



**BI Norwegian Business School**  
**Oslo, Norway**  
**2018 Spring**  
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**BBA (ACCT & MGMT)**

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# Part 1: Monthly Activity Log

## JANUARY

My schoolmates and I took the same flight to Oslo and arrived on 5<sup>th</sup> January in the morning (which was 3 days before the commencement of the semester). We got the key for our accommodation in Blindern right after our arrival and went to our dorm in Kringsja. After we settled down, we went to the supermarket within our student village for some food and drinks. On the next two days, we went to IKEA to buy some personal stuff, walked around the city centre and went for school visit on our own.

The semester start on 8<sup>th</sup> January and the **orientation activities** (*details in section 2.2*) kicked off on the same day e.g. party night, sightseeing tour etc. It was a great chance to join our exchange buddy group and meet some new friends. The snowy weather in Oslo is good for exploring some typical and exciting winter sports activities – we went **sledding** in the first month. Also, we took the ferry and walked around some islands.

During the days off in the mid-January, we went to Stockholm, a city in the nearby country (Sweden) for a few days with our new friends to explore different Scandinavian cultures.



Walk around the island @Hovedøya



Sightseeing tour - Olympiad Ski Jump stadium @Holmenkollen



Sledding @ Frognerseteren



Winter view of the island @Bleikøya



Playing with the snow

## FEBRUARY

I spent most of the time to explore around Oslo with my friends during the month. We went to the tourist attractions e.g. City Hall, Vigelandsparken, National Gallery, Royal Palace, Opera House, Akershus Festning etc. The Opera House is really a good place to see the early stunning sunset during the winter time. We tried another winter sports activities – **outdoor ice-skating** (Majorstuen station) as well.



In second weekend of February, we went to **Tromsø**, the Northern part of Norway for the **northern light**. The weather forecast turned bad on the day we arrived and the tour guide told us the possibility to see it might be low. But he asked us to keep our hope since miracle may happen. Fortunately, we were lucky enough to see the aurora when we reached the rural area that night. Although it was not that strong, we were still able to see the green lady dancing in the sky with our bare eyes. That moment was really magical and amazing.

It was Chinese New Year in the week that we returned from Tromsø, we celebrated the day with other exchange students from Hong Kong. After the festival, I was quite busy with my schoolwork as I have got a deadline for the manuscript-writing assignment and a group presentation in late February.

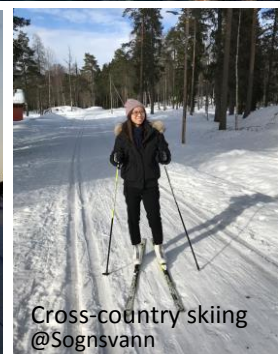


## MARCH

**BI's Open Day** was on 8<sup>th</sup> March. It was a ceremonious event for the school. All students are invited to join the day with a series of activities. There are some presentations and talks conducted by the lecturers, guests and CEO from different companies. Also, there were entertaining activities such as talk show and performances conducted by the Norwegian actors, BI students and politicians. The "Balloon Drop" was the most attractive part for the day. Lots of students were surrounding the dropping area of hundreds of balloons since there were valuable prizes inserted inside some the balloons. The moment was spectacular when I saw everyone was catching and squeezing the balloons. All of us enjoyed the good vibe of the day.

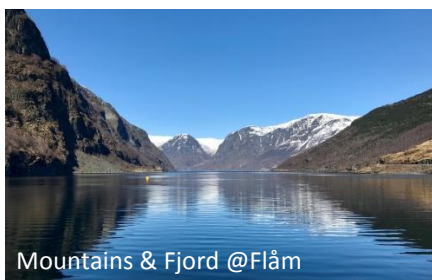
I travelled to Finland with my UST exchange mates after the Open Day for 4.5 days to explore another Scandinavian country. We walked around its capital – Helsinki, and went to the Santa Claus Village in a small city – Rovaniemi. Right after the trip, I caught the time to finish up my schoolwork and study before the Easter holiday begins. At the same time, I finally caught the tail of winter to try the most famous winter sports activity in Norway – **cross-country skiing**. We found a recreation centre which rents the winter sports gears for free for a week in Oslo, called "FRIGO". During the whole winter period, we could see how popular skiing was as everyone was carrying their own gear on the metro every weekends no matter adults or kids.

