic technologies, and we must try to do something. The MPH's are this some-thing.

Over the past few months, I have been giving serious thought to digital media, propaganda promoting digital literacy and the so-called democratisation of knowledge and have concluded there is a huge con: a trick is being played, the consequences of which will not impact those who are persuading us that, 'to know something' now means to be able to look-it-up on the internet. It's taken me to my age (44) to realise that the consequences of a significant event takes around 30-years to see their true impact. With the introduction of the smart(!)-phone in 2007, I think we are only starting to see the consequences: the consequences for our democracies; for our sense-of-self; and, for what it means to know something. Our lives are being game-ified, with clear winners and losers and I am becoming increasingly convinced that with the digitisation of our existence we all think something is being lost. The MPH's may be the tiny first step (if not the best step) in helping us recognise that we have a problem and that we need to find a solution. Maybe that is the point of the MPH: to get us to think. We want to believe that we shape technology. However, we are resistant to the idea that technology (and the designers of digital technology) shapes us, creating winners and never losers.

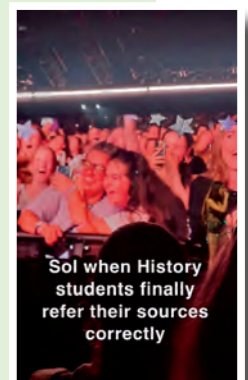
"THE THINGS PEOPLE SAY!!!"

NOJUS:	'I am awesome.'
LIEPA:	'I LOVE tax evasion!'
MAGOMED:	'Cyberbullying is not a real thing.'
TORE:	'When you burn siblings you will get the same in the end. But if you boil siblings, one will escape faster than the other.'
TIAGO:	(talking to Vlad) 'You might be strong, but at least I am 6 foot!'
SANDER:	'Love me some juicy nuts.'
GUY:	'Cat ions are pussytive'
MICHELLE:	(Pointing towards Nakul) 'We are going to look at these pesky Indians'
MELISSA:	'Du kan kante i November.'
SOL:	'What is Kante?'
ERLEND:	'It's after the philosopher Emanuel Kant.'
LISA:	'Du burde ikke ha høye forventninger i livet.'
HERALD:	'Those who take a joke for a joke and truth for a truth don't know either.'
MIA:	'Det er ikke min feil jeg er norsk.'
PAUL:	'Economics is a bit like the bible. Bits of it are credible, but 90% of it is nonsense. For example," the <u>NATURAL</u> rate of unemployment".'
ELINE:	'He is a very pretty asshole'
IEVA:	'Something about a man driving makes me go MMMMMM'
ERLEND:	'Jeg gjør ikke feil, bare taktiske tabber.'
CAMILLA:	'Girlie, psychology taught me how to trigger someone's PTSD with only one picture'
MARTIN (3IB):	'Hvorfor skal man betale for nye negler, jeg bare får de.'
TIRIL:	(after a History-test) 'My brain isn't braining today.'
YAGMUR:	'You should go to Iran to join the Guardians of the Galaxy.'
NAKUL:	'At this point I support child labour, at least they get paid!'
MELISSA:	'I'm a Big Boy now!'



**"Famous remarks are very seldom
quoted correctly."**
— Simeon Strunsky

GISELLE:	(to Darja) 'You just can't read the room.'
DARJA:	'Which room?'
MICHELLE:	(to 1IBA) 'My God! You guys really suffer from verbal diarrhea!'
THERESE:	'Lloyd do you have any dreams and hopes for your future?'
LLOYD:	'Yes! Become a prostitute'
HURYA:	'My stomach tickles!'
JONAS (2IB)	(A Teams message to Michelle at 13:51) 'Hi Michelle, I overslept and couldn't make it today, is there another time I can do the mock exam?'
PAUL:	'You know, before the radio the only disembodied voices one heard were the voices in your head.'
EMIL (3IB):	'Jeg har så store nesebor at jeg kan lukte atomer'
SOL:	'How do you get all the money Melissa ?? Do you have an onlyfans? When I learned how much people make I began thinking, maybe I should start an onlyfans.'
NAFEZ:	'You'll get a 7 in Maths if you get me dark chocolate.'
MOHAMED:	'How much do you weigh Saule? Like 88 kilos? 100?'
SAULE:	'Crawfish are just shrimps on steroids.'
FABIAN:	'Do you have the ark?'
PERNILLE:	'Mia! You are my greatest nightmare!'
GUY:	'These are my bananas: the bananas which cannot be bent'
PAUL:	'In this diagram, we can see that the triangle represents capitalism... but don't put that in your exam!'
GISELLE:	'Nah, I would rather hike the beach.'
TIRIL:	'Today, I actually had to think for a change!'
HERALD:	'So here's the question: "If I was cooking a hamburger right here, would you be able to smell it?"'
MARTIN (2IB):	'Elsa from Twilight.'



CHANGING NAMES



Wallace Austlys

There are many reasons why a person can change their name. Some change theirs because they want to escape their past, others because it doesn't suit them anymore and some may just not like their

name. My reason was different, I wanted to change my name so it would suit the person I am today.

For a while I have known that I was born in the wrong body, yet I was in denial. It took me years to accept it. When I finally did, I felt a huge relief had come off my shoulders. I was not planning to change since I had a nickname that my friends were using already and too much to think about at the time. I was mostly thinking to myself, that I will eventually change it because my name is too feminine, but just later in life.

One time I was making a gift for my friend while watching Scott Pilgrim vs. the World. I was obsessed with the movie and had rewatched it several times. My favourite character there was Wallace Wells, Scott's gay roommate and friend. I related to him, and I thought why not change my name to his. It sounds as if I did not think about the name change seriously, however for me it is not that big of a deal, my only criteria for it is for it not to be related with my old name. For many trans people changing their name can be a very important thing that takes a long time. It is important for me to be able to change my name in my legal documents in the future, however for now I will not be able to do that.



Award Winners



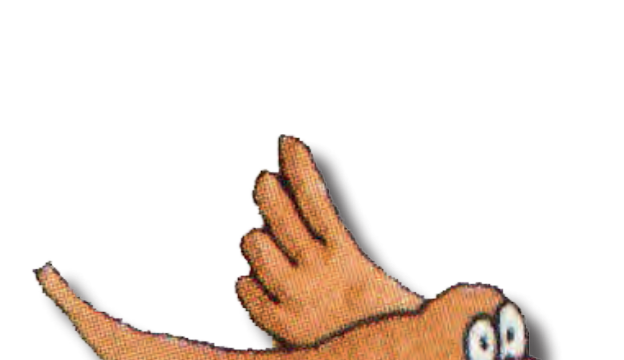
William Douglas Hillgaard & Maria Kristine Bratus Larsen



Tobias Bøhn Sørensen & Maria Kristine Bratus Larsen

<<< **William Stixrud Hagen**

THE BIG SNOW OF '24 (17.01)



NOELIA: EL NUEVO MIKE TYSON?



Noelia Fuglset

En otoño 2023 dejé de montar a caballos para poder concentrarme con mis estudios en IB. Esto era algo muy triste para mí porque llevaba más de 6 años montando a caballo y tengo

muchos buenos recuerdos de allí. Pasaron unos meses y empecé a aburrirme tanto, porque tenía mucho tiempo libre. Así que mi amiga Natasha y yo decidimos empezar con el boxeo. Esto es algo que quise hacer durante mucho tiempo porque planeaba comenzar a entrenar para unirme al ejército, y leí online que el entrenamiento que recibes del boxeo es una manera excelente para entrenar todo tu cuerpo, a la misma vez que aprendes autodefensa.

Estaba un poco preocupada cuando empecé porque se que la mayoría de los que practican el boxeo son hombres, pero afortunadamente habían tres chicas con las que sigo entrenando. Aunque ya les conozco a casi todos en el club me daba un poco de miedo en el principio. Ahora llevo siete meses entrenando con un nuevo club llamado Pheonix, en Sandefjord, y me encanta. El boxeo ha llegado a ser muy importante para mí gracias a mis buenos entrenadores y compañeros. Creo que para tener una relación sana con un deporte debes tener entrenadores que te ayudan y que te entienden, a la misma vez que necesitas entrenadores que te ayuden a superar tus límites cada entrenamiento. Todavía no he tenido ninguna pelea de boxeo pero estoy casi segura de que algún día lo tendré.

THE GYM & ME



Marat Ilgavizis

The gym is the place where people go for many reasons. Some want to lose weight, some want to gain weight, some simply want to keep fit. I started going to the gym two years

ago, in 2022. The reason for this: I was very thin, and I wanted to pump up to get a nice and muscular body. My idol was my best friend Pasha, at 16 years old he had a big muscular body and didn't look 16 at all. He was so strong and athletic, and experienced. He taught me many things, gave me a lot of advice about proper nutrition, good rest, and taught me how to not harm myself. At first it wasn't particularly easy for me, I started with light weights and easy exercises. The hardest part was gaining weight, eating a lot and often. This was the most difficult task for me all the time until today. But every month my results improved, I made more and more progress, my strength improved, but I did not see much progress and changes in the body itself as it takes time and patience.

When I entered IB and started studying, it was very difficult for me at the beginning and the gym was a place where I could disconnect my thoughts and just chill without having to stress about the IB. The Gym helped me cope with the IB by training me and turning all my anger and stress into strength. It also helped me with discipline and patience and changed my attitude towards studying, I began to cope better, to do everything on time. In general the gym changed me. In the end, I want to say that the gym helped me achieve not only my goals in terms of changing my physic, but also helped me change mentally.

MY FAVOURITE ROCK



Emil
Oscar Riddel

Norway is home to many very cool and totally awesome rocks. I think most Norwegians would say, if asked, that their favourite rock species is Larvikitt. And why not? It

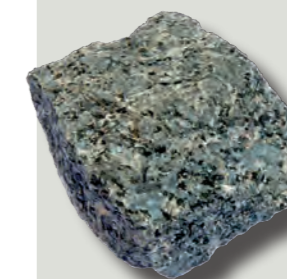
is the national rock of Norway, is one of the more iconic rocks out there and makes a nice kitchen counter. But while Larvikitt is nice and all that, there exists a way cooler, closely related, and tragically unappreciated rock that I really have a passion for. Tønsbergitt is like the shiny Pokémon version of Larvikitt, Tønsbergitt is formed in the same chambers as Larvikitt (albeit much less frequently) and is way more awesome. Tønsbergitt is found in very few places (Tønsberg being among them of course) and has a beautiful red sheen (caused by the higher iron concentration), instead of the deep blue of Larvikitt. You'll find it under Slottsfjellet in Tønsberg, on some of the churches in Tønsberg, on the coast of Bolærne, and under THE castle, because the foundation is actually made of Tønsbergitt.

Now why do I love Tønsbergitt? and more importantly why should YOU love Tønsbergitt (because you should, it would be obligatory if it was up to me). My absolute infatuation with Tønsbergitt is, I (reluctantly) admit, somewhat caused by my aggressively tribalistic feelings regarding Tønsberg, (There exists no prouder Tønsbergenser than me) I choose to believe it has more to do with the qualities of the rock itself. Tønsbergitt is a beautiful rock, shiny, colourful, elegant. It has a much richer and full colour compared to most other rocks, and has an amazing glow in the sunset. I have

many fond memories of looking at the Tønsbergitt at Bolærne in the evening.

But for me it goes beyond the mere aesthetic appeal of Tønsbergitt. For, while Tønsbergitt is undeniably fabulous and way cooler than Larvikitt, simply the fact that it's called Tønsbergitt is reason enough to love it. I guess I could say you should love Tønsbergitt for the same reason you should love Tønsberg, because the fact that it's found in the coolest city in the world does sort of make it the coolest rock in the world too.

BEDRE



BEST



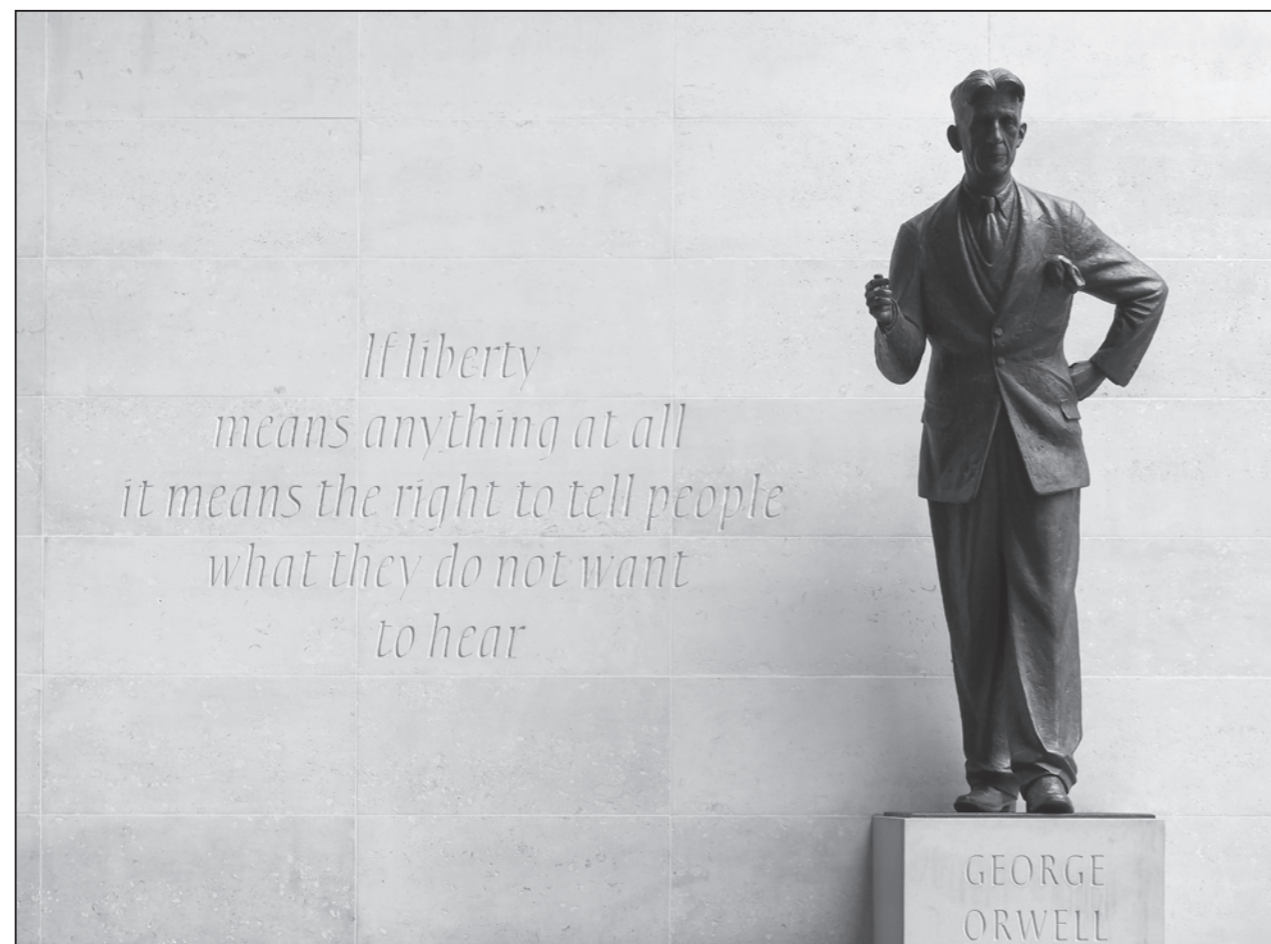
WHAT I LEARNT FROM ORWELL

By Eline Russell Roberts

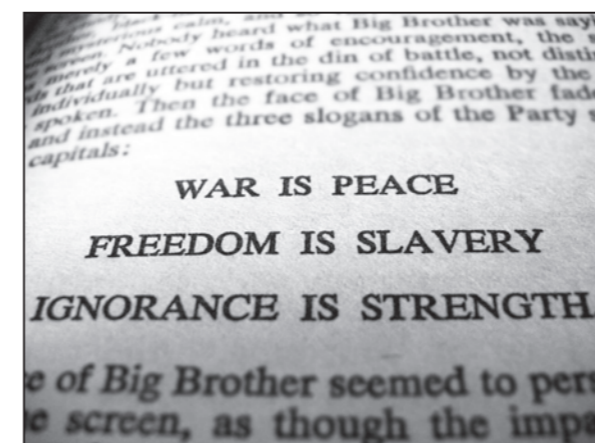
Literary works can deepen our understanding of the world around us. The novel *Nineteen Eighty-Four* by George Orwell made me think about the real dangers of surveillance and the power of language in a way I had not before. I recognised that the themes originally written about in 1948 and published in 1949 discussing totalitarianism, censorship, propaganda, and technology are still relevant in our day-to-day lives in 2024. The warnings of the dangers of a totalitarian state as the only form of government seems to me to not be that out of reach. The significance of Orwell's 75-year-old novel and warning against letting our democratic forms of government and our rights be taken

away have never lost its relevance, especially when looking at current trends. *Nineteen Eighty-Four* follows Winston Smith, who works at "The Ministry of Truth" which ironically alters the past to preserve the power of the party and the strength of the seemingly omniscient figure "Big Brother." Winston is under constant surveillance through the party's use of telescreens and by other party members. There are several lessons and observations I think we still can learn from Orwell's novel.

