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# Exchange Report

BI Norwegian Business School, Norway

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Marketing and Operation Management, Year 3  
Fall 2018

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## Part I - Monthly Activity Log

### August 2018

I arrived Oslo with the other 2 UST exchange students on 6th August. The weather in Oslo was perfect, warm with nice blue sky and evening breeze. We went to IKEA to purchase our bedding and cooking utensils on our first day in Oslo. Summer in Oslo has very long daytime. The sunset time is around 9:30PM -10PM in August, which was unusual for us.



School started on 20th August, 1 week after the orientation week. BI prepared a number of orientation activities for international students, such as the buddy program, boat party, after parties and music festival. The buddy program was the most worthwhile to go since we were able to mingle with our Norwegian buddy and other international students.

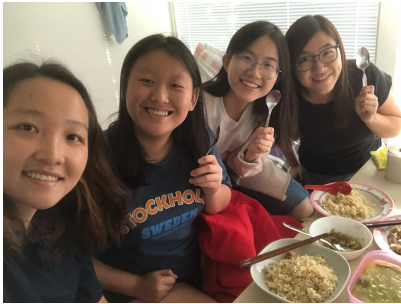
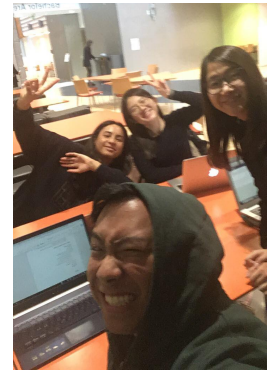


Workload in August is quite light, so we had plenty of time to explore Oslo and went on a hike in Kjeragbolten at the end of August. I had a wonderful time when looking at the breathtaking natural scenery in Norway, but the hiking route is advanced, quite challenging and dangerous. Better well equipped with hiking shoes, warm clothes and go with experienced hikers. Summer in Oslo was perfect for picnics, museum visits and go island hopping between islands in inner Oslo, they are the best way to absorb the beauty of Oslo in which you can enjoy fresh air and natural attractions.

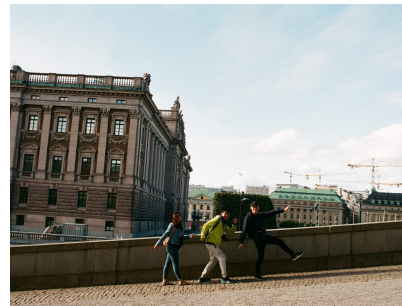


## September 2018

School life in BI is much less stressful compared to UST. We had 15 mins break in every hour during the 3 hours of lecture. Lectures were more interactive, in which there were lots of discussions between instructor and students during lesson. It was nice to have Norwegian group mates in my MGMT course since they were helpful and friendly, and they even introduced some Norwegian songs and good places to chill in Oslo. We usually had meetings for the group projects after class.



I only had class on Monday, Wednesday and Thursday, that allowed us to go for short trips at weekends. I went to Stockholm and Copenhagen in September with friends from City U. We had unforgettable time when visiting other Scandinavian cities. I am fond of the cuisine, sunset and the affordable meals in Stockholm. I even tried Surströmming - the furiously stinky canned fish, during my stay. It was one of the most eye-opening experiences.



Copenhagen is a beautiful and elegant city, with good food, nice bike tour, distinctive architecture and museums. Renting a bike is a must in Copenhagen. I think that cycling in the cityscape took less time than public transportation and saved lots of transportation fee. I enjoyed cycling across streets in Copenhagen.



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## October 2018

After 2 trips in September, I chose to stay in Oslo for 2-3 weeks. I joined a Facebook event which was a photo walk in Gressholmen, and Lindøya. The scenery of those islands were so stunning that autumn leaves were everywhere with vibrant colours. Besides that, I also joined a hiking tour at Store Aklungen held by Erasmus Student Network - ESN Oslo. We met new friends during the 2 hours hike. It was much easier than the hike in Kjeragbolten. Highly recommend for beginners! School work is manageable since we didn't have midterms.



Here comes my most memorable trip - Iceland. I travelled around the island with 2 UST friends and Singaporean friends who have driving licenses. We went to golden circle, the glaciers, Strokkur Geysir, Grundarfjörður, Reykjavik, Gullfoss Waterfall, etc. In order to save money, we went to Mývatn Nature Baths, instead of Blue Lagoon to enjoy the outdoor hot spring in Iceland. It was so relaxing to dip in clouds of steam under -1 degree celsius outdoor temperature. I would never forget the enormous moon, endless highway, snowy mountains, mars-like scenery and the countless stars right above our accommodation. I was so satisfied even though we were not able to see the Northern lights during our Iceland trip.



