OFFICIEEL ORGAAN DER GRONINGEN STUDENTEN ALPENCLUB



ZIGZAG

YEAR 52. EDITION 2

©MS

JUNI 2026

Port Betaald postnl

GRONINGER STUDENTEN ALPEN CLUB

Trainings

Chris training

Monday 19:45-22:15 @ACLO

Jelmer training

Wednesday 18:15-20:15 @ACLO

Jaap training

Thursday 18:30-20:00 @ Apex, 2nd and 4th week of the month

Unofficial sunday training

Sunday 18:30-21:00 @ACLO

Membership

Membership runs from *January 1st to December 31st* and costs 45 euros. Cancellations (before November 30th), address changes, and donor memberships should be reported in writing to the abactis.

Practical Info

Postal adress

Blauwborgje 16
9747AC Groningen

Equipment shed

Adriaan Pauwstraat
68-78, hok 152

NKBV library Paterswolde

Wednesday 19:00 - 22:00

Bank accounts

NL94ABNA0555354520 (general)
NL49ABNA0555355330 (weekend)

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ACLO open hours

Monday 18:15 – 19:45
Tuesday 18:30 – 20:00
Wednesday 21:30 – 23:00
Thursday 18:15 – 19:45



Creator of the ZigZag logo: Maeve Smits



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Hey there,

What a pleasure to see a brand new ZigZag on your doormat isn't it? I sure am curious what linguistic masterpiece this revamped committee has got in store for us.

With this new edition you also get to hear me ramble on in this editorial for the first time, which i hope you'll like since there will be plenty more of that this coming year :)

With the college year coming to an end for most of us and temperatures rising I hope you are as excited as I am to touch grass, rock, and water for 2 months again before life goes on again. I hope to see a lot of your faces at the last of this years activities (and after summer of course)!!!

Much love,

Kasper Alstein

Hello lovely GSAC people!
The sun is shining, temperatures are rising, and summer can officially begin! While you might have been busy studying for your last exams or working your behind off on your thesis, we've been stuck inside creating the latest ZigZag for you!

As the weather is getting better, you might already be daydreaming about the upcoming summer week... I know I am! And what better way to enjoy yourself during the long car ride to the Alps than by reading the latest ZigZag?! (Or you can read it all on the day it arrives in the mail, that's really up to you...)

We hope you enjoy this latest issue, and we hope you all have a wonderful (and safe) summer!

Lots of love,

Nynke Bijlsma

De Toeter

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TOETER BOOTJE HUREN?



ELEKTROSLOEP
GROEPSRONDVAART
PROEVERIJ AAN BOORD

SCAN HIER VOOR MEER INFO.

CAFE DE TOETER .NL

Meet the new ZigZag-Members!

Amarins, Emma & Twan



Amarins

Hi everyone,
My name is Amarins! I am 21 years old and currently in my third year of the AOLB where I study to be a primary school teacher and pedagogical sciences as well.

After moving to Groningen from Friesland 1,5 years ago I wanted to join a student association. I climbed a handful of times with my brother and followed his advice to join the GSAC last september. Lesson learned: you should always listen to your big brother! I even had such a good time that I decided to join a committee: I have been a GSACtief member since November. So you might have spotted me at the activities before :)

Apart from climbing, I enjoy dancing, reading and am a chronic binge watcher of movies, series and documentaries as well.

After I got asked to join the ZigZagCie as well, I didn't hesitate for a moment. As a primary school teacher to be, I like being creative. I hope you all will enjoy my contribution to the ZigZag :)

Emma

Hello!!
My name is Emma, I'm 22 years old and currently in my fifth year of studying in the beautiful city of Groningen. Although I've been living in Groningen for quite some time now, I originally come from the Achterhoek, from a (medium-sized) town called Doesburg.
I've been a member of the GSAC for almost 4 years now, and I've been active in several committees. Most recently, I was part of the LustrumCie, and I'm currently also active in the IntroCie.
During my first years at the GSAC, I was more of a 'gezelligheids/borrel' member than an actual climber, and you've probably seen me a bit tipsy (/drunk) at one of the GSAC parties.

Buuuut, everything in good time! Since this year, I've started taking the sport a bit more seriously again and try to attend training twice a week. This has also been a great motivation to become more active within the association again, after Nynke and Ben convinced me during a training ;)

Besides the GSAC, I'm also active in my study association ODIOM, where I did a board year. I'm currently a member of the faculty student council as well. I'm still (still...) in my Bachelor's in Pedagogical Sciences, but hope to graduate next year.

