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3 MINUTE SWEDISH

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400 ACTIONS & ACTIVITIES
EVERYDAY SWEDISH FOR BEGINNERS

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LESSON NOTES

3-Minute Swedish #1 Self Introduction

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SWEDISH

1. Hej, jag heter Carl.
2. God dag. Jag heter Carl Samuelsson.
3. Trevligt att träffas.
4. Angenämt.

ENGLISH

1. Hi I'm Carl.
2. Good day, I'm Carl Samuelsson.
3. Nice to meet you.
4. It's a pleasure.

VOCABULARY

Swedish	English	Class
hej	Hi	greeting
jag	I	personal pronoun
heter	am	verb
Carl	person's name	noun
God dag	Good day	

Carl Samuelsson	person's full name	noun
att	to	conjunction
träffas	meet	verb
trevligt	nice	adjective
angenämt	pleasant	adjective

GRAMMAR

In this lesson you will learn how to introduce yourself.

	Register	***Swedish***	**English**	**Important Notes**
Phrase 1	**informal**	***Hej, jag heter Carl-Ray.***	**Hi I'm Carl.**	
Word 1		*hej*	Hi	
Word 2		*jag*	I	
Word 3		*heter*	am	conjugated form of heta
Word 4		*Carl*	person's name	
Phrase 2	**formal**	***God dag. Jag heter Carl Samuelsson.***	**Good day, I'm Carl Samuelsson.**	
Word 1		*God dag*	Good day	
Word 2		*jag*	I	
Word 3		*heter*	am	conjugated form of heta

Word 4		*Carl Samuelsson*	person's full name	
Phrase 3	**informal**	***Trevligt att träffas.***	**Nice to meet you.**	
Word 1		*Trevligt*	Nice	
Word 2		*att*	to	
Word 3		*träffas*	meet	conjugated form of träffa
Phrase 4	**formal**	***Angenämt.***	**It's a pleasure.**	
Word 1		*Angenämt*	pleasant	

CULTURAL INSIGHT

When you introduce yourself, it's a good habit to shake hands in Sweden. Swedish people value equality highly, so introduce yourself in the same way to everyone.

LESSON NOTES

3-Minute Swedish #2 Greetings

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SWEDISH

1. Hej.
2. God dag.
3. Vi ses.
4. Hejdå

ENGLISH

1. Hi.
2. Good day.
3. See you.
4. Goodbye.

VOCABULARY

Swedish	English	Class
hej	Hi	greeting
god	good	adjective
dag	day	noun
vi	you	pronoun
ses	see	verb
Hejdå	goodbye	interjection

GRAMMAR

In this lesson you will learn how to greet someone when you arrive and when you part.

	Register	*Swedish*	English	Important Notes
Phrase 1	**informal**	***Hej.***	**Hi.**	
Word 1		*hej*	Hi	
Phrase 2	**formal**	***God dag.***	**Good day.**	
Word 1		*god*	good	
Word 2		*dag*	day	
Phrase 3	**informal**	***Vi ses.***	**See you.**	
Word 1		*vi*	you	
Word 2		*ses*	see	conjugated form of se
Phrase 4	**formal**	***Hejdå***	**Goodbye.**	
Word 1		*Hejdå*	goodbye	

CULTURAL INSIGHT

Don't be afraid if someone you meet more than once hugs you. In Sweden hugs are a common way to greet people you know.

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3-Minute Swedish #3 Manners

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SWEDISH

1. Tack.
2. Tack så mycket.
3. Tack, gärna.
4. Tack för allt.

ENGLISH

1. Thank you.
2. Thank you very much.
3. Thank you, gladly.
4. Thanks for everything.

VOCABULARY

Swedish	English	Class
tack	thank you.	interjection
så	very	adverb
mycket	much	adverb
gärna	gladly	adverb
tack	thanks	interjection
för	for	adverb

allt	everything	pronoun

GRAMMAR

In this lesson you will learn how to thank other people in various ways.

	Register	*Swedish*	English	Important Notes
Phrase 1	**informal**	***Tack.***	**Thank you.**	
Word 1		*tack*	thank you.	
Phrase 2	**formal**	***Tack så mycket.***	**Thank you very much.**	
Word 1		*tack*	thank you	
Word 2		*så*	very	
Word 3		*mycket*	much	
Phrase 3		***Tack, gärna.***	**Thank you, gladly.**	
Word 1		*tack*	thank you	
Word 2		*gärna*	gladly	
Phrase 4		***Tack för allt.***	**Thanks for everything.**	
Word 1		*tack*	thanks	
Word 2		*för*	for	
Word 3		*allt*	everything	

CULTURAL INSIGHT

If you're not sure about whether to use *Tack* or *Tack så mycket*, keeping it simple is always your safest bet. You don't have to worry about formal or informal situations; *Tack* can be used with just about anyone, anywhere, and at anytime!

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3-Minute Swedish #4 Asking How Someone Is

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SWEDISH

1. Hur mår du?
2. Hur är det?
3. Jag mår bra, tack.
4. Inte så bra.

ENGLISH

1. How are you?
2. How is it?
3. I'm fine. Thank you.
4. Not so well.

VOCABULARY

Swedish	English	Class
hur	how	adverb
så	so	adverb
inte	not	adverb
tack	thank you	interjection
bra	fine	adjective
mår	feel	verb

jag	I	personal pronoun
det	it	pronoun
är	is	verb
du	you	personal pronoun
mår	are	verb
bra	well	adjective

GRAMMAR

In this lesson you will learn how to ask and answer the question How are you?.

	Swedish	**English**	**Important Notes**
Phrase 1	***Hur mår du?***	**How are you?**	
Word 1	*hur*	how	
Word 2	*mår*	are	Conjugated form of må
Word 3	*du*	you	
Phrase 2	***Hur är det?***	**How is it?**	
Word 1	*hur*	how	
Word 2	*är*	is	Conjugated form of vara
Word 3	*det*	it	
Phrase 3	***Jag mår bra, tack.***	**I'm fine. Thank you.**	
Word 1	*jag*	I	

Word 2	*mår*	feel
Word 3	*bra*	fine
Word 4	*tack*	thank you
Phrase 4	***Inte så bra.***	**Not so well.**
Word 1	*inte*	not
Word 2	*så*	so
Word 3	*bra*	well

CULTURAL INSIGHT

Swedish people generally ask how you are as a greeting rather than as a serious question. If you don't know the person well, the answer should be along the lines of *Jag mår bra, tack* meaning “I’m fine, thank you.”

LESSON NOTES

3-Minute Swedish #5 Making Apologies

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SWEDISH

1. Ursäkta.
2. Ursäkta mig.
3. Jag menade det inte.
4. Förlåt

ENGLISH

1. Excuse me.(informal)
2. Excuse me.(formal)
3. I didn't mean it.
4. I'm sorry.

VOCABULARY

Swedish	English	Class
ursäkta	excuse me	interjection
ursäkta	excuse	interjection
mig	me	personal pronoun
jag	I	personal pronoun
menade	mean	verb
det	it	pronoun

inte	not	adverb
förlåt	sorry	interjection, expression

SAMPLE SENTENCES

Förlåt att jag skrek åt dig.

"Sorry I screamed at you."

GRAMMAR

In this lesson you will learn how to apologise yourself and say that you didn't do it on purpose or you are sorry.

	Register	*Swedish*	English	Important Notes
Phrase 1	**informal**	***Ursäkta.***	**Excuse me.**	
Word 1		*ursäkta*	excuse me	
Phrase 2	**formal**	***Ursäkta mig.***	**Excuse me.**	
Word 1		*ursäkta*	excuse	
Word 2		*mig*	me	
Phrase 3		***Jag menade det inte.***	**I didn't mean it.**	
Word 1		*jag*	I	
Word 2		*menade*	mean	Conjugated form of mena
Word 3		*det*	it	

Word 4		*inte*	not
Phrase 4		***Förlåt***	**I'm sorry.**
Word 1		*förlåt*	sorry

CULTURAL INSIGHT

Ursäkta wich means "sorry" is a very good word to remember. It can be used to get someone's attention, apologise for minor inconveniences such as bumping into someone, or excuse yourself for minor mishaps. But, if you have done something you truly feel sorry about, you usually say *förlåt mig*, meaning "I'm sorry."

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3-Minute Swedish #6 Refusing Politely

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SWEDISH

1. Nej, det är lugnt.
2. Nej tack.
3. Ledsen, men jag har redan andra planer.
4. Ursäkta, men jag är tyvärr upptagen.

ENGLISH

1. No, it is ok.
2. No, thank you.
3. Sorry, but I already have plans.(informal)
4. Sorry, but I already have plans.(formal)

VOCABULARY

Swedish	English	Class
nej	no	expression
det är	it is	phrase
lugnt	calm	adjective
tack	thanks	interjection
ledsen	sorry	interjection, phrase
men	but	conjunction

jag har redan	I already have	phrase
andra planer	other plans	phrase
ursäkta	I'm sorry	interjection
Jag är	I am	phrase
tyvärr	sadly	phrase
upptagen	busy	adjective

SAMPLE SENTENCES

Nej tack, jag behöver inget. "No thanks, I don't need anything."	**Jag är ledsen, jag kan inte gå med dig.** "Sorry, I can't go with you."
Jag är trött men jag måste göra klart rapporten ikväll. "I'm sleepy but I have to finish this report tonight."	**Det är soligt ute men kalt.** "It is sunny outside but cold."
Jag är oftast upptagen på kvällen. "I'm often busy at night."	**Är du upptagen på lördag?** "Are you busy on Saturday?"

GRAMMAR

In this lesson you will learn how to refuse politely an invite.

