

LESSON TRANSCRIPT

Beginner S1 #1

A Gym Session in Norway

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#1

INTRODUCTION

Gina: Hi everyone, I'm Gina. Welcome to NorwegianClass101.com. This is Beginner Series Season 1 Lesson 1 - A Gym Session in Norway.

Nora: Hi, and I am Nora.

Gina: This is the first lesson in this series, so we'll be looking back at some of the content from previous series.

Nora: But that doesn't mean we are going to look at all the content. In this lesson, we'll actually focus on past simple tense and present perfect tense.

Gina: That's right. This lesson should help you decide whether you are ready for this series or not.

Nora: In this conversation, we catch up with two familiar characters from our previous lessons – Kjersti and Espen.

Gina: Starting with a simple dialogue about how Espen did during his workout.

Nora: Which is a common topic in Norwegian conversations, by the way.

Gina: Okay, let's listen to the conversation.

DIALOGUE

Kjersti: Hvordan gikk det på treningen?

Espen: Joda, jeg har stått på. Jeg klarte seksten kroppshevninger.

Kjersti: Neimen, så bra!

Gina: Let's hear the conversation one time slowly.

Kjersti: Hvordan gikk det på treningen?

Espen: Joda, jeg har stått på. Jeg klarte seksten kroppshevninger.

Kjersti: Neimen, så bra!

Gina: Now let's hear it with the English translation.

Kjersti: Hvordan gikk det på treningen?

Gina: How did the workout go today?

Espen: Joda, jeg har stått på. Jeg klarte seksten kroppshevninger.

Gina: Well, I've been sweating! I managed to do sixteen pull-ups.

Kjersti: Neimen, så bra!

Gina: Wow, well done!

POST CONVERSATION BANTER

Gina: So, as we might have mentioned earlier in some other lessons...

Nora: Working out is a very important aspect of Norwegian daily life.

Gina: Not for every Norwegian, though.

Nora: But still, it has gone from being a major trend in the early 2000s, to becoming the focus of the spare time of many a Norwegian.

Gina: While for some, the goal is to become slim and have a fit body, the focus of the media has been on the general health of the population.

Nora: And that is probably why exercise has been popular for so long.

Gina: The consensus is that Norwegians are gradually becoming obese, and have a less healthy lifestyle, because it's spent in front of the TV.

Nora: So many people now are exercising, or focusing on losing weight so that they can stay healthy.

Gina: It sounds like a positive thing to me! Okay, now let's move on to the vocab.

KEY VOCAB AND PHRASES

Gina: Let's take a closer look at some of the words and phrases from this lesson.

Nora: We'll start with "neimen".

Gina: It means "wow", but it could be interpreted in different ways.

Nora: Well, essentially it is an interjection similar to "wow" or "oh hey".

Gina: Right. That might not tell you too much though. Here are some examples of how to use it

Nora: First up is "Neimen, hvordan står det til?"

Gina: "Hey, how's it going?" In this sentence it would translate as a "hey".

Nora: Next. "Neimen, er det virkelig deg?"

Gina: "Wow, is that really you?" In this sentence it's more like a "wow"

Gina: Next we'll explain a phrase that was in our vocabulary.

Nora: "Å stå på."

Gina: This phrase works more or less as a single verb.

Nora: But it's put together using the verb å stå meaning "to stand"), and på meaning "on").

Gina: Now, it's a single verb, because you can conjugate the verb...

Nora: ..."Å stå."...

Gina: ...In any tense and it would still make sense.

Nora: This phrase means “to keep fighting” or “to go strong”.

Gina: Here are some example sentences.

Nora: “Jeg ser du står på!”

Gina: “I see you’re working hard!” And next ?

Nora: “Jeg stod på, men til ingen nytte.”

Gina: “I fought hard, but to no avail.” As you can see, it usually implies to work or fight hard. Okay, now onto the grammar.

LESSON FOCUS

Gina: In this lesson, we’ll cover some points that we have looked at in our earlier series, and focus specifically on the simple past tense and perfect present tense.

Nora: As mentioned at the beginning, this lesson should help you remember some of the grammar that we’ll be focusing on in our future lessons.

Nora: Ok, so let’s talk about the simple past tense and perfect present tense.

Nora: For those of you who don’t know what the difference is...

Gina: In English, we say “I ate” which is the simple past tense of “to eat”, and “I have eaten” which is the perfect present tense. In our dialogue, we saw lots of past tense.

Nora: In this grammar point, we’ll break down two sentences and see how they work.

Gina: Let’s start with the longest one.

Nora: Jeg klarte seksten kroppshevninger.

Gina: The translation is “I managed to do sixteen pull-ups”. This is a loose translation of the text, and not a word-by-word translation, so when we pick the sentence apart, it will look quite different.

Nora: The first word is the pronoun jeg

Gina: “I”. It’s followed by...

Nora: Klarte, which is the past tense of å klare.

Gina: Which means “to manage” or “to be able”.

Nora: After this comes the number seksten

Gina: “Sixteen”, and finally the long plural noun

Nora: kroppshevninger

Gina: Or “pull-ups” in English. It translates directly as “body lifts”.

Nora: But the essence of this sentence is the word å klare, which is seen in past tense here - klarte.

Gina: In Norwegian, like in English, there are no auxiliary verbs used to denote simple past tense. The only change that occurs is to the verb itself.

Nora: But there are several ways verbs are conjugated in simple past tense. And while some verb endings might seem common, it's not so easy to conjugate to simple past tense without knowing how the verb changes.

Gina: We'll take a deeper look at the different verb groups in the next lesson. For now, let's move on to our perfect present tense sentence.

Nora: Joda, jeg har stått på.

Gina: It translates again as "Well, I have been sweating." You could also translate this as "Well, I have worked hard".

Nora: Notice how this sentence also becomes perfect present tense in English as well.

Gina: If we break up this sentence we'll see that...

Nora: ...Joda

Gina: Meaning "well" is an interjection.

Nora: After it is the pronoun jeg

Gina: Or "I". Next is...

Nora: Har stått på

Gina: Which is the perfect present tense of...

Nora: ...Å stå på

Gina: Which, as we said earlier, means something like "to work hard". Now notice that for the present perfect tense we have an auxiliary verb...

Nora: ...Har. Or the infinitive version å ha "to have".

Gina: This verb is added to all perfect present tense.

Nora: In perfect present tense, this verb is always in its present tense form, har.

Gina: In fact this is almost just like English "have" or "has". Now let's look at some examples, and see if you can guess which are in simple past tense and which are in perfect present tense.

Nora: Ok, firstly Hun har kjørt langt

Gina: (pause) "She has driven a long way" This is present perfect tense.

Nora: Mannen tok på seg jakken

Gina: (pause) "The man put on his jacket". This is simple past tense.

Nora: Jeg kom med bussen

Gina: (pause) "I came here by bus". This is also simple past tense

Nora: Did you get it right, listeners?

Gina: If you didn't get it, feel free to listen again.

OUTRO

Gina: That's all for this lesson. You can always check the lesson notes to reinforce what you've learned in this lesson. And feel free to leave a comment on the lesson page.

Nora: See you next time! Ha det!

Gina: Thanks for listening, bye!