A lesson *Nineteen Eighty-Four* teaches me is that ignorance is not strength. The infamous ironic quote of the party claiming that "ignorance is strength" (Orwell, 1949, p.109) allows Big Brother



to reign supreme and destroy records of the past to control the future due to the ignorance of the people. For the party members there is something "dangerous" about their own free thinking due to the constant propaganda they are fed. The slogan further strengthens the foundation of Oceania and how mind control is obtained by making society ignorant where the strong position of authority is maintained due to this ignorance. The same can be found in today's society. However, Orwell seems to criticise the apathy of the party members and due to the constant bombardment of propaganda and the use of fear, the reader gets an understanding of why the subjects of the party follow the government decrees although they are highly illogical. He highlights how the



people's ignorance is exactly what can give rise to an oppressive regime. Today we are often told not to question mass media, legal institutions, the authorities or even schoolbooks and if we question these things we are often corrected or set aside in society. Therefore, there is a strength in ignorance as it makes us able to stay under the radar and be a part of the masses. However, in the big picture, this quote can explain how important it is to participate in public affairs so that we stay critical and can make better decisions regarding those around us. The more information we have in the form of values, facts, and perspectives, the more understanding we can become. Furthermore, Newspeak can be compared to

fake news and spreading false information. This reminds us of the dangers of altering the truth and controlling information. Thus, I believe that ignorance is not strength, as questioning why we do the things we do as well as participating in what we care about—is important in every community to maintain a space where everyone can feel represented, and to avoid echo chambers where no ideas are questioned. Additionally, *Nineteen Eighty-Four* can remind us to be wary of altered information.



Eline Russell Roberts

Further, the influence of technology in *Nineteen Eighty-Four* might have predicted the influence of technology today. As we all know, privacy is essential for free society. The use of telescreens spying on individuals in *Nineteen Eighty-Four* is much like websites getting access to unauthorised material or increased government surveillance today. The more technology develops, the more information we seem to share about ourselves. With the rise of technology comes many possibilities, something Orwell seemed to recognise. It can be used for development and connection, but also for control and surveillance. This leads us to ask the questions: is surveillance becoming normalised in our society and is this something we should be concerned about in our daily lives? Our google devices, are they, perhaps, our telescreens? The information that is gathered can cause an atmosphere of fear and paranoia as the use of mass surveillance which is data accessed without people's knowledge or consent is increasing. From Orwell I think we can learn that we must not let technology take such a major role in every part of our lives and that

we should be wary about what we share about ourselves online. Of course, social media is a way for us to stay informed and build relationships but without sufficient guidelines protecting our footprints online, our privacy will eventually be breached.

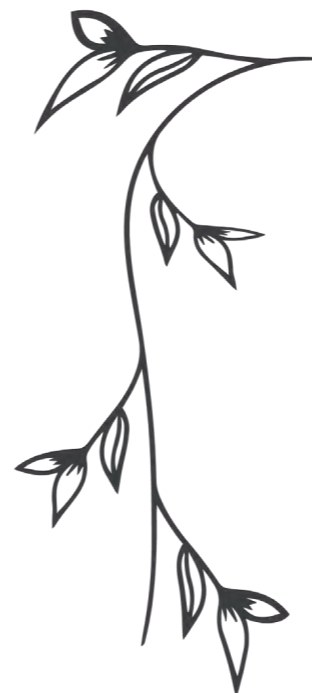
Finally, I think *Nineteen Eighty-Four* taught me that we can look further at other dystopian novels becoming our reality. Orwell described a social and political climate with a government that takes control over its citizens. Although it might be argued that no regimes are as oppressive today, dystopian writing often contains grains of truth. Orwell writes in a style that is immersive and realistic as he explores the social and psychological effects of living in a suppressive society. When I read *Nineteen Eighty-Four*, I was also reading *The Handmaid's Tale*, a book in which all events are based on real ones. Like Orwell's political climate, which is inspired by that of London in 1948, Atwood based her novel on events in human history such as the Salem witch-trials, the *Lebensborn* programme and the slave trade. Hence, I think *Nineteen Eighty-Four* and books such as *The Handmaid's Tale* can teach us that something needs to be done for us to not establish totalitarianism or repeat the mistakes of those before us. For us to see the changes we want in history, we must stand up for what we believe in, and our rights, and to combat the changes or events we do not agree with. Through these pieces of literature, we as readers can get a greater understanding of the worst possible scenarios threatening our freedoms. Through the protagonist Winston, we can see that there is hope even in the grimmest of times and that we should appreciate the freedoms we often take for granted. Although Winston is broken by the party in the end, he reminds us that we as individuals can stand up against oppression for a better future for ourselves and others. Two plus two will only become five if we let

it happen.

Therefore, I think we should heed Orwell's warnings and learn from the people of Oceania's mistakes. We must do everything in our right to defend our democracy and the laws protecting us. Authors like Atwood and Orwell are warning us about the dire futures that might come, warnings that we might not want to hear. This is why I find them highly relevant for us to learn from today. We must not be ignorant and must stay critical, we must protect our privacy with the rise of technology, and we cannot let history repeat itself to the point where there is no way back from oppression and totalitarianism. In the end, as Julia would say "They can't get inside you" (Orwell, 1949, p.297), therefore, I think it is important that whatever comes from inside of us is working towards the welfare of others no matter what meets us in the time to come.

"In a time of
universal deceit
telling the truth is
a revolutionary act."

GEORGE ORWELL



Mūsų kelione

Liepa Kerpyte

Koridoriuose mūsų juokas kadais skambėjo
Stovėjome kaip vienas, gyvybingi
Dabar mūsų kelione prasidėjo
Širdie, mes ne vieni

Karty suradom mūsų stiprumus,
Mūsų pasidalintais džiaugsmiais

Atsisveikinimai skambės, ašaros bėgs
Tolin mes sieksim
Per nuosmukius ir pakilimus, pakilsim iš naujo
Mūsų draugystės saitai išlikę

Tai branginam, džiaugėmės
Nes kartu, ateitis mūsų artėja

Carrolllara Bir Teşekkür

Yagmur Erbas

Kimi için öğretmen olmak sabah sekiz akşam üçtür,
Der ki: "Dersimi anlatır giderim, gerisi bana güçtür."
Bi yandan da öyleleri vardır ki öğretmenlik,
Olmuş onlar için adeta kutsal bir görev,
Ebeveynlik.

Benim öyle öğretmenlerim var ki tatil dahi yapmazlar;
Gece uyumaz, cama çıkmaz, gerekirse bütün gün su dahi yudumlamazlar.
Çalışma saati yoktur onların, hafta sonu, bayramı,
Tek bir öğrenciyi dahi boynu bükük bırakmazlar.

Gece yarısına kadar yazar, çizer, okurlar.
Michelle ve Paul bir başkadır, her şeyi onlar yaparlar.
İrlanda üretimi bir çift kanatsız melek,
Şanslıyız biz hepimiz
Bizi karşılaştırdığı için felek.

Bu şiirin tek amacı bir teşekkür sunmak onlara,
Çabalarınız boşa değil, sevilyorsunuz bir başka.
Oldunuz siz bizim, idolümüz, koçumuz
Asla kapanmayacak bizim,
Size minnet borcumuz.

İnsanlığa olan inancım sayenizde yeşerdi,
Taze çiçekler açtı,
Tohumlandı, serpildi.

HAPPY RETIREMENT SIÂN!

Jo Einar took the opportunity to interview Sian Stickler before she took retirement in October. Below is the text and we take the opportunity to thank Sian for everything she has done for the department over the last 12 years. We'll miss your laughter and dedication to the IB Department.



ARE WE YOUR FAVOURITE IB CLASS ?

Having been a teacher for over 40 years, I have met many wonderful students and classes, each of which have made an impact. 3IB this year is no exception.

DO YOU HAVE ANY ST AND-OUT MEMORIES FROM YOUR TIME AS IB- Co-ORDINATOR HERE AT SVGS?

I have many memories, but the standout memories are getting our own department where we could create an area that showcases the IB, witnessing student enthusiasm and engagement and working with inspiring teachers who are interested in helping their students reach their goals. It has also been wonderful to hear and experience the extended essay dissertations and the development that each student goes through during their years in our department. As a coordinator, it has also been memorable to exchange ideas with other schools around the world and to represent our school in meetings and conferences both here and abroad. One of the most recent memories has been the celebration of 30 years of IB at SVGS and to look back over all the department's and student's achievements.

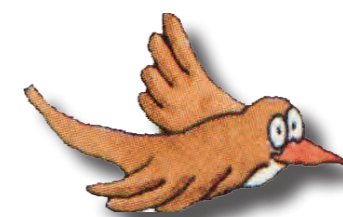
WHAT IS SOMETHING YOU WILL NOT MISS AS AN IB Co-ORDINATOR/DEPARTMENT HEAD?

The workload connected to a leader's role can sometimes be

overwhelming as responsibility rests on your shoulders. Challenges and problems experienced at school often follow you home and into your spare time and holidays. It is also challenging to combine the responsibilities of being an IB Co-ordinator with those of a Head of Department especially in an institution the size of SVGS which can be complex and demanding.

WHY IB?

I was a teacher at an upper secondary school in Wales before moving to live in Norway where I also worked with teachers with links to the IB. Cardiff is also an important centre for the IB, so it is well-known in Wales. The pedagogy and principles on which the IB Diploma are based are ones I relate to and identify with and has allowed me to



encourage and prepare students to become responsible and global citizens who are well-informed and who contribute to the world today.

HOW LONG HAVE YOU BEEN IB Co-ORDINATOR AND WHAT DID YOU DO BEFORE?

I started teaching in Wales when I was 21 and taught science at GCSE along with Biology, Chemistry and psychology at A level. On arriving in Norway, I started my teaching career in lower secondary as a science, English and music teacher. I have also worked in infant and junior school too in addition to teaching adults and marine workers.

IN BROADER TERMS, WHAT EXACTLY DOES EDUCATION MEAN TO YOU?

Educations allows us to gain or impart knowledge and allows us to develop skills and social norms essential to our daily lives. We can judge and reason better through education and this helps us to understand the difference between right and wrong, the aim being to prepare us for life and allow us to become active citizens. Education comes not only from school but is also gained in our homes, our families, friends and our spare time activities.



Thank You Siân

FROM COLLEAGUES & STUDENTS...
PAST, PRESENT AND FUTURE!!!

Regnefeil

Jo Einar Sundet Hole

Biene summer,
som vi summerte
I klasserommet, time etter time
Telte på hendene, så langt det rakk
Men akk, jeg kan ikke telle uten deg

Det regner,
som vi regnet
der inne, dag etter dag
To pluss to er fem
Men det er feil

Fuglene flyr,
som tiden fløy
Trakk oss vekk til nye strøk
og nye stykker
Feil igjen

Men vi lærer.
Og kanskje lærer jeg en dag
Å gjøre enkel algebra uten deg
Min kjæreste venn, med så skjønt et navn
Graphic Display Calculator
Takk for alt.





HALLOWEEN
2023



ICELANDIC FOOTBALL & ME



**Jonas Vilberg
Oskarsson**

I still remember 8 years ago, when Iceland became the smallest country to ever qualify for EURO in 2016. I remember watching the first game against Portugal who later went on

to win the whole tournament. Iceland played defense throughout the game but were able to score one goal in that game which ended 1-1. Ronaldo was interviewed after the game where he said "Iceland celebrated like they won the whole tournament" which was how much it meant for us to draw against such a huge country in comparison to Iceland.

The next game was against Hungary and we somehow managed to draw again. The last game in the group stage was against Austria and we had to win to get out of the group stage. I remember watching the final minutes when the score was 1-1 and at the 94th minute, Iceland had one last counter attack and scored with the last kick of the game and miraculously qualified despite being ranked as the worst team to ever play in the tournament. I remember the pride I felt from my national team. When I saw we were drawn against England, one of the tournament's favorites, I remember how I lost all hope. As expected, England scored in the 4th minute after receiving a penalty, but despite all odds Iceland equalized only 2 minutes later and even went on to score to make it 2-1 in the 18th minute.

Despite Iceland leading, I had no hope for us winning after the full 90 minutes but surprisingly we did. Iceland, the worst national team to ever play in the tournament knocked out England, one

of, if not, the best national teams. After that game I felt as anything was possible, but then we were drawn against France, I remember seeing the manager and players of the Icelandic national team getting too cocky and changing their tactics. They stopped playing defence and played like Iceland were the favorites to win. We lost the game 5-2 and got knocked out. After the tournament Iceland went from 149th to 23rd on the official FIFA rankings. Sometimes, I still think of these times and all the memories which I will cherish for the rest of my life.



BUS ROUTES AND HOW THEY CONTROL MY SPARE TIME



**Ludvig
Hake Dalseth**

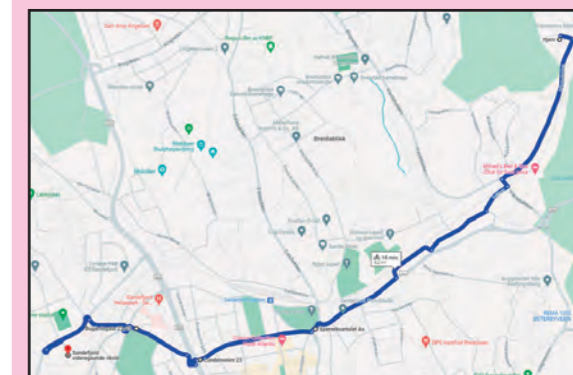
As a student at SVGS and a victim of terrible bus routes, I felt the need to share my experiences about my required bus routes, and how they control my

spare time.

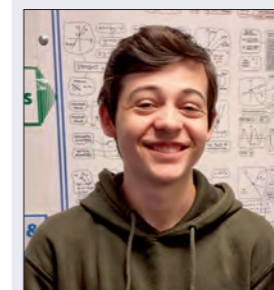
Quickly after starting my second year at the IB, I experienced some of the problems that came with depending on a bus to take me to and from school. Firstly, there is the limited time I have after class, between catching my bus and walking home. Almost every day, I had classes till around 15:20, and the bus I needed to take home, left at around 15:25. I think you can understand the problem that I face here. Almost every day I was given the choice between rushing out of class, stuffing my locker, forcing my way onto the bus, or walking home (a distance of about 4km). This choice made my spare time very limited, as any time I wanted to talk, help, or hang with someone, I had to also plan for the time and energy needed to walk home. On a second note, I feel that it is important to also mention some of the difficulties that came with taking the bus to school, more specifically in winter.

During the winter period and especially the early snow/frost days, I had to hope that my bus was not delayed, cancelled, rerouted or simply stopped existing for all I know. It just so happened to be any of these, I would have to send one of my many apologies that I won't make class, as a result of my bus. All in all, the bus routes that I, and many others, rely on are not "the worst thing in the world".

However, I do find it important to point out some of the faults in the system and allow individuals like myself to vent out some of the frustrations that may come with it.



SHOOTING



**Simon
Kvam-Borgen**

I used to be a part of *Andebu skytterforbund*. *Andebu skytterforbund* is an organisation that lets people do shooting for fun on ranges both inside and outside. It

doesn't take too much time, so you don't have to base your whole life around it, but it's a fun activity to do in your spare time.

Shooting can help you relax as it teaches you ways to relax your body so you can become better at hitting your targets. It helps you learn to concentrate, and it is also a new opportunity to make friends.







Uten tittel

Borys Stanislaw Winogrocki

Roser er røde
Violer er blå
Jeg skriver dette
Fordi jeg må

Untitled

Tobias Bergan Gåsholt

In Madrid's embrace, under stadium lights,
Liverpool soared to Champions League heights.
Salah, Mane, and Klopp's brilliant scheme,
Sixth glory claimed, a red-hued dream.

Untitled

Simon Kvam-Borgen

I like Poland
It is so cool
But not as cool as Haaland
Because he is mega cool

Untitled

Stephanie Jean Wakeford Swain

Some are nice
Some are cold
Some entice
Some behold
Some will never say hello
Some refuse t'ever let go
Black on white
Red on green
There are many types of people.

TABLE TENNIS



Mohammed
Anas Maddah

I've been playing table tennis for about three years now, and it's become a big part of my life. I love the thrill of competing in tournaments and challenging myself to improve my skills.

I train four times a week to get better at the game. It's not always easy, but I enjoy the dedication it takes to keep getting better. I've been fortunate enough to win some competitions along the way, which is always a great feeling.

I still remember the first time I picked up a table tennis paddle. It was just a casual game with friends, nothing serious. But as soon as that ball hit the table, something clicked inside me. The rhythm of the game, the precision of the shots, it all fascinated me in a way I hadn't expected.

From that moment on, I was hooked.

Last year, I had the incredible opportunity to travel for a table tennis competition. It was a thrilling experience, as it was my first time competing outside of my local area. The chance to play in a new environment and against different opponents was both exciting and challenging.

Table tennis has taught me a lot about discipline and sportsmanship. It's not just about winning; it's about enjoying the game and being a good competitor. Overall, playing table tennis has been a rewarding experience for me. It's a fun way to stay active and challenge myself while also making new friends and memories along the way.

THE BEST VOCALS: ZAYN MALIK



Sandra Marie Gogs-
tad Pedersen

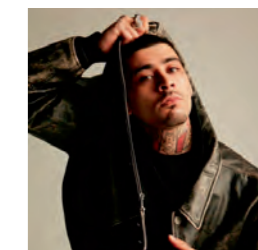
Zayn Javadd Malik was born on the 12th of January 1993 in Bradford, West Yorkshire in England. He is mostly known for being a member of the very popular boyband

"One Direction" from July 23rd, 2010, to March 25th, 2015. In the band he wrote eleven songs spread across four albums, however after leaving the band he has released another three albums containing 71 songs, plus singles. His most played songs on Spotify are "I don't wanna live forever" with Taylor Swift, "Dusk till Dawn" with Sia, "Pillowtalk", "What I am", and "Trampoline" with Shaed.