The Easter holiday started from 24<sup>th</sup> March to 2<sup>nd</sup> April. It was a really nice chance to plan an 8-day trip to explore the other part of Europe. I planned a trip with my friend to Belgium and Netherlands.



## APRIL

During my days off in the first two weeks of April, I went to Copenhagen in Denmark for 1 day and **Bergen** in Norway for 2 days (**Norway in a Nutshell**). Under the promotion period of DFDS Cruise, we were lucky to get the free overnight transportation to Copenhagen on cruise and spent a day there. I appreciated the creative Danish design and innovation in Copenhagen. Norway in a Nutshell is the most famous choice for travellers to explore Norway. It included the prominent natural beauty of Norway – mountains and fjords that I was really impressed with. Bergen was not only the old capital of Norway, but also a place with history, story and colourful houses. I will totally recommend those who go on exchange in Norway to plan a “Norway in a Nutshell” trip.



**Free Oslo Passes** were delivered to everyone in Oslo on 15<sup>th</sup> April. With the Oslo Pass, we could visit the museums and transport for free on that day. I went to the Fram Museum, Viking Ship Museum, Kon-Tiki Museum and Norsk Folkmuseum. They gave me a better understanding of the Norwegian culture and history.

Most of my lectures ended in mid-April and my exams started in mid-April as well. I took the time between and after my trips to finalize my preparation work and rehearse for my presentation for the two oral exams, and complete the group project report which due on late-April.

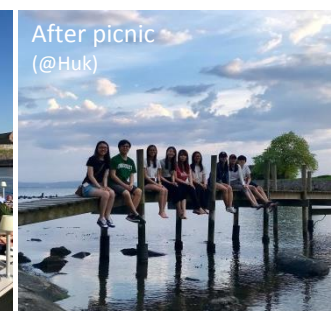
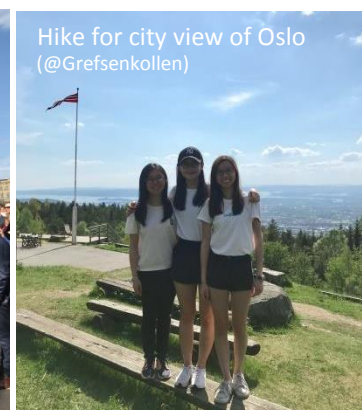
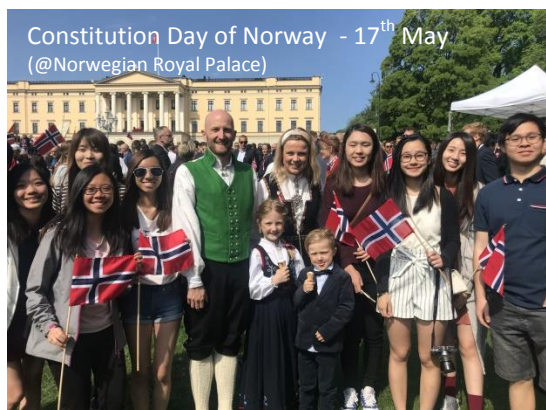


## MAY

I only had one exam left in May. Before preparing for my last exam, I went to Ireland with my friends from UST who were also exchanging in Europe for 4 days. I spent most of my time studying after the trip. All my exams ended on 15<sup>th</sup> May. I am glad to meet my UST exchange buddy in Oslo after 5 months from her exchange in UST for a nice walk and chat after the exam.

17<sup>th</sup> May is the **Constitution Day of Norway** (i.e. National Day). I would say that staying in Oslo is a must on that day to celebrate it with the Norwegians! Norwegians dressed up in their traditional customs and had champagne breakfast with their families and friends in the morning. Everyone gathered together around the Norwegian Royal Palace, at where the Royal family greets the citizen. There were parade and marching performed by kids and bands along Karl Johans Gate, while everyone were waving the small Norway flags to celebrate the day. It was really a joyful day and we could see that the sense of belonging of Norwegians was really high!

Summer time in Oslo starts in May and it is the best time to do outdoor activities with the warm weather and sunny days. Once you see a lawn and water, you will see crowds of people sunbathing and swimming. Other than sunbathing, we went hiking to see the city view of Oslo, went on picnic and took the ferry to the islands again. This time, the views of the islands were completely different. I would say summer is the most enjoyable time in Oslo. Before I returned Hong Kong on 30<sup>th</sup> May, I travelled to Germany and Scotland with my friends. The 10-day trip gave me a perfect ending of my exchange journey.



