



# Scriptus

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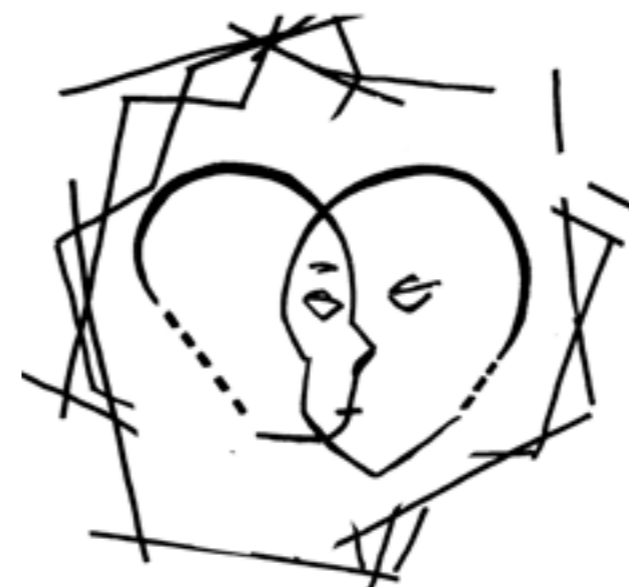
# Foreword

Dear readers,

We are finally back with the last issue of the semester! Scriptus presents issue 25 to keep you company during the summer. The holidays are almost upon us, but before being free from intensives, we can still enjoy the gorgeous weather! Don't know what to do when it's this hot in Amsterdam? Check out an article about AUC's very own festival, Dormfest, which will take place in Science Park on the 24th of June. Need more music? Andrew Kambel's article about Gorillaz's new album Humanz will provide you with some interesting insight into the world of the English virtual band. If you have been following Scriptus' previous issues, you would know how great our regular writers are. In this issue we offer Eleonora Gelmetti's experimental creative piece and an insight into foodie Diana Ghidanac's Avocado Show. What's more, Charlotte Verboom is back with her last article on Love, Sex and Magic, giving us insight on the morning-after pill. In this issue, we also have Noa Smits' debut with a creative piece. Other must reads include a profile about the dorms' new masseuse Nina Klaaf, Humans of Amsterdam Oost written by this semester's Journalism students and Georgian restaurant's review by Ana Tavadze. Enjoy the issue and have a great summer!

For those of you graduating, you may leave the bubble, but the bubble will never leave you! Happy graduation!

Yours Truly,  
Tekla Tevdorashvili  
Editor-in-chief



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*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 are welcome at [scriptus@auca.nl](mailto:scriptus@auca.nl).

# US: 00s (1984+)

By Eleonora Gelmetti

I belong to a generation  
whose only consolation  
is

instant gratification  
instagram's likes, yes but  
how many pictures does it take  
to look perfectly fake?

For Christ's sake  
would you leave me alone?

I need to throw up my dinner  
get to look skinnier  
and die while alive.

Frustration.

Instant gratification  
result of no-education  
is cultivating  
patience  
cultivating  
passions,  
relationships,  
working  
hard  
very  
hard  
to reach the top of the

mountain,  
that we seem unable  
to see.

Inter- dis -connection  
seeking for perfection  
ending up with disappoint  
smoking a joint  
out of your lonely window.

Like a widow  
you lost your love,

self-love.

There is no one to call  
in this moment of need  
thank God, I've got some weed  
that is going to make me

numb.

Superficial.

In-capable  
of stable  
connections  
tionships.

rela-

When it's hurting,  
are you calling  
a person to talk,  
or  
are you taking

# Home (Vol. 6)

By Tekla  
Tevdorashvili

~I've never understood people who are so obsessed with the concept of "home." I like my house, I like my room, but I could never call it home, because home means so much more to me. It's any place in the world where

I can lay my head and feel safe and peaceful. It certainly is a place where I have my loved ones next to me, but at the same time a place where I can have some space, be distant, and in a way - free.

I am from Tbilisi, Georgia, and I've always lived there before moving to Amsterdam.

In a way, AUC is an opportunity to find myself.

I don't have any plans for the future because planning never actually turned out to be something I was good at. So I stopped planning. I prefer to have a "go with the flow" attitude. I know it may not sound pragmatic but at this point, I really want to find myself, explore and get in touch with parts of myself that are still unknown to me. That is what I am doing and will continue to do.

~I think home is where the people who make you comfortable are. People that I love, but also people I feel most comfortable with.

I am from Israel: I was born in the U.S., but my parents moved back to Israel when I was young. I grew up in Jerusalem and in Tel Aviv, but most of my life in Tel Aviv, which I consider to be my hometown.

I'm not quite sure what AUC is for me yet, it's becoming more of a home. I've only been here for a few months, but it's starting to feel like home, everything is starting to feel more familiar and therefore more comfortable. In Tel Aviv I know everything, I know the shops, the streets, I recognise people in the streets, but it hasn't happened here yet.

I would like to maybe live in America for a while after AUC. Just because I feel it would be a bit different from Europe, and also I would like to study there. I've always found the U.S. very interesting and complicated, and I want to get to know it better. I want to live somewhere that has a beach. I don't go to the beach that often, but I need to have a water source near me. I think home will become something I create. Home will follow me.

