



Norwegian

Bokmål + Nynorsk

A paired-learning textbook for reading, writing, grammar, and practice

BEGINNER TO LOWER INTERMEDIATE FOUNDATION

Modern Norwegian • two written standards • one comparison method



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Chapter 1. How to Use This Textbook

This textbook turns the earlier study guide into a longer course book. It teaches Bokmål and Nynorsk together, because the goal is not to memorize two isolated lists. The goal is to see Norwegian as one language with two official written standards and many spoken dialects.

The promise of the book

By the end of this course, you should be able to read and write basic Norwegian in both Bokmål and Nynorsk, recognize common conversion patterns, follow beginner spoken Norwegian, and continue toward lower-intermediate study with confidence.

Core idea

Every lesson follows the same rhythm: learn the shared Norwegian idea, compare Bokmål and Nynorsk forms, read short examples, write both versions, and review the pattern until it becomes familiar.

What this textbook includes

- A practical orientation to Bokmål, Nynorsk, dialects, and Old Norse.
- Pronunciation guidance for the letters and sound patterns that matter most for beginners.
- Grammar chapters with side-by-side examples.
- Thematic lessons with vocabulary, dialogues, translation drills, and writing prompts.
- A 24-week curriculum, a six-month road map, and a weekly study routine.
- Review tests, answer keys, vocabulary lists, and printable worksheet pages.

Recommended study pace

A steady pace is 6 to 8 hours per week. A lighter pace is 30 minutes a day. A faster pace is 60 to 90 minutes a day, five days per week. If you miss a day, do not restart. Return to the next small task.

Study Block	Goal	Suggested Time
Shared grammar	Understand the core structure before comparing forms.	2 hours per week
Bokmål reading and writing	Build confidence with a widely used written form.	1.5 hours per week
Nynorsk reading and writing	Build equal recognition and production ability.	1.5 hours per week
Listening and speaking	Hear Norwegian as a living spoken language.	1 hour per week
Comparison drills	Turn differences into predictable patterns.	1 hour per week

How to mark your work

Use three marks in the margins of your notebook. Put B beside a Bokmål sentence, N beside a Nynorsk sentence, and S beside a sentence pattern that is shared by both. This simple code prevents the two written standards from blending into a blur.

Print tip

Print this PDF double-sided if you want a compact book. For practice pages, print single-sided so you can write freely and compare your answers against the key.

Part I. Orientation

What Norwegian is, how Bokmål and Nynorsk fit together, and how to study both without getting lost.

Chapter 2. Norwegian, Bokmål, Nynorsk, Dialects, and Old Norse

Before learning words and grammar, you need a map. Norwegian can be confusing because the word Norwegian can refer to a modern spoken language, two official written standards, many dialects, and a long historical relationship with Old Norse.

Modern Norwegian in one paragraph

Modern Norwegian is a North Germanic language. It is closely related to Danish and Swedish, and more distantly related to Icelandic and Faroese. It is not Old Norse, although modern Norwegian inherited many forms and patterns through centuries of language change.

Two written standards

Feature	Bokmål	Nynorsk
Basic meaning	Book language	New Norwegian
Historical base	Danish-influenced written Norwegian, later Norwegianized	Built from Norwegian dialects, especially rural and western dialect material
Learning value	Common in media, textbooks, government, and everyday writing	Deepens dialect awareness and gives access to Nynorsk literature, culture, and public texts
Spoken form	Often taught with an Oslo or Eastern-style model, but not a single official speech standard	Not a separate spoken language, though many dialects share features with it
Best learner attitude	Useful and practical	Equally legitimate and worth learning from the start

A dialect warning that helps

Norwegians generally speak dialects. Written Bokmål and written Nynorsk do not equal two neat spoken languages. You can learn to write both standards while choosing one clear pronunciation model at the beginning. Later, you can listen to more dialects and connect what you hear to patterns you already know.

Old Norse is a separate later path

Old Norse is the medieval North Germanic language of sagas and Viking-era historical interest. Learning Bokmål and Nynorsk will help you notice old-looking forms, but it will not make you automatically read Old Norse. If Norse mythology and sagas are part of your goal, modern Norwegian first is still a strong foundation.

First comparison

English	Bokmål	Nynorsk	What changed?
I am learning Norwegian.	Jeg lærer norsk.	Eg lærer norsk.	jeg becomes eg; sentence order stays the same
I come from the USA.	Jeg kommer fra USA.	Eg kjem frå USA.	kommer becomes kjem; fra becomes frå
What is your name?	Hva heter du?	Kva heiter du?	hva becomes kva; heter becomes heiter
I do not understand.	Jeg forstår ikke.	Eg forstår ikkje.	ikke becomes ikkje

Study rule

When you learn a new sentence, do not stop at one written form. Build the pair immediately. The paired habit is what makes equal learning possible.

Chapter 3. The Paired-Learning Method

The method in this book is simple: every new idea gets learned once, then written twice. This keeps the workload realistic while honoring both standards.

The five-step cycle

- 1 Learn the shared grammar idea, such as basic word order or noun gender.
- 2 Write or read the Bokmål form.
- 3 Write or read the Nynorsk form.
- 4 Mark the difference pattern, such as jeg to eg, ikke to ikkje, kommer to kjem.
- 5 Use the pair in a real sentence of your own.

The comparison notebook

Use a notebook with three columns. Do not keep separate notebooks for Bokmål and Nynorsk at first. Side-by-side practice is the point.

English	Bokmål	Nynorsk
I live in Florida.	Jeg bor i Florida.	Eg bur i Florida.
I like coffee.	Jeg liker kaffe.	Eg likar kaffi.
The book is good.	Boka er god.	Boka er god.
Today I read.	I dag leser jeg.	I dag les eg.

What to compare

- Pronouns: jeg/eg, hun/ho, de/dei.
- Common particles: ikke/ikkje, fra/frå, nå/no, bare/berre.
- Verb forms: kommer/kjem, bor/bur, leser/les, skriver/skriv.
- Noun articles: en/ein, et/eit, feminine forms such as ei bok.
- Question words: hva/kva, hvem/kven, hvorfor/kvifor, hvordan/korleis.
- Shared word order: many sentence patterns stay the same even when vocabulary changes.

Avoid the two biggest mistakes

Mistake	Why it hurts	Better habit
Treating Nynorsk as a translation exercise only	It makes Nynorsk feel secondary.	Write original sentences in Nynorsk every week.
Trying to speak Bokmål and Nynorsk as two separate spoken systems	That misunderstands how Norwegian speech works.	Pick one beginner pronunciation model and listen broadly later.

Exercise 2A: Build the pair

1. English: I am home. Bokmål: _____ Nynorsk: _____
2. English: I have a book. Bokmål: _____ Nynorsk: _____
3. English: I write Norwegian. Bokmål: _____ Nynorsk: _____
4. English: I do not speak much. Bokmål: _____ Nynorsk: _____
5. English: Why are you here? Bokmål: _____ Nynorsk: _____

Answer key begins in the appendix. Try to answer before checking.

Chapter 4. Tools, Sources, and Study Materials

A textbook works best when paired with reliable tools. Use official dictionaries for spelling and forms, a beginner course for audio, and a small number of practice resources. Do not collect too many apps.

Core resource stack

Resource	Use	Notes
Ordbøkene.no	Official dictionary checking for Bokmål and Nynorsk spelling and inflection.	Use this whenever you are unsure about a form.
Språkrådet	Official language guidance and spelling resources.	Good for rules, norms, and policy background.
NTNU LearnNoW	Beginner course with structured lessons and audio.	Use it as your main listening and beginner grammar spine.
Nynorsksenteret	Nynorsk teaching and learning resources.	Useful for deepening Nynorsk awareness and finding practice material.
A flashcard app or paper cards	Daily recall practice.	Use paired cards, not isolated words.

How to use official dictionaries

When checking a word, look at three things: the headword, the gender or word class, and the inflection table. Do not only read the English meaning. The inflection is what helps you write correctly.

