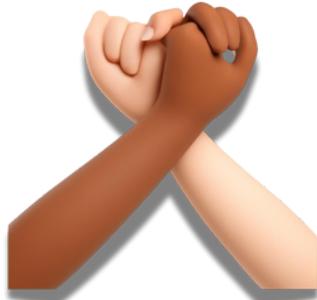


# CALL A FRIEND DAY



**vän**  
friend



**bästa vän**  
best friend



**kompis**  
buddy



**nära vän**  
close friend



**vänskap**  
friendship



**vänlighet**  
friendliness



**ny vän**  
new friend



**gammal vän**  
old friend



**ovän**  
no longer friends



**att vara vänner**  
to be friends



**att stödja en vän**  
to support a friend



**att hänga med  
vänner**  
to hangout with  
friends



**att tillbringa tid med  
vänner**  
to spend time with  
friends



**att ha kul med  
vänner**  
to have fun with  
friends



**att skratta med  
vänner**  
to laugh with  
friends



**att gråta med  
vänner**  
to cry with friends



**att dela med vänner**  
to share with friends



**att ta hand om en  
vän**  
to care for a friend



**att vara lojal mot en vän**  
to be loyal to a friend



**att uppskatta en vän**  
to value a friend

# COMMON EXPRESSIONS AND MORE VOCABULARY

- Greeting: **Hej, hur mår du?** Hello, how are you?
  - **hur** how
  - **du** you (singular)
  - **ni** you (plural - see grammar notes)
- Greeting (informal): **Hej, hur är läget?** Hi, how's it going?
- Expressing Gratitude: **Tack för allt.** Thanks for everything.
  - **Tack.** Thanks. Thank you.
  - **allt** everything
- Expressing Gratitude (informal): **Tack, det betyder jättemycket.** Thanks, it means a lot.
- Friendship: **Du är en riktig vän.** You're a true friend.
  - **riktig** here:genuine
  - **vän** friend
- Friendship (informal): **Du är min bästa vän.** You're my best friend.
- Closing: **Vi ses snart.** See you soon.
  - **snart** soon
- Closing (informal): **Vi hörs snart.** Talk to you soon.
- Love: **Jag älskar dig.** I love you.
  - **att älska** to love (present tense: **älskar**)
  - **dig** you (informal, object form - see brief grammar notes)
- Miss you: **Jag saknar dig.** I miss you.
  - **att sakna** to miss (someone)
- Happy: **Jag är så glad.** I'm so happy.
  - **glad** happy
- Sad: **Jag är så ledsen.** I'm so sad.
  - **ledsen** sad
- Humorous Promise: **Jag kommer alltid att hjälpa dig upp när du ramlar - efter att jag har slutat skratta!** I will always pick you up when you fall - after I stop laughing!

# BRIEF GRAMMAR NOTES

This downloadable (Call a Friend Day) is just going to focus on personal pronouns so that you can better understand how they play a role in the previously mentioned greetings.

## Personal Pronoun Table

Person	Subject form	Object form	Possessive (singular - referring to owning one of something)	Possessive (plural - referring to owning more than one)	Reflexive form
I	jag	mig	min, mitt	mina	mig
you (singular)	du	dig	din, ditt	dina	dig
he	han	honom	hans, sin*	hans, sina*	sig
she	hon	henne	hennes, sin*	hennes, sina*	sig
it	den (-en words), det (-ett words)	den (-en words), det (-ett words)	dess, sin*	dess, sina*	sig
we	vi	oss	vår, vårt*	våra	oss
you (plural)	ni	er	er, ert*	era	er
they	de	dem	deras, sin*	deras, sina*	sig

**Note:** “sin” and “sine” are only used when referring to the object of the sentence where the subject and the owner of the object are the same. For clarification, see the difference in these sentences:

**Han kysser sin fru.** He kisses his (own) wife.

**Han kysser hans fru.** He kisses (someone else’s) wife.

We see here that this clarification can be vital in everyday conversation - ie. you don’t want to accidentally suggest that your friend kissed someone else’s wife!

# SWEDISH FRIENDSHIP

## CULTURE

### **Lagom (Not Too Little, Not Too Much) in Friendships**

The concept of lagom, meaning "not too little, not too much," is essential in Swedish friendships. Swedes value balance and moderation in their relationships, avoiding extremes or drama.

### **Fika (Coffee Breaks) and Socializing**

Fika, or coffee breaks, play a significant role in Swedish social culture, including friendships. Friends often meet for fika to catch up, discuss daily life, and enjoy each other's company.

### **Nature and Outdoor Activities**

Like Norwegians, Swedes have a strong affinity for nature and outdoor activities. Friends often spend time together hiking, skiing, or simply enjoying the beautiful Swedish landscapes.

### **Equality and Informality**

Swedish friendships are characterized by equality and informality. Friends address each other by their first names, and social hierarchies are generally downplayed.

### **Trust and Loyalty**

Trust and loyalty are fundamental values in Swedish friendships. Once you've gained someone's trust, they will stand by you through thick and thin.

# SWEDISH FRIENDSHIP CULTURE (CONTINUED)

## Celebrating Traditions Together

Swedes enjoy celebrating traditional holidays and events with friends, such as:

- Midsommar (Midsummer), a celebration of the summer solstice
- Lucia (St. Lucy's Day), a festival of light and music
- Jul (Christmas), often celebrated with traditional foods and activities

## Respect for Personal Space

Finally, Swedes respect each other's need for personal space and alone time. This balance between socializing and independence helps maintain healthy and fulfilling friendships.

Overall, friendship in Swedish culture is built on a foundation of equality, trust, and a love for nature and socializing.



# BRIEF SWEDISH PRONUNCIATION GUIDE

There are differences in pronunciation between the different Swedish dialects, but this brief pronunciation guide focuses on the Standard Swedish dialect (**Rikssvenska**):

## Vowels

- **a:** pronounced in short form like in "hat" or in long form like "ah" in "far"
- **e:** pronounced in short form like in "pet", in long form, the sound is similar, but twice as long
- **i:** pronounced in short form like in "pit" or pronounced in long form like "ee" in "meet"
- **o:** short form is pronounced like the English "got" or "god", in long form it is similar to the Swedish "å" (see the description for å below)
- **u:** pronounced like "oo" in "boot"
- **y:** pronounced like "ü" in German "fühl" (a close, rounded "u" sound)
- **å:** pronounced like "o" in "or"
- **ä:** pronounced like "eh" in "pet" but more open and rounded
- **ö:** pronounced like "er" in "her" but more closed and rounded

## Consonants

- **k:** pronounced like "k" in "kite", except before the vowels "i", "e", "ö", "ä" it is pronounced like the Swedish "tj"
- **g:** pronounced like "y" in "yes" when before "e", "i", "ä", "ö"; otherwise like "g" in "go"
- **sk:** pronounced like "sh" in "shoe", but before "e", "i", "ö", "ä" it takes a "hw" sound
- **sj:** pronounced like "sh" in "shoe", or before "u", "ö" with a "hw" sound
- **ch:** pronounced like a soft "k" or "tj" sound (similar to "ch" in Scottish "loch")
- **r:** pronounced like a guttural "r" sound, similar to the "ch" in German "Bach" or the "r" in French "rouge"
- **ng:** pronounced like "ng" in "sing"
- **tj:** pronounced like English "sh"

## Diphthongs

- **ej:** pronounced like "ey" in "hey"

**Note:** Standard Swedish is the most widely spoken and understood dialect in Sweden, and is used in official contexts, media, and education.