

LESSON NOTES

Basic Bootcamp #1

Self Introduction: Basic Greetings in Norwegian

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Vocabulary Phrase Usage
- 4 Grammar

1

NORWEGIAN

1. Ole: Hei, Jeg heter Ole, Hva heter du?
2. Maria: Hei Ole, Mitt navn er Maria.
3. Ole: Hyggelig å møte deg.
4. Maria: I lige måde.

ENGLISH

1. Ole: Hello. My name is Ole. What's your name?
2. Maria: Hello Ole. My name is Maria.
3. Ole: Nice to meet you.
4. Maria: Me too.

VOCABULARY

Norwegian	English	Class
heter	to be called	
Hyggelig å møte deg.	Nice to meet you.	expression
I lige måde.	Thanks, you too.	phrase
jeg	I	pronoun
hei	hello	interjection
Mitt navn er	My name is... / I'm called...	expression

SAMPLE SENTENCES

<p>Jeg er ikke hjemme nå.</p> <p>I am not at home now.</p>	<p>Jeg liker ikke servitøren.</p> <p>"I don't like the waiter."</p>
<p>Jeg kjenner ikke henne.</p> <p>"I don't know her."</p>	<p>Hei jeg har ikke sett deg på en stund.</p> <p>"Hello, haven't seen you for a while."</p>
<p>Hei, hvordan går det Maria?</p> <p>"Hello, how are you Maria?"</p>	<p>Hei, Maria.</p> <p>"Hello, Maria."</p>

VOCABULARY PHRASE USAGE

Navn and *heter* should not be confused with each other. *Navn* is the noun "name" and is used mainly to inquire about a name specifically.

Heter on the other hand is a verb and means "is called." It is mainly used when talking about people.

For Example:

1. *Jeg heter---*.
"I'm called---."
2. *Alle har et navn.*
"Everybody has a name."

Hyggelig is like the English "Nice." However, don't confuse it with *snill* which also means "nice." Although both can be used for the same purpose *Hyggelig* implies a more formal meaning.

We can't really translate *I like måte*. Literally it means "In the same way." It is a Danish phrase, but also used in Norwegian. It has only one specific use, and that is to formally reply that you say the same as the other person. "me too," or "with the same intention."

For Example:

1. *Lykke til med eksamen.*
"Good luck with your exam."
2. *Takk, I like måte.*
"Thank you, you too." (Assuming both have exams)

GRAMMAR

The Focus of This Basic Bootcamp Lesson Is How Asking Somebody Their Name.

To ask someone their name, just ask *Hva heter du?* Literally, this means "What is called you?"

The first word, *Hva* means "what." It is followed by *heter* which has the meaning of "is/am/are called." And the word for "you," *du*.

<i>Hva</i>	<i>heter</i>	<i>du?</i>
"what"	"is/am/are called"	"you"

Hva heter du? with this question you'll be able to meet people easily in Norway.

You can reply to this question with: *Jeg heter* (name):

For Example:

1. *Jeg heter Filip.*
"I'm (called) Filip."
2. *Jeg heter Ole*
"I'm (called) Ole."

LESSON NOTES

Basic Bootcamp #2

Talking Nationality in Norwegian

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Vocabulary Phrase Usage
- 3 Grammar

2

NORWEGIAN

1. Ole: Hei. Mitt navn er Ole. Jeg er Norsk.
2. Maria: Hei, Mitt navn er Maria. Jeg er Engelsk.

ENGLISH

1. Ole: Hello. My name is Ole. I'm Norwegian.
2. Maria: Hello, I'm Maria. I'm British.

VOCABULARY

Norwegian	English	Class
jeg er	I am	phrase
Norsk	Norwegian (nationality)	noun
mitt	my	adjective
Engelsk	British (nationality)	noun
navn	name	noun

SAMPLE SENTENCES

Jeg er skuffet. "I am disappointed."	Jeg er sulten. "I'm hungry."
Er du norsk? "Are you Norwegian?"	Husker du navnet mitt? "Do you remember my name?"

Nei, Jeg er Engelsk. "No, I'm British."	Kan du skrive ned navnet ditt? "Can you write down your name?"
---	--

Har du skiftet navn?

"Have you changed your name?"

VOCABULARY PHRASE USAGE

To say you are a certain nationality, just say the phrase **Jeg er**, which means "I am" and add your nationality, let's say *Engelsk* ("British") after it to the end. "I am British." To change nationality to, say Russian, use the same *jeg er* and just add the word for "Russian" at the end: *Jeg Er Russisk*.

GRAMMAR

The Focus of This Boot Camp Lesson Is to Teach You How to Talk About Nationality

Let's take a look at the dialogue again.

Maria: *Hei, jeg er Maria. Jeg er Engelsk.*

We start with a self-introduction ("Hello, my name is Ole"). Then we say our nationality, *Jeg er Russisk*.

For examples:

Norwegian	"English"
<i>Jeg er norsk</i>	"I'm Norwegian."
<i>Jeg er russisk</i>	"I'm Russian."
<i>Han er Amerikansk</i>	"He's American."
<i>Hun er Engelsk</i>	"She is British"
<i>Er du Japansk</i>	"Are you Japanese?"

Er du Kinesisk

"Are you Chinese?"

Kjæresten min er Fransk.

"My Girlfriend is French."

Kjæresten min er Italiensk

"My boyfriend is Italian."

LESSON NOTES

Basic Bootcamp #3

Useful Phrases for Learning Norwegian

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 5 Vocabulary Phrase Usage
- 6 Grammar

3

NORWEGIAN

1. A: Unnskyld, hvordan sier man "cheese" på norsk?
2. B: ost
3. A: Unnskyld, jeg fikk det ikke med meg. Kan du si det en gang til?
4. B: Ost
5. A: Litt saktere er du snill.
6. B: O-st
7. A: Kan du skrive det ned for meg, er du snill?

ENGLISH

1. A: Excuse me, how do you say "Cheese" in Norwegian?
2. B: Cheese.
3. A: I'm sorry, I didn't understand. Say it once again, please.
4. B: Cheese.
5. A: Please, speak slower.
6. B: Che-ese.
7. A: Write this down in Norwegian for me, please.

VOCABULARY

Norwegian	English	Class
på norsk	in Norwegian	adverb
si det	say that	phrase
kan	can, may	verb
sier	say	verb
hvordan	how	adverb
en gang til	once more, one more time	phrase
fikk	get (got)	verb
unnskyld	Excuse me. / I'm sorry.	interjection
man	one	pronoun
er du snill	please	interjection
det	that	pronoun
ikke	not, don't	conjunction
med meg	(with) me	phrase
litt	a bit	adverb
saktere	more slowly, slower	adverb

SAMPLE SENTENCES

<p>Hva kaller man "fish" på norsk?</p> <p>"What is 'fish' called in Norwegian?"</p>	<p>Kan du si det en gang til?</p> <p>"Can you repeat that?"</p>
<p>Kan jeg gå å shoppe?</p> <p>"Can I go shopping?"</p>	<p>Kan du gi meg den?</p> <p>"Can you hand me that?"</p>

<p>Hva sier han?</p> <p>"What is he saying?"</p>	<p>Hvordan kom du deg hjem?</p> <p>"How did you get home?"</p>
<p>Hvordan går det?</p> <p>"How goes it?"</p>	<p>Hei, hvordan går det Maria?</p> <p>"Hello, how are you Maria?"</p>
<p>Må jeg gjøre det en gang til?</p> <p>"Do I have to do it one more time?"</p>	<p>Burde jeg spørre en gang til?</p> <p>"Should I repeat the question?"</p>
<p>Takk for gaven jeg fikk.</p> <p>"Thanks for the gift you gave me."</p>	<p>Fikk du med deg det?</p> <p>"Did you get all of that?"</p>
<p>Jeg fikk meg en hund.</p> <p>"I got myself a dog."</p>	<p>Unnskyld, hvor går du?</p> <p>Excuse me, where are you going?</p>
<p>Unnskyld, Hva er klokken?</p> <p>"Excuse me, what time is it now?"</p>	<p>Unnskyld jeg har glemt det.</p> <p>"Sorry, I forgot it."</p>
<p>Man skal ikke løpe med saks.</p> <p>"One shouldn't run with scissors."</p>	<p>Hva kaller man "fish" på norsk?</p> <p>"What is 'fish' called in Norwegian?"</p>
<p>Litt saktere, er du snill.</p> <p>"Slow down a bit, please."</p>	<p>Ole, jeg er lei for det.</p> <p>"Ole, I am sorry about that."</p>
<p>Fikk du med deg det?</p> <p>"Did you get all of that?"</p>	<p>Jeg liker ikke fotball</p> <p>"I don't like soccer."</p>
<p>Jeg husker ikke hva du heter.</p> <p>"I can't remember your name."</p>	<p>Fire stykker kom ikke.</p> <p>"Four people did not come."</p>

<p>Jeg har med meg fyrstikker.</p> <p>"I have brought some matches with me."</p>	<p>Blir du med meg til byen eller?</p> <p>"Wanna go to town or what?"</p>
<p>Jeg er litt sulten.</p> <p>"I am a bit hungry."</p>	<p>Litt saktere, er du snill.</p> <p>"Slow down a bit, please."</p>
<p>Vi er litt slitne.</p> <p>"We're a bit tired."</p>	<p>Litt saktere, er du snill.</p> <p>"Slow down a bit, please."</p>

Kjør saktere, er du snill!

"Drive slower, please!"

VOCABULARY PHRASE USAGE

Unnskyld means "excuse me" and has the same usage as in English when used in questions. However, if we use it in a negative sentence, the meaning of *Unnskyld* will change to "I'm sorry."

For Example:

1. *Unnskyld, hva er klokken?*
"Excuse me, what time is it now?"
2. *Unnskyld, jeg så deg ikke.*
"I'm sorry, I didn't notice you."
3. *Unnskyld, hvor er toalettet?*
Excuse me, where is the toilet?

Litt saktere, er du snill. We don't mention this as it is automatically understood from the context in the conversation. In other words the meaning of this phrase depends on the context.

Du kjører for fort! Litt saktere er du snill.

"You're driving too fast! Drive a bit more slowly please."

Litt saktere means "a bit slower." If you have difficulty understanding your companion, you can simply say this.

Litt saktere, er du snill

"Slower, please."

Kan du skrive det ned for meg?

Again this is understood by its context. The sentence by itself simply prompts the listener to write something ("That") for you. If you want to specify the language you add *på* meaning "in" here, and the language you want it written down in, between *ned* and *for*.

Kan du skrive det ned på norsk for meg?

"Can you write that down in Norwegian for me please?"

