

A beginners guide

LEARN NORWEGIAN

A1

All the basics with english explanations

INNHold

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INTRODUCTION

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AN INTRODUCTION TO THE WEATHER

Together we can make
your dream of
speaking Norwegian,
come true!

HJERTELG VELKOMMEN!

By Siv Havik, CEO and Manager

We have helped thousands of students learn the Norwegian language and feel more at home here in Norway. By understanding the language, you will have the same chances as all Norwegians in getting the job that you want, acing a job interview, writing a stellar cover letter, getting your permanent residency, citizenship and more. Understanding what everyone is saying helps tremendously when you are new to a country. When that happens, society around you opens up. It is a privilege to help you on your journey to fluency.

This pdf will show you some basics about the Weather and seasons in Norwegian. We hope you find it helpful.

YOUR TEACHER

Meet the Founder



SIV HAVIK

Founder of Lenoo
siv@lenoo.no

HEI ALLE SAMMEN!

By Siv Havik, CEO and Manager

We are thrilled to help you out with some basic understanding about the weather and seasons.

I'd like to introduce myself to you since I am the one who founded Lenoo some 10 years ago and you might be curious about how we came about, and what our mission is.

As a child, I lived abroad for many years, in Africa, Malaysia, France, and Singapore. My love of languages and different cultures has always been strong. (I speak 5 languages myself.) When the time came to study, I choose the field of scientific psychology. I am an absolute geek about the brain and how we can best improve learning and the memory process!

I established Lenoo when I realised I could combine my love of other cultures with language learning and Psychology. I have used all my experience and knowledge to make Lenoo the very best Norwegian language school out there and to ensure you learn Norwegian, efficiently and effectively. We have helped thousands of students reach their dreams, and now we are eager to help you.

Good luck, guys!



THE LENOO METHOD

To reach our goals, we must have a strategy

We have taught Norwegian to foreigners for over ten years and have helped thousands reach their language goals. We know what it takes to learn Norwegian, use it, and speak it fluently. We will not lie; it doesn't come easy. Having a dedicated team of teachers and staff behind you is important, having a method that is proven effective is important, but having YOU on board with us is the most important. The deciding factor whether someone succeeds with learning Norwegian is the effort and time they put into it. We will show you some great psychological hacks that will help fast-forward the learning process and work with your brain to propel progression.

The Lenoo method is based on the workings of the brain, and how the brain codes, stores, and retrieves information. We are confident it will work for you too, so let's get cracking.

"The Lenoo method is based on the workings of the brain, and how the brain codes, stores, and retrieves information"



The most important things to do while learning Norwegian:

- Take handwritten notes
- Put words in context
- Make mindmaps of new vocabulary
- Read through your notes before going to bed
- Follow your teacher's advice
 - Map out your goals
 - & motivation



PLANNING FOR SUCCESS



Let's have a look at some of the key factors for success with learning Norwegian

BEFORE WE DIG INTO THE ONLINE COURSE:



We need to talk about a few things:

- Why are YOU here?
- Team spirit & goals
- The Lenoo method
- The science of psychology , learning & memory
- Additional things you can do
- Ready, set and GO!

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YOUR PERSONAL MOTIVATION



WHY ARE YOU HERE?

- To learn how to speaK Norwegian
- To use it in your day to day life
- Language is communication
- An optimal online course requires the same of you as a classroom based course for it to work

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We can only assume that you want to learn and speak Norwegian, to use it in your everyday life, and feel more at home in Norway. But your own personal motivation is for you, and you alone, to map out. Spend a few minutes on the next page, and write down your motivation. This is important for the rest of your learning journey, so don't skip this part.

What we can tell you is this: for an online course to be efficient, it requires the exact same of ALL students, as a classroom based course. Have your notebook and pen ready, and be willing to dive in with an eager and attentive mindset. This is essential in your language journey - **let's do this!**

WRITE DOWN YOUR OWN MOTIVATION



Think about this

- Are you motivated enough?
- Are you going to be structured?
- Can you set aside 1 hr each day?
- Will you follow the teachers advice?

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Motivation can be **internal** and **external**. Research has found that inner motivation is what is most effective when it comes to producing the desired outcome. **Let's find yours!**

Find your deepest inner motivation, set a goal, and semi-goals. For example, the main goal can be to get a job in Norway, to speak Norwegian with your colleagues, to understand meetings, to get permanent residency, or simply to learn basic Norwegian at an A1 level. Your semi-goals would look something like this: do homework, read notes before going to bed, write sentences, learn five verbs each day, spend one hour or more on homework, be curious, use Norwegian in the shop and around town, write messages to your Norwegian friends in Norwegian. Break down your learning process into smaller steps, and you'll feel so much better about the seemingly daunting task ahead.

