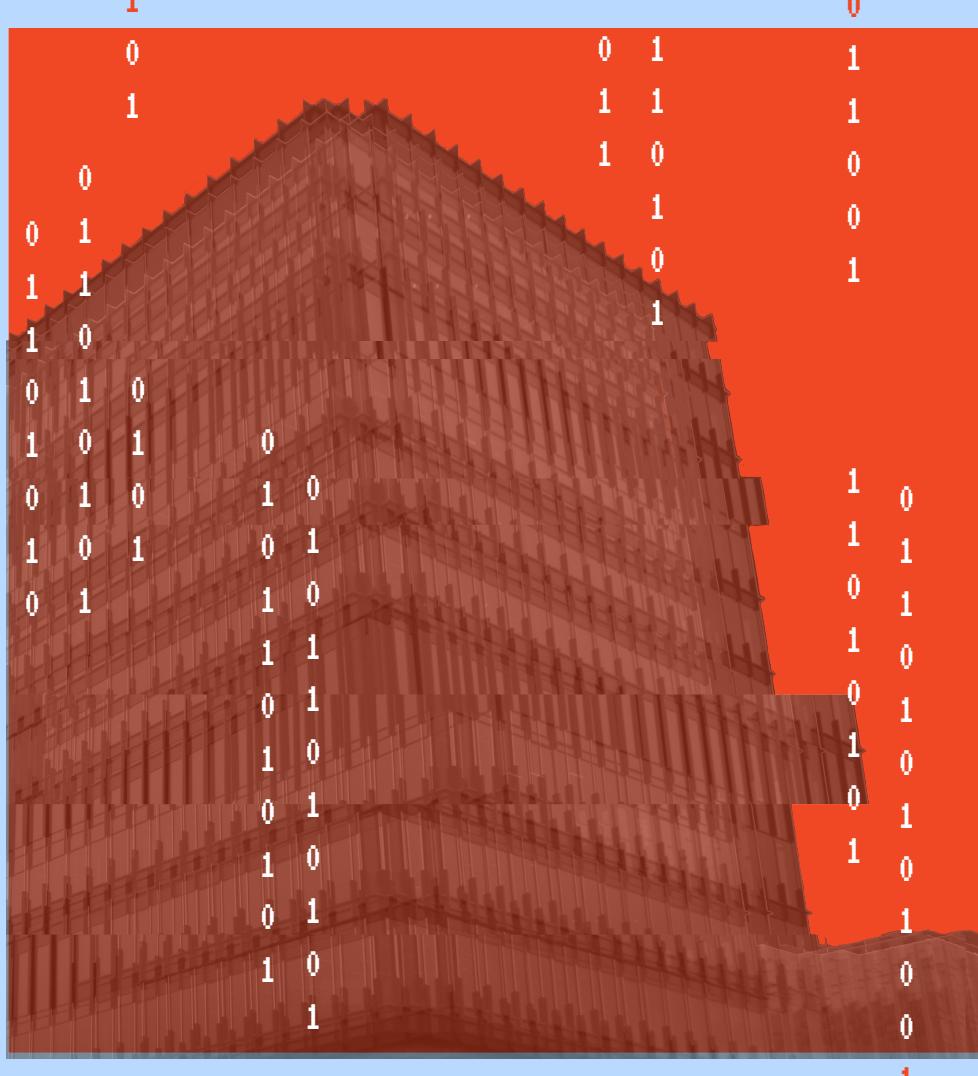




CONTEXT



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Dean

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Board

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How To Stop
Procrastinating



Carmen



Marissa



Sarah



Elena



Laura



Magnus

Hello!

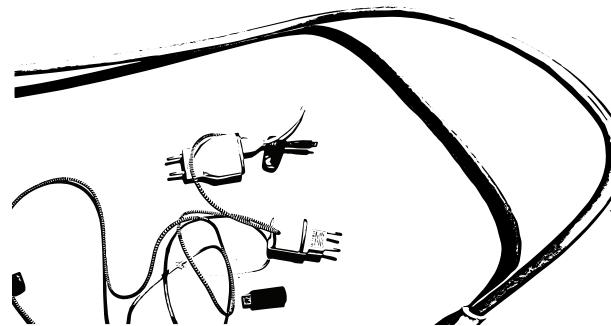
As PR committee of H.S.A. Confluente, the study association of the Honors Academy at the TU/e, we have managed to finish our second edition of Context during these weird times, hooray!

Everything that comes to creating a magazine - brainstorming, discussing articles and thinking of lay-outs - has been done with the help of online meetings. We're sure you're familiar with problems of lagging cameras, inaudible audio and the classic muted microphones as well, so you can probably understand our excitement about completing this issue of Context.

We hope that reading this second edition of Context will inform and inspire you, and if you haven't heard of Confluente before, we hope it introduces you to our wonderful association. This edition focuses on innovation. From personal growth to the invention of new technologies, we hope there is something interesting for all readers. If you need a break, we have also included some interactive pages, *you might even be able to win a prize*. Enjoy reading and keep an eye out next year for the third edition of Context!

The PR committee

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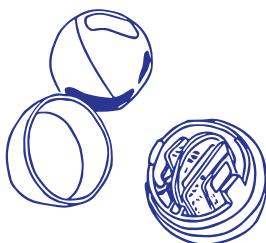
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leadership
over
your
own
future."**

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“You like your house not-burnt, which is why you prefer doing the dishes over cooking.”



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“From all of the years so far, the time I’ve spent at the university, with Confluente, I believe have been my best years.”

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EILEEN WESTERGA

She is the Secretary of the second semester. She studies Mechanical Engineering and is part of the Energy Transition team RenewCO2.

BOARD 2020-2021



ARTHUR
KERKAMP

The Commissioner Internal Affairs is a third year Computer Science student and part of team Polar within Smart Mobility.

6



MAGNUS
FRANKEVOORT

He represents H.S.A. Confluent as chair. He is a third year Mechanical Engineering student and he is part of team Polar within the Smart Mobility track.

PAULIEN TEUWEN

She is the Secretary of the first semester. She studies Industrial Design and within the Smart Mobility track she is part of team Polar.

MARCO PLEKET

The Commissioner External Affairs studies Computer Science & Engineering. He works on the CQM project of CPPS.



MIHAI-DRAGOS UNGUREANU

The treasurer of this years board. He studies Automotive Technology and Computer Science & Engineering. He works on the 5G-MOBIX project within the Smart Mobility track.

CONFLENTE STATISTICS

130 Honors students | 190 Alumni | 9 Tracks In academic year 2020/21 the new track Networked Society started.

Bachelor				
	Dutch	Non-Dutch	Male	Female
Cohort 2018	57 (61%)	36 (39%)	67 (72%)	26 (26%)
Cohort 2019	51 (57%)	39 (43%)	55 (61%)	35 (39%)

21% of Bachelor students in general is international.

The average percentage of female Bachelor students at TU/e 28%

Muliti-disciplinarity of Honors Bachelor students intake 2019

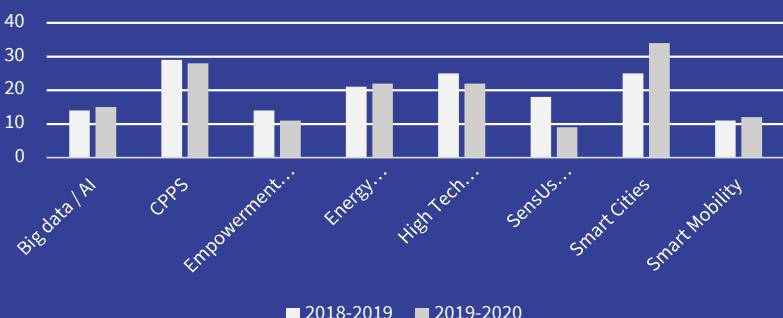
Honors track	# Departments	# Majors	# Students
Smart Mobility	5	7	8
SensUs Organization	3	4	6
Artificial Intelligence	5	7	10
Empowerment for Health and Wellbeing	4	4	6
High Tech Systems	5	6	13
Energy Transition	5	5	13
Competitive Programming and Problem Solving	3	5	15
Smart Cities	2	3	19

The department of
Mathematics &
Computer Science

remains the largest contributor,

24% of first year Honors students in 2019.

