



INTREPID NORWEGIAN

ESSENTIAL TRAVEL PHRASES



Hei hei!

Tusen takk! Thank you for downloading this Norwegian travel phrases cheat-sheet. This guide features the 70+ phrases for beginners of Norwegian who plan on travelling to Norway. Each phrase is listed with its English and Norwegian translation plus transliteration to help you with pronunciation.

Remember, you don't need to be fluent in Norwegian to have meaningful interactions with the locals and create memories that will last a lifetime, but you can be **fluent enough for travel**.

As a thank you for downloading this guide, I'm proud to offer you a **special reader discount**. Simply use the code **TRAVEL20** at checkout to **GET 20% OFF** Intrepid Norwegian for Travel course, my online self-paced video course with lifetime access. [Click here to find out more.](#)

Learning to use just a few words can do wonders for enhancing your travel experiences. Plus, it's a great way to show respect and make a good first impression. This is why I not only write detailed destination guides and create informative videos, I also created a [free travel phrase guide](#) and [online language courses](#) to help smart and savvy travellers like you get the most out of their travel experiences through the power of language.



Hi! I'm Michele, an Australian travel blogger and language educator and 'guide' behind [The Intrepid Guide](#). I help my readers and students enrich their travels with beautiful and [detailed destinations guides](#), [free travel phrase guides](#), and effective [online language courses](#) that follow my 80/20 method so they can enjoy meaningful interactions with the locals and avoid being treated like a tourist. I've travelled the world and learned several foreign languages using my unique building-block method which is the basis of all my language courses.

Norwegian Pronunciation

While a hundred percent fluency isn't our aim here, it's nice to know that for English speakers, Norwegian is not a difficult language to learn because many words are very similar.

The biggest challenge you'll encounter when you first start learning Norwegian is the pronunciation. But luckily, there are some basic rules you can follow. The main ones to remember is that stress usually falls on the first syllable and the letter 'r' is always rolled.

Norwegian Alphabet

Below is the Norwegian alphabet. Note that the last three letters in the table are vowels.

- **Æ** - Pronounced like an elongated version of the 'a' in 'lap'.
- **Ø** - Pronounced like the 'u' in 'burn'
- **Å** - Pronounced like 'ou' in 'four'
- **Y** is always a vowel in Norwegian and sounds more like the y in 'typical' than in 'type'.

a (<i>a</i>)	j (<i>jod</i>)	s (<i>ess</i>)
b (<i>beh</i>)	k (<i>kaw</i>)	t (<i>teh</i>)
c (<i>seh</i>)	l (<i>el</i>)	u (<i>oo</i>)
d (<i>de</i>)	m (<i>em</i>)	v (<i>veh</i>)
e (<i>eh</i>)	n (<i>en</i>)	w (<i>dobbletveh</i>)
f (<i>ef</i>)	o (<i>o</i>)	x (<i>eks</i>)
g (<i>geh</i>)	p (<i>peh</i>)	y (<i>yew</i>)
h (<i>haw</i>)	q (<i>koo</i>)	z (<i>set</i>)
i (<i>ee</i>)	r (<i>air</i>)	Æ (<i>a</i>) Ø (<i>air</i>) Å (<i>aw</i>)



English	Norwegian	Pronunciation
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Greetings

Hello	Hei	<i>hi</i>
Good morning	God morgen	<i>gooh mor-gehn</i>
Good afternoon	God ettermiddag	<i>gooh eh-ter-mee-dahg</i>
Good night	God natt	<i>gooh naht</i>
Goodbye	Hadet	<i>hah-deh</i>
How are you?	Hvordan går det?	<i>vor-dahn gor deh</i>
I'm well, and you?	Bra, med deg?	<i>brah, meh dye</i>
Good, thanks	Bra, takk	<i>brah, tahk</i>