## Part 2: General Information

### 2.1. Visa Procedure

Before going to Norway, students have to apply for a study visa in order to stay in Norway for more than 3 months. You could follow the steps below:

1. Contact the Norwegian Consulate in Hong Kong ([hong-kong@norwayconsulate.com](mailto:hong-kong@norwayconsulate.com)) as soon as possible once you received your admission letter from BI;
  2. Follow the application and submission guidelines provided by the Consulate;
  3. Complete the application procedures and prepare the related documents;
  4. Make an appointment with the Consulate for documents submission;
  5. Submit the documents to the Norwegian Consulate office in Sheung Wan (address: Rm.1510-12, West Wing, Shun Tak Centre, 168-200 Connaught Road Central, Hong Kong). It takes around 30 minutes for the submission and checking;
  6. Get the Visa in the Norwegian Consulate office once they tell you that the Visa is prepared. It usually takes 2-3 weeks.
- Payment: NOK 3,200 (online payment by Visa/Master card) + HKD 364 courier fee (by cash)
  - Remarks: The one who communicate with me is called Mr. Sidney Wong (Consular Official). His contact no. is +852 2546 9881.

### 2.2. Orientation Activities

The first week of the semester is the Orientation Week. There is a series of events arranged for exchange students to get to know BI and fellow students. It also helps exchange students to adapt to the new environment easier.

- Coffee hour at student bar
- Information Meeting: the first event arranged for exchange students on the first day of the semester in the evening. The incoming exchange advisor of the school will introduce you BI and Norway. Many important issues such as course registration, examination arrangement, student card application will also be mentioned. At the end of the meeting, you will join an assigned exchange students group with around 13 students and 3 buddies from BI.
- Welcome Party at the University Pub after the meeting
- Talk – “How to be a BI student”
- Book an appointment with the police for getting the residence card **[IMPORTANT!]**
- Learn Norwegian in 90 minutes
- Outdoor Ice-skating



- Party night
- Sightseeing tour

They are not compulsory, but I will definitely recommend you to join most of them, esp. the information meeting, the talk and the welcome party.

### 2.3. International Services & Activities

Erasmus Student Network (ESN) organized different free activities and charged function for international students. They will usually promote on the BI Exchange Facebook group.

### 2.4. Accommodations

There are 3 housing providers authorized by BI to offer accommodations for students: Diakonhjemmet, SiO and BSN. All of us from UST have chosen SiO this year and picked the Kringsjå Student Village, which is around 25 minutes away from campus (including the waiting time for the metro) and 15 minutes away from Oslo city centre by metro (Line 5). A small supermarket – Kiwi is located within the student village, there are also supermarkets 10 – 15 minutes away from Kringsjå by walk or bus. There is a super nice lake and lawn in Sognavn, which is 5-minute walk from Kringsjå Student Village. The monthly fee of the housing is depended on the type of accommodation that you choose. We all have chosen a furnished single room with a private toilet, while the kitchen is shared by 8 rooms in a flat. The monthly fee is around NOK 4500 – 4700.

To apply for the accommodations, students have to submit the Housing Pre-Application with NOK 1,000 non-refundable payment first and choose one of the housing providers. After 1 week, the result of the housing providers will be out and you can choose the students housing village that you want from the allocated housing providers. A refundable NOK 8,000 deposit is required to hand in to the housing provider before exchange.



## 2.5. Course Registration

Course registration starts in 1 month before the semester commences and students have to complete it online within a 1-week period (1-9 December for Spring semester). Students will be notified by e-mail when the course registration opens with the login information while the schedule of the courses will be available the day before the course registration opens. However, students can access to the course list and syllabus earlier on [www.bi.edu/exchange](http://www.bi.edu/exchange) for a better planning. Students can use the UST Credit Transfer Course Equivalence Database to plan for the course you would like to take at BI ([https://crtran.ust.hk/credit\\_instit](https://crtran.ust.hk/credit_instit)). Students can register for no more than 30 ECTS (European credit unit) at BI, equivalent to 4 courses.

## 2.6. Teaching & Assessment Methods

As a business school, BI offers variety of business courses that suitable for students in different majors. All courses for exchange students will be taught in English. In this semester, I have taken 4 management courses at BI.

