

The DeustoTimes



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UD students gain approximately 5 kilos

A study from October 2014 shows that students who study at the University of Deusto are gaining weight and no one can explain why. The study consisted of a survey of the students, an observation of the buying behavior and an examination of the offered food. The results were shocking.

During the last year many students complained about the fact that their weight increased remarkably since they started studying at UD. The students were either members on a sports team or individual sports, and claimed that they only eat healthy food. Therefore, they cannot explain where the weight has come from. The University felt responsible to solve this issue, and hired a dietitian: Mrs. Jones. She is self-employed and specializes on eating behaviors and diets. The University of Deusto hired her in order to find out the reason for “the weight” and if it has anything to do with the food sold at the cafeteria.

After a survey of students and a weeklong observation of buying behavior, the result was clear. Although the cafeteria offers fresh juices, fruits and yoghurts, most of the students would rather choose the unhealthy options. Coffees and napolitanas are top sellers, followed by donuts, croissants muffins, and sandwiches with Spanish omelets and chorizo. The survey and observation showed further that each student buys an unhealthy food item at least 3 times a week.

Analyzing these results the dietitian Mrs. Jones and university officials decided to change the food offered in the cafeteria. In order to encourage the students to choose more healthy options, the napolitanas, croissants, donuts and other unhealthy choices are banned from the menu for one week. Mrs. Jones says because of this ban, it will make choosing healthier options easier for the students. The menu will further undergo a general change and more fresh options will be added.



Students stress as exams approach

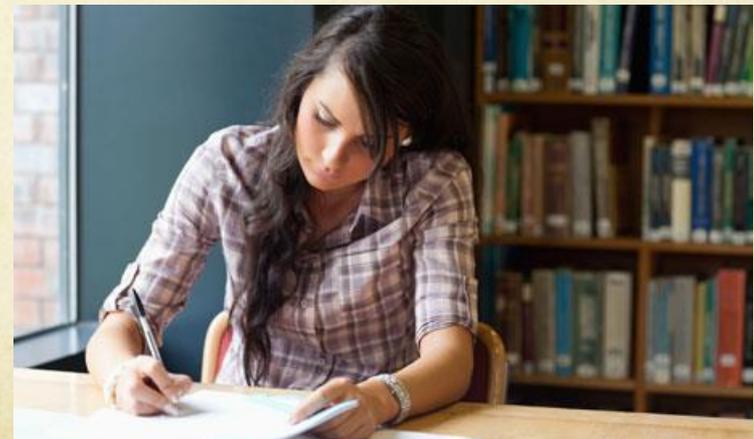
Three months at the University of Deusto went by quickly and the fall semester is almost over. The most stressful part of the semester is approaching as fast as lightning.

For freshmen at UD, exam period is something new. They have big expectations with a little bit of fear. They might have some questions like would it be similar to high school exams or should they study harder? On the other hand, there are older students who have already taken exams several times and know what to expect.

For those who are worried: preparing for exams is very individual so it is important to understand your method of studying. Some students take their studies very seriously and do not leave anything to chance. However, sometimes the people who study more get more anxiety about their tests. One student who was interviewed in the library says, "Yes, I am studying every day but I am not still certain if I will be able to pass the exams." Close friends of his reveal that he actually gets the best marks every year.

There are also other students who leave all their studying to the very last minute and begin just before exams start. These are the students who claim, "I can work more efficiently with a little bit of stress."

Both ways, everyone prefers something different and everyone knows what the best method is for them. Whether you study all year or wait until the last minute, make sure you are well prepared for your exams and try to remain calm. We wish all Deusto's students good luck on their final exams.



Third year, Maria Blanco begins preparing for her exams.



The Wild Waves of Zurriola

San Sebastian is a great city for ambitious sport lovers. Domestic and international students challenge themselves with different types of water sports. Ryan, 22 is a cool dude from Bolivia, tall, tanned and with a lot of muscles. His hair is long, wavy and light blond from the sun. He commonly wears surfer shorts, tank tops, some thongs, a cap and pretty cool glasses. There is only one thing in life which he loves more than anything else: `SURFING!' He started learning it at the beginning of his Erasmus. After his first trail lesson organized by Santiago, he decided to get a board.