GRAMMAR

The Focus of This Boot Camp Lesson is Using Norwegian Phrases to Learn More Norwegian

Our Phrase: *Unnskyld, hvordan sier man _____ på norsk?*

***Unnskyld* ("Excuse me")**

The first word in this sentence means "excuse me" and has the same usage as in English when used in questions. However, if we use it in a negative sentence, the meaning of *Unnskyld* will change to "I'm sorry."

For Example:

1. *Unnskyld, hvordan sier man _____ på norsk?*
"Excuse me, how do you say _____ in Norwegian?"

Hvordan sier man literally means "How says one." We can translate *på norsk* as "in Norwegian," and it refers to the language in our case.

LESSON NOTES

Basic Bootcamp #4

Counting from 1-100 in Norwegian

CONTENTS

- 2 Norwegian
- 3 English
- 4 Vocabulary
- 5 Sample Sentences
- 5 Vocabulary Phrase Usage
- 7 Grammar

4

NORWEGIAN

1. A: en (1),

2. B: og

3. A: to (2)

4. B: og

5. A: tre (3)

6. B: og

7. A: fire (4)

8. B: og

9. A: fem (5)

10. B: og

11. A: seks (6)

12. B: og

13. A: syv (7)

14. B: og

15. A: åtte (8)

CONT'D OVER

16. B: og
17. A: ni (9)
18. B: og
19. A: ti (10).

ENGLISH

1. A: one
2. B: And
3. A: two,
4. B: And
5. A: three,
6. B: And
7. A: four,
8. B: And
9. A: five,
10. B: And

CONT'D OVER

11. A: six,
12. B: And
13. A: seven,
14. B: And
15. A: eight,
16. B: And
17. A: nine,
18. B: And
19. A: ten.

VOCABULARY

Norwegian	English	Class
ti	ten (10)	numeral
ni	nine (9)	numeral
fem	five (5)	numeral
tre	three (3)	noun
to	two (2)	numeral
seks	six (6)	numeral
en	one (1)	numeral
fire	four (4)	numeral

syv	seven (7)	numeral
åtte	eight (8)	numeral

SAMPLE SENTENCES

<p>Jeg tar ti oliven er du snill.</p> <p>"I would like ten olives please."</p>	<p>Han har vært i Norge ni ganger.</p> <p>"He's been to Norway nine times."</p>
<p>Han ventet 5 timer på flyplassen.</p> <p>"He waited five hours in the airport."</p>	<p>Jeg vil kjøpe tre bøker.</p> <p>"I want to buy three books."</p>
<p>Tre av oss drar i kveld.</p> <p>"Three of us are leaving tonight."</p>	<p>To billetter til Oslo er du snill.</p> <p>"Two tickets to Oslo please."</p>
<p>Jeg må være der innen klokken to</p> <p>"I've got to be there at two o'clock."</p>	<p>Har dere et bord for seks?</p> <p>"Do you have a table for six?"</p>
<p>En kaffe er du snill.</p> <p>"One coffee please."</p>	<p>Jeg skal være i Oslo i fire dager.</p> <p>"I'll stay in Oslo for four days."</p>
<p>Fire stykker kom ikke.</p> <p>"Four people did not come."</p>	<p>Han bodde i Oslo i syv år.</p> <p>"He lived in Oslo for seven years."</p>
<p>Klokken er åtte.</p> <p>"It's eight o'clock."</p>	

VOCABULARY PHRASE USAGE

Numbers From Eleven to Twenty

We form the numbers thirteen to nineteen simply by adding *-(t)ten* ("ten") after the number. The only small exceptions are *elleve* ("eleven") and *tolv* ("twelve").

Here are some more examples:

<i>Norwegian</i>	"English"
<i>elleve år</i>	"eleven years"
<i>tolv biler</i>	"twelve cars"
<i>seksten år gammel</i>	"sixteen years old"
<i>tjue mennesker</i>	"twenty people"

The Multiples of Ten

You need to learn the tens in Norwegian separately. But once you can do one through ten, it should not be a problem. Most of them end in *-(t)ti*.

Some exceptions just need blind memorizing.

1. *tjue*
"twenty"
2. *førti*
"forty"
3. *sytti*
"seventy"

Other Compound Numbers

We form other compound numbers in the same way we form the English numerals, that is, by placing numbers from one to nine after twenty, thirty, forty, fifty...ninety.

For Example:

1. *tjuefire etasjer*
"twenty-four stories"
2. *førtifem minutter*
"forty-five minutes"
3. *åttiseks prosent*
"eighty-six percent"

GRAMMAR

The Focus of The Lesson is Norwegian Numerals

From the point of view of the word order, Norwegian numerals have the same usage as in English: the number comes first followed by a noun (the thing you are counting).

For Example:

en billett

"one ticket"

tre mennesker

"three people"

førti år

"forty years"

Numbers From One to Ten

The things that need special consideration when using Norwegian numerals are:

1. number (singular or plural)
2. linguistics (cardinal or ordinal)

As with English, and many other languages, Norwegian cardinal and ordinal numbers sound different. While cardinal numbers are used to count quantity. Ordinals denominates a position in an order. In Norwegian all cardinal numbers from 1 to 1 million has ordinal equivalents.

Most of these numbers add "-(en)de" after the cardinal name and so it is not that hard to remember. For example:

Norwegian			
Cardinal	English Cardinal	Norwegian Ordinal	English Ordinal
<i>førti</i>	forty	<i>førtiende</i>	fortieth
<i>hundre</i>	hundred	<i>hundrede</i>	hundredth

The first 12 numbers are a bit more tricky as each cardinal number has its own ordinal conjugation. After 13 all cardinal numbers up to 20 end in *-ende* when ordinal.

Norwegian Cardinal	Norwegian Ordinal	English Cardinal
<i>en</i>	<i>første</i>	one
<i>to</i>	<i>andre</i>	two
<i>tre</i>	<i>tredje</i>	three
<i>fire</i>	<i>fjerde</i>	four
<i>fem</i>	<i>femte</i>	five
<i>seks</i>	<i>sjette</i>	six
<i>syv</i>	<i>syvende</i>	seven
<i>åtte</i>	<i>åttende</i>	eight
<i>ni</i>	<i>niende</i>	nine
<i>ti</i>	<i>tiende</i>	ten
<i>elleve</i>	<i>ellevte</i>	eleven
<i>tolv</i>	<i>tolvte</i>	twelve

LESSON NOTES

Basic Bootcamp #5

Counting from 100-1,000,000 in Norwegian

CONTENTS

- 2 Norwegian
- 2 English
- 3 Vocabulary
- 4 Sample Sentences
- 5 Grammar

5

NORWEGIAN

1. A: etthundre,
2. B: tohundre,
3. A: trehundre,
4. B: firehundre,
5. A: femhundre,
6. B: sekshundre,
7. A: syvhundre,
8. B: åttehundre,
9. A: nihundre
10. B: ettusen,
11. A: femtusen,
12. B: titusen,
13. A: femtitusen,
14. B: etthundre tusen,
15. A: en million.

ENGLISH

CONT'D OVER

1. A: one hundred
2. B: two hundred
3. A: three hundred
4. B: four hundred
5. A: five hundred
6. B: six hundred
7. A: seven hundred
8. B: eight hundred
9. A: nine hundred
10. B: one thousand
11. A: five thousand
12. B: ten thousand
13. A: fifty thousand
14. B: one hundred thousand
15. A: one million.

VOCABULARY

Norwegian	English	Class
femhundre	five hundred (500)	
tusen	one thousand	number
trehundre	three hundred (300)	
tohundre	two hundred (200)	
sekshundre	six hundred (600)	
etthundre	one hundred (100)	
firehundre	four hundred (400)	
syvhundre	seven hundred (700)	
åttehundre	eight hundred (800)	
nihundre	nine hundred (900)	

SAMPLE SENTENCES

<p>Det er femhundre ansatte i firmaet vårt.</p> <p>"There are five hundred employees working in our company."</p>	<p>Jeg fant ettusen kroner.</p> <p>"I found one thousand kroner!"</p>
<p>Det finnes flere tusen stjerner.</p> <p>"Thousands of stars exist."</p>	<p>Denne byen er trehundre år gammel.</p> <p>"This city is three hundred years old."</p>
<p>Er tohundre kroner mye?</p> <p>"Is two hundred kroner a lot?"</p>	<p>Kan du veksle sekshundre dollar i kroner for meg.</p> <p>"Please change six hundred dollars into kroner for me."</p>
<p>Han har levd i hundre år.</p> <p>"He has lived one hundred years."</p>	<p>Han lånte meg firehundre kroner.</p> <p>"He lent four hundred kroner to me."</p>

Vesken kostet syvhundre Kroner.

"The bag costs seven hundred kroner."

Jeg brukte åttenhudre kroner på en dag.

"I spent eight hundred kroner in one day."

Antikviteten var ni hundre år gammel.

"The antique was nine hundred years old."

GRAMMAR

The Focus of This Lesson Is How to Learn Numbers Larger than 100 in Norwegian

The easiest way to remember large Norwegian numbers is to understand their structure first. In the previous Boot Camp lesson, we covered the numbers from one to one hundred. As you can remember, the most important thing was to memorize the numbers from one to ten, and then build larger numbers by modifying endings, adding or dropping some parts, and so on. There are exceptions among the common rules, but in general, Norwegian numbers have a strong logical system according to which the numbers are built.

100

"One hundred" in Norwegian is *etthundre*; however, when counting the rest of the hundreds, this word changes. For example, "two hundred" is *tohundre* and "three hundred" is *trehundre*. As you might have noticed, we use numbers two through nine first, and then we *add -hundre*. This makes the hundreds.

1,000

Here, things are just as easy. Like "hundred" we add "thousand," "*-tusen*," to the end of one through nine." For example "one thousand" is *ettusen*. "Two thousand," *totusen*, and so on.

For Example:

1. *ettusen*
"one thousand"
2. *tretusen*
"three thousand"

3. *femtusen*
"five thousand"

All the way up to "nine hundred thousand," *nihundretusen*. The system is logical and easy, like the English number system. Just remember that all the numbers are contracted into one long word. For example, "One hundred and thirty two thousand four hundred and ninety six" would in Norwegian be:

1. *Etthundreogtrettitotusenfirehundreognittiseks.*

It may be overwhelming to read, but you'll gradually get used to it. Also notice where you would naturally put an "and" between numbers in English is the same in Norwegian. So "two thousand and eleven" would be *totusenogelleve*.

LESSON NOTES

All About #1

Background on Norwegian

CONTENTS

2 Grammar

1

GRAMMAR

The Focus of This Lesson is the History of Norwegian.