Dictionary habit	Example question
Check noun gender	Is it en/ein, ei, or et/eit?
Check definite form	Does the word become boka, boken, huset, or something else?
Check verb forms	Is the present form Leser or les? Is the past form leste or las?
Check permitted variants	Are multiple spellings allowed? If yes, choose one system and stay consistent.

Source notes

The resource appendix at the end of the textbook lists official and institutional sources used for orientation. In a living language, online resources can change, so the most reliable habit is to use official dictionaries and current institutional pages directly.

Part II. Sounds and Spelling

Pronunciation basics, special letters, spelling habits, and practical listening drills.

Chapter 5. Alphabet, Special Letters, and Pronunciation Priorities

Norwegian spelling is more helpful than English spelling, but it is not perfectly phonetic. Start with the sounds that carry meaning and the letters that appear constantly.

The alphabet

Norwegian uses the Latin alphabet plus three additional letters at the end: æ, ø, and å. These are not decorative variants. They are separate letters and change word meanings.

Letter	Approximate beginner note	Example word	Meaning
æ	Open front vowel, somewhat like the vowel in 'bad' for many English speakers	vær / vêr	weather
ø	Rounded front vowel, made by saying 'eh' with rounded lips	brød / brøð	bread
å	Open back vowel, close to 'aw' in 'law'	båt / båt	boat

Pronunciation priorities

Priority	Why it matters	Practice
Vowels	Norwegian has more vowel contrasts than English learners expect.	Read minimal pairs aloud slowly.
Vowel length	Long and short vowels can distinguish words.	Hold long vowels clearly, clip short vowels.
sj/skj sound	Common in words like ski, skjorte, sjokolade.	Listen and imitate, do not over-explain it.
kj sound	Often difficult for English speakers.	Practice gently with words like kjøtt, kjøpe.
Sentence rhythm	Natural rhythm improves understanding even before accent is perfect.	Repeat whole phrases, not only single words.

Bokmål and Nynorsk spelling differences you will see early

English	Bokmål	Nynorsk	Comment
from	fra	frå	The å form is common in Nynorsk.
not	ikke	ikkje	A high-frequency difference.
now	nå	no	Short and common.
later	senere	seinare	Nynorsk often has ei where Bokmål has e.
weather	vær	vêr	Nynorsk may mark vowel quality with ê in this word.

Drill 4A: special letters

Read aloud three times, then copy once: båt _____

Read aloud three times, then copy once: brød _____

Read aloud three times, then copy once: vær _____

Read aloud three times, then copy once: frå _____

Read aloud three times, then copy once: vêr _____

Read aloud three times, then copy once: blå _____

Read aloud three times, then copy once: grønn _____

Read aloud three times, then copy once: grøn _____

Read aloud three times, then copy once: høy _____

Read aloud three times, then copy once: høg _____

Chapter 6. Listening Before Perfection

Beginners often wait too long to listen. You do not need to understand everything. Listening trains your ear to find word boundaries, rhythm, and repeated forms.

A four-pass listening routine

- 1 Listen without pausing. Write the topic in English.
- 2 Listen again. Write down any words you recognize.
- 3 Listen a third time. Pause after short phrases and repeat aloud.
- 4 Listen a fourth time while looking at the transcript, if one is available.

What to listen for

Listen for	Example	Reason
Pronouns	jeg/eg, du, han, ho/hun	They anchor who is doing the action.
Verbs	er, har, kommer/kjem, går	They carry the action.
Negation	ikke/ikkje	It changes the meaning of the whole sentence.
Question words	hva/kva, hvor/kor, hvorfor/kvifor	They reveal the type of answer expected.
Time words	i dag, i morgen, i går	They frame tense and context.

Shadowing drill

Shadowing means speaking along with or immediately after audio. Keep it short. Use one sentence, then two, then three. The goal is rhythm, not acting.

English	Bokmål	Nynorsk
I am learning Norwegian.	Jeg lærer norsk.	Eg lærer norsk.
I speak a little.	Jeg snakker litt.	Eg snakkar litt.
Can you speak slowly?	Kan du snakke sakte?	Kan du snakke sakte?
I understand a little.	Jeg forstår litt.	Eg forstår litt.

Part III. Core Grammar

The foundation chapters. Learn the shared structure first, then compare the written forms.

Chapter 7. Pronouns, Be, and Have

Pronouns and the verbs to be and to have appear constantly. Learn them early and practice them until they are automatic.

Subject pronouns

English	Bokmål	Nynorsk	Notes
I	jeg	eg	High-frequency form
you	du	du	High-frequency form
he	han	han	High-frequency form
she	hun	ho	High-frequency form
we	vi	vi / me	High-frequency form
you plural	dere	de / dykk	High-frequency form
they	de	dei	High-frequency form

To be and to have

English	Bokmål	Nynorsk
I am Kevin.	Jeg er Kevin.	Eg er Kevin.
You are here.	Du er her.	Du er her.
She is home.	Hun er hjemme.	Ho er heime.
We have a book.	Vi har ei bok.	Vi har ei bok.
They have a house.	De har et hus.	Dei har eit hus.

Mini grammar explanation

The present tense of to be is er in both standards. The present tense of to have is har in both standards. That makes these verbs easy to use early. The pronouns around them may differ.

Exercise 5A: fill the pronoun

- ___ er her. (I) Bokmål: _____ Nynorsk: _____
- ___ har ei bok. (she) Bokmål: _____ Nynorsk: _____
- ___ er hjemme/heime. (they) Bokmål: _____ Nynorsk: _____
- ___ har kaffe/kaffi. (we) Bokmål: _____ Nynorsk: _____
- ___ er fra/frå USA. (you singular) Bokmål: _____ Nynorsk: _____

Exercise 5B: translate

- I am home. Bokmål: _____ Nynorsk: _____
- She has a book. Bokmål: _____ Nynorsk: _____
- They are here. Bokmål: _____ Nynorsk: _____
- We have a house. Bokmål: _____ Nynorsk: _____
- You are from Norway. Bokmål: _____ Nynorsk: _____

Chapter 8. Nouns, Gender, and Articles

Norwegian nouns have gender. Beginners should learn the article with the noun. Do not learn bok alone. Learn ei bok or en/ein bil.

Gender overview

Gender	Bokmål indefinite	Nynorsk indefinite	Examples
Masculine	en	ein	en/ein bil, en/ein mann
Feminine	ei or en	ei	ei bok, ei kvinne
Neuter	et	eit	et/eit hus, et/eit barn

Important

Bokmål allows many feminine nouns to be used with masculine-style forms in many contexts, such as en bok and boken. Nynorsk keeps the feminine system more strongly. Since you are learning both equally, practice feminine forms actively: ei bok, boka.

Common nouns to learn as pairs

English	Bokmål	Nynorsk	Definite English	Bokmål	Nynorsk
a car	en bil	ein bil	the car	bil	bil
a book	ei bok / en bok	ei bok	the book	boka / boken	boka
a house	et hus	eit hus	the house	huset	huset
a child	et barn	eit barn	the child	barnet	barnet
a woman	ei kvinne / en kvinne	ei kvinne	the woman	kvinna / kvinnen	kvinna
a man	en mann	ein mann	the man	mannen	mannen

Practice pattern

English	Bokmål	Nynorsk
I have a car.	Jeg har en bil.	Eg har ein bil.
I read a book.	Jeg les ei bok.	Eg les ei bok.
The house is big.	Huset er stort.	Huset er stort.
The woman is here.	Kvinna er her.	Kvinna er her.

Exercise 6A: article choice

- Write the indefinite form of bil: Bokmål _____ Nynorsk _____
- Write the indefinite form of bok: Bokmål _____ Nynorsk _____
- Write the indefinite form of hus: Bokmål _____ Nynorsk _____
- Write the indefinite form of barn: Bokmål _____ Nynorsk _____
- Write the indefinite form of kvinne: Bokmål _____ Nynorsk _____
- Write the indefinite form of mann: Bokmål _____ Nynorsk _____
- Write the indefinite form of skip: Bokmål _____ Nynorsk _____
- Write the indefinite form of reise: Bokmål _____ Nynorsk _____

Chapter 9. Definite Forms and Plurals

English usually puts the in front of a noun. Norwegian often attaches the definite ending to the noun. This is one of the first patterns to master.

