

HEMGÉ

LES AVONTURES DE

SCRIPTUS NO°7



THE

HERO EDITION



CAMPUS LIFE



THE UI

The UI stands for and promotes 'unreliable information'.

It is your number one source for factual news.

STUDENT HOSPITALIZED OVER VALENTINE'S DAY ANXIETY

By Emma Goodman

Yesterday evening emergency paramedics were called to the Science Park student residences to attend to an urgent call received approximately fifteen minutes prior. Sources say a young woman, who at this stage prefers to remain anonymous, was treated for a severe anxiety attack caused by the upcoming annual Valentine's day holiday on the 14th February.

The anxiety attack was allegedly triggered by the film *Alles is Liefde*, notorious for its hilarity and overt romanticism. According to the student's room mate, the anxiety attack began at the end of the film, whereby the young

woman is said to have choked on an oversized piece of chocolate whilst weeping uncontrollably. Earlier this morning, during an interview from her hospitable bed, she explained her imminent fear of being "forever alone", explicitly stating that the single life was not for everyone.

She went on to explain in detail the severe lack of prospective partners for heterosexual women at Amsterdam University College. "I was interested in this one guy, actually. But he turned out to be gay" she stated.

The young woman is not alone in her struggles – females generally outnumber males in universities worldwide (approximately 60% of university student bodies are female). Thus, many young women will be afflicted by "forever alone" depression this Valentine's day. However, all is not lost. Many singles will be adopting a "single, ready to mingle" attitude, whilst others hope to get lucky at an up-coming Solace party. Indeed, there will be many new faces around the place with the February intake of students, which many would see as potential partners. The question is are the new students aware of what awaits them?

And further more, are they prepared?

5 WAYS TO GET EXPELLED...OR RELOCATED.

- 1. Absences:** While this is nothing new to most of us, the new students will be surprised to learn that it is actually a thing. Continual absence results in failure, which leads to possible expulsion.
- 2. Be a drug dealer:** We know living on a student's wages can be difficult, but there are many less shady ways of getting the dough.
- 3. Throwing furniture out of windows:** Yes, this happened. No, we don't get it either (Your couch is not plotting to kill you, we promise).
- 4. Violence:** This is not fight club, people.
- 5. Sublet your room unofficially:** Despite the open way in which some AUCers advertise their rooms for let over the Summer breaks, it is actually quite illegal.

ABOUT THE COVER...

It seems that heroes these days all have to be complicated and dark, especially since the grimdark days of 80's superhero reinventions (did someone say Alan Moore?). Either that or they have to be made out to be some unattainably perfect Jesus-figure that no one could ever be likened to (-cough- Mandela). What happened to uncomplicated nice-guy every-day heroes like Tintin?

I think they're still around here and there, in the student body of AUC, in our day to day actions.

Nothing says super-speed like getting up 5 minutes before class, showering, getting dressed, eating breakfast, and waiting for an all-too full elevator with your bike, and still making it before the professor closes the door. Nothing says super-strength like biking up a hill with raining icicles in your face and all the wind in Zephyrus' command. Finals? Super-intelligence. Pets in dorms? Subletting? Super-bravery! Biking home drunk? Helping a stressed-out friend? Common room dinners? Just super.

Gus Møystad

FACES OF AUC: Christina

By Tanushree Kaushal

Name: Christina Maat

Age: 19

Country of origin: the Netherlands

Major: Sciences

Given the number of extraordinary people on campus, it is difficult to find someone who stands out among an already outstanding crowd. We were lucky to find Christina Maat, a relatively new member to the AUC community. After graduating high school, she went on to do a gap year; and unlike most of us mere travellers, her destination was the World Championships - representing the Dutch team in synchronized swimming and qualifying for a place in the finals. In November 2012, she went for the World Trophy.

But all of this hasn't just emerged out of the blue; it has been the result of twelve years of dedicated hard work. Maat continues to put in 35 hours of training every week to perfect her skills. An AUC Science major, she manages to balance academics with synchro-



nized swimming, despite taking a gap year from regular school work. Maat is fluent in English, Dutch and Japanese and wants to explore new countries and cultures in the future.

This year, she will be competing at the European Championships in August and in international meets in France and Great Britain. Maat wishes to represent the Dutch team in the 2016 Olympics in Rio. It will be rather incredible when we get to see a member of our community qualifying (and possibly winning) awards at the international level.

AND OTHER NEWS...

ONE AND ONLY

Our beloved grounds master Adel is leaving! T'is a sad day, indeed.



BOOBIE BIBLE

A flip book published by the Vagina Monologs team, the Boobie Bible, has gotten the men of AUC dazed and confused.

DORM DATING



Saucy Science major looking for a partner...must be willing to experiment.



YOUR ADS:

BADHUISTHEATER is an old bathhouse that has been converted into a gezellig, round theatre. It hosts small theatre groups such as our university's very own. With events such as Shakespeare Karaoke, you can be sure to experience something very unique and amusing at this quirky venue. And what's more, it's FREE for AUC students!

Check out 'www.badhuistheater.nl' for details of upcoming events and then show your student card at the door.

Located just a 5-minute cycle from the dorms with pumpkin beer, you can't go wrong.

THE AWKWARD CORNER

The awkward corner is a space to let go of those uncomfortable moments in day-to-day life. Share your favourite awkward memory here, and we will rate it on the awkward-ometre.

PAINFULLY AWKWARD

BEARABLE

NOT EVEN TOE SCRUNCHING

On my way to class with a friend, I was loudly complaining about the class's professor when my friend suddenly tried to shut me up. It took me a few moments to realize why: our professor was walking right behind us.

My friend tried to play it cool, but by the shade of red my face turned left no doubt that we had been talking about her. Aaah!

ATTENDING

AMSTERDAM



THE BIG AND THE LITTLE HEROES OF AMSTERDAM

By Katalin Laszlo

*you don't know
what you've got
till it's gone*

1. **GGD** **Nieuwe Achtergracht, 100**

Did you know about the FREE STD CLINIC? It is by far the most accessible health care facility in the city. This service is an impressive feat, offering free tests for STDs including HIV and physical examination if you want or need. A lot of the people I've spoken to about this are a little shy to go or talk about it but I suppose the Pre-Med student in me isn't ready to let that happen - because no you wouldn't know if you had something and yes you should go every 6 months if it's that easy, why not?

There is no complicated forms and golden tickets you need to go, it's just an online form to make an appointment and then off you go, no insurance or residency or Dutch Passport or anything else necessary. It's nearby too, 10-15 minutes cycle and there is the free entertainment of people's uncomfortable faces in the waiting room if you aren't too busy controlling your own. Alternatively there is the *Out of the Closet* second hand shop which unfortunately has closed its shop section on February 9th but their free HIV testing and condoms remain available. People must have worked really hard to set both of these up so do it!

2. **Garden Folk**

There are a few cool things going on for the green-fingered people amongst us. There are several groups of 'Garden Guerrillas' who make seed bombs in egg boxes and throw them into abandoned houses or muddy building sites in spring and a while later the flowers blossom, prettifying our city. It's a little premature to start doing this but hey, it's nice to have something to look forward to. Another initiative is Cityplot which gives advice and information to people who want to grow things basically anywhere, in their own homes but also in public spaces. They also gather together and care for different plots around the city which you can get involved with. They have some super fancy workshops and private consultations that are really pricey but the more casual events are affordable.



3. **PIC: Prostitution Information Centre:** **Enge Kerksteeg, 3**

Amsterdam and prostitution go hand in hand - I rarely say I live here without someone making some reference to it. I've even had people genuinely ask me if my mother is a prostitute. But as you all know we are pretty far divided from that circle. Even when I lived smack in the middle of De Wallen it was a parallel universe - not one I would be confident enough to make any informed judgements about. Mariska Majoor, an ex-prostitute herself set up this organisation for anyone who wants to know more about it to have the opportunity to ask any questions they might have. By now it's pretty well established having been around for at least 15 years, they've even campaigned successfully for a statue out of respect for prostitutes. The centre is worth a visit in the minimum of 3 years that you are here.