~For me, the definition of home has changed a lot over time, ey since I moved to AUC. I used to think it

was about being with my family, but it has changed and evolved into something else. Now it's the feeling of freedom, being able to express yourself in whatever way, to be yourself, and to be accepted. I don't even mind if it's with other people or by myself, just sitting in my room and doing whatever I want, that's already home to me. I think it will change even further after AUC.

I'm from the Netherlands, from a town called Castricum. It's more like a village than an actual town, but it's pretty big.

I'm going to Australia for 7 months after AUC. I'm going to visit my family there, travel and work a bit to support my travelling. I think it will be different, I've always lived pretty close to my family and now I'm going to be so far away. I have family there, but more distant family. I think, it will force me to grow up even faster than I've already have so far. I'm just going to learn to live with lots of different people and call lots of different places home.

I don't like the excellent and diverse motto that much, but I do think that AUC is more internationally oriented than most universities, the population is definitely more diverse (although, most of the students are from Western countries). I like that AUC brought me into contact with all these different people that I would have never met otherwise. It allowed me to see people from outside the Netherlands and outside my community. ☺

a scissor to cut?

In-capability of  
dealing  
with suffering.

Anxiety.

Insecurely

self-confident

leading a

perfectly

fine

life

sugar-free

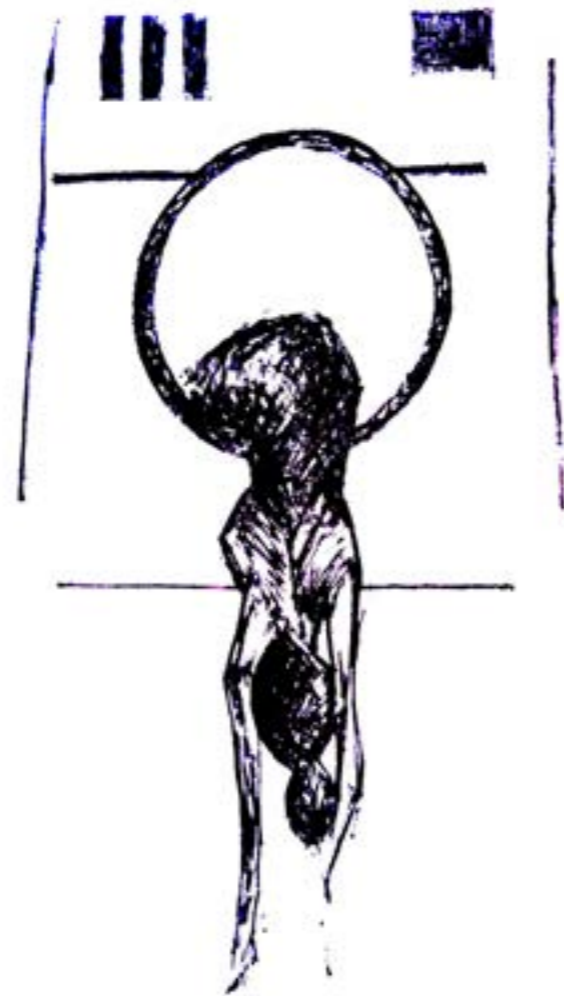
gluten-free

emotion-free-existence

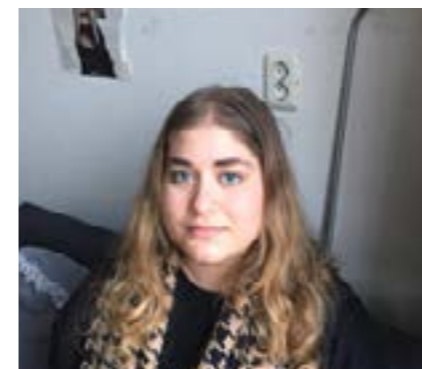
persistent credence

of your irrelevance

if you don't leave a



Trace.



Ana Tavadze



Alma Rottem



Leonie van der Kolk



**Despite** being virtual cartoons, Gorillaz are a very lifelike band. Their members visually age as time passes in the real world, experience turmoil and happiness and go on their own adventures when not touring—just like most of us ‘real’ people. Here, Gorillaz creator Damon Albarn has succeeded in making something that is so similar to humans yet can be so outlandish that it makes us reflect on the weird, eccentric nature of our own humanity. On *Humanz*, Gorillaz’ newest release, this duality is taken quite literally as they balance their most poignant, tangible lyrics with highly danceable tunes that elicit the image of a world that’s at the brink of apocalypse yet simply cannot stop dancing.

A lot has happened for Damon Albarn in the seven years since *The Fall*, his last full-length effort as Gorillaz. Under his own name, he has released the 2014 album *Everyday Robots* and collaborated with a multitude of artists. By far the biggest of these collaborations was Rocket Juice & The Moon, a group that he, together alongside Tony Allen and Red Hot Chili Peppers’ Flea, was a part of. Blur, the band where it all started for Albarn, released the album *The Magic Whip* in 2015, reminding listeners why they were one of the most vital 90s Britpop bands. Oh, and he also helped creating the critically acclaimed opera *Dr. Dee* in 2011 that featured a story as far-out as some of his songs—in case you were wondering if he was getting tired from all that work that he was doing.

