

Objektyp: **Issue**

Zeitschrift: **Visionen : Magazin des Vereins der Informatik Studierenden an der
ETH Zürich**

Band (Jahr): - **(2022)**

Heft 4

PDF erstellt am: **10.08.2024**

Nutzungsbedingungen

Die ETH-Bibliothek ist Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Inhalten der Zeitschriften. Die Rechte liegen in der Regel bei den Herausgebern.

Die auf der Plattform e-periodica veröffentlichten Dokumente stehen für nicht-kommerzielle Zwecke in Lehre und Forschung sowie für die private Nutzung frei zur Verfügung. Einzelne Dateien oder Ausdrucke aus diesem Angebot können zusammen mit diesen Nutzungsbedingungen und den korrekten Herkunftsbezeichnungen weitergegeben werden.

Das Veröffentlichen von Bildern in Print- und Online-Publikationen ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. Die systematische Speicherung von Teilen des elektronischen Angebots auf anderen Servern bedarf ebenfalls des schriftlichen Einverständnisses der Rechteinhaber.

Haftungsausschluss

Alle Angaben erfolgen ohne Gewähr für Vollständigkeit oder Richtigkeit. Es wird keine Haftung übernommen für Schäden durch die Verwendung von Informationen aus diesem Online-Angebot oder durch das Fehlen von Informationen. Dies gilt auch für Inhalte Dritter, die über dieses Angebot zugänglich sind.

Ein Dienst der *ETH-Bibliothek*
ETH Zürich, Rämistrasse 101, 8092 Zürich, Schweiz, www.library.ethz.ch

<http://www.e-periodica.ch>



Ausgabe 04/2022

VISIONEN

visionen.vis.ethz.ch

Oktober 2022



winter is coming

Symposium

2022

Hackathon



VIS con
SYMPOSIUM
HACKATHON

5
years
anniversary



@VISconvention



14. - 16. October

AIRLOCK®
SECURE ACCESS HUB

ergon

sipt

BEEKEEPER

zühlke

varian
A Siemens Healthineers Company

bsi

HEXAGON

Leica
Geosystems

ETH zürich
Department of Computer Science



v:eth

Editorial

Liebe Leserinnen und Leser,

an dieser Stelle möchte ich alle Erstis im Bachelor und Master ganz herzlich begrüßen!

Für alle, die dieses Magazin das erste Mal in den Händen halten, darf ich es kurz vorstellen. Die Visionen sind das Magazin des Vereins der Informatikstudierenden an der ETH Zürich (VIS). Ihr findet in jeder Ausgabe eine Sammlung von Artikeln über das Studium, die Aktivitäten des VIS und das Leben drumherum. Wenn ihr mitmachen wollt, meldet euch einfach per Mail an visionen@vis.ethz.ch. Wir suchen stets neue Leute für das Schreiben der Artikel, die visuelle Gestaltung und das Lektorat.

Wie jedes Jahr heisst es vor allem für die Bachelor-Erstis "der Winter naht", womit natürlich der erste Block der Basisprüfung gemeint ist. Doch ganz so schrecklich wie in Game of Thrones wird es nicht, keine Sorge! Mit genügend Ausdauer, Fleiss und der Unterstützung durch eure Freunde und natürlich durch den VIS, seid ihr gut gewappnet, die Prüfungen zu bestehen. Lasst euch also von keiner Prüfungsstatistik abschrecken!

Ich wünsche euch viel Spass mit dieser Ausgabe und einen guten Start in ein erfolgreiches Semester!

Tobias Scheithauer

Inhalt

Official

Präsi-kolumne	6
Great Announcements from beyond the Wall	8
Notenstatistiken	11

Winter is Coming

Neulich bei der Konkurrenz	18
Antwomen oder so	20
Bierbardiskussion	22
Regicide - A fast and fun card game	25
Cafeterias Zentrum benchmark	26
Ersti-Hilf	29
Dare to leave your bubble!	32
Shorts	36
When brushing your teeth, don't forget your sunglasses	38
Berge, aber woanders – Mit EESTEC Europa treffen	40
VIS for Newcomers	45
VIS in a Nutshell	48
20 Reasons to visit VIScon	50
Windows 11 - Ausführliches Review	51

Series

Tobis Blick	52
-------------	----



Lerne uns kennen!

VIScon Symposium

15. Oktober 2022

 **ETH Zürich**

Wir freuen uns, dich an unserem Stand
im HG begrüßen zu dürfen.



Mehr Informationen und offene Stellen findest
du auf www.bsi-software.com/karriere

Präsikolumne

EMIR İŞMAN - WRITING HIS LAST PRÄSIKOLUMNE IN VISIONEN

Dear readers,

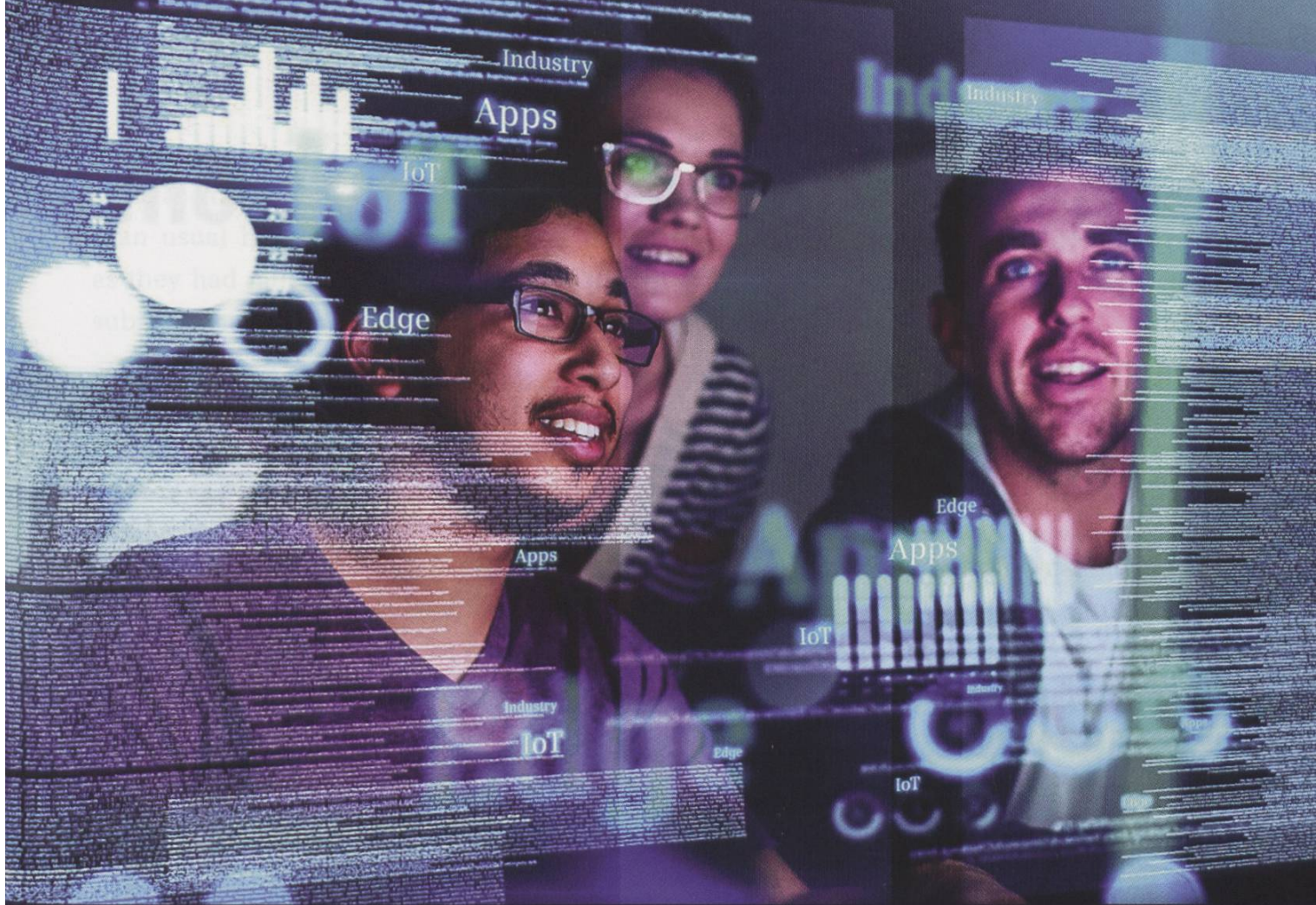
It is a new autumn semester at ETH where more than 700 Erstis, as we call the first-semester students here at ETH, have joined us at the Department of Computer Science. Since I started at ETH, the first day of the autumn semester, the Erstitag, has been one of the highlights of the year for me – a day where one can definitely feel that life at ETH is back with many new students! In the last few years, I have always led a group of Erstis around the ETH, showing the most important stuff around there, like our beloved coffee machines in our student lounge. This year, I wasn't a tour guide, but I held the welcome presentations for VIS in two Master welcome events. Organising an Erstitag isn't an easy task – large thanks go to everyone in VIS and D-INFK for making it possible to welcome our Erstis in the best way we could. Also thanks to VSETH and the packing helpers for the Erstibags!

Last June, the Mitgliederrat (MR) of VSETH convened for the elections of the next VSETH board and some other positions. The MR delegates had the once-in-a-lifetime chance to elect me as the next president of VSETH, a chance that they certainly did not miss. As such, this is my last Präsikolumne (in VISIONEN) since I will be leaving the VIS board after five semesters, two of which as the president of VIS. I have always enjoyed working with like-minded and motivated people here at VIS, had a lot of fun, made wonderful friends and I am sure the many generations of VIS actives to come will be able to enjoy it as much as I did.

Many thanks to everyone who I have met along the way, it has been an honour and a great experience for me. For all the Erstis: enjoy your stay at ETH! It won't be short, enjoy it to the fullest, here at VIS we are always ready to help you.

Best,

Emir



Transform data into breakthrough insights – Transform the Everyday

At Siemens, we are always challenging ourselves to build a better future and impact society. We need the most innovative and diverse digital minds to develop tomorrow's reality.

We are looking for ambitious people all across the world:

- making things talk with IoT: develop, deploy and run digital services, create your applications, or even new business models
- making cities, buildings, and offices smarter
- enhancing travel efficiency and comfort through digitalization
- breaking world records with software and system engineering

[siemens.ch/employer](https://www.siemens.ch/employer)

SIEMENS

Great Announcements from beyond the Wall

JOHN DIETER OF HOUSE STAIB MATILLA – SECOND OF HIS NAME, LORD COMMANDER OF HOPO AND THE ARMY OF SEMESTER SPEAKERS, PROTECTOR OF STUDENT INTERESTS, AND ENJOYER OF “THE LOBSTER”

So, once again I find myself reporting on my duties to the realm and on what the kingdom of Hopo has done for the land of Visteros. As always, if you have any quarries about how things are run in the realm of D-INFK you shall send a raven to hopo@vis.ethz.ch, and we shall answer your call for help this coming Winter session. For the semester is dark and full of terrors.

As to what we want to communicate to the people, since our last announcement, multiple councils have been visited. First, the council of the Data Science master, where we had a gathering with Lord Ghislain of house Fourny (warden of the Data Science master and former hand of the Visteros king). Now the people of Data Science shall have greater freedom in choosing the credits they desire in a great reform and shall transfer their credits from the realm of the bachelor to the realm of the master.

The next council visited by the emissaries of Hopo was the Member Assembly of VSETH. There, we witnessed the coronation of Sir Emir of house Isman as the new King of VSETH, the first of his name. This celebration was long, as though the King were unanimously celebrated, great debate ensued as to the members of the small council that shall accompany him. In the end, a hand of the

king was named, a small council, also known as “Vorstand” was elected and everyone enjoyed the festivities afterwards. Let's hope that Emir celebrates a tourney in the day of his name, as all kings do.

The last council that was visited by our high representatives can be defined as the Council of Grades (“Notenkonferenz”), where the casualties of affairs like the war of the four subjects, also known as Basisprüfung under the people of Visteros, were discussed. As expected our brave knights fought valiantly, though a quarter of them failed on their noble quest, which is as usual an improvement from the battles in the winter. Now, these people will have the honor to prove themselves in the great quest to pass NumCS guarded by Lord Ralf of House Hiptmair in the long night of HS22, sweet summer children. Though they will be trained in the art of C++ this time as to make their quest a bearable one. As for the rest of the grading conference, tears were

shed as it was foretold that more students than usual had to leave the realm of ETH as they had failed two or more second year subjects.

Another event of most importance for Visteros was the council of the department (also known as “Department conference”). Here, our Lord of light, Günther of house Dissertori came to warn us about the impending coming of the rising student numbers, a great challenge for all which the realm will have to face united as one. He also announced his priorities as the new Lord of ETH. Long-term plans include the possibility of a week free of lectures in autumn and changes in the exam session in the summer. These changes shall take time, so though it is improbable that we will see them, our descendants might.

After this, a meeting of utmost importance took place between the people of Hopo and the Director of Studies, Lord Zhendong of House Su, first of his name, warden of D-INFK, hero of the Studies Committee and finder of solutions. In this meeting he took notes of the wishes of the people and communicated his own worries to us. Matters discussed were things like the existence of some kind of ceremony for the valiant knights who have completed the quest to find the holy Bachelor Diploma and the existence of the mental health magician that was promised, whose coming may still occur. Things that worried the department are students taking too high of a credit burden by way of courses because of online lectures and the fact that ETH should not be taken as a quest to be fought outside the realm of Zurich. Another

matter discussed was the coming of the Erstis from beyond the wall and the importance that a Mentoring Program be put in place. An alliance was formed between the realm of D-INFK and the realm of Visteros, where we were given much gold to organize a tournament where the knights already hardened by their first year of battles may take a squire in the new people coming. This way they may not be lost in the realm of ETH and may also become a second year knight themselves someday. The mentoring celebration will then be even greater than the one of last year.

Our company also had a meeting before the dawn of the semester with Lady Denise of house Spicher, first of her name, protector of the Diploma, sharer of statistics and extender of thesis deadlines, along with the rest of the council of the Student Administration. Once there, Emir and I both presented the people next in the line of succession to our posts, Jason of house Zibung, heir to the throne of Visteros and Julia of house Bogdan. Matters discussed included the coming of the Erstis once again, the grading of the bachelor thesis and the announcement of more statistics around other things, to which they seem to be in good cooperation with us.

We also took a visit to the newly assigned Educational Developer, Lord Malte of house Schwerhoff, first of his name, teacher of Informatik to the lands outside the department and protector of fairer exams. We discussed some arrangements like a higher participation of the army of the semester speakers in the evaluation of the exams and the fairer assessment of getting a six in an exam. For

instance, it is sometimes not properly communicated if one shall have to slay all points in the achievement of a six or if a knight shall consider some leftover exercises in the saving of time. Some of our bravest representatives also had the honor of traveling outside of the wall in an adventure in the great kingdom of Italy, where the “Idealistic conference” took place. Companies of other realms were met and information was exchanged about the coming of the rising student numbers and the sustainability of the various realms, which included the great houses of the realms of Aachen, Delft, Chalmers, Milano, and Zurich.

Lastly, a great event of most importance also took place at the end of the semester, we organized our first “Hopostamm” for the good of the realm. Here, people not directly concerned with the matters of the realm could come and discuss topics with us, followed by a feast of food and drinks. This was a great success and lots of input was collected from the people, so you shall expect this to be a returning celebration in the next semester. It is of most importance for us to also come in contact with people outside our council chambers. Matters discussed included the class of sorcery of digital circuits and the lack of space to take part in studying. The people are also concerned about the daily feast at the Polymensa, though that is sadly outside our powers.