4. **Market Folk**

I have found that one of the best ways to restore my excitement about Amsterdam when it's feeling a bit too familiar is to strike up a conversation with people at market stalls. I'm always amazed by the stories they come out with and the secret lives they have lead - writing books, exploring the world, inventing things, being doctors that turned into hitchhiking musicians and so on. I've found that the people at Saturday's Noordermarkt are particularly eccentric though it's probably down to luck. So if you are feeling a little grey in the upcoming months and looking for some inspiration you should definitely try and access this untapped resource.

NEWS FROM ABROAD

THE HERO OF CITY UNIVERSITY OF HONG KONG

By Lara Bullens

After getting accounts and study abroad experiences from North America mostly, I decided it was time to reach out to the far-East side. Although most study abroaders have returned from their adventurous experiences, I find that the Hero edition is a great way to see those experiences retrospectively, and to reflect on which people or moments had a significant impact during this time. Mick ter Reehorst and Tjardo Postma both attended the City University of Hong Kong their previous semester, and came back with an admiration of the same infamous neighbour – Leton.

Leton was their neighbour in the hall at their university. From what they told me, I gathered that he was an unconventional and adventurous fellow. The living situation required Mick and Tjardo to be open to the closeness of having 20m² rooms, and a bathroom, which they shared with Leton. However, although it may have been too close for comfort at times, they both admitted the hero of their exchange was right under their noses. Leton was unconventional in every sense possible, with insensibility towards the Chinese conventions. Mick explained that they often found more than six people sleeping in Leton's bed, mostly strangers, and it

was not unusual for him to nonchalantly walk into their room in his tightly-whities and have a pep talk whilst Mick was still, well, in the nude. Leton was a party boy, and in the eyes of his admirers, went beyond limitations that were structurally imposed on him.

He was explicit about the ineptitude of the education system in China, and often criticized and deconstructed the confines of the bureaucratic stronghold that the Chinese government had over youths. Tjardo and Mick's memories of Leton include him quoting his often-repeated wise words: "fuck the university, fuck the government, and fuck China". Tjardo claimed that these wise words, and the expression of hatred towards China, was not "classic Chinese." Mick added that Leton was "kind of intense about the government and all".

Leton's main concern was to detach himself from Chinese collectivism and break free from the expectations of his parents, something that takes guts, especially in a tight-wound society. All in all, the fact that he wanted to fight the position he was put in made him an exception. Although he was placed in a situation in which he studied what his parents wanted him to (Chinese language), which brought job anxiety and the vision of a bleak future for, Leton demonstrated the more democratic side of China. He would not simply agree with the fact that the job market and

universities were over packed because of the swarming of non Hong-Kongers in the area.

Mick and Tjardo also explained that not only was he a hero for them because of his worldview, but also a social hero. It's a hard knock life being tall and blonde in China, and they claimed that most guys in their hall would spew only the causal "hello" and incessant giggle. Leton was one of the few who looked up to Mick and Tjardo, and actually "dared" to get in touch with them. The Dutchies were exotic in this setting, and their neighbours often condemned the girls who would want to party in the occident. Luckily enough, their hero Leton maintained a causal and slightly awkward relationship with his neighbours – and this, for them, was heroic.

So, the time has come to think back to the heroic figures you met whilst abroad – to discuss these with your friends. Taxi drivers, pedestrians, good friends, neighbours, anyone under your nose.

*Mick & Tjardo
share a moment*

*Leton,
the hero...*

*and his
ice cream cake*





RECEPTION OF DUTCH FINANCIAL TIMES ARTICLE LEAVES MUCH TO BE DESIRED

By Emma Goodman

Amsterdam University College teaches us to think critically, challenge existing social structures and norms, voice our opinions and to not be afraid of institutional hierarchies. We have been taught well. Soon to be published in The Dutch Financial Times is an article that has already received some heavy criticism from AUC students, some of whom recently participated in an online survey. The article is primarily about the excellence and ambition of university college students, and the reasoning behind their choice to undertake a Liberal Arts education.

There seemed to be three main issues found with the article. Firstly, the implication of the article that it is shameful to not be on the Excellent Students list (Please see the Everyday Resistance issue to read Scriptus' opinion about the ESL). One survey participant stated "I found the paragraph detailing how not having a certain GPA average puts you on some kind of shame list worst of all". The student went on to add that the article "promotes academic elitism".

The second main issue found was the students that were chosen to be interviewed. Many were disappointed that, out of a student body consisting of at least 40% international students from more than 60 countries, three white Dutch students were selected. An alumnus student had the following to say: "I have always experienced this community as made up of brilliant, diverse minds". The international aspect of AUC is indeed something that is particularly important at our humble institution of "hoogevliegers", and many feel it was not represented accurately.

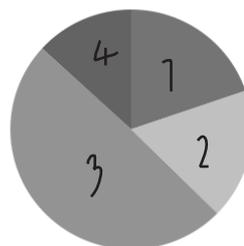
The final main issue that survey participants had with the article was the implication that AUC students have no free time. According to the article, "University college students aim for summa cum laude". While this is true for many students, some simply aim to graduate. The survey reveals that approximately half of the student body is aiming for cum laude, whilst only one fifth is aiming for summa cum laude.

Despite these statistics possibly being disappointing to some people (don't worry, I am not going to mention the D word), the higher-ups of AUC management still have a lot to be happy about. Apart from two isolated cases, the survey revealed that the overwhelming majority of students at AUC are satisfied with their university choice. One student revealed that "...a liberal arts and sciences education was the only option for me. AUC is the best option I could have chosen". Also, AUC was revealed as a top choice for the students during their

university application process. 83% of the current students listed AUC as their top preference. This is particularly impressive when considering the international students, who apply to universities all over the world.

Something about AUC has its students convinced, along with hundreds of eager applicants every year. Excellence is revealed not only in our grades, but in our social and political activism within our own city and across the world, community service, conferences, committees, volunteer work, participation in important public discussions and cultural events. We are diverse: religiously, ethnically, nationally, culturally. We are a strange mix of people and ideas which shapes our education in interesting and wonderful ways. We, the students, are convinced of AUC and what it means to be a student attending this university. Now the media needs convincing.

The article states that "University College students aim for summa cum laude" which means to graduate 'with highest honors'. As an AUC student, what are your graduation aims?



- 1 ■ Summa cum laude (Latin for 'with highest honors') 19.78%
- 2 ■ Magna cum laude (Latin for 'with great honors') 17.58%
- 3 ■ Cum laude (Latin for 'with honor') 49.45%
- 4 ■ Um, ego iustus volo ire (Latin for 'Um, I just want to pass') 13.19%

TEDx AUCollege

x = independently
organized TED event

AUC LIFE



TEDxAUCOLLEGE

By Lara Neervoort

Illustration by Isabella Keppy

On the 5th of March, AUC students will organize the event 'TEDxAUCollege' in the AUC Academic Building. In the last few years, AUC has evolved into a close-knit, multicultural, passionate and insightful community. TED's mission has always been to spread ideas, to inspire people and to foster innovation and positive change. We believe that there is no better place for sharing ideas, learning and to feel inspired than in such a university.

TEDxAUCollege is about bringing together talented speakers with an interactive and interested audience of students and academics. This platform creates a setting perfect for fostering new ideas, creating new cooperative bonds and inspiring minds. We will have speakers

from various disciplines who will try to communicate their idea via short speeches.

The theme of our TEDxAUCollege event on the 5th of March will be **"The Next Generation – sketches of a new world"**. This involves questions about what the world will be like in terms of environment, technology, society, education and culture for the future generations. Innovative thoughts and ideas about the future can be 'sketched' into reality if expressed and applied appropriately.

