

BI Norwegian Business School Exchange Report – Spring 2018



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Part I Monthly Activity Log

January

I arrived in Oslo on 5th January, with 4 other UST students. After joining the compulsory orientation activities, my friend and I visited Stockholm, Reykjavik, London and Prague in January.

Travelling in Europe was amazing and memorable as the European cultures and city views are completely different from those in Asia. Among those places, I recommend Iceland and Prague the most. Iceland would be a good choice for nature lovers, while Prague is great for food lovers (the dishes are cheap but delicious)!



February

In February, I met two local students and started doing my MGMT projects with them. Norwegian students are nice but still ambitious and efficient, none of them were deadline fighters nor free riders. So, we start working on our projects very soon and on schedule, which made my studying much less stressful than studying at UST. That was an inspiring learning experience. My friend and I visited Copenhagen by Cruise for free (special discount offered by DFDS Norge). We also explored the northern night in Trømso and visited the historic buildings in Berlin!



March



Workload for studying has increased in March, several assignment and project deadlines was approaching. I worked harder in March, but the study pressure was still in control. In the middle of March, we made a journey to the Santa Claus, we went to Helsinki and Rovaniemi on the weekend.

We had a week of Easter holiday at the end of March, so my friend and I went to a longer trip (for approximately two weeks). We visited Belgium, Paris, Frankfurt, Rotterdam and Amsterdam. The most unforgettable part to me was the Tulip we explored at the Keukenhof park in Amsterdam and, of course, the romantic Eiffel Tower in Paris!



April



In April, I have to present and hand in my project report. This was the only present I have made in this semester. Norwegian students could speak fluent English and they enjoy standing in front of the public too. For the rest of the month, I spent my time mainly in exploring Oslo.



May

May was the busiest month for me in terms of studying, because I had 3 exams in total. Fortunately, the exam schedule was well organized, so the workload was manageable. I mostly spent the days in Oslo. My friends and I celebrated the Norway National Day on 17th May together. We went to the National Theatre to feel the excitement of the local, and as a local. Norwegian dressed up traditionally and was waving the national flags.



Part II General Information

1. Visa Procedures

- a. Starting from November 2017, you must apply your study permit online using the UDI's application portal at: <https://selfservice.udi.no/>. The required documents for applying Visa can be found at: <https://www.udi.no/en/>.
- b. After completing the online registration on UDI application portal (attached with the receipt and your cover letter), the Norwegian Consular officers will contact you via email asking you to submit relevant documents (such as passport, signed cover letter and two recent passport size photos with white background) at the Norwegian Honorary Consulate (Rm. 1510-12, West Wing, Shun Tak Centre, Sheung Wan, HK).
- c. The application takes around a month to complete so it is highly recommended to apply the study permit ASAP, soon after you have received the admission letter from BI.
- d. You can then make an appointment with Oslo Police Office (located somewhere between Oslo S and Grønland in Oslo). Upon arrival, you can go there on the appointment date and apply for your temporary Norwegian ID card.

2. Orientation Activities

- a. There will be an array of academic and social events in BI designed to help every exchange student in transiting to the new study life at BI. Highlight activities may include:
 - i. Information talks (topics including some survival tips of studying in Oslo)
 - ii. Buddy Week (meet your exchange buddy and enjoy the Campus Visit activities with them!)
 - iii. Museum Visit
- b. Website: www.bi.edu/study-at-bi/orientation/exchange/

3. International Services & Activities

- a. There is an International Office at BI, which mainly arrange exchange activities for all international students and answer the exchange-related questions raised from us.
- b. Location: Student service center, U1 (SSS) at BI.
- c. Email: international.office@bi.no
- d. Phone: +47 46 41 02 27 (Monday – Friday 09:00 – 16:00)

4. Accommodations

- a. All of us lived together at Kringsja Student Village operated by SIO. There is a T-bane station named “Kringsja”. Kringsja is located 30 minutes from Oslo city centre and 15 minutes from BI if you ride on the T-bane. There are two grocery stores nearby, named KIWI and MENY. Each of us rented a single furnished room with a private toilet but shared kitchen (8 people living in a dorm in total, so shared the kitchen with another 7 people). The monthly rent was NOK 4701. Overall, I do recommend you live in Kringsja as there is quite comfortable and convenient.

5. Courses Registration

- a. Course registration will be started a month prior to the semester begins and the login information and more details will be sent to your registered email account.
Each exchange student is only eligible to register for at most 4 courses (normally 7.5 ECTS each).

6. Teaching & Assessment Methods

I have taken 2 FINA courses and 2 common core courses.

Course	Comments
FIN 3616 Financial Decision Making with Excel (equivalent to FINA 4000) <ul style="list-style-type: none">➤ 50% Final written exam (MC, True/false, and Long Questions)➤ 50% Group assignment (Excel)	Recommended. Useful concepts. A little bit heavy workload (biweekly graded assignment).
FIN 3621 Options and Futures (equivalent to FINA 3203) <ul style="list-style-type: none">➤ 100% written exam (30 MCQs)	Recommended. Useful concepts. Little workload (the pop-up quizzes and assignment won't be graded)
ELE 3763 Innovation Strategy and Technological Change (equivalent to ISOM 1380) <ul style="list-style-type: none">➤ 100% written exam (MC, True/false and Essay Questions)	Recommended. Less useful content. Little workload.
ELE 3710 Business and Professional Ethics (equivalent to MGMT 2130) <ul style="list-style-type: none">➤ 100% coursework (group project report, group presentation, individual reflection and attendance)	Not recommended. Less useful and boring content. Heavy workload. (4 hours lecture every week with some compulsory but ungraded assignment)

You can borrow a financial calculator at Student Service Center at BI for your FINA exams.