Courses	Equivalent Course at UST	Assessment Methods
EXE 3706 Persuasion and Dialogue for Leaders	MGMT 3000+ Elective (4 cred)	Oral Exam (in mid-late April, before end of semester): 25% Speech Delivery (being Speaker); 25% Manuscript; 25% Dialogue/Discussion; 15% Critique (being Opponent); 10% Written Reflection
	It is a small teaching class with around 30-40 students. Attendance will be taken. Each student will choose a topic for their speech without duplication. Throughout the semester, you will be writing a manuscript for the speech to be delivered during the final exam. Professor will teach you how to write and give a 10 minutes individual persuasive speech, as well as giving high quality advocacy and inquiry during the 10 minutes Q&A section. Feedback for the manuscript will be provided to each student during the mid of the term. Since there is a lot of follow-up, students do not have to worry much about their final exam. This class involves a lot of great interaction between students e.g. group discussion, student-led workshop.	
ELE 3769 Cross Cultural Management	MGMT 4230 (4 cred)	100% Group Consultancy Report (due on last day of semester)
	The class is organized in a lecture format like most of the major courses in UST. No attendance will be taken. Main theories in cross-cultural management e.g. Hofstede's insight will be taught and some case studies will be provided in this course. Students will learn how to analyse and solve international cross-cultural management issues by showing their	

	<p>learning outcome in the consultancy report. For the report, it will be completed in a group of 3 students allocated by the professors (a group mainly involve students from different countries). Each group have to choose two countries for their analysis (one from BRIC and one another country). There is a mid-term presentation required in late February – only 4 groups are presenting in class, the remaining will be submitting their video-taped presentation. Marks will be not given for the presentation, but you have to “pass” the presentation in order to pass this course.</p>	
<p>EXC 3632 Corporate Governance</p>	<p>MGMT 3170 (3 cred)</p>	<p>100% Written Final Exam (in mid-May) [digital exam – 3 hours exam taken at school with computer provided]:</p> <ul style="list-style-type: none"> <li>• 60% short essay (choose 3 out of 4 questions);</li> <li>• 40% long essay (choose 1 out of 2 questions)</li> </ul>
	<p>The class is organized in a lecture format like most of the major courses in UST. No attendance will be taken. Main theories and concepts of corporate governance will be taught and some case studies will be provided in class. Some group discussions are required in each class. Professor will ask each group to write their answer on the white board and provide feedback on each group. However, the feedback is quite vague. Try to focus more on the lecture notes and the required readings when you are preparing for the exam.</p>	
<p>SPÅ 2902 Business Communication in English – Effective Negotiations and Presentations (Oral)</p>	<p>MGMT 3140 (4 cred)</p>	<p>100% Oral Exam (late April – early May):</p> <ul style="list-style-type: none"> <li>• 1/3 of the marks: 6 – 7 minutes presentation (pitching an idea);</li> <li>• 2/3 of the marks: 12 – 13 minutes Q&amp;A about the course content (i.e. articles/readings and 1 out of 4 cases)</li> </ul> <p>*you can choose to pair up with one of your classmate for the exam if you want, but the time of the exam will be doubled.</p>
	<p>It is a small teaching class with around 30-40 students. Attendance will not be taken, however going to class is important esp. on the days of case negotiation and summary of readings. The course is mainly focused on 4 cases – techniques for negotiation and presentation. Final exam is mainly based on the class content, articles/readings and discussion of cases. The course has put a high focus on the book “Getting to Yes”. You are highly recommended to read this book as well as all the required articles/ readings. However, it will be covered in a large extent during the classes. So, if you pay attention to the class, you can catch the main ideas of the readings easily.</p>	

The workload at BI is relatively lower than in UST. There is no mid-term exam at BI. Only one lecture is required for most of the courses in a week. So, it is easy to plan your own schedule with days off. I only have lessons on 2 days per week (3 hours on Monday and 9 hours on Wednesday).



## 2.7. Sports & Recreation Facilities

There is a gym centre organized by SiO at BI. To use it, you have to pay a membership fee as well as monthly payment. You can also borrow some winter sports gear and equipment for a week for free at “FRIGO Recreational Center”. No deposit is required and it is in a first-come-first serve basis. With the equipment, you can go to the winterpark e.g. Sognavann, Frognerseteren without any admission fee.

## 2.8. Finance & Banking

Since Norway and most of the European countries do not support Union Pay, you are highly recommended to apply Citibank card (with PLUS logo) which allows overseas withdrawal and does not require service charge when you draw money from the ATM. Moreover, you have to pay attention on how you receive the security code when you are using credit card in overseas.