It was not weird to assume that Albarn had perhaps put the virtual band behind him with all these other projects going on. But *Humanz*’ first single, ‘Hallelujah Money’, reignited the flames amongst fans, though not without controversy: some criticized the song for being ‘too political’, especially in the context of the 2016 US elections. This is an argument that is not uncommon when discussing popular artists that vocalize their support or displeasure about certain political developments. Nevertheless, the song is a moving modern-day waltz that reflects on the temptations of money and the power that accompanies it, beautifully narrated by the English singer-songwriter Benjamin Clementine whose album, *At Least for Now*, had previously won the 2015 Mercury Prize.

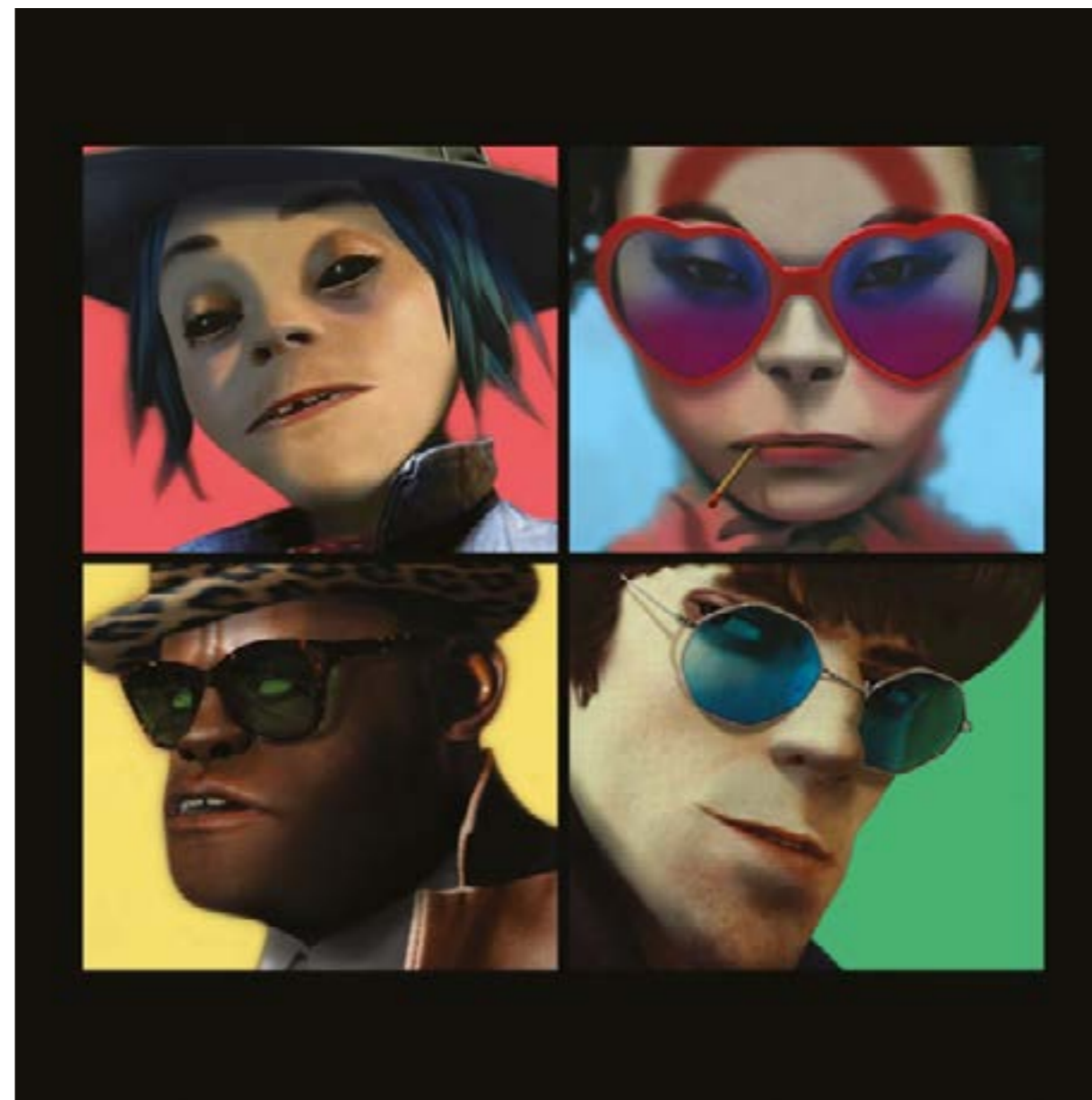
On *Humanz*, Albarn stays in the backseat, orchestrating from the position that he had been experimenting with since the beginning of Gorillaz, but only grown accustomed to being in since *Plastic Beach*. Now he lets the truly dizzying amount of collaborating artists take the center stage with varying degrees of success. Album opener ‘Ascension’

features rapper Vince Staples and his anemic yet fierce critique of the not-so-free *Land of the Free™*, seemingly setting the mood for what is to about to come. But the swinging house piece ‘Strobelite’ that follows immediately transports you to a dimly lit 90s dance club with disco balls and the suggested strobe lights illuminating the crowded dancefloor. It’s these contrasts that make the album a joy exploring: tracks such as ‘Saturnz Barz’, featuring young dancehall heavyweight Popcaan and his grand but meticulously articulated vocals, make for a sound akin to a dark fever dream that you just can’t help but bounce along to.

