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**NORWEGIAN
CULTURE
& TRADITIONS**



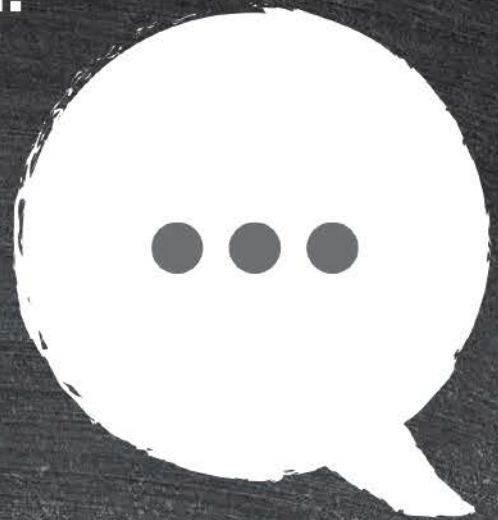
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LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #1

National Holidays

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#1

NORWEGIAN

1. What are five popular Norwegian National Holidays?
2. 1. Nyttårsaften
3. 2. Påske
4. 3. Grunnlovsdagen
5. 4. Sankthansaften
6. 5. Jul

ENGLISH

1. What are five popular Norwegian National Holidays?
2. 1. New Year's Eve
3. 2. Easter
4. 3. Norwegian Constitution Day
5. 4. St. John's Eve
6. 5. Christmas

VOCABULARY

Norwegian	English	Class	Gender
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Nyttårsaften	New Year's Eve		
Påske	Easter	noun	
Grunnlovsdagen	Norwegian Constitution Day		
Sankthansaften	St. John's Eve		
jul	Christmas	noun	masculine

SAMPLE SENTENCES

<p>På nyttårsaften er det vanlig at folk skader seg på grunn av fyrverkeri.</p> <p>"On New Year's Eve, it is common for people to injure themselves because of fireworks."</p>	<p>I påsken kan man se blomsten påskelilje overalt.</p> <p>"At Easter, you can see the daffodil flower everywhere."</p>
<p>Påske betyr fjellet.</p> <p>"Easter means going to the mountain."</p>	<p>Det er ingen militær parade på den Norske grunnlovsdagen.</p> <p>"There is no military parade on the Norwegian Constitution Day."</p>
<p>Verdens høyeste bål ble laget i Norge på Sankthansaften i 2010.</p> <p>"The world's biggest bonfire was made in Norway on St. John's Eve in 2010."</p>	<p>Jul er den koseligste høytiden i Norge.</p> <p>"Christmas is the coziest holiday in Norway."</p>
<p>Jenta gledet seg til jul.</p> <p>"The girl was looking forward to Christmas."</p>	

CULTURAL INSIGHT

1. New Year's Eve

On New Year's Eve, Norwegians visit family or friends and eat dinner together. Then at midnight, everyone goes outside to set off fireworks and drink champagne while wishing each other a Happy New Year.

2. Easter

Norway has a long tradition when it comes to Easter. The holiday is about a week long, so a lot of people travel to their cabin in the mountains to relax and go skiing. Some stay at home or go to church during the holiday.

3. Norwegian Constitution Day

On Norwegian Constitution Day, which is May 17th, Norwegians dress up in national clothes and go see the Children's Parade. Children participate in the parade from elementary school through high school by singing Norwegian national songs.

4. St. John's Eve

On St. John's Eve, people often eat and drink with friends and family and then go to a big bonfire. The day after St. John's Eve used to be a holiday, but that holiday doesn't exist anymore.

5. Christmas

In Norway, Christmas is probably the most important holiday. It is celebrated on the evening of December 24. Family members visit each other, eat traditional Norwegian Christmas food, and gather around the Christmas tree while a family member hands out presents one by one.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #2

Foods

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- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

2

NORWEGIAN

1. What are five popular Norwegian foods?
2. 1. Brunost
3. 2. Fiskeboller
4. 3. Makrell i tomat
5. 4. Pizza Grandiosa
6. 5. Kvikklunsj

ENGLISH

1. What are five popular Norwegian foods?
2. 1. Cheese made from whey, milk and cream
3. 2. Fish balls
4. 3. Mackerel in tomato sauce
5. 4. Frozen pizza
6. 5. Quick Lunch, a milk chocolate

VOCABULARY

Norwegian	English
-----------	---------

Brunost	Cheese made from whey, milk and cream
Fiskeboller	Fish balls
Makrell i tomat	Mackerel in tomato sauce
Pizza Grandiosa	Frozen pizza
Kvikk lunsj	Quick Lunch, a milk chocolate

SAMPLE SENTENCES

<p>En tunnelbrann varte i fem dager da en lastebil med brunost tok fyr.</p> <p>"A tunnel fire lasted for five days when a truck carrying brunost caught fire."</p>	<p>Fiskeboller blir vanligvis kjøpt på boks.</p> <p>"Fish balls are usually bought in cans."</p>
<p>Makrell i tomat er også kjent for sitt kallenavn; flykræsje.</p> <p>"Mackerel in tomato sauce is also known for its nickname- 'plane crash.'"</p>	<p>Pizza Grandiosa har sin egen uoffisielle bok.</p> <p>"Pizza Grandiosa has its own unofficial book."</p>

Kvikk Lunsj spises ofte sammen med en appelsin og kakao.

"Quick Lunch is often eaten together with an orange and hot cocoa."

CULTURAL INSIGHT

1. Cheese made from whey, milk and cream

In order to make this cheese, whey, milk, and cream are boiled together, and the sugar in the milk causes the cheese to turn a brown color. The name Brunost literally means "brown cheese."

2. Fish

balls

Norwegians eat these fish balls with boiled potatoes and white sauce. It is also common to put curry in the white sauce. Fish balls are made from finely-ground fish, milk, potato starch, and salt.

3. Mackerel in tomato sauce

Sliced Mackerel in tomato sauce, is both loved and hated by Norwegian people. It is usually eaten on top of a slice of bread.

4. Frozen pizza

Pizza Grandiosa is a very popular brand of frozen pizza in Norway. The original Grandiosa consists of meat, cheese, tomato sauce, and red bell peppers.

5. Quick Lunch, a milk chocolate

The name of this food translates literally as "quick lunch" and is a common type of chocolate candy in Norway. It is often eaten on family trips.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #3 Beverages

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- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

3

NORWEGIAN

1. What are five common beverages in Norway?
2. 1. Solo
3. 2. Farris
4. 3. Julebrus
5. 4. Akevitt
6. 5. Vikingfjord

ENGLISH

1. What are five common beverages in Norway?
2. 1. Orange soda
3. 2. Sparkling mineral water
4. 3. Christmas soda
5. 4. Akvavit
6. 5. Vodka called Vikingfjord

VOCABULARY

Norwegian	English
-----------	---------

Solo	Orange soda
Farris	Sparkling mineral water
Julebrus	Christmas soda
Akevitt	Aquavit
Vikingfjord	Vodka called Vikingfjord

SAMPLE SENTENCES

<p>I Norge på 60-tallet var Solo mye mer populær enn Coca-Cola.</p> <p>"In Norway in the 60s, Solo was much more popular than Coca-Cola."</p>	<p>Farris er kjent for å være bra for helsa di.</p> <p>"Farris is known to be good for your health."</p>
<p>Julebrus blir bare solgt fra oktober til slutten av desember.</p> <p>"Christmas soda is only sold from October to the end of December."</p>	<p>Noen sier at spriten akevitt fordøyer fett i julematen.</p> <p>"Some say that the spirit beverage akvavit digests the fat in Christmas food."</p>

Vikinfjord har vunnet flere priser for beste vodka.

"Vikingfjord has won several prizes for the best vodka."

CULTURAL INSIGHT

1. Orange soda

Solo is a popular orange-flavored soda. The recipe was actually brought from Spain. It also has a lesser-known lemon-flavored soda.

