Contours of Freedom

a publication of the study association for european studies

# eurovisie

december edition / eurovisiemag.com / eurovisie@ses-uva.nl

#### IN THIS EDITION...

5 - THE PARADOX OF FREEDOM: NAVIGAT-ING BETWEEN ANARCHIST UTOPIAS AND DEMOCRATIC IDEALS

DAVIDE DISTASO

7 - SHOULD EUROPEANS BE VOTING IN MORE REFERENDA?

SOPHIE VAN TIGGELEN

8 - FREEDOM UNDER SIEGE: HER BODY, HIS CHOICE

CHRISTINA GOVAERTS

**10 - THE FREEDOM TO EXPLOIT OTHERS?**EMMA BATES

13 - THE IBERIAN PENINSULA'S PATH BACK TO MODERN DEMOCRACY

ANGELE BOKEIS AND JONATHAN HERNANDEZ

17 - FAR RIGHT-AMERICA, A THREAT AGAINST FREEDOM IN THE EU

ROCIO CASTRO RIVERA

18- DEMOCRACY FOR SALE: THE IMPACT OF POLITICAL INVESTOS ON HUMAN RIGHTS

KATHYA BIANCHI

21 - THE OPEN DOOR OF HELL: SARTRE'S "NO EXIT" AND THE PARADOX OF FREEDOM

BENEDELLA DI MARTINO

23 - THROUGH THE DARKNESS: NAVI-GATING UNCERTAIN TIMES AND FINDING HOPE FOR THE FUTURE

TWAN HOVER

26 - DO SMARTPHONES MAKE US FREE? THE PARADOX OF GLOBALISATION AND ALIENATION

RICCARDO BORTOLAN

# eurovisie

Volume 20 Issue 1 December Edition

#### **Imprint**

Editorial office: Kloveniersburgwal 48, room E2.04/2.05, 1012 CX Amsterdam Editor-in-chief: Francesco Bernabeu For-

nara

Editors: Christina Govaerts, Francesco Bernabeu Fornara, Davide Distaso, Twan Hover, Benedetta di Martino, Kathya Bianchi, Rocio Castro Rivera, Angele Bokeis, Jonathan Hernandez, Emma Bates, Sophie van Tiggelen, and Riccardo Bortolan.

Design: Agnette Dobloug

#### **Editorial**

#### Francesco Bernabeu Fornara

Dear reader.

As we step into a new year, reflecting on 2024 might evoke a sense of disempowerment, given the increasingly chaotic state of our world. Wars and conflicts, backsliding democracies, discouraging election results, intimidating technological advancements, inflation, economic downturns, misinformation, environmental neglect, social unrest—the list seems endless. At first glance, it's easy to feel powerless in the face of such daunting challenges.

Ironically, though, 2024 was also a year of unprecedented freedom to shape national destinies. Over 4 billion voters, half Earth's population spanning more than 70 countries, were eligible to cast their ballot in national elections, with around 1.6 billion choosing to exercise their right to do so. In what is now considered the largest election year in human history, voters took centre stage, grasping the keys to shape the world's destiny more than ever. Regardless of the results—disputed or not, contested or unquestioned, rigged or fair, right or left, populist or liberal—voting remains one of the most empowering rights we possess; a privilege offering a freedom to shape our futures that must be actively protected and never taken for granted.

Admittedly, freedom takes many forms extending well beyond the right to vote. Indeed, freedom does not merely connote the ability to choose our leaders, but to define our beliefs, exercise our individual autonomy, express ourselves, shape our social surroundings, and more. As you flip through the pages of this first Eurovisie edition of the academic year, you'll be met by many forms of freedom:

In contemplating the farthest reaches of freedom, Davide takes us on an exploration of the dichotomy between anarchic utopia and duty-driven democracy. By reflecting on her own experiences, Sophie contemplates whether too much freedom through direct democracy is truly the best for society. By reflecting on the drastic policies suppressing women's reproductive freedoms that are gaining a foothold in the United States, Christina provides an empowering take on today's abortion rights against the backdrop of Donald Trump's re-election. Similarly, Rocio examines how Trump's victory could embolden far-right rhetoric in the EU, threatening the freedoms and rights that the Union stands for. By examining the paradox of how neoliberal market forces exploit the freedom of consumer choice, Emma sheds light on how modern capitalism, in its pursuit of profit, has turned a blind eye to human rights.

Angèle and Jonathan explore how Portugal's peaceful revolution and Spain's tense transition to democracy reshaped their paths to freedom, while grappling with the lingering legacy of authoritarianism. In questioning whose freedom is truly protected in a system shaped by money and corporate influence, Kathya explores the dangerous intersection of political investors and human rights. Riccardo explores the paradox of smartphones in modern life, highlighting how they offer unprecedented freedom while also posing challenges to privacy, mental health, and autonomy. Benedetta examines how Sartre's No Exit portrays freedom as both empowering and terrifying, as characters' refusal to embrace it traps them in torment. And in times of global instability, Twan urges hope and collective action to shape a better future.

No matter what 2025 unveils, libertas perfundet omnia luce.

Libere,

Francesco Bernabeu Fornara, editor-in-chief.



### The paradox of freedom:

### Navigating between anarchist utopias and democratic ideals

#### Davide Distaso

Since time immemorial, the concept of freedom anarchism.

has been evoked by human beings spanning the most diverse contexts: economics, politics, Configured as an even more radical response to culture, sex, and so on

buting varied meanings to it.

In politics, the different interpretations of freedom Mikail Bakunin, 19th century Russian philosopher face of societal shifts.

If we think of the past, be it 2000 years ago or just and act without restrictions. the last century, the idea of freedom that was dever have even dared to imagine a life as a free man to their own principles. as we understand it today, precisely because the idea of individual freedom was not even remotely. Or it might equally sound like a nightmare; a world considered a right.

As centuries passed, the idea of freedom as a manifestation of self-determination became more and By making absolute individual freedom its warhorse, more popular. In particular, the anthropocentrism the anarchism assumes a disproportionate trust in proposed by the Renaissance, or the Enlightenment humanity. Such trust, unfortunately, has never been idea of human reason as the measure of all things, properly repaid as no real manifestations of anarstand as milestones in the history of freedom in the chism have arisen throughout history. Western mindset, providing a solid theoretical basis

tainly enshrined in events such as the French or Paris Commune. American Revolution, which paved the way for the achievement of the specific type of freedom we un- Founded in 1871, the Paris Commune represented derstand today.

ten ended up in ideological realities that have as an anarchist society. their pillar the idea of absolute freedom, such as

the historical experience of revolutions such as the French one, anarchism, from the Greek anarkos, me-Especially in modern times, this term echoes more aning "lacking in government", stems from the rejecand more, though echoed by different mouths, attri-tion of all forms of power in favour of total individual freedom

often clash, proving that the nature of this idea is and revolutionary, and one of the most influential finot absolute and universal, but rather changeable gures in anarchism, wrote: 'I am truly free only when and subject to constant evaluation, especially in the all human beings, men and women, are equally free, assuming an ideal society in which no man rules over the other, where everyone is free to self-determine

fended and prophesied was certainly different from Sounds like a dream, doesn't it? A world where freethat of today. A slave in Rome in 200 B.C. would ne- dom reigns supreme, and everyone acts according

> without rules and institutions, where chaos and disorder reign supreme.

