



# BI Norwegian Business School

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Exchange Report 2015 Fall

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## Part 1 – Activity Log

### August 2015

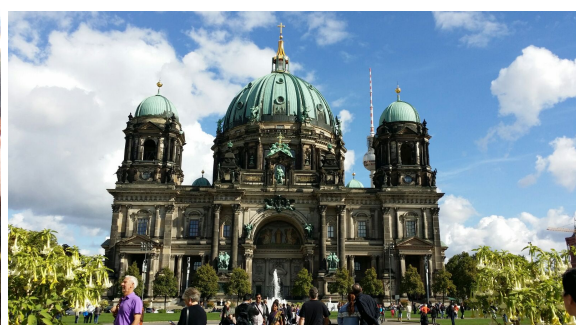
I arrived Oslo in the morning of 10<sup>th</sup> August. We took Flytoget (which is an express train) from the Oslo Gardermoen Airport to Oslo S (Oslo Center, which is the city center where all metro lines intersect) in just around 30 minutes, which costs only 90 NOK for student. After that, we met helpers from BI at Oslo S, who will give advices for you on like how to get the dorm key, where to buy the metro monthly pass etc., they are extremely nice so feel free to ask them anything. Then we went to Blindern and get our dorm key, which takes a very long time for us. After settle down in the dorm in Kringsja, we went to IKEA (which you can take shuttle bus at Oslo S) and bought necessities like pillow and blanket.

In August, I joined an orientation activity but that is quite disappointing with poor organization and preparation, but a thing called Binner (free dinner offered by BI for exchange students) is worth participating, where you can meet new friends from different places. Also, we did explore Oslo in August, and if you are living in Kringsja, you cannot miss Sognsvann which is a lake (not the case in winter) with stunning view that you only need to spend 5 minutes walk to get there. We also visited Stavanger, another city in Norway in late August while more trips were done in the following months.



### September 2015

We have done quite a lot of travelling in this period of time since the workload of BI was very light at this time. Also, as daytime is very long during the summer period (like sunset at around 8 pm), that's a great time for travelling, or else you would regret when winter comes. We went to Bergen in Norway, Stockholm and Copenhagen, and also Hamburg, Berlin and Munich in Germany and joined the Oktoberfest, which is a must join event once in your life. Through travelling, you could actually feel the cultural difference among Europe. I would say Norway got the nicest people with best English in Europe.





## October 2015

In October, I travelled to Paris, London, Amsterdam and Brussels in a trip. Though started in October, BI got a bit schoolwork need to deal with, but comparing with UST that was not tough at all, so we can still go a bit of travelling. In late October, we went to Iceland, which is a gorgeous place that you have to join a lot of local tours. We joined the northern light tour but due to poor weather and lack of luck, we failed to see it.



## November 2015

November was the month with most workload and need to prepare for examinations, which were scheduled in early December; therefore, I did not travel a lot in this month. I went to Kiev in Ukraine for the Chernobyl visit and Krakow in Poland for the concentration camp tour. This is the most unforgettable trip for me during exchange, as I took a 20 hours bus to travel from Kiev to Krakow, which broke my overnight bus travelling record. Also, the concentration camp tour is worth to visit, as the tour guide had a persuasive talk with more than just providing historical fact for you, but made you reflect on this one of the darkest part of history and create a lot of space for you to think.



## **December 2015**

In early December, I got one examination and two papers to hand in. After that, we travelled a bit before heading back to Hong Kong. I travelled to Vilnius in Lithuania and Warsaw in Poland. Then I went to Prague for Christmas time and Vienna for New Year.

## **January 2016**

In January, I travelled to Lisbon in Portugal, Barcelona, Rome and Venice in Italy. During the time in Venice, due to heavy rainfall in the previous night, the water level increased and cause flooding where you could see everywhere. It was an interesting experience and a surprising morning to us. Also a good thing to mention, you can buy tasty coffee everywhere in Italy. After all the travelling, I headed back to Hong Kong on 15<sup>th</sup> January 2016.