Definite endings

Type	Indefinite	Definite	Meaning
Masculine	en/ein bil	bilen	the car
Feminine	ei bok	boka	the book
Neuter	et/eit hus	huset	the house

Plural overview

Plural endings vary, so learn common patterns and check dictionaries. Bokmål and Nynorsk often overlap, but not always. Neuter nouns can have no plural ending in the indefinite plural.

English	Bokmål indefinite plural	Nynorsk indefinite plural	Definite plural
cars	biler	bilar	bilene / bilane
books	bøker	bøker	bøkene / bøkene
houses	hus	hus	husene / husa or husi
children	barn	barn	barna
journeys	reiser	reiser	reisene

Exercise 7A: make definite

1. en/ein bil: Bokmål definite _____ Nynorsk definite _____
2. ei bok: Bokmål definite _____ Nynorsk definite _____
3. et/eit hus: Bokmål definite _____ Nynorsk definite _____
4. et/eit skip: Bokmål definite _____ Nynorsk definite _____

Chapter 10. Present Tense Verbs

Norwegian present tense is often simpler than English. You do not change the verb for I, you, he, she, we, or they. The written standards may still use different present forms.

Core verbs

English	BM infinitive	NN infinitive	BM present	NN present	BM past	NN past
to be	å være	å vere	er	er	var	var
to have	å ha	å ha	har	har	hadde	hadde
to come	å komme	å kome	kommer	kjem	kom	kom
to live	å bo	å bu	bor	bur	bodde	budde
to read	å lese	å lese	leser	les	leste	las
to write	å skrive	å skrive	skriver	skriv	skrev	skreiv
to speak	å snakke	å snakke	snakker	snakkar	snakket	snakka
to like	å like	å like	liker	likar	likte	likte
to go/walk	å gå	å gå	går	går	gikk	gjekk
to see	å se	å sjå	ser	ser	så	såg
to do	å gjøre	å gjere	gjør	gjer	gjorde	gjorde
to know	å vite	å vite	vet	veit	visste	visste

No person endings

In English we say I read but he reads. Norwegian does not change the verb this way in the present tense. Bokmål: jeg leser, du leser, han leser. Nynorsk: eg les, du les, han les.

Practice sentences

English	Bokmål	Nynorsk
I read Norwegian.	Jeg leser norsk.	Eg les norsk.
She writes a letter.	Hun skriver et brev.	Ho skriv eit brev.
We speak a little.	Vi snakker litt.	Vi snakkar litt.
They come today.	De kommer i dag.	Dei kjem i dag.

Exercise 8A: present tense

1. to be: Bokmål present _____ Nynorsk present _____
2. to have: Bokmål present _____ Nynorsk present _____
3. to come: Bokmål present _____ Nynorsk present _____
4. to live: Bokmål present _____ Nynorsk present _____
5. to read: Bokmål present _____ Nynorsk present _____
6. to write: Bokmål present _____ Nynorsk present _____
7. to speak: Bokmål present _____ Nynorsk present _____
8. to like: Bokmål present _____ Nynorsk present _____
9. to go/walk: Bokmål present _____ Nynorsk present _____
10. to see: Bokmål present _____ Nynorsk present _____

Chapter 11. Word Order and the V2 Pattern

Norwegian word order may look familiar, but the verb-second pattern is essential. In main clauses, the finite verb usually comes in the second position.

Basic main clauses

Pattern	Bokmål	Nynorsk
Subject first	Jeg leser boka.	Eg les boka.
Time first	I dag leser jeg boka.	I dag les eg boka.
Place first	Hjemme leser jeg boka.	Heime les eg boka.
Object-like opening	Denne boka leser jeg i dag.	Denne boka les eg i dag.

The first position can be a subject, time phrase, place phrase, or other element. The verb still wants the second position in a main clause.

Simple formula

Position 1	Position 2	Position 3	Rest
Jeg / Eg	leser / les	boka	i dag
I dag	leser / les	jeg / eg	boka
Hjemme / Heime	leser / les	jeg / eg	boka

Exercise 9A: reorder

1. Reorder as Bokmål and Nynorsk: i dag / jeg/eg / leser/les / norsk
2. Reorder as Bokmål and Nynorsk: hjemme/heime / hun/ho / skriver/skriv / et/eit brev
3. Reorder as Bokmål and Nynorsk: nå/no / vi / snakker/snakkar / litt
4. Reorder as Bokmål and Nynorsk: i morgen/i morgon / de/dei / kommer/kjem / hit

Chapter 12. Questions

Questions are a good place to see how much Bokmål and Nynorsk share. The word order pattern is usually easy once you practice it.

Yes/no questions

English	Bokmål	Nynorsk
Are you home?	Er du hjemme?	Er du heime?
Do you have a book?	Har du ei bok?	Har du ei bok?
Do you read Norwegian?	Leser du norsk?	Les du norsk?
Can you speak slowly?	Kan du snakke sakte?	Kan du snakke sakte?

Question words

English	Bokmål	Nynorsk	Example
what	hva	kva	Hva/Kva heter du?
who	hvem	kven	Hvem/Kven er hun/ho?
where	hvor	kvar / kor	Hvor/Kvar bor du?
when	når	når	Når kommer/kjem du?
why	hvorfor	kvifor	Hvorfor/Kvifor lærer du norsk?
how	hvordan	korleis	Hvordan/Korleis går det?

Exercise 10A: write the question

1. Turn into a yes/no question in both forms: You are home.
2. Turn into a yes/no question in both forms: She has a book.
3. Turn into a yes/no question in both forms: They read Norwegian.
4. Turn into a yes/no question in both forms: You come tomorrow.
5. Turn into a yes/no question in both forms: He writes a letter.

Chapter 13. Negation and Common Adverbs

Negation is high-frequency and easy to compare. Bokmål uses ikke. Nynorsk uses ikkje. In many simple sentences, the position is the same.

Basic negation

English	Bokmål	Nynorsk
I do not understand.	Jeg forstår ikke.	Eg forstår ikkje.
She does not read.	Hun leser ikke.	Ho les ikkje.
We are not home.	Vi er ikke hjemme.	Vi er ikkje heime.
They do not come today.	De kommer ikke i dag.	Dei kjem ikkje i dag.

Common adverbs

English	Bokmål	Nynorsk
now	nå	no
today	i dag	i dag
tomorrow	i morgen	i morgon
yesterday	i går	i går
often	ofte	ofte
always	alltid	alltid
never	aldri	aldri
only	bare	berre
much	mye	mykje

Exercise 11A: add not

1. Add ikke/ikkje: Jeg/Eg leser/les norsk.
2. Add ikke/ikkje: Hun/Ho er hjemme/heime.
3. Add ikke/ikkje: Vi har kaffe/kaffi.
4. Add ikke/ikkje: De/Dei kommer/kjem i dag.

Chapter 14. Adjectives

Adjectives describe nouns. In Norwegian, adjectives often change form depending on gender, number, and definiteness.

Basic adjective pattern

English	Bokmål	Nynorsk
a big car	en stor bil	ein stor bil
a big house	et stort hus	eit stort hus
big cars	store biler	store bilar
the big car	den store bilen	den store bilen

Common adjectives

English	Bokmål	Nynorsk
big	stor	stor
small	liten	liten
good	god	god
bad	dårlig	dårleg
old	gammel	gammal
new	ny	ny
warm	varm	varm
cold	kald	kald
difficult	vanskelig	vanskeleg
easy	lett	lett

Exercise 12A: adjective agreement

1. Translate in Bokmål and Nynorsk: a good book
2. Translate in Bokmål and Nynorsk: a big house
3. Translate in Bokmål and Nynorsk: the old car
4. Translate in Bokmål and Nynorsk: small children
5. Translate in Bokmål and Nynorsk: a difficult language

Chapter 15. Possessives and Family Language

Possessives can come before or after the noun. The after-noun pattern is very common and sounds natural in many contexts.

