



EXCHANGE REPORT

BI Norwegian Business School; Oslo, Norway

FALL 2022-2023

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BBA in Global Business and
Marketing

1. Monthly Activity Log

September

We spent our first weeks exploring Oslo, going to areas like Oslo Opera House, Aker Brygge, Munch Museum, and more. Our first days of school were extremely happy, where I joined activities like 'Speedfriending', making a gang of good international friends. We went out for drinks, lunches and exploring the city.

Our second half of September was used to explore Central and Southern Norway, where we had a 7-day roadtrip up north from Oslo. We visited cities like Alesund, Flam, Geiranger, Voss, and more. We sighted at hilltops, observatory decks to look at natural scenery – Fjords and lakes that are extremely famous in Norway.



October

We spent the next weeks visiting Germany for Oktoberfest. We visited cities like Berlin, Munich then went to Vienna for a short stay. It was one of the best festivals I have ever gone to. We met a lot of passionate Germans who enjoyed time with us, and we felt the unity and joy that they had during this 1-month long festival. We also visited the Netherlands shortly afterwards and enjoyed the busy local scene, and scenic windmills.



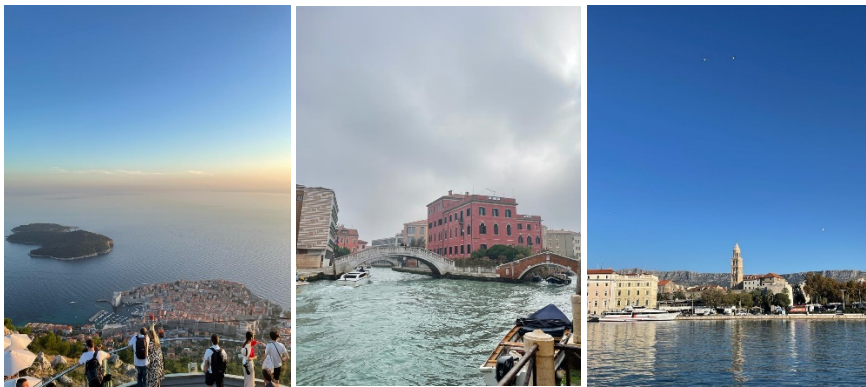
During my time in Oslo after, I have hiked different paths due to the extremely nice Summer/Autumn weather. I hiked to Grefsenkollen, Vettakollen and enjoyed time at Sognsvann, a lake famous for its good environment. Most excitingly, we live right beside Sognsvann in Kringsja, and we saw the Northern Lights two nights in a row by the lake. It

was an amazing experience with so many people gathering by the lake, gasping at the beauty of Mother Nature.



November

We visited Croatia and Italy for a two weeks trip. We went to cities including Dubrovnik, Split, Zagreb, Slovenia, Venice, Milan, Florence and Rome. It was extremely rewarding as the vibes of Croatia was like a summer resort and paradise, while that of Italy is extremely rich-cultured, artsy and historical.

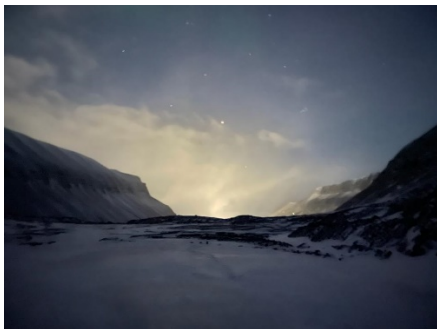


Afterwards, I spent most of my month in Oslo exploring the winter vibes. I saw the first snow and played with thick snow in the city. We had campfires just as the Norwegians do by the lakeside, barbequing meat patties, sausages and more. The Christmas market is also open so we kept going for games and food. Christmas vibes are immaculate in Oslo. However, the sun sets at 3pm everyday and it creates short daylight for us to explore the city.