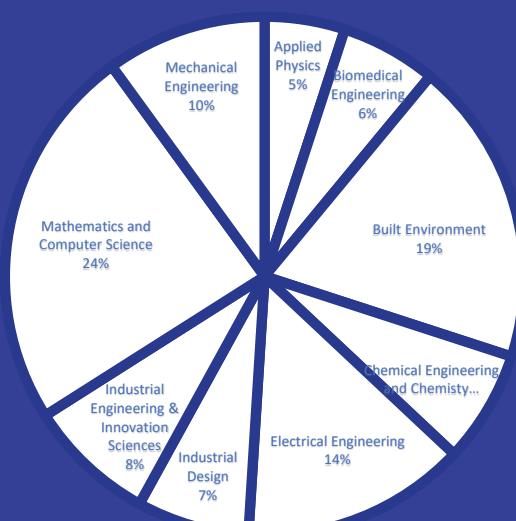
Total number of Honors Bachelor students per track, by academic year



23 events
In 2020/2021,
until 07-02-2021

45 events
In 2019/2020

Intake Honors Bachelor students per department, 2019



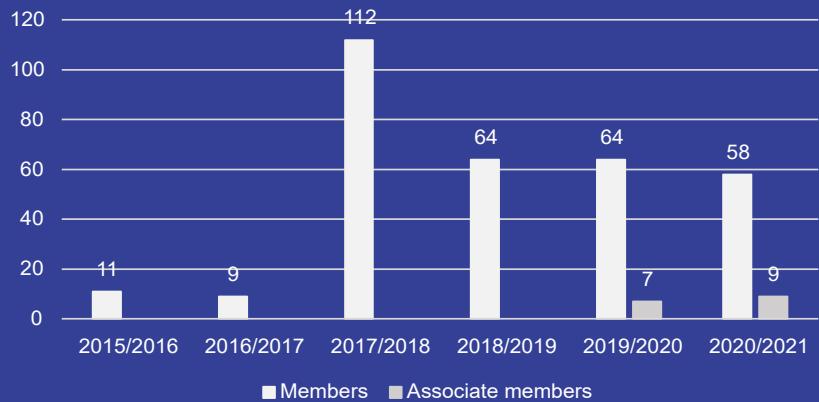
Most visited events:

1. Gala (80-120 people)
2. Intro weekend (60-80 people)
3. End of the year BBQ (40-60 people)

9 Committees

41 Different board members

Confluente members



meet Team RED

Team RED is a multidisciplinary team consisting of students from various educational and personal backgrounds from within Eindhoven University of Technology, whose collective goal is to offer a smart solution to energy transition problems. This multidisciplinary focus ensures that challenges are being tackled with different views and problems are looked at from different aspects.

Team RED was first introduced as an Honors Academy team from the University of Technology Eindhoven, as a collaboration between the Smart Cities and Energy Transition track. Six students founded Team RED in October 2017 with “RED” being the Spanish word for “Grid” or “Network”.

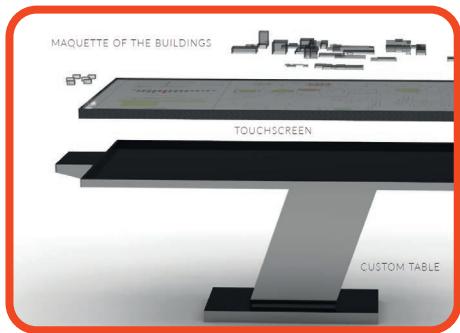
Today, Team RED is supported by Innovation Space, the centre of expertise for challenge-based learning and student entrepreneurship at TU/e. Innovation Space provides Team RED with an open community where students, researchers, industry and societal organisations can exchange knowledge and develop responsible solutions to real-world challenges.



There is a long period of time between the invention of new technologies and their implementation. This means that the current issues are complicated administrative procedures, lack of communication, and complex amounts of data that make it hard for people to make rapid decisions about energy transition. TeamRED's aim is to tackle those issues directly, understanding that a big yet sometimes hidden obstacle in the race for sustainability is simply communication. We provide a visual tool that simulates the grid

of an area and allows to see the impact of these technologies in a way that everyone can understand, creating a decision-making platform that allows all stakeholders to negotiate in plain ground.

The tangible aspects of the interface bring the discussion to the real world, putting all stakeholders at the same level in the discussion. It makes a very abstract and complex issue comprehensible for all stakeholders.



Team RED has the ambition to accelerate the energy transition by creating a simple and efficient manner of making informed energy decisions that affect various stakeholders. This academic year, Team RED aims to fully finalize the Atlas Project and Minervum Project which in turn, provides Team RED with the necessary experience and feedback to adjust the model in order to create a market-ready product. Moreover, Team RED aims to expand the brand of Team RED by collaborating with

external partners to form a strong united front in achieving an accelerated energy transition. This brand can then be used to create more attention and focus on new energy technologies and sustainable energy in general. Team RED feels that it has the societal responsibility to do so, and realizes that societal awareness and attention is needed to make a further impact on a sustainable future.

text Team RED
layout Carmen Enriquez

Mark Bentum

Dean of the Honors Academy

Mark Bentum has only been the dean of the Honors Academy since September 2020, so we were very happy to interview him and get to know him better! Keep reading and find out how he came to be dean, why he thinks the Honors Academy is important and what advice he would like to give to all students.

Not only is Mark Bentum a full professor at the department of Electrical Engineering and an employee at ASTRON, since September he is also the new dean of the Honors Academy.

His long background started in Enschede at the University of Twente, where he studied Electrical Engineering and completed his PhD. After accomplishing this he started working at ASTRON: the Netherlands Foundation for Research in Radio Astronomy. Here he has mostly been working on designing, building and operating radio astronomy instruments, like the international LOFAR telescope. Different Low Frequency Array stations can be found around Europe, from Sweden and Latvia to the UK and France, and Mark Bentum was heavily involved in designing and building the telescope.

Twelve years ago, he started missing the academic environment of working with students and teaching, so he decided to start working at his alma mater: the University of Twente. Here he worked four days a week on research on radio science, which was broader than radio astronomy, his main focus at ASTRON.

At some point he became the program director of the Electrical Engineering program, which meant he was responsible for both the Bachelor and the Master. This way he came in contact with Bart Smolders, current dean of the Electrical Engineering faculty at Eindhoven and who also worked at ASTRON. Bart asked him out of the blue if he wanted to come to Eindhoven. Since Mark lives in the north of the Netherlands, this was quite the question for him.

“We should experiment more with educational concepts in the Honors Academy and take into account that we live in a different world.”

Nevertheless he started working as a full professor at the TU/e for 3 days a week while also working for ASTRON 2 days a week.

Last summer Frank Baaijens, rector magnificus of the TU/e, called him, because Mark had been

working on improving one of the Electrical Engineering courses of quartile 4. He got the passing rate of the course up from 10-15% to 60%, which is quite an accomplishment!

He did this by engaging students more in



“The variability in the type of tracks, all the track coordinators and students are really different; I like that a lot.”

student-led tutorials in which they had to discuss six problems in groups of twenty students. During the call, he was more or less asked about his interest in becoming dean of the Honors Academy. Fully prepared for an interview, he was instead convinced to become dean. “That was quite fun,” he told us. “Sometimes it happens like that.”

He still had a lot to learn about the honors program at the TU/e, since he was only familiar with how Twente organized theirs. He learned, for example, that all the honors deans of the Netherlands gather twice a year and discuss the quality assurance of different programs. Our very own program is planned to be peer reviewed this June, so he is really looking forward to that. He also sees the Honors Academy as a platform to experiment on education. “There is room in the Honors Academy for failure. If the educational concept is not successful we have to say that’s not how we should do that.” The dean also argues that the world has changed, from the past 10 to 15 years, but also since last March because of the pandemic and that a university has to adapt to that.

The best thing about the Honors Academy, in his opinion, is its diversity and inclusiveness: “The variability in the type of tracks, all the track coordinators and students are really different; I like that a lot.” He also thinks it’s important to always engage students.

Sometimes, the standard programs can only do so to a limiting extent. The Honors Academy is a way to offer challenges to students who want those. Besides that he thinks aiming to be a π-shaped professional, someone who knows a lot about multiple topics, instead of a T-shaped professional, who knows everything about one specific topic, can be very advantageous. This is why he would choose a track not related to his study if he were to apply to the Honors Academy, like the Empowerment for Health and Wellbeing or the Network Society tracks.

During the interview Mark Bentum put emphasis on the importance of personal leadership: “you are in control of what you do.” This comes back in his own past, in which he worked for a year to get to do his Master thesis at an American university. This was something that was very uncommon for students from Dutch universities when he was a student. A colleague of his and he took matters in their own hands and ensured they could do their Master thesis in the US. Personal leadership can also be found at the Master’s program of the HA, in which Master students learn how to take their own steps and take control over their own careers.

The last bit of advice he gave us, as well as all other students, was to enjoy our time as a student. “As a student, you can do whatever you like, you can take leadership over your own future.”