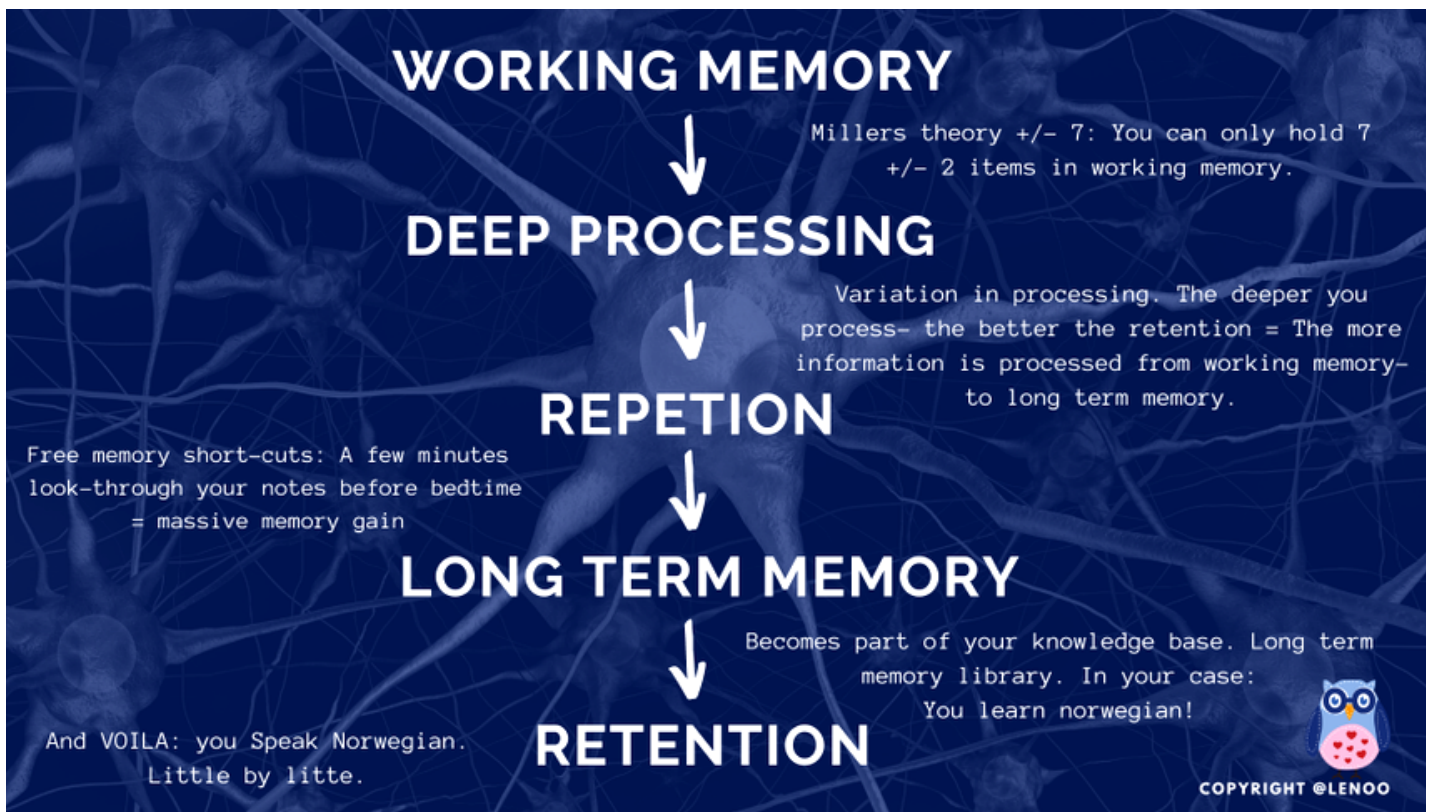
Go through the list, write down some sentences, find your motivation, find your goals and semi-goals, write down your strategies for reaching those goals, set aside some time each day, and listen to your teacher. Make sure you start your journey off right.

WRITE DOWN YOUR OWN MOTIVATION

Main inner motivation:

Semi goals:

BRAIN TRAINING



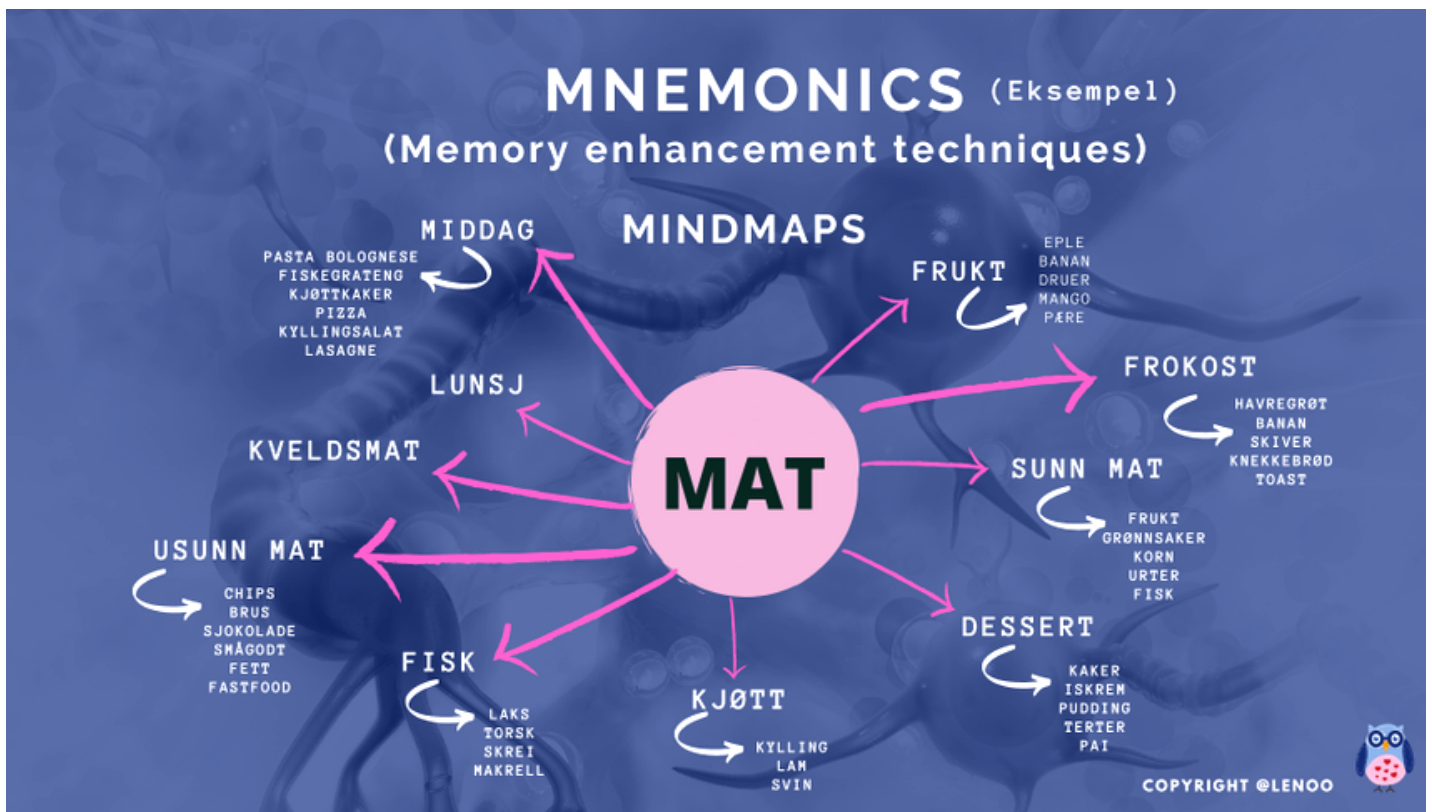
A comprehensive look at the brain and the memory process is far beyond the scopes of this ebook, but this is a simplified look at the very complex memory process:

When you are trying to learn something new, you are operating your **working memory**. For information to be coded and stored in your **long-term memory**, and possibly retrieved, it must be **processed deeply**. Your teacher is fully aware of the limitations within the working memory and will give you various exercises and use repetition as a tool for processing information (in this case, Norwegian words), to help you remember the material better. Therefore, make sure you stay alert and active when trying to learn Norwegian. Handwritten notes into your notebook. Research has shown that we enhance our memory by writing things down by hand. Think of deep processing as a layered cake: increase the ways you work with (or code) new information: see it, hear it, understand it, watch it, write it, speak it... The new information in this case is Norwegian vocabulary.