Looking forward to wrting great stories for you all!!

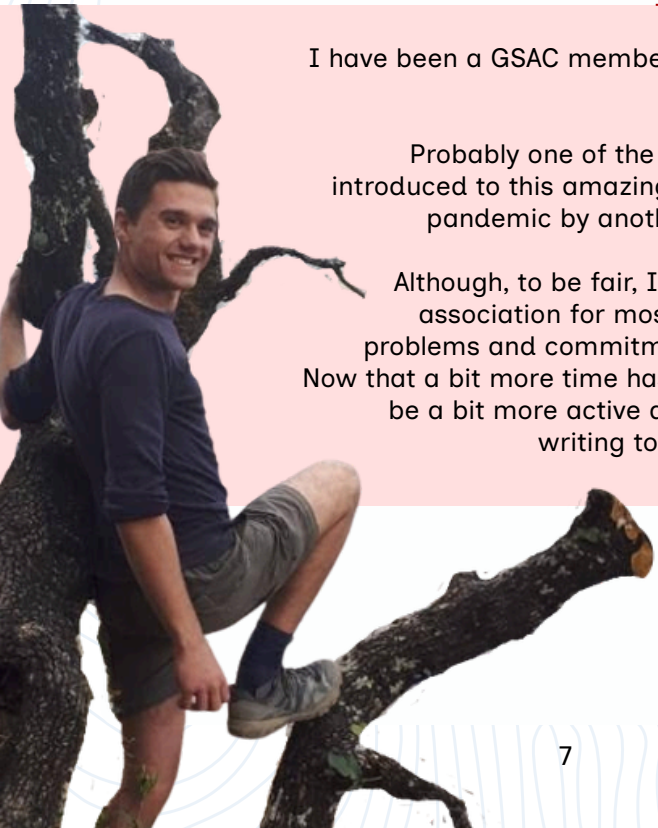


Twan

My name is Twan Volmer.
I have been a GSAC member since 2021 and have been climbing ever since.

Probably one of the older members at 27, I was introduced to this amazing association right after the pandemic by another longtime member, Joep.

Although, to be fair, I wasn't terribly active in the association for most of that time due to health problems and commitments at other associations.
Now that a bit more time has opened up, I am happy to be a bit more active at GSAC and put my love for writing to use in our amazing ZigZag.



OBSESSION

By Ben and Amarins

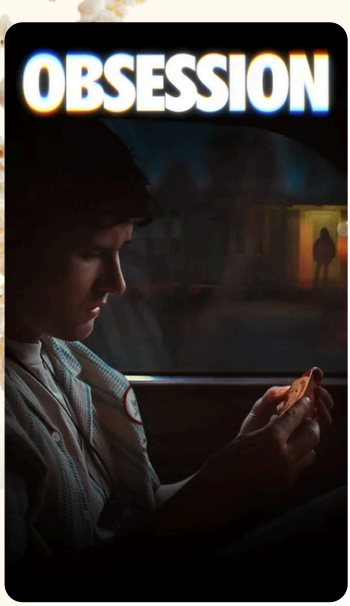
Obsession is a horror thriller movie about a wish gone wrong – or about a wrong wish?

It follows Bear, a young man with a big crush on his coworker and friend, Nikki. After finding a one-wish Willow (check out the website) and failing to confess to her (him being a fucking pussy is a returning theme of this movie) he wishes she would love him more than anyone in the world. Unfortunately for him, his wish is granted.

A really strong part of this movie is that it understands not just the horror of an abusive relationship and the titular obsession, but also the horror of that one guy in your friend group who likes you a lot, but you don't like him, but he's part of the friend group, and he is your friend, but he keeps trying to get you alone. *Horrifying*. It also understands how scary a smile can be...

One reason that this movie appealed to me (**Ben**) specifically, is that I don't like romance movies. At the start of this movie, Nikki makes a distinction between romances and love stories. To me it seems like this is done because romance is a limiting genre, that requires the presence of certain plot beats (meet-cute, conflict, happy ending) to work, and will frame anything, no matter how horrible it would be in real life, as romantic. Like watching you sleep. A love story is a story in which love happens, and it can happen in any way, shape, or form. This makes it much more real. (If you watch the movie this will make sense and sound deep even. I promise.) This movie leans into this with glee.





