



INTO NORWAY

your adventure. perfectly planned.

NORWEGIAN

— *for Travellers*  —



ESSENTIAL WORDS, USEFUL PHRASES & TRAVEL TIPS
FOR YOUR JOURNEY THROUGH WESTERN NORWAY



UNDERSTAND.
SPEAK.
EXPERIENCE.



USEFUL
SENTENCES
for Everyday
Situations



PRONUNCIATION &
COMMUNICATION
TIPS
for Easy
Conversations



CULTURE &
CUSTOMS
EXPLAINED
Understand
Norway Better



SPEAK WITH
CONFIDENCE &
ENJOY NORWAY
Make the Most of
Your Adventure



PRONUNCIATION

How Norwegian Sounds

Norwegian is generally pronounced much as it is written.
Here are a few of the most important sounds to help you get started.



Å (the letter with a small circle)
is pronounced like the "o" in
"more" or "door".

båt

[boat] = boat



Ø (the letter with a slash)
has no exact English equivalent.
It sounds similar to the vowel in "bird"
(British English), but with your lips rounded.

søster

[SUR-ster] = sister



O
is often pronounced like the "u" in "put".
(Depending on the word, Norwegian "o"
can sound slightly different.)

god

[good] = good



U
has no exact English equivalent.
To pronounce it, say "ee" while
keeping your lips rounded, as if you
were saying "oo".

gul

[gyul] = yellow



KJ
is pronounced as a soft "sh" sound.

kjøtt

[shurt] = meat



SKJ
is pronounced like "sh".

skjerm

[sherm] = screen



SJ
is also pronounced like "sh".

sjø

[shur] = sea



LISTEN. PRACTISE. ENJOY.

The more you listen and practise,
the more natural Norwegian will become.

You've got this! 



Welcome to INTO NORWAY



Learn Norwegian.

Your key to unforgettable experiences.

Whether you're exploring Norway's breathtaking landscapes, meeting friendly locals or simply making your journey a little easier, even a few words of Norwegian can open doors and create meaningful connections.

Simple. Practical. Travel-ready.



WHAT'S INSIDE



PAGES 1–36 LESSONS

36 easy-to-follow lessons guide you step by step through the most useful situations you'll encounter during your trip.

- ✓ From the basics to everyday conversations
- ✓ Essential words and practical phrases
- ✓ Real-life examples you'll actually use

Learn exactly what you need for your journey.



PAGES 37–52 PRACTICE EXERCISES

Reinforce what you've learned with a variety of practical exercises designed to build your confidence.

- ✓ Matching exercises for every lesson
- ✓ Answer key included
- ✓ Learn at your own pace

*Practise. Understand.
Speak with confidence.*



PAGES 53–59 VOCABULARY GUIDE

A handy reference section with all the essential words from this booklet, organised by topic for quick and easy access.

- ✓ Organised by category
- ✓ Perfect for quick revision
- ✓ Your practical travel companion wherever you go

*Look it up. Remember it.
Use it with confidence.*



PACK YOUR NORWEGIAN VOCABULARY – AND LET THE ADVENTURE BEGIN!

With this booklet, you'll be well prepared not only to visit Norway, but to understand it, communicate with confidence and enjoy every moment of your journey.

Happy learning – and have an unforgettable trip! 

God tur! 

HAVE A WONDERFUL TRIP!



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FIRST ESSENTIAL PHRASES



These simple phrases will help you
communicate in Norway.



Hei!
(hey)

Hello!



Takk!
(tahk)

Thank you!



Vær så snill!
(vair soh snill)
= more like "please"

Please!
(polite request)



Unnskyld!
(oon-schyuld)

Sorry!



Ja.
(yah)

Yes.



Nei.
(nay)

No.



Kanskje.
(kahn-sheh)

Maybe.



Det er bra!
(det air brah)

That's good!



Det er ikke bra.
(det air ikke brah)

That's not good.



GOOD TO KNOW

In the everyday language, people often add "takk!" at the end of a sentence when asking for something.

Can I get a coffee, thanks!

→ "Kan jeg få en kaffe, takk!"

Where is the toilet, thanks!

→ "Hvor er toalettet, takk!"



TIP

Say the phrases out loud.

The more you practise, the more confident
and natural you will feel!





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PERSONAL PRONOUNS



The most important pronouns in Norwegian.
They help you talk about yourself and others.