Now, this is where you come in. The time you spend on processing new vocabulary will be wasted unless you follow up with repetition, creating sentences, applying your new knowledge to practical every day life situations. Make sure you cement the knowledge and store it in your long-term memory by applying all the techniques you can. "Fill in the blanks" exercises are less effective than creating your own sentences and text. Make sure you listen to your teacher, and make sentences, and practice speaking to train your brain, and go deeper in the memory process.

One life hack is to read through your notes before you go to bed. Research has shown that sleep consolidates your memories, so this is an easy brain hack that helps your memory store the newly acquired information.

MNEMONICS

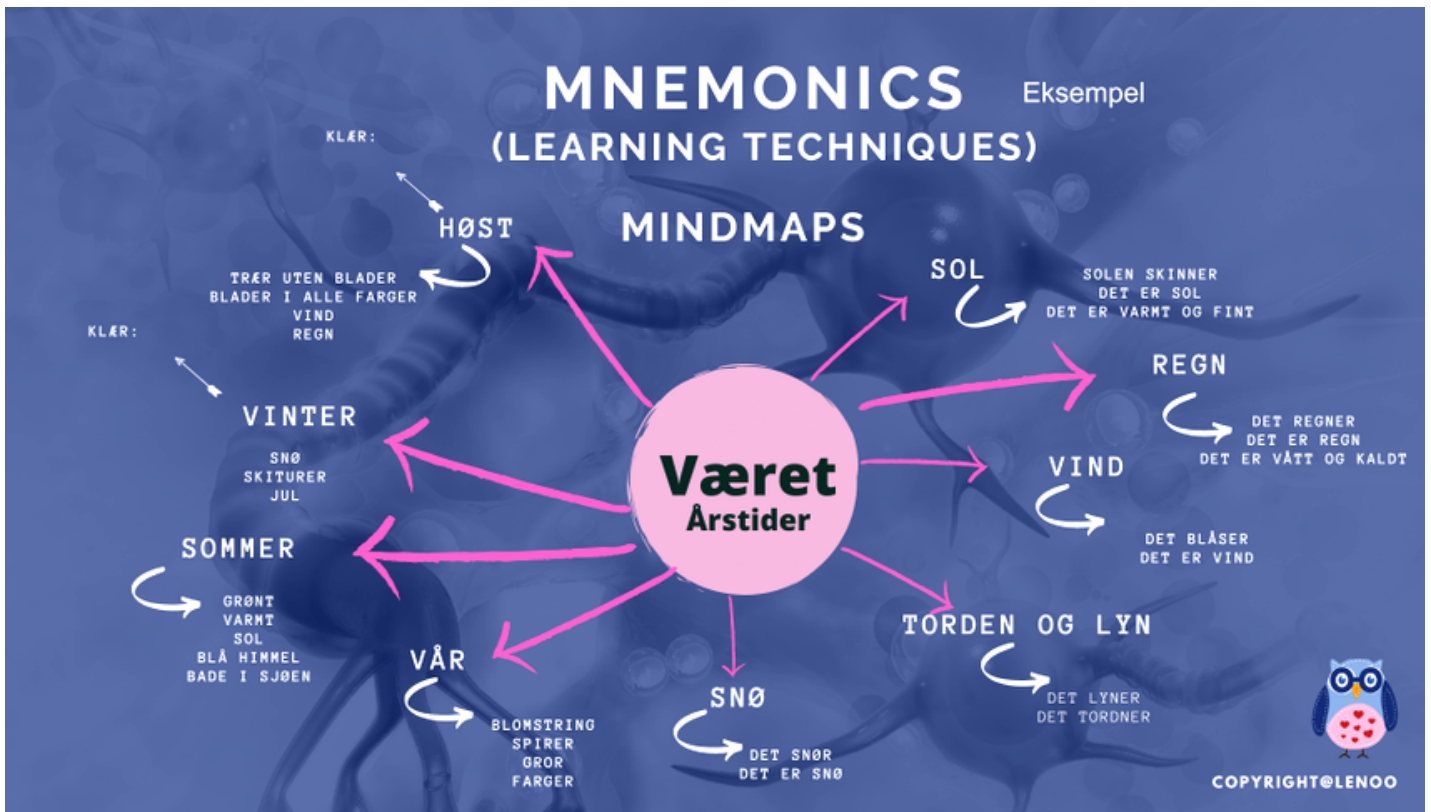


So far we have had a look at the memory process, and what kind of processing will assist your brain. **The deeper the better, and the more repetition the better.** That is the basics.

But, there are also some wonderful tools you can use. **Mnemonics** is an umbrella term for memory strategies. Techniques you can use in order to remember information better. In this case, norwegian. There are many different kinds of memory techniques, but not all of them are as applicable as the mindmap. For our use, atleast.

Mindmaps works wonders because they link existing knowledge to new knowledge, separates information in categories, and is quite similar to what some neuroscientists and cognitive psychologists believe underlie the workings of the brain. A neutral circuitry and a cognitive circuitry, so to speak. The only thing you have to know right now, is that it works. Another thing which is important to mention here is: the more you yourself work with material, the better the **retention**. (retention is just your ability to remember norwegian when asked. let`s say in a conversation, then you would need to retrieve your words in order to have a conversation. If you are in a conversation about vacation, family, holidays, work, food, activities, Norway, the welfare state- you could then actively access your mindmap of those words).

MNEMONICS



FREE ASSOCIATION

Another thing we would like to encourage you to do with the mindmaps is **free association**.