2. Sparkling mineral water

Farris is the oldest bottled water brand in Norway. Farris bottled water is not from Norway's Farris Lake. Rain water on a hill gets filtered and then made into Farris mineral water about 20 years later.

3. Christmas soda

Christmas soda is made by a lot of different breweries in Norway. This soft drink is often red with a Christmas label on the bottle. Norwegians often have discussions about which Christmas soda is the best one.

4. Akvavit

Akvavit is a type of liquor made from potatoes and it dates back to the 15th century. Akvavit's main spice is often dill or caraway. Norwegians often drink it at Christmas.

5. Vodka called Vikingfjord

Vikingfjord is a famous vodka brand in Norway. It's brewed from glacier water and potatoes. Since it is made from glacier water that melts and runs through glacial earth and stones, the taste is not affected by minerals from regular water.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #4

Popular homecooked meals

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- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

4

NORWEGIAN

1. What are five home-cooked meals that are popular in Norway?
2. 1. Fårikål
3. 2. Kjøttkaker
4. 3. Rømmegrøt
5. 4. Pinnekjøtt
6. 5. Lutefisk

ENGLISH

1. What are five home-cooked meals that are popular in Norway?
2. 1. Cooked pieces of mutton with cabbage
3. 2. Small pan-fried patty made of minced meat
4. 3. Porridge made from sour cream
5. 4. Dish of lamb or mutton served at celebrations
6. 5. Dried whitefish

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

Fårikål	Cooked pieces of mutton with cabbage		
Kjøttkaker	Small pan-fried patty made of minced meat		
Rømmegrøt	Porridge made from sour cream		
Pinnekjøtt	Dish of lamb or mutton served at celebrations		
Lutefisk	Dried whitefish, lye fish	noun	masculine

SAMPLE SENTENCES

<p>Fårikål ble valgt som Norges nasjonalrett av et radioprogram på 70tallet.</p> <p>"Cooked mutton with cabbage was selected as Norway's national dish by a radio program in the 70s."</p>	<p>Kjøttkaker er en vanlig hverdagsrett.</p> <p>"Small pan-fried patties made of minced meat are a common everyday dish."</p>
<p>Ikke alle liker rømmegrøt på grunn av blandingen mellom surt og søtt.</p> <p>"Not everyone likes sour cream porridge because of the mix between sour and sweet."</p>	<p>Nå har Pinnekjøtt blitt mer vanlig i hele Norge, og ikke bare i Vest og Nord-Norge.</p> <p>"Now, This dish of lamb and mutton is more common all around Norway, and not just in western and northern Norway."</p>

Lutefisk er en veldig gammel rett, den dukket faktisk opp først i norsk litteratur fra 1555.

"Dried whitefish is a very old dish; it actually first appeared in Norwegian literature from 1555."

CULTURAL INSIGHT

1. Cooked pieces of mutton with cabbage

The name of this dish means "sheep in cabbage" and it's made by slow-cooking pieces of mutton together with cabbage, whole black pepper, and a bit of wheat flour. It is served with boiled potatoes.

2. Small pan-fried patty made of minced meat

The way Norwegians prepare these dumplings varies by location, but it is common to mix the minced meat with salt, pepper, flour, onion, and milk or water. They are then shaped into small 2cm thick patties and fried.

3. Porridge made from sour cream

The name of this dish literally translates to "sour cream porridge," and it's made with sour cream, whole milk, wheat flour, butter, and salt and then topped with sugar, cinnamon and butter.

4. Dish of lamb or mutton served at celebrations

This dish is usually eaten in western Norway around Christmas. Norwegians buy it preserved and then soak and boil it. Traditionally, it is eaten with boiled potatoes and turnip purée.

5. Dried whitefish

The name of this dish means "lye fish" and is mostly made from cod. The fish needs to be soaked in cold water for many days before it can actually be cooked. When it is cooked, it has to be done so carefully so the fish doesn't fall apart in the water.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #5

Sweets and Desserts

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

5

NORWEGIAN

1. What are five common sweets and desserts from Norway?
2. 1. Vafler
3. 2. Lapper
4. 3. Semulepudding
5. 4. Brødpudding
6. 5. Morellsaus

ENGLISH

1. What are five common sweets and desserts from Norway?
2. 1. Waffles
3. 2. Norwegian pancakes
4. 3. Pudding made from semolina
5. 4. Bread Pudding
6. 5. Cherry sauce

VOCABULARY

Norwegian	English
-----------	---------

Vafler	Waffles
Lapper	Norwegian pancakes
Semulepudding	Pudding made from semolina
Brødpudding	Breadpudding
Morellsaus	Cherry sauce

SAMPLE SENTENCES

<p>Vafler med både syltetøy og brunost på er godt.</p> <p>"Waffles with both jam and brown cheese are delicious."</p>	<p>Lapper ser ut som amerikanske pannekaker.</p> <p>"Norwegian pancakes look like American pancakes."</p>
<p>Semulepudding er en gammel norsk klassiker.</p> <p>"semolina pudding is an old Norwegian classic."</p>	<p>En del unge nordmenn vet ikke hva brødpudding er.</p> <p>"A lot of young Norwegians do not know what bread pudding is."</p>
<p>Morellsaus smaker godt sammen med iskrem.</p> <p>"Cherry sauce tastes delicious together with ice cream."</p>	

CULTURAL INSIGHT

1. Waffles

Norwegian waffles are heart-shaped and thin. Common toppings are strawberry jam, brown cheese, sour cream, or sugar.

2. Norwegian pancakes

Norwegian pancakes are made by mixing eggs, flour, sugar, salt, fermented milk from kefir, sour cream, and baking soda. They are then fried with butter. Norwegian pancakes is traditionally served with sour cream and strawberry jam.

3. Pudding made from semolina

This pudding is made out of semolina boiled with milk, and then it is mixed together with whipped eggs and sugar. When the pudding has cooled down, it is eaten with red berry sauce.

4. Bread Pudding

For bread pudding, a mix is made from whipped sugar, butter, milk, lemon juice, and vanilla. Then, cubes of toasted white bread are mixed in, and raisins and apples are added. This is then cooked in the oven and served with vanilla sauce.

5. Cherry sauce

Cherries are boiled with water, sugar, flour, and vanilla into a sauce. Cherry sauce is often eaten with different types of cake.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #6

Fruits

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

6

NORWEGIAN

1. What are five common fruits found in Norway?
2. 1. Banan
3. 2. Jordbær
4. 3. Eple
5. 4. Pære
6. 5. Plomme

ENGLISH

1. What are five common fruits found in Norway?
2. 1. Banana
3. 2. Strawberry
4. 3. Apple
5. 4. Pear
6. 5. Plum

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

pære	pear		
plomme	plum	noun	feminine
banan	banana	noun	masculine
jordbær	strawberry	noun	neutral
eple	apple	noun	neutral

SAMPLE SENTENCES

Det er mye fiber i pærer. "There is a lot of fiber in pears."	Tidlig på høsten plukker vi plommer. "Early in the fall, we pick plums."
Babyer spiser ofte moste bananer. "Babies often eat mashed bananas."	Norske jordbær er dyre. "Norwegian strawberries are expensive."
Menneskene tar jordbærene. The people take the strawberries.	Nordmenn tar ofte med et eple sammen med matpakka. "Norwegians often bring an apple packed in their lunch box."

CULTURAL INSIGHT

1. Banana

Norwegians love bananas. Each year, Norwegians eat around 17 kilograms of bananas per persons.

2. Strawberry

Norwegian strawberries are eaten in the summer. Strawberries with cream and sugar is probably the most popular dessert in the summer.

3. Apple

In Norway, the apple is the second most popular fruit. Many people have their own apple trees in their gardens.

4. Pear

Pears first came to Norway in the Middle Ages and have been popular ever since. Norwegians eat pears raw or in cakes, or ferment them.