That said, in order to give a concrete example of a historical experience which aligns more closely to The practical expression, on the other hand, is cer- anarchism, we can refer to the experience of the

an experiment in popular self-governance in which certain anarchist ideas found practical expression, However, this metaphorical path that freedom has such as local autonomy, the abolition of traditional taken throughout Western history is not linear but state hierarchy and the collective management of has branched out in multiple ways. Given its chan- resources. However, the Commune retained some ging and interpretable nature, the concept has of-governmental structures and thus failed to establish The Parisian experience and its early end, therefore, is emblematic in demonstrating the ineffectiveness of a self-regulating and profoundly idealistic system that, while maintaining a weak governing apparatus, ended up clashing with reality.

# "So, having reached this point, the question is begged: to what extent can freedom be absolute in a society?"

I think a valid answer lies in this sentence I came across some time ago:

Freedom without obligation is anarchy; freedom with obligation is democracy.

This phrase contrasts the anarchist's idea of freedom with that of democracy, suggesting that true freedom coexists in the balance between rights and duties.

To understand it, let's play a little game of imagination. Take a country, the Netherlands for example, and imagine absolute freedom in transportation. In a self-respecting anarchist society, there should obviously be no trace of traffic lights, road codes or even a driving license at this point, since there is no state apparatus that recognizes you as able to drive. Here, what would probably come out would be a constant collision of cars, bikes, and pedestrians, with people ending up swimming in the canals.

Instead, back to reality, every citizen in the Netherlands is free to move where and how he or she wishes.

However, he or she also has the duty to respect rules so that their freedom of movement can coexist safely with the freedom of all other citizens.

Well, what this little imaginative world shows us is a confirmation of the starting premise, that freedom is not an absolute concept, but one which covers society according to its changes.

In all, anarchism, despite its fascination, is only a utopia, while democracy, being real and tangible, guarantees the freedom of all those who are a part of it.



## Should Europeans be voting in more referenda?

#### Sophie van Tiggelen

national and continent-wide scale.

exit to the uselessness of EU Citizens' Initiative to Yet there were positive aspects of this during the referendum campaign. Misintentionally confusing lo- referendum. The results afterwards information promulgated throughout cal referendums - We have seen it all."

ticipated in one referendum, which policy. Despite the non-binding nature

of eligibility to vote. Based on this, I referendum not being binding, most of at the dinner table. found out there was a referendum, so the city council voted in line with the to the municipality website, to little da? avail in terms of information. Eventugoogling, we realised the referendum corporating direct democracy at Eu- on upon Europe? was a motion against the municipality ropean-level decision-making, as was of Amsterdam.

led 'Green Structure' which would citizens to call on the European Com- democratic deficit in the EU, providing replace the rules on what could be mission to propose new legislation, it a reason for why many alternatives are considered 'green space'. Accusations required the reaching of a high thres- debated. emerged that the new 'Green struc- hold. Indeed, a million signatures are

o you feel the democratic sys- ture' would count artificial grass as needed across more than a fourth of tems in Europe listen to you? 'green space', enraging many green ac- all Member States to get the Commis-Since the 60s, there has been tivists in Amsterdam into demanding sion to consider an Initiative proposal. a growing move towards direct demo- a referendum. However, when it came cracy. But do referenda achieve their time to vote, the ballot's wording was However, despite the many calls for goal of giving citizens more control so unclear that I had to double-check more direct democracy, concerns have over government decisions? There with my friend in the voting booth to been raised about referenda, including have been mixed reactions to direct ensure I was voting as intended. This, those mentioned before, Exemplary democracy and referenda on a local, for me, fostered a sceptical view of of the failure of referenda is the Brreferenda, as I couldn't be the only exit referendum, which impacted the person who found it very difficult to EU massively, with the UK becoming "From the disasters of Br- inform oneself on what both sides of the first country to leave the Union. the debate argued.

Since moving to Amsterdam, I've par- the ability of referenda to change local of what's best for the county,

the case with the EU Citizens' Initia- Deep consideration on both sides of

The infamous 'We send the EU £350 million a week' bus was all the talk showed that the vast majority of Am- various media platforms, with media sterdam voted against the municipali- platforms owned by wealthy foreign ty's wishes, with the counter-initiative nationals influencing the outcome bawinning by a large majority, showing sed on what suited them best, instead

exemplified many problems associ- of the referendum, the main parties in Indeed, misinformation poses a seated with referenda. Held in 2024, it the city council voted in line with the rious threat to the positive potential was Amsterdam's first referendum in voters. The referendum also took place of referenda. In Brexit, it polarized the 20 years, titled Referendum Hoofd- simultaneously to the 2024 European country to a dangerous extent, with groenstructuur or "Main Green Struc- Parliament elections, which proved de- its ramifications still felt in the UK toture", which already gives you an idea cent turnout, as it required less effort, day, 9 years later. Since 2015, the UK of the vaque nature of this referen- seeing as many were already planning has had 6 Prime Ministers, while beton voting for the European Parliament. ween 2000 and 2015 there were only It proves that referenda, despite their 3. Parties have become divided from In the Netherlands, we get mailed a potential information crisis, are still a a simple 'yes' or 'no' question. Further, 'stempas' (voting pass) a few weeks valuable tool in bringing policymaking it divided the nation. A whole country before the election, which is proof directly to the people, and despite the suffering from having to avoid politics

I did my research. As my friend and I people. This dual outcome, a process Do we wish that upon Europe? Brexit aimed to figure out what we were vo- marred by informational shortcomings is no exception, Australia had a recent ting on, we found ourselves struggling but yielding meaningful results, raises referendum that has since divided the to find any details on both sides of a crucial question: Should this be an nation. The Indigenous Voice referenthe argument. The voting pass led us encouragement for EU-wide referen- dum divided Australians about giving aboriginal people an advisory body. Dividing the country between 'racists' ally, after more websites and further The EU has taken steps towards in- and 'the woke'. Do we wish this divisi-

tive introduced by the Treaty of Lisbon the argument should be made. But de-The municipality created a new so-cal- in 2009. Though the Initiative allows spite these concerns, there is a raging

## Freedom under Siege: Her Body, His Choice

#### Christina Govaerts

States, the 'land of the free' borne out of violence. The irony? continue or terminate a pregnan-Freedom. It seems to set the very Many of the legislators who pro- cy must rest in her hands alone. foundational value of today's wes- mote less government interventern democratic societies, a bea- tion in society are the very same. The people supporting these laws half of the population's autonomy extends to the powerful. over their own bodies is stripped their lives

closer to making Margaret At- decision. wood's dystopian fantasy The Handmaid's Tale our reality. Since What seems to be the main issue its ruling, Roe v. Wade has faced facing the topic of abortion, is many challenges that have narro- that abortion has become so heawed the scope of its restrictions vily discussed and debated in mo- To those who argue against on legal abortion, but never has it dern politics that many fail to rebeen overturned until 2022. This cognise this hard truth: abortion is decision sent shockwaves all over not an easy choice for any woman. ductive rights back half a century. abortion. Facing that crossroads Now with Project 2025, and the is not a fantasy, it is a fear, one re-election of a convicted felon, which many women take action alleged rapist, and open racist to avoid at all costs, yet unplanble Belt and beyond, abortion has arise. Whether it be through an been banned, leaving millions of abusive relationship, financial inwomen in legal and medical lim- stability, medical emergencies, or bo. Doctors are now hesitant to simply not the right time to raise

