

Exchange Report

BI Norwegian Business School, Norway

BI



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Fall 2019

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Monthly Activity Log

August

|Oslo

I arrived at Oslo in the afternoon of 12 August. I took the train from the Oslo Gardermoen Airport to Oslo S Station, and transfer to T-bane (Jernbanetorget) to Nydalen. After settling down in the dormitory in BSN (just around eight minutes-walk from BI school campus/station), I went to IKEA Furuset with other exchange friends to get some necessities such as a pillow, kitchen utensils, and blanket. To get there, a free shuttle bus (No. 100) leaves every half hour from a stop nearby the Central station.

On the next day, I joined the orientation day organized by BI. The orientation week began on 13 August and lasted for around a week. I joined the Buddy program and went to a part near Majorstuen with other exchange students from different countries. We chatted, played games, and had Domino's pizza there.

In late August, I spent my time in Oslo to explore around and get myself familiar with the city. I join the Studentslippet event with other exchange students. The event lasted for two days. We received a wristband that allows us to have free entry to various museums and discounted prices in restaurants. We went to a beer lab and learned about the beer-making process, such as the fermentation process. We can make my soda water there too. I also visited The Mini Bottle Gallery, Munch Museum and Nobel Peace Centre.



IKEA Furuset



Studentslippet (where I get my wristband)



The Mini Bottle Gallery

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September

| Stockholm | Bergen | Odda | London

The semester just began, and the workload was relatively light. Moreover, I have classes only on Monday and Wednesday. I took a trip to Stockholm in mid-September. The Stockholm Cathedral is a stunning church, and the famous fish soup there is delicious. You surely don't want to miss it when you visit Stockholm.

After that, I went to Bergen and Odda. The most memorable part is I went for a hike on Trolltunga. It is one of the famous yet challenging hikes. This was my first hike, and it was demanding. The entire journey lasted for more than 12 hours, began at around 6:30 am and ended at around 7 pm. The road was quite slippery, and it took extra care when walking through it. Yet, the spectacular scenery was incredible, and I would say, the hike was worthwhile.

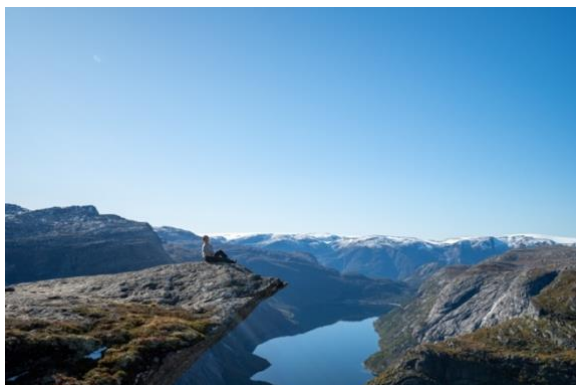
I travelled to London at the end of the month. I went to China Town and tried Burger & Lobster. Apart from that, I visited the British Museum and the London Transport Museum as well.



Stockholm Cathedral



China Town



Trolltunga

Fish soup in Stockholm



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October

| Amsterdam | Bruges | Brussels | Helsinki | Berlin

In early October, I travelled to Amsterdam, Bruges, and Brussels consecutively. I went to the famous windmills in Amsterdam. Unfortunately, winter was approaching, and therefore there was not much to see in the Tulip Garden. Instead, I visited Van Gogh Museum and Heineken Experience, which are well-known tourist attractions as well. There was a lot to see in the gallery, including multiple masterpieces such as Almond Blossoms, Sunflowers, and Gauguin's Chair. In Heineken Experience, you are welcome to grab two glasses of beer with the wristband given at the entrance. Visitors can also create their bottles of beer. From the Miffy shop, I bought an adorable Miffy. It is so fluffy! Leaving Amsterdam, I spent a day in Bruges, so I visited only the central square. After that, I went to Brussels. I visited Manneken Pis (Little Pissing Man) and the Chocolate Museum where I can try freshly made chocolate with various flavors.



Windmill in Amsterdam



Almond Blossoms



Brussels



Heineken Experience



Manneken Pis



Helsinki Cathedral

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October

| Amsterdam | Bruges | Brussels | Helsinki | Berlin

In the middle of the month, I travelled to Helsinki. I paid a visit to the National Museum of Finland, Sea Life Helsinki, Temppeliaukio Church (Rock Church), the architecture of Rock Church is stunning! Besides, I went to Moomin Shop in Forum and Helsinki Cathedral, which are the must-go places.



Temppeliaukio Church

Finally, I took a trip to Berlin before the end of October. I would suggest visiting Zoo Berlin. I spent the entire afternoon there. The zoo includes an aquarium with amphibians and insects as well. Berlin Cathedral is another recommendation. You can enjoy the spectacular view by climbing up to the observation deck of the church. Apart from those, I went to the renowned East Side Gallery.

