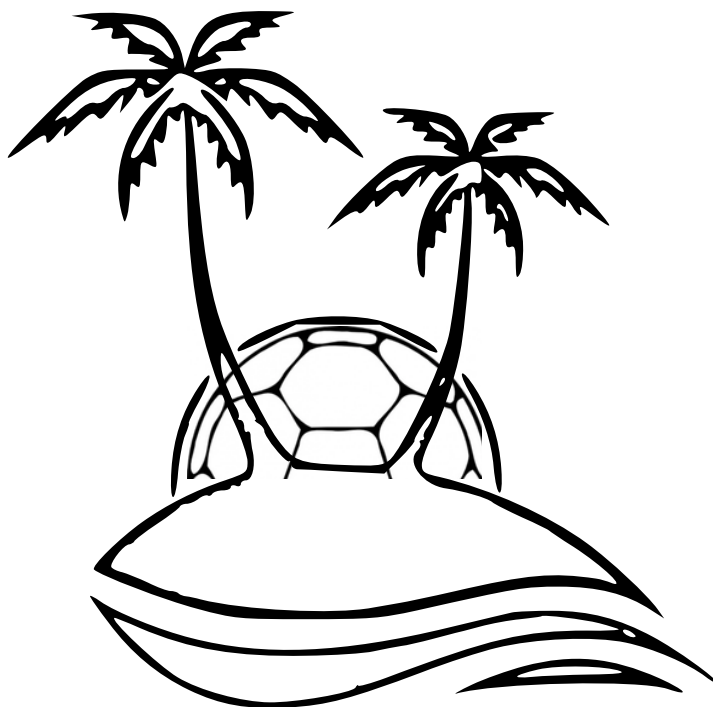


DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (June 2024)



SUMMER BOOK 2024

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (June 2024)

FOREWORD

Sunny greetings dearest Hastuids!

Finally it can be said, we are sweating but not because of Handball - no! It's indeed summer, your eyes are not deceiving you. You are in fact seeing sunlight. With the sun out, we are also ready to celebrate the end of this eventful season with you. Who will receive the coveted Ha-Stu awards? We wonder, we wonder, and we shall know in due course. Until we do know, we hope that you will enjoy the latest and last edition of the Hastueel of the season 2023/2024. You will find, as always, highly entertaining content. Dive back into the Oktopus tournament to relive the most iconic moments of the weekend. Hot tip, it will become easier by looking at the memes ;)

In preparation for the most exciting event of the summer, the 4-daagse (duh), we have conducted some exclusive research for you. With that, you can read all about our amazing Ha-Stu participants while drinking for 7 days straight and of course get ready to cheer for them as they walk back into Nijmegen on Via Gladiola on Day 4. Don't forget Ha-Stu Tuesday as well!!

We got you covered outside of the best week of the year as well to make sure you can find all of Nijmegen's hotspots and what to do in case the weather stabs us in the back.

You will of course also find some great quizzes and puzzles to keep you entertained while you enjoy the Waalstrand. If you are trapped by capitalism and have to work, don't tell anyone and do the quizzes anyway. Don't forget to find out what intrusive thoughts some Hastuids have by reading the wist-jedatjes.

With this, your Hastueel goes into the summer break and wishes you a sunny off-season.

Sweaty greetings from my room under the roof,
Anna
Chair woman



DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)

RECAP OKTOPUSSY 2024



2 nights, 3 days. Beer, handball, air mattress.

Of course you already understand, we are talking about the Octopus tournament 2024. And what a tournament it was. The entrance was a little more difficult to find than in previous years, as it all was 'under construction'. That also happened to be the theme, so we started straight away on Friday as a few dressed up handymen!

Bob the builder, neighbor and neighbor, gold diggers and handymen with mustaches (yes, some real, hairy mustaches) were present from Ha-Stu. We also had a clumsy handyman with a broken thumb, but that didn't spoil the fun either. Together with the presence of Havana, Ha-Stu was well represented and many liquid sandwiches were conquered. That is of course an ideal recipe for a 'kater voor later'.