5. Plum

Plums are also a popular fruit in Norway. It's common for Norwegian's to have their own plum tree in their garden.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #7

Vegetables

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#7

NORWEGIAN

1. What are five common vegetables found in Norway?
2. 1. Gulrot
3. 2. Potet
4. 3. Rabarbra
5. 4. Rosenkål
6. 5. Kålrot

ENGLISH

1. What are five common vegetables found in Norway?
2. 1. Carrot
3. 2. Potato
4. 3. Rhubarb
5. 4. Brussels sprout
6. 5. Turnip

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

rabarbra	rhubarb		
rosenkål	brussels sprout		
kålrot	turnip		
gulrot	carrot	noun	feminine
potet	potato	noun	masculine

SAMPLE SENTENCES

<p>Man kan lage vin av rabarbra.</p> <p>"You can make wine out of rhubarb."</p>	<p>Du burde ikke koke rosenkål for lenge.</p> <p>"You shouldn't boil brussels sprouts for too long."</p>
<p>Kålrot inneholder en god del C-vitaminer.</p> <p>"Turnips contains a lot of vitamin C."</p>	<p>Gulrøtter er bra for synet ditt.</p> <p>"Carrots are good for your sight."</p>
<p>Nordmenn spiser poteter flere ganger i uka.</p> <p>"Norwegians eat potatoes several times a week."</p>	<p>Vi har poteter i kjøleskapet.</p> <p>"We have potatoes in the fridge."</p>

CULTURAL INSIGHT

1. Carrot

Norwegians eat a lot of carrots, either raw or boiled. Thinly sliced carrots sprinkled with vinegar is a popular side dish served with fish.

2.

Potato

Potatoes are probably the most eaten vegetable in Norway. They are always included in traditional dishes and almost always boiled.

3. Rhubarb

Rhubarb is often used in cakes or pies in Norway. It is also common for children to eat raw rhubarb with sugar on top.

4. Brussels sprout

Brussels sprouts are a popular side dish for dinner in Norway. Norwegians eat them raw, boiled, fried, or steamed.

5. Turnip

Turnips are either diced or sliced and often used in soups and stews. Some Norwegians also mash turnips or eat them raw as a snack.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #8

Food Souvenirs

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

8

NORWEGIAN

1. What are five common Norwegian food souvenirs?
2. 1. Røkt laks
3. 2. Freia Melkesjokolade
4. 3. Flatbrød
5. 4. Marsipangris
6. 5. Lefse

ENGLISH

1. What are five common Norwegian food souvenirs?
2. 1. Smoked salmon
3. 2. Freia Milk Chocolate
4. 3. Flatbread, a thin, crispy bread
5. 4. Marzipan pig
6. 5. Norwegian soft flatbread

VOCABULARY

Norwegian	English
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Røkt laks	Smoked salmon
Freia Melkesjokolade	Freia Milk Chocolate
Flatbrød	Flatbread, a thin, crispy bread
Marsipangris	Marzipan pig
Lefse	Norwegian soft flatbread

SAMPLE SENTENCES

<p>Røkt laks er alltid servert på norske koldtbord.</p> <p>"Smoked salmon is always served on Norwegian buffets."</p>	<p>Renée Zellweger elsker Freia Melkesjokolade.</p> <p>"Renée Zellweger loves Freia Milk Chocolate."</p>
<p>Flatbrød kan bli laget av hvilket som helst mel.</p> <p>"Flatbread can be made from every kind of flour."</p>	<p>Mange nordmenn lager marsipangriser selv.</p> <p>"A lot of Norwegians make marzipan pigs themselves."</p>
<p>Den største lefsa i verden ble laget i USA.</p> <p>"The largest soft flatbread in the world was made in the USA."</p>	

CULTURAL INSIGHT

1. Smoked salmon

Norway is known for salmon, so smoked salmon is a great souvenir food . Smoked salmon is usually eaten on bread with scrambled eggs and can be bought at every grocery store.

2. Freia Milk Chocolate

Freia Milk Chocolate has been Norway's highest selling and most loved brand of milk chocolate since the 60s. These small chocolate bars have a Norwegian folk tale written on the inside of their wrappers.

3. Flatbread, a thin, crispy bread

Norwegians often eat flatbread with butter on top and with different types of stew. Since a lot of countries have some kind of stew, flatbread makes a nice souvenir.

4. Marzipan pig

A marzipan pig is a piece of marzipan shaped like a pig. On Christmas Eve, Norwegians eat porridge, and an almond is hidden in the serving bowl. The person who gets the almond wins a marzipan pig.

5. Norwegian soft flatbread

This is a soft version of flatbread often served with butter, cinnamon, and sugar and then folded before being eaten. One type of this flatbread, called lompe, is made of potatoes. When Norwegians eat hot dogs, they often wrap the hot dog in lompe instead of bread.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #9

Pop and Traditional Culture

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

9

NORWEGIAN

1. What are five examples of pop and traditional culture from Norway?
2. 1. Hallingdans
3. 2. Hardingfele
4. 3. Melodi Grand Prix
5. 4. Julefrokost
6. 5. Julebord

ENGLISH

1. What are five examples of pop and traditional culture from Norway?
2. 1. Halling dance
3. 2. Hardanger fiddle, a stringed instrument
4. 3. Melodi Grand Prix
5. 4. Christmas breakfast
6. 5. Christmas table, a gathering before Christmas

VOCABULARY

Norwegian	English
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Hallingdans	Halling dance
Hardingfele	Hardanger fiddle, a stringed instrument
Melodi Grand Prix	Melodi Grand Prix
Julefrokost	Christmas breakfast
Julebord	Christmas table, a gathering before Christmas

SAMPLE SENTENCES

<p>Hallingdans stilen har noen likheter med den brasilianske capoeira.</p> <p>"The halling dance style has some similarities to the Brazilian capoeira."</p>	<p>Den første hardingfela ble laget i 1651.</p> <p>"The first hardanger fiddle was made in 1651."</p>
<p>I Norge har Melodi Grand prix også en konkurranse for barn.</p> <p>"In Norway, the Melodi Grand Prix is also a competition for children."</p>	<p>Jeg gleder meg til julefrokost.</p> <p>"I'm looking forward to Christmas breakfast."</p>
<p>Mange nordmenn drikker vikingfjord og akevitt på julebord.</p> <p>"Lots of Norwegians drink Vikingfjord and akvavits on the christmas table gathering."</p>	

CULTURAL INSIGHT

1. Halling dance

Norwegians usually do this dance at parties or weddings. Halling dance is traditionally a solo dance, but can be performed by couples too.

2. Hardanger fiddle, a stringed

instrument

This fiddle is often used to play traditional Norwegian music. It has eight or nine strings and is made of thin wood that's decorated with animal carvings. The famous Edvard Grieg used a hardanger fiddle in many of his compositions.

3. Melodi Grand Prix

The Melodi Grand Prix or MGP is a very popular singing competition in Norway, and a lot of Norwegians gather around the TV when the show airs. The winner of this contest qualifies to represent Norway in the Eurovision Song Contest.

4. Christmas breakfast

During Christmas time in Norway, a lot of Norwegian families gather and eat a long and sometimes very late breakfast. Smoked salmon, scrambled eggs, meatballs, sausages, waldorf salad, cheese, and bread are some of the common things served for Christmas breakfast.

