

Port Betaald



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BULLETIN

Beauty



COLOPHON

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EDITORS

Lin Hovenga, Mandy Huibregtsen, Anouk de Jong and Emma van der Plas.

LAY-OUT EDITORS

Anouk de Jong.

THIS EDITION'S CONDRIBUTERS

Lotus Bueno de Mesquita, Claire den Helder, Lin Hovenga, Mandy Huibregtsen, Anouk de Jong, Max Kortekaas, Marta Mas Castella, Emma van der Plas and Jentje Zaal.

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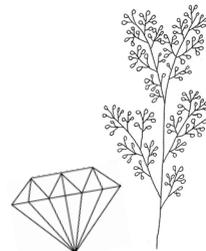
EDITOR-ADDRESS

Study association Itiwana
T.a.v. Bulletin-editors
Wassenaarseweg 52
(Kamer SB07)
2333AK Leiden
Bulletin@itiwana.org

BEAUTY

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Editorial

When most people think of beauty, they at first think of the stereotypes that come with the word. Fashion models walking on the runway during New York Fashion Week. Images of perfection that are often inaccessible. People think of expensive jewellery and of designer clothes. People think of make-up and Barbie dolls. However, there is so much more to beauty than this.

Every person is beautiful in their own way. Beauty is diversity. Beauty is not perfection but can be seen in the imperfections that make us all unique. We chose the theme 'Beauty' to spread the message that you, the reader, do not have to conform to dominant ideas on this theme. You are perfect in your own way.

Throughout the whole issue the theme Beauty has been brought to the forefront. As is the case in every issue, you can read activity reports of Itiwana's activities and the most outstanding Iti quotes; you will find recipes that look aesthetically pleasing and are delicious; and you will find film and series reviews. In 'In the Spotlights' you can read an interview with our very own Claire on her blog and in 'Tea Time with', Emma has interviewed Marta. Last but not least, read some lovely pieces written by our members Lotus, Max and Jentje.

Do you want to write something for the next Bulletin? Send an email to bulletin@itiwana.org with your own submission, idea for an article, a random thought for the 'Pin Board' or a quote you heard. The theme for the next Bulletin will be 'Paradise', so don't hesitate to share your own tropical stories!

Have fun reading this issue and remember: you are amazing, you are beautiful and you are loved!

Mandy Huibregtsen
Editor-in-chief Bulletin 2019-2020

HITCHHIKE WEEKEND



By Lin Hovenga

This year, Itiwana and Djembé (the study associations of Leiden and Utrecht) teamed up to organize their first Hitchhike Weekend. Twenty eight students signed up. In the early morning on February 28th, everyone went to their starting point. Most couples started in Leiden or Utrecht. The committee had come up with a competition with certain rules and tasks to earn points along the way, for example: getting a lift from a car with a particular color or license plate; singing a song with the driver (with the driver!); riding along with a Tesla; ‘tapping’ another team and crossing the border to Germany first. While this resulted in a lot of fun and a busy group chat, most couples were not really concentrating on the tasks and just focusing on getting to Berlin. It required a lot of patience and waiting in the cold. Some people experienced a lot of stress, some not at all, some want to do it again, some never.



Safe to say it was quite the adventure for everyone, and an overall positive one. The winners of the Hitchhike Competition were Loes and Jodi, who arrived in Berlin around four in the afternoon. The last couple arrived

in the hostel just before midnight. There was a pool in the hostel! The rest of the weekend was pretty relaxed. Everyone was free to explore Berlin at their own pace and trace their own plans. At the end of the day on Saturday, there was a joint activity organized by the committee: a pub crawl. We visited two places in the area of the hostel. On Sunday, everyone traveled back to the Netherlands independently.

