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VOLUME

2



Nynorsk

Survival Phrases



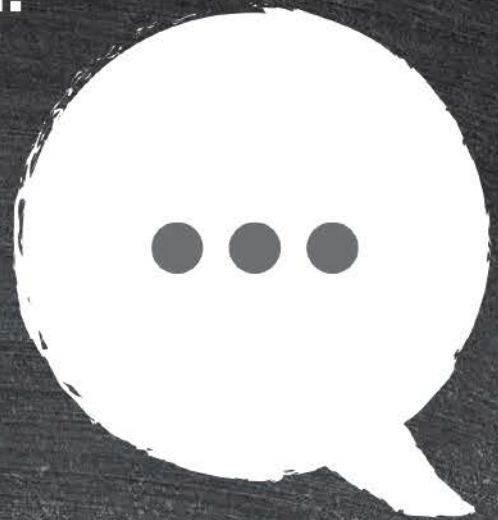
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LESSON NOTES

Nynorsk Survival Phrases S1 #26

Riding the Subway in Oslo

CONTENTS

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

26

NORWEGIAN

1. Ein billett, takk.
2. Unnskyld, kva T-bane går til Holmenkollen?
3. Linje ein går til Holmenkollen.

ENGLISH

1. One ticket, please.
2. Excuse me, which line goes to Holmenkollen?
3. Line 1 goes to Holmenkollen.

VOCABULARY

Norwegian	English	Class
kva	what	interrogative pronoun
å gå	to go	verb
til	to, for	preposition
t-bane	subway, metro	noun
linje	line	noun

SAMPLE SENTENCES

Kva har du gjort? "What have you done?"	Går denne bussen til stranda? "Does this bus go to the beach?"
---	--

Jeg gikk til veterinæren. "I went to the animal hospital."	Jeg må gå snart. "I have to go soon."
Jeg går på videregående. "I am in middle school."	Jeg liker å gå i skogen. "I like to take a walk in the woods."
Vær så snill å gå på den andre siden av veien. "Please go to the other side of the road."	Toget gikk til Skien. "The train went to Skien."
Hvem er dette til? "Who's this for?"	Jeg drar til Bergen. "I am going to Bergen."
På vinteren kan du se mange folk med ski på T-banen. "In the winter you can see a lot of people bringing skis on the Metro."	T-banen er raskest nå på dagen. "The subway is the fastest this time of the day."
Jeg bruker denne linjen hver dag. "I use this line every day."	

GRAMMAR

The only city in Norway that has a subway is Oslo. Riding the subway (**T-bane** in Nynorsk) is one of the best ways to reach the most important parts of the capital. In this lesson, we will cover how to get on the subway. In Oslo you can buy tickets at kiosks and stations. Usually there are conveniently located vending machines and ticket stands right at the entrance of a subway station. Just in case you get a bit confused and have to ask the station attendant, we have prepared this lesson for you!

.

Now let's get ourselves a subway ticket! You may remember from our previous lessons that the way to ask for a ticket is:

Ein billett, takk.

(slow) *Ein bil-lett, takk.*

Ein billett, takk.

This is the same sentence we learned in lesson 24.

.

Our location in this lesson is Oslo. Imagine you're going from Jernbanetorget, right in the center of town, to the ski center and museum at Holmenkollen. You want to know what line will get you there.

You can find out by asking, "Excuse me, which line goes to Holmenkollen?"

Unnskyld, kva T-bane går til Holmenkollen?

Let's break that down:

(slow) *Unn-skyld, kva T-ba-ne går til Hol-men-kol-len?*

And again at natural speed:

Unnskyld, kva T-bane går til Holmenkollen?

First comes the usual *Unnskyld* ("excuse me").

Next is *kva*, which means "what?"

(slow) *Kva.*

Kva.

After that we have *T-bane* which literally means "subway," but which is used figuratively to mean "line."

(slow) *T-ba-ne.*

T-bane.

Next comes *går til*. *Går* means "go" or "goes," and *til* means "to" in this context. Together, *går til* means "goes to."

(slow) *Går til.*

Går til.

After that comes *Holmenkollen*, which is the name of the station.

All together, that's:

Unnskyld, kva T-bane går til Holmenkollen?

.

The answer should be "Line one goes to Holmenkollen."

Linje ein går til Holmenkollen.

Let's break that sentence down:

(slow) *Lin-je ein går til Hol-men-kol-len.*

Linje ein går til Holmenkollen.

The first two words, *linje ein*, mean "line one."

(slow) *Lin-je ein.*

Linje ein.

This is followed by *går til*, which means "goes to," as we saw last time.

Lastly, we have *Holmenkollen*, which is of course the name of the station.

The whole sentence again is:

Linje ein går til Holmenkollen.

CULTURAL INSIGHT

Quick tip 1

The Oslo *T-bane* currently has six lines, numbered one to six. There are over 100 stations, and nearly 300,000 people use the system every day. The company that administers the ticketing system is called *Ruter*, and their tickets are valid on not just the *T-bane*, but also on the *trikk* ("tram") and *buss* ("bus").

Quick tip 2

The word *T-bane* is a short version of *tunnelbane*, meaning something like "tunnel track" or "tunnel path". Despite the name, most the Oslo *T-bane* is above ground, and is sometimes even elevated.

LESSON NOTES

Nynorsk Survival Phrases S1 #27

Riding the Train

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- 2 Norwegian
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- 2 Vocabulary
- 3 Sample Sentences
- 3 Grammar
- 7 Cultural Insight

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NORWEGIAN

1. Ein billett til Bergen, takk.
2. To togbilletter til Bergen, takk.
3. Ein komfortbillett, takk.
4. Ein ordinærbillett, takk.
5. Vil du oppgradere til komfort?
6. Ein billett med sovekupé, takk.

ENGLISH

1. One ticket to Bergen, please.
2. Two train tickets to Bergen, please.
3. A first-class ticket, please.
4. A second-class ticket, please.
5. Would you like to upgrade to first class?
6. A sleeper ticket, please.

VOCABULARY

Norwegian	English	Class
togbillett	train ticket	noun

ordinærbillett	second-class ticket	noun
komfortbillett	first-class ticket	noun
sovekupé	sleeping compartment	noun
å oppgradere	to upgrade	verb

SAMPLE SENTENCES

Eg har kjøpt togbillett til Oslo. "I've bought train tickets to Oslo."	Det er berre ordinærbillett att. "There are only second-class tickets left."
Vil du ha komfortbillett? "Would you like a first-class ticket?"	Nattoget har sovekupéar. "The night train has sleeping compartments."
Eg tenkte å oppgradere mobilen min. "I've been thinking about upgrading my mobile."	

GRAMMAR

In the previous lesson, we covered how to get on the subway. In Norway, a comfortable way to travel over long distances is to take the train, or *tog* in Nynorsk. Trains are convenient and faster than coaches. In Norway, railways were built to connect the major cities to Oslo, so the network is not particularly extensive. However, the *Bergensbane*, connecting Oslo and Bergen is one of the most beautiful railway journeys in the world, so it's well worth taking the train in Norway.

.

You'll ask for *tog* (train) tickets at the ticket office at the train station. The phrase will sound something like this:

Ein billett til, followed by your destination and then ***takk***.

Let's say you want to go to Bergen.

"One ticket to Bergen, please." In Norwegian, that's

Ein billett til Bergen, takk.

Let's break it down:

(slow) *Ein bil-lett til Ber-gen, takk.*

Once more:

Ein billett til Bergen, takk.

If you're not traveling on your own, you will need to ask for two tickets, or maybe more. Here, we'll also make it more specific, and ask for a train ticket.

"Two train tickets to Bergen, please," is

To togbilletter til Bergen, takk.

(slow) *To tog-bil-let-tar til Ber-gen, takk.*

To togbilletter til Bergen, takk.

tog means "train." Here, we've put it together with the word *billett*, to give "train ticket."

As you can see, we take the plural form of *billett* and get *billetter*. Masculine plurals end in *-ar*. Since *billett* is masculine, we simply add *-ar* to the end.

To togbilletter til Bergen, takk.

If you want to buy more than two tickets, simply replace *to* with the number you need. Listen again to the previous lessons on counting for a refresher!

.

Normally, when you ask for a train ticket, you will get one for a standard class carriage. Let's look at how to ask for particular types of ticket, in case you'd like to travel with a bit more style!

For a ticket in a first-class carriage say

Ein komfortbillett, takk.

which means "One first-class ticket, please."

(slow) *Ein kom-fort-bil-lett, takk.*

Ein komfortbillett, takk.

Komfort is a noun and literally means "comforts" as in "modern comforts" or "home comforts." *Komfort* is the word used to describe what would be the first-class section in other countries.

(slow) *Kom-fort*

Komfort

Let's hear the whole phrase one more time:

Ein komfortbillett, takk.

If you want to add your destination, which in this case is Bergen, then your phrase will sound like this:

Ein komfortbillett til Bergen, takk.

(slow) *Ein kom-fort-bil-lett til Ber-gen, takk.*

If a second class ticket is what you need, all you have to do is to replace *komfort* with *ordinær*. So "One second ticket class, please" will sound like this:

Ein ordinærbillett, takk.

(slow) *Ein ordinærbillett, takk.*

Ordinær means "ordinary" or "normal," which gives an interesting window on the level of equality in Norwegian society.

(slow) *Or-di-nær.*

Ordinær

Let's hear both phrases one more time so you could compare them easily.

Ein komfortbillett, takk.

Ein ordinærbillett, takk.

There might be cases when you will be asked "would you like to upgrade to first class?" In Nynorsk, that's

Vil du oppgradere til komfort?

(slow) *Vil du opp-gra-de-re til kom-fort?*

Vil du oppgradere til komfort?

The first part, *vil du?*, is a useful phrase meaning "do you want to?" or "would you like to?" The first part, *vil*, means "want" and *du* means "you."

(slow) *Vil du?*

Vil du?

Oppgradere means "upgrade."

(slow) *Opp-gra-de-re.*

Oppgradere.

Finally, we have *til komfort*, which you should know means "to comfort" or "to first class."

(slow) *Til kom-fort.*

Til komfort.

Let's hear the whole phrase one more time:

(slow) *Vil du opp-gra-de-re til kom-fort?*

Vil du oppgradere til komfort?

In this case, your answer will be shorter.

Nei, takk. - No, thank you.

Ja, takk. - Yes, please.

.

If you're taking the train overnight, then you might like to book a sleeping compartment.

In Nynorsk that is

Ein billett med sovekupé, takk.

(slow) *Ein bil-lett med so-ve-ku-pé, takk.*

In this phrase *ein billett* means "one ticket" or "a ticket," as you already know.

Med means "with."

(slow) *Med.*

Med.

Next is, *sovekupé*, which literally means "sleeping compartment" or "sleeping berth."

(slow) *So-ve-ku-pé*.

Sovekupé.

And lastly our familiar *takk*.

Let's hear the whole phrase one more time:

Ein billett med sovekupé, takk.

Literally, this means "One ticket with sleeping compartment, please," but we'll translate it as "One sleeper ticket, please."

CULTURAL INSIGHT

Quick tip 1

Komfort carriages and tickets come with wider seats at a table with electrical outlets. It costs about 100 kroner on top of your ordinary ticket, and also entitles you to free newspapers, tea, coffee, and hot chocolate.

Quick tip 2

While a sleeping compartment is nice to have when taking the night train, it's not essential. Most seats on night trains can be reclined, and all passengers receive a sleeping pack with a pillow, eye-mask, and earplugs!

Quick tip 3

Trains in Norway are, like in many European countries, nationalized. The national train company in Norway is called *NSB*. You can find out more about their tickets and services at their website:

<http://www.nsb.no> (Norwegian bokmål)

http://www.nsb.no/?lang=en_US (English)

LESSON NOTES

Nynorsk Survival Phrases S1 #28

Taking a Taxi in Western Norway

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

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NORWEGIAN

1. Korleis kan eg hjelpe deg?
2. Ei drosje frå akvariet, takk.
3. Kvar til?
4. Drosja kjem om tre minutt.
5. Kor mykje blir det?

ENGLISH

1. How may I help you?
2. A taxi from the aquarium, please.
3. Where do you want to go?
4. The taxi will come in three minutes.
5. How much is it?

VOCABULARY

Norwegian	English	Class	Gender
korleis	how	interrogative pronoun	
å hjelpe	to help	verb	
kvar	where	interrogative pro-adverb	

drosje	taxi	noun	feminine
kor mykje?	how much?	expression	
minutt	minute	noun	neutral

SAMPLE SENTENCES

Korleis gjer ein dette? "How do you do this?"	Butikkansatten hjalp meg. "The shop assistant helped me."
Gustavo sier han kunne hjelpe. "Gustavo said he could help."	Hennes formål i livet var å hjelpe andre mennesker. "Her purpose in life was to help other people."
Jeg trenger hjelp her. "I need some help here."	Kvar er bilen min? "Where's my car?"
Kor mykje kostar det? "How much does it cost?"	Vennligst gi meg et minutt. "Give me a minute, please."
Jeg er et minutt unna. "I am a minute away."	

GRAMMAR

In this lesson, you'll learn how to get to places by taxi. You can either call a taxi firm and order a cab to your location, or go to a taxi rank and take the next available cab.

Let's look at how we would order a taxi.

.

Imagine you are in Bergen. You want to go to *Bryggen*, the historic wharf in Bergen. Your hotel is near the Bergen Aquarium, or *akvariet* in Nynorsk. You call the taxi company and the person who answers says the name of the company and asks "How may I help you?" In Nynorsk, this is:

Korleis kan eg hjelpe deg?