I. Linguistics

Norwegian has only a few—5 million—native speakers and is the national language of Norway. Norwegian is also a very unique language. Although at first one might think it is a mere difference in dialect, Norwegian is actually two languages, *Nynorsk* and *Bokmål*. The latter being used by the majority of speakers and the one you are most likely to learn when studying.

Norwegian is a part of a Scandinavian Language group, consisting of more or less mutually intelligible languages (Norwegian, Swedish and Danish). Together with Icelandic and Faroese these languages constitute the North Germanic language tree.

Norwegian has a rich history which is hard to condense into a short paragraph or two. However, to start with, Norwegian developed from Old Norse a language spoken in the Northern Europe and closely related to how Norwegian and Danish sound today. With the Hanseatic trade came Germanic which greatly influenced the languages in the North and started to set them apart from each other. In the 1500s Norway was under Danish rule and influence. Danish became the official language in Norway, and Norwegians spoke a local form of Danish in the large cities.

It was in the countryside in Norway that Norway's second official language took form in the shape of dialects. Since most people outside of the cities were illiterate, they had little influence from Danish and spoke dialects almost unintelligible to the city-folk.

Around the 1800s, after Norway's liberation from Danish rule, two Norwegians stood forth in a battle for setting the standards of a new national language. Eventually Knud Knudsen, the godfather of *Bokmål* ("book language") prevailed with his Norwegian-ized Danish. Ivar Aasen, a man who had travelled all of Norway collecting dialects and putting them together into one language creating *landsmål* ("country language") later to be named *nynorks* (New Norwegian), fought for a true national Norwegian. Aasen's language ultimately became recognized as a second form of Norwegian creating the two Norwegian forms that we know today.

II. About Norway

Norway is a country in Northern Europe. Norway borders to Sweden, Finland and Russia by land, and Denmark, Iceland and Britain by sea.

Norway was the original home of the Vikings during the year 1000. Following internal wars many Vikings fled to islands along the western coast. This later led to the settlement of

Iceland and the Faroese Islands. During the 1400s Norway went into a union with Sweden and Denmark which lasted until 1523, where Norway fell under Danish rule until 1814. In 1814 the Norwegian national constitution was made on the 17th of May (now the national day). However, Norway was soon forced into a union with Sweden which lasted until Norway gained full sovereignty in 1905. During World War 2 Norway was briefly occupied by Germany. After the war Norway had explosive economic growth after oil finds along the Norwegian coast. Today Norway is known for its welfare system and being top ranked in both GDP per capita and as the best country to live in according to the HDI (Human Development Index). The World Economic Forum also ranks Norway as top two on their annual Gender Gap Report.

III. Where Norwegian is Spoken

Norwegian is mainly spoken in Norway, and there are 4.8 million people in Norway who can speak Norwegian.

Norwegian is also spoken by 150,000 people in Denmark, and 80,000 people in the U.S.

IV. Writing System

V. Why it is Important: The Top Five Reasons to Learn this Language Are...

1. Learning Norwegian is fun! And with these easy lessons you can make friends from all over the world!
2. Best country in the world! That's right, Norway tops the chart of the Human Development Index. Although prices may seem a bit steep, the salary is just as high. Oh, and did I mention that all medical bills and schooling is covered?
3. Make powerful friends from all over the world! Norway is the home of some of the most influential business tycoons in the world. It is also a country where you can easily start up your own business and also have several safety nets if you should fail. It is also the home of the Nobel Prize.
4. Culture! Norway has a rich culture. The Norwegian history, literature, and traditions are great studies for a person who is interested in culture. Much of it is not translated and so learning Norwegian is a plus!
5. It is easy! For English speakers Norwegian is one of the easier languages to learn. Many words are similar, if not the same. Take "bag" for example, it is originally a Norwegian word and sounds almost exactly the same as in English. Furthermore Norwegians are very skilled in English, the reason travel is not mentioned here. In fact Norwegians use English so often in their daily lives that some words have been added to the Norwegian language. "Sorry" is one of them.

LESSON NOTES

All About #2

The Norwegian Writing System

CONTENTS

2 Grammar

2

GRAMMAR

The Focus of This Lesson is the Norwegian Norwegian Writing System

The Norwegian alphabet is easy to learn because it uses the same alphabet as English, plus three more letters, so in all you just need to learn three letters.

Knowing the basics of the Norwegian alphabet is a huge step in learning Norwegian because it's a "phonetic" language. That means if you know the letters, then you can read the words and people will understand you. But don't be fooled. The writing system hangs quite far behind the pronunciation at places, especially with older words, and it is easy to mix up two words when you pronounce them.

Alphabet

The Norwegian alphabet consists of eight vowels and twenty-one consonants, almost like English.

You also form words the same as in English by putting letters together in certain orders. Norwegian is a Germanic language so it shares many words with English. Cognates are similar looking words with similar meanings. For example, "bag" (*bagg*) and "traditional" (*tradisjonell*) are Norwegian-English and English-Norwegian cognates.

Æ, Ø, Å

The three extra vowels are for sounds not found in the English alphabet by default. The Æ is pronounced "a" like in "sad." The Ø is pronounced "u" like in "burn." And the Å is pronounced "o" like in "lord." As long as you remember the pronunciation of these three letters, Norwegian shouldn't be that hard.

Learning Other Languages

If you know Norwegian, then Swedish, Danish, Icelandic, Dutch and German will be easier to understand and learn, because they share common roots.

LESSON NOTES

All About #3

Norwegian Grammar

CONTENTS

2 Grammar

3

GRAMMAR

The Focus of This Lesson is Basic Norwegian Grammar

When learning a language, grammar usually chews you up, spits you out, and leaves you to cry in a small corner of the room. The good news is that Norwegian grammar is not the kind you need to spend hours and hours memorizing. In fact, you could master the basics in less than a week!

Norwegian grammar is a lot simpler than you might think. For example, basic word order is so similar to English you probably don't need to study it. We easily sum up some of the more difficult aspects of Norwegian grammar (like gender or subjunctives) in one word: agreement. Everything needs to agree with or match everything else. But we'll talk about that later.

History of Grammar

We have studied grammar for at least four thousand years. That means, there are many (too many) terms used by grammarians that no one else understands or uses, like paroxytone or present indicative. Almost any four-year-old can speak their native language fluently without knowing those words, so why should you have to learn them?

In these All About lessons, we are going to avoid all but the most basic grammar words. Introducing complex grammatical concepts in the early stages of language learning actually makes things much more difficult than they need to be.

Verbs

All languages have verbs and every language uses those verbs differently. Norwegian handles verbs more or less the same way English does. There are a few things you don't need to think about in Norwegian that you have to think about in English, let's look at them.

Time

Norwegian verbs contain only one central meaning: time (also called tense). "Time" (or tense) is past, present, or future. We express this meaning by altering the verbs according to specific patterns. Indicated by changing the verb to a past, present, or future form in time.

English verbs change to express time and person. For example, time can be expressed as "I was happy" (past), which is different from "I am happy" (present), which is different from "I will be happy" (future). Person can be expressed as "I am happy," which is different from "He is happy," which is different from "We are happy." In Norwegian, however, you don't need to think about the person element. Simple.

Gender

Gender in Norwegian denotes a particular type of agreement among words, not people. *Dame* ("woman") is feminine but so is *Ku* ("cow") and *Sol* ("sun"). *Mann* ("man") is masculine but so is *Bil* ("car") and *Vask* ("sink"). This may sound strange, but it is very easy to pick up and is kind of fun to play with once you get it down.

English does this too, just not as much. For example, we don't say, "He is a stewardess," because "stewardess" denotes femininity and "He" indicates masculinity. Norwegian also has a gender-neutral form which is applied to nouns like *hus* "house" and *Skap* "cupboard" for example. Remember to pick up which word is which and you'll be just fine.

Tables, chairs, cars, trees, socks, and food all have a "gender" in Norwegian. We'll go over this in more detail in future lessons.

Plural—More Than One?

Once again, agreement. We already learned that verbs need to be altered or conjugated to the correct time, and nouns and articles to the correct gender. This number agreement also extends to nouns, but once you make a noun plural you don't need to concern yourself with gender. So to take an example: in English you say; a car, the car, several cars, all cars. In Norwegian this becomes; *En bil, bilen, flere biler, alle bilene*. Essentially you find yourself changing the ending of the noun. We'll teach you more about it later.

LESSON NOTES

All About #4

Basic Norwegian Pronunciation

CONTENTS

2 Grammar

4

GRAMMAR

The Focus of This Lesson is Basic Norwegian Pronunciation

Comparatively speaking, Norwegian is an easy language to speak. A few sounds might be difficult, but almost every sound in Norwegian is used every day in English. That means you already know how to say it! Norwegian also follows many of the same intonation patterns as English.

Let's recap the written system quickly just as an introduction to the pronunciation. The Norwegian alphabet is almost the same as the English alphabet, twenty-nine letters with eight vowels instead of five- *-A, -E, -I, -O, -U* and *-Æ -Ø -Å*.

The Eight Vowels

-A

The Norwegian letter *-a* is pronounced like the [a] in "car." The word for "bar" is *bar*, and the word for "good" is *bra*.

-E

The Norwegian letter *-e* is pronounced like the [e] in "get." The word for "see" is *se*, and the word for "read" is *lese*.

-I

The Norwegian letter *-i* is pronounced like the [i] in "ski" or "machine." The word for "list" is *liste*, and the word for "life" is *liv*.

-O

The Norwegian letter *-o* is pronounced similar to the [oo] in American "school." Not making it sound like a [u]. The word for "sun" is *sol* and the word for "shoe" is *sko*.

-U

The Norwegian letter *-u* is pronounced like the [u] in "flu" or "rule." The word for "sour" is *sur* and "cage" is *bur*.

-Æ

The Norwegian letter *-æ* is pronounced like the [a] in "bad" or "sad." The word for "teacher" is *lærer* and "berries" is *bær*.

-Ø

The Norwegian letter *-ø* is pronounced like the [u] in "burn" or [ea] in "learn." The word for "south" is *sør* and "bread" is *brød*.

-Å

The Norwegian letter -å is pronounced like the [o] in "born" or "score." The word for "stand" is *stå* and "wound" is *sår*.

It's important to reproduce these sounds as accurately as possible. It doesn't matter how many words you know or how good you are at the grammar, if you don't pronounce the word correctly, Norwegians might not understand it, however, that said they are quite used to "immigrant" Norwegian and can grasp even very broken pronunciation at times.

Consonants

Some unique aspects of Norwegian pronunciation:

-SKJ/SJ/KJ/K

These sounds in Norwegian are unique. We pronounce every one of them differently however in most cases an [sh] sound would cover them although it is really only similar to -skj. In the pronunciation series will talk very detailed about them, so don't worry.