It truly is a scary time to be a Rape survivors are denied aborti- and it is precisely because of this woman in America. The United ons, forced to carry pregnancies complexity that the decision to

con that shapes our principles of who are enforcing these policies disregard completely the emotilife, liberty and the pursuit of hap- that imprison women in their own onal heaviness that comes with piness. But what happens when bodies, Freedom, it seems, only this decision, A woman, married or unmarried, young or old, single or taken, who finds herself in a situaway? Can we still say we live in In 93% of cases, abortions oc- ation where she is unexpectedly a true democracy then? How free cur before the first trimester, so or unwantedly pregnant should are we really, when women's bo- before 13 weeks. For those that not be shamed or stopped for dies are legislated into subjuga- choose to have abortions after taking the medical and safe option? In the United States and in this period, most are expecting to tion to have an abortion. Instead, parts of Europe, we are witnes- carry their baby to term and raise this woman, whoever she may sing the erosion of women's rights a family, but unexpectedly they be, must be protected. Having an and freedoms over choices that hear terrible medical news about abortion weighs on the mind. Not directly affect their bodies and the mother's life or health. Here just the 'what ifs' but the 'whys.' stands the incredibly hard decisi- Why did I walk home alone that on and the last thing an expecting night? Why didn't I go to the With every year that has pas- mother wants is anyone else dic- bathroom with a friend? Why did sed since 1973, we are one step tating how she should make this I go to that party? Why did I go on that date? Why did I trust that family member?

#### "Enough is enough."

pro-choice, consider this: if you do not believe in abortion, you do not need to have one. But your beliefs, the western world, letting con- No woman dreams of having to religious or political, should not servative states pull back repro- choose whether or not to have an dictate the choices of others. In all aspects of a democratic government, we separate religion from matters of state - why should laws on abortion be any different? Donald J. Trump, across the Bi- ned and unwanted circumstances It comes down to this-the choice is not a privilege, it is a right, one which women should have the ability to choose to exercise or not. To force birth reduces women perform life-saving procedures in a child, each woman's situation is to mere reproductive vessels with fear that they may be prosecuted. uniquely and privately her own, no voice and no privacy. Even now

UN experts say that the encroachment on women's reproductive rights is being accompanied by the erosion of the right to privacy, as law enforcers are relying more and more on personal electronic data to track those seeking abortions or anyone helping them.

It can no longer be denied that these laws were never about protecting fetus viability, they are about controlling women. Stripping women of their right to choose sets a dangerous precedent, especially in the Western world. Even now, the erosion of freedoms is seen to be spreading to Europe. In countries like Poland there have been near-total abortion bans implemented, forcing women to seek unsafe and illegal procedures or travel across borders. A society that denies women the right to make decisions about their own bodies, their own lives, cannot in good conscience call itself free. Women are not incubators, their lives do not exist in the service of hypothetical futures. Women are human, women have dreams, struggles, they have their own real and unique futures. and they should have the right to shape those destinies how they wish





How the free market made modern slavery an intrinsic part of the neoliberal world order

Emma Bates

aged?

SHEIN and its cohort represent the evolution of direct-to-consumer e-commerce companies that The products also pose risks after they have left down, their influence in our homes, our smartphone underrepresented groups: the impoverished, the vast. To understand better how these platforms be- natively - in other words, to expand our freedoms came so pervasive, we need to take a step back to and increase our enjoyment of the ones we have. the ideologies that drove their creation.

The story of their rise is a deceptively two-sided that illustrates the irrelevance of economic status coin, one born out of the Enlightenment moral phi- - income has little to do with the rate or amount losophy of liberalism: declarative neoliberalism and of consumption. This rang true for me, as I saw the covert illiberalism. Since the 1970s, neoliberalism - coworkers that made more than a living wage (and the promotion of free-market capitalism with few often still living with their parents by choice) declaregulations - has led the dismantling of trade unions ring SHEIN their only option. Even more tellingly, the in developed countries, the globalisation of the in- research shows that the average SHEIN customer ternational economy, and the outsourcing of many checks their awareness at the door and makes their of the productive industries that once drove the purchases in wilful ignorance of the circumstances GDPs of countries in the global north. Illiberalism, of their manufacture. Regarding the matter with this in contrast to anti-liberalism, is not an open rebelli- in mind, the companies somewhat lose their banaon against liberal western values, but is instead the lity; subversion of liberalism's tenets of freedom, liberty, and human rights. E-commerce companies find their success in the shadow that neoliberalism, in its pursuit of economic optimisation, casts over human rights; by capitalising upon underregulated labour markets in China and low trade barriers with the EU, NA, and Oceania, they make an unconscious place for illiberal values in even the strongest bastions of liberalism.

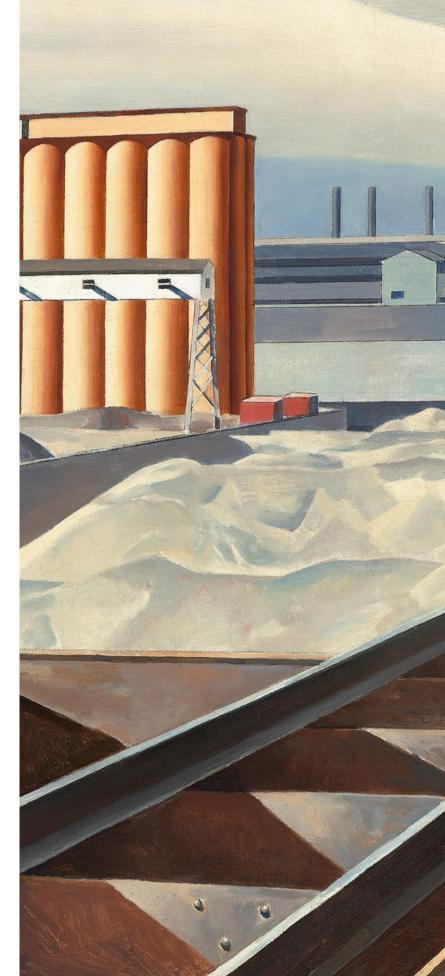
Sitting in my break room at an unnamed luxu- Just as banal nationalism (small, often unconscious ry fashion company, I realised that what I had expressions of nationalism in daily life) influences the believed to be the exception was, in truth, the behaviour and mentality of citizens, the consequenrule. "Oh. I don't worry about toxins too much: I only ces of what I term "banal illiberalism" should not be wear it once before I throw it away." my coworker overlooked. Neoliberal ideologies and policies empresponds, laughing, when I ask whether he's concer- hasise the right of consumers to freely engage with ned about toxins in the products he's just boasted the market to maximise their own welfare, but does about buying from the Chinese company SHEIN for not consider the external influences they may be only a few euros. I felt that I was, for the first time, exposed to in pursuit of material satisfaction. The understanding how the modern global economy had human rights concerns associated with, for examdistorted Adam Smith's invisible hand of the mar- ple, SHEIN, are well-documented, but this did not ket; not only were my coworker's actions not in the stop a group of influencers, flown out and pampered public interest - they weren't in his, either. Seeing by the company, from ebulliently declaring that they this caused me to re-examine a question I had as- saw excellent working conditions, paying little heed ked before: when we order things from amorphous to the fact that the factories they toured were as Asian-based e-commerce retailers, are the items we artificial as many of the fakes that SHEIN produces pay for truly the only things that come neatly pack- - the reality is a network of contracted, poorly requlated factories with workers making mere pennies a day

began with AliExpress: websites which aggregate the factory; journalist and researcher Alden Wicker thousands of sellers that ship directly from factories has shown that dangerous and prohibited levels of in China, cutting out the usual middlemen that are chromium, lead, and other chemicals are present in used by Amazon and other more traditional retai- clothing imports to North America and the EU. The lers. Sales for these companies have reached record ubiquitous justification online for consuming SHEIN levels in recent years and, with no signs of slowing products is that it caters to underprivileged and usage, and our ways of consuming are incalculably plus-sized, the disabled, and those who dress alter-However, at least one of these claims is disproven in a study of SHEIN consumers by Sollwedel and Bak

> "If customers can turn a blind eye to forced labour, environmental pollution, and a myriad of other concerns overseas, what may go unnoticed at home?"