Normally I (**Amarins**) don't like horror movies because they result in a lack of sleep for me. Unfortunately I think that this movie will have the same result as I found it horrifying. I did, however, enjoy this movie. There were so many aspects that were really interesting and kept me hooked while watching. Can't say the same for Ben as he was playing games while watching, because he was too scared to focus on the movie alone. (pussy). My brave ass had my eyes glued to the screen (with my hands in front of them from time to time).

One thing that really united us in watching this movie is that we really wanted Bear to kill himself every step of the way. We also agreed on the fact that the acting was absolutely phenomenal and the actress was absolutely stunning. Ben was really a fan of the gore in the movie, Amarins however was a big hater. Amarins did pretty okay with the jumpscares (apart form some screams) and Ben was a hater on that aspect. So together, we'd say we fully watched the movie. We are also very glad that this movie was from Bears perspective, we imagine that it would be worse if we saw it from Nikki's point of view.

Overall, good movie with a lot of thought behind it. The symbolism was a great aspect of this movie that kept us talking about it even after we were done watching.

Ben: 8.5/10

Amarins: 8/10 (just cause I'm not a fan of horror).





Dinner Interview

Special guest: Kasper Alstein

On a very rainy afternoon in May we (Amarins, Twan and Nynke) are welcomed in the cosy and warm (physically) home of Kasper, our beloved Praeses! As we help Kasper set up the table, we can smell the delicious cookeries that are going on in the oven.

What music do you like?

Now I listen to a lot of rock music. For a while i listened to al lot of 90's hiphop, and i've listened to a lot of reggae. My favorite band is probably Three Doors Down.

When did you join GSAC?

I joined in 2024. I had been bouldering and wanted to do dome more sportsclimbing, and also was still a student. So I thaught: why not? I have been climbing less since I'm a board member, but I would like to be doing some more climbing.



Rating:

***Nynke**: a big rainfall on a hot day out of rainy days*
***Amarins**: 8,5/10 teenagers out*
***Twan**: good enough it's worth the stomach problems (he's lactose intolerant...)*



What is your favorite knot?

A bowline, for sure. No doubt in mind. you can whip what you want, but you can always untie it!



If from whis day forward you were only allowed to eat one dish, what would you choose?

Hard one, hard one. I think a falafel wrap with cottage cheese and harrissa. That's the shit!

Is there a food that you really hate?

I think tofu is really disgusting. I'm a vegeterian in heart and soul, but tofu is just terrible.

What is your favourite fruit?

Cherries.

If you were a climbing material, what would you be and why?

A tiblock. I don't do things very often, but when I do, I do them well and they are necessary.

main course:



gnocchi with a tomato and cream sauce

Rating:

***Nynke**: Tiblock out of climbing gear*
***Amarins**: 8/10 pitches in a mp*
***Twan**: definately worth the stomachproblems*

What is the correct way to size your climbing shoes?

"Klein maar fijn". "the smaller the better"

What was you favorite party of last year?

Either the lustrum opening party or the last party before the summer of 2025, the endparty.



WHat are your climbing ambitions?

Hmmmm... There's a couple of things that I find exciting. A deep water solo is definately on the list, as well as a big wall climb.



What'sthe most pitches in a milti pitch you've ever done?

Three...

Why did you want to do a boardyear and when did you know you wanted to do one?

Because it seemed like fun! I can't remember when, I think in the end of December. Somewhere around November I was thinking about whether it was an impulsive bad idea or not... Turns out it wasn't!

You've been nominated by Nina, and her question for you is:

"What is the most fun GSAC weekend you've been on?"

Base weekend in 2024. We were with only 9 people and had a lot of fun. Also there were long singlepitches which I really liked.

Who do you want to nominate?

I'm nominating Nadia, and my question for her is: "How many hours do you spend knitting per week?"