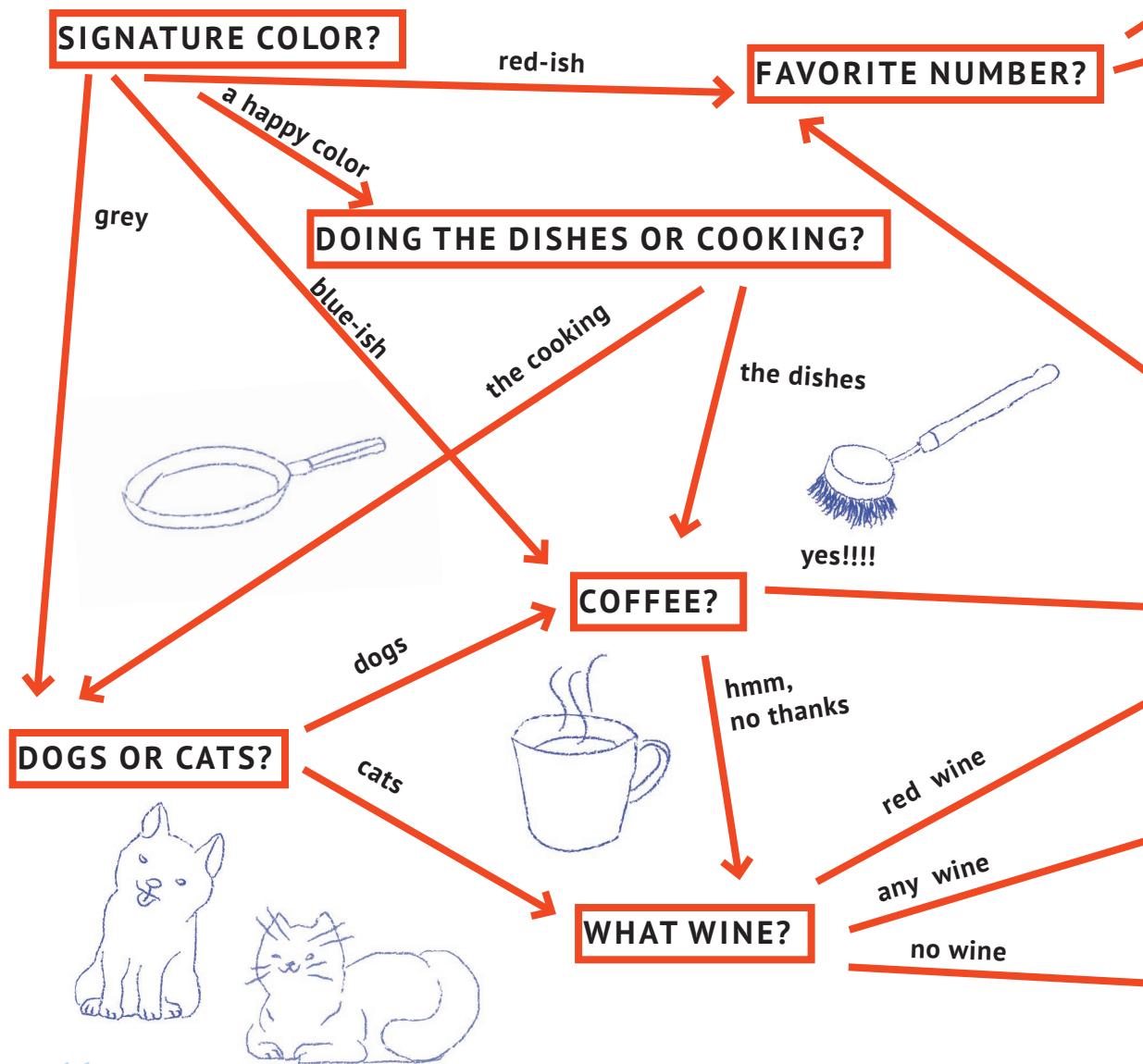
HONORS ACADEMY

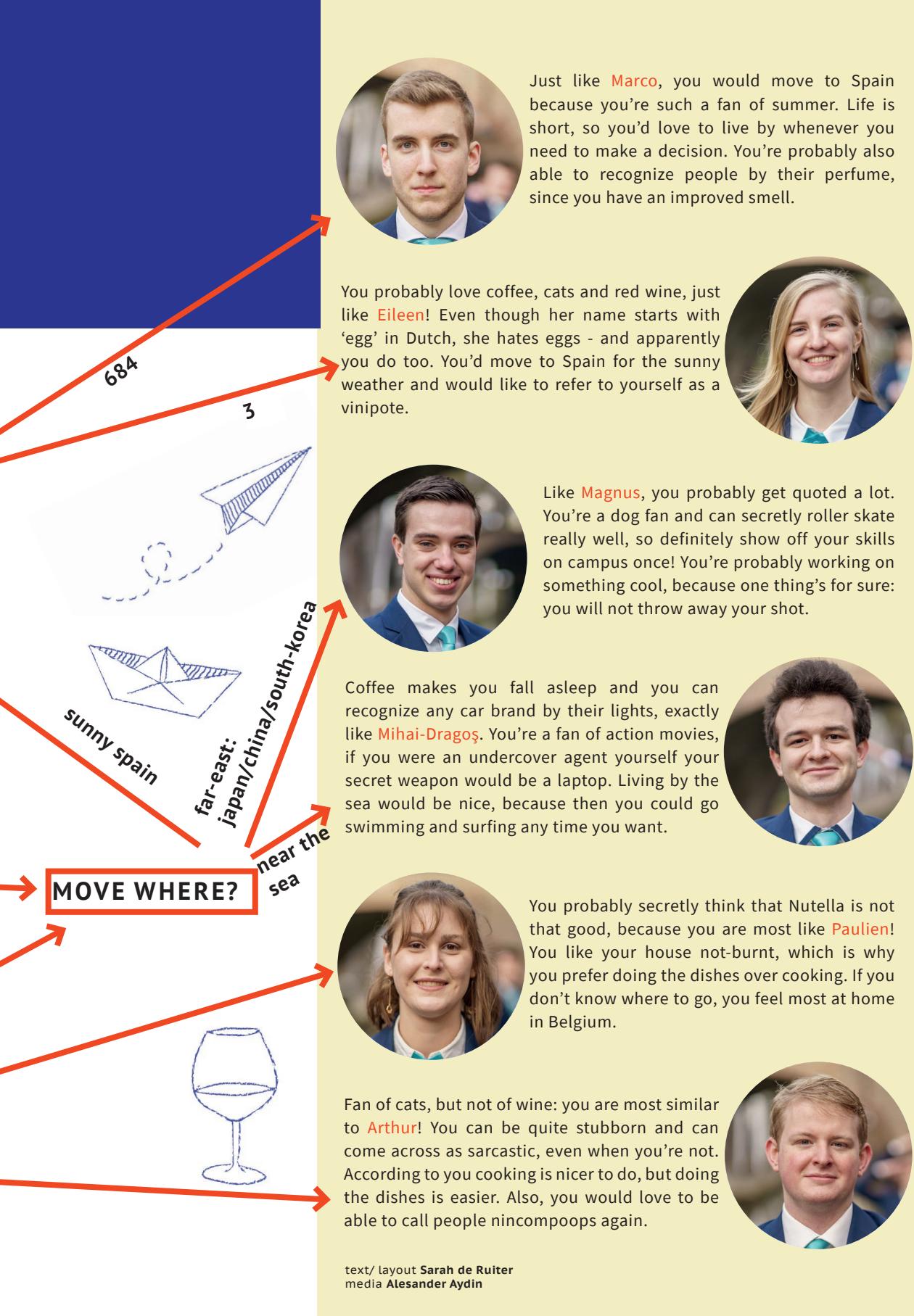
TU/e

which board member are you?

Do you want to know more about the members of the 6th board of Confluente? Find out which board member you share the most opinions with by taking this quiz!

start here





Just like **Marco**, you would move to Spain because you're such a fan of summer. Life is short, so you'd love to live by whenever you need to make a decision. You're probably also able to recognize people by their perfume, since you have an improved smell.



You probably love coffee, cats and red wine, just like **Eileen**! Even though her name starts with 'egg' in Dutch, she hates eggs - and apparently you do too. You'd move to Spain for the sunny weather and would like to refer to yourself as a vinipote.



Like **Magnus**, you probably get quoted a lot. You're a dog fan and can secretly roller skate really well, so definitely show off your skills on campus once! You're probably working on something cool, because one thing's for sure: you will not throw away your shot.



Coffee makes you fall asleep and you can recognize any car brand by their lights, exactly like **Mihai-Dragos**. You're a fan of action movies, if you were an undercover agent yourself your secret weapon would be a laptop. Living by the sea would be nice, because then you could go swimming and surfing any time you want.



You probably secretly think that Nutella is not that good, because you are most like **Paulien**! You like your house not-burnt, which is why you prefer doing the dishes over cooking. If you don't know where to go, you feel most at home in Belgium.



Fan of cats, but not of wine: you are most similar to **Arthur**! You can be quite stubborn and can come across as sarcastic, even when you're not. According to you cooking is nicer to do, but doing the dishes is easier. Also, you would love to be able to call people nincompoops again.