Later: de kater. Unfortunately, it really is true, the next day there is a hangover. If you went to the right sleeping hall, luckily you still had a dark environment (unfortunately no one knows exactly what happened there, but there are suspicions). And if you went to the wrong hall, you found out how automatic light sensors work (something must have happened there too, because otherwise why would the light turn on??).



DE HASTUEEL

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But don't panic, it's better to look elsewhere for gossip. Okay, a little gossip then (because we know you guys all want it), Sophie and Michelle returned from Eindhoven as a half-married couple (although some doubt whether it wasn't Rome), something about 'Ciao Tutti, Buongiorno!'....

Then a day of handball itself, also very fun of course. The men in red, the ladies in blue and yellow. Beautiful actions, goalkeeper quality on point and unfortunately also a few bad heads. Opponents of all shapes and sizes, from Liverpool with criptops to French Lilliputians, nothing was too crazy. And of course after your match you went to cheer on the next team in your sweaty t-shirt (or participate in the game, or drink a beer on the field).

To drown/celebrate the loss/the win and of course to wash away all that nice caked-on sweat, it is of course time for the vodka shower. An activity that even the organization of Octopus itself has no problems with. Tip for organizing the vodka shower: don't put beer cans at the bottom of a heavy bag with dozens of bottles... After the shower, which stopped earlier than normal due to Siberian temperatures, it was time to get ready for the pub crawl. While we were getting ready, we also had a drink, because all that booze from the vodka shower was far from empty. As can be seen in the comic, we tickled ourselves to prepare for the night. And a lot of things probably happened at the pub crawl as well. It was definitely fun. An unforgettable tournament, which resulted in even more beautiful memes for this summer edition! Thanks everybody!!!



DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)



Who's duimpje is the winner?



Who did it best?

Welcome to..... Creative with Sleeping bags. Where you can make this unique fashion item yourself! You want this!



Bob de Bouwer, kunnen wij het maken?
Bob de bouwer....



DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)

What to do during a rainy summer

Do you know the feeling when you have just emerged from winter depression into a warm spring to get ready for hot girl summer? No? Yeah me neither because we have all gone back into hibernation with all this rain. To make sure that you will remain entertained even when the Waal is fuller than a Friday's bowl of nachos, we have prepared some cozy tips for a rainy summer:

1. Leave - nothing is stopping you from living your beach barbie dreams on a lovely beach in Italy. The chances are very high you won't be hit by a shower of rain but a shower of short men. We strongly advise you to take those chances if you're into that. May the odds be ever in your favour.
2. Embrace the rain and start winter early by cocooning in your room. Nothing beats a rainy day like a cup of tea and a good book. With a nice blanket, music, and candles, your days could be saved while you read your favourite story.
3. Share the pain - invite friends over for dinner & drinks. The best part is, only your friends have to bike through the rain, while you stay dry and only have to make sure food and drink is ready. Sounds like a win-win to me!
4. Revive a Covid special and get into bird watching. Who doesn't love seeing the variable Dutch Fauna every day.

-
- Did you know that Naples is in the shin of Italy?
 - Did you know that Els has only cut her toenails twice in her life?
 - Did you know that Smekkie finds it clever that Mandy always talks a lot and still has her beer?
 - Did you know that Takke is a juice queen?
 - Did you know that Smekkie only likes handsome guys?
 - Did you know that Bente used to be a pyjama model?
 - Did you know that ladies 3 has more coaches than substitutes?
 - Did you know that Yvon can cover quite well?

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)

When you've had 2 beer, switched to cola and are going crazyyyy



- Did you know that Floor her kitchen is literally a kitchen?
- Did you know that you are not just drugged?
- Did you know that Ha-Stu is above average?
- Did you know that Marit would rather have a peen than a carrot?
- Did you know that the dates from the degradation dinner created an app group?

- Did you know that Mandy couldn't find her bike on King's Day? Laura took her to her bike for a while, but unfortunately to the wrong street. After Mandy said to herself "no Mandy you can do it" she still managed to find her bike.
- Did you know this is the longest wistjedat ever?