## **Part 2 – General Exchange Information**

### **I. Visa Procedures**

Visa is not required for Hong Kong residents if you are staying less than 3 months in Norway; therefore Exchange students have to apply for a residence permit before going to exchange. You can start the application after receiving the admission letter from BI. You may send an email to Royal Norwegian Consulate ([norwayhk@ncchk.org.hk](mailto:norwayhk@ncchk.org.hk)) and get a student visa guide. After preparing all required documents, you can make an appointment with the Consulate and go to the office at Sheung Wan for handing the documents and application fee. Upon your arrival in Oslo, you have to report to the police office to get the residence permit done, which BI will help to contact the police station and you will have to choose a timeslot.

### **II. Orientation Activities**

During the orientation week, we attended some introductory lectures, including a very brief Norwegian oral lecture. We also got the free sim card from MyCall, which is a telecom company in Oslo, you will only need to top up in convenient store and choose your plan, then you can use it.



### III. Accommodations

There are two housing providers, BSN and Sio. My friends and I decided to live in Kringsja, which is operated by Sio. Upon your arrival, you have to go to Sio office in Blindern, which is near University of Oslo to get the dorm key, laundry card and access card of the main door of your block. We chose to live



in single room with 7 rooms sharing a common kitchen, while two rooms sharing a toilet. Remember to bring your own WIFI router and LAN cable, as the dorm doesn't have wifi coverage. Also, as not every block has laundry service, it is better to choose one do have, or else it is painful in winter to wash your clothes. You have to add money in your laundry card through the Internet, each time cost 20 NOK while the drying machine cost another 20 NOK. Besides, there is a supermarket, Kiwi located in Kringsja. One thing worth to mention is that there is a lake in Sognsvann which is very near to Kringsja, the beautiful scene is something hard to find in Hong Kong where you can walk around or do jogging to relax your mind.



### IV. Courses Registration

You have to do the course registration before your arrival. You will receive email from BI regarding to this issue. Please refer to the course equivalency system for your information.

### V. Teaching & Assessment

It is quite interactive to have class in BI, you are feel free to ask questions in class at anytime, while lecturer also values the opinion from students. In usual, lecture in BI lasts for 2 hours and 45 minutes, in which you will have 2 short breaks or a lunch break in between. Most of the courses I took do not have midterm or assignments, so it is quite relax when comparing with study in HKUST. [at.bi.no](http://at.bi.no) is a website that you will use frequently, where you can find a lot of useful information like timetable, past exam paper etc. While a platform called itslearning is similar to LMES, where you can find the lecture notes and announcement etc.

## **VI. Cost/Expenses**

I spent around 100,000 HKD during the whole exchange. Before going to exchange, I apply for a Citibank account with PLUS services that you can take the domestic currency from most ATM in most places. The account will not charge you transaction fee on withdrawal, it is recommended to have one with you since it is very convenient.

## **VII. Food**

I guess you should already get an idea of the Norway price level. Dining out is a quite expensive option in Oslo, but having lunch in like TGI Friday is more acceptable as it costs around 100-150 NOK. One thing to admit is that although the choice of food is limited in Oslo, the quality is pretty nice so you should at least dine out once a week or a month to feel the culture.

Besides dinning out, a more economic option is to cook at dorm. As mentioned before, there is a Kiwi in Kringsja where you can buy things to cook. Instead, a better choice for us is to go to Gronland by metro, which is an Asian Market where you buy more variety of food with cheaper price. Also, there is a Hong Kong supermarket owned by a Hong Konger who moved to Oslo few decades before, which is located near Stortinget.



## **VIII. Transportation**

Transportation is very convenient in Oslo, where all kind of public transportations are operated by Ruter. By getting a student monthly pass, which costs 410 NOK and you can buy it in any convenient store, you can travel with any kind of transportation in 30 days after you activating your card.

## **IX. Climate**

In summer time (August to early October), the temperature is around 20 something, which is quite warm. Also, the daytime is long and sunset is around 9 pm.

In winter time, temperature can drop to -10 degree but varies a lot. This year the winter is a bit late that the first snow happened in late November (usually it happened in October). Also, the daytime is super short with sunset at around 3:45 pm. Therefore, it may takes time to get used to or you may even feel a bit depressed at first.

### **Part 3 – Items to bring**

- a. Visa documents
- b. Passport, ID card
- c. ATM card
- d. Credit Card
- e. Cash
- f. Router and LAN cable
- g. Medicine
- h. Thick clothes
- i. Laptop and charger
- j. Phone and charger
- k. Adapters (bring more than one for backup)
- l. Lock pads (for travelling)
- m. Nail clipper
- n. Opener (for wine or beer)