In May 2013, Iris ten Teije, Susan Martínez, Liza Coyer and Alejandro Zerain came up with the idea to host a TEDx-event on AUC. They had not expected it to fall into place so fast, but soon they had formed

a real committee, with Paul van Baal and Tessa Speek joining them as CFO and Secretary. In the beginning of this year, an additional Communications, Logistics and PR team were set up to take care of the various aspects of organizing such an event. This means that since September, more than 20 AUC students are working together to make March 5th a success.

It is exciting but also a bit frightening to organize such an event for the first time, but we are almost sure that TEDxAUCollege will be innovative, passionate and inspiring!

- PR team TEDxAUCollege

SKETCHES OF A NEW



5 | 3 | 14

Amsterdam University College



AUC IDEAS

Representing AUC at the Ted talks will be Luana Carretto, who will be discussing her organization Taste Before You Waste (TBYW). If you didn't know already, TBYW is an organization that collects fruit and vegetables that are doomed to be thrown away by supermarkets, and distributes it to those in need (including hungry/lazy students!).

Luana will be talking about what inspired her to create the organization, as well as its progress so far. You can read more about Luana and TBYW in our Everyday Resistance issue, or hear about it by attending the talks! Make sure you check it out!

MANDELA'S FORGIVENESS

By Marijn Mado

During the first two weeks of our intensive Global Identity course at AUC, South African exchange students from the University of the Free State (UFS) accompanied us in class. Their visit to Amsterdam is part of a leadership programme that enables them to obtain and share experiences in this relatively liberal city. Connecting Nelson Mandela to the hero issue, I interviewed four UFS students: Victor (law), Renaldo (philosophy and theology), Thato (anthropology) and Camilla (bachelor of sciences).

Is Nelson Mandela – a man who endured 27 years of imprisonment and is still characterized not by vengeance and hatred, but by reconciliation and peace – a true hero? The UFS students' answers are slightly reluctant. Renaldo explains: "I regard him as a role model. However, other people that work with him are equally important. Mandela was just more known, for he dealt with legal issues and got socially into things as he talked to everyone. Besides, he did not exclude anyone from the conversation."

Victor does consider Mandela a hero, as he admires his extreme selflessness and forgiveness. Still, one should not forget that many others also showed immense forgiveness in order to live together peacefully. Yet, observing the UFS students, I do sense a self-evident admiration for Mandela.

As Mandela served as president from 1994 to 1999, the four young students are considered to be born into the "born free" generation. Nevertheless, the true end of apartheid is negotiable, as the social infrastructure is still pretty similar. "They are just liberated in terms of freedom, but not for other social injustices," says Thato. The poverty and criminality in South Africa is disturbingly high and on the rise. As a consequence, the townships of the big cities are very dangerous. Neliën, a white South African, told me she was surprised to



From left to right: Thato, Victor, Camilla, Renaldo

see a young woman walking alone in Amsterdam while it was dark. Even in broad daylight, it is not advisable to go alone into the city centre in Johannesburg, for example. Camilla adds that due to a lack of education and a failing legal system there are many criminal gangs in the townships. "They think 'I cannot go to school, so I have no choice but criminality'. Besides, due to corruption, often murderers only go to jail for three months and then are out on the street again." Camilla says that Mandela had always wanted to make South Africa a safer country. "Mandela did not fail, but it is up to the next generation to continue his legacy", Ronaldo adds.

At the moment, South Africa is working hard to end racism and decrease the ethnic gap between rich and poor. For instance, the country accepted "positive discrimination" acts, which opens employment opportunities to people of colour.

From an outsider's perspective, it seemed there was little discrimination between the white and black UFS students during their stay. However, Thato is slightly sceptical: "The white students immediately chose another white student to share a room with." But she also adds: "It is freedom to comfortably be with your own people." Victor, who has an ethnically diverse group of friends at campus, says: "It is not a bad thing to see colour. It is up to you to not make it

a negative thing. Besides, it is also not bad to celebrate black excellence – right now, we still need more coloured role models."

Despite the immense national grief that we all could witness on television, none of the UFS students feel particularly sad about Mandela's death. For some, it was time to let the old, sick man go. Victor explains that Mandela's death will not negatively change the country, as corruption has been present for years now. "We are already on the slope of what is going to be happening. If it's going to be down, then that's where we have been heading."

THE FACTS

- The South Africans call Johannesburg "Joburg" and Amsterdam "Amsie" – so we finally got the perfect abbreviation for our city!
- "Apologies" is translated as "verschoning" in Afrikaans, which in Dutch means to clean a baby's butt.
- More than 33.000 students attend their university – no wonder they were surprised that at AUC everyone knows each other.
- Talking about diversity: South Africa has 11 official languages
- Xhosa language is characterized by clicking sounds. Try to click with your tongue and at the same time say Qunu (Mandela's hometown).

THE UN-SUNG HEROES OF THE GARDEN

By Catherine Yeats

This past November, the little green garden gnomes of AUC's Garden Committee set to work on a fabulous farewell project. They toiled for no less than two days (about three years in little-green-garden-gnome time) in ghastly conditions of slight rain and poor soil. Some gave their lives to the cause (slight rain can be fatal if you are little). When their labors come to fruition, there will be not one little gnome left at AUC to witness the event.

It is with some regret and echoes of discarded opportunities that I announce that AUC's gnome squad have disbanded this winter, leaving our asbestos-infected hills for more enthusiastic pastures. Perhaps you saw them tugging on their flowery gloves. Maybe you witnessed them pulling up their plaster wellies and wondered, somewhere in the vague darkness of your otherwise-engaged brain, what exactly they were doing. With the coming of spring, most assuredly you will remember them.

Luckily (for those of you who were too preoccupied to even see the little green garden gnomes as they potted about AUC's wildlife patch) a brave little gnome has come forward, hoping to shed light on the gnomes' noble work through his statement - a confession which, it must be added, goes firmly against the garden gnomes' code of selfless work and secrecy. It goes without saying that this noble gnome has put all his trust in your discretion.

Due to the unfortunate predisposition of gnomes to enunciate poorly and at high speed (a fact which is just as frustrating for the gnomes), our verbal

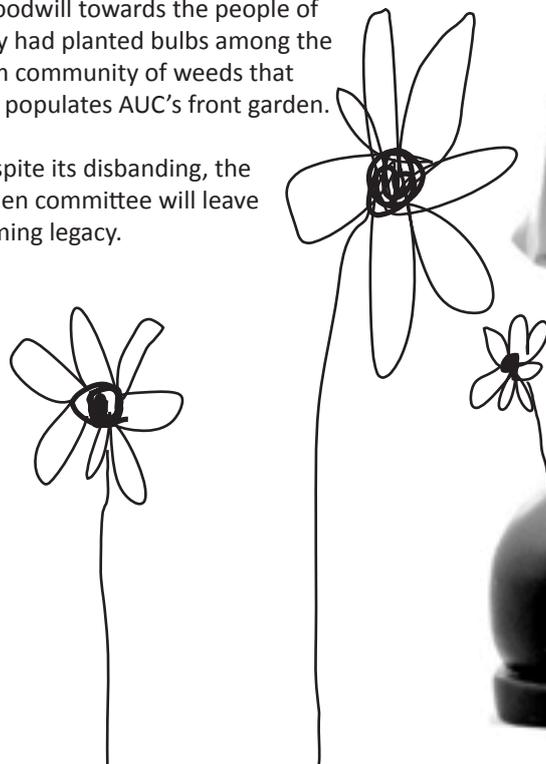
interaction yielded nothing but a large amount of frustration and even a little anger, an occurrence which neither of us is proud of. So we resorted to the language of very rudimentary gesturing that is generally considered optimal when engaging in human-gnome communication.