> When we, as consumers, utilising the market and economic freedom that has been granted to us, are unwittingly discussing how far our dollar can

stretch at the cost of human safety and dignity, the guestion arises of whether this international apathy is related to the turn to the right that Europe has experienced in past election cycles, to the spread of endemic selfishness spreading across society, the NIMBYism that savs my wants above all else, even my own health. When political regimes turn away from liberalism, their impacts are often felt upon those marginalised in society. Without empathy, we risk repeating mistakes of the past; without empathy. we cannot see the tide coming until it laps at our door. The social and ideological impacts of hyper-fast e-commerce companies have not yet been studied in great depth, but it offers a concerning alimpse of how our future relations to one another may look. The debate until today has been how to improve the conditions under which goods are produced. What we must now ask ourselves is this do we want to?



# The Iberian Peninsula's path back to democracy

#### Angèle Bokeis and Jonathan Hernandez

he 1930s was a tough period for democracy and it without a doubt hit the Iherian Peninsular countries the hardest Before WWIL democracv became unpopular and authoritarianism went on the rise. This was especially the case in Spain and Portugal. In 1933, the Estado novo regime under Antonio de Oliveira Salazar took over Portugal. Then the Spanish Civil war started in 1936. The war was long and grueling and led to the National-Catholic regime under Francisco Franco to come out on top in 1939. Just like that, the Iberian countries went from free democracies to strict dictatorships. The Iberian Dictatorships then had a bigger issue on the horizon, as world war two would complicate Franco's and Salazar's plans.

Although the Iberian Peninsula was not on the central stage of World War Two, both Spain and Portugal were significantly affected by the outbreak of the war. Both countries were, for most of the war, considered to be non-belligerent, but where they differed in their definition of "neutrality" made a difference in the outcome for the Iberian countries.

Throughout World War Two, in order to ensure its recovery after the costly Spanish Civil War, Francoist Spain walked a very delicate tightrope between gratitude to the Axis powers for their contributions in the Spanish Civil War and placating the Allies to ensure that they sent aid to

a recovering and impoverished Spain. The Spanish stayed out of the war to appease the allies and sent military aid to appease the axis.

Conversely, Portugal remained a neutral power during the war. Portugal had ties to both sides during the conflict, but did not have the same obligation as Spain towards the Axis powers. Salazar put an emphasis on maintenance of sovereignty through neutrality. Portugal sent raw materials to both the British and Germans, but when this generated geopolitical tensions, Salazar severed aid to both sides to ensure Portugal's continued sovereignty and neutrality.

After the end of WWII, Spain and Portugal took a path of autarky, away from the rest of Europe. Autarky became an imposed idea for the Spanish in the '50s, as Spain was ostracized for its contribution to the Axis war effort. On the other hand, Portuguese I autarky was self-imposed, despite enjoying economic benefits from the Marshall Plan and British post-war debt repayment.

"The autarkic period in the Iberian Peninsula in the 50s set the stage for the fall of the dictatorships and the return of democracy."

The Estado Novo regime in the 50s can be characterized as financially stingy and an entity that swam against the tide. While the

western countries were attempting to more closely cooperate, Portugal limited foreign cooperation. In the 1960s, as Western Europe began to decolonize, Portugal stubbornly fought for their colonies; the fight to maintain the Portuguese colonies became a problem for the Estado Novo as the war effort to maintain a modernized military on the back of a weak economy became a strain quickly. By the time 1968 came around, the need for a change in direction was felt in the air

By the latter half of the 1960s and early 1970s, both the Estado Novo and Francoist regimes were on their last legs. Salazar retired from office in 1968 and Fransico Franco died in 1975. Both of these leaders being separated from office played a crucial part in the downfall of their regimes; however, their roads to democracy in the latter half of the 1970s were complete opposites.

After Salazar retired in 1968, it became apparent that the Estado Novo's legitimacy in Portugal was in freefall. Despite the significant economic growth under Marcello Caetano in succession of Salazar (1968-1974), there were still labor shortages due to emigration and military conscription. In addition, the regime under Caetano was widely unpopular politically due to the lack of change coming from the growing sentiment of liberalization in the 70s. All of the problems with the Estado Novo accumulated and eventually overwhelmed the government. In 1974, the Carnation

Revolution overthrew the Estado Novo and completely changed the Portuguese trajectory towards democracy which had beaun overnight.

Contrary to the Carnation Revolution, the Spanish Transition has been a tedious process that lasted from Franco's death in 1975 until the 1982 election of Felipe González, leader of the Partido Socialista Obrero Español, one of the losing parties of the Civil War. There was no revolution but a top-down program of reforms led by former Francoist officials.

In 1969, Dictator Francisco Franco had designated Juan Carlos de Borbon as his successor, a monarch contested by the FET most conservative wing opposition. After the transfer of power. Juan Carlos I expressed his democratic ambitions and swiftly nominated Adolfo Suárez, a Francoist, as head of government to dismantle the dictatorship, in 1976. The same year, Spain was proclaimed to be a democracy and a monarchy, a sovereign state that acknowledges and protects the rights and freedom of its citizens in the Political Reform Act. Another text could be regarded as a pillar of the Transition and the 'Pact of Forgetting': the 1977 Amnesty Law. Its aim was to move forward, and forget the past under Franco's regime by granting amnesty to those who committed crimes of rebellion, acts of expressions of opinion and conscientious objectors, as well as letting slip "the offenses and faults that could have been committed by the authorities (...) with the motive or occasion of the investigation or persecution of the acts included in the law" and those committed "against the exercise of individual rights"(Ley 46/1977). This law was voted on by the Cortes Generales after

hundreds of demonstrations, violently repressed by the public order, shook the entire country demanding the release of political prisoners. In reality, the Amnesty law only benefitted slightly fewer than eighty political prisoners; as before the law's approval pardon measures had already been put in place for the condemned. In June 1977, there remained no Euskadi Ta Askatasuna members in Spanish detention centers. The Suarez government had negotiated, with the Basque separatist group, the extradition of prisoners to Belgium, in order to avoid an abstention record in the first general elections. A few months before these elections, the Partido Comunista Español along with other opposition parties in exile was legalized in exchange for recognizing the monarchical power. In the meantime, Suarez brought together all political forces and unions to find a solution against the ongoing economic crisis by implementing a raise of wages and getting rid of state censorship. This marked the beginning of the Democratic Transition And in 1978, the Constitution refers to Spain as a Parliamentary Monarchy and Democracy, subject to the rule of law, and paves the way for Regional state-building by acknowledging the country as a decentralized state with seventeen autonomous communities that have independent powers over certain sectors such as education or economy. These new administrative divisions occur after years of the Francoist regime's refusal to recognize the country as a patchwork of ethnic groups, languages and cultures.