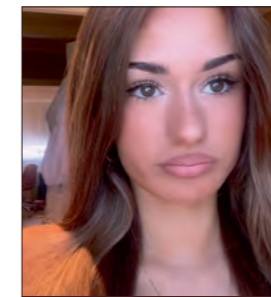
This year (in 2024) Zayn is coming out with another album "Room under the stairs" on the 17th of May, so if you are feeling a bit hungover from all the partying that day (or the days before), I would very highly recommend setting some time aside to give it a listen.

Overall, Zayn has (in my opinion) one of the best male voices in the whole music industry, he has a wide vocal range, and this is clearly proven in one of his best songs (according to a superfan classmate) "There you are" from the album "Icarus falls" that was released on the 14th of December 2018.

Anyways, just stream the album.



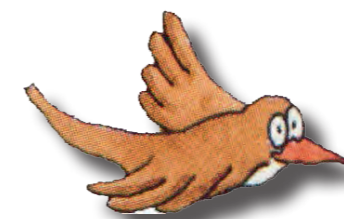
SELF EXPRESSION



Alicja
Weronika Baran

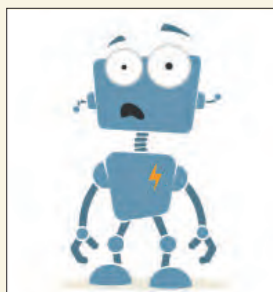
Everyone has a different form of self-expression. We see it around us at all times in the way people dress, talk and even what colour nail polish they choose.

People want others to really see them, beyond a surface level, so we drop little hints about our identities everywhere, subconsciously wishing somebody listens to the same music or likes the same perfume we do. The way I express myself is mainly through my writing. Since *barneskole*, I have filled out countless journals with my thoughts, memories and stories. I also express myself through the way I dress. Despite feeling pressure to fit in with what's "typical" here in Norway, I have stayed true to myself and found people who love my unique traits. I believe if you go IB you also feel different from others and that your future will not follow the common crowd, so do not be afraid to stand out, and express yourself freely!



Wallace Austlys

THINKING FOR ONESELF

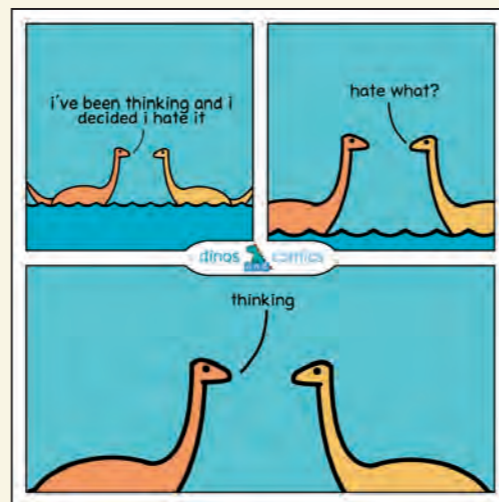


Anonymous

The most forgotten concept in humans is the ability to think for oneself. As we approach this new era, I see my friends constantly relying on AI to write their work. I am certain that even for this very task, there will be a minimum of four people in the class, who have opened up the tab to “assist” them with their work.

This so-called snowflake generation has all the emotional help they could ask for, with only their work expectations decreasing and decreasing year after year, and yet they never cease to fail with “depression” or “anxiety”. I am not disputing that psychological issues

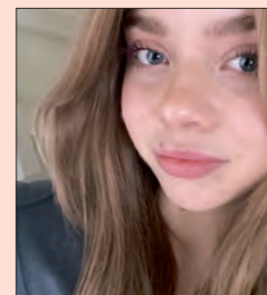
exist, as I for one am only too aware of their dominance in thoughts and mental disruption, though is it not about time we stopped labelling people with excuses and worked on pulling them back into place where they fell out from? The answer is obviously yes. How is the world supposed to be governed by a load of people who are “stressed”? As if this problem in society wasn’t enough, the release of ChatGPT, launched in February 2023 has only tripled it. Not only is there now a “stressed” generation, but also one that is lazy, cheats and is unable to think for themselves. You read it right, cheats! I do not believe that artificial intelligence is used for help, but as pure cheating. How can an academically honest student like me, compete against cheaters? The workload will only increase, and expectations rise, when it becomes apparent that students have become “cleverer” and are more capable of a heavier workload.



I personally find the AI dominance among my peers’ tabs frightening, and am deeply concerned about how I will be able to outwit a robot? Besides everything, is it not disturbing, how a robot can produce “original” work for us? For this reason, I believe that there should be huge penalties against its usage, and not promotion. AI should be locked out and away from the world to ensure that we work for ourselves. We should also write on paper again, or computers which do not have technology such as AI to ensure honesty and develop the mind. There are many intelligent minds among us, which are being suppressed as a result of this “ingenious” domineering artificial mind.

This AI technology has been providing children and teenagers with produced work for over 10 months now, so it’s about time that we put an end to this horror and get our own precious, with great-potential, human minds back. Lastly, I would like to apologise for any spelling or grammar errors, as I am only human, and humans are not perfect as this work was written entirely by my human intelligent self.

CAFFEINE ADDICTION (BASED ON A TRUE STORY, MOSTLY)



Ingrid Asbølmo

Once upon a time there was a five-year-old girl who did what a typical 5 year old child would do on a daily basis, which was to go to the playground with her father, but this day was different.

Her father had brought a red and grey box with some kind of liquid in it. The girl had never seen this drink before and was quite curious about it. Her father spotted her curiosity and asked her if she wanted to taste it and like every other child, she was beaming with excitement for this drink. When she took her first ever sip, the flavours of the liquid exploded on her tongue, she had never tasted anything like it before.

It was sweet, but with a hint of something bitter.

As the years went by she was constantly reminded of this liquid, but could never manage to figure out what it was and her pride did not allow her to ask her father. When the girl was about 13 years old she went to a café with her mother and when her mother asked her what she wanted to drink she looked at the menu and while skimming through the menu she locked her eyes on the word “frappe”. She immediately knew she had to order a frappe and when she did, the cashier asked her if she wanted coffee in it. Her mother did not want the girl to have coffee in the frappe because she was “too young”, but stubbornly the girl argued that she needed the coffee. Furthermore, when the girl tasted the frappe, a familiar sensation exploded on her tongue and this time she knew that the funny looking liquid was coffee and she lived happily ever after with an iced coffee on her desk or not so happily without an iced coffee on her desk.

AT THE UTDANNINGSMESSE



ToK Times

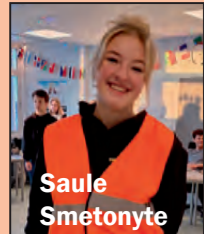
01 December MMXXIV

Retrial of the Century

Shock Acquittal

Witness Missing

ECHOES OF JUSTICE



During the aftermath of World War II, one of the most controversial debates revolves around the blaming of Adolf Hitler in the formation of the Holocaust. The mass slaughter of millions during this tragic time has left a mark on history, and rightly so, demands for justice and liability have echoed throughout the years. However, amidst the intensity to attribute blame, a crucial question arises: was Hitler truly the mastermind behind the systematic genocide?

Historical analysis often places Hitler as the central figure responsible for the scandalous crimes committed during the Holocaust. While his anti-Semitic rhetoric and ideological passion undoubtedly contributed to the environment that allowed such horror to occur, the allegation that he knowingly and specifically ordered the slaughter of millions requires a more nuanced examination.

As the world deals with the lessons of history, it becomes important to dig deeper into the complexities



Judges Hillgaard and Tamber



The Courtroom Scene



The Defence and The Prosecution

Shock Outbursts in Courtroom B315

surrounding Hitler's role in the Holocaust. While acknowledging his central influence in creating an atmosphere of hate and intolerance, a nuanced understanding requires a critical examination of the evidence before definitively certifying guilt. Only through such a broad and balanced approach can we learn from the past to ensure that such horror never recur in the future.

Lead prosecutor Kveberg Kreken gave clear evidence for why Hitler should be pled guilty by using Hitler's book Mein Kampf. "What Hitler has done is barbaric and I'm here to prove it" says the lead prosecutor. She claims together with prosecutor Stixrud that Hitler must be proven guilty.

"So many factors indicate that he is guilty, even his lawyers won't let him answer questions" -prosecutor Stixrud

Adolf Hitler stood on trial today, the evidence against him for crimes against humanity and genocide was overwhelming. The weight of history painted a strong picture. The atrocities committed under his regime, such as the Holocaust, was among the darkest chapters in human history. But then the questions remain, will Hitler be found guilty in a fair and legal system?

When Hitler faced the trial, the atmosphere was undoubtedly charged with tension. The prosecution presented a compelling case, showing evidence and testimonies of the cruelty done under his rule. The courtroom witnessed a clash of ideologies, ethical dilemmas, and legal arguments, which resulted in a heated discussion. Emotions ran high as both sides dealt with the complexities of liability, historical context, and the pursuit of justice. This trial stands as a simple reminder of weight of history.

"I am not guilty, why should I take the blame for something I haven't done?"

- Adolf Hitler

The courtroom atmosphere became incredibly intense. The tension, expectations and emotions of all involved parties run high as the decision is announced by head juror L. Pazdro. This declaration sparked disbelief, outrage, and disappointment, especially when the overwhelming evidence seemed to point to Hitler's guilt. This led to a sense of injustice among victims, their families, and the public. This caused a shift in the courtroom's atmosphere from expectation to shock and disbelief.

The jury found Hitler not guilty, despite the evidence presented of his actions. This was a verdict that triggered an immense sense of injustice among those affected by his ruling and the global community. This cast doubt on the integrity of the legal system and the pursuit of justice for the most horrible crimes against humanity. This verdict will echo through history, raising ethical and moral questions about the limits of the law and the complications of holding individuals accountable for horrors committed on such a massive scale.

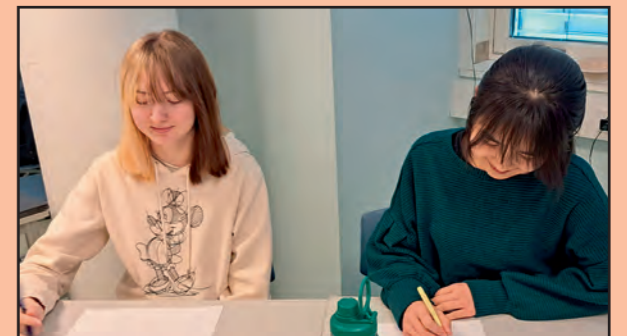
MISSING

JUDAH PILCH

Date of Birth: 1902
Age: Probably 43
Sex or gender: Male
Wearing: What is it to you?
Weight: Mind your own business
Eyes: Smouldering
Height: Tall
Hair: Dark
Identifying Characteristics:
Handsome



Court administration



Court Artists



The Jury



The Prosecution Witnesses

The Broken Blind in Room B315

Sander Vabog Løken

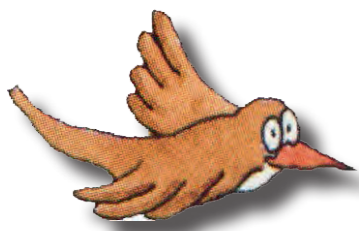


During the mocks of May 2024, a new antagonist appeared for 2IB students. This antagonist was in the form of one of the blinds in B315 which had broken off and in the wind it slammed into the window for the duration of several mocks. The blind accounted for the thunderous rumble that reverberated through the students' bones and made the one hour and thirty minutes unbearable for the poor subjects.

The noise was like a giant clapping your ears repeatedly and was not very unlike ancient psychological torture methods. Eventually, the teacher became aware of the thundering noise, but was ultimately

powerless to stop it. The following morning during the next session of mocks, the anguish had not ended. However, the case of the blind had evolved.

A menacing figure had appeared just outside the window. The students prayed it was the mending-man, and it was indeed. There was finally light at the end of the never-ending tunnel of torment. And at the stage where the teacher marked the halfway point, the ravaging thunder halted and the blind was gone in its entirety. However, a happy ending it is nay. For the mocks had been sabotaged, and the student's predicted grades plummeted along with their morale.



Anonymous



WHY VALENTINE'S DAY IS OVERRATED?

The 14th of February, commonly known as "the day of love", is celebrated worldwide yearly. During this celebration, the malls are decorated in hearts, flowers are sold out, and restaurants are crowded with couples. Many people even go beyond their budget to spend thousands on gifts for their loved ones. Valentine's day is a lovely tradition which gives people the opportunity to show appreciation towards the people they love. However, I think that Valentine's Day makes people look away from things that are more important.

Some time ago, I asked my dad "why do you never celebrate or give mom anything for Valentine's Day?", because I have noticed that my dad never really gives her gifts nor makes anything special out of this day. For him, Valentine's is just a regular day. My dad explained that he believes that love and appreciation should be shown everyday through their whole marriage, not only during this particular day, and the fact that he didn't buy her a gift doesn't necessarily mean that he loves her less. To summarize, he meant that expressing gratitude towards your loved ones frequently is more important than waiting for Valentine's Day to show love. The conversation with my dad made me realize that I have noticed many people who don't appreciate their loved ones. However, when Valentine's arrives they love bomb their partner through expensive items, then they go back to their old habit of taking their loved ones for granted. In my opinion, expensive gifts and making a big deal out of this event should not be the main focus. Instead, I believe that people should use this day to create meaningful memories together beyond the expectations of luxurious materials. I have nothing against gifts etc, because I get that some people use gift-giving as the 'language of love'. However, I think we should stop normalizing the expectations of expensive items on Valentine's Day, and instead focus on the real meaning of the day. To show love, gratitude and appreciation towards everyone you love.

How to understand girlfriend language

Here are some tips from Lena & Tobias on how to answer the more tricky question that may be posed by your girlfriend.

Q. 'IS THIS GIRL PRETTY?'

A. Answer with 'NO'!
(Really important! Any other answer should be kept to yourself, or she will never forgive you.)

'I DON'T KNOW WHAT I WANT TO EAT, IT IS UP TO YOU.'

Translation: She has an idea of what to eat but does not want to say it. Suggest making her favourite food or eat at her favourite place.

'I'M FINE.' (annoyed tone)

Translation: NO, she is absolutely not fine if she says it like that. You should ask "are you sure?"; but when she answers "yes" it does not

mean that she is fine. Make sure that you are always there to listen to her problems!

'YOU CHOOSE.'

Translation: This means that she wants you to choose what SHE wants.

Q. DO I LOOK GOOD IN THIS?

A. YES! Always make sure to shower her in compliments.

I DO NOT WANT ANYTHING (AT THE STORE)

Translation: Girlfriends always crave a little sweet treat, so don't forget to buy her favourite chocolate bar!



Lena Maria Pazdro
Tobias Bøhn
Sørensen

CHRISTMAS FILM & GINGERBREAD 2023



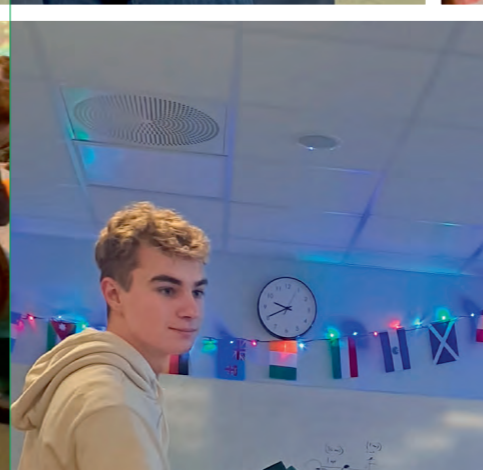
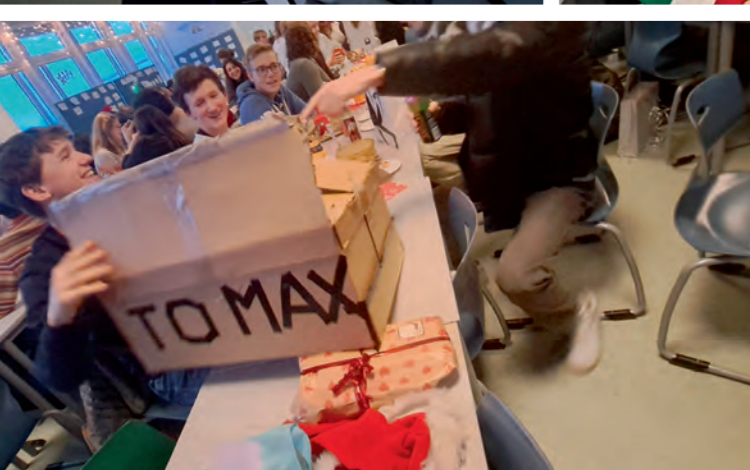


