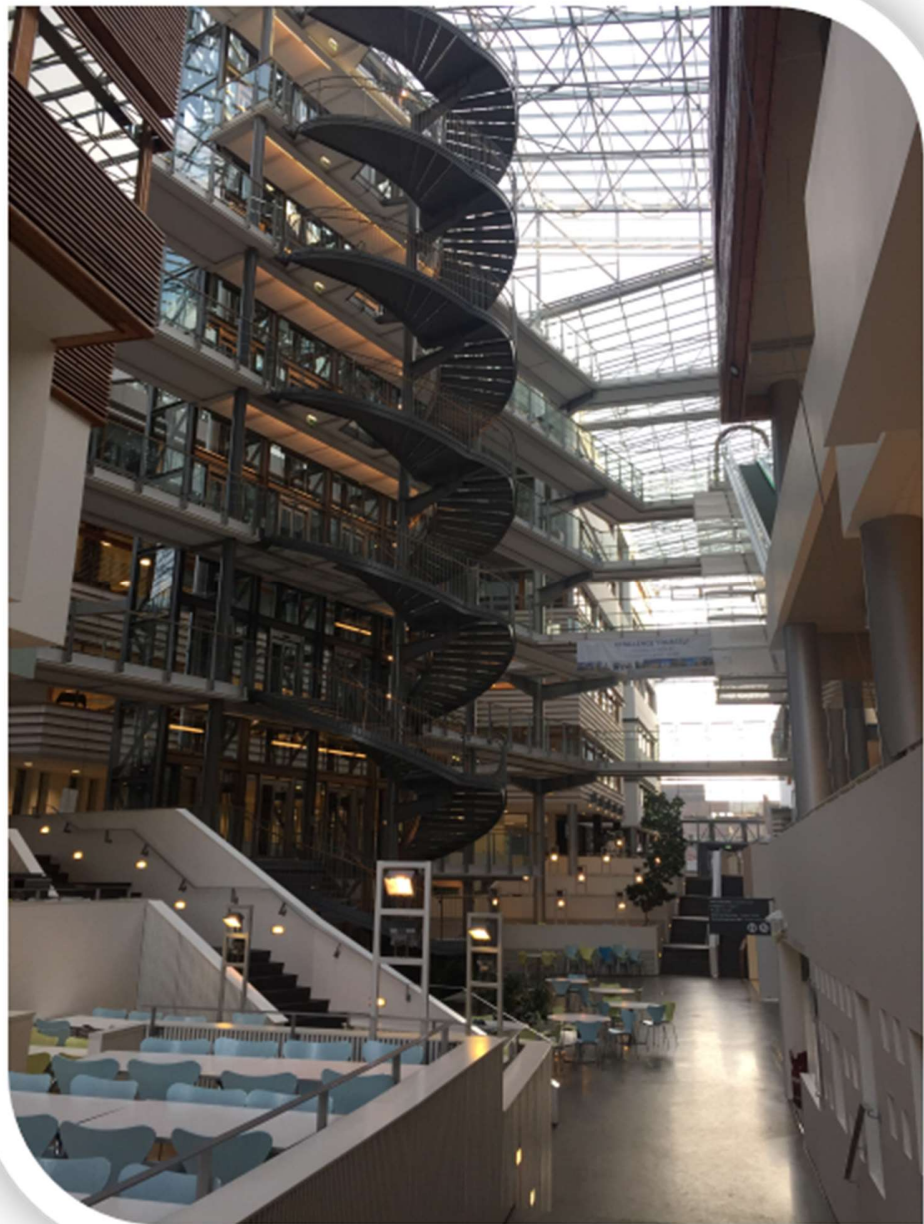


BI Norwegian Business School

Exchange Report – Spring 2017

Fung Jing Yin, Nicholas (MARK & IS)



Part 1: Monthly Activity Log

January

The First month I started staying in Oslo is all about going to school, participating in different orientation activities, familiarizing with life in Oslo and Exploring Oslo with other students. Going to class and taking part in different welcoming activities sure helped me to make friends with other international students. However, it sure took me some time to adapt to the temperature, food and generally living in Oslo.

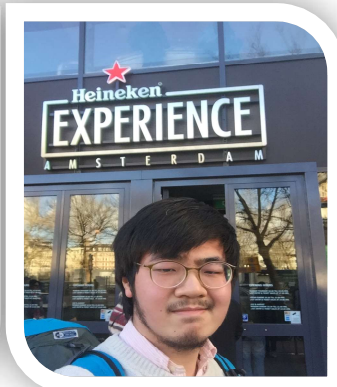
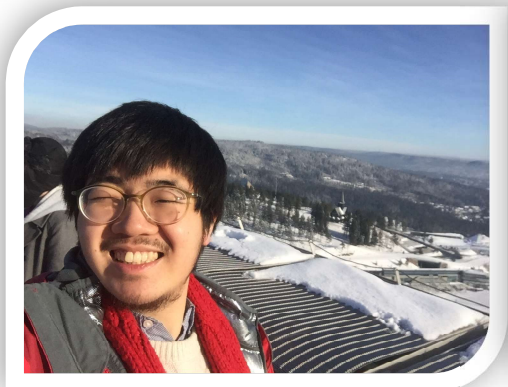


At the end of January, I went to Lithuania with the 3 other HKUST exchange buddies to go on a guys-only trip. All in all, I would say long as you pay attention to emails and the Facebook Page of BI exchange students, you should find your January nowhere near to boring.