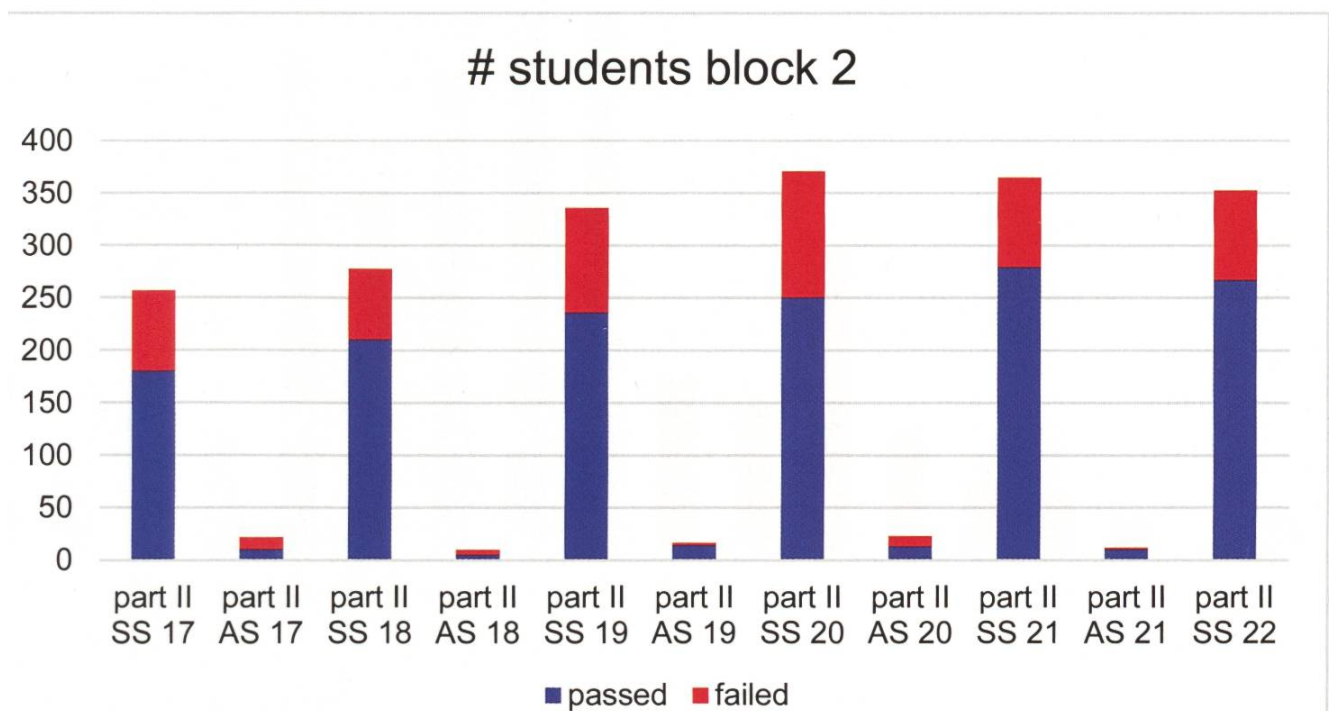
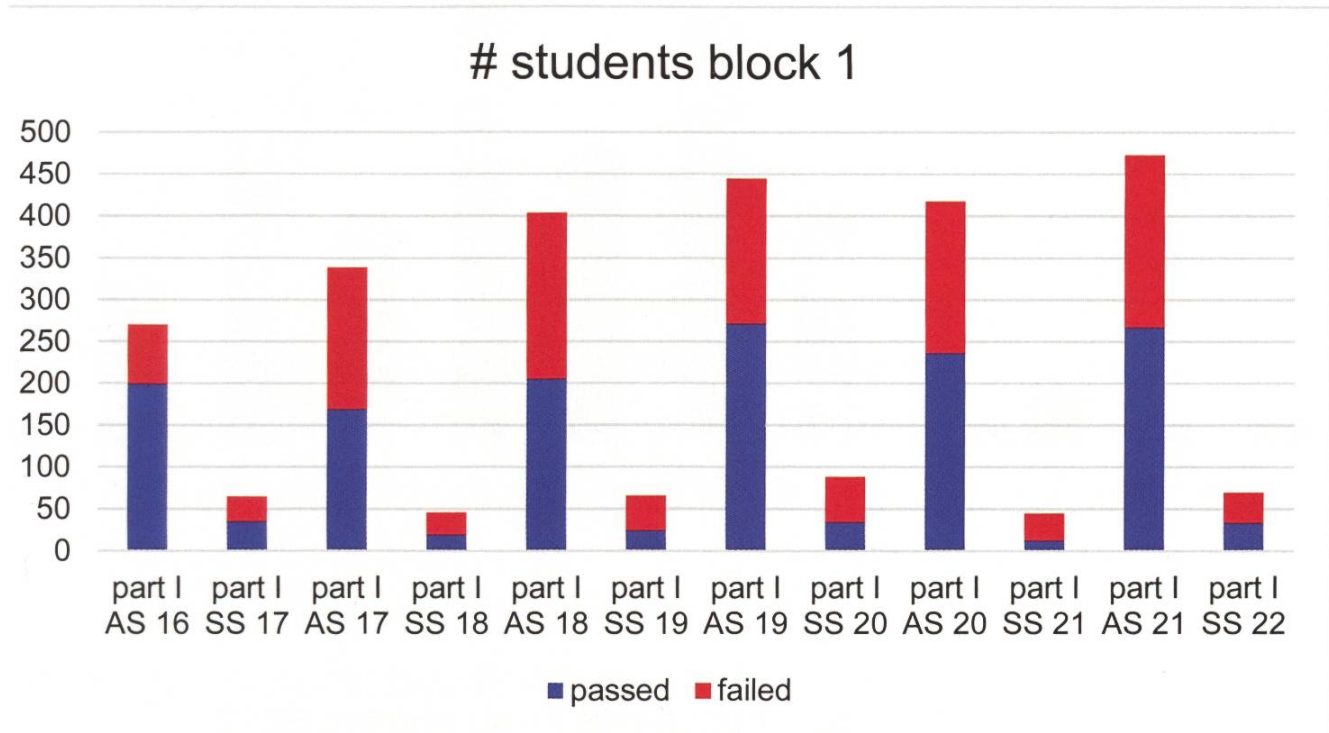
At the end of the semester, the people of Hopo took part in their great end of the semester feast with a visit to the town jester afterwards, as a compensation for their efforts in the aid of the realm. This bounty can also be yours if you want to join us in our holy quest to make ETH a place where everyone shall have the best education, where everyone shall feel welcome and with a purposeful quest, and where all knights who partake shall be assessed fairly and within reason. There are never enough people in the quest for the world that should be, and we will gladly welcome you within our ranks!

On a last note, I shall announce that from the next issue I shall leave the writing of this column to the next in line as student representative, to Julia of house Bogdan, first of her name, next protector of the student interests, mentor of many and defender of diversity, she shall bring Hopo to higher highs and achieve everything she shall put her mind into. May her watch be long and prosper. As for myself, my time as student representative was a time of great growth where I learned a lot of stuff that you cannot get in a lecture and met some incredible people. I will have plenty of fond memories and would recommend it to any of you who are interested.

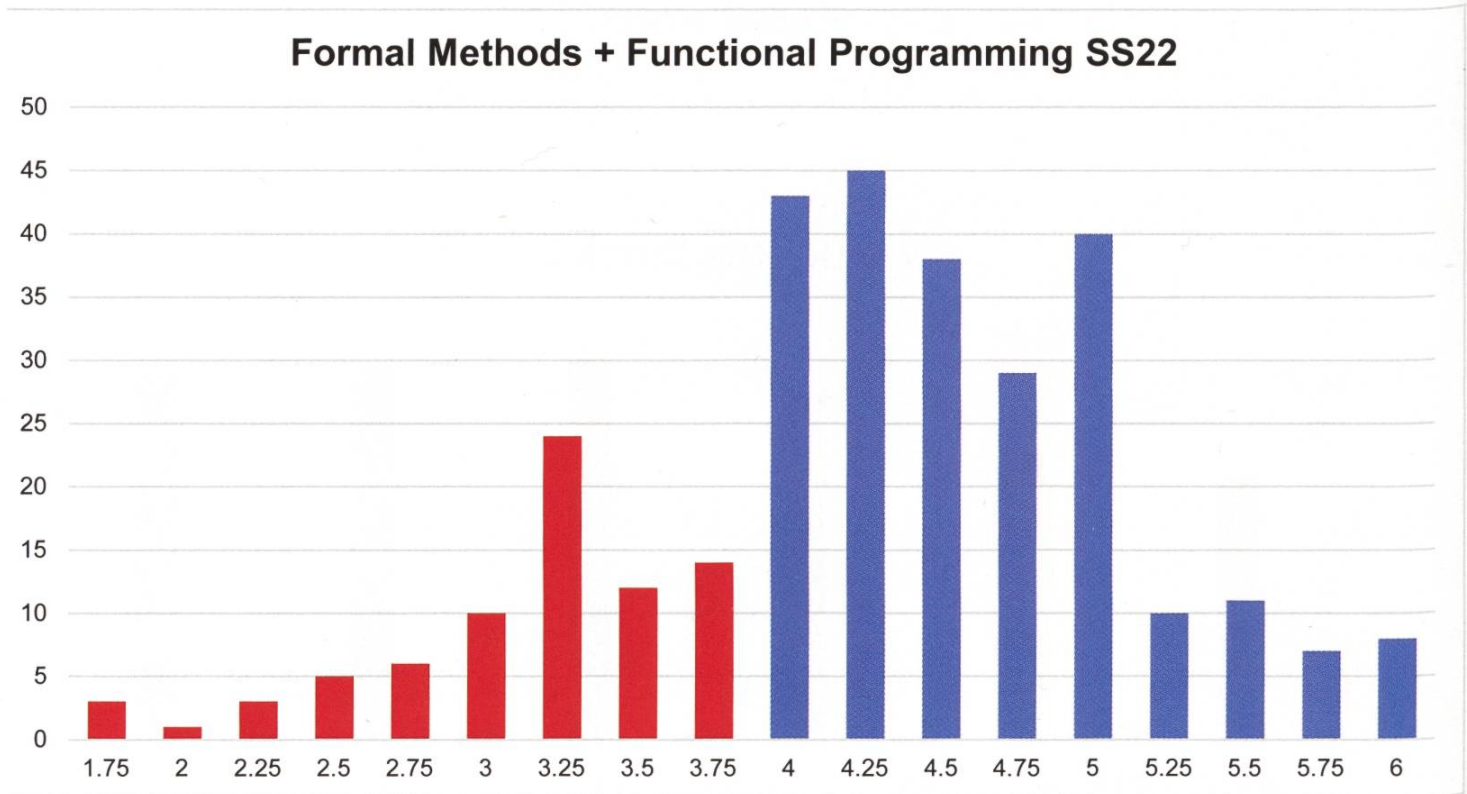
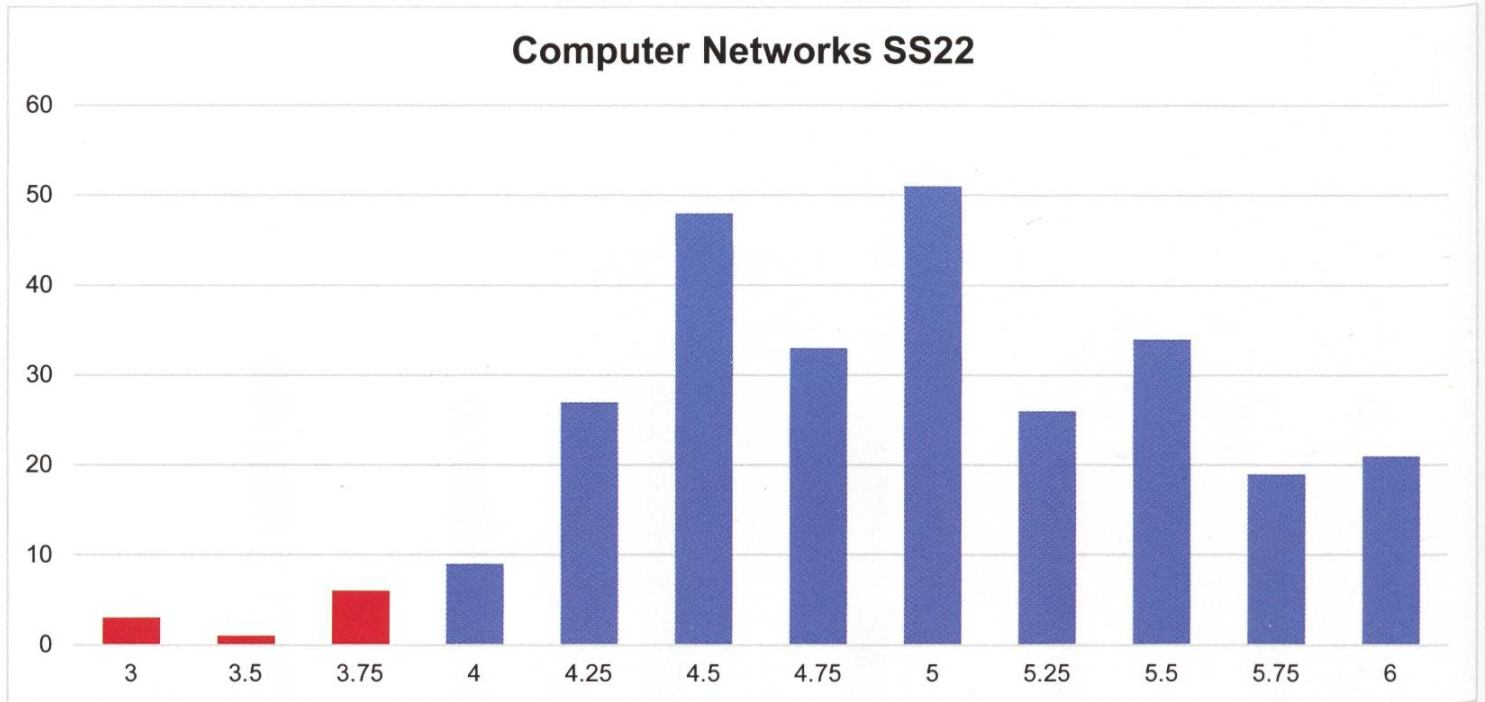
Now for the last time best wishes and may the force be with you, John

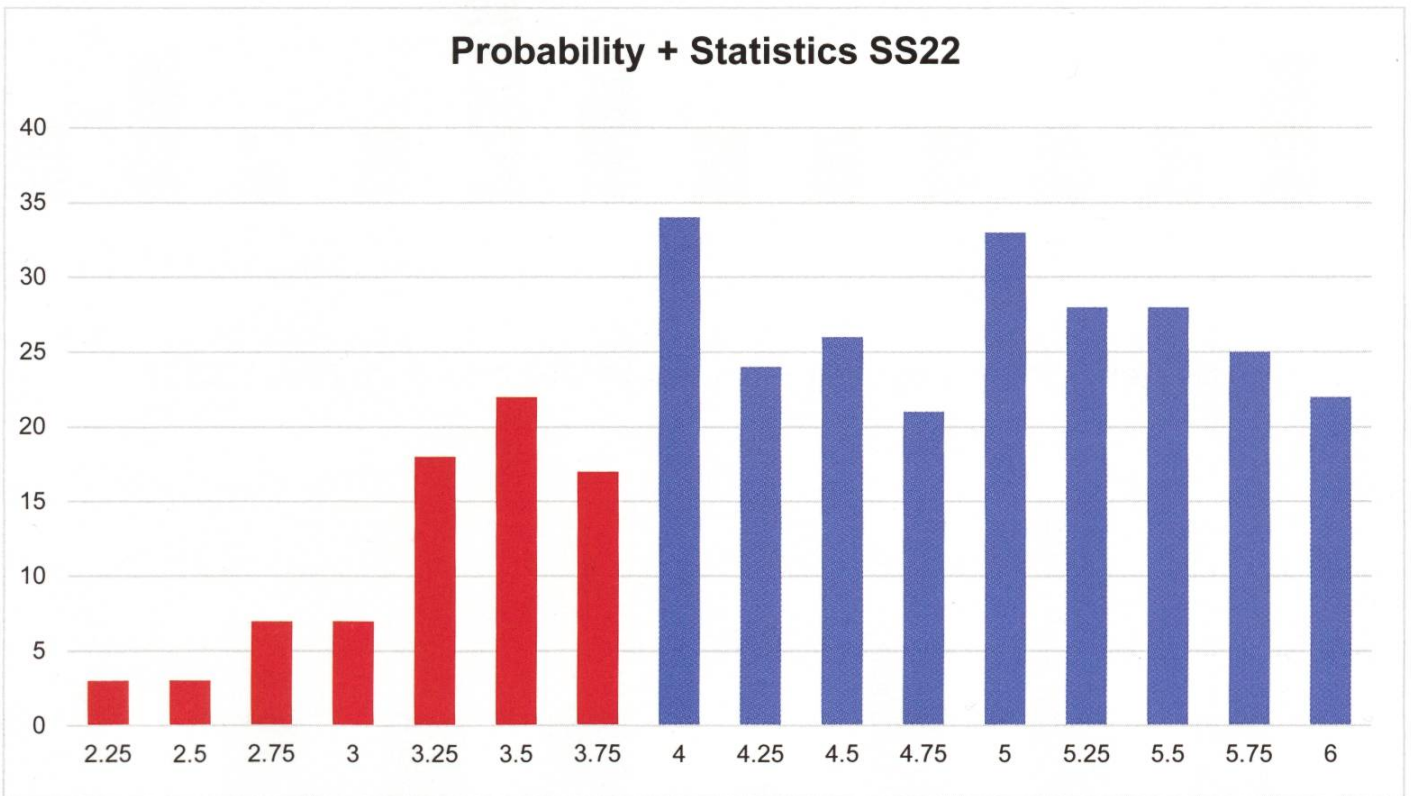
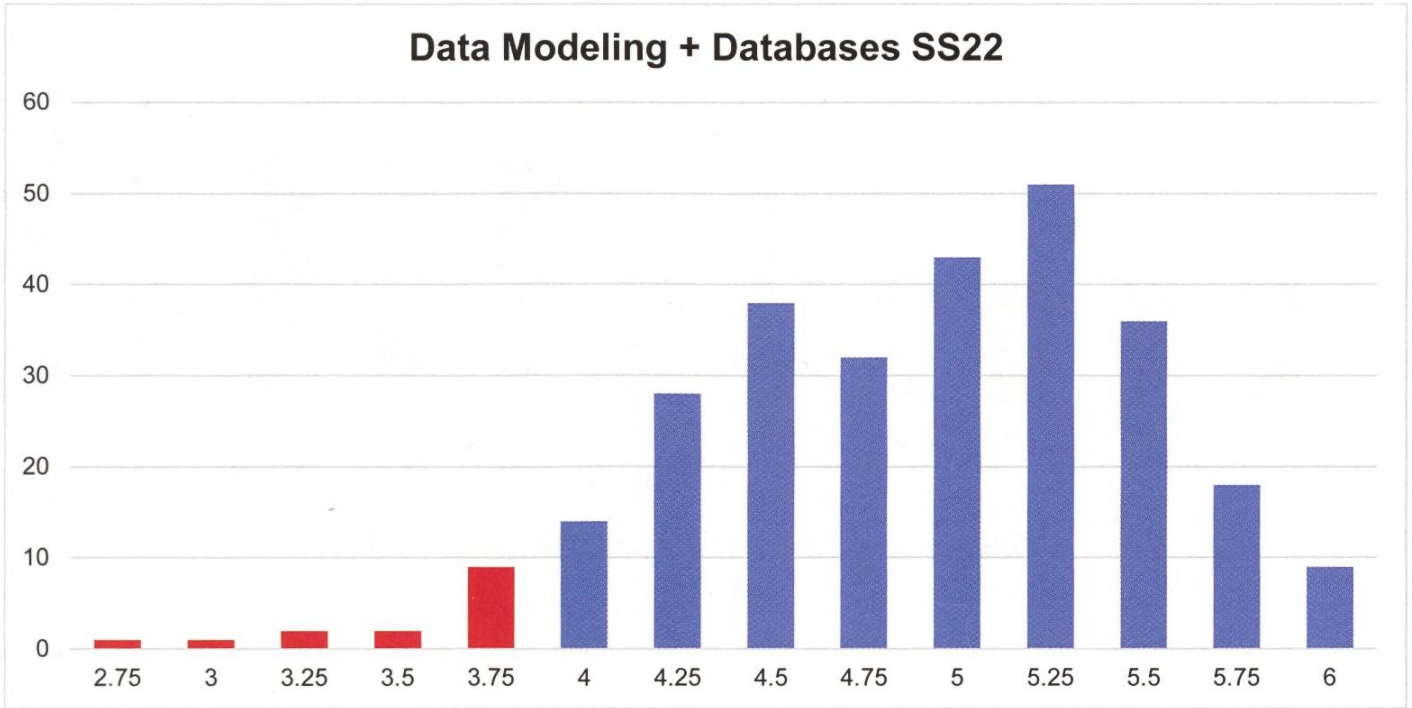
Notenstatistiken