Since then he is unstoppable! Every single day he grapes his board and commits himself, at least for a couple of hours, to the wild waves of Zurriola. It is not easy, but he is learning fast and happy about every single wave he catches. Learning surfing adds a new sense to his life. Even though his Erasmus times in San Sebastian will be over soon, he is sure about the fact that he will never forget the unique and unforgettable experiences in water and on land he gathered during the last five months in the beautiful city of San Sebastian.



Ryan catches some air.

Erasmus Life

Studying abroad is an endeavor that can only be taken on by the strong-hearted. Leaving your family, friends, and normal school life behind is no easy task. When entering into a new environment, you must have an open mind. The University of Deusto welcomed over a hundred Erasmus students this fall 2014 and they have been enjoying exploring the Basque country.



Erasmus students pose for a group photo.

Everyone's favorite activity is Pintxo Pote. Since there is limited money in an exchange student's budget, this is a great deal to eat and drink for cheap with everyone. Danielle Catt a student from Australia says, "Pintxo pote is the best night of the week; my favorite place is Bar Mendi, the paella is fabulous!"

One of the unexpected challenges is what has been dubbed the "Erasmus Flu." Eventually all of the exchange students got sick with what seemed to be the same symptoms: coughing, sore throat, and fever. Benjamin Mole from South Africa said, "I was sick for weeks; it is hard to feel that bad when you are away from home, you feel kind of helpless."

Luckily everyone was able to get through it together after figuring out how to be treated. All in all, the Erasmus group has become very close in all the good and bad times. Everyone loves San Sebastian and this is an opportunity of a lifetime to study in this beautiful town. The experiences everyone has had here and the people met is something that will never be forgotten.



The Perfect Wave

I watch as he maneuvers around the waves, becoming apart of the vastness in the undulating ocean. His bright orange board reflects off the water with iridescent buoyancy as he gracefully spins in the air. He remains confident as his 41.5-inch body board curves around the aggressive waves in perfect motion. The salt water drips from his dark brown hair as he eventually submerges from the water and runs toward me carrying his coarse board and sand crested flippers.

The 23-year-old University of Deusto Erasmus student smiles as he describes his unusual passion and gusto for riding the waves. Alberto Betalleluz is in his fourth year studying international business and marketing, but remains irrefutably fervent about his body boarding.

“I’ve been body boarding since I can remember,” he proclaims, “I got my first body board when I was 8 as a present from my grandma.” He looks at his board explaining that the crescent tail allows for sharp turns and precise control.

Betalleluz explains the process of a catching the perfect wave. “Body boarding is all about the aerial maneuvers,” he excitedly remarks. “It is really different from surfing because we catch different types of waves,” he clarifies, “body boarding is made for hollow, tubular waves as opposed to long surfing waves. Body boarders are able to hit the lip of heavy waves because the boards’ material is softer than a surfboard and we keep control with our hands when we land in front of the wave.”



The Perfect Wave

Betalleluz explains that he decided to study abroad in San Sebastian at the University of Duesto because the waves are incredible and cater to his ardent body boarding passion. “It’s gone past a hobby and has become a strong force that has molded who I am as a person. I have made the greatest friends in the water, and the sport has taken me to amazing places,” he asserts. “It can be difficult to concentrate on my studies when I know the waves are good,” he admits, “but I know that my school responsibilities come first, and I have found a good balance between my academic life and body boarding.”

“The ocean is alive. Once the swell, tide, season, and temperature come together in unison, I forget about everything and become apart of the perfect wave,” he articulates. “The perfect wave,” exhaling peacefully as he thinks. “This moment makes me infinite, this wave is my home, and this wave is apart of me- mind body and spirit. Nothing stands between.”



Alberto Betalleluz catches air at Zurriola.