Jule VERKSTED 2023

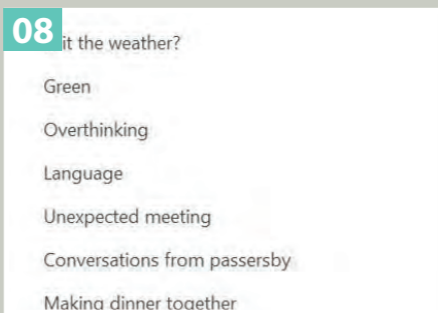
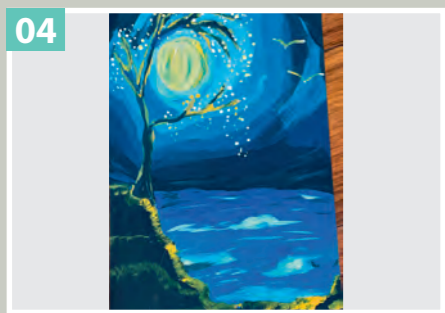
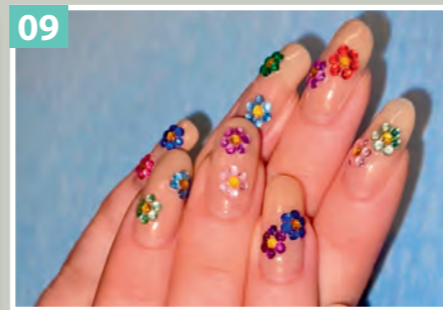
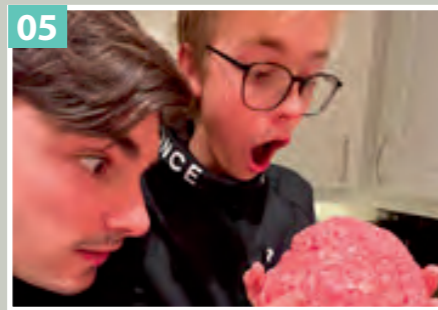




CHRISTMAS 2023



CREATIVITY



01 Igloo Architecture by Elvira

02 Hurya & Tina make flowers for International Women's Day

03 Artwork by Vlad

04 Artwork by Angelica

05 Meatballs by Tiago & Martin

06 Elvira and Christmas Decorations

07 Mathilde knits a jumper.

08 Liepa writes poetry.

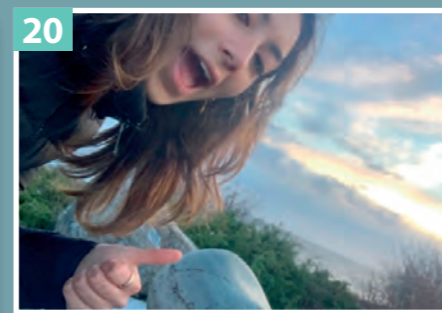
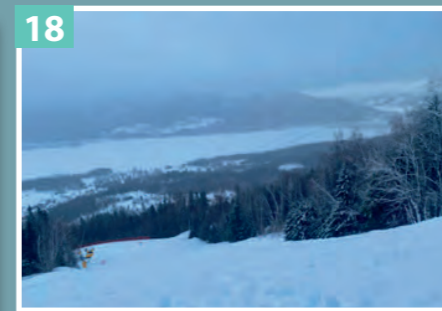
09 Nails by Martine

10 Ingeborg prepares a meal.

11 Art by Martyne

12 Gingerbread by Martin, Lena & Tobias

ACTIVITY



13 2IB Heisetra

17 Badminton with Pelle

21 Volleyball with William

14 Emma & Leila ice-skating.

18 Slalom with Max

22 Hunting with Max.

15 2IB Laser-tag

19 Biking with Martin, Erlend, and Vlad.

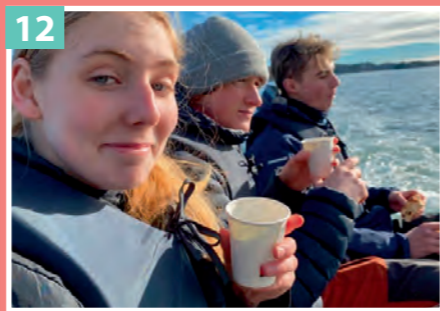
23 Kayaking with Ingeborg and Leila.

16 Pool with Jonas

20 Hiking with Angelica

24 Football with Abdirashiid.

SERVICE



01 Tiril & Maria collecting for charity.

02 Tina, Leila, Ieva, Eliana, and Emma working for Amnesty International.

03 Ingeborg's Grocery Pick-up Service.

04 Maria & Leila organising after-school activities.

05 Staffet for Livet with Mohamed

06 Max clearing snow.

07 Suhaira helping with the Red Cross.

08 Waffle Wednesdays are back!!! Yagmur, Eline, and Jo Einar

09 Melissa & Tiril spread Christmas Joy

10 Vlad attends a protest.

11 Max, Jo Einar and Jonas: Staffet for Livet

12 Lisa, Erlend and Jonas: Fjorden.



The Sounds of IB @ SVGS



Playlist collected from IB Students

Compiled by Ieva & Leila



King Martin

THE MYSTERY OF THE PROM SUCCESSION

TEXT BY: TIRIL & MELISSA

Russestyret at SVGS had planned a prom for our final year of school. In 2024, the prom was held on the 1st day of March, the first spring month: a time to celebrate the 13-years spent in school. Of course, the IB was represented by students, whom at this point in time, were getting closer to their exams with every passing. The IB students, usually found in their own habitat, used this event to socialise with their friends from the other lines at SVGS. However, it should also be mentioned that this year was to be different from other years. The ignorance and weird glances from other students towards the IB students were going to be turned into awe, as they became more relevant than ever. This awe, this fascination and admiration, was due to the one and only, the King, King Martin.

To describe the King with any words in the English language, or any other language in general, would be a disgrace to our Majesty. He is too wonderful for words, and like any god, pure perfection. Before the time of the prom, his Majesty had never had his coronation; it was only a collective understanding within the individuals in the IB department that he was the King. Therefore, it was the perfect occasion to coronate him and bless the rest of the school with his presence and light during the prom. Nonetheless, this would not happen without thorough planning. Two devoted servants of his Majesty came up with an idea and took control of the voting system. *Russestyret* had

given every attendee of the prom the right to vote for people in different categories, and this was cleverly used by the two servants to work in King Martin's favor. They promoted him continuously and arranged an ambitious campaign.

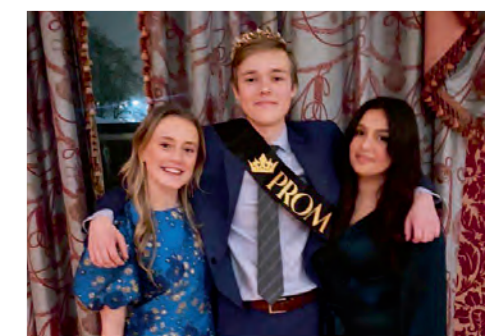
Some might argue that the servants manipulated the election, but that is pure nonsense. There is nothing wrong with convincing fellow IB students to vote for his Majesty, even if that meant they took their phones and voted for them to make the process smoother and easier. They also spread the word to those outside the IB department through connections between IB students and other students at the school, an important part of the campaign. The work was done in haste, as the prom was later that same day.

All the votes for King Martin were in, and the hard work paid off. Everyone was waiting hopefully for his majesty's name to be called. And oh, the exclamation of happiness and delight rushed through the room as King Martin was called, and he ran like the legend he is to get his crown. For the two servants of his majesty, the feeling of his coronation has been described as the most important time in their lives, filling their bodies instantly with gratitude and worship of the King as he was called up.

Long live the King, long live Martin Rex.



Moments





NORGES BANK



On the 25th of September 1B and 2IB Students went to a presentation held in Hjertnes by the Governor of Norges Bank, Ida Wolden Bache. At the end, we had the privilege of meeting the Governor where there was much discussion.



JOKES FROM 1IBA

Erdoana Kryezi

Q: What do you call fake spaghetti?

A: An impasta!

Simon Kvam-Borgen

Q: Hva kaller du en jule nisse som kommer tilbake etter 18 år med ølimage?

A: Pappa!

Neo Tobias Løn

Q: Why should you not trust atoms?

A: Because they makeup everything!

Jakub Lorenz

Q: Have you heard about the restaurant called, 'KARMA'?

A: You get what you deserve!

Mohammed Anas Maddah

Q: Why don't skeletons fight each other?

A: Because they don't have the guts!

Julia Soltyssek

Q: Two years ago, my doctor told me I was going deaf.

A: I haven't heard from her since!

Borys Stanislaw Winogrocki

Q: What did the Indian Ocean say to the Pacific Ocean?

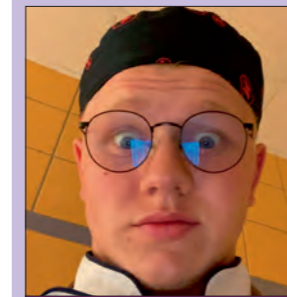
A: Nothing, it just waved!

William Wulff

Q: Heard the advice from the Norwegian car-crash specialist?

A: It's not the *fart* that kills, it's the *smell*.

REVIEW: ROCKET LEAGUE



Vilmer

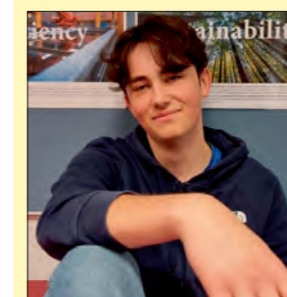
Rocket League is a game where you drive cars while playing football. The main goal of the game is to win matches by scoring more goals than your opponent. In your cars you are

able to use a rocket booster which you have to recharge in the corners of the field. Using the rocket booster, you will be able to drive on walls, the roof and even fly. But be careful because if you boost too much you will run out instantly.

I have played this game since it was released back in 2015 and enjoy it very much. In my opinion, this game is best to play with only two players, so it does not get too hectic. The game craves a huge amount of skill and patience and sometimes that can be frustrating. I give the game 4.8 out of 5 stars.



HANGING OUT WITH FRIENDS



Borys Stanislaw Winogrocki

Friends are important, they are the reason you are not lonely. Your friends keep you company and make your days better. You should have as many friends as possible, but definitely have a few good ones.

KIMUA KIWINBI

3IB Looking back, To look forward



ADRIAN

"I am the consequences."



EDVIN

"The only way to do great work is to love what you do"



ANGELICA

"What would Jesus do?"



LIEPA

"Sometimes all you need is a nap."



LISA

"I agree with Yagmur."



MAGOMED

"Sleep is underrated."



ELINE

"The greatest danger to our future is apathy."



EMIL

"Do not grow up, it's a trap"



ERLEND

"Don't check the temperature of the water, just jump in!"



MARTIN

"I only respond to royal titles."



MARTYNA

"Hopefully, one day, I will be able to hear the word 'extended' and not feel the urge to shed tears."



MAX

"أنا فخور بأن أكون سويدياً"



JO EINAR

"Anything is within walking distance if you really want it to be."



JONAS

"Ah, I'll figure it out"



KATRINE

"Life always gets better when you have a sweet treat!"



MELISSA

"If Britney survived 2007, I can survive missing another IB deadline."



NAKUL

"I am actually Scandinavian, although I am just super-tanned"



PEDER

"The more and more I think about a quote that sums up my world view, the cringer it gets, and the more I doubt how I even view the world in the first place"

KIMUA KIWINBI



Pelle

"It's not that I'm bad at meeting deadlines, I'm just even better at procrastinating."



Stefan

"Uh oh!"



Suhaira

"art of love"



SUNNIVA

"Life is Roblox."



TIAGO

"Don't learn from your mistakes, wait for someone else to screw-up first." 🤪



TIRIL

"Years of perfecting my teacher's-pet skills: if only there was a diploma for that!"



VLAD

"Certainty is often like a cataract, except it grows so fast you may not notice you've become blind."



WILHELM

"It'll be over by Christmas."



YAGMUR

"I agree with Lisa."



Bærekraftig

Sustainability Week

1IBA



- Mikaela Hoff Lundberg
- Julia Soltyssek
- Hajir Idriss Kerrar
- Alicja Weronika Baran

Nearing the end of April, we were given a project that revolved around sustainability. This was about following a project from its production phase, all the way to the consumer phase. We chose to visit Stavern Blomstermakeri where they gave us an insight into the chosen project.

Stavern Blomstermakeri sells a variety of roses which sounded practical for us to choose. We managed to do an interview with one of the co-owners, Cecilie Lundberg. She first and foremost explained that having different roses can be a challenge. Since Norway introduced high custom duties, it has made it difficult to have many varieties within the rose industry. An example she gave us was roses from The Netherlands not being imported to Norway because of custom duties. They have the power to prevent sales from those companies. Another thing she mentioned was "fairtrade roses". Fairtrade roses are roses that do not require customs duties, something that is quite beneficial in every way. People call it fairtrade because the producer is well paid while the buyer pays a decent price. Sustainability is crucial here, as this deal shortens the rose's processing time. Waste is also a factor that the flower shop highly prioritizes. A product gets utilized as much as possible so that too much waste is avoided. When it comes to fresh produce, it involves treating it the right way.

From visiting Stavern Blomstermakeri, we got a different aspect of how a product can be treated. In this case, there are many roses that go through a long production and transportation process without the producer receiving payment. However, solutions like "Fairtrade" help overcome such obstacles and hopefully create a sustainable environment. Thanks to Aud-Mari, Mari, Jane and Lars for a fun week 🥳💚



If we die,
we're taking
you with us.





ERIK - 1IBA

Being on the Student Council and class representative for 1IBA in pre-DP was really exciting. I got to help plan events, listen to my classmates' ideas, and make the school better. Sometimes it's hard work, but it's also lots of fun. I learned how to negotiate with people and make good decisions. It's always fun to listen and plan different things with your classmates, and it helps bond the class together. Mikaela and Borys, the sub-Class Rep's were great. Always friendly and always ready to help, they had and have good ideas and do a wonderful job for our class. Thank you to them both for all their help and advice and thank you 1IBA for electing me as your representative.

MARIA - 2IBA

The second year is often viewed as the most boring year in all of high school. However, I can, with hand on heart, say it's been among the most exciting times of my life. As a class, we have been presented with plenty of fun activi-



ties, such as the trip to Heisetra and the ToK mock trial, all of which have contributed to our fantastic class environment. I am certain that we are objectively the best class in the entire school 😊. This is large-part due to all of 2IB who always support one another and see to it that nobody is left out.

This school year marks our first official year as part of the IB Diploma Programme. The change from 1st to 2nd grade was big and at times challenging, but we managed it together as a class. We went from being a group of 32 people to one of 40, losing some of our old classmates, and introducing plenty of new ones. We are a diverse class representing as many different beliefs and opinions as we are students, however we all have at least one thing in common: that we spend 5 days a week together in the IB Dept. I think that this is exactly what makes the IB so special: a tight-knit community where every personality has its own space to flourish, where everyone is always welcome. It is not an easy task to function in a class with 40 people, however there's no 40 people on earth I'd rather spend my days with than you. I am proud I was elected by you, along with Saule, to speak for our class' on the Student Council.



JONAS - 3IBA

We've discussed a range of issues with four different heads of departments (Siân, Paola, Astrid and Michelle), which at times has been chaotic, but has always resulted in a fun and meaningful experience. I would like to thank Saule along with the other Class Reps (Erik & Jonas) for the great discussions and their meaningful contributions to the department as a whole, along with the *avdelingsleder(e)* who always encouraged us and made sure our opinions got heard and moved forward. It's been a pleasure spending the year with you all, and I'm already looking forward to the next year. 💖

At the start of 3IB I was elected as class rep. which meant I had the very important task of plaguing my class with endless Forms surveys and going to the occasional meeting. It seemed like this year would be peaceful and that I could focus entirely on my exams, but then—the '07s showed their true nature. I am still haunted by the endless meeting about "disturbances" and unrest at the school caused by the '07s. It even got to the point where the school had to issue class lock-downs, where

The 2024 Class Reps' Reports

no one could go to the toilets. However, while the rest of the school were locked in their classrooms, we in IB could be more relaxed with the new rules. Because let us be honest: we know how to behave ourselves. As Sol puts it, we are "civilized". The IB '07s are much better when compared to the rest of the school: they just need to learn how to not take up the entire corridor when they use the lockers!

Other than the 07 'crisis' I was mainly responsible for organising social events, such as the Christmas workshop and the class BBQ. These events are crucial, helping us build-upon our fantastic class environment. Therefore, I always tried to make them as good as possible, and I hope I succeeded in doing so. However, it would be wrong of me take all the credit as I always had great help from my substitute Tiril and the 2IB Rep. Maria, even though they both had their hands full with *Solidaritetsaksjonen* and many other events you could sign up for. Additionally, these events would not be possible if my classmates did not help with organising or just participating. I am forever thankful for your help, even the smallest contributions have helped a lot. Thank you!

Ingeborg's 6 Tips on How to Study



Ingeborg
Kveberg Kreken

This is a study guide for any and all IB students, whether you are a newcomer to the IB or if you have been here and yet have not found a way to actually study for upcoming tests. Regardless of where in the IB course you are, these tips will definitely save you if you ever find yourself crying your eyes out at 2am over a test you forgot you had the following morning:

Don't Procrastinate

The earlier you start studying, the better. Not only do you actually stand a chance of doing well on whatever test it is you're taking, you develop a greater understanding of the topics relevant to what you are studying. But if you're like me, and many others, and you'd rather procrastinate opening the old and crusty books for your class to watch Netflix and eat ramen, the following tips may be a little more helpful.

Stock-up on caffeine

Make sure you have enough caffeine to get through a 6-hour study session. The best way to do so is to stock up on Monster, RedBull, Battery and Prime (if you're one of the losers that actually like Prime).

Carbs

Consume as many carbs as possible. The carbs alongside the caffeine is what will give you energy to actually study.

Don't cry

Save the crying for after your done with the test, it only drains you of energy, which is better used studying.