February

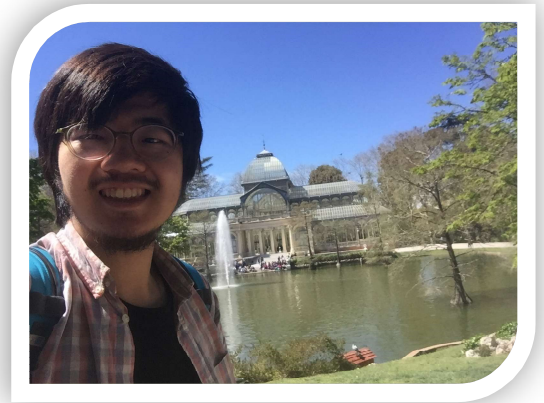
Oslo was still the main station for me in February. My friends who also went on exchange to other universities in Europe from HKUST came to visit me and I showed them around Oslo.

We also went to Tromso together with my BI-HKUST schoolmates to hunt for the aurora. Unfortunately we failed this time. At the end of February, I went to Netherland to visit my uncle and had a lot of fun there.



March

In March, since I had presentation and test for my courses, I did not go to trip a lot. This is the time for me to start to enjoy more of my life staying in Oslo. After two months of familiarizing with the lifestyle of Norwegian, I began to appreciate it and started to have a very chill and peaceful time in Oslo. I also went to the Holmenkollen Skifestival and it was amazing. I highly recommend it to you even if you have not heard of ski jump or do not like skiing at all. The passion and love of skiing from the Norwegian is just simply amazing.



For the time I squeezed out to go on trip, I went to Berlin and Iceland. This time I finally catch the Aurora in Iceland and it was just SO BEAUTIFUL! One just cannot leave the polar light unseen if he ever goes to Europe for exchange study.



April

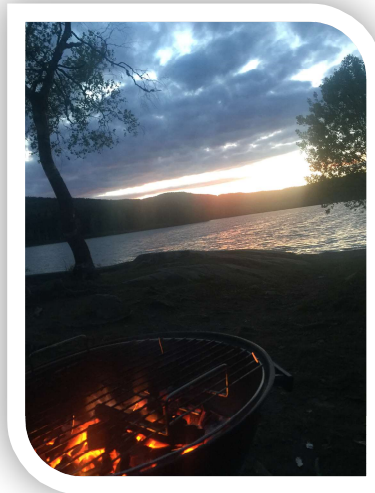
April is the month of travelling for me. Other than going to class, I spent almost all my time on travelling around Europe. I managed to go to Lisbon, Porto, Madrid, Barcelona, Milan, Rome with my friends and it was just amazing. At the end of the moth, I also started to go start to go on travel alone, travelling to Athens and Santorini in Greece. It was from this time that I started to be so fond

of travelling on my own.



May

This is the month for my final examination. I went on one last trip around Eastern Europe including Warsaw, Prague, Vienna and Budapest. Also, since my time in Norway is coming to an end, I spend more time on enjoying the beautiful natural scenery of Oslo. All of us from HKUST organize quite a few times of lake-side barbeque by the Sognavn Lake and It was just amazing. Another thing you will never want to miss is the National day of Norway, this is a very fun day and you can really feel how much do Norwegian love their country.



Part 2 General Exchange Information

Visa Procedure

You have to apply for student visa(student permit) to the Royal Norwegian Consulate Hong Kong if you are holding a PRC passport. Act quick and send an email to the consulate (hong-kong@norwayconsulate.com) . Ask them for detailed information for what documents are required and they will respond to you very quickly. It is suggested that you should send email to ask them about it once you get your offer to BI and proceed quick to arrange a meeting and hand in all the required documents quickly once you get the admission letter from BI. It usually take about a month for the consulate to handle your case. It would cause a lot of trouble if you cannot get your student permit before you leave Hong Kong. Once you get to Norway, just go to BI International office and they should help you to arrange a time slot for going to the police station to finish the procedure. Just pay attention to the information BI give you and you should be fine.



Orientation Activities

In January, there will be orientation activities such as pick-up services, a information talk and a campus show-around by buddies the school assigned to you. I would suggest students to pay attention to email and attend these activities. These activities really help you to get used to the area and make friends with other international students so you could help each other around during your exchange.