Rating:

***Nynke**: Cherry out of fruits!*
***Amarins**: Suske and Wiske from stripbooks (my favorite)!*
***Twan**: I'm speechless. (absolutely worth the stomach problems!)*



Dillemma's

Legs as fingers	**Fingers as legs**
Climbing in the rain	A puddle underneath your tent
Climbing	Bouldering
Alpine tours	Multipitching
Grigri	**ATC**
Climbing	**Sailing** (Shame!)
White wine	**Red wine**
Coffee	Tea
Sneezing glitter	Farting confetti
Suske	Wiske

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More items on the website: **gsac.nl/promotie/merch**

Chocolatierlist

By Ben and Amarins



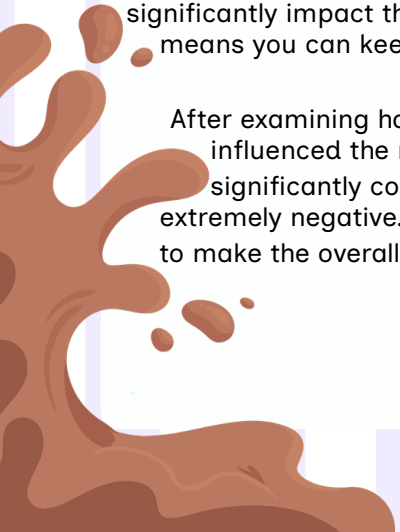
Every week during the GSACtief meeting, one of us brings two chocolate bars for our legendary chocolate tasting. We then proceed to assess these bars on a couple elements: price, flavour type, fairtrade cacao, sugar content, slavery, suckleability and our overall rating of the bar. This all with the purpose of testing a couple of hypotheses.

1st hypothesis: *a higher sugar content equals a higher rating.*
2nd hypothesis: *a higher price equals equals a higher rating.*
3rd hypothesis: *the use of slavery equals a higher rating.*

To be able to generalize our results, we made sure that our researchers differed each tasting. This will ensure that no personal biases influence the results too much. After carrying out a logistic regression we found no predictor variables that significantly contributed to the average rating except for slavery: our own labour, which significantly and positively impacted the average rating of the chocolate (Janine and Amarins had made brownies that they coincidentally rated as a ten).

The fact that almost none of the variables significantly impacted the rating is not bad, though. The price of the chocolate did not significantly impact the rating at all, for example (p=0.9323), which means you can keep buying your cheap ass chocolate.

After examining how the presence of each GSACtief member influenced the ratings, we found that only Ben came close to significantly contributing (p = 0.0807), and he did so by being extremely negative. Only Natalia and Willem were positive enough to make the overall rating higher.





The results

If you made it through all of that, now let's get into the *real* results. Which ones were best in the test, and which ones were horrible abominations that were bad in every imaginable way?

The worst average rating was achieved by an embarassment to all of chocolatekind: the **Albert Heijn Cookies Cream smaak melkchocolade CRUNCHY**. Avoid this motherfucker when you see him!!! He's cheap and still not worth a single cent of the **€1.50** asking price. *Ew ew ew ew*!!! The texture is BAD. The suckle-ability is NEGLIGIBLE. The taste is AWFUL. *0/10 would never ever eat again*. YUCKY!!!!!
Amarins was cool with it though.

If there is a loser, there is also a winner! And our winner is... the **Milka oreo**, wahoo! Suckle-able, tasty, crunchy and a little bit of *slavery*. Milka has no anti-slavery certification of any kind, which is crazy!



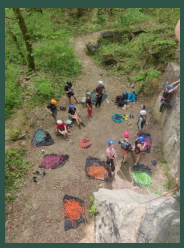
Second place is a less sweet alternative, the **Céréal pure,** which is not too bitter, but just bitter enough to be enjoyable.

Neither of us (the writers of this article) have tasted the Luftschokolade Choceur, but we have to assume it's good based on the ratings of GSACtief. **Now go forth and taste your own chocolate!**















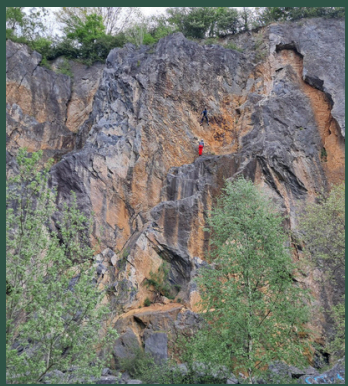
Avalonia Boulder Weekend and Sauerland Single Pitch













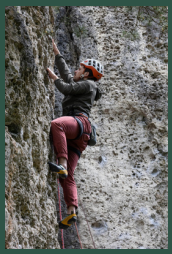








Frankenjura and Dave/Yvoir multi Pitch







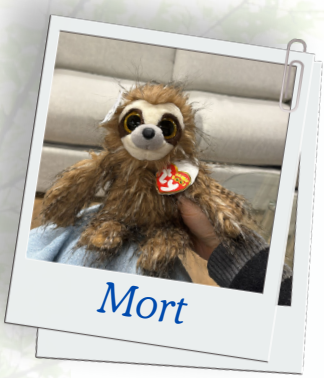












Mort

Morts adventures

By Amarins

Hello everyone, my name is Mort! At the start of this year I was rotting away in a thrift shop until Kathi (my lord and saviour) adopted me to be the mascot of the GSACtief. Since then I have been enjoying many adventures.



