

LESSON NOTES

Learn Norwegian in Three Minutes #1 Self Introductions

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VOCABULARY

Norwegian	English	Class
hallo	hello	interjection
hyggelig	pleasant (Nice to meet you)	adjective
hei	hi	expression
heter	to be called	verb
jeg	I	pronoun, personal pronoun subjective
Hyggelig å møte deg.	Nice to meet you.	phrase

SAMPLE SENTENCES

Hallo, jeg heter Espen. "Hello, My name is Espen."	Bare hyggelig. "My pleasure."
Hei, Hvordan går det pronounced [gåre]? "Hi, how are you?" (informal)	Jeg heter Arne. "My name is Arne."
Jeg er ikke hjemme nå. "I am not at home now."	Jeg liker ikke servitøren. "I don't like the waiter."
Jeg kjenner ikke henne. "I don't know her."	Hyggelig å møte deg. "Nice to meet you."

GRAMMAR

The focus of this lesson is Self Introduction in Norwegian

Topic 1: How to introduce yourself

Sentence from the lesson:

Hei, jeg heter Nora. Hyggelig å møte deg.

"I'm Nora. Nice to meet you."

1. Start by saying *Hei, jeg heter...* then, say your name.
Finally, say *Hyggelig å møte deg*.
For example:
Hei, jeg heter Nora. Hyggelig å møte deg.

Topic 2: Another way to introduce yourself

Sentence from the lesson:

Hallo, jeg heter Nora. Hyggelig.

"Hello, My name is Nora. Nice to meet you."

1. *Hei* has been substituted with an alternative greeting *Hallo*, Norwegian for "Hello."
2. In a formal setting you would say your full name, but it is better to just use your first name when being introduced to new friends.
3. *Hyggelig å møte deg* has been shortened down to just *Hyggelig*. When meeting someone in a formal context, for instance in a job context *hyggelig å møte deg* would be the most appropriate greeting. When being introduced to new friends, *hyggelig* will do.

Language Tip!

When you introduce yourself, it's a good habit to shake hands in Norway and, while *hyggelig å møte deg* is slightly more formal than just *hyggelig*, you don't need to worry too much about which you choose to use. If you use one of these sentences with Norwegian people, they're definitely going to be impressed!