Let's break it down:

(slow) *Kor-leis kan eg hjel-pe deg?*

Once more:

Korleis kan eg hjelpe deg?

The first word, *korleis?* means "how?"

(slow) *Kor-leis?*

Korleis?

This is followed by *kan eg?*, which we should remember from previous lessons means "can I?"

(slow) *Kan eg?*

Kan eg?

Next, we have *hjelpe*, a verb meaning "to help."

(slow) *Hjel-pe.*

Hjelpe.

And finally, *deg*, which means "you."

(slow) *Deg.*

Deg.

Korleis kan eg hjelpe deg?

Literally, this translates to "How can I help you?"

.

Answer back by saying that you want a taxi, and giving your location. Say

Ei drosje frå...

Followed by your location. Put **takk** on the end for extra politeness.

Ei drosje frå akvariet, takk.

(slow) *Ei dro-sje frå a-kva-ri-et, takk.*

Ei drosje means "a taxi." *Drosje* is feminine, and so we have to use *ei* for "a."

(slow) *Ei dro-sje.*

Ei drosje.

Frå akvariet is literally translated as "from the aquarium." *Frå* is from, and *akvariet* is your location.

(slow) *Frå a-kva-ri-et.*

Frå akvariet.

And as usual, *takk*, meaning "please."

Once more all together that's

(slow) *Ei dro-sje frå a-kva-ri-et, takk.*

Ei drosje frå akvariet, takk.

In English, the whole sentence will be translated as "A taxi from the aquarium, please."

.

The person on the phone will then ask you where you want to go. That will sound like this:

Kvar til?

Kvar til literally means "where to?"

(slow) *Kvar til?*

Kvar til?

You would answer:

Til followed by the name of the place you want to go to. In our case, it would be -

Til Bryggen.

(slow) *Til Bryg-gen.*

Til Bryggen.

.

Next the person will tell you the amount of time you have to wait. It will be something similar to this:

Drosja kjem om tre minutt.

The first word, *drosja*, means "the taxi."

(slow) *Dro-sja.*

Drosja.

The second word, *kjem*, means "comes" or "is coming."

(slow) *Kjem.*

Kjem.

Finally, we have the phrase *om tre minutt*, which is translated as "in three minutes."

(slow) *Om tre mi-nutt.*

Om tre minutt.

Let's hear the whole phrase one more time:

Drosja kjem om tre minutt.

.

Go out when you see your taxi, greet the driver, and tell him where you want to go using the same phrases we've already learned in this lesson. At the end of the drive, you will need to ask how much you have to pay. In Nynorsk that sounds like this:

Kor mykje blir det?

Let's break it down:

(slow) *Kor my-kje blir det?*

Once more

Kor mykje blir det?

The first two words, *kor mykje?*, are literally translated as "how much?"

(slow) *Kor my-kje?*

Kor mykje?

The second half, *blir det*, literally means "becomes it," but in English we would translate this as "is it."

(slow) *Blir det.*

Blir det.

The entire question is

Kor mykje blir det?

CULTURAL INSIGHT

Quick tip 1

Taxis in Norway are of no particular color, unlike in some other countries. On top they have illuminated signs with the international word TAXI written. The taxi is either called to an address, or people can go to a parked one. When you see a person getting out the taxi and paying for it, know that the taxi is empty and you can take it.

Quick tip 2

Fares in Norway are quite expensive compared to other European countries. In Bergen, prices are between 9 kroner/km and 13 kroner/km. There is also a minimum price on any journey of between 100 and 150 kroner, with most of this paying for the "starting price." The drivers do not expect a tip and they give change, although payment by credit card is usually expected.

Quick tip 3

Here are some other locations where you may need to go.

Til flyplassen, takk. "To the airport, please."

Til togstasjonen, takk. "To the railway station, please."

Til busstasjonen, takk. "To the bus station, please."

LESSON NOTES

Nynorsk Survival Phrases S1 #29

Where Can I Find This in Nynorsk?

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

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NORWEGIAN

1. Kvar kan eg finne bussbillett?
2. Kvar kan eg finne vatn?
3. Kvar er T-banestasjonen?
4. Kvar er kinoen?

ENGLISH

1. Where can I find bus tickets?
2. Where can I find water?
3. Where is the subway station?
4. Where is the movie theater?

VOCABULARY

Norwegian	English	Class
T-banestasjon	Subway station	noun
bussbillett	bus ticket	noun
å finne	to find	verb
Vatn	Water	noun
kino	cinema	noun

SAMPLE SENTENCES

Hugs å gå av ved riktig T-banestasjon! "Remember to get off at the correct station!"	Du kan ikke kjøpe bussbillett her. "You can't buy bus tickets here."
Var du i stand til å finne veien til akademiet? "Were you able to find your way to the academy?"	Hun fant ikke nøkkelen. "She couldn't find the key."
Jeg må finne nummeret først "I have to find the number first."	Man bør drikke åtte glass vatn kvar dag. "You should drink eight glasses of water a day."
Jeg er på kino. "I am at the cinema."	

GRAMMAR

Have you ever been in a city you didn't know at all, desperately searching for something you couldn't find? I certainly have! I wandered around without knowing where to find a bus ticket, a phone, or even a restroom! But don't worry. With our Survival Phrases, you'll always be able to get the information and help you need in Norway.

In this lesson we'll introduce you to phrases that will help you track down whatever you need.

.

"Where can I find (blank)?" in Nynorsk is

Kvar kan eg finne (blank)?

Let's break it down:

(slow) *Kvar kan eg fin-ne (blank)?*

One more time:

Kvar kan eg finne (blank)?

The first word, *kvar*, means "where."

(slow) *Kvar?*

Kvar?

Next, we have a useful phrase we've seen often before, *kan eg?*, meaning "can I?"

(slow) *Kan eg?*

Kan eg?

Finally, we have *finne* a verb which translates into English as "find."

(slow) *Fin-ne.*

Finne.

Then, you add the item or place you are looking for.

All together that's

(slow) *Kvar kan eg fin-ne (blank)?*

Once more:

Kvar kan eg finne (blank)?

.

Let's look at some things you might need to find when traveling abroad. Imagine you're walking around in Ålesund and you need a bus ticket. In this case all you have to do is add the item you are searching for after *Kvar kan eg finne...?*

"Where can I find bus tickets?" in Nynorsk is

Kvar kan eg finne bussbillettar?

Billett is the plural form of *billett*, which means tickets. Here, we've added *buss* to the beginning to specify that we're looking for bus tickets.

(slow) *buss-bil-let-tar*

bussbillett

(slow) *Kvar kan eg fin-ne buss-bil-let-tar?*

Kvar kan eg finne bussbilletter?

.

What if you are in a supermarket and you can't find water. In that case ask:

Kvar kan eg finne vatn?

"Where can I find water?"

(slow) *Kvar kan eg fin-ne vatn?*

Kvar kan eg finne vatn?

With this structure, you can find anything you are looking for.

.

Another phrase that will be helpful for you is:

Kvar er...?

translated as "Where is?" Use this phrase when asking for the things you are looking for and also for finding a location. Imagine you're looking for the subway station. "Where is the subway station?" would be

Kvar er T-banestasjonen?

Let's break it down:

(slow) *Kvar er T-ba-ne-sta-sjo-nen?*

Again at natural speed:

Kvar er T-banestasjonen?

The first two words are *kvar er*, "where is"

(slow) *Kvar er.*

Kvar er.

The last word is a compound of *T-bane*, meaning "subway" and *stasjonen* meaning "the station." Put together, this phrase means "the subway station."

(slow) *T-ba-ne-sta-sjon-en.*

T-banestasjonen.

The whole phrase is literally translated as

"Where is the subway station?"

Kvar er T-banestasjonen?

.

To ask about another thing just replace *T-banestasjonen* with the item you are looking for, and people will understand you perfectly. For example, let's ask

"Where is the movie theater?"

Kvar er kinoen?

(slow) *Kvar er ki-no-en?*

Kvar er kinoen?

The word *kinoen* means "the movie theater," or "the cinema."

(slow) *Kino-en.*

Kinoen.

Replace the word *kinoen* with any other location and the little question will definitely help you to find what you want.

Lastly, remember that you can add the phrase for "excuse me," *unnskyld*, before the question to make it more polite:

"Excuse me, where is the cinema?"

Unnskyld, kvar er kinoen?

CULTURAL INSIGHT

Quick tip 1

Here are some other things you might be looking for. Just stick these words in the sentence pattern from this lesson.

"the cinema" *kinoen*

"the supermarket" *supermarknaden*

"the post office" *postkontoret*

"the hospital" *sjukehuset*

"the pharmacy" *apoteket*

Quick tip 2

You can ask random people for information at any time. In smaller towns, you won't have much difficulty finding out what you want to know. In bigger places, it might be a better idea to ask the staff at a café or in a shop.

LESSON NOTES

Nynorsk Survival Phrases S1 #30

Where Can I Find This Place in Nynorsk?

CONTENTS

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

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NORWEGIAN

1. Er det eit sjukehus i nærleiken?
2. Er det ein minibank i nærleiken?

ENGLISH

1. Is there a hospital nearby?
2. Is there an ATM near here?

VOCABULARY

Norwegian	English	Class	Gender
sjukehus	hospital	noun	
minibank	ATM	noun	masculine
nærleik	vicinity, closeness	noun	
Er det....der?	Is there...?	expression	
i nærleiken	near	expression	
å ville	to want	verb	
å takke	thank	verb	
å takke	to thank	verb	

SAMPLE SENTENCES

Du må på sjukehuset. "You have to go to the hospital."	Minibanktyverier har økt i det siste. "ATM robberies have been increasing lately."
Minibank fungerer ikke. "The ATM stopped working."	Me ønskjer nærleik til familie. "We're looking for closeness to family."
Er det eit symjebasseng der? "Is there a swimming pool?"	Eg er i nærleiken av ei kyrkje. "I'm near a church."
Jeg vil legge meg tidlig idag. "I want to go to sleep early today."	Jeg vil ha iskrem. "I want ice cream."
Vil du høre sangen min? "Do you want to hear my song?"	Jeg takker deg senere. "I'll thank you later."

GRAMMAR

In the previous lesson, we covered how to ask where things are. In this lesson, we'll introduce you to another useful phrase for finding the place you need. This lesson's phrase is "Is there a (place) near here?"

.

First, we need a place. Let's use the word *sjukehus*, which means "hospital."

(slow) *Sju-ke-hus*.

Sjukehus.

In Nynorsk, "Is there a hospital near here?" is

Er det eit sjukehus i nærleiken?

Let's break it down:

(slow) *Er det eit sju-ke-hus i nær-lei-ken?*

Once again:

Er det eit sjukehus i nærleiken?

The first two words, *er det?*, literally mean "is it?" but here they are translated as "is there?"

(slow) *Er det?*

Er det?

Next, comes *eit sjukehus*, "a hospital." We use *eit* here for "a" because *sjukehus* is neuter.

After that comes *i nærleiken*. These two words together literally mean "in the vicinity."

(slow) *I nær-lei-ken.*

I nærleiken.

All together, that's

Er det eit sjukehus i nærleiken?

.

Replace the word *eit sjukehus* with any other word and your question will look good.

Imagine that you need to withdraw some money from your bank account.

In Nynorsk, "Is there an ATM near here?" is

Er det ein minibank i nærleiken?

The only word that changes is the thing you are looking for; in this case, *ein minibank* ("an ATM").

(slow) *Ein mi-ni-bank.*

Ein minibank.

(slow) *Er det ein mi-ni-bank i nær-lei-ken?*

Er det ein minibank i nærleiken?

CULTURAL INSIGHT

Quick tip 1

Most ATMs in Norway accept international bank cards with the Cirrus or Visa symbol. ATMs offer services in at least Norwegian and English, and often more languages near tourist spots.

If you're ever having trouble finding an ATM, then look for a 7-11 store or a Deli de Luca. Both these shops nearly always have an ATM inside.

LESSON NOTES

Nynorsk Survival Phrases S1 #31

Asking Directions in Nynorsk

CONTENTS

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

31

NORWEGIAN

1. Gå rett fram.
2. Ta til venstre.
3. Ta til høyre.
4. Ta til høyre ved lyset.
5. Det første vegkrysset til høyre.
6. Til høyre.
7. Til venstre.

ENGLISH

1. Go straight ahead.
2. Take a left.
3. Take a right.
4. Turn right at the traffic light.
5. The first intersection on the right.
6. On the right.
7. On the left.

VOCABULARY

Norwegian	English	Class
vegkryss	intersection	noun
Gå rett fram	Go straight ahead	expression
venstre	left	adverb
høgre	right	adjective
først	first	number, adverb

SAMPLE SENTENCES

Det nye vegkrysset er kjempefarleg. "The new intersection is very dangerous."	Gå rett fram til du kjem til elva. "Go straight ahead until you come to the river."
Han skriver med venstre hånd. "He writes with his left hand."	Aldri snu mot venstre her. "Never turn left here."
Huset mitt er på høgre side. "My house is on the right-hand side."	Les teksten først og så svar på spørsmålene. "Read the text first and then answer the questions."
Hvem kom først? "Who came first?"	

GRAMMAR

In this lesson we'll introduce directions for helping you find the place you are looking for. Previously, we introduced "Is there a (place) near here?" and "Where is ...(something)?" But while we can now ask the question, we haven't addressed how to decipher the answer.

