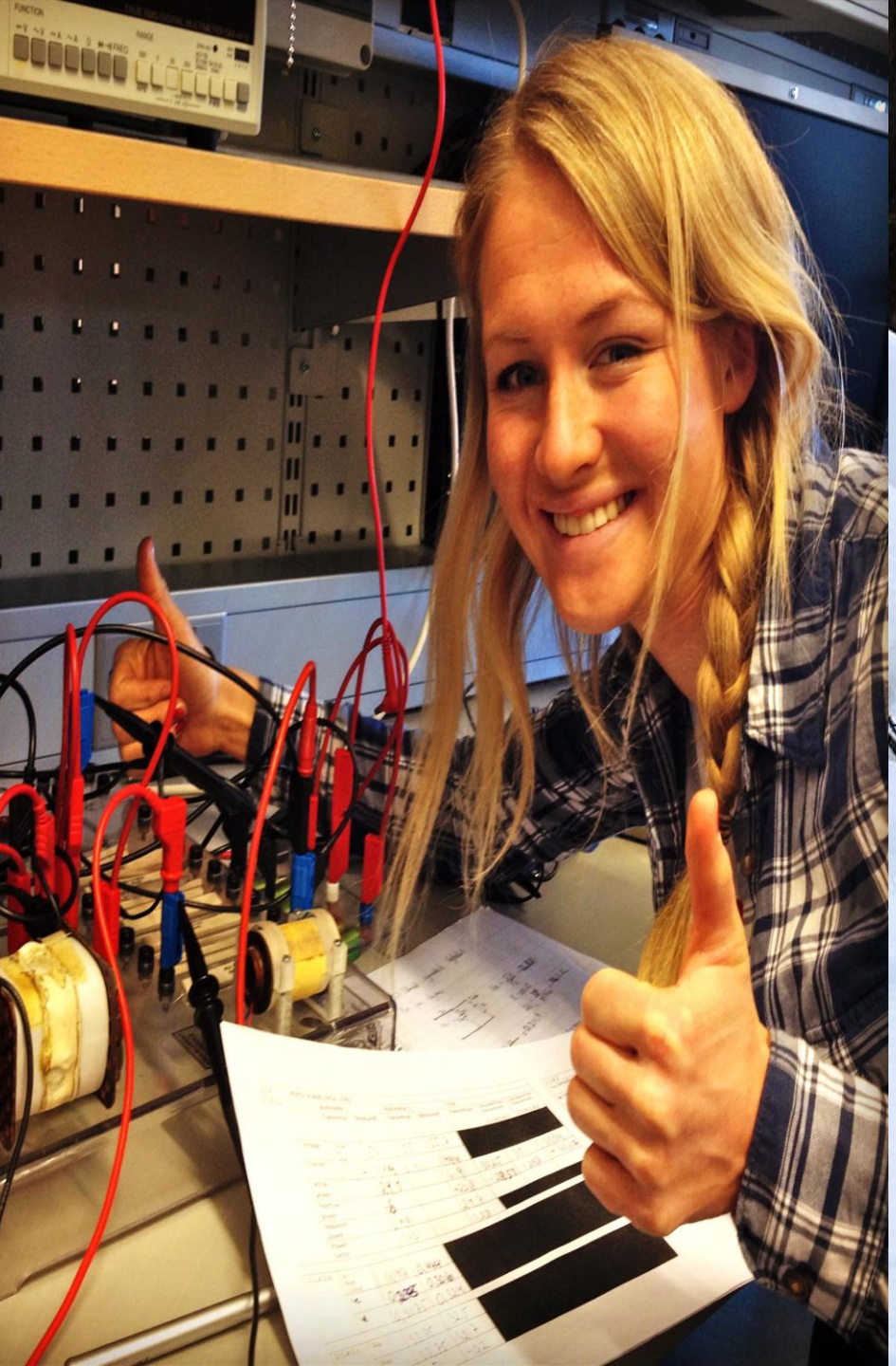
Student and winter sports athlete as a role model for other students who wants a dual career

Tuva Toftdahl Staver
Trondheim 20.09.2013

Tuva Toftdahl Staver

- Civil engineer student NTNU
  - Industrial economics and technology management
- 50 % progression
- Cross country skier on the national recruitment team
- Last two years at TEAM NTNU
- Finished second in the Continantal Cup
- WC points
- Norwegian champion in relay 4 times
- Bronze and gold medal from Jr. WC