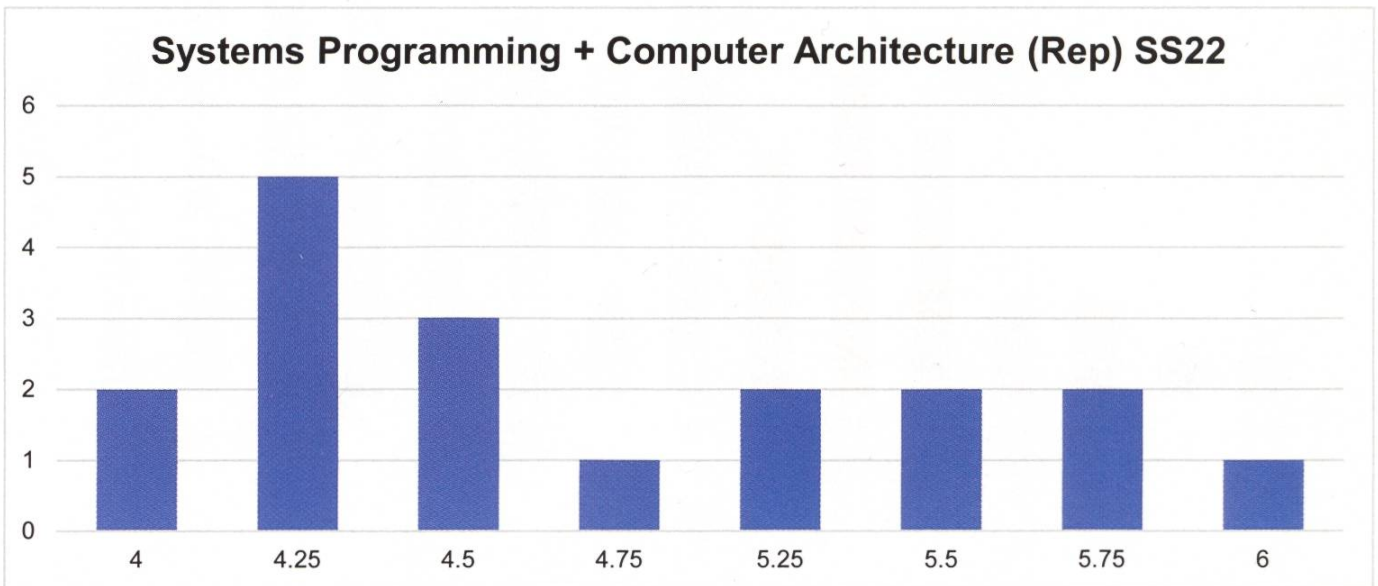
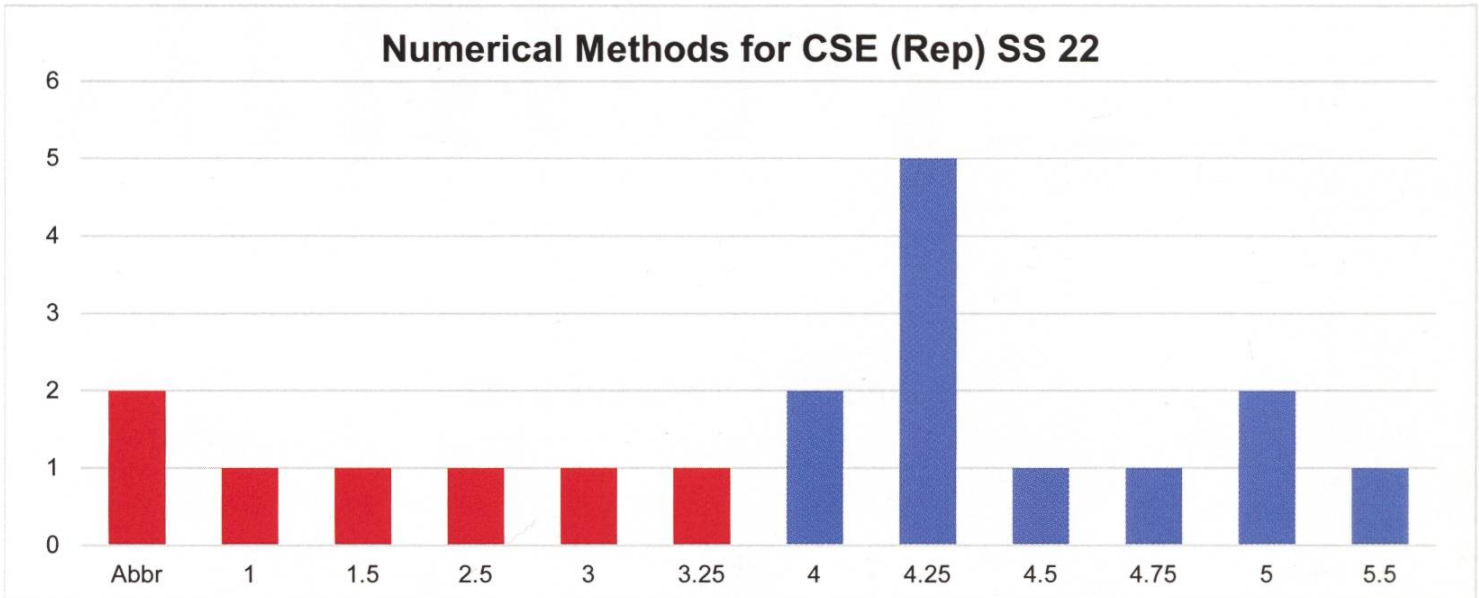
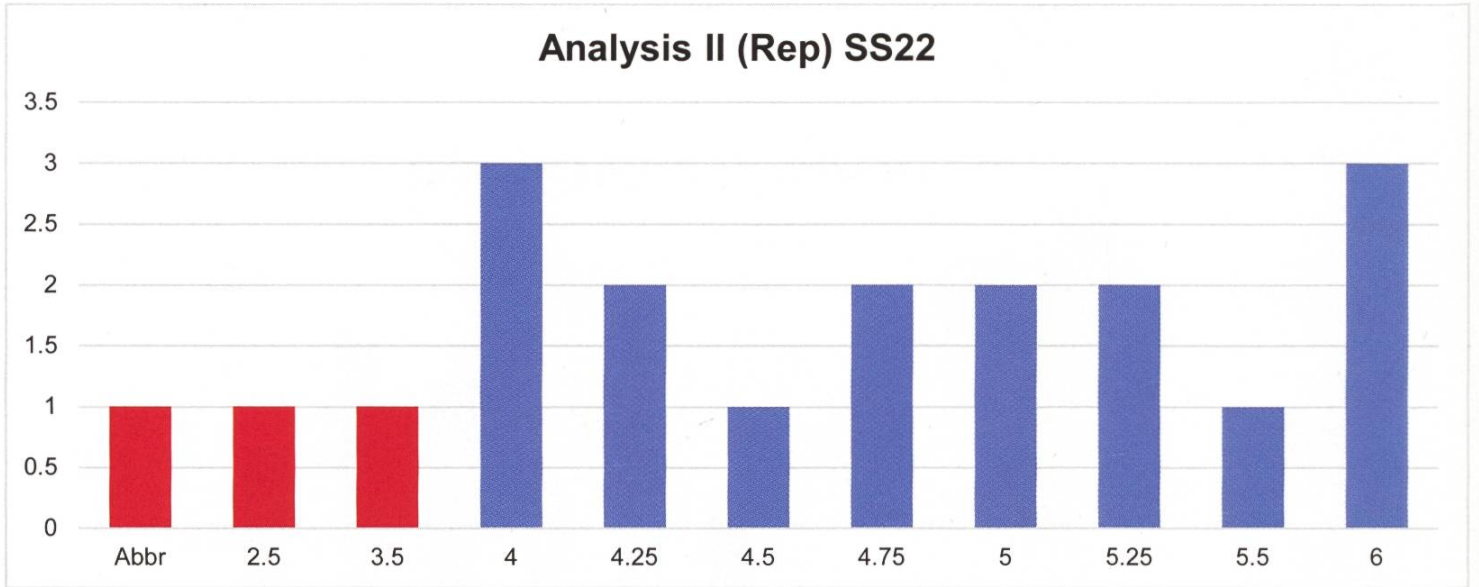
First year Bachelor