This time we're going to work on understanding basic directions.

.

First, we have "go straight ahead." In Nynorsk, "go straight" is

Gå rett fram.

Let's break it down:

(slow) *Gå rett fram.*

Once more:

Gå rett fram.

The first word, *gå*, is a form of the verb that means "to go."

(slow) *Gå.*

Gå.

The next two words, *rett fram*, literally mean "right ahead."

(slow) *Rett fram.*

Rett fram.

All together, this makes

Gå rett fram.

.

Here's how to tell someone to take a left:

Ta til venstre.

Let's break it down:

(slow) *Ta til ven-stre.*

Once more:

Ta til venstre.

The first word, *ta*, is translated as "take."

(slow) *Ta.*

Ta.

The next two words *til venstre* mean "to left."

(slow) *Til ven-stre.*

Til ven-stre.

Together, they make

Ta til venstre.

.

The opposite, "take a right" is in Nynorsk

Ta til høgre.

(slow) *Ta til høg-re.*

Ta til høgre.

As you've probably figured out, *til høgre* means "to right":

(slow) *Til høg-re.*

Til høgre.

.

In real life, of course, you'll need to know where to turn left or right.

Here's "Turn right at the traffic light":

Ta til høgre ved lyset.

Let's break it down:

(slow) *Ta til høg-re ved ly-set.*

Again at natural speed:

Ta til høgre ved lyset.

First we have *ta til høgre*, which we know means "turn right."

Lyset literally means "the light." In our sentence we have *ved lyset*, which is translated as "at

the traffic light"

(slow) *Ved ly-set.*

Ved lyset.

All together, it's

Ta til høyre ved lyset.

.

Another way of explaining direction can be: "the first intersection on the right." In Nynorsk, that is

Det første vegkrysset til høyre.

(slow) *Det før-ste veg-krys-set til høg-re.*

Det først vegkrysset til høyre.

In this expression *Det første* means "the first."

(slow) *Det før-ste.*

Det første.

Next, we have *vegekrysset* which literally means "the road cross," but here we'll translate it as "intersection."

(slow) *Veg-krys-set.*

Vegkrysset.

And finally *til høyre*, meaning "on the right."

.

Here's how to say "on the right":

Til høyre.

(slow) *Til høg-re.*

Til høyre.

And "on the left" is

Til venstre.

(slow) *Til ven-stre.*

Til venstre.

CULTURAL INSIGHT

Quick tip 1

It is always useful to ask direction, but you always feel more sure with a map. Go to the tourist information and ask ***Har dokker kart?*** ("Do you have maps?"). That way you will be 100% sure that you will never be lost - as long as you follow the map, of course!

Quick tip 2

We learned how to say right and left in Nynorsk, but knowing the compass points is also very useful.

"north" ***nord***

"east" ***aust***

"south" ***sør***

"west" ***vest***

LESSON NOTES

Nynorsk Survival Phrases S1 #32

Can You Take My Picture in Nynorsk?

CONTENTS

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

32

NORWEGIAN

1. Kan du ta bilete av oss?
2. Kan du ta bilete av meg?

ENGLISH

1. Can you take our picture?
2. Can you take my picture, please?

VOCABULARY

Norwegian	English	Class
Kan du...?	Could you...	expression
av	from, of	adverb
meg	me	pronoun, reflexive pronoun
oss	us	pronoun
bilete	picture	noun

SAMPLE SENTENCES

Kan du flytte stolen? "Could you move the chair?"	Gå av nå! "Get off now!"
Jeg har fått nok av dette! "I have had enough of this!"	Kan du se meg? "Can you see me?"

Bli med oss da. "Come with us then."	Eg tok masse bilete på ferie. "I took lots of pictures on holiday."
--	---

GRAMMAR

In this lesson, we will introduce a phrase that will surely come in handy for capturing your memories on film or more likely - a memory card. There are many beautiful places in Norway, so you will probably want to take lots of pictures of the landscape and monuments - and sometimes you'll want to be part of the picture or include someone else, too. When that's the case, the question "Can you take our/my picture?" will be invaluable!

.

Let's imagine first that you want to take a picture with your friends. You see a friendly Norwegian and ask

Kan du ta bilete av oss?

Or in English, "Can you take our picture?"

Let's break it down:

(slow) *Kan du ta bi-le-te av oss?*

Once more:

Kan du ta bilete av oss?

The first phrase, *kan du?*, means "can you?"

(slow) *Kan du?*

Kan du?

After that comes, *ta*, meaning "take."

(slow) *Ta.*

Ta.

The next word, *bilete*, means "picture."

(slow) *Bi-le-te*.

Bilete.

Lastly we have *av oss* which means "of us."

(slow) *Av oss*.

Av oss.

Literally, this phrase means "Can you take picture of us," but we'll use the more colloquial translation "Can you take our picture?"

So, all together, that's

(slow) *Kan du ta bi-le-te av oss?*

Kan du ta bilete av oss?

.

If you are on your own and you want to ask someone to take your picture, you'll ask:

Kan du ta bilete av meg?

Let's break it down:

(slow) *Kan du ta bi-le-te av meg?*

Again at natural speed:

Kan du ta bilete av meg?

The difference between this and the last sentence, is that instead of *oss* ("us") we say *meg* ("me").

Kan du ta bilete av meg?

CULTURAL INSIGHT

Quick tip 1

It is always polite to wave for permission before taking someone else's photo, just like in any other country. Also, if you do ask someone to take your picture, it's very polite to say *unnskyld* at the beginning. I'm sure you remember that this word means "excuse me."

Quick tip 2

You can get cameras and digital equipment in most towns in Norway. Try to be prepared, don't let the battery die on you, and remember that Norway uses the standard European round-pin plug and requires 220 volts. If your camera battery can't be recharged at 220 volts, then it's a good idea to invest in a voltage converter - you never know when you'll need to snap a picture in Norway!

LESSON NOTES

Nynorsk Survival Phrases S1 #33

May I Take Your Picture in Nynorsk?

CONTENTS

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

33

NORWEGIAN

1. Unnskyld, kan eg få ta bilete av deg?
2. Unnskyld, kan eg få ta bilete av dokker?
3. Skal eg ta bilete av deg?
4. Er det lov å ta bilete her?

ENGLISH

1. Excuse me, can I take your picture? (one person)
2. Excuse me, can I take your picture? (many people)
3. Shall I take your picture?
4. Can I take pictures here?

VOCABULARY

Norwegian	English	Class
Kan eg få...?	May I...?	expression
å ta	to take, to pick up	verb
deg	you	pronoun
dokker	you (plural)	pronoun
å få	to get, to have	verb

SAMPLE SENTENCES

you don't know, this request can be bothersome. That's why you must be as nice as you can!
"Excuse me, can I take your picture, please?" in Nynorsk is

Unnskyld, kan eg få ta bilete av deg?

Let's break it down:

(slow) *Unn-skyld, kan eg få ta bi-le-te av deg?*

Once more:

Unnskyld, kan eg få ta bilete av deg?

You definitely know the meaning of *unnskyld*, so let's explain the rest of our phrase.

Kan eg? is "can I?" This is followed by "få" which means "to get" or "be allowed to." Let's take these three words together.

(slow) *Kan eg få?*

Kan eg få?

This section means "May I" and is a really useful and really polite way of asking permission to do things.

Next comes *ta bilete*, which means "to take a picture" or "to take pictures."

(slow) *Ta bi-le-te.*

Ta bilete.

After that comes *av deg*, which means "of you," when it's just one person.

(slow) *Av deg.*

Av deg.

The whole request is

(slow) *Unn-skyld, kan eg få ta bi-le-te av deg?*

Unnskyld, kan eg få ta bilete av deg?

If you want to take a picture of more than one person, then you should replace the word *deg* with *dokker*, which is "you," when talking about more than one person.

(slow) *Dok-ker.*

Dokker.

The whole sentence is

Unnskyld, kan eg få ta bilete av dokker?

(slow) *Unn-skyld, kan eg få ta bi-le-te av dok-ker?*

Unnskyld, kan eg få ta bilete av dokker?

.

If you want to offer to take a picture of someone - maybe a friend or a group struggling to do it themselves - then you can ask:

Skal eg ta bilete av deg?

(slow) *Skal eg ta bi-le-te av deg?*

Skal eg ta bilete av deg?

What we've done here is replace *kan eg få* with *skal eg* ("Shall I?") to make "Shall I take your picture?" Let's practice *skal eg?*, which is also useful by itself:

(slow) *Skal eg?*

Skal eg?

Once again the whole question is

Skal eg ta bilete av deg?

.

If you go to one of Norway's museums, art galleries, or stave churches, you should ask if it's okay to take pictures before snapping away. "Can I take pictures here?" in Nynorsk is

Er det lov å ta bilete her?

Let's break it down:

(slow) *Er det lov å ta bi-le-te her?*

And once again:

Er det lov å ta bilete her?

The structure of this sentence is bit different from the others, so we'll look at this one in plenty of detail!

The first part of the phrase, *er det lov å...*?, literally means "Is it allowed," but this useful pattern can be better translated as "Is (blank) allowed?" You can use this anytime you want to check if it's okay to do something. Let's hear it slowly and then at normal speed.

(slow) *Er det lov å...?*

Er det lov å...?

After *er det lov å...?* you have to put a verb. In our case, we've got the verb *ta*, meaning "take." We've followed this with *bilete*, so together it means "to take pictures," as we've learned before.

Finally, we have *her*, which means "here":

(slow) *Her.*

Her.

So the whole question is

(slow) *Er det lov å ta bi-le-te her?*

Er det lov å ta bilete her?

CULTURAL INSIGHT

Quick tip

Norway has several great places to visit! *Geirangerfjord* in Sunnmøre is an UNESCO World Heritage site with beautiful waterfalls and mountain scenery. *Urnes stavkyrkje*, a timber church in Sogn og Fjordane county, was built around 1130 has intricate carvings and is also on the UNESCO list.

LESSON NOTES

Nynorsk Survival Phrases S1 #34

How Do You Say This and That in Nynorsk?

CONTENTS

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

34

NORWEGIAN

1. Korleis seier ein «salmon» på norsk?
2. Korleis seier ein dette på norsk?
3. Korleis seier ein det på norsk?
4. Korleis seier ein «happy birthday» på norsk?

ENGLISH

1. How do you say “salmon” in Norwegian?
2. How do you say this in Norwegian?
3. How do you say that in Norwegian?
4. How do you say “Happy birthday” in Norwegian?

VOCABULARY

Norwegian	English	Class	Gender
å seie	to say	verb	
norsk	Norwegian	noun	masculine
det	that	pronoun	
korleis	how	interrogative pronoun	
dette	this (neutral)	pronoun	
ein	you, one	pronoun	

SAMPLE SENTENCES

Eg forstår ikkje kva du seier. "I don't understand what you're saying."	Er dette norsk øl? "Is this Norwegian beer?"
Ole, jeg er lei for det. "Ole, I am sorry about that."	Fikk du med deg det? "Did you get all of that?"
Korleis gjer ein dette? "How do you do this?"	Hva er dette? "What is this?"
Ein kan aldri vite. "You never know."	

GRAMMAR

In this lesson, we will learn a question that will help you expand your Norwegian vocabulary without looking at a single page of a dictionary. "How do you say (blank) in Norwegian?" is a sentence that will amazingly replace your pocket dictionary and phrasebook.

Norway is famous for salmon, so let's assume that you want to buy some but have no idea what to call it in Norwegian!

.

"How do you say "salmon" in Nynorsk?" is

Korleis seier ein «salmon» på norsk?

Let's break it down:

(slow) *Kor-leis sei-er ein «salmon» på norsk?*

Once more:

Korleis seier ein «salmon» på norsk?

The first word, *korleis* means, "how."

(slow) *Kor-leis.*

Korleis.

This is followed by *seier*, a verb meaning "say."

(slow) *Sei-er.*

Seier.

Next, we have *ein*, which means "one," but here the translation is "you."

(slow) *Ein.*

Ein.

After *ein* we have the word in English, which in this case is "salmon."

And at the end of the question we have *på norsk*, which means "in Norwegian."

(slow) *På norsk.*

På norsk.

All together, we have

Korleis seier ein «salmon» på norsk?

Literally, this means, "How says you 'salmon' in Norwegian?"

And the answer, by the way, is *laks*.

.

You can also use this expression without using any English. Simply ask "How do you say this in Norwegian?" In Nynorsk, "this" is

Dette

(slow) *Dette.*

Dette.

So in Nynorsk "How do you say this in Norwegian?" is

Korleis seier ein dette på norsk?

Let's break it down:

(slow) *Kor-leis sei-er ein det-te på norsk?*

Once again:

Korleis seier ein dette på norsk?

The structure is exactly the same as the previous sentence, except that instead of "salmon" we have the word *dette*, which means "this."

All together, we have

Korleis seier ein dette på norsk?

While asking this question you can point at the specific something that you are curious about.

▪

To ask, "How do you say that in Norwegian?" simply substitute the word *dette* with *det* ("that").

(slow) *Det.*

Det.

The phrase will sound like this:

Korleis seier ein det på norsk?

Let's break it down:

(slow) *Kor-leis sei-er ein det på norsk?*

Once more:

Korleis seier ein det på norsk?

▪

Let's look at another example. Let's pretend that you have been invited to a birthday party. You want to know how to say "Happy birthday" in Norwegian. The question you should ask is:

Korleis seier ein «happy birthday» på norsk?

"How do you say happy birthday in Norwegian?"

