

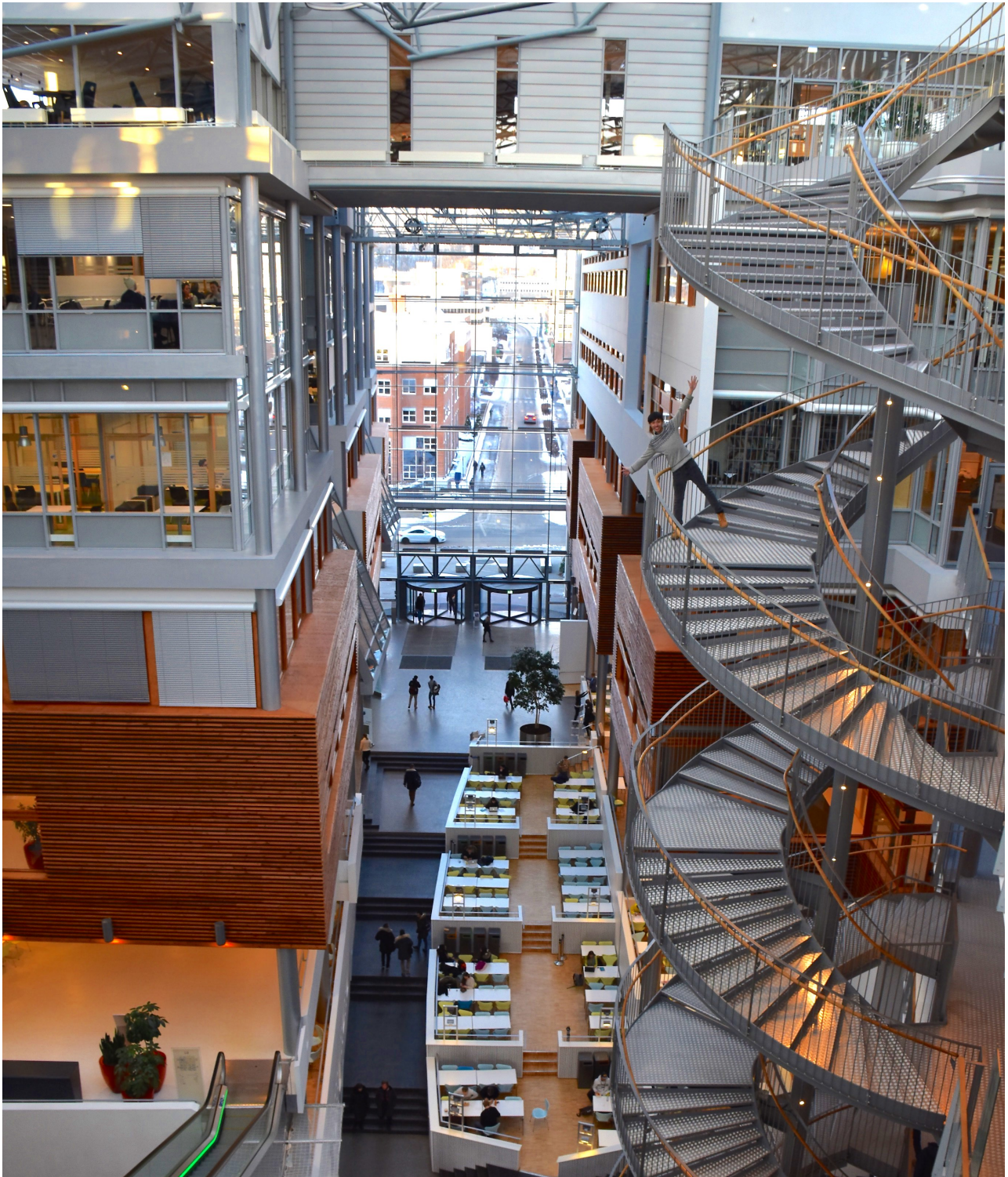
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# BI NORWEGIAN BUSINESS SCHOOL

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EXCHANGE REPORT [FALL 2015]



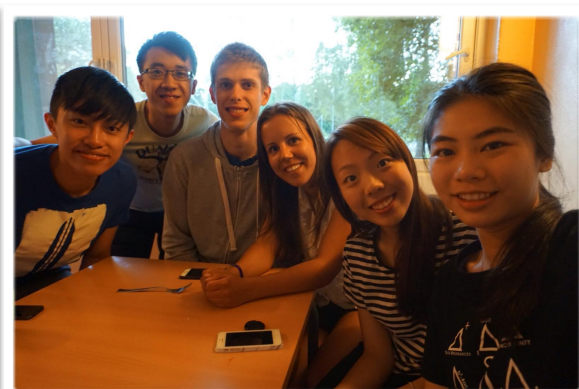
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## PART I - MONTHLY ACTIVITY LOG

### AUG 2015

I arrived Oslo with my exchangemates on 15<sup>th</sup> August 2015. We have signed up for pick-up service offered by BI. Several BI students waited us at Oslo Central Station and gave us as welcome package which contained a Oslo Map, transportation guide, location of IKEA and a list of orientation activities. After checking in the dorm, we went to IKEA to buy necessities and had our first meal in Oslo.