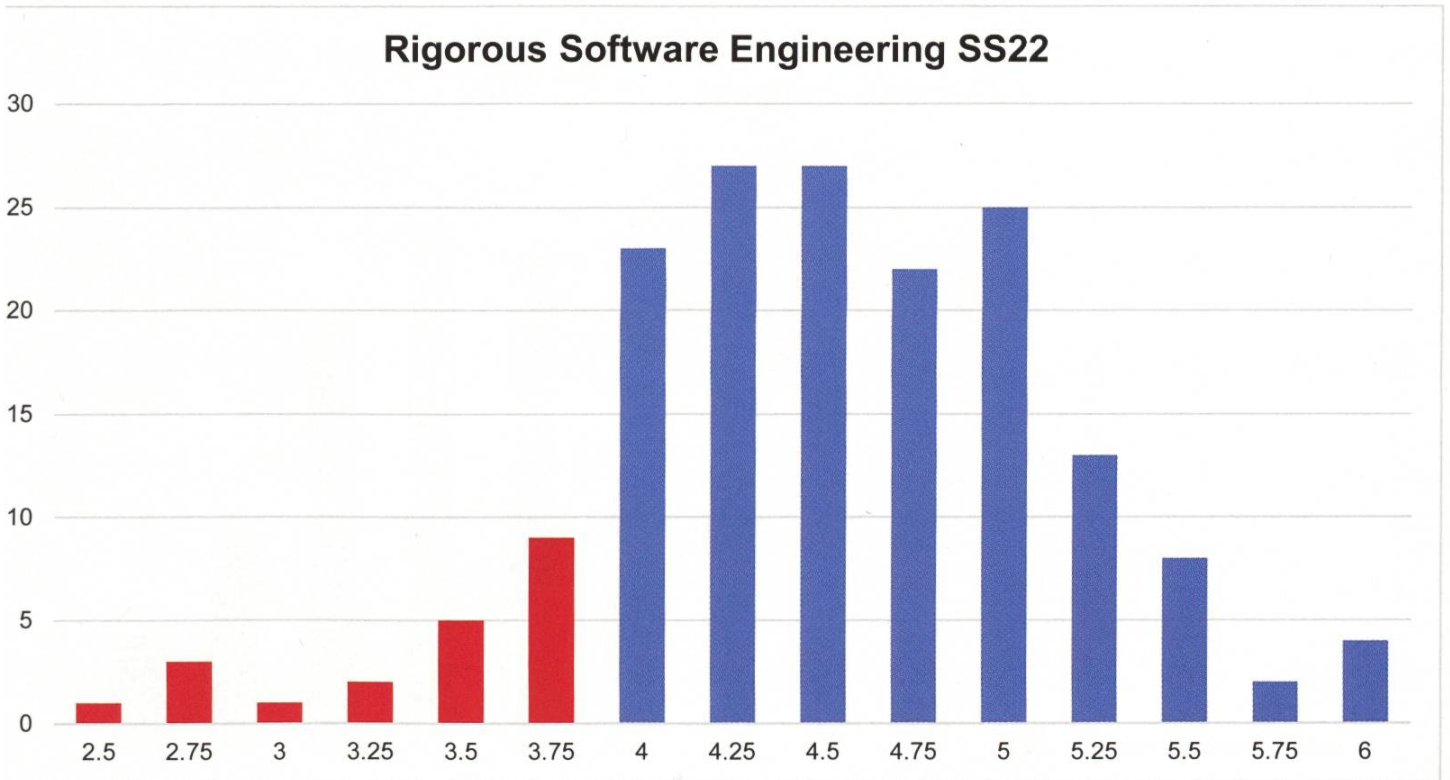
Second year Bachelor



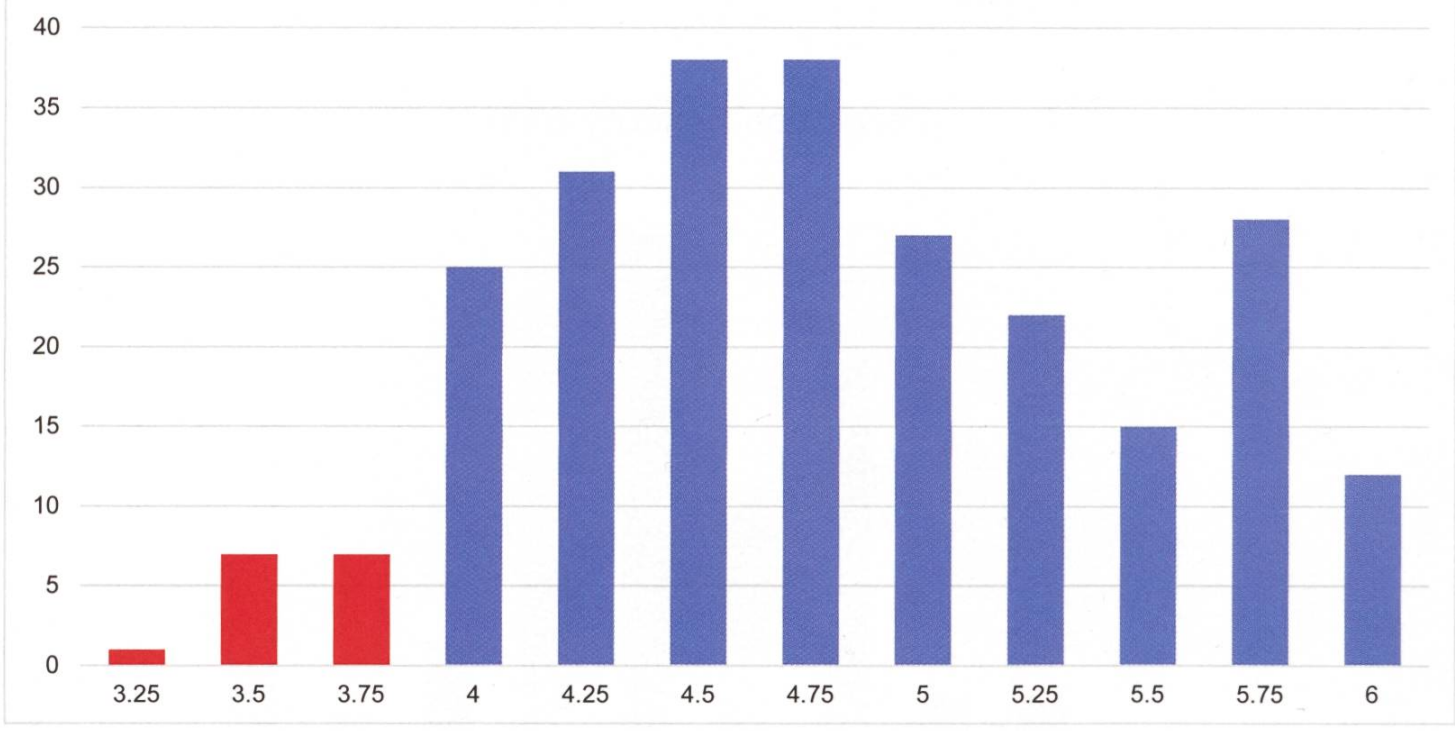




Third year Bachelor

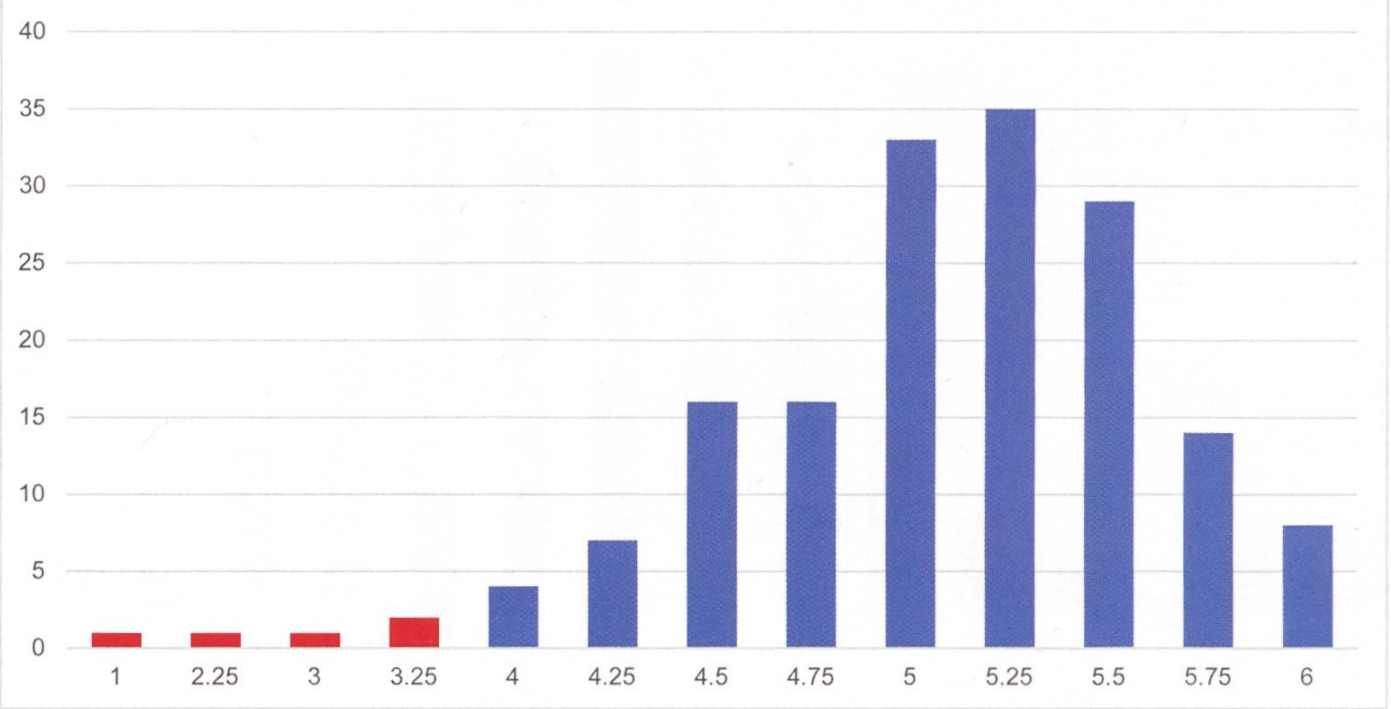


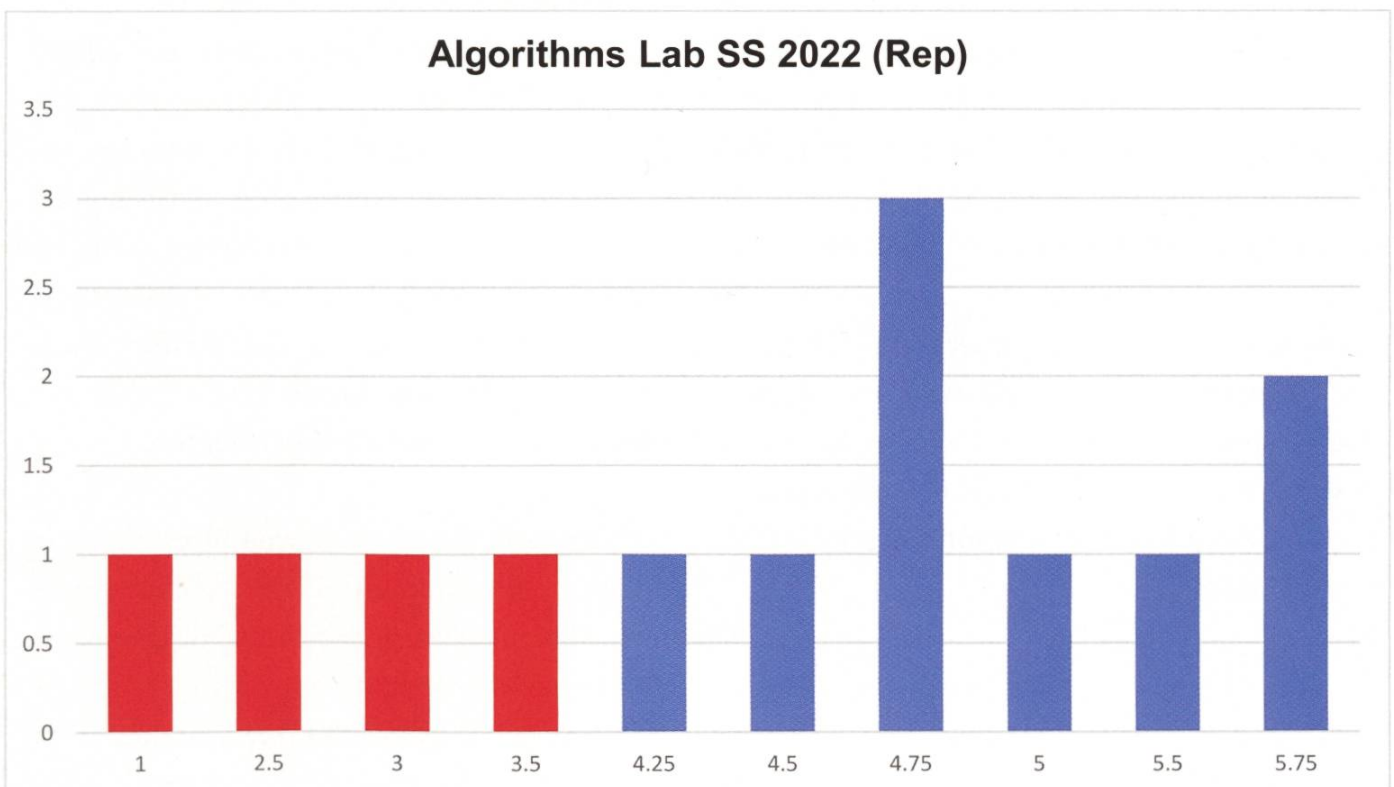
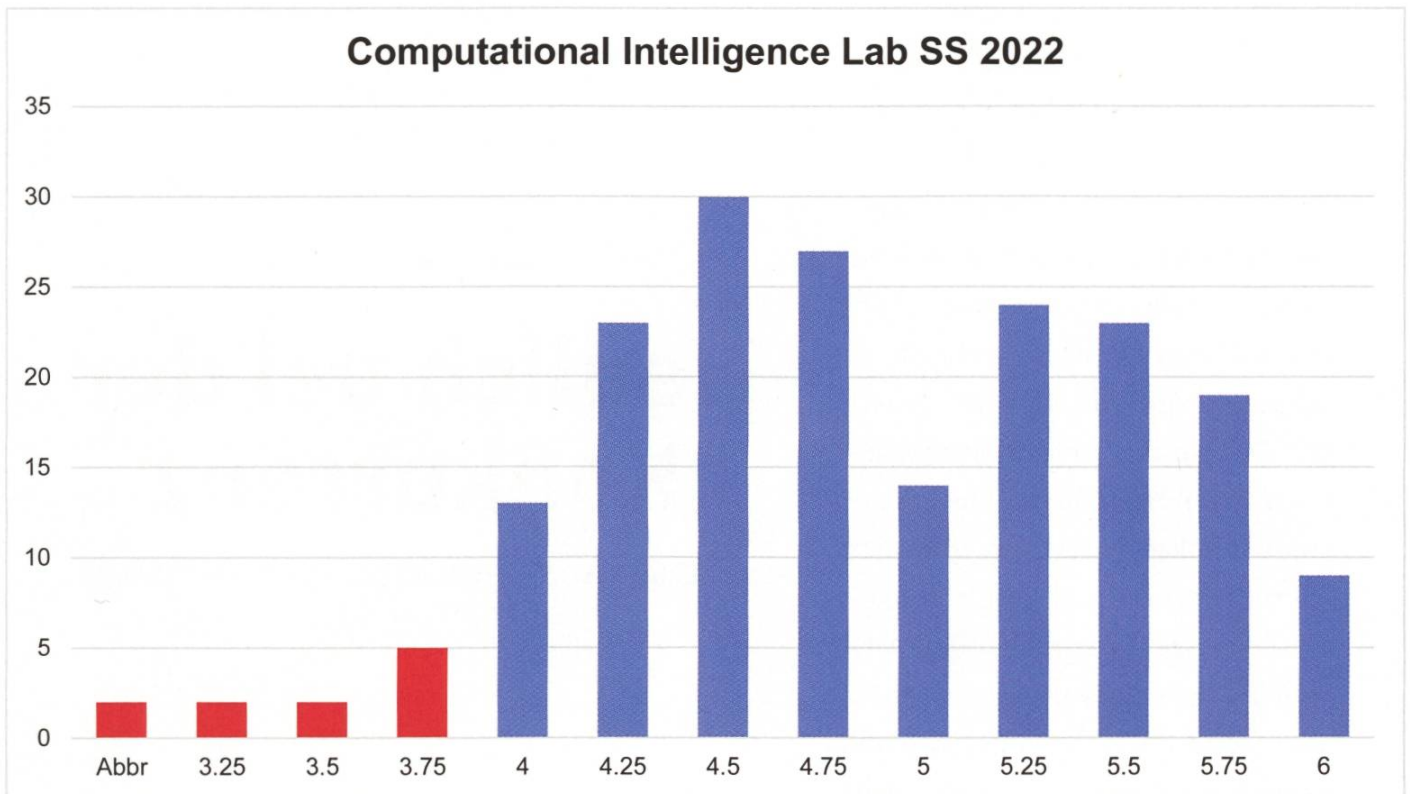
Introduction to Machine Learning SS22



Master

Advanced Systems Lab SS 2022





Ich habe mal wieder in anderen Studierendenmagazinen gestöbert, um herauszufinden, wie es bei der Konkurrenz so läuft. Hierbei überspringe ich normalerweise die Lektüre des VAMP und stöbere direkt im blitz um zu schauen, wie viel von der einstigen Grösse des Prestigemagazins noch übrig ist. Hierbei bin ich auf einen Artikel gestossen, der sich "aktiv" mit den Visionen "auseinandersetzt", der Name des Artikels «Interview mit einem Visionär» (blitz 22/11)¹. Früher wurden Bash-Artikel des blitz regelrecht gefürchtet, doch wie sieht das heute aus? Finden wir es heraus.

Neulich bei der Konkurrenz

☺ - GEMÄSS BLITZ ERFOLGREICHER BUSINESSMAN

Der Artikel beginnt mit der Behauptung, dass der schreibende Blitzionär eigentlich ein Mitglied aus der Visionen-Redaktion interviewen wollte, leider aber keinen Interviewpartner gefunden habe. Dies scheinbar, weil wir zu beschäftigt waren, Millionendeals mit grossen Consultingfirmen abzuschliessen. Ich weiss nicht, wie bei euch Recherche normalerweise abläuft, aber eine Mail an redaktion@visionen.ethz.ch wäre ein Anfang gewesen. Dies ist nach meinem Kenntnisstand nicht passiert. Auch bei gründlichem Durchkämmen des Spamordners ist nichts aufgetaucht.

Doch da ein erlogener Korb der Visionen noch keinen Artikel ausfüllt, behauptet der schreibende Blitzionär, dass er stattdessen einen Visionenleser für ein Interview begeistern konnte. Hier müssen wir uns nichts

vormachen: wir haben es mit einem 20 Jahre alten Klischee auf Beinen zu tun. Damit dies dem durchschnittlichen blitz-Leser jedoch nicht auffällt, wurden die Klischees noch um das "moderne" Merkmal «NFT-Sammler» ergänzt. Dass wir es hier mit einer fiktiven oder überzeichneten Figur zu tun haben, sollte zu diesem Zeitpunkt mindestens offensichtlich sein. Deshalb werde ich den Artikel auch nicht als Interview, sondern als lustig gemeinten Meinungsartikel betrachten.

Jetzt müssen wir auch einmal über die eher dürftige Argumentation im Artikel sprechen. Beispielsweise wird uns vorgeworfen, uns lieber um Millionendeals zu kümmern statt uns Zeit für ein Interview mit dem blitz zu nehmen. Ist natürlich stinkfrech gelogen - ich mein woher sollen die das wissen wenn sie nichtmal nachfragen. Wenn man

genauer ergründen möchte, woher dieser Vorwurf stammt, muss man sich bewusst machen, dass man die Anzeigen im blitz an einer Hand abzählen kann und da bekomme ich dann eher Mitleid und verstehe, warum man euch die Neidesblässe vom Gesicht ablesen kann. Vor allem finde ich lustig, dass danach die Artikelreihe über Investitionen als Positivbeispiel genannt wird. Ich meine, Nachhilfe in Geldfragen scheint für AMIVler und Blitzionäre dringend notwendig. Ich, als Visionär, der (möglicherweise) des Öfteren Millionendeals abschliesst, würde hier sonst gerne meine Hilfe anbieten. Hier gilt es zusätzlich zu erwähnen, dass man sich auf eine Artikelserie von Manuel Meier beruft. Bei Manuel handelt es sich um einen blitz-Dino, welcher schon seit über einem halben Jahrzehnt für den blitz schreibt. Habt ihr keine Positivbeispiele von jungen aufstrebenden Blitzionären gefunden?

Als weiterer Seitenhieb wird uns vorgeworfen, dass wir zu wenig regelmässig Hefte herausbringen. Ist ein etwas weilder flex, als Fachvereinszeitschrift eines doppelt so grossen Fachvereins mit einer doppelt so grossen Redaktion zu sagen, dass man doppelt so viele Hefte herausgibt.

Dass bei dieser Periodizität nicht immer alle Artikel aktuell sein können, ist uns bewusst. Der blitz mit der doppelten Ausgabendichte ist hingegen schneller als die Bild. Beispielsweise erinnert ihr euch an den Gamestop Short Squeeze? Ich erinnere mich als wäre es gestern passiert, und zack in weniger als

1.5 Jahren befindet sich im blitz eine Aufarbeitung der Ereignisse². Oder als Dune in den Kinos begeisterte, kaum sechs Monate später, wird's im blitz im Buch der Ausgabe besprochen.

In einem Punkt muss ich dem schreibenden Blitzionär aber recht geben. Das Einreichen eines Visionenartikel ist immer für alle Visionäre eine Qual. Ich habe auch schon jetzt keine Lust, diesen Artikel einzureichen. Hier gilt es zu erwähnen, dass ihr Artikel auch per Mail einreichen könnt. Einfach eine Mail mit Inhalt und Bildern an redaktion@vis.ethz.ch schicken und wir drucken ihn sehr wahrscheinlich ab.

Jetzt müssen wir noch die Frage beantworten, die wir uns am Anfang gestellt haben. Haben die Bash-Artikel aus dem blitz noch die Schärfe, die sie früher hatten? Meine Kinnlade hat sich keinen Millimeter nach unten abgesenkt, Gefühle wurden hier auch nicht wirklich verletzt, deshalb muss ich die Frage leider mit einem Nein beantworten. Es reicht nicht sich auf alte Zeiten zu berufen, man muss auch an sie anknüpfen.



(1) Da die blitz-Ausgaben etwas sinnfrei nummeriert sind, benötigt diese Notation Erklärung. Es ist zwar die Ausgabe 11 aus dem Jahr 22. Hierbei handelt es sich aber nicht, wie man normalerweise annehmen würde, um die 11. Ausgabe aus diesem Jahr, sondern um die 5. Ausgabe, da die Zählung im Herbstsemester beginnt.

[2] Musste die wirklich 8 Seiten sein? Das hat doch nicht mal das Lektorat fertiggelesen.

After learning about how easy you can keep ants as a pet I decided to NOT do it this year but sometime. But when I was at my grandma's holiday chalet, it just so happend that the antqueens were flying out. I could not just watch and let my chance to catch my own queen pass by. So I caught two.

I caught them in old jars lying around to transport them home. At home I put them in test tubes in my closet and gave them their time. It's quite hard to not look how they are doing every day. Also I was always a little afraid that I did something wrong and that my ants were just suffering in their test tubes. After about 2 weeks they had laid some eggs ,and then around 2 weeks later I saw some larvae. Two weeks later I still only saw eggs larvae and some ant pupas, but still no ants (except the queens of course). I left my ants as I was away for another week and when I came home my queens each had about 8 worker ants :D



Antwomen oder so

FIONI - STILL HAS NOT SEEN ANTMAN

I was very happy but also quite stressed because I was not ready and had not made the arenas for them to live in yet. So in a hurry I filled two plastic boxes with a little sand and a rock and some soil. I opened the test tubes and put them in. I went roaming through my hause looking for flys or spiders. I found nothing. Since I live in an old house, there is usually always a fresh fly somewhere and at least one spider. But I could not find any. How classic.

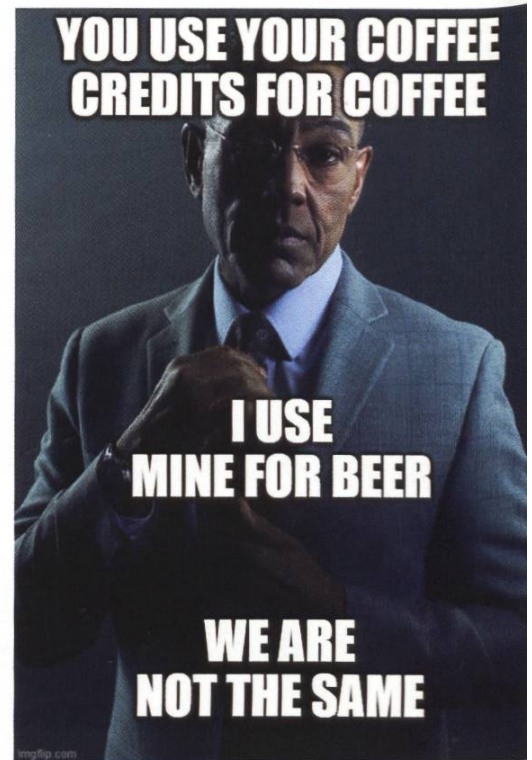
Few days later I found a fly and now weeks later I can say my ants like black flies, don't like dung flies, don't like earwigs and don't like risotto. I like watching them and especially crafting new boxes and nests for them.





Bierbardiskussion

Wir sprechen über die Angebote unserer studentischen Bars an der ETH, deren Traditionen und was sie besonders macht. Ein Gespräch zwischen der (inoffiziellen) Vertretungen des Papperlapub (c) und des Loch Ness (Fioni). Moderiert wird das ganze von der ExBeKo (jkirsch), einem supercoolen Craft-Beer Festival an der ETH.



Bierbardiskussion
3 members

Haha 🤔...ich stelle hier die Fragen. Aber da unsere Leser sicherlich daran interessiert sind: Ihr könnt uns gerne am Freitag, dem 21.10 im CAB besuchen. Aber was gibt es bei euch, das es sonst nicht in den Zürcher Bars und Clubs gibt?

Fioni Die Leute sind freundlich und Musikwünsche werden akzeptiert 😊. Ausserdem begegnet man einmal Studenten, die eher am Hönggerberg studieren und nicht den ewig gleichen CAB-chillern. Das finde ich erfrischend 😊👍. 22:09

Das Papperlapub ist nicht nur eine Bar, es ist eine, im Gegensatz zum britischen Königshaus (Rip in Pepperoni Liz), legitime Monarchie 🙌. Der Pubvorstand besteht aus König, Abt, der Prinzessin und vielen weiteren lustigen Gesell:innen. Doch pass auf, sei nicht zu frech zu ihnen, sonst kann es sein dass du einen Strafshot 🍷 erhältst. Das ist ähnlich wie in Grossbritannien, nur, hier kann man die Strafshots trinken und sie

Bierbardiskussion
3 members

Das Papperlapub ist nicht nur eine Bar, es ist eine, im Gegensatz zum britischen Königshaus (Rip in Pepperoni Liz), legitime Monarchie 🙌. Der Pubvorstand besteht aus König, Abt, der Prinzessin und vielen weiteren lustigen Gesell:innen. Doch pass auf, sei nicht zu frech zu ihnen, sonst kann es sein dass du einen Strafshot 🍷 erhältst. Das ist ähnlich wie in Grossbritannien, nur, hier kann man die Strafshots trinken und sie kommen nicht aus einem Gummischrotipistole 🍷. 22:15

Da habe ich nun eine Frage speziell an das Papperlapub: Wie kommt es dazu, dass wir eine Monarchie 🙌 als Bar haben?