My, your, his, her

English	Bokmål	Nynorsk
my car	bilen min / min bil	bilen min / min bil
my book	boka mi / mi bok	boka mi / mi bok
my house	huset mitt / mitt hus	huset mitt / mitt hus
your book	boka di / di bok	boka di / di bok
his book	boka hans	boka hans
her book	boka hennes	boka hennar

Family vocabulary

English	Bokmål	Nynorsk
family	familie	familie
wife	kone	kone
husband	mann	mann
child	barn	barn
son	sønn	son
daughter	datter	dotter
grandchild	barnebarn	barnebarn
brother	bror	bror
sister	søster	syster

Exercise 13A: describe a family

Write five sentences about a real or fictional family. Write each sentence in Bokmål and Nynorsk. Use at least two possessive forms.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

Chapter 16. Past Tense, Perfect Tense, and Future

Tense tells when something happens. Learn common irregular verbs early, because they appear constantly in reading and conversation.

Past tense examples

English	Bokmål	Nynorsk
I was home.	Jeg var hjemme.	Eg var heime.
I read a book.	Jeg leste ei bok.	Eg las ei bok.
I wrote a letter.	Jeg skrev et brev.	Eg skreiv eit brev.
I came home.	Jeg kom hjem.	Eg kom heim.
I went for a walk.	Jeg gikk en tur.	Eg gjekk ein tur.

Perfect tense

The perfect tense often uses har plus a past participle. It can mean have done or has done in English.

English	Bokmål	Nynorsk
I have read the book.	Jeg har lest boka.	Eg har lese boka.
She has written a letter.	Hun har skrevet et brev.	Ho har skrive eit brev.
We have been home.	Vi har vært hjemme.	Vi har vore heime.
They have come today.	De har kommet i dag.	Dei har kome i dag.

Future meaning

English	Bokmål	Nynorsk
I will read tomorrow.	Jeg skal lese i morgen.	Eg skal lese i morgon.
We will travel next week.	Vi skal reise neste uke.	Vi skal reise neste veke.
She wants to write.	Hun vil skrive.	Ho vil skrive.

Exercise 14A: three times

For each verb, write one present sentence, one past sentence, and one future sentence in both standards.

Verb: read. Present: _____ Past: _____ Future: _____

Verb: write. Present: _____ Past: _____ Future: _____

Verb: come. Present: _____ Past: _____ Future: _____

Verb: go. Present: _____ Past: _____ Future: _____

Verb: speak. Present: _____ Past: _____ Future: _____

Chapter 17. Modal Verbs and Useful Infinitives

Modal verbs help you say can, must, will, shall, should, and may. They are extremely useful in travel, conversation, and planning.

Core modal verbs

English	Bokmål	Nynorsk	Example
can	kan	kan	Jeg/Eg kan lese norsk.
must	må	må	Jeg/Eg må øve.
will/want	vil	vil	Jeg/Eg vil lære meir/mer.
shall/going to	skal	skal	Vi skal reise.
should	bør	bør	Du bør lese høyt/høgt.
may	får	får	Du får spørre.

After a modal, use the infinitive without å

Bokmål	Nynorsk	Comment
Jeg kan lese.	Eg kan lese.	Not kan å lese.
Vi skal skrive.	Vi skal skrive.	The second verb stays plain.
Hun må komme.	Ho må kome.	Modal plus infinitive.

Exercise 15A: modal sentences

1. Translate: I can read Norwegian. Bokmål _____ Nynorsk _____
2. Translate: We must practice. Bokmål _____ Nynorsk _____
3. Translate: She wants to write. Bokmål _____ Nynorsk _____
4. Translate: They will come tomorrow. Bokmål _____ Nynorsk _____
5. Translate: You should listen. Bokmål _____ Nynorsk _____

Chapter 18. Prepositions and Everyday Locations

Prepositions are small words that do a lot of work. Learn them in phrases rather than as single English equivalents.

Common prepositions

English idea	Bokmål	Nynorsk	Example
in	i	i	i Norge, i Noreg
on/at	på	på	på bordet
to	til	til	til byen
from	fra	frå	fra/frå USA
with	med	med	med familien
for	for	for	for meg
under	under	under	under bordet
over	over	over	over huset

Location phrases

English	Bokmål	Nynorsk
at home	hjemme	heime
to home	hjem	heim
in the house	i huset	i huset
on the table	på bordet	på bordet
to Norway	til Norge	til Noreg
from Florida	fra Florida	frå Florida

Exercise 16A: choose the phrase

Translate the location phrase in both standards.

1. at home: Bokmål _____ Nynorsk _____
2. to Norway: Bokmål _____ Nynorsk _____
3. from the USA: Bokmål _____ Nynorsk _____
4. in the book: Bokmål _____ Nynorsk _____
5. with my family: Bokmål _____ Nynorsk _____
6. on the ship: Bokmål _____ Nynorsk _____

Chapter 19. Subordinate Clauses

Subordinate clauses let you say because, that, when, and if. They are essential for longer reading and writing.

Connectors

English	Bokmål	Nynorsk
that	at	at
because	fordi	fordi
when	når	når
if	hvis	viss / om
although	selv om	sjølv om

Word order note

In subordinate clauses, the position of ikke/ikkje can differ from main-clause rhythm. As a beginner, memorize short examples and expand gradually.

English	Bokmål	Nynorsk
I know that you are here.	Jeg vet at du er her.	Eg veit at du er her.
I read because I like books.	Jeg leser fordi jeg liker bøker.	Eg les fordi eg likar bøker.
I will come if I can.	Jeg kommer hvis jeg kan.	Eg kjem viss eg kan.
She says that she does not understand.	Hun sier at hun ikke forstår.	Ho seier at ho ikkje forstår.

Exercise 17A: join sentences

1. I read. I like books. Use because. Bokmål: _____ Nynorsk: _____
2. She says. She is home. Use that. Bokmål: _____ Nynorsk: _____
3. We will come. We can. Use if. Bokmål: _____ Nynorsk: _____
4. I study. I want to learn. Use because. Bokmål: _____ Nynorsk: _____

Chapter 20. Numbers, Time, Dates, and Scheduling

Numbers and time words make language useful quickly. Learn them with practical situations, not as abstract lists only.

Numbers 0 to 20

Number	Bokmål	Nynorsk
0	null	null
1	en/ett	ein/eitt
2	to	to
3	tre	tre
4	fire	fire
5	fem	fem
6	seks	seks
7	sju	sju
8	åtte	åtte
9	ni	ni
10	ti	ti
11	elleve	elleve
12	tolv	tolv
13	tretten	tretten
14	fjorten	fjorten
15	femten	femten
16	seksten	seksten
17	syttten	syttten
18	atten	atten
19	nitten	nitten
20	tjue	tjue

Days and useful time phrases

English	Bokmål	Nynorsk
Monday	mandag	måndag
Tuesday	tirsdag	tysdag
Wednesday	onsdag	onsdag
Thursday	torsdag	torsdag
Friday	fredag	fredag
Saturday	lørdag	laurdag
Sunday	søndag	søndag
today	i dag	i dag
tomorrow	i morgen	i morgon
yesterday	i går	i går
next week	neste uke	neste veke

Exercise 18A: schedule

Write a simple weekly study schedule in both standards. Include at least three days and two times.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

Chapter 21. Comparison Patterns That Save Time

Bokmål and Nynorsk are close enough that patterns will do much of the work for you. Do not treat every difference as random.

High-frequency conversions

Meaning	Bokmål	Nynorsk	Pattern
I	jeg	eg	j often disappears
not	ikke	ikkje	kj appears in Nynorsk
what	hva	kva	hv often maps to kv
who	hvem	kven	hv often maps to kv
why	hvorfor	kvifor	hvor maps to kvi/kor patterns
how	hvordan	korleis	different word, high frequency
from	fra	frå	a to å
now	nå	no	å to o
only	bare	berre	vowel and consonant shift
much	mye	mykje	kj appears

Verb conversion patterns

English	Bokmål	Nynorsk	Pattern
comes	kommer	kjem	irregular, memorize
lives	bor	bur	o to u
reads	leser	les	Nynorsk often has shorter present form
writes	skriver	skriv	Nynorsk shorter present form
speaks	snakker	snakkar	-er to -ar
likes	liker	likar	-er to -ar

Exercise 19A: conversion drill

- Convert to Nynorsk: Jeg kommer fra USA. -> _____
- Convert to Nynorsk: Jeg leser ei bok. -> _____
- Convert to Nynorsk: Hun skriver et brev. -> _____
- Convert to Nynorsk: Vi snakker norsk. -> _____
- Convert to Nynorsk: De bor i Norge. -> _____
- Convert to Nynorsk: Jeg liker kaffe. -> _____

Part IV. Thematic Lessons

Practical units for conversation, reading, writing, and comparison practice.