-ND/NG

-nd and -ng is similar to the English "bang." The pronunciation is cut short at the "n" with a small rounding off of the sound. Like in the word "ping."

-R

In Norway you will find two different ways to pronounce -r. It doesn't matter which one you use as long as it is one of the two.

The most common way is to roll the -r like in Irish English when they say "right" or "correct." Just imagine some Irish movie you have seen and you get the picture. The point is you roll your tongue against the palate (roof in your mouth) to make the sound. Or if you have learned Spanish, great! Use the Spanish R.

The other way is to make a sound with the back of your mouth like a French "R." You know, the sharp stinging sound.

(The first -r is most common in eastern (Oslo) and northern parts of Norway, while the latter is more common in the West and South.)

LESSON NOTES

All About #5

Top 5 Must Know Norwegian Phrases

CONTENTS

2 Grammar

5

GRAMMAR

The Focus of This Lesson is the Top 5 Must Know Norwegian Phrases

Here we'll introduce five phrases in Norwegian that will take you a long way and help you out in a variety of situations!

1. *Hei* ("Hello!")

The most practical phrase in Norwegian is *Hei*. It means "Hello," or "hi." It can also be used to stop people on the street, like "sorry." Norwegians usually don't say "good morning" or "good evening." Rather they prefer to use the short *hei*. It can also be used when first meeting someone.

For Example:

A: *Hei!*

B: *Hei.*

2. *Takk* ("Thank you," "No, thank you"); *Nei Takk* ("No, thank you")

A well-placed and sincere "thank you" will always be appreciated when someone gives you a plate of food, a drink, or even a compliment. "Thank you" in Norwegian is *Takk*. You might notice the strong resemblance to the English word "Thank" and these two words do share a common ancestor. In everyday life, it's just "thank you."

Norwegians are a group culture and always want to make others happy and thanking them for it, is just good manners. Beyond that, it's often the only thing they will let you do in return!

Nei Takk ("No, thank you")

A well-timed *Nei Takk* can let you politely refuse anything offered to you. *Nei takk* ("no thank you"), adds *Nei* "no" to *Takk*. It's just like English "no, thank you." When someone offers you something and you say *Takk*, it means "Thank, you." Adding *Nei* in front makes this a "no, thank you."

3. *Vær så snill* ("Please")

Demanding things is bad manners in Norway. To avoid any misunderstanding, say *vær så snill*, which means "please" or "be so kind." There are few uses of this, but usually you add it to the end of a sentence. Don't be afraid if you forget it. Norwegians also use "please" a lot, it's not far from being implemented in the dictionary. In Norwegian please is spelled *plis*.

4. *Unnskyld meg* ("Excuse me")

Norwegian streets can be very busy and getting around might sometimes be hard. Just shoving through people is a good way to make someone mad. Literally, *Unnskyld meg*, means "excuse me." Simply saying *Unnskyld meg* ("excuse me") is also, like in English a good way to catch peoples' attention.

5. *Unnskyld* ("I'm sorry")

In Norwegian, *unnskyld* means "I'm sorry." You're probably going to be saying this a lot. Literally, it's a request that means "unguilt," in the sense that you did something (anything) and now you feel guilty about it. Anglicized as Norwegians are however, "sorry" or *sårri* is also well on its way into the Norwegian dictionary.

LESSON NOTES

All About #6

Can You Answer These Questions About Norway?

CONTENTS

2 Grammar

6

GRAMMAR

The Focus of This Lesson is a Quiz!

Five things you have to know about Norway! Test your knowledge of Norway.

Geography

In which part of Norway is Oslo located?

1. The North
2. The South-West
3. The South-East

Correct answer: 3. The South-East

Oslo is the largest city in Norway and is also the capital. Although it's the largest city it only sports about 600,000 citizens and so does not qualify on any world list. However, Oslo is famous for its cozy atmosphere and active nightlife.

Oslo, let alone Norway, is also infamous for its expensiveness. Did you know a Big Mac at McDonalds in Norway is more than two times the price of an American Big Mac? That makes it the most expensive Big Mac in the world.

A daytrip from Oslo can take you to many places, even a trip over the border to Sweden is possible. If you want to go to other larger cities in Norway you would have to account for some more travelling time. Only Drammen and Tønsberg are within a day trip from Oslo.

Norway is mostly a cold country with temperatures reaching down to -20°C . During summer degrees are a comfortable $+20-30^{\circ}\text{C}$ and swimming is possible along the whole coast.

Pop Culture

We'll give the names of three people. One is a famous playwright, another is a politician, and the third is a sports star. Match the name with their profession.

Jens Stoltenberg Playwright

Ole Gunnar Solskjær Politician

Henrik Ibsen Athlete

Correct answers:

Jens Stoltenberg is a Norwegian politician and is also the current Prime Minister of Norway.

He is the representative of the Labour Party in Norway and has been a prominent figure in the strive for peace both domestically and internationally.

Ole Gunnar Solskjær is a Norwegian Soccer player and perhaps Norway's most famous one. He got famous playing for Manchester United where he played 366 and scored 126 goals during the peak of his career. He has now retired and is the Manager of his own hometown's team "Molde."

Henrik Ibsen was a famous playwright in Norway. He is also acknowledged internationally for his works. The most famous of them being "Peer Gynt," "Hedda Gabler," "A Doll's House," and "An Enemy of the State." He lived and wrote plays during the 19th century, already then reaching a certain fame for his controversial pieces.

Travel

Which are the most popular travel destinations in Norway?

1. Oslo, Trondheim, Bergen
2. Stavanger, Tromsø, Finnmark
3. Tønsberg, Lofoten, and Kristiansand

Correct Answer: 1. Oslo, Trondheim, Bergen

Oslo is the most frequently visited city in Norway. Being the capital that is no surprise. Oslo is famous for the "Vigeland Park" and all its museums as well as the recently built opera. Oslo is a summer city and so visiting it during winter is not as popular. During summer, however, taking a stroll down the harbor, through the old fort of Akerhus and enjoying a coffee by the piers is an unrivaled treat.

Similarly, Bergen is a cozy town, where despite the rain, tourists flock in the thousands to watch the UNESCO world heritage site of Bergen docks. The colored row of old shipping houses have a knack for inviting tourists and Bergen has built on this popularity by also building a large aquarium along with a great restaurant life.

Trondheim is famous for its exuberant night life with bars and clubs buzzing until late night/ early morning. It is not surprising when considering that the city is covered in darkness during the winter months, when the day only allows for a scant four hours of sunlight. It is also possible to witness the northern lights in Trondheim and also the midnight sun during summers.

Economics

Norway is the world's largest exporter in...

1. Timber
2. black metal (music)
3. Oil

Correct Answer: 2. Black Metal

Black Metal is a sub-genre of the Metal music genre. Although it might not be so well known, and maybe less so that Norway is the largest exporter of it. Black Metal has its roots in the Norwegian Music scene during the 1990s and was made infamous following several church burnings and murder incidents. Nevertheless the genre is still living, recently witnessing a surge of new followers as the public has become more inclined to listen to the heavier rock genres.

Just like Norwegian grammar, it's all about agreement.

Norway has been an oil nation since the 1970s. Now known for being one of the richest and peaceful countries in the world, Norway ranks top one on many charts of human development and wealth, but at the same time suffers from low birth rates like the rest of Europe. Norway has in the recent years opened its immigration politics heavily to allow for population growth and a larger work force.

Perspective Check

Norway's geographic size is that of California, U.S. Yet its population is smaller than New York. However, GDP Per user capita is only lower than Luxembourg which is ranked number 1 in the world.

MYTH Buster!

The biggest myth about Norway is that it is the capital of Sweden; this is not true. Secondly there are apparently vikings and polar bears walking the streets in Norway too.

1. Food

Norwegians don't only eat fish. We like fish, but we also like cattle, sheep, pork and wild game. Some of the most famous dishes are grilled salmon and potatoes, meatballs with brown sauce and potatoes and frozen pizza. That's right, Norwegians are one of the largest consumers of frozen pizza in the world.

2. Culture

Norwegian culture is pretty straightforward. In Norway, being a multi-cultural country, you are most likely to meet a lot of different personalities. However Norwegians like to call themselves reserved and patient. A bit of national pride can also often be observed in the people.

3. Society

Norway houses many different cultures and so Norwegian, German, Swedish, Danish, Indian, Pakistan, South African, Iranian, Jordanese, Japanese, Greek, Chinese, Korean, Spanish, and every other ethnicity can be found, that makes it the almost look like the American "melting pot."

4. Natives

Norway has a native people called the Samis or Laps, who stem from the inuits and wandered to Norway from Russia and Finland. There is however debate about their rights as an autonomous country, as there is proof of people reaching the southern part of Norway at around the same time the Laps arrived from the North.

5. Language

And last but not least, Norwegians speak Norwegian, not Swedish.

LESSON NOTES

All About #7

Top 5 Norwegian Dishes

CONTENTS

2 Grammar

7

GRAMMAR

The Focus of This Lesson is Norwegian Cuisine

Most people have heard of dried codfish and *lefse*, but those are just a small part of the Norwegian cuisine. Norway is a coastal country and so much food naturally comes from the sea. But thanks to the great agriculture traditions we also have a few delicious dishes with red meat as well. On the other hand, finding vegetarian cuisine in Norway is rare mostly because of the lack of fruits and vegetables growing naturally in Norway.

Norwegian food is unique and without much influence from other countries, although the cuisine spread over Scandinavia early on. Another aspect of Norwegian cuisine is the food that Viking traders brought back to Norway from far away lands. These few spices and unexpected ingredients in the Norwegian cuisine are what makes it so special.

Norwegians don't typically use recipes when they cook. This means that the recipes you see in cookbooks or on the internet, or even in these lessons are just one (typically simplified) version of one part of one Norwegian meal. That said Norwegians also love baking and I think I have eaten more bread than anything else in my life.

Norwegians tend to think of breakfast as the most important meal and dinner as the most enjoyable one. Breakfast is always served cold most famously as a *koldtbord*, and dinner is always served hot.

Popular Food Items Everywhere you go in Norway, you'll find baker ("bakeries"). There you'll find Baguett ("French Bread"), boller ("buns"), kake (cakes), and any number of sweet breads, ice cream, cookies, or torts. What will never be missing though is *brød* ("bread"). It's not just any type of bread, Norwegians eat every breakfast with bread, the most popular is a semi-dark bread called *kneipp*. Lately though you will find bakeries being replaced by supermarkets with the same assortments.