SUSTAINABILITY

Green week, energy transition, sustainability challenges... Just some of the terms you might have come across at university. But what is TU/e actually doing regarding sustainability?

A big focus at TU/e is on the aspect of energy transition. 70% of the campus (19 buildings) are connected to a Heat and Cold Storage installation. This saves energy and reduces CO₂ emissions by storing the energy in the form of heat or cold in the ground.

Besides that TU/e tries to reduce the energy usage as much as possible with the help of presence detection and sensors on the windows which turn the heat installation off, when windows are open. Additionally, water consumption is minimized on campus. While in 2000 320,000 m³ water was used, it was reduced to 139,152 m³ per year in 2017.

The biggest past, present and future building projects on campus at the moment are the Meta, Gemini, Flux and Atlas building. During the planning,

building and/or renovation sustainability was taken into consideration.

While TU/e is implementing more sustainable technology in buildings on campus and strives for world changing innovations, it appears that one aspect is currently still running behind - education. It is possible to go through the education at TU/e without learning about the connection of your study programme to climate change, without learning about your privileges as a citizen of a country of the global north but on the other hand cooperating with fossil fuel companies without reflecting on their past and current practices.

Nonetheless, more and more students become active. Student teams such as Team Solid, Team Renew CO₂ or

Team Nurdlesoup for example, try to solve parts of the problem. Students from the GoGreen office aim to raise awareness about climate change and there are two active climate movements on campus: University Rebellion and Students for Climate.

What do you think? Is the topic of the climate emergency we are experiencing visible on campus or does sustainability just appear to be another of many challenges at our university?



Meta forum is based on the old W-hal. This hall belonged to the Department of Mechanical Engineering, was built in the first construction phase, 1957-1965, of TU/e (then Technische Hogeschool) and has the status of Rijksmonument since 2018.

For the renovation of Meta most of the facade, most of the structure, floor and foundation of the old W-hal was used in order to preserve material and visual culture.

*all information about the buildings and sustainability on campus is taken from the official TU/e website

text/ layout Elena Dagg

on campus

Atlas

The most sustainable building of education - but what is so special about this building?

A significant part of the electricity used in Atlas is actually coming from Solar Panels on the roof and with the help of the highly insulating glass facade, using the heat and cold storage (ATES). Together with the fact that it is not using any fossil fuel anymore, Atlas CO₂ emissions have been cut around 80 percent while the number of users has been increased more than 50

percent in comparison to the old building. Furthermore, so-called "Night-flushing", where the windows automatically open, is used to cool the building down at night when possible and Atlas is a living lab for the Intelligent Lighting Institute (ILI).

Flux

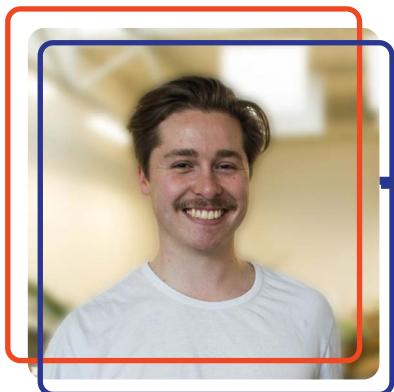
The Flux building has an A++ label and an EPC of 0.6. Concrete core activation is used to heat and cool the building by keeping the concrete mass at a constant temperature.

Besides that the Flux building has a climate ceiling and is connected to the Heat and Cold storage. The insulation is very high, the lower roof of the building is a green roof and there are about 300 square meters of solar panels installed on Flux.

Gemini

In the coming 5 years (2021-2025) Gemini will get renovated with a focus on sustainability.





Jaer Mertens

Jaer Mertens is an Honors Academy alumni who studied Industrial Design at the TU/e and started the Smart Cities track in 2016. After finishing his Bachelor Jaer went to pursue his Masters degree in Rotterdam for Innovation Management from which he graduated in 2020. Currently he is working on web development projects.

In his honors project Jaer was a member of a multidisciplinary group where he worked on a project for Philips regarding urban transformations. In this project, he worked with a modular table developed at MIT for urban planning. With this technology his group mapped out the TU/e campus and explored how modifying the structure would influence aspects like mobility or sustainability.



Jaer with fellow Confluent boardmembers Gijs Herings and Wouter Tonnon at the gala of Extensus

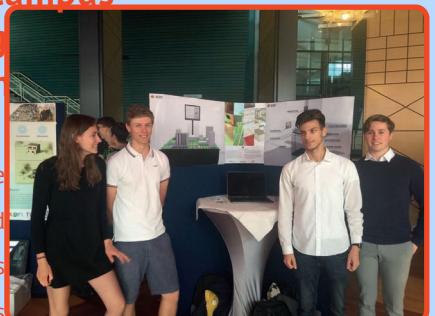
Dynamic Campus Mapping Team

Kim Sinnige

Noël Coenraad

Martijn Roefs

Jaer Mertens



Jaer first joined Confluente through the Studytrip Committee, where he was planning a trip to Poland. Later he joined the board of Confluente as the relationship manager.

“My mates kind of convinced me to join the board and I had a really fun time”

“Confluente is a safe space. Companies know you are students, they don’t treat you like big bosses yet, but you can see how it all works”

Dutch Honours Conference in Eindhoven (2019)



“For someone that didn’t want to even be a board member, I got into it pretty deep.”

“Honors Academy is a mix interesting young ambitious individuals that go through the same thing which creates deep bond with people”

“If you don’t get what you want you can be sad about it, or you can make something out of your life and stand out of the crowd. If you like something, try it out! If it turns out to be stupid at least you will find that out. If you want to learn something: you learn from failure. If you do more you learn more”

As a board member he joined multiple committees, such as the Gala and End of the year committee. He had a very positive experience and learned a lot by being an active member.

Jaer also joined the Dutch Honours Community and became chairman for a year. Nowadays he is still part of the advisory board.

The reason why Jaer first joined the Honors Academy was to meet people. He is very glad he got to live this experience since it got him out of his comfort zone, working with new people and learning about new perspectives.

Communication, management and organization are the main skills Jaer learned being an Honor student and these are still helping him now. The experience of learning by doing taught him how to contact people, communicate with business and also how to get rejected.



End-of-the-Year Ceremony of the Honours Academy (2018) with Ezgi Aytekin

Jaer’s advice:

Where innovation

As the slogan of the TU/e tells us, innovation starts at our university. We see ourselves as inventors and problem solvers. We want to have an impact. The university encourages us by providing space and facilities for us to achieve our goals, such as the innovation space or the TU/e contest. We're told we can achieve anything together. This raises the question: what innovations did actually start at our university?

Solar cells and solar energy

Because the world can no longer rely on gas, coal and petrol, the search for efficient renewable energy sources is one that is getting more and more important. Along the coast of the Netherlands you will find wind turbines. Geothermal power plants

that use the Earth's core heat are gaining more popularity all around the globe.

Of course, we cannot forget about solar energy. This last source of renewable energy can be found on and around the TU/e campus quite a lot. The campus has a total of 2810 PV panels

that generate energy and in three departments* different aspects of the development of solar panels are looked into by different research groups.

The SolarLab facilitates the research in more efficient solar cells that together form a solar panel. This can for

starts... with

example be done by looking for new materials or other ways to create the very thin layers that make up a solar cell.

In 2016, TU/e researchers gained a world record for the most efficient nanowire based solar cells with an efficiency of 17.8 percent. This means that 17.8 percent of the sunlight that falls on the cell can be used as electrical energy.

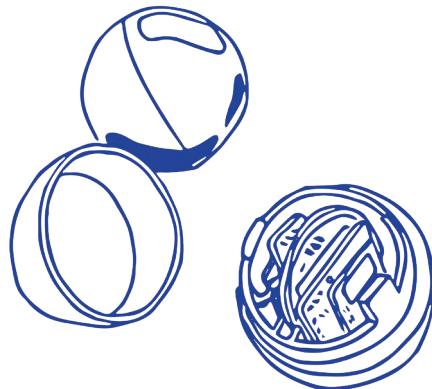
Instead of very thin layers, these types of solar cells consist of very thin, vertical wires that act as a kind of antenna to capture the light. Cells with these wires instead of layers need five times less materials and can absorb up to 20 percent more light.

The theoretical efficiency limit of these nanowire based cells is 46 percent, which has not yet been achieved. Perhaps something for us future engineers to look into?

Exploring the unknown with a swarm of evolving smart marbles

As humans and curious creatures, we have explored countless environments in our surroundings, from the deepest oceans to space. Luckily for us, the universe is endless and there is still so much more to explore! But, what we have not seen is yet so close but inaccessible?

The Phoenix project is developing the inspectors of the future for environments that are smaller and harder to access. These are swarms of evolving smart and learning smart marbles that make their own decisions. Thanks to their characteristics, they can be used to explore water, oil, waste, and heat distribution systems, chemical reactor vessels, space and eventually even inside the human body.



