

NHH - Telfer International Exchange

Bergen Norway

Fall 2023

Norwegian School of Economics

NHH



General Information

Program of Study: Bachelor student in Economics

TIP: *Coursework* - Assignments given throughout the semester are not typically graded. Instead you need to obtain an APPROVAL for all assignments. Once all assignments in the course have been approved you are given permission to write the final exam. Typically the final exam is the only 'assignment' that counts towards a final grade

- It does depend on the class but majority of your grade is the final exam or final project but sometimes you do a small presentation in the course

Courses

Firm Strategy SAM15 → The course focuses primarily on game theory and how it can be applied to predict firms behaviors, competition in terms of price + quantity and finally be able to predict strategic interactions. There is also a look at ethical topics for example the price setting in book markets

- There are 2 major assignments for this class you complete in a group of 3 and then there is a final exam
- You must get the 2 assignments approved in order to write the final exam
- There are two 90 minute session classes

Working Successfully Across Cultures FSK20 → The name of the course is pretty self-explanatory where essentially students work collaboratively to understand how to work more effectively with people from diverse backgrounds, cultures and various language levels.

- For this class, the assignments were structured differently
- Mainly you have to write reflection notes at the end of each class where you need to get a min of 8 approved reflection notes. At this point you are assigned a group to do a final presentation which counts as your final grade
- There are two 90 minute session classes

Energy, Environment and Sustainability SAM20 → The course covers a wide range of topics under the umbrella of sustainability such as extraction of natural resources, climate change, etc. The course looks to ties in all these environmental factors into the economy and seeing how economics plays a huge role in influencing countries standpoints on environmental practices

- There are 3 small papers you have to write in a group of 3-4 people, each with a topic you can pick from. The papers are very short, as in 2 pages long
- You also have to do a small presentation on one of the three papers.
- Then once all 3 papers are approved + your presentation, you can write the final exam
- There are two 90 minute session classes

Purchasing Strategy and Supply Chain Management SOL13 → A Lot of this course consists of looking at purchasing functions and strategies, specifically, its role in the supply chain and how critical supply chain management is to a business.

- This class we had one major case study. You formed a group of 3-5 people and picked one of the four case studies. Once you choose a case study to work on, you and your group work on a report/paper for the case answering pre-provided questions and then prepare a short presentation for the class. Once both of these are approved you can write the final exam
- There are two 90 minute session classes

TimeTable Information

General Timeline - Fall Semester

- Welcome Week Aug 14th-21st
- Classes start Aug 23rd
- There is no reading week like uOttawa but there are some days where there are no classes
- Classes start ending around Nov 1st
- Exam period begins Nov 6th
- Usually some classes will still run during the month of november but that is to accommodate the oral presentation dates
- The final final date of exams is Dec 22nd but I am done super early on Dec 7th
 - I had one oral presentation Nov 8th, 2 exams in the last week on November and my final exam was on Dec 7th
- For housing, you get your room starting August 1st, so personally I arrived early on Aug 2nd which gave me time to get over the jet lag, bond with my flatmates and get to know Bergen
- I left Bergen on Dec 18th. You will find most people leave by Dec 20th/21st to get back home in time for christmas and most people's exams are over by this point. Usually people are headed up north to tromsø in order to see northern lights

Pre-Departure:

The Process

There is a lot to do here, but it is fairly straightforward.

#1 Telfer Nomination:

You must sign up and complete the brightspace workshop which you can just signup for when you visit the Telfer Exchange website. Once that is done, you can complete the application online and submit your top choices. This is completed typically in the month of October and you receive your results in the beginning of March... Approx March 3rd

The nomination results form is found at the bottom of the email and explains where you have been selected to attend, minimum course requirements, etc. Even at this point, you still technically have not been accepted into the host school, typically you receive another email from the school themselves (NHH) explaining further steps

#2 NHH Nomination → First Email:

Once you accept your telfer nomination and agree to attend NHH, you will receive an email from exchange@nhh.no saying that you have been nominated and need to complete the application. The application is super important and better to do it sooner rather than later. Typically you have to upload the application, transcript and a photo ID of your passport. You do not need use the official transcript, the unofficial one off of uozone will work, and you can just take a photo of your passport. I received this email about 3 weeks after my Telfer nomination so roughly March 24th

#3 NHH Housing → Second Email:

Following your application being uploaded, you receive an email from the NHH housing organization, Sammen, in regards to housing. There are clear steps in the email to follow for you to apply for housing. Make sure to apply before May 15th because you are guaranteed residence and international students take priority. You will receive your housing offer usually 2 weeks after you have applied so do not worry. I got my housing offer April 3rd but you should expect an offer within the first week of April

#4 NHH Acceptance → Third Email:

Not to worry, you likely won't hear from NHH again for awhile after the second email. In this third email you find out if you have been accepted into their school program. This is very exciting and you have until June 1st to officially accept the offer. At this point you should now begin gathering the required documents for your study VISA and begin planning your arrival to Bergen.

Housing

All housing is conducted through an organization called Sammen

When you receive your second email about housing you are able to select your preferences as to where you want to live. There are 2 main housing options in Bergen. They are *Hatleberg* which consists of NHH students right by the campus and there is also *Fantoft* which is about 30-45 minutes away from the campus by transit, and it mainly houses international students.

When you apply for housing, you can choose preferences. I had put in Hatleberg but was actually given a room in Fantoft. I had a slight issue with my housing because Sammen, the main coordinators for housing and student welfare, had a space issue and needed to move me to a different room. Originally I was to be in a shared room with one other person where we would

share a kitchen/living space and bathroom. Then I was moved to another building where I shared a flat with 16 people including myself. There is a massive shared kitchen and living space + balcony. There are 8 rooms total where 2 people share a room and a bathroom.

Personally, I got really lucky with this option because only sharing a room with one person is quite limiting and if you're a little bit more shy and quiet like me, it's harder to get out there and meet people if you only share one room with one other person. But in the 16 people shared kitchen it worked out super well and I got to know so many more people and became close with my flatmates.

So personally I would recommend applying to fantoft and trying to get the shared kitchen with 16 people. Hatleberg is also nice if you do not want to commute everyday, but fantoft has more of a community vibe to it and has been newly renovated.

A slight side note, international students are slightly more receptive to meeting new people, whereas people in Hatleberg are usually in their masters, have been in Norway for quite some time and already have their friends groups. Another reason as to why I recommend Fantoft.

VISA Application

Canadians are allowed to stay up to 90 days VISA free in Norway, but seeing as how the exchange is longer than 90 days you HAVE to apply for one. The Visa was about \$700 Canadian.

You will follow the UDI Checklist <https://www.udi.no/en/>

- Click on want to apply - In the section that says "the applicant is a citizen of" type in Canada and it gives you options that apply to you
 - Scroll a bit to the bottom and click on study permit and then study permit again (not vocational training and research)
 - After clicking study permit for the second time you click on - studying at college or university where you then get the requirements
 - Then you click on how to apply, click on no i am applying from abroad, type in your citizenship and it'll bring you to a page that tells you what documents and info to gather when you apply for your Visa
 - There is an online application you fill in and submit before you go to submit all other documents
- Once you fill in the application online you must go IN PERSON to VFS in either Toronto, or Ottawa and hand in the required documents
 - <https://www.udi.no/en/want-to-apply/studies/studietillatelse/university-college-or-university/how-to-apply-for-a-residence-permit-for-a-student-at-a-university-college-or-university/?r=can&n=n&c=can>

You have to book an appointment with VFS, make certain you pick the next available date because it can take some time. I only waited 3 weeks which was on the faster end. Make certain when you book an appointment you choose a residence permit. They will take your passport so

ensure you don't have any international trips planned where you will need it. I got my passport back after 1 week.