	Register	***Swedish***	**English**
Phrase 1	**informal**	***Nej, det är lugnt.***	**No, it is ok.**
Word 1		*nej*	no
Word 2		*det är*	it is

Word 3		*lugnt*	calm
Phrase 2	**formal**	***Nej tack.***	**No, thank you.**
Word 1		*nej*	no
Word 2		*tack*	thanks
Phrase 3	**informal**	***Ledsen, men jag har redan andra planer.***	**Sorry, but I already have plans.**
Word 1		*ledsen*	sorry
Word 2		*men*	but
Word 3		*jag har redan*	I already have
Word 4		*andra planer*	other plans
Phrase 4	**formal**	***Ursäkta, men jag är tyvärr upptagen.***	**Sorry, but I already have plans.**
Word 1		*ursäkta*	I'm sorry
Word 2		*men*	but
Word 3		*jag är*	I am
Word 4		*tyvärr*	sadly

CULTURAL INSIGHT

If you are invited to a dinner party by a Swede, please try not to refuse. Dinner parties are a big deal in Sweden. They are usually relaxed events where acquaintances have a chance to become friends. So don't miss a chance to attend one for the world!

LESSON NOTES

3-Minute Swedish #7
Do You Speak English?

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SWEDISH

1. Kan du engelska?
2. Pratar du engelska?
3. Ja, jag pratar engelska.
4. Nej, jag pratar inte engelska.

ENGLISH

1. Do you know English?
2. Do you speak English?
3. Yes, I speak English.
4. No, I don't speak English.

VOCABULARY

Swedish	English	Class
kan	know	verb
du	you	personal pronoun
engelska	English	noun
pratar	speak	verb
ja	yes	adverb
jag	I	personal pronoun

nej	no	expression
inte	not	adverb

SAMPLE SENTENCES

Engelska är det tredje mest talade språket i världen. "English is the third most spoken language in the world."	**Ja, jag följer gärna med dig.** "Yes, I'd be happy to go with you."
Nej tack, jag behöver inget. "No thanks, I don't need anything."	**Jag kan inte sova.** "I cannot sleep."
Det vet jag inte. "I don't know that."	

GRAMMAR

In this lesson you will learn how to ask and answer the question Do you speak English?.

	Swedish	**English**	**Important Notes**
Phrase 1	***Kan du engelska?***	**Do you know English?**	
Word 1	*kan*	know	
Word 2	*du*	you	
Word 3	*engelska*	english	
Phrase 2	***Pratar du engelska?***	**Do you speak English?**	

Word 1	*pratar*	speak	Conjugated form of prata
Word 2	*du*	you	
Word 3	*engelska*	English	
Phrase 3	***Ja, jag pratar engelska.***	**Yes, I speak English.**	
Word 1	*ja*	yes	
Word 2	*jag*	I	
Word 3	*pratar*	speak	
Word 4	*engelska*	english	
Phrase 4	***Nej, jag pratar inte engelska.***	**No, I don't speak English.**	
Word 1	*nej*	no	
Word 2	*jag*	I	
Word 3	*pratar*	speak	
Word 4	*inte*	not	

CULTURAL INSIGHT

Swedish people are generally pretty good at English. If you are in a big city, you should have no trouble communicating by only English. Even in the countryside, most people understand basic phrases. Be aware however that food menus, transport etc are almost never in English. So if you can't work out that *biff* is Swedish for "beef," don't hesitate to ask people to translate.

LESSON NOTES

3-Minute Swedish #8 Talking About Your Age

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SWEDISH

1. Hur gammal är du?
2. Jag är sjutton år gammal.
3. Jag är sjutton.
4. Det vill jag helst inte säga.

ENGLISH

1. How old are you?
2. I am seventeen years old.
3. I am seventeen.
4. I prefer not to say.

VOCABULARY

Swedish	English	Class
hur	how	adverb
gammal	old	adjective
är	are	verb
du	you	personal pronoun
jag	I	personal pronoun
är	am	verb

sjutton	seventeen	noun
år gammal	years old	phrase
Det	it	pronoun
vill jag	I want	phrase
helst inte	rather not	verb
säga	say	verb

SAMPLE SENTENCES

Berätta för mig hur man använder fjärrkontrollen. "Tell me how to use the remote control."	**Hur mår du?** "How are you?"
Vilken vacker gammal vas. "What a beautiful old vase."	**Är du arg?** "Are you angry?"
Det är vackert väder idag. "It is beautiful weather today."	**Kvinnan kan inte säga något.** "The woman can't say anything."

GRAMMAR

In this lesson you will learn how to ask someone's age and to say yours.

	Swedish	**English**	**Important Notes**
Phrase 1	***Hur gammal är du?***	**How old are you?**	
Word 1	*hur*	how	
Word 2	*gammal*	old	

Word 3	*är*	are	Conjugated form of vara
Word 4	*du*	you	
Phrase 2	***Jag är sjutton år gammal.***	**I am seventeen years old.**	
Word 1	*jag*	I	
Word 2	*är*	am	Conjugated form of vara
Word 3	*sjutton*	seventeen	
Word 4	*år gammal*	years old	
Phrase 3	***Jag är sjutton.***	**I am seventeen.**	
Word 1	*jag*	I	
Word 2	*är*	am	Conjugated form of vara
Word 3	*sjutton*	seventeen	
Phrase 4	***Det vill jag helst inte säga.***	**I prefer not to say.**	
Word 1	*Det*	it	
Word 2	*vill jag*	I want	
Word 3	*helst inte*	rather not	
Word 4	*säga*	say	

CULTURAL INSIGHT

In Sweden, people's ages are not discussed that much, so don't use it as a conversation starter if you don't genuinely want to know. It is also considered rude to ask an older woman for her age, so be careful who you ask.

LESSON NOTES

3-Minute Swedish #9 Using Adjectives

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SWEDISH

1. Jag är glad.
2. Du är glad.
3. Vi är ledsna.
4. Dom är ledsna.

ENGLISH

1. I am happy.
2. You are happy.
3. We are sad.
4. They are sad.

VOCABULARY

Swedish	English	Class
jag	I	personal pronoun
är	am	verb
glad	happy	adjective
du	you	pronoun
är	are	verb
vi	we	pronoun

ledsna	sad	adjective
dom	they	pronoun

SAMPLE SENTENCES

Lisa blev glad när Peter ringde. "Lisa was happy when Peter rang."	**Jag hör dig inte.** "I can't hear you."
Vi borde åka på semester. “We should go on vacation.”	

GRAMMAR

In this lesson you will learn how to use adjectives in simple sentences.

	Swedish	**English**	**Important Notes**
Phrase 1	***Jag är glad***	**I am happy.**	
Word 1	*jag*	I	
Word 2	*är*	am	Conjugated form of vara
Word 3	*glad*	happy	
Phrase 2	***Du är glad.***	**You are happy.**	
Word 1	*du*	you	
Word 2	*är*	are	Conjugated form of vara
Word 3	*glad*	happy	

Phrase 3	***Vi är ledsna***	**We are sad.**	
Word 1	*vi*	we	
Word 2	*är*	are	Conjugated form of vara
Word 3	*ledsna*	sad	
Phrase 4	***Dom är ledsna.***	**They are sad.**	
Word 1	*dom*	they	
Word 2	*är*	are	Conjugated form of vara
Word 3	*ledsna*	sad	

CULTURAL INSIGHT

If you want to insist on an adjective in Swedish, you can put the word jätte in front of it. If for example, you add *jätte to bra* meaning "good," you get jättebra, which means "very good," or if you add it to *vacker* meaning "beautiful," you get *jättevacker*, meaning "very beautiful."

LESSON NOTES

3-Minute Swedish #10 Asking How Much Something Costs

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SWEDISH

1. Vad kostar den?
2. Hur mycket kostar den?
3. Ok, jag tar den.
4. Nej tack. Den är för dyr.

ENGLISH

1. How much does this cost?
2. How much does it cost?
3. OK, I'll take it.
4. No, thanks. It's too expensive.

VOCABULARY

Swedish	English	Class
vad	what	pronoun
kostar	cost	verb
den	that, it	pronoun
hur	how	adverb
mycket	much	adverb
Ok	OK	interjection

jag	I	personal pronoun
tar	take	verb
nej tack	no thanks	phrase
är	is	verb
för	too	adverb
dyr	expensive	adjective

SAMPLE SENTENCES

Vad pratar du om? "What are you talking about?"	**Vad är klockan nu?** "What is the time now?"
Vad är din destination? "What's your destination?"	**Berätta för mig hur man använder fjärrkontrollen.** "Tell me how to use the remote control."
Hur mår du? "How are you?"	**Han har för mycket läxor till helgen.** "He has too much homework for this weekend."
Jag har för många par skor. "I have too many pairs of shoes."	**Han tog det dyraste vinet i spritbutiken.** "He got the most expensive wine in the liquor shop."
Den bilen är för dyr; jag köper den inte. "That car is too expensive; I won't buy it."	**Jackan var fin men dyr.** "The jacket was nice but expensive."

GRAMMAR

In this lesson you will learn how to ask how much something costs.

	Swedish	**English**	**Important Notes**
Phrase 1	***Vad kostar den?***	**How much does this cost?**	
Word 1	*vad*	what	
Word 2	*kostar*	cost	conjugated form of kosta
Word 3	*den*	it	
Phrase 2	***Hur mycket kostar den?***	**How much does it cost?**	
Word 1	*hur*	how	
Word 2	*mycket*	much	
Word 3	*kostar*	costs	
Word 4	*den*	it	
Phrase 3	***Ok, jag tar den.***	**OK, I'll take it.**	
Word 1	*Ok*	OK	
Word 2	*jag*	I	
Word 3	*tar*	take	Conjugated form of ta
Word 4	*den*	it	
Phrase 4	***Nej tack. Den är för dyr.***	**No, thanks. It's too expensive.**	
Word 1	*nej tack*	no thanks	

Word 2	*den*	it	
Word 3	*är*	is	Conjugated form of vara
Word 4	*för*	too	

CULTURAL INSIGHT

Do not try to haggle in Sweden. Swedish people don't haggle unless they are are at a flea market or buying used goods.