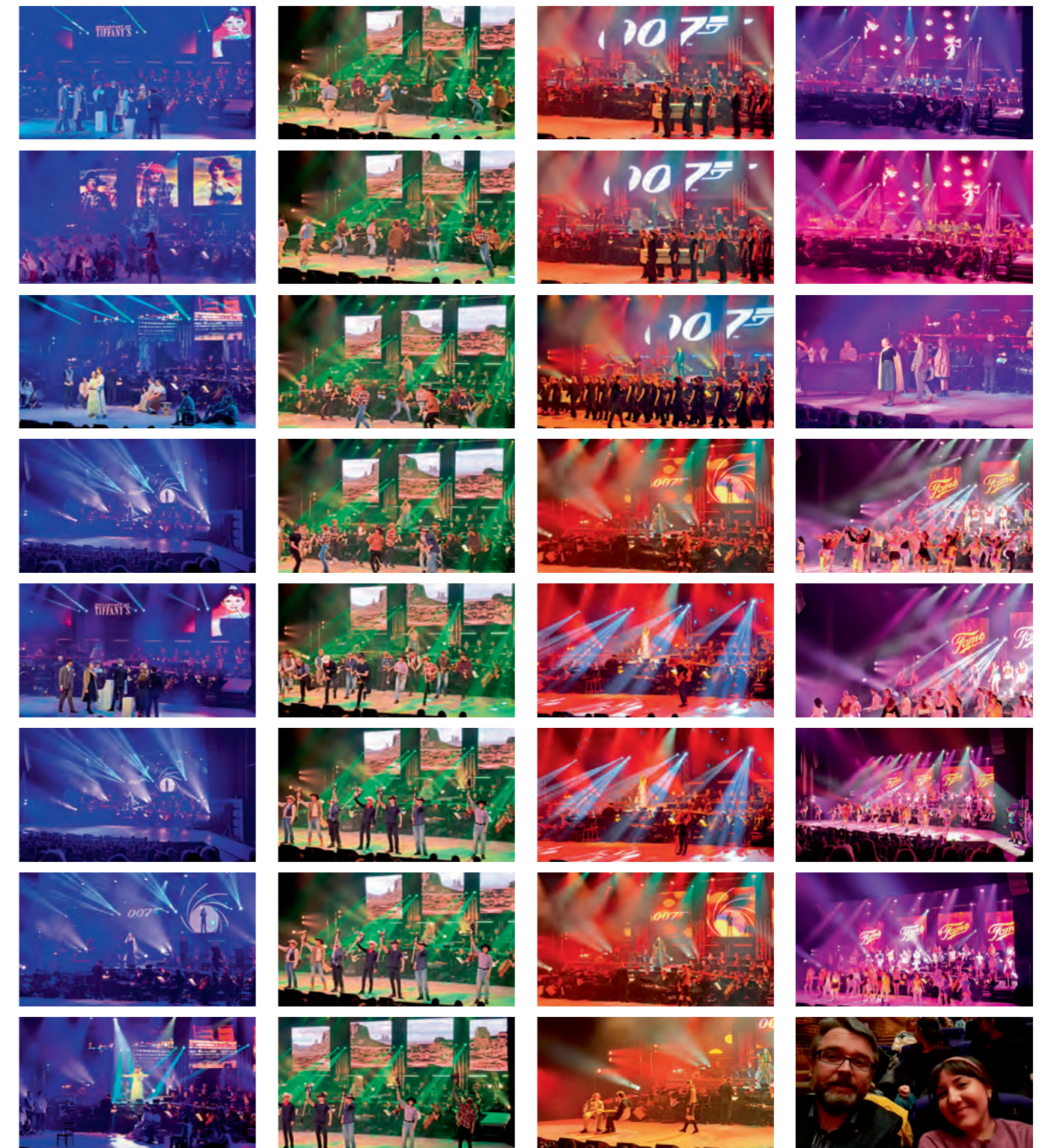
Pray

Whether you're praying to Allah, Jehovah, Buddha or Jesus, some extra luck always helps.

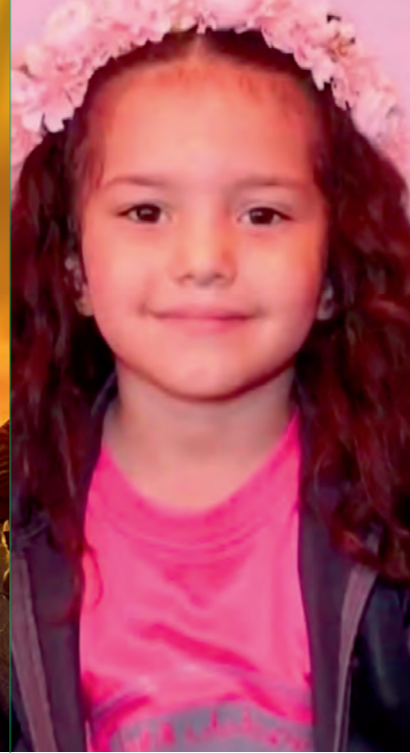
Sleep

The minutes that aren't spent studying should be used for sleeping, don't waste this spare time watching Instagram reels or dyeing your hair in the bathroom sink.

Hopefully some of these tips can be helpful the next time you find yourself in a situation where the only option you have to not fail a test is to squeeze in a 6-hour study marathon. But all jokes aside for the moment, the best way to do well in the IB program (and life for that matter) is to not procrastinate, postponing everything will not help you in any way ever. So, to all the IB students that are struggling to find THEIR way of optimizing studying, the best tip I have, is to try out different methods that work for you. Studying is entirely subjective and the best way to do well is to do things your way. And one last thing, don't be afraid of failure, the only way you're ever going to learn is to try and fail. Now, I wish you the best of luck on your journey through the IB.



16.02.24



UNCERTAIN TIMES

UNSETTLED LIVES

ARE WE AT WAR?



Anonymous

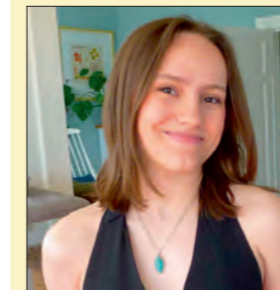
The past two years have seen developments for the worse in several conflicts. Ukraine-Russia (Begun February 20th 2014. Escalated February 24th 2022). Palestine-Israel (7th October 2023). Kosovo v Serbia and their registration plates (31st July 2022 – 1st January 2024). Sudan (2023). Haiti (2023 & 2024, gang war). On top of all that, regional war almost broke out in the Middle East, thanks to Israel and Iran in mid-April 2024... What about the wannabe peace protectors Norway though?

The short answer is yes, Norway is also technically at war.

The longer answer however is... yes, Norway is also technically at war, but we are not directly involved with our own equipment. Norway contributes in some foreign operations, providing staffing mostly at headquarters. Additionally, as years have gone by, the emergence of the cyber domain (digital world basically) has provided state actors (organisations/groups that act on behalf of a nation/state) with a valuable way of finding important information. Even more scary, Norway is one of the most digitised nations in Europe (DESI 2022). Thus, services of everyday importance could be accessed and shut down by our potential adversaries in the case of war. Well, we don't need war to be attacked, as our adversaries want to map out our weaknesses before they attack us... That might explain why Norway has one major/significant cyber-attack hitting us each week (*Norge bak fasaden – Spiontrusselen*, 14:33-14:45).

In addition to what we may wish to call 'cyber-warfare', Norway is also contributing with a solid amount of both money and weapons to Ukraine's war effort. For example, Norway has given some state-of-the-art NASAMs air defence systems, money, artillery shells and soon also relatively modern F-16 fighter jets. Is international assistance participation in a war? Arguably not in the context of Norway's assistance to Ukraine. However, where does the boundary between war-funding and war participation meet? It could indeed be argued that Norway is one of many nations helping fund the war effort in Ukraine, but at what point does Norway go from funding to participating? Does a nation need to physically have soldiers fighting to be a participant in a war (outside the cyber domain)?

HIND'S HALL



Emma Ranestad Johnsen

On April 30th 2024, the student protesters at Columbia university renamed Hamilton hall "Hind's Hall". This display came after two weeks of the Gaza Solidarity encampment, an act of protest by the students to demand the University divest from Israel. Since October 7th, students from all over the world have gathered in protest of the genocide on Gaza, but the solidarity encampment at Columbia and Hind's Hall have gained massive media coverage in the last month, truly showing the magnitude of the disdain for Israel actions. In this short text, instead of writing a general article about the genocide in Gaza, I'd like to shine light on the story behind Hind's Hall and the impact student protesting has.

On January 29th 2024, the Palestinian rescue services (PRCS) received a call from 6 year old Hind Rajab. Hind had been in a car with her family when an Israeli tank had opened fire. On the call, which lasted several hours, it was revealed that Hind had been the sole survivor and was stranded inside the car with her deceased family. On February 10th, almost two weeks later, Hind and her family were found dead, with their car riddled with bullets. The story of Hind Rajab, who was only 6 years old, sparked public outrage and inspired the renaming of Hamilton's Hall to "Hind's Hall" 2 months later. This act of protest and solidarity was so powerful, that it reached all corners of the world, even to Gaza and to Hind's mother.

Recently, another tribute to Hind was made, but this time through a song; "Hind's Hall" by Macklemore. And while the song is a tribute to Hind and the people of Gaza, it also encourages and celebrates the student protests as well as the engagement of people from all over the world on social media. "Hind's Hall" reflects the outrage caused by 6-year-old Hind's murder and demonstrates the important part that students play in the protests. I think this is something that we, as high school students and future university students, have to be aware of. We have to be aware of the impact that we have on the world. We are the "leader's of tomorrow" and we have the power to make change. Just look at the Columbia University students; young people who have stood their ground and have made a change so big, it has reached people all over the world. Their activism and protesting in the name of 6-year-old Hind Rajab should stand as a lesson to what people can achieve, what WE can achieve, when fighting for our beliefs.

GODE ØNSKER TIL TORE & ERLING

Den 6. februar møtte Jo Einar og Yagmur to kjekke herrer i grupperommet B310 for et intervju. Anledningen: begge skal pensjonere seg etter dette skoleåret. Litt som oss i 3IB, bare at de har vært her mye lenger enn vi har. Nedenfor finner du en utskrift av samtalen vår

— Jo Einar & Yagmur

HVORFOR SKAL DERE PENSJONERE DERE NÅ?

ERLING: Fordi jeg ikke får lov til å fortsette uansett, siden jeg blir 70 til høsten og da settes en strek når man jobber i det offentlige, men jeg hadde nok sluttet uansett,

TORE: Og jeg vil slutte før jeg absolutt må.

HVOR LENGE HAR DERE UNDERVIST, BÅDE GENERELT OG HER PÅ SVGS?

ERLING: Jeg har undervist i 42 år, 36 i Sandefjord.

TORE: Ja, jeg har vært i Vestfold i 36 år. Jeg var 18 år i Larvik, og så blir det 18 her når jeg går ut. Også har jeg vært i Vardø og i Notodden.

VAR DET EN SPESIELL GRUNN TIL AT DERE BLE LÆRERE?

ERLING: Ja, det var vel at en syntes det var en trivelig jobb, og før i tida var det jo sånn at man måtte ta pedagogikk i tillegg til fagutdannelsen, så da jeg var halvveis i fagutdannelsen tok jeg Ped'en fordi jeg ville se hvordan det var å stå bak kateteret og holde på der, og jeg fant ut at det var egentlig ganske ålreit. Så da fant jeg ut at det måtte bli skolen.

TORE: Ganske likt for min del, egentlig. Jeg også tok Ped'n etter Cand.Mag. som det het den gangen, også var jeg et år i militæret. Jeg så egentlig ikke noe alternativ. Jeg tenkte litt på farmasi, for det var noen som drev og headhunta innenfor farmasi der jeg studerte, men jeg vurderte ikke det alvorlig, egentlig.

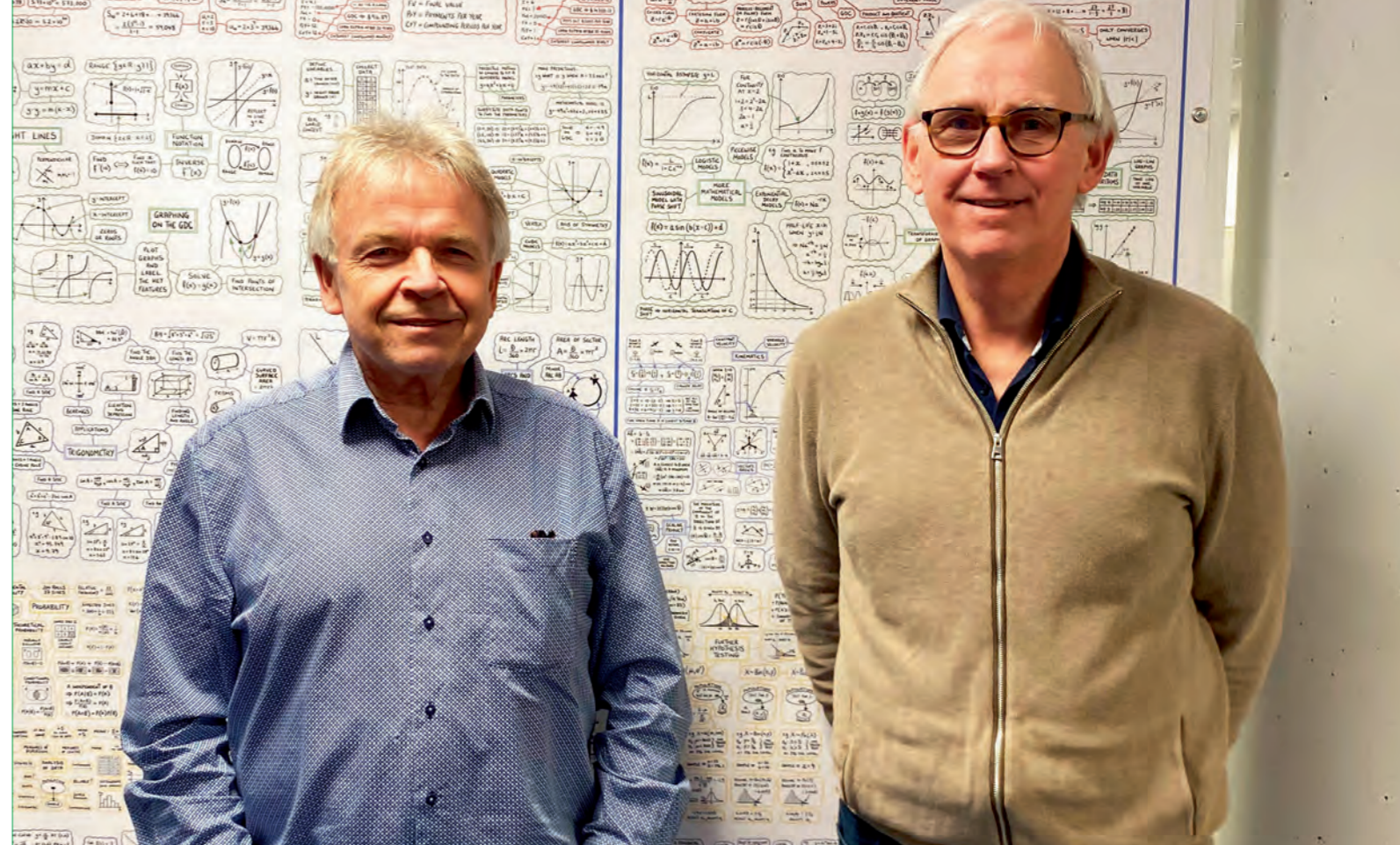
HVORDAN ENDTE DERE OPP MED Å JOBBE MED IB?

ERLING: Jeg har jo vært med siden vi begynte med IB her på skolen, og da den muligheten kom, da hadde jeg jobba med norsk skole i ti år, og var egentlig moden for forandring. Jeg hadde lyst til å prøve noe nytt, og da tok jeg sjansen.

TORE: Ja, jeg begynte jo ikke her på IB. Jeg hadde et par tre år her utenfor. For så vidt ble jeg spurt om det i intervjuet, om jeg kunne tenke meg det som en mulighet senere, og det sa jeg ikke nei til. Litt av samme grunn, fordi jeg synes det er fint å kunne prøve å jobbe med noe nytt. Da jeg jobba i Larvik prøvde jeg meg også noe i teknologi og forsknings-lære, for det var også liksom nytt den gangen. Så, en har lett for å bli litt vanedyr, kjøre opptrekkstier og sånt. Men det er bra med noe forandring.

SYNES DERE IB-SYSTEMET ER GODT FOR SKOLEN?

ERLING: Ja, det synes vi jo. Det er ikke perfekt, og det vi fant ut da vi begynte på det er at det norske er et veldig godt system det også. Og jeg har to voksne barn, og de gikk begge det norske systemet, så jeg har ikke et vondt ord om det norske systemet. Men IB er jo annerledes, og det gir jo et veldig godt grunnlag for studier – både på grunn av språket, men også fordi man må forholde seg til store arbeidsmengder som dere utmerket vet. IB passer ikke for alle, men for de det passer er det veldig bra.



TORE: Ja, det er ingen tvil om at det er et fint supplement til det norske systemet og at det fortjener en plass.

HAR DERE MERKET NOEN STORE ENDRINGER I SKOLEN—SVGS ELLER IB—I LØPET AV KARRIERENE DERES?

TORE: Det har egentlig vært endringer hele tida, så man blir vant til endringer. Det har vært endringer både i elevmassen man står ovenfor, men også i reformer – så endringer er man vant til.