Nevertheless, this transition to democracy cannot be regarded as a peaceful and consensual process. In reality, many former Francoist senior officials, military men, and far-right activists op-

posed democratization. This political friction and the social climate of the time was the cause of many acts of violence, coming from both far-right and far-left armed groups, as well as then reformist state. The change of state didn't stop terrorist groups from striking across the countrv. Assassinations and hostage situations increased. Spain was the theater of tensions and all kinds of violent events, namely the 1977 Atocha massacre, which was the assassination of five communist activists by neo-fascists. Later on, in 1981, the Congress of Deputies was stormed by the attempted coup d'Etat of Lieutenant-Colonel Teiero and neo-Francoist rebels, who held parliamentarians and ministers hostage for several hours. However, despite the social crisis. the Spanish population didn't support this final attempt to revert to the Françoist regime. King Juan Carlos I refused to endorse the coup and confirmed his approval of democracy on television. From that moment on, the coup was understood to be a failure. And monarchical power gained legitimacy and emerged as a symbol of peace and unity among the Spanish nation.

The return to freedom also appeared through significant rupture with past mores and customs. This change was initiated in the 1960s, a decade of unprecedented economic development and flow of tourists that changed the mentality of a rather religious and conservative population and enabled the country to catch up with the rest of the Western world. Eager to access more rights and freedoms, the Spanish youth fought a battle without mercy against the sacrosanct Catholic and Francoist values and morals during the Movida, a countercultural movement featuring punk

rock and synth pop music, transgressive cinema, openness regarding sexual expression and drug usage, and emergence of anti-establishment media and literature. The phenomenon coincided with the decriminalization of homosexuality, contraceptives, and the resurgence of feminism and atheism in society.

The Transition forever changed Spanish society and its political system, putting an end to more than four decades of authoritarianism and state violence. Nonetheless, many debates and issues regarding the remembrance of the postbellum seem to challenge a Spanish democracy that has yet to deal with the ghosts of the past. Although several laws have been enacted to end the omertà (2007 Historical Memory Law: 2022 Democratic Memory Law), the country is still divided into two groups: those who want to repair the crimes of the dictatorship and those who still believe that forgetting is the best way to prevent more division within the population. Francoism still dominates public space, in spite of laws designed to eradicate it.





# Far Right-America, a Threat Against Freedom in the EU?

#### Rocio Castro Rivera

n November 5, people all over the world watched as U.S. citizens went to the polls to cast their vote for their next president. While many were hoping that the victory would go to the democratic candidate, Kamala Harris, on November 6 it was announced that convicted felon and former President Donald J. Trump, had won the elections and would be returning to office in January 2025. Known not only for his racist and discriminatory comments, but also for his involvement in the attack on the U.S. Capitol on January 6 of 2021, his unprecedented victory came as a surprise for many people around the world.

Having Donald J. Trump, a right-wing extremist, as the president-elect of one of the most consequential and powerful countries in the world, it's important to analyse the consequences and effects this might have not only on U.S. citizens and their freedom, but similarly for countries and people outside of the U.S. The case of the European Union, specifically, is a rather important one, not only because of the close relations held between the U.S. and the EU, but also because some countries in the Union themselves have been witnessing a rise in right-wing speech over the last couple of years. This is the case of Hungary, Italy, and the Czechia, some of the EU countries who have elected far right governments, with Germany and France holding right-wing parties as strong contenders.

The last couple of years, the European Union has struggled with the rise of the far right in different Member States, trying to promote the so-called European values of freedom, democracy and human rights, among others.

"As such, Donald Trump's recent election now serves as an inspiration for like-minded far right political leaders in the EU to promote a speech that goes against the values represented and promoted by the Union."

Exemplary of this is Hungary's Prime Minister, Viktor Orban, who was quick to congratulate former President Trump on his victory with a video where Trump praises Orban's anti-migration policies and recalls moments when he received support from the Hungarian Prime Minister. Another example can be seen with one of Czech Republic's most known politicians and former Prime Minister, Andrej Babis. The founder of the far-right political party ANO, openly voiced his support for Donald Trump on the day of the election and excitedly congratulated him once the results were in,

assuring that his victory will ostensibly bring peace to the world

Having political alliances and friendships is not something worrisome by itself. In fact, it's necessary to sign treaties and strengthen relations between countries. However, Trump's campaign policies include "[cutting] federal funding for any school or program pushing Critical Race Theory or gender ideology", "strengthen qualified immunity and other protections for police officers", and limiting access to refugees and asylum seekers to the U.S., among others. Furthermore, he also promoted the ban on abortion that took place in the U.S. after Wade v. Roe was overturned in the U.S. These narratives not only promote hate towards migrants or members or the LGBTQ community, but also pose a threat to people's freedom and liberty.

A lot of these policies go against what the European Union stands for. For many years, the EU has considered itself a beacon of freedom and safety, as well as a defender of human rights, which include women's and the LGBTQ community's rights. The Union has also expressed its stand against racial discrimination and police brutality on more than one occasion. Furthermore, the EU has been a safe haven for many migrants and refugees over several decades. Even if the New Pact on Migration and Asylum seeks to secure the EU's external borders and guarantee the safety and security of their people, it still seeks to guarantee and ensure the defence of human rights.

Overall, while the European institutions are actively fighting to guarantee the freedom of their citizens, by protecting their rights to freely express themselves, their reproductive rights, or the human right of migration, far-right political leaders from European member states might take inspiration from Trump's victory or even feel bolder and seek to further promote this kind of rhetoric within the EU. While this would not imply a fundamental change on the values of the Union, it could create a breakage within, promulgate fragmentation, as well as promote nationalist policies that could push for different countries to exit the EU, that even if they don't take place, they would weaken the EU as a whole as well as its stance as a defender of freedom.

The actual effects and implications of Trump's victory on the world and on the EU are yet to truly materialise; however, it will be important to remain vigilant and make sure that such anti-freedom speech is not perpetrated by European politicians in a way that could not only weaken the European Unions as a whole, but equally damage the freedom, liberties and human rights of European citizens.

# Democracy for Sale: The Impact of Political Investors on Human Rights

#### Kathya Bianchi

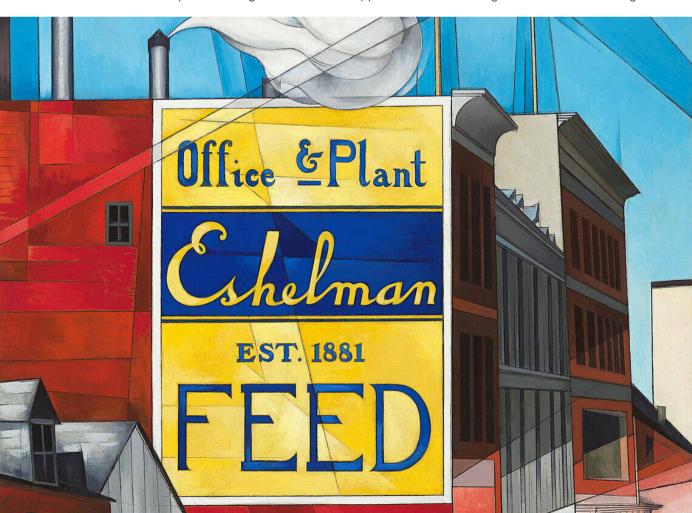
am going to tell you a secret: Rights don't just disappear for "someone else". When we accept that people don't deserve dignity or fairness, the system that protects us begins to crumble simultaneously. The freedoms you count on every day – your safety, your voice, your future – are only as strong as the rights of the most vulnerable.