The outcomes of the Phoenix project are linked to social impacts such as mapping pipelines to find obstructions, leaks or faults, to prevent contamination. Exploring underground channels for a more efficient extraction of oil or natural gas or to the search of natural CO₂ storage locations could also be implementations of the research. Additionally, measuring from the depths of glaciers or inside volcanoes for a strategy to better model climate change is something that can be looked at in the future. For now, the focus is on mapping pipelines.

text Sarah de Ruiter and
Carmen Enriquez Comendador
layout Elena Dagg

*if you're wondering: Applied Physics, Chemical Engineering and Chemistry and Mechanical Engineering

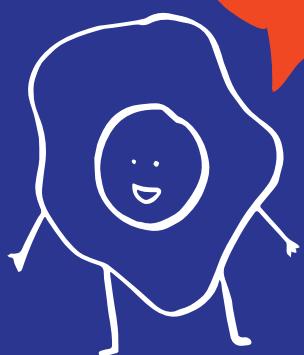
To be or not
to be...

Shakesbeer



Don't go bacon my
hear!

I could not if
I fried.





How do you
organize a
space party?

You planet.



Mountains are not funny.
They are hill areas.

meet team HART

Throughout history, technological and cultural progress has freed up the human experience. We now have information at our fingertips and are free to express ourselves. However, the way in which we experience the world is still limited by the sensory receptors given to us at birth.

Team HART, which stands for Human Augmentation Research & Technology, is a young student team that envisions a future where constraints of human biology dissolve and new ways of experiencing the world arise by giving people freedom of experience.

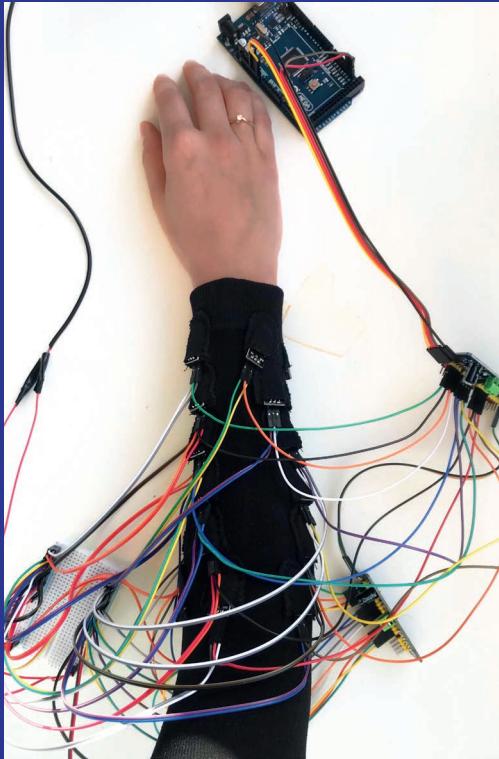
Our goal is to utilize the current knowledge of



state-of-the-art AI, advanced sensors, and the human brain and body to enable people to comprehend any data pattern to acquire new and better sensory experiences: we strive to develop a platform, much like the App Store on your smartphone, where instead of apps, you can download new senses.



This summer, I (Mariia) decided to join a team working on brain-machine interfaces only to find none in the area. Knowing that Victor Brouwers is interested in the topic as well, I approached him, and together with a group of 4 amazing people, we launched HART.



On November 11, we've become the fastest accredited team in the history of TU/e!

This technology has immense potential! For example, we can help a blind person see again, assist surgeons when performing laborious surgeries, or transition from the Internet of Things towards the Internet of Humans by applying Artificial Intelligence in a human-centered way. In fact, we can make superheroes by enhancing human abilities! We aspire to reach beyond regular human senses to become more than human and achieve freedom of experience.

For instance, our first prototype focuses on enabling people to understand every language in the world, regardless of one's hearing capabilities. We've attracted more ambitious students and are now on the finish line of developing the first prototype!

text/ layout Team HART

AN ODE TO THE MORNING SUN

I went on a morning walk.

I hadn't planned it. The thought didn't even cross my mind until I stepped out of my room one Sunday morning, ready to take a shower, and saw the pure rays of sunshine hit the not so pure white wall. That moment I knew that I would be going on a morning walk. I quickly took a shower, as one does, put on my shoes, my warm coat, and took off. Everybody in the house, probably the whole building, was still asleep. So I quietly made my way to the front door, closed it softly behind me, turned around, and felt the sun hit my face. As I started walking, I took a deep breath in, let it out, and realized that I had made the right decision.

The street was completely deserted, save for one man on his morning run. You might not think much of that, but I have to say that that was quite an experience, since I live in a busy street. I had rarely seen it empty. I set off and noticed that the air felt soft and warm on my face. I shrugged. A week earlier my face would have nearly frozen off, and now it felt like a cool summer morning. The weather here in Eindhoven is truly astonishing.





I made my way to the Canal. On my way there I only encountered a handful of people. Every time I crossed another person, a cheerful "Good morning!" sounded my way. This also took me by surprise, since usually, in the bristling daytime of Eindhoven, people just go about their day, not caring one bit about the other people on the street.

As I reached the canal, I realized how happy I felt. This morning walk was completely spontaneous. I was completely alone, save for a few kind strangers, and the flock of geese in the Canal, but I was not one bit lonely. The one thought that came up in my head was that everybody should have this experience at least once in their lives. This feeling of utter calm, utter happiness, even with the knowledge that there was a very busy day to come. I resumed my walk, and started thinking about it. At what other time of the day is it so quiet, so peaceful, so beautiful as at sunrise? And I truly couldn't think of it. Sunset has its own beauty of course, but at sunset, the streets are usually still full of people, it

is still loud. At night on the other hand, it is quiet. The streets are deserted, and you also get that feeling of peace washing over you. But still, there is no other time where people just kindly say "Good morning!" with a smile on their face, no other time where there is not a single car to be found on the road while the sun is out.

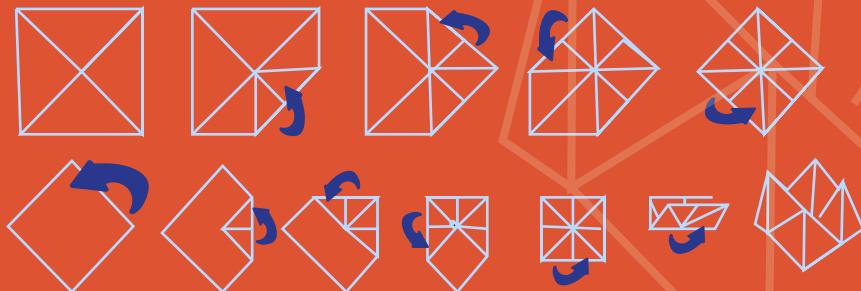
I had made my way back home, and sat down at my desk. I'm now writing this love letter to the morning sun, hoping that someone will read this and will keep it in mind. So that maybe, if they open their curtains one morning and see a beautiful morning sun, they might be more inclined to go outside, and have the same experience I had. If everybody starts doing this, the streets might be a little less empty in the morning, but it will be worth it. Because everybody deserves the love of the morning sun.