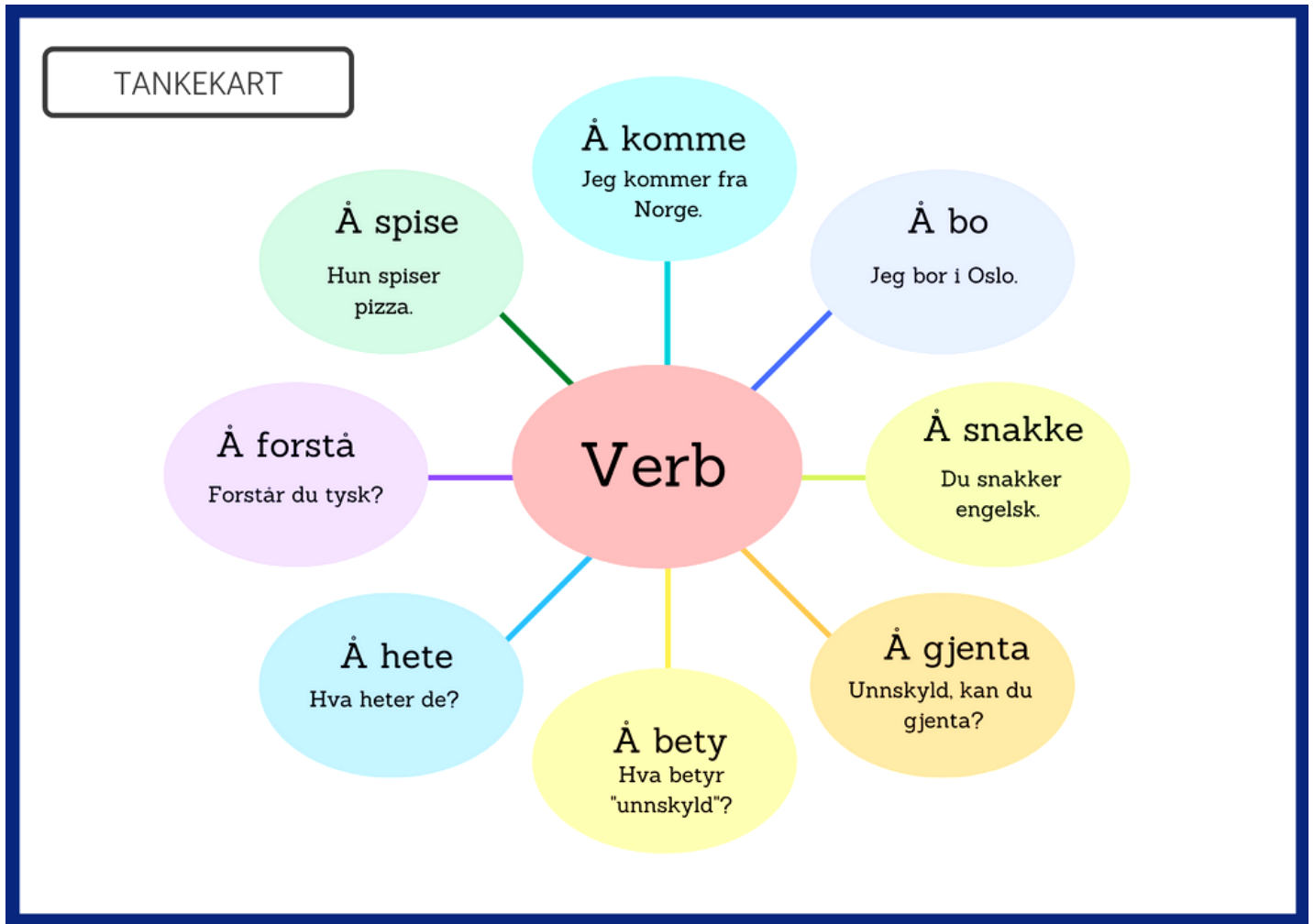


If you are making a mindmap of weather, what comes to mind? It doesn't have to be weather only, it can be a place, things, feelings, people, settings.

Examples for mindmaps you can work on at A1 level:

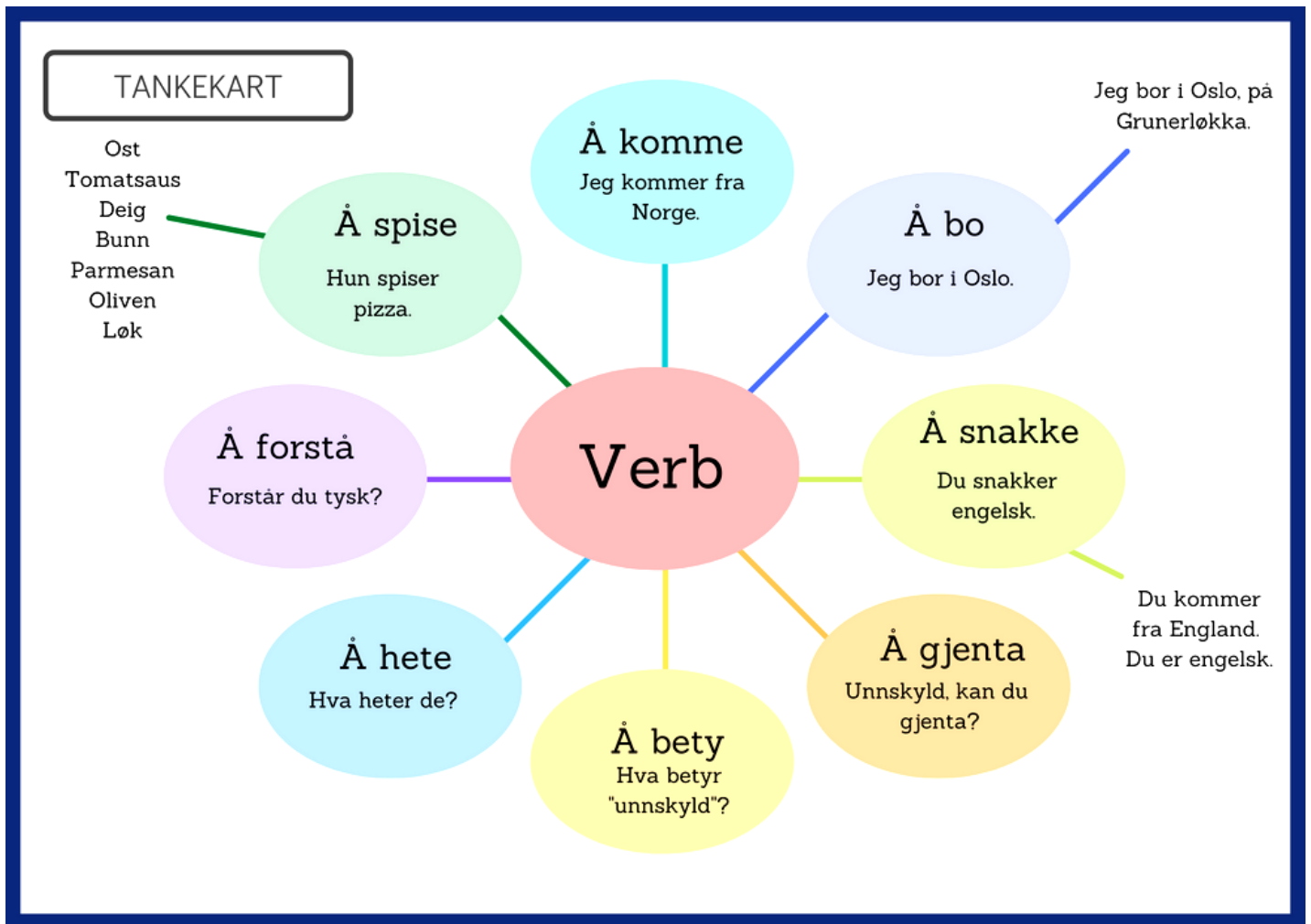
- | | | |
|-------------|------------|------------|
| • Pronomen | • Fritid | • Fritid |
| • Setninger | • Jobb | • Jobb |
| • Verb | • Mat | • Mat |
| • Spørreord | • Helse | • Helse |
| • Familie | • Ukedager | • Ukedager |

