



Exchange Report

BI Norwegian Business School, Norway

HUI Man Wah

Year 3

Risk Management and Business Intelligence

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Part I Monthly Activity Log

January

I arrived in Oslo on 2nd January to settle down. Before arriving in Oslo, I travelled to Finland and Sweden with my exchange mate. Semester started on 9th January, and there were a series of orientation events to join. I met friends during the orientation, which we met occasionally to chat and explore Oslo together. Lunar new year was also in this month and we had dinner together with some other students from Hong Kong coming to exchange as well. We started planning for the dinner a week ago and we did most of the cooking ourselves (except the roasted chicken). In late January, I travelled to Tromsø to chase for the northern lights with my friends and we were really lucky that we saw it despite the bad weather!



February

I started to travel outside Norway in February and my first stop was Italy. I mainly travelled to Rome, Florence, Pisa, Venice and Milan. Italy was on my must-go list during exchange and I was really amazed by the history and culture there. A lot of museums are worth a visit. I was also in love with the gelato in Italy. On average, I had one each day even under the cold. In mid-February, I went to Prague for a very relaxing trip. The weather wasn't very nice when we visited, but still it was a good experience. In late February, I travelled to Belgium with friends from UST, this is a place filled with waffles and chocolate that I enjoyed as a foodie.



March

In early March, I went to Estonia, Latvia and Lithuania. They aren't the most popular travelling locations in Europe and there aren't many tourist spots in these countries but seeing a different view of Europe is quite interesting. Although they are small, they have their own uniqueness as well. In mid of March, I went to Copenhagen to visit my friend and we spent the weekend touring around. I like the vibe of Copenhagen, it's quite different from Oslo although they are close to each other. One point to highlight is that the little mermaid in Copenhagen was too different from my imagination, such that I don't feel happy when I see it (probably is my own problem). In late March, my brother came to visit me and we had some good time touring around Stockholm and getting on the 'Norway in a nutshell' route to see fjords and beautiful sceneries in Bergen and Oslo.



April

April is Easter time (=holidays) and I went for a longer trip with a group of friends. We visited Berlin and Munich in Germany, Zurich and Interlaken in Switzerland and Barcelona in Spain. It was a super fun trip and we had a lot of fun exploring different cities. In particular, I love Munich (sceneries around) and Interlaken the most as they are super beautiful. I feel like I'm calmed and my mind is full of peace when I'm there. It would be great to visit other cities in these countries in my next visit to Europe (hopefully it exists). This trip also marks the end of my travelling plans in Europe during this exchange. In mid-April, I went back to Oslo to prepare for my exams.



May

I finished all my exams on 8 May and left Norway on 10 May for my family trip. In the middle of my exams, I joined a hiking trip to Preikestolen organised by ESN and it was breath-taking. Would be great if I could stay in Norway for more days, I miss Norway soon after I left. I flew back to Hong Kong in early June.

[607 words]



Part II General Exchange Information

1. Visa Procedures

I am holding a HK passport and I did the application via UDI website. After submitting online application, you need to book an appointment for the Visa. Do remember to bring cash for the appointment, because they only accept cash. I do recommend doing the application early to avoid not being able to get the Visa before your flight. After arriving Oslo, you need to book an appointment to the police office in order to get your residence card.

2. Orientation Activities

The Orientation week is the first week of school, which includes a compulsory orientation talk, a bar night, a scavenger hunt and a visit to Munich museum. All exchange students were divided into smaller buddy groups and we got 2 BI students as group leaders to guide us. It was quite fun and I got the chance to tour around the city.

3. International Services & Activities

BI has a variety of student groups that international students can join as well. In particular, there's a student group specifically for international students.

4. Accommodations

There are three accommodation provider available, BSN (provided by BI), SiO (external housing provider) and Diakonhjemmet(external housing provider). When I process my application, BSN was already unavailable, so I chose SiO. I lived in Kringsja student village, which has a supermarket and a gym room inside. The environment was clean and I feel comfortable living there. Next to Kringsja is a lake and forest, where I first tried cross-country skiing.

5. Courses Registration

In early December, we received a link for choosing courses and an excel proving details of courses we could choose before the course registration date. We were required to choose exactly 4 courses. On the course registration date, I filled in the online form, and I got all 4 courses I chose.

6. Teaching & Assessment Methods

Overall speaking, I think the workload for all courses are relatively low compared to that in UST. Usually, there is only one lesson per week. The class size is around 20-30. Professors like to provide many learning materials for us to read before class and talk about them in class. Below are courses I took:

Course Name	Assessment method	Comments
EDI3430 - Digital Value Creation	3 group projects	Light workload
ELE3763 - Innovation Strategy & Technological Change	One 1 hour exam	Very light workload
EXC2901 - Norwegian Culture and History	One 3 hour exam	= HUMACC Light workload
ELE3914 - Sustainable Finance	2 group projects One 3 hour exam	Manageable workload

7. Finance & Banking

Item	Expense(HKD)
Flight	10000
Travelling	65000
Housing	20000
Food	16000
Household	4000
Transportation	2000
Miscellaneous	3000
Total	120000

I brought a debit card from HSBC and a credit card from BOCHK. During my exchange, I mainly used HSBC debit card.

8. Climate

Norway's winter is cold but it is different from the cold in Hong Kong, you will be fine when you get used to it. The temperature is usually around -10 degree Celsius at first and slowly it becomes around 0 degree Celsius. Heater is everywhere in Norway, so don't worry if you feel cold outdoor, just go into any malls or transports and you will be fine.

9. Health & Safety

I do consider Norway a very safe country and people are friendly. I felt really warm that someone offered to help me when I was trying to get my heavy luggage up the stairs.

10. Food

Eating outside in Norway is very expensive, so I usually cook by myself as it is a lot cheaper. Usually, I go to KIWI for most ingredients I need. I do visit Rema 1000 and Coop occasionally when I pass by. For Asian food, there is 'A Food Market' in Gronland. There's also cheaper vegetables and fruits in Gronland.

11. Transportation

Travelling around Oslo is easy. You can buy a monthly student ticket and it gives you the access to most transport including trains, buses and ferry in Oslo. There will be regular ticket checking in the train and you will need to show your ticket via the transport app Ruter.

12. Communication

Norwegian speaks English very well, so there is little language barrier. For SIM card, I used 3UK's monthly plan, which I think has sufficient data package for use.

13. Sports & Recreation Facilities

There is a gym in BI and Kringsja. You can pay a membership fee and enjoy access to all gyms under Athletica in Oslo.

14. Social Clubs & Networking Opportunities

Watch out for the few days when many student clubs set up booths on campus. There is a variety of clubs available and you can join as many clubs as you want.

Items to Bring

- Documents: HKID, Study permit, Passport, BI Admission Letter
- Study materials: laptop, iPad, pens, notepad
- Skincare product
- Hairdryer
- Clothes for winter
- Some clothes for spring
- Anti-slip shoes
- Backpack (convenient for short trips)
- Universal Changeover Plugs
- Medicine

Useful Links

1. BI Official Page

<https://www.bi.edu>

2. SiO housing

<https://www.sio.no>

3. Visa Application

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