5. Christmas table, a gathering before Christmas

This is a feast with a lot of alcohol that is often held with colleagues or friends in November and early December. The tradition originates from the Middle Ages.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #10

Traditional Clothing

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- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

10

NORWEGIAN

1. What are five common articles of traditional Norwegian clothing?
2. 1. Bunad
3. 2. Mariusgenser
4. 3. Selbuvotter
5. 4. Nikkers
6. 5. Lusekofte

ENGLISH

1. What are five common articles of traditional Norwegian clothing?
2. 1. Traditional costume
3. 2. Marius Sweater, a knitted sweater
4. 3. Mittens knitted in a two-colored pattern
5. 4. Knickerbockers, baggy pants
6. 5. Lusekofte, a patterned knitted sweater

VOCABULARY

Norwegian	English
-----------	---------

Bunad	Traditional costume
Mariusgenser	Marius Sweater, a knitted sweater
Selbuvotter	Mittens knitted in a two-colored pattern
Nikkers	Knickerbockers, baggy pants
Lusekofte	Lusekofte, a patterned knitted sweater

SAMPLE SENTENCES

<p>Bunad blir brukt på den norske nasjonaldagen.</p> <p>"Bunad is used on Norwegian National Day."</p>	<p>Mønsteret for Mariusgensereren ble laget i 1953.</p> <p>"The pattern for the Marius Sweater was made in 1953."</p>
<p>Mange nordmenn ble sinte da en amerikansk kvinne gav ut en bok om selbuvotter.</p> <p>"A lot of Norwegians got angry when an American lady published a book about selbu mittens."</p>	<p>Nikkers ble brukt av Norges Curlinglag for menn under de olympiske leker 2014.</p> <p>"Knickerbockers were used by Norway's curling team during the Olympic Games in 2014."</p>
<p>Lusekofte er hovedsakelig brukt av menn.</p> <p>"Lusekofte sweaters are mainly used by men."</p>	

CULTURAL INSIGHT

Traditional costume

Traditional Norwegian costumes were used in the nineteenth century, the romantic

nationalism period, as a symbol of Norwegian history. In the post-war period, they became very popular, and today a lot of Norwegians own their own. A bunad takes about a year to make and is full of embroidery.

Marius Sweater, a knitted sweater

This is a popular type of knitted sweater in Norway. Everyone can use the pattern for knitting, but many businesses are not allowed to sell sweaters using the pattern. A finished homemade marius sweater sold by a chain that has the rights to sell it can cost up to 300 US dollars.

Mittens knitted in a two-colored pattern

Selbu mittens are knitted in a selbu pattern, which is over 150 years old. Selbu mittens were the first to be knitted in a pattern with two different colors in Norway.

Knickerbockers, baggy pants

Knickerbockers are very popular in Norway, especially for skiers. Knickerbockers were worn a lot during World War II in Norway.

Lusekofte, a patterned knitted sweater

This is another traditional type of knitted sweater in Norway. This type of sweater dates from the nineteenth century, and the traditional color was mostly black, grey or white.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #11

Historical Figures

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

11

NORWEGIAN

1. Who are five well-known Norwegian historical figures?
2. 1. Fridtjof Nansen
3. 2. Peter Wessel Tordenskiold
4. 3. Thor Heyerdahl
5. 4. Leif Ericson
6. 5. Roald Amundsen

ENGLISH

1. Who are five well-known Norwegian historical figures?
2. 1. Fridtjof Nansen
3. 2. Peter Wessel Tordenskiold
4. 3. Thor Heyerdahl
5. 4. Leif Ericson
6. 5. Roald Amundsen

VOCABULARY

Norwegian	English
-----------	---------

Fridtjof Nansen	Fridtjof Nansen
Peter Wessel Tordenskiold	Peter Wessel Tordenskiold
Thor Heyerdahl	Thor Heyerdahl
Leif Ericson	Leif Ericson
Roald Amundsen	Roald Amundsen

SAMPLE SENTENCES

Fridtjof Nansen var en fryktløs person. "Fridtjof Nansen was a fearless person."	Peter Wessel Tordenskiold døde da han bare var 30 år gammel. "Peter Wessel Tordenskiold died when he was only 30 years old."
Thor Heyerdahl døde av kreft. "Thor Heyerdahl died from cancer."	Leif Ericson er veldig kjent i Norge. "Leif Ericson is very famous in Norway."
Roald Amundsen ble angrepet av isbjørner. "Roald Amundsen was attacked by polar bears."	

CULTURAL INSIGHT

1. Fridtjof Nansen

Fridtjof Nansen was an explorer and scientist. Nansen and his team was the first men to cross Greenland in 1888, and he is very famous for his North Pole expedition in 1893-96. After World War I, he made the "Nansen Passport" for stateless persons and received the Nobel Peace Prize for his efforts.

2. Peter Wessel Tordenskiold

Tordenskiold was a nobleman who served in the Royal Dano-Norwegian Navy. He became very famous and popular when he destroyed one of Sweden's supply fleets during a war in 1716.

3. Thor Heyerdahl

Thor Heyerdahl was an adventurer and ethnographer. He became famous when he traveled 8,000 kilometers on his handmade raft. He made this expedition across the Pacific Ocean in 1947 to prove that ancient people could have sailed long distances over the seas.

4. Leif Ericson

Leif Ericson was a Norse Explorer who found North America and was the first European to set foot there. He actually discovered North America 500 years before Christopher Columbus.

5. Roald Amundsen

Roald Amundsen is known for being part of the first expedition to the South and North Poles. In December 1911, he and his men were the first men to reach the South Pole. He also traveled to the Northwest passage.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #12

Animals

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

12

NORWEGIAN

1. What are five animals commonly found in Norway?
2. 1. Elg
3. 2. Hoggorm
4. 3. Gaupe
5. 4. Rev
6. 5. Rådyr

ENGLISH

1. What are five animals commonly found in Norway?
2. 1. Moose
3. 2. European adder
4. 3. Eurasian lynx
5. 4. Fox
6. 5. Roe deer

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

Rådyr	Roe deer		
Elg	Moose		
Hoggorm	European adder		
Gaupe	Eurasian lynx		
rev	fox	noun	masculine

SAMPLE SENTENCES

<p>Rådyr spiser over 1000 forskjellige plantearter.</p> <p>"Roe deer eat over 1,000 different plant species."</p>	<p>Elg kan være under vann i mer enn 30 sekunder.</p> <p>"Moose can stay underwater for more than thirty seconds."</p>
<p>Hoggormen biter som regel ikke mennesker.</p> <p>"The European adder usually doesn't bite humans."</p>	<p>Gaupe kan lukte et rådyr 600 meter unna.</p> <p>"The Eurasian lynx can smell a roe deer six hundred meters away."</p>
<p>Mikkel rev er en kjent barnesang.</p> <p>"'Mikkel Fox' is a famous children's song."</p>	<p>Revene leker i gresset.</p> <p>"The foxes are playing in the grass."</p>

CULTURAL INSIGHT

Moose

In Norway, the moose is called the king of the woods. They are very common in Norway and often hunted to keep the population from getting too big.

European

adder

The European adder is one of three types of snakes in Norway and the only one that is poisonous. Since it's cold in the winter months, the European adder hibernates, often with others.

Eurasian lynx

The Eurasian lynx is the only wild feline in Norway, and it almost became extinct in the 1930s. Today there are around 500 of them in Norway.

Fox

You can find foxes nearly everywhere in Norway. Foxes have very good adaptability, therefore, you can find them close to cities, in the countryside, or in the woods.

