



Exchange Report

BI NORWEGIAN BUSINESS SCHOOL, OSLO

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Monthly Activity Log

August

I arrived at Oslo on the 8th of August with the student discount of Qatar Airways. It gave us a 45kg baggage allowance on the way to Oslo and 30kg back (but if you check regularly you could find a 45kg allowance back on the way back Hong Kong as well through “change flight time”). It was pretty breezy, around 13 degrees every day. It was not hard settling down as everything is very convenient (free shuttle bus to IKEA in city center) and people are very friendly and approachable should you need help. The SiO student center opens relatively long hours almost every day to pick up the keys on arrival. Not only we explored Oslo, we also went to a short trip in Bergen for its famous architecture.



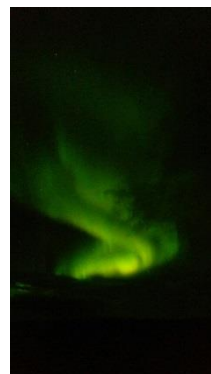
September



Norway gets cold starting in September, around 8-9 degrees Celsius on average. There is not a lot to do in Oslo so we went travelling when there are no classes on the day. We went to Sweden for a short trip. The food is really good there and there are lots to see in these Nordic cities compared to Oslo!

October

Night gets even colder and earlier as October passes, and we went to Copenhagen and Iceland, to see the Northern lights. Iceland is definitely a must to see the amazing nature and scenery, before the ice starts getting in the way.



November

Since I only had one final written exam (others are project), I continued to travel to Amsterdam, and UK to visit some other friends who are on exchange as well. Snow starts to set in and the temperature gets really cold here. I had to watch where I walk as melting ice is slippery to walk on!



December

I finish my semester on Dec 11 as that is the deadline for my last project. We then went around Central European countries such as Germany, Swiss and Italy. It was great fun to see vastly different architectures and people, and a change of scenery from the icy Oslo.



General Exchange Information

Visa procedures

If you have a BNO passport, then you would not need to apply for a visa like the rest of us do before you reach Norway. For people holding other passports, you would have to contact the HK Norway Embassy during their office hours to make an appointment to get your visa approved. They will email you the things you need to bring to the appointment so the visa procedure goes smoothly. Remember to apply as soon as possible after you get the Admission letter from BI so you will have one less thing to worry about!

Accommodation

BI helps you secure an accommodation so you don't have to find one outside by yourself, however it is your duty to apply for the housing provided by SiO/BSN (student housing department). I chose Kringsja Student Village (SiO) as it is located quite close to BI (20 minutes by metro), and very quiet as well with nature surrounding you. It is very convenient to travel around and there is a supermarket nearby. Internet access is only provided via cable so you will have to bring your own router to set up your wifi. You will have to take the keys from the SiO/BSN student office when you arrive in Oslo to check in. Remember to check the office hours so you will avoid the extra 300 HKD cost of off-office-hours service charge.

Orientation

BI Business School provides a series of orientation activities similar to fresher's week in UK Universities. These series of orientation include things such as general information in BI by their faculty, and student led orientation activities called the Fradderulan. The student led activities are not compulsory to join but provides lots of fun. Some have to be paid though so you should choose wisely which to join as they are quite pricey per event.

International Services and Activities

There are different talks hosted by the international business society throughout the semester e.g. how to do business in Norway, so watch out for them! There is also a monthly dinner called BI-nner hosted by BI for international students with a different theme/cuisine type every month.

Course registrations

The course registration is done by picking courses from a google doc provided by the email sent by BI at a later date after the acceptance letter is out. Then you can email BI if there are mistakes/any modifications needed after they gave you a tentative schedule for your study on exchange.

Teaching and assessment methods

The courses are all 3 hours each, once a week. So for me I had 4 courses, which totals to around 12 hours of lectures per week. The courses would have standards for breaks i.e. 45 minutes then a 15-minute break.

The course details are as follows for assessment methods:

ELEC3775 Product and price strategy

This course has 70% group project and 30%. It is quite interesting as the professor brings guests to talk about real life product and price plans from product managers of big companies. The concepts are quite intuitive to understand so as UST students you would have no problem handling it.