The space party-banger that you can find on ‘Andromeda’ is another example of Albarn having mastered his trusty drum machine and synthesizer, creating a splendid disco-like track that booms and glides in exactly the right places. But here, ‘Broccoli’-singer D.R.A.M. is barely noticeable with his asphyxiated vocals—it’s a challenge to even spot him, even if you know he is in the song. The album’s mid-way breather appears in the shape of ‘Busted and Blue’, a track where Albarn is giving us a near-solo performance that does help shed some light onto the main themes of the album but sadly falls emotionally flat due to its overly understated delivery.

Albarn deserves a lot of credit for keeping the wildly different types of artists from turning *Humanz* into a various-artists-featuring-Gorillaz record, though this is something that he has always effortlessly been able to accomplish. The 20-track dive into his euphoric dystopia feels sonically coherent and the interludes work as a thematic glue, though they don’t always hold water on their own. Gorillaz’ strength has often lied in curating, providing a stage for other artists to work their magic, which has resulted in signature tracks such as ‘Clint Eastwood’ and, of course, ‘Feel Good Inc.’

While the album does not feature tracks that are as immediately captivating or as irresistibly catchy as either of those two songs, it is still an appealing piece of work that shows, as clichéd as it might sound, the uplifting force of the human spirit and heart, especially in times of great uncertainty. The capability to connect in times of separation. The power of dancing like the world is ending. “We did it before // and we’ll do it again”, Jenny Beth reassures us on ‘We Got The Power’—a fitting conclusion. And if history indeed repeats itself, we’ll be in for quite the ride. But we need only listen to the almost lullaby-like words from papa Albarn, now more relevant than ever. ☺



## ▶ Gorillaz – *Humanz* Dance like the world is ending

By Andrew Kambel



# DORMFEST

## BACKGROUND STORIES

By Dormfest Team



For twenty-seven months, Captain Petrus terrorised the sailors of the Atlantic and the Caribbean, ambushing ships, stealing their cargo and killing those who opposed her. She would often attack in the dim light of dawn or dusk when her pirate ship was most difficult to see. However, everything changed when Davy Jones mentioned the richness of Courtyard Island, located in the heart of Amsterdam.

Courtyard Island is the largest island in Science-Park. It's hot, tropical, filled with exotic animals, and home to a group of people called the 'Excellent & Diverse' who have long been labelled as party-cannibals.

First, captain Petrus only skirted the edges of the island to see if it was worth executing a full-scale prospecting operation onto the island. Deciding it was, she returned to Norway to recruit a team to help her. After month and moths of searching, the 7 strongest pirate-lords joined captain Petrus when she left on her journey to Courtyard Island.

Arriving in June 2017, the first thing the crew noticed was the enchanting tunes. Guided by the rhythm of the drum, they escaped into the adventurous world of Dormfest.

Danielle, pirate and navigator of the Carolina Macgillavrylaan Pirates made her way to the silent-disco. Annette, a misfit from Sea 7 discovered the bar. Coming back with several ocean-colored cocktails, she made her way to the Web-Radio stage where both 'Salty' Sifaki and 'Sleight of hand' Carter were dancing their pirate booties off. Meanwhile, Captain Petrus retreated to the Bouncy Ship, her favourite hideaway, located in front of the main stage.

Jacob, one of the top three fighters in the crew alongside Petrus and Carter, was dazzled by all the amazing fire performers. As the night wore on, the inhabitants joined "Landlubber" Lena and the rest of the pirates to get a taste of this alluring night.

Unable to find 'Shipwreck' Suzi, who was still mesmerised by the juggler, we continued the night exploring the near future of electronic music.

The 8 pirates left at dawn, having left no trace whatsoever.





# Brexit motivates a student to transfer and travel: The story behind Dorms' first masseuse

By Tekla Tevdorashvili

Nina Klaff is a 21-year-old AUC student who decided to transfer from Bristol University because of the political situation that led the UK to withdraw from the European Union. Facing an identity crisis, Klaff found her sweet escape in traveling. Now, she is opening a relaxation centre in the dorms for the students in need of unwinding.

Although raised in London, Klaff has descendants from all around the world: A German-Jewish grandmother, a French-English grandfather and a Lithuanian-South African father. Her mixed heritage was however not the only reason why she didn't feel British. As the disagreement between her beliefs and the politics of the country grew bigger, it transformed into a crisis of faith. After a year of



studying English literature at Bristol University, the EU referendum took place. Leaving the EU pushed her to take a break from university, go traveling and visit places connected to her ancestry.

The day after results of the referendum got published last year in June, Klaff left the UK to find her great grandparents' graves and explore Europe. Klaff said, "Brexit gave me an identity crisis that I needed". She visited 9 different countries in 21 days. She said, "one constant in my life is that I am Jewish, but I don't practice the religion," and because of this she doesn't identify as fully Jewish. Therefore, when Brexit happened, Klaff started doubting every part of her identity. She kept asking herself: "if I'm not English what am I?". After 21 days of European experience, Klaff went back to the UK.

Going back to a country that didn't feel her own, Klaff decided to take a massage course. Massage has always been a big part of her life. Before Nina was born by IVF (In Vitro Fertilization), her mother, Anna Furse, went to her masseuse friend to help her increase chances of conception. Furse had a 3% probability of conception and as Klaff said: "she really believes that [massage is] what made me". Besides, Klaff's godfather, a Chinese medic, taught her a lot about the body before taking the course.