Lustrum Gala

My first adventure was at the lustrum gala. I had the best spot and got to be in Sams breast pocket. This was also the first time I got to know the beauty of *alcohol.* As you can see in this picture, I enjoyed my fair share of beverages. And apparently my carriage did as well cause at the end of the night he was not in his right mind anymore. He dropped me on the sticky floor and forgot about me!!! Luckily, Willem saw my sorry ass and picked me up from the floor and brought me home.



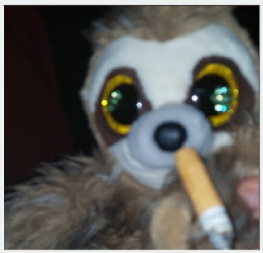
At the gala

Cocktail night

I thought life would get so much better after that but I did not get to be that lucky. I was put away, face first, in a shelf. For weeks... That was until the GSACtief decided to have a fun cocktail evening at his place. I was hearing all their gezelige vibes but I was still lying there, all alone... Until I got noticed and was picked up by a very drunk Amarins. She decided that this wasn't to be my destiny and got me back into the game. The **GSACtief** showed me more lovely drinks (multiple cocktails and shots, which I really regretted the next day...) and even gave me a cigarette, such bad parents...



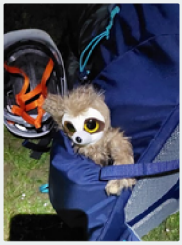
shots, shots, shots!

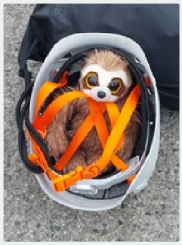


have a light?

Climbing weekend

Amarins took me home with her and on my next adventure as well. I got to go on my first climbing weekend! The second single pitch weekend to Sauerland was blessed by my attendance. Most of this weekend I got carried in a lot of different stuff: backpacks, helmets, climbing harnesses and of course lots of different people. After spending a weekend in the German nature, chilling in the back of Amarins' harness, we made our way back to the Netherlands. Having a pit stop with good pizza of course.









Summer Camp

As a core GSACtief member, I of course joined the GSACtief summer camp in June! This weekend was filled with activities that students in groep 8 would typically do on a summer camp. As I am a sloth, I didn't go to elementary school and thus had no idea what we were going to do. The participants gathered at Groningen train station and made their way to the scouting terrain. After getting there, we immediatly started our first activity: a dropping! One team brought me along on their search for the campsite. Luckily everyone got back safely after 3 hours. After a good night sleep, we did some morning yoga and arts and crafts. We spend the day playing games and a bonte avond with drinking games!



bedtime story



Of course you want to join me in the Gsactief as well. We are searching for people!

gsactief@gsac.nl



cheers!!

Woordzoeker

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

ABSEILEN CRUX DYNO FLASH GRIGRI KARABINER LIFELINE MULTIPITCH OMBOUWEN OVERHANG PARTNERCHECK PIAZZEN POFZAK PROJECT TOPO TOPROPE TRAVERSE UNDERCLING VOETFOUT ZEKERAPPARAAT

Temporary Lives on Limestone



Following the winter sun south to Costa Blanca



During the Christmas holidays, my climbing partner Kismat and I spent two weeks travelling through Costa Blanca with a rented scooter, overloaded climbing bags, and the vague ambition of climbing as much limestone as possible before returning to the Dutch winter.

For most of the trip, the plan worked surprisingly well. Most mornings began with coffee and supermarket bread before we packed our gear and rode the scooter to another limestone crag.

Over the following days, we climbed around **Sella, Echo Valley, Guadalest, and Calpe,** chasing sunshine and dry rock while northern Europe faded from our minds.

Some days felt effortless. In Echo Valley, we climbed high above the Mediterranean under clear skies. Others were more challenging. At Serra de Toix in Calpe, poor bolting turned beautiful routes into a mental test.By the final climbing days in Sella, climbing had already started to feel less like a performance goal and more like a temporary way of living.