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## November 2018

There were a few project deadlines approaching in late November and early December. I had utilised my time in Oslo by finishing the assignments and writing group project reports, so I got plenty of time to travel around Europe. In the early November, I went on a 2 days trip to Bergen, the 2nd largest city in Norway. I went to Bergen by train. I was so mesmerised by the natural scenery along the train journey. It was the highest mainline railway line in Northern Europe that brought us spectacular natural view and villages. I had a great time in Bergen. It was a wonderful place with some historical wooden buildings along the harbour and fabulous night view.



In mid November, I went to Warsaw in Poland, Brussels, Ghent and Bruges in Belgium, and Prague in Czech Republic. It was a precious chance for me and my friends to visit some medieval old towns and know more about the European History. Belgium is the best place for chocolate and waffle lovers, as well as for those who loves medieval architecture. I was in love with the fancy old towns in Prague that I could always capture the best night view there. The living standard is slightly lower than that in Northern European cities so the price level were quite affordable.



After a string of short trips, I went back to Oslo on 16th November to complete my 2 group reports and revise my final exams. The weeks were quite intense. I usually went back to school library or study room at Kringsja.

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## December 2018 & January 2019

My final exam period starts from 28th November to 12th December. Throughout this period, I stayed in Oslo and concentrate on my revisions and report deadlines. The final exams were manageable, all are digital exams. Since all courses don't have regular assignments or midterm exams, we are required to be disciplined and self-motivated for revising our course content, or else it will be hard to catch up with our studies.

After the exam, I caught up with my friends and my sister in Oslo till 18th December. Then, my sister and i revisited Copenhagen again since i had missed lots of museums and nice cafes last time. The danish food was delicate, the museums were exclusive and surprising (especially Louisiana Museum of Modern Art ), and elegant danish designs. Later on, we met our high school friends in Amsterdam and had a great time in such vibrant and liveable city. We spent our Christmas in Germany (Cologne and Frankfurt). Indeed, Christmas in Europe is quite boring, because all shops and most of the restaurants are closed until 27th December. On the 28th December, my parents came to London and find us. We spent 2 weeks travelling in London, Paris and Milan together. I came back Hong Kong on 13th January.



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## Part II - General Exchange Information

### Visa Procedures

Apply for your visa once you got the admission letter from BI. The Norway student permit takes around a month to process. We are required to make an appointment with the Norwegian Consulate and submit all the necessary documents during the appointment. Applications and appointment booking were made in this website: <https://selfservice.udi.no>

Please make sure you have brought everything right before submitting your documents. The Consulate will email you the study permit and letter of confirmation afterwards. The visa costs HKD\$5300 for my year.

BI will help you to arrange an appointment with the police , to take picture and sign documents for the residence permit in Norway.

### Orientation Activities

BI has offered us an array of orientation activities. On the first day of the orientation week, you will be assigned to a buddy group, 4-5 local students will lead around 8-10 exchange students to look around the campus and chitchat at The Vigeland Park together. Other orientation activities, such as music festival, night parties and boat party are optional. These are valuable chances to make friends with other exchange buddies with different nationalities, and can even find your travel buddies for later trips top. Yet, I recommend participating only 1-2 of those since each activity charges more than 200NOK (food and drinks not included).

### International Services & Activities

I strongly recommend you to join Facebook groups for international students in Oslo, especially ESN, BI exchange group and [Hva skjer på Kringsjå](#) (if you are living in Kringsjå). They can provide you lots of updated details of important events (such as sightseeing tours in Oslo, dinners, hiking tours, parties, etc.) Register activities that you are interested once those events have posted on Facebook. Facebook is also a nice platform to search for second hand cooking utensils and bikes. Most importantly, always keep track of the latest public events and activities happening in the city! Staying in Oslo can be fun and fruitful if you are willing to spend some time to do some research and explore different neighbourhoods.

### Accommodations

Most of us lived at Kringsja Student Village operated by SiO, which is located 20-30 mins away the Oslo city centre, and around 15 mins from BI. It was quite convenient since there was a T-bane station, gym room, study room, 2 supermarkets (MENY and KIWI) right next to the student village. I rented a single flat with private bathroom and private kitchen with another exchange student also from UST. We preferred living in the same flat as we could share the rent and everything need not to share with others. Consequently, the monthly rent is around HKD \$2600, which was much cheaper than renting private rooms individually. Kringsja Student Village was a good place to live. Some of my exchange friends lived in Sogn, which was also comfortable and convenient.