Klaff believes that "the body is a magical instrument that can heal itself". When her mother got diagnosed with fibromyalgia [widespread musculoskeletal pain], she tried to find different ways to help her ease the pain and found out about the massage therapy. On why she did a massage course, Klaff said, "for me, it was a way to make myself feel better about my mom's illness, but also make some money



while [being] at University". She adds "the feeling of having a massage, just having that care, that touch, and having someone listen to your problems can really make a difference". She claims areas of pain and tension are sources of negative emotions and "to be able to release that from people is the best thing in the world".

After successfully finishing the course, Klaff worked as a freelancer at the clinic, where she would make personal appointments with different people and get as much as 80£ per hour. Becoming a masseuse really connected her to the body and got her quite an amount of money, which was later used for travel expenses. However, being a masseuse wasn't enough for her to settle. After half a year of considering what to do next, she decided to come to Amsterdam for educational reasons. Klaff is an as-

piring writer, but she wants to make sure that she has a backup plan in case things don't go the way she wants to.

Over a year after Brexit, Klaff is opening a relaxation center for AUC students, in the dorms. She already has a table and oils ready for AUC students who are in need of relaxation. For a one-hour massage, Nina will charge 25€ especially for AUC students. When asked why she decided to open a massage therapy, she said: "you get something from helping others, for me, it's knowing about the body and helping it".

Massage continues to be an important part of Klaff's life. However, it is not the only thing she is interested in. Klaff is starting a magazine, which is going to be a fulcrum for ideas. She says "It's going to be an opinion based magazine, where anyone could submit a pitch, anywhere in the world, about any topic". When asked about what she wants to do in the future, Klaff said: "I want to tell stories, but I also want to hear other people's stories". ☞



# Amsterdam's Big Reveal: The Avocado Show

By Diana Ghidanac

After a few long months of anticipation from every avocado lover within this city, The Avocado Show finally opened its doors. Situated in the vibrant De Pijp area, Amsterdam's all-avocado restaurant has queues every day from 12 pm onwards. Before being open to the public, the restaurant hosted tastings for only 40 people, out of a pool of 11,000 signups. Clearly, we're seeing a rise in everything-avocados, and it's not going to stop anytime soon.

So is it all worth it? Is the Avocado Show a dream come true for those that claim they could survive on nothing but avocados? While I am an avid consumer of the crocodile-skinned fruit (yes, you read that right, the avocado is actually part of the berry family, hence it's a fruit!), I was unsure whether I would regret leaving Amsterdam without eating there, or if it's just another fad joining in behind rainbow bagels and sushi-rittos. Spoon University at AUC decided to put it to the taste test and here's what we've gathered from our little food trip outside of the bubble.

The place itself is relatively small, and reservations are not a commodity the restaurant works with, so we were taking quite the risk of arriving

with 8 people and hoping to be seated at the same table. To our surprise, they made it happen, and the waiting time was no more than 20 minutes. The staff are very friendly and definitely make an effort to create an enjoyable experience for you. The Avocado Show gained a lot of publicity months in advance of the opening and therefore a lot was at stake to provide the utmost service for every single customer walking through their doors.

Prior to coming, I really had no idea what I'd be faced with in terms of the food—would it be overpriced? Would I be wowed by the aesthetics? Will the menu consist of innovative avocado-based dishes, or will I only be choosing from a variety of avocado toasts? By the end, it both exceeded our expectations, but also failed to impress us in some aspects.

The main menu consists of avocado-rose on toast, hummus-filled avocados with crackers, avocado quinoa salad, avocado poké bowl, the avocado-bun burger, and our personal favourite: the chicken-avocado-tomato sandwich with truffle mayonnaise. They also offer small appetizers such as nachos and fries, yet oddly enough, guac



was not an option on the menu.

If you like the taste of avocados, you'll ultimately enjoy what it has to offer. As for the rest of us, we felt that the avocados could have used more seasoning. In the avocado poké bowl and avocado bun burger, all of the ingredients tasted good individually, yet there was not any distinct flavour to give your palette something to remember. This might also be why we loved the CAT sandwich so much, although it is hard to make anything taste bad when it is doused in truffle mayonnaise. The hummus-filled avocados would be a close second, considering the dish was seasoned with spices and edible flowers. I went with the avocado rose on toast with a wasabi-avo spread. While it may have been aesthetically pleasing, I could re-create the dish at home, using a better bread and with a kick of spice that my mouth will actually be stung by. If anyone is going to order the wasabi-avo spread, it is someone who can handle a little fire, so I hope in the future they kick that up a notch. Meanwhile, the avocado quinoa salad is much more worth it in terms of price and taste, so when in doubt, you can be safe with a quinoa salad that will fill, satisfy, and will not be a burden on your wallet.

By the time we got to the desserts, our bad reviews made a quick turnover. If there's anything to order off of their menu, the sweet options are the real winners. We ordered three of the five desserts, which consisted of an avocado sorbet (also available as ice cream), the avocado date cake, and the avocado chocolate mousse. The avocado sorbet was the best out of the three and

definitely impressed us with its creamy-ness and ice cream like texture. Now I am only wondering how the dairy-counterpart actually measures by it.

