



Exchange report
BI Norwegian Business School, Oslo, Norway

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Major in Marketing and Operations Management
Fall 2015 Exchange

BI

(A) Monthly Activity Log

August

I arrived Oslo in the morning on 10th August. My friend and I took Flytoget, which is an express train service connecting the Oslo Gardermoen airport and the city center. A single ticket for student cost 90nok. We got off at the Oslo S station and met the BI helpers, who gave us welcoming pack and some basic information. Then we bought ruter card (transportation card) from Narvesen and took the metro to Blindern to get our dorm keys. One monthly ruter card for student cost 410nok. Remember to always bring a copy of your admission letter with you before you have your student ID card, so that you can enjoy student discount in transportation. Our dorm was in Kringsja. After getting the keys, we left our luggage in dorm and go back to Oslo S to take the shuttle bus to ikea.

We didn't join the orientation activities so in the first week we explored the city on our own. We also went to police office to deal with our residence permit. School started on 17th August. During the first week you can add or drop courses. In the last week of August, we visited Stavanger.



September

After two weeks of school we had our confirmed time schedule for the semester so we started to travel around. September was a great time for travelling because the weather was not too cold and schoolwork wasn't too busy. Therefore I did quite a lot of travelling. I went to Bergen, Stockholm, Copenhagen and Germany. In Germany I enjoyed the October Fest very much!



October

In October, I went to Paris, London, Amsterdam, Brussels and Reykjavik. We planned to go for a Glacier hike in Iceland, but unfortunately the weather was not good so it was cancelled. We were also unable to see the northern light because the moon was too full and bright on the first night, and the next two nights were too cloudy.

November

In November I travelled to Kiev and Krakow only, because examination started in late November. Some examinations didn't take place in the campus, so check carefully your exam venue and make sure you know how to get there.



December

After the end of the examination, we continued our travel. We went to Vilnius, Warsaw, Milan, Venice, Florence, Cinque Terre, Pisa and Rome. We spent our Christmas time in Rome. In Europe, Christmas is a time when many of the shops, tourists' spots and transportation are closed; so plan your Christmas trip carefully.

January

In the last few days in December, we flew to Prague for the New Year court down. Then we visited Vienna. It was extremely cold in Vienna in January. We then went to Budapest and there was snow. The view was not as good as in summer. I think it is better to visit Eastern Europe in

summer time. After Budapest, we went back to Oslo and then flew to Spain for our last trip. On 15th January, we flew back to Hong Kong.

(B) General Exchange Information

1) Visa Procedures

After you received your admission letter, you can email the Royal Norwegian Consulate and ask for the procedure about applying for the study visa. You will need to make appointment and go to the Sheung Wan office to hand in the document and pay for the application fee. Do not do it at the last moment because it takes some time for the consulate to handle your application. Within 7 days after your arrival, you need to report to the police office to finish the procedures for your residence permit. Then you will pick your permit in school after around 2 week-time.

2) Orientation Activities

In the orientation week, we attended some introduction lectures. We also received free SIM card from MyCall, a telecom company, which is quite useful to us. You just need to top up your SIM card in any convenient stores then you can use the telecom service. There were other orientation activities such as the Fadderullan Buddies program, but we didn't join because the arrangement was unclear.

3) International Services & Activities

During the semester, the International Student Association (InSA) offers free dinner (they call it Blinner) regularly. You can follow their Facebook page for updated information. You can also volunteer to cook for Blinner. InSA also holds a variety of tours and trips for international students to join.



4) Accommodations

Remember to apply for housing online. There are two organization providing housing for students, BSN and SiO. My friend and I chose to live in Kringsja, which is operated by SiO. Before departure, we handed in 6000nok deposit. Upon arrival, we went to the SiO office in Blindern and got our room allocated. We chose the apartment with 7 people sharing a kitchen. There were quite a lot of kitchen utensil but there was no microwave in our kitchen. In my room there were two desks, one shelf, one bed and two chairs. Every room differed from each other. You need to bring your own WIFI router and LAN cable in order to access to the Internet.



I recommend you to choose a block with laundry room because it will be much more convenient. You will have a laundry card and you need to charge it through SiO website (p.s. 20nok per wash and 10 nok per dry). There is a supermarket in Kringsja called Kiwi. The prices fluctuate quite a lot. The price for the same price of bread can go from 2.6nok to 14!