Some of the experiences of the lifters:

"There was a man who didn't understand the point of lifting voluntarily. He offered to bring us to the train station and gave us twenty dollars." – Linde

"We came across a jogger who thought we were running away from our homes." – Iza

"We had a ride from a man (businessman, as we coined him) and he was very enthusiastic and kept telling us to live our lives to the fullest, cause we were still young and that's the time to do whatever you want without having too many responsibilities, with this he provided us with some German sayings." – Anne & Rémi

"A Russian truck driver, who didn't speak a word English, told us that he moved to Germany 11 years ago for his ex-wife. They separated last year. He was hating on German truck drivers the whole time, because they never take lifters with them. He always welcomes lifters, even though it's illegal. Simultaneously, we were flipping through the pages of our German-Dutch dictionaries to start conversations." – Rune

TEA TIME WITH... MARTA



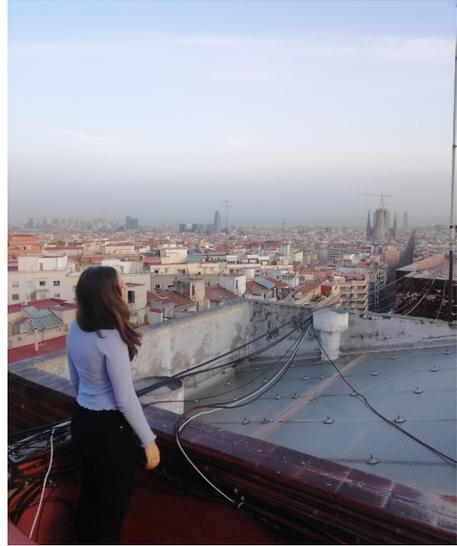
By Emma van der Plas

Could you tell me something about yourself?

Yeah! My name is Marta, I'm a first year's anthropology student and I'm 19 years old. I was born in Spain where I lived with my parents and my little brother until I was 7. Then, we moved to Japan where we stayed for 3 years and then we moved to Singapore where I stayed until I started studying here in Leiden.

Wow! You have lived in a lot of different places! Why did you choose to study here in The Netherlands?

I came here because of this university. I knew I wanted to study cultures, but when I looked into multiple studies, I did not see anything that I really liked. Then, I accidentally came across cultural anthropology in Leiden. This study was way more practical and international than the studies that I had looked into already. It was exactly what I was looking for!



Was it hard for you to adapt to this country?

Well, it's weird because I was born in Spain but I've lived in Asia for as long as I can remember. I've seen a lot of countries in Asia which is great but I haven't seen anything in Europe. I can adapt myself quickly but it still took a while to find a routine here. I want to make sure that there is one day in the week on which I do things that are not related to my study. I call my grandmother on Saturday's for example. I don't see my family very often so I want to make sure I can call them every once in a while. What I really like about the Netherlands is that it feels most close to home and that it is multicultural here. I don't feel like an exception or anything, also because there are a lot of other international students with the same stories as me.



Did you feel like you were an exception when being in Asia?

Well, I feel like in the Netherlands, there is a lot of body positivity. Most people don't pretend to be someone else and don't cover up their imperfection anymore. However, in Japan, this was a little different. I'm from Europe so I'm taller than most people in Asia, I was always standing above the rest together with fellow European students. There are little things different that made me aware of who I was as a person. People there gave me the feeling that everyone had to be this skinny white skin-toned person. But when you grow older, you realize that you should embrace your differences and show your personality.

Was this only in Japan or also in Singapore?

It was a bigger deal in Japan, but in Singapore there are the same body standards. Sizes are not made to fit curves. People there want to be perfect since it is a very competitive society. Once, one of my teachers told a friend of mine, who was muscular, that she was fat. She was not fat at all, very skinny actually, but since she did not look like the expectations, she was considered fat. People there want to make sure you're okay, so when they see something uncommon, they want you to be aware of that.

Do you think this will change?

There is a movement and I think they will eventually get there. For now, I'm happy to be in this open-minded university environment where everybody can be themselves.



RECIPE

RASPBERRY CUPCAKES

By Anouk de Jong

Ingredients

For the cupcakes

- ▶ 75g of butter
- ▶ 175g of sugar
- ▶ 1 egg
- ▶ 150g of raspberries (mashed and sieved)
- ▶ 8g of vanilla sugar
- ▶ 200g of flour
- ▶ 2 teaspoons of baking powder
- ▶ 75ml of milk

▶ Oven preheated to 170 °C

Method

12 cupcakes. Put the butter and sugar in a bowl and beat until creamy and fluffy. Add the egg and stir until it's smooth. Add the raspberry puree and stir until it is completely mixed in.



