



Exchange Report
2017 Fall
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Part 1: Monthly Activity Log

August

There are plenty of orientation activities once we arrived in BI. They have a huge student organization which organize different events such as concert, boat trip, parties etc. You can choose the ones you are interested in to join and have some fun and get known with some new friends. In August, instead of joining orientation activities, I also went to some beautiful islands in Oslo as well as some very local areas to feel the local nature.

September



It is the time when everything was settled and I have the time to plan my trips to Europe and Norway. On the second weekend of the month, I went to the very famous Trolltunga in Norway. It is located in a place called Odda which takes around 8 hours by bus from Oslo to there. The round trip to Trolltunga took me and my friend for around 12 hours. It was so exhausting as we are lacking gear and the weather that day isn't too good. I would say this place is only for experienced hikers and people who feel confident in their ability. However, the scenery is really fantastic and it's worth a visit if you are able to do so. After the Trolltunga trip, I went to Lyon. It was a very nice city if you enjoy having a very lazy lifestyle and to relax yourself. After that, during the last weekend of the month, I went to Stockholm, taking an overnight bus. It was cheap but on the other hand so exhausting. I wouldn't prefer taking that again as it is quite dangerous for me. Stockholm was a very nice city with a lot of historical buildings as well as a lot of nice restaurants. I went to a Viking-themed restaurant named AUFUR and I was super nice.

October

On the first weekend of the month, I went to Amsterdam for a 5 days trips. The whole city was fascinating. I went to the very famous red light zone and it was really a very unique place to be there for your life. Also, there are also quite a lot of different activities such as visiting the palace, Heineken experience and windmill village, all are very nice places to visit. After Netherland, I went to Copenhagen on the next weekend.



When compared to other cities I visited, Copenhagen is somehow quite boring, I also went to some nearby cities such as Malmo and Lung in Sweden which was very close by. On the third week, I went to Brussels. If you are huge fans of mussels and chocolate like me, it is definitely worth going. However, if you are not, there is nothing much to see actually. On the last weekend, I went to Berlin, a city full of history. It is definitely one of the best cities I have been to, with the cheap price level as well as the historical information which was very educational.

November

In November, the weather in Norway is starting to get very cold. I went to Bergen in Norway in the first week. The train from Oslo to Bergen is claimed



to the train with the best scenery in Europe. We have seen a lot of different views with ocean, snow mountain and also forest. It is quite an interesting train tour although it took around 6 hours. I decided to take a flight back from Bergen to Oslo. Bergen is like a fishery village in which you can find a lot of fresh seafood.



After Bergen trip, I took a week off and have a 13 days trips to first Santorini, it was the best location of my trips with the sunshine and the unique white houses all around the island. It is so relaxing and it worth a lot to go.

After Santorini, I went to Athens, as I am very interested in history, all the historical sites are some amazing to me. After Athens, I spent a week in United States in London and Manchester. I am not a huge fans of football but the field tour of Old Trafford is actually quite nice. In London, I went to the Winter Wonderland and watched two opera and they was very good.



December and January



The beginning of the month was exam period so I didn't go anywhere until the 6th. After the exam, I checked out my accommodation and when to Finland to trace for Northern light. I went to Rovaniemi, a place in northern Finland where the Santa Claus village is located. The weather is super cold in which it is -17 degree Celsius when I arrive. The price level is super

expensive here so it is better to arrange more budget. As the semester had already end and I started my Europe trip. I went to Warsaw, Lisbon, Porto, Barcelona, Frankfurt, Paris, Geneva, Nice, Monaco, Venice, Milan and Rome before I go back to Hong Kong. Out of all these countries, the best ones are Lisbon and



Paris for me. Lisbon is a very nice city with nice weather, the time I arrived is mid late December, the weather is still very comfortable with around 20 degree Celsius. You can also pay a visit to Sintra, where you can find the western most part of Europe as well as a very special castle.



For Paris, I am a huge fans of Disney and the Paris Disney is really a good one. I spent my new year countdown in Disney. One very important thing is that you need to be careful of pickpockets when you are in Paris as well as Barcelona as these are very dangerous cities for thieves.