That morning, I ended up climbing together with two Austrian climbers. Their climbing level was the highest I had ever seen in person. They climbed difficult routes with a kind of calm precision that made everything look strangely simple—no dramatic shouting, no frustration, no obsession with grades.

Watching them was both *inspiring* and slightly *unsettling*. Until then, I had treated climbing mostly as a personal challenge: finishing routes, improving grades, avoiding falls. But these two climbers approached climbing differently. They seemed completely comfortable with uncertainty. Falling was normal. Failing routes was normal. Bad conditions were normal. *Nothing became a crisis*.

At the time, I thought the trip was already ending. The following day, rain arrived over **Costa Blanca** and cancelled our final climbing plans in Finestrat. Instead, we wandered slowly through town beneath Puig Campana and eventually stopped at a small restaurantwhere we had very salty paella and sangría, served in quantities large enough to make the walk back slightly unsteady.



clouds over Costa Blanca



very salty paella

Meanwhile, news from the Netherlands was becoming steadily worse. A major snowstorm was spreading across the country, disrupting trains and causing widespread flight cancellations at Schiphol Airport.

Just after midnight, in our small Alicante B&B room, Kismat woke me up. “Our flight is cancelled.” Within minutes, we were both searching for alternatives. Rebooking through Barcelona looked risky, so we settled on a more complicated plan: take the earliest possible flight to Hamburg, then cross northern Germany by train and bus back to Groningen.

At one in the morning, I rode our rental scooter through cold rain toward Alicante airport to return it. After dropping the key into a return box, I found a quiet corner inside the terminal and tried to sleep for a few hours. When I finally woke up again, boarding time was approaching rapidly. My phone was full of missed calls and increasingly desperate messages from Krismat, who had apparently searched almost the entire airport looking for me.

What followed was probably the most stressful hour of the trip. We repacked luggage, rushed through check-in, sprinted across the terminal, and boarded just before the gate closed. After takeoff, everything finally became quiet. When I woke up, I was met with an amazing view. After the chaos of the night, this view felt unreal.

From Hamburg onward, trains were delayed, as expected. Somewhere near the Dutch border, we were waiting in snow and freezing wind for the next connection back to Groningen. All of a sudden, my overloaded luggage bag suddenly tore apart completely. At that point, neither of us could even be properly frustrated anymore. We simply laughed.

Somewhere during the journey back through snowstorms, delayed trains, and broken luggage, I realized the Austrian climbers in Sella understood something I didn't yet understand at the beginning of the trip: *Not every problem needs to become a crisis*.



Rain comes. Routes shut down. Flights get cancelled. Trains are delayed. You adjust, deal with the situation, and keep moving.

Eventually, we crossed back into the Netherlands and arrived at Groningen Central Station late at night. After two weeks of limestone cliffs, airports, snowstorms, and endless transit, the warm yellow station lights felt unexpectedly comforting.
We split the luggage, unlocked our bicycles, and rode the last quiet miles home through the cold.



a freezing white trainstation



BATA VIEREN RACE



25 ETAPPES

175 KILOMETER

By Twan

This year once again we at GSAC participated in the worlds largest student relay race: The 52th Batavierenrace. Always an incredibly fun event that pretty much anyone in GSAC who ever participated would more than recommend for anyone to participate in. In 25 legs, ranging from 3.5 to 10.6 kilometres, we crossed the distance between Nijmegen and Enschede. Some things went exactly as planned, some most certainly did not. But at least our rented van didn't end up stuck in a ditch like what happened to Maastricht's gymnastics association...

That isn't to say we didn't have any problems of our own. We had to deal with the first "*keys fiasco*":
when the afternoon runners took over from the morning crew a cascade of misunderstandings and forgetfulness resulted in the keys to the van going along with the morning crew back to the campsite. We were rather lucky that Kasper had come with his own car and was kind enough to tell us where to find his keys so the keys to the van could quickly be delivered back to where they were needed.