(slow) *Kor-leis sei-er ein «happy birthday» på norsk?*

Korleis seier ein «happy birthday» på norsk?

The answer is *gratulerer med dagen!*

CULTURAL INSIGHT

Quick tip 1

If you are invited to visit a Norwegian family for dinner, then it would be a nice thought to bring a small gift. Something that can be enjoyed together after dinner is always appreciated, such as biscuits, chocolates, special tea, or coffee. Since alcohol is expensive in Norway, wine is also a good idea, but remember to check if your hosts drink alcohol first.

Quick tip 2

While it is possible to buy beer from a supermarket, strong drinks such as wine or spirits are only sold at *Vinmonopol*, the state-owned alcohol retailer. Since *Vinmonopol* is not allowed to discriminate, the selection is usually very wide. If you want to buy something in particular, maybe a drink from your own country, then you can ask them to order it for you.

LESSON NOTES

Nynorsk Survival Phrases S1 #35

Learn to Write in Nynorsk without Lifting a Pen

CONTENTS

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

35

NORWEGIAN

1. Kan du skrive det ned?
2. Kan du skrive ned denne frasen?
3. Kan du skrive ned dette ordet?
4. Har du penn og papir?

ENGLISH

1. Could you write it down?
2. Could you write down this phrase?
3. Could you write down this word?
4. Do you have a pen and paper?

VOCABULARY

Norwegian	English	Class	Gender
å skrive	to write	verb	
frase	phrase	noun	masculine
penn	pen	noun	masculine
ned	down	adverb	
papir	paper	noun	neutral
ord	word	noun	neutral

SAMPLE SENTENCES

Eg har lyst til å skrive ein roman. "I want to write a novel."	Det er ein populær frase. "It's a popular phrase."
Pennen brakk i to. "The pen broke in half."	Jeg skal ned til butikken "I'm going down to the grocery store."
Ikke se ned. "Don't look down."	Jeg trenger papir. "I need paper."
Tryllekunstneren staver ordet. The magician spells the word.	

GRAMMAR

In the previous lesson, we covered how to ask, "How do you say this in Norwegian?" - *Korleis seier ein dette på norsk?* Do you remember? In this lesson, because we don't want to be caught off guard in any situation in Norway, we're going to introduce a new phrase that is very important to help you focus your skills, not on the sounds, but on the writing. So let's start this new lesson.

In Norwegian, "Could you write it down?" is

Kan du skrive det ned?

Let's break it down:

(slow) *Kan du skri-ve det ned?*

Once more:

Kan du skrive det ned?

The first two words are our familiar phrase *kan du?*, meaning "can you" or "could you."

(slow) *Kan du?*

Kan du?

Next we have *skrive det*. The first word here, *skrive* means "write" and *det*, the second word means "it." Together, this means "write it."

(slow) *Skri-ve det*.

Skrive det.

Finally, we have *ned*, which means "down."

(slow) *Ned*.

Ned.

All together:

Kan du skrive det ned?

This means, "Could you write it down?"

.

As you may already have observed, the previous phrase is not very specific. To make yourself more clear, you can say "Could you write down this phrase?"

Kan du skrive ned denne frasen?

Let's break it down:

(slow) *Kan du skri-ve ned den-ne fra-sen?*

Once more:

Kan du skrive ned denne frasen?

The new expression in this question is *denne frasen*. *Denne* means "this" for masculine and feminine words and *frasen* means "the phrase." Together, it means "this phrase."

(slow) *Den-ne fra-sen*.

Denne frasen.

Let's hear the whole phrase one more time:

(slow) *Kan du skri-ve ned den-ne fra-sen?*

Kan du skrive ned denne frasen?

You can also say

Kan du skrive ned dette ordet?

In English, that means "Can you write down this word?"

Let's break it down.

(slow) *Kan du skri-ve ned det-te or-det?*

Kan du skrive ned dette ordet?

The new expression in this question is *dette ordet*. *Dette* means "this" for neuter words, and *ordet* means "the word." Together, these two words mean "this word."

(slow) *Det-te or-det.*

Dette ordet.

.

It might happen that people are not carrying a piece of paper or a pen. So before asking *Kan du skrive ned dette ordet?* try asking

Har du penn og papir?

"Do you have a pen and paper?"

Let's break it down:

(slow) *Har du penn og pa-pir?*

Once more:

Har du penn og papir?

The first part of the phrase, *har du?*, is made up of *har* ("have") and *du* ("you"). Together, this means "do you have?"

(slow) *Har du?*

Har du?

Then, you have *penn*, which in English is "pen."

(slow) *Penn.*

Penn.

Then, you have *og* which means "and."

(slow) *Og*.

Og.

Finally, we have *papir* which means "paper."

(slow) *Papir*.

Papir.

Here's the whole sentence:

(slow) *Har du penn og pa-pir?*

Har du penn og papir?

As usual, before asking about someone else's stationery supplies, it's a good idea to say "excuse me" *unnskyld*, at the beginning of the sentence.

CULTURAL INSIGHT

Quick tip

Nynorsk can sometimes be a bit tricky to write, because although the spelling is very consistent and letters generally only have one sound, some sounds have lots of different ways of being spelled.

The *kj*-sound is pronounced like the "ch" in "chest" and can be spelled in three different ways - *k* when before *i*, *y*, *ei*, or *øy*; as well as *kj* and *tj*.

The *sj*-sound is pronounced like the "sh" in "shelf" and can also be spelled in three different ways - *sk* when before *i*, *y*, *ei*, or *øy*; as well as *sj* and *skj*.

The *j*-sound is pronounced like the "y" in "yes" and has five different spellings - *gj*, *hj*, *lj*, and *j*; as well as *g* when before *i*, *y*, *ei*, or *øy*.

These are the main tricky spellings. There are a few more trivial ones, but these are best and easiest to learn by listening well.

LESSON NOTES

Nynorsk Survival Phrases S1 #36

Read Nynorsk Instantly! No Knowledge of Nynorsk Required

CONTENTS

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

36

NORWEGIAN

1. Korleis les ein dette ordet?
2. Korleis uttalar ein dette ordet?
3. Kva betyr dette?

ENGLISH

1. How do you read this word?
2. How do you pronounce this word?
3. What does this mean?

VOCABULARY

Norwegian	English	Class	Gender
å bety	to mean	verb	
ord	word	noun	neutral
å uttale	to pronounce	verb	
lese	read	verb	
å lese	to read	verb	

SAMPLE SENTENCES

"Bad" på norsk betyr bad. "Bad" in Norwegian means "bath."	Tryllekunstneren staver ordet. The magician spells the word.
--	--

Jeg kan ikke uttale adressen. "I can't pronounce the address."	Moren leser for datteren sin. The mother reads to her daughter.
Unnskyld, men jeg klarer ikke å lese navnet ditt. "Sorry, I can't read your name."	

GRAMMAR

In the previous few lessons we introduced you to some phrases you can use when in Norway. This is the last lesson of the series dedicated to learning from the people around you. In this lesson, we're going to cover "How do you read this?"

In Nynorsk "How do you read this word?" is

Korleis les ein dette ordet?

Let's break it down:

(slow) *Kor-leis les ein det-te or-det?*

Once more:

Korleis les ein dette ordet?

The first word, *korleis*, means "how?"

(slow) *Korleis?*

Korleis?

Next, we have *les*, the present form of the verb *å lese*, meaning "to read."

(slow) *Les.*

Les.

Then, we have *ein*, which in this case means "you."

(slow) *Ein.*

Ein.

Finally, at the end we have *dette ordet* which means "this word."

(slow) *det-te or-det*

dette ordet

The entire sentence again is:

(slow) *Kor-leis les ein det-te or-det?*

Korleis les ein dette ordet?

.

You might also like to ask "How do you pronounce this word?" In Nynorsk, this is:

Korleis uttalar ein dette ordet?

Let's break it down:

(slow) *Kor-leis ut-ta-lar ein det-te or-det?*

Once more:

Korleis uttalar ein dette ordet?

The new word in this question is *uttalar* which is the present form of the verb "to pronounce."

(slow) *Ut-ta-lar.*

Uttalar.

Let's break the whole question down:

(slow) *Kor-leis ut-ta-lar ein det-te or-det?*

Once more:

Korleis uttalar ein dette ordet?

The literal translation is "How pronounces one this word?"

.

When you want to find out the meaning of the word or phrase, ask:

Kva betyr dette?

"What does this mean?"

Let's break it down:

(slow) *Kva be-tyr det-te?*

Once again:

Kva betyr dette?

The first word, *kva?*, means "what."

(slow) *Kva?*

Kva?

Next we have *betyr* the present form of the verb *å bety*, meaning "to mean."

(slow) *Be-tyr.*

Betyr.

At the end we have *dette*, which you already know means "this."

All together, we have

Kva betyr dette?

Or, "What does this mean?"

CULTURAL INSIGHT

Quick tip 1

Norwegian (self designation *norsk*) is a Scandinavian Language. There are about five million people who speak Norwegian as a native language, primarily in Norway. The language has two official written standards, and two to three unofficial standards which you may see used in newspapers. The two official standards are *Bokmål* ("Book language") and *Nynorsk* ("Modern Norwegian"). Of course, it's *Nynorsk* which we're learning here.

The other standards are more radical and more conservative forms of the official standards. *Riksmål* ("National language") and *Høgnorsk* ("High Norwegian") are more conservative forms of *Bokmål* and *Nynorsk* respectively. *Samnorsk* ("Common Norwegian") is an attempt to bring *Bokmål* and *Nynorsk* together, and so is considered a radical form of both languages.

Quick tip 2

Unlike other languages, Nynorsk has no standard pronunciation. When asking people how words are pronounced, they will usually say the word the way they would say it in their own dialect.

LESSON NOTES

Nynorsk Survival Phrases S1 #37

Norwegian Hotel - Checking In

CONTENTS

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

37

NORWEGIAN

1. Eg har bestilt rom for David James.
2. Eg vil gjerne bestille eit rom.
3. Kva er namnet ditt?
4. Kan du stave det?

ENGLISH

1. I have booked a room for David James.
2. I would like to book a room, please.
3. What is your name?
4. Could you spell that?

VOCABULARY

Norwegian	English	Class	Gender
å bestille	to order	verb	
rom	room	noun	neutral
Eg vil gjerne...	I would like	expression	
namn	name	noun	
å stave	to spell	verb	

SAMPLE SENTENCES

Vi kan bestille. "We're ready to order."	Jeg bestilte en kaffe for deg også. "I ordered a coffee for you too."
Kan vi bestille på nett? "Can we order online?"	Vær så snill å ikke bestill ting du ikke trenger. "Please don't order stuff that you don't need."
Kan eg bestille no? "Can I order now?"	Rommet er støvete. "This room is dusty."
Jeg må rydde rommet mitt i kveld. "I need to clean my room tonight."	Dette er mitt rom. "This is my room."
Eg vil gjerne bestille bord. "I'd like to book a table."	Kva er namnet ditt? "What is your name?"
Jeg kan ikke stave lange navn. "I can't spell these long names."	

GRAMMAR

In this lesson, we'll help you check in! In Norway, there are hotels, guesthouses, and hostels, as well as many other types of accommodations. Let's jump right into the lesson!

.

In Norway, when you get to a hotel and you want to check in, you can use two possible phrases. If you have already booked the room and you want to say, "I have booked a room for (name)," you can say

Eg har bestilt rom for (namn).

Let's break it down:

(slow) *Eg har bes-tilt rom for (namn).*

Once more:

Eg har bestilt rom for (namn).

The first two words, *eg har*, means "I have." *Eg* means "I" and *har* means "have."

(slow) *Eg har.*

Eg har.

Next, we have *bestilt*. This is a form of the verb *å bestille* and means "to reserve" or "to order."

(slow) *Be-stilt.*

Bestilt.

After that, we have *rom* meaning "room."

(slow) *Rom.*

Rom.

Finally, we have *for*, meaning the same as "for."

(slow) *For.*

For.

And at the end of the sentence, say your name.

All together, we have:

Eg har bestilt rom for (namn).

This means, "I have booked a room for (name)."

Let's say your name is David James. In this case, you would say

Eg har bestilt rom for David James.

Let's break it down:

(slow) *Eg har be-stilt rom for Da-vid James.*

Once more:

Eg har bestilt rom for David James.

Or "I have booked a room for David James."

.

In order to book a room say:

Eg vil gjerne bestille eit rom.

which means "I would like to book a room."

Let's break it down:

(slow) *Eg vil gjer-ne be-stil-le eit rom.*

Once more:

Eg vil gjerne bestille eit rom.

The first three words, *eg vil gjerne*, is a phrase meaning "I would like."

(slow) *Eg vil gjer-ne.*

Eg vil gjerne.

The next word, *bestille*, is another form of the word *å bestille*, which we know means "to reserve" or "to order."

(slow) *Be-stil-le.*

Be-stil-le.

Lastly, we have *eit rom*, which means "a room."

(slow) *Eit rom.*

Eit rom.

All together:

Eg vil gjerne bestille eit rom.

"I would like to book a room."

.

Usually, the person will ask "What is your name?" In Norwegian, this is:

Kva er namnet ditt?

Let's break it down:

(slow) *Kva er namnet ditt?*

Once more:

Kva er namnet ditt?

At the beginning of the phrase, we have *kva er?*, which is "what is."

(slow) *Kva er?*

Kva er?

Next, we have *namnet* which means "the name."

(slow) *Nam-net.*

Namnet.

And lastly, there is the word *ditt*, which is the neuter form of "your."