7. Sport & Recreation Facilities

There is a gym center right located in BI campus, but it requires users to sign up for membership. They offered 1, 2, 3 and 6 months memberships for exchange students.

- a. Website: www.sio.no/en/sports

8. Finance & Banking (including currency & expenses)

Expenses	HKD
Visa	3000
Insurance	1000
Traveling	40000
Accommodation	23505
Transportation	2500
Daily Expenses	15000
Flight tickets (between Oslo and HK)	8190
Total	93195

9. Social Clubs & Networking Opportunities

The student union at BI is named SBIO. Exchange students are welcome to join the associations and the activities organized by SBIO, such as the International Students Association and Revue.

- a. Website: www.sbio.no

10. Health & Safety

- a. Norway is a safe country compared to most of the countries in Europe (especially Paris). Call 112 for the police in case of any emergency.
- b. You can have an appointment for the medical services at BI on-campus medical facilities.

11. Food

- a. Dining in Oslo is quite expensive, so we usually cooked our meals at dorm. Normally, we purchased the ingredients from KIWI and Rema1000, as they are the supermarkets that offers products at a relatively cheaper price. Most of the products under the brand "FirstPrice" are the cheapest among all other brand.
- b. There is only one canteen in BI which offers mainly pizza and pastas at a price around NOK 50 to NOK 90. You can bring your lunchbox to school if you want to as microwave ovens can be found in an area near to BI's canteen.
- c. If you want to buy fruit and vegetables at a cheaper price, you may go to the supermarket in Grønland.

12. Transportation

- a. For T-bane, we have purchased a monthly pass (30-day ticket) every month for 1 zone only as it has already covered the routes travelling to and from our dorm, the city center and BI. We have brought a travelcard which costed us NOK 50 (non-refundable deposit). The monthly student pass costs us NOK 442 per month.
- b. **The monthly pass doesn't include the transportation fees between Oslo city center (Oslo S) to the airport, so you must top up your travelcard via the convenience stores or NSB ticket machines and paid for the top up fee each time you go to the airport.

13. Climate

- a. In Winter (Jan to Late March), the weather is really cold in Europe, the temperature could drop to -23 degree Celsius. The sun set at around 3 to 4 p.m. everyday.
- b. In Spring/Summer (from April), the weather is warm or even hot, sometimes the temperature goes to 25 degree Celsius in May and could even be hotter in June.

14. Communication

- a. Norwegian are nice and kind. Many of them speaks very well in English.

15. Cautionary Measures

The floor is extremely slippery in winter as the roads could fully be covered by snows and even ice. So please bring a pair of water-proof and anti-skidding boots. It is recommended to walk slower.

Part III Items to Bring

1. Study Permit
2. BI Admission Letter
3. Passport
4. HKID card
5. Credit cards
6. Cash (NOK and EURO)
7. Router and LAN cable
8. A big backpack for travelling
9. Laptop
10. Thick clothes (Heattech)
11. Water proof boots, gloves, and mask
12. Medicines and skin care products
13. Chargers and European adapters and extension units
14. Optional: Cooker, pillows, bed sheets (4-inch for Kringsja)

Part IV Useful Links and Contacts

1. Visa:

- a. <https://selfservice.udi.no/>
- b. <https://www.udi.no/en/>

2. BI

- a. Student Portal: <https://at.bi.no/EN>
- b. Course Lists:
 - i. Autumn: <https://www.bi.edu/study-at-bi/international-students/incoming-exchange-programme/bachelor-course-list-autumn/>
 - ii. Spring: <https://www.bi.edu/study-at-bi/international-students/incoming-exchange-programme/bachelor-course-list-spring/>

3. Transportations

- a. Railways:
 - i. Ruter: <https://ruter.no/en/>
 - ii. NSB: <https://www.nsb.no/>
- b. Bus:
 - i. FlixBus:
https://global.flixbus.com/?wt_mc=paid.com.FlixBus.sea.google.3799800904.225692665_15920502505.ad&wt_cc1=branded&wt_cc5=flixbus&gclid=Cj0KCQjw-JvaBRDGARIsAFjqkkqvqMnFB8Nr3VZ3a2-8T0mj5-UwuxUIAiP6ru03IS0MWZpPhyvqjWkaAIP3EALw_wcB
- c. Flights:
 - i. Norwegian: <https://www.norwegian.com/>
 - ii. SAS: <https://www.flysas.com/fr-en/>
 - iii. Ryanair:
https://global.flixbus.com/?wt_mc=paid.com.FlixBus.sea.google.3799800904.225692665_15920502505.ad&wt_cc1=branded&wt_cc5=flixbus&gclid=Cj0KCQjw-JvaBRDGARIsAFjqkkqvqMnFB8Nr3VZ3a2-8T0mj5-UwuxUIAiP6ru03IS0MWZpPhyvqjWkaAIP3EALw_wcB

4. Housing

- a. BI Housing: <https://www.bi.edu/study-at-bi/housing/>
- b. SIO: <https://www.sio.no/en/>