In a separate bowl, add the vanilla sugar, flour and baking powder. Add this mixture, while also slowly adding the milk, bit by bit to the butter mixture. Continue stirring until everything is mixed together and until you are left with a nice fluffy batter.

For the icing

- ▶ 125g of butter, softened
- ▶ 250g of icing sugar
- ▶ 1 tablespoon of milk
- ▶ One small drop red food coloring
- ▶ 12 raspberries

Put the batter into the twelve baking cups. Place the tray into the oven for 20 minutes until they are brown.

Let the cupcakes cool off while preparing the icing. Beat the butter in a bowl until light and fluffy. Carefully stir in the icing sugar and continue to beat for five minutes. Beat in the milk and food coloring. If you want, you can add a little bit of the raspberry puree to the icing.

When the cupcakes have cooled off, you can start decorating them. Either fill a piping bag with the icing, or use a small spatula or knife. As a finishing touch, place a raspberry on top of each cupcake.

RECIPE

HEALTHY SMOOTHIES: TWO WAYS

By Anouk de Jong

Tropical smoothie

- Coconut water* ◀
- Two handfuls of baby spinach* ◀
- 100g of chopped mango* ◀
- 50g of chopped pineapple* ◀
- 50g of chopped cantaloupe melon* ◀



Method

2-3 smoothies. Put the ingredients in a blender. Pour in the liquid until all the ingredients are submerged. If you want, you can use frozen fruits, but make sure your blender is suited for this. If your blender is having trouble, add some more liquid. Enjoy your healthy and delicious smoothies!



Mango & strawberry smoothie

- ▶ *Freshly squeezed orange juice*
- ▶ *1 avocado*
- ▶ *100g of strawberries*
- ▶ *100g of chopped mango*

QUOTES

"Chocolate is not a fruit."

"Yes, it is."

"I really don't have a neck."

"What if you get emotional while watching a film, or a close relative dying."

"Naked softball."

"I'm going to smell actively for a moment."

"My son calls me boomer but I'm not."

"God is Bourgeois."

"But no one ever promised you that research would be easy, so."

*"Life is not a f*cking party. Life is hard."*

"Onion intensity."

"If you throw this into SPSS, it'll get the hiccups."

"That was a joke. I'm very good at bad jokes."

*"My two year old nephew has a paper route.
He earns a thousand euros a month."*

THE JUDGEMENT OF PARIS

By Jentje Zaal



The Judgement of Paris by Rubens (1638-1639)

During the wedding of Peleus and Thetis on Olympus, Eris, goddess of strife, threw a golden apple on the table with the inscription "for the most beautiful!". The goddesses Hera, Athena, and Aphrodite all claimed their right to receive the apple.

When they could not decide which of them would get it, Zeus appointed Trojan prince Paris, who lived on the mountain Ida, to select who was the most beautiful. Together with Hermes, the three goddesses travelled towards the prince. Paris, however, had trouble with choosing between them. All three of them seemed equally beautiful to him.

Hera tried to persuade Paris by promising him the biggest riches and ownership over the whole of Asia. Athene promised him the best skills in war and great wisdom. Aphrodite named Paris the most beautiful young man and told him he deserved the most beautiful woman on earth. She promised to help him gain the love of this woman, Helen, the daughter of Leda and the wife of Menelaus, king of Sparta.

Paris chose Aphrodite because of her promises and gifted her the golden apple. From this moment on, Hera and Athena would forever be bitter enemies of the Trojans.

PINBOARD

What does beauty
mean to you?



a social construct

authenticity

accepting
yourself



How are you surviving the semester so far?

it shit

I'm so happy that I got to fulfill my lifelong dream of sniffing a station brick - thank you Mark!

breakdowns

already cried once

~~the thought of salvation~~



SYMPOSIUM

By Mandy Huibregtsen

On Friday the 31st of January Itiwana held their Symposium: Perspectives on Progress, in collaboration with study associations Symposium (philosophy), L.A.S. Terra (archaeology) and Sheherazade (Middle-Eastern Studies). The activity started around 15:25 with a short introduction by Itiwana's own Education Officer, Wouter, and then the first round began.