In political terms, Human rights are the legal and moral frameworks that protect and uphold our ability to exercise our freedom, such as access to education, health care, a clean planet, fair work, housing, and a future shaped by opportunity—not exploitation nor oppression. But what happens when the laws that uphold our rights become a

currency traded in political backrooms?

Political campaigns do not run on ideas alone; they run on money. Modern political campaigns are high-stakes, multi-million-euro ventures. Today, politics are a business of spectacle and strategy: designing flashy advertisements, running data-driven social media campaigns, organising massive rallies, hiring top-tier strategists, and conducting detailed voter research. All of this comes with a hefty price tag usually covered by wealthy individuals, corporations, and lobbying groups called 'investors'.

Across the European Union, the interpretation and application of Human Rights are not done through



the lens of justice, fairness, and equity. Instead, they are calculated through power and profit, in this way political discourse is no longer about what we, the people, need but what the investors want in return

This creates a dangerous dynamic. Policies that should serve the common good—addressing inequality, climate change, or access to healthcare—are diluted or sidelined if they threaten the profits of major donors. Instead, parties champion causes that align with their investors' interest; tax cuts for corporations, deregulation of industries, and leniency toward environmental violations often take precedence over social welfare.

# "This raises an unsettling question – whose freedom are we really voting for?"

Nowhere is the influence of investors more visible than in the fight against climate change and the formulation of migration policies. Despite the EU's ambitious Green Deal and its commitment to achieving net-zero emissions by 2050, many member states continue to lag behind on climate goals. Why? Because of the outsized influence of powerful industries like fossil fuels, agriculture, and manufacturing. Take Poland, for example, which has a long history of resisting stricter climate policies, citing its reliance on coal as a critical factor. Behind this resistance lies the coal industry's significant political sway, which has historically influenced both national and EU-wide policy discussions.

Similarly, migration policies in the EU are often painted as moral imperatives or national security measures. Beneath the political speeches about borders lies a powerful economic engine driven by investors and corporations. Migration, for many, isn't a crisis-it's a business opportunity. Italy, for example, has agreements with Libya, which have become a cornerstone of its migration strategy. Since 2017, Italy has poured millions of euros into funding the Libyan Coast Guard, tasking it with intercepting migrant boats in the Mediterranean and sending them back to Libya. On the surface, this might seem like a response to voter anxiety about migration. But follow the money, and a different story emerges. Who profits from these arrangements? Private companies that supply surveillance equipment, drones, patrol vessels, and detention facilities. Giants like Leonardo, Airbus, and Thales are at the forefront, securing lucrative contracts

funded by EU taxpayers. For them, the more "crisis" headlines dominate the news, the better the investment return is

But, where does that leave us as voters?

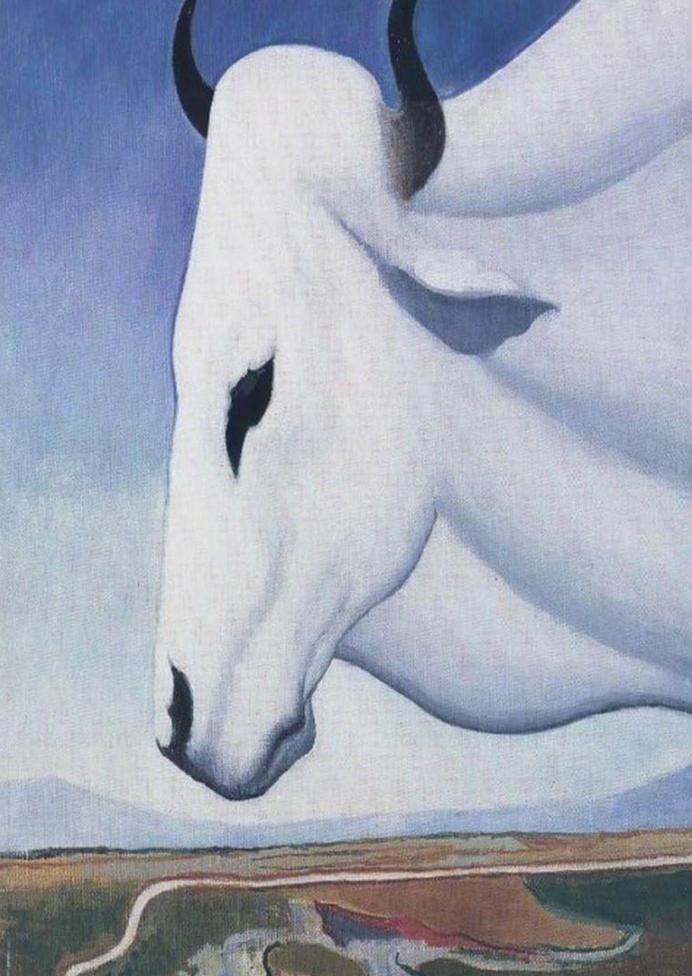
It is clear that for the investors freedom means lower taxes, fewer regulations, and unchecked influence over political discourse. For the rest of us, it means a slow erosion of protection that ensures our safety, equality, and opportunity.

Many of us step into polling booths believing we are choosing the leader who will best represent our values and interests. But in a system where political agendas are shaped by the highest bid, the choices we're offered may be little more than illusions. When parties rely on corporate backing to stay afloat, their policies inevitably reflect the priorities of those with the deepest pockets. This leaves voters with a narrow spectrum of options—none of which truly prioritises the freedoms that matter the most.

If freedom is to mean anything, it cannot be a privilege reserved for the wealthy and powerful; it must be a right guaranteed to all. To achieve this, we must systematically change. We, the citizens, must demand strict regulations on campaign donations and lobbying efforts to ensure that policymaking reflects the will of the people – not the wallet of the investors. Moreover, we must reimagine the role of Human Rights in political discourse. Instead of treating them as abstract ideas, we must frame them as tangible protections that benefit everyone. When we fight for the rights of the most vulnerable, we strengthen the scaffolding that holds up our freedoms.

Finally, change begins with us. Educate yourself, engage in conversations that challenge the status quo, and hold those in the seat of power accountable. Freedom thrives when citizens unite to demand a better system – one where rights are not commodities but a guarantee. Together, we can create a future where justice and human dignity prevail over the influence of wealth and power. The question isn't whether change is possible — it's whether we are ready to demand it.

The next time you hear a politician speak about freedom, ask yourself: Whose freedom are they really protecting? The answer may determine not just the future of vulnerable communities but the future of freedom itself.



## The Open Door of Hell: Sartre's "No Exit" and the Paradox of Freedom

#### Benedetta Di Martino

hat happens when the door to freedom is open, yet no one leaves? Sartre's No Exit masterfully explores the human condition, unraveling the tension between freedom and self-imposed confinement, as three souls discover that true torment lies not in fire and brimstone, but in the unrelenting gaze of others—and their own refusal to escape it.

As the sun warms my skin, I stay still. I can't seem to move my gaze away from that crow. The sun warms its skin too, and the wax that kept it trapped starts to melt. There's a light breeze, I move a lock of hair from my face. The wax is now all melted, loose on the ground. But still, the crow doesn't move. It had been trembling and fidgeting for a while, and now that it's free, it stays still.

I woke up from that strange dream, and I kept wondering about the bird. Why didn't it fly away? It's like thinking of being locked in a room that has always had an open door.

That is the thread of one of Sartre's most renowned works: "No Exit".