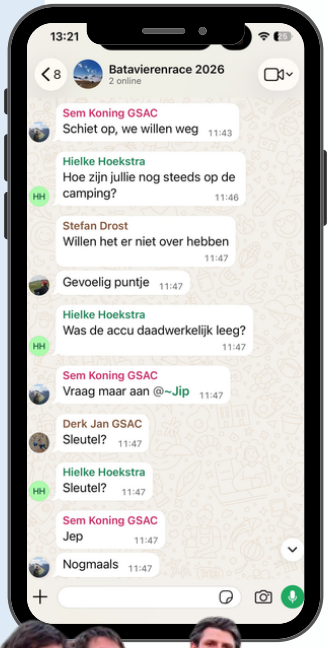
You can find the results of GSAC by scanning this QR code:



Our final runners did so well!

There also cannot be a Bata without the party at the end. Which we started of with an amazing BBQ organised by our colleagues at TSAC. Which was fully worth the price with the sheer quantity and quality of food they served up for us.

This was also where we ended up hearing that unfortunately this year we at GSAC had the slowest total time of all the participating SACs, despite everyone's great efforts. With the USAC winning out for this year. It will be up to us at GSAC to regain our honour next year and win this time, or at least not come last again...



Right after that there was still the giant party that was organised on the UT campus. Though some of us, including the writer of this article, decided enough was enough and that we solely needed some sleep. Which came in rather handy for those lucky few right the next day when it turns out the organisers had arranged a for full brass band to show up on the sports field we were camping out on to wake everyone up.

At the end of it all everyone still ended up having an amazing weekend. Despite once again the van keys not being where they were supposed to be as we wanted to leave back to Groningen, and Kasper had to turn his car around to deliver them back once more.

Niels had the best view at the party!

quotes

Joost: “de pyramides zijn vierkant, dus misschien heeft iemand achteruit moeten inparkeren met een dromedaris”

Natalia: "Oh this one only has one ball... :(“

Maaike: "Ik houd meer van plaat dan van jou"

Jochem: "ik houd van klonten in mijn drinken"

Hayden: “ik kreeg altijd zweepslagen van m’n zusje, met haar konijn”

Maeve: “Ik hou van gras drinken”

Danaya: “De IUD is zo mooi!!!!”

Defne: “I saw so many balls yesterday, it wasn’t a great sight”

Willem: “mijn flabbers zijn gegast”

Tieze: “ik heb echt een hoop spleten gehad waarvan ik dacht: mijn vuist is hier niet groot genoeg voor”

Sem: “soms vind ik heel nat ook nice”

Joost tegen **Mar**: "kern, maar niet hard"

Tieze: “billen kun je trainen, tieten zijn cultuur”

Joep: "Wie zijn billen brandt moet de noten eten"

Nynke: "doesn't matter which hole"

Floor: “Als je X gebruikt hebt voelen wel meer dingen lekker in je mond”

Joost: "Tot de schijt ons doodt?"

Nynke: "gebruik me zoals je chatgpt gebruikt"

Derk Jan: "Ik ga niet door de knieën voor Willem!"

Derk Jan: "Ik vind back-seat klimmen net zo leuk als normaal klimmen."

Ben: “Met een keeper in het goal kun je nog steeds scoren”

Sybrand: "Dit is een hatecrime"

Sybrand over bakboter: "Het is scam in een flesje"

Niek: "die lustrummerch is niet het enige wat in mijn kelder zit"

Sam: "Also I've used my fingers before"

groupchat

There now is a “Quotes” group chat in the GSAC WhatsApp community!! :0

It’s a ‘*be there or be square*’ situation: you don’t have to join! But: if you find yourself around really funny GSAC people on a regular basis, and you want to let GSAC know how funny these people are (or how stupid), you can now send them in the group chat!

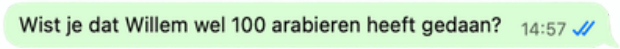
We thought this might be slightly more efficient than our old system of looking up who’s in the zigzag committee, finding their number, sending them a message, and hoping for the best...
Now don’t worry, you’re not just sharing the quotes (AND wist-je-datjes): we will still put your funniest quotes and Wist-je-datjes in the zigzag!

How it works:

1. surround yourself with fellow GSAC members
2. Make sure they say something funny (they tend to be naturally funny)
3. Open the “Quotes/Wist-je-dat” groupchat
4. Send in the quote like so:

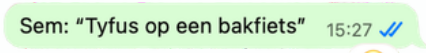


5. If it is not a quote but a “Wist-je-dat”je, send it in like this:



Some Don’t ‘s

1. *Anything other than a quote or wist-je-dat’je!!!!* You can always respond with an emoji, like so:



2. Do we really have to tell you to keep it respectful and keep racism, bullying and shaming other people out of this chat? Don’t think so, right?