<https://visa.vfsglobal.com/can/en/nor/book-an-appointment>

These are the required documents you have to bring with you when applying at VFS according to the UDI checklist

1. Passport and copy of all used pages in passport
 - a. I did not need to give copies or scans of my passport because they took my actual passport but still good to have backups
2. Signed or official acceptance letter from NHH
3. 2 new/recent passport photos
 - a. I got mine done at VFS and its about 10-15 cad dollars to do them there
4. A signed cover letter from when you submitted the application online
 - a. You sign the form and its the application submitted on UDI
5. Documentation to prove you have sufficient funds for living expenses
 - a. I submitted screenshots of my personal banking statements, TFSAs and RESPs, etc.
6. Documentation to prove you can pay tuition fees
 - a. I submitted a screenshot of my OSAP grants/loans from the previous and current year of what i was predicted and I also submitted the uOzone statement of account document to prove I have previously paid tuition fees, no outstanding balances and i paid them on time
7. Documentation to show you have somewhere to live in norway
 - a. This can be your signed lease agreement with Sammen
 - i. If your housing changes that is okay, mine had changed after i had submitted the application, it only becomes an issue if you are now completely without housing
8. UDIs checklist printed out and signed

Planning your Flight

I flew with KLM because it was the cheapest option compared to Air canada. I did fly business class so i cannot say exactly how much my flights were, but when my mom and best friend came to visit me they each paid roughly \$2500 round trip. Definitely plan to arrive in the morning of Bergen because Sammen (NHH housing organization) has limited hours and you have to go pick up your keys to get into your room. They usually close around 3pm.

Transit:

Bergen has some of the best transit ever. All the buses arrive on time and the transit system runs all over bergen. Bergen has something called the Bybanen - the light rail (or Ottawa's o-train). It

runs from the airport, to fantoft which is about the halfway point in the line and the last stop is in Bergens City center. Bergen also has plenty of buses that all arrive on time and you have many different options to take in case you miss one

When you arrive at the airport There are a few different options to get to where you need to go. From the airport to Fantoft it will take you about 30 minutes. You can take the lightrail since it's right at the airport. If you go to Hatleberg you take the lightrail all the way to the city center and get on either the 3, 4, 12 or 19 bus to Handelskøylen which takes approx 1.15 hours.

What is Bergen known for?

Bergen is huge for hiking. There are 7 major mountains around Bergen and lots of other great hiking trails nearby. The country Norway itself is just simply beautiful and great for hiking enthusiasts. It's a great place to challenge yourself and become an outdoors person.

If you aren't an outdoors person there is still a great city center to explore, shop, and easy trails to walk still with amazing scenery.

Budget

The cost of living is pretty high in Norway but definitely manageable. I have provided a monthly expense breakdown below in Canadian dollars. This should also be budgeted for 5 months.

Housing	Groceries	Transportation	Phone	Other
\$500	\$320	\$65	\$80	\$135

In total you should plan to spend \$1100 a month. Of course there are ways to reduce this by choosing a cheaper phone plan, not eating out, little amount of shopping, etc.

I didn't do alot of eating out because it is expensive so I can't give an accurate estimate for restaurants but they should be saved for a special occasion as a meal can cost at least \$80.

Should also keep in mind that the VISA costs \$700.

I didn't need to spend any money on textbooks but this is dependent on the professor

Tips and Tricks

- Phone Plans: you can get a prepaid SIM card with either Telia or Telenor → the two main cell phone providers
 - You can also go to a 7-eleven and get a pre-Paid SIM card and become a Mycall customer which personally i think is the better option because you can do everything online

- Download the Student ID app once you have registered with the School
- Download CANVAS, we use this instead of Brightspace

Summary

Overall, I wouldn't trade this experience for anything. It's truly challenged me as a person in every aspect of life. Moving abroad isn't easy but it's the perfect opportunity to push yourself outside your comfort and see what your capable of. I've made so many friends here that have contributed to the experience and now I have friends from all over the world. It's so cool to see a different way of life and culture from your own which in my opinion helps you grow as a person. The school itself is also really great as its one of the leading schools in business with neat classes. I've added some pictures below to show off my experience and share how great the experience was.