Essentials

Please	Vær så snill	<i>var soh snil</i>
Thank you	Takk	<i>tahk</i>
You're welcome	Vær så god	<i>var soh gooh</i>
Yes	Ja	<i>yah</i>
No	Nei	<i>ny</i>
Excuse me (getting attention)	Unnskyld meg	<i>een-shool my / hah</i>
Excuse me (when you didn't hear or understand the person)	Hæ? (like saying 'huh?', but not at all rude)	
I'm sorry	Unnskyld	<i>een-shool</i>



I don't understand **Jeg forstår ikke** *yaiee for-storh ee-kah*

Do you speak English? **Snakker du engelsk?** *snah-kerh doo en-gelsk*

Questions

How much is...? **Hvor mye koster..?** *voor mee-eh koh ster*

Where is...? **Hvor er...?** *voor ehr*

When? **Når...?** *noor*

Can I have...? **Kan jeg få...?** *kahn yaiee fah*

Eating Out

Beer **Øl** *oul*

Red wine / white wine) **Rødvin / Hvitvin** *ruh-veen / veet-veen*

Water **Vann** *vahn*

I don't eat... **Jeg spiser ikke** *yaiee spee-sir ee-kah*

I'm a vegetarian **Jeg er vegetarianer** *yaiee ehr veh-geh-tah-ree-ah-n er*

Can we have the bill? **Kan vi få regningen?** *kahn vee fo rehh-ning-ehn*

Getting Around

Left **Venstre** *hehn-streh*

Right **Høyre** *hoy-reh*

Straight ahead **Rett fram** *rett fram*



Turn left	Ta til venstre	<i>tah teel vehn-streh</i>
Turn right	Ta til høyre	<i>tah teel hoy-reh</i>
Bus stop	Busstopp	<i>boos stohp</i>
Train station	Togstasjon	<i>tog sta-shon</i>
Airport	Flyplass	<i>fleeh-plaas</i>
Entrance	Inngang	<i>een-gahn</i>
Exit	Utgang	<i>oot-gahn</i>

Numbers

1	En	<i>en</i>
2	To	<i>tooh</i>
3	Tre	<i>treh</i>
4	Fire	<i>fee-reh</i>
5	Fem	<i>fehm</i>
6	Seks	<i>sex</i>
7	Sju	<i>shoo</i>
8	Åtte	<i>oh-tah</i>
9	Ni	<i>nee</i>
10	Ti	<i>tee</i>
20	Tjue	<i>shoo-teh</i>
30	Tretti	<i>treh-tee</i>
40	Førti	<i>fuhr-tee</i>
50	Femti	<i>fem-tee</i>
60	Seksti	<i>sex-tee</i>



70	Søtti	<i>suh-tee</i>
80	Átti	<i>oh-tee</i>
90	Nitti	<i>nee-tee</i>
100	Hundre	<i>huhn-dreh</i>

Days

Monday	Mandag	<i>mahn-dahg</i>
Tuesday	Tirsdag	<i>teesh-dahg</i>
Wednesday	Onsdag	<i>ohns-dahg</i>
Thursday	Torsdag	<i>torsh-dahg</i>
Friday	Fredag	<i>freh-dahg</i>
Saturday	Lørdag	<i>luhr-dahg</i>
Sunday	Søndag	<i>sun-dahg</i>

Emergencies

Help!	Hjelp!	<i>yelp</i>
I need a doctor	Jeg trenger lege	<i>yaiee tren-ger leg-geh</i>
I don't feel well	Jeg er dårlig	<i>yaiee ehr door-lee</i>
Call the police!	Ring politiet!	<i>reen poh-lee-tee-eh</i>
Fire!	Brann!	<i>brahnn</i>



Tusen takk!

I hope you enjoyed this cheat-sheet and learned something new. Remember, don't worry about not being able to remember it all, you're learning more than most other people do so you should be very proud of yourself. I know I am!

Want more language resources? Check out my guide on top-rated [languages tools, courses, and apps here](#). If you enjoyed this compact language guide and you want to discover how I can help you boost your language skills, [check out my popular language courses here](#).

If you have any feedback on this guide or want to share any suggestions for future material you'd love me to create, feel free to get in touch at michele@theintrepidguide.com

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With all the encouragement in the world, I wish you success! Happy learning! Michele