MNEMONICS



Take the role of an **active and curious learner**. If you are working on a topic of "VERBS", print out a verblist, and learn 5 new verbs every day. Make sentences with those verbs. Add them to your verb mindmap. The more you learn, the more elaborate the mindmaps can become. The more knowledge you have, the more connections can your brain make. Ultimately, you facilitate learning, and hence-increase your understanding of Norwegian.

MNEMONICS



Some elements added here, just to show you how you slowly can expand your own mindmaps.

Again, filling in the blanks in the exercises we have made for you has some value, but the more you can take charge of your own learning, the deeper you need to dive in order to create sentences, and remember words- the better.

You got this!

WRITING BY HAND



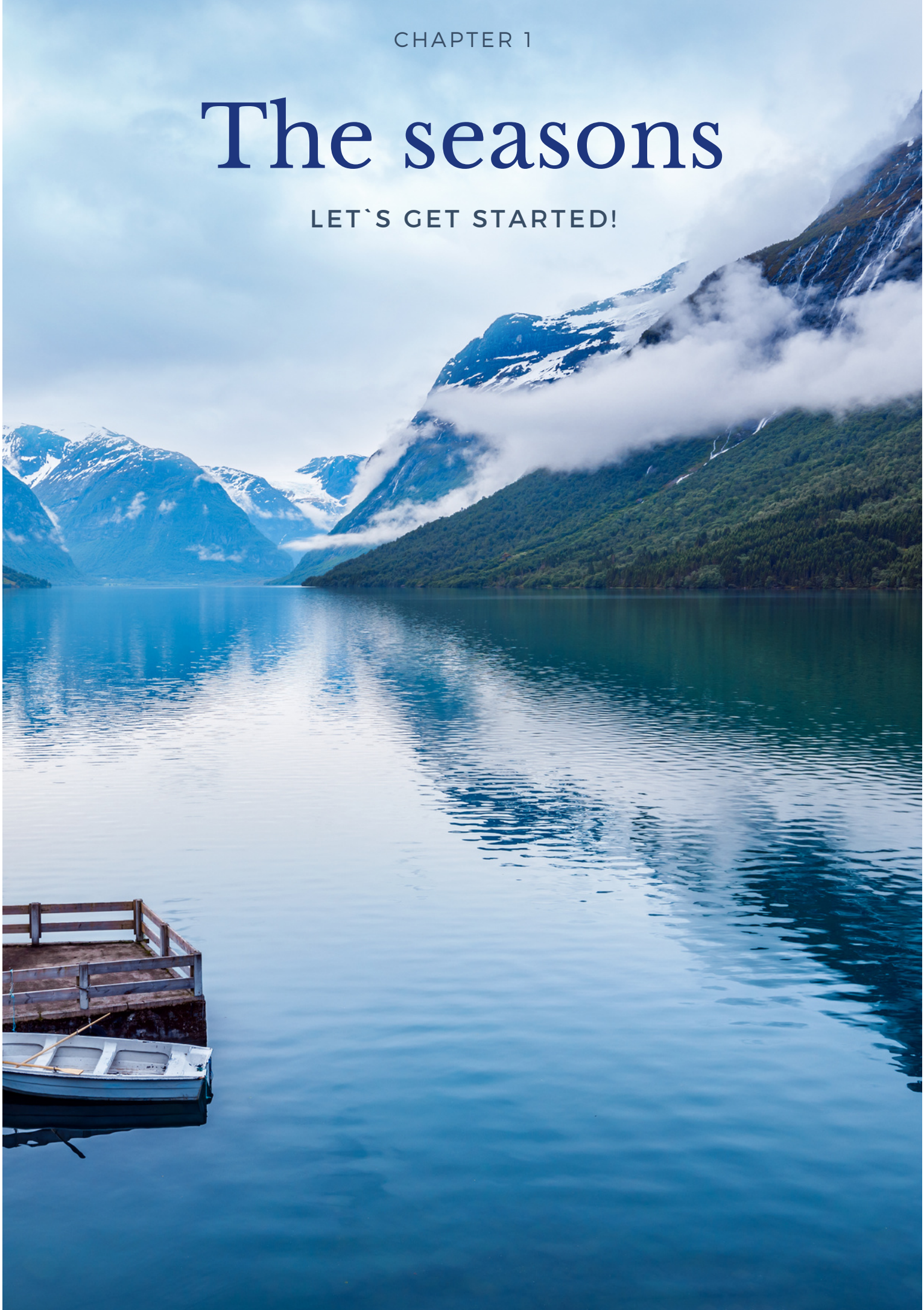
A 2017 study in the journal *Frontiers in Psychology* found that **brain regions** associated with **learning** are **more active** when people completed a task by hand, as opposed to on a keyboard. There is a reason behind everything we ask you to do. Please trust us, follow the plan, and we will have you speaking and writing Norwegian in no time!

You highly encourage you to be an active participant in your learning journey. Have your notebook ready, write down your own translations of words, your own notes and explanation. Do the homework, and then go through your notes just before you go to bed. Be your brain`s best team mate. GO TEAM! Now, ready? YES!

CHAPTER 1

The seasons

LET`S GET STARTED!