Roe deer

There are a lot of roe deer in Norway, mostly in the southern area, but you can also find them in northern parts. A lot of Norwegians get frustrated about roe deer, since they often eat from trees, bushes, and flowers.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #13

Plants

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

13

NORWEGIAN

1. What are five types of plants that are common in Norway?
2. 1. Bjørk
3. 2. Gran
4. 3. Bergfrue
5. 4. Røsslyng
6. 5. Blåbærlyng

ENGLISH

1. What are five types of plants that are common in Norway?
2. 1. Birch
3. 2. European spruce
4. 3. Saxifraga cotyledon
5. 4. Ling
6. 5. European blueberry

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Bjørk	Birch	noun
Gran	European spruce	noun
Bergfrue	Saxifraga cotyledon	noun
Røsslyng	Ling	noun
Blåbærlyng	European blueberry	noun

SAMPLE SENTENCES

<p>Mange mennesker har pollenallergi mot bjørk.</p> <p>"There are four different species of birch in Norway. Birch is mostly used as firewood but also for furniture or interior walls."</p>	<p>Den eldste grana i Norge var 484 år i 2008.</p> <p>"The oldest European spruce in Norway was 484 years old in 2008."</p>
<p>Bergfrue er Møre og Romsdals fylkesblomst.</p> <p>"The saxifraga cotyledon is Møre og Romsdal's county flower."</p>	<p>Røsslyng kan bli brukt når man har problemer med å få sove.</p> <p>"Ling can be used when you have problems sleeping."</p>
<p>Blåbærlyng inneholder mange antioksidanter.</p> <p>"The European blueberry contains a lot of antioxidants."</p>	

CULTURAL INSIGHT

Birch

There are four different species of birch in Norway. Birch is mostly used as firewood but also for furniture or interior walls.

European spruce

In Norway, spruces are commonly used for building houses, furniture and boats. Spruces are also used for Christmas trees.

Saxifraga cotyledon

The saxifraga cotyledon is Møre og Romsdal's county flower.

Ling

Ling is common everywhere in Norway. Ling is an important plant for sheep, deer, and bees. This plant is the second national plant of Norway.

European blueberry

The European blueberry can be found in every forest in Norway, and families often go into the woods to pick blueberries in the fall. Blueberries are often used for jam or pies.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #14

Geographical Features

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

14

NORWEGIAN

1. What are five common geographical features found in Norway?
2. 1. Fjorder
3. 2. Isbreer
4. 3. Midnattsol
5. 4. Galdhøpiggen
6. 5. Svalbard

ENGLISH

1. What are five common geographical features found in Norway?
2. 1. Fjord' is a Norwegian word.
3. 2. Glaciers
4. 3. Midnight sun
5. 4. Galdhø peak
6. 5. Svalbard

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Fjorder	Fjord' is a Norwegian word.	noun
Isbreer	Glaciers	noun
Midnattsol	Midnight sun	noun
Galdhøpiggen	Galdhø peak	noun
Svalbard	Svalbard	noun

SAMPLE SENTENCES

Fjord er et norsk ord. "Fjord is a Norwegian word."	Ti prosent av jorda er dekket av isbreer. "Ten percent of the Earth is covered by glaciers."
Noen mennesker har problemer med å få sove når det er midnattsol. "Some people have trouble sleeping when the midnight sun occurs."	Det er en hytte på toppen av Galdhøpiggen. "There is a cabin on top of The Galdhø Peak."
Svalbard har en befolkning på 2642 beboere. "Svalbard has a population of 2642 inhabitants."	

CULTURAL INSIGHT

Fjords

The western side of Norway is dominated by several long and majestic fjords. Two well-known fjords are Sognefjorden, which is the second-longest fjord in Norway, and Hardangerfjorden, which is the third-longest fjord.

Glaciers

Norway has about 2,500 glaciers. The biggest one lies in western Norway and is called Jostedalsgreen. Jostedalsgreen has over 50 glacier arms.

Midnight sun

North of the Arctic circle or south of the Antarctic circle, the phenomenon called midnight sun occurs. This happens in the summer, when the sun doesn't set at all. This can be seen in northern Norway, and a popular viewpoint is Nordkapp.

Galdhø peak

The galdhø peak is Norway's highest mountain and also the highest mountain in Scandinavia and Northern Europe. To reach the top of the Galdhø Peak, you have to cross a glacier, but it is not especially complicated to climb this mountain.

Svalbard

Svalbard is the most northern place with a permanent population. It is an archipelago which lies between the mainland of Norway and the North Pole. Sixty percent of Svalbard consists of glaciers. Svalbard has a lot of polar bears, and people often keep their doors unlocked in case a polar bear chases someone.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #15

Cities

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

15

NORWEGIAN

1. What are five well-known Norwegian cities?
2. 1. Oslo
3. 2. Bergen
4. 3. Stavanger
5. 4. Trondheim
6. 5. Tromsø

ENGLISH

1. What are five well-known Norwegian cities?
2. 1. Oslo
3. 2. Bergen
4. 3. Stavanger
5. 4. Trondheim
6. 5. Tromsø

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Stavanger	Stavanger	noun
Trondheim	Trondheim	noun
Tromsø	Tromsø	noun
Oslo	Oslo	noun
Bergen	Bergen	noun

SAMPLE SENTENCES

<p>Stavanger er senteret for oljeindustrien i Norge.</p> <p>"Stavanger is the center for the oil industry in Norway."</p>	<p>Trondheim er en populær by for studenter.</p> <p>"Trondheim is a popular city for students."</p>
<p>Tromsø er en viktig by for fiskeindustrien.</p> <p>"Tromsø is an important city for the fishing industry."</p>	<p>Det er flere parker i Oslo.</p> <p>"There are several parks in Oslo."</p>
<p>Bergen er en vakker by.</p> <p>"Bergen is a beautiful city."</p>	<p>Hvor er Bergen?</p> <p>"Where is Bergen?"</p>

CULTURAL INSIGHT

Oslo

The capital of Norway is Oslo, with 906,681 citizens. Oslo is said to have been founded in 1049 by King Harald Hardråde. Oslo became Norway's capital around the year 1300.

Bergen

Bergen is Norway's second largest city and is located in western Norway. Bergen lies in a bay with several high mountains just behind the city. It is famous for Bryggen Wharf, which is on UNESCO's world cultural heritage list.

Stavanger

Stavanger is a city in western Norway that's populated by 130,754 citizens. Stavanger has beautiful mountains, and beaches and is located close to Lysefjorden. This city is also home to old wooden houses from the 18th century and Norway's oldest cathedral.

Trondheim

Trondheim is the third-largest city in Norway. Under the Viking Era, Trondheim was the capital of Norway. Trondheim has a lot of historical attractions, and the most famous one is the Nidarosdomen Cathedral. Construction on the cathedral was started in 1070 but is still not finished.

Tromsø

Tromsø is the ninth-biggest city in Norway by population. Tourists visit Tromsø because it offers spectacular views of the Northern Lights in the winter months and the midnight sun in the summer months. Hiking, boat trips, dogsledding, snowmobile tours, and visiting the Sami are also popular activities in Tromsø.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #16

Sports

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

16

NORWEGIAN

1. What are five sports that are common in Norway?
2. 1. Fotball
3. 2. Ishockey
4. 3. Langrenn
5. 4. Alpint
6. 5. Skihopp

ENGLISH

1. What are five sports that are common in Norway?
2. 1. Soccer
3. 2. Ice hockey
4. 3. Cross-country skiing
5. 4. Alpine skiing
6. 5. Ski jumping

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

Langrenn	cross-country skiing	noun	
Alpint	Alpine skiing	noun	
Skihopp	ski jumping	noun	
fotball	soccer	noun	masculine
ishockey	ice hockey	noun	masculine

SAMPLE SENTENCES

<p>Nordmenn går ofte på langrenn i påska.</p> <p>"Norwegians often goes cross-country skiing in the easter."</p>	<p>Alpint er populært blant både voksne og barn.</p> <p>"Alpine skiing is popular among both adults and children."</p>
<p>Norge har flest medaljer i skihopp i verden.</p> <p>"Norway holds the most medals in ski jumping in the world."</p>	<p>Det norske landslaget i fotball er ikke spesielt flinke.</p> <p>"The Norwegian National Fotballteam isnt especially good."</p>
<p>Spillerne spiller fotball.</p> <p>"The players are playing soccer."</p>	<p>Barna elsker å spille fotball i gymmen.</p> <p>"The children loved to play soccer in gym class."</p>
<p>Du må se opp for pucken i ishockey.</p> <p>"You have to watch out for the puck in ice hockey."</p>	<p>Spillerne spiller ishockey.</p> <p>"The players are playing ice hockey."</p>

CULTURAL INSIGHT

Soccer

Soccer is the most popular sport in Norway. It's the biggest sport when it comes to both athletes and viewers.