(slow) *Ditt.*

Ditt.

Let's hear the phrase one more time.

(slow) *Kva er nam-net ditt?*

Kva er namnet ditt?

"What is your name?"

.

Your name may be complicated to spell for a Norwegian person, in which case they will ask you:

Kan du stave det?

The Norwegian version of "Could you spell that?"

Let's break that down:

(slow) *Kan du sta-ve det?*

And once more:

Kan du stave det?

The first two words, *kan du?*, means "can you?" in English.

(slow) *Kan du?*

Kan du?

Next we have *stave* which means "spell."

(slow) *Sta-ve.*

Stave.

After *stave* we have *det*, which we know means "that."

All together:

(slow) *Kan du stave det?*

Kan du stave det?

CULTURAL INSIGHT

Quick tip

In Norwegian there are many words borrowed from English. Here are only some examples of the words and expressions that make part of the daily vocabulary: "camping," "film crew," "bacon," "grill," "jeans," "boots," "cup," and many more.

Sometimes the words have more specific meanings than the English original. *Cup*, for instance means a trophy. Other times, the words are used even though there is a perfectly good Norwegian word, because the English word is more trendy. *Boots* for instance is used in clothes and shoe shops, even though there are two Norwegian words for the same thing (*støvlar* and *støvletter*.)

LESSON NOTES

Nynorsk Survival Phrases S1 #38

Norwegian Hotel - I Would Like More of This, Please

CONTENTS

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

38

NORWEGIAN

1. Når er det eg må betale overnattinga?
2. Kan eg få litt såpe?

ENGLISH

1. When do I pay for the accommodation?
2. Could I have some soap?

VOCABULARY

Norwegian	English	Class	Gender
litt	some	adverb	
såpe	soap	noun	feminine
kan eg få...	could I get...	expression	
overnatting	accommodation	noun	
når	when	adverb	

SAMPLE SENTENCES

Eg treng litt hjelp. "I need some help."	Jeg går for å kjøpe såpe. "I'll go outside to buy some soap."
Kan eg få kake? "Could I get some cake?"	Har du bestilt overnatting? "Have you booked accommodation?"

<p>Når starter fotballkampen?</p> <p>"When does the football game start?"</p>	<p>Jeg trener hver morgen når jeg står opp.</p> <p>"I am exercising every morning when I wake up."</p>
--	---

GRAMMAR

In this lesson, we'll introduce you to some more useful phrases for hotels and the like. The first phrase is "When do I pay the accommodation fee?" In Nynorsk, this is:

Når er det eg må betale overnattinga?

Let's break it down:

(slow) *Når er det eg må be-ta-le o-ver-nat-ting-a?*

Once more:

Når er det eg må betale overnattinga?

The first section, *når er det?*, literally means "when is it?" in English.

(slow) *Når er det?*

Når er det?

Then we have *eg må*, which means "I must." *Eg* is "I" and *må* is the verb "must."

(slow) *Eg må.*

Eg må.

Next is *betale*, a verb meaning "pay."

(slow) *Be-ta-le.*

Betale.

After that, you have the long word *overnattinga*, which is "the accommodation."

(slow) *O-ver-nat-ting-a.*

Overnattinga.

Altogether:

(slow) *Når er det eg må be-ta-le o-ver-nat-ting-a?*

Når er det eg må betale overnattinga?

Literally, this is "When is it I must pay the accommodation," but a better translation is "When do I pay for the accommodation?"

.

Let's try asking "Could I have some soap?" In Nynorsk this is:

Kan eg få litt såpe?

Let's break it down:

(slow) *Kan eg få litt så-pe?*

Once more:

Kan eg få litt såpe?

The first three words, *kan eg få?*, literally mean "Can I get...?"

(slow) *Kan eg få?*

Kan eg få?

Next we have *litt* which means "a bit" or "some" in English.

(slow) *Litt.*

Litt.

And at the end, we have *såpe* which means "soap."

(slow) *Så-pe.*

Såpe.

All together, it is:

(slow) *Kan eg få litt så-pe?*

Kan eg få litt såpe?

The literal translation in English is "Can I get a bit of soap?"

.

Here are some additional things you may ask for when you are staying in a hotel.

Badehandkle which means "Bath towel."

(slow) *Ba-de-hand-kle*.

Badehandkle.

Tannkost ("Toothbrush")

(slow) *Tann-kost*.

Tannkost.

Tannkrem ("Toothpaste")

(slow) *Tann-krem*.

Tannkrem.

Sjampo ("Shampoo")

(slow) *Sjam-po*.

Sjampo.

In order to ask something else, all you have to do is to replace the word *såpe* with any other word from those we just learned.

CULTURAL INSIGHT

Quick tip

While in other countries it's usual to tip staff at hotels, this is generally not done in Norway. Staff are paid a decent, livable wage; so while your gesture would no doubt be appreciated, it is not in any way expected or required.

LESSON NOTES

Nynorsk Survival Phrases S1 #39 Norwegian Post Office Part 1 - Sending Letters, Postcards, and Packages Home

CONTENTS

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

39

NORWEGIAN

1. Eg vil sende dette til Frankrike.
2. Eg vil sende dette postkortet til Frankrike.
3. Eg vil sende dette brevet til Frankrike.
4. Eg vil sende denne pakke til Frankrike.

ENGLISH

1. I want to send this to France.
2. I want to send this postcard to France.
3. I want to send this letter to France.
4. I want to send this package to France.

VOCABULARY

Norwegian	English	Class	Gender
denne	this	pronoun	
postkort	postcard	noun	
dette	this (neutral)	pronoun	
brev	letter	noun	neutral
å sende	to send	verb	
pakke	package	noun	

SAMPLE SENTENCES

Denne boken, vær så snill. "This book, please."	Jeg fikk et postkort fra USA. "I got a postcard from the U.S."
Hva er dette? "What is this?"	Jeg skrev et brev til min venn. "I wrote a letter to my friend."
Det lå et brev på bordet. "There was a letter on the table."	Ungdomsskoleeleven skriver et brev. "The middle school student writes a letter."
Jeg skulle ha gjerne sendt dette brevet til søsteren min. "I would like to send this letter to my sister."	Jeg skulle ha sendt denne i morgen. "I would like to send this tomorrow."
Jeg vil sende denne pakken imorgen. "I will send this package tomorrow."	Han sendte henne et brev. "He sent her a letter."
Jeg skulle ha sendt denne pakken til bestemoren min. "I would like to send this package to my grandmother."	

GRAMMAR

In this lesson, we're going to take a trip to the post office. The post office is **Postkontoret**.

(slow) *Post-kon-to-ret.*

Postkontoret.

In this lesson, we're going to work on getting your postcards, letters, and packages home. The expression we need to accomplish this is "I want to send this to..." and then the desired destination. For today's lesson, we'll use France. In Nynorsk, "I want to send this to France" is:

Eg vil sende dette til Frankrike.

Let's break it down:

(slow) *Eg vil sen-de det-te til Frank-ri-ke.*

Once more:

Eg vil sende dette til Frankrike.

The first two words, *eg vil*, are translated as "I want." *Eg* is the pronoun "I" and *vil* is the present form of the verb *å vilje*, "to want."

(slow) *Eg vil.*

Eg vil.

Next we have *sende*, which in English will be "to send."

(slow) *Sen-de.*

Sende.

Then, we have *dette*, which means "this" for neuter words.

(slow) *Det-te.*

Dette.

Next, we we have *til* which is translated as "to."

(slow) *Til.*

Til.

And at the end, we have the name of the country, which in our case is *Frankrike* ("France").

(slow) *Frank-ri-ke.*

Frankrike.

All together, we have

(slow) *Eg vil sen-de det-te til Frank-ri-ke.*

Eg vil sende dette til Frankrike.

Literally, this means "I want to send this to France."

.

Let's look at the other words. We were talking about packages, letters, and postcards, so let's try to send a postcard!

"Postcard" in Nynorsk is

Postkort

(slow) *Post-kort.*

Postkort.

"I want to send this postcard to France" in Nynorsk is

Eg vil sende dette postkortet til Frankrike.

Let's break it down:

(slow) *Eg vil sen-de det-te post-kor-tet til Frank-ri-ke.*

Once more:

Eg vil sende dette postkortet til Frankrike.

Dette postkortet literally means "this postcard."

(slow) *Det-te post-kor-tet.*

Dette postkortet.

Simply replace the word *dette* in the first sentence with *dette postkortet* to get:

Eg vil sende dette postkortet til Frankrike.

.

Now let's try "letter," which in Nynorsk is

Brev

(slow) *Brev.*

Brev.

"This letter" is:

(slow) *Det-te bre-vet.*

Dette brevet.

By substituting this into the first sentence, we can get:

"I want to send this letter to France" or

Eg vil sende dette brevet til Frankrike.

(slow) *Eg vil sen-de det-te bre-vet til Frank-ri-ke.*

Let's hear the whole phrase one more time:

Eg vil sende dette brevet til Frankrike.

.

Now let's try to send a package. In Nynorsk, "I want to send this package to France" is:

Eg vil sende denne pakka til Frankrike.

(slow) *Eg vil sen-de den-ne pak-ka til Frank-ri-ke.*

"This package" in Nynorsk is *denne pakka*. You may have noticed that while with *brev* and *postkort* we used *dette* for "this," we use *denne* for *pakke*. This is because *pakke* is feminine, and *denne* is the word used for "this" with feminine words. *Brev* and *postkort*, on the other hand, are neuter and so you should use *dette*.

(slow) *Den-ne pak-ka.*

Denne pakka.

All together we have:

Eg vil sende denne pakka til Frankrike.

Now the package requires a closer look, which we'll address in the next lesson.

CULTURAL INSIGHT

Quick tip

The company that handles mail in Norway is called Posten. Their colors are red and gray, and the logo is a circle with a gray top half, a red bottom half, and a round hole cut out to the right.

In order to send your postcard you have to go to a post office. If a package was sent to you from abroad, then you'll receive a card from Posten telling you where you can pick the package up. Your collection point could be a supermarket, post office, or post office depot. If a package is worth over 200 kroner, then you may be charged a fee of 25% of the value of the goods. This charge is not paid on used goods or gifts, so be sure to let people know to fill

out the contents declaration correctly.

LESSON NOTES

Nynorsk Survival Phrases S1 #40 Norwegian Post Office 2 -

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

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NORWEGIAN

1. Kva er oppi pakka?
2. Vil du sende ho rekommandert?
3. Vil du sende ho med ekspress?

ENGLISH

1. What's in the package?
2. Do you want to send it by registered post?
3. Do you want to send it by express?

VOCABULARY

Norwegian	English	Class
oppi	inside	preposition
rekommandert	registered post	adjective
kva	what	interrogative pronoun
ekspress	express	noun
ho	she, her, it	pronoun, determiner

SAMPLE SENTENCES

Kva er oppi denne gåva? "What's inside this gift?"	Eg vil sende brevet rekommandert. "I want to send the letter by registered post."
--	---

Kva har du gjort? "What have you done?"	Har dokker ekspresslevering? "Do you have express delivery?"
Veska mi; du kan bere ho. "My bag; you can carry it."	

GRAMMAR

In this lesson, we're going to work on getting your package one step closer to its intended destination. In the previous lesson, we discussed the phrase *Eg vil sende denne pakka til Frankrike*. ("I would like to send this package to France.")

Let's hear it one more time:

(slow) *Eg vil sen-de den-ne pak-ka til Frank-ri-ke.*

Eg vil sende denne pakka til Frankrike.

Of course, we can change France with the name of any other country.

When sending a package, though, you will be asked what is inside the package. In Nynorsk, "What's in the package?" is

Kva er oppi pakka?

Let's break it down:

(slow) *Kva er oppi pakka?*

Once more:

Kva er oppi pakka?

The first word *kva er?* means "what is?"

(slow) *Kva er?*

Kva er?

Next, we have the word *oppi*, translated as "inside."

(slow) *Op-pi.*

Oppi.

At the end we have *pakka*, "the package."

(slow) *Pak-ka.*

Pakka.

All together, it's

(slow) *Kva er op-pi pak-ka?*

Once more:

Kva er oppi pakka?

.

Another question that you will be asked is "Do you want to send it by registered post?"

Vil du sende ho rekommandert?

Let's break it down:

(slow) *Vil du sen-de ho re-kom-man-dert?*

Once more:

Vil du sende ho rekommandert?

The first two words, *vil du?*, mean "Do you want?" *Vil* means "want" or "wants." *Du* means "you." This phrase literally means "Want you?" but is translated as "Do you want?"

(slow) *Vil du?*

Vil du?

Then, you have *sende* which is a form of the verb meaning "to send."

(slow) *Sen-de.*

Sende.

After that, we have *ho* which literally means "she" or "her," but is used to mean "it" when talking about feminine words. Since *pakke* is feminine, we use *ho* for "it."

(slow) *Ho.*

Ho.

At the end, we have *rekommandert*, the Norwegian word for "registered post."

(slow) *Re-kom-man-dert.*

Rekommandert.

All together, we have:

(slow) *Vil du sen-de ho re-kom-man-dert?*

Vil du sende ho rekommandert?

.

You may also be asked

Vil du sende ho med ekspress?

which means "Do you want to send it by express?"

The word *rekommandert* was replaced with the phrase *med ekspress*, which literally means "by express."

(slow) *Med eks-press.*

Med ekspress.

Let's hear the phrase one more time.

(slow) *Vil du sende ho med ekspress?*

Vil du sende ho med ekspress?