ERLING: Og i tillegg så er det jo teknologien, som er veldig, jeg skulle nesten si ekstremt—da vi begynte å undervise på åttitallet var det ingen mobiltelefoner, ingen pc-er. I dagliglivet betalte man jo med kontanter, ikke med kort. Før så var det mye tavle og kritt rett og slett. Man ser jo det med hvordan folk sitter med mobilen både i timer og i frikvarteret. Det fantes jo ikke da vi begynte. Det har også blitt mer vanlig at elever jobber utenfor skolen. Ungdommer har jo nå et større pengeforbruk, og før var det rett og slett ikke så vanlig å jobbe i tillegg til skolen.

NÅR DET GJELDER TEKNOLOGIEN SOM DU SIER – TENKER DERE DET HAR VÆRT EN HOVEDSAKELIG POSITIV ENDRING, ELLER SER DERE DET SOM NEGATIVT PÅ NOEN MÅTER? BØR VI KANSKJE KVIITTE OSS MED DATAMASKINENE I SKOLEN?

ERLING OG TORE: På ingen måte.

TORE: Nei, det er klart at hvis man tar et fag som matematikk, så har det blitt et veldig annerledes fag enn da vi begynte å undervise. Man har jo Geogebra og CAS og programmering som deler av faget. Jeg tror egentlig ikke det bare er gevinster. De melder vel egentlig det i høyskoler og universiteter, at dem de får inn er dårligere i algebra enn før—og det er nok på grunn av at mye løses i CAS; Man slipper å regne for hånd, slipper algebraiske omformuleringer og slikt. Og sånn er det vel hele veien. Det er både gevinster, men også roller hvor det passer seg. Man har jo måtte se hele veien på teknologien: Hvor passer det inn? Teknologien kommer først, og så må man se hva den kan brukes til. Det har kanskje vært en noe for stor iver på det, men det er jo sånn at bruken av teknologi i de tusen hjem er mye mer utbredt nå. Og den ene følger nok den andre der. Man bruker det hemme, så det

blir en selvfølge at man bruker det i skolen også.

ERLING: Jeg er veldig enig. Og i tillegg så merker jeg at når jeg skal undervise så har jeg en større verktøykasse enn jeg har hatt tidligere når det gjelder undervisning. Som jeg sa så pleide det jo å være mye tavle og kritt, og hvis man går langt nok tilbake så var det faktisk ikke så veldig mye mer. Nå kan jeg finne ressurser på nettet som jeg kan ta med i undervisning, for eksempel animasjoner som jeg kan bruke. Man har rett og slett helt andre muligheter i dag.

EN I KLASSEN LURTE PÅ: SAVNER DERE AT DERE KUNNE GJØRE LITT FARLIGERE EKSPERIMENTER I KJEMI-TIMEN?

TORE (ler): Selvsagt.

(alle ler)

TORE: Nei, det er nok noen reagenser man savner, som jeg egentlig tror man kan håndtere ganske bra, men som har blitt lista som kjemikalier som best holdes utenfor en skole-sammenheng.

ERLING: Og vi har jo aldri egentlig gjort farlige eksperimenter. Men—det er noen stoffer som har vist seg å være kreftfremkallende, som vi stort sett har visst om, men vi fikk lov til å bruke. Men nå der det satt strek. Det er ikke veldig mye, men det er et par- tre eksperimenter som vi ikke kan gjøre lenger og som kunne vært fint å ha da, men full respekt for at det er et større fokus på helse og sikkerhet. En god ting, alt i alt.

KAN DERE HUSKE EN GANG DA ET EKSPERIMENT GIKK ORDENTLIG DÅRLIG?

TORE: Ja.

(alle ler).

ERLING: Ja, du kan jo fortelle den vi begge tenker på.

TORE: Den er jo egentlig morsom. Og jeg tror de som ble utsatt for det, eller så det, de lærte nok noe av det også. Fordi, det er en viss form for alkohol som man kan blande med vann og ta en seddel oppi. Så kan man tenne fyr på seddelen – det var en 100-kroner; jeg var dristig. Men så

hadde jeg brukt feil alkohol—jeg hadde ikke på brillene. Så den seddelen brant opp. (ler). Så tok jeg på brillene og da tok jeg riktig alkohol. Jeg tok en ny seddel, og da var det en elev som spurte om jeg ikke heller burde bruke en papirlapp. (ler). Jeg tålte det tapet, men ja. Hvis en har litt sjøl-ironi på det så er det egentlig ganske festlig. Så jeg har sagt det i mange sammenhenger.

ERLING: Ja, det er egentlig et ganske morsomt eksperiment, for du blander 50/50 med alkohol og vann, og så vil vannet gjennomtrekke seddelen, så det er bare den brennbare væsken som brenner. Men det ser veldig imponerende ut når man har en brennende seddel der, ja.

TORE: Jeg antar at de også la merke til blikket mitt. (alle ler).

HVA, ELLER KANSKJE HVEM, TROR DERE DERE KOMMER TIL Å SAVNE MEST FRA SVGS?

ERLING: Det har jeg ikke tenkt så mye på: Det blir jo rart å levere nøkkelen og forlate kontorplassen sin, også skal noen andre flytte in det—Ja, det jeg skal savne mest er nok det kollegiale.

TORE: Altså, elever er det jo nye av hele tida, men en savner jo også den kontakten med elever også—eller jeg tror i hvert fall jeg vil gjøre det. Det er jo ikke bestandig at den kontakten er den beste. Noen elevgrupper er litt vanskelige.

ERLING: Også er det jo noen veldig hyggelige kolleger, så det er klart at det å komme her på morgenen og treffe kolleger og gå til undervisning, det er trivelig det.

ER DET NOE DERE TROR DERE IKKE KOMMER TIL Å SAVNE?

ERLING: Å ja—Samme som dere når dere er ferdig. (alle ler).

TORE: Vi kan sette opp en liste i alfabetisk rekkefølge. (alle ler). Karaktermøtet kommer jeg definitivt ikke til å savne. Det synes jeg er—ja, det er noe for seg selv. Og alt av skjemaer en skal fylle ut og sånn, det er—ikke noe jeg tror jeg vil savne. Rutinemessige ting sånn i alt, det er noe som kan bli fint å komme litt ut av. Og det kommer nok dere til å merke også etterpå.

HVA MED UNDERVISNING? ER DET NOE DERE TROR DERE VIL SAVNE?

ERLING: Kommer i hvert fall til å tenke tilbake på det med glede, og det er jo derfor vi har holdt ut i alle år, for du er ikke lærer så lenge som vi har vært uten at du trives med det. Og når du kanskje legger fram et tema for en klasse og greier å få med deg elevene, og du virkelig ser at her skjer det læring: det er veldig motiverende. Også er det sånn, spesielt i kjemien, at for noen elever så åpner det seg en verden som de ikke helt kjente fra før av, litt nye måter å tenke på og sånn. Og å være med elevene i den opplevelsen, det er veldig fint.

HVA ER PLANENE DERES VIDERE? NYE HOBBYER? REISE JORDEN RUNDT?

ERLING: For min del, så blir det jo mer tid på hytta. På sommerstid så har jeg begynt å spille golf på mine gamle dager, så det blir nok noen timer på golfbanen. Min nye jobb blir å gå på treningssenter, altså på dagtid og kanskje litt oftere enn jeg får til ellers. Det blir nok også mer reise enn før, ja.

TORE: At det blir mer reise, er det jo anledning til, men jeg tror også det blir mye mer av å ferdes ut i skog og mark tenker jeg, for det har det blitt litt lite av synes jeg, spesielt på den tida jeg tenker det er best, sånn litt på sommeren. Og for så vidt også ved skolestart. Også har jeg noen andre litt sære ting da, har tenkt til å gå igjennom Henrik Wergelands litteratur. Og en del ander sånne ting som jeg har tenkt til å sysle litt med. Jeg synes jo at menneskets evolusjon er veldig spennende, og det kommer jo mye nytt rundt det. Jeg tenker også å sysle litt med matematikk—men ikke skriv noe om det. (ler).

KUNNE DERE OPPSUMMERT TIDEN DERES PÅ SVGS I ET PAR ORD?

TORE: Nei, det nærmer seg jo egentlig tilbakelagt. (latter). Men det har jo vært spennende på mange vis.

ERLING: Ja, og det er klart—vi har jo vært her lenge begge to, og om vi ikke trives ville vi funnet en annen arbeidsplass. Jeg

merker jo at jeg er veldig takknemlig for å ha hatt en så trivelig arbeidsplass og så mange fine kollegaer og elever, så—ja, jeg ser jo tilbake på de åra med glede, jeg gjør jo det.

DA HAR JEG BARE ETT SISTE SPØRSMÅL TIL TORE: EN I KLASSEN LURTE PÅ HVOR LANG DUOLINGO-STREAK DU HAR?

TORE: Nå har jeg ikke mobilen med meg, men det er mer enn fire år sammenhengende—fire og noe ja, snart fem år tror jeg, sammenhengene. Tysk.

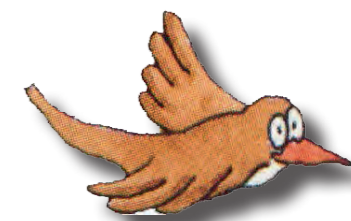
ERLING: Hva er galt med fransk?

TORE: Jo, jeg begynte jo egentlig med det også.

ERLING: Det var jo sånn i det gamle gymnaset at man måtte ha både Tysk og Fransk, selv om vi hadde fordypning i naturfag. Og det var egentlig ikke så dumt.

TORE: Ja, det ene av de språkene ble man jo god i—jeg fikk jo egentlig ganske gode karakterer i fransk, selv om ingenting tyder på det om jeg snakker med en franskmann.

TAKK FOR ET VELDIG FINT INTERVJU – OG TAKK FOR ALL LÆRDOMMEN.



Issue n. 45 | January 2016

BTS - Huyen's Favourite BTS Song



Ngoc Huyen Truong

"LOVE MYSELF" ...

...is my favourite song from BTS (original lyrics are in Korean), with the message: love yourself no matter what stereotypes society imposes on you, love yourself without exceptions. Love your mistakes, love your character. Start making those changes that you feel comfortable with and not those that society wants to make you believe that you will be comfortable with. Begin by loving your inner self, that when your heart is loved your face will be beautiful.

EXCERPT

[...]
 Loving myself might be harder
 Than loving someone else, let's admit it
 The standards you made are more strict for yourself
 The thick tree rings in your life
 It's part of you, it's you
 Now let's forgive ourselves
 Our lives are long, trust yourself when in a maze
 When winter passes, spring always comes

From the eyes of the cold night
 I try to hide myself
 As I keep tossing and turning, ayy

Maybe I fell in order to take the place of those
 countless stars
 The target of thousands of bright arrows is me
 alone, ayy

You've shown me I have reasons
 I should love myself
 I'll answer with my breath, my path

The me of yesterday
 The me of today
 The me of tomorrow
 (I'm learning how to love myself)
 With no exceptions, it's all me
 [...]

WHAT IS A SUCCESSFUL LIFE?

Lloyd Askild
Lee Jensen

The definition of a successful life is a deeply personal and subjective matter, with different perspectives.

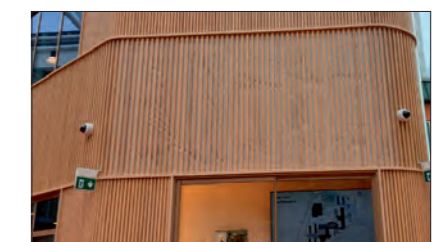
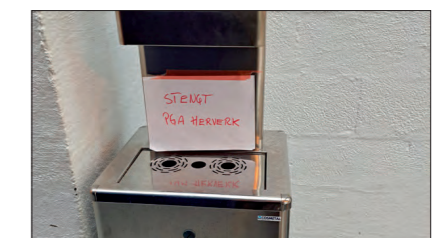
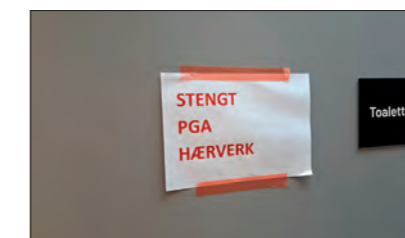
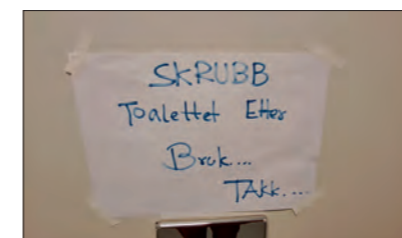
For certain individuals, living to the age of 80 is successful, while some think the impact you have on the world is more important. Setting goals and having dreams is a crucial part of having a successful life. There are a lot of different dreams and goals that people want to achieve. Personally, I think the most important thing in a successful life is finding true love as for success, but others argue that having a close family is key. In the end, success is personal, and it's also shaped by the things that are most meaningful to each person.

REVIEW: GTA5

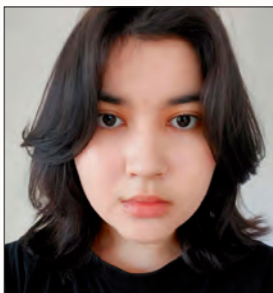
Ole Jacob
Dammann Jensen

I would say that the game you play and enjoy a lot, is also the same game that you hate and dislike the most. This for me a couple years back was Grand Theft Auto 5 (GTA 5) and the online version specifically. I used so much time on that game, and I honestly felt like a job getting money in it. I both hated it, but couldn't stop playing it. I felt like writing-off the game now since the sequel Grand Theft Auto 6 just had a trailer put out, and is one of the most anticipated, if not the most anticipated game of this generation, it has been more than 10 years in the making and everyone, including me, is super excited.

Meanwhile,
elsewhere...



PLEASE PROCEED...



**Nursulu
Umarova**

The airport worker's voice was emotionless, a bit weary from working at 4 am. In contrast, my hands, trembling slightly with excitement, accepted the turquoise passport with a golden frame. I turned around one last time, catching so beloved, yet more nervous than mine, the gaze of my parents, before the door to the departure lounge separated us for long months.

Complete darkness. The cacophony of sounds that a person could make in their sleep was no longer irritating. Only my numb lower back would sometimes make me distract myself and return my detached gaze to the ceiling of the plane to reality.

"Damn it, I won't fall asleep," I thought to myself, resigned. My hand was already rummaging in my jeans pocket to get my headphones.

Bam!

The sound of something falling, which seemed unnaturally loud at the time, broke through the snoring odes. A second later, I was already squatting on the floor with a flashlight on and a face burning with shame, trying to find my headphone case. Some kind neighbour from the next row handed me my right earbud. Of course, the case opened, what did I expect?

The level of awkwardness grew exponentially with each second, I studied the bottom of the plane in search of the

left earbud. At least I didn't have "leg day" the day before...

When the absurdity of the whole situation finally dawned on me, I had to get up from the bottom, for once in my life, and ask for help. I never thought my first English practice outside of school would be with a German stewardess. We have a saying: "The first pancake is lumpy." I leave my conversational English to your imagination, as the poor German woman had to ask other passengers for help communicating with me.

My first independent flight in my life.

September 19, 2022. Bright memory to the left Samsung Galaxy Bud.

The wind of Frankfurt, as if mocking me on purpose, irritated my bare left ear. The third week of the cold German September insistently demonstrated how warm, in all senses, home was left behind by the 5-hour flight. Shivers, whether from resentment for the earbud or from the frosty morning, pierced me from head to toe. Arrival from a country outside the European Union was inevitably accompanied by an endless queue of the same "lucky" people - representatives of the other 5 continents.

Americans who were too optimistic for such an early morning and a long queue immediately caught my eye, or rather, my ear (well, just the left part of it).

But even such practice in listening did not save the next Germans from my poor English. You can't create a more caricature situation: a German border guard - a blonde with blue eyes, stops me - an Asian woman with dark eyes

and hair, at passport control. My Russian accent and his German one clashed in a verbal battle, leaving us both confused.

"What does a 7-day visa mean? I'm going to study at school for at least a year. I flew specially to Moscow to the Norwegian embassy for this visa, it should be correct," I addressed the equally bewildered German border guard with a voice tired from a sleepless night and tense from growing anxiety.

The agitated German speech of the airport worker, contacting someone on the phone for help, triggered me then probably as much as my grandfather did back in the Soviet Union.

And here she appears - my guardian angel, another employee, who speaks Russian and German. Thanks to her help, an important detail - my planned meeting with the Norwegian police, was considered, and the German part of my journey was finally lit up after a long darkness.

Norway, against the backdrop of harsh Germany, seemed like a long-awaited salvation. Unlike the morning, the cool breeze of the evening in Oslo did not burn at all.

2 suitcases of 23 kg each, a ticket in hand for one adult for 400NOK from Oslo to Sandefjord, although I was 17, and all the same bare left ear - but all this was so unimportant, so insignificant. I was on the verge of a completely new life, my reality turned upside down in one day (just like my case), and I was completely alone on this path.

I suppose, to be continued...