QUICK REVIEW

You already know these phrases:



Hei!
(hei)

Hello!



Takk!
(takk)

Thank you!



Vær så snill!
(vær så snill)

Please!
(polite request)



Unnskyld!
(ünschülld)

Sorry!



Ja.
(ja)

Yes.



Nei.
(nei)

No.



Det er bra!
(det air brah)

That's good!



Det er ikke bra.
(det air ikke brah)

That's not good.



PERSONAL PRONOUNS – OVERVIEW

NORWEGIAN	PRONUNCIATION	ENGLISH	EXAMPLE
jeg	(jei)	I	Jeg kommer fra Tyskland. (jei kommer fra Tüskland) I come from Germany.
du	(du)	you	Du er snill! (du er snill) You are nice!
han	(han)	he	Han heter Lars. (han heter Lars) His name is Lars.
hun	(hun)	she	Hun heter Ingrid. (hun heter Ingrid) Her name is Ingrid.
vi	(vi)	we	Vi kommer fra Norge. (vi kommer fra Norge) We come from Norway.
dere	(dere)	you (plural)	Dere er velkomne! (dere er velkomne) You are very welcome!
de	(de)	they (multiple people)	De bor i Bergen. (de bor i Bårgen) They live in Bergen.





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IMPORTANT VERBS



These verbs help you in everyday life and when travelling.
They are the building blocks of many sentences.



QUICK REVIEW: PERSONAL PRONOUNS



jeg

(jei)

I



du

(du)

you



han

(han)

he



hun

(hun)

she



vi

(vi)

we



dere

(dere)

you
(plural)



de

(de)

they
(plural)



IMPORTANT VERBS

NORWEGIAN	PRONUNCIATION	ENGLISH	EXAMPLE	PRONUNCIATION EXAMPLE
 være	(være)	to be	Jeg er trøtt. <i>I am tired.</i>	(jei ar trøtt)
 ha	(ha)	to have	Jeg har en koffert. <i>I have a suitcase.</i>	(jei har en koffert)
 komme	(komma)	to come	Jeg kommer fra Tyskland. <i>I come from Germany.</i>	(jei kommer fra Tyskland)
 gå	(gå)	to go	Vi går til byen. <i>We go to town.</i>	(vi går til byen)
 gjøre	(jøre)	to do / to make	Hva gjør du? <i>What are you doing?</i>	(va jør du?)
 snakke	(snakka)	to speak	Jeg snakker litt norsk. <i>I speak a little Norwegian.</i>	(jei snakker litt norsk)
 forstå	(forstå)	to understand	Jeg forstår ikke. <i>I don't understand.</i>	(jei forstår ikke)
 ville	(ville)	to want	Jeg vil ha en kaffe, takk. <i>I would like a coffee, please.</i>	(jei vil ha en kaffe, takk)
 kunne	(kunna)	to be able to / can	Kan du hjelpe meg? <i>Can you help me?</i>	(kan du hjelpe meg?)



GOOD TO KNOW

In Norwegian, the verb is often in the second position in the sentence.
Example: **Jeg snakker norsk.** (I speak Norwegian.)

Verb in 2nd position





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CONJUGATING
VERBS



In Norwegian, verbs change depending on the person.
The verb is always in the second position in the sentence.



1. HOW REGULAR VERBS WORK

Regular verbs usually only take an -r at the end
when they are conjugated.

INFINITIVE (TO ...)	CONJUGATED EXAMPLE
å reise (to travel)	jeg reiser – vi reiser – han reiser – dere reiser – du reiser
å bo (to live)	jeg bor – vi bor – han bor – dere bor – du bor
å snakke (to speak)	jeg snakker – vi snakker – han snakker – dere snakker – du snakker
å like (to like)	jeg liker – vi liker – han liker – dere liker – du liker
å jobbe (to work)	jeg jobber – vi jobber – han jobber – dere jobber – du jobber
å besøke (to visit)	jeg besøker – vi besøker – han besøker – dere besøker – du besøker



GOOD TO KNOW

Most regular verbs form the conjugation simply
by adding an -r to the infinitive.