In English: "Do you want to send it by express?"

For the rules regarding which things you cannot send abroad check the post office's website or ask directly at the post office.

CULTURAL INSIGHT

Quick tip

Buying stamps in Norway is very simple. You just go to the post office and ask for *frimerke*. You will also have to specify the country where your letter will be sent.

LESSON NOTES

Nynorsk Survival Phrases S1 #41

A Guide to Foreign Exchange in Western Norway

CONTENTS

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

41

NORWEGIAN

1. Er det ein minibank i nærleiken?
2. Er det ein bank i nærleiken?
3. Er det ein pengevekslar i nærleiken?
4. Kvar kan eg veksle pengar?
5. Alt?
6. Kan du veksle denne lappen?

ENGLISH

1. Is there an ATM near here?
2. Is there a bank near here?
3. Is there an exchange office near here?
4. Where can I exchange currency?
5. All of it?
6. Can you break this banknote please?

VOCABULARY

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

pengevekslar	currency exchange	noun	
å veksle	to exchange	verb	
lapp	banknote	noun	
pengar	money	noun	
minibank	ATM	noun	masculine

SAMPLE SENTENCES

Er det ein pengevekslar i nærleiken? "Is there a currency exchange near here?"	Jeg vet ikke hvor jeg kan veksle penger. "I don't know where I can exchange money."
Har du ein femtilapp? "Do you have a fifty kroner banknote?"	Eg har ikkje så mykje pengar. "I don't have a lot of money."
Minibanktyverier har økt i det siste. "ATM robberies have been increasing lately."	Minibank fungerer ikke. "The ATM stopped working."

GRAMMAR

Exchanging money in Norway can sometimes be a bit difficult if you're not in one of the main cities. However, you can exchange money at the airport when you arrive or at special currency exchange kiosks and banks in the main cities. If you're not exchanging a major currency or another Scandinavian currency, then it's best to simply withdraw money from an ATM.

To find a currency exchange, look out for the word "exchange." The colors that are used for the exchange offices are yellow and black, or red and blue.

First, let's review some previous phrases and patterns we've already covered.

In Nynorsk, "Is there an ATM near here?" is

Er det ein minibank i nærleiken?

(slow) *Er det ein mi-ni-bank i nær-lei-ken?*

Er det ein minibank i nærleiken?

Now, to ask for a bank. We can just replace the word for ATM with the word for bank and the phrase works just fine. "Is there a bank near here?" is

Er det ein bank i nærleiken?

(slow) *Er det ein bank i nær-lei-ken?*

Er det ein bank i nærleiken?

As you may have noticed, we just replaced *minibank* with *bank*, meaning "bank."

Let's ask to exchange currency now. It's very similar; you just need to insert the word ***Pengevekslar***

(slow) *Peng-e-veks-lar.*

Pengevekslar.

Let's ask the question:

Er det ein pengevekslar i nærleiken?

(slow) *Er det ein peng-e-veks-lar i nær-lei-ken?*

Er det ein pengevekslar i nærleiken?

For times when there is neither a bank nor an ATM, you can ask, "Where can I exchange currency?"

In Nynorsk, this is

Kvar kan eg veksle pengar?

Let's break it down:

(Slow) *Kvar kan eg veks-le peng-ar?*

Once again:

Kvar kan eg veksle pengar?

The first word, *kvar?*, means "where."

(slow) *Kvar?*

Kvar?

Next, we have *kan eg*, meaning "can I."

(slow) *Kan eg.*

Kan eg.

Then, we have *veksle*, a verb meaning "exchange."

(slow) *Veks-le.*

Veksle.

And at the end, we have *pengar*, the word for "money."

(slow) *Peng-ar.*

Pengar.

All together, we have

Kvar kan eg veksle pengar?

Literally, this means "Where can I exchange money?"

When you exchange money in Norway, usually you will be asked

Alt?

A very short question that means "All of it?" Use the numbers we learned in our previous lessons to say how much you want to exchange.

Let's hear the question one more time.

(slow) *Alt?*

Alt?

Alt literally means "all."

If you want to exchange all the money just say "yes" in Nynorsk, which is *ja*.

If you need to make change or need smaller bills, you can go to a shop, exchange office, or petrol station and ask

Kan du veksle denne lappen?

In English "Can you break this banknote?"

Let's break it down:

(slow) Kan du veks-le den-ne lap-pen?

Once more:

Kan du veksle denne lappen?

The first two words *kan du?* is translated as "can you?"

(slow) Kan du?

Kan du?

Then we have *veksle*, which we know means "exchange."

(slow) Veks-le.

Veksle.

Next we have *denne lappen* which means "this banknote." *Denne* is "this" for masculine words. *Lappen* literally means "the note."

(slow) Den-ne lap-pen.

Denne lappen.

Here's the question again:

Kan du veksle denne lappen?

The literal translation is "Can you change this note?"

Ask this when you have a big bill that you want to break.

CULTURAL INSIGHT

Quick tip

Some Norwegian shopkeepers don't like to break bills. Often, it's a better idea to buy something small, such as a packet of chewing gum, and get your bill broken that way.

LESSON NOTES

Nynorsk Survival Phrases S1 #42 Buying Prepaid Cell Phone Cards in Western Norway

CONTENTS

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

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NORWEGIAN

1. Eit kontantkort SIM-kort.
2. Sel dokker kontantkort SIM-kort?
3. Kan eg få eit kontantkort SIM-kort?
4. Eit kontantkort, takk.
5. Eit 200 kroner kontantkort, takk.

ENGLISH

1. A prepaid SIM-card.
2. Do you sell prepaid SIM-cards?
3. Can I get a prepaid SIM-card?
4. A top-up card please.
5. A 200 kroner top-up card, please.

VOCABULARY

Norwegian	English	Class
kontantkort	top-up card	noun
dokker	you (plural)	pronoun
kan eg få...	could I get...	expression
selge	sell	

SAMPLE SENTENCES

Eit 200 kroners kontantkort, takk. "A 200 kroner top-up card, please."	Eg saknar dokker! "I miss you!"
Kan eg få kake? "Could I get some cake?"	Barna selger limonade The children sell lemonade.
Skal dokker selje huset? "Will you sell your house?"	

GRAMMAR

While most people wouldn't or couldn't go outside without their cell phones, sometimes another country is a little too far for your local carrier. You can of course use your cell phone when you get to Norway, but you will have to pay very expensive charges.

To help you out, you can buy prepaid SIM cards for cell phones in Norway. These SIM cards are sold in phone operator offices and cell phone stores. These include a SIM card with PIN and PUK codes and a Norwegian phone number. You can insert the SIM card into your phone and use it with the new Norwegian number. This is what we will focus on in this lesson.

The Norwegian expression for a prepaid SIM card is ***Eit kontantkort SIM-kort***

This is literally translated as "A cash card SIM card."

Let's break it down.

(slow) *Eit kon-tant-kort SIM-kort.*

Once more:

Eit kontantkort SIM-kort.

The word *kontantkort* is made up of two words put together. *Kontant*, meaning "cash" and *kort*, meaning "card." Since *kort* is neuter, we say *eit kontantkort*.

(slow) *Eit kon-tant-kort.*

Eit kontantkort.

At the end, we have *SIM-kort*, which means "SIM-card."

(slow) *SIM-kort.*

SIM-kort.

The whole expression is:

Eit kontantkort SIM-kort.

Remember it refers to a SIM card that offers you access to a prepaid service.

In order to ask "Do you sell prepaid SIM cards?" say

Sel dokker kontantkort SIM-kort?

Let's break it down:

(slow) *Sel dok-ker kon-tant-kort SIM-kort?*

Once more:

Sel dokker kontantkort SIM-kort?

The first word, *Sel*, is the present form of the verb *å selje*, meaning "to sell."

(slow) *Sel.*

Sel.

The second word, *dokker*, means "you" when talking about more than one person.

(slow) *Dok-ker.*

Dokker.

Next, we have the word *kontantkort SIM-kort*, which we've just learned means "prepaid SIM card."

All together, we have

(slow) *Sel dok-ker kon-tant-kort SIM-kort?*

Sel dokker kontantkort SIM-kort?

The answer to this will be "yes" (*ja*) or "no" (*nei*). If they do have the cards, you'll want to ask for one.

Let's try to ask for one phone card.

Kan eg få eit kontantkort SIM-kort?

(slow) *Kan eg få eit kon-tant-kort SIM-kort?*

This literally means "Can I get a cash-card SIM-card?"

The first three words, *kan eg få?*, is a useful phrase meaning "Can I get?"

(slow) *Kan eg få?*

Kan eg få?

Next we have *eit*, meaning "a." *Eit* is used with neuter nouns, like *kort*.

(slow) *Eit.*

Eit.

Once again:

Kan eg få eit kontantkort SIM-kort?

Usually, new prepaid SIM-cards come with a small amount of credit. If you plan on using the phone more, then this will not be enough for you. In that case, it would be a good idea to purchase a top-up card. In order to do that say:

Eit kontantkort, takk

(slow) *Eit kontantkort, takk*

The first words *eit kontantkort*, are translated as "a top-up card."

(slow) *Eit kon-tant-kort.*

Eit kontantkort.

At the end we have *takk*, which here means "please."

Eit kontantkort, takk.

Let's imagine you want to recharge your account with 200 kroner. In this case add to the phrase we just learned the expression "200 kroner."

Eit 200 kroner kontantkort, takk.

Let's break it down:

(slow) *Eit 200 kro-ner kon-tant-kort, takk*

Once again:

Eit 200 kroner kontantkort, takk.

200 kroner is literally translated as "two hundred kroner."

(slow) *200 kro-ner.*

200 kroner.

Here's the entire sentence:

Eit 200 kroner kontantkort, takk.

This means, "A 200 kroner top-up card, please."

CULTURAL INSIGHT

Quick tip 1

The big mobile phone companies in Norway are Telenor, and Netcom.

Quick tip 2

Only those who have a Norwegian ID number are allowed to buy a Norwegian SIM card. If you come to Norway to work or to study, then you will usually apply for one of these numbers. Remember to bring your ID when you go to buy the SIM card, as your ID will also need to be confirmed.

LESSON NOTES

Nynorsk Survival Phrases S1 #43

Renting a Vehicle in Norway

CONTENTS

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

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NORWEGIAN

1. Eg vil gjerne leige ein bil.
2. Eg vil gjerne leige ein motorsykkel.
3. Eg vil gjerne leige ein sykkel.
4. Når må eg returnere han?
5. Får eg returnere han ein annan stad?

ENGLISH

1. I would like to rent a car.
2. I would like to rent a motorbike.
3. I would like to rent a bike.
4. When do I have to return it?
5. Can I return it somewhere else?

VOCABULARY

Norwegian	English	Class	Gender
Stad	Place	noun	
Mogeleg	Possible	adverb	
sykkel	bicycle	noun	masculine

Å leige	To rent	verb	
motorsykkel	motorcycle	noun	masculine
Å returnere	to return	verb	
bil	car	noun	masculine

SAMPLE SENTENCES

Får eg returnere han ein annan stad? "Can I return it somewhere else?"	Det er ikkje mogeleg. "It's not possible."
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."
Me skal leige ei hytte. "We're going to rent a cottage."	Jeg kan ikke kjøre motorsykkel. "I can't drive a motorcycle."
Jeg returnerer den snart. "I'll return it soon."	Dyrene var returnert til naturen. "The animals were returned to the wild."
Han kunne ikke returnere bilen i tide, og måtte betale en ekstra avgift. "He couldn't return the car on time and had to pay an extra fee."	Eg returnerer han snart. "I'll return it soon."
Han valgte en blå bil. "He chose a blue car."	Nordmenn vasker somregel bilene sine selv istedet for å bruke bilvask. "Norwegians usually wash their cars by themselves instead of using a car wash."
Bilen er veldig skitten. "The car is very dirty."	

GRAMMAR

In this lesson, we'll introduce you to a phrase that will help you get to the places you need to be! In some places, trains and subways are the way to travel, but it's also very useful to know how to rent a car, scooter, or bicycle.

In Nynorsk, "I'd like to rent a car" is

Eg vil gjerne leige ein bil.

Let's break it down:

(slow) *Eg vil gjer-ne lei-ge ein bil.*

Once more:

Eg vil gjerne leige ein bil.

The first three words, *eg vil gjerne* is a fixed expression meaning "I would like."

(slow) *Eg vil gjer-ne.*

Eg vil gjerne.

Next comes *leige*, which is translated as "to rent."

(slow) *Lei-ge.*

Leige.

Then, we have *ein bil* which means "a car." *Bil* is the word for "car" and *ein* is the word meaning "a" for masculine nouns.

(slow) *Ein bil.*

Ein bil.

The whole sentence again:

(slow) *Eg vil gjer-ne lei-ge ein bil.*

Eg vil gjerne leige ein bil.

"Motorbike" in Nynorsk is *motorsykkel*.

(slow) *Mo-tor-syk-kei.*

Motorsykkel.

Motorsykkel is also masculine, and so the word we use for "a" is *ein* in this case, too.

Let's use it in our sentence now:

Eg vil gjerne leige ein motorsykkel.

(slow) *Eg vil gjer-ne lei-ge ein mo-tor-syk-kei.*

"I'd like to rent a motorbike".

If you like to ride bikes, the word for a bicycle in Nynorsk is

(slow) *Syk-kei.*

Sykkei.

Sykkei is also masculine. The sentence that will help you to rent a bicycle is:

Eg vil gjerne leige ein sykkei.

