



# Lappeenranta University of Technology

## An exchange report



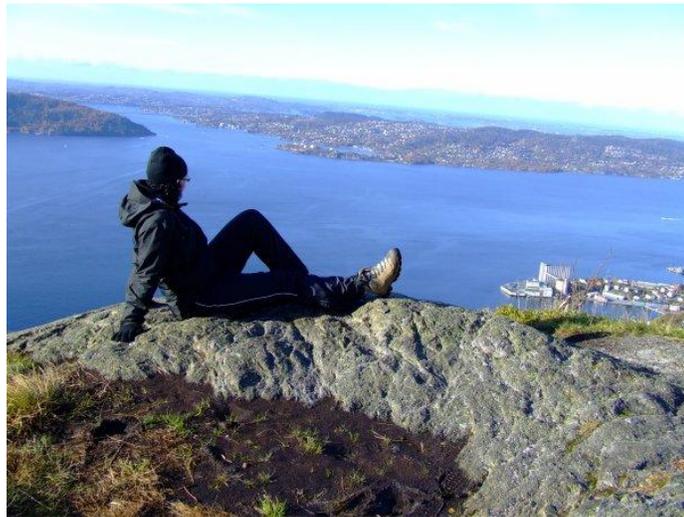
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## Introduction

This is an exchange report written by a MITIM 2010 student, Titta Karhunen after a semester of studies at the Norwegian School of Economics and administration in Bergen, Norway.

The idea of this report is to provide a usable guide for the future students heading on Bergen while they are preparing themselves for the exchange period.

Photos are provided by Titta Karhunen.



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## **1. Admission and useful things to know before coming to Bergen**

Applying to the change was quite easy. We had to apply the change from both Universities' Lappeenranta University of Technology and from St. Petersburg State University, Graduate School of Management. This is because of MITIM students study the double degree in both universities. The exchange places were given from the Graduate School of Management quota.

I wanted to go to exchange to Switzerland or London, but there was only places for Copenhagen, Rotterdam, Bergen and some German city. I was chosen to study in Bergen.

There was very little to do before going to Bergen. Courses were selected when arriving to Bergen. The application for student housing and some identification papers were to filled out and send by email before going there. Letter of being approved to study in NHH came by mail and email.

There was no need to apply for visa or take any special vaccination, mainly because I came from Finland, which is part of EU.



## **2. Studies at NHH**

### ***2.1. Teaching methods***

Lectures at NHH are conducted in an interactive style. Students are not forced to join in the discussions but in order to respect the local style it is heavily recommended. Some of the courses are considered that the oral participation is compulsory. It was graded and the grade was 60 % of the total grade. The course materials are usually made available prior to the lectures, so one can get familiar with the topics beforehand. Lecture notes were posted in the school's student web (It's Learning) and articles and books were sold in the schools book shop. Mainly all the Norwegians and exchange students bought the new books. Price was from 50 € up. The atmosphere is quite laid-back and the professors are open to reply to questions and criticism. Professors were from different countries and all the professors used good and clear English language.

### ***2.2. Facilities***

NHH premises at Helleveien are located from few kilometers from the city centre. Bus takes about 10 minutes to city centre. Premises are really nice and modern. There are two buildings, the main building and the Merino, which is lower in the hill next to sea shore. The library is very well equipped with computers, textbooks and a wide collection of periodicals. E-databases and e-libraries are available via library computers or by NHH Wi-Fi. Printing and copying is possible but not free. The library gives to student a certain amount of credits for printing and copying, which at least for me was enough.

The classrooms are small auditoriums or normal classrooms.

NHH has two cafeterias, one in each of building and they offer lunch every day. The menu is rather European. Food is expensive and hardly anybody buys their lunch there. On Fridays they usually offer rice porridge, which I really enjoyed. Own lunch and sandwiches are carried from home and if you live in Hatleberg, it is also easy to go home for lunch. Nearby the school is Rema1000 grocery store.

### ***2.3. Exams and tests***

There are two semesters, the autumn and the spring, and the lectures last one entire semester (unlike in period-based structure). However, there are term paper reports instead of so-called mid-term exams. Students can consult the teacher about the term paper. In one course we had consultation sessions with the professors. Semester started on August with an orientation week and continued until December, including the exam period.

The final exams started in November and lasted until December. The full work load for one semester is 4 courses (7, 5 ETCS per course). I chose to study Change Dynamics and Capabilities, Business Location Decisions, International Strategy and The Energy, Resource and Environmental Industrial Sector.