Ice hockey

Ice hockey has been played in Norway since 1930 and is a very popular sport, though Norway never has won the World Championships or the Olympics.

Cross-country skiing

Cross-country skiing is a sport that Norwegians are really good at. Norwegians are often said to have been born with skis on their feet. Norway holds a total of 107 medals in the Olympics.

Alpine skiing

Alpine skiing is another popular winter sport in Norway. Driving up to the skiing areas in the mountains is popular with Norwegians.

Ski jumping

Norway is a strong competitor in ski jumping at the Olympics. Norway is home to two well-known ski jumping hills, Holmenkollen and Lysegårdsbakken. Lysegårdsbakken was used in the Olympics in 1994 and is still frequently used.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #17

Tourist Attractions and Places

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

17

NORWEGIAN

1. What are five tourist attractions and places that are popular in Norway?
2. 1. Vigelandsparken
3. 2. Stavkirker
4. 3. Preikestolen
5. 4. Saltstraumen
6. 5. Nasjonal turistveg Atlanterhavsvegen

ENGLISH

1. What are five tourist attractions and places that are popular in Norway?
2. 1. Vigelandsparken Sculpture Park
3. 2. Stave churches
4. 3. Preacher's Pulpit/Pulpit Rock
5. 4. The Saltstraumen Maelstrom
6. 5. The Atlantic Road

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Vigelandsparken	Vigelandsparken Sculpture Park	noun
Stavkirker	Stave churches	noun
Preikestolen	Preacher's Pulpit/Pulpit Rock	noun
Saltstraumen	The Saltstraumen Maelstrom	noun
Nasjonal turistveg Atlanterhavsvegen	The Atlantic Road	noun

SAMPLE SENTENCES

<p>Nordmenn elsker å grille i Vigelandsparken på sommeren.</p> <p>"Norwegians love to barbeque in Vigelandsparken in the summer."</p>	<p>Stavkirker er kirker laget av tre.</p> <p>"Stave churches are churches made of wood."</p>
<p>En del mennesker tør ikke gå på toppen av Preikestolen.</p> <p>"A lot of people don't dare to go on the top of Preacher's Pulpit."</p>	<p>Du kan se ned på Saltstraumen fra en bro.</p> <p>"You can look down on Saltstraumen from a bridge."</p>
<p>Det kan være farlig å kjøre på Atlanterhavsvegen under storm.</p> <p>"It can be dangerous to drive on The Atlantic Road during storms."</p>	

CULTURAL INSIGHT

Vigelandsparken is known for all the statues it holds, which were created by Gustav Vigeland. The most famous one is the Monolith, which is 14 meters high and has 121 human figures carved into the stone.

Stave Churches

Norway has around 1,000 stave churches, and is the only country in Northern Europe which still has stave churches from the Middle Ages. The oldest stave church is Urnes stavkirke, which was built in 1150 and is on UNESCO's World Heritage List.

Preacher's Pulpit/Pulpit Rock

Preitestolen is a mountain which looks like a big pulpit. Preikestolen is located right over the Lysefjord and is a popular hiking spot. When you stand at the peak, you will have a majestic view over the fjord scenery.

The Saltstraumen Maelstrom

Saltstraumen is a dangerous maelstrom close to Lofoten in northern Norway. You have to be careful when visiting this place because there can be really strong currents even if the surface is calm. Fun things to do in Saltstraumen include diving, fishing, and eagle viewing.

The Atlantic Road

The Atlantic Road has seven bridges and is an eight-kilometer long road from the city Kristiansund to the city Molde. The road is a national tourist route because of the architecture on the road and bridges, and also because of the natural beauty along the route.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #18

Common Things in Homes

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

18

NORWEGIAN

1. What are five common things in Norwegian homes?
2. 1. Osthøvel
3. 2. Kaffetrakter
4. 3. Teppe
5. 4. Ovn
6. 5. Sentralvarme

ENGLISH

1. What are five common things in Norwegian homes?
2. 1. Cheese slicer
3. 2. Coffee machine
4. 3. Carpet
5. 4. Oven
6. 5. Central heating

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

Sentralvarme	central heating	noun	
Ostehøvel	cheese slicer	noun	
Kaffetrakter	coffee machine	noun	
teppe	carpet	noun	
ovn	oven	noun	male

SAMPLE SENTENCES

Sentralvarme er dyrt. "Central heating is expensive."	Du kan bruke ostehøvel for å kutte agurkskiver. "You can use a cheese slicer to cut cucumber slices."
Det første norske studenter gjør om morgenen er å sette på kaffetrakteren. "The first thing Norwegian students do in the morning is put on the coffee machine."	Snø er bra for å rense tepper. "Snow is good for cleaning carpets."
Den hjemmевærende støvsuger teppet. "The homemaker vacuums the carpet."	Eplekaka står i ovnen. "The apple cake is in the oven."
Mannen skrubber ovnen. "The man scrubs the oven."	

CULTURAL INSIGHT

The cheese slicer was invented by a Norwegian in 1925 and has been a very common thing

to have in the Norwegian home since then. The cheese slicer is used on semi-hard cheeses, which Norwegians usually put on a slice of bread.

Coffee machine

The typical drip coffee machine is very popular and probably used in almost every home every day, especially in the mornings.

Carpet

Due to the cold winters in Norway, people often have several carpets on their floors to keep the warmth in the house.

Oven

Every household usually has an oven. Norwegians use an oven frequently for both baking and cooking.

Central heating

Central heating is very common in Norway because of the winters. Floor heating is especially used, since it heats up the whole house in a short time.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #19

Natural Disasters

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

19

NORWEGIAN

1. What are five types of natural disasters that are common in Norway?
2. 1. Glatt is
3. 2. Jordskred
4. 3. Snøskred
5. 4. Flom
6. 5. Storm

ENGLISH

1. What are five types of natural disasters that are common in Norway?
2. 1. Slippery ice
3. 2. Landslide
4. 3. Avalanche
5. 4. Flood
6. 5. European windstorm

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Storm	European windstorm	noun
Glatt is	slippery ice	noun
Jordskred	landslide	noun
Snøskred	avalanche	noun
flom	flood	noun

SAMPLE SENTENCES

<p>Ikke gå ut når det er storm.</p> <p>"Don't go out when there is a European windstorm."</p>	<p>Idag er det glatt is overalt.</p> <p>"Today there is slippery ice everywhere."</p>
<p>Jordskred er veldig farlige.</p> <p>"Landslides are very dangerous."</p>	<p>Sjekk informasjon om snøskred før du går på skitur.</p> <p>"Check information about avalanches before you go on a ski trip."</p>
<p>i Norge har mange små flommer hvert år.</p> <p>"Norway has very small floods every year."</p>	<p>Jeepen presser gjennom flommen.</p> <p>"The jeep is pushing through the flood."</p>

CULTURAL INSIGHT

Slippery ice

Slippery ice is a big problem in the winter in Norway. During the winter it gets really cold, and sometimes the snow melts a bit and then freezes again. This makes the roads very dangerous, especially when it snows on top of the ice.

Landslide

A landslide can be caused by things like ground water, soil structure, and earthquakes. Norway has had several landslides, one of which is called the Hatlestad Slide. Three people died and seven were wounded in that landslide.

Avalanche

Avalanches are common in Norway and happen when the snow falls down a slope at high speeds. Avalanches usually happen naturally.

Flood

A flood happens when the water level in lakes and rivers is higher than usual. The Vesleofsen flood in 1995 was the biggest in Norway's history. This flood was caused by sudden warm weather that melted the snow and was then followed by rainfall.