(slow) *Eg vil gjer-ne lei-ge ein syk-kei.*

If you're renting something, it's also important to know when you must return it! This is the phrase you can use to make sure you return it on time.

In Nynorsk, "When do I have to return it?" is:

Når må eg returnere han?

(slow) *Når må eg re-tur-ne-re han?*

Når må eg returnere han?

The first word, *når?*, means "when."

(slow) *Når?*

Når?

Next we have *må eg?*, an expression meaning "must I?" *Må* is "must" or "to have to" and *eg* is "I."

(slow) *Må eg?*

Må eg?

After that, we have *returnere*, a verb that means "return."

(slow) *Re-tur-ne-re.*

Returnere.

Finally, we have *han*, which literally means "him" or "he," but is also used to mean "it" when talking about things that are masculine.

(slow) *Han.*

Han.

Let's hear the whole sentence one more time:

(slow) *Når må eg re-tur-ne-re han?*

Når må eg returnere han?

You may want to return it at a different location. In Nynorsk "Can I return it somewhere else?" is

Får eg returnere han ein annan stad?

(slow) *Får eg re-tur-ne-re han ein an-nan stad?*

The first word, *får*, is the present form of the verb *å få*, meaning "to get to." This is followed by *eg*, which, of course, we know means "I." Together, this literally means "May I?"

(slow) *Får eg?*

Får eg?

Next, we have *returnere han*, translated as we've seen as "return it."

(slow) *Re-tur-ne-re han.*

Re-tur-ne-re han.

Next, we have the expression *ein annan stad*. *Ein stad* is "a place" and *annan* means "other." Together, *ein annan stad* means "another place."

(slow) *Ein an-nan stad.*

Ein annan stad.

The entire sentence again:

(slow) *Får eg re-tur-ne-re han ein an-nan stad?*

Får eg returnere han ein annan stad?

The answer usually is yes, *ja* in Nynorsk, and after that you will hear the name of the location.

If you're unlucky, they'll say

Nei, det er ikkje mogeleg.

which means "No, it is not possible."

(slow) *Nei, det er ik-kje mo-ge-leg.*

Nei, det er ikkje mogeleg.

CULTURAL INSIGHT

Quick tip 1

In Norway, vehicles are driven on the right-hand side of the road. If you use newer tunnels or bridges, then payment may be required. Usually, a bill will be sent to you.

Quick tip 2

Many Norwegian cities have cycle paths, although the coverage can be quite incomplete. If there are no cycle paths, then it's best - and perfectly safe - to cycle on the road. Cycling on the pavement is allowed, but only at walking speed. Remember to wear a helmet!

LESSON NOTES

Nynorsk Survival Phrases S1 #44 Do You Have an English Guide in Nynorsk?

CONTENTS

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

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NORWEGIAN

1. Har dokker ein informasjonsguide på engelsk?
2. Har dokker ein informasjonsguide på fransk?
3. Har dokker ein informasjonsguide på tysk?

ENGLISH

1. Do you have an information guide in English?
2. Do you have an information guide in French?
3. Do you have an information guide in German?

VOCABULARY

Norwegian	English	Class	Gender
fransk	French	adjective	masculine
informasjon	information	noun	masculine
tysk	German	noun, adjective	masculine
på	in, on	preposition	
engelsk	English	noun	masculine

SAMPLE SENTENCES

Fransk er et nydelig språk. "French is a beautiful language."	Jeg liker tysk øl. "I like German beer."
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Jeg går vanligvis tidlig hjem på fredager. "I usually go home early on Fridays."	Ta på deg lua! "Put on your hat!"
Jeg må på do. "I have to go to the toilet."	Alle bør lære seg engelsk for å kommunisere med andre. "Everybody should learn English to communicate with others. "
Han snakker engelsk. "He speaks English."	

GRAMMAR

In this lesson, we'll introduce you to a crucial phrase for you travelers who are interested in learning more about the tourist attractions you're going to visit. Learning about the history and the cultural significance of places you visit can be just as rewarding as seeing them. So now we'll cover "Do you have an information guide in English?"

In Nynorsk, "Do you have an information guide in English?" is:

Har dokker ein informasjonsguide på engelsk?

Let's break it down:

(slow) *Har dok-ker ein in-for-ma-sjons-guide på eng-elsk?*

Once more:

Har dokker ein informasjonsguide på engelsk?

The first two words, *har dokker?*, are translated as "do you have?"

(slow) *Har dok-ker?*

Har dokker?

Next, we have *ein informasjonsguide*, which means "an information guide."

(slow) *Ein in-for-ma-sjons-guide.*

Ein informasjonsguide.

Next, we have *på engelsk*, which means "in English."

(slow) *På eng-elsk.*

På engelsk.

All together, we have:

(slow) *Har dok-ker ein in-for-ma-sjons-guide på eng-elsk?*

Har dokker ein informasjonsguide på engelsk?

To ask for information in a different language, we can just replace the word for "English" with the word for any other language and it works just fine. Let's try with "French."

"Do you have an information guide in French?" is

Har dokker ein informasjonsguide på fransk?

(slow) *Har dok-ker ein in-for-ma-sjons-guide på fransk?*

Har dokker ein informasjonsguide på fransk?

The only thing that changes is the language you are looking for. In this case, it's *fransk*.

(slow) *Fransk.*

Fransk.

Let's try now with German! "German" in Nynorsk is *tysk*.

(slow) *Tysk.*

Tysk.

"Do you have an information guide in German?" is

Har dokker ein informasjonsguide på tysk?

(slow) *Har dok-ker ein in-for-ma-sjons-guide på tysk?*

Har dokker ein informasjonsguide på tysk?

Piece of cake!

CULTURAL INSIGHT

Quick tip 1

The official language of Norway is Norwegian, but English is very widely spoken and most tourist attractions will have comprehensive information available in English and other languages.

Quick tip 2

Here are some other languages you might need to ask about!

"Spanish" *spansk*

"Italian" *italiensk*

"Japanese" *japansk*

"Chinese" *kinesisk*

LESSON NOTES

Nynorsk Survival Phrases S1 #45 How Do You Eat This Norwegian Food?

CONTENTS

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

45

NORWEGIAN

1. Korleis et ein dette?
2. Er denne maten veldig feit?

ENGLISH

1. How do you eat this?
2. Is this food very fatty?

VOCABULARY

Norwegian	English	Class	Gender
feit	fatty	adjective	
veldig	very	adverb	
å ete	to eat	verb	
mat	food	noun	masculine

SAMPLE SENTENCES

Maten var veldig feit. "The food was very fatty."	Det er veldig kaldt! "It's very cold!"
Eg likar å ete godteri. "I like to eat candy."	Skal jeg lage deg noe mat? "Should I make you some food?"

Maurene bærer mat.

"The ants are carrying food."

GRAMMAR

In Norway there are many delicious dishes! We've already covered how to order them, so now it's time to learn how to eat them! That is not always so obvious. In this lesson, we'll learn how to ask, "How do you eat this?"

In Nynorsk, "How do you eat this?" is

Korleis et ein dette?

Let's break it down:

(slow) *Kor-leis et ein det-te?*

Once more:

Korleis et ein dette?

The first word, *korleis?*, means "how?"

(slow) *Kor-leis?*

Korleis?

Then we have *et*, which is the present form of *å ete* translated as "to eat."

(slow) *Et.*

Et.

Next, we have *ein*, which is literally "one," but here means "you."

(slow) *Ein.*

Ein.

Finally, comes *dette*, which means "this."

(slow) *Det-te.*

Dette.

The whole question once again is:

Korleis et ein dette?

literally translated - "How eat one this?"

Usually, it's easy to understand how a certain Norwegian dish has to be eaten, but if you deal with traditional meals then things might get a little bit complicated.

If you are worried about calories, here is a useful phrase for you. The question "Is this food very fatty?" in Nynorsk is

Er denne maten veldig feit?

Let's break it down:

(slow) *Er den-ne ma-ten vel-dig feit?*

Once more:

Er denne maten veldig feit?

The first word, *er*, means "is."

Next, we have *denne maten*, which means "this food." *Denne* is the word for "this" for masculine words. *Maten* means "the food," and together with *denne*, this means "this food."

(slow) *Den-ne ma-ten.*

Denne maten.

After that, we have *veldig*, which means "very."

(slow) *Vel-dig.*

Veldig.

And at the end comes the word *feit*, which means "fatty."

(slow) *Feit.*

Feit.

All together, it becomes

(slow) *Er den-ne ma-ten vel-dig feit?*

Er denne maten veldig feit?

The whole phrase literally means

"Is this food very fatty?"

CULTURAL INSIGHT

Quick tip 1

There are many different restaurants in Norway. Most towns will have a Chinese restaurant and maybe an Italian or pizza restaurant as well.

Quick tip 2

When Norwegians eat fatty traditional foods, they usually drink *brennevin*, meaning "spirits," since it is thought that the alcohol breaks down the fat.

LESSON NOTES

Nynorsk Survival Phrases S1 #46 Being Vegetarian in Western Norway

CONTENTS

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

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NORWEGIAN

1. Eg er vegetarianar.
2. Eg et ikkje kjøt.
3. Eg et ikkje ost.
4. Er det kjøt i denne retten?

ENGLISH

1. I'm a vegetarian.
2. I don't eat meat.
3. I don't eat cheese.
4. Does this dish have meat in it?

VOCABULARY

Norwegian	English	Class	Gender
rett	dish	noun	
Eg et ikkje...	I don't eat...	expression	
vegetarianar	vegetarian	noun	
kjøtt	meat	noun	neutral
ost	cheese	noun	

SAMPLE SENTENCES

Åt du ikkje retten din? "Did you not eat your dish?"	Eg et ikkje kjøt. "I don't eat meat."
Han er vegetarianar. "He is a vegetarian."	Jeg spiser ikke kjøtt. "I don't eat meat. "
Jeg spiser ikke grisekjøtt. "I don't eat pork."	Den mest populære osten i Norge er gulost. "The most popular cheese in Norway is called gulost."

GRAMMAR

This lesson is not only for all of the vegetarians out there, but it's also for anyone with an aversion to a particular food! There are many reasons a person won't eat a particular food, and there may be times when communicating this is necessary. In this lesson, we'll go over some phrases to make sure you don't get any unwanted surprises on your plate.

In Nynorsk, "I'm a vegetarian" is

Eg er vegetarianar.

Let's break it down by syllable.

(slow) *Eg er ve-ge-ta-ri-a-nar.*

Now let's hear it once again.

Eg er vegetarianar.

The first two words *eg er* are translated as "I am."

(slow) *Eg er.*

Eg er.

Then we have *vegetarianar*. It's easy to guess that this means "vegetarian" in English.

(slow) *Ve-ge-ta-ri-a-nar.*

Vegetarianar.

Let's hear the whole sentence one more time.

(slow) *Eg er ve-ge-ta-ri-a-nar*

Eg er vegetarianar.

This means, "I'm a vegetarian."

Another way you can communicate that you don't eat a particular food is by saying just that!

In Nynorsk, "I don't eat meat" is

Eg et ikkje kjøt.

Let's break it down by syllable.

(slow) *Eg et ik-kje kjøt.*

Now let's hear it once again.

Eg et ikkje kjøt.

The first word, *eg*, means "I" as we've already learned.

Next, we have *et ikkje*, which literally means "eat not." *Et* is the present form of *å ete* and means "eat." *Ikkje* means "not."

(slow) *Et ik-kje.*

Et ikkje.

Last we have *kjøt*, which means "meat."

(slow) *Kjøt.*

Kjøt.

All together, we have *Eg et ikkje kjøt.*

Literally, this means, "I eat not meat."

(slow) *Eg et ik-kje kjøt.*

Eg et ikkje kjøt.

Let's now imagine that you don't eat cheese. All you have to do is to replace *kjøt* with the Nynorsk word for "cheese" - *ost*.

(slow) *Ost.*

Ost.

Now let's try the phrase with this word. "I don't eat cheese" in Nynorsk -

Eg et ikkje ost.

Let's break it down by syllable.

(slow) *Eg et ik-kje ost.*

Now let's hear it one more time.

Eg et ikkje ost.

If you want to make sure some food doesn't have an ingredient you can't or you don't want to eat, you should simply ask about it. For example, if you want to make sure a meal doesn't have meat, you should ask ***Er det kjøt i denne retten?***

which means "Does this dish have meat in it?"

(slow) *Er det kjøt i den-ne ret-ten?*

Er det kjøt i denne retten?

The first two words, *er det?*, literally means "is it," but as an expression it means "is there?"

(slow) *Er det?*

Er det?

Then, we have *kjøt*, which we've learned means "meat."

Next, we have *i* which means "in."

(slow) *I.*

I.

Finally we have *denne retten*, meaning "this dish."

(slow) *Den-ne ret-ten.*

Denne retten.

Let's hear it one more time.

(slow) *Er det kjøt i den-ne ret-ten?*

Er det kjøt i denne retten?

CULTURAL INSIGHT

Quick tip 1

Being a vegetarian in Norway can be a bit difficult. Most people eat meat every day, and most restaurants don't have more than one or two vegetarian dishes. While most traditional Norwegian dishes contain meat, there are some that don't, so maybe you could try eating some of the following:

Brunost "Norwegian brown cheese"

Graut "Norwegian porridge"

Knekkebrød "Crisp bread"

Lefse "Potato bread"

Quick tip 2

Refusing to eat anything when you're a guest of a Norwegian family could cause concern; people might think you're ill or that you don't like the food. If you are a vegetarian or you have any other eating habits, do your best to inform the host beforehand.