LESSON NOTES

3-Minute Swedish #11
How to Read Prices

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SWEDISH

1. En krona.
2. Tio kronor.
3. Femtiofem kronor och tio öre.
4. Tjugosex kronor och femtio öre.

ENGLISH

1. One Crown.
2. Ten Crowns.
3. Fifty-five Crowns and ten cents.
4. Twenty-six Crowns and fifty cents.

VOCABULARY

Swedish	English	Class	Gender
kronor	country's currency	noun	common
en	one	numeral	
krona	Crown	noun	
tio	ten	numeral	
Kronor	Crowns	noun	common

Femtiofem	Fiftyfive	numeral
och	and	conjunction
Öre	Cent, cents	noun
tjugosex	twenty-six	
femtio	fifty	numeral

SAMPLE SENTENCES

Jag har inte en enda krona kvar. "I don't have a single crown left."	**Jag kan göra tio situps.** "I can do ten sit-ups."
Jag ska bara kolla hur många kronor jag har kvar. "I'm just going to see how many crowns I've got left."	**Pojkarna och flickorna spelar basket.** "The boys and girls are playing basketball."
Jag hittade femtio kronor på bussen. "I found fifty crowns on the bus."	

GRAMMAR

In this lesson you will learn how to read prices.

	Swedish	**English**
Phrase 1	***En krona***	**One Crown.**
Word 1	*en*	one

Word 2	*krona*	Crown
Phrase 2	***Tio kronor.***	**Ten Crowns.**
Word 1	*tio*	ten
Word 2	*kronor*	Crowns
Phrase 3	***Femtiofem kronor och tio öre.***	**Fifty-five Crowns and ten cents.**
Word 1	*femtiofem*	fifty-five
Word 2	*kronor*	Crowns
Word 3	*och*	and
Word 4	*tio*	ten
Word 5	*öre*	cents
Phrase 4	***Tjugosex kronor och femtio öre.***	**Twenty-six Crowns and fifty cents.**
Word 1	*tjugosex*	twenty-six
Word 2	*kronor*	Crowns
Word 3	*och*	and
Word 4	*femtio*	fifty

CULTURAL INSIGHT

LESSON NOTES

3-Minute Swedish #12 Asking What Someone is Doing

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SWEDISH

1. Vad gör du?
2. Vad håller du på med?
3. Jag studerar.
4. Jag gör inget speciellt.

ENGLISH

1. What are you doing?
2. What are you up to?
3. I am studying.
4. I'm doing nothing special.

VOCABULARY

Swedish	English	Class
studerar	am studying	verb
inget speciellt	nothing special	phrase
vad	what	pronoun
gör	do	verb
du	you	personal pronoun
håller	hold	verb

på	on	preposition
med	too; with	
jag	I	personal pronoun

SAMPLE SENTENCES

Vad pratar du om? "What are you talking about?"	**Vad är klockan nu?** "What is the time now?"
Vad är din destination? "What's your destination?"	**Är du arg?** "Are you angry?"
Jag brukar gå hem tidigt på fredagar. "I usually go home early on Fridays."	**Jag tog boken som låg på bordet.** "I took the book that was on the table."
Dagens väder är soligt med enstaka moln. "Today's weather is sunny with occasional clouds."	

GRAMMAR

In this lesson you will learn how to ask and answer the question What are you doing?.

	Swedish	**English**	**Important Notes**
Phrase 1	***Vad gör du?***	**What are you doing?**	
Word 1	*vad*	what	
Word 2	*gör*	do	conjugated form of göra

Word 3	*du*	you	
Phrase 2	***Vad håller du på med?***	**What are you up to?**	
Word 1	*vad*	what	
Word 2	*håller*	hold	conjugated form of hålla
Word 3	*du*	you	
Word 4	*på*	on	
Word 5	*med*	with	
Phrase 3	***Jag studerar.***	**I am studying.**	
Word 1	*jag*	I	
Word 2	*studerar*	am studying	conjugated form of studera
Phrase 4	***Jag gör inget speciellt.***	**I'm doing nothing special.**	
Word 1	*jag*	I	
Word 2	*gör*	do	conjugated form of göra
Word 3	*inget speciellt*	nothing special	

CULTURAL INSIGHT

Hej, vad gör du? meaning “Hi, what are you doing?,” is a great conversation starter if you don't know how to start talking to someone. Try using it; you'll soon find that Swedish people

are much more talkative than their first impression may lead you to believe.

LESSON NOTES

3-Minute Swedish #13
Who Is It?

CONTENTS

2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#13

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SWEDISH

1. Vem är det?
2. Vem är det där?
3. Det är jag.
4. Det är min vän.

ENGLISH

1. Who is it?
2. Who is that?
3. It's me.
4. That is my friend.

VOCABULARY

Swedish	English	Class	Gender
vem	who	pronoun	
är	is	verb	
det	it	pronoun	
det där	that there	pronoun	
jag	I, me	personal pronoun	

det	that		
min	my, mine	possessive pronoun	
vän	friend	noun	common

SAMPLE SENTENCES

Vem bor i det där huset? "Who lives in that house over there?"	**Vem har ätit upp alla kakor?** "Who has eaten all the cookies?"
Vem är Johan? "Who is Johan?"	**Det där skulle du inte ha gjort.** "You shouldn't have done that."
Jag bor väldigt nära stationen. "I live very close to the station."	**Jag har tappat min plånbok.** "I have lost my wallet."
Hon var min vän tills jag blev befodrad istället för henne. "She was a friend of mine until I got the promotion instead of her."	**Min bästa vän och jag går överallt tillsammans.** "My best friend and I go everywhere together."
Pojken kan höra sin vän. "The boy can hear his friend."	

GRAMMAR

In this lesson you will learn how to ask who it is.

	Swedish	**English**	**Important Notes**
Phrase 1	***Vem är det?***	**Who is it?**	

Word 1	*vem*	who	
Word 2	*är*	is	Conjugated form of vara
Word 3	*det*	it	
Phrase 2	***Vem är det där?***	**Who is that?**	
Word 1	*vem*	who	
Word 2	*är*	is	Conjugated form of vara
Word 3	*det där*	that there	
Phrase 3	***Det är jag.***	**It's me.**	
Word 1	*Det*	It	
Word 2	*är*	is	Conjugated form of vara
Word 3	*jag*	me	
Phrase 4	***Det är min vän***	**That is my friend.**	
Word 1	*det*	that	
Word 2	*är*	is	Conjugated form of vara
Word 3	*min*	my	
Word 4	*vän*	friend	

CULTURAL INSIGHT

If someone you didn't expect is knocking at your door, the common question to ask before opening the door in Swedish is *Vem är det?* This literally means "Who is it?"

LESSON NOTES

3-Minute Swedish #14 When Are You Leaving?

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

14

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SWEDISH

1. När går du?
2. När åker du?
3. Jag går om två timmar.
4. Jag åker om två veckor.

ENGLISH

1. When are you leaving?
2. When are you leaving?
3. I leave in two hours.
4. I leave in two weeks.

VOCABULARY

Swedish	English	Class
om två timmar	in two hours	phrase
om två veckor	in two weeks	phrase
när	when	adverb
går	go	verb
du	you	personal pronoun
åker	leave	verb

jag	I	personal pronoun

SAMPLE SENTENCES

När åker du till Italien? “When are you going to Italy?”	**När fyller du år?** "When is your birthday?"
När kommer du ikväll? "When are you coming tonight?"	**Är du arg?** "Are you angry?"

GRAMMAR

In this lesson you will learn how to ask when someone is leaving.

	Swedish	**English**	**Important Notes**
Phrase 1	***När går du?***	**When are you leaving?**	
Word 1	*när*	when	
Word 2	*går*	go	conjugated form of gå
Word 3	*du*	you	
Phrase 2	***När åker du?***	**When are you leaving?**	
Word 1	*när*	when	
Word 2	*åker*	leave	conjugated form of åka

Word 3	*du*	you	
Phrase 3	***Jag går om två timmar.***	**I leave in two hours.**	
Word 1	*jag*	I	
Word 2	*går*	leave	conjugated form of gå
Word 3	*om två timmar*	in two hours	
Phrase 4	***Jag åker om två veckor.***	**I leave next week.**	
Word 1	*jag*	I	
Word 2	*åker*	leave	conjugated form of åka
Word 3	*om två veckor*	in two weeks	

CULTURAL INSIGHT

There are two ways to say that you are leaving in Swedish. The first, *Jag går om...*, is used when you are leaving the area you are in. The second, *Jag åker om...*, is used when you are leaving to go somewhere specific.

LESSON NOTES

3-Minute Swedish #15 Where Are You Going?

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2 Swedish
2 English
2 Vocabulary
3 Grammar
4 Cultural Insight

#15

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SWEDISH

1. Vart ska du?
2. Vart är du på väg?
3. Jag ska till snabbköpet.
4. Jag ska till jobbet.

ENGLISH

1. Where are you going?
2. Where are you going?
3. I'm going to the supermarket.
4. I'm going to work.

VOCABULARY

Swedish	English	Class
Vart	where	adverb
ska	are going	modal verb
du	you	personal pronoun
är	are	verb
på väg	on way	adverb
jag	I	personal pronoun

Till	To	preposition
ska	am going	modal verb
snabbköpet	supermarket	noun
Jobbet	Work	noun

GRAMMAR

In this lesson you will learn how to ask where someone is going.

	Register	***Swedish***	**English**	**Important Notes**
Phrase 1	**informal**	***Vart ska du?***	**Where are you going?**	
Word 1		*Vart*	where	
Word 2		*ska*	are going	
Word 3		*du*	you	
Phrase 2	**formal**	***Vart är du på väg?***	**Where are you going?**	
Word 1		*vart*	where	
Word 2		*är*	are	Conjugated form of vara
Word 3		*du*	you	
Word 4		*på väg*	on way	
Phrase 3		***Jag ska till snabbköpet.***	**I'm going to the supermarket.**	

Word 1		*jag*	I
Word 2		*ska*	am going
Word 3		*till*	to
Word 4		*snabbköpet*	supermarket
Phrase 4		***Jag ska till jobbet.***	**I'm going to work.**
Word 1		*jag*	I
Word 2		*ska*	am going
Word 3		*till*	to
Word 4		*jobbet*	work

CULTURAL INSIGHT

Swedish people are often indirect in their way of talking. For example, instead of directly saying *Kan jag följa med?* meaning “Can I come with you?,” you should ask *Vart ska du?* meaning “where are you going?,” and hope that the person you ask invites you instead.