WORD LISTE FOR CHAPTER 1

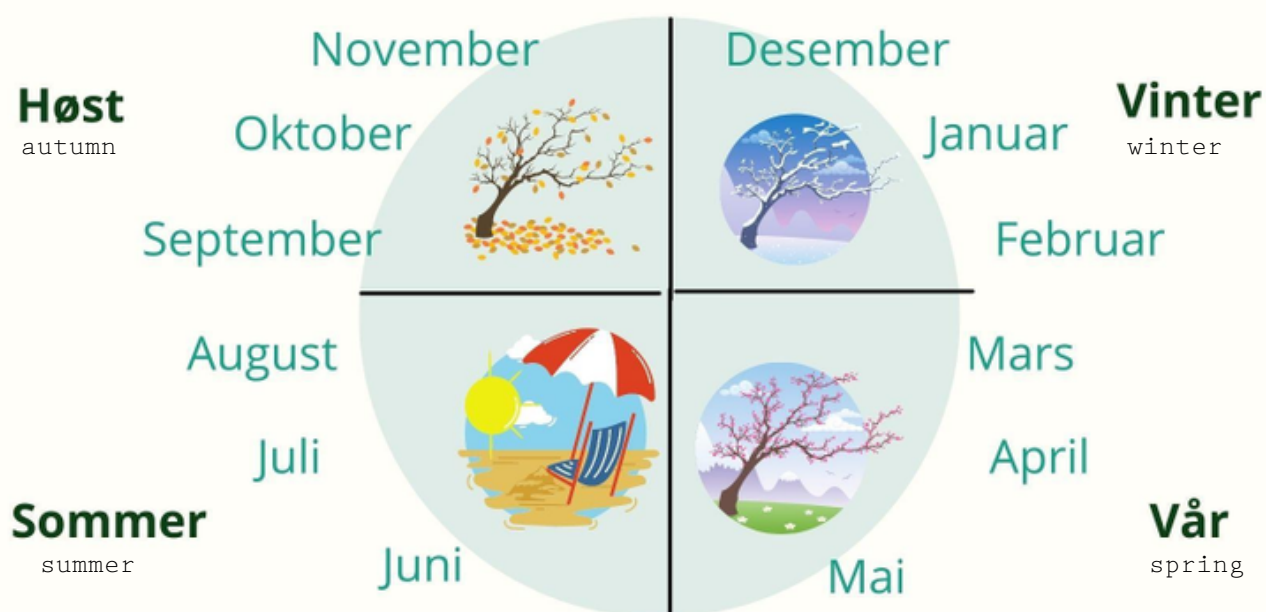
ORDLISTE FOR KAPITTEL 1

NORWEGIAN:	ENGLISH:	NORWEGIAN:	ENGLISH:
en sommer	a summer	bukse	pants
en høst	an autumn	poteter	potatoes
en vår	a spring	gryteretter	stew
en vinter	a winter	å tenne	to light
en sol	a sun	lys	candles
en vind	a wind	inne	inside
en storm	a storm	leiligheten	apartment
et lyn	a lightning	min	mine
et torden	a thunder	fordi	because
et regn	a rain	koselig	cosy
en himmel	a sky	å være	to be
en sky	a cloud	når	when
en jakke	a jacket	drar	going
å være kald	to be cold	fjellet	the mountain
å være varm	to be warm	å stå på ski	go skiing
å føle seg varm	to feel warm	familien	the family
å føle seg kald	to feel cold	en hytte	a cabin
kaldt og grått	cold and grey	besøker	visits
å gå på ski	to go skiing	å se	to see
nordmenn	norwegians	komme til live	come to life
jeg har på meg	i am wearing	grønt	green
du har på deg	du are wearing	blir	become
elsker	love	alt	everything
lette klær	light clothes	det	it
sitter	sitting	er	is
ute	outside	skjønt	sweet
å bade	to swim/bathe		
sole meg	to sunbathe		
spiser	eating		
ofte	often		
skalldyr	shellfish		
drikker	drinking		
varme klær	warm clothes		
skjerf	scarf		

THE SEASONS

ÅRSTIDENE

Månedene / Årstidene



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Januar: I januar er det kaldt og grått. Det snør, og vi kan gå på ski. Nordmenn elsker å gå på ski om vinteren.

(In january it is cold and grey. It snows, and vi can go skiing. Norwegians love to go skiing in the winter)

Om vinteren = in the winter

i vinter= this winter.

Please note that when you want to say "in the winter" in Norwegian, you have to say OM VINTEREN. / *vinter* means this winter. Also pay attention to the sentence structure when you make sentences with this time expression. Verb keeps second position after these adverbials.

Om vinteren snør det. Om sommeren er det sol. Om høsten liker jeg å gå tur. Om våren er det mange blomster.

AKTIVITETER OM ..

HVA GJØR DU OM.....?

Om sommeren har jeg på meg lette klær, og sitter ute i solen. Jeg elsker å bade og sole meg om sommeren. Jeg spiser ofte skalldyr, og drikker chablis.

Om høsten har jeg på meg varme klær. Jakke, skjerf og bukse. Jeg spiser poteter og gryteretter, og tenner lys inne i leiligheten min. Jeg liker høsten fordi det er koselig å være inne når det er kaldt ute.

Om vinteren drar jeg på fjellet og står på ski. Familien min har en hytte, så vi besøker den så ofte vi kan. Jeg går på langrenn, det er veldig typisk norsk.

Om våren trener jeg ute. Jeg jogger og svømmer i et utendørsbasseng. Jeg elsker våren. Etter en kald vinter er det fantastisk å se naturen komme til live. Alt blir grønt, og det er skjønt.



Hva gjør du om sommeren?

Hva gjør du om vinteren?

Hva gjør du om høsten?

Hva gjør du om våren?

Norwegian, a V2 language.

The Norwegian language is a V2 language, which means we keep the **verb in second position**, in most cases. So, when we start with a time of a place conditions, such as: Om vinteren, om sommeren, om høsten, om våren- the verb goes after.

Om våren **liker** jeg å gå på tur i skog og mark. Det er så fint å se alle blomstene som kommer frem.

Om sommeren **elsker** jeg å bade i sjøen. Jeg har på meg lette klær, og jeg føler meg glad.

Om høsten **skifter** trærne farger, og luften blir frisk og fin. Jeg har på meg varme klær, en stor og varm jakke, skjeft, lue og bukse.

Din tur! Your turn!

REFLEXIVE PRONOUN

REFLEKSIVT PRONOMEN



To say: *I feel*, and *i am wearing* in Norwegian, we use the reflexive pronoun. It is the same as *myself*, *himself*, *herself* etc in English. We use it when the object and the subject is the same person.

FEEL:

Jeg føler **meg** glad.

I feel happy

Du føler **deg** sint.

You feel angry

Vi føler **oss** glade.

We feel happy

Dere føler **dere** lykkelige.

You feel happy

Han føler **seg** kald.

He feels cold

Hun føler **seg** varm.

She feels warm

De føler **seg** sinte.