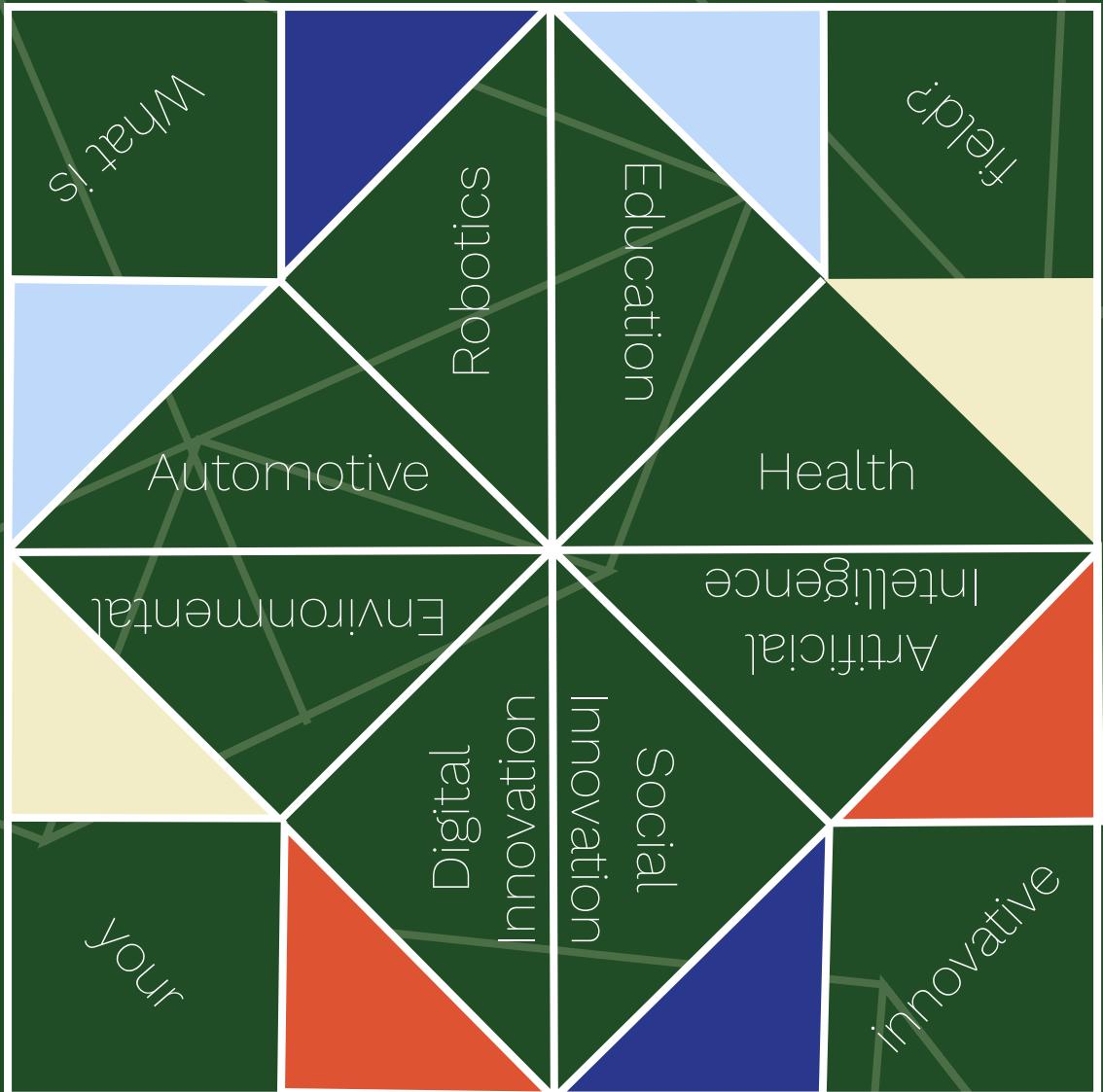
Need a break? Try this out!

What is your
innovative field?

Steps:

1. Rip out the page on the right with the figure on it.
2. Fold the upper right edge of the sheet of paper and put it together with the left edge of the sheet so that it is in the shape of a triangle.
3. Once the triangular shape is achieved, cut the excess paper with scissors.
4. Open the triangle and see how one of the diagonals of the square is marked.
5. Fold the other end of the square in order to get the other diagonal.
6. Fold the four corners of the square to the center and then turn the whole paper.
7. Fold all four corners to the center again, and again, turn your creation.
8. Put your fingers in the holes that remain at the four ends.
9. Time to find out! What is you innovative field?





I DONT HAVE
ENOUGH TIME

TO BE THE
PERFECTIONIST
THAT I WANT
TO BE

(SO I'M NOT)

PUZZLE

Can you find all the words?
 Cross out all the words
 (horizontal, vertical and
 diagonal) to find a sentence.

S	T	U	D	Y	T	R	I	P	I	Z	Z	A	G	R
A	C	Q	U	I	S	I	T	I	O	N	E	P	H	A
L	A	N	O	I	T	A	C	U	D	E	O	T	C	T
P	U	B	L	I	C	R	E	L	A	T	I	O	N	S
M	E	M	B	E	R	S	Y	M	U	R	T	S	U	L
D	R	A	O	B	O	U	S	O	C	K	S	C	L	R
E	D	M	O	O	R	S	R	O	N	O	H	O	H	S
V	A	R	P	C	N	O	I	T	A	V	O	N	N	I
E	O	D	E	S	H	U	B	B	L	E	M	F	U	N
L	P	A	L	A	G	N	T	E	A	M	S	L	C	S
O	F	C	I	N	M	U	L	A	G	L	U	U	O	W
P	S	T	E	C	O	M	M	I	T	T	E	E	N	E
M	E	I	D	O	O	H	C	H	A	I	R	N	T	A
E	M	V	A	L	U	A	B	L	E	N	T	T	E	T
N	A	I	E	M	E	T	I	S	B	E	W	E	X	H
T	G	T	N	E	C	R	E	P	E	E	R	H	T	E
E	R	Y	G	O	L	O	N	H	C	E	T	C	H	R

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ACQUISITION
 ACTIVITY
 ALUMNI
 BOARD
 CHAIR
 COMMITTEE
 CONFLUENTE
 CONTEXT
 DEVELOPMENT
 DREAM
 EDUCATIONAL
 FUN
 GALA
 GAMES
 HONORSROOM
 HOODIE
 HUBBLE
 INNOVATION
 LUNCH
 LUSTRUM
 MEMBERS
 MUGS
 PDP
 PIZZA
 PUBLICRELATIONS
 STAR
 SOCKS
 STUDYTRIP
 SWEATER
 TEAMS
 TECHNOLOGY
 THREEPERCENT
 TOP
 TRACKS
 VALUABLE
 WEBSITE

The first five who email the solution to pr@hsaconfluente.nl will receive a special gift.

Andreas Panteli

Andreas Panteli is an Honors Academy alumni who joined the High Tech Systems track in 2016. After he graduated from the TU/e with a Bachelor in Electrical Engineering, he did his masters in Artificial Intelligence at the University of Amsterdam. Currently he is working on his PhD in Artificial Intelligence at the University of Amsterdam in collaboration with the Netherlands Cancer Institute.

Andreas was very excited about the Honors program of the TU/e. He was trying to find ways to improve himself. So when he heard about the Honours program, he knew he wanted to join. He was so excited about it, that he applied for the High Tech Systems track even before being accepted into the university. The Honors Academy was mentioned in a newsletter of the TU/e and Andreas thought it was a last call. So he emailed the track coordinators and got in! They only realized something had gone wrong once they started planning meetings and Andreas mentioned that he wasn't a student yet.

The year after he applied again, and got accepted again. So in the end, he had applied way too soon, but the good thing was that they had remembered "the crazy guy who had sent the email and had gotten in without actually being a student".

A few months after joining the Honors Academy, he joined Confluente. The association was really new, so they had trouble finding people for the Educational Committee. However, Andreas was really interested, and thought it would be a very popular committee. So when



"From all of the years so far, the time I've spent at the university, with Confluente, I believe have been my best years."



Last GMM of Andreas' period on the board where they handed over the board responsibility to the new board

he got into the Honors Room for the first meeting of the Educational Committee, he was very surprised when only Luuk (at that moment Chair of Internal affairs) was sitting in the room, waiting with a cake at a big table. Andreas ended up being one of only two people joining the meeting and was more than happy to take the chairman position.

After a couple of months the board was changing, and they wanted another board member, for the role of Secretary. Since being secretary is a lot of work, nobody wanted to do it, except for Andreas. So Andreas joined and became the secretary of board 2b. He didn't notice anything special about the workload, although he was working crazy hours already, so maybe he didn't notice because he was already preconditioned for a busy schedule. The year after that the board changed again, and then he got the position of chairman.

According to him the best thing about the Honors Academy is the community. He was of course actively involved in the community, but the things that he cherishes the most are the friendships that he made, the events that they organized and all the things that they did together. That was the best part of the program.

When asked about the most valuable thing that he learned from Honors, he answers with a smile that the most valuable thing that he learned was how to negotiate better beer prices when you are organizing an event. However, another valuable skill that he acquired was the ability to talk to companies. "You need to build

up the courage to do that, to figure out the right things to say."

In his present life, mostly the soft skills that he learned during his time at Honours are helping him. The soft skills that he got from doing presentations and organizing events have come in handy. Another thing that really helped him were the side effects that he got from doing Honours and being an active member. Because of all his occupations he really learned how to manage his time and how to deal with a lot of stuff at the same time. Now he thinks back on that time and wonders "How did I manage to do so much stuff? Right now I'm only doing one thing and I cannot find the time to finish it!"

If he would recommend one thing to current students, it would be to join Confluente and to be an active member. It was a really nice experience for him, and it shaped a lot of his personality. He would be a different person if he had missed that opportunity. "There is so much for you to learn, so many friendships to gain, so many new people to get to know, that it is worth all the time that you invest in it."

Another piece of advice is to go for the difficult stuff. "When you go for the difficult stuff you get to know your limits. If you never challenge yourself, you never reach your limit, so you never know how to actually improve yourself." As a common recurring theme in Dragon Ball goes: "If it doesn't kill you it makes you stronger."

Will technology

We are living in a climate and ecological crisis.

While the crisis still seems abstract and far away for us, many people are already living with the consequences: in Dakar people suffered from the consequences of disastrous flooding, plagues of locust swarms in East Africa and in Australia wildfires destroyed houses and whole cities.

