



EXCHANGE REPORT

BI Norwegian Business School

KATRINA CHAN

Spring 2022



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MONTHLY ACTIVITY LOG

Jan 2022

Landed January 3rd in Oslo to complete a 4-day quarantine. There was only 3 hours of sunlight so it takes time to adjust. Met some other exchange students from around the world and mostly Hong Kong students doing exchange in the University of Oslo.

Took some time to settle in through multiple trips to Ikea, and explore the city (and cooking) for a bit, while joining the orientation activities arranged by BI Norwegian Business School.

Travelled to Tromsø with newly met friends and Trondheim alone for 4 days each. Watched the Northern Lights and visited the Sami people in Tromsø, and visited several (a bit creepy) are museums in Trondheim.





Feb 2022

I caught COVID and spent most time quarantining. Celebrated Chinese New year with friends from across the world.

Travelled to Budapest and Prague for a short trip with friends.

Tried ice bathing - jumping into the sea at 2 degrees Celsius in Oslo. Super fun and highly recommended.

I had this obsession of a donut store near BI - Talormade. You can get buy 1 get 1 free donuts at the last hour before store closes.

Mar 2022

Contemporary art in Norway is always more brave in tapping into controversies, the visits are always enjoyable.

I cut short my trip to Krakow because of the war situation and it hits different to see it filled with refugees.

Took a trip to Lucerne, Mount Rigi, Paris, Bordeaux, Southern France and Barcelona as well.



Apr 2022

Went to Paris for the second time and visited Versailles and Mont Saint-Michel.

Took a trip to Lisbon, Sintra. The architecture and Azulejos (blue and white tiles) are fascinating.

Met a lot of fellow solo travellers and hang around together as well in Lagos. The kayaking trips inside the caves are one of the best experiences in my 5-months journey

Also solo-ed to Rome and Venice and met new friends from hostels.

Continued to Milan and went paragliding in Lake Garda.

Joined the King's Day in Amsterdam and took a bike trip in Leiden.



May 2022

It's the finals season so I spent more time in Oslo to prepare for my exams.

Went to Conan Gray's concert and had the best night in Oslo, and spent a night in Holmestrand to experience the fjord.

Took a final trip to Copenhagen and rushed back to Oslo to celebrate Norway's National Day with friends and locals.

Said goodbye to the friends I met in Oslo and headed back home.

GENERAL EXCHANGE INFORMATION

- Visa Procedures

Apply your Visa at <https://www.udi.no/> make sure to apply ASAP as the application needs to be sent to Royal Norwegian Embassy in Beijing to proceed

- Orientation Activities

They have a week of orientation activities for you to understand about Norwegian culture, get to walk around the campus and the city for a bit

- International Services & Activities

Their staff offers help to both locals and international students.

- Accommodations

There is a student services network called SIO, which offers accommodation at a much lower price. BI will connect you with the different housing options so just follow the instructions provided by BI.

- Courses Registration

BI will have a list of courses sent to you for course registration. Some courses that were available might not be offered in the new academic year so be prepared.

- Teaching & Assessment Methods

Due to COVID we had hybrid classes offered both online and offline. Some courses require group project and final exams. Final exams are conducted offline.

- Sports & Recreation Facilities

SIO offers gym membership at a lower price in its network all around Norway.

- Finance & Banking (including currency / expenses)

NOK is used but there is no need to get dollar bills. Just use Revolut (<https://www.revolut.com/>) or a debit card with a better exchange rate

GENERAL EXCHANGE INFORMATION

- Social Clubs & Networking Opportunities

SIO organises gatherings from time to time. You can also hang out with people from your buddy group assigned by BI.

- Health & Safety

Norway is generally a very safe place. SIO offers all student support you need so just feel free to reach out for help. They also provide medical services at a lower price with a network of clinics and counselling centres around Norway.

- Food

Food is generally expensive in Norway. It is better for you to learn to cook on your own. Kiwi offers the cheapest ingredients, Rema1000 has good quality food and reasonable price (occasionally discounts). Meny is generally more expensive.

- Transportation

Download RuterBillet from the App Store and purchase a 30-day student pass. You will be able to go around the city through various transportations - bus/tram/metro etc. with it.

- Climate

It is very cold. Make sure you bring more layers of clothes and the warmest clothes in your wardrobe. Heat techs are the best things I have brought there. It could be -10°C in January and 15°C in May.

- Communication

Bring sim card there as it could be extremely expensive to get the services in Norway.

- Cautionary measures

Norway is generally safe. Going out at night is fine.

ITEMS TO BRING

- Warm clothes
- Summer clothes (for your travels to warmer countries)
- Swimsuit (you might want to go to the public baths in other countries/ice bathing in Oslo)
- Sanitary products
- Makeup products
- Skincare and handcream (for super dry weather)
- Accessories
- Letter from visa application
- Debit card
- Passport
- Laptop
- Sim card
- Toothbrush

Actually things are really accessible there, so I only brought the very crucial things like my favourite clothes, makeup products and accessories. For the rest I got them there.

USEFUL LINKS AND CONTACTS

- Visa - UDI (<https://www.udi.no/>)
 - Student services and housings - SIO (<https://www.sio.no/en/home>)
 - Payments - Revolut (<https://www.revolut.com/>)
 - BI past paper (<https://web2.student.bi.no/homepage.nsf>)
 - BI official website (<https://www.bi.edu/>)
 - Cheap air tickets - Youth tickets for Norwegian Airlines (<https://www.norwegian.com/en/booking/helpful-booking-info/ticket-types/youth-ticket/>)
 - Cheap air tickets - EasyJet ([easyjet.com](https://www.easyjet.com))
 - Cheap air tickets - Ryanair (<https://www.ryanair.com/ie/en>)
- ** Do not buy from agencies like Kiwi (they offer worse services and sometimes cannot help you get full refund with flight cancellations)