International Services and Activities

BI-nner is the most easy way you take part in international activities. It is a dinner where you will get to have dinner with other students in BI. It was usually organized once per month. If you want to join, you should always pay attention to the facebook page and act quick to register since the seats are limited. You can also find tons of other international services/activities organized by InSA, just check email and Facebook frequently and register quickly when you see the activity you want to join.

Accommodation

BI provides different types of accommodations. All eight of us from HKUST choose to live in Sio(Krinsja) since it is cheaper. Though I cannot tell what exactly living in BSN or other accommodations is like, I would suggest students to stick together and live close because it would be very helpful when all of you are trying to explore Oslo and get familiarized with living in Oslo. Apart from that, I personally like Kringja a lot. Although it is would take me about 35minutes to get to school, it is very close to Sognavn Lake, which is very beautiful and helped me to enjoy the nature of Norway.

Course Registration

Check the credit transfer website of HKUST to see which course is eligible for transferring the credit. Remember to apply for courses that are not listed in the database before you depart. You should get an email from BI about what courses are offer and information about course registration. I personally have encountered problem where the course time crashed as supposed to be on different day, it took me a while and emails to solve the problem. So be very careful and check a few more time when you are registering for your course.

Teaching and Assessment Method

I have had courses that the grades are 100% contributed by final examination and 100% contributed by final project. The way that the grades are calculated varies among different courses so it is suggested that students should look carefully in the information of the courses provided by BI together with the course catalog when BI send the email of course registration.



Sports and Recreation Facilities

There is a gym in BI but it is not free. You have to pay a membership fee(monthly fee) to be able to use it so you may want to consider very well before joining it since you may go on travelling for a lot of the time in your exchange.

Finance and Banking

Norwegian Krone is used in Norway and the exchange rate is about HKD:NOK = 1:0.9. Though you can withdraw cash from ATM with card of PLUS system and use credit card to pay most of the time. I would still suggest you to bring some cash just in case.

Expense

	HKD
Accommodation	20832
Travelling	50,000
Living Expense	18,000
Flight Ticket	6493
TOTAL	96725

Social Clubs & Networking Opportunities

There should be one to two days in early January where clubs will set up counters in BI, providing information about their club. Remember to go to school that day since it will be very difficult to join back later if you miss that day.

Healthy and Safety

Usually you will not get sick when you get to Norway. I personally have been feeling well and therefore fortunately did not need to go to the clinic during the whole exchange study. The air in Oslo is clean and refreshing. The people in Norway are usually very nice and the crime rate is low. It should not be a big problem to stay healthy and safe during your time in Oslo.

Food

It is not suggested to dine outside as it would be very expensive. A regular Mcdonald meal would cost you around 90HKD so cooking would be the optimal choice. You will get to save so much money if you cook for yourself everyday as price of ingredients and food are reasonable in the supermarket. Always look for reasonably priced food in Kiwi and Gronland and you should find it no problem to save money on spending on food.



Transportation

Just go and buy a monthly student pass from Ruter and you can travel on bus, metro and tram whenever you want. Skipping transport fares/ not have your tickets validated will cost you a lot of money when you get found out by staff so just do not risk it and pay for the monthly student pass.

Climate

It really is very cold when you come to Oslo in winter. A good down jacket with windproof jacket is the basic requirement. It is always better to bring more clothes to keep you warm than less. It will become much warmer starting from April and the weather is just beautiful and very relaxing. I am pretty sure everyone who has been to Oslo will fall in love with its weather around April to June.

Communication

Most of the Norwegians can speak very good English so it would not be any problem on communication. However, I would still recommend you download Norwegian on Google Translate as almost everything (e.g. menu, price tag in supermarket) are written in Norwegian. It would be helpful if you can use Google Translate to read them.

Cautionary Measures

Oslo is generally very safe but in terms of cautionary measures, I would still suggest you to always make sure your friends/schoolmates/family know about where you are going especially when you are travelling. Make sure you did your research before going on travelling would also help to keep yourself safe.



Part 3 Items to Bring

- Down Jacket
- Waterproof boots
- Gloves (it would be very helpful when you can still use touch-screen when you wear it)
- Router
- Lan cable
- Personal skin-care
- Passport
- Adapter (make sure you are buying the correct type)
- Resident Permit related documents
- Medicine

Part 4 Useful Links and Contacts

1. Ruter (for checking schedule of transport):
<https://ruter.no/>
2. Skyscanner (for travelling, checking for cheap flight):
<https://www.skyscanner.com.hk/>
3. BI student portal
<https://at.bi.no/en>
4. Visit Oslo (for exploring Oslo)
<https://www.visitoslo.com/>
5. Ticketmaster (for tickets of festivals and different functions in Oslo/Norway)
<http://www.ticketmaster.no/?language=en-us>