As he earnestly indicated small patches of fresh earth in the grass of AUC's front garden, I pondered over various possibilities. A mole infestation? Games of illicit midnight golf?

After a short time, during which the gnome's gestures became increasingly manic, he evidently came to the conclusion that he had wasted far too many days of his life engaged in this futile pointing and wearily trundled over to the cigarette bin. For those of you who are interested, I have it from several gnome experts that these seldom-used ashtrays have become a hotspot for secretive gnome activity, given their isolated position and lack of visitors.

On his return from the bin, he held out to me two objects: a bulb and a spade! The gnomes' master plan was revealed at last! As their final expression of goodwill towards the people of AUC, they had planted bulbs among the humdrum community of weeds that currently populates AUC's front garden.

Thus, despite its disbanding, the AUC garden committee will leave a blossoming legacy.



SCIENCE

send us your
faves
& we will
feature them!

a ... joke

Sodium sodium sodium sodium sodi-
um sodium sodium sodium BATMAN!

THE PLACEBO EFFECT

By Katalin Lazslo

Between the fears of insurance companies, pharmaceutical companies, antibiotic resistance etc. we need an alternative – and there it is: Placebo. It is mostly considered an annoying phenomenon that gets in the way of proving that your drug has significant effects. It is still listed in the dictionary as an “inert substance that may improve condition but has no physiological effects”. But if Mary Poppins said it, why have we not started using sugar pills, which have no real risks and might make you better, on a wide scale.

Better yet, more recent research has shown that placebo pills do in fact have physiological effects – they activate our own opiates (the brain’s answer to pain-killers), immune system, deactivate our sensory pathways when not needed and the list goes on... Since coming across a TEDx video by Rory Sutherland on the subject I have not stopped reading about it. Maybe I have overdosed on reading about proteins and am craving a step back to something more overall and more magical but I am not the only one that is getting excited.

The top guy in the field is the only professor in Harvard Medical School to neither have a PHD nor a Medical degree (IT IS POSSIBLE!) and is the founder of the Program in Placebo Studies and the Therapeutic Encounters (PiPS). He started out as an acupuncturist (which also works beyond placebo by the way) and decided to dedicate his life to advocating the cheap and less invasive therapies, firstly by settling some concrete data.

Among his many discoveries him and his team found that:

1. Placebo is not just limited to pills. People heal and feel twice as well when they get lots of attention and empathy from their doctor in combination with the treatment. This can be caused by

things as little as humming every now and then while listening, or pausing before response to make it clear that you have thought about it. This is measurable both anecdotally and physiologically – another reason to make the people around you feel special.

2. If you tell people they may get negative side effects such as swelling from acupuncture that is in reality fake, never piercing the skin, their bodies can even generate injury marks on the basis of expectation.

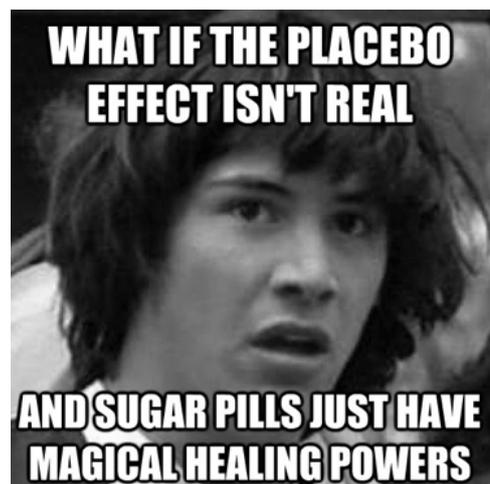
3. The more dramatic a treatment seems, the stronger the placebo effect. So, for example, a colourful sugar pill is better than a white one, a stripe is better than no stripe, sham acupuncture works better than a sugar pill, sham injections work better than sham acupuncture.

4. One of the most shocking of all: some placebo surgeries work! In the case of osteoarthritis there is a standard procedure – to open up the knee and smoothen out the rough cartilage that is thought to cause the pain. One extremely perfectionist surgeon who had been doing this for years tried to do a placebo controlled trial of surgery, which is rarely possible because of the ethical boundaries, to make his results as reliable as possible. In this placebo group he would make two small incisions in the skin and for the rest of the time just re-enact the conversations he would have with the surgical staff in the normal procedure despite the fact that the patient was under general anaesthetic just to make sure that no part of his/her conscience was aware of the sham. What they found was astonishing (this sounds like a dramatic documentary on Discovery Channel – but really): people who could not walk because of such extreme pain had regained complete mobility and were

even doing sport again though they had not done anything. Furthermore, the effects remained after being told that it was a sham. A surgery that costs thousands of euros in equipment, drugs and expertise showed no significant difference to a theatrical alternative.

5. Several studies have shown that the placebo effect continues to work when the patients are later told that it is a placebo – but one study showed that this also works if you tell them beforehand that they are being administered placebo drugs. This lets us dodge the issue of having to deceive patients, making the idea of implicating the effect on a wide scale much more feasible. You might think, as I stubbornly did that we should be able to do this without a fake pill but besides some exceptional people like fakirs (monk-like-people) that can walk on coals and so on there are few people that have actually achieved this conscious management of responses like pain. And since it is not harmful in anyway there is no shame in needing a little help getting there.

So, with a lot more data and a big change in policy, we could get down to helping people who do not have any treatment available to them, are in pain, depressed, have a failing immune system and God knows what else on the road to much better life at very little cost.



PRO

by Helio Campos

Why shouldn't we boycott corporations that choose silence in the midst of human suffering?

While the Olympic Games promote - as their charter states - the principles of social responsibility, respect, peace, and preservation of human dignity, large corporations such as Coca-Cola, McDonalds, and Procter & Gamble have been excelling at the opposite with their actions. These giants of the business world hide behind the thin veil of "apolitical Olympic values", as does the Olympic Committee, a somewhat weak and pathetic rhetoric that basically denies globalization.

Boycotting these corporations is not about finances. The Coke guys do not care if I drink my Zero or not. It is about taking a stand, and it is about retribution for socially irresponsible businesses. According to Human Rights Watch, action on behalf of any of the mentioned big-3 sponsors (who remained informed as the legislation that criminalizes "gay propaganda" made its way through the legislative system) would have thwarted the passing or signing of this law. Nothing was done of course, and "for children's sake" everything "gay" is being forcefully obliterated from the public sphere.

The Olympic Games should go on, we should not be ashamed for enjoying them, and athletes should reap the glory their efforts bring; but, we cannot be

DEBATE

blind to the greed and lack of agency shown by these sponsors (never mind the International Olympic Committee). Companies should not withdraw their money, but they should commit to consistency; why does Coca-Cola run advertisements advocating for LGBT rights in the U.S. but chooses to observe and be passive in front of such blatant government-sponsored injustice? (Occupy Pedophilia, Google it!). Stop consuming their products to show you have had enough of such ridiculous, selective social responsibility. Stop consuming their products and explain why; do not imitate their indifference. What better moment to take a stand than when 3 billion are watching?



"WE SHOULD BOYCOTT BRANDS THAT SPONSOR THE SOCHI OLYMPICS"

HOT. COOL. YOURS.

CON

by Anonymous

During the Olympic Games people gather the world over to cheer on their nation's representatives. These games, whichever variation, are a moment of unification, bringing together peoples and nations in a glorification of human ability in the 'spirit of the Olympics', strikingly absent at Sochi this winter.

Russia's politics and propaganda have interfered with a tradition that ought, surely, to be beyond the political. What follows is not a denial of the issue, but an explanation why boycotting sponsors is not a solution.