LESSON NOTES

3-Minute Swedish #16 Asking Directions

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#16

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SWEDISH

1. Vart ligger stationen?
2. Gå rakt fram.
3. Sväng höger.
4. Sväng vänster.

ENGLISH

1. Where is the station?
2. Go straight.
3. Turn right.
4. Turn left.

VOCABULARY

Swedish	English	Class	Gender
Vart	where	adverb	
ligger	is	verb	
stationen	the station	noun	
gå	go	verb	
rakt fram	straight ahead	adverb	

sväng	turn	verb	
höger	right	noun	common
vänster	left	noun	common

SAMPLE SENTENCES

Gå rakt fram så ser du affären. "Go straight ahead and you'll see the store."	**Mannen står till höger om statyn.** "The man is standing to the right of the statue."
Affären ligger på vänster sida. "The store is on the left side."	

GRAMMAR

In this lesson you will learn how to ask and understand basic directions.

	Swedish	**English**	**Important Notes**
Phrase 1	***Vart ligger stationen?***	**Where is the station?**	
Word 1	*vart*	where	
Word 2	*ligger*	is	conjugated form of ligga
Word 3	*stationen*	the station	
Phrase 2	***Gå rakt fram.***	**Go straight.**	
Word 1	*gå*	go	conjugated form of göra

Word 2	*rakt fram*	straigt ahead	
Phrase 3	***Sväng höger.***	**Turn right.**	
Word 1	*sväng*	turn	conjugated form of svänga
Word 2	*höger*	right	
Phrase 4	***Sväng vänster.***	**Turn left.**	
Word 1	*sväng*	turn	conjugated form of svänga
Word 2	*vänster*	left	

CULTURAL INSIGHT

Swedish people are generally very polite. If you are lost, just ask any Swede on the street and he or she will surely help you find your way.

LESSON NOTES

3-Minute Swedish #17
Why?

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#17

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SWEDISH

1. Varför är du sen?
2. Jag missade tåget.
3. Varför går du så tidigt?
4. För att inte missa tåget.

ENGLISH

1. Why are you late?
2. I missed the train.
3. Why do you leave so early?
4. To not miss the train.

VOCABULARY

Swedish	English	Class
missa	miss	verb
för att inte	to not	phrase
tidigt	early	adverb
varför	why	adverb
är	are	verb
du	you	personal pronoun

sen	late	adjective, adverb
jag	I	personal pronoun
missade	missed	verb
tåget	the train	noun
går du	you walk	phrase
så	so	adverb, phrase

SAMPLE SENTENCES

Varför har du inte städat ditt rum? "Why have you not cleaned your room?"	**Varför är du sen?** "Why are you late?"
Är du arg? "Are you angry?"	**Han är alltid sen till lektionen.** "He is always late for class."
Du är alltid sen till jobbet. "You are always late for work."	**Varför är du sen?** "Why are you late?"
Jag har så mycket att göra. "I have so much to do."	

GRAMMAR

In this lesson you will learn how to ask and answer why.

	Swedish	**English**	**Important Notes**
Phrase 1	***Varför är du sen?***	**Why are you late?**	
Word 1	*varför*	why	

Word 2	*är*	are	conjugated form of vara
Word 3	*du*	you	
Word 4	*sen*	late	
Phrase 2	***Jag missade tåget.***	**I missed the train.**	
Word 1	*jag*	I	
Word 2	*missade*	missed	conjugated form of missa
Word 3	*tåget*	the train	
Phrase 3	***Varför går du så tidigt?***	**Why do you leave so early?**	
Word 1	*varför*	why	
Word 2	*går du*	you walk	
Word 3	*så*	so	
Word 4	*tidigt*	early	
Phrase 4	***För att inte missa tåget.***	**To not miss the train.**	
Word 1	*för att inte*	to not	
Word 2	*missa*	miss	
Word 3	*tåget*	train	

CULTURAL INSIGHT

If someone asks *Varför?*, which means “why?” to everything you say, you can counter with *Därför!* which roughly means "Because I said so." It's a rude, but effective way to make someone stop asking silly questions, so be sure you use it only with your friends.

LESSON NOTES

3-Minute Swedish #18 Possession

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#18

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SWEDISH

1. Har du en penna?
2. Har du några pennor?
3. Ja, det har jag.
4. Ja, här har du.

ENGLISH

1. Do you have a pen?
2. Do you have some pens?
3. Yes, I do have it.
4. Yes, here you are.

VOCABULARY

Swedish	English	Class
har du	you have	phrase
har	have	verb
du	you	pronoun
en penna	a pen	noun
några	some	adjective
pennor	pens	nound

ja	yes	interjection
det	it	pronoun
har jag	I have	phrase
ja	ja	interjection
här	here	adverb, phrase

SAMPLE SENTENCES

Jag hör dig inte. "I can't hear you."	**Det finns några gamla böcket på bordet.** "There are some old books on the table."
Ja, jag följer gärna med dig. "Yes, I'd be happy to go with you."	**Det är inte lätt när det är svårt.** "It's not easy when it's difficult."
Vad är det som händer här? "What's happening here?"	

GRAMMAR

In this lesson you will learn how to talk about possession.

	Swedish	**English**	**Important Notes**
Phrase 1	***Har du en penna?***	**Do you have a pen?**	
Word 1	*har*	have	conjugated form of ha
Word 2	*du*	you	

Word 3	*en penna*	a pen	
Phrase 2	***Har du några pennor?***	**Do you have some pens?**	
Word 1	*har*	have	conjugated form of ha
Word 2	*du*	you	
Word 3	*några*	some	
Word 4	*pennor*	pens	
Phrase 3	***Ja, det har jag.***	**Yes, I have.**	
Word 1	*ja*	yes	
Word 2	*det*	it	
Word 3	*har jag*	I have	
Phrase 4	***Ja, här har du.***	**Yes, here you are.**	
Word 1	*ja*	ja	
Word 2	*här*	here	
Word 3	*har du*	you have	

CULTURAL INSIGHT

There is a famous unwritten law in Swedish culture often referred as *Jantelagen* or “The law of Jante,” which states that you should not show off your possessions or successes. This might explain why Sweden's richest man, Ingvar Kamprad, still drives an old Volkswagen when he is in Sweden.

LESSON NOTES

3-Minute Swedish #19 Going Without

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#19

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SWEDISH

1. Jag har ingen penna.
2. Jag har inte tid.
3. Jag vet inte.
4. Jag förstår inte.

ENGLISH

1. I don't have a pen.
2. I don't have time.
3. I don't know.
4. I don't understand.

VOCABULARY

Swedish	English	Class	Gender
vet	know	verb	
förstår	understand	verb	
jag	I	personal pronoun	
har	have	verb	
ingen	no	adjective	

penna	pen	noun	
inte	not	adverb	
tid	time	noun	common

SAMPLE SENTENCES

Jag kan inte sova. "I cannot sleep."	**Det vet jag inte.** "I don't know that."
Vilken tid är din pjäs? "What time is your play?"	

GRAMMAR

In this lesson you will learn how to state essential negative statements.

	Swedish	**English**	**Important Notes**
Phrase 1	***Jag har ingen penna.***	**I don't have a pen.**	
Word 1	*jag*	I	
Word 2	*har*	have	conjugated form of ha
Word 3	*ingen*	no	
Word 4	*penna*	item in question	
Phrase 2	***Jag har inte tid.***	**I don't have time.**	
Word 1	*jag*	I	

Word 2	*har*	have	conjugated form of ha
Word 3	*inte*	not	
Word 4	*tid*	time	
Phrase 3	***Jag vet inte.***	**I don't know.**	
Word 1	*jag*	I	
Word 2	*vet*	know	conjugated form of veta
Word 3	*inte*	not	
Phrase 4	***Jag förstår inte.***	**I don't understand.**	
Word 1	*jag*	I	
Word 2	*förstår*	understand	conjugated form of förstå
Word 3	*inte*	not	

CULTURAL INSIGHT

Don't be afraid to admit it when you don't know something or can't do something. Swedish people are usually very understanding and have no problem helping you to figure it out.

LESSON NOTES

3-Minute Swedish #20 Talking about Your Likes

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#20

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SWEDISH

1. Gillar du choklad?
2. Gillar du sötsaker?
3. Ja, det gör jag.
4. Ja, jag gillar det.

ENGLISH

1. Do you like chocolate?
2. Do you like sweets?
3. Yes I do.
4. Yes I like it.

VOCABULARY

Swedish	English	Class	Gender
gillar	like	verb	
du	you	personal pronoun	
choklad	chocolate	noun	common
sötsaker	sweets	noun	
ja	yes	adverb	

det	it	pronoun
gör	do	verb
jag	I	personal pronoun

SAMPLE SENTENCES

Är du arg? "Are you angry?"	**Det finns personer som inte kan leva utan choklad.** "Some people just can't live without chocolate."
Ja, jag följer gärna med dig. "Yes, I'd be happy to go with you."	**Det är inte lätt när det är svårt.** "It's not easy when it's difficult."

GRAMMAR

In this lesson you will learn how to ask and answer affirmatively to the question.

	Swedish	**English**	**Important Notes**
Phrase 1	***Gillar du choklad***	**Do you like chocolate?**	
Word 1	*gillar*	like	conjugated form of gilla
Word 2	*du*	you	
Word 3	*choklad*	chocolate	
Phrase 2	***Gillar du sötsaker?***	**Do you like sweets?**	

Word 1	*gillar*	like	conjugated form of gilla
Word 2	*du*	you	
Word 3	*sötsaker*	sweets	
Phrase 3	***Ja, det gör jag.***	**Yes I do.**	
Word 1	*ja*	Yes	
Word 2	*det*	it	
Word 3	*gör*	do	conjugated form of göra
Word 4	*jag*	I	
Phrase 4	***Ja, jag gillar det.***	**Yes I like it**	
Word 1	*ja*	yes	
Word 2	*jag*	I	
Word 3	*gillar*	like	conjugated form of gilla
Word 4	*det*	it	

CULTURAL INSIGHT

When it comes to candy in Sweden, there are many unique types that are exclusive to the country. For example, *saltlakrits* or “salty liquorice” is a salty candy with no added sugar and is one of the most popular sweets in Sweden. You should try it! Perhaps you'll find a new delicacy you enjoy, or will at the very least have a food experience you'll never forget.