Chapter 22. Lesson 1: Greetings and Introductions

Introduce yourself, ask names, and say that you are learning Norwegian.

Core vocabulary

English	Bokmål	Nynorsk
hello	hei	hei
thanks	takk	takk
yes	ja	ja
no	nei	nei
excuse me	unnskyld	orsak / unnskyld
my name is	jeg heter	eg heiter
I come from	jeg kommer fra	eg kjem frå
I live in	jeg bor i	eg bur i
a little	litt	litt
slowly	sakte	sakte

Dialogue

Speaker	Bokmål	Nynorsk
A	Hei! Hva heter du?	Hei! Kva heiter du?
B	Jeg heter Kevin.	Eg heiter Kevin.
A	Hvor kommer du fra?	Kvar kjem du frå?
B	Jeg kommer fra USA. Jeg lærer norsk.	Eg kjem frå USA. Eg lærer norsk.
A	Hyggelig å møte deg.	Hyggjeleg å møte deg.
B	Hyggelig å møte deg også.	Hyggjeleg å møte deg òg.

Grammar focus

Questions often put the verb early: Hva heter du? Kva heiter du? The question word differs, but the basic question structure is familiar.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like hello. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write six introduction sentences about yourself or a fictional traveler.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 23. Lesson 2: Home and Family

Describe where you live and name family members.

Core vocabulary

English	Bokmål	Nynorsk
home	hjem / hjemme	heim / heime
house	et hus	eit hus
family	familie	familie
wife	kone	kone
husband	mann	mann
child	barn	barn
son	sønn	son
daughter	datter	dotter
grandchild	barnebarn	barnebarn
room	rom	rom

Dialogue

Speaker	Bokmål	Nynorsk
A	Bor du i Norge?	Bur du i Noreg?
B	Nei, jeg bor i Florida.	Nei, eg bur i Florida.
A	Har du familie?	Har du familie?
B	Ja, jeg har en stor familie.	Ja, eg har ein stor familie.
A	Er huset stort?	Er huset stort?
B	Ja, huset er ganske stort.	Ja, huset er ganske stort.

Grammar focus

Possessives often come after the definite noun: huset mitt, boka mi, bilen min.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like home. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Describe a house, a family, or a fictional household from a role-playing campaign.

- Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 24. Lesson 3: Food, Coffee, and Restaurants

Talk about basic food preferences and order simple items.

Core vocabulary

English	Bokmål	Nynorsk
food	mat	mat
coffee	kaffe	kaffi
water	vann	vatn
bread	brød	brød
fish	fisk	fisk
meat	kjøtt	kjøl
cheese	ost	ost
breakfast	frokost	frukost
dinner	middag	middag
I would like	jeg vil gjerne ha	eg vil gjerne ha

Dialogue

Speaker	Bokmål	Nynorsk
A	Hva vil du ha?	Kva vil du ha?
B	Jeg vil gjerne ha kaffe og brød.	Eg vil gjerne ha kaffi og brød.
A	Vil du ha vann?	Vil du ha vatn?
B	Ja takk.	Ja takk.
A	Liker du fisk?	Likar du fisk?
B	Ja, jeg liker fisk.	Ja, eg likar fisk.

Grammar focus

The verb like is liker in Bokmål and likar in Nynorsk. Practice the full sentence, not only the verb.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like food. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write a short restaurant order and a short paragraph about foods you like and do not like.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 25. Lesson 4: Weather and Seasons

Describe weather, temperature, and seasons.

Core vocabulary

English	Bokmål	Nynorsk
weather	vær	vêr
sun	sol	sol
rain	regn	regn
snow	snø	snø
wind	vind	vind
warm	varm	varm
cold	kald	kald
today	i dag	i dag
summer	sommer	sommar
winter	vinter	vinter

Dialogue

Speaker	Bokmål	Nynorsk
A	Hvordan er været i dag?	Korleis er vêret i dag?
B	Det er varmt og sol.	Det er varmt og sol.
A	Regner det ofte?	Regnar det ofte?
B	Nei, ikke i dag.	Nei, ikkje i dag.
A	Liker du vinter?	Likar du vinter?
B	Jeg liker sommer bedre.	Eg likar sommar betre.

Grammar focus

Weather sentences often use det: Det er varmt. Det regner/regnar.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like weather. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write a five-day weather log in both standards.

- Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 26. Lesson 5: Travel and Directions

Ask where something is and say where you are going.

Core vocabulary

English	Bokmål	Nynorsk
where	hvor	kvar / kor
to	til	til
from	fra	frå
station	stasjon	stasjon
airport	flyplass	flyplass
hotel	hotell	hotell
left	venstre	venstre
right	høyre	høgre
straight ahead	rett fram	rett fram
ticket	billett	billett

Dialogue

Speaker	Bokmål	Nynorsk
A	Unnskyld, hvor er hotellet?	Orsak, kvar er hotellet?
B	Hotellet er rett fram og til høyre.	Hotellet er rett fram og til høgre.
A	Hvor langt er det?	Kor langt er det?
B	Det er ikke langt.	Det er ikkje langt.
A	Tusen takk.	Tusen takk.
B	Bare hyggelig.	Berre hyggeleg.

Grammar focus

Prepositions often do not match English one-to-one. Learn them in phrases: til Norge/Noreg, fra/frå USA, på hotellet, i byen.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like where. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write directions from a train station to a hotel.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 27. Lesson 6: Hobbies, Golf, Games, and Books

Talk about interests and leisure activities.

Core vocabulary

English	Bokmål	Nynorsk
hobby	hobby	hobby
golf	golf	golf
game	spill	spel
book	bok	bok
to read	å lese	å lese
to play	å spille	å spele
science fiction	science fiction	science fiction
story	historie	historie / soge
character	figur	figur
campaign	kampanje	kampanje

Dialogue

Speaker	Bokmål	Nynorsk
A	Hva liker du å gjøre?	Kva likar du å gjere?
B	Jeg liker å lese og spille spill.	Eg likar å lese og spele spel.
A	Spiller du golf?	Spelar du golf?
B	Ja, jeg spiller golf når været er fint.	Ja, eg spelar golf når vêret er fint.
A	Liker du science fiction?	Likar du science fiction?
B	Ja, jeg liker romskip og gamle historier.	Ja, eg likar romskip og gamle historier.

Grammar focus

After liker, you can use å plus an infinitive: Jeg liker å lese. Eg likar å lese.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like hobby. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Describe three hobbies. Include one sentence with because/fordi.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 28. Lesson 7: Health, Help, and Polite Requests

Ask for help, say you need something, and use polite language.

Core vocabulary

English	Bokmål	Nynorsk
help	hjelp	hjelp
doctor	lege	lege
medicine	medisin	medisin
pain	smerte	smerte
I need	jeg trenger	eg treng
Can you help me?	Kan du hjelpe meg?	Kan du hjelpe meg?
slowly	sakte	sakte
please	vær så snill	ver så snill
I do not understand	jeg forstår ikke	eg forstår ikkje
again	igjen	igjen

Dialogue

Speaker	Bokmål	Nynorsk
A	Kan du hjelpe meg?	Kan du hjelpe meg?
B	Ja, hva trenger du?	Ja, kva treng du?
A	Jeg forstår ikke. Kan du snakke sakte?	Eg forstår ikkje. Kan du snakke sakte?
B	Selvfølgelig.	Sjølvsagt.
A	Takk for hjelpen.	Takk for hjelpa.
B	Bare hyggelig.	Berre hyggeleg.

Grammar focus

Polite requests often use kan du. It is simple and useful: Kan du hjelpe meg? Kan du snakke sakte?

