



Exchange Report
BI Norwegian Business School, Norway
Spring Term 2022 - 2023
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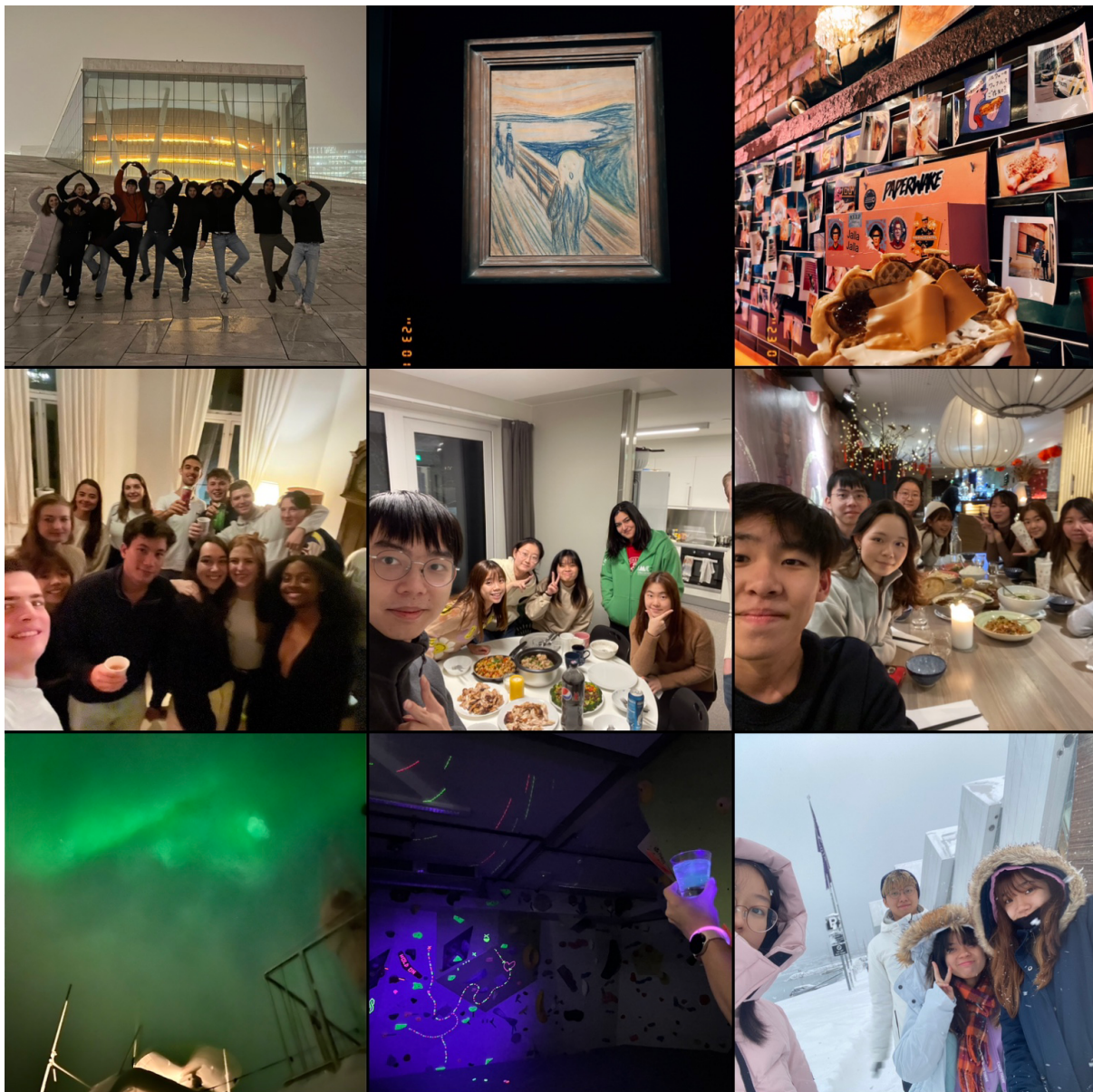
Monthly Activity Log

January

Arrived Oslo on 2nd January. The sun set at around 3:30pm and it felt pretty trippy at first. Attended the BI orientation week, met lots of exchange students from across the globe had great fun exploring the city with them!

Celebrated Chinese New Year with some other exchange students from different Hong Kong universities and two other floormates, definitely suggest cooking together over eating out because of the cost difference (Oslo don't really have nice Asian restaurant anyways) and the cozy wholesome vibes!

Went to Tromso for 3 days at the end of January, saw the Northern Light by joining a night cruise (you can actually just watch the Northern Light from the lake nearby if you live in Kringsja student village in Oslo).