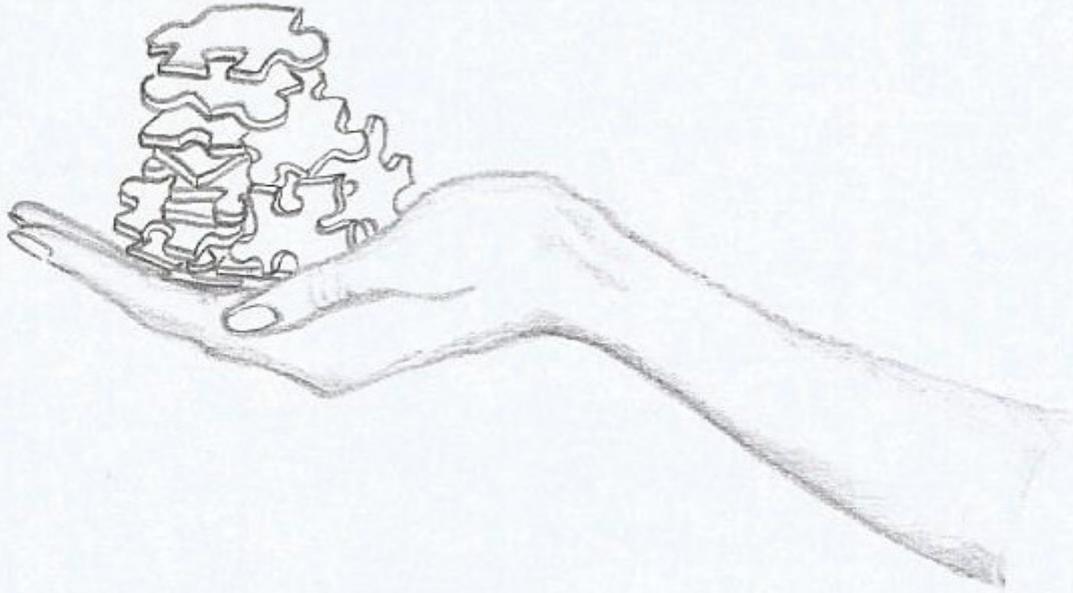
quite possibly the best slogan ever?

Companies are often invested in sports, and in particular athletes. For many commercial companies the Olympics are a means to increase profit, not a political podium. Why then attack the supposed politics of corporate sponsorship? The companies' are not politically invested, and the athletes they support will indirectly suffer from the loss of such sponsorship. Professional sport is a world of fierce competition, and without sufficient financial backing our nations would be poorly represented. A boycott of sponsors would affect the companies and the athletes, but it would hardly affect Sochi, especially now that everything is already in place.

This is where the true flaw lies; a boycott of such a kind is focused on the wrong factors. What use is there in harming those connected to an unjust cause, when we could be attacking the core of the problem? Protests, petitions, any direct political action aimed at altering Government policy, would have a better affect than attacking commerce.

Therefore don't boycott a harmlessly capitalist company, concentrate instead on the homophobes in Russia's government. We must remember that the Olympics are an occasion for unity, equality and sportsmanship; politics must be addressed in their own arena.

CREATIVE WRITING



faces

By Nicholas Handfield-Jones

Illustration by Yin-Chen Hsieh

It's hard to see most of the time. They look like everybody else. Their eyes shine just as bright, their shoulders stand just as tall, their smiles open just as wide. Even I don't usually see it. They are so ... normal. An old man walking his dog on a brisk autumn morning, his foggy breath dancing through the crispy air. A woman reading a cheap romance novel on the train, her face crunched in concentration. A young man in his twenties drinking with his friends at the bar, laughing so much that tears fall from his cheerful eyes. That's what they look like on the outside. So very normal. There is nothing much you can tell. Until they come to me.

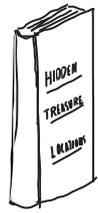
When they walk in, they all look the same. There is no inclination that they could be suffering the slings and arrows of life, nothing that immediately tells me that there is something wrong. Nothing on their faces to tell me that they need me. The only way I know is because they've entered this room. It's always the same. They come in, sit down on the couch. I have an enormous jigsaw puzzle

that I've framed and hung on the wall. It has thousands of pieces, and all of them are accounted for but one. I tell my patients to try and find the missing piece. It helps them, calms them down. They look for the missing space in the puzzle. I look for the missing space in them. They stay silent for as long as they want. I don't push.

We usually start out simple. Back to the basics, you know. Name, age, place of birth. Of course, I know these things already, but it gets them more comfortable. I don't want to get into the hard stuff. Not yet. We've only just begun the dance. It takes time. If they don't want to indulge their truths to me at first, then that's fine. Sometimes it takes two three four five meetings for me to get to the crux of the issue, but when they do pour out their secret to me, when they reveal their problems, when they find the courage to let me help them, that's when I can truly begin. I understand that I can't help everyone. I can't fix them all. But if I get even one person through the darkness, I know I'll have done some good.



BOOKS



ANTIHEROES: PHONIES AND PAEDOPHILES

by Willem Pije

Heroes (or heroines!) in literature can serve as an example; someone the “normal” man should aspire to be. When in trouble, the hero displays a will of self-sacrifice and courage and he is an example of moral excellence. In most of modern pop culture, a hero is an everyday man or woman who prevails despite hardship and trouble. Although admirable, the idea of a hero is not a very realistic one if you compare it to average human beings. Sometimes it seems that most people have more resemblance to an antihero than they do to a flame bearing, child saving, spandex wearing hero. The definition of antihero is not completely clear, but I will define it as a protagonist with imperfections and vices who blurs the line between good and evil.

Most of the times, it's easier for people to identify with antiheroes. A lot of us share more characteristics with these flawed individuals than they do with heroes, at least I do. Contemporary pop culture is filled with antiheroes, for instance: Walter White from *Breaking Bad* and Don Draper from *Mad Men*, but also literature has featured quite a lot of questionable protagonists. This doesn't stop us from reading the books they star in. In this article I want to highlight a few of my favourite antiheroes and I will try to define why they are appealing and interesting characters.

“Lolita, light of my life, fire of my loins” is the first line of the novel “Lolita” by Vladimir Nabokov. Letting your character declare his passionate love and sexual desire to a twelve-year-old girl in the first line is a questionable way to create a likable character. So it is astonishing that Nabokov creates a paedophile named Humbert Humbert as a character and makes his readers feel amicable emotions towards him, rather

than hatred. Nabokov slowly pulls you into the head of this twisted character, and makes it seem like a place you want to stay. Every sentence is a little masterpiece in itself and in combination with the horrible subject, it makes for an interesting story. With all this said, I hope you don't identify or relate with Humbert Humbert, though in the end the character is made less inherently evil than would expect.

Now let us move away from the murderous paedophile to perhaps a more relatable character: the tormented teenager. Some people consider Holden Caulfield to be one of the most relatable characters ever and others absolutely despise him. He is the protagonist of “Catcher in the Rye” written by J.D. Salinger. This seventeen-year-old guy is whiny, extremely judgemental and despises hypocrisy, although this is something easily linked to him. Yet he despises everyone who displays any sign of hypocrisy and even calls them phonies. All of this clearly makes Holden an unsympathetic character, though he may be relatable for many. Isn't it clear that people, myself included, often contradict themselves with what they say and what they actually do?

He is not evil or deprived like Humbert Humbert, but is far from a likable charac-

ter. Salinger uses him to express his own annoyance and fear of the hypocritical “grown-up” world. The book and the character are not universally loved, but if you read it at the right time in your life, this famous antihero may just be the voice for all your fears.

As with the best characters, the writers are able to explore complicated subjects through the people they create and the world they put them in. Taking a hero as your protagonist makes it harder to address the complex issues humans have to deal with, because heroes are expected to behave along certain established lines. Making a story about heroes is often predictable and one sided. By picking an antihero, the author can have more freedom to address a situation from different angles. Antiheroes have more freedom to make unexpected choices, leaving them to be more interesting and layered characters than the average hero.