The Symposium was divided into four rounds and free dinner in-between rounds three and four. During each round there were one or two speakers from one of the fields of the studies. This meant that during rounds 1, 2 and 4 we as audience got to choose which lecture we would attend. I personally first attended a lecture by Arshad Muradin on the connection between religion and law in Islam. I then attended a lecture by Didem Yerli on the idea of nostalgia towards both the future and the past, connected to Turkish culture. Because both of these speakers were from Middle-Eastern Studies, it provided me with information on subjects I'd never heard much about. I found it to be very interesting to learn from Middle-Eastern Studies.

For the third round we could choose between a lecture by Martine Berenpas (philosophy) or one by Gerrit Dusseldorp (archaeology). I wish I could have attended both, because it would have been nice to get an insight into all of the fields present, but this wasn't possible.

I chose to attend the lecture given by Gerrit Dusseldorp on the development of modern humans. This definitely was my personal

favourite, because it was very interesting to hear that there is no gradual progress in human development. Evolution of humans is much more complicated than that.



After this round there was nasi for dinner in the main hall. The approximately 30 students and the lecturers all ate together. It was a very tasty, although a bit too spicy for my liking, dinner and there was more than enough food for everybody. We had about 30 minutes for this dinner and then the fourth round began. I personally didn't attend this last round because I had to help clean up the mess from dinner, which was a bit unfortunate. The last round ended at 18:40 and afterwards we all got together in the main hall again for drinks, crisps and some time to discuss the material.

Overall, I really liked the Symposium. The lectures I attended were all interesting and from what I heard of other students, the ones I didn't get to attend also were. It was a lovely activity, even though it wasn't as crowded as I'd expected.

MODJADJI

By Lotus Bueno de Mesquita

*she plunges down on ordinary souls
screams with thunder, punishes with
lightning
as her deluge descends down on him
his tears wash away in the gutter*

the modjadji or rain queen is the hereditary queen of balobedu, a people of the limpopo province of south africa. the succession to the position of rain queen is matrilineal so her eldest daughter is the heir, and males are not entitled to inherit the throne at all. the rain queen is believed to have special powers, including the ability to control the clouds and rainfall.



FILM REVIEW

LITTLE WOMEN

By Mandy Huibregtsen

Little Women (2019) is a film based on the novel of the same name written by Louisa May Alcott. Even though the classic novel was published in 1868, the story is still relevant to this day. Little Women in its essence tells the tale of what it is like to grow up and become an adult. It includes themes such as love, work and family that are discussed through the very different personalities, dreams and lives of the characters.



The main characters of the film are the four March sisters. Meg (Emma Watson) is the oldest sister, whose dream is to become an actress. Then comes Jo (Saoirse Ronan), arguably the star and heroine of the film, who's a talented writer and a rebel. She doesn't want to keep to traditional gender roles and aspires to provide for herself instead of letting a man do the work for her. Then we have Amy (Florence Pugh), the vain third sister who loves painting. She gets to travel to Europe to develop her skills and become a true artiste. Lastly, there's Beth (Eliza Scanlen), the youngest sister and the only one still living at home with their mother when the film starts. Like the others, she also has one special talent, which in her case is music. She's a terrific pianist and also the most empathic of them all, helping others whenever she can.

The film starts off in the present, with Jo trying to make a living with her writing in New York, while Meg is living with her husband John and Amy is in New York with aunt March (Meryl Streep). The story of the four sisters is told in two timelines, the present and the past, distinguishable by different colour schemes. The past has a warmer, livelier tone than the present. This seems to be because of a darker event that happens in the girls' present day later on the film, an event that turns the film from a joyful one to an emotional rollercoaster.



Between the wonderful acting done by the mostly female main cast (and shout out to Timothée Chalamet), director Greta Gerwig's eye for detail, the beautiful costumes (that even won an Oscar!) and the amazing cinematography, Little Women is definitely worth a watch. A story of love, growing up and rebelling against society's expectations, it's the feminist film of 2019 that does the original novel justice. It will make you laugh, it will make you cry and it will make you fall in love with every single character.

SERIES REVIEW

THE POLITICIAN

By Mandy Huibregtsen

The Politician, unsurprisingly, is a very politically-themed Netflix series created by Ryan Murphy (creator of Glee and American Horror Story). The series focuses on the life of Payton Hobart (Ben Platt), a wealthy kid whose life goal is to become president of the United States. Every season will center on a different political race Payton takes part in.