No Exit, or "Closed Doors", is an existentialist thought-provoking one-act play, telling the story of three souls trapped in Hell. Hell is not a burning place of tortures, but a spare room with nothing but couches, an empty space that will be the cradle of their interactions.

Garcin, Estelle, and Inez are absentees (a euphemism for dead), whisked away to that doomed place of fire and brimstone; trapped in a room, there's no escaping each other, there's no escaping the truth. Initially strangers, their attempts at polite conversation dissolve into a harrowing exploration of guilt, self-deception and judgment. As their darkest secrets and true natures emerge, they realize their torment comes not from external punishments but from their relentless need for validation and the inability to escape each other's gaze. Leading to

a climax: exasperated by his torturous interactions with Estelle and Inez, Garcin pronounces the famous "Hell is other people."

The room in No Exit functions as a microcosm of the existentialist condition. The absence of mirrors forces the characters to rely on one another for self-perception, creating a cycle of judgment and dependency that mirrors the dynamics of bad faith. Their inability to leave the room symbolizes their refusal to confront their own freedom and responsibility.

"As Sartre demonstrates, the true nature of hell lies not in physical suffering but in the psychological torment of living inauthentically and refusing to embrace one's freedom."

For Sartre, freedom is inextricably linked to self-definition. Existentialist freedom is not merely the capacity to act without external constraints but is instead an intrinsic quality of human existence. However, this process becomes fraught in the presence of others, whose perceptions threaten to confine us within fixed identities. Garcin, for example, struggles to establish himself as a courageous man, vet he cannot achieve this self-image without Inez's recognition. Similarly, Estelle, obsessed with her appearance and desirability, seeks validation through Garcin's attention. Inez, on the other hand, asserts her dominance by manipulating the vulnerabilities of the other two characters, claiming, "You are your life, and nothing else." This dynamic illustrates the existentialist tension between self-perception and the gaze of others, highlighting the ways in which interpersonal relationships complicate the pursuit of freedom.

Throughout No Exit the characters are shown to be trapped not only physically but also psychologically, as they repeatedly deceive themselves to avoid confronting their responsibility for their actions.

This self-deception, or bad faith, manifests in their unwillingness to accept their past choices and the moral consequences of those choices.

Garcin, for instance, rationalizes his cowardice and betrayal as products of external circumstances, refusing to acknowledge his agency in shaping his fate. Estelle denies her infanticide, clinging instead to superficial concerns about her appearance and desirability. Inez, although more self-aware than the other two, also manipulates others to maintain a sense of control and superiority, deflecting attention from her own flaws. These patterns of bad faith illustrate Sartre's assertion that freedom can be terrifying; rather than embracing it, individuals often retreat into comforting lies about themselves.

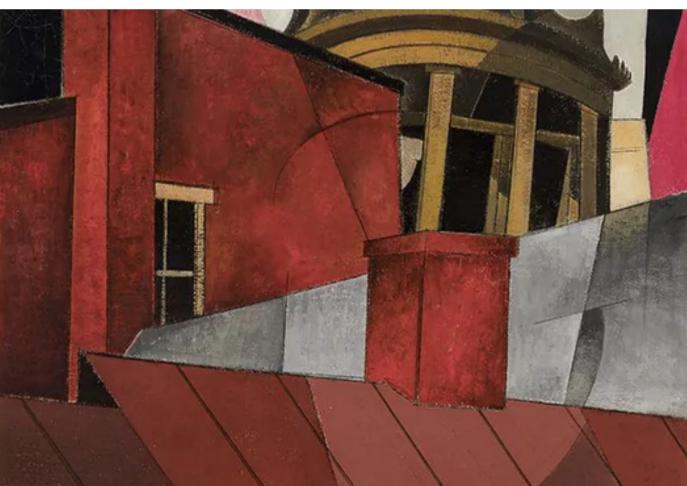
But how can the idea of being free be terrifying? Isn't it what we all aspire to? It seems like a paradox. I think about that crow, scared of flying after being stuck in the wax for who knows how long. Rousseau would say that "the man is condemned to be free," and certainly Rousseau's work echoes in Sartre's thoughts. His philosophical doctrine rejects the notion that human beings possess any inherent identity which precedes their existence. We create our own identity and values through our consciousness

and our free choices

Sartre elaborates his theories during the postwar years, in a world without any certainty.

In what could a man believe? Not in a aGod, announced dead years ago by Nietzsche. Not in a country or politics, that could not guarantee any safety as the wars showed. Not even in yourself, a fragmented and fragile entity, as Freud's psychoanalysis demonstrated. In the void, the man gets lost. And the road to freedom, to escape from absurdity, from meaninglessness, from La Nausée so, is through choice and action. The freedom that Sartre talks about is a commitment, a responsibility, and mostly it is not an individualistic one. It depends on others and influences others; one chooses for humanity when one chooses for oneself. Just like in No Exit all of the choices made by each character affected the others; every decision we make is linked to something bigger. Within the confines of nothingness, Sartre realized that a person indeed possesses freedom to choose.

At the end of the play, Garcin, Estelle, and Inez realize that the door of Hell has always been open, yet they decide to remain inside. Just like my crow.





# Through the Darkness: Navigating Uncertain Times and Finding Hope for the Future

#### Twan Hover

he time of the year has dawned when the trees seem almost bald, and the days grow darker—almost as if we are living in a time of eternal darkness. This darkness is reflected in global politics, as we currently live in very insecure times.

Just a few days ago, headlines reported that Netanyahu is willing to send planes to Amsterdam in response to football rallies stemming from tensions between Maccabi and Aiax. Such headlines evoke a sense of foreboding; my mother even remarked that this could be the beginning of a Third World War. Another sign of the uncertainty in global politics came days earlier when Donald Trump was re-elected in the United States. For many, his presidency represents a source of instability in international relations.

During Trump's first term, he was widely criticized as an unreliable partner on the global stage. His withdrawal from agreements like the Paris Climate Accord and the Iran Nuclear Deal alienated allies and weakened global commitments. His erratic actions, from trade wars to questioning NA-TO's relevance, created uncertainty among allies. Decisions such as the sudden troop withdrawal from Syria and ineffective diplomacy with North Korea further eroded U.S. credibility. His administration also undermined international institutions, like the WHO, and disrupted multilateral agreements.

In this climate of mistrust, Europe faces increasing insecurity. The rise of radical-right governments across the continent has deepened divisions, leaving nations reluctant to cooperate. Yet, not all hope is lost. As the saying goes:

after rain comes sunshine, after winter comes spring. Nonetheless, we must endure this "winter" of political uncertainty and find ways to navigate its challenges.

One might ask: how can we bear the consequences of such turbulence? The answer is not in bearing, but in enduring. In times of disparity, it is crucial not to lose hope. We, the younger generation, hold the power to shape the future. Whether we agree with current politics or not, our leaders are democratically elected representatives. This doesn't mean we should remain passive—we can influence change through activism, dialogue, and collective action.

"Many hands make light work, but many minds make great achievements." While individual efforts may seem small, united, we can shape a better political landscape. True wisdom comes from experiencing failure. Just as societies rise after their falls, so too must we rise after facing political and social hardships.

Looking back at history, we see that humanity often learns through adversity. Without the devastation of World Wars, we would lack the advancements in medicine, human rights, and international law we have today. The Holocaust, for instance, spurred the creation of international laws against genocide and the establishment of global frameworks for justice.