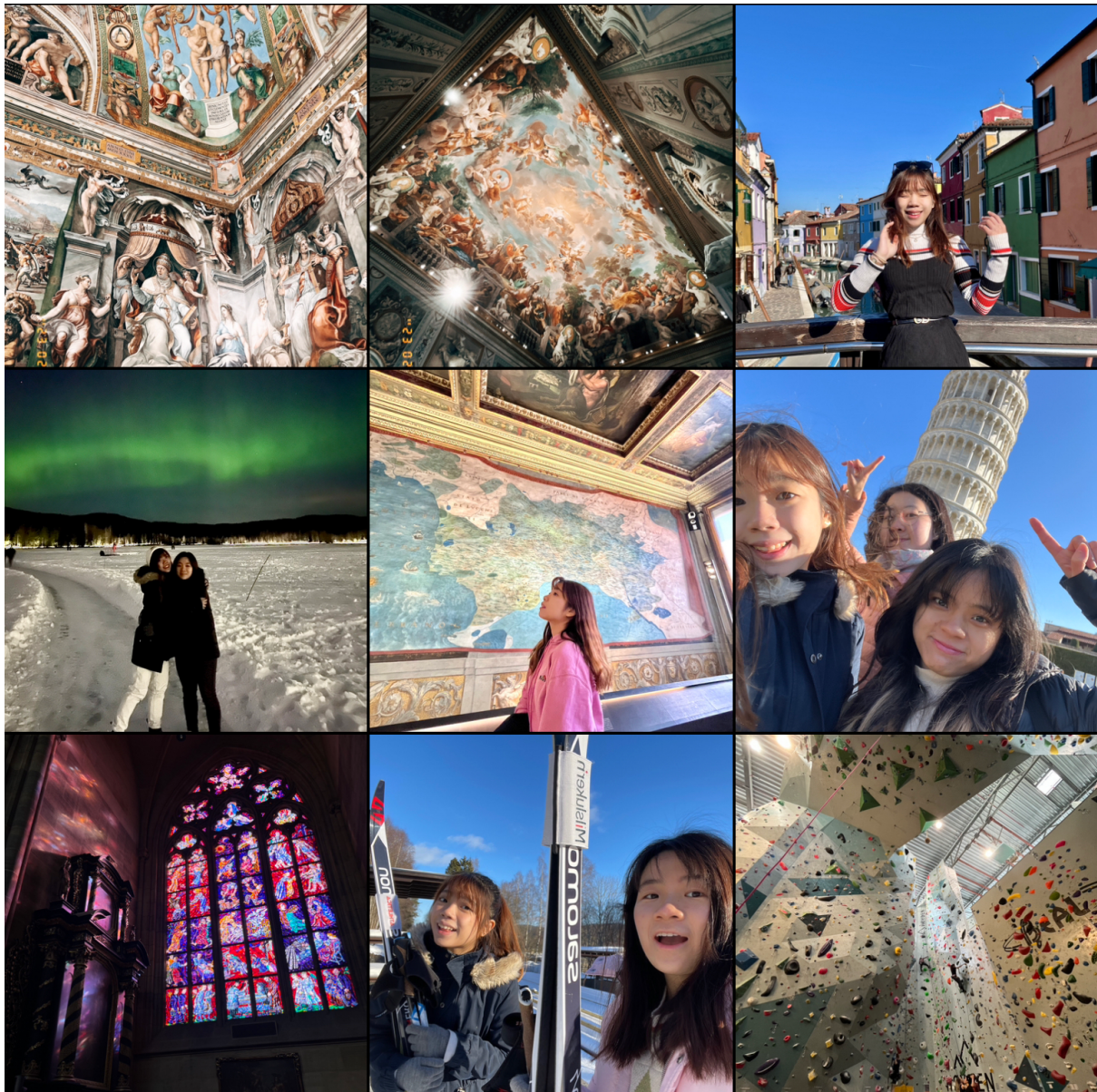


February

Went to Italy for 10 days at the start of February, visited Rome, Florence, Venice, and Milan! Highly recommend going Italy in this month to avoid the peak tourist season later and enjoy a warmer weather than in Norway haha.

A friend of mine from the UK visited me and we went cross-country skiing for 2 days (the most convenient way is to rent gear from Athletica in Kringsja and skii in Sognsvann), we also saw the Northern Light at Sognsvann for 2 consecutive nights (download Aurora app to get notifications when there is a high chance of aurora, would also recommend joining ESN Oslo Whatsapp group to better know if aurora is happening)

Went to Prague for 5 days, did not have the best weather as most days were quite hazy, think the scenic views would be better if we visited at a warmer time.