En typisk onsdag

Jonas Haugen

Som æbler fra edens have
Umulig å modstå
Tar ikk lang tid å lave
Men bare en å få

De giver bare halve
En, to, tre
Jeg tager dem alle

Skaberne skælde mig ud
Dask på hendene
De får mig til å love
skal ikk ta flere

Jeg lyver

Unbetitelt

Lisa Römhild

Fröhlicher Frühling

Die Sonne in mein Gesicht

Knospen, Schneeglöckchen, Vogelgezwitscher

Aber ohne Heuschnupfen und Käfer geht es auch nicht

Trotzdem, nur alles zusammen

könnte den Frühling so froh machen



3IB E~~X~~TENDED ESSAY DISSERTATIONS



SIT VIS NOBISCUM

3IB Awards

2024

WINNERS

Best All-round Student	Lisa
Personality of the Year	Nakul
Best Bromance	Emil & Magomed
Style Icon of the Year	Martin
Never to be forgotten	Pelle
Most Upbeat of the Year	Angelica
Einstein of 3IB	Jo Einar
Hairstyles of the Year	Suhaira
Comedian of the Year	Melissa
Most confused of the year	Adrian
Least athletic of the year	Peder
Least punctual of the year	Magomed
Worst driver of the year	Emil
Kindest Person of the Year	Eline
Life and soul of the party	Melissa
Most competitive	Max
Biggest complainer of the year	Eline
Sleeping during Class Award	Adrian & Katrine
Funniest Sneeze of the Year	Emil
Silliest socks of the year	Erlend
Best person to be stranded on a desert island with	Erlend
Least laid-back of the year	Tiril
Least likely to know the lyrics to any song	Edvin
Biggest Procrastinator	Liepa
Person to give the best advice	Martyna
Best taste in music	Jonas
Meme Lord/Lady	Tiago
Easiest to talk to	Yagmur
Best handwriting	Sunniva
Worst handwriting	Stefan & Vlad

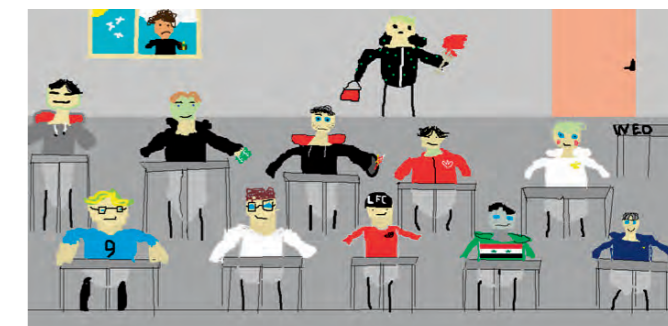
*If It's Not **ART,** Then It's Not **LIFE***

IB Student Art

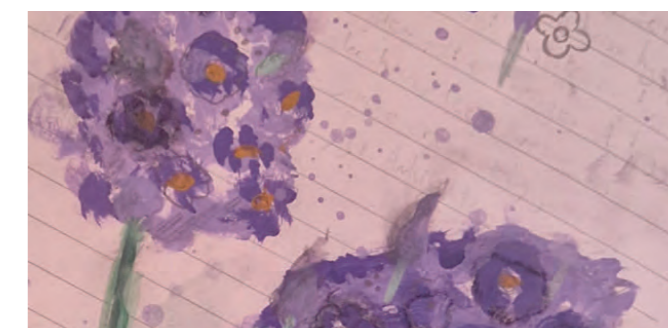
A collection of artwork from students whom, at times, find themselves otherwise distracted.



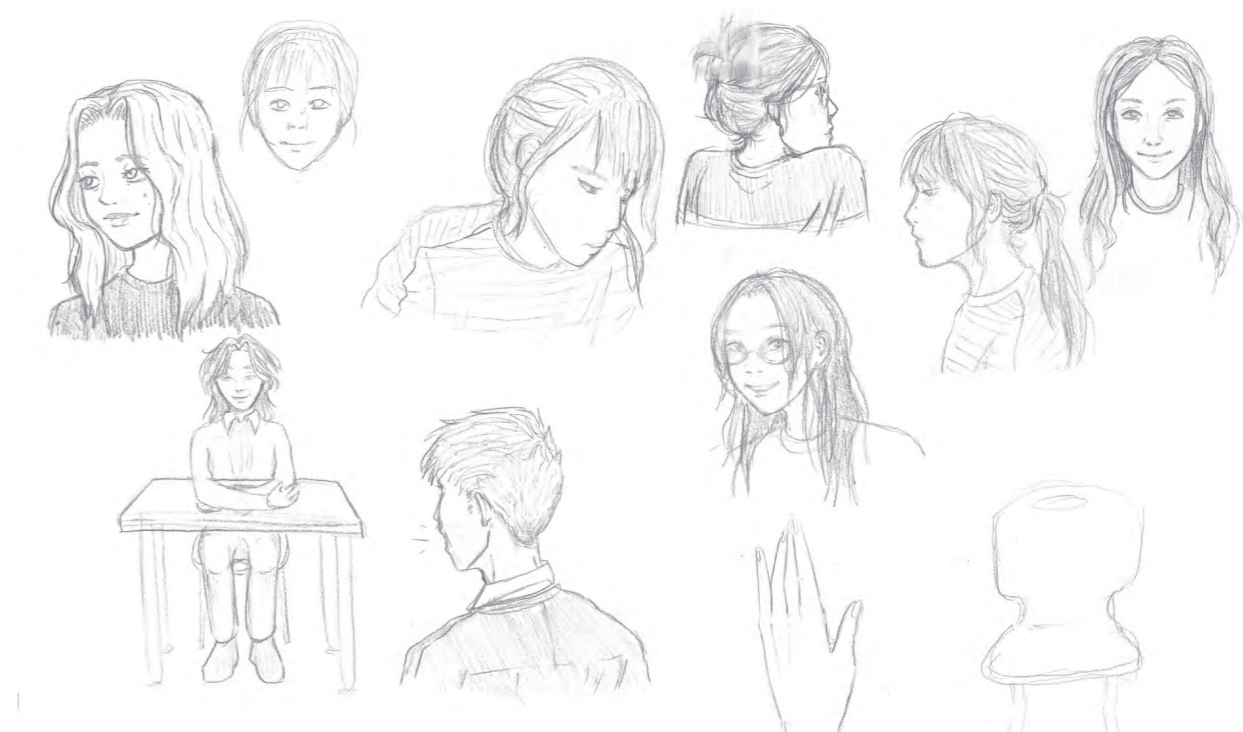
Martine Røste (2IB) ▲



Nicklas Gressmyr Svensson (1IB) ▲



Martyna Piorkowska (3IB) ▲



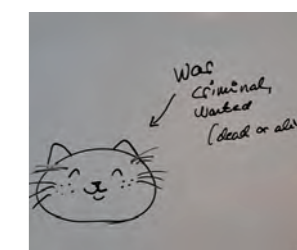
Camilla Houmb(2IB) ▲



Vladyslav Dreger (3IB) ▲

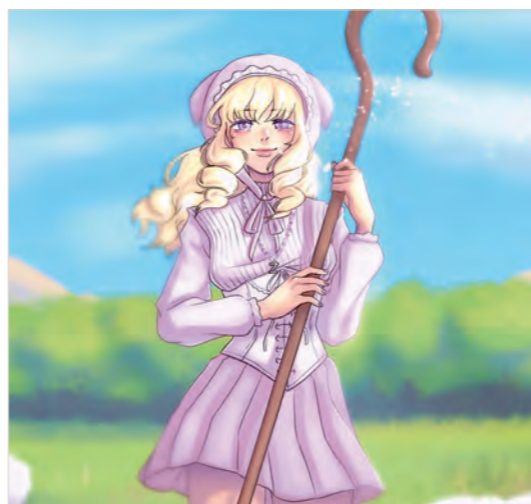
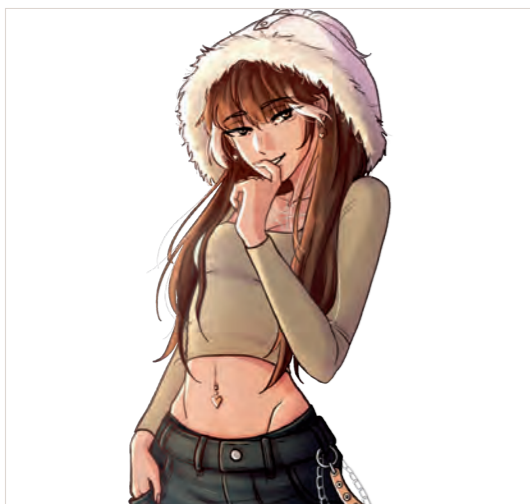


Yagmur Erbas (3IB) ▲



Anonymous ▲

Camilla Houmb (21B) ▼



Maria Angelica Forero Herrera (31B) ▼

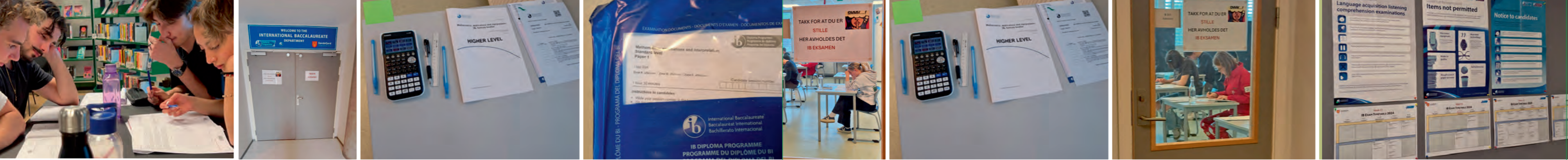


Tran Thien Kim Ngo (21B) ▼



Tran Thien Kim Ngo (21B) ▼





AFTER THE IB EXAMS...





...WE CELEBRATE!!!





16.05.2024

1IBA Trip to Oslo

Text by:

***Vilmer
Johan Røste Bergkvist***



We started the day by taking the bus early in the morning to Oslo together with our classmates. When we arrived in Oslo, we first went to “*Naturhistorisk Museum*” where we learned a huge amount about extinction and animals threatened with extinction. The animals varied from narwhales to birds and penguins. Thereafter we had to walk to “*Carl Johans gate*” where we had a short lunch break. We entered “*Stortinget*” which had many entry regulations. In “*Stortinget*” we started by listening to a debate about how close you are allowed to stand near a Polar bear in Svalbard. I noticed that the rules of what you say are very strict, for example, every time before speaking you should say, “*President*”, in order to show respect to the president of the *Storting*. Also, you are only given a short amount of time to speak which makes the debate hasty.

After listening to the debate, we participated in a roleplay where we created our own parties and had debates about different points such as, whether Norway should switch to fully organic meat production. To sort into teams, we took a quiz containing 10 questions and the members of the teams were assigned according to similarities in their answers.

My personal favorite part of the day was when we got personal time to do whatever we wanted to do. Firstly, me and some classmates walked to Peppes Pizza right next to Stortinget and ate pizza there. Then I met up with someone else to go shopping in Carl Johans Gate.

After 2 hours of free time, we met up at the Deichman Library where we had a scavenger hunt around the whole library to become familiar with the library. The scavenger hunt was way harder than expected since the library had 5 floors. After almost an hour we finished, and we walked back to the buses to go home again. On the ride home almost everyone on the bus fell asleep after a tiresome day in Oslo.

A BIG thanks to Aud-Mari and Mari for organising the day!

17 MAY

HAPPY CONSTITUTION DAY
GRUNNLOVSDAG



HOW TO FLAG: THE ART OF FLYING HIGH IN FLAG DESIGN

COMMANDMENT 1

Thou shalt not include text in thy flag.



Arkansas Brazil

RULE:

We can see that this is Arkansas, so there's no need to also write it. A flag should represent its state in its own special way.

EXCEPTION:

The flag of Brazil uses text with meaning, and text is not a main part of the flag. Therefore, it can pass.

COMMANDMENT 2

Thy flag shalt only consist of few main colours.



C.A.R. R.S.A.

RULE:

The Central African Republic uses a flag which with its sharpness can cause headaches for younger flag-lovers. The nation should instead stick to preferably three colours.

EXCEPTION:

South Africa's flag incorporates six colours into its flag, and somehow, it works. It helps here that the six colours in use are not too bright. This creates what I'd call visual harmony.

COMMANDMENT 3

Thy flag shalt be kept simple.



St. Pierre & Miq. Maryland

RULE:

This is the unofficial flag of Saint Pierre and Miquelon, but I wouldn't blame you if thought there were four flags. In my opinion, they should choose one of the four.

EXCEPTION:

The flag of Maryland is a definitely a crazy one. However, it manages to not go overboard with its colours. Therefore, it's an exception to the rule.

COMMANDMENT 4

Thou shalt make thy flag unique.



Indonesia Ukraine

RULE:

Is this the flag of Indonesia? Is it Monaco? The fact that most people don't know which it is tells you there is something wrong.

EXCEPTION:

Ukraine's flag is a bicolour (two big stripes). While this pattern is very common, the colours here represent the grain fields and blue sky of Ukraine. Therefore, it manages to stick out even with a common pattern.



WILLIAM DOUGLAS HILLGAAR

COMMANDMENT 5

Thy flag shalt be square.



Nepal Norway

RULE:

Why can't Nepal just be square! The oddly shaped flag makes every part of flag-use a hassle.

EXCEPTION:

The Norwegian war flag isn't fully square but uses the right end of the blue cross as a symbol for a sword. Therefore, I would say that it can work.

COMMANDMENT 6

Thy citizens shalt feel pride for thy flag.



Lybia (1977-2011) U.K.

RULE:

This was Libya's flag between 1977 and 2011. It was heavily criticized for not really representing anything. Thus, there is nothing to be proud of. Fortunately, it has received an upgrade.

EXCEPTION:

The Union Jack is a great flag in terms of design. However, in parts of the UK (for example Scotland and Northern Ireland) it might not inspire as much pride, since they often feel more independent.

COMMANDMENT 7

Thy flag shalt be family friendly.



Mozambique Büchslen

RULE:

I don't think a country flag, Mozambique in this case, needs a Kalashnikov-rifle with a bayonet attached to it. It would actually be a nice flag if it didn't use these symbols.

EXCEPTION:

This is the flag of Büchslen, Germany. While the flag itself is quite bad in my opinion, Büchslen is an old German word for guns. Therefore, I guess they need guns on their flag.

COMMANDMENT 8

Thy flag shalt not be a tricolour!



Luxembourg Éire

RULE:

Not only does the Luxembourg flag look like toothpaste; it is also almost completely identical to the Netherlands' tricolour. In my opinion, they should change their flag to become more representative of their nation.

EXCEPTION:

The Irish flag uses green and orange to symbolize Roman Catholics and Protestants, which are the two main religious groups in Ireland. The white symbolizes the peace between them. Therefore, it is a good tricolour.

COMMANDMENT 9

Thou shalt not resist change of thy flag.



New Zealand South Korea

RULE:

New Zealand's flag still has the Union Jack in the top left corner. New Zealand is an independent and multicultural nation that I think deserves a revised flag.

EXCEPTION:

South Korea's flag was first adopted in 1883 (and later in 1942). There have been many proposals to change such an old flag, but they have stuck to their original choice. This I support.

COMMANDMENT 10

Thou shalt not overdo the commandments!



Yorba Linda, Portland

RULE:

This is the flag of Yorba Linda, California. While it may appear a nice flag, it is way too streamlined. Therefore, I doubt that it represents its people adequately.

EXCEPTION:

This flag represents Portland, Oregon. It is creative and unique while not becoming too complicated. For these reasons I will let it pass the test.

Very many minutes ago, the Ten Commandments were revealed to Moses on Mount Sinai and inscribed by the finger of God on two tablets of stone. I'm definitely not God, and rather than Mount Sinai I'm sitting on a squeaky and janky chair/table-combo in the N-building. This, however, does not stop me from admiring the idea of creating ten main rules that indicate what is allowed. Though, I don't want to dictate people's precious lives. I will instead issue ten commandments for the art of flag design (in no particular order).



THE ROAD MORE TRAVELLED!



Through various calculations, we estimate that Vlad, Nakul and Eline have travelled a total of 139.900km between them on their daily journeys to SVGS from Sande and Porsgrunn. Just to offer a little context, planet Earth has a circumference of 40,075 km.



"THE THINGS PEOPLE SAY!!!"

JONAS: (To a group of 3IB's) *'Has anyone ever been in a an abusive relationship?'*
MAX: *'Yes, but I was the abuser!'*

SOL: *'Emil! Don't you know that drinking kills brain cells?'*
EMIL: *'I still have some brain cells, a few at least...!'*

JONAS: *'Jeg har nøtter i ladeporten !'*

NAKUL: *'We wouldn't say this in my country, but I think he is mentalty disabled!'*

SOL: *'Pencils are for sissies who are afraid of making mistakes.'*

KORNI: (til Emil) *'Hopper du i bassenget må du holde for nesa med to hender.'*

ERLEND: (til Jonas (3IB)) *'Du kan prøve deg med valpeøyne. Du er så tynnhåret at du ser mer ut som en nakenrotte.'*

TIRIL: *'Ikke vær en statist i ditt eget liv!'*

PAUL: (after giving back low grades in a History test) *'It's tough love. I only beat you because I love you!'*

INGEBORG: (til Leila) *'Går det bra depresso kitten?'*

NAKUL: (to Jonas) *'Your hair looks nice today! You don't look as bald.'*

GUY: *'Ja... I am sadistic, I know!'*

EMIL: *'Jeg et glad i snabler.'*

PAUL: *'I know I sound dum, but that's because of the Irish accent... and the words I use!'*

MIA: *'Det er ikke rasistisk, det er bare fakta.'*

LEILA: *'Jeg spiste en hel EOS [leppepomade] som barn en gang!'*
MARIA: *'Det forklarer så mye om deg, that's all I need to know!'*

NAKUL: (to Lisa) *'I want to be a dictator at least once. Are there any good dictators? Everyone is against me and my ideology'*

SOL: *' Writing the TOK Essay is like giving birth, "just push-it-out"!!!'*



Сьогодні ми шануємо час,
Який відведено кимось для нас.
Він має секунди, хвилини та дні,
Які спливають, як води земні.

