



Exchange Report
BI Norwegian Business School, Norway
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Year 4, Economics and Finance
Fall Term 2022-23

Monthly Activity Log

August

On the first day of arrival at Oslo, I bought a single ticket from an app called Ruter, which is the metro company in Oslo, and headed to take my keys for my accommodation at Blindern station. After that, I headed to my student accommodation at Kringsja station, which is one of the largest student accommodation area in Oslo provided by SIO. On the next day, we went to IKEA for some furniture to buy and attended a series of orientation activities provided by the school. During this buddy week, we got to meet a lot of other exchange students from all around the world. The orientation activities include school tour, Oslo tour, boat parties, music carnival in open space and more, which we all had a lot of fun. The weather was nice during August and the sunset was late back then. Therefore, it is suitable to spend time outdoor during August.



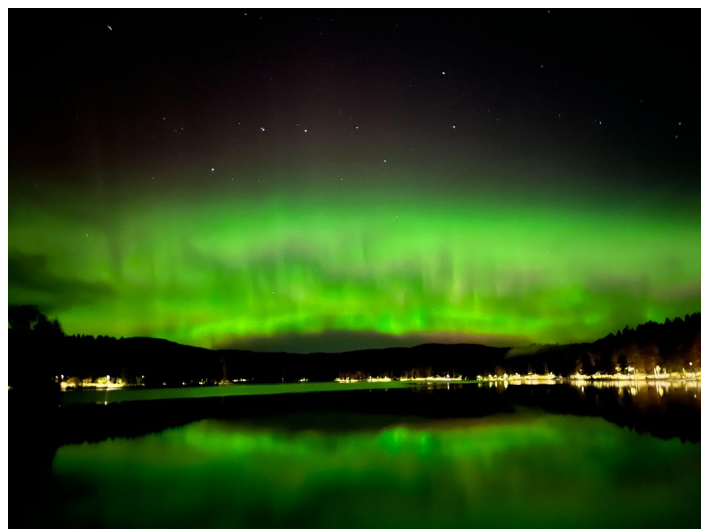
September

During early September, I went on a roadtrip with a few other Hong Kong students in Norway and visited places like Bergen, Voss, Logen, Alesund and more. We went to enjoy the beauty of the fjord and the natural scenarios of Norway, which is very different from the other parts of the world as most places in Norway is not commercialised unlike other popular tourist spots in the world. A roadtrip/ exploration within Norway is definitely worth to go during the summer season. During late September, I visited Germany for 'Oktoberfest', which is a beer festival organised in Munich. During the trip, we went to Berlin, Munich and Vienna. Besides of having fun, we visited Jews museum and their graveyard and knew more about the history of the second world war and the Nazism's impact to the world.



October

During October, I witnessed Aurora for the first time in my life at Songsvann, which is a lake beside my dormitory. Others always think that winter is the best season for aurora, but Autumn is in fact the best season because there is less cloud at the sky which helps the aurora to be more apparent and bright. I also went to Stockholm and Uppsala in Sweden for a short trip to visit some friends during weekend. For the most days in October, I chose to stay in Oslo and experienced the life of Oslo with other international friends at school and at my dormitory. I discovered there are a lot of great cafes and bars at Oslo, which you should explore yourself when you are here.



November

During late October to early November, I visited the Netherlands, Italy, and the Balkans. As the general price level in Norway and the Nordic countries is very high, going to the central Europe is much cheaper than we expected. There are a lot of great food and people in Italy. I visited Milan, Florence, Pisa, Cinque Terre, Rome, the Vantican City, and Venice. It was a packed trip for us but we were fortunate that the weather was nice for most of the trip. We even went to Halloween party in Rome, which Italians also celebrate.



During late November, I visited Helsinki and Rovaniemi in Finland with some Hong Kong friends. During the trip, we had lots of fun including activities like ice floating, ice fishing, skiing and Sauna. At the same time, we got to meet a friend coming from the United States who was having solo trip in Finland. Through our conversations, she encouraged us to go on solo trips so that we could have a deeper self-discovery journey during our exchange.



December

As December is the peak season for examinations, I spent most of my days in study rooms and dormitory during the beginning of December. After finishing all the examinations, my friends and I went to Svalbard, which there is no daylight there. We participated in a hike in the ice cave, which is a once-in-a-lifetime experience for all of us in under 25 degree celsius.

Then, I went on a trip myself in Prague and went to Colmar, Reims and Paris during the Christmas period. Before going on this long trip, I said goodbye to a couple of my flatmates as they are leaving very soon. Although it was sorrow to see people leaving, I am glad that I met them that I will be friends with for life.



(726 words)

General Study Abroad Information

1. Visa Procedures

For students who did not have a EU/EEA passport, you must apply for a residence permit/ study permit during your study. You can apply via <https://www.udi.no/en/>

The fee for the visa application is 5900 NOK, which is around HKD 4700.