They feel angry

WEARING:

Jeg har på meg en varm jakke.

Du har på deg en kjole.

Vi har på oss shorts og t-skjorter.

Dere har på dere sommerklær.

Han har på seg en dress

Hun har på seg en bikini

De har på seg skjorter og bukser.



Din tur! Your turn!

SPØRSMÅL & SVAR

SPØRSMÅL

Hva gjør du om sommeren?

What do you do in the summer?

Jeg elsker sommeren. Om sommeren besøker jeg familien min, og jeg elsker å sole meg. D-vitamin er så viktig for min mentale helse.

Hva har du på deg om vinteren?

What are you wearing in the winter?

Om vinteren har jeg på meg en varm og tykk jakke. Varme sokker, et skjerf, en lue, hansker, bukser og varme sko. Jeg liker å kle meg godt om vinteren.

Hva pleier du å spise om høsten?

What do you normally eat in the autumn?

Jeg liker å spise varme gryteretter om høsten. Det er ofte kaldt og grått ute, og det er koselig å sitte inne og spise varm mat. Jeg liker høsten.

Hva liker du å gjøre om våren?

What do you like to do in the spring?

Våren er en fantastisk tid. Det er varmt og deilig, og blomstene titter frem. Jeg liker å gå på turer i naturen om våren.



Din tur.

- 1) Hva gjør du om sommeren? _____
- 2) Hva har du på deg om vinteren? _____
- 3) Hva spiser du om høsten? _____
- 4) Hva liker du å gjøre om våren? _____



NEGATION

IKKE



For our regular sentences, with regular sentence structure, we simply add **IKKE-** after the **verb**, to create negation.

Regular sentence:

Jeg elsker sommeren.

Jeg liker å gå på ski om vinteren.

Negation in regular sentence:

Jeg elsker **ikke** sommeren,

Jeg **ikke** å gå på ski om vinteren.

Ikke is the same as **don` t** and **not** in English. It`s the Norwegian way of creating negation in a sentence.

Jeg liker ikke pizza. (I don` t like pizza)

Jeg leser ikke boken. (I am not reading the book)



Din tur. Skriv setninger med IKKE:

For eksempel. Jeg liker ikke vinteren. Jeg liker ikke å ha på meg varme klær. Jeg liker ikke sommeren, jeg hater å bade. Jeg liker ikke våren, jeg har allergier.

EXERCISES

OPPGAVER



Skriv setningene med IKKE / Rewrite the sentences with IKKE:

For eksempel:

Jeg heter Siv. Jeg heter ikke Siv.



Jeg liker vinteren. _____

Hun elsker å bade om sommeren. _____

Det er fine farger om høsten. _____

Dere bor i Roma. _____

Han snakker norsk, engelsk og litt fransk. _____

De heter Laura og Phillipe. _____

Vi kommer fra Barcelona. _____

Han bor i Trondheim nå. _____

Hun liker pasta med parmesan. _____

CHAPTER 2

The weather

THE MOST IMPORTANT TOPIC IN NORWAY



WORD LISTE FOR CHAPTER 2

ORDLISTE FOR KAPITTEL 2

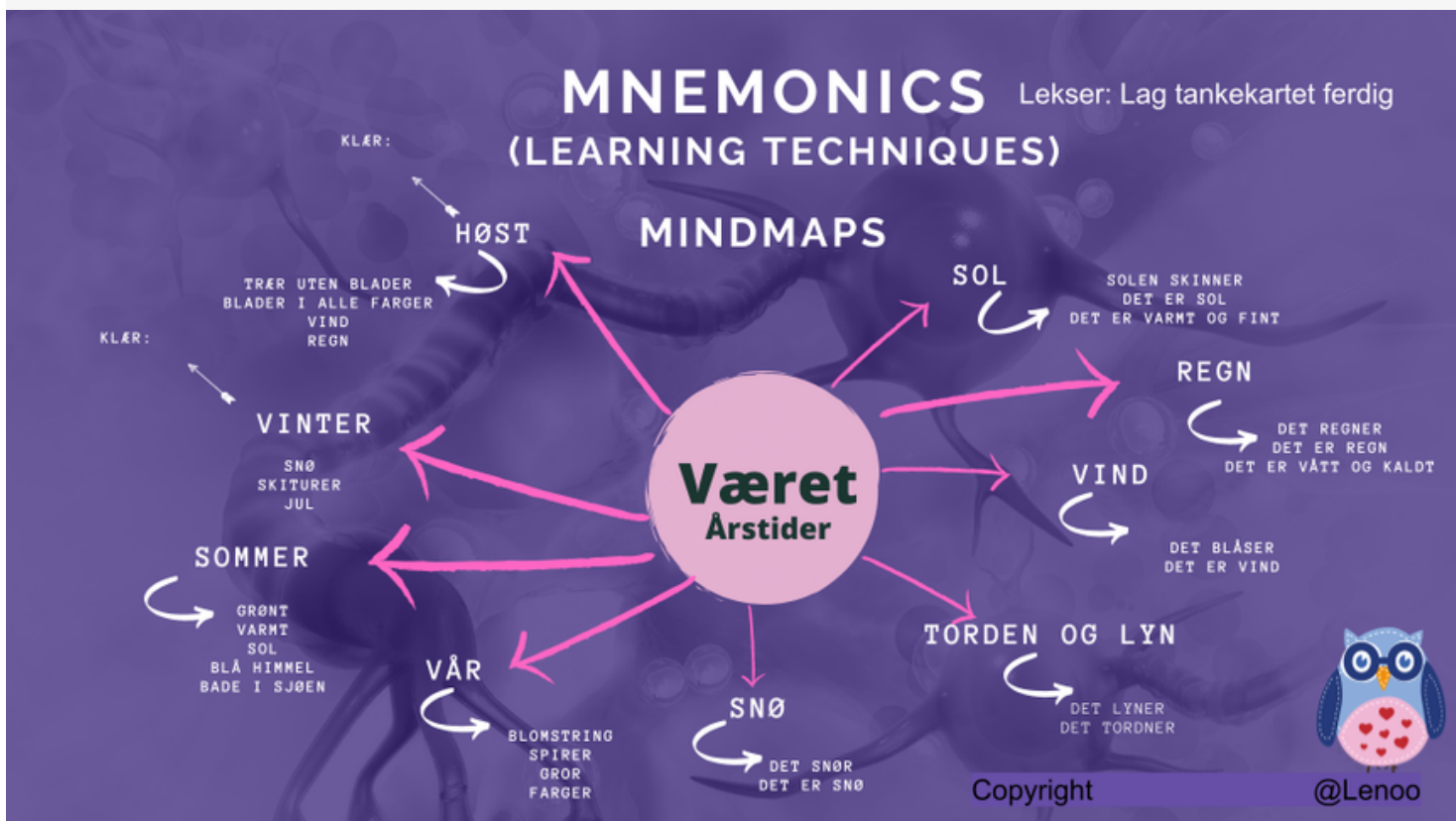
NORWEGIAN:	ENGLISH:	NORWEGIAN:	ENGLISH:
strålende	radiantly	kose seg	to cosy oneself
skinner	shines	inne	inside
deilig	lovely	koselig	cosy
smiler	smiles	dårlig vær	bad weather
glade	happy	hvis	if
god	good	å dra	to go
stemning	mood	på fjellet	on the mountain
måkene	the seagulls	langrenn	cross country ski
synger	sings	slalom	down hill ski
livet	life	mest	most
bra	good/great	populære	popular
alt	everything	aktivitetene	the activities
kommer	comes	snør	snows
til	to	hvitt	white
live	life	overalt	everywhere
plantene	the plants	magisk	magical
spirer	buds	skikkelig	really
gror	grows	å gå ut	to go out
blomstene	the flowers	kom igjen	come on
frem	forward/to the front	bli med	join
farger	colors	rett	straight/ the correct
overalt	everywhere	innstillingen	attitude
temperaturen	the temperature	en ferie	a vacation
litt mildere	a little milder	hadde	had
mer	more	besøkte	visited
sol	sun	favorittårstiden	favorite season
mye	alot/much	din	your
være	to be	trær	trees
kaldt	cold	uten	without
kan	can	blader	leafs
vått	wet	blå himmel	blue sky
grått	grey	blomstring	blossom
mange	many	jul	christmas
som	as		