Zoo Berlin



East Side Gallery



Berlin Cathedral

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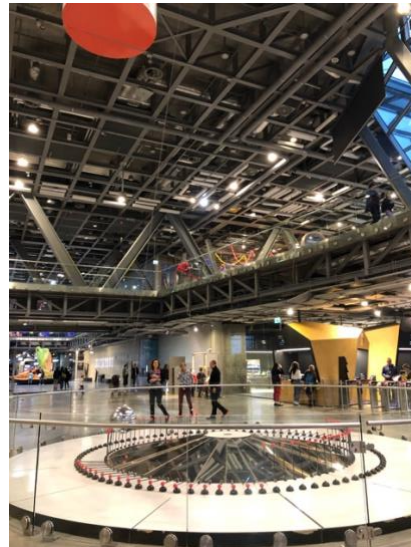
November

| Warsaw

I went on a short trip to Warsaw at the beginning of the month. Its cost of living is the lowest one I have ever visited in the European countries. The Copernicus Science Centre is a great tourist spot, and I had a great time there.

Starting in mid-November, I spent most of the time staying in Oslo as most of my term paper deadlines were in late November. I often had meetings with my groupmates to discuss the projects. Moreover, I had to catch up with my courses and prepare for the final exams.

Copernicus Science Centre



Warsaw Royal Castle



Nydalen in November

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December

| Prague | Vienna | Bratislava | Reykjavik | Copenhagen



Man at Work

After the end of my written exams in early December, I took a visit to Prague, Vienna, and Bratislava in 8 days. To enjoy the Christmas vibes, I went to Christmas markets in every single city. I bought a Christmas edition gingerbread man in one of the Christmas markets in Prague. I tasted spareribs in the famed restaurant, Ribs of Vienna, and visited St. Stephen's Cathedral and The Hofburg in Vienna. In Bratislava, I visited the Man at Work and The Church of St. Elizabeth (The Blue Church).

Gingerbread man



Christmas market in Prague



St. Stephen's Cathedral

Blue Lagoon



Horse riding



Reykjavík Cathedral

I spent my Christmas in Reykjavik. I joined the Golden Circle local tour and went to see the northern lights too. I was so lucky that I could see them even though they were not very strong. Besides, I paid a visit to Blue Lagoon. Soaking in the hot springs, I put on a mud mask and enjoyed sparkling wine from the bar, the experience was fabulous. The dishes in Lava restaurant were luscious as well. On Christmas eve, I got involved in the evening mass in Reykjavík Cathedral. Lastly, I participated in a horse riding tour in a volcanic landscape. It was my first time riding on a horse.

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December

| Prague | Vienna | Bratislava | Reykjavik | Copenhagen

After returning from Reykjavik, I travelled to Copenhagen before the end of the year. I visited The Little Mermaid, Copenhagen Zoo, National Aquarium Denmark, and Lock bridge Copenhagen.

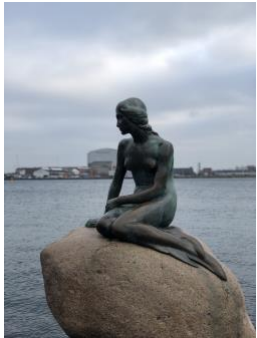
National Aquarium Denmark



Lock bridge Copenhagen



The Little Mermaid



Fireworks on the last day of 2019



Finally, I returned to Oslo and welcomed 2020 in the Oslo Opera House. There were fireworks everywhere, even near my dormitory, starting at night on 31 December. The countdown event perfectly ended my exchange. I returned to Hong Kong through Dubai on 4 January.

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General Exchange Information

Visa Procedures

After receiving the Letter of Admission from BI, you have to make an appointment with UDI. You are also required to hand in a pile of relevant documents e.g., recent passport photos, passport, etc. You have to go to their office in Quarry Wan to hand in the materials and pay the application fee, which costs around HKD6500. The processing time is approximately 2-3 weeks. During Orientation Week, there will be police officers in BI. They will help you make an appointment with the Immigration Department to make your Residence Permit Card.

Orientation Activities

The orientation activities lasted for a week. On the first day, there is a mandatory information meeting in which you will receive valuable information regarding exams, library usage, and the making of BI student ID. After that, you will be assigned to a Buddy Group, where you can make friends with other exchange students. The Buddies will organize a range of activities for you.

International Services & Activities

There is a Facebook Group created for exchange students in BI. We were encouraged to join the group titled BI Exchange Autumn 2019 to get in touch with fellow students and stay up to date on events and activities at BI throughout the semester. (All essential information will be sent by email)

Accommodations

There are three housing options for exchange students which are SiO, BSN, and Diakonhjemmet. I chose BSN, and it is the nearest one to the BI campus. Be noted that electricity is not included in the rent of BSN. I shared the kitchen and bathroom with another exchange student from BI. It takes around a 5-8 minute walk to the campus. Near BSN apartment, there is a small grocery store named BUNNPRIS, which opens every day (usually from 9 am to 11 pm). This is really convenient because most shops and malls closed on weekends.

Courses Registration

For exchange students, BI limits the quota to 30 ECT. In other words, you can pick a maximum of 4 courses since each one takes up 7.5 ECT. Be aware that there is no add/drop period in BI. Fortunately, there is no waiting list, and you can get enrolled in your desired courses. Check out the course schedule sent by BI in June.

