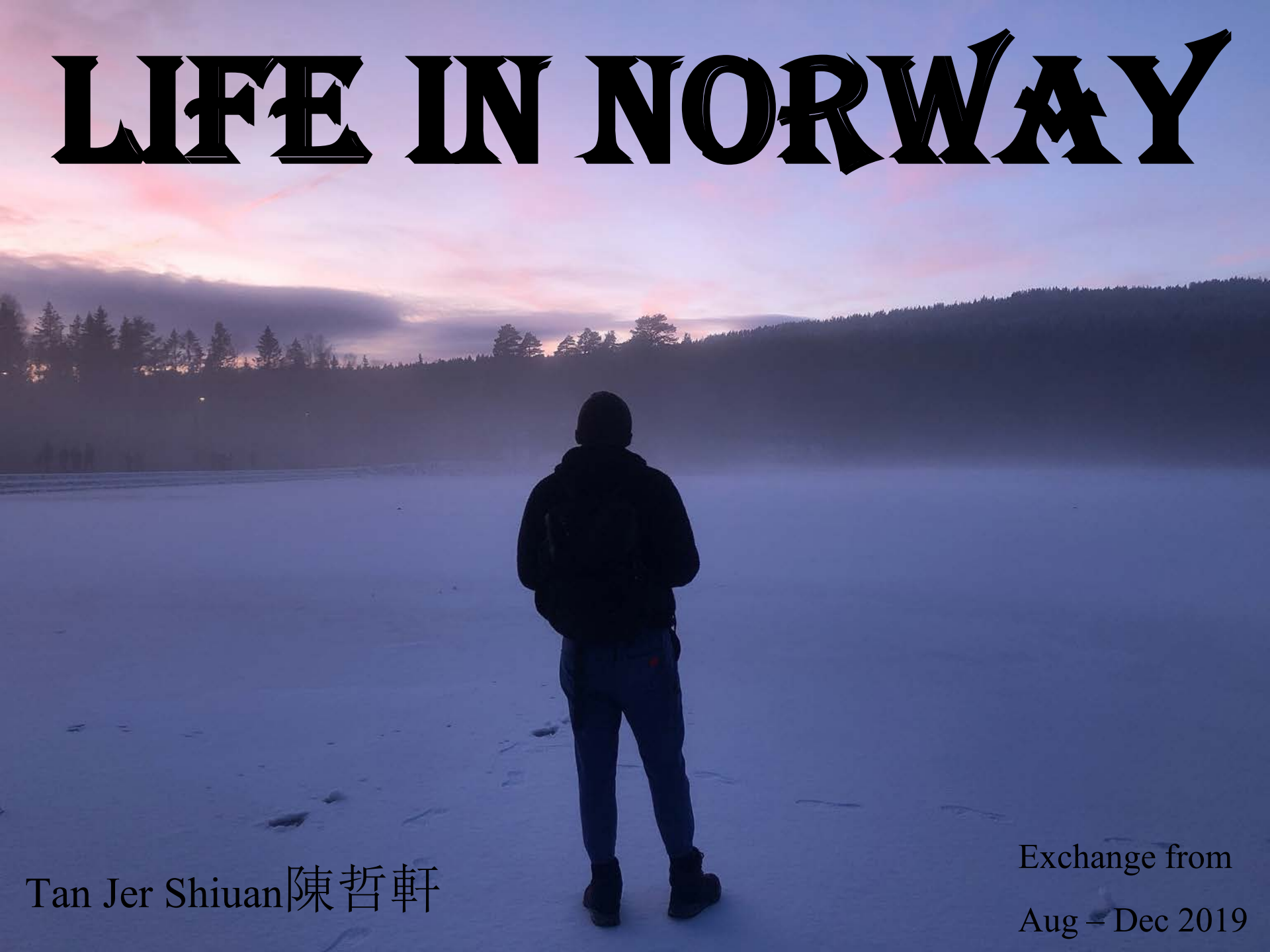


LIFE IN NORWAY

A person in a dark jacket and light-colored pants stands with their back to the camera, looking out over a vast, flat, snow-covered landscape. The sky is a mix of soft pinks, oranges, and blues, suggesting a sunset or sunrise. In the distance, a line of dark evergreen trees marks the horizon. The overall mood is quiet and contemplative.

Tan Jer Shiuan 陳哲軒

Exchange from
Aug – Dec 2019

First family to invite me over for dinner

Authentic Norwegian dinner

Salmon, cod, potato and full of love.



Thanks to a homework which lead me to know this family, a norwegian with a chinese wife.

Feels like home when I get to speak chinese over there.

He is my gym client and I am proud to say for the past three months, his improvement astonish me.