I am not saying that stories with heroes as the main character are without value, but if you want an image of reality, a nuanced character is of need. Hero stories are told in a binary of black and white, but it is important to realise that the more interesting characters are found somewhere in the grey.



FILM & GAMING

N.B. like stuff like this? Write for us!



GAME REVIEW

“THE LEGEND OF ZELDA- A LINK BETWEEN WORLDS“

By Nicole Boscher

Joy. Blissful joy. That is everything you will feel playing the latest installment in the “Zelda”-series. A sequel to the SNES-classic “A Link to the Past”, the new game is a heartfelt homage to its origins while updating the formula for those unfamiliar with it.

And it just feels so right. Within the first hour, you will have already conquered

your first dungeon, something that has not happened in a long time in the series.

Items are no longer hidden in those puzzle-filled mazes, but can be rented right at the beginning, opening up the adventure instantly. Not that it makes getting through dungeons any easier, but if you get stuck, you can simply go and try another one, relieving you of a lot of frustration.

The whole game is incredibly snappy, fast and responsive. No element is out of place, telling the story of two worlds and their fates at a perfect pace. The characters are written so charmingly, you

will miss them once you have completed the game. Oh, and what an ending that is. Albeit simple, this game features one of the best “Zelda”-stories to date. You will want to play this accomplishment in game design again and again.



THE HEROES OF CELLULOID: THE 86TH ACADEMY AWARDS

By Nicole Boscher

It is that time of the year again, where the options offered in the cinemas is rather lame and celebrity gossip sites are filled with pictures of famous people who you have not seen in a while, often to adorable results when you see what they look currently look like. Also, awards are handed out constantly, making it difficult for cinephiles to keep their nominees straight. It will culminate in March, when the Academy Awards (short: Oscars), hosted by Ellen DeGeneres, are handed out and all of those nominated movies you have never heard of suddenly enter or re-enter your big-screen next-door. All of these awards are there to honour the outstanding achievements in moviemaking of the previous year, technically the Hollywood-version of a superhero gala.

Some people argue that this celebration of movies is irrelevant, as some of the biggest audience hits are rarely nominated, (let alone win) outside of technical categories: this year “Iron Man 3”, which

earned 1.2 billion dollars worldwide, only got nominated for its explosion of special effects.

Out of the top ten top-grossing movies this year, the only ones that picked up more than one nomination are “Despicable Me 2” (Best Animated, Best Song), “The Hobbit- Desolation of Smaug” (Special Effects, Sound Editing, Sound mixing), “Frozen” (Best Animated, Best Song), and “Gravity”, beating all of the others with a total of 10 nomination across the main and technical categories while grossing a total of 680 million dollars.

If you have watched “Gravity”, you would agree with the Academy that all of those nominations are totally earned. Some of the technology used in the film was specifically invented for it. It took the film’s director, Alfonso Cuarón (who has individual 3 nominations), over 8 years to get the movie done, of which most of the time was spent developing the technique that makes his signature long shots possible. Now he is considered as the front-runner for the “Best Director” award.

Now most of the top ten-grossing movies are actually hero-related (“Iron Man 3”, “Despicable Me 2”, “Hunger Games: Catching Fire”, “Hobbit: Desolation of Smaug”, “Fast & Furious 6” -those people do stuff that not even Thor would do-, “Man of Steel”, and “Thor: The Dark World”). This means that people in general probably really like to see heroic stuff happening on the big screen, although none of them are nominated for “Best Picture”. I am unsure whether the amount of collateral damage done in “Man of Steel” counts as an act of heroism, but Superman did stop the bad guys as he always does. How dare the Academy not reward him for his actions and overall muscleness.

There might be differences between the definition of heroism between the audience and the Academy, consisting of members of all of the different guilds in moviemaking, e.g. Screen Actors and Writers, who all have their own nominees as well. The latter nominated movies about slavery, survival, endurance, hedonism, self-destruction and loss, while the former likes movies about destruction and family. Generalizing generously here.

NOMINATED FOR "BEST MOTION PICTURE"

- 12 Years a Slave – Steve McQueen
- American Hustle – David O. Russel
- Captain Phillips – Paul Greengrass
- Dallas Buyers Club – Jean-Marc Vallée
- Gravity – Alfonso Cuarón
- Her – Spike Jonze
- Nebraska – Alexander Payne
- Philomena – Stephen Frears
- The Wolf of Wall Street – Martin Scorsese

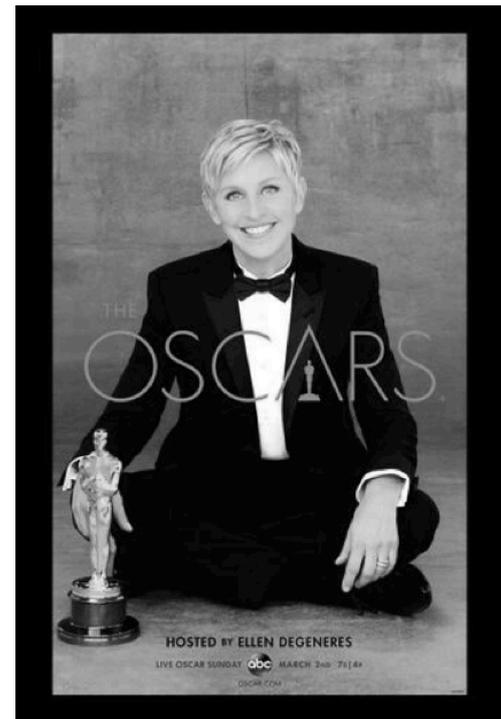
10 MOST SUCCESSFUL MOVIES WORLDWIDE IN 2013 (boxofficemojo)

1. Iron Man 3 (Shane Black, \$1,215 Million)
2. Despicable Me 2 (Pierre Coffin, Chris Renaud, \$964 Million)
3. The Hunger Games: Catching Fire (Francis Lawrence, \$855 Million)
4. The Hobbit: The Desolation of Smaug (Peter Jackson, \$847 Million)
5. Frozen (Chris Buck, Jennifer Lee, \$810 Million)
6. Fast & Furious 6 (Justin Lin, \$788 Million)
7. Monsters University (Dan Scanlon, \$743 Million)
8. Gravity (Alfonso Cuarón, \$688 Million)
9. Man of Steel (Zach Snyder, \$668 Million)
10. Thor: The Dark World (Alan Taylor, \$632 Million)

The story of Solomon Northup, "12 Years a Slave" by Steve McQueen, a free man sold into slavery in 1841, has been likened to Spielberg's "Schindler's List" in terms of intensity and force and if you have seen one of McQueen's previous films, you understand. It is a painful movie to watch, not in the sense of being so bad it hurts to watch it ("Dragonball Evolution, I'm looking at you), but due to the images presented. It takes courage to take cinema into uncomfortable territory, and skill to shape it in a way that critics love it (9 nominations). Paul Greengrass achieved something similar with "Captain Phillips", a movie about the Somali takeover of an American ship that happened a few years ago (6). "Gravity", the story of survival in space (10); "Dallas Buyers Club", the story of taking risks in face of death (6); "Nebraska", celebrates old age (6), and "Philom-

ena" deals with overcoming regret (4). "American Hustle" (10), "Her" (5), and "The Wolf of Wall Street" (5) are not really heroic in their own right, but if you dig deep you might uncover some.

So generally speaking, the Academy did nominate heroic movies. It also recognized audience favourites to a certain extent. Only the definition of heroes is vastly different between the more grounded approach of the audience and the more poetic ideas of the people who vote for the Oscars. Does that make them irrelevant? Maybe. But if you want to watch a good movie, but do not know which one, checking out Oscar nominees is usually a good idea.