Techno-utopists believe that technology has always improved our lives and will continue to do so. Innovation is, therefore, seen as the main solution for all different kinds of problems: technological, societal and ecological.

Fossil fuel alongside other big tech and energy companies are in favor of this concept, as it “allows” to continue with business as usual until the technical innovation to solve the problem will be found. Additionally, it offers the possibility to present themselves as advocates of sustainability, while being drivers of the climate crisis.

But can technology really save our planet? Technical development is unpredictable and we do not know what innovations will come in the next few years. But whatever happens, one thing is for sure: technological innovations alone will not save and protect our resources. At least that is what the economist William Stanley Jevons believes. He observed that technological innovations that lead to a more efficient use of a resource do not decrease but increase its use. When less of a resource

is needed, the demand is lower, which in turn reduces the cost. Cheaper resources lead to more economic growth, which then leads to a higher demand for resources again. Those rebound effects could be regulated with conservation policies such as green taxes, but can be seen as a proof that technology on its own will not save our planet.

But even if technology could save our planet, we should ask whether we have the time to wait for it.

Even if there was a breakthrough technology to solve the climate crisis in the very near future, it would take years until it is ready to be used on a greater scale. The photovoltaic effect was discovered in 1883, the first practical usable photovoltaic cell was invented in 1954, the first solar residence was built in 1973, and only starting from the late 1990s and early 2000s

But even if technology could save our planet, we should ask whether we have the time to wait for it.

save the planet?

it became more popular and accessible for everyone.

In the climate crisis, there are so-called tipping points. This means that small and continuous changes, such as global warming, at one point, lead to a drastic event, disproportionately to its trigger. One tipping point is linked to the ice sheets in Greenland. If all the ice melts, it will cause the sea level to rise about 7 meters and might cause other unpredictable events. Based on those tipping points and the strive to avoid them, the decision to stay underneath 1.5C° of global warming in the Paris Agreement was made.¹

If you wonder how we are doing at the moment: One study predicts the Greenland ice to melt with 1.6C of warming. We have recently reached 1.1C of global warming since the 19th century.² Technological inventions will continue to make our lives easier, help us solve problems,

and maybe someday even parts of global warming and climate change. But let's be realistic.

There is no time to wait for a breakthrough technology to solve climate change, there is no time to be a techno-utopian.

Instead of waiting for the perfect solution, regulations and green taxes could help us start saving the planet and preserving nature. So let us stop taking the dream of “the green light, the orgiastic future that year by year recedes before us,” as F. Scott Fitzgerald wrote in The Great Gatsby, as an excuse to not start changing. Let us instead actively improve the world and fight the climate crisis in every possible manner we already can at this moment, with the help of the technological inventions we already have.

text/ layout Elena Dagg

1 Marshall, M. (2020, September 28). The tipping points at the heart of the climate crisis. The Guardian.

<https://www.theguardian.com/science/2020/sep/19/the-tipping-points-at-the-heart-of-the-climate-crisis>

2 Harrisson, T. (2020, January 20). State of the climate: How the world warmed in 2019. Carbon Brief. <https://www.carbonbrief.org/state-of-the-climate-how-the-world-warmed-in-2019>

The DHC

EXPLAINED

The DHC stands for Dutch Honours Community, it is the umbrella organization of the Dutch Honours Associations. It is the main communication channel for boards to get to know each other, share experience and events. Therefore, as a student, you might not know a lot about it. We asked Marijn Stijvers, Chair of the DHC, to explain more about the role of the DHC.

The organization is a network of various Honours Associations in the Netherlands, 9 in total. The goal is to create a network of Honours students, mainly to share interests and it's always handy to extend your network. The DHC does this by bringing the boards of different associations together. During meetings, the honors associations share their experiences, learn from each other and connect with each other to organize

events together. The DHC also organizes an activity, the DHC conference, to stimulate the student to network.

This year there will be another virtual DHC conference. Besides that, many associations have their Lustrum this year, which is a great opportunity to organize a big event. Together with Confluent the DHC is organizing a gala, which is a great networking opportunity as well. These

are things the DHC stimulates. Furthermore, they aim to motivate associations to organize events together, like wine-tastings, game nights or inspiring talks (which you can find in the weekly newsletter of Confluent).

Another role of the DHC is to represent the interests of Honours students during meetings with ISO (National student consultation) and WCN (Network of Honours Coordinators in the Netherlands). Since the DHC is the umbrella organization, they have more contact with the government. If you have anything to share regarding

“Why not? I can always try and see how far we get.”

DHC



Dutch Honours Community

For more information: www.dutchhonourscommunity.nl

student well-being or Honours program, do not hesitate to contact the DHC.

The DHC exists of former board members of the different Honours Associations. The new DHC board is chosen from this group, because they know the practices, yet it is not an obligation to be a previous boardmember of one of the member associations. After a board year as secretary of H.S.A. Confluente, Marijn was asked to join the new

DHC board. She thought it was an interesting learning opportunity as the DHC functions on a national level and is in contact with the government.

Marijn was up for a new challenge and became the chair of the DHC. She likes to organize events and keep an overview of the progress. The DHC has a board of three, so it is a lot of work, but still doable according to Marijn. Besides, it is easy to alternate tasks; they

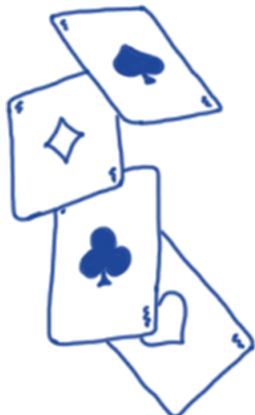
can do what they like or want to learn. Furthermore, she has a lot of fun with the other board members: Secretary Kenneth Weisbeek (Ockham, Twente) and treasurer Celia López Escribano (HCSA, Groningen).

One of the most fun things Marijn did as chair of the DHC was to virtually meet all associations. At the moment they are working on a quiz for the boards as a fun way to get in touch.

text/ layout Laura Bijl



I can (consistently) solve a Rubik's cube in under 5 minutes, if I don't screw up halfway through in under 3.



I survived a board year with *****

I can do magic card tricks



~~I can be very sneaky/unnoticeable~~

I can sing a specific musical back to back;)



I have an uncanny ability to make anything seem sarcastic, even if I'm not being it

I can do the splits

I can make ridiculous charts

We as Honours students belong to the top 3% of the university. That implies that we are all very academically talented. But that is not all that there is about us! So we asked the members of Confluente what their other (secret) talents are, besides being able to work on all kinds of cool projects. What we received was a very interesting mix of talents, take a look for yourself!

Psssst

Secrets of
Confluence

I can survive on instant noodles for a year

I'm very good at baseball

I can roller skate really well



I can say the alphabet backwards

I can recognize any car by their lights and some cars by the sound of their engine

I'm very good at dancing

I am very good at making cocktails



I can move my ears

I have an improved smell, so if someone is using the same perfume a lot I can recognize people being around before actually seeing them

PEO
GEA
TNA
TON

Chances are that when you are reading this article you sometimes struggle with procrastination.

Don't worry though, almost everybody has this problem! As a matter of fact, this article is being written at the last possible moment... talk about procrastination right!

text/layout Marissa van Koesveld

A Survival Guide

Why do we procrastinate?

Four distinctive reasons can be defined as an answer to this question: importance, task aversion, uncertainty and fear of failure¹.

Importance: Why would I do it now if I can do it later?

The events and emotions that are currently happening are usually more immediate and pressing, while the events of the future are vague and less vivid¹. Therefore, the things that are important now will get more attention than the things that are important in the future. Rationally you know that if you don't do a certain task now, it will only cause more stress in the future. But your mind can make up all these good excuses as to why you shouldn't be doing a certain task right now, which results in you not doing the task.

Task aversion: I don't want to!

You have to do something that you don't want to do, so you put it off. It is the most logical thing to do, since it doesn't bring you any happiness. You start looking for anything to do except the task that you should be doing¹.

Uncertainty: I have no clue what to do.

Uncertainty creates the need for upfront and costly planning before a task can be started. So then you first need to sort everything out before actually starting the task, which makes it even more unappealing.

Fear of failure: I'll fail anyway.

You think you will fail the task, so you just don't start on it. Another version of this perfectionism. You want something to be perfect, but you know that it will never end up as it is in your head, and therefore you put it off. As a famous quote of Voltaire perfectly states "The best is the enemy of the good."

So, that were some of the main reasons for procrastination. It is nice to know that there is a logical thinking process behind procrastination, but that doesn't make it a great thing to experience. So then, how do you combat procrastination?

How do we stop?