December

With our 'Once in a lifetime' mindset, we visited the northernmost settlement in the entire world, an island in the Arctic Circle called Svalbard. As it is December, there is no daylight for the entire day for two months. We hiked under the dark for 5 hours into the Arctic mountains, and had an ice cave tour in a glacier formed millions of years ago. The tour guide had to carry a rifle as polar bears live in the region. The temperature was -30 degrees during that time! We also visited Tromso yet due to the 'Arctic snowstorms', we could not see the northern lights there.



We also skated on the frozen lakes in Oslo, which was extremely new to us.

January

After the semester ends, I travelled more within Europe to places like Budapest, London, Finland and Switzerland. Such broadened my horizons and connected the dots of European history for me, which was extremely rewarding.

2. General Study Abroad Information

Visa Procedures: To obtain your residence permit (visa) at a fee of approximately \$2,500 HKD at UDI Immigration Department. You have to visit the department in Quarry Bay in person in Hong Kong to process the visa.

https://login.udi.no/udiabx.onmicrosoft.com/b2c_1a_signuporsigninidporten/oauth2/v2.0/authorize?client_id=adcb8513-e192-444e-b984-2468314ab70b&redirect_uri=https%3A%2F%2Fforms.udi.no%2Fauth%2Floginreturn&re

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Orientation Activities: There are two weeks of orientation events starting 15 Aug to 22 Aug. It includes outdoor EDM concerts, boat DJ parties, city tours and hunts, and more.

International Services & Activities: They do not have pick-up service but you are matched with a buddy from Oslo, Norway, thus you could communicate with him regarding any matters of your arrival, or adapting into the local scene.

Accommodations: They are mainly divided into two major parts. First being SIO Housing which I took, and another stream provided by BSN.

Courses registration: A Qualtrics link will be sent out by BI to choose courses. Students are expected to study 4 courses, each with 7.5 ECTS. This translates into 30 ECTS per semester in total.

Teaching & Assessment methods: Class format is nearly the same as HKUST, comprising of large lectures and smaller group tutorials. They do not have participation for nearly all courses and it is 100% based on essays and exams.

Finance & Banking: Norway uses Norwegian Kroner (NOK). I have not opened any Norwegian bank accounts, or withdrawn any form of cash. I just used my HSBC Debit Card, as it works well in such a cashless society like Oslo.

Health & Safety: Oslo is one of the safest cities in Europe, and we have no danger even while walking during late night. However, avoid areas like Gronland during the late nights as there are quite some lower income classes residing in the area.

Food: Restaurants in Oslo are relatively expensive so we always cook at the dorm. Gronland is a local area with cheaper grocery stores and supermarkets so we always buy meat, vegetables and other groceries there.

Communication: Norwegians speak perfect English so there are no issues regarding effective communication. I have bought a SIM card that covers most of EU from Hong Kong which has good connection.

Transportation: Download the app called 'Ruter'. The app can be used to purchase monthly student tickets, which covers metro, tram, buses and can be used to purchase tickets for intercity trains.

Climate: Oslo is relatively cold with temperatures ranging from 10-20 degrees during the Summer, and -10-0 degrees during the Winter.

Sports & Recreation Facilities: There are Athletica stores on campus and all-around Oslo and they have monthly student pricing. I did not sign up so I don't have much information on this.

Social Clubs and Networking: There are student Thursdays at the school club Kroa every week which provides you with networking events. There are also occasional events like Speedfriending or dinners that you can join on campus.

3. Items to Bring

- Clothes
- Underwear
- Thick socks
- Travel adaptor
- Hangers
- Chargers
- Camping backpack
- Hairdryer
- Portable boiler
- Router
- Wet wipes, masks, hand sanitizers
- Slippers
- Sanitary items
- Bed sheets
- Lipbalm
- Hand cream
- Winter boots, beanies, scarf

4. Useful Links and Contacts

BI Website: <https://www.bi.edu/>

Norway University exchange desk (Contact Point): +47 464 10 000

BI Helpdesk: info@bi.no

Sio Housing: <https://www.sio.no/en/housing/housing-overview/kringsj%C3%A5-student-village>

Sio Hall helpline: (+47) 22 85 32 00

If more information is needed, get my contact from SBM Exchange Team by emailing at bmugexch@ust.hk.