European windstorm

There can be some very strong storms in Norway, usually on the west coast. In 2011, a storm called Dagmar hit Norway's coast and was probably the strongest storm Norway has had in over 50 years. Dagmar was later upgraded to cyclone status.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #20

Commonly Used Medicines and Drugs

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

20

NORWEGIAN

1. What are five medicines and drugs commonly used in Norway?
2. 1. Ibux
3. 2. Paracet
4. 3. Cetirizin
5. 4. Natriumfluroid
6. 5. Xylometazolin

ENGLISH

1. What are five medicines and drugs commonly used in Norway?
2. 1. Ibuprofen
3. 2. Paracetamol
4. 3. Cetirizin
5. 4. Natriumfluroid
6. 5. Xylometazolin

VOCABULARY

Norwegian	English	Class
-----------	---------	-------

Ibux	Ibuprofen	proper noun
Paracet	Paracetamol	proper noun
Cetirizin	Cetirizin	proper noun
Natriumfluroid	Natriumfluroid	proper noun
Xylometazolin	Xylometazolin	proper noun

SAMPLE SENTENCES

Ibux kan bli kjøpt uten resept. "Ibux can be bought without prescription."	Nordmenn tar ofte en paracet når de har hodepine. "Norwegians often take a paracet when they have a headache."
Cetirizin er ofte brukt av allergikere. "Cetirizin is often used by allergy sufferers."	Natriumfluroid kan bli funnet i tannkrem. "Natriumfluroid can be found in toothpaste."
Xylometazolin er som regel solgt som spray. "Xylometazolin is usually sold as a spray."	

CULTURAL INSIGHT

Ibuprofen

Ibux which consists of ibuprofen, is often used for headaches and pain in the ears or teeth. Ibux is also used a lot for fever.

Paracetamol

Paracet is the most common pain reliever in Norway. It is used for headaches, fevers, muscle and knuckle pain, and the flu.

Cetirizin

Cetirizin is an antihistamine used for allergies. Allergies are common in Norway, especially hay fever.

Natriumfluroid

Natriumfluroid is commonly used to protect against cavities but also for getting whiter teeth.

Xylometazolin

Xylometazolin is sold as nose spray in Norway. Norwegians often use this when they have a cold and stuffy nose.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #21

Frequently Used Modes of Transportation

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

21

NORWEGIAN

1. What are five frequently used modes of transportation in Norway?
2. 1. Bil
3. 2. Buss
4. 3. T-bane
5. 4. Trikk
6. 5. Sykkel

ENGLISH

1. What are five frequently used modes of transportation in Norway?
2. 1. Car
3. 2. Bus
4. 3. Metro
5. 4. Tram
6. 5. Bicycle

VOCABULARY

Norwegian	English	Class	Gender
-----------	---------	-------	--------

bil	car	noun	masculine
buss	bus	noun	masculine
t-bane	subway, metro	noun	
trikk	tram, trolleybus	noun	
sykkel	bicycle	noun	masculine

SAMPLE SENTENCES

<p>Nordmenn vasker somregel bilene sine selv istedet for å bruke bilvask.</p> <p>"Norwegians usually wash their cars by themselves instead of using a car wash."</p>	<p>Bilen er veldig skitten.</p> <p>"The car is very dirty."</p>
<p>Busser i Norge er nesten aldri på busstoppet til tiden.</p> <p>"Buses in Norway are almost never at the bus stop on time."</p>	<p>Elevene sitter på bussen.</p> <p>"The students ride the bus."</p>
<p>Bussene i Oslo er røde.</p> <p>"Buses in Oslo are red."</p>	<p>På vinteren kan du se mange folk med ski på T-banen.</p> <p>"In the winter you can see a lot of people bringing skis on the Metro."</p>
<p>T-banen er raskest nå på dagen.</p> <p>"The subway is the fastest this time of the day."</p>	<p>De brukte hester for de første trikkene i Oslo i gamle dager..</p> <p>"They used horses for the first trams in Oslo in the old days."</p>

En trikketur er en fin måte å se byen på.

"Taking a trolleybus tour is a great way to see the city."

Sykkeltyveri er et veldig vanlig problem i Norge.

"Bicycle theft is a very common problem in Norway."

Du kan ikke parkere sykkelen din her.

"You can't park your bike here."

CULTURAL INSIGHT

Car

Almost every household outside the big cities owns one or two cars. It is more common to use public transportation inside the big cities, so citizens of bigger cities don't typically need a car.

Bus

Buses are frequently used in the bigger cities but also in smaller places. Buses in Norway are known to be late, which is one of the things that irritates Norwegians the most. In the winter, sometimes the bus doesn't show up at all because of traffic accidents due to the snow and ice.

Metro

T-bane literally translates as "tunnel track." The only metro in Norway is located in Oslo and consists of six lines.

Tram

Trams can be found in cities such as Oslo, Bergen, and Trondheim. In 1875, the first tram opened in Oslo. After World War II, a lot of the trams were replaced by buses and then later,

the metro.

Bicycle

Bicycles are very popular among people who live close to their work or school. In Norway, it is common to rent city bicycles. You pay an amount of money, and then you get a card and can go to the nearest city bicycle rack, unlock the bicycle, and park it on another rack when you are finished.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #22

Shops or Services in Town

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

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NORWEGIAN

1. What are five popular shops or services in Norwegian town?
2. 1. Kiosk
3. 2. Bensinstasjon
4. 3. Apotek
5. 4. Bakeri
6. 5. Vinmonopol

ENGLISH

1. What are five popular shops or services in Norwegian town?
2. 1. Kiosk
3. 2. Gas station
4. 3. Pharmacy
5. 4. Bakery
6. 5. Government-owned liquor shop

VOCABULARY

Norwegian	English	Class	Gender
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Vinmonopol	Government-owned liquor shop	noun	neuter
kiosk	kiosk	noun	masculine
bensinstasjon	gas station	noun	masculine
apotek	pharmacy	noun	neutral
bakeri	bakery		

SAMPLE SENTENCES

<p>Vinmonopolet er ikke åpent på søndager.</p> <p>"The government-owned liquor store isn't open on Sundays."</p>	<p>Før i tiden pleide folk å låne VHS i de lokale kioskene.</p> <p>"A long time ago, people used to rent VHS tapes at the local kiosks."</p>
<p>Kjøp billetten din på kiosken.</p> <p>"Buy your ticket at the kiosk."</p>	<p>Bensinstasjoner i Norge selger alltid pølser.</p> <p>"Gas stations in Norway always sell hot dogs."</p>
<p>Vi må stoppe ved en bensinstasjon.</p> <p>"We have to stop by a gas station."</p>	<p>Noen apoteker i Oslo har åpent også på natta.</p> <p>"Some pharmacies in Oslo are also open at night."</p>
<p>Du kan kjøpe tannkrem på apoteket.</p> <p>"You can buy toothpaste at the pharmacy."</p>	<p>Bakerier i Norge nå ser mer ut som kafeer.</p> <p>"Bakeries in Norway now look more like cafes."</p>

CULTURAL INSIGHT

Kiosk

You can find kiosks everywhere in Norway, but a common place to find one is at bigger public station. Kiosks often sell hot dogs, pizza slices, mineral water, juice, coffee, and magazines.

Gas station

Gas stations can be found everywhere in Norway, and a gas station often has a Kiosk too when it's closer to bigger cities or the highway.

Pharmacy

Pharmacies in Norway sell medicine but also things such as items for nursing and skincare products.

Bakery

There are several bakeries in every city in Norway. They often sell bread, cakes, sandwiches, and cookies. Some bakeries are more similar to cafes.