Part 2: General Exchange Information

Visa Procedures

You will need to make an appointment with the Royal Norwegian Consulate Hong Kong to make an appointment in advance. You will have to make a phone call (2546 9881) for an appointment. You will need to bring a couple of things including Passport, ID card, application form, Admission letter, the contract of your accommodation. If there is no financial proof for your university (this is not the case for BI), you may also need to bring your bank account documents to show you have sufficient funds for the stay. The whole process took around a month and it cost around 2000HKD.

Orientation Activities

There is a huge student organization for orientation activities and they provide a lot of different activities such as concert, boat trips, parties for the first two weeks. You will receive more information in the information session organized by BI in which you will have a buddy which you can ask them any type of questions.

International Activities

There are some student organizations in BI which will organize events for international students. You can also join the BI exchange Facebook group for the most up to date information for different events organized by both individuals and officials.

Accommodations

Me and my friend decided to live in the Bjolesen Student Village operated by the Sio.



It is more expensive than Kringsja but it is walking distance to BI. The rent is more expensive. I take the studio flat with my own private toilet as well as kitchen and it cost around 5400NOK each month. For a normal shared kitchen flat with your own private bathroom will cost around 4200 NOK. There are two supermarkets nearby the student village. There is also a large grass field nearby where you can go jogging. You will need to pay a visit to Ikea for necessities, there is a free

shuttle bus nearby Oslo S by Ikea which operates on a daily basis.

Course

There will be an email sent to you regarding the course list as well as a form for you to fill in before the semester start. I took 3 marketing course and one common core course.

ELE 3775 Product and Price Strategy

One written final exam counts 30% with a group projects with 70% of the grades. The content of the course are quite useful. No attendance checks.

ELE 3715 Logistics and Marketing Channels

One final exam with 100% of the grades. There are calculations questions as well as short questions. Slightly more workload than other ones but still quite easy

ELE 3766 Social Networks & Communities

One group project paper for 100% of the grades. Four people per group for one 12 pages paper is the whole work for the semester. No workload actually.

EXC 2901 Norwegian Culture and History – An Introduction

One final essay for 100% of the grade. All the question list will be told in the last lecture so it is actually quite easy as you already know the questions.

Sports and Recreational Facilities

There is a gym in BI in which you can join upon your arrival for one month, three months or a half year period. They will have promotion counter by the main entrance on the first two weeks in the orientation period.

Finance and Banking

The exchange of NOK to HKD is close to 1:1 so there isn't much calculation required in Norway. To withdraw money, I used my credit card and take money out. I checked with the bank and they promise to cancel the transaction fee for three transactions. I took 10000 each time and 30000 is quite enough for spending only as I wasn't always in Norway.

Health and Safety

The tap water in Norway can be drunk directly but I will recommend boiling it before drinking. It is important to bring some medicines as it is quite complicated to go to the hospital

Food

Eating out is quite expensive. A dinner outside may cost around 300NOK. I prefer cooking myself. I brought quite a lot of food from Hong Kong. There are also some China markets in Oslo S where you can find some useful flavorings. There is a canteen in BI which offers meals but it cost around 70 in average so it will be better to cook on your own.

Transportation

You can purchase a monthly ticket with your student card for zone one for all type of transportations in zone 1. For airport, you can either take the NSB train with an extension tickets for 60NOK or the airport express for 90NOK. The frequency of the NSB train is around 30 mins while the airport express is around 10mins per train. For travel time, it is almost the same for both method.

Climate

The Climate in Norway in August to September is close to the weather in Autumn for Hong Kong with temperatures around 18-22. It starts to get cold in October and it starts snowing in November. However, it is not humid so it is actually not that cold.

Communication

Most of the Norwegians also speaks English. Norwegians are very friendly so there won't be any issues with communication.

Part 3: items to bring

Thick clothing, Adapters, Router and Lan Cables (VERY IMPORTANT), Passport, Student Permit, Admission Letter, Medicine