Change your environment

People take the path of least resistance. Why would you choose something difficult if we can take the easy route right? So what if we make doing our tasks the easy route? This way you would do all your tasks right? You can achieve this by changing your environment. Look at your routine before you start doing work. Which things that you encounter make it more difficult for you to do your tasks, for example your television, or your phone? Remove those items from your route. Are there certain things that make it easier for you to do your tasks, a clean desk, certain tabs already open on your computer? Add those kinds of items to your routine! It takes a bit more effort in the beginning, but once that routine is set, it is a lot easier to start doing your work.

Remove all external causes of distraction

This same principle applies to combat the effects of task aversion once you start working on a task. To avoid this you should again make the task the path of least resistance. Keep your phone in another room, turn off all your notifications, and block all social media on your computer. Also, get a distraction note nearby. If you then suddenly think of something you should do, you can write it down and get back to it later. By removing all external causes of distraction, you don't have as many excuses to stop doing a certain task.

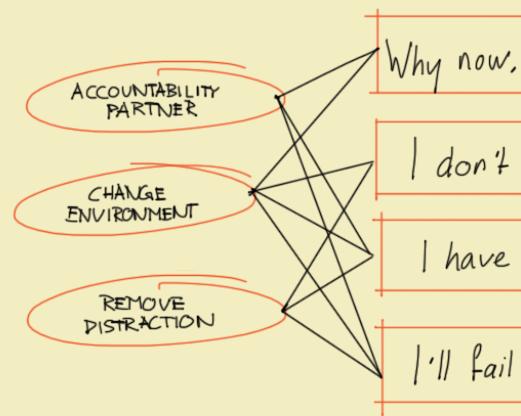
1. ~~~~~
2. ~~~~~
3. ~~~~~

Prioritize

When you have a lot of things to do, it can be very overwhelming, causing you to just not start working. To combat this, you should distinguish the three most important tasks of the day. Which things most definitely need to get done, do those first.

Small chunks

As mentioned, uncertainty is a big reason for procrastination, because it gives the extra task of planning. However, when you plan something, it becomes so much easier to start doing it. The same rule applies to big tasks that seem unapproachable. The art is to make it into smaller, more manageable chunks of work. Just look at what your big assignment really entails, break it down in smaller pieces, and then start working on those.



Get yourself an accountability partner

Ask a friend if they want to study with you! If you are studying together, there is an external factor that makes you more motivated. You are both struggling with your tasks, which makes it a lot better. You could set up a time period for which you will work, say 50 minutes, which is followed by a 10 minute break in which you can catch up, vent about all your deadlines, or just give each other some encouragement! Make sure that your partner is someone that will actually work though, otherwise you will probably be talking the whole time instead of working.

Manifestation

Another method to get yourself to do the work is to start with manifesting what your day is going to look like. You can start writing about your day as if it has already happened. It sounds very weird, but read this as an example: "I started off my day by immediately working on my assignments. It went so well that I finished right as I had planned!" You can probably imagine that if you think about your day and all your tasks in such a positive way, that it will be a lot easier to work on them than if you think of them as incredibly difficult. So, just give it a try once, you might really like it!

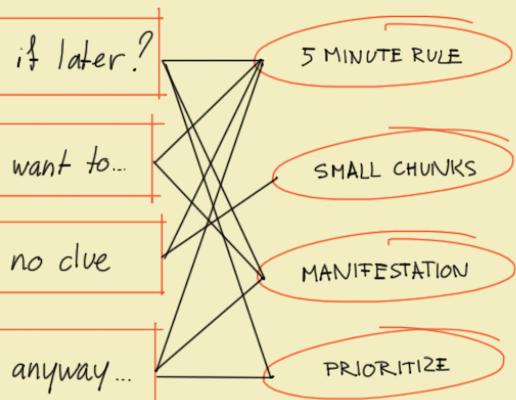
5 minute rule

And last but not least, the 5 minute rule. Sometimes, you just really don't feel like working. Your whole being is repulsed by the work you need to do, but you still need to get some stuff done. The trick with this is to give yourself a certain time frame of commitment. "I will work on this for X minutes, if it doesn't work I can quit after that." This X amount of minutes is completely up to you, it can even be as small as 5 minutes! Usually the most difficult thing is to start. Once you have opened your computer or gotten all the things you need ready, it will be a lot easier to keep working on it!

Hopefully these methods will help you get started on your work a bit earlier than you usually do! But don't forget to take breaks every once in a while. After working you deserve it! And if you just can't seem to get your work done one day, don't worry. You are no robot (yet), so you need breaks.

Good luck!

¹. Zarick, L.M. & Stonebraker, R. (2009) I'll do it Tomorrow: The Logic of Procrastination, College Teaching, 57:4, 211-215, DOI: 10.1080/87567550903218687



**JUST
GIVE
IT A
TRY**

“If all else fails, I can always resort to going into prostitution”

“A little nuclear radiation never hurt anyone”



“I don't want to create, I want to destroy”

“If this situation goes on even longer, either the government gives up, or we do.”

“First to get this to work, we need to get Magnus into orbit”

“You actually have legs!”

Question in survey: ‘Do you feel at home on your study’
“I do all study work at home, of course I feel at home!”

“I never use my common sense”

“Your singing has the lag of a Discord channel”

This year of only seeing each other online has been quite the challenge. Luckily there have been some points of light in all the darkness. Some of them were the online activities organized by several committees, others were the challenges posted on the Instagram account of Confluente. But the most casual points of light were the quotes of our dear Confluente members. These quotes were taken completely out of context and then put in the associations groups chat, the Quote of Confluente. Without these dearly beloved quotes, our days would have had a lot less light in them. So, we thought we would share some of these points of light with you. Enjoy!

“I mean fair,
Antarctica
looks like an
elephant”

Quotes of Confluente

“[the coronatest] will
give you a feeling you
have never felt before.”

“I’m just waiting for the
election, because it’s like a
trailer for the new season of
the US”

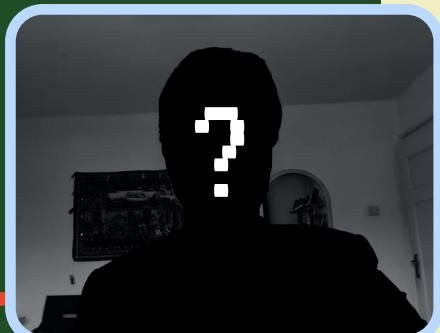
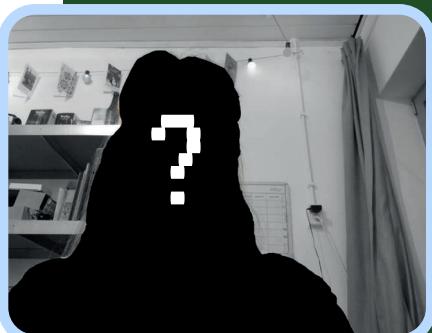
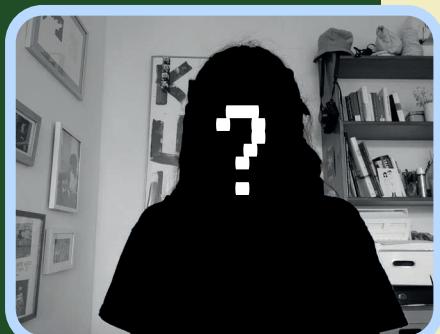
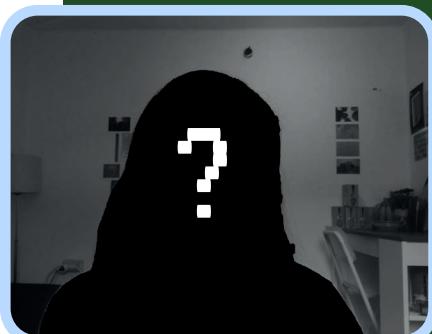
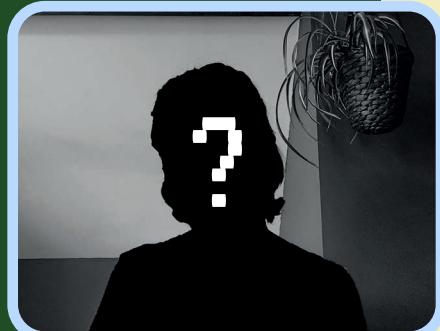
“You can’t
unf*ck the
dragon!”

“I will take my
head off. It’s
worthless anyway.”

This could be you!

Would you like to work on the next issue of Context? Are you interested in coming up with merch designs for Confluente clothing, accessories and more? Do you have any other cool ideas to promote Confluente?

Join the PR Committee!



We would like to thank Mark Bentum, Andreas Panteli, Jaer Mertens, Marijn Stijvers, Magnus Frankevoort, Paulien Teuwen, Eileen Westerga, Mihai-Dragoş Ungureanu, Arthur Kernkamp and Marco Pleket for the interviews and for answering all our questions.

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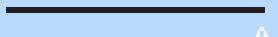
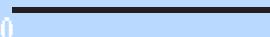
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H.S.A
Confluente