The two boys can't stand each other, but at the same time, they have a very interesting relationship. Payton is dedicated to win this race and receives advice from his best friends McAfee, James and Alice. He chooses Infinity Jackson (Zoey Deutch) as his vice-president. She is a cancer patient who never fails to smile, even though she is seriously ill (or is she?). Things very quickly turn bleak for Payton as something terrible happens to River and his girlfriend Alice (Lucy Boynton) takes over the race. Furthermore, Infinity turns out not to be who she says and believes she is. Payton goes to great lengths to win this race, but at what costs?

If you like both Glee and political dramas with some satire, this series is a great one! It gives you a look into American politics, discussing themes such as mental health, gun violence, and illness, with some musical moments in between. The acting of the lead stars is outstanding and really brings the story to life. This show is a mix of politics, some dark humor, and a teen drama. Sounds interesting? Go see for yourself and dive into Payton's exquisite story! It currently only has one season that is available on Netflix.



In the first season (released on Netflix on September 27th 2019), Payton is running against River Barkley (David Corenswet), an athletic and popular boy, for student body president.





IN THE SPOTLIGHTS



CLAIRE: AUTHOR OF BIJZONDER AUTO-IMMUUN

By Lin Hovenga

Let me introduce you to Claire van den Helder (23), the face behind the blog 'Bijzonder Auto-Immuun' and second-year Cultural Anthropology student. If you don't know her yet, you've probably seen her walking around the faculty. One day a week, she works as a student-assistant for Jasmijn Rana, and last month she came back from her Fieldwork NL trip. She lives an active life, but still wanted to make time to sit down and share the story behind her blog: a beautifully looking platform, where she gives her readers a look into her kitchen. Besides sharing food recipes, she writes about what it's like to live with an autoimmune disease. Her aim is to help and motivate people who are dealing with autoimmune diseases to improve their health. Claire was only 20 years old when she got diagnosed with not one, but two autoimmune (related) diseases: Endometriosis and Hashimoto.

At 20 years old, Claire started to feel so sick she had to drop out of college. At that time she was in the second year of Fashion Design at the Kunstacademie in Arnhem: a dream of hers. Due to extreme pain, fatigue and feelings of depression, she couldn't commit to the heavy workload of the programme anymore. After dropping out in Fall and getting diagnosed in January, she initially planned on restarting the second year in September. At the last minute (as in: the day before the new academic year) she changed her mind. She was afraid for a relapse and realized she still wouldn't be able to keep up with the workload. She moved back to the Randstad, and started looking for a study programme with a lighter workload. That's when she found out about Anthropology.



Even when it had become clear what diseases Claire was forced to deal with, it was still a tough challenge to find methods to make her feel better. Her medication didn't work the way it was supposed to, and apart from that she didn't get much information. And so she started searching herself, for as much information as possible and reading about experiences from others. She ended up making a transition to the Autoimmune Protocol (AIP) and Paleo (which she explains on her blog). They are quite similar, but AIP is more strict: you also leave out nuts, seeds and egg. Even though nutrition is an important aspect, both AIP and Paleo are so much more than just a diet: it's a complete lifestyle.

"If I'd cook for the whole week, I'd be in the kitchen for at least four hours, and I'd be doing ten things at a time: baking something, making soup, a stir-fry dish, taking photos for the blog". Though she's always enjoyed cooking, especially baking, she never would've imagined herself writing a blog about it. "If you would've told me to go gluten free a few years ago, I would have declared you crazy – probably since I have Belgian roots. When I started out with AIP, I didn't really know what I was getting myself into. I didn't think of it as the solution that would get me better." Eventually, it was her dad who motivated her to start a blog. There weren't many Dutch resources out there, most of it was in English, so she agreed and created the platform.

The original name of the blog was 'Pa pa paleo', but at a certain point Claire wanted to rename it. 'Autoimmune' had to be in it, so people could recognize what it's about. She added 'bijzonder' – which means 'special', or



even better: 'unique' – because it's a positive word and it implies that it doesn't have to be negative all the time. "People used to tell me how they like the positive character of my blog – that they like to see that I'm able to be active and energetic, regardless everything." Of course it's not all positive: moments of intense pain – especially during menstruations due to her Endometriosis, fatigue and feeling down are still part of Claire's life. She mostly notices such a bad phase in the morning, when she's unable to get out of bed, and when she finally manages to, she has to mentally push herself through every step: standing up, walking to the toilet, et cetera. Those periods can last for a day, but also for weeks or months. She doesn't hide this on her Instagram: she tries to show her readers the ups and downs. "People want to see a realistic picture of my life, and that also means opening up about when I'm not doing so well. People can relate to that more."

