

Fall 2022

EXCHANGE REPORT

BI NORWEGIAN BUSINESS SCHOOL

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MONTHLY ACTIVITY LOG



AUG 2022

I arrived Oslo on 18th August. The first impression towards Oslo was 'what a expensive city!'. I bought a coke which cost me around 30 HKD right after the landing.

Since the pandemic was not a thing in Norway anymore, there's no quarantine, no mask and stuffs. The orientation week started before my friend and I arrived. Still, we joined the boat party and Final Show. It was fun and we met some local friends there.

The first two weeks was all about adapting to the environment and meeting new people. My floormates in dorm were mostly Brazilians and we threw a little birthday party in dorm and enjoyed a self-made cake.

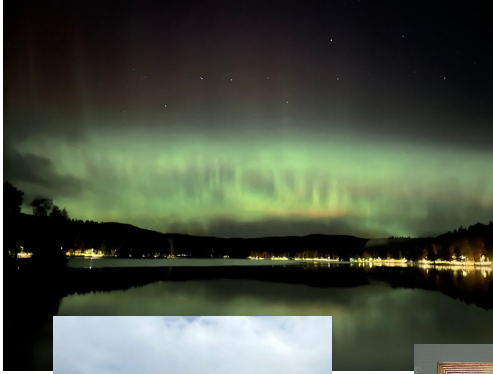
SEP 2022

Our travel journey began with a roadtrip across Norway from Bergen to Flåm, Loen, Geiranger, etc. This was the trip that we were truly immersed into the natural beauty of Norway. The fjords, mountains and lake. We couldn't ask for more! The airbnb that we were staying in had breathtaking views and we could see sheeps and cows just next to us.

After a short break, we went on a trip to Germany and Austria. The main purpose of this trip is to experience Oktoberfest!

Drinking and dancing in traditional customs with locals were unforgettable. German food and drink were way cheaper than in Norway so we literally just ate "Goodwest" everyday. We also got to enjoy an opera and a concert in Vienna.

MONTHLY ACTIVITY LOG



OCT 2022

This month was amazing. We were so lucky to see a stunning view of northern lights just next to our dorm! We stood in front of a lake for three hours with trembling hands to witness this. It's so rare to see such beautiful northern lights in Oslo as we told by locals. We didn't see it after since in Oslo. (An app, called Aurora which you can check the locations of Northern lights)

We went to Stockholm for a few days then we spent a week in Netherlands. We stayed in Amsterdam, Rotterdam and the Hague. I finally saw a real painting by Van Gogh in the Van Gogh museum. We also had a great time visiting the Beer Museum and windmills.

NOV 2022

We took a long trip to Florence, Rome, Pisa, Venice and Milan. We visited those world-renowned museums and saw those statues and paintings. It felt like we had become cultured people overnight, enriched with the aesthetics and cultural beauty of each spectacular city. If you're planning to visit Italy, make sure to spend at least a week there to fully immerse yourself in its splendor. Trust me, it's worth it!

I went on a solo trip to visit my friends and hop from one city to another in Britain within a week. I experienced a formal dinner in Oxford and had a nostalgic tour to revisit some places.

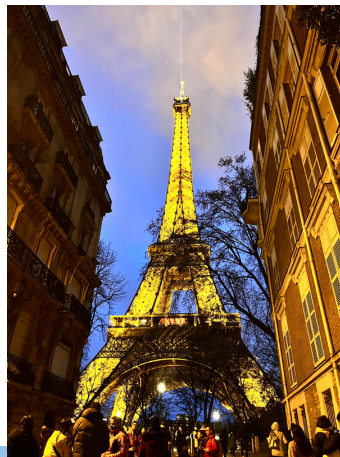
And when I finally came back to Oslo to prepare for my finals, the city had turned into a winter wonderland!

MONTHLY ACTIVITY LOG

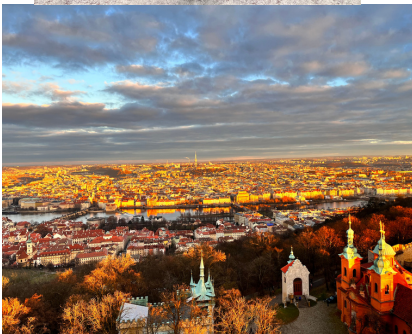
As I scrolled through the photo album on my phone, trying to recall the adventures of the past two months, I couldn't help but notice that my phone had automatically labeled this period as a "World Trip". And looking back, I couldn't agree more:)

DEC 2022

When the finals season was over, my friends and I decided to go on the most exotic and coldest trip we had in the exchange. You probably could guess it. Yes! Somewhere in the Arctic Circle. We actually went to Svalbard, the northernmost town in the world! There's no daylight in 24 hours which they called "Polar Night". We went on an ice mountain hike and had an adventure in an ice cave which was around -40 degree Celsius. It's literally freezing cold but also a once in a lifetime experience. After that, I went on a skiing trip in Switzerland. While hitting the slope in Switzerland, I had the chance to enjoy the amazing view at the same time. Our journey didn't end here. We spent our Christmas in France where the festive ambience was infectious and celebrate the New Year's Eve in London.