Here is the allocation of my expense, just for your reference:

Expense	Amount (in HKD)
Flight fare (round trip)	8,190
Accommodation fee (4.5 months) [\$1,000 Pre-housing application fee inclusive]	22,529
Transportation fee	3,000
Living expense	15,000
Norway study Visa	3,487
Telecommunication expense (Data SIM)	900
Travelling expense ( <i>it depends</i> )	26,500
Total	~ 80,000

\*The currency of Norway (NOK) and Hong Kong is around 1:1.

## 2.9. Social Clubs & Networking Opportunities

- In January, various clubs and associations of BI will recruit new members. Exchange students are also able to join them. If you like outdoor activities, you can join the “BI Outdoor” for regular outdoor sports activities like camping, skiing and hiking.
- Regular Coffee Hours are organized by BI Chaplain at the Executive Lounge. It is a good opportunity to meet students with different cultural background and academic interest. Buns and coffee will be served.
- There is a monthly event organized by the BI Chaplain, called “BInner”. It is a free dinner for students which held at school. High quality food will be cooked and served by a group of student volunteers, while the theme for each month is different. To join the “BInner”, you just have to register online. Since only around 200 quotas will be provided each month and it is on a first-come-first-serve basis, you have to register as soon as possible once you see the registration form appears on the Facebook page “Studentprest BI”.



## 2.10. Health & Safety

Unlike UST, there is no school clinic. You may have to look for the local clinics or hospitals for any health issues.

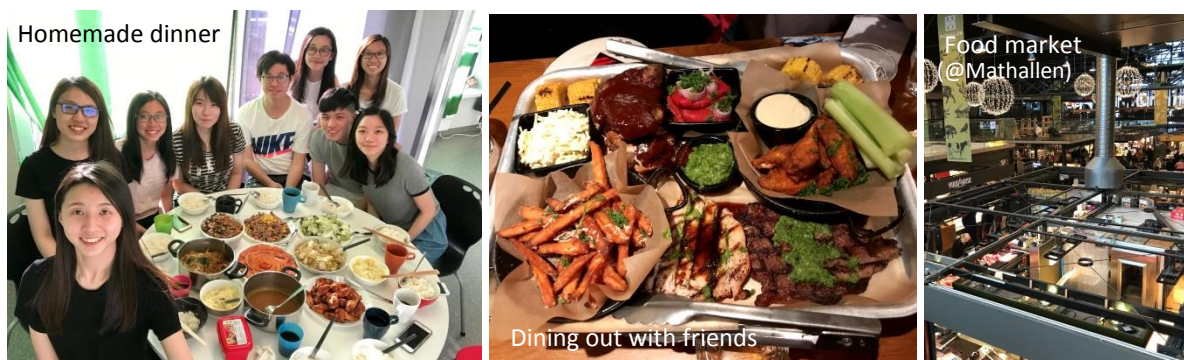
Norway ranks high with its good safety and security. It has a low crime rate. According to the statistics, it is even safer than Hong Kong. I would like to share my great personal experience with you, which is I left behind a bag of clothes on the metro during my arrival, I was still able to get it back from the metro office without any things lost. It is not only by my luck, but also proves the honesty of Norwegians. However, you still have to be aware when you meet the drunkards or homeless, as well as pay attention to your personal belongings when you go travelling.

## 2.11. Food

Norway has a high living standard with high price level of food and drinks. A bottle of 500 ml drink costs around NOK 25 – 30. Dining out is even more expensive in Norway in around NOK 150 – 200 or more per meal in the restaurant and around NOK 65 – 80 for a meal set in the fast food shop like Burger King and McDonald. So, it is better to prepare your own lunch and dinner. There are several brands of supermarket in Norway, e.g. Kiwi, Rema 1000, Coop, Meny etc. Among them, Kiwi and Rema 1000 are with the fairest price. “First Price” – the own brand of Kiwi and “Rema 1000” – the own brand of Rema 1000, are the cheapest offer. To buy cheaper and fresh vegetables and fruits, you can go to “Grønlandtorg Import Frukt og Grønt AS” in Grønland station. There are also some small Asian supermarkets around Oslo S station and Grønland station e.g. ScanAsia.