### Course Registration

Students have to register their courses themselves around 1 month before the semester starts. Course information and schedule will be informed though email. We are only eligible to register



for at most 4 courses. It is better to double check the UST course database before course registration.

## Teaching & Assessment Methods

Course	Assessment Method	Comment
<b>ELE 3702 Social Entrepreneurship</b> (= MGMT 2130)	- Group project paper 60% - Individual written home examination (3 hours) 40%	Lectures group projects are quite interesting as it introduced various social ventures in Northern Europe and the definition of social entrepreneurship. Better form groups with locals/ westerners.
<b>ELE3775 - Product and Price Strategy</b> (= MARK4000LEVEL: 4000-level Course in Marketing)	- Group project paper 70% - Final examination 30%	The course teaches us to integrate consumer behaviour, products, and pricing strategies into product development. The lecture is interesting, with lots of group discussions and real life examples.
<b>ELE3709 - Project Management</b> (ISOM4750: Business Project Management)	- Final examination 100%	The content of this course is relatively easy, in which some have been taught in ISOM 2700 (although it is equivalent to OM 4000 level course), with simple calculations.
<b>EXC2901 - Norwegian Culture and History</b> (HMCCUCORE: Common Core Course in Humanities)	- final examination (essay) 100%	It brings you knowledge about the history or Norway in aspects of culture, politics and arts, etc. The workload is quite light as there is no assignments and midterms.

## Sports & Recreation Facilities

There is a gym room in BI and Kringsja Student Village. Both are operated by SiO so you can use both after joining their gym membership program. 3 months membership requires fee for NOK1050. I suggests going to parks in the city or even jog along the Sognsvann Lake since they are free of charge and accessible.

## Finance and Banking

I mainly used Citi and HSBC credit cards for transactions in Norway. I brought some EURO and POUND for travel. The main currency used in Oslo is NOK. The following are my expenses throughout the whole exchange. It will depend on how much you travel during exchange.

Expense	Amount \$
Flight fare	11000
Accommodation fee	13750
Transportation fee	1800
Living expense	17000
Norway student visa	5300

Telecommunication expenses	840
Travelling expenses (it depends)	50000
	99690

## Social Clubs and Networking Opportunities

There is a monthly free dinner for all BI students called “BI-nner”, organised by BIs University Chaplain. You can go as a guest to enjoy the dinner for free, or even sign up for being a volunteer for food preparation with chefs or interior decorations. The food for every month are different. It was a precious opportunity to get to know more international students and try some traditional Norwegian cuisine in special occasions. You have register as soon as possible since there are only 200 quota ever month and it is on a first-come-first-serve basis.

Always keep track of the events in Facebook, especially ESN and exchange groups in BI. The hiking trips in Oslo, organised by ESN are worth to go, since usually they are free of charge, and they can guide you to different hiking trails in Oslo, which you can save time to do research. Most importantly, always keep contact with exchange students living in the same dorm with different cultural backgrounds. Holding regular asian dinner/ gatherings is the best way to consolidate your friendships!

## Health and Safety

There is no school clinic in BI. It is better to bring some over-the-counter medicines from Hong Kong to deal with your health issues. If you really feeling unwell, you may seek help from local clinics or even visit the hospital.

Norway is a pretty safe country with very low crime rate, compare to other European countries. Robberies and pickpockets are extremely rare. All Norwegians i met were nice. They are very helpful, warm and friendly. They are willing to give a helping hand to foreigners. I met nice Norwegians who are willing to guide me to take buses at the central stations and explained me the food labels in supermarket, and even taught me how to knit a scarf at the yarn shop.

## Food

Norway is well-known for its high standard of living with high price level for food. Dine out can be very expensive. A meal set in a normal restaurant can charge more than 150NOK, and even a Big Mac at McDonalds costs 90NOK. Therefore, me and my flatmate cooked a lot. Cooking at our dorm saved us a lot of money. You can also buy lunch at school canteen (hotbox is 48NOK) Here are the advice for you if you want to cook yourself on a budget:

### Cook yourself

1. Affordable grocery stores: MENY, KIWI, REMA1000...
2. relatively cheaper vegetables & fresh meat: **Grønlandtorg Frukt & Grønt**
3. Asian grocery stores: A Food Market, Scanasia AS, etc.
4. Download “Mattilbud” in app store, very useful app that updates you with any discounts in all the supermarket chains in Oslo

### Recommended restaurants/ cafes in Oslo:

1. Koie Ramen - best ramen shop in Oslo, really nice broth.
2. Tim Wendelboe - one of the best coffee shop in town, with on-site micro-roastery and a choice of high quality coffees.