Viele wissen es nicht, aber das Papperlapub war einst eine VIS Kommission 🙌 (als ob der AMIV eine Wochenbar auf die Beine stellen könnte). Dabei dachten die Gründer sie seien lustig waren sie auch ein bisschen und gründeten das Papperlapub als

Bierbardiskussion
3 members

Viele wissen es nicht, aber das Papperlapub war einst eine VIS Kommission 🙌 (als ob der AMIV eine Wochenbar auf die Beine stellen könnte). Dabei dachten die Gründer sie seien lustig waren sie auch ein bisschen und gründeten das Papperlapub als Monarchie. Deshalb haben alle Vorstandsmitgliedern lustige mittelalterliche Titel wie zum Beispiel Hofnarr 🙌. Hier wird zwar nicht gegendert, aber gleichberechtigt. Sprich man kann als Mann, Frau oder Divers sowohl König 🙌 als auch Prinzessin werden. 22:22

Fioni Das Pub hat eindeutig eine kreativere Entstehungsgeschichte, erzählen lassen. Allerdings habe ich noch keine geschriebene Version gefunden (auch nicht gross gesucht) was echt Schade ist, den Geschichtsfetzen zu Folge, die einem die Royals nach zwei Bier so zu erklären versuchen 🙌. 22:33

Bierbardiskussion
3 members

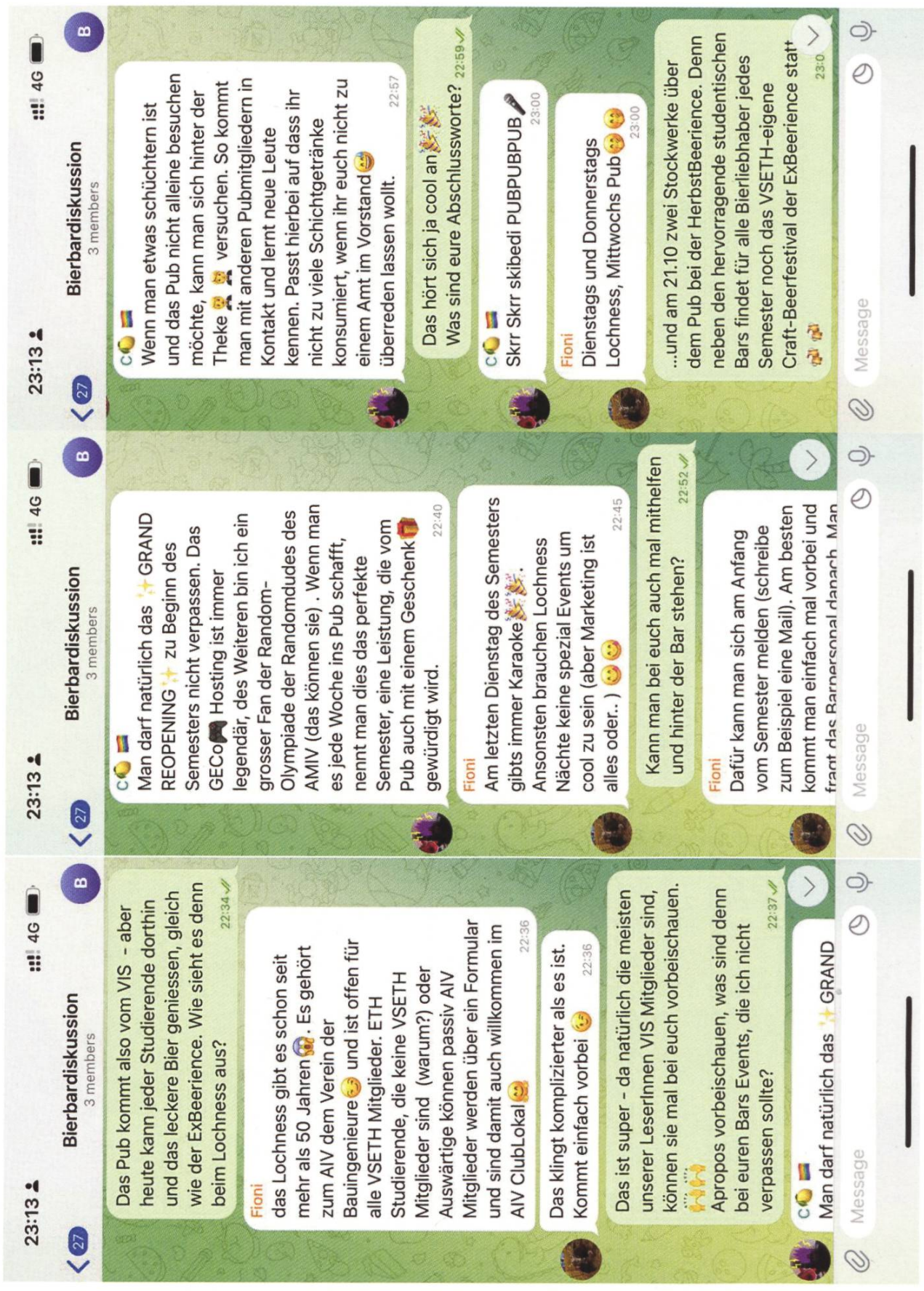
Fioni Dafür kann man sich am Anfang vom Semester melden (schreibe zum Beispiel eine Mail). Am besten kommt man einfach mal vorbei und fragt das Barpersonal danach. Man kann fast nicht zu viele Helfer haben. 🙌👍. 22:54

Wenn man etwas schüchtern ist und das Pub nicht alleine besuchen möchte, kann man sich hinter der Theke 🙌 versuchen. So kommt man mit anderen Pubmitgliedern in Kontakt und lernt neue Leute kennen. Passt hierbei auf dass ihr nicht zu viele Schichtgetränke konsumiert, wenn ihr euch nicht zu einem Amt im Vorstand 🙌 überreden lassen wollt. 22:57

Das hört sich ja cool an 🙌
Was sind eure Abschlussworte? 22:59

Skrr Skrr skibedi PUBPUBPUB 🙌 23:00

Fioni Dienstags und Donnerstags Lochness, Mittwochs Pub 🙌👍. 23:00



If you are a fan of games with a fantasy theme, then you might be interested in the card game Regicide. It is about a small army taking on various monsters, demons or evil lords. The game is for 2 to 4 players and is rather quick. The best part is, that the manual is only free for download and does only require a regular deck of playing cards to be played. Check it out.

Regicide - A fast and fun card game

JOHAN STETTLER - BOARD-/CARD GAME NERD



Source: <https://boardgamegeek.com/boardgame/307002/regicide>

The most burning question of new as well as returning students will be covered in the following article. We have evaluated several cafeterias on the Zentrum campus and will help you find the best cafeteria. But which metric should we apply to find the “best” cafeteria? Should it be the price/performance ratio, quality, quantity? Don’t worry, we have covered them all and then some more.

Cafeterias Zentrum benchmark

JAN-PHILIPP KIRSCH - CAFETERIA CONNOISSEUR

Some general information on cafeterias in the Zentrum:

- As a student you can eat in any cafeteria of ETH and UZH, but be sure to bring your (valid) Legi
- The vegetarian option costs less than the non-vegetarian option and has actually become a quite good option and not just the recycled sides of the non-vegetarian option.
- Being friendly definitely helps to improve your cafeteria experience, and you can usually get bigger portions if you (kindly!) ask the staff in the cafeteria. Disclaimer: The author of this article was somewhat limited by the available cafeterias during the semester break, but the past menus of the mensabot¹ as well as their recollection of experiences were considered enough to write this article².

Polymensa

The Polymensa is definitely a classic among the cafeterias in the Zentrum and provides a good, reliable experience. The quality of the food has improved over the last years, and they have a very constant quality in their menus. They are not the best, but they are reliably providing approximately the same quality. Currently, they are providing four menus with affordable prices and creative names: Street, Garden, Home, and Vegan. And if you are still hungry after enjoying a Garden or Home Menu, feel free to get in the queue again and ask for a second helping. If you get to this cafeteria during the lunch rush you can expect a rather long queue, especially between 12:00 till 12:20, as well as staff focused on dealing with the mass of students and without a lot of time for friendliness. After you have got your food, you are greeted by an interior design with maximal focus on

the functionality. As this cafeteria is quite spacious, you will probably find a place in the cafeteria itself or just outside in front of the Zweistein or the Alumni Pavilion. The highlight of the week in this cafeteria is probably the burger they serve Wednesdays - but you can find it cheaper at the Foodtrailer or the G-Essbar. This cafeteria is also the only ETH cafeteria in the Zentrum offering an option in the evening.

Food&Lab - closed

After opening in the fall semester of 2019 this cafeteria was closed in 2020 along with the other cafeterias of the ETH and has since not been reopened. But it still deserves an honorable mention in this booklet because it was always a good option if you were in the CAB with no intentions of leaving it. The prices were a bit higher but one of the two options East and West was usually quite good.

CLAusiusbar

If you don't mind waiting and enjoy asian-style food, this is the perfect cafeteria for you. But with this you are in league with a lot of other students also waiting for their food in the cafeteria with the least optimal queuing system in the Zentrum. They are quite fast, but they still only have one queue for all four menus, which leads to a lot of congestion at the entrance to the cafeteria. The other drawback is the high price, one of the highest of the cafeterias reviewed in this article. The staff is very friendly and if you ask for a

bigger portion they always give you one - but this is the XXL Version and costs more. They also have a wide range of condiments you can apply to your food which is certainly a plus for this mensa. The CLAusiusbar has quite a lot of decoration which can be definitely recognized as being Asian themed, but is quite random at some points. Also, don't be shocked if you do not recognize any of the names they have given their food - it is as well as the decoration asian themed and they sometimes appear to be picking random words. The quality of this food is nevertheless quite high. The long opening hours (11:00 till 14:00) are definitely a plus.

Polysnack

The little piece of Italy in the main building - where you can get authentic pizza, pasta, and salad. There is always a vegetarian option and it is sometimes even vegan. If you are looking for a nice break in between lectures you will certainly find something to your liking here. The price is sadly a little bit higher than in the polymensa, but you will get your money's worth here for sure. The friendly staff as well as the nice design of the seating options make this cafeteria worth a visit and probably the most pleasant experience for (student-affordable) dining options in the Zentrum.

Foodtrailer ETZ

The Foodtrailer is one of the locations farthest away from the main building, but the layout of the place as well as the low cost make it



worth a visit. At the Foodtrailer you have the choice between three meals: One vegetarian (sometimes even vegan) and two meals which are often mirroring the menus offered in the Local or Street menu in the Polymensa. The last two menus are three CHF cheaper than in the Polymensa, making the long way to the ETZ definitely a viable option. The Trailer is accompanied by a few well designed seating options outside of the ETZ and some less well designed seating options inside the ETZ. As the menus in the trailer are always served as take-away menus you can conveniently take it to wherever you want to eat.

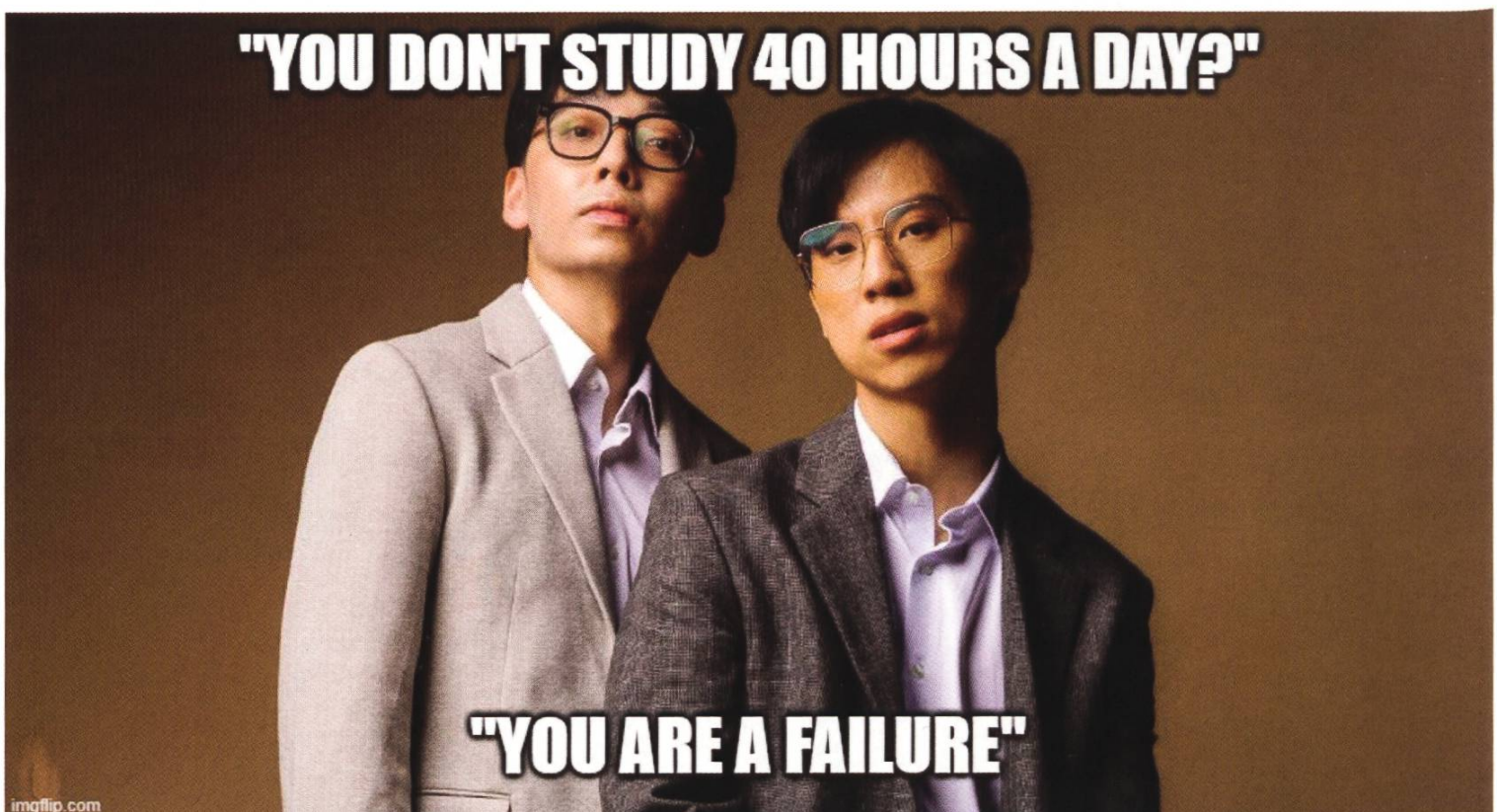
Uni-Mensa (Upper and Lower)

The Cafeteria at the UZH is open to ETH students as well and definitely worth a visit. They have the lowest prices of all cafeterias introduced in this article and are quite spacious, considering these are two cafeterias stacked on top of each other. However, the seating is not quite enough to handle the rush during lunch, based on the high quality of the food and the low prices. It is well worth the visit for students on a budget, as well as the cafeteria-gourmet.



[1] @zurimensen_bot on Telegram

[2] by the author



During our editorial meeting, we started to exchange tips and tricks we would like all students who just moved to Zurich to know. We noticed, however, that most of these were not known to all of us. Hence, you might want to check out this list regardless whether this fall is your first or last semester.

Ersti-Hilf

THE EDITORIAL STAFF – PRESENTS TIPS AND TRICKS FOR LIVING IN ZURICH AND STUDYING AT ETH

Mobility

Velobörse

Depending on the distance of your home to ETH and activities apart from studying, you might want to own a bike. While you can also find these on Tutti.ch, you might want to check out a Velobörse where you can find a considerable collection of bikes in all shapes. Find the next event at <https://www.provelozuerich.ch/leistungen/veloboersen/>

PubliBike

There is an offer in Zurich where you can rent bikes and e-bikes via an App. There are stations all around Zurich, even one at both ETH campuses, where you rent a bike and drive to another station. It costs around 70 bucks per year, and you ride for free for 30 minutes, which is okay, since you mostly reach half of Zurich within this time frame. There is even an ETH promo code on <https://ethz.ch/students/en/campus/transport-mobility/velo.html> for a better deal. PubliBike is so excellent that it inspired swiss rap crew “Brisago Boyz” to record a track about and named PubliBike.

Mobility

Mobility is a service where you can rent cars for a rather low price. You pay a membership fee. But as an ETH Student, you can get a membership for free for a month. Just visit <http://www.adressen.ethz.ch/>, and you should find somewhere “Mobility”. This comes in handy if you need a transporter for moving. But you can only have one free month in your lifetime.

Food and Drinks Grocery Shopping Apps

To get information on all the available grocery deals, you can use the apps for your favorite grocery stores. Note that also the loyalty programs might offer great benefits.

Cheap Beer

Coop Prix Garantie (PG for short) is probably not too far ahead in the race for the best beer, but it is certainly a leader among the cheapest beers. So, it really embodies the student lifestyle you're most likely aiming for right now. Plus, it's always up for a surprise because rumor has it they just buy leftovers from other breweries, and every can becomes an entirely new culinary event. →

Asia Store

If you are from Asia and miss some of your local ingredients for your kitchen, then check out the Asia Store (it is literally called like this).

Too good to go

“Too good to go” is an App that can be used to purchase food from restaurants or grocery stores that are about to go bad and thrown away. This way, you can fight food waste, and you get quite a lot for little money. The app should be on the regular app-store.

Uber Eats

Uber Eats is a food delivery app, where you can order food of various restaurants. It is usually expensive, but occasionally there is a promo code or special offerings, such as paying for one meal and get two of them. This way, you can save money.