For my final verdict, I have no regrets in visiting the restaurant to be able to judge for myself. Especially when the dishes they make are all inspired by Instagram artist @fooddeco, it's worth going to see if it's all aesthetics and no flavour, or if it really is as good as it looks. We can definitively conclude that the aesthetics override the flavour for some of the savoury dishes, whereas the desserts managed to win over the eyes and the palette. We also got the chance to chat with the manager and he did indicate that they will be expanding their menu, which means better variety for breakfast and dinner. Eggs are not officially part of the menu yet, but it is possible to order them alongside your avocados before noon. Should you give it a try? Let's just say that I might return when I have a friend from abroad visiting me, and maybe that's the best occasion to save it for. ☺



Pictures by Lily Sannikova



# Taste of Georgia in Amsterdam

By Ana Tavadze



After my 50th failed attempt to cook Georgian food in my dorm room, I decided it was time to go to Amsterdam's one and only Georgian restaurant and eat some home food. Even though I have quite a skeptical attitude towards Georgian food cooked outside of Georgia, I have to say, I was pleasantly surprised by the atmosphere, quality of the food and service in "Batoni Khinkali."

"Batoni Khinkali" is a cozy restaurant with an eat-in or carry out delicatessen service.

The setting of the restaurant is based on a post-soviet interior-inspired dining hall design, with old wooden vintage furniture and shabby chairs with striped cloth covers. Classical music vinyl records play in the background, communicating compelling hipster vibe mixed with traditional details of Georgian culture.

To host – is something that is in Georgian DNA. So, after being harmonically poisoned by the smell of luscious dumpling dish "Khinkali" immediately after I walked into the restaurant, I got the joy to be warmly welcomed by the owner of the restaurant. I was immediately sat at the table, provided the menu of the food and drinks and all the other essentials.

The menu mainly revolves around the Georgian style dumpling "Khinkali," but there is much more unique wholesome Georgian food to try, for instance, unique and healthy vegetable appetizers with marinated eggplant and a walnut paste. Also, Atcharuli Khachapuri, which apparently wins over most of the customers.

As a broke international student, on a mission to enjoy home food and get solid material for my

restaurant review, I tried to be very pragmatic about my food choices, starting with "Pkhali" – vegetable appetizers, continuing with one or two "Khinkalis" and finishing up with the legendary Atcharuli Khachapuri.

"Pkhali" appetizers were mouthwatering – offering that savory, flavorful, succulent taste wrapped up in chopped and minced vegetables, cabbage, eggplant, spinach, beans, and mixed with ground walnuts and herbs. However, some parts of it seemed a little dry, as in, lacking moisture and spread.

"Khinkali" was definitely, without a doubt, the most flavorsome dish in this restaurant. These dumplings consist of minced meat (lamb or beef and pork mixed), onions, chili pepper, salt, and cumin. Trust my previous 50 failures, "Khinkali" is quite hard to make. However, "Batoni Khinkali" has somehow managed to keep the meat of the dumplings fresh and juicy, resulting in overall ambrosial and delectable taste of the dish.

"Atcharuli Khachapuri" is probably the least likable dish in the restaurant. First of all, its size, on Georgian scales, is ridiculously small. Second of all, the taste of main ingredient – Georgian cheese – "Sulguni" – was irritant and abrasive. One smart suggestion on this one would be not to eat it after consuming half of the menu.

To evaluate the overall experience, while the food is obviously the main attraction of any restaurant, including "Batoni Khinkali," there are other factors that have a great impact on dining experience including atmosphere, aura, decor, and service. "Batoni Khinkali" has managed to succeed in all of them. Georgian food can demand a certain appetite when trying it for the first time. Luckily, "Batoni Khinkali" can guide one through a top-notch, high-quality, enchanting experience of **tasting a glimpse of Georgia in Amsterdam.** ☺



# Hey guys, let's talk about the Morning-After Pill

By Charlotte Verboom

"Dear AUC community, this is going to be my final article for the Scriptus love & sex column. In my previous articles, I discussed funny-to-read topics such as the art of blowjobs, the female orgasm, and tips on how to be single. I hope that these articles have opened up room to talk about things that some people feel uncomfortable talking about.

Most of all, I hope that openness will make sex less of a taboo. In this last article, I want to share some thoughts on and experiences with the morning-after pill. I have even conducted a little online survey research among people with experience taking the morning-after pill. This means that besides my own words, more than 50 people have contributed to this article, and I would like to thank all of those for sharing their stories. Please note that I am a student and not a doctor, meaning that what I am going to tell you are not per se facts, but rather points that can be taken into consideration."

the position of having to make such a decision.

However, a woman can also prevent getting pregnant in a veeeery early stage by taking the morning-after pill. As the name reveals, **it is a pill meant for the morning after the night 'it all happened' and with 'morning after' they mean preferably the first 12 hours, but up to 3 days after intercourse.** So this morning-after pill seems easy, huh? I don't really agree.