March

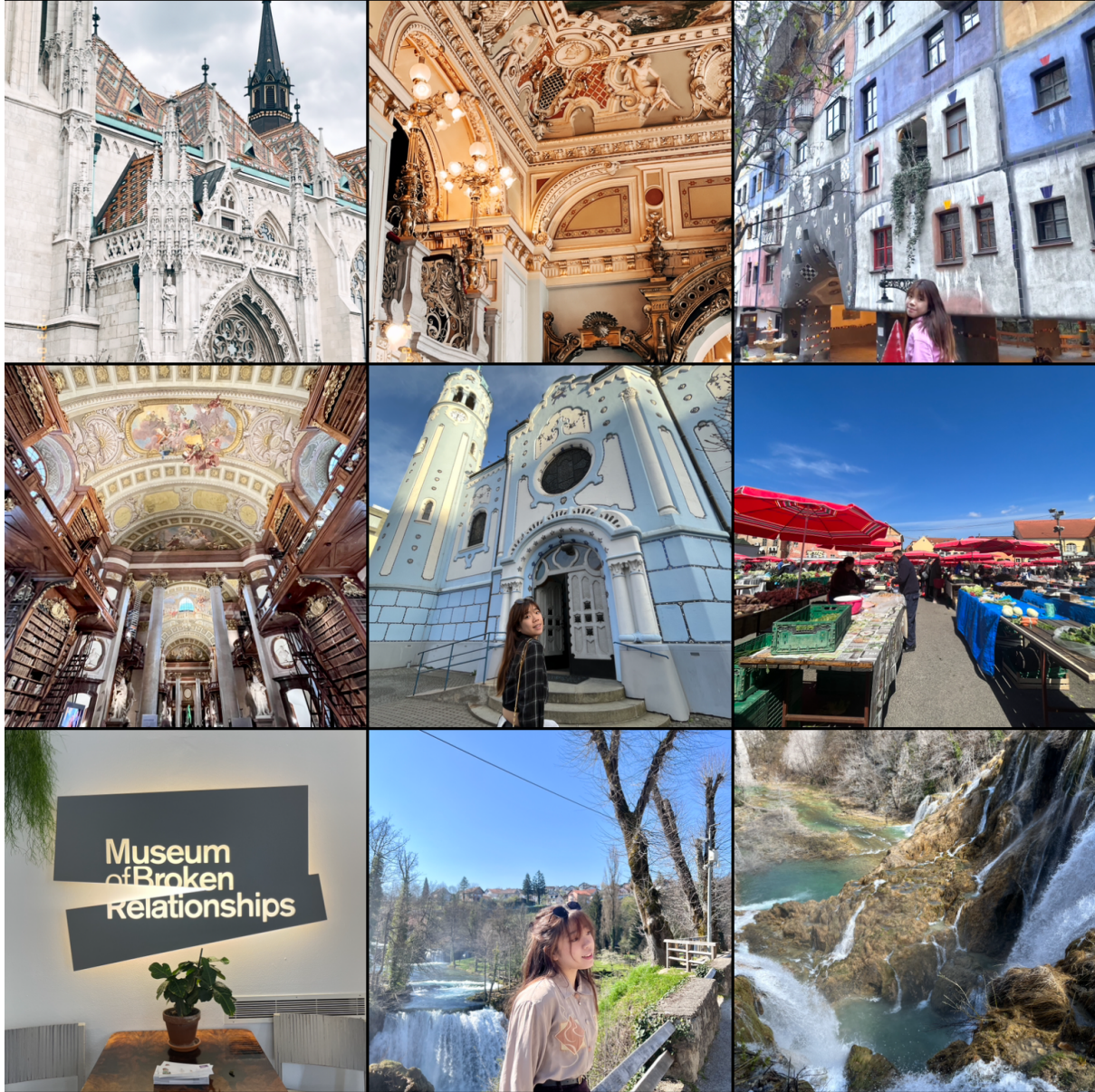
Went to Lithuania, Latvia, and Estonia for 10 days. Truly loved visiting these Eastern European countries for their less touristy and commercialised atmosphere. Highly recommend visiting vintage markets and central food halls! Tried shooting in Riga, definitely a once in a lifetime experience.

Travelled to Gdansk, great place for a weekend trip since everything is closed on Sunday in Norway, so not much to do on Sunday anyway haha. Many other cities in Poland are pretty interesting as well (e.g., the one with the WWII concentration camp), unfortunately I didn't have enough time to visit, make sure to plan ahead your travels!