LESSON NOTES

Nynorsk Survival Phrases S1 #47

Asking for Help in Nynorsk

CONTENTS

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

47

NORWEGIAN

1. Hjelp!
2. Ring politiet!
3. Ring brannvesenet!
4. Ring etter ein ambulanse!

ENGLISH

1. Help!
2. Call the police!
3. Call the fire department!
4. Call an ambulance!

VOCABULARY

Norwegian	English	Class	Gender
å hjelpe	to help	verb	
Brannvesen	Fire department	noun	
å ringe	to call, to ring	verb	
ambulanse	ambulance	noun	masculine
politi	police	expression	

SAMPLE SENTENCES

Butikkansatten hjalp meg. "The shop assistant helped me."	Gustavo sier han kunne hjelpe. "Gustavo said he could help."
Hennes formål i livet var å hjelpe andre mennesker. "Her purpose in life was to help other people."	Jeg trenger hjelp her. "I need some help here."
Følg brannvesenet sitt råd. "Follow the advice of the fire department."	Vær sikker på å ha soringsnummeret klar når du ringer postkontoret. "Make sure to have the tracking number ready, when you are calling the post office." "
Hvor dyrt er det å ringe fra Italia til Spania? "How expensive is calling from Italy to Spain?"	Jeg ringer deg senere, etter jeg er ferdig med leksene mine. "I will call you later after I'm done with my homework."
Ringte det i stad? "Did the phone ring earlier?"	Du kan jo ringe meg, kanskje? "You could call me, maybe?"
Ring ambulansen! "Call the ambulance!"	Hvis du ser politiet spør dem om hjelp. "If you see the police, ask for help."

GRAMMAR

In this lesson, we'll introduce you to some phrases that we hope you won't have to use. Norway has a very low crime rate, but when traveling you should always be careful. In addition, this phrase is not limited to threatening situations, but you can also use it if you or someone around you is in need of immediate assistance. In this lesson, we'll learn how to call for help.

Even if everyone wishes nothing bad or dangerous happens while you are in Norway, it's better if you know some important useful phrases to use in case of emergencies.

In Nynorsk, "Help!" is

Hjelp!

(slow) *Hjelp!*

Now let's hear it again.

Hjelp!

Literally, this means, "Help."

There are three emergency phone numbers in Norway; one each for the police, ambulance service, and fire brigade. You can call from a public phone or from a cell phone, and it's free of charge.

The number for the police is 112. If you need someone to call the police you will have to say: "Call the police!"

In Nynorsk that is

Ring politiet!

The first word, *ring!*, is a form of the verb *å ringe*, meaning "to phone." *Ring* is the command form, and is used to tell someone to do something. In this case, "phone!"

(slow) *Ring!*

Ring!

The second word *politiet* means "the police."

(slow) *Po-li-ti-et.*

Politiet.

Let's hear the entire sentence again:

(slow) *Ring po-li-ti-et!*

Ring politiet!

The number for the fire department is 110. If you need someone to call the fire department say:

Ring brannvesenet!

(slow) *Ring brannvesenet!*

The word *brannvesenet* means "the fire department."

(slow) *Brann-ve-se-net.*

Brannvesenet.

The whole expression one more time is:

Ring brannvesenet!

Another useful expression is "Call an ambulance!"

Ring etter ein ambulanse!

(slow) *Ring et-ter ein am-bu-lan-se!*

Etter literally means "after," but in this context, "for" is a better translation.

(slow) *Et-ter.*

Et-ter.

The two words *ein ambulanse* means "an ambulance." *Ein* means "a" or "an" for masculine words.

(slow) *Ein am-bu-lan-se.*

Ein ambulanse.

The whole sentence is *Ring etter ein ambulanse!*

CULTURAL INSIGHT

Quick tip

In general, Norway is a very low-crime country, but it's always best to practice the same sort of vigilance you would at home and not do anything too risky!

In Oslo, the biggest city, there are pickpockets who operate on the main street, taking wallets and purses from people sitting out at the cafes on the pavement. Put your wallet or purse in a jacket pocket with a zipper to deter them.

Parks in Norway aren't always so well lit, so if you're traveling alone, you may feel safer if you avoid the parks at night.

LESSON NOTES

Nynorsk Survival Phrases S1 #48

Using Nynorsk to Get Medical Assistance

CONTENTS

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

48

NORWEGIAN

1. Eg føler meg veldig sjuk.
2. Ring etter ein ambulanse!

ENGLISH

1. I feel very sick.
2. Call an ambulance.

VOCABULARY

Norwegian	English	Class
sjuk	sick	adjective
veldig	very	adverb
å føle seg	to feel	verb
eg	I	pronoun
meg	me	pronoun, reflexive pronoun

SAMPLE SENTENCES

Ho har vore sjuk lenge "She's been sick for a long time."	Det er veldig kaldt! "It's very cold!"
Jeg føler meg ikke bra. "I don't feel well."	Eg føler meg dårleg. "I feel bad."

Eg skal bli med. "I'll join."	Kan du se meg? "Can you see me?"
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GRAMMAR

In this lesson, we'll introduce you to some phrases you'll find useful if you need medical assistance. When traveling, sometimes the body takes a little time to adjust, and the immune system is no different. In this lesson, we'll go over some phrases that will help get you to a location where you can get medical attention.

When a person feels sick, people usually start asking a lot of questions, in which case you might want to specify that you feel very sick.

We'll start with the phrase "I feel very sick."

In Nynorsk, this is

Eg føler meg veldig sjuk.

Let's break it down by syllable.

(slow) *Eg fø-ler meg vel-dig sjuk.*

Let's hear it again.

Eg føler meg veldig sjuk.

First, we have, *eg* which means "I."

Next we have *føler meg* a form of the verb *å føle seg*, which means "to feel." Literally, this verb is "to feel oneself," and *føler meg*, the form we're using, means literally "feel me."

(slow) *Fø-ler meg.*

Føler meg.

After this is *veldig*, which is "very" in English.

(slow) *Vel-dig.*

Veldig.

Then we have *sjuk* which means "sick."

(slow) *Sjuk.*

Sjuk.

All together, we have

(slow) *Eg fø-ler meg vel-dig sjuk.*

Eg føler meg veldig sjuk.

To ask someone to call an ambulance you have to say

Ring etter ein ambulanse!

In English, this is "call an ambulance!"

Let's break it down.

(slow) *Ring et-ter ein am-bu-lan-se!*

Ring etter ein ambulanse!

The first word, *ring!*, is a form of the verb "to phone."

(slow) *Ring!*

Ring!

Etter literally means "after," but in this context, "for" is a better translation.

(slow) *Et-ter.*

Et-ter.

After that we have *ein ambulanse*, meaning "an ambulance."

(slow) *Ein am-bu-lan-se.*

Ein ambulanse.

The whole phrase once again is:

(slow) *Ring et-ter ein am-bu-lan-se!*

Ring etter ein ambulanse!

CULTURAL INSIGHT

Quick tip

Visitors from EU and EEA countries are entitled to medical treatment under the EU Reciprocal Medical Treatment agreement. Before you travel, you should collect an E111 form from your local social security office. You may also obtain this form in post offices.

LESSON NOTES

Nynorsk Survival Phrases S1 #49

Explaining Symptoms in Nynorsk

CONTENTS

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

49

NORWEGIAN

1. Forkjølingsmedisin, takk.
2. Eg har vondt i hovudet.
3. Eg har vondt i magen.

ENGLISH

1. Cold medicine, please.
2. I have a headache.
3. I have a stomachache.

VOCABULARY

Norwegian	English	Class	Gender
forkjølingsmedisin	cold medicine	noun	
vond	pain	adjective	
Eg har vondt i...	My... hurts	expression	
hovud	head	noun	
mage	stomach	noun	masculine

SAMPLE SENTENCES

Har dokker forkjølingsmedisin? "Do you have cold medicine?"	Det gjer vondt! "It hurts!"
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Eg har vondt i beina. "My legs hurt."	Bruk hovudet! "Use your head!"
Det er noe galt med magen min. "There is something wrong with my stomach."	

GRAMMAR

Once you are in the pharmacy, you'll need to explain how you feel in order for the pharmacist to give you the right medicine. In this lesson, we'll work on explaining symptoms so you can get the proper treatment and any medicine you may need.

Let's try to make a list of all the possible things you might need.

In Nynorsk, "cold medicine" is

Forkjølingsmedisin

(slow) *For-kjø-lings-me-di-sin.*

Forkjølingsmedisin.

"Cold medicine, please" in Nynorsk is

Forkjølingsmedisin, takk.

Let's break it down by syllable.

(slow) *For-kjø-lings-me-di-sin, takk.*

Forkjølingsmedisin, takk.

The first word, *forkjølingsmedisin*, of course, means "cold medicine."

And at the end, we have *takk*, which literally means "thank you," but is used to mean "please."

All together, that's:

(slow) *For-kjø-lings-me-di-sin, takk.*

Forkjølingsmedisin, takk.

Let's see how to explain your symptoms.

In Nynorsk, "I have a headache" is

Eg har vondt i hovudet.

Let's break it down.

(slow) *Eg har vondt i ho-vu-det.*

Now let's hear it once again.

Eg har vondt i hovudet.

The first two words are *eg har*. This literally means "I have."

(slow) *Eg har.*

Eg har.

Next we have *vondt*, which means "pain."

(slow) *Vondt.*

Vondt.

After this, we have *i hovudet*, which literally means "in the head."

(slow) *I hovudet.*

I hovudet.

All together, we have *Eg har vondt i hovudet.*, which literally means "I have pain in the head."

If it's your stomach that's hurting, you can say

Eg har vondt i magen.

Let's break it down by syllable and hear it one more time.

(slow) *Eg har vondt i ma-gen.*

Eg har vondt i magen.

We just replaced *hovudet* from the previous sentence with *magen*, the word for "the stomach."

(slow) *Ma-gen.*

Magen.

Let's hear the entire sentence again.

Eg har vondt i magen.

This sentence is easy to use for other aches too, just change the word *magen* to other body parts.

CULTURAL INSIGHT

Quick tip

Over-the-counter medicine is quite restricted in Norway, with most medicines requiring a prescription.

The painkiller *ibux*, however, can be bought not only at pharmacies, but also from supermarkets and corner shops.

Always check to make sure that any Norwegian medicine is safe to use with any medicine you are currently taking.

LESSON NOTES

Nynorsk Survival Phrases S1 #50

Explaining Allergies in Nynorsk

CONTENTS

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

50

NORWEGIAN

1. Eg er allergisk mot dette produktet.
2. Eg er allergisk mot gluten.
3. Eg er allergisk mot laktose.

ENGLISH

1. I'm allergic to this product.
2. I'm allergic to gluten.
3. I'm allergic to lactose.

VOCABULARY

Norwegian	English	Class	Gender
gluten	gluten	noun	
laktose	lactose	noun	
Eg er allergisk mot...	I'm allergic to...	expression	
allergisk	allergic	adjective	
produkt	product	noun	neuter

SAMPLE SENTENCES

Hvilke produkter inneholder gluten? "Which products contain gluten?"	Kva produkt inneheld gluten? "Which products contain gluten?"
--	---

Eg kan ikkje ete laktose. "I can't eat lactose."	Eg er allergisk mot fisk. "I'm allergic to fish."
Han er allergisk mot pollen. "He is allergic to pollen."	Deres nye produkt er veldig elegant og enkelt å bruke "Their new product is really elegant and easy to use."
Jeg kjøper bare norske produkter. "I only buy Norwegian products."	

GRAMMAR

Taking into consideration the fact that nowadays allergies are more common than ever, we've decided to teach you how to explain the situation, just in case you are one of many people who have to deal with unpleasant allergies.

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In Nynorsk, "I'm allergic to this product" is:

Eg er allergisk mot dette produktet.

Let's break it down:

(slow) *Eg er al-ler-gisk mot det-te pro-duk-tet.*

Once more:

Eg er allergisk mot dette produktet.

The first two words, *eg er*, means "I am."

(slow) *Eg er.*

Eg er.

The second word, *allergisk*, means "allergic."

(slow) *Al-ler-gisk.*

Allergisk.

Next, we have *mot* which means "against."

(slow) *Mot.*

Mot.

And at the end, there the words *dette produktet* which means "this product."

(slow) *Det-te pro-duk-tet.*

Dette produktet.

Let's hear the expression again:

Eg er allergisk mot dette produktet.

You can point at the product at the same time.

.

For a gluten allergy, the phrase will sound like this:

Eg er allergisk mot gluten.

"I'm allergic to gluten."

In this sentence, you were definitely able to guess the meaning of the word *gluten*. That is "gluten."

Let's hear that again:

(slow) *Eg er al-ler-gisk mot glu-ten.*

Eg er allergisk mot gluten.

.

Let's try with the word for lactose now. In Nynorsk, lactose is

Laktose

"I'm allergic to lactose" is

Eg er allergisk mot laktose.

Let's hear it one more time slowly:

(slow) *Eg er al-ler-gisk mot lak-to-se.*

Eg er allergisk mot laktose.

CULTURAL INSIGHT

Quick tip 1

Here is a list of things that it's very common to be allergic to with their names in Nynorsk. Simply replace *laktose* or *gluten* in the sentences above with the word here:

"Eggs" *Egg*

"Peanuts" *Peanøtter*

"Soy" *Soya*

"Fish" *Fisk*

"Shellfish" *Skaldyr*



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