LESSON NOTES

3-Minute Swedish #21 Talking about Your Dislikes

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2 Swedish
2 English
2 Vocabulary
2 Sample Sentences
3 Grammar
4 Cultural Insight

#21

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SWEDISH

1. Jag gillar inte det här.
2. Jag gillar inte att vänta.
3. Jag hatar det här.
4. Jag hatar att vänta.

ENGLISH

1. I don't like this.
2. I don't like waiting.
3. I hate this.
4. I hate waiting.

VOCABULARY

Swedish	English	Class
hatar	hate	verb
jag	I	personal pronoun
gillar	like	verb
inte	not	adverb
det här	this	pronoun
att vänta	to wait	verb

SAMPLE SENTENCES

Jag kan inte sova. "I cannot sleep."	**Det vet jag inte.** "I don't know that."
Min farmor gav mig den här. "My grandmother gave me this."	**Det här var en klurig fråga.** "This is a tricky question."
Kan du vänta på fakturan några dagar till? Jag har den nästan klar. "Can you wait for your invoice a couple of days more? I have it almost ready."	**Jag gillar inte att vänta.** "I don't like waiting."
Jag hatar att vänta i timmar på dig! "I hate waiting for you for hours!"	**Jag fick vänta på bussen.** "I had to wait for the bus."

GRAMMAR

In this lesson you will learn how to say that you don't like something.

	Swedish	**English**	**Important Notes**
Phrase 1	***Jag gillar inte det här.***	**I don't like this.**	
Word 1	*Jag*	I	
Word 2	*gillar*	like	conjugated form of gilla
Word 3	*inte*	not	
Word 4	*det här*	this	
Phrase 2	***Jag gillar inte att vänta.***	**I don't like waiting.**	

Word 1	*jag*	I	
Word 2	*gillar*	like	conjugated form of gilla
Word 3	*inte*	not	
Word 4	*att vänta*	to wait	
Phrase 3	***Jag hatar det här.***	**I hate this.**	
Word 1	*jag*	I	
Word 2	*hatar*	hate	conjugated form of hata
Word 3	*det här*	this	
Phrase 4	***Jag hatar att vänta.***	**I hate waiting.**	
Word 1	*jag*	I	
Word 2	*hatar*	hate	conjugated form of hata
Word 3	*att vänta*	to wait	

CULTURAL INSIGHT

Hata, or “to hate,” is a very strong word for Swedish people and should only be used if it’s truly meant. Try using *gillar inte*, meaning “don't like,” to express negative feelings towards something instead.

LESSON NOTES

3-Minute Swedish #22 Ordering at a Restaurant

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2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
5 Cultural Insight

#22

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SWEDISH

1. Kan jag få se menyn?
2. Vad rekommenderar ni?
3. En kaffe, tack.
4. Jag skulle vilja ha en kaffe.

ENGLISH

1. Can I see the menu?
2. What do you recommend?
3. A coffee, please.
4. I would like a coffee.

VOCABULARY

Swedish	English	Class	Gender
ha en	have a	phrase	
skulle vilja	would like	phrase	
kan	can	verb	
jag	I	personal pronoun	
få se	get to see	verb	

menyn	the menu	noun	
vad	what	pronoun	
rekommenderar	recommend	verb	
du	you	pronoun	
en	a	article, determinar	
kaffe	coffee	noun	common
tack	thanks	interjection	

SAMPLE SENTENCES

Kan du stänga fönstret, snälla? "Can you close that window, please?"	**Kan du köpa ägg på vägen hem?** "Can you buy eggs on the way home?"
Vad pratar du om? "What are you talking about?"	**Vad är klockan nu?** "What is the time now?"
Vad är din destination? "What's your destination?"	**Jag hör dig inte.** "I can't hear you."
Jag kan inte börja dagen utan kaffe. "I can't start the day without coffee."	**Svenskar älskar att dricka kaffe.** “Swedes love to drink coffee.”
En kopp kaffe, tack. "A cup of coffee, please."	

GRAMMAR

In this lesson you will learn how to order at a restaurant or coffee shop.

	Swedish	**English**	**Important Notes**
Phrase 1	***Kan jag få se menyn?***	**Can I see the menu?**	
Word 1	*kan*	can	
Word 2	*jag*	I	
Word 3	*få se*	get to see	
Word 4	*menyn*	the menu	
Phrase 2	***Vad rekommenderar ni?***	**What do you recommend?**	
Word 1	*vad*	what	
Word 2	*rekommenderar*	recommend	conjugated form of rekommendera
Word 3	*du*	you	
Phrase 3	***En kaffe, tack.***	**A coffee, please.**	
Word 1	*En*	A	
Word 2	*kaffe*	coffee	
Word 3	*tack*	thanks	
Phrase 4	***Jag skulle vilja ha en kaffe.***	**I would like a coffee.**	
Word 1	*Jag*	I	
Word 2	*skulle vilja*	would like	

Word 3	*ha en*	have a
Word 4	*kaffe*	coffee

CULTURAL INSIGHT

If you don't know what you want to order, feel free to ask for the waiter's recommendation. Most restaurants make sure every staff member gets to taste all the food they serve so they can give good recommendations to their guests.

LESSON NOTES

3-Minute Swedish #23 Asking for the Bill

CONTENTS

2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
5 Cultural Insight

#23

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SWEDISH

1. Kan jag få notan, tack?
2. Var kan jag betala notan?
3. Ursäkta mig, men jag har fått fel växel.
4. Behåll växeln.

ENGLISH

1. Can you bring the bill, please?
2. Where can I pay the bill?
3. Excuse me, but I've got the wrong change.
4. Keep the change.

VOCABULARY

Swedish	English	Class
behåll	keep	verb
växel	change	noun
kan	can	verb
jag	I	personal pronoun
få	get	verb
notan	bill	noun

tack	thanks	interjection
var	where	adverb
betala	pay	
Ursäkta mig	Excuse me.	expression
men	but	conjunction
jag har fått	I have got	phrase
fel	wrong	adjective, phrase

SAMPLE SENTENCES

Kan du stänga fönstret, snälla? "Can you close that window, please?"	**Kan du köpa ägg på vägen hem?** "Can you buy eggs on the way home?"
Var ska du imorgon kväll? "Where are you going tomorrow night?"	**Var är nycklarna?** "Where are the keys?"
Kunden betalar vid kassan. "The customer pays at the register."	**Ursäkta mig, jag tror det är min plats du sitter på.** "Excuse me, I think you're sitting in my seat"
Jag är trött men jag måste göra klart rapporten ikväll. "I'm sleepy but I have to finish this report tonight."	**Det är soligt ute men kalt.** "It is sunny outside but cold."
Det är fel svar. "That is the wrong answer."	**Det var fel av mig att bli arg.** "It was wrong of me to get angry."

GRAMMAR

In this lesson you will learn how to ask for the bill and check the change.

	Swedish	**English**	**Important Notes**
Phrase 1	***Kan jag få notan, tack?***	**Can you bring the bill, please?**	
Word 1	*kan*	can	conjugated form of kunna
Word 2	*jag*	I	
Word 3	*få*	get	conjugated form of få
Word 4	*notan*	bill	
Word 5	*tack*	thanks	
Phrase 2	***Var kan jag betala notan?***	**Where can I pay the bill?**	
Word 1	*var*	where	
Word 2	*kan*	can	conjugated form of kunna
Word 3	*jag*	I	
Word 4	*betala*	pay	
Word 5	*notan*	bill	
Phrase 3	***Ursäkta mig, men jag har fått fel växel.***	**Excuse me, but I've got the wrong change.**	
Word 1	*ursäkta mig*	excuse me	
Word 2	*men*	but	

Word 3	*jag har fått*	I have got	
Word 4	*fel*	wrong	
Word 5	*växel*	change	
Phrase 4	***Behåll växeln.***	**Keep the change.**	
Word 1	*behåll*	keep	conjugated form of behålla
Word 2	*växeln*	change	

CULTURAL INSIGHT

Though it's not mandatory to tip at restaurants in Sweden, it is recommended that you leave some extra money to show appreciation for the service.

LESSON NOTES

3-Minute Swedish #24 Offering an Invitation

CONTENTS

2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
4 Grammar
5 Cultural Insight

#24

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SWEDISH

1. Är du upptagen fredag kväll?
2. Vad gör du fredag kväll?
3. Jag ska gå på bio.
4. Vill du följa med?

ENGLISH

1. Are you busy on Friday night?
2. What are you doing Friday night?
3. I'm going to the cinema.
4. Do you want to join?

VOCABULARY

Swedish	English	Class	Gender
är	are	verb	
du	you	personal pronoun	
upptagen	busy	adjective	
fredag	Friday	noun	common
kväll	evening	noun	common

vad	what	pronoun
gör	do	verb
jag	I	personal pronoun
ska	will	modal verb
gå	go	verb
på	on	preposition
bio	cinema	noun
vill	want	verb
följa	follow	verb
med	with	substantiv, preposition

SAMPLE SENTENCES

Är du arg? "Are you angry?"	**Jag är oftast upptagen på kvällen.** "I'm often busy at night."
Är du upptagen på lördag? "Are you busy on Saturday?"	**Helgen börjar på fredag.** "The weekend starts on Friday."
Tennisbanan är öppen på kvällen också. "The tennis court is open in the evening, too."	**Vi spelar ofta kort på en varm sommarkväll.** "We often play cards on a warm summer evening."

Vad pratar du om? "What are you talking about?"	**Vad är klockan nu?** "What is the time now?"
Vad är din destination? "What's your destination?"	**Jag brukar gå hem tidigt på fredagar.** "I usually go home early on Fridays."
Jag tog boken som låg på bordet. "I took the book that was on the table."	**Att gå på bio kan bli mycket dyrt om du köper mat och dryck.** "Going to the cinema can be very expensive if you buy food and drinks."
Vill du gå på bio med mig? "Do you want to go to the movies with me?"	