However, warfare is inherently unequal. The vulnerable—civilians, marginalized groups, and the poor—bear the heaviest burdens, while those in power remain insulated. The disparities in resources, technology, and strategy often exacerbate these inequalities. This reflects broader societal imbalances that persist even in peacetime.

While wars may lead to advancements and reforms, the cost is immense, with human suffering, economic destruction, and lasting trauma. Whether warfare yields positive outcomes depends on how societies address its aftermath.

#### "Healing, reconciliation, and prevention are key to ensuring progress from hardship."

Historically, challenges have driven societies to innovate and advance. For instance, Ancient Egypt's irrigation techniques and Mesopotamia's early writing systems emerged to manage natural challenges. Hardship spurs progress, as "what doesn't kill you makes you stronger."

In times of darkness, even small joys—like snowfall or sunlight—can restore hope. Snowfall brings peace, while sunlight boosts energy, offering complementary ways to uplift the spirit. There is light at the end of the tunnel, and change, whether for better or worse, is inevitable.

History teaches us that progress often arises from turmoil. Perhaps, as things deteriorate, they pave the way for renewal and improvement.





# Do Smartphones Make Us Free? The Paradox of globalisation and alienation

#### Riccardo Bortolan

martphones have never been so... smart! In the last couple of decades, our phones have become an essential part of our daily lives. In an unprecedented way, they give us immediate access to information, communication, and commodities. Yet it is hard to draw a line to define how much technology can be, well, too much. However the question remains: do smartphones actually make us free, or do they merely confine us in a world of digital addiction and privacy compromises? While on one hand they may offer freedom, on the other one they undeniably come with significant draw-backs that challenge our sense of autonomy.

Smartphones have indeed revolutionized communication by enabling us to stay in touch with anyone, anywhere, at any time. They have helped us overcome geographic and political barriers that once separated peoples. Now we can send messages, do videocalls, build relationships and be part of entire communities.

Their significance as a tool for social change is, moreover, undeniable. The Arab Spring and other global movements have heavily relied on smartphones to document events, organize protests, and spread messages worldwide. Social media platforms allow people to share their stories beyond the reach of traditional media, giving a voice to all, including the oppressed.

Smartphone freedom has given us immediate access to an unlimited amount of information, at the edge of our fingertips. They put the world's knowledge in the palm of our hands, giving us access to educational apps, podcasts, news outlets, and online courses. Democratising of information empowers people, regardless of location. It gives us equal opportunities to educate ourselves.

Smartphones, likewise, help us streamline our daily routine: we have access to apps that simplify tasks like managing schedules, banking, and even ordering food. Such conveniences make us more independent in our daily routines, as we can pretty much handle our entire life from a piece of technology no larger than a pint.

In such a fast-paced society, smartphones respond to our need for control over our time and resources, enhancing our autonomy.

However, like most things, even things that bring us benefits, come at a cost. The most noticeable is the impact they have on our mental health. If on one hand, smartphones keep us connected, on the other they isolate us from the "outside world". An exaggerated use of can lead us to less face-to-face interactions, making us feel disconnected from our surroundings.

Social media platforms, like Instagram or Tik-Tok, exacerbate the problem by exposing us to unrealistic standards of life. They bring us to where we use such standards as a method of comparison, lowering our self-esteem or, in extreme cases, lead us to anxiety. In this vicious cycle, this constant search for external validation can make us feel even more distanced from our real-life relationships and, ultimately, from our true self.

On top of that smartphones constantly monitor our actions. From our location to our search history, every single action we take on the phone is tracked and used by companies to personalize advertisements, along with much more. Is the lack of privacy on our phone, and the selling thereof, a trade-off worth enough? Well, it can be quite hard to find one straight answer.

For example, location tracking offers us services like GPS navigation, but it equally means that we are perpetually retraceable. Our personal data is often collected without consent or complete transparency – recent studies found out that around 65% of websites ignore it when you press "reject cookies"-, leading to dangers such as data spill, identity theft or even worse. Despite the apparent freedom smartphones offer, they also trap us in an environment where our personal data is constantly processed and managed.

In fact, as we rely more and more on smartphones, we risk losing some of our self-sufficiency along the way. Even the simplest things like remembering phone numbers, orienting ourselves, or even building genuine offline relationships are becoming harder as we let our phones do them for us.

The "always-on" culture of smartphones now pressures us to be constantly reachable. We now have the expectation to be available at all times – either for work, uni, or even our social lives -, leading us into not being fulfilled by our own company. The importance we give to our online presence can make it hard to disconnect, being less present in the moment, and paradoxically, making us feel less free.

Though panic may insew when realising all this, we have to remember that our smartphones are ultimately made to better our life, we just have to learn to tame it and use it more consciously to regain control of our routine. The key is to be mindful. Rather than just scrolling through our socials, we should concentrate on curating our digital environment in light of what actually has a positive impact on us. Limiting our screen time can also be very effective. "Digital detoxes", for instance, have fortunately been on the rise, a phase where one disconnects from technology and reconnects with people. Having time off smartphones helps us to better invest our time and improve our mental health. In a world

subsumed by technology, it is essential to rein in a balance between the digital world and our physical, social, and emotional lives.

In all, do smartphones truly make us free? Again, there is no easy answer. On one hand, smartphones offer us incredible opportunities for connection, knowledge, and autonomy. They break down barriers of communication and give us unlimited access to intangible resources – they offer opportunity for those that could not have it otherwise. On the other hand, smartphones have led people to feel isolated, they are a threat to our privacy, and are ultimately a tool that can be potentially addictive. Ultimately, the freedom smartphones provide depends on how we choose to use them. With the right boundaries, mindfulness, and awareness we can harness the potential of smartphones without losing our autonomy in the way.

"True freedom lies not in being constantly connected, but in our ability to choose how we engage with the digital world."



# SES Calendar

#### Cookies, Cocoa, and Christmas Classics - December 10th

SES's lovely Activity Committee has organised this event to have SES's members get together for a lovely afternoon of community with a hot choclate station, a "secret santa" decorated cookies gift exchange, decorationg gingerbread houses, and unwinding with a classic Christmas movie.

#### Study Trip Reveal Borrel - December 10th

SES invites everyone to join them and their Travel Committee on the 10th of December for the Study Trip Reveal Borrel at Onder de Ooievaar from 20:00 onwards. This year - things are going to be a little bit different, everyone will participate in a sort of pub quiz which will reveal their exciting destinations!

#### Study Sesh with SES - December 13th

SES's Educational Committee is hosting its first "Study Sesh with SES" and invites everyone that needs a little bit of help before Exam Week to stop by and ask their questions to students who've already done the exams.

#### Lustrum's Ski Trip - January 31st - February 9th

Every 5 years, SES celebrates their Lustrum year, which means that SES is busier than usual this year. As per tradition, SES's Lustrum year will again include a Ski Trip this year. 36 ambitious skiers will hit the slopes in France's Saint-Sorlin d'Arves from January 31st to February 9th.

#### SES Think Tank - February 11th

On the 11th of February, SES is hosting it's second Think Tank of the year, where members gather and talk about the inner workings of the association and its events, what went good, what went bad, and what could go better.

#### Valentine's Borrel - February 11th

Like every year, SES's Party Committee is organising a Valentine's Borrel where members are invited to gather and can buy roses for their friends and loved ones. Like every year, all the profits of the rose sale will be donated to charity.

## WANT TO WRITE FOR EUROVISIE? SEND YOUR ARTICLE TO EUROVISIE@SES-UVA.NL