THE WEATHER

VÆRET

MNEMONICS (LEARNING TECHNIQUES)

Lekser: Lag tankekartet ferdig



Norwegian sentences always need a subject, so in sentences about the weather we use DET. We call it formal subject.

Det regner i dag.

It rains today

Det er sol.

It is sunny

Det er overskyet.

It is overcast/ cloudy

Det er varmt i dag.

It is warm today

Det tordner nå.

It thunders now

Det lyner.

Its lightning now

Det er skikkelig dårlig vær i dag.

It is really bad weather today

Det er fantastisk vær i dag.

It is fantastic weather today

Det er strålende sol i dag.

It is radiantly sunny today

THE WEATHER

VÆRET

Årstider / Været

Vår- spring

Sommer - summer

Høst- autumn

Vinter- winter

Været er fint- The weather is nice

Solen skinner- The sun is shining

Det blåser. Det er vind- its windy

Det er kaldt- it`s cold

Det regner- it`s raining

Det er torden - it`s thunder

Det er overskyet - it`s cloudy



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Det regner
Det er regn



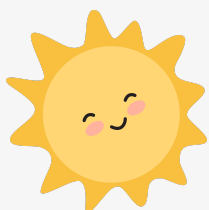
Det er overskyet



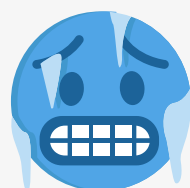
Det lyner i dag



Det blåser godt i dag
Det er sterk vind i dag



Det er sol i dag
Solen skinner i dag
Det er fint vær i dag
Det skal være fint vær i morgen



Det er iskaldt i dag
Det er kaldt i dag

SPØRSMÅL & SVAR

SPØRSMÅL

Hvordan er været om sommeren?

How is the weather in the summer?

Om sommeren er det strålende sol. Solen skinner, det er varmt og deilig. Alle smiler og er glade. Det er god stemning, og måkene synger. Livet er bra.

Hvordan er været om våren?

How is the weather in the spring?

Alt kommer til live om våren. Plantene spirer og gror, blomstene kommer frem. Det er farger overalt, temperaturen er litt mildere, og det er mer sol.

Hvordan er været om høsten?

How is the weather in the autumn?

Om høsten regner det mye. Det kan være kaldt, vått og grått. Det er mange som kose seg inne om høsten. Hvis det er dårlig vær ute, er det koselig inne.

Hvordan er været om vinteren?

How is the weather in the winter?

Om vinteren liker nordmenn å dra på fjellet, og det er mange som står på ski. Langrenn og slalom er det mest populære aktivitetene. Det snør, og det er hvitt overalt. Vinteren er magisk.



Din tur. Fortell gjerne om været der DU bor.

- 1) Hvordan er været sommeren der du bor? _____
- 2) Hvordan er været m vinteren? _____
- 3) Hvordan er været om høsten? _____
- 4) Hvordan er været om våren? _____



EN DIALOG OM VÆRET



VÆRET

Olav: Fy søren, det er skikkelig dårlig vær i dag! Det regner, og det er kaldt. Jeg vil ikke gå ut! Vil du gå ut?

Sofya: Ja! Jeg elsker å gå ut på tur, i all slags vær. Ut på tur, aldri sur vet du! Kom igjen, bli med!

Olav: Ok. Jeg skal kle på meg gode klær. I Norge sier de: Det finnes ikke dårlig vær, bare dårlige klær.

Sofya: Det er sant! Nå har du den rette instillingen!

Olav: (Ler) Hvilken årstid liker du best Sofya?

Jeg liker sommeren best. Jeg vil fortelle deg om en ferie jeg hadde til Italia. Jeg besøkte Roma, og italienerne sa at jeg alltid burde drikke italiensk kaffe. Ikke norsk kaffe.

Sofya: Og i Norge sier de at filterkaffe er best. (Ler) Smaken er som baken, den er delt.

Olav: (Ler) Ja. Men, tilbake til favorittårstiden din. Hvilken årstid liker du best?

Sofya: Høsten. Jeg elsker alle fargene, og varme, gode klær.

Norske uttrykk:

Ut på tur, aldri sur.

Det finnes ikke dårlig vær, bare dårlige klær

Smaken er som baken, den er delt.

Norwegian expressions:

Out for a walk, never grumpy.

there is no such thing as bad weather, only bad clothes.

The opinion and preference of people is like the butt, it is divided.

Kan du noen flere norske uttrykk?





*Bra jobbet! Well done guys.
Now you have learned
about the seasons, weather
and some grammar.
Hope to see you in our
courses, we'll keep you
learning more.*

*Contact us if you have
questions.*

*www.lenoo.no
post@lenoo.no
Telefon: 940 69 999*

*Hilsen,
Lenoo teamet*