As a side note, Norway has a large immigrant culture, and while you might hunger for traditional Norwegian food, it might be somewhat hard to find. You are more likely to find kebab shops and Thai restaurants, Swedish cafés and Italian pizzerias. However the bakeries are always there, though slightly French inspired.

Seasonal Dishes Christmas is a big food holiday in Norway. It is also the holiday where you are most likely to get a taste of some delicious Norwegian food. That is if you eat pork. The Norwegian Christmas is celebrated by eating *ribbe* ("pork ribs"), a tradition most common in eastern Norway. In the West you are most likely to taste *pinnekjøtt*, a mutton dish often served with *swede purée* and potatoes. To both dishes Norwegians often drink *akkevitt* a scandinavian type of flavored spirits, it has a very distinct taste and might get you drunk quickly.

Table Etiquette While it may seem like an unorganized tumult of plates, food, and conversation, table etiquette in Norway is important. The basic rules apply, such as don't talk with your mouth full, sit up straight, don't put your feet on the table, etc. There are two other things are particularly irritating to Norwegians.

1. Cut your food with your knife not your fork. Using your fork to cut meat is very brutish in Norway.
2. Second, don't chew with an open mouth. Norwegians find it very distasteful seeing people chew with their mouth open. It is common etiquette to keep your mouth closed when you have food in it.

The Top 5 Norwegian Dishes

Number 5 - Frozen Pizza

The (commerically acclaimed) Norwegian national dish, or at least it is very popular. Norwegians eat too much frozen pizza. And in the supermarket you will find a row full of different types of frozen pizza. I think there are about 20 different tastes.

Number 4 - *Viltgryte* ("Wild Stew")

Is a stew that contains wild game like moose, deer or reindeer. It's sweet and salty and tastes very good with a jug of ale or a glass of white wine. It is very common to eat with the family once a month. Compared to the frozen pizza this is actually a Norwegian Dish.

Number 3 - *Bacalao*

I know this is originally a Portuguese dish, but as long as it has existed in Portugal it has also existed in Norway. The dish's main component, *tørrfisk* ("dried codfish") is also only found in the North. The Portuguese have been trading the codfish for this dish's delicious secrets with the Norwegians for centuries.

Number 2 - *Fårikål* ("Lamb and cabbage stew")

Is very common in Norway and often eaten during holidays and especially during winter. The dish is a stew made of cabbage and mutton, often with *komle kompe*, a dish of grated potatoes with slight resemblance to the Chinese pork buns.

Number 1 - *kjøttkaker i brun saus* ("Meatballs in Brown sauce")

It all boils down to that one dish which is so often played around with being the national dish,

because Norwegians who goes overseas tend to miss only one thing the most, and that is *kjøttkaker* ("Norwegian meatballs"). The dish is made of homemade peppered meatballs, boiled potatoes and a filling of green peas or cabbage stew. But the best part of the dish is the brown semi-sweet sauce and the lingonberry jam.

Top 5 Foods for the Brave

Number 5 - *Finnbiff* ("Reindeer meat")

A lot of people hesitate when they are served Santa Claus's trusted transport companions. However most of them also find them surprisingly delicious. Reindeer tastes almost like chicken, as they say. No, but the unique and savory taste of reindeer along with a delicious cabbage stew will never leave your memory.

Number 4 - *Brunost* ("Brown Cheese")

By far Norwegians most favorite bread spread for breakfast. The brown cheese is made of goat milk or cow milk, yeasted and made sweet. It might seem very similar to other yeasted cheese however the taste of the Norwegian *Brunost* is unrivaled. If you dare, try this sweet cheese for a change.

Number 3 - *lungemos* ("Mashed lungs")

Hardly anyone I know eats eats it. It is a dish reserved for a small elite of hard stomachs. It is an offal dish made from pork lungs mashed and made into a sort of paste. People eat it with stews and potatoes or even spaghetti. Try this only if you have a hard stomach, because thinking about what you are eating might make you sick, on the other hand it hardly tastes like anything.

Number 2 - *kabarét* ("Aspic")

Enter the Norwegian version of aspic. A food popular with the elder generation. It is often made with over-boiled seafood like shrimps, and lobster sticks, with eggs, peas and carrots. All fitted into a form of tasteless jelly. The dish is auspiciously popular in its own version in other countries as well, despite its appearance.

Number 1 - *Smalahove*

The most archetypical Norwegian dish dating back to the age of vikings. *Smalahove* is an offal dish made of a boiled then smoked lamb's head. The whole head is intact when preparing with the exception of teeth. The traditional way of eating it is by starting with the eyes.

LESSON NOTES

All About #8

Top 5 Things You Need to Know About Norwegian Society!

CONTENTS

2 Grammar

8

GRAMMAR

The Focus of This Lesson is the Top 5 Things You Need to Know about Norwegian Society

Society is a very broad topic, and can't be summarized in a single lesson. That's why we're narrowing it down to the top five most important aspects of Norwegian society!

Major Cities

Oslo—Located in the southeast of Norway and with a population of just over five hundred thousand people, Oslo is the political capital of the country and also sees the largest influx of tourism. In Oslo you can see the Royal Palace, The Opera, Vigeland Park, and many other popular spots for sightseeing. You'll notice that Oslo has a relaxed atmosphere despite being the largest city in Norway, and it is also the best place to do any kind of shopping.

Bergen—Located about two hundred miles west of Oslo, Bergen is the second largest city in Norway, and also part of UNESCO's World Heritage List. As such, it is a city of tourism. As one of the older trade ports in Norway, Bergen also houses a massive fish market and bazaar. Bergen is renown for its location in the midst of seven mountains, a rather unfortunate location as such because rain occurs at an average of 235 days out of a whole year.

Trondheim—Trondheim is mostly known for some of its tourism spots like the Nidaros Cathedral and the row of colored old buildings by the river. The whole city has a special feel to it, especially during winter at night, when one can see the aurora. The city is famous for its student nightlife and high quality university. As well as the large amount of churches in the area.

Contradictions in Norwegian Cities

The number one thing you need to know about Norwegian cities is that they are full of contradiction.

Oslo—It has been rated as one of the best cities to live in the world. The city has been regarded as a very safe city with low crime level. However recently a terrorist attack befell the city causing over a hundred and fifty casualties and left the citizens bereft of any sense of safety. It has been called one of the greater child massacres in recent history and controversially happened in the city famous for handing out the Nobel Prize for peace.

Bergen—Despite being a great tourist spot, the amount of rain surprises many tourists. The rain might even destroy your vacation if you are unlucky. And with so much rain and its location the danger of land slides is higher than in any other city in Norway.

Trondheim—There is really nothing to say on Trondheim. The city is renowned for its nice population and warm atmosphere. However, it being a city of many students, the amount of alcohol consumed in the city might some times become a problem. With May comes the Norwegian celebration of high school graduation where several thousand graduates party in Trondheim. The amount of drunk people in the streets has led to problems for the police several times, following up with several arrests.

Family—Life Family life in Norway depends greatly on which nationality and traditions the family has. Usually though, Norwegian families tend to be very open-minded and forgiving. Although not as tightly knit and more individualistic, Norwegian families are loving of each other. If you live in a small municipality in Norway neighbors are almost and extended part of the family.

Work Culture and Economy

Norwegian economy is one of the richest in the world. Though the nominal GDP is only amongst the top 20. The average worker in Norway is the richest average worker in the world. Norwegians have a high income and low expenses, giving us higher buying power than any other nation in the world.

Similarly the work culture in Norway can at best be called laid back. Though you might see hard working people the work schedules are tightly defended by laws and the average person in Norway works 8 hours a day, 5 days a week. Recently however, there has been a push towards 5 hour work days as work loads usually aren't that heavy.

Norway can be regarded as one of the most laid back countries in the world. Yet people still stress.

Politics

Norway is and has been a monarchy for several hundred years. That doesn't mean there is any power invested in the King however. The country is managed by the prime minister and his brass. The King works as part of a panel that passes laws and as a diplomat, and a national symbol. There has been talk about changing Norway to a republic federation. However the general stance towards the monarchy is strong as Norwegians are quite patriotic.

The ruling party in Norway is the Labour Party. Since World War 2 the labour party has been the most active ruling party in Norway with only some slight changing over the years.

The Norwegian prime minister is Jens Stoltenberg. Stoltenberg has assumed office three times during his political career and once as Minister of Finance. His predecessor Magne Bondevik was the leader of the Christian Democratic Party. Bondevik has assumed office two times as Prime Minister, but retired in 2005 when Stoltenberg won for a second time.

The recent attacks on Oslo was a result of political frustration from a sole individual. His attacks was centered on the Labour Party's Youth League once lead by Stoltenberg now Prime Minister.

Generational Trends

Norwegians has always been fast at adapting technological advances and life styles. Norwegian life style trends are ever changing, mostly keeping pace with the U.S. While Norway is a rich country the prices in Norway may be a bit on the expensive side. Buying an iPad or iPhone is not advised as the prices are one of the worlds most expensive. A reason why Norwegians are slow buyers.

LESSON NOTES

All About #9

Top 5 Dates During the Norwegian Calendar Year

CONTENTS

2 Grammar

9

GRAMMAR

The Focus of This Lesson is the Top 5 Dates During the Calendar Year

Oh, dear, oh, dear! How to choose from so many! In reverse order:

Number 5: Halloween

Halloween is not so much a Norwegian holiday as it is any other country's. Although only recently gaining popularity among Norwegians, it has replaced other masquerading holidays like "*carneval*" and "*yulegoat*." Norwegian halloween is celebrated much like it is in other countries, with scary costumes and kids running trick or treat door to door.

Number 4: *Påske* ("Easter")

The fourth most important day in Norway is *Påske*, Easter. Easter is celebrated as a Christian holiday owing to Norway's former state religion. Despite being a religious holiday schools and companies are to have a week of holidays during Easter and most Norwegians love spending this holiday skiing in the mountains.

Most Norwegians still celebrate the death and reincarnation of Jesus Christ, but the religious aspect of Easter has slowly been wearing off in recent years leaving Easter a commercialized holiday.

A symbol of Easter is oranges, and a chocolate that sells in millions during the holiday called *Kvikk Lunsj*.

Number 3: *Nyttår* ("New Year")

The third most important day in Norway is *Nyttår* ("New Year"). *Nyttår* is celebrated in Norway much the same way it is celebrated in Europe; with splendid fireworks and a huge dinner party with friends and families. New Year is not as much a family holiday as easter, as New Year's is more common to be celebrated with anyone close to where you are and in large numbers as well. There are countdowns and drinking and fireworks. Although recently, some types of fireworks like the standing missiles have been banned in Norway due to too many casualties.

