



BI Norwegian Business School
Exchange Report – Spring 2017

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Part I Monthly Log

January



We arrived Oslo on the 4th January in the afternoon and we got the key in the Blindern(In the Oslo University). In the same day, we have been to IKEA to buy the personal stuff. In the first month, there are quite a lot of gatherings and orientation activities. You can also take this opportunity to make some new friends. It is highly recommended to join the Facebook activities. At the end of the month, I have been to Republic of Lithuania for some travelling.

During this month, I had spent most of the time travelling in the Oslo, such as the Viking Ship Museum and Kon-Tiki Museum. Travelling in these museums can help develop a better a understanding of the Norwegian Culture and the history of the country development.

In the middle of the February, we have been to Tromso to watch the aurora. However , we can just observe quite a few due to the weather.” Please check the weather prior to the departure”

In the end of the month, I travelled to Stockholm and Copenhagen for some sightseeing.

February



March

In the March, I am quite busy with the schoolwork as I have taken the Financial Decision Making course which required weekly assignments and labs.

In the middle of March, I have travelled to British(Edinburgh, Cambridge, Portsmouth and London).This is where we can find the biggest China town and enjoy the Chinese food(esp Hotpot)

At the end of the month, I had been to the Poland to visit Warsaw and Krakow. Since I am passionate in the second-world war, I had spent quite a lot of time in the concentration camp. Moreover, I had been to the one of the famous salt mine in the world and join the miner’s routine.

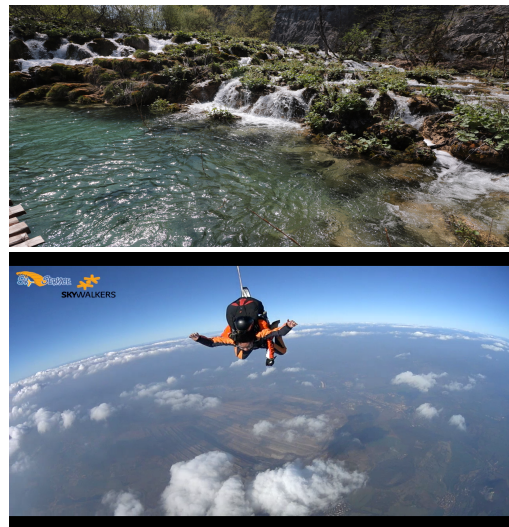


In the April, Easter finally comes and I had planned a two-weeks trip (Berlin, Prague, Vienna, Budapest, Zagreb, Venice, Pisa, Rome) This is a very long trip and we have spent most of our travel budget on it.

In Prague, I had participated in the skydiving and shooting range tour which is extremely exciting. Prague is also an amazing place that you should not skip. In Zagreb, I had spent a whole day to appreciate the nature—Plitvice Lakes National Park. The waterfalls and rivers really impressed me a lot .

I have spent five days in Italy and enjoyed lots of delicious food there.

April



May



In May, it is the busiest month for me as the final exams are approaching and I have four exams. Since the exam dates are spread among the whole month. Therefore, I have planned a short trip to enjoy the nature of Norway—The nutshell.

During the 15-17th May, I have been to Tallian and Riga with my friends. These two cities are not interested as expected. However, the price level is rather low in these two cities, it would be a nice place for you to do some shopping.

On the 17th May, It is the constitution day of Norway. Therefore, I travelled around the palace and took pictures with the locals.

In June, we are busy packing our things as we are leaving Oslo. However, I would like to challenge myself and grab a chance to hike in Norway.

Therefore, I had chosen the Trolls Tongue (the toughest hiking trail in Norway). I had to walked a 23 km round trip to the tongue and it took about 10-12 hours walk. If you want to challenge yourself, you must join the tour. But bear in mind that you should have more training.

June



Part II General Information

1. Visa Procedures

- All of the Hong Kong passport holders are required to apply for the student visa before entering Norway.
- Required Materials(2 sets) :
Proof of accommodation
Passport valid at least 90 days after the expiry of visa-
Copy of HK ID card
Around HKD3000 processing fee
Personal photo
- The visa application form will be sent back to the China and it required around one month to process your application. Therefore, it will be better to apply at least two months earlier.
- Upon your arrival, you are required to make an appointment with the police officers and you will receive the temporary Norwegian card.
- Website: <https://www.norway.no/zh/china>

2. Orientation Activities

- There will be several orientation parties and events in the first month, such as the Coffee Hour in the student bar . It is highly recommended to participate in these activities as you can make friends with different exchange students. Facebook groups will also be created, so all of you can receive the information of the upcoming activities. ‘Try not to miss it’
- “BINNER” is a monthly event which offers students a free dinner in the school. Different themes will be used in each month and you can make use of the time to chat with the others. During the lunar new year, there will be some celebrations hold in the BI school and you can find a lot of fun there.

3. International Services & Activities

- The International Service office is located at C3 at BI Oslo and you can find helping hands from the staff there.
- E-mail: international.office@bi.no
- For the international activities, the school will send you the email and it is highly recommended to participate in it.

4. Accommodation

- There are different choices offered by the SIO and we have chosen Kringsja this year. It is 15 minutes away from the Oslo city and around 30 minutes away from the campus by metro(Line 5) . There are also night bus lines around Kringsja. A small

supermarket—Kiwi is located nearby and a Meny for 10 minutes walk. The fee for each month is around 3600 NOK.

- Website: <https://www.sio.no/en/housing>

5. Course Registration

- The course registration will be around one month before the semester begin and the login information will be sent to the given email.
- Each of the students will be able to register for at most four courses.