Його поважають, ніби Вітчизну,
Його бояться як смерті, марнують мов тирсу.
Цей час називають життя,
Яким усяне наше буття.

Життя - безкрайня стежа, нею кожен іде
Не бачачи її кінця ніде.
Для всього своя та зіллються в одну,
Дорогу, стійкішу за біль та війну.

Стоїш коло Золотих воріт, де у струну
Звужується кінець цього шляху,
Що петляє між культур, в нескінченність,
Де віком викарбовано - "Єдність".

На перший погляд, це просто слово,
Але копаючи у суть його самого,
Ти бачиш щось залізне - це ключ,
Який не зробиш швидколуч.

Він не підійде до всіх замків,
Можливо лиш в якомусь із снів.
Та бік кричить що він не згоден:
«Це ключ що має кожен!».

Усі ми бачим вибір з голограм:
Обрати егоїзм чи передать синам.
Ми ж можемо стати всі, разом,
Відкрити майбутнє, те що під замком.

Нехай запам'ятає кожен з нас
Цей вибір буде кращим водночас
Він подарує новий шанс
І повернеться все в баланс!

— Vladyslav Dreger (3IB)

IB RUSSEGRUPPE



Erlend: Måka
Melissa: Gullhår
(i røva)
Edvin: -



The IB Academic Staff 2024



BR: Sol Ines Perez; Therese Holm; Aud-Mari Langegard; Lillia Enger Schreiber; Paul Martin Carroll.
MR: Erling Gogstad; Maria Sviland; Kristin Normann; Guy Poupart; Tore Thorstein; Nafez Hussein Abu Khater; Eirik Johan Madsen.
FR: Michelle Carroll & Astrid Tennum Haugen (Avdelingsledere); Lars Drewsen.
AB: Åse Fredrikke Ree Aadland; Mari Roen Velo; Jane Terese Løvall-Blegen; Herald Standal.

1-IBA



BR: W. Wulff Ursin; J. Lorenz; N.T. Lønn; T. Bergan Gåsholt; N. Gressmyr Svensson; P. A. Nygaard; M. Anas Maddah; A. Hamedin; M. Eidevik; U. Guzvic; A.W. Baran.
MR: H. Idriss Kerrar; J. Soltysek; C. Bogre; O. J. Dammann Jensen; F. Stachurski; B. Stanislaw Winogrock (Varatillitsvalgt); S. J. Wakeford; B. M. L. Hoang Nguyen; E. Kryezi.
FR: S. Kvam Borgen; L. Askild Lee Jensen; M. Hoff Lundberg; E. W. Sunde (Tillitsvalgt); V. J. Røste Bergkvist; G. G. Aparecio Agusto; W. Austlys.



BR: E. Markmanrud; M. Holtan; T. S. Tristao; S. H. Sørhaug; M. Esmurziev; P. M. Torbergsen Aas; A. Wilhelmsen; E. I. Stakston; K.Hjertø-Aaraas; J. E. Sundet Hole.; M. E. Røste Bergkvist.
MR: V. Dreger; M. A. Ferero Herrera; Y. Erbas; N. Kaushik; P. C. Harbo Nordeide.
FR: K. Røed; S. M. Synnes; S. Nagay; M. Gundersen-Cataldas; J. Haugen (*Trillisvalgt*); T. O. Nyheim Slettingdalen; (*Varatillisvalgt*); L. Römhild; E. Russell Roberts; L. Kerpyte; M. Piorkowska.
ABS: E. H. Skærven

3-IBA

2-IBA



BR : V.Odintsov; M. Ilgavizis; E. Greaker Tamber; M.M. Strømberg-Vibeto; I. Asbølmo.
MR2: C. Hounnb; M. Hamo; J. Villberg Oskarsson; N. CikataVICIUS; M. E. Lystad; E.O. Riddell; M. I. Hollekim Corneliusen; W. Stixrud Hagen; S. Vabog Løken; I. Baneshi.
MR1: N. Letterud Severinsen; T. Bøhn Sørensen; A. Wike Snildal; L. M. Pazdro; N. Fugset; T. Nhu Huynh; I. MarkeVICIute; L. Esmurzieva; W. Douglas Hillgaar; N. Umarova.
FR: M. Røste; S. M. Gogstad Pedersen; R. Jusufi; A. Adam Abdille; M. K. Bratus Larsen (*Trillisvalgt*); P. Skjetne Bentsen; E. Magari; E. Ranestad Johnsen; H. Abdiani.
ABS: I. Kveberg Krieken; L. Hake Dalseth; N. H. Truong; S. Smetonyte (*Varatillisvalgt*); T. T. Kim Ngo; Z. Hamedin.

Sandefjord VGS 3IBA Class of 2024

Graduation



Being part of this IB class the last two years has kind of been like being back in primary school, but purely in a good way. All my other friends outside the IB often look at me weirdly when I say that we all eat lunch together and don't have any personal space on the red benches, as opposed to their "non-existent *klassemiljø*". Compared to fifth grade, where everyone is friendly and people also like each other outside of school, I think that the biggest difference is that we all are 18 instead of 10 years old. Class events like arts and crafts workshops and Waffle Wednesdays are often planned and carried out (although admittedly partly because of CAS), which I personally think has really improved our environment, making it an arena for friendship.

Being part of this group has not only led to me meeting one of

“

I think it is safe to say that compared to many other classes I've been part of, this IB class has been the one with the best class environment.

“



my best friends, but also allowed me to be part of a bigger group where everyone is accepted and can easily join any conversation. Almost regardless of when I'd come to school, someone would always sit on the red benches, and regardless of how much laughter and chatter there was before I came, I could always easily join the conversation. I think that this group has been very good at including more than just their close friends, which has, for me at least, led to the creation of many new friends, not just classmates.

Being part of the group has also led to me getting to know people I would never have hung out with normally. Although everyone has that one friend they always want to sit with in class, I think everyone would welcome anyone. For me for example, even though none of my "best friends" were in my physics class,

I still bonded with my classmates over the course material, creating a good study environment. Because of this, I never had the feeling of not knowing where to sit, or felt the fear of being alone in class, that I personally (and I think many others too) had experienced before becoming a part of this group. This comfort of knowing that you can turn up to school, to any class, and still find someone to talk to is very different from other groups and classes I've been part of before, and what many of my Studie Spes. friends experience now. I think this has really made the two years go faster, making it more motivating to come to school. And maybe being in a mouldy hostel sharing a room with five other people also slightly helped to create a comfortable sphere pushing us together.

Additionally, I think being together as one group with only small differences in the classes we take, all sharing a common goal and working hard to get through fifteen exams, internal assessments, and TOK classes has not only created a good learning arena, but also a "*sammensveiset gjeng*" as one would call it.

During exam season, I could always come to school and know that someone would be there to study with. And even if I wanted to study alone, I knew that I could still go to school during lunch to get a break from all the books, just having a short, but effective and fun rest. This shows that although our group cares about their schoolwork and academic future, the social part of the last two years has been crucial to



support and motivate us and ensure that the exam period was as painless as possible (if that is possible after those papers).

I'm writing this after the exams, a few days after the last "*klassefest*", and I think it is safe to say that compared to many other classes I've been part of, this IB class has been the one with the best class environment. Although we've always been a bit isolated because we had our own IB department, I think it's hard to feel isolated in our group, because of the hard work everyone has done in order to create a safe and friendly environment. This whole article

will probably sound really sappy, and I don't actually look forward to seeing it in the yearbook, but I do think my experience is similar to many of the 3IB students' last two years, and thus needs to be acknowledged. For me personally, the IB group I've been a part of the last two years has made the IB journey a lot easier and motivating, and maybe I would even choose the IB again (and this is coming from me after having 15 exams!), if it meant that I would be part of the same group. Even though our journeys take us to different corners of the world, I really hope I can stay in touch with a few more than I would've in another class.

class of 2024

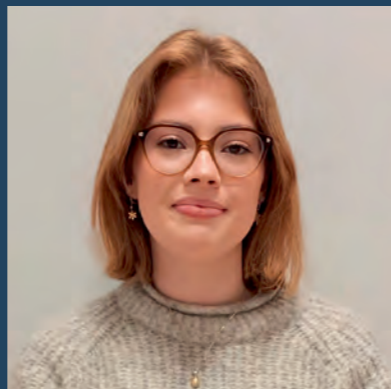




Adrian Wilhelmsen



Edvin Iver Stakston



Eline Russell Roberts



Emil Henrik Skjærven



Erlend Markmanrud



Jo Einar Sundet Hole



Jonas Haugen



Katrine Røed



Liepa Kerpyte



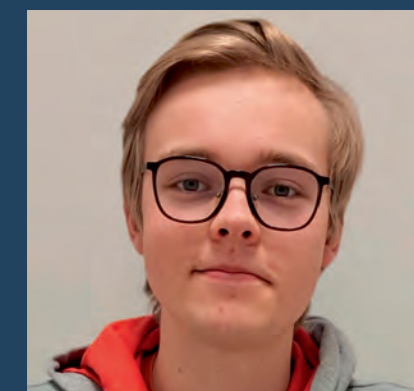
Lisa Römhild



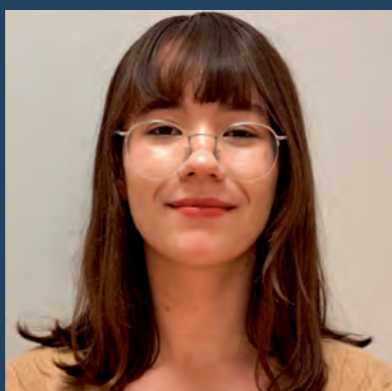
Magomed Esmurziev



Maria Angelica Forero
Herrera



Martin Holtan



Martyna Piorkowska



Max Emil Røste
Bergkvist



Melissa Gundersen -
Cataldas



Nakul Kaushik



Peder Markus
Torbergson Aas

IB Graduates 2024



Pelle Cornelius
Harbo Nordeide



Stefan Henry Sørhaug



Suhaira Nagayi



Sunniva Mari Synnes



Tiago Silva Tristao



Tiril Olivia Nyheim
Slettingdalen



Vladyslav Dreger



Wilhelm Viktor Albert
von Hohenzollern



Yagmur Erbas



Katrine Røed

THE IB & ME: A Final Update

Now that I have overcome the dreaded exam period and completed 13-years of schooling, I feel like I have overcome a significant milestone that has been weighing on my shoulders for a while.

The IB programme was challenging, but looking back on it, I realise it taught me a lot, not just academically, but also about myself. Academically, I have learned a great deal from my two years in the IB program across all my subjects. I had many great teachers who were deeply engaged in the material and saw the potential in every student.

Personally, I discovered a lot about myself and how I operate under stressful situations and a heavy workload. Putting myself through the IB taught me that I can achieve more than I initially thought possible. The class environment was very supportive, with students engaged in the material and open to sharing their ideas and perspectives.

Collaboration was crucial in learning new material, and it was a rewarding experience to see how teamwork enhanced our understanding. Surprisingly, I did find some time to relax and have fun outside of school, which gave me the motivation I needed to continue studying.

As the exam period approached, the teachers and students made coming to school rewarding. The combined effort of teachers and students created a supportive community where we encouraged each other, often celebrating with cake, ice cream, and waffles to lift our spirits. Despite the challenges of the IB programme, the sense of community and the valuable lessons learned made it all worthwhile. Overall, I found the subjects themselves interesting and in-depth, which was incredibly rewarding. The journey was tough, but the relationships and experiences made the IB memorable and worthwhile.

Good Luck
Comrades!





Thank You!
To our sponsors

**We are so grateful
for your generous support.**

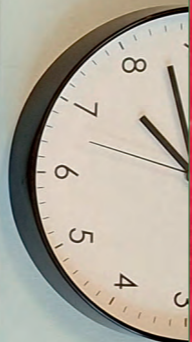


Sandefjord
VIDEREGÅENDE SKOLE



**The International
Baccalaureate**

Rm B319



*Cil vår fælle brøder,
Kamillus,
17.08.2022-03.11.2023*



Skaun

www.skaunadvokat.no

Brygga | Sandefjord



Hva skall du bli?

... er et spørsmål du sikkert får av alle hele tiden.
Det er så mange muligheter at man er redd man går på en skrell.
Vi er alle født med uendelige måter å tilberedes på.
Er du av typen som foretrekker en praktisk tilnærming til kunnskap?

Kort vei til nyttig spesialist!



 GOKSTAD AKADEMIET

Les mer og søk studieplass
på gokstadakademiet.no

splaesh

STORIES WITH IMPACT
www.splaesh.com

Vi ønsker alle elever ved Sandefjord
videregående skole lykke til med
utdanningen og alt godt for fremtiden.



**SANDEFJORD
bredbånd**

Alltid i nærheten



LO i Sandefjord

BLI EN DEL AV NORGES STERKESTE LAG

Å bli studentmedlem i et LO-forbund er et av de smarteste valgene du gjør i studietiden.

Sammen får vi høyere lønn, knallgode medlemsfordeler og en tryggere studiehverdag.

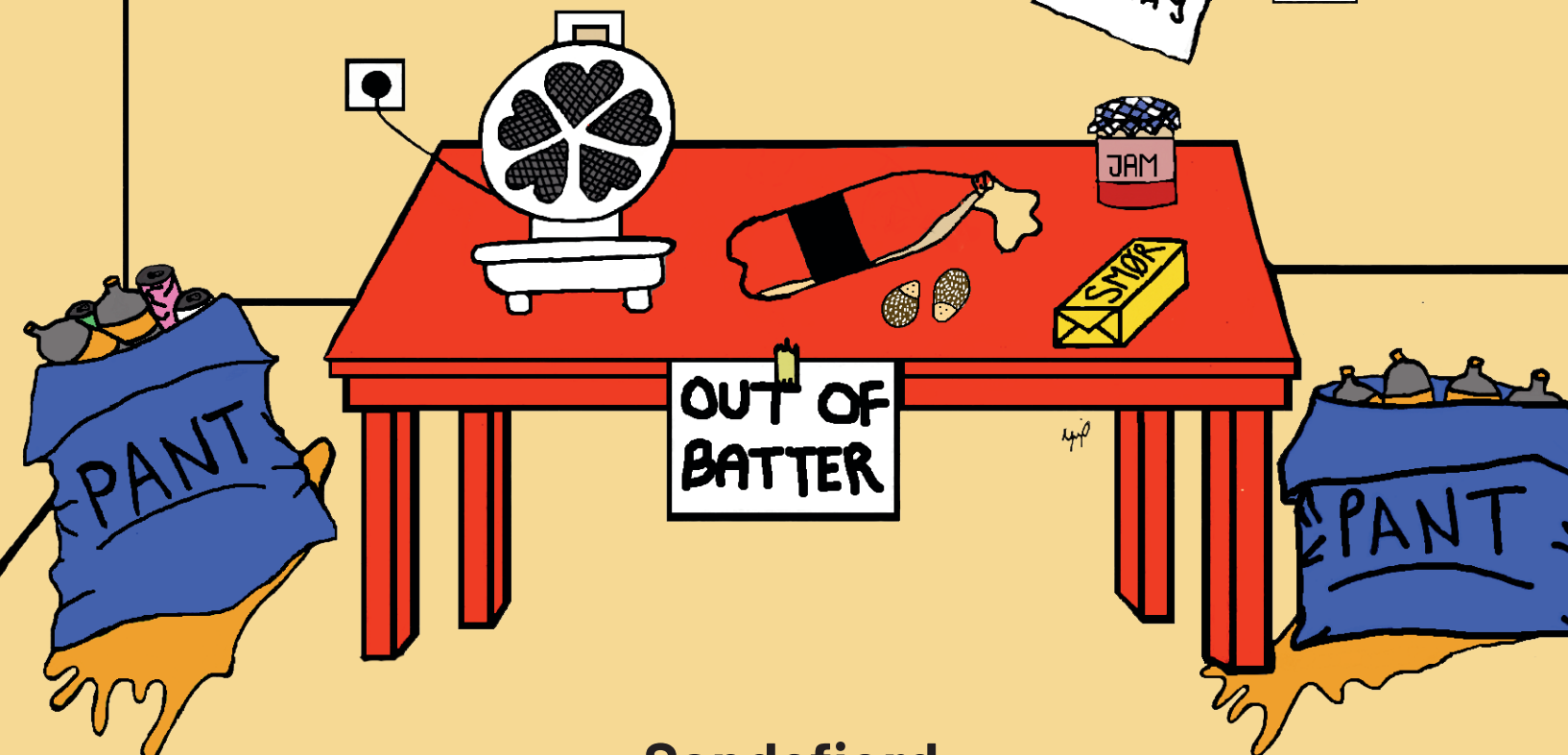
DU SOM ER ELEV PÅ VIDEREGÅENDE SKOLE ELLER FOLKEHØGSKOLE, OG ER UNDER 20 ÅR, KAN BLI ELEVMEDELM I ET LO-FORBUND. DETTE MEDLEMSKAPET ER GRATIS.

Finn ditt forbund og meld deg inn her:
www.lo.no/bli-medlem/

DETTE FÅR DU SOM STUDENTMEDELM I LO:
Støtte i deltidsjobben, blant Norges beste fordeler og stipender og studiestøtte etter utdanning.

Se mer på lo.no





Sandefjord

VIDEREGÅENDE SKOLE

© MMXXIV