When the ex-preases puts an arm around you



- Did you know that according to Ha-Stu, 66% of hastu's people did dirty things at the Ha-Stu tournament?
- Did you know that Marlou goes to the Efteling 1.5 times a year?
- Did you know that Laura D's navel looks like a vagina?
- Did you know that Nienke can tell Europeans apart?
- Did you know that the Hastueel can't manage to schedule a new meeting?



Rinsing your mouth when you kissed both Marc and Bijan

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)

Get to know the Ha-Stu 4D marchers!

What is a summer in Nijmegen without the 4-day marches? Well actually not that much, unless you are on holiday in Ibiza, then it might still be okay. But young or old, born in Nijmegen or not, everyone knows the most famous walking phenomenon in the world: the Nijmegen 4-day Marches. And believe it or not, this year (in addition to Lenna) 4 (!!!) Hastuïds are participating in this walk and 2 of them are even on the editorial staff. So this walking phenomenon (or better known as: very valid reason to drink yourself to death) had to be well described in this summer edition. We get to know the walkers a little better with a short interview.

- Are you going to party all night long?

Elin: In the weekend yess however I might skip it during the walk, however I would like to come say hi to Hastu on the Tuesday 🧡🧡

Maureen: This is my first time walking the Vierdaagse. I don't know if there will be a lot of partying for me, depends on how lame I will feel every day.

Bente: Yes! I live in the city centre and the bass will shake me out of my bed anyways so I might aswell just join the party.

Laura: I am afraid I won't survive if I party during the walking days, but the weekend before (and hopefully tuesday), I will have a look in the city.

- How many blisters are you gonna get and where?

Elin: I'm guessing at least 10 and mostly on the heal and some on the toes

Maureen: I think 100ish. Now with every exercise I have at least four blisters... always between my toes. I still can't manage to get through a long walk without pain.

Bente: None, and if I do I'll use the wonderful magic of "wandelwol".

Laura: With the beautiful product sheepwol, I hope it will come down to a maximum of ten. Location: one big mental blister, the others around my feet (toes especially)

- Do you use nipple lube?

Elin: Hahah no

Maureen: Nipple lube??? Because why? No idea, no problems with that.

Bente: Unlikely, but never say never

Laura: no.



DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

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- Are you going to join Ha-Stu on tuesday?

Elin: I would like to! Depends on how wel the first day of walking goes 🙌

Maureen: Let's see how I feel and how many blisters I get on the first day.

Bente: Of course!

Laura: It is absolutely my plan to join, now only hope that my feet agree with me.

- What is your favourite walking song?

Elin: The 4daagse song

Maureen: "... I'm walking on sunshine, wooah

I'm walking on sunshine, woooah

I'm walking on sunshine, woooah

And don't it feel good!"

Bente: Anything from "Prins S & de Geit"

Laura: '4 dagen lang'



- Will you use a shewe (vrouwelijke plastuit)?

Elin: Nope, so I have to be patient and wait in line:(

Maureen: Hahahaha, I have one! But I was not planning to use it during the Vierdaagse. I think (know) this thing works very clumsy...

Bente: No need to, my group has volunteers with private dixies every 10k ;)

Laura: nope

- Has your opinion about your feet changed since starting practice?

Elin: - Yess all the blisters make them ugly

Maureen: No, I still think feet are ugly, and walking makes them more unattractive and less sexy time by time!

Bente: Inescapably

Laura: Yes, they have become more present since practicing. And it is not possible to create an Onlyfans account anymore (not that I wanted to, but still it is always nice to have backup)

Inspired or not, Bente, Elin, Maureen and Laura are going to run the 4-day event and if you want to encourage them you are of course very welcome on every kilometer along the route. Big tip from us: go somewhere in Nijmegen, where the party is the biggest and especially the last day on the Via Gladiola and maybe you will walk it next year! And if not, 7 days of partying is also a medal-worthy achievement.



DE HASTUEEL

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

Deze commissie verzorgde ook dit jaar weer de leukste activiteiten

Naar dit toernooi ging helaas dit jaar geen enkele student uit Nijmegen

Onze twee nieuwe favoriete sponsoren werden druk bezocht

Deze persoon schreeuwt je altijd vanaf de zijlijn weer naar de winst

Witte korrels die met deze shampoo helemaal verdwijnt

De borrels, de feesten, het Ha-Stu...

