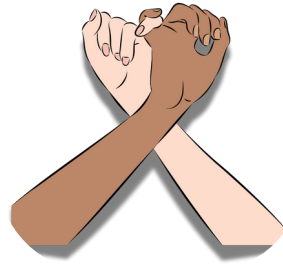


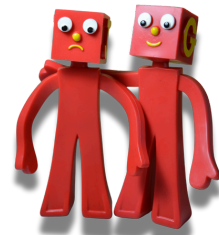
# CALL A FRIEND DAY



**venn**  
friend



**bestevenn**  
best friend



**kompis**  
pal



**nær venn**  
close friend



**vennskap**  
friendship



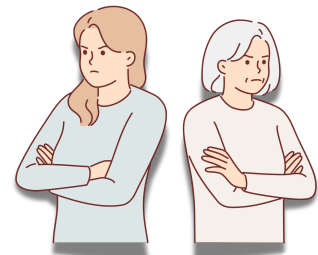
**vennlighet**  
friendliness



**ny venn**  
new friend



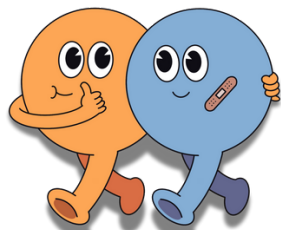
**gammel venn**  
old friend



**fiende**  
enemy



**å være venner**  
to be friends



**å støtte en venn**  
to support a  
friend



**å henge med  
venner**  
to hangout with  
friends



**å tilbringe tid med  
venner**  
to spend time with  
friends



**å ha det gøy med  
venner**  
to have fun with  
friends



**å le med venner**  
to laugh with  
friends



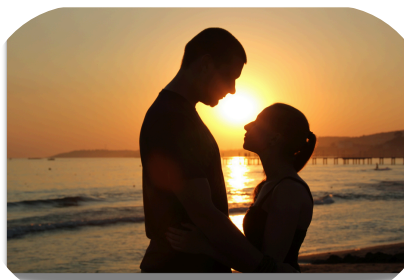
**å gråte med  
venner**  
to cry with friends



**å dele med venner**  
to share with friends



**å ta vare på en  
venn**  
to care for a friend



**å være lojal mot en venn**  
to be loyal to a friend



**å verdsette en venn**  
to value a friend



# COMMON EXPRESSIONS

- Greeting: **Hei, hvordan har du det?** Hello, how are you?
  - **hei** hi
  - **hvordan** how
  - **du** you (singular)
- Greeting (informal): **Hei, hvordan går det?** Hi, how's it going?
- Expressing Gratitude: **Takk for alt.** Thanks for everything.
  - **Takk.** Thanks; Thank you.
  - **alt** all
- Expressing Gratitude (informal): **Takk, det betyr mye.** Thanks, it means a lot.
  - **å bety** (present tense: betyr)
  - **mye** much, a lot (see grammar notes below for further information)
- Friendship: **Du er en ekte venn.** You're a true friend.
  - **ekte** true, genuine
  - **venn** friend (**venninne** can be used to refer to a female friend)
- Friendship (informal): **Du er min beste venn.** You're my best friend.
  - **å være** (present tense er) to be
- Closing: **Vi ses snart.** See you soon.
  - **Vi ses.** See you later.
  - **snart** soon
- Closing (informal): **Vi snakkes.** Talk to you soon.
- Love: **Glad i deg.** I love you.
- Miss you: **Jeg savner deg.** I miss you.
  - **å savne** (present tense: **savner**) to miss (someone)
- Happy: **Jeg er så glad.** I'm so happy.
  - **glad** happy
- Sad: **Jeg er så trist.** I'm so sad.
  - **trist** sad
- Humorous Promise: **Jeg vil alltid plukke deg opp når du faller - etter jeg holder opp med å le!** I will always pick you up when you fall - after I stop laughing!



# BRIEF GRAMMAR NOTES

## “mange” vs. “mye”

In Norwegian, both "**mange**" and "**mye**" are used to express the concept of "many" or "much". However, there is a key difference between them:

- **Mange** is used to describe countable nouns (i.e., things that can be counted individually). For example:
  - **Jeg har mange venner.** I have many friends.
  - **Det er mange bøker på hyllen.** There are many books on the shelf.
- **Mye** is used to describe uncountable nouns (i.e., things that cannot be counted individually). For example:
  - **Jeg har mye å gjøre i dag.** I have a lot to do today.
  - **Det er mye regn i dag.** There's a lot of rain today.