6. Teaching & Assessment Methods

- There are a variety of courses offered by the Norwegian Business school, including the marketing, accounting and finance courses. In this semester, I have taken three finance courses and one Norwegian culture.

Course	Description	Exam Format
EXC2901 Norwegian Culture and History	This course will introduce the Viking histories and traditional cultures. Together with the sightseeing and guest lectures, you will definitely have a thorough understanding of Norway.	-100% Final -Essay (digital exam)
EXC3651 Shipping Finance	This course is mainly related to the corporate finance and two case studies will be used to elaborate the shipping industry.	-100% final -3-hour written exam (long questions)
FIN3616 Financial Decision making	This course has bi-weekly assignments and laboratories. The course mainly focuses on the excel and VBA programming which is the most practical one among these four.	-50% homework -50% final -3-hour written exam (short questions)
FIN3621 Options and Futures	This course mainly emphasizes on the pricing method on the commodities and options. Formula sheets will be offered in the exam.	-100% final -Around 35 multiple choices

- Please be reminded that the BAI plus calculator may not be approved for the exam in the next semester. Therefore, you may need to purchase the BI-approved calculators.
- Website: <https://at.bi.no/EN/atbi/examination/examination-statistics>
(You will find the statistics in the menu on the right if you are logged in at the student portal @BI.)

7. Sports & Recreation Facilities

- The gym centers are located among the SIO housings. And the nearest one is in the BI. However, you need to register as a member in order to get access to the gym rooms.

- Websites: <https://www.sio.no/en/sports/membership#!/>

8. Finance and Banking

- In Scandinavian countries, most of the people use credit/debit cards, instead of cash. Please noted that debit/credit cards are applying 4-digit PIN code in Norway, unlike 6-digit PIN in Hong Kong. Personally, I suggest you bring a Citibank credit card to Norway as it offers lower charge for the transactions. Before departing, you have to request a small pin code machine for the bank.
- Be aware that you need to declare in the airport if you bring more than 25000NOK with you.

9. Social Clubs and Networking Opportunities

- At around one to two weeks after the semester begins, there will be an orientation week hold by different student organization. If you are interested in it , please keep an eye on the email.

10. Healthy and Safety

- There is no school clinic in the school, so you may have to seek up in the local clinics.

11. Food

- Dining out is very expensive in Norway, so it is better for you to prepare your own lunch and dinner. Eating in the school is quite a fair price compared to the restaurants outside: Small hotbox is around 50NOK and Larger one cost 70NOK.
There are several brands of supermarkets in Oslo. Kiwi is the one with the fairest price and the “First price” is the cheapest brand offered. You can also go to the Coop Mega and Rema 1000. You can buy cheaper and fresh vegetables, fruits in Grønlands Torg frukt & grønt .There also an Asian store in the Grønland where you can buy the Chinese food.
- Useful Application: [Mattilbud](#)

12. Transportation

- There is monthly travel pass available for the students and it costs around NOK425 which is valid for 30 days. The travel pass is also applicable to the bus and ferry. You ought to validate the ticket after you have purchased it. For a single ticket, its NOK33 within the Zone and there is time limit too.
- The ticket to the airport(OSL) will be around NOK60 with the travel card.

13. Climate

- In the January to April, the weather is quite cold there and the fluctuations are quite often. Therefore, you must bring some water-proof clothing and shoes with you.

14. Communication

- Most of the locals there speak Norwegian as their first language. However, they can also communicate well using English. Don't be afraid to chit-chat with them

15. Cautionary Measure

- As it rains quite often, it will be wise for you to bring an umbrella with you.
- The weather in Norway is much drier than Hong Kong, so you better bring some skin-care product.

16. Travelling

- For most of the flights for travel, I bought the youth tickets in SAS , the Norwegian airline and the Ryanair. Among this three, Ryanair offers much cheaper airtickets.
- During your travel, you may also use the bus, such as Flixbus and Nettbuss.
- <https://www.flysas.com/en/hk/>
- <https://www.ryanair.com/no/no/>
- <https://www.flixbus.com/>
- <https://www.nettbuss.se/>

Part III Essential Expenses

A) Pre-Trip

Items	Amount
Air Tickets	HKD 6003
Clothing and Shoes	HKD 3000
Residence Permit	HKD 3000

B) Expenses in Norway

Items	Amount
Accommodation	NOK 3600 per month
Student Travel Pass	NOK 425 per month
Dine in restaurants	NOK 120 per meal per head
Utilities	NOK 150 per month
Food Expenses	NOK 1500 per month
Mobile Data	NOK 100 per month

C) Travel Expenses

Items	Amount
Transportation	Around HKD 8000
Accommodation	Around HKD 6000
Food Expenses	Around HKD 12000
Other Expenses	Around HKD 20000

Part IV Items to bring

- Passport Admission letter
- Insurance letter
- Bank cards (better from Citibank and HSBC)
- Warm clothing (especially water-proof trousers and shoes)
- Laptop
- Calculators
- Torch
- Adaptor(s)
- Medicines
- NOK Cash
- Euro for travelling
- Cooling Utensils
- Skin-care products

*Remarks

1) The weather there is not as cold as I expected. Therefore, you do not need to bring too much clothing there.

2). There will be oven in the kitchen in the Housing. However, the other cooking utensils are not guaranteed. You better check it upon arrival and go to IKEA.

3)The Housing office located in the Nydalen will be closed at around 6. It will be better to arrive there on time.