De beste manier om een seizoen zonder winst toch succesvol af te sluiten

Het was even spannend maar gelukkig kon die ook op Oktopus tóch doorgaan



DE HASTUEEL

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Nr. 21 (July 2024)

INVULVERHAAL!

Over 1) _____ 2) _____ was het zover: het 3) _____-kamp in
4) _____ ging van start! 5) _____ 6) _____ lang overnachten in een
7) _____ op de 8) _____ in 4) _____.
9) _____! Er golden helaas wel wat regels.
10) _____ 11) _____ bier drinken en regelmatig je
12) _____ met 13) _____ insmeren was de norm.
Samen met 14) _____ vertrek je met je 15) _____
16) _____ naar het kamp. Eenmaal aangekomen stond er voor iedere
deelnemer een dampend bord 17) _____ met
18) _____ en wat brie klaar.. Je keek 14) _____ 19) _____
aan: '20) _____.' Na het eten maakte de
21) _____-jarige trainer in 22) _____ de groepsindeling
bekend voor de activiteiten. Hij 23) _____: 'Groep 1, onder leiding van
24) _____...' Je hoorde jouw naam. Even later kwam de
naam '25) _____' voorbij. Je keek je buddy aan
en maakte het geluid van een 26) _____, 14) _____ siste:
'Wat doet hij hier?' De volgende avond was de bonte avond. Tijdens het zwemmen
had 27) _____ je gevraagd om samen een act op te voeren. Jullie zongen
28) _____. Na de laatste noot ging hij op
zijn knieën op het podium. Wat was dit nou, dit hadden jullie niet gerepeteerd!'
29) _____ 30) _____, wil je met me
3) _____?' Je wangen werden spontaan
31) _____. 'Ja, natuurlijk,' stamelde je. Het publiek begon te klappen. Als
de 10) _____ 11) _____ niet gold, was dit een erg vreemde activiteit
geweest.

1. Getal:
2. Tijdseenheid:
3. Meest willekeurige handbalactiviteit:
4. Handbalstudentenstad:
5. Getal:
6. Tijdseenheid:
7. Onderkomen:
8. Openbare ruimte:
9. Extreem enthousiaste uitroep:
10. Getal:
11. Inhoudsmaat:
12. Lichaamsdeel (meervoud):
13. Doucheproduct:
14. Speler uit Heren 1:
15. Bijvoeglijk naamwoord:
16. Vaartuig:

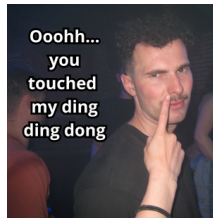
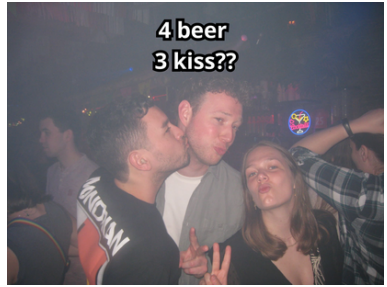
17. Gerecht:
18. Saus:
19. Stemming:
20. Wat je zegt voor het eten:
21. Getal:
22. Kostuum:
23. Manier van praten:
24. Bestuurslid Ha-Stu:
25. Voor- en achternaam van je Ha-Stu crush:
26. Dier:
27. Voornaam crush:
28. Favoriete wodka-shower nummer:
29. Eerste woord van een brief:
30. Je voornaam:
31. Kleur:



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Nr. 21 (July 2024)



DE HASTUEEL

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Nr. 21 (July 2024)



**Follow the
numbers
and guess
which
Hastuid is
depicted
here**

DE HASTUEEL

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Nr. 21 (July 2024)

Ha-Stu IndeBuurt

We're here with a Ha-Stu special version of local tips, inspired by our favorite fellow writers from "In de Buurt Nijmegen".

Since The Yard is cutting their opening hours shorter, every Hastuid always gets a bit lost in summer. Lord help us, now where do we find the perfect foam head (google translate, are you sure?) to our draft beer? We're here to help you out!