Shopping Tutti.ch

Tutti.ch is a wonderful platform to purchase used stuff like furniture. For example, one of us bought a couch for 5 people in an excellent shape that would be around 1200 CHF in a regular store for about 120 CHF.

Fashion

If you don't want to come across like the standard computer scientist in khaki shorts, a washed out polo shirt, sandals with socks and a multifunctional backpack, Bestsecret offers you pretty much all the brands the fashion fetishist desires with really awesome deals (desperately needed since Zalando is going all ultra woke and sales are going down the drain because this target group prefers to visit second hand stores).

Mobile Subscription

Comparis.ch is the best way to look for a good deal on a contract for your Mobile Phone in Switzerland. Yallo seems to be a favourite among many students. You should check them regularly. Sometimes, you find deals for about 10 bucks a month for unlimited data, limited to a year. For some strange reasons, the best mobile deals are around Valentine's Day (14.02.). Is this supposed to be a romantic gift?

Easy money

In order to buy anything, you obviously need money. To solve this problem, UZH is almost always seeking people for social experiments. This can range from simply filling out a survey to do some funny exercises. One of us once got paid 50 bucks for an experiment lasting one hour.

News and Entertainment*New York Times*

For your (daily) dose of news, sudoku, and cross words, ETH library grants you a free subscription to the online version of the leading American newspaper. You can create an account on nytimes.com/passes using your @ethz.ch mail address and follow the verification instructions.

Kulturlegi

The Kulturlegi is a card that offers price reductions on events or activities in Zürich. You can only obtain this card, if you can prove that your income is low, and you live in the Canton of Zürich. Check it out on kulturlegi.ch.

Klub Jung

To enjoy the cultural landscape even more, you can become a member of the Opera's club for everyone up to 26 years of age. It costs 20 CHF once, and you can get tickets for the opera for 15 CHF afterwards. After each performance, you can even get a glass of prosecco for free.

ASVZ App

Clearly, physical activity is helpful to deal with the stress of studying at ETH. To make it easy, you are already enrolled in ASVZ. Here, you can find all kinds of activities to find your new favorite sport. "Superkondi" is the hottest offering among the cool kids, check it out!

Counseling

Nightline, Psychologische Beratungsstelle, Me-Well Community

Studying at ETH can be hard, not only for the obvious reasons like exams etc. but studying can be challenging for your mental health as well. Whenever you feel the need to talk to someone about such topics, there are many ways to get help. There is a general counseling and coaching service from ETH <https://ethz.ch/students/en/advice/beratung-coaching.html>, a psychological counseling service for UZH and ETH students <https://www.uzh.ch/cmsssl/en/studies/advice/psb.html>, the Nightline (<https://www.nightline.ch>), a free, confidential and anonymous telephone service to talk to other students about your situation, and the MeWell community (<https://mewellcommunity.ch>), a community of students and staff members from Zurich universities striving to improve mental health in academia.

Studying

Discord

If you need help from fellow students, have questions which courses to take and when, or just want to be entertained by memes, there is a Discord server for you! Join via <https://discord.gg/eth-dinfk>

Entry to University on Saturday/Sunday

ETH buildings are often only open from Monday to Friday, from 06:00 to 18:00. Each student has access to certain buildings 24/7. CS-Students have access to CAB, CHN and IFW. You just need to activate the access code on <http://www.adressen.ethz.ch/> to the section ETH-card, and you should be able to access the building with your legi as an entrance badge.

VSETH Helpdesk

If you want to avoid carrying this article wherever you go, VSETH provides a lot of help for all kinds of situations. Check it out and save it in your bookmarks: <https://help.vseth.ethz.ch>



In this article, the Bachelor's student details his experiences at Princeton University and explains why he would strongly recommend students to leave their ETH bubble for a while.

Dare to leave your bubble!

DANIEL YANG - ALWAYS PLANNED TO GO ON AN EXCHANGE SEMESTER.

“Studying at Princeton was a completely different experience”

The moment I arrived at the Zurich Airport coming back from the US felt like I just departed from here yesterday. The time was going so fast and my stay in the US felt like a daytrip, but filled with six months' worth of great experiences, new friends and exciting adventures. A feeling I would have never found if I hadn't dared to leave my familiar bubble in Zurich where I started my studies three years ago, and head into the unknown for an exchange semester in a new country. I am very grateful to everyone who shared their study abroad experiences with me and recommended and motivated me to do one, too. Now it is the time to share my own experiences at Princeton University, hopefully helping you to answer the question whether an exchange semester would be something for you. If you ask me, there will be only one possible answer.

Everything started with my sister telling me, „Going on an exchange was the best thing I did as a student!“. That's when I decided to try it myself, even though I had no idea whether I would

like it. When I was admitted to ETH, I was an ambitious student and tried to find an even more excellent university than ETH for an exchange semester, which wasn't easy. For this reason, I was determined to do my best in my first year at ETH such that I would have as many options as possible without having a particular university in mind. Luckily, this plan worked well and after 1.5 years of hard work, I received my confirmation for an exchange semester at Princeton University.

What I liked most about Princeton was that studying there was a completely different experience than at ETH. First of all, Princeton follows the path of “liberal arts education”, which means that the students receive a much broader, multidisciplinary education. Typically, the students do not choose their major before the end of the second of their four years at Princeton and the first two years are similar to a "studium generale". During these four years, everyone has to fulfil a certain number of courses from various

fields like "Literature and the Arts", "Social Analysis", a writing seminar, a foreign language and much more, so that maybe only two out of three courses are related to your actual major. Due to the small number of roughly five thousand undergraduate students and the large variety of majors, the student body is much more diverse. Instead of having friends from Computer Science only, my friends at Princeton study all kinds of majors ranging from Economics over Public and International Affairs and Astrophysics to Art History.

The courses at Princeton go less deep into theory and the content is less complex and more practical from an ETH perspective, even though Princeton is considered one of the theoretical universities in the US. In particular, we only had 12 weeks of lectures instead of 14 weeks like at ETH. I felt that I probably would have learned more at ETH than at Princeton content-wise, but this does not mean that the semester at Princeton was any less challenging than at ETH. It was just different.

Food, friendships and a strong sense of community

The town Princeton itself is also quite small with a population of around 30 thousand people, which makes campus life a real bubble. Since the next larger city New York is an hour's train ride, you spend almost all of your time on campus surrounded by other students. Although I was sceptical about this at the beginning, I ended up feeling really comfortable there. You get to know each other much better and a spontaneous acquaintance across a lunch table can easily develop into a good friendship, because you will likely bump into each other again when walking

over the campus. You can also hang out or study with your friends much longer, because almost everyone is living on campus and no one has to commute home.

With all the exclusive Princeton merch, on-campus events and sport competitions against other universities, there is a strong sense of togetherness creating a mutually supportive, tight-knit community. Since undergraduate studies last exactly four years for everyone, you typically start your studies with the same people as you are going to graduate with, which creates an even stronger affiliation to your class year. The affiliation is so strong, that even alumni and alumnae who graduated in the 80s and earlier often return to Princeton for the big annual reunion party in May. We exchange students were treated like juniors (third-year students) and belonged to the class 2023. My favourite part of campus life was the food and Club Swim. Regarding the former, I had low expectations. From what I have heard from other American universities, I expected to subsist on a diet of pizza, burgers and fries. But at Princeton, it was the complete opposite. At the beginning of each semester, almost everyone must purchase a meal plan, which allows you to eat in the eight dining halls on campus for a certain number of times during the semester. In fact, it is unusual to cook by yourself and most students get all of their meals from the dining halls. At the entrance of the dining hall you swipe your student ID to deduct one meal from your plan, and proceed inside to a large all-you-can-eat buffet with an awesome salad bar, omelette station for breakfast, grill and pasta bar for lunch and dinner, and even a chocolate fountain for Sunday brunch. I was surprised by the large variety of vegetarian food they offered, but also



amazed by the perfection of the cookies, crunchy outside and soft inside.

Fortunately, not only the food is great in Princeton, but also club sport, which prevented me from having to roll myself back home. In the US, there is varsity sport for the professional athletes, who participate at national and international championships and sometimes even the Olympic Games. Club sport is more recreational, but can also be done competitively in the US, as opposed to Europe. I joined Club Swim and that was one of the best decisions I made during my exchange. Not only was I able to practice four times a week in the pool right next to my dorm, but I also made a lot of lasting friendships with my teammates, with whom I spent a lot of time together during practice, competitions and in my free time.

Same same but different

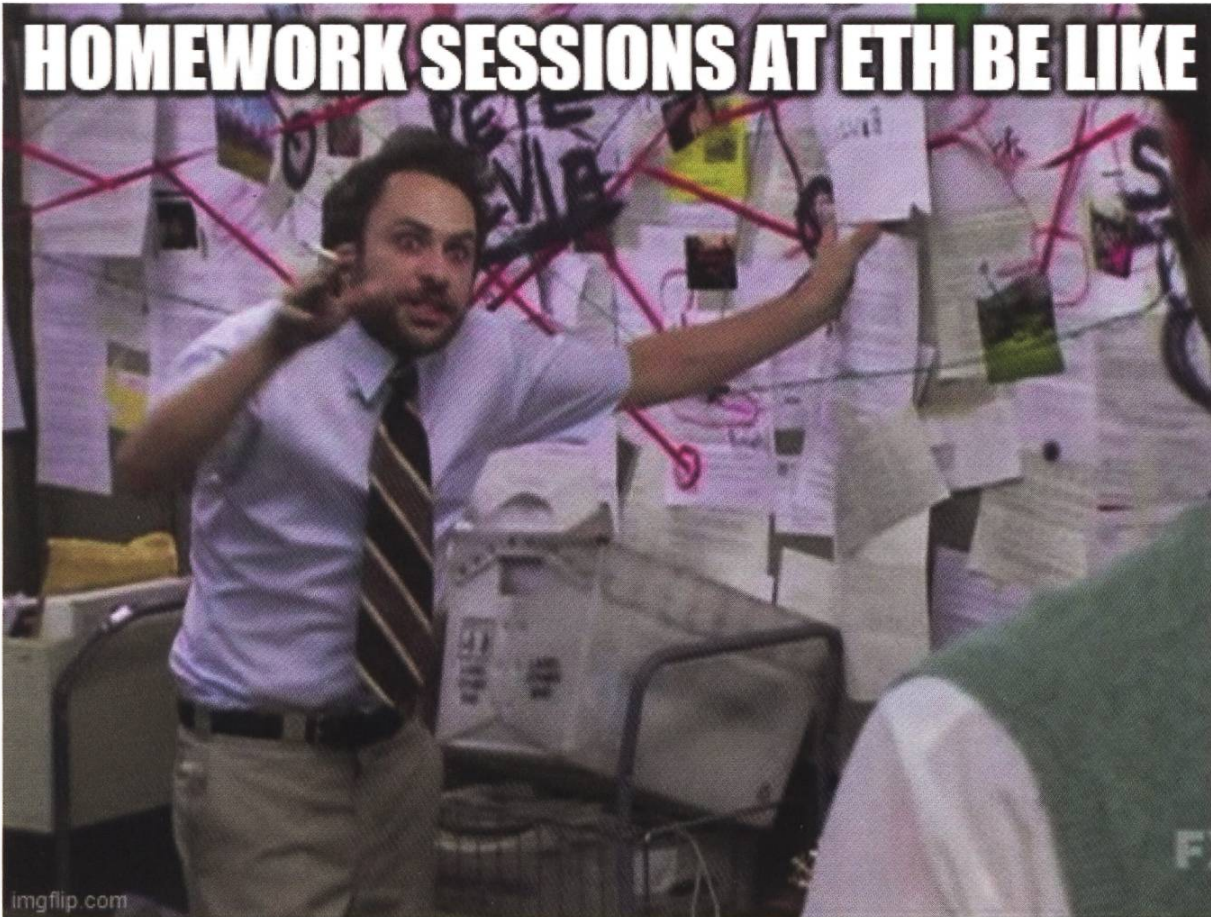
Besides the studies, people and all the fun, there is one crucial component of going on an exchange I have not talked about: the experience of being in a new environment! Although the US and Europe are not extremely different and my culture shock was negligible, the small differences still matter. Be it the calendar week starting with Sunday instead of Monday, which almost caused me to book an online train ticket for the wrong day; or the chlorine-tasting water from the tap, which had me looking not only for restrooms, but also for the filtered water stations; be it the complicated train schedule, which delayed our arrival in Princeton by multiple hours on our first day in the US; or restaurants only showing prices without tax, not to mention the

"mandatory" 20% tip, which resulted in us always spending more money than we had planned – all of these things taught me to be more resilient against unknown environments and unforeseen struggles.

The change of environment also gave me a different perspective on both Europe and the US, allowing me to notice the good and bad sides in both environments. Without this exchange, I would not have realized how privileged it is to live in a city with fresh, drinkable tap water and almost no homeless people, but I would not also have known how enriching it can be to have a "studium generale" for the first two years of your studies or how a strong club sport infrastructure allows you to pursue your hobby even competitively during your studies. All in all, going on an exchange is a great opportunity to escape your familiar surroundings and make new experiences, meet great people and have a lot of fun. The success of an exchange semester does not depend as much on the university you choose or get admitted to, but most of all on what you make of it. Some might enjoy the opportunity of taking courses with a stronger focus on practical applications instead of theory compared to ETH. Others might use their exchange to participate in more extracurricular activities or use the time after their exchange to travel around and explore the country. You will never know how great an exchange can be unless you give it a try.