### **3. Accommodation, money, travelling, shopping**

#### ***3.1 Hatleberg dormitory***

Before going to Bergen NHH had arranged all the exchange students' accommodation from Hatleberg student dormitory or from the Fantoft (many kilometers from the school). Accommodation in single room cost about 400 euros per month. Some of the blocks are renovated and that is why the price was higher than in the blocks which were not renovated. Room included table, chair and bed. We had to buy our own linen, towels and other necessary things like lamp and garbage bin. There were also no plates or other kitchen equipment. Kitchen was common for all the residents (6) in the floor. The kitchen was highly equipped and all the machines were new. All the rooms have their own Internet access and it is included in the price.



There is always an option to rent a flat of your own, but the rents are really high. I was satisfied with the dormitory, I got to know really nice people and we didn't have any problems.

#### ***3.2 Converting money***

You can convert EUR to NOK in all the banks in Bergen or just draw money from the ATM. Unfortunately I noticed that my master card was not working in the local shops, so I had to draw money every time. I also paid the dormitory rent by my Internet bank. I didn't feel the need to open a Norwegian account.

### **3.3 Travelling**

It is quite easy to travel in Norway. Norwegian airlines offer affordable flights and the train is also one alternative way to travel if you are not travelling in a hurry. Flights for example from Bergen to London costs around 40 euros. The local transportation is also well organized. Buses are running all the time and even in the night there are few buses running from center to Hatleberg. Taxi costs from the airport to the dormitory around 450 NOK and the airport bus 85 NOK. The normal fee of one bus trip is 24 NOK, students can buy a monthly bus card and get a discount.

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### **3.4 Shopping**

There are few places to go shopping. One nice shopping mall is in Åsane, which is in the North part of Bergen. It is easy to access with bus. There is also IKEA for household shopping. In the city centre you can find many department stores and a lot of clothing shops. All the tourist attractions as Floyen and Ulriken are selling tourist shirts and other products. If you want to go further for shopping, Oslo is one option, of course the train trip lasts many hours, but it might be worth it.

## **4. Free time and hobbies**

During our semester at NHH we had the opportunity to fulfill some of our hobbies wither by the support of NHH or by discovering by ourselves what does the city has to offer for hobbies and leisure activities.

### **Sports**

- a) **Football:** there were a lot of football fields in the city. Some of the exchange students gathered a football teams and played many times a week.
- b) **Volleyball:** NHH has a volleyball team and it is possible to apply the membership.
- c) **Swimming/ squash:** there were SIB swimming halls and also near the school in SIB sport center called Lehmkulhallen, were one can play various sports including squash.

- d) **Jogging/Hiking:** For runners the city is ideal and hikers especially. There are several mountains with different paths to choose. This is the hobby for old people to young people.
- e) **GYM:** There are several gyms in the city. As a NHH student you can join the SIB and pay less than 100 euros for one semester membership. The membership includes access to various sporting centers around the city. Price includes, gym, different guided lessons from boxing to yoga and spinning. There is also a climbing, solarium and sauna.
- f) **Billiards:** A big billiard table is located in the Hatleberg student dormitory's Reception. There is also ping pong and other games available.
- g) **Skiing/ Downhill skiing:** We gathered a group of students (9) and we made an excursion to Hemsedal for 5 days. We rented a car and cabin. All the costs of the trip per person including the car, cabin, skies and the skiing ticket for 4 days was about 400 euros. Food was not included to the price. I warmly recommend to visit Hemsedal, if you are interested on snow activities.





### ***Trips & Excursions***

**Organized by NHH:** International students were invited to several different kinds of trips. One of the trips was a cabin trip to Kramboden and another was a hiking trip to mountains. NHH also organized a Baltic countries- Russia trip for 9 days. Smaller trips were a bonfire in the woods.

**Self organized excursions:** some of the international students organized trips by themselves and visited Stavanger, Hemsedal and other countries like UK.



## **Nightlife**

The city is full of pubs, bars and clubs. NHH has also its own club called Klubben. They serve beer and cider there. The school was very active on organizing of different kinds of events and theme parties; we had 90's and Halloween parties, not forgetting Bierstube (German) and Sensational White parties. A lot of fun and nice way to meet your new friends. The normal party days were Thursday, Friday and Saturday. Usually the pre parties were held in the dormitory.



## **6. Usefull links**

<a href="http://www.nhh.no">www.nhh.no</a>	
<a href="http://www.sib.no">www.sib.no</a>	
<a href="http://www.norwegian.no">www.norwegian.no</a>	