GRAMMAR

In this lesson you will learn how to invite someone out.

	Swedish	**English**	**Important Notes**
Phrase 1	***Är du upptagen fredag kväll?***	**Are you busy on Friday night?**	
Word 1	*är*	are	conjugated form is vara
Word 2	*du*	you	
Word 3	*upptagen*	busy	
Word 4	*fredag*	Friday	
Word 5	*kväll*	evening	

Phrase 2	***Vad gör du fredag kväll?***	**What are you doing Friday night?**	
Word 1	*vad*	what	
Word 2	*gör*	do	conjugated form of göra
Word 3	*du*	you	
Word 4	*fredag*	Friday	
Word 5	*kväll*	evening	
Phrase 3	***Jag ska gå på bio.***	**I'm going to the cinema.**	
Word 1	*jag*	I	
Word 2	*ska*	will	
Word 3	*gå*	go	conjugated form of göra
Word 4	*på*	on	
Word 5	*bio*	cinema	
Phrase 4	***Vill du följa med?***	**Do you want to join?**	
Word 1	*vill*	want	conjugated form of vilja
Word 2	*du*	you	
Word 3	*följa*	follow	
Word 4	*med*	with	

CULTURAL INSIGHT

Swedish people love to plan events in advance, so if you're going to host a dinner party, be sure to tell everyone you want to invite at least a couple of days beforehand.

LESSON NOTES

3-Minute Swedish #25
On the Phone

CONTENTS

2 Swedish
2 English
2 Vocabulary
3 Sample Sentences
3 Grammar
4 Cultural Insight

#25

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SWEDISH

1. Hallå.
2. Detta är Carl.
3. Kan jag få prata med Engla?
4. Jag ringer igen senare.

ENGLISH

1. Hello. (answering)
2. This is Carl.
3. May I speak to Engla?
4. I'll call again later.

VOCABULARY

Swedish	English	Class
Hallå	Hello	expression,interjection
detta	this	demostrative
är	is	verb
Carl	Carl	proper noun
kan	can	verb
jag	I	personal pronoun

få	get	verb
prata med	talk to	phrase
Engla	Engla	proper noun
ringer	call	verb
igen	again	verb, adverb
senare	later	adverb

SAMPLE SENTENCES

Kan du stänga fönstret, snälla? "Can you close that window, please?"	**Kan du köpa ägg på vägen hem?** "Can you buy eggs on the way home?"
Jag vill träffa dig igen. "I want to meet you again."	**Kan du säga det igen?** "Could you say that again?"
Jag kommer igen i morgon. "I will come again tomorrow."	

GRAMMAR

In this lesson you will learn how to understand the basic vocabulary on the phone.

	Swedish	**English**	**Important Notes**
Phrase 1	***Hallå.***	**Hello. (answering)**	
Word 1	*hallå*	hello	
Phrase 2	***Detta är Carl.***	**This is Carl.**	
Word 1	*detta*	this	

Word 2	*är*	is	conjugated form of vara
Word 3	*Carl*	Carl	
Phrase 3	***Kan jag få prata med Engla?***	**May I talk to Engla?**	
Word 1	*kan*	can	
Word 2	*jag*	I	
Word 3	*få*	get	
Word 4	*prata med*	talk to	
Word 5	*Engla*	Engla	
Phrase 4	***Jag ringer igen senare.***	**I'll call again later.**	
Word 1	*jag*	I	
Word 2	*ringer*	call	conjugated form of ringa
Word 3	*igen*	again	
Word 4	*senare*	later	

CULTURAL INSIGHT

There are so many ways to say hello when someone calls you in Sweden. The most common ways are *Hej hej*, *Tjena tjena*, *Ja, hallå* and *Goddag*.

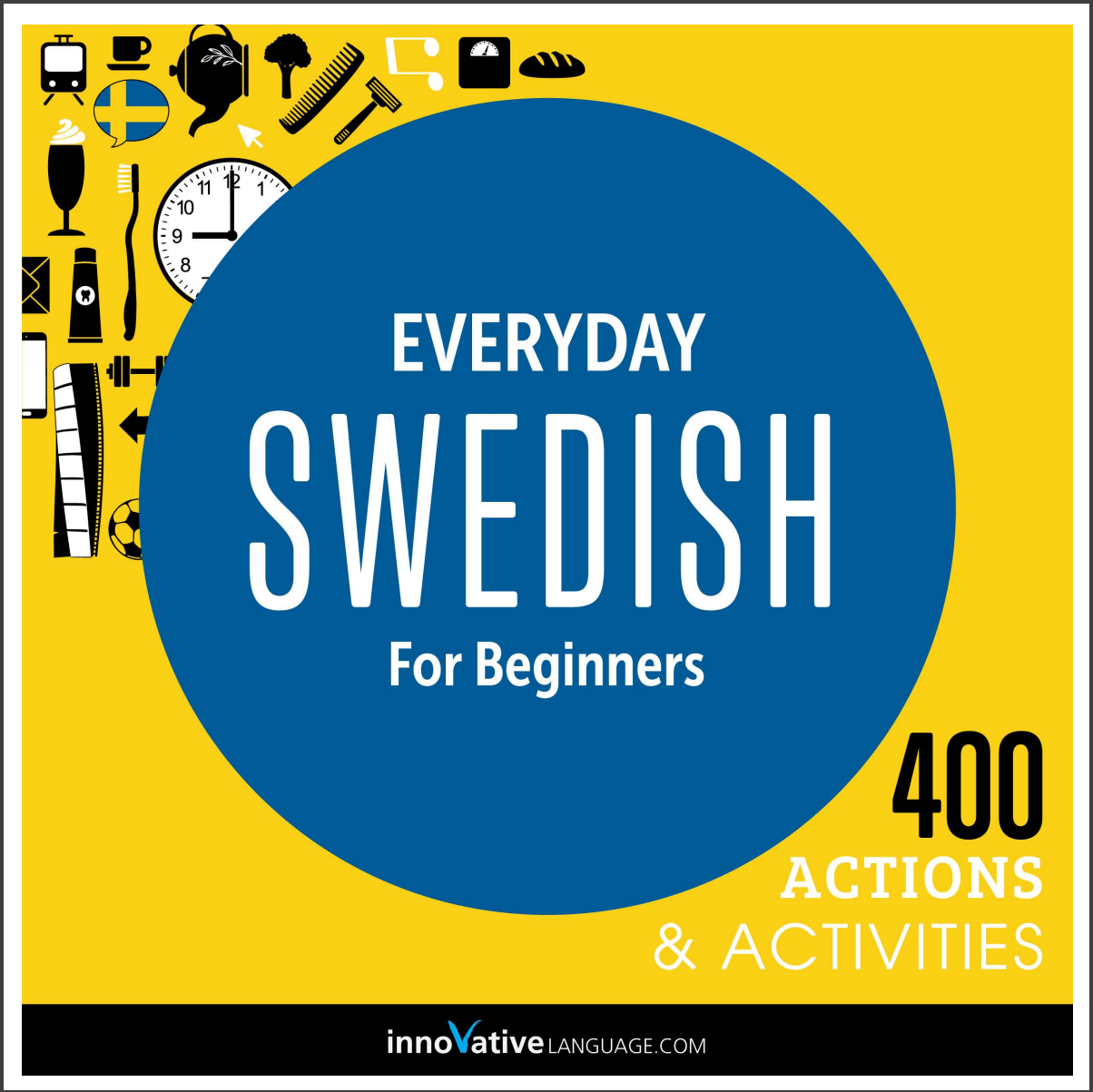
SwedishPod101.com



	Intro
1	Self Introduction
2	Greetings
3	Manners
4	Asking How Someone Is
5	Making Apologies
6	Refusing Politely
7	Do You Speak English?
8	Talking About Your Age
9	Using Adjectives
10	Asking How Much Something Costs
11	How to Read Prices
12	Asking What Someone is Doing
13	Who Is It?
14	When Are You Leaving?
15	Where Are You Going?
16	Asking Directions
17	Why?
18	Possession
19	Going Without
20	Talking about Your Likes
21	Talking about Your Dislikes
22	Ordering at a Restaurant
23	Asking for the Bill
24	Offering an Invitation
25	On the Phone

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LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #1 In the Morning

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

1

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SWEDISH

1. Jag vaknar klockan 7 på morgonen.
2. Jag stänger av mitt alarm.
3. Jag går ut ur sängen.
4. Jag tvättar mitt ansikte.
5. Jag sätter tandkräm på min tandborste.
6. Jag borstar mina tänder.
7. Jag spolar toaletten.
8. Jag sätter på TVen.
9. Jag tittar på nyheterna.
10. Jag sätter på mig mina kläder.
11. Jag gör kaffe.
12. Jag äter frukost.
13. Jag tar ut soporna.
14. Jag går ut med hunden.
15. Jag matar katten.
16. Jag argumenterar med barnen.

CONT'D OVER

17. Jag pratar med min familj.

18. Jag låser dörren.

19. Jag väntar på hissen.

20. Jag undviker grannen.

ENGLISH

1. I wake up at 7 a.m.

2. I turn off my alarm.

3. I get out of bed.

4. I wash my face.

5. I put toothpaste on my toothbrush.

6. I brush my teeth.

7. I flush the toilet.

8. I turn on the TV.

9. I watch the news.

10. I put on my clothes.

11. I make coffee.

CONT'D OVER

12. I eat breakfast.

13. I take out the trash.

14. I walk the dog.

15. I feed the cat.

16. I argue with the kids.

17. I talk to my family.

18. I lock the door.

19. I wait for the elevator.

20. I avoid the neighbor.

VOCABULARY

Swedish	English	Class	Gender
frukost	breakfast	noun	common
vakna	wake up	verb	
alarm	alarm	noun	
granne	neighbor	noun	common
säng	bed	noun	common
ansikte	face	noun	neutral
tandborste	toothbrush	noun	
tänder	teeth	noun	common
toalett	toilet	noun	common

TV	TV	noun	common
nyheter	news	noun	
kläder	clothes	noun	common
kaffe	coffee	noun	common
sopor	trash	noun	common
hund	dog	noun	common
katt	cat	noun	common
barn	kid	noun	common
familj	family	noun	common
dörr	door	noun	common
hiss	elevator	noun	common

SAMPLE SENTENCES

Vad åt du till frukost? "What did you have for breakfast?"	**Jag äter frukost varje dag.** "I eat breakfast everyday."
Jag köpte en ny säng. "I bought a new bed."	**Kvinnan vilar i sängen.** "The woman is resting in the bed."
Kvinnan tvättar ansiktet. "The woman is washing her face."	**Flickan borstar sina tänder.** "The girl is brushing her teeth."
Jag älskar att shoppa kläder. "I love shopping for clothes."	**Jag tror inte du får plats med mer kläder i den garderoben.** "I don't think you can fit more clothes in that closet."
Kvinnan lade undan kläderna. "The woman put away the clothes."	**Jag kan inte börja dagen utan kaffe.** "I can't start the day without coffee."