Yet, those lows don't hold her back to live her life to the fullest. She wants to make most out of it and is doing a million things at a time: cooking, baking, writing, watching series, reading stuff, looking up articles ("I'm also quite the nerd", she admits), being a moderator of an international Facebook group for people with Hashimoto. Her goals this year includes: more sports (she already started running), learn how to play the drums, get her driver's license and in April she starts with learning the Congolese language Lingala (her grandmother is from Congo). Her current anthropological interests are electromagnetic hypersensitivity and 'being ill'. "But my problem is that I find pretty much everything interesting, for example: power relations, racism and diaspora – because I'm part of that as well", she claims. Next year, she will be doing a minor about Western esotericism.



These are all big things, and a major change from her life in Arnhem a few years ago. "I hope people realize that being healthy literally grants you freedom. Without being healthy, you'll have restrictions causing you to be unable to do certain things. The smallest of things, that some people tend to forget: taking a shower, getting dressed." She then tells me that she views everything she is able to do now as a bonus, as something she should take full advantage of. She has started to appreciate her time more and wouldn't really put her energy in things she doesn't enjoy. "When circumstances slow you down to the point where you're not able to do the smallest of things, it makes you realize the value of the things you *can* do. Because that's a miracle."

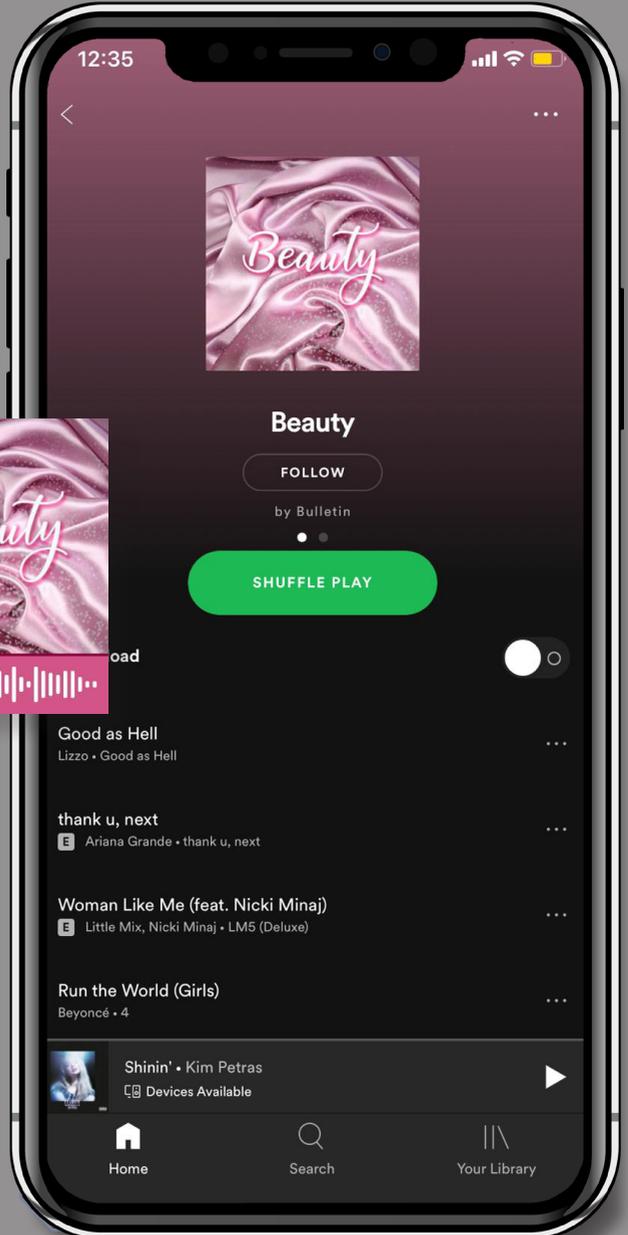
Go check out Claire's blog and Instagram account!
www.bijzonderautoimmuun.nl / [@bijzonderautoimmuun](https://www.instagram.com/bijzonderautoimmuun)

BEAUTY PLAYLIST

By Mandy Huibregtsen



Scan me!