Don't get me wrong: as a woman, I am very happy that there is such a thing as the morning-after pill. Especially since that tiny little thing has possibly prevented something I was not ready for twice. However, even though the act of intercourse and the responsibility of contraception were the will of both, in both cases, I ended up paying 15 euros for the morning-after pill and felt emotionally uncomfortable and physically too sick to enjoy a productive day. In fact, 49% of the participants in my little research experienced similar unpleasant side effects after taking the morning-after pill. The most common side effects **were nausea (27.5%), mood changes (25.5%), changes in the menstruation cycle (15.7%), cramps (11.8%) and other unpleasant experiences such as dizziness and headaches.**

I am not trying to discourage women from taking the morning-after pill at all. The pill is a very accessible and sensible way to prevent pregnancy when a mistake is made or when something is forgotten. The majority (77,3%) of the people in my sample used the morning-after pill between the age of 16 and 20. The most common birth control methods among participants were (any form of) the birth-control pill (37,3%) and condoms (37,3%). Regarding this, it makes sense that the main reasons for why a morning-after pill was taken were claims such as "forgot the pill", "didn't use condom", or "condom broke".

Only 9,8% didn't use any birth control method at all and thus relied on the morning-after pill as the only pregnancy prevention technique. Most of the participants shared that they have only used the pill once or twice (76%), whereas a small minority of 16% has used the pill four or more times in the past ten years. To my question whether the participants think the morning-after pill is something that can be frequently used, **70,6% answered that they are scared that using the morning-after pill frequently will have negative side-effects (on their health?), and 13,7% answered that the morning-after pill can be used frequently, however they prefers other birth-control methods.**

Okay, so these are a lot of numbers, but what is shown is that the majority of women do not regard the morning-after pill as a replacement for other birth-control methods such as condoms or the anti-contraception pill. Instead, the morning-after pill is used as a last resort. Personally, I wouldn't recommend using the morning-after pill too often because a number of sources are claiming that using the morning-after pill too often can affect a woman's fertility. However, I am not a doctor, and I recommend you to look further into this, but taking something that has a negative effect on almost 50% of my sample must some questions. And it does, for women at least..

I cannot emphasize this more, but contraception is a shared responsibility. This includes the morning-after pill. In my survey, I provided the opportunity for the participants to share a take home message for both women and men, and I would like to end this article by sharing some:

## Take home messages for women:

*"I was very scared and ashamed to go and buy the MAP, but I now realize that it is very normal and it does not say anything about you as a person. Don't be afraid or ashamed to buy the morning after pill; the people working in the pharmacy have seen plenty of people get it before."*

*"Only use it in emergencies, it should not be your first choice birth-control method."*

*"Having unprotected sex and taking the morning-after pill every once in a while does not seem like that big of a deal. However, many girls and women are not aware of the fact that the MAP doesn't work if you have already ovulated, which means that for about two days a month, you can get pregnant even after taking the MAP."*

*"Consider forms of contraceptives that work for you and always discuss with your sexual partners, preferably before having sex but also after: you are in this together, it is not only your responsibility."*

## Take home messages for men:

*"Same as the above - the things that girls do to their bodies for contraception are a big deal and can be scary and harmful. Men should be aware of that just as much as women."*

*"Take responsibility for it too - go with the girl to get it, or at least offer, because it can be a daunting thing to do alone! (and expensive!)"*

*"Please split the price? It's expensive."*

*"Talk to your partner. Ask if they are on birth control and use a condom."*

*"Make sure you are having consensual sex and that you have protection. Don't be forceful."*

*"Learn about the morning after pill- just because it's not going into your body doesn't mean that it isn't partly your responsibility."*

*"If the girl is on no birth control and you don't have a condom, don't have sex, it's that simple. Even the pull-out method is very risky."*

## And as last but not least my personal favorite ones:

*"Condoms don't hurt your dick."*

*"Wrap it, thanks." ☺*





# Humans of Amsterdam Oost

By Deniz Ovalioğlu

By Pauline Hageman

"I worked as a stewardess for twelve years. In the last few years that I was a flight attendant, I already did some volunteer work. I was interested in helping people because when you go to certain countries, you see a lot of luxury. Especially where we stay. We stay in very nice hotels in very good areas. It is also for our safety that we don't stay in certain areas, so we always have the best environment. But then when you are in that country as a tourist, you see also another side of that country. You also see the poverty. So I started doing volunteer work by bringing extra suitcases with relief supplies to the orphanages in the countries that I visited. I did that with a group of stewardesses called Wings of Support. Then I also started to bring extra relief supplies to Suriname, which is my birthplace. The high HIV rate is the problem in Suriname, so I started to bring things like condoms with me. I got in touch with other organizations in Suriname while I kept helping on my own. We cooperated with Suriname. I have been volunteering the last ten years. Everything we sell in this shop is for charity, they are connected to projects we do in Suriname. It's a charity shop. We connect Suriname with Holland and tell people about the situation in Suriname. Because Suriname is still Dutch speaking, lots of Dutch people go there every year so when there is a problem like HIV it also relates to the Netherlands."

"I am a dreamer, I am a musical person, I wrote beautiful songs in Moroccan, Arabic. But I am sick, but now it's starting, the medicine is starting to work and I'll wait until I'm completely- until I am stable every day. That's what it's about, and the music, once I have that, I am happy and I will have a very nice song. I don't play anything; I couldn't play an instrument with my sickness. But my dream is when I'm bright again I am going to buy an electric piano. Then I will study it, and maybe- it doesn't have to be really good, but if I know the sounds a little bit I will just come and sit here and play. I don't need speakers, just a little bit of sound and I just sit here and play my own music."  
"When I will be completely fine, I want music. I'm certain that I will become a star. I'm certain. I am a dreamer, everything I say- by the way, for a café in Noord, De Mamas, I predicted four dreams for them. And it weren't small dreams, one after the other, big dreams. And everything I said happened. They call me the man of God over there."

is one. My best finding was actually a coin from the 1700s. 300 hundred years old. I watched American shows about gold diggers as a kid and thought it was pretty cool. Then I saw others do it, so I borrowed some equipment, tested it out and liked it. Can't just buy it all at once, you know? Costs around 800€."