Number 2: *Julaften* (Christmas Night)

The second most important day in Norway is *Julaften* ("Christmas Night"). Or it's not only Christmas Night but Christmas as a whole along with some other holidays inside like St.

Lucy's. Christmas is one of the largest holidays in Norway and schools hold Christmas holidays for about two weeks. Companies usually celebrate with a *julebord* a sort of company gathering where the goal is to eat dinner and get really drunk. A nicer aspect of Norwegian *Jul* is *Julaften* (Christmas Night) when families eat dinner together and afterwards open Christmas presents. Unlike most countries who have the tradition of opening presents on Christmas day, Norwegians tend to have this ceremony during the evening while the atmosphere is warm and cozy. The following morning the family eats a large breakfast of the type *koldtbord* ("Smorgasbord") and enjoy the rest of the day together playing with the new Christmas gifts.

Julaften is perhaps one of the most magical events during the year to which most Norwegian children are really looking forward to.

Number 1: Syttende mai ("National Holiday - 17th of May")

The most important day in Norway is....*Syttende Mai* or the 17th of May. 17. *Mai* is celebrated all over Norway by any Norwegian no matter his or her background or religion. On the day Norwegians parade in the streets waving flags and singing the national songs. Some time during the day it is also possible to spot the Royal Family waving from the balcony of the Royal Palace, wishing every Norwegian a happy birthday.

17. Mai is also that special time of the year when you will see a lot of youth dressed in red or blue partying like it was the last day in their life. The high school graduates are celebrating their final year of mandatory schooling and their step into the adult world.

17. Mai is the most important holiday in Norway and the most widely celebrated one. No matter where in the world they are, a patriotic Norwegian always celebrates the National Holiday.

LESSON NOTES

All About #10

Top 5 Things You Need to Know About Norwegian Pop Culture

CONTENTS

2 Grammar

10

GRAMMAR

The Focus of This Lesson is the Top 5 Things to Know about Norwegian Pop Culture

As popular culture changes quickly and drastically, this lesson focuses on the most recent pop cultures. Please keep in mind, we wrote this lesson on October 1, 2011. In this lesson, we'll focus on the top five pop culture topics in Norway.

Popular TV

Norwegians love watching American TV Series. Everything from *Dexter* to *How I Met Your Mother*, and *Glee* are being watched by hundreds of thousands of Norwegians. Yet lately even though they are originally TV Series Norwegians tend to watch them on the internet instead. The Norwegian TV channels themselves lag a bit behind with older shows like *Gilmore Girls* and *One Tree Hill*.

Another popular genre on TV is reality shows and here Norway produces their own shows as well although copies of international shows like *Idol*, *X-factor*, *Survivor*, *Big Brother* and so on.

There are three main broadcasters in Norway: NRK, the government-owned TV broadcaster, and TV2 and TVNorge; two private companies. Each company operates about 3-5 channels.

Content among these TV broadcasters can vary but in general includes: kids and varieties programs in the morning, general entertainment programs, movies, and reruns in the afternoon and news, American dramas, sports, films, news again and talk shows in the evening.

Popular Norwegians Abroad

There might not spring that many famous Norwegians to mind when mentioning it. But actually there are some. First of all we have a slew of famous athletes ranging from famous skier Marit Björgen to footballer Ole Gunnar Solskjær.

Secondly we have, for example, the first "World Idol" winner Kurt Nilsen. As well as more famous bands like AHA, Røyksopp, Annie, TNT, Kings of Convenience and others.

Third and last we have famous influential Norwegians from history, the most well known ones probably being Thor Heyerdahl and Roald Amundsen, two famous explorers.

We also have scientists and historians like Niels Henrik Abel, and P. A. Munch. As well as history's infamous traitor Vidkun Quisling.

And let us not forget our ancestors who put Norway on the map a long time ago and are probably what Norway is most well known for, the Vikings.

Popular Music

The most popular Norwegian genre outside of Norway is "Black Metal." Some famous Black Metal Norwegian Black Metal bands include Burzum, Satyricon, Mayhem, Darkthrone, Dimmu Borgir, Immortal and Emperor. And while this genre might be a bit too far on the dark side for most people, it is also the largest cultural export in Norway.

Among more widely spread genres we can find bands catering to almost any type of genre with artists like "Klovner i Kamp" rapping to "DeLillos" making pop/rock and Røyksopp with their electronica or Jaga Jazzist with Jazz.

Popular Sports

Norwegians are famous for our participation in the winter Olympics and we excel at winter sports like skiing, ice skating, bobsleigh, and curling. The winter Olympics are closely followed in Norway and an important event even for people who are not usually interested in sports.

Other sports Norwegians are interested in is football (soccer) and handball, volleyball. Norwegians has been in the football premier league with both mens and womens teams before. And has also won the handball EU Championship for women.

Football and handball in Norway is just as popular as the winter sports.

Finally there is two more sports that we have some famous Norwegians in. One is bicycle racing where Tor Hushovd has previously been a runner up for the gold medal. The second sport is Rally where two famous siblings have been competing in and winning the WRC for years; Petter and Henning Solberg are indeed famous for their skill in rally car racing.

International Pop Culture

Norwegians are very up to date on international pop culture. LMFAO, Lady Gaga, and Beyonce are part of popular culture as well as Kesha, Justin Bieber, the Black-Eyed Peas, and the latest Hollywood movies. Basically, whatever is popular internationally is popular in Norway too.

I remember I started reading *Harry Potter* when it first came out in 1997. Even then the Norwegian translation had come out just months after the original publication. The hysteria started just like in the U.K. and the Norwegian translation as been said to be one of the best translations of the book series. Even when the movies came out they were dubbed for children like the translated version of the books.

LESSON NOTES

All About #11

Top 5 Most Useful Tools for Learning Norwegian

CONTENTS

2 Grammar

11

GRAMMAR

The Focus of This Lesson is the Top 5 Most Useful Tools for Learning Norwegian

Entertainment

Language is not just an academic pursuit. The purpose of any language is to communicate with others, and that is more often done through stories and video than through academic papers. Besides, these sources of reading and listening pleasure provide excellent examples of how native speakers actually use the language, something no textbook can copy. Some great sources for Norwegian learners of all levels are YouTube and NRK or TV2. Just type in the Norwegian word for whatever you want to learn and start studying. Many people have used movies and TV shows as their primary means of contact with a culture. Just remember, you are what you watch. Watching a professionally produced feature film will yield better results faster than watching people doing dumb stuff on YouTube. And there are many great Norwegian feature films.

Dictionary

Using bilingual dictionaries is always safe. Norwegian-English/English-Norwegian dictionaries are very complete and usually up to date. Web services might sometimes mistranslate words badly or come up with several completely different definitions. There is also the three extra letters in the Norwegian alphabet which if not used properly will yield complete mistranslations. That said even Google Translate is pretty much spot on every time I use it for Norwegian-English translation. The other way around might be a bit unreliable, and of course one should never rely entirely on a translating service like Google Translate or Babelfish. If you need to translate something from Norwegian however these translating services are more often than not entirely correct and thus are very useful!

Warning: Remember a web-based dictionary and an online translator are two different things. Web-based dictionaries will give you the dictionary entry of the word you're looking for; an online translator will offer you a machine translation that is often hit-or-miss.

Norwegian-Speaking Friends and Loved Ones

This is potentially the most efficient and most rewarding source of learning Norwegian. Friends and loved ones who speak to you in Norwegian can give you more insight, understanding, and help you feel the heart of Norwegian. Norwegian is always changing and the only way you can keep up is if you can feel the language the way they do. With their help,

you'll learn to express yourself in Norwegian and understand others in ways that none of the tools previously mentioned can even approach. The more time you spend negotiating meaning from natural native speech the better.

Social Networking

If you are like I was when I started learning Norwegian, then talking with Norwegian-speaking friends and family isn't really an option. I didn't know anyone who spoke Norwegian and didn't feel comfortable randomly calling people in Norway to practice speaking. Many people, probably most people, are in a similar situation. That's why social networking sites can be so useful when you are learning a language. One of the best is called Lang-8 (l-a-n-g dash 8, as in the number eight, dot com.)

This site is different from other language learning sites in that it provides a free connection for native speakers of a language to correct writings of people who are studying that language. For example, a native English speaker can correct a Norwegian person's English writing and a native Norwegian speaker can correct a native English speaker who is studying Norwegian. It's quite helpful because it offers a free service for people to correct each others' writings. It's a great place to see how a native person might write a particular sentence, paragraph, or short writing sample.

And if you want to meet even more Norwegians, the best place Facebook. I am sure you are familiar with it. It's been around since 2005 and like in the U.S., it has skyrocketed in Norway. Finding Norwegians on Facebook shouldn't be all that hard. Your best bet would be to look for Norwegian study groups and pages as there's always some helpful Norwegians trawling those places in search of people who need help with their studies.

Finally if you are interested in blogs there is blogg.no It is Norway's largest blog community and a lot of Norwegians as well as foreigners post about learning Norwegian there.

Pen and Paper

Ultra-low tech and ultra cheap, pen and paper is still the king of speed and flexibility in note taking. No one will mug you for a notebook (but they might for that three hundred dollar smart phone or one thousand dollar laptop), and it doesn't matter if it gets wet—let it dry and keep on using it, or throw it out and get a new one. Journalists still use pen and paper for note-taking because it's just plain faster. For example, you're at the store and you have a good idea about something to study, but when you have time to study, you can't remember what it was. Has this happened to you? Instead, write down all your ideas and then choose what you want to study from your list. That way, you study what you want, when you want, and you aren't wasting time trying to remember your great idea.

LESSON NOTES

All About #12

Top 5 Tips for Avoiding Common Mistakes in Norwegian

CONTENTS

2 Grammar

12

GRAMMAR

The Focus of This Lesson is Tips to Help Overcome Some Common Errors That Learners of Norwegian Make.

Tip #1: Don't Talk Fast

It's so hard to understand someone when he or she speaks too fast. When you hear native Norwegians speaking, it will seem like they are talking a thousand words per minute, but don't feel like you need to keep up. They're native, which means they can talk as fast as they want. Many foreigners try to speak as fast as Norwegians do, and even though their grammar is perfect, they smash the words together in ways that we can't decipher. It usually takes years of fine tuning pronunciation to be able to speak as fast as a Norwegian does. Many people jumble up their words in Norwegian because they speak too fast. Speak slowly and clearly, and people will understand.

Tip #2: Don't Just Add -k or -en at the End of English Words

Norwegian and English have many cognates, but it isn't that simple. You could very easily say something very offensive if you use cognates like that. Several simple patterns exist to help you form cognates.