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like help. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write a short help request in both standards.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Chapter 29. Lesson 8: Norway, Culture, and Norse Themes

Use basic words for Norway, history, journeys, ships, and saga-like topics.

Core vocabulary

English	Bokmål	Nynorsk
Norway	Norge	Noreg
Norwegian	norsk	norsk
king	konge	konge
queen	dronning	dronning
ship	skip	skip
sword	sverd	sverd
warrior	kriger	krigar
journey	reise	reise
world	verden	verda
saga/story	saga	soge / saga

Dialogue

Speaker	Bokmål	Nynorsk
A	Liker du gamle historier?	Likar du gamle historier?
B	Ja, jeg liker sagaer og reiser.	Ja, eg likar soger og reiser.
A	Handler historien om et skip?	Handlar historia om eit skip?
B	Ja, skipet reiser mot nord.	Ja, skipet reiser mot nord.
A	Er kongen med?	Er kongen med?
B	Nei, men en kriger har et sverd.	Nei, men ein krigar har eit sverd.

Grammar focus

Theme vocabulary is useful, but keep grammar simple. A fantasy sentence still needs article, verb, and word order.

Practice

- Copy the dialogue in both standards. Underline the words that differ.
- Replace one name, place, food, hobby, or object with your own choice.
- Translate these sentences.

- I am learning Norwegian. Bokmål: _____ Nynorsk: _____
- I like Norway. Bokmål: _____ Nynorsk: _____
- I do not understand everything. Bokmål: _____ Nynorsk: _____
- Can you speak slowly? Bokmål: _____ Nynorsk: _____
- Today I write a short sentence. Bokmål: _____ Nynorsk: _____

Writing task

Write a six-sentence Viking-inspired scene in both standards.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

Part V. Reading and Writing Workshop

Short readings in both standards, with comprehension and transformation tasks.

Chapter 30. Reading 1: A Simple Day

Bokmål text

I dag er jeg hjemme. Jeg drikker kaffe og leser ei bok. Senere går jeg en tur. Været er varmt, men fint. I kveld skal jeg skrive norsk.

Nynorsk text

I dag er eg heime. Eg drikk kaffi og les ei bok. Seinare går eg ein tur. Vêret er varmt, men fint. I kveld skal eg skrive norsk.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 31. Reading 2: At the Hotel

Bokmål text

Jeg kommer til hotellet om kvelden. Rommet er lite, men rent. Jeg spør hvor restauranten er. Mannen i resepsjonen snakker sakte, og jeg forstår ham.

Nynorsk text

Eg kjem til hotellet om kvelden. Rommet er lite, men reint. Eg spør kvar restauranten er. Mannen i resepsjonen snakkar sakte, og eg forstår han.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 32. Reading 3: A Golf Morning

Bokmål text

Om morgenen spiller jeg golf. Sola er varm, og vinden er svak. Jeg har vann i veska og en liten bok i bilen. Etterpå spiser jeg lunsj.

Nynorsk text

Om morgonen spelar eg golf. Sola er varm, og vinden er svak. Eg har vatn i veska og ei lita bok i bilen. Etterpå et eg lunsj.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 33. Reading 4: A Small Ship

Bokmål text

Skipet ligger ved fjorden. En gammel kriger står på dekket. Han har et sverd, men han vil ikke kjempe. Han vil reise hjem.

Nynorsk text

Skipet ligg ved fjorden. Ein gammal krigar står på dekket. Han har eit sverd, men han vil ikkje kjempe. Han vil reise heim.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 34. Reading 5: The Book

Bokmål text

Boka handler om en familie som bor i Norge. Datteren skriver brev, og sønnen leser gamle historier. De lærer at språk kan fortelle hvem vi er.

Nynorsk text

Boka handlar om ein familie som bur i Noreg. Dottera skriv brev, og sonen les gamle historier. Dei lærer at språk kan fortelje kven vi er.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 35. Reading 6: Asking for Help

Bokmål text

Jeg står på stasjonen og ser på kartet. Jeg finner ikke hotellet. En kvinne spør om jeg trenger hjelp. Jeg sier ja og takker henne.

Nynorsk text

Eg står på stasjonen og ser på kartet. Eg finn ikkje hotellet. Ei kvinne spør om eg treng hjelp. Eg seier ja og takkar henne.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 36. Reading 7: Weather in the North

Bokmål text

Det er kaldt i nord, men himmelen er klar. Om natten ser vi stjerner. Om dagen går vi langs sjøen og snakker om reisen.

Nynorsk text

Det er kaldt i nord, men himmelen er klar. Om natta ser vi stjerner. Om dagen går vi langs sjøen og snakkar om reisa.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Chapter 37. Reading 8: Learning Two Forms

Bokmål text

Bokmål og Nynorsk er to skriftlige former av norsk. Jeg leser begge fordi jeg vil forstå mer. Noen ord er like, og noen ord er forskjellige.

Nynorsk text

Bokmål og nynorsk er to skriftlege former av norsk. Eg les begge fordi eg vil forstå meir. Nokre ord er like, og nokre ord er ulike.

Comprehension

1. Answer in English, then try one sentence in Norwegian: _____
2. Answer in English, then try one sentence in Norwegian: _____
3. Answer in English, then try one sentence in Norwegian: _____
4. Answer in English, then try one sentence in Norwegian: _____

Comparison task

List five words or forms that differ between the Bokmål and Nynorsk texts.

1. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
2. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
3. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
4. Bokmål form: _____ Nynorsk form: _____ Pattern: _____
5. Bokmål form: _____ Nynorsk form: _____ Pattern: _____

Transformation task

Change one detail in the reading, such as place, weather, object, or character. Rewrite the new version in both standards.

1. Bokmål: _____
Nynorsk: _____
2. Bokmål: _____
Nynorsk: _____
3. Bokmål: _____
Nynorsk: _____
4. Bokmål: _____
Nynorsk: _____

Part VI. Twenty-Four Week Course Plan

A full six-month curriculum, with equal attention to Bokmål and Nynorsk.

Chapter 38. Six-Month Road Map

The course plan is designed for steady progress. Each month adds one major layer: recognition, basic sentences, grammar control, reading, writing, and independent review.

Month	Main Goal	What You Should Be Able To Do
1	Orientation and survival sentences	Introduce yourself, read basic paired sentences, use pronouns and er/har.
2	Nouns, gender, and present tense	Write simple daily-life sentences in both standards.
3	Word order, questions, and negation	Ask and answer simple questions, convert short sentences.
4	Past tense, perfect tense, and themes	Talk about yesterday, today, tomorrow, hobbies, food, and travel.
5	Reading and writing expansion	Read short texts and write paragraphs in both standards.
6	Review, fluency, and dialect awareness	Recognize patterns, use dictionaries, and plan the next stage.

Weekly rhythm

Day	Task
1	Study one grammar topic and write a Bokmål example.
2	Convert that example to Nynorsk and check dictionary forms.
3	Practice vocabulary cards in paired format.
4	Listen to Norwegian audio and repeat aloud.
5	Write five original sentences in both standards.
6	Read a short text and mark differences.
7	Review, correct, and write one reflection sentence.

Chapter 39. Week-by-Week Lessons

Week	Focus	Deliverable
1	Alphabet, æ/ø/å, and greetings	Write ten paired greeting sentences; learn special letters.
2	Pronouns and er/har	Introduce yourself in both standards; memorize subject pronouns.
3	Questions with who/what/where	Ask name, origin, home, and language questions.
4	Review month 1	Create a one-page self-introduction in both standards.
5	Noun gender and articles	Learn en/ein, ei, et/eit with 30 nouns.
6	Definite forms	Practice boka, bilen, huset and common feminine nouns.
7	Present tense verbs	Learn ten high-frequency verbs and write 30 sentences.
8	Review month 2	Write a home and family paragraph in both standards.
9	Word order in main clauses	Practice V2 with time-first sentences.
10	Yes/no questions	Turn statements into questions in both standards.
11	Negation and adverbs	Use ikke/ikkje, nå/no, bare/berre, mye/mykje.
12	Review month 3	Translate and convert 25 beginner sentences.
13	Adjectives	Practice stor/stort/store and common adjectives.
14	Possessives	Use bilen min, boka mi, huset mitt.
15	Past tense	Write about yesterday and last week.
16	Review month 4	Write a daily-life story in past tense.
17	Perfect tense	Use har lest/har lese, har skrevet/har skrive.
18	Future and modal verbs	Use skal, vil, kan, må, bør.
19	Prepositions and travel	Write directions and travel phrases.
20	Review month 5	Read two short texts and mark ten differences.
21	Subordinate clauses	Use at, fordi, når, hvis/viss.
22	Thematic writing	Write about hobbies, weather, travel, and books.
23	Nynorsk focus week	Rewrite older Bokmål work into Nynorsk, then write original Nynorsk.
24	Final review	Complete the final self-assessment and plan the next six months.