2. IRREGULAR VERBS

Irregular verbs change their form more.
Here are some of the most important ones:

INFINITIVE (TO ...)	ENGLISH	CONJUGATED EXAMPLE
å være (to be)	to be	jeg er – vi er – han er – dere er – du er
å ha (to have)	to have	jeg har – vi har – han har – dere har – du har
å gå (to go)	to go	jeg går – vi går – han går – dere går – du går
å komme (to come)	to come	jeg kommer – vi kommer – han kommer – dere kommer – du kommer
å gjøre (to do / to make)	to do / to make	jeg gjør – vi gjør – han gjør – dere gjør – du gjør
å forstå (to understand)	to understand	jeg forstår – vi forstår – han forstår – dere forstår – du forstår
å kunne (to be able to)	to be able to / can	jeg kan – vi kan – han kan – dere kan – du kan
å ville (to want)	to want	jeg vil – vi vil – han vil – dere vil – du vil



TIP

Listen to the pronunciation and say the sentences out loud.
The more you practise, the faster you'll recognise the patterns!





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VERBS – QUICK REVIEW

Here's a quick review of regular and irregular verbs in Norwegian.



1. REGULAR VERBS

Regular verbs usually take only -r in the conjugated form.
Irregular verbs change more.

REGULAR VERBS (EXAMPLES)	IRREGULAR VERBS (EXAMPLES)
• jeg reiser to Bergen. (å reise – to travel) • vi bor i Norge. (å bo – to live) • han snakker norsk. (å snakke – to speak)	• jeg er fra Tyskland. (å være – to be) • du har en fin utsikt. (å ha – to have) • vi går til byen. (å gå – to go)



2. NEGATION – “IKKE”

In Norwegian, we use **ikke** to make a sentence negative.
“Ikke” comes directly after the conjugated verb.
The word order stays the same.



HOW IT WORKS:



EXAMPLES

✓ jeg har ikke tid i dag.	→	I don't have time today.
✓ du snakker ikke tysk.	→	You don't speak German.
✓ han reiser ikke til Bergen.	→	He isn't travelling to Bergen.
✓ vi liker ikke regnvær.	→	We don't like rainy weather.
✓ de kommer ikke i morgen.	→	They aren't coming tomorrow.



GOOD TO KNOW

- Ikke means “not” / “don't” / “doesn't”.
- In questions, ikke is not used – the verb comes first.
Example: *Har du tid?* (Do you have time?)
- In spoken Norwegian, ikke is often shortened to “ikkje” [ik-je].





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QUICK REVIEW

One more quick review: Everyday sentences – with and without negation.



AFFIRMATIVE SENTENCES

- ✓ Jeg **reiser** til Bergen.
- ✓ Vi **bor** i Norge.
- ✓ Han **snakker** engelsk.
- ✓ De **kommer** i morgen.

NEGATIVE SENTENCES (WITH IKKE)

- ✓ Jeg reiser **ikke** til Bergen.
- ✓ Vi **bor ikke** i Norge.
- ✓ Han **snakker ikke** engelsk.
- ✓ De **kommer ikke** i morgen.

QUESTION WORDS & ASKING QUESTIONS

Norwegian has several question words.

Ask a question by placing the question word at the beginning.

QUESTION WORD	MEANING	EXAMPLE (QUESTION)	EXAMPLE (ANSWER)
hvem	who	Hvem er du?	Jeg er Carina.
hvor	where	Hvor bor du?	Jeg bor i Bergen.
når	when	Når kommer du?	Jeg kommer i morgen.
hva	what	Nva gjør du?	Jeg reiser.
hvilken	which / what / which one	Hvilken by liker du?	Jeg liker Bergen.
hvorfor	why	Hvorfor reiser du?	Fordi jeg liker Norge.
hvordan	how	Hvordan går det?	Det går bra, takk!
hvor mye	how much / how many	Hvor mye koster det?	Det koster 100 kroner.

HOW TO BUILD A QUESTION:

Question word
(e.g. hvor)

+

Verb
(conjugated)

+

Subject
(e.g. du)

+

Rest of the sentence

EXAMPLES

- | | | |
|--------------------------------|---|-------------------------------|
| ① Hvor bor du? | → | Where do you live? |
| ① Når reiser du? | → | When are you travelling? |
| ① Hva gjør du i Norge? | → | What are you doing in Norway? |
| ① Hvem kommer i morgen? | → | Who is coming tomorrow? |
| ① Hvordan går det? | → | How are you? |



Norwegians love questions – big or small!

Don't worry about making mistakes – we appreciate you trying! 😊