Svenskar älskar att dricka kaffe. “Swedes love to drink coffee.”	**En kopp kaffe, tack.** "A cup of coffee, please."
Pojken kastade soporna. "The boy threw out the trash."	**Den lurviga hunden springer efter en boll.** "The shaggy dog is running after a ball."
Filmen Balto handlar om en hund som leder ett hundspannslag. "The movie Balto is about a dog who leads a dogsled team."	**Jag saknar min avlidad hund.** "I miss my deceased dog."
Den svarta katten går över skärmen. "The black cat is walking across the screen."	**Två katter sitter på gatan.** "Two cats are sitting on the street."
Har du barn? "Do you have children?"	**Den kungliga familjen kommer ha en viktig återförening.** "The Royal Family will have an important reunion."
Det vore trevligt om våra familjer kan träffas. "It would be nice if our families could meet."	**Familjen äter middag.** "The family is eating dinner."
Var snäll och stäng dörren, det är högljutt utomhus. "Please close the door, it is loud outside. "	**Är det en trädörr eller en ståldörr?** "Is it a wooden door or an iron door?"
Snälla öppna dörren. "Please open the door."	**Hissen är trasig, så du måste använda trapporna.** "The elevator is broken, so you must use the stairs."

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #2 Commuting to Work

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

2

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SWEDISH

1. Jag kramar mina barn.
2. Jag går till jobbet.
3. Jag går till busstationen.
4. Jag korsar gatan.
5. Jag köper en biljett.
6. Jag går uppför trappan.
7. Jag rusar för att hinna med bussen.
8. Jag visar min biljett till busschauffören.
9. Jag lyssnar på musik på min smartphone.
10. Jag tar en kort tupplur.
11. Jag erbjuder min sittplats till en äldre kvinna.
12. Jag kollar tiden på min klocka.
13. Jag kollar trafiken på min telefon.
14. Jag ringer ett samtal.
15. Jag fastnar i en trafikstockning.
16. Jag läser nyheter på min telefon.

CONT'D OVER

17. Jag cyklar min cykel.

18. Jag köper mellanmål till jobbet.

19. Jag kommer in i byggnaden.

20. Jag går uppför rulltrappan.

ENGLISH

1. I hug my kids.

2. I go to work.

3. I walk to the bus station.

4. I cross the street.

5. I buy a ticket.

6. I go up the stairs.

7. I rush to catch the bus.

8. I show my ticket to the bus driver.

9. I listen music on my smart phone.

10. I take a short nap.

11. I offer my seat to an older woman.

CONT'D OVER

12. I check the time on my watch.

13. I check the traffic on my phone.

14. I make a phone call.

15. I get stuck in a traffic jam.

16. I read news on my phone.

17. I ride my bicycle.

18. I buy snacks for work.

19. I enter the building.

20. I run up the escalator.

VOCABULARY

Swedish	English	Class	Gender
rulltrappa	escalator	noun	
kram	hug	verb	common
arbete	work	noun	neutral
busstation	bus station	noun	
gata	street	noun	
biljett	ticket	noun	common
trappor	stairs	noun	
buss	bus	noun	common

chaufför	driver	noun	
musik	music	noun	common
tupplur	nap	verb	
sittplats	seat	noun	
kolla	watch	noun	
trafik	traffic	noun	
telefonsamtal	phone call	noun	
trafikstockning	traffic jam	noun	
telefon	phone	noun	common
cykel	bicycle	noun	common
mellanmål	snack	noun	
byggnad	building	noun	common

SAMPLE SENTENCES

Puss och kram. "Hugs and kisses."	**Jag vill köpa en biljett, tack.** "I want to buy a ticket, please."
Varje dag tar jag bussen till jobbet. "Every day I get the bus to work."	**Man måste köpa bussbiljett innan man går på en buss i Stockholm.** "You have to buy a bus ticket before you get on a bus in Stockholm."
Kvinnan lyssnade på musik. "The woman listened to music."	**Har du en telefon?** "Do you have a phone?"

Han tappade bort sin telefon på vägen hem. "He lost his phone on his way home."	**I Stockholm fanns det år 1896 nästan 5000 cyklar.** "In Stockholm, there were almost 5,000 bicycles in 1896."

Igår natt var det en brand i byggnaden på andra sidan vägen.

"Last night, there was a fire in the building across the street."

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #3 Computers and Computing

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

3

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SWEDISH

1. Jag slår på datorn.
2. Jag läser anteckningar på min surfplatta
3. Jag kollar min e-post.
4. Jag installerar ny programvara.
5. Jag komprimerar filer till en enda zip-fil.
6. Jag laddar ner en fil.
7. Jag skriver ut ett dokument.
8. Jag laddar upp en video på YouTube.
9. Jag svarar på en kommentar.
10. Jag avslutar programmet.
11. Jag startar om datorn.
12. Jag surfar på Internet.
13. Jag bokmärker en hemsida.
14. Jag lägger till en bild som en bilaga till ett e-postmeddelande.
15. Jag sätter på brandväggen.
16. Jag använder ett gratis e-postkonto.

CONT'D OVER

17. Jag tittar i skräppostmappen.

18. Jag använder två olika webbläsare.

19. Jag stänger alla fönster.

20. Jag stänger av datorn.

ENGLISH

1. I turn on my computer.

2. I read notes on my tablet.

3. I check my e-mail.

4. I install new software.

5. I compress files into a single zip file.

6. I download a file.

7. I print out a document.

8. I upload a video to YouTube.

9. I reply to a comment.

10. I quit the program.

11. I restart the computer.

CONT'D OVER

12. I browse the Internet.

13. I bookmark a website.

14. I add an image as an attachment to an email.

15. I turn on the firewall.

16. I use a free email account.

17. I check the spam folder.

18. I use two different web browsers.

19. I close all windows.

20. I shut down the computer.

VOCABULARY

Swedish	English	Class	Gender
stänga av	shut down	noun	
dator	computer	noun	common
surfplatta	tablet	noun	
e-post	e-mail	noun	
programvara	software	noun	
fil	file	noun	
ladda ner	download	verb	
dokument	document	noun	neutral

ladda upp	upload	verb	
kommentar	comment	verb	
program	program	noun	
omstart	restart	verb	
internet	internet	noun	neutral
hemsida	website	noun	
bilaga	attachment	noun	
brandvägg	firewall	noun	
konto	account	noun	
skräppost	spam	noun	
webbläsare	web browser	noun	
fönster	window	noun	neutral

SAMPLE SENTENCES

Min dator visar felmeddelanden hela tiden. "My computer is displaying error messages all the time."	**Jag har en ny dator.** "I have a new computer."
Personen använder en dator för att skriva e-post. "The person is using a computer to write e-mail."	**Kan du skicka de nyaste dokumenten till mig?** "Could you send me the newest documents?"
Dom kollar på bokföringshandlingarna. "They are looking at accounting documents."	**Jag surfar på internet varje kväll innan jag går och lägger mig.** "I surf the internet every night before bed."

Badrummet har ett litet fönster. "The bathroom has a tiny window."	**Det börjar bli lite kallt. Kan du stänga fönstret, snälla?** "It's getting a bit cold. Could you close the window, please?"
Mannen stänger fönstret. "The man is closing the window."	

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #4 Housework

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

4

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SWEDISH

1. Jag torkar fönstret.
2. Jag dammsuger mattan.
3. Jag rengör ugnen.
4. Jag dammar av hyllorna.
5. Jag betalar räkningarna.
6. Jag vattnar växterna.
7. Jag tvättar.
8. Jag använder sköljmedel.
9. Jag diskar.
10. Jag byter en glödlampa.
11. Jag ber barnen att göra sina läxor.
12. Jag gör lunch.
13. Jag köper matvaror.
14. Jag monterar en ny bokhylla.
15. Jag möblerar om.
16. Jag målar väggarna.

CONT'D OVER

17. Jag fixar en trasig stol.

18. Jag tvättar familjens bil.

19. Jag besöker mina föräldrar.

20. Jag tillbringar dagen att lata mig.

ENGLISH

1. I wipe the window.

2. I vacuum the carpet.

3. I clean the oven.

4. I dust the shelves.

5. I pay the bills.

6. I water the plants.

7. I do laundry.

8. I use fabric softener.

9. I wash the dishes.

10. I change a lightbulb.

11. I ask the kids to finish their homework.

CONT'D OVER

12. I make lunch.

13. I buy groceries.

14. I assemble a new bookshelf.

15. I rearrange the furniture.

16. I paint the walls.

17. I fix a broken chair.

18. I wash the family car.

19. I visit my parents.

20. I spend day being lazy.

VOCABULARY

Swedish	English	Class	Gender
fönster	window	noun	neutral
matta	carpet	noun	common
ugn	oven	noun	common
hylla	shelf	noun	common
räkning	bill	noun	
växt	plant	noun	
Tvätt	laundry	noun	
sköjmedel	softener	noun	

tallrik	dish	noun	
glödlampa	lightbulb	noun	
Läxor	Homework	noun	
lunch	lunch	noun	common
matvaror	groceries	noun	
bokhylla	bookshelf	noun	common
möbler	furniture	noun	
vägg	wall	noun	common
stol	chair	noun	common
bil	car	noun	common
förälder	parent	noun	common
lat	lazy	noun	

SAMPLE SENTENCES

Badrummet har ett litet fönster. "The bathroom has a tiny window."	**Det börjar bli lite kallt. Kan du stänga fönstret, snälla?** "It's getting a bit cold. Could you close the window, please?"
Mannen stänger fönstret. "The man is closing the window."	**En person dammsuger mattan.** "A person is vacuuming the carpet."
Rör inte ugnen när den fortfarande är varm. "Don't touch the oven when it is still hot."	**Mannen skurade ugnen.** "The man scrubbed the oven."