Chapter 40. Week 1: Alphabet, æ/ø/å, and greetings

Learning target

Write ten paired greeting sentences; learn special letters.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 41. Week 2: Pronouns and er/har

Learning target

Introduce yourself in both standards; memorize subject pronouns.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 42. Week 3: Questions with who/what/where

Learning target

Ask name, origin, home, and language questions.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 43. Week 4: Review month 1

Learning target

Create a one-page self-introduction in both standards.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 44. Week 5: Noun gender and articles

Learning target

Learn en/ein, ei, et/eit with 30 nouns.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 45. Week 6: Definite forms

Learning target

Practice boka, bilen, huset and common feminine nouns.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 46. Week 7: Present tense verbs

Learning target

Learn ten high-frequency verbs and write 30 sentences.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 47. Week 8: Review month 2

Learning target

Write a home and family paragraph in both standards.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 48. Week 9: Word order in main clauses

Learning target

Practice V2 with time-first sentences.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 49. Week 10: Yes/no questions

Learning target

Turn statements into questions in both standards.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 50. Week 11: Negation and adverbs

Learning target

Use ikke/ikkje, nå/no, bare/berre, mye/mykje.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 51. Week 12: Review month 3

Learning target

Translate and convert 25 beginner sentences.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 52. Week 13: Adjectives

Learning target

Practice stor/stort/store and common adjectives.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 53. Week 14: Possessives

Learning target

Use bilen min, boka mi, huset mitt.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 54. Week 15: Past tense

Learning target

Write about yesterday and last week.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 55. Week 16: Review month 4

Learning target

Write a daily-life story in past tense.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 56. Week 17: Perfect tense

Learning target

Use har lest/har lese, har skrevet/har skrive.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 57. Week 18: Future and modal verbs

Learning target

Use skal, vil, kan, må, bør.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 58. Week 19: Prepositions and travel

Learning target

Write directions and travel phrases.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 59. Week 20: Review month 5

Learning target

Read two short texts and mark ten differences.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 60. Week 21: Subordinate clauses

Learning target

Use at, fordi, når, hvis/viss.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 61. Week 22: Thematic writing

Learning target

Write about hobbies, weather, travel, and books.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 62. Week 23: Nynorsk focus week

Learning target

Rewrite older Bokmål work into Nynorsk, then write original Nynorsk.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Chapter 63. Week 24: Final review

Learning target

Complete the final self-assessment and plan the next six months.

Core tasks

- 1 Review the relevant chapter or lesson in this textbook.
- 2 Create 10 paired vocabulary cards.
- 3 Write 8 original Bokmål sentences and convert them to Nynorsk.
- 4 Read the sentences aloud twice.
- 5 Check three forms in Ordbøkene or another reliable dictionary.

Practice grid

Day	Bokmål task	Nynorsk task	Listening or review
1			
2			
3			
4			
5			
6			
7			

End-of-week reflection

The easiest pattern this week was: _____

The hardest difference this week was: _____

Three words I want to remember are: _____

Next week I will improve by: _____

Part VII. Vocabulary Builder

Paired vocabulary lists for core everyday topics and Norse-themed interests.

Chapter 64. Vocabulary: Core Survival Words

English	Bokmål	Nynorsk
yes	ja	ja
no	nei	nei
thanks	takk	takk
hello	hei	hei
goodbye	ha det	ha det
please	vær så snill	ver så snill
sorry/excuse me	unnskyld	orsak / unnskyld
I understand	jeg forstår	eg forstår
I do not understand	jeg forstår ikke	eg forstår ikkje
slowly	sakte	sakte
again	igjen	igjen
help	hjelp	hjelp

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 65. Vocabulary: People and Family

English	Bokmål	Nynorsk
person	person	person
man	mann	mann
woman	kvinne	kvinne
child	barn	barn
friend	venn	ven
family	familie	familie
father	far	far
mother	mor	mor
son	sønn	son
daughter	datter	dotter
brother	bror	bror
sister	søster	syster

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 66. Vocabulary: Home and Objects

English	Bokmål	Nynorsk
house	hus	hus
room	rom	rom
door	dør	dør
window	vindu	vindauge / vindu
table	bord	bord
chair	stol	stol
book	bok	bok
letter	brev	brev
car	bil	bil
bag	veske	veske
map	kart	kart
phone	telefon	telefon

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 67. Vocabulary: Food and Drink

English	Bokmål	Nynorsk
food	mat	mat
water	vann	vatn
coffee	kaffe	kaffi
tea	te	te
bread	brød	brød
cheese	ost	ost
fish	fisk	fisk
meat	kjøtt	kjøt
soup	suppe	suppe
breakfast	frokost	frukost
lunch	lunsj	lunsj
dinner	middag	middag

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 68. Vocabulary: Weather and Nature

English	Bokmål	Nynorsk
weather	vær	vêr
sun	sol	sol
rain	regn	regn
snow	snø	snø
wind	vind	vind
sky	himmel	himmel
sea	sjø	sjø
fjord	fjord	fjord
mountain	fjell	fjell
forest	skog	skog
river	elv	elv
island	øy	øy

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 69. Vocabulary: Travel and Places

English	Bokmål	Nynorsk
Norway	Norge	Noreg
city	by	by
village	landsby	landsby
hotel	hotell	hotell
station	stasjon	stasjon
airport	flyplass	flyplass
road	vei	veg
ticket	billett	billett
train	tog	tog
ship	skip	skip
journey	reise	reise
north	nord	nord

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 70. Vocabulary: Verbs

English	Bokmål	Nynorsk
to be	å være	å vere
to have	å ha	å ha
to come	å komme	å kome
to live	å bo	å bu
to read	å lese	å lese
to write	å skrive	å skrive
to speak	å snakke	å snakke
to like	å like	å like
to go	å gå	å gå
to see	å se	å sjå
to do	å gjøre	å gjere
to learn	å lære	å lære

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Chapter 71. Vocabulary: Norse and Story Words

English	Bokmål	Nynorsk
king	konge	konge
queen	dronning	dronning
warrior	kriger	krigar
sword	sverd	sverd
shield	skjold	skjold
ship	skip	skip
world	verden	verda
god	gud	gud
story	historie	historie / sogje
saga	saga	soge / saga
hero	helt	helt
dragon	drage	drake

Card practice

Turn each row into a paired flashcard. Say the Bokmål form, say the Nynorsk form, then write one sentence using the word.

- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____
- Word: _____ Bokmål sentence: _____ Nynorsk sentence: _____

Part VIII. Reviews, Tests, Worksheets, and Answer Key

Cumulative practice and printable pages for continued work.