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3. Sushi Rose Majorstua - Affordable and yummy sushi in Oslo, even cheaper than the sushi we bought in HK. The restaurant owner is really nice. Better to go with a group of friends to share the big sushi set.
  4. FYR Bistronomi & Bar - high quality decent food in small portions
  5. Talor&Jørgen - fine and pretty donuts with a wide variety of flavour
  6. Mathallen Oslo - multicultural experience of flavour in this delicate food court
  7. Crêperie de Mari - must come here if you are a dessert/crepe lover
  8. Oslovelo - cozy cafe shop at daytime, and chill bar at night times with good vibes.
  9. Oslo Raw - serves high standard vegan cakes
  10. Fiskeriet Youngstorget - comparatively "affordable" seafood restaurant in town. It is famous for its norwegian fish soup and fish n' chips.
  11. W.B. Samson - must not missed out THE BEST CINNAMON BUN.
  12. Domino's Pizza - the best party food.
  13. Alex Sushi - MICHELIN Guide Restaurant that serves high quality sushi.
  14. Mesh - cozy, chill and spacious coffee shop in oslo

## Transportation

Its better for student to buy the 30-day pass every month which costs 450NOK. It covers all transportation in oslo within zone 1, including metro (T-bane), trams, buses and ferries. You can purchase the transportation pass at the Ruter's office in Oslo S, and remember to top up the card every month since 1150NOK of fine will be received once you've been caught using invalid ticket during the inspection.

The train service between Oslo S and the airport is not included. So, you have to top up 75NOK (student discounted price) every time you take airport express trains

## Climate

Weather in August and September is extremely welcoming (just like Autumn in Hong Kong). Outdoor entertainment, such as hiking and picnic are highly recommend in this month. The days are very long (sunset at 10PM) and the nights are short. From late September onwards, the temperature will drop (sometimes only 2-4 degrees at midnight). There are beautiful autumn leaves Starting from late November, the weather is quite chilly and icy, and snow starts to accumulate (the average temperature is -1 degrees, sometimes even -10 degrees!). The scenery is quite breathtaking. Please bring enough thick and waterproof outwears, gloves, and a water proof boots with you.

## Communication

There is no difficulty in communicating with the locals in Oslo, since english is their 2nd language and all of them can speak fluent english. The official language used in Norway is Norwegian.

## Cautionary Measures

- During winter, many floors in outdoors are coated with ice and snow, so it is very slippery. Bring a well protected, water proof boots and walk slowly.
- Remember to renew your monthly transport pass since the fine is very expensive if you are being caught.

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## Part III - Items to Bring

- Passport, HKID
- ATM cards, Credit cards, Cash (NOK, EUR, HKD)
- Documents (admission letter, copies of passport, visa approval letter)
- 1 thick down jacket with hat
- scarf
- Winter clothing (don't bring too much, )
- Summer clothing
- Thick touchscreen winter gloves (must)
- Snow boots
- Skin care products
- Laptop
- Stationery
- Router and LAN cable
- medicine
- towels
- slippers
- chargers
- adaptors
- Cameras (optional)
- hair dryer
- Hong Kong food (packed noodles, canned food, etc.)
- Mini rice cooker

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## Part IV - Useful Links and Contacts

### 1. BI

- student portal: <https://at.bi.no/EN>
- Autumn course list: <https://www.bi.edu/study-at-bi/international-students/incoming-exchange-programme/bachelor-course-list-autumn/>
- BI International Office: [international.office@bi.no](mailto:international.office@bi.no)

### 2. Accommodation

SiO: <https://www.sio.no/en/>

BI housing: <https://www.bi.edu/study-at-bi/housing/>

### 3. Visa

Appointment booking: <https://selfservice.udi.no>

Norwegian Consulate: [norwayhk@ncchk.org.hk](mailto:norwayhk@ncchk.org.hk)

### 4. Travel transportation

- Skyscanner: <https://www.skyscanner.com.hk>

- FlixBus:

[https://global.flixbus.com/?wt\\_mc=acq.com.FlixBus.sea-brand.google.](https://global.flixbus.com/?wt_mc=acq.com.FlixBus.sea-brand.google.3799800904.225692665_15920502505.ad&wt_cc1=branded&wt_cc5=flixbus&gclid=Cj0K)

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- Norwegian: <https://www.norwegian.com/>

- SAS: <https://www.flysas.com/fr-en/>

- Ryanair: <https://www.ryanair.com/gb/en/>