Plan_A

As the main supplier for all the victories for Ladies 1 upcoming season as their new sponsor, Plan_A certainly deserves our biggest shout out. Big enough to stall every single Hastuid both inside and out and for the European Cup they hassled the biggest screen to watch all the action live. Whether you're up for a weizen, blonde beer, IPA or a pretty red beer, they've got it all on draft! And a little birdie told us that there are even more beer taps on the way... Been drinking a bit too much all summer? They've got you covered with an impressive list of alcohol free beers. You can even spot two of your favorite bartenders Bente and Eva there (which one? Only one way to find out ;))

The logo for Plan_A, featuring the text "Plan_A" in a bold, red, sans-serif font.

Pimpelmees

Most of you remember this place from the last match day back in april, but since some of your asses got a little drunk off the bubbly wines in the shower, we wanted to refresh your memories. A cute terrace in Hazenkamp with again a very cute waitress serving you the drinks. As our very own confidence person she'll be very confident to advise you on all the tasty stuff on their menu. Parents over for a visit? Let them pull their wallets and enjoy a lovely shared dinner.



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Paradiso

Did you spend all your money on beers this year and you don't have a penny to go on holiday? Relax! We're bringing Italy to you. Or looking for a way to boost your summer fling and get in the mood, let's say wine me dine me, sixty... ;) Look no further! As soon as you step through the door you'll feel as if you're actually in Italy and when you taste the food that will only add to the feeling. Did I mention they have "Aperol Wednesdays" and "Sangria Sundays"?



Oersoep Biertuin

Some students only go to the Vasim area of Nijmegen to bounce around at Subcultuur or Drift. Until now. Because our brewery heroes from Oersoep created a real beer garden to enjoy some nice Laisy Daisy's and Big Bobs. Hungry? They have loaded nachos that even the Yard will be jealous of.



Biessels

Right in the city centre on the Grote Markt you can find another Hastuid, as Lise is our favorite chef. It's the perfect place to do every Dutchie's favorite activity: look at people walking by. Want to stimulate your brain cells during that long uni break? Join them for their monthly pubquiz or music bingo! As true journalists we went to check out the quiz ourselves, and we can definitely recommend.

DE HASTUEEL

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- Did you know that Sofie can hook up even with a mustache?
- Did you know that Norwegians eat strawberry jam on their bananas?
- Did you know that if you think about peanut butter, you taste peanut butter?
- Did you know that people from Liverpool wear more clothes in the locker room than outside the locker room?
- Did you know you shouldn't put cans of beer on the bottom of your bag?
- Did you know that if you shout bro to the shower really loudly the sun will shine?
- Did you know that Juul only puts on day cream once a week so it's not actually day cream?
- Did you know that Dominique doesn't know what a year is?
- Did you know that Lisa's bed is not very practical for sex?
- Did you know Lisa has a sofa?
- Did you know that Floor doesn't know how to say hello in German?
- Did you know that people use nipple lube to prevent abrasive nipples?
- Did you know that Smekkie has a sticker phobia?
- Did you know that you write lube as a loop?
- Did you know that Laura didn't have to think for a long time and certainly not in English?
- Did you know that Frida is afraid that your arm hair will grow if you put shampoo on it?
- Did you know that Lars finds Jorn more of a Tim and Ferry a Dirk?
- Did you know that Juliet thinks the 4th trimester of pregnancy is pretty fun?
- Did you know that Miret thought Bruce Springsteen were 2 men?
- Did you know that when she retires, Smekkie would like to start a hedgehog shelter?
- Did you know that if Smekkie can't sleep she's going to dream that she's a panda caretaker?
- Did you know that Miret is practically a professional influencer?
- Did you know that you first have to participate in ex on the beach to be a professional influencer?
- Did you know that Miret cannot become an influencer because she is afraid of the sea?
- Did you know that Floor sometimes remembers the time of the vuvuzelas?



DE HASTUEEL





Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)





QUIZ - Which summer shoe are you?

By doing this quiz you can find out which feet aesthetic fits with you. I know, something you've always wanted to know. Add up your answers and find out which pictogram you have the most. Then turn the page to see the results!
Enjoy!