5) Courses Registration

Courses registration is done before your departure. You will receive email regarding this. There is add drop period after the semester commence. For this semester, I registered for a total of five courses in BI.

ELE3709 Project Management

Equivalent to ISOM4750 Business Project Management. This course is not difficult because it contains some content from ISOM2700. Other new content is simple so well. No attendance required but I recommend you to attend the lectures because the professor Jan Terje Karlsen is quite a good speaker. 100% final exam.

ELE3736 Real Estate Finance

Equivalent to FINA3000 level. Content: Time value of money, mortgage and tax computation, risk, etc. This course focuses on the calculation. You will need a financial calculator.

ELE3746 Tactical Marketing

Equivalent to MARK4000 level. In this course you will need to purchase a simulation (~35USD) because this course is all about the simulation. You will operate a start-up business and practice decision-making in marketing your products. There were only five lectures throughout the semester. For the weeks without lecture, you will need to work on the simulation which takes around an hour each time. For the course grade, it is 100% from the report that you explain your decision in each round. This is an interesting course with relatively low workload.

EXC3650 Supply Chain Management

Equivalent to ISOM4770 Supply Chain Management. There were three professors giving lectures on different aspects in supply chain management. 30% of the course grade comes from a report about a supply chain game. For the remaining 70%, it is from the exam which require you to write several short essays. In the lessons, sometimes you need to study real life business cases and discuss with classmates, which is a good opportunity to exchange ideas and simulate learning.

ELE3705 Reputation and Corporate Communication

Equivalent to MARK4000 level. The topic for this course is interesting and the professor was funny. 100% course grade is from the project which you can choose your own topic and company to focus on. Every group needs to do a short presentation in class.

6) Teaching & Assessment Methods

Courses in BI usually involve high level of interaction in class and self-study in your own time. Each lecture lasts for 2 hours and 45 minutes, and there are usually short break or lunch break during the lecture.

at.bi.no is a website that you will use a lot. It provides semester information such as course schedule, exam time and venue and past exam paper. There is an online platform called itslearning. It is similar to LMES, where you can find course materials and announcement.

7) Sports & Recreation Facilities

There are paid gym facilities operated by SiO, but none of us use it because we didn't have a lot of time staying in Oslo. By the way, there is a beautiful lake Sognsvann near our dorm where you can jog.



8) Cost/Expenses

Expenses in Norway: less than 50000nok (including rent and other daily expense)

With other travelling expenses, I spent around 100k hkd in total.

In Norway there is no ATM accepting unionpay. You can bring an ATM card with PLUS, which is widely used in Europe. Another thing about money is that credit card is accepted in majority of stores in Norway.

9) Food

As mentioned above, there is a Kiwi in Kringsja which is very convenient if you live in that student village. But for most of the time, we buy food from Gronland. It is one metro station away from Oslo S. It is basically an Asian wet market where you can find fresh vegetables and fruits, and low-priced groceries. We went there around twice a week.



There is a Hong Kong supermarket near Stortinget where you can find Chinese food ingredient (of course more expensive than in HK). The lady there was very nice.

10) Transportation

All public transportation is operated by Ruter. With a monthly Ruter card, you can use any transportation (metro, bus, tram, ferry) within 30 days after you activate your card. The student price for the monthly card is now 410nok. A single ticket cost 30nok and a one day pass cost 90nok. (p.s. prices increase from 31st January 2016) I don't recommend free-riding because the penalty fee is quite high.

11) Climate

In August, the temperature can go up to 27/28 degree Celsius in the afternoon. Temperature drops month by month and first snow came in December this year (2015). It can be as cold as -10 degree Celsius or lower in January.

In August, daytime is long. The sun set at 10 pm. In December and January, the sun rise at 8/9 am and set at 3pm.

(C) Items to bring

Passport

Visa document

Insurance document

Camera and charger

WIFI router

ID card

ATM card

Adapter

Laptop and charger

LAN cable

Cash

Credit card

Phone and charger

Hair dryer

Shampoo



Conditioner

Cleanser

Towels

Pajamas

Swimsuit

Jacket

Cup noodles and Indomie

Swiss Army knife

Nail clipper

Shower gel

Toothpaste

T-shirts

Sweater

Heattech

Sock

Umbrella

Bed sheets

Backpack

Lotion

Toothbrush

Shorts

Jeans

Flip flop

Lock pads

Sunglasses

Sleeping bag

Medicine