MONTHLY ACTIVITY LOG



JAN 2023

It was a bittersweet moment when I realized that exchange was coming to an end. I knew I had to make the most of my remaining time in Europe. Without a moment's hesitation, I packed my bags and set off on an adventure to two stunning cities: Budapest and Prague.

From the moment I arrived, I was swept up in the vibrant energy of these historic cities. I explored every corner and took in all the sights, from the grandeur of Buda Castle to picturesque town of Cesky Krumlov. But it wasn't just about sightseeing for me - I wanted to truly immerse myself in the culture and history of the places I visited. That's how I found myself at Terezin concentration camp, where I stood in solemn reflection and paid my respects to those who suffered unimaginable horrors there. Despite the heavy history, my trip also allowed me to discover the natural beauty that lies at the border of the Czech Republic and Germany.

Looking back on those final days of my exchange, I can say with certainty that they were some of the best of my life. I embraced every opportunity to explore, to learn, and to grow. And as I packed my bags and prepared to head back home, I felt a sense of deep gratitude for the experiences that had shaped me, and the memories that would stay with me forever.

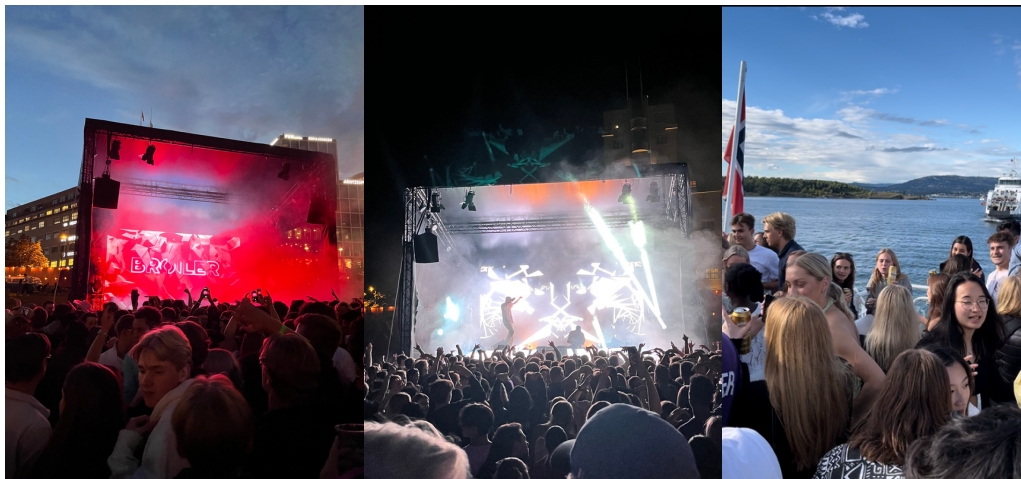
GENERAL EXCHANGE INFO

Visa Procedures

Apply your Visa ASAP at <https://www.udi.no/> right after you have received the admission letter from BI. The f2f application process takes place in the Hong Kong office of VFS Global. The application will be sent to Royal Norwegian Embassy in Beijing to proceed. When you arrived Norway, make sure to make an appointment to the police station and apply for the residence card.

Orientation Activities

An exchange buddy group will be assigned to you before the school starts. A local student will contact you and guide you through the orientation week. There is also a Facebook group for exchange students with regular local experiences posted. Optional orientation activities are organised by BISO, a student organisation of BI. Some of the activities are free of charge but some are not. Register as BISO member can bring you some discounts. Belows are some orientation activities I have joined.



International Services & Activities

BI organises optional Norwegian language classes for exchange students at a discount price. You are welcome to join if you want to. Most Norwegians can speak really good English so I didn't join. You will learn a few fundamental Norwegian phrases if you hang out with locals.