NO PERFECTION, NO REJECTION

By Max Kortekaas

*Fuck this idea of how beauty should be
Fuck the fact that beauty is a wanna be*

*I see beauty in a plural form and not the kate moss kinda style
Because I think the human imperfections are more worthwhile*

*Leave the botox fillings in the face
Beauty not by colour of the skin or the features of your race*

*Beauty for me is the abstract
The one of a kind
The one when you are trying to sleep, still dazzles your mind
The one that stood out, in between the grey and vague
The one that is on top, maybe the cherry on the cake*



*The world is filled with plastic, not only in the sea
It is infested in our minds, the mind of you and me
We believe that everything can be fixed, with some small surgeries or fillers
To be honest, those interventions are the real killers
It makes everyone look the same at a certain point in time
However plastic, filtered clean is less perfection than the grime
Let's be real, leave those duck lips and the 'I need to be skinny' principle
The no mold society is in my eyes not unthinkable*

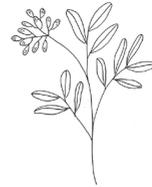
*Beauty is more
More of what is seen
Beauty is the shape of your heart and where you've been
I think beauty is in all of us, sometimes however never becomes clear
Because it is suppressed and fed with fear*

*'Those clothes are stupid', 'Your face is weird' & 'That hair looks dead and flat'
People listen to this kind of shit and that is really sad*

*Speak out
Not by sound
Show your feathers, wear your cloak
Be the one who is you
Oh yeah, I know it will be kinda hard to do
You see them billboards, models on the tv, all 'perfection', am I
right?
But 'perfection' is a myth, it is all fake
You know that nobody talks about the perfect weather, but they
will when the ground starts to quack.*

*So stand up, be awake
Nobody sees beauty if you are pressed the way they form cook-
ies, all the same
Beauty is when you unleash, certainly not tame
Don't pick a style or copy-cat
Just form your own and be like that
Be the beautiful you, but only for your own good
Because people talk, people hate, beauty has no root*

*Beauty is in you and you better live it good
Love those stretch marks, leave the make-up, show those freckles
please
This idea of 'perfection' is an utopian disease
We teach our children to fit in
And sometimes that makes you win
However I think we should support their own idea
To say, dress and be what they want to be
That everything shows 'this is me'*



*We should unite against the plastic army of fake perfection
We should turn beauty into the idea of no rejection
Imperfection I love it
The egg that will not fit in the box
Oh and yeah, for once and for all, fuck crocs (those are just no
good to anyone).*



HOROSCOPE



By Lin Hovenga

Aries

March 21st – April 19th

You usually handle chaos like a queen, but lately you've been craving for things to slow down. It feels *so* unlike you, but don't worry, there's nothing wrong with taking a few steps back. A steadier time lies ahead, which you can use to renew your energy. You'll feel more confident again soon, which won't go unnoticed: people will enjoy your presence even more than before. Share your positive energy with the ones you love!

Lucky day: May 18th

Taurus

April 20th – May 20th

Despite all the ups and downs you've been through the past year, you're still smiling. Mentally, you're super strong, which is admirable. It's a good idea to go out and have some fun. Alone, or you can take a friend with you. Maybe even ask someone you usually don't really speak with, for example a cousin, a neighbor, a classmate or a friend from your childhood. Who knows what it will bring.

Lucky day: April 8th

Gemini

May 21st – June 20th

This Spring is about to become an important season for you, especially when it comes to new chances and opportunities. They won't come in easily though. It will be a challenge to find them, so make sure to be on the lookout at any time and in any place. They will come to you when you least expect them. Having said that, have you ever thought about turning a challenge into an opportunity?

Lucky day: May 12th

Cancer

June 21st – July 22nd

You're struggling to keep up with everything. You want to maintain all your friendships, visit your grandparents, work enough shifts, read all the literature, go to every event and join every party. You're afraid to miss out on the littlest of things. You find it hard to set priorities and you mix up your schedule more and more often. Sound familiar? Practice saying 'no', because your #FOMO will hit you in the face sooner or later!

