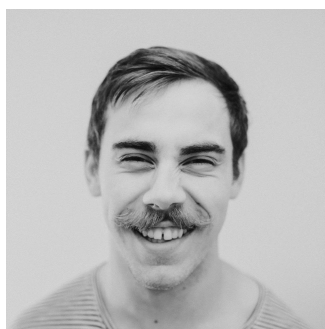


Lets make coffee easy accessible and cheap again!



Omni SB2C
Hele Bønner

APPROVED
European Coffee Brewing Centre

- ✓ Bestill i dag og få 1200 kopper Friele Frokostkaffe med på kjøpet!*
- ✓ Kan leies fra 820,- pr. mnd.
- ✓ Godkjent av Norsk Kaffeinformasjon
- ✓ Bryggetid: 30 sekunder
- ✓ 90 kopper pr. time
- ✓ Mulighet for kaldt vann og vann med kullsyre

Vote for Isak as the Representative for Temporarily Employed Staff on the Instittrådet!

I am Isak Hammer, currently a first-year PhD student in CSD. I realized on the first day I started that the department does not have an instant coffee machine. Here are five reasons why we need to rent an industrialized coffee machine:

1. Improved utilization of time and manpower! Currently, for every significant department meeting, an employee dedicates 15 minutes of their day to making coffee. Assuming that the department conducts four meetings daily and each employee's time is valued at a minimum of 250 kr per hour, it results in a daily manpower cost of 250 kr for coffee preparation. Weekly, this adds up to 1250 kr, and annually, for 47 weeks, the total manpower cost amounts to 58750 kr.
2. Coffee is essential! Often, meetings are just for context and coffee is for solving problems.
3. Daily socializing in the department across groups.
4. When we have professional guests for longer stays, it is very easy to offer them a welcome coffee.
5. Study says those who consumed higher levels of caffeine reported significantly greater increases in alertness over the working day [1]

With my enthusiasm for both my research and better beverages, I bring a unique blend of energy, innovation, and determination for fruitful scientific discussions within the department. **Vote for me!**

*Yours in caffeine and calculus,
Isak Hammer*

[1] Andrew P Smith. "Caffeine at work". In: *Human Psychopharmacology: Clinical and Experimental* 20.6 (2005), pp. 441–445.