What is your go-to summer snack?

- : ice cream
- : nut mix
- : fresh fruit
- : sandwich





What are you doing during the Vierdaagse?

- : I am working but I will wave through the window
- : uhm 4 days of walking of course, and a bit of partying, but I have to stay fresh
- : partying all day all night
- : I want to support the walking people so I join them for the first 5 km and then I am going to skinnydip in the waal





What weather do you like the most when you are on vacation?

- : sunny and clear skies. The sun gives me energy and a sense of connection with nature and the universe
- : as long as I have a beer or two in my hands, I don't care about the weather
- : 20 degrees, little cloudy, gentle breeze
- : I like dark clouds and thunderstorms

What is your favourite colour?

- : sporty blue
- : grounded green
- : beige
- : can't choose, as long as it is a bright colour

If you had to describe your personality in three words, what would it be?

- : happy, quirky, playful
- : active, adventurous, cool
- : mindful, empathetic, spiritual
- : pragmatic, calm, easygoing

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

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Which activity would you choose during your vacation?

- 🏔️: go for a hike in the mountains, go rafting or go bungeejumping
- 🏊: explore a water park
- 🏛️: go to a museum about ancient rocks
- 🌍: do a meditation retreat on Bali

What is your favourite drink?

- 🍷: AA drink
- 🌍: ginger tea
- 🍺: beer
- ☕: black coffee

What is your life quote?

- 🗣️: "Be yourself and let the world adjust."
- 🌍: "Stay grounded, embrace simplicity, and wander freely."
- 🏊: "Walk comfortably, live vibrantly."
- 🏔️: "Adventure is out there, and the journey is the destination."

Results

Most often: 🌍? You like to be one with nature and connect to your inner self.
You should walk **barefoot** this summer!

Most often: 🏊? You are a very happy egg and party animal. This summer you
will hop around in **Crocs!**

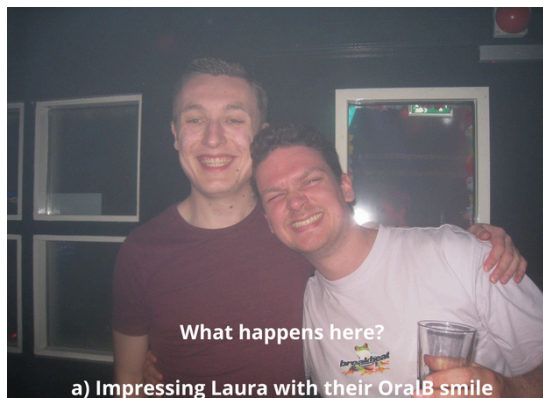
Most often: 🏔️? You should wear **hiking shoes!** They will fit with all your
adventures!

Most often: 🗣️? You don't care what others think and you go for a comfortable
and calm summer. **Socks in sandals** would be perfect for you!

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

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What happens here?

- a) Impressing Laura with their OralB smile
- b) Realizing how much money they spent on beer/ coke (but it's kinda worth it)
- c) Menno told a funny joke about scheidsrechtters



Who fired this handball onto Jochem?

- A) Siri
- B) Anna
- C) Jurren
- D) Mats

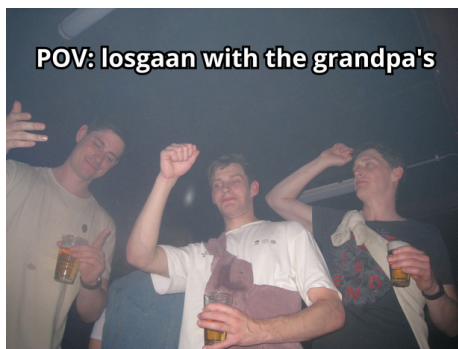


2023



2024

Same same but different



POV: losgaan with the grandpa's

DE HASTUEEL

Door: Anna, Laura, Lise, Julian, Eva, Vera, Bente, Isa

Nr. 21 (July 2024)

Hastuïds on an adventure

Oktopussy episode



The hastuïds continued to sing late into the night...
No one knows if they are still singing...

What is known is that they lived happily ever after <3