Lucky day: April 26th

Leo

July 23rd – August 22nd

Love is in the air for you this season. You feel comfortable in your skin and you're cheerful. You attract people who genuinely like you. However, it does require a bit of a search. Just a tip: also keep an eye on the people you're already close with. And remember, fairytales usually don't happen without a little confusion. So don't let your fears and the loss of control scare you off!

Lucky day: May 9th

Virgo

August 23rd – September 22nd

Very soon, you will find something that you've been looking for all your life, either consciously or unconsciously. It could be anything: a soulmate, a purpose, the career you've always dreamed of, a hobby, and so on. Embrace it with open arms, but be wary of not becoming too obsessed. Make sure not to shut out the people around you; share your new-found joy with them instead.

Lucky day: June 1st

Libra

September 23rd – October 22nd

It may not look like it yet, but you're at the beginning of a very successful period, career- or studywise. Maybe you're bored and have no clue what you're doing with your life, but everything will unfold in the right way. Just continue with what you're doing now, because all your hard work will pay off. It requires a little patience but you will see it in the end!

Lucky day: April 11th

Scorpio

October 23rd – November 21st

Scorpio, an adventure is awaiting you. It will be big, and it will excite you in a way you've never experienced before. Don't expect to be able to foresee it, since it will come to you naturally. Welcome it with open arms once it does, even though it might seem scary. If you just go with the flow, it will change you for the better. Remember: it's all about how you react to it.

Lucky day: May 28th

Sagittarius

November 22nd – December 21st

Somewhere these days, you will face a decision that feels heavy on your shoulders. You try to stay optimistic, but the fear of making the wrong choice is holding you back. Trust your gut. Talk about it with people you're close with and don't be afraid to accept their help, but don't let their opinions upset you either. The sooner you cut the knot, the sooner you will be able to breathe again.

Lucky day: June 5th

Capricorn

December 22nd – January 19th

Pretty much everything in your life seems to be going great and it's been for a while like that now. You even start getting suspicious about it; it seems too good to be true. Sooner or later you will face misfortune. Disaster or bad luck in any form is always lurking around the corner. Don't get too paranoid about this though: try to be thankful for your life as it is right now and don't worry too much.

Lucky day: April 17th

Aquarius

January 20th – February 18th

Aquarius, the coming months will be all about contradictions for you and you won't really have control over it. You will see that whenever something amazing happens, something terrible will occur simultaneously or closely after. It's like the good and the bad balance each other out constantly. Be on the lookout for both and let it teach you something! The best tip is not to run away from it.

Lucky day: May 6th

Pisces

February 19th – March 20th

It's easier said than done, but it's time for you to try and prioritize your own health and desires for once. You want to be nice to everyone, but you shouldn't forget to have some quality me-time. It will guarantee a refreshed mind, a relaxed body and new positive energy to share with your friends and family this season. So, go outside for a walk, or buy some plants to decorate your room. And remember: balance is key.

Lucky day: April 2nd

FUN FACTS

By Emma van der Plas

...during the Heian Period a Japanese woman's beauty was judged by the length of her hair?

Did you know that...

...if a woman had short hair a hundred years ago, people thought she was being unfaithful to her husband?

...attractive people trigger the same connections in our brain as those that are activated when people become addicted to cocaine or gambling?

...the left side of the face is often considered to be more beautiful than the right side of the face?

...the European women in medieval times used to wear green, which was thought to aid and/or symbolize fertility?

...men have been wearing shorts for decades, but women were only allowed to wear them in public after World War II?

...pores can store dirt and oil for up to 20 years?

...the ancient Egyptians created the first makeup out of copper and lead ore?

...in Spain, having a tan used to be a serious beauty faux? In an effort to maintain a porcelain complexion, young women would eat clay, even though it often caused anemia or chlorosis.

...although the Chinese people still use white as a color for mourning, in the West it now symbolizes purity?

...in the Middle Ages, poorer people would wear mittens, while the richer wore gloves to show off their wealth?



Bulletin
Study association Itiwana
Wassenaarseweg 52 (Kamer SB-07)
2333 AK Leiden
Bulletin@itiwana.org