HOMWORK SESSIONS AT ETH BE LIKE



imgflip.com

$$0 = 0 \cdot 1$$



$$\begin{aligned}
 \mathcal{L}_{SM} = & -\frac{1}{4} \partial_\mu g_\nu^\rho \partial_\rho g_\mu^\nu - g_\mu f^{abc} \partial_\nu g_\rho^\mu g_\sigma^\nu g_\rho^\mu - \frac{1}{4} g_\mu^2 f^{abc} f^{ade} g_\nu^\rho g_\sigma^\mu g_\rho^\nu g_\mu^\sigma - \partial_\mu W_\nu^+ \partial_\nu W_\mu^- - \\
 & M^2 W_\mu^+ W_\mu^- - \frac{1}{2} \partial_\mu Z_\nu^0 \partial_\nu Z_\mu^0 - \frac{1}{2} M^2 Z_\mu^0 Z_\mu^0 - \frac{1}{2} \partial_\mu A_\nu \partial_\nu A_\mu - ig_\omega (\partial_\nu Z_\mu^0 (W_\nu^+ W_\mu^- - W_\mu^+ W_\nu^-) - \\
 & Z_\nu^0 (W_\mu^+ \partial_\nu W_\mu^- - W_\mu^- \partial_\nu W_\mu^+) + Z_\nu^0 (W_\mu^+ \partial_\nu W_\mu^- - W_\mu^- \partial_\nu W_\mu^+)) - ig_{s_w} (\partial_\nu A_\mu (W_\nu^+ W_\mu^- - \\
 & W_\mu^+ W_\nu^-) - A_\nu (W_\mu^+ \partial_\nu W_\mu^- - W_\mu^- \partial_\nu W_\mu^+) + A_\nu (W_\mu^+ \partial_\nu W_\mu^- - W_\mu^- \partial_\nu W_\mu^+)) - \\
 & \frac{1}{2} g^2 W_\mu^+ W_\mu^- W_\mu^+ W_\mu^- + \frac{1}{2} g^2 W_\mu^+ W_\mu^- W_\mu^+ W_\mu^- + g^2 c_2^2 (Z_\mu^0 W_\mu^+ Z_\mu^0 W_\mu^- - Z_\mu^0 Z_\mu^0 W_\mu^+ W_\mu^-) + \\
 & g^2 s_w^2 (A_\mu W_\mu^+ A_\mu W_\mu^- - A_\mu A_\mu W_\mu^+ W_\mu^-) + g^2 s_w c_w (A_\mu Z_\mu^0 (W_\mu^+ W_\mu^- - W_\mu^+ W_\mu^-) - \\
 & 2 A_\mu Z_\mu^0 W_\mu^+ W_\mu^-) - \frac{1}{2} \partial_\mu H \partial_\nu H - 2 M^2 \alpha_h H^2 - \partial_\mu \phi^+ \partial_\nu \phi^- - \frac{1}{2} \partial_\mu \phi^0 \partial_\nu \phi^0 - \\
 & \beta_h \left(\frac{2M^2}{g^2} H + \frac{2M}{g} H + \frac{1}{2} (H^2 + \phi^0 \phi^0 + 2\phi^+ \phi^-) \right) + \frac{2M^2}{g^2} \alpha_h - g \alpha_h M (H^2 + H \phi^0 \phi^0 + 2H \phi^+ \phi^-) - \\
 & \frac{1}{8} g^2 \alpha_h (H^4 + (\phi^0)^4 + 4(\phi^+ \phi^-)^2 + 4(\phi^0)^2 \phi^+ \phi^- + 4H^2 \phi^+ \phi^- + 2(\phi^0)^2 H^2) - g M W_\mu^+ W_\mu^- H - \\
 & \frac{1}{2} g \frac{M}{g^2} Z_\mu^0 Z_\mu^0 H - \frac{1}{2} ig (W_\mu^+ (\phi^0 \partial_\nu \phi^- - \phi^- \partial_\nu \phi^0) - W_\mu^- (\phi^0 \partial_\nu \phi^+ - \phi^+ \partial_\nu \phi^0)) + \\
 & \frac{1}{2} g (W_\mu^+ (H \partial_\nu \phi^- - \phi^- \partial_\nu H) + W_\mu^- (H \partial_\nu \phi^+ - \phi^+ \partial_\nu H)) + \frac{1}{2} g \frac{1}{c_w} (Z_\mu^0 (H \partial_\nu \phi^0 - \phi^0 \partial_\nu H) + \\
 & M (\frac{1}{c_w} Z_\mu^0 \partial_\nu \phi^0 + W_\mu^+ \partial_\nu \phi^- + W_\mu^- \partial_\nu \phi^+)) - ig \frac{M}{c_w} Z_\mu^0 (W_\mu^+ \phi^- - W_\mu^- \phi^+) + ig s_w M A_\mu (W_\mu^+ \phi^- - \\
 & W_\mu^- \phi^+) - ig \frac{1-2c_w^2}{c_w} Z_\mu^0 (\phi^+ \partial_\nu \phi^- - \phi^- \partial_\nu \phi^+) + ig s_w A_\mu (\phi^+ \partial_\nu \phi^- - \phi^- \partial_\nu \phi^+) - \\
 & \frac{1}{2} g^2 W_\mu^+ W_\mu^- (H^2 + (\phi^0)^2 + 2\phi^+ \phi^-) - \frac{1}{2} g^2 \frac{1}{c_w} Z_\mu^0 Z_\mu^0 (H^2 + (\phi^0)^2 + 2(2c_w^2 - 1)^2 \phi^+ \phi^-) - \\
 & \frac{1}{2} g^2 \frac{2c_w}{c_w} Z_\mu^0 \phi^0 (W_\mu^+ \phi^- + W_\mu^- \phi^+) - \frac{1}{2} ig^2 \frac{2c_w}{c_w} Z_\mu^0 H (W_\mu^+ \phi^- - W_\mu^- \phi^+) + \frac{1}{2} g^2 s_w A_\mu \phi^0 (W_\mu^+ \phi^- + \\
 & W_\mu^- \phi^+) + \frac{1}{2} ig^2 s_w A_\mu H (W_\mu^+ \phi^- - W_\mu^- \phi^+) - g^2 \frac{2c_w}{c_w} (2c_w^2 - 1) Z_\mu^0 A_\mu \phi^+ \phi^- - g^2 s_w^2 A_\mu A_\mu \phi^+ \phi^- + \\
 & \frac{1}{2} ig_\mu \lambda_\mu^2 (\vec{u}_\mu^+ \gamma^\mu \vec{u}_\mu^+) g_\mu^2 - e^2 (\gamma^\mu + m_\mu^2) e^\mu - \partial^\lambda (\gamma^\mu + m_\mu^2) \nu^\lambda - \vec{u}_\mu^2 (\gamma^\mu + m_\mu^2) \vec{u}_\mu^2 - \vec{d}_\mu^2 (\gamma^\mu + m_\mu^2) \vec{d}_\mu^2 + \\
 & ig s_w A_\mu \left(-(\vec{e}^\lambda \gamma^\mu e^\lambda) + \frac{2}{3} (\vec{u}_\mu^+ \gamma^\mu \vec{u}_\mu^+) - \frac{2}{3} (\vec{d}_\mu^+ \gamma^\mu \vec{d}_\mu^+) \right) + \frac{1}{2} g_\mu^2 Z_\mu^0 \{ (\vec{e}^\lambda \gamma^\mu (1 + \gamma^5) \nu^\lambda) + (\vec{e}^\lambda \gamma^\mu (4s_w^2 - \\
 & 1 - \gamma^5) e^\lambda) + (\vec{d}_\mu^+ \gamma^\mu (\frac{2}{3} s_w^2 - 1 - \gamma^5) \vec{d}_\mu^+) + (\vec{u}_\mu^+ \gamma^\mu (1 - \frac{2}{3} s_w^2 + \gamma^5) \vec{u}_\mu^+) \} + \\
 & \frac{1}{2} g_\mu^2 W_\mu^+ \left((\vec{e}^\lambda \gamma^\mu (1 + \gamma^5) U^{lep} \lambda_\mu e^\lambda) + (\vec{d}_\mu^+ \gamma^\mu (1 + \gamma^5) C_{\lambda d}^d \vec{d}_\mu^+) \right) + \\
 & \frac{1}{2} g_\mu^2 W_\mu^- \left((\vec{e}^\lambda U^{lep} \lambda_\mu \gamma^\mu (1 + \gamma^5) \nu^\lambda) + (\vec{d}_\mu^+ C_{\lambda d}^d \gamma^\mu (1 + \gamma^5) \vec{u}_\mu^+) \right) + \\
 & \frac{1}{2} g_\mu^2 \phi^+ \left(-m_\mu^2 (\vec{e}^\lambda U^{lep} \lambda_\mu (1 - \gamma^5) e^\lambda) + m_\mu^2 (\vec{e}^\lambda U^{lep} \lambda_\mu (1 + \gamma^5) \nu^\lambda) \right) + \\
 & \frac{1}{2} g_\mu^2 \phi^- \left(m_\mu^2 (\vec{e}^\lambda U^{lep} \lambda_\mu (1 + \gamma^5) \nu^\lambda) - m_\mu^2 (\vec{e}^\lambda U^{lep} \lambda_\mu (1 - \gamma^5) e^\lambda) - \frac{2}{3} \frac{m_\mu^2}{g_\mu^2} H (\vec{e}^\lambda \nu^\lambda) - \right. \\
 & \left. \frac{2}{3} \frac{m_\mu^2}{g_\mu^2} H (\vec{e}^\lambda e^\lambda) + \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} \phi^0 (\vec{e}^\lambda \gamma^5 \nu^\lambda) - \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} \phi^0 (\vec{e}^\lambda \gamma^5 e^\lambda) - \frac{1}{4} \partial_\lambda M_{\lambda\kappa}^R (1 - \gamma_5) \nu_\kappa - \right. \\
 & \left. \frac{1}{4} \partial_\lambda M_{\lambda\kappa}^R (1 - \gamma_5) \nu_\kappa + \frac{1}{2M^2} \phi^+ \left(-m_\mu^2 (\vec{u}_\mu^+ C_{\lambda u} (1 - \gamma^5) \vec{d}_\mu^+) + m_\mu^2 (\vec{u}_\mu^+ C_{\lambda u} (1 + \gamma^5) \vec{d}_\mu^+) \right) + \right. \\
 & \left. \frac{1}{2M^2} \phi^- \left(m_\mu^2 (\vec{d}_\mu^+ C_{\lambda d} (1 + \gamma^5) \vec{u}_\mu^+) - m_\mu^2 (\vec{d}_\mu^+ C_{\lambda d} (1 - \gamma^5) \vec{u}_\mu^+) - \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} H (\vec{u}_\mu^+ \vec{u}_\mu^+) - \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} H (\vec{d}_\mu^+ \vec{d}_\mu^+) + \right. \right. \\
 & \left. \left. \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} \phi^0 (\vec{u}_\mu^+ \gamma^5 \vec{u}_\mu^+) - \frac{1}{3} \frac{m_\mu^2}{g_\mu^2} \phi^0 (\vec{d}_\mu^+ \gamma^5 \vec{d}_\mu^+) \right) \right.
 \end{aligned}$$

Shorts

Schnee im Zürisee - nicht nur im Winter

Wie die NZZ im Jahr 2018 festgestellt hat, ist der Drogenkonsum in Zürich am Wochenende europaweit am höchsten¹. Viele dieser Drogen lassen sich im Abwasser der Stadt nachweisen und gelangen ultimativerweise auch in den Zürisee und die Limmat. Da lässt es sich nur hoffen, dass die Fische im Zürisee besser gewappnet sind als die Aale in der Themse² und der Konsum in der Stadt Zürich sich doch noch reduziert. Wenn schon nicht der eigenen Gesundheit zu liebe dann wenigstens für die der Fische.



No Decoration

Please just use the brushes at the toilets and help keeping them clean. Or did you think the brush is just decoration?



Die neuen Herbstfarben sind da

Wie jedes Jahr ist wieder Herbst und wie jedes Jahr werden die neuen Herbstfarben, also so Orange- und Brauntöne angepriesen. Aber also die sind nicht neu oder? Farben sind eigentlich eh nie neu? Vorallem die Herbstfarben, die sind immer die gleichen, oder?



[1] <https://www.nzz.ch/schweiz/starke-zunahme-des-kokainkonsums-in-schweizer-staedten-ld.1364541>

[2] <https://www.fazemag.de/aale-haben-kokainproblem-zu-viele-drogen-in-der-themse/>

YOUR GUIDE TO THE AUTUMN SEMESTER 22

14.-16.10. VISCON

VIScon is an event for everyone who wants to learn, get inspired or build valuable relationships in the fields of CS, Engineering and Entrepreneurship. Come by to see the world of computer science beyond the lecture halls.

20.10. FLIP LAB

It's time to get take a break and join us for one evening full of fun and flips! Let your inner child run free over trampolines, ninja parkours and wall walks.

21.10. VIS OKTOBERFEST

This probably doesn't need much of a description to catch your attention. As with the namesake Bavarian festival, we'll enjoy Weissbier, Weisswurst and Brezn - but at a much lower price, since after all we are a student association!

28.10. PUMPKIN CARVING

Halloween is just around the corner, so let's give it a proper welcome. What could be better than creating spooky showpieces together?

19.11. FIGUGEGL

"FIGUGEGL" means for "Fondue isch guet und git e gueti Luune", or in English: "Fondue is good and puts you in good mood", which means that we serve cheese in liquid form for all it's worth. Spend an entertaining evening with your fellow students and stuff your belly until you have to roll back home.

23.12. CHRISTMAS BRUNCH

Winter is coming - and so is our annual Christmas brunch. Delicious food, refreshing drinks and a cosy atmosphere await you. Recover from the stress of the semester, and get some motivation for the exam preparation session.

During the last exam prep session, a friend of mine sent me a link to an episode¹ of the Hubermanlab podcast. This podcast is all about improving listeners' lives. Each episode focuses on one aspect of daily life and gives hints for self-improvement. Since I sometimes struggle to get good sleep I gave the episode a try which turned out to be a lucky choice. Whether you are into the self-improvement trend or not, I will present to you my insights to sleep improvement from the corresponding episode.

When brushing your teeth, don't forget your sunglasses

TOBIAS SCHEITHAUER – TRIES ALMOST EVERYTHING TO GET THAT PERFECT SLEEP

In this article, I will focus on the regular night's sleep. For that, I will try to give you insights on why and how you can optimize your time in bed and thereby improve your life. As a loyal reader of this magazine you might have read or listened to my article on ASVZ Relax and how to take a powerful nap. If not, you can find it in our archive².

You might already know that getting enough high-quality sleep is of utmost importance for us humans and students in particular. Reading the book "Why we sleep" by Matthew Walker³ gives good reasons why you should care. For us students, it should be compelling to hear that sleep is needed to prepare the brain to learn and process new information, as well as improves our ability to focus. Additionally, getting sufficient high quality sleep also improves our life

expectancy by reducing the risk for many diseases. Last but not least, not having to yawn every other minute feels really good!

To summarize the tips, I will walk you through a "perfect" day. Of course, not all tips might be feasible for you depending on how your usual day is structured and some tips might just not work for you, others might be too hilarious. Also, keep in mind that every tip on its own might benefit your sleep. So if you miss out on a few tips, do not fear, if you think your sleep is good enough, don't stress out about this list.

- Most of us rely on an alarm clock. Try to set it to the same time every day regardless whether you have your first calendar entry at 8 am or noon. This will help your body adopt a proper struc-

ture for the day and prevent jet lag-like stress. This also applies if you went to a party and came back only early in the morning.

Starting your day, you need exposure to bright light in order to start the “16 hour timer” of your circadian clock. For that, most indoor lights are not sufficient. Hence, you need to get outside for a few minutes. Note however, that during the winter, you might start your day before the sun rises in which case you might need to rely on all the lights you can turn on without insulting your love for the environment too much.

You also need to increase your body temperature to get really awake. For that, you can combine your need for light with a quick run or walk if you are not into running. Similarly, a cold shower - somewhat counterintuitively - helps with increasing your temperature.

After waking up, many of us immediately seek the first cup of coffee. If you have problems in the afternoon, you might want to try not consuming any caffeine in the first two hours after waking up.

Speaking of caffeine, try to avoid it eight to ten hours before going to bed as it can mess up your sleep otherwise.

If you had a rough morning, went to a party or just feel exhausted for any reason, don't hesitate to take a nap. Keep in mind however to limit it to 90 minutes as absolute maximum. Playing nap roulette is not a good idea in general.

- After working through your day, in the evening, you want to prepare for your optimal sleep. For that, avoid working out too late as it increases your body temperature and might prevent you from falling asleep. Similarly, avoid too large meals and do not eat immediately before going to bed.
- If you attend a party or just like to enjoy a cold drink in the evening, keep in mind that alcohol messes up your sleep significantly. Even if it might help you fall asleep quickly, the sleep you get is far from optimal and not drinking alcohol might be better. So try to stick to your coffee from VIS and don't trade it for a beer from AMIV 😊
- Now, we get to the trick you have been waiting for: Avoid light sources as much as you can for at least one hour before going to sleep. Especially lights from over your head trigger neurons that keep you awake. If you can place light sources to low spots in your room. If you cannot avoid overhead light exposure, use sunglasses. This is the reason I brush my teeth with sunglasses on. Note that this might cause an intense laughter which again increases your body temperature 😊 This tip also includes avoiding looking at any screen, not only because of that blue light, but also just because of the brightness that can keep you awake even if it is not enough to wake you up properly in the morning.



For some tips I gave a partial reasoning, for others I skipped it completely. If you want to know more about it, listen to the Hubermanlab podcast episode¹ that got me into this topic. I hope these tips help you with improving your next semester. Feel free to send us selfies of you enjoying the morning sun and brushing your teeth wearing sunglasses⁴!



[1] <https://hubermanlab.com/sleep-toolkit-tools-for-optimizing-sleep-and-sleep-wake-timing/>

[2] <https://vis.ethz.ch/de/visionen/archive/issue/visionen-2022-2/>

[3] https://en.wikipedia.org/wiki/Why_We_Sleep

[4] visionen@vis.ethz.ch

Dein Studium mit deinem Entdeckertrieb, Networking und Self-Improvement unter einen Hut bringen? Dabei andere Städte, Menschen und Kulturen kennenlernen? Und noch dazu mega Spass haben? Und das mit einem Studierenden-Budget? So unglaublich es klingt, das und mehr bietet Dir EESTEC!

Berge, aber woanders – Mit EESTEC Europa treffen

EESTEC – STELLT SICH VOR

Bei EESTEC (Electrical Engineering STudents' European assoCiation) kommen ElektrotechnikerInnen, MaschinenbauerInnen und InformatikerInnen aus ganz Europa mit dem Ziel zusammen, sich weiterzubilden und andere Leute kennenzulernen. Events dauern von nur einem Wochenende bis zu einer ganzen Woche und werden organisiert von rund 50 EESTEC-Banches aus ganz Europa! Einer davon ist direkt bei Dir im CAB!

Die Workshops sind ein Highlight. 15 Teilnehmende erarbeiten ein Projekt oder erlernen neue Fertigkeiten in Gebieten von leckerem Schoko-3D-Druck, innovativen Programmiersprachen bis zu revolutionärem Zukunftsmanagement. Das findet in Städten in ganz Europa wie Madrid, Mailand oder Athen statt. Tagsüber wird am Thema gearbeitet, danach

beginnt der kulturelle Teil: Sei es eine legendäre Nacht in einem Club in Bucharest oder ein gemütlicher Shisha-Abend in einem Café in Izmir – man lernt die Stadt, das Land und seine Leute mit vielen unvergesslichen Momenten kennen. Ein Höhepunkt ist jeweils die “International Night”, zu welcher jeder Teilnehmer ein Getränk und ein Gericht aus dem Herkunftsland mitbringt. Ein relevantes Detail ist, dass alles gratis ist - man muss nur hinkommen. Sprich nebst Reisekosten ist alles inklusive!

An einem International Motivational Weekend steht der soziale Aspekt im Vordergrund. Es wird nicht erlernt oder getüftelt, sondern gelacht, sich erholt und getanzt. Die Gemeinschaft der EESTECer bildet die perfekte Umgebung, um den Uni-Alltag für zwei Tage hinter sich zu lassen. Es gibt tolle Themenpartys, die beste Musik, die du noch nie gehört hast und die leckersten Getränke und Speisen, die du nicht kanntest. Und oft genug gibt es dazu

Berge, Wälder, Seen und Meere zu bestaunen. Das nächste IMW in der Schweiz findest Du auf der VIS Webseite, in andere Städte kommst Du aber nur mit EESTEC!

Nun, wie kannst auch Du Teil von all dem werden? Schau einfach mal vorbei! Am Donnerstag, 29. September um 18:30 im HG D 3.2 halten wir unser Kickoff Info-Event, praktischerweise vor dem ESF. Tritt unseren Welcome Chats mit den QR Codes bei, um alle Ankündigungen zu erhalten. Oder folge uns auf Instagram @eestec_lc_zurich. Falls du mehr über EESTEC erfahren möchtest, besuche unsere Website eestec.ch. Dort gibt es Berichte zu vergangenen Events in Zürich und Reviews von internationalen Events, sowie ein FAQ. Wenn du Fragen hast, zögere nicht, dich an uns zu wenden: contact@eestec.ethz.ch. Egal wie, wir freuen uns, dich kennenzulernen! Und wer weiss, vielleicht sieht man dich schon bald auf einer Party weit ab vom Stress der ETH wieder! Denk dran: Life starts at the edge of your comfort zone!



Während eines Workshops arbeiten die Teilnehmer an ihren Projekten



LC Zurich plus EESTECer aus ganz Europa am Bodensee

Sneak Peak zum Kranjska Gora International Motivational Weekend in Slowenien, zu dem wir und circa 200 andere EESTECer aus ganz Europa am 14.-16. Oktober 2022 reisen werden. So war es in der Vergangenheit:

Wir 38 bestiegen den Zug Richtung Ljubljana, jeder beladen mit den wichtigsten Verpflegungen für die kommenden Tage, dabei natürlich Raclette, bester Schweizer Likör, namentlich Ricola-Vodka, und riesigen Lautsprechern, massiv genug, dass man ihn nur zu zweit stemmen konnte. Die Geschichten, welche uns über das anstehende Kranjska Gora IMW berichtet wurden, waren Legenden, zu unglaublich, als dass die Rekordzahl an Neulingen sie alle glaubten.

11 Stunden und eine Zugparty später stoppte der Zug in Ljubljana. Jene von uns, die schliefen, wachten zu einer cineastischen Aussicht auf die Stadt unter der Burg vor den Bergen

auf. Die anderen, welche die vorherige Nacht keine Ruhe fanden, analysierten Ljubljana stattdessen auf brauchbare Orte für ein Nickerchen. Jedem war gedient mit unserem Beschluss, den Burgberg zu erklimmen und die Burg zu besichtigen, in deren malerischen Gärten man Gelegenheit zum Schlaf nachholen fand.