\*feestjes - parties



By Tekla Tevdorashvili

I'm trying to bring people together in so called neighbourhood garden. That's my goal. It's in the east part of the city, we have a piece of land, not big, actually, it's in the park and we divided into small areas, where people can do urban gardening. That's one of my activities to make it possible and It works very well. We have this garden for 3 years now. You see people, how they learn to know each other. They didn't know each other in the beginning but because they have this small garden, they sit and ask questions to each other, how shall I do this or that. It's a project together with Social Green. On a certain point it was planned to cut all the trees in the park and build a big hotel of 70 meters high, because hotels are big business. So, we didn't agree and instead of protesting, we taught we will do something else, initiate so called civilian participation plan. Finally, when we got something like 300 signatures, we were able to experiment with it and it was a big success. ☺



By Ana Tavadze

Wow! These are some intense f\*\*king questions. I have never danced in the rain. The last picture I took on my phone is me eating ice cream. I am not really a romantic person. But I'd say my goal in life is to make people happy with the music I make. I don't really have a favorite musician. I make several types of music hip-hop, disco etc. More and more synthesizers are one thing I have always wanted in my life.



By Nora Kajamaa

"People always stare and whisper that we're strange. That we're special in our heads. But they only ever stare and never come over to chat. It's worth it, it's fun. I usually find euros. Lots and lots of euros. From all the feestjes, you know? Sometimes a florin from the second world war, here

# C o l l i s i o n

By Noa Smits

Lover, we could not have escaped collision, for we used to be the very same thing, orbiting a star until it died. When this star breathed out its last dust, our most intricate particles were suspended in a vacuum for what seemed like forever. It didn't matter. Time was vast. Vast enough to rip apart every atom only to stick them back together again. Time didn't need glue. Time just needed itself.

I just needed myself too, or so I thought, I kissed my mirror image every morning, in my arms lived butterflies that flew away at night but came back every morning.

Lover, that night, your touch made me shiver, the contractions in my body knew what you were before I did.

The next morning, the butterflies didn't come back.

Every piece of me wanted to fold itself into every piece of you, your rigid structure made that impossible so I gave them to you instead.

I gave you every piece. Every. Last. Piece. Even the atoms in my little toe were ripped apart. It didn't matter. We were orbiting the same star. But after one orbit of 365,25 days, all that there was left was a vacuum.

My dust was carbon, and yours was diamond, we were the same thing, yet you had been highly compressed. Neither of us could help it, that you went through a strain I never endured. And neither of us could help it that you pierced right through me, as an act of love. Neither of us could help it, that carbon makes big black stains on a pure soul. And neither of us could help it that you even pierced the stains until there was nothing left.

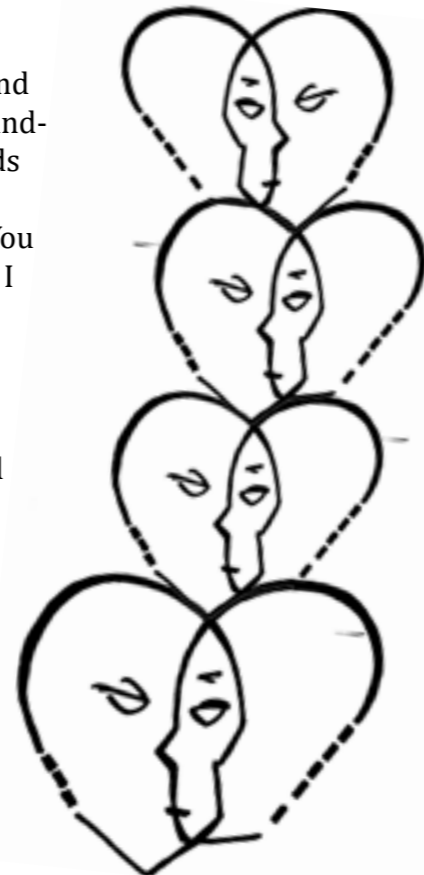
Time was vast and it tasted like tears. I collected them all. I made an ocean lens and peered through it. The inside of the earth was black and stained and a butterfly flew out of it. I caught it in my vacuum, it expanded into my soul. It whispered "Time doesn't need glue, time only needs itself".

I tumbled down a hill which covered me in leaves. They whispered "You are vast, vast, vast". I laughed and it echoed through a hall of mirrors. I kissed every single one of them.

Every piece of me wanted to fold itself into every piece of me. I gave you back your sting, it didn't have a home in my heart anymore. Our collision had put me under a strain I had never endured. My diamond lungs breathed in their first breath.

Collisions birth stars.

I do not need glue. I only need myself.





# We Asked You:



Viren: 150000euros



Stefan-Vladimir : True love



Nelly: 150000euros



Luca: True Love



Elise: I would go for the money  
Mariom: I would rather choose the money than true love.



Stefanie: 150000euros



Josephine: 150000 euros



Charlotte: True love for sure