In summary, if you're talking about something that can be counted, use "**mange**". If you're talking about something that can't be counted, use "**mye**".

## Personal Pronouns Table

		subject pronoun		object pronoun
1st person, singular	<b>jeg</b>	I	<b>meg</b>	me
2nd person, singular	<b>du</b>	you	<b>deg</b>	you
3rd person, singular	<b>han</b> (male), <b>hun</b> (female), <b>det</b> (for ‘ <b>et</b> ’ words) / <b>den</b> (for ‘ <b>en</b> ’ and ‘ <b>ei</b> ’ words) - both are used to refer to things	he, she, it	<b>ham, henne,</b> <b>det/den</b>	him, her, it
1st person, plural	<b>vi</b>	we	<b>oss</b>	us
2nd person, plural	<b>dere</b>	you	<b>dere</b>	you
3rd person, plural	<b>de</b>	they	<b>dem</b>	them



# NORWEGIAN FRIENDSHIP CULTURE

## **Dugnad** (Voluntary Work) and Community

In Norway, friendships are often formed and strengthened through dugnad, or voluntary work, for the benefit of the community. This shared commitment to helping others fosters strong bonds and a sense of unity.

## **Koselig** (Cozy Atmosphere)

Koselig is a Norwegian concept that roughly translates to "cozy," but encompasses a deeper emotional experience. It's about creating a warm, comforting atmosphere with loved ones, good food and soft lighting. Koselig is often associated with winter, but can be experienced throughout the year, emphasizing the importance of warmth, community and simple pleasures in life.

## **Friluftsliv** (Outdoor Activities)

Norwegians love spending time outdoors, and friendships are often built around shared outdoor activities like hiking, skiing, or fishing. This emphasis on nature and physical activity strengthens bonds and creates lasting memories.

## **Direct Communication and Trust**

Norwegians value direct and honest communication in their friendships. This openness fosters trust and respect, allowing for deep and meaningful relationships.

## **Respect for Personal Space and Independence**

Norwegians also respect each other's need for personal space and independence. This balance between closeness and individuality helps maintain healthy and fulfilling friendships.



# NORWEGIAN FRIENDSHIP CULTURE

## (CONTINUED)

### Celebrating Special Occasions

Norwegians enjoy celebrating special occasions with friends, such as:

- **Syttende Mai** (May 17th), Norway's Constitution Day
- **Jul** (Christmas), often celebrated with traditional foods and activities

Overall, friendship in Norwegian culture is characterized by a strong sense of community, mutual respect, and a love for nature and outdoor activities.



**Pictured above:** a traditional Norwegian waffle with brunost (also pictured in the background in the previous page), raspberry jam and raspberries



# RECOMMENDATIONS FOR PRONUNCIATION VIDEOS

There are many different Norwegian dialects with their own ways of pronunciation and to cover them properly is beyond the scope of these brief downloadables, so I've instead included a couple of pronunciation playlists from Norwegian instructors that I've found quite useful. Here are two that I find most helpful:

- Norsklærer Karens's Norwegian pronunciation playlist:  
[https://youtube.com/playlist?list=PL6RR1L41TROnd7-0WRfvMNIHY6LY\\_UmTo&si=h8wvPcaPyg-tlTOj](https://youtube.com/playlist?list=PL6RR1L41TROnd7-0WRfvMNIHY6LY_UmTo&si=h8wvPcaPyg-tlTOj)
- Norwegian Teacher Karin's pronunciation playlist:  
[https://youtube.com/playlist?list=PL3OGRL1vf55xisZj52ci1C\\_47bXRxApoc&si=RAgvM9rEwQc2\\_COC](https://youtube.com/playlist?list=PL3OGRL1vf55xisZj52ci1C_47bXRxApoc&si=RAgvM9rEwQc2_COC)

Both instructors have a wealth of other videos covering virtually all aspects of the Norwegian language and if you really want to dive deeper into learning the language, I highly recommend checking out as many as you have time for. You can never have too much practice with hearing the language (and of course speaking it, too!).



**Pictured left:** traditional Norwegian lefse - you haven't lived until you've tried it!