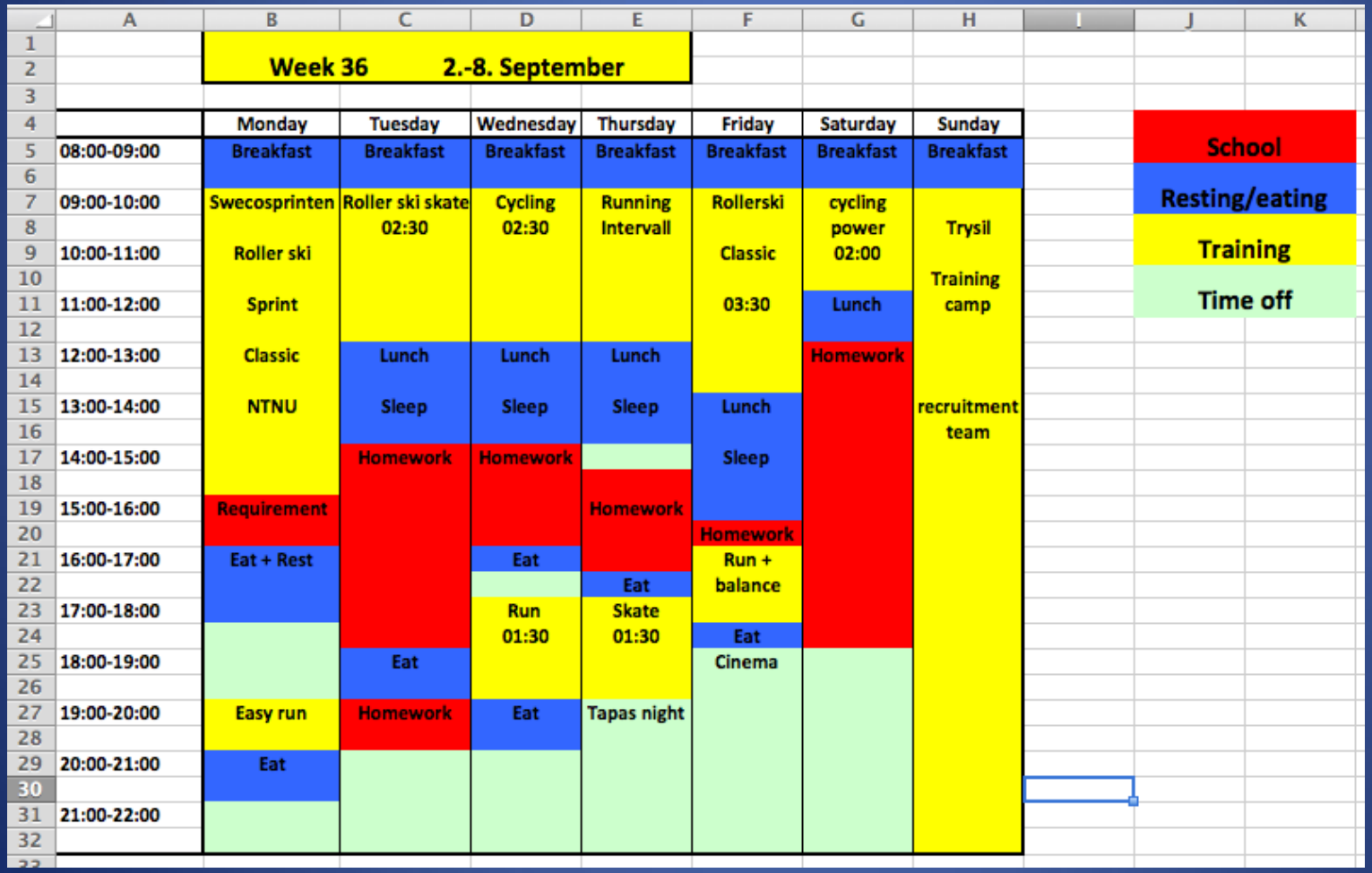

Statoil
FISCHER

- Why dual career?
- Challenges in school
  - What NTNU have done to make it possible
  - What NTNU could have done better
- Individual challenges in sport
  - Challenges with acceptance from the national ski federation

Why dual career?

- Something else to focus on
- Lower shoulders
- Know I want to be engineer after my sport career
- Gives me energy

Challenges in school



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-10:00	Swecosprinten	Roller ski skate 02:30	Cycling 02:30	Running Intervall	Rollerski	cycling power 02:00	Trysil
10:00-11:00	Roller ski				Classic		
11:00-12:00	Sprint				03:30	Lunch	Training camp
12:00-13:00	Classic	Lunch	Lunch	Lunch		Homework	
13:00-14:00	NTNU	Sleep	Sleep	Sleep	Lunch		recruitment team
14:00-15:00		Homework	Homework		Sleep		
15:00-16:00	Requirement			Homework			
16:00-17:00	Eat + Rest		Eat		Homework		
				Eat	Run + balance		
17:00-18:00			Run 01:30	Skate 01:30			
18:00-19:00		Eat			Eat		
19:00-20:00	Easy run	Homework	Eat	Tapas night	Cinema		
20:00-21:00	Eat						
21:00-22:00							

Week 36 2.-8. September

School

Resting/eating

Training

Time off

Challenges in school

	August	September	Okt.	Nov.	Des.	Jan	Feb.
1	Blink				WC 10 fri Kusamo		WC 10 klassisk Italia
2					Samling Lillehammer		Kønig 42 km
3							
4						COC	
5						Sverige	
6							
7					World Cup		
8					Lillehammer		Holmenkollmarsjen
9	Samling jenter	Samling					
10	Beito? 8-13	Østlandet					
11		med junior					
12						Jiezerska50 km	
13					COC? Usikker dato		
14			Testsamling?		Finland		
15			Oslo		WC 15 fri Davos		COC Norge
16						NM Molde	
17							
18				Samling	Eksamen?		
19				Beito			
20							COC Baltic
21		Samling jenter					
22		med elitelag	Samling	Beito			
23		Lillehammer	Val Senales				
24							
25							
26	Samling					Marcialonga	
27	Meråker						
28	med Regionslag						
29							
30				BUL-sprint			
31							

Individual challenges and help from NTNU

- Registered as sport athletes in the school system
- Requirements
  - Good friends at school helps
- Labs
  - Possible to take it later
- Group projects
  - Write projects alone
- Deficient information on the subject website
- Video lecture
  - Helps everyone

Challenges in sport

- Structure
- Different attitude to academic career within the team
  - Play play station or program the computer games?
- Have to be confident with your choices
- Acceptance from the national ski federation
  - Not accepted by NSF to study full time academic

IT´S POSSIBLE TO DO BOTH WITH RIGHT FOCUS, STRUCTURE, MOTIVATION, HELP FORM SCHOOL AND SUPPORT FROM TRAINERS!


VVS
EKSPERTEN
Statoil

Questions?