Since the Norwegian Consulate does not have an office in Hong Kong, you will need to attend the appointment at Consulate General of Finland in Hong Kong. After submitting all the information of the visa and the mailing fee to the Norwegian Consulate in Beijing, you will receive a letter stating that you are granted a residence permit in Norway. You just need to show that letter to the airport staff in case they need you to provide any proof for your visa application.

On the other hand, you have to arrange an appointment with the police station in Norway as you need your D-number for your Norway sim card and Vipps. After the appointment, you will get your D-number immediately and it takes about 3 weeks for your residence card to arrive at your mailbox.

2. Orientation Activities

After you receive your admission letter from the school, the international study office will advise you to join a Facebook group and arrange you in a buddy group to meet other exchange students. There are a wide range of activities like hiking, campus tours, city tours, boat parties, and concerts.

3. International Services & Activities

There are different international group to join in Facebook that BI exchange students can join. Also, if you are in one of the student villages, there will also be Facebook groups that people will buy or sell things there with cheap prices.

4. Accomodations

Three housing providers at BI Norwegian Business School: SiO, BSN and Diakonhjemmet

I chose Kringsjå Student Village as they offer the most types and number of rooms. I chose to rent a single room with private bathroom and shared kitchen for 8 people and costed me 5631 NOK per month. This student village is about 20 minutes away from city center and BI as well. It is not as convenient as the BSN accommodations, but the metro system is well built in Oslo and it arrives punctually. Also, the advantage of living in the Kringsjå Student Village is you just need a 5-minute walk to get to Songsvann, which is a place to hike, jog, campfire and even cross-country skiing. A lot of locals will go there during weekends and do outdoor activities with family and friends.

5. Courses Registration

BI will email an excel course list to you with a link for choosing the course. However, the class schedule might change after the semester begins. The tip here is to always check your BI portal to see whether your course is registered and schedule does not clash.

6. Teaching & Assessment Methods

EXC3671 Corporate Finance

Assessment Method: 100% Final Examination

Workload: Minimal effort if you have finance background. Classes and tutorials are very useful for final examination.

ELE3750 Financial Analysis and Valuation

Assessment Method: 100% Project

Workload: Moderate effort. Suggested for good accounting background.

ELE3736 Real Estate Finance

Assessment Method: 100% Final Examination

Workload: Moderate to Heavy.

7. Finance & Banking

Visa and Mastercards are widely accepted in Norway. I did not exchange any NOK beforehand. All my daily expenses are handled by my HSBC world debit card, which is suggested to prepare for exchange as it makes travelling to Norway and other European countries much more convenient with great spot rate.

8. Climate

The weather is around 10-16 degree celsius during Autumn. Starting from late October, there is a high probability to have snow and the weather will be around 0 degree celsius. It drops to around -15% at minimum during December and January.

9. Health & Safety

There is medical center in the campus as well as in Blindern and Ullevål station. Norway is one of the safest city I have visited so far in Europe.

10. Food

Cooking myself is the usual practice as everything is very expensive in Oslo. There are budget food in supermarkets such as KIWI and REMA1000. Also, there are a lot of Asia markets and budget wet markets/ supermarkets in Grønland station.

11. Transportation

You can download an app called Ruter which students can buy 30-day travel pass there. Remember to buy a ticket as there will be staff checking on the train or on the station.

12. Communication

Norwegian speaks fluent English so communication is not a problem.

13. Sports & Recreation Facilities

SiO provide gym all over the city that only cost around 200 NOK per month. However, there are few basketball courts around the city.

14. Social Clubs & Networking Opportunities

During the Buddy week, different clubs will recruit members in BI. You can grab the chance to enter the club you would like to join. On the other hand, BI always send out networking opportunities with a wide range of corporates.

15. Cautionary measures

Remember to buy a pass every month or else you will face a fine up to around 1000 NOK.

Items to Bring

- Passport (print one more in case you lost your passport)
- HKID card
- Residence Permit Letter and BI admission letter (hard copies)
- Credit/ Debit Card
- Cash (EUR)
- Scarf
- Beanies
- Down Jacket
- Windproof Jacket
- Boots (Waterproof) (The longer the better)
- Gloves (Waterproof if you would like to ski during winter)
- Adapters
- Chargers
- Wifi router (student accommodation does not provide)

- Laptop
- Medicine (Prepare at least 7-day medicine for COVID-19 and other medicine for diarrhea and flu)
- Stationary
- Water bottle
- Hair dryer

Useful Links and Contacts

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

BI Student Portal: <https://portal.bi.no/>

SIO Housing: <https://www.sio.no/en/>

Ruter: <https://ruter.no/en>

BI International Office's email address: international.office@bi.no