Weiter ging es im Bus, jetzt korrekterweise bekannt als Partybus. Während der Fahrt umgaben uns Täler und majestätische weisse Gipfel, die über dichten dunkelgrünen Wäldern thronten, in die sich vereinzelt Dörfer schmiegt. Von Kranjska Gora selbst, welches an Städtchen aus den Schweizer Alpen erinnerte, strahlte eine vertraute Wärme aus und schien durch seine Häuser und Haine uns in hölzernen Armen zu empfangen. Zu Hause fühlten wir uns gleich als wir über die Schwelle unseres Chalets traten und 160

EESTECer aus ganz Europa trafen. In derselben Nacht wartete die GTA-Party, bei welcher wir uns vor den strengen Blicken mehrerer Polizisten in Acht nehmen mussten. Wer bei einer Untat erwischt wurde, bekam einen Stern. Sammelte man fünf dieser kam man in ein Gefängnis, ein widersprüchlicher Ort, in dem die glücklosesten Verbrecher die härteste und erinnerungswürdigste Fete feierten.

Zugegebenerweise sind wilde Themenpartys ein EESTEC-Wahrzeichen, aber auch den Genuss, auf einem Floss über einen glasklaren, türkisblauen Gletschersee im Morgengrauen zu treiben, wissen wir zu schätzen, besonders vor einem zweiten Festabend. Spürst du halb schlummernd über ein kleines Meer,

das wie ein Bergkristall in einem unendlich leichten Blau schimmert, treibend eine kühle Herbstbrise auf der Haut, während dich die Sonne wärmt, lässt es sich leicht in Richtung des Lichts eines neuen Tags starten.

Zu früh mussten wir unsere Taschen wieder packen und schmerzlichen Abschied von neuen Freunden nehmen. Die Rückfahrt verbrachten wir schlafend, ein sprichwörtliches Durchatmen nach einem ereignisreichen und in Erinnerung bleibenden International Motivational Weekend.



Komm nach Kranjska Gora, das International Motivational Weekend in Slowenien



Verpasse kein Event: Telegram
Welcome Group



Interessiert, nach Kranjska
Gora zu reisen? Join here!



Skiweekend the LC Zurich way

You are new to ETH and are completely overwhelmed by the amount of information you get, especially from the VIS? Then here is the “in a nutshell” version of everything you need to know about the VIS.

VIS for Newcomers

JOHAN STETTLER - VIS GRANDPA

What does Vis have to offer?

Events for socializing

- Grill Party in summer
- Brunches
- Fondue Party in winter
- Europa Park
- Water Park
- Zoo Visits
- Many more events

Events with companies to get to know the job market

- A huge recruiting job fair around February/ March
- Smaller company talks or company tours around Zürich
- IT convention around October

Utility stuff for students

- Managing the exam collection
- Free coffee and tee in the student lounge
- Gossip about the courses, how easy are they, what is the actual workload (8KP is quite often not 8KP of work) or are they what you think they are (description in VVZ usually does not tell you enough, if it is a course you might be interested in).

University Politics

- Representing the students
- Voting on stuff like the regulations of the Computer Science Curriculum
- Helping to improve lectures or exams together with the professors
- Conducting surveys concerning questions about everyday students live, presenting these numbers to the professors and discuss improvements

Note that most of our offerings are exclusive for VIS members.

How can I join VIS?

On myStudies, there is an option to become a VSETH member, which makes you a VIS member. VIS is just one sub-association of VSETH.

What does a membership require?

Besides 10.- per Semester, nothing really. You do not need to contribute more, if you don't want to. It is all voluntary.

Who works for VIS?

Just students. They're not getting paid, btw. It is all voluntary. I mention this to set the expectations. The offerings might thus vary. If there is nobody willing to organize the chess tournament, →



then there will simply be no chess tournament. But traditional events like the grill party will for sure take place. It can also happen, if all our IT guys have too much work to do for their studies and the exam-website is down, that it stays down for a bit. It rarely happens. Just understand that study has priority over VIS-work.

Why would anybody work for free?

- It is fun!
- You meet a lot of friends, which can be very beneficial for your social network.
- You can gain certain experiences not offered by ETH, such as working with standard programs used in the industry like Docker or soft skills, desired by companies in the industry.
- No experience required. With 0 experience, you can work in our IT or organize events with companies.

- Freedom of choice. You decide how you implement stuff or what events you want to organize.
- It is a forgiving environment. Since it is voluntary work, there are no real expectations to meet, so you cannot fuck up stuff, unlike in a company where a slight mistake can cost millions.

How can I actively work for and get access to the resources of VIS?

Check our website. There you find our committees, which have their designated field of work. Check them out, and if you are interested in joining one of these, then simply write them an email and somebody will inform you about the work, the workload and how you get started.

Who at VIS decides stuff? Like who decides how much money we spend where?

All members are entitled to vote. There is a General Assembly taking place in every semester where we vote on the spendings, vote on motions and elect the board, such as the treasurer, the president, the head of the party committee, etc. Every member can vote, be elected and hand in motions.

There are a bunch of documents and laws on our website, which I cannot go into detail here, without making the article too long. Our laws are laid out in such a way that:

- VIS is a democracy.
- All decisions and spendings are documented and transparently accessible to our members.

- Our active members are enabled to act within a certain degree of freedom, e.g. providing a pool of money for events, but not by specifying the events.
- Our members are protected in a case of a real fuck up that happens by accident or by good intention. The VIS pays for the damage, not the member. Fraud is still a crime and will be punished.

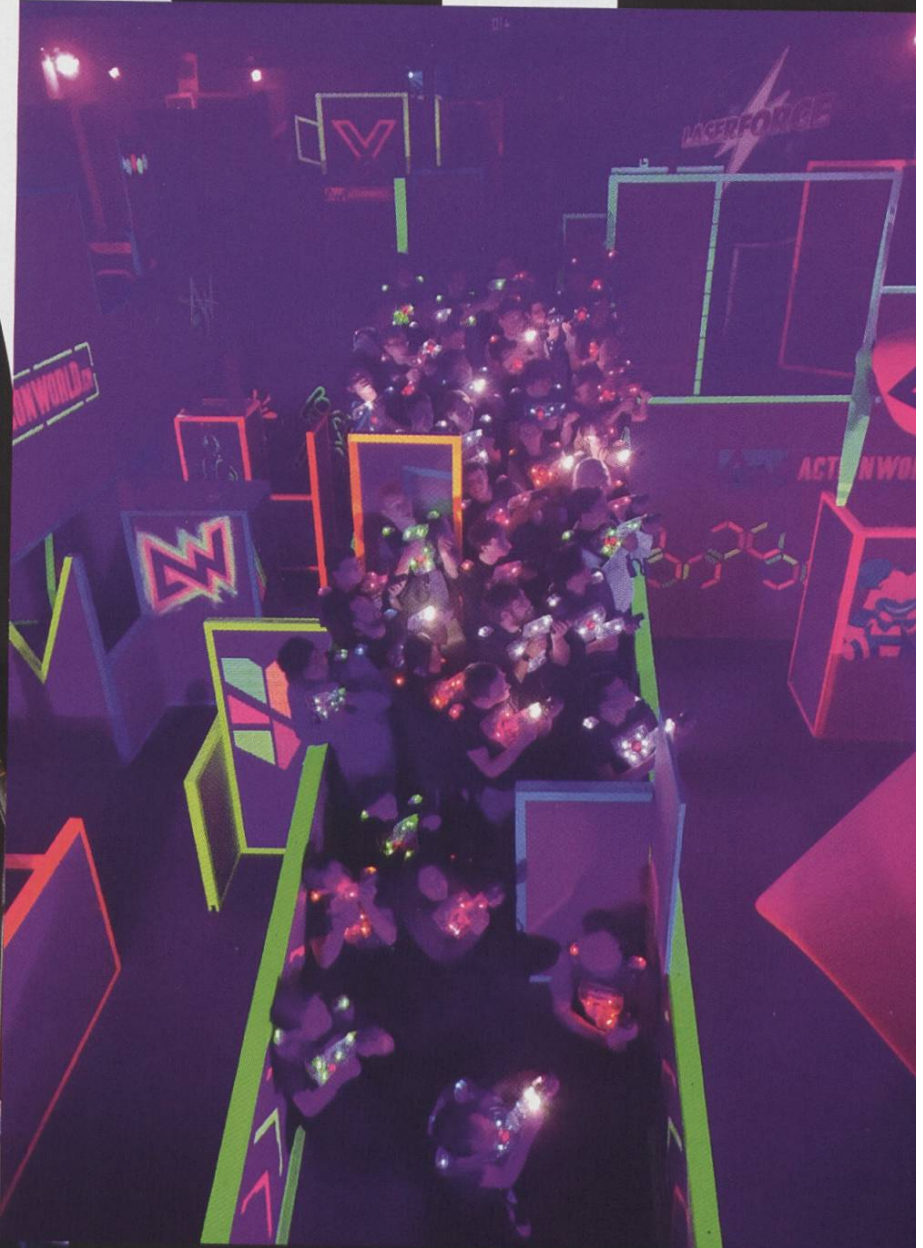
Most of these documents can be found in the member area on our website. Usually, you need to dig into previous General Assembly documents to find what you are looking for.

I have more questions this article did not cover, you can come to the "oVIS" in CAB E31 or write an email. We are happy to answer all your questions.



VIS in a Nutshell





20 Reasons to visit VIScon

FIONI - WILL VISIT VISCON

1. there's food
2. take your girlfriend/boyfriend/bestfriend and show them what computer science is all about
3. take your coding skills to a new level at the hackaton
4. get new motivation why you are studying computer science
5. check "visit a convention" off your bucket list
6. socialize
7. reason to not visit your family that weekend
8. your are probably not omniscient yet and there's a lot to learn at VIScon
9. bring your "Informatiker-uncle" and win "nephew of the year"
10. ever considered defecting your messenger app? well, you'll learn more about secure messaging at VIScon
11. you have not found your way to coding yet because that special bit to make it real fun was missing? join the hackaton.
12. use VIScon as an excuse to not clean your room
13. use VIScon as an excuse to not do the exercises. VIScon is computer science related so it's okay to have fun at VIScon instead of doing your series¹
14. it sounds quite professional to say you visited a computer science convention
15. take a picture with the flag
16. not only socialize but network
17. be a helper and be invited to the helper dinner. if not for the karma, do it for the food.
18. be a helper which makes it easier to socialize with fellow students
19. I'll be there.
20. others will be there too.

VIScon, what's that?

VIScon is an IT convention organised by your favorite student association².

The VIScon Symposium will take place on Saturday 15th of October 2022 at ETH. It's a day full of great talks, workshops, and networking opportunities featuring engineers, researchers and business leaders.

The VIScon Hackathon will last three days, from Friday 14th to Sunday 16th of October 2022.



[1] neither Visionen nor VIScon are responsible for consequences of this..
[2] VIS

Die Visionenredaktion hat mir den Auftrag gegeben das neue tolle Windows 11 zu testen. Da mir mein Computer zu heilig ist für ein solches Experiment, habe ich in meinem Freundeskreis gefragt, ob ich es an einem fremden Computer testen könnte. Jedoch hat leider keiner meiner Freunde dieses Betriebssystem installiert und hierbei bin ich auf den Windows Good-Bad Zyklus gestossen. Um diesen zu verstehen müssen wir die Daten aus der Vergangenheit betrachten

Windows 11 - Ausführliches Review

☺-SOLL FÜR DIE VISIONEN WINDOWS TESTEN

Windows 98 - Gut
 Windows ME - Schlecht
 Windows XP - Gut
 Windows Vista - Schlecht
 Windows 7 - Gut
 Windows 8 - Schlecht
 Windows 10 - Gut
 Windows 11 - ?

Da dies die einzigen mir zur Verfügung stehenden Daten sind extrapoliere ich anhand des Zyklus

Mein Urteil: Windows 11 ist schlecht



Von dem Medium Podcast habe ich das erste Mal gehört, als ich durch iTunes gestöbert bin, um meinen ersten iPod mit Audiodateien zu füllen. Nach einer ausgedehnten Pause bin ich erst mit meinem ersten Smartphone wieder in Kontakt mit Podcasts gekommen und durch den Hype in den letzten Jahren wieder zum regelmässigen Podcast-Konsumenten geworden. Hier stelle ich euch meine aktuelle Liste vor.

Tobis Blick

TOBI – KENNT EINEN PODCAST FÜR (FAST) JEDE SITUATION

Für eine Portion Selbstoptimierung habe ich gleich drei Empfehlungen. In „Deep Questions“ von Cal Newport werden die Wege in ein erfülltes Leben erörtert. In „What’s Essential“ von Greg McKeown geht es immer wieder um die Antwort auf die Frage, was wirklich wichtig ist im Leben. Und im „Huberman Lab“ von Andrew Huberman werden neurowissenschaftliche Erkenntnisse in den Alltag integriert.

Bist du eher an historischen Ereignissen interessiert, empfehle ich „Geschichten aus der Geschichte“ von Richard Hemmer und Daniel Meßner, die jede Woche ein Detail aus der Weltgeschichte erzählen. In eine ähnliche Richtung gehen auch Holger Klein und Matthias von Hellfeld in ihrem «WRINT: Geschichtsunterricht».

Falls du auf der Suche nach einer wirklich langen (Interview-) Podcastfolge bist, findest du sie in „Alles gesagt?“ von der Zeit. Hier wird in jeder Folge ein Gast interviewt, bis er das selbst gewählte Schlusswort sagt. Dabei entstehen Folgen mit Laufzeit über acht (!) Stunden, ein Hören in einem Stück ist also fast ausgeschlossen. Lass dich nicht von den vielen Folgen mit deutschen Politikern abschrecken, es gibt viele Folgen mit Künstlern, Journalisten, Wissenschaftlern und vielen weiteren Nicht-Politikern.

Dankbarkeit, Liebe, Manipulation, Schuldgefühle und viele weitere Themen werden in „Betreutes Fühlen“ behandelt. Mit viel Humor und der nötigen Ernsthaftigkeit suchen Atze Schröder und Leon Windscheid Antworten auf die wichtigen psychologischen Fragen des Lebens.

Möchtest du ganz neue Perspektiven gezeigt bekommen, ohne dich in einen GESS-Kurs einzuschreiben, gibt es den „Hörsaal“ von Deutschlandfunk Nova. Hier gibt es jede Woche zwei Vorträge auf die Ohren. Die Themen sind dabei so unterschiedlich, dass du bestimmt ein Thema findest, über das du dir noch keine Gedanken gemacht hast.

Und wenn dich am Ende des Tages deine Gedanken nicht zur Ruhe kommen lassen und kein Tipp zum Schlafen¹ hilft, kann der «Einschlafen Podcast» von Toby Baier eine Lösung sein. Mit über 500 Folgen reicht der Vorrat sicher für einige erholsame Nächte.



[1] Seite 38





Dein Artikel im VISIONEN

Alle Leserinnen und Leser sind immer herzlich eingeladen einen Artikel im VISIONEN zu veröffentlichen. Hast du etwas, das du anderen mitteilen willst? Warst du im Ausland und willst von deinen grossartigen Erfahrungen berichten? Hast du Lust einen Artikel zu schreiben aber keine Idee? Schreib uns und wir brainstormen zusammen. Natürlich können auch nicht-Informatikstudierende Artikel einreichen.

Infos, wie du einen Artikel schreiben kannst, findest du unter <https://visionen.vis.ethz.ch>

Impressum

VISIONEN

Magazin des Vereins der Informatik Studierenden an der ETH Zürich (VIS)

Ausgabe Oktober 2022

Periodizität 6x jährlich
Auflage 3000

Chefredaktion
Tobias Scheithauer
chefredaktor@vis.ethz.ch

Cover
Ein riesen Dank an das PapperlaPub, dass Björn für das Cover auf dem Thron posieren durfte.

Layout
Fiona Pichler
layout@vis.ethz.ch

Memes

Anschrift Redaktion & Verlag
Verein der Informatik Studierenden (VIS)
CAB E31
Universitätstr. 6
ETH Zentrum
CH-8092 Zürich

Inserate (4-farbig)

½ Seite	CHF 1000.-
¼ Seite	CHF 1800.-
¾ Doppelseite	CHF 4000.-
¼ Seite, Umschlagsseite (U2)	CHF 3000.-
½ Seite, Rückumschlag (U4)	CHF 3000.-

Andere Formate auf Anfrage.

Redaktion
Ricardo Heinzmann
Tobias Scheithauer
Pascal Strebel
Clemens Bachmann
Johan Stettler
Nick Scheurenbrand
Jan-Philipp Kirsch
Jessie Li
redaktion@vis.ethz.ch

und freie Mitarbeiterinnen und Mitarbeiter

Inserate
Lukas Altun
inserate@vis.ethz.ch

Druck
Sprüngli Druck AG
5612 Villmergen
<http://www.spruenglidruck.ch/>

Copyright
Kein Teil dieser Publikation darf ohne ausdrückliche schriftliche Genehmigung des VIS in irgendeiner Form reproduziert oder unter Verwendung elektronischer Systeme verarbeitet, vervielfältigt oder verbreitet werden. Offizielle Mitteilungen des VIS oder des Departements für Informatik sind als solche gekennzeichnet.

© Copyright 1984–2022 VIS. Alle Rechte vorbehalten.

Die VISIONEN werden klimaneutral gedruckt.



Mix
Papier aus verantwortungsvollen Quellen
FSC® C007061

Swiss Climate
Klimaneutral
gedruckt

vseth Fachverein
Verband der Studierenden
an der ETH

Der VIS ist Teil des Verbandes der Studierenden an der ETH (VSETH).

**Frau
Janine Dadier
ETH-Bibliothek
DiaiCenter
Rämistrasse 101
8092 Zürich**

**AZB
PP/Journal
CH - 8092 Zürich
Post CH AG**

Falls unzustellbar, bitte zurück an:
**Verein der Informatik Studierenden
CAB E31
Universitätsstr. 6
ETH Zentrum
CH-8092 Zürich**