Government-owned liquor shop

If Norwegians want to buy any type of alcohol other than beer or cider, they have to go to one of these stores.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #23

Popular Chain Stores

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

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NORWEGIAN

1. What are five five popular chain stores in Norway?
2. 1. Meny
3. 2. Rema 1000
4. 3. Nille
5. 4. Europris
6. 5. Coop

ENGLISH

1. What are five five popular chain stores in Norway?
2. 1. Meny, a Norwegian supermarket chain
3. 2. Rema 1000, a Norwegian supermarket chain
4. 3. Nille, a Norwegian low-price store chain
5. 4. Europris, Norwegian low price chain store
6. 5. Coop, a supermarket chain in Norway

VOCABULARY

Norwegian	English	Class
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1000	Rema 1000, a Norwegian supermarket chain	proper noun
Nille	Nille, a Norwegian low-price store chain	proper noun
Europris	Europris, Norwegian low price chain store	proper noun
Coop	Coop, a supermarket chain in Norway	proper noun
Meny	menu, Meny, a Norwegian supermarket chain	proper noun

SAMPLE SENTENCES

<p>Rema 1000 oppskriftene er kjempegode.</p> <p>"The Rema 1000 recipes are really delicious."</p>	<p>Nille selger veldig billige ting.</p> <p>"Nille sells very cheap things."</p>
<p>"Mer til overs" er Europris sitt slagord.</p> <p>"More to spare" is Europris's catchphrase.</p>	<p>Coop butikkene stenger somregel klokka 11 i de større byene.</p> <p>"The Coop stores usually close at 11 o'clock in the bigger cities."</p>
<p>Det er ingen Meny-butikker i Nord-Norge.</p> <p>"There are no Meny stores in Northern Norway."</p>	<p>Hvor er Menyen?</p> <p>"Where is the menu?"</p>

CULTURAL INSIGHT

Meny, a Norwegian supermarket chain

Meny is a very popular supermarket in Norway that sells everything needed in a household. Meny also sells warm food made in the store, such as meat cakes and lasagna.

Rema 1000, a Norwegian supermarket chain

Rema 1000 is another popular supermarket in Norway and is generally cheaper than other supermarkets. Rema 1000 doesn't sell warm food and has only vacuum-packed meat and fish.

Nille, a Norwegian low-price store chain

Nille has over 240 stores in Norway and sells everything from candy, to candles, to toothbrushes. If Norwegians want to buy cheap candles or wrapping paper, they often buy it at Nille.

Europris, Norwegian low price chain store

Europris has several stores in Norway. Europris sells everyday products such as shampoo or cleaning products very cheaply. They also sell plants and gardening products, so you can pretty much find everything at Europris.

Coop, a supermarket chain in Norway

Coop has several supermarkets in Norway, and they are divided into different brands, such as coop Obs!, Coop elektro, Coop Mega, Coop extra, and so on. You can find everything at the different Coop stores.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #24

Artists and Musicians

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

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NORWEGIAN

1. Who are five popular artists and musicians in Norway?
2. 1. Edvard Munch
3. 2. Edvard Grieg
4. 3. Odd Nerdrum
5. 4. Theodor Kittelsen
6. 5. Adolph Tidemand

ENGLISH

1. Who are five popular artists and musicians in Norway?
2. 1. Edvard Munch
3. 2. Edvard Grieg
4. 3. Odd Nerdrum
5. 4. Theodor Kittelsen
6. 5. Adolph Tidemand

VOCABULARY

Norwegian	English
-----------	---------

Edvard Munch	Edvard Munch
Edvard Grieg	Edvard Grieg
Odd Nerdrum	Odd Nerdrum
Theodor Kittelsen	Theodor Kittelsen
Adolph Tidemand	Adolph Tidemand

SAMPLE SENTENCES

<p>Edvard Munch var ofte naken da han malte i hagen sin.</p> <p>"Edvard Munch was often naked when he painted in his garden."</p>	<p>Da Grieg døde, samlet en enorm mengde mennesker seg i gatene.</p> <p>"When Grieg died, a huge amount of people in the town gathered in the streets."</p>
<p>Odd Nerdrum er dømt til to års fengsel.</p> <p>"Odd Nerdrum is sentenced to two years in prison."</p>	<p>Theodor Kittelsen illustrerte Norske Folkeeventyr av Asbjørnsen og Moe.</p> <p>"Theodor Kittelsen illustrated Norwegian Folktales by Asbjørnsen and Moe."</p>
<p>Adolph Tidemand studerte og tegnet norske folkedrakter.</p> <p>"Adolph Tidemand studied and drew Norwegian folk costumes."</p>	

CULTURAL INSIGHT

Edvard Munch

Edvard Munch is one of the most famous painters in history. Munch played an important role in the forming of Expressionism. Munch's best-known painting is the famous "The Scream."

Edvard Grieg

Edvard Grieg is known as one of the world's best composers. He used a lot of folk elements and is today an important part of Norway's identity. One of his most famous works is the music to Peer Gynt.

Odd Nerdrum

Odd Nerdrum is a figurative painter who drew inspiration from the methods of earlier painters, such as Rembrandt.

Theodor Kittelsen

Theodor Kittelsen is famous for his paintings and illustrations of figures in legends, fairytales, and myths. He is probably most known for his illustrations of trolls.

Adolph Tidemand

Adolph Tidemand's paintings are from the Romantic Nationalism era in Norway, which is really easy to see in the paintings. His most famous work is "Wedding Procession in Hardanger," which he made with another painter, Hans Gude.

LESSON NOTES

Culture Class: Essential Norwegian Vocabulary S1 #25

Writers

CONTENTS

- 2 Norwegian
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

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NORWEGIAN

1. Who are five popular writers in Norway?
2. 1. Knut Hamsun
3. 2. Henrik Ibsen
4. 3. Sigrid Undset
5. 4. Bjørnstjerne Bjørnson
6. 5. Jo Nesbø

ENGLISH

1. Who are five popular writers in Norway?
2. 1. Knut Hamsun
3. 2. Henrik Ibsen
4. 3. Sigrid Undset
5. 4. Bjørnstjerne Bjørnson
6. 5. Jo Nesbø

VOCABULARY

Norwegian	English
-----------	---------

Knut Hamsun	Knut Hamsun
Henrik Ibsen	Henrik Ibsen
Sigrid Undset	Sigrid Undset
Bjørnstjerne Bjørnson	Bjørnstjerne Bjørnson
Jo Nesbø	Jo Nesbø

SAMPLE SENTENCES

Knut Hamsun skrev over 20 romaner. "Knut Hamsun wrote over twenty novels."	Henrik Ibsen skrev stykkene sine på dansk. "Henrik Ibsen wrote his plays in Danish."
Sigrid Undset fikk Nobelprisen for litteratur i 1928. "Sigrid Undset got the Nobel prize for Literature in 1928."	Bjørnstjerne Bjørnson er veldig kjent i Norge. "Bjørnstjerne Bjørnson is very famous in Norway."
Jo Nesbø liker fjellklatring. "Jo Nesbø likes rock climbing."	

CULTURAL INSIGHT

Knut Hamsun

Knut Hamsun is a famous author. He wrote several novels, but the most well-known is Hunger. He was criticized for meeting with Hitler and collaborating with Fascists.

Henrik Ibsen

Henrik Ibsen is called "the father of realism" and is famous for several plays, such as Peer Gynt, A Doll's House, Hedda Gabler, and The Wild Duck.

Sigrid Undset

Sigrid Undset is Norway's internationally-known female author. Her most famous work is the trilogy Kristin Lavransdatter. She criticized Hitler for several years and had to flee Norway during World War II.

Bjørnstjerne Bjørnson

Bjørnstjerne Bjørnson was a writer who wrote poems, plays, and novels. He also wrote the lyrics to Norway's national song, "ja, vi elsker dette landet," which can be translated to "Yes, We Love this Country."

Jo Nesbø

Jo Nesbø is a very famous writer but also a musician. Jo Nesbø is famous for his crime novels, and one of them, "The Headhunter," was made into a movie in 2011. His novels have been translated into over 40 different languages.



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