SCREEN INTERNATIONAL CINEMA

Upcoming Wednesday screenings:

- Feb 19 - Film TBA
- March 19 - Fear and Loathing in Las Vegas
- April 2 - La Hain

DR KARL'S 3 MUST SEE

HEROES ON THE BIG SCREEN

1. Pacific Rim
2. The Dark Knight
3. Star Wars Episode 5: The Empire Strikes Back

MUSIC

Exclusive Interview!

INTERVIEW WITH BARRY HYDE (FUTUREHEADS)

Interview by James Anderson

David Bowie once sang, "I...I wish I could swim, like dolphins...like dolphins can swim" in his anthem "Heroes" from 1977. Admittedly, dolphins have nothing to do with the following interview with 'local hero' of my hometown of Sunderland, Barry Hyde, from the band The Futureheads.

I spoke to Barry predominantly about his experiences in Holland over the years, and he told tales of gigging in Amsterdam. One Direction. Squats. Bitterballen. We discussed them all. Here's what he said...

James: Is it true that in the early days of the Futureheads, the band played the Amsterdam squat scene?

Barry: Yea, we played in a squat... I think it was called OCCII.

J: Yea...

B: (laughs) It was great actually, I remember they made us vegan pasta. A lot of the squat scene in central Europe is all about anarchism and veganism. In England, when we think of like the squats you think of 'smackhouses' where there's prostitution, but in places like Germany and Holland the squats are actually funded by the government and in fact, the equipment in the average squat in Holland is better than the equipment in the average venue in (England). They always feed you and they always put you up. They're really friendly.

J: You've also played a few venues in Holland and in Amsterdam, do you have any particular favourites?

B: Yea, Paradiso is one of the best gigs

you'll ever play. We've played there a couple of times, there's a great festival there called London Calling. We played downstairs in the small room the first time we played, it was Easter 2005, and the last time we played there we played in the big room. Yea it was amazing. I love coming to Holland. My favourite place in Holland is Den Haag or The Hague (pauses). But let's keep this Amsterdam-centric (laughs). I like those instant food machines in Holland. FEBO?

J: Yea FEBO.

B: They're amazing! Croquettes, Bitterballen and (pauses) I had kind of like a Scotch egg but it was soft and was filled with curry. It was absolutely divine (laughs). Another thing I like in Holland is the chips, the delicious chips, and they have them with loads of sauce.

J: To bring it back to the music, are you fan of any Dutch bands?

B: I've got a few of their albums, I've seen them live and they're one of the best bands I've ever seen - they're called The Ex. I think they formed in '71, really before punk. They decided they were going to form a band, none of them could play, and they got a hat, wrote down the different instruments, (vocals, guitars, bass and drums), and they just picked them out randomly. Whatever they picked out, that's what they learned and they made this amazing, really disjointed, quite political punk-rock. The Ex. Fantastic.

J: I'll have to check them out.

B: I think the Dutch have made some amazing dance music, I think gabba is Dutch, which I love. Electronic music's massive (in Holland)

J: Tiesto?

B: Tiesto. He's amazing. Dance music seems to be central to the Dutch kind of way. I love how friendly Dutch people are, even if you are English (laughs).

J: Have you got a favourite Dutch beer?



B: I like Amstel, but I think I prefer Grolsch - only when it's in the glass bottle with a special like rubber cork on the top though.

J: Looking back at last year, did you have a favourite album of 2013?

B: Yea (pauses) I liked Haim. To be honest, I've been kind of listening to really old jazz music. Particularly gypsy jazz and a lot of Jewish music.

J: There has been a few music trends last year e.g. a neo-folk revival. What do you predict for music in 2014?

B: I think what tends to happen is that when a band, such as Mumford and Sons 'break' America, when something 'out of the blue' comes along, then it becomes very typical. I think we're waiting for the next kind of superstars to come along. If you look at the past 40 years of music the renaissance usually happens between the 4th and 7th years, such as what happened



the Futureheads performing in Paradiso some time ago

with Britpop in the 90's and the New Romantic movement in the 80's. In the 70's you had punk-rock, in the 60's the psychedelic thing, in the 50's rock and roll. So I think that it will be another few years before the musical zeitgeist of this decade becomes apparent. That's my theory anyway. You might think I'm just talking out my arse (laughs).

J: No, that seems plausible.

B: I like WILL.I.A.M. I like the song he did with Britney.

J: Yea, I heard it the other day...

B: Although I dunno why she's singing in a posh English accent (impersonates Britney) "Everybody in the club, all eyes on us" (laughs). What else has been going on? (pauses) One Direction. One Direction are like basically the modern equivalent of the Beatles but there's five of them instead of four. Obviously they're not writing their own songs, but they have the same...earthquake influence...culture shattering influence

as the Beatles, and I don't mind them at all.

J: Well, good to hear.

B: I just don't see the point when kind of a lot of people like hung up on pop music and I just think, who's anyone to judge other people's tastes? I like eating lots of different types of food but I'm not gonna walk past someone in the fish and chip shop and call them an idiot 'cause they're not eating sushi. Different strokes for different folks. But I like Harry Styles...he's handsome (laughs).

Check out www.thefutureheads.com to catch up with the latest new from Barry & co.

Photo Credit: kindamuzik.net

JAMES' SOUND ADVICE:

My Top 5 "Hero" Songs

1. "Heroes" *David Bowie*
2. "No More Heroes" *The Stranglers*
3. "Working Class Hero" *John Lennon*
4. "Going Home (Local Hero Theme)" *Dire Straits*
5. "My Hero" *Foo Fighters*

6. 'Hero' Enrique Iglesias obrs



FOOD

DID YOU KNOW

...that Popeye did not only eat the spinach, but on occasion, also ate the can!

My giant muscles won't react strangely to metal poisoning...

SPINACH: FOOD FOR HEROES?

By Eva Elvelin

Most people have probably heard of Popeye; a grumpy-looking sailor who got his strength from eating spinach. But why this vegetable?

The story goes, that at the end of the 19th century, some German chemist had investigated the iron content of many green vegetables, and concluded that spinach was the one that contained the most of it – an astonishing 35 mg per 100 gram serving! In fact, it's such a great amount of iron that it is comparable to eating a little piece of a paper clip.

Popeye was born, and spinach consumption skyrocketed. In the mid-1900's, however, someone thought that this might be too good to be true, and re-checked the numbers. Lo and behold, the German had

gotten a decimal point wrong, but the "miracle" of spinach was already embraced.

About a century after the erroneous data had been published, the British Medical Journal tried to debunk the myth by publishing an article, wherein it was said that in terms of iron content, one was just as well off eating broccoli or cabbage, and, as an iron source, Popeye would do better to just eat some of the can from which he got his spinach.

While spinach may not contain as spectacular amounts of iron as once thought, it nevertheless contains more of it than most other leafy greens, if it is cooked. Raw spinach (according to the USDA) contains less iron, and the frozen option has even less.

On the other hand, raw spinach is higher in other nutrients and vitamins, and so maximum benefits

(sans super hero powers) are obtained if we consume it in both forms. Lastly, iron absorption is enhanced if vitamin C is also present, and diminished if consumed together with foods rich in calcium or zinc.



ORANGE SPINACH SALAD!

what you need:

1 finely chopped shallot
2 tbsp balsamic vinegar
Zest from one organic orange (or none at all)
1/3 cup of freshly squeezed orange juice
2 oranges, peeled and segmented (using blood oranges makes it even

better!)

3 tbsp olive oil
Salt and pepper to taste
3 cups fresh spinach, chopped
3 tbsp toasted pine nuts
½ cup cooked quinoa (or bulgur, or couscous, or beluga lentils, or...)