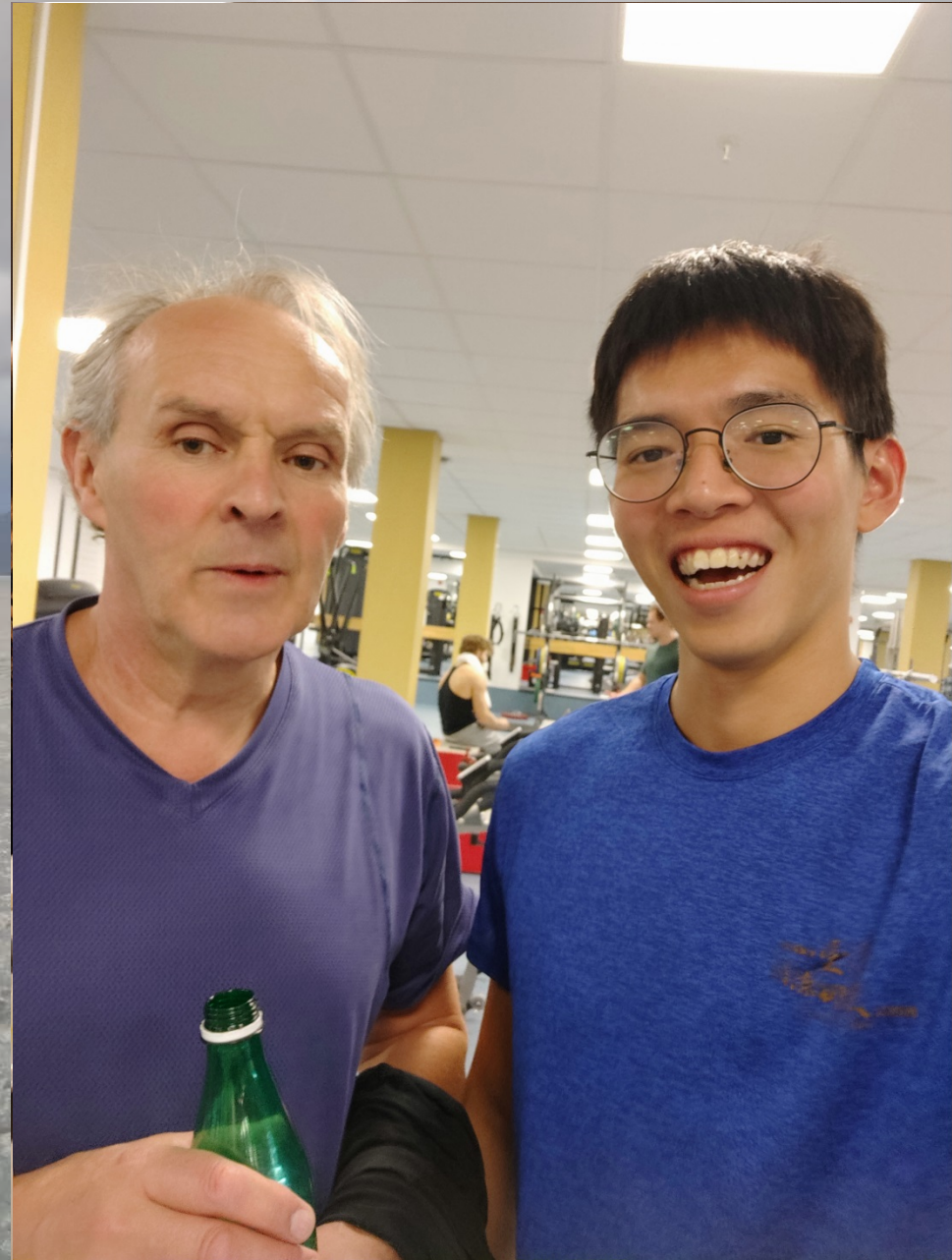
Thanks for giving me this chance Mr Tron.



Christmas Eve Dinner

Thank you Professor Jørgen for
inviting me to this wonderful
and glorious authentic
Denmark/ Norwegian dinner
party

Fill with PHD students, Top
scientists and me, a bachelor.
Gain a lot of knowledge from
different expertise which make
me wonder if I even know



Christmas Eve Dinner



MR THOMAS

This is Thomas, half Hong Konger, Half Norwegian, All Fun!

He being able to speak cantonese really impressed me, but the one I am impressed the most is his ability to solve all of the exchange students problems in a flash.

Easy going guy, a great listener and a perfect guy for a chat.

Take us in during Christmas and make dinner for us while exchanging stories. A really great christmas and life in Norway because of him.



A wide-angle photograph of the Norwegian School of Sport Science building at dusk. The building is a modern, multi-story structure with a mix of brick and large glass windows. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. In the foreground, there is a paved area with a small, circular green lawn in the center. A tall, thin flagpole stands near the lawn. The overall atmosphere is calm and serene.

Norwegian School Of Sport Science

Norges Idrettshøgskole

Facilities



SUMMARY OF NORWAY

These past 5 months in Norway really make me into a more mature, independent and a version which I see improvement in.

How the school provide their teaching and how the examination is given really shows why this sport university is ranked number 2 in the world. I am really grateful to my parents as they are the one that make it possible for me to survive over there, and a special thanks to my girlfriend who push me and force me to take up this exchange program which make me into able to visit such a beautiful country and able to study in one of the best sport university.

Although Norway is an expensive country, but it is a country filled with lots of beautiful landscapes and beautiful people. The food there is also unique and have a special taste of their own.

So far the only thing I regret is not being able to see the aurora lights due to bad weather.

Having friends from other countries also prove to be quite challenging and fun as we have different cultures, habit and everything is different. But sharing and learning our difference proves to be fun and unique at the same time.

Going on trips is really hard on my wallet as Norway is considered one of the highest expenses country to travel in.

But the good thing is that as a student you can work in Norway, even though you do not speak their language. But since I was the first one who went over there, I did not found anything about it till my second month stay over there, so I am quite pissed as these information can't be obtain online but through self searching there.

The downside of this university is that they do not provide norwegian language class which is quite sad.

Overall, I 100% recommend partaking in this exchange program to Norway as it is a really great experience and if you are really interested in sports, it is a must go!

THAT'S ALL FOR NORWAY

