



# EXCHANGE Report

BI Norwegian Business School, Norway

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FINA & IS

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# Monthly Activity Log

## Jan 2023

I arrived Oslo on 3rd January. I remember so much the time when I was walking out of the airport, I could feel the difference of temperature between Norway and Hong Kong. It was around 0 degree celcius. But fortunately it was not snowing on that day. Therefore I spent my time in settling up and buying essentials in IKEA. However, the sunset time was around 3pm in January. Thus I also bought some supplements like Vitamin D.

I mainly spent my time in exploring Oslo and meeting new friends. I met people from around the world during the orientation week. I also joined the Investment-Capital Management Club for relevant activities.



## Feb 2023

I traveled to Tromso and joined a ship tour in order to chase the Northern Lights. However, I was not able to see it because the cloud was too thick. I also went to Prague, Manchester and Roveniemi with my friends. We went to the Santa Clause village and experienced the food and activities in these countries.



## March 2023

I spent first two weeks in Oslo in order to study and plan my upcoming trip. I then traveled to Stockholm in Sweden. I really love the meatballs and the design of the metro stations there. However, it was too snowy during the time, I was not able to see all the attractions. I then traveled to Gdansk in Poland since I saw an \$87 air ticket. The food was really cheap there. At the end of March, I spend 8 days in Italy with 4 cities (Rome, Florence, Venice and Milan). I would say the quality of food and attractions is the best among the countries that I have traveled to!

## April 2023

I started my easter trip with new friends that I met in the exchange program from Belgium! Then we went to Berlin, Paris, few cities in Switzerland and Barcelona. It was a fruitful trip!

## Mar 2023

I spent most of my time in preparing my exams. The last day of my semester was on 8<sup>th</sup> May. I then traveled to Vienna and Budapest. I returned to HK on 21<sup>st</sup> May.





# General Exchange Information

## Visa Procedures

- Apply your Visa at <https://www.udi.no/> at least 1-2 months before your arrival to Norway. The application needs to be sent to Norwegian Embassy in Beijing to proceed.

## Orientation Activities

- There will be kinds of orientation activities one week before the semester starts. It is a good way to meet friends from around the world through participating the activities together. For example, complete missions in the city, gathering in the student club for dinner.

## Students Societies/Clubs

- There will be a club recruitment day for students to join any clubs they want at the beginning of the semester. I joined the investment-capital management club. It was really a good experience to work with foreign people!

## Accommodation

- Sio is a student service network for handling accommodation in Norway. They provide affordable price for students in Oslo to live. You may also meet students in other universities such as Uio.



# General Exchange Information

## Course Registration

- Bi will send an excel file which includes a list of courses for exchange students. You can check out all the essential information and then submit a google form for registration of courses. Below are the courses that I have studied:

Courses:	Equivalent in HKUST
Sustainable Finance	ESG investing (new)
Real Estate Finance	FINA 3000+
Norwegian History and Culture	Common Core (H)

## Teaching & Assessment Methods

- The teaching mode in Spring 2023 was conducted in a f2f method. So we have to attend physically in person for lessons. In addition, there was no recording for most of the courses.

## Sports & Recreation Facilities

- SIO offers gym membership for around 200NOK (around 120HKD) per month. There are gym rooms in the Kringsja student village (where I lived) and school campus.

## Finance and Banking

- Debit/Credit cards are the most popular payment method in Norway. They use NOK for transactions. Thus, I suggest using Revolut or a debit card for a better exchange rate.



# General Exchange Information

## Transportation

- The public transport is operated by only one company. So the only thing I have to do is to download the “Ruter” app and purchase the monthly ticket for students which was 511NOK per month. Remember don’t use the airport express from airport to city center. Just purchase a single ticket on Ruter from Zone 4 to Zone 1. It is 40 NOK cheaper.

## Telecommunication

- I used 3UK as my main sim card. I purchased it in MongKok. It is convenient as you can choose your preferred data pack (each per month) on their website for at most 6 months. So you don’t have to purchase lots of sim cards.

## Health and Safety

- Norway is a very safe place. Since I didn’t use any medical services in Oslo, I am not able to provide the related information.

## Others

- Remember to bring enough clothes before the arrival (especially in Jan). Make sure you got yourself with a hat, scarf and thick enough jacket and pants. In addition, bring shoes that are water and slippery proof. Also remember to bring summer clothes.





My expenses for the exchange:

Item	Expense (HKD)
Flight Ticket	8000
Travelling	60000
Housing	23000
Transport in Norway	2000
Daily Living Expense	10000
Visa	5500
<b>Total</b>	<b>108500</b>

# Items to Bring

1. Hairdryers
12. Vitamin D
3. 3-in-1 coats Jackets
4. Snow boots
5. Wifi Router
6. Backpack
7. Laptops
8. Phone Chargers
9. Visa Documents
10. Passport
11. BI letter
12. Adaptor
13. Medicine

# Useful Links and Contacts

1. BI Page

<https://www.bi.edu>

2. SiO housing

<https://www.sio.no>

3. Visa

<https://www.udi.no>

4. BI's canvas

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

5. Housing

<https://www.bi.edu/study-at-bi/housing/>

6. Ruter

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

7. ESN Oslo (benefits for students in Oslo like reduction in price for RyanAir)

<https://esncard.org/>