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Teaching & Assessment Methods

I took a total of 4 courses:

Course	Equivalent course in HKUST	Grading Method	Comments
ELE3702 - Social Entrepreneurship	MGMT 2130: Business Ethics and Social Responsibility	60% Term Paper 40% Final Take-Home Exam	For the term paper, you have to find a social enterprise to analysis its operation and give suggestions. There are no lecture notes. All you have is tones of readings. Luckily, the final is an open book exam. Just start the readings early, and you can get a pass.
ELE3767 - Consumer Behaviour	MARK3420: Consumer Behaviour	80% Term Paper 20% Class Participation	The term paper is about applying the key concepts taught in class to the case of Beyond Meat. Students have to attend every lesson to hand in reflection about the previous lecture in person at the beginning of the class. (missing two is acceptable)
ELE3775 - Product and Price Strategy	MARK 4000-level	70% Term Paper 30% Final Exam	Concerning the term paper, students have to develop a sustainable product concept in any field, with at least one UN Sustainable Development Goals achieved. The final exam is in essay format, but the questions are rather straight forward.
ELE3766 - Social Networks & Communities	MARK 4000-level	40% Term Paper 30% Group Presentation 30% Individual Essays (10% x3)	The project is about helping Deichman Library in Oslo to engage their stakeholders with the use of digital technologies. In the 10-minute group presentation, you only have to give fundamental analysis and brief suggestions. No business wear is required. Regarding individual assignment, there are a total of 3 essays to be handed in with topics given. The essay should not be exceeding a page.

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Sports & Recreation Facilities

There is a gym on the BI campus named Athletica Nydalen. It is one of four student gyms in Oslo run by SiO. With subscription fee, you can get unlimited access to all four fitness centers as well as a variety of group lessons.

If you live in BSN, you can have free access to the BSN GYM (less than a minute walk from the apartment). Simply grab a form from the BSN reception on the ground floor. Filling out simple information, and you can go to the gym after a business day. There is a squash court in BSN too.

Finance & Banking

I did not open any ATM accounts in Oslo. Instead, I brought credit cards, some NOK, and Euro with me. Euro is vital as some local shops and restaurants in European countries I travelled only accept cash. Yet, credit cards are widely accepted in Scandinavia countries. To back up, bring some NOK with you in case your credit cards are not accepted occasionally in shops, which I do experience that.

The followings are the summary of my expenses throughout the exchange period:

Flight Ticket	HKD 8,500 (I bought them separately)
Accommodation Fee	HKD 25,000
Daily Necessities	HKD 40,000
Travel Expenses	HKD 40,000
Visa Application Fee	HKD 6,500
Total	HKD 120,000

Social Clubs & Networking Opportunities

SBIO is the student union in BI. Exchange students can join the activities organized by the association. There is a free dinner, BI-nner, at the end of every month for students to chat and make friends from diverse backgrounds.

Food

Dining out in Oslo is quite expensive, so I generally cook by myself. There are BUNNPRIS under my apartment and COOP MEGA near BI. Their prices are slightly higher than those in KIWI and MENY, yet they are the closest ones from my dormitory. To buy Asian food such as instant noodles and soy sauce, I usually went to A Food Market located in Grønland and Jernbanetorget.

Transportation

Ruter is the public transport authority for Norway. A variety of public transports, for example, T-bane, bus, and tram, are included. Students can get a monthly pass that valid in a zone. It costs 450 NOK. You can purchase add on tickets when you travel to the airport, which charges 69 NOK, and the ticket lasts for two and a half hours.

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Climate

In Oslo, the temperature in summertime (August and September) is around 15 to 20 degrees Celsius. The day time lasts for almost 14 to 15 hours, and this is the coziest weather in Oslo. It starts getting colder in October. During wintertime, the temperature drops to around 0 degrees Celsius, and it can down to -10 degrees Celsius occasionally. The first snow in Oslo in 2019 arrived in early November. Be sure to bring your down jacket or thick coat, gloves, scarf, and hat to stay warm.

Communication

Norwegians speak English very well, and most of them are friendly and kind.

Communicating with the locals is not a problem.

In BSN, WIFI is not included. I brought my LAN cable and router and connected to the internet in my room.

Concerning mobile network, I bought prepaid sim cards from Vodafone as it covers most of the European countries. You can top up your sim cards online as well. (costs around 10GBP per month)

Cautionary measures

Oslo is generally safe and a friendly city. Just beware of the cold weather in Winter.

Items to Bring

- Passport
- HKID
- BI Admission letter
- Letter from UDI
- Cash (NOK + EURO)
- Credit Card
- LAN Cable
- Router
- European adapters
- Thick clothing
- Portable chargers
- Laptop
- Medicine

Useful Links and Contacts

BI student portal: <https://at.bi.no/EN/>

BSN: <http://www.bsn.no/home>

Its Learning: <https://bi.itslearning.com/>

UDI: <https://www.udi.no/en/>