The school canteen serves pizza, spaghetti, rice and salad in a relatively cheaper price than the outside. A small hotbox costs NOK 46 while the large one costs NOK 60. There is a shop near the school serves delicious burger and fries, called “Nydalens Pizza & Grill”. The size of meal is bigger than Burger King and McDonald while the price is cheaper, at around NOK 60.

\*Remarks: Take away is usually cheaper than dine in, esp in the fast food shop.



## 2.12. Transportation

You should buy a Ruter card at any convenience stores in the airport once you arrived, which costed NOK 50 (non-refundable). It is strongly recommended to purchase the student monthly pass (Zone 1) either at the convenience store or at the NSB ticket machine in the metro station. Once you bought the monthly pass, you can access to metro, tram, bus and ferry in Zone 1. The monthly pass costs NOK 442 and it lasts for 30 days. Renew the card once it is expired and remember to activate it during your first entry after renewal.

Once you have a valid metro card, you can buy extension ticket when you go to or from the airport from the NSB machine. Extension ticket for the transportation between airport (Zone 4) and Oslo S (Zone 1) only costs NOK 66, which is cheaper than the airport express “Flytoget” (NOK 95 for “Flytoget”).

Remarks:

\*Irregular ticket control inspector will take place in the metro or at the station, do remember bring your valid metro card with you each time when you travel.

\*Remember to download the Ruter app (similar to the MTR app and its icon is in grey color with a hashtag logo) on phone to get the up-to-date metro information and check the arrival time of the metro.



### 2.13. Climate

It is cold, snowy and dry in Oslo in January to April. The range of temperatures line around -2 degree Celcius to -12 degree Celcius with some fluctuation. The snow starts melting in late-April. Therefore, remember to bring some thick and water-proof clothes and shoes with you as well as body lotions during winter time. Summer time starts in mid-May. It is usually quite hot and sunny. The temperatures rise to 26 – 28 degree Celcius during the daytime but it may drop to around 10 – 12 degree Celcius after sunset. So, don't forget to bring some T-shirts, shorts and sunscreen with you.

Remarks:

\*Heater is installed in each dorm. But there isn't any air-conditioner in your room for the Summer time.

### 2.14. Communication

Norwegians have their own language. However, English is their second language and they are compulsory to learn English during their education. Most of them speak fluent and well English. Also, Norwegians as well as the exchange students are nice and friendly. Communication is certainly not a problem.

### 2.15. Cautionary Measures

- Students have to be aware that drinking alcohol in the public place is illegal in Norway.

## Part 3: Items to Bring

<input type="checkbox"/> Slippers	<input type="checkbox"/> Gloves
<input type="checkbox"/> Towel	<input type="checkbox"/> Scarf
<input type="checkbox"/> Hair dryer	<input type="checkbox"/> Medicine
<input type="checkbox"/> Heatech	<input type="checkbox"/> Adaptors
<input type="checkbox"/> Winter clothes & trousers	<input type="checkbox"/> Laptop
<input type="checkbox"/> Summer clothes & shorts	<input type="checkbox"/> Chargers
<input type="checkbox"/> Thick & water-proof jacket	<input type="checkbox"/> LAN cable and router
<input type="checkbox"/> Water-proof shoes	<input type="checkbox"/> Umbrella
<input type="checkbox"/> Skincare product	<input type="checkbox"/> Cash + Debit & credit cards
<input type="checkbox"/> Passport + Visa	<input type="checkbox"/> HKID
<input type="checkbox"/> Admission letter	<input type="checkbox"/> Stationary

### Remarks:

\*If you do not bring pillow (+ cover), blanket (+ cover) and bedsheet, you can buy them in IKEA.

[Remarks: For those who bring bedsheet, you should bring the one which can fit 4 feet width bed.]

\*Warm packs are not necessary since all indoor areas are warm enough and it is not that cold outside when you are with thick clothes and jacket.

\*You can buy **Data SIM** that are accessible for all European countries before going on exchange for your phone. Or else, you can purchase monthly telecommunication plan there which is also accessible when you travel to other European countries. The telecommunication company in Norway is called "MyCall" (<https://en.mycall.no/>).

## Part 4: Useful Links & Contacts

- Royal Norwegian Honorary Consulate in Hong Kong : <https://www.norway.no/en/china/>
- BI Norwegian Business School: <https://www.bi.edu/>
- SiO Student Housing: <https://www.sio.no/en/housing>
- MyCall: <https://en.mycall.no/>
- Ruter: <https://ruter.no/en/>