April

Easter Holiday! Buy your flight tickets at least three weeks before or buy at double the price later. Went to Vienna, Bratislava, Budapest, Ljubljana, and Zagreb in 2 weeks, honestly should have stay longer to explore more lesser-known cities, look up some day trips to smaller towns if you have sufficient time~



May

The sun sets at around 9pm this month, so perfect time to explore more of Norway! Did a lot of day trips to different cities like Drammen, Trondheim, Bergen, and Bodo. The cheapest way to do so is to buy single tickets of outbound and inbound on Flyla with the ESN 10 euro off discount code, each ticket would be less than 30 euro! If you want to take the famous Bergen-Oslo train, try to book in advance for cheaper price, and take the 11pm train for extraordinary sunrise (the pinkish sunrise photo below!).

Went to some Saturday markets and thrift shops in Oslo as well, nice weekend activities for exam week!

Visited Copenhagen for a couple days as well since Tivoli Park is open! 10/10 would recommend if you like rollercoasters and exciting rides!



General Study Abroad Information

Visa Procedures

Make sure to go to the Visa office as soon as you receive the BI letter as it could take more than 1 month to receive your visa and passport back. You would have to make an appointment for your residence permit upon arrival, the appointment link is a bit hard to find and they don't remind you to make that appointment, so remember to spend some time on the portal when you arrived and ask around if you need help.

Orientation Activities

BI has an orientation week where you would be put into buddy groups with other exchange students, great opportunity to meet both local and international students.

International Services & Activities

They don't really have any team specifically that I know of to help international students but they do have the BI info team if you have any questions in general~

Accommodations

I lived in Kringsja student village by SIO, would say it is not the most convenient location since the train only arrives every 15 minutes, and you have to transfer to another line to get to BI, so not much BI students live there. BSN would be the way to go to be honest. The best thing of Kringsja is the lake nearby which is a 5 mins walk, so you can catch the aurora at the say like 3am when you receive notifications.

Course Registration

There weren't much course to choose from since you can only take the ones in English, so make sure to check if you could transfer credit for any available ones. Your course would probably be filled with international students, so make more friends during orientation if you need groupmates!

Teaching & Assessment Methods

Pretty similar to HKUST, gradings are very lenient so just enjoy your time here, no need to stress much about academics~

Finance & Banking

I used the HSBC UK world debit card and Wise debit card for my daily expense since they don't charge fees and exchange currency at market rate without spread. You can only register Wise when you arrive Norway though (also make sure to get referral code from a friend, it gives you 500 - 800kr upon successful account opening!)

Climate

To be honest I don't find it that cold, Uniqlo heat-techs are pretty sufficient, but I guess that varies a lot for different people so better to pack more than less. Get yourself some shoes that are not slippery on ice is incredibly crucial!!

Health & Safety

If you live in SIO accommodation they have a nurse at the UIO campus which you can go. In terms of safety, Norway is really one of the safest country in Europe so you don't really have to worry about things like going out alone, having valuables with you, etc.

Food

Eating out is quite expensive in Oslo and you probably would be disappointment for the food you get with the price you pay, so develop your cooking skills and eat out when you are travelling~

Transportation

Buy the monthly zone 1 Ruter pass and you're all good. You can also add all zones for a day or a month to take the train (instead of Flytoget) to the airport for a cheaper price.

Communication

Norwegians are mostly fluent in English without heavy accents, so no worries in communication. For sim card, I used 3UK Europe + UK topup card brought from HK, it is slightly cheaper than joining EU plan in Norway with service provider like MyCall.

Sports & Recreation Facilities

Cross-country ski is a big thing in Norway, so give it a try, it is pretty easy to learn by yourself and less scary than snowboarding. Make sure to get the most out of this opportunity to try winter sports!

Social Clubs & Networking Opportunities

There was a society fair in the second week of school, they really have all kinds of clubs so just spend some time to talk to the members at the booth~

Cautionary measures

Again, Norway is really safe so not much to worry about. Remember to buy groceries before Sunday, especially if you are travelling out and going back to Norway on Saturday night or Sunday, pretty difficult to get food on Sunday when everything is closed.

Things to bring

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| Passport + IDs | Phone | Computer | Electronics cables | Universal Adapter |
| Clothing | Backpack of larger volume for trips | Crossbody bag for daily use | Personal care stuffs | Hairdryer |
| Sim card | Credit/debit card (you don't really need NOK but EUR could be useful) | Visa and photocopies | | |

Useful Links

School: <https://www.bi.edu/>

Student housing: <https://www.sio.no/en/housing/>

Student discount on flights and other things: <https://esncard.org/>

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