BI orientation programmes started in the mid-August. I have went to several workshops and met new friends. Moreover, some student organisation held parties and concerts for exchange students and costed around NOK 400. After one-week orientation activities, lessons started at the third week of August.



At the end of the month, I went to Stavanger for a day with my exchangemates. I suggest you to visit Stavanger and Bergen as soon as possible since it would be too cold for you travelling during winter. You could find different tours in Norway official travel web site. We have join one local tour in Stavanger and it is worth it.

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## SEPT 2015

I started travelling around Europe in September and October. Since the courses I studied are account for 100% on final exam and no attendance is required. Therefore, I skipped some lessons for travelling.

In early September, I went to Bergen. Later, I took the tim to Stockholm, Copenhagen with my exchangemates. After that, I started my first solo trip to Germany (Berlin, Frankfurt, Heidelberg, München and Füssen) for 11 days. I have went to Oktoberfest in München with my UST friends.



## OCT 2015

In October, I traveled to The Netherlands (Amsterdam, The Hague, Maastricht and Rotterdam), Belgium (Bruges and Brussels) and France (Rouen, Strasbourg, Colmar, Versailles and Paris) with my UST friends for 16 days. In the end of October, I travelled to Iceland with my exchangemates.



## NOV 2015

In the early November, I went to Finland (Helsinki & Rovaniemi) for 4 days. Since the exam start in this month, I spend most of the time in Norway for Revision. It is recommend to attend the last lesson as it may help you in final examination. The examinations are not difficult. I am sure all HKUST students can manage them well.

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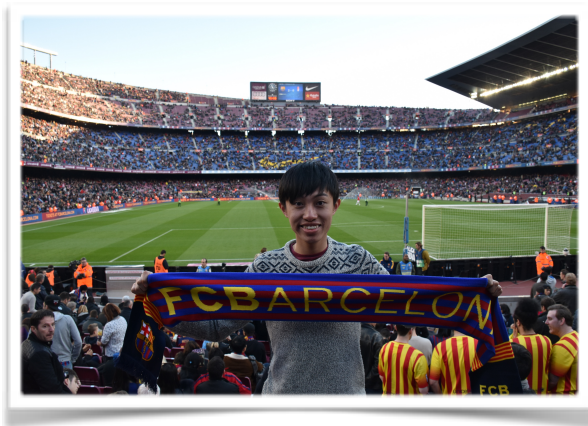
## DEC 2015

Final examinations ended in the early December. I went to UK and visited my relatives right after the exams finished. I spend a week in UK and did lots of shopping there. After that, I spent my whole month travelling around Europe, including Italy, Lithuania, Poland and Czech Republic. It's quite cold to travel Europe in December. I suggest you to wear thick clothes when you go out.



## JAN 2016

I had gone to Austria, Hungary and Spain in this month. It finally came to a sad end since our exchange friends were going back to their home countries and it was the last moment we would be in Norway.



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## **PART II - GENERAL EXCHANGE INFORMATION**

### **1) VISA PROCEDURES**

Hong Kong passport holder does not require visa to Norway because of the Schengen Agreement. However, since we need to stay in Norway for more than 3 months, a residence permit must be applied. It can be applied through the Royal Norwegian Consulate Hong Kong in Sheung Wan. You need to follow the instructions on the guideline strictly in order to apply the resident permit successfully. I recommend you to apply resident permit right after you receive the official offer from BI. Once you arrive Norway, you will need to report to the police within 7 days. BI can help you make the reservation.

### **2) ORIENTATION ACTIVITIES**

The orientation week started a week before the semester commenced. You would be assigned to group by the school and were free to choose the activities or not. However, since the orientation activities were quite expensive, I did not participate in the activities. But you will surely have a chance to meet other exchange students during lessons.

### **3) INTERNATIONAL SERVICES & ACTIVITIES**

There are activities organised by the international student association and some of them are free of charge. You can explore more in Norway and meet friends there. You will also assign a buddy group in the first day of orientation week.

### **4) ACCOMMODATIONS**

BSN and SiO are organisations that provide accommodations. I stayed in Kringsjå throughout the whole semester. I chose a furnished single room, sharing the toilet with 2 and kitchen with 7. It is recommended to bring your own WIFI router and LAN cable as they do not have wifi in the room. You can buy your own bed sheets and pillow in Oslo IKEA. Moreover, it is suggested that you check in with your exchange mates so that SiO can try to match you guys up. When you return the room to SiO, please remember to clean the room. I have been charged for the cleaning cost as I failed to clean my room according to the requirement stated on their regulation.