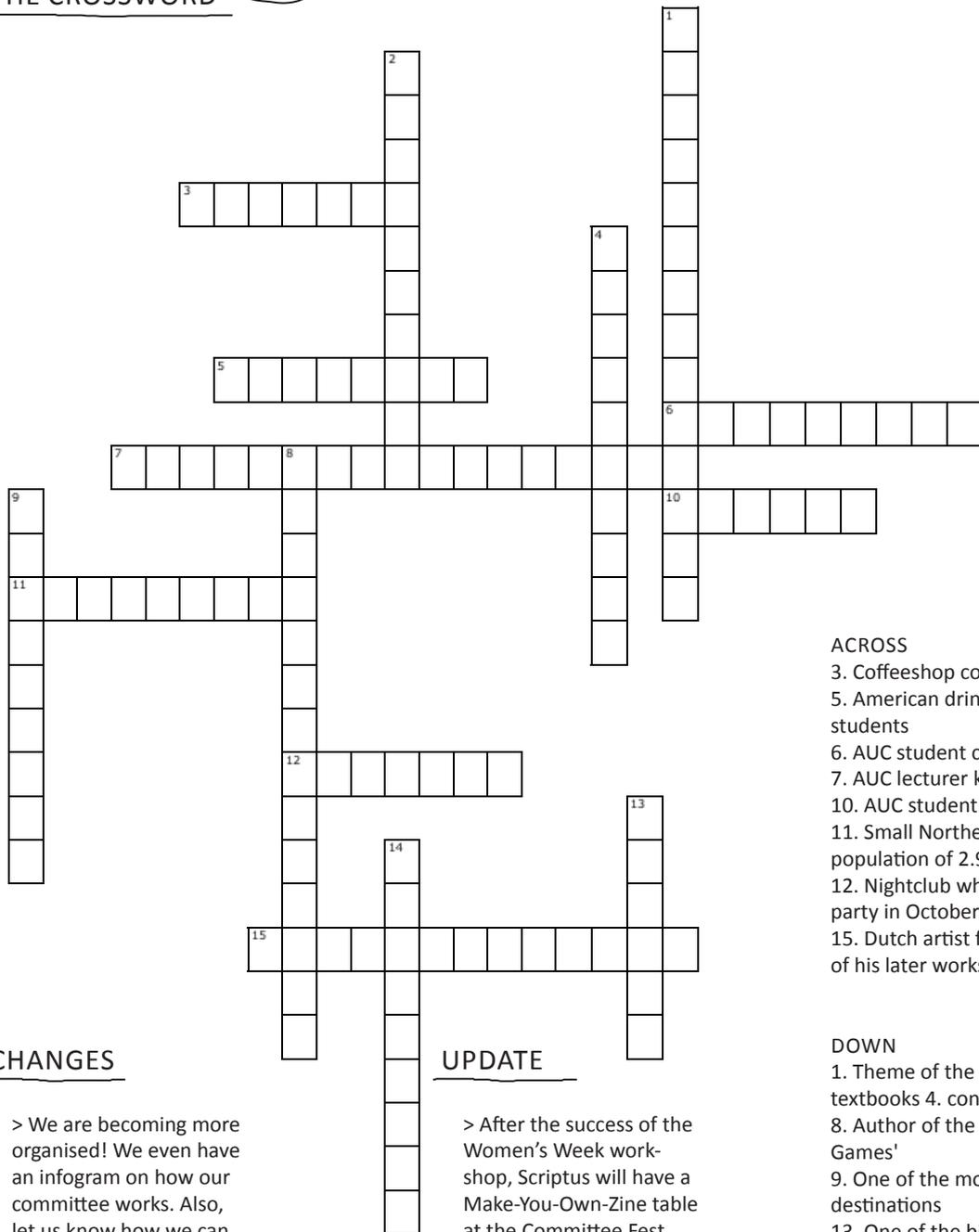
Combine shallots and vinegar in a bowl, and let sit for about 20 min-

utes before adding the zest and juice. Whisk the olive oil into the shallots until the dressing is well combined. Add salt and pepper.

Place your spinach in a large bowl; add the cooled grain of choice and toss with the dressing. Finally add the orange segments and pine nuts, fill up your lunch box, and wander over to AUC.

and its AUC related too!

THE CROSSWORD



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ACROSS

- 3. Coffeeshop conveniently close by to the dorms
- 5. American drinking game popular amongst students
- 6. AUC student committee of languages
- 7. AUC lecturer known for his mad ukelele skills
- 10. AUC student committee of films
- 11. Small Northern European country with a population of 2.9 million
- 12. Nightclub which hosted the Solace Halloween party in October
- 15. Dutch artist famous for the abstract qualities of his later works

DOWN

- 1. Theme of the last winter formal
- 2. provider of textbooks
- 4. controversial little holiday helper
- 8. Author of the young adult series 'The Hunger Games'
- 9. One of the most sought after study abroad destinations
- 13. One of the biggest clubs in Amsterdam
- 14. Subject of the sciences; infamous for its ability to shoot stress levels through the roof

CHANGES

> We are becoming more organised! We even have an infogram on how our committee works. Also, let us know how we can improve and you might get a biscuit.

UPDATE

> After the success of the Women's Week workshop, Scriptus will have a Make-You-Own-Zine table at the Committee Fest, FEB 28 ROEST



Disclaimer: Scriptus is written, edited and designed entirely by the students of Amsterdam University College. The news magazine does not reflect or express the official views of AUC. Comments, questions and criticisms welcome at scriptus@auca.nl.

THIS ISSUE
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FIND US ON



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we asked you...

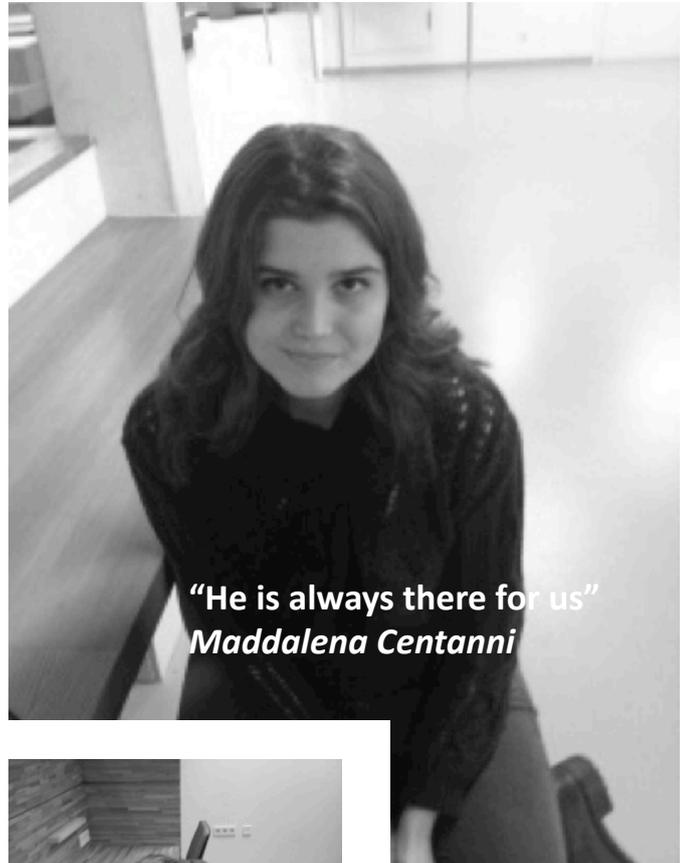
WHAT IS YOUR
BEST MEMORY OF ADEL?



"He was the first person I spoke with at AUC"
Karl Gerritse



"Thankfully he always gives my bike back!"
Joosje Kist



"He is always there for us"
Maddalena Centanni



"He saved me from being stuck in the parking lot!"
Max Briel



"He went the extra mile to replace my keys!"
Iris Loonen



"He really helped build my self confidence"
Philip de Koning



"He spoke Arabic with me!"
Wadie El-Awad



"He always has coffee ready!"
Charlotte Knaup



"He thought I was Egyptian!"
Tanushree Kaushal