"English"	Norwegian	Example
"-ty"	<i>-itet</i>	"Publicity" - <i>publisitet</i>
"-ent," "-ant"	<i>-ent, -ant</i>	"Blatant" - <i>blata</i>

Tip #3: Learn basic conjugations

Norwegian verbal conjugation is much like English. Norwegian has four forms of weak verbs and a few strong verbs/irregulars, these changes the whole structure of the verb. But don't worry! It is very easy to conjugate Norwegian verbs as one can easily hear what fits and what doesn't.

To start off easily. When a verb is in its passive form (infinitive) all verbs have the letter *å* in front of them, just like the English "to." Now to make the verb present get rid of *å* and add *-r* or *-er* to the end of the root of the verb so if we have the verb *å leve* "to live" it becomes *lever* in its present form (tense), here we added *-er* as you'll see soon. It is in the past form or (tense)

when verbs start to really differentiate. To weak verbs there are about four different endings - *te*, *-tte*, *-de* and *-dde*. Even most strong verbs end with one of these. So if we take our previous verb *å leve* in past form this verb becomes *levde*, we added *-de*. Let's look at another weak verb. *Å spise*, "to eat." *Å spise* becomes *spiser* in present form adding *-er* again, and *spiste* in past form, adding *-te*. See how easy it is?! Don't worry you can easily learn how to properly conjugate all verbs.

Tip #4: Learn the Pronunciation Now

Don't delay! We've dedicated an entire lesson series to pronunciation because it's that important in Norwegian. It doesn't matter how well you know the grammar, if you don't pronounce it right, the Norwegians won't understand you.

Tip #5: Watch Out for silent letters

Norwegian contains a lot of silent letters when pronounced. It becomes even more complex when a native speaks as they tend to omit several parts of a whole word or sentence and contract the whole sentence into one long word. Examples of sounds often disappearing in Norwegian pronunciation is here.

Examples:

<i>Norwegian</i>	"English"	Disappearing sound
<i>Land</i>	"land"	<i>-d</i> is not pronounced.
<i>Hvem</i>	"Who"	<i>H-</i> is not pronounced.
<i>Gården</i>	"The ranch"	<i>-de-</i> is omitted. <i>gårn</i>
<i>svart</i>	"black"	<i>rt</i> makes one sound like <i>rt</i> in "short."

LESSON NOTES

All About #13

Top 5 Phrases Your Teacher Will Never Teach You

CONTENTS

2 Grammar

13

GRAMMAR

The Focus of This Lesson is Common Norwegian Expressions That You Might Not Learn From a Norwegian Teacher.

Phrase One: *Vent litt!* ("Wait a minute.")

Vent can be used as is too expressing the same meaning as in English "wait!" The expressions are used exactly like "wait!" and "wait a minute." is in English.

Phrase Two: *Hva skjer?* ("What's going on?")

Literally this translates "What happens?", but is even more similar to the English phrase "What's up?" This phrase can also be used as a "What is happening here?!"-type of phrase.

Phrase Three: *Kult* ("Cool")

Used exactly like in English by Norwegians. You'll hear it often as Norwegians use it for everything that's above average "nice." For example if a friend says "I went to see Harry Potter 7 last night." *Jeg så Harry Potter 7 i går.* You answer with *Kult*.

Phrase Four: *Seriøst!?* ("seriously!?")

Also has more or less the same usage as in English. If you can't believe what you're hearing you usually respond with "seriously!?" Same in Norwegian *Seriøst!?*

Phrase Five: *Ikke sant(!)?* ("Right(!)?")

Finally this phrase is just as in English: used way too often. It can be used to ask for someone's confirmation or agreement in a matter. "Harry Potter's awesome, right!?" *Harry Potter er bare døds kult, ikke sant!?*

LESSON NOTES

All About #14

Top 5 Classroom Phrases in Norwegian

CONTENTS

2 Grammar

14

GRAMMAR

The Focus of this Lesson is Useful Norwegian Phrases For the Classroom

Here are the phrases for this lesson:

Phrase One: *Hva betyr...?* ("What does ... mean?")

Hva betyr...? is a phrase that literally translates to "What means...?", which would be "What does ... mean?" in English. This is a very useful phrase in the classroom because you can ask your teacher what certain words, ideas, or places, mean in Norwegian. You would use this phrase by first stating, *Hva betyr*, and then adding the item you want to know.

For Example:

1. *Hva betyr biler?*

Literally, "What means *biler*?"

"What does *biler* mean?" (*biler* means "cars")

2. *Hva betyr brukt?*

Literally, "What means *brukt*?"

"What does *brukt* mean?" (*brukt* means "used")

3. *Hva betyr klarer?*

Literally, "What means *klarer*?"

"What does *klarer* mean?" (*klarer* means "can do")

Phrase Two: *Åpne bøkene deres* ("Open your books.")

Åpne bøkene deres literally means "Open your books," Your teacher might use this phrase to tell the class to open their books to begin reading.

Phrase Three: *Jeg forstår ikke* ("I don't understand.")

Jeg forstår ikke literally translates to "I understand not," but means "I didn't understand." You would use this phrase if your teacher explains something or says something that you didn't understand. Norwegian teachers like it when you use Norwegian to interact in the classroom, even if they have to explain things in English afterward.

Phrase Four: *En gang til* ("One more time.")

En gang til literally translates to "one time more," but means "one more time" or "again." You can expect your teacher to say this when they want you to repeat something.

Phrase Five: *Forstår du?* ("Understood?")

Forstår du literally translates as "Understand you?" but as Norwegian sounds a bit like Yoda sometimes, the real meaning would be "Did you understand?" Teachers use this question to make sure the students understand what they are explaining.

LESSON NOTES

All About #15

Top 5 Useful Phrases From Your NorwegianClass101 Hosts!

CONTENTS

2 Grammar

15

GRAMMAR

The Focus of This Lesson is the Top 5 Useful Phrases from Your Hosts

Phrase One: *Hvordan går det?* ("How are you doing?")

This phrase means "How are you doing?" and is commonly used to ask how a person is doing after having been away from them for some time.

Phrase Two: *Går bra* ("I'm good")

This phrase means "I'm good." It's a very casual phrase but not quite slang.

Phrase Three: *Hvor er* ("Where is...?")

This phrase means "Where is...?" It is a useful phrase, short, concise, and easy to use, and you normally use it for things you are having difficulty finding.

Phrase Four: *Sånn er det* ("Therefore it is.")

Literally, this phrase translates to "Like that it is." Properly interpreted though, it's a non-committal form of "That's how it is." *Sånn er det*, literally translated, doesn't make much sense in English. We use *Sånn er det* constantly to concur with reality as it is. It carries a slightly helpless tone, and is often used as a rhetoric response to a sad or helpless comment; much like English "That's life."

Phrase Five: *Sikkert* ("Sure.")

The last phrase is *Sikkert* and is a common response to a rhetorical question asked by someone. It is not used like the English "sure" when responding to questions like "Shall we go to the cinema?" It adheres more to questions like "Weren't you going to eat?" "Sure I was." "*Skulle ikke du spise?*" "*Sikkert.*"

LESSON NOTES

Pronunciation #1

The Pronunciation of Consonants in Norwegian

CONTENTS

2 Grammar

1

GRAMMAR

The Focus of This Lesson is Syllables and Native Consonant Sounds That Make Up the Norwegian Language

Introduction

Let's first take a look at how Norwegian sounds work. Compared with other languages, Norwegian has a relatively large set of sounds, with 31 native consonant sounds ([b], [d], [f], [g], [gj], [gn], [h], [k], [kj], [l], [m], [n], [ng], [p], [q], [r], [rd], [rl], [rn], [rs], [rt], [s], [sj], [sk], [skj], [t], [tj], [v], [w], [x], [z]), 9 vowels ([a], [e], [i], [o], [u], [y], [æ], [ø], [å]), and 4 diphthongs ([ai], [au], [ei], [øy]). Also in Norwegian, there can be up to three consonants in a cluster, but not more as a rule.

Examples of Norwegian Words

Norwegian	"English"	Diphthong and Consonant Combination
<i>kjole</i>	"a dress"	[kj][o][l][e]
<i>haug</i>	"knoll"	[h][au]([g]) (in Norwegian finishing [g] tends to be silent)
<i>søyle</i>	"column"	[s][øy][l][e]
<i>busstopp</i> (essentially two words put together <i>buss</i> and <i>stopp</i> , one "s" is removed because of the maximum rule)	"bus stop"	[b][u][ss][t][o][pp] (double consonants make vowels pronounced harder and shorter)

Consonants

1. [b] as in "bath"
2. [d] as in "done"

3. [f] as in "four"
4. [g] as in "get"
5. [gj] "ye" as in "yell" more force on the twisting of the y sound
6. [gn] as in "magnum"
7. [h] as in "hole,"
8. [k] "c" as in "clock"
9. [kj] does not exist in English, a close match is "ch" in "Michelin"
10. [l] as in "lamp"
11. [m] as in "mobile"
12. [n] as in "none"
13. [ng] as in "sung"
14. [p] as in "perspire"
15. [q] is pronounced as a softer "k"
16. [r] is a strong rolled R
17. [rd] as in American "bard," just lighter stress on the "r"
18. [rl] as in "curl," also with lighter stress on the "r"
19. [rn] as in "barn," also with less stress on "r"
20. [rs] as in "harsh," less thick, but still with the "h"
21. [rt] as in "barter"
22. [s] as in "sun"

23. [sj] as in "shoe," again not heavy.
24. [sk] as in "share," a bit heavier "sh" than [sj]
25. [skj] as in "shawl," heavier "sh" than [sk]
26. [t] as in "tea"
27. [tj] does not exist in English, a close match is "h" in the name "Mihael"
28. [v] as in "vain"
29. [w] as "v" in "behave"
30. [x] as "ks" in "socks"
31. [z] as "ts" in "lets"

kj, sj, sk, and skj

The four different "sh" sounds in Norwegian may be hard to grasp for people who want to learn the language. Basically the sounds range from a thin almost whistling sound [kj] to a thick "Sh" sound [skj]. Do not worry too much about getting the pronunciation spot on. Norwegians tend to mix them up every so often, and nobody will punish you for not pronouncing them correctly.

LESSON NOTES

Pronunciation #2

The Pronunciation of Vowels in Norwegian

CONTENTS

2 Grammar

2

GRAMMAR

The Focus of This Lesson is Norwegian Basic Vowels and Diphthongs

Vowels

There are nine vowels as we saw in the last lesson ([a], [e], [i], [o], [u], [y], [æ], [ø], [å]).

1. "-A"

Pronounced as [ah] as in "father," never as the [a] in "cat."