Accommodation

BI Exchange students have three accommodation choices: the BSN, SiO and Diakonhjemmet. I picked SiO Kringsja student village as it is a more budget choice with stunning scenery. My friends and I were fortunate enough to see the northern lights in Sognsvann, a lake which is just a several minutes walk from our dorm. Although our dorm is not next to the campus, it only takes around 20 minutes of metro to commute from our dorm to BI. I like our dorm so much because there is a gym, a supermarket and we can have a lot of ad hoc activities to do such as campfire, picnic, or just a random walk in Sognsvann:) Will recommend SiO Kringsja if you want to experience the natural side of Norway on a daily basis.



Courses Registration

You will be sent the information for the course registration 1-2 months before the school starts. BI suggests you take a maximum of 4 courses. However, you can take more than that according to your own credit planning. Remember to apply the course mapping in HKUST ASAP once you have your study plan. Noted that the courses on credit transfer database may not be the exact courses you can take. You should refer to the course information sent by BI to conduct course mapping.

Teaching & Assessment Methods

All classes resumes to be f2f as the pandemic was over. The teaching style and class atmosphere in Norway is more relaxed and focus more on interactions. The courses I took are as follows:

Course	Equivalent course in HKUST	Grading Method
Real Estate Finance	FINA 3000 level	• Individual written exam (100%)
Norwegian Culture and History	HUMA 1000 level	• Individual written exam (100%)
Project Management	ISOM4750: Business Project Management	• Individual written exam (100%)
Business Communication - Negotiations and Presentations	MGMT3140: Negotiation	• Individual Oral exam (100%)

Sports & Recreation Facilities

SiO offers gym membership for BI students. You can subscribe the monthly membership to enjoy gym facilities across several locations including the one on main campus and Kringsja Student Village. Monthly subscription is around 200 NOK. You have to cease your membership one month in advance

Finance & Banking

Norway is a cashless country so just prepare a debit/ credit card with better exchange rates. Remember to exchange some euros or pounds if you are planning to travel around Europe.

Social Clubs & Networking Opportunities

SiO organises activities such as movie nights and other outdoor activities occasionally. Moreover, follow the Instagram accounts of BISO and KROA (campus bar & cafe) for regular updates. There will be speed friending events, quiz nights, etc.

Health & Safety

Air quality in Norway is the best I have ever experienced for real so no worries about the air quality. I will advise you to bring more personal medicines even though there are some pharmacies across the city. I caught a flu in Norway and it's not something easy to go through because seeing a doctor is complicated if you are not a European citizen. So prepare for the worst!

Food

Food is super expensive as you may know Norway's price level is one of the highest in the world. We try to cook every meal as we can and we buy most of our groceries from supermarkets (KIWI, REMA1000, MENY, etc) and food market at Grønland.

Transportation

The mobile application, Ruter offers monthly pass and you will be able to go around the city through various transportations - bus/tram/metro/ ferries. Transportation to Airport requires an additional ticket which you can buy from Flytoget. There is no gate in metro station so undercover staffs will check your ticket occasionally.

Climate

It is cold and snowy in Norway but everywhere has indoor heating. For outdoor activities, gloves, a down jacket, non-slip boots for necessary for snowy seasons. Wear earmuffs for extra warmth if you plans to go somewhere norther.

Communication

Norwegians have a high literacy in English across different age groups so you can communicate with them easily. For phone and data service, I recommend buy a sim card before you arrive Norway or get a free sim from service provider like Giffgaff. Normally, these sim cards allows EU roaming around 10GB per month.

Cautionary measures

Slopes and roads are slippery when it's snowy. My friends fell on the same spot for three times on the same day. Get yourself a pair of boots with good grip. Overall, Norway is a safe country with good security and civilized citizens.

ITEMS TO BRING

- BI Admission Letter
- Passport and ID
- Letter from visa application
- Laptop
- Travel adapter x2
- WiFi router and cable (you need it for WiFi connection in dorm)
- Winter clothes
- Summer clothes
- Boots
- Swimsuit
- Sanitary products
- Skincare and handcream
- Accessories
- Debit/ credit card
- Sim card
- Toothbrush
- Backpacks



USEFUL LINKS & CONTACTS

- Visa: <https://www.udi.no/>
- VFS Global: <https://www.vfsglobal.com/en/individuals/index.html>
- SiO Housing: <https://www.sio.no>
- BI: <https://www.bi.edu>
- BI courses: <https://programmeinfo.bi.no>
- Credit Transfer Database: <https://registry.hkust.edu.hk/useful-tools/credit-transfer/database-institution>
- BI contact (info hub): info@bi.no
- Ruter (transportation): <https://ruter.no/en/>

