

Visit Report

By Chengliang Yang

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Thanks to the collaboration project between Høgskolen i Østfold University College in Norway and Beijing Jiaotong University in China, I was lucky to be an exchange student of Østfold University College from August 12 to November 12. In this article I would talk about my impressive experience here for three months. I study in Beijing Key Laboratory of Flow and Heat Transfer of Phase Changing in Micro and Small Scale, School of Mechanical, Electronic and Control Engineering, Beijing Jiaotong University. My study focuses on battery thermal management.

After ten-hour flight from Beijing to Oslo and two-hour bus, I arrived at Fredrskstad, clean and cloudy. And then at the school I was excited to meet the Prof. Wu who was my coach of the project here with Prof. Olav. After registering in the school and coping with other things, I and my classmate Dou Huang were taken by Prof. Wu to the dormitory in which there are four rooms, two toilets and one kitchen. And finally I settled down. It was exactly the beginning of an autumn semester, and so many interesting activities were provided for us new students to be involved in. As an exchange student, I was taught about many regulation and information about study and life here. It was so thoughtful and sweet for the school because almost all aspects of a exchange student's life are considered carefully.

As for my study here, I am relaxed and free to study in the school or in the dormitory. Prof. Wu, Prof. Olav and me agreed to have a coach meeting every week to talk about my paper which would be published in the future. I need to email the latest draft which had been revised according to the advice in the last meeting to Prof. Wu and Prof. Olav two days before the next meeting. They would read the draft and would give me some valuable advice in the meeting. I would keep polishing my paper until it was good enough. This plan went very well in this three months. Through so many times communication with Prof. Wu and Prof. Olav, my English listening and speaking have made great progress, the same with my reading and writing, that was very helpful for the writing of my academic papers. It is very knowledgeable, experienced, patient, genial and responsible of Prof. Wu and Prof. Olav to improve my paper step by step. Now I have finished my paper. I sincerely thank them.

Another wonderful thing was that Prof. Olav and Prof. Wu arranged me to visit the Torp Mechanical Workshop at November 7, 2019. The engineer of the workshop introduced me about their designed mechanical product for the special customers, then he took me around the workshop in which there are many machines. At last I make a summary presentation to Prof. Wu and Prof. Olav to end my three-months exchange study course.

There are also many people in the school having done a great favour to me in study and life, such as Fahad who was my buddy student, showed me around the school and gave me much important information which made me familiar with this unknown environment; Ellen who taught me a lot of practical information and helped me apply for a residence permit; Tore who lectured me how to search articles, use library supportive functions, and some reference or report issues; Lasse, an English teacher, modified my academic papers in terms of English language; And many many other people. The people here are all kind, friendly and helpful, which made me at ease. I really appreciate them.

As for life here, there are so many people and things worthwhile being written down. I and my classmate Dou Huang met another two Chinese exchange students Fang Yang and Na An from Shaanxi University of Science and Technology. Fang Yang lived and ate with us, Na An ate with us but lived in a Norwegian family whose hostess is a Chinese. We called her Aunt Chen. We were all very happy to live together. Aunt Chen had invited us four to have dinner in her home twice, and the two times dinner were so delicious and impressive. It was very convenient and satisfactory to live in the dormitory. There are many supermarkets nearby, and we often went shopping to buy some food to cook. It may take a lot of time for us to cook by ourselves, but it made us happy and trained the skills of our lives. But due to a water flood, I had to move to a Norwegian family to live for the last one month. It was also wonderful for me, but it was sad because it was far away from the school. This house is located by a river and it was delightful for me to watch a lot of beautiful scenery.

There are two campuses of Østfold University College, one is in Halden and the other in Fredrikstad. And I lived in Fredrikstad, one of the largest cities of the Eastland. This city is so beautiful and historical. I went to the old town by boat. I saw many ancient buildings in the old town. River, green grass, blue sky, white clouds, birds, boats, tall trees, hills, roads, colorful houses and happy people are all fantastic. I like this city. The school arranged us to take a trip to Bergen for free, the second biggest city in Norway. It was also a beautiful city by the sea. In the two days in the city, I shared a room with an exchange student Bao from Vietnam, which is close to my country China. I and Bao went to many meaningful and beautiful places and took a number of photos to record these happy moments.

That's all about my experience here. It is wonderful for me to experience a totally different life and culture in a beautiful country. This is my first time to go foreign. I hope our two countries will make great progress on communication and cooperation. And I wish Norway will keep this beautiful forever. I will go back to China soon, and I kind of miss my own country. I am grateful for the people I have met in these three months. I like this city Fredrikstad, I like this country Norway. And I will miss this beautiful place someday in the future.