Jag når inte upp till saker som ligger på den översta hyllan. "I can't reach things that are on the top shelf."	**Kvinnan oroade sig över räkningen.** "The woman worried about the bill."
Pojken diskade tallriken. "The boy washed the dishes."	**Mannen bestämde sig för en glödlampa.** "The man decided on a light bulb."
Jag tror det är dags för lunch. "I think it is time for lunch."	**Vad åt du till lunch idag?** "What did you eat for lunch today?"
Jag föredrar att äta lunch för mig själv i parken. "I prefer to eat lunch on my own in the park."	**Ska vi äta lunch tillsammans?** "Shall we have lunch together?"
Lunch serveras klockan ett. "Lunch is served at one o'clock."	**Kan du sätta den här boken i bokhyllan?** "Can you put this book on the bookshelf?"
Han köpte en bokhylla för att ställa sina böcker i. "He bought a bookshelf to put his books on."	**Har du målat väggen?** "Have you painted the wall?"
Stolen är fäst till skolbänken. "The chair is attached to the school desk."	**Han valde en blå bil.** "He chose a blue car."
Sveriges mest kända bil är Volvo. "Sweden's most well-known car is Volvo."	

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #5 At the Office

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2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

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SWEDISH

1. Jag klockar in med mitt ID-kort.
2. Jag sitter vid mitt skrivbord.
3. Jag sätter prioriteringar.
4. Jag blir ombedd att arbeta på en uppgift.
5. Jag skapar dokumentation.
6. Jag deltar i ett möte.
7. Jag städar upp mitt skrivbord.
8. Jag stoppar en penna i en låda.
9. Jag svarar på ett e-post.
10. Jag noterar.
11. Jag beställer kontorsutrustning.
12. Jag skickar ett fax.
13. Jag tar en lunch med mina kolleger.
14. Jag får ett telefonsamtal.
15. Jag förbereder en presentation.
16. Jag tar en betald semester.

CONT'D OVER

17. Jag får en ny idé.

18. Jag tar anteckningar på kladdpapper.

19. Jag lämnar kontoret i tid.

20. Jag arbetar en timme övertid.

ENGLISH

1. I clock in with my ID card.

2. I sit at my desk.

3. I set priorities.

4. I am asked to work on a task.

5. I create documentation.

6. I attend a meeting.

7. I tidy up my desk.

8. I put a pen in a drawer.

9. I answer an e-mail.

10. I take notes.

11. I order office equipment.

CONT'D OVER

12. I send a fax.

13. I go for lunch with my colleagues.

14. I receive a phone call.

15. I prepare a presentation.

16. I take a paid vacation.

17. I get a new idea.

18. I take notes on scratch paper.

19. I leave the office on time.

20. I work one hour overtime.

VOCABULARY

Swedish	English	Class	Gender
övertid	overtime	noun	
lämna	leave	verb	
ID-kort	ID card	noun	
skrivbord	desk	noun	neutral
prioritet	priority	noun	
uppgift	task	noun	common
dokumentation	documentation	noun	
möte	meeting	noun	neutral

städa upp	tidy up	verb	
låda	drawer	noun	
svara	answer	verb	
notera	note	noun	
utrustning	equipment	noun	common
fax	fax	noun	common
lunch	lunch	noun	common
telefonsamtal	phone call	noun	
presentationen	presentation	noun	
semester	vacation	noun	common
idé	idea	noun	
papper	paper	noun	neutral

SAMPLE SENTENCES

Hans skrivbord var en enda röra, men han hittade pärmen på en gång. "His desk was a real mess, but he found the file at once."	**Telefonen är på skrivbordet.** "The black telephone is on the desk."
Mötet kommer ta plats i finansdistriktet. "The meeting will take place in the finance district."	**Det är väldigt oartigt att sova under ett viktigt möte.** "It is very impolite to sleep during an important meeting."
Människorna närvarade på mötet. "The people attended the meeting."	**Barnen kommer att svara på frågan.** "The children will answer the question."

Om du vill lära dig hur man åker skidor måste du köpa all nödvändig utrustning. "If you want to learn how to ski, you will have to buy all the equipment required."	**"Jag kommer genast att skicka dig papperena med fax."** "I will send you the papers by fax right away."
Jag tror det är dags för lunch. "I think it is time for lunch."	**Vad åt du till lunch idag?** "What did you eat for lunch today?"
Jag föredrar att äta lunch för mig själv i parken. "I prefer to eat lunch on my own in the park."	**Ska vi äta lunch tillsammans?** "Shall we have lunch together?"
Lunch serveras klockan ett. "Lunch is served at one o'clock."	**Vilken härlig semester vi har haft.** "What a wonderful vacation we have had."

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #6 Health and Diet

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

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SWEDISH

1. Jag testar en ny diet.
2. Jag ställer mig på vågen.
3. Jag jobbar på att öka min ämnesomsättning.
4. Jag tränar två gånger i veckan.
5. Jag gör sit-ups varje dag.
6. Jag gör push-ups varje dag.
7. Jag får en hälsokontroll.
8. Jag gurglar efter jag kommit hem.
9. Jag vill undvika att bli förkyld.
10. Jag försöker att äta mer grönsaker.
11. Jag äter mat med mycket mineraler.
12. Jag tar en massor av vitaminer.
13. Jag se till att äta mycket fibrer.
14. Jag minskar kolhydrater.
15. Jag äter mat med mycket protein.
16. Jag springer uppför trapporna.

CONT'D OVER

17. Jag försöker att äta en balanserad kost.

18. Jag räknar kalorier.

19. Jag skär ner på sötsaker.

20. Jag ger efter för frestelsen.

ENGLISH

1. I try a new diet.

2. I step on a scale.

3. I work on increasing my metabolism.

4. I exercise twice a week.

5. I do sit-ups every day.

6. I do push-ups every day.

7. I get a health checkup.

8. I gargle after returning home.

9. I want to avoid catching a cold.

10. I try to eat more vegetables.

11. I eat food with a lot of minerals.

CONT'D OVER

12. I take a lots of vitamins.

13. I make sure to eat a lot of fiber.

14. I reduce carbohydates.

15. I eat food with a lot of protein.

16. I run up the stairs.

17. I try to eat a balanced diet.

18. I count calories.

19. I cut back on sweets.

20. I give in to temptation.

VOCABULARY

Swedish	English	Class	Gender
frestelsen	temptation	noun	
vitamin	vitamin	noun	
fiber	fiber	noun	
kolhydrat	carbohydrate	noun	
protein	protein	noun	
trappa	stair	noun	
balanserad diet	balanced diet	noun	
kalori	calorie	noun	

söt	sweet	noun	
mineral	mineral	noun	
diet	diet	noun	common
våg	scale	noun	
ämnesomsättning	metabolism	noun	
träna	exercise	noun	
sit-ups	sit-up	adjective	
push-ups	push-up	noun	
hälsokontroll	health checkup	noun	
gurgla	gargle	verb	
förkylning	cold	noun	common
grönsak	vegetable	noun	common

SAMPLE SENTENCES

Vilken diet är du på? "What diet are you on?"	**Kvinnan tränar på golvet.** "The woman exercises on the floor."

Kvinnan handlar grönsaker på mataffären.

"The woman is shopping for vegetables at the grocery store."

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #7 Hanging Out

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

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SWEDISH

1. Jag väljer en plats för att träffa min vän på.

2. Jag försöker att inte komma sent.

3. Jag grillar på stranden.

4. Jag köper en massa kläder på en rea.

5. Jag provar kläder i ett provrum.

6. Jag fyndar.

7. Jag dricker kaffe på caféet.

8. Jag träffar mina vänner i köpcentret.

9. Jag säljer gamla kläder på en loppmarknad.

10. Jag börjar en ny hobby.

11. Jag tittar på en ny film.

12. Jag får en gratis filmbiljett.

13. Jag åker en berg-och dalbana.

14. Restaurangen öppnar klockan 10: 00

15. Jag kollar prislappen.

CONT'D OVER

16. Jag frågar försäljaren om priset.

17. Jag går runt i grannskapet

18. Jag testar ett smakrpov i chokladbutiken.

19. Jag letar efter volontäraktiviteter.

20. Jag tappar bort min digitalkamera.

ENGLISH

1. I choose a place to meet with my friend.

2. I try not to be late.

3. I barbecue on the beach.

4. I buy a lot of clothes at a sale.

5. I try on the clothes in a fitting room.

6. I find bargains.

7. I drink coffee at the cafe.

8. I meet my friends at the mall.

9. I sell old clothes at a flea market.

10. I start a new hobby.

CONT'D OVER

11. I watch a new movie.

12. I get a free movie ticket.

13. I ride on a roller coaster.

14. The restaurant opens at 10 a.m.

15. I check the price tag.

16. I ask the sales clerk about the price.

17. I walk around the neighborhood.

18. I try a sample at the chocolate store.

19. I look for volunteer activities.

20. I lose my digital camera.

VOCABULARY

Swedish	English	Class	Gender
digitalkamera	digital camera	noun	
volontäraktiviteter	volunteer activities	noun	
plats	place	noun	
sen	late	verb	
grilla	barbecue	verb	
REA	sale	noun	common

provrum	fitting room	noun	
fynd	bargain	noun	
kaffe	cafe	noun	
köpcentrum	mall	noun	
loppmarknad	flea market	noun	
hobby	hobby	noun	common
film	movie	noun	common
biljett	ticket	noun	common
berg-