Partying with Ben







It's probably happened to all of you: you're mutely standing in the corner of the party, lukewarm beer in hand, looking at me tearing it up on the dancefloor, wondering: how can I have as much fun as him? After reading this guide, you can stop wondering.

1. Drinks, drinks, and more drinks. All good things come in threes, and it's the same here. Move over father, son, and holy spirit: a new holy trinity is hitting the town! The drinks are as follows: pre-drinks, alcoholic beverages, and water. The pre-drinks (BYO friends) will get you in a great tipsy mood, and are one of the most memorable parts of the evening (because afterwards your memory gets hazy...). Be like 2026 Ben: comfortably tipsy, and not 2022 Ben: drunk out of his mind and throwing up all over Den Helder. The water is there to keep the hangover at bay for the next morning, so start **hydromaxxing**.
2. Dancing. You don't have to be a good dancer (I'm not!) but you should be an *enthusiastic* dancer. I happen to be in a basic bangers bootcamp (full-time factory work, radio on full volume) most summers, but you, too, probably know some Lady Gaga. Don't take yourself so seriously! No one cares if you look ridiculous, because everyone is currently singing '*Noodgeval*' out of key and stepping on each other's feet.
3. Okay fine, yes, I'm aware my reputation at parties is not for drinks. And I know it's not for dancing. Not even my sparkling personality. You rizzless chuds want to know how to go about *seducing* one (or more) of the pretty, friendly, lovely GSAC people present at these parties. I refuse to become a cringe manosphere influencer, so I won't give you a play-by-play of how I flirt, nor of how I kiss (only one way to find that out ;)), but I'm completely willing to give you some tips:



Partying with Ben

Just the tip(s)

1. Be prepared for rejection. I don't mean to say that you don't stand a chance so you'll be rejected anyway. I mean that if you do get rejected, and it happens to everyone, it's really not a big deal, so you shouldn't treat it as such. I think it's more important that people can easily say no to you than that they can easily say yes to you.

2. Ask first. Body language and eye contact can only get you so far, and a misunderstanding can happen really easily. Saying 'can I kiss you' (or 'may I kiss you', if you're a nerd) takes you 2 seconds, and gets you either a confirmation (yay! nice to be sure, isn't it), or a 'no' (as mentioned, not a big deal. And aren't you especially glad you asked first?).

3. Don't be too scared to approach someone. Say, you're having fun, tipsy, and suddenly it hits you: wow it would be really fun to kiss someone right now! You're not that special: it's probably happening to hundreds of GSAC'ers across the globe. See if some cutie is throwing a lot of looks your way, and if they are, dance your way on over and let the magic happen. (Remember: if they happen not to want you they can just reject you. Boom! Problem solved.)

4. Perhaps it's obvious, but all these tips are for a casual fun makeout on the dancefloor. If you want to start a serious committed monogamous relationship or something boring like that go to 'Partying with Kathi' or something idk.

5. Always remember to, like me, exude pure unfiltered sex appeal!

What climbing material are you?

START HERE

Do you mind a crowd while climbing?

I don't mind!

I do, leave me alone!

Are you a loud climber?

YES

no

Are you usually the elephant in the room?

No

yup

Are you secretly lazy?

Nope

hmmhmm

Do you prefer bouldering to sportsclimbing?

Yes!

No!

Are you climbing without a shirt?

Yes!

No

Do you use excessive amounts of chalk?

No

yeah...

Do you mind falling?

Uhhh

No

yes

Are you working really hard?

Are you really encouraging towards your climbing partner?

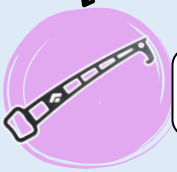
No

Yes of course!

Yes

I'd like people to think I am..





Are you a bit awkward?

Do you always bring to much gear?

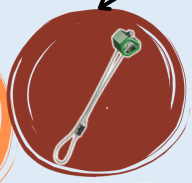
yEah

No

No

yeah







Are you an alpinist?

Do you whine a lot?



Duh!

No

No

pfff yeah but...







DJ's head for reference

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Derk Jan Weening
Sara Mijnheer
Niek van den Berg
Sem Groenendaal
Vincent Talen



Life is not a toprope...

Klimcentrum Bjoeks, www.bjoeks.nl
Sportpark Kardinge