ELEC3766 Social Networks and Communities

This course is 100% group project and it asks you to build a social media plan for a company chosen by the professor. The concepts in class about the origins of social media and how it is spread is very interesting to learn with many examples. The company themselves will come over to explain what they want to achieve from the social media plan so understanding the company and developing a social media plan for them would not be too hard of a task.

ELEC3767 Consumer Behavior

This course is also 100% group project, and it is to analyze a case study of a company to devise a marketing plan and come up with how consumer behavior theories could actually affect the marketing aspect in a company. This course is very fun with a interactive professor and gives very close to life examples and videos.

ELEC3705 Reputation and Corporate Communication

This course is 100% group project again, and it is to find a Norwegian company and investigate a topic related to reputation or communication. This is a tough but rewarding course as the lecturer is very strict, but if you pay attention in class it is very fun and she often talks about a lot of interesting examples from her past.

Spots and recreation facilities

There is a gym for students created by SiO in the business building itself You will have to join the sports gym membership in order to access the gym at BI, and you can also gain access to any other gyms hosted by SiO.

Finance and banking

Norway/Oslo uses Nordic Kroner (NOK/Kr) as their main and possibly only currency. It is relatively easy to calculate at it is currently close to 1:1 against HKD. You can exchange for this currency at local HK banks before going. However, credit cards are preferred in the country and very prevalent as it is simple to use and very efficient compared to cash, so you can probably bring less cash and prepare 1-2 credit cards for use in Norway.

Item	Cost (HKD)
Flight ticket (two way) HK,Norway	7000
Living expenses in Norway	Approx 10000
Accommodation	18700
Residence permit	3000
Travel expenses	25000
Total (Approximation)	63700

Social clubs and networking opportunities

BI Provides several interest clubs as detailed in their orientation booklet, students should be free to sign up and join their activities during the orientation weeks. As mentioned afore , there will be networking opportunities from talks and companies would come also to recruit people/ give speeches so be sure to check them out.

Health and safety

Norway is a very safe country and has many clinics, even one near BI so there is nothing to worry about in regards to health and safety. It would be advisable to still watch out for pickpockets but it would be less prevalent compared to other European countries.

Food

Scandinavian/Nordic cuisine is simple, and cheap ones would be hard to find as Norwegians usually cook their cultural dishes in their own homes. There are in turn varieties of other cuisines available in Norway and the most common is middle eastern food in the cheap end of the spectrum. Asian food is also available but it would depend on your taste as it is not as “authentic”, which is often the case in European countries.

Transportation

Transportation is convenient and similar to the MTR system in Hong Kong. The metros are very on time but a long wait if you want to take a particular line to reach your destination (usually 15 minutes). The train system is also operated by the same company so there is less hassle if you want to take metro then train to and from the airport.

Climate

Norway is cool and dry most of the time, it is around 8 degrees in September and October, and then gradually gets colder to around 1-2 in November and sometimes -6 degrees in December. However, since the climate is relatively dry it does not feel very cold compared to Hong Kong.

Communication

Most Norwegians speak English as a first language so there is no communication issues during my exchange. I have never met a person who does not know English so there is no reason to learn Norwegian unless you want to.

In terms of telecommunication, BI student societies offers you a free sim card by MyCall which is convenient as the data packages bought by MyCall can provide free roaming in other EU/Nordic countries. It is slightly more expensive compared to HK i.e. 70 for 1GB, 160 for 3GB etc etc.

Items to bring

Residence permit HKID Card Credit cards Passport	LAN Cable Adaptor Laptop Mouse/headphones
Lots of warm clothes Gloves Hats Scarves Waterproof boots Backpack with locks (for travel)	Personal medicine Pencil case

Useful links and contacts

1. Norwegian Consulate: <http://www.norway.cn/embassy/hong-kong/welcome/#.WIoyPrZ968o>
2. Email for Consulate: norwayhk@ncchk.org.hk
3. BI website <https://www.bi.edu/>
4. Housing website: <https://www.sio.no/en/>