### **5) COURSE REGISTRATION**

You have to check the class schedule and choose the courses you are interested to study. BI will register the courses and exam for you.

I have studied three Finance electives [ELE3732 Financial Bubbles, Crashes and Crises ; EXC3671 Corporate Finance ; ELE3736 Real Estate Finance] and one MGMT course [ELE 3702 Social Entrepreneurship] .

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## 6) TEACHING & ASSESSMENT METHODS

The courses for exchange students are mainly taught in English. There will be lots of time for discussing the real world example instead of teaching theories from the book. Some courses require in-class discussion and group project. For the courses I taken in BI, no assignments required, no attendance needed and final exam counts for 100% of the course grade. It is much more relaxing than UST.

## 7) SPORTS & RECREATION FACILITIES

There is a fitness room in BI and you need to pay around NOK1,000 for six months in using their sports and recreation facilities. Since I spend most of the time in travelling, I did not went to BI fitness room. However, Oslo is a place that provide good environment for free jogging and hiking.

## 8) COST/EXPENSES

EXPENSE	NOK	HKD
Air Ticket		13,000
Insurance		1,000
Residence Permit	2,500	
Rent	17,000	
Transportation	2,000	
Daily Expenses	8,000	
Travel*		60,000
Exchange Rate	1 NOK = 0.95 HKD	
Total		102,025

\*Including Stavanger (Norway), Bergen (Norway), Sweden, Denmark, Finland, Iceland, Germany, Belgium, Netherlands, France, UK, Italy, Lithuania, Poland, Czech Republic, Austria, Hungary, Spain

## 9) SOCIAL CLUBS & NETWORKING OPPORTUNITIES

There are many societies you can join in BI. However, most of them are not targeted towards exchange students. You can join the activities which organised by InSA or BI. It's a good opportunity to meet new friends there and develop a long lasting friendship.

## 10) HEALTH & SAFETY

Norway is one of the safest place in the word. Norwegian is nice and friendly. I have brought some medicines in case I am sick. If you need to see the doctor, there's a clinic right next to the campus. I also recommend you to buy health insurance before going to Exchange.

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## 11) FOOD

Eating out in Norway is not a good option since it is very expensive. I recommend you to cook yourself. Food can be bought easily in supermarket like Kiwi, ICA, Rema1000 and Rimi. There's a Asian market near Grønland Station which you can buy meat, vegetables, fruits and even rice! Also, you must try Salmon in Norway! It's delicious and completely different what you ate in Hong Kong.



## 12) TRANSPORTATION

Transport is very convenient in Oslo. I have bought a 30-days pass which cost NOK410 and travel on almost all public transportation. Please remember to validate the ticket for the first ride. If you fail to show your valid ticket, it will cost you over NOK900 for penalty. Transportation from Kringsjå student village to BI need around 30 minutes and the train only departs every 15 mins. Moreover, there's no transportation to Kringsjå after 1am. You may need to take a taxi which is extremely expensive!



For the transport to International airport, it takes around 1 hour from Kringsjå Metro Station to the airport. You can take the Flytoget from Nationaltheatret or Oslo S and it costs NOK90 for single ride. I will check the schedule for metro and Flytoget before going to Airport.

## 13) CLIMATE

When I arrived at Oslo, it was around 20-25 Degree Celsius. The daytime was long as you could still see the sun at 9pm. However, the weather dropped to nearly zero degree and started snowing in mid November. When I left Oslo in January, the weather is below 17 Degree Celsius and only 6 hours sunlight in a day.

## 14) COMMUNICATION

During the orientation week, InSA provided every exchange student a free MyCall sim card. You can easily top-up your mobile card in convenient shops or online. Moreover, English is well understood in Norway. You should be no problem to communicate with local people.

## 15) CAUTIONARY MEASURES

Unlike Hong Kong metro stations, there's no entrance gates in Oslo. However, I recommend you not to travel without a valid ticket. You might need to pay over NOK 1,000 for fare-evasion.

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## PART III - ITEMS TO BRING AND CONTACTS

Important items when coming to Norway			
Passport	ID Card	Air ticket	Credit cards
ATM Card (with plus)	Norwegian Kroner	Umbrella	Document copies
Essential items for daily life			
Charger	Sunglasses	Converter	Laptop
Calculator	Camera	Files	Earphones
Travel set	Medicine	Mobile phone	Portable charger
Clothes for summer	Clothes for winter	USB	

If you have any question about the exchange in BI, feel free to get my contact from SBM Exchange Team by email at [bmugexch@ust.hk](mailto:bmugexch@ust.hk).