Chapter 72. Cumulative Review Test 1: Foundations

A. Translate into both standards

1. My name is Kevin. Bokmål: _____ Nynorsk: _____
2. I come from the USA. Bokmål: _____ Nynorsk: _____
3. I live in Florida. Bokmål: _____ Nynorsk: _____
4. I am learning Norwegian. Bokmål: _____ Nynorsk: _____
5. I do not understand everything. Bokmål: _____ Nynorsk: _____
6. Can you speak slowly? Bokmål: _____ Nynorsk: _____
7. The book is good. Bokmål: _____ Nynorsk: _____
8. Today I read Norwegian. Bokmål: _____ Nynorsk: _____
9. She has a house. Bokmål: _____ Nynorsk: _____
10. They come tomorrow. Bokmål: _____ Nynorsk: _____

B. Convert from Bokmål to Nynorsk

1. Jeg kommer fra Norge. -> _____
2. Hun skriver et brev. -> _____
3. Vi snakker ikke mye. -> _____
4. Hvorfor lærer du norsk? -> _____
5. Jeg liker kaffe og brød. -> _____
6. I dag leser jeg boka. -> _____

C. Convert from Nynorsk to Bokmål

1. Eg bur i Florida. -> _____
2. Ho les ei bok. -> _____
3. Dei kjem i morgon. -> _____
4. Eg forstår ikkje alt. -> _____
5. Kva heiter du? -> _____
6. Vêret er varmt. -> _____

Chapter 73. Cumulative Review Test 2: Grammar

A. Choose the correct article

1. bil: Bokmål article _____ Nynorsk article _____
2. bok: Bokmål article _____ Nynorsk article _____
3. hus: Bokmål article _____ Nynorsk article _____
4. barn: Bokmål article _____ Nynorsk article _____
5. kvinne: Bokmål article _____ Nynorsk article _____
6. mann: Bokmål article _____ Nynorsk article _____
7. skip: Bokmål article _____ Nynorsk article _____
8. reise: Bokmål article _____ Nynorsk article _____
9. sverd: Bokmål article _____ Nynorsk article _____
10. familie: Bokmål article _____ Nynorsk article _____

B. Make the sentence negative

1. Jeg/Eg leser/les. -> _____
2. Hun/Ho kommer/kjem. -> _____
3. Vi har kaffe/kaffi. -> _____
4. De/Dei er hjemme/heime. -> _____
5. Du forstår. -> _____

C. Put time first

1. Rewrite with time first: Jeg/Eg leser/les i dag.
2. Rewrite with time first: Hun/Ho skriver/skriv i kveld.
3. Rewrite with time first: Vi kommer/kjem i morgen/i morgon.
4. Rewrite with time first: De/Dei spiller/spelar på mandag/måndag.

Chapter 74. Writing Workshop Pages

My day

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

My home

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

A trip

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

A favorite hobby

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

A fantasy character

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

A ship journey

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

A family story

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

Why I am learning Norwegian

Write 6 to 8 sentences in Bokmål. Then write the Nynorsk version. Circle three differences.

1. Bokmål: _____

Nynorsk: _____

2. Bokmål: _____

Nynorsk: _____

3. Bokmål: _____

Nynorsk: _____

4. Bokmål: _____

Nynorsk: _____

5. Bokmål: _____

Nynorsk: _____

6. Bokmål: _____

Nynorsk: _____

7. Bokmål: _____

Nynorsk: _____

8. Bokmål: _____

Nynorsk: _____

Chapter 75. Blank Paired-Learning Worksheets

Worksheet 1

English	Bokmål	Nynorsk	Pattern / note

Worksheet 2

English	Bokmål	Nynorsk	Pattern / note

Worksheet 3

English	Bokmål	Nynorsk	Pattern / note

Worksheet 4

English	Bokmål	Nynorsk	Pattern / note

Worksheet 5

English	Bokmål	Nynorsk	Pattern / note

Worksheet 6

English	Bokmål	Nynorsk	Pattern / note

Chapter 76. Answer Key

Exercise 2A

English	Bokmål	Nynorsk
I am home.	Jeg er hjemme.	Eg er heime.
I have a book.	Jeg har ei bok.	Eg har ei bok.
I write Norwegian.	Jeg skriver norsk.	Eg skriv norsk.
I do not speak much.	Jeg snakker ikke mye.	Eg snakkar ikkje mykje.
Why are you here?	Hvorfor er du her?	Kvifor er du her?

Common translation answers

English	Bokmål	Nynorsk
My name is Kevin.	Jeg heter Kevin.	Eg heiter Kevin.
I come from the USA.	Jeg kommer fra USA.	Eg kjem frå USA.
I live in Florida.	Jeg bor i Florida.	Eg bur i Florida.
I am learning Norwegian.	Jeg lærer norsk.	Eg lærer norsk.
I do not understand everything.	Jeg forstår ikke alt.	Eg forstår ikkje alt.
Can you speak slowly?	Kan du snakke sakte?	Kan du snakke sakte?
The book is good.	Boka er god.	Boka er god.
Today I read Norwegian.	I dag leser jeg norsk.	I dag les eg norsk.
She has a house.	Hun har et hus.	Ho har eit hus.
They come tomorrow.	De kommer i morgen.	Dei kjem i morgon.

Conversion patterns

Bokmål	Nynorsk
Jeg kommer fra Norge.	Eg kjem frå Noreg.
Hun skriver et brev.	Ho skriv eit brev.
Vi snakker ikke mye.	Vi snakkar ikkje mykje.
Hvorfor lærer du norsk?	Kvifor lærer du norsk?
Jeg liker kaffe og brød.	Eg likar kaffi og brød.
I dag leser jeg boka.	I dag les eg boka.

Answer key note

Some Norwegian words have permitted variants, especially in Bokmål and in Nynorsk optional forms. If your answer differs from the key, check an official dictionary before treating it as wrong.

Chapter 77. Appendix A: Grammar Reference Charts

Pronouns and common question words

English	Bokmål	Nynorsk
I	jeg	eg
you	du	du
he	han	han
she	hun	ho
we	vi	vi / me
you plural	dere	de / dykk
they	de	dei
not	ikke	ikkje
what	hva	kva
who	hvem	kven
where	hvor	kvar / kor
how	hvordan	korleis
why	hvorfor	kvifor
from	fra	frå
now	nå	no
only	bare	berre

Core verbs reference

English	BM infinitive	NN infinitive	BM present	NN present	BM past	NN past
to be	å være	å vere	er	er	var	var
to have	å ha	å ha	har	har	hadde	hadde
to come	å komme	å kome	kommer	kjem	kom	kom
to live	å bo	å bu	bor	bur	bodde	budde
to read	å lese	å lese	leser	les	leste	las
to write	å skrive	å skrive	skriver	skriv	skrev	skreiv
to speak	å snakke	å snakke	snakker	snakkar	snakket	snakka
to like	å like	å like	liker	likar	likte	likte
to go/walk	å gå	å gå	går	går	gikk	gjekk
to see	å se	å sjå	ser	ser	så	såg
to do	å gjøre	å gjere	gjør	gjer	gjorde	gjorde
to know	å vite	å vite	vet	veit	visste	visste

Chapter 78. Appendix B: Official and Institutional Resources

Use current official and institutional resources whenever you verify a form, expand vocabulary, or continue beyond this textbook.

Resource	URL	Use
Ordbøkene	https://ordbokene.no	Bokmålsordboka and Nynorskordboka for spelling and inflection.
Språkrådet	https://sprakradet.no	Official language guidance and Norwegian spelling resources.
NTNU LearnNoW	https://www.ntnu.edu/learnnow	Free beginner Norwegian course with audio and structured lessons.
Nynorsksenteret	https://nynorsksenteret.no	Nynorsk education resource hub.

How to continue after this textbook

- 1 Continue with beginner and lower-intermediate courses that include audio.
- 2 Read simple texts in both standards every week.
- 3 Write original Nynorsk, not only conversions from Bokmål.
- 4 Listen to a wider range of dialects after the first six months.
- 5 If Old Norse remains a goal, start a separate Old Norse introduction after you can read basic modern Norwegian with confidence.

Chapter 79. Final Self-Assessment

Use this page at the end of the course. Be honest. The goal is not perfection. The goal is knowing what to study next.

Skill	Can do confidently	Can do with help	Needs review
Introduce myself in Bokmål			
Introduce myself in Nynorsk			
Recognize common pronoun differences			
Use noun articles			
Use present tense verbs			
Use V2 word order			
Ask basic questions			
Use ikke/ikkje			
Read a short Bokmål text			
Read a short Nynorsk text			
Write a short paragraph in both standards			
Use a dictionary to check forms			

Next six-month plan

My strongest skill is: _____

My weakest skill is: _____

The Bokmål patterns I know best are: _____

The Nynorsk patterns I know best are: _____

The next resource I will use is: _____

My next weekly schedule will be: _____