For Example:

1. *alt* ("all")
2. *aske* ("ash")

2. "-E"

Pronounced like [eh] as in "best." This is the sound however and while some words might use the letter "-e" their pronunciation is that of "-i" or "-æ" (see further down)

For Example:

1. *Eske* ("box")
2. *Selge* ("to sell")

3. "-I"

Pronounced like [i] as in "fit."

For Example:

1. *Sint* ("angry")
2. *Mine* ("mine")

4. "-O"

Pronounced like [o] as in "note," or "school." However pronounce it as round as possible. Again the letter "-o" might also be pronounced like "-å" in certain words.

For Example:

1. *sol* ("sun")
2. *bok* ("book")

5. "-U"

Pronounced like [u] as in "duke," or [oo] in "book." The letter "-u" can be pronounced as "-o" as well.

For Example:

1. *smule* ("crumb")
2. *mun* ("mouth")

6. "-Y"

Pronounced like [y] as in "syrup."

For Example:

1. *Sy* ("to sew")
2. *syltetøy* ("jam")

7. "-Æ"

Pronounced like [a] as in "sad," or "band."

For Example:

1. *Lærer* ("teacher")

2. *Bære* ("to carry")

8. "-Ø"

Pronounced like [u] as in "burn," or "sun."

For Example:

1. *sønn* ("son")
2. *bølge* ("wave")

9. "-Å"

Pronounced like [o] as in "born," or "song."

For Example:

1. *bål* ("bonfire")
2. *skål!* ("Cheers!")

Diphthongs

Diphthongs are sounds with two vowel qualities acting as a single vowel. There are four basic diphthongs in Norwegian: ([ai], [au], [ei], [øy]).

1. "-AI"

Pronounced like the [ai] as in "kaiser."

1. *Kai* ("Harbor")
2. *Mai* ("May (month)")

2. "-AU"

Pronounced like the [au] as in "sauerkraut."

1. *sau* ("sheep")

2. *maur* ("ant")

3. "-Ei"

Pronounced like the [y] as in "psycho."

1. *Meg* ("me")

2. *Sei* ("Pollock/saithe (fish)")

4. "-Øy"

Pronounced like the [ui] as in "ruin (pronounced quickly)."

1. *Øy* ("island")

2. *Søyle* ("column")

LESSON NOTES

Pronunciation #3

Feeling the 'Stress' in Norwegian

CONTENTS

2 Grammar

3

GRAMMAR

The Focus of This Lesson is the difference between written and spoken Norwegian.

Written Norwegian and spoken Norwegian is often times different. This owes to Norwegian having gone through some major changes in the spoken language while change has been refused in the written language. Although the difference can be quite daunting at first you will quickly find yourself ease into the general flow of the language.

Some of the major differences between written and spoken language that we will look at in this lesson are some vowel and consonant letters that has several sounds tied to them. We will also look at pitch accent.

First up:

Double Consonants

In Norwegian it is common to see double consonants, especially the same consonant doubled to put stress on the following vowel.

Norwegian is a pitch accent language with generally two tonals. This means that seemingly similar words are distinguished by stressing either; 1. the beginning of the word or; 2. the end of the word.

Examples:

1. Stress on the first part (Before and including the [nd])

[*Bønder*] - "Farmers"

and

2. Stress on the latter part (after the [nn])

[*Bønner*] - "Beans"

It is not easy to know which words use which pitch accent. This requires listening and practice as there is no general rule to help guess which word uses which pitch accent.

Remember that no Norwegian word comes with more than three successive consonants.

Separate words that are put together to make one word is no exception to this rule, this also affects pronunciation.

Examples:

[*buss*] - "Bus"

and

[*stopp*] - "stop"

In English one takes a slight pause between the "-s" to help the pronunciation; "bus_stop"

In Norwegian however the two words are spliced [*bussstopp*] however this breaks the rules so one "-s" is removed making it [*busstopp*] this makes the pronunciation [buss-topp] the "-s" is pulled into the "-t."

The last important rule on consonants is the difference between single and double (triple) consonants in a word.

Examples:

1. Stress on the first part (Dragging the "U" sound into "-K")

[*luke*] - "a hatch, pull weed"

and

2. Stress on the latter part (heavy [kk] and "-u" changes to "-o" sound)

[*lukke*] - "to shut"

With double consonants following vowels some vowels tend to change their sound, this brings us to our second part of this lesson.

Changing Vowel Sounds

As mentioned above, when followed by a double consonant some vowels change their sound. Let's first list the vowel letters that do change sounds in some words.

"-E"

Usually pronounced [e] but can also be pronounced [æ] in some circumstances

[e] - *steke, selge, brekke*.

[æ] - *servere, merke, her*.

"-O"

Usually pronounced [o] but can also be pronounced [å] often before double consonants.

[o] - *soldat, mor, flora*.

[å] - *sokker, morken, godt*.

"-U"

Usually pronounced [u] but can also be pronounced [o] often in words with double "-k" [kk]

[u] - *fugl, musikk, sur*.

[o] - *sukker, lukke, krukke*

There is no general rule to when any of these vowels are pronounced with their changed sound. However you might have observed that the vowel sound usually changes when they come before hard double consonants, like [kk], [rk], [dt] and so on. Yet as you might have discovered it doesn't make a good general rule as there are too many exceptions.

The only way to really learn the different pronunciations is to listen and practice!

LESSON NOTES

Pronunciation #4 Norwegian Accents

CONTENTS

2 Grammar

4

GRAMMAR

The Focus of this Lesson is Regional Variations of Norwegian Pronunciation Found in West/South Norway and Northern Norway.

Preface

The most confusing thing for foreigners learning Norwegian, aside from the two different written languages, is Norwegian dialects. Norwegian as a spoken language consists of a vast amount of dialects with sometimes large variation, spread over the country. Norwegian can be split into five common dialects or what we shall look at today for the sake of simplicity; two general regions, West and South Norway and North Norway. There is a third region too being the dialect you have been studying all along.

Western and Southern Norway

Although usually considered two or three different major dialects. West and South Norwegian dialects have some large common factors. The most noticeable being the usage of a "French" or "German" -sounding [r]. It's called a "guttural -r." The western coastal areas was influenced in language by the historical trade with the German and French, and so naturally acquired the special "-r." Now you can probably hear the "guttural -r" being used by someone, anywhere in Norway.

Apart from the [r]. The western and southern dialects have an often different vocabulary than what you might have learned so far. A common word is [jeg] ("I"), which has changed to [eg, æ] in the West and [i] in the South. Almost all pronouns, interrogatives, and possessive pronouns change slightly depending on dialects.

Northern Norway

The dialects that exist in Northern Norway share a very thick pronunciation of words, which at times can be unintelligible to natives even. The [r] sound is the same as you have learned for the common Eastern dialects, a "rolling -r." However the [L] sound can acquire a very thick sound which obscures some words almost entirely, this is the same for some Eastern dialects, however the Northern dialects tend to have a more distinct thick sound.

The pronoun [jeg] ("I") sounds like [æ], [æɡ] or [jæ]. The dialects use flat and wide sounds as you can see with [jæ] the use of the [æ] sound is common. Words like [kæm] ("who"), [dæm] ("they"), [dæ] ("you"), and [korhæn] ("where") are all words with a flat, wide [æ] sound.

Foreigners who hear these dialects for the first time might at first believe that the person speaks another language. It is not necessary for you to learn to speak these dialects however as Eastern Norwegian is perfectly understood by all Norwegians. Learning to understand these dialects can sometimes be an advantage though.

LESSON NOTES

Pronunciation #5

Common Norwegian Pronunciation Mistakes

CONTENTS

2 Grammar

5

GRAMMAR

The Focus of This Lesson is the Five Most Common Mistakes People Make When They Pronounce Norwegian.

#1: Remember to Trill Your "-R's"!

Remember that in Norwegian, we don't not pronounce the letter "-R" in the same way as it is in English. We trill it much like the "-rr" in Spanish. It is important you don't use an English "-r," but try to roll your "-r" clearly so that that words are easily distinguished. An English sounding "-r" can easily be mistaken for a Norwegian retroflex or an accented "L." If rolling the "-r" is hard you can try to use a "guttural -R" instead, you know, the French sounding one.

#2: Correct Vowels

Many foreigners, especially from English-speaking countries tend to use their native vowel sounds rather than the Norwegian sounds. This is especially a problem where Norwegian words are similar to the learners own native language.

In the case of a native English speaker this could result in words like: *bake*, *sort*, *smile*, and *after* being pronounced with the vowels pertaining to the English words; "bake," "sort," "smile," and "after."

Also while you are at it. Try to remember that the vowels [e], [o], and [u] have two sets of pronunciation (check our third lesson in this pronunciation series if you don't remember).

#3: Mind the double consonants

Also like we taught you earlier; the different pronunciation for single, double, and triple consonants is very important to be conscious of when speaking Norwegian. Single consonants has a long pronunciation while double consonants are pronounced quick and hard. Three consonants are pronounced the two first together then the third one starting the second part of the word.

Some examples are:

- *laken* - "bed sheet"

/la/a/ken/

- *lakken* "[the] lacquer"

/lak/ken/

- *busstopp* - "bus stop"

/buss/topp/

- *kjære* - "darling"

/kjæ/æ/re/

- *kjerre* - "cart"

/kjær/re/

#4: Learn to Be Comfortable with non-native sounds

Norwegian has many sounds that are similar to English, so there aren't too many challenging sounds. Some we have mentioned in these series which are important to watch out for are:

/sj/ - like "sh" in "shoe"

/kj/ - like "michelin" (without the "t" some pronounce it with: /'mɪʃəlɪn/)

/sk/ - like "ti" in "emotion"

/au/ - like "au" in "sauerkraut" but with a hint of "v"

/ai/ - like "i" in "mine" the resulting sound should end with a "j"-sound like when you say "yearn"

/øj/ - like "ui" in "ruin" the "u" sounds more like the "u" in "burn." same as /ai/ should end with a "j"-sound.

#5: Watch Out for Similar Sounding Words!

Norwegian is full of seemingly similar words. Some have slight change in pronunciation so one can make out the difference, but some words also sound exactly the same. Make sure you practice the pronunciation of words well and that you watch and don't try to put differentiate words that are supposed to sound the same. Words like *gift* have two meanings ("married" and "poison"), but both meanings have the exact same pronunciation and spelling.

Some make the mistake of wanting to differentiate between the two by changing the stress on different parts of the word making it entirely unintelligible.

Other words like; *man*, ("one," pronoun) *mann* ("male") and *man*, *mane*. Or *gjærne* ("with pleasure"), *hjerne* ("brain") can be especially tricky for foreigners as they differ in pronunciation, but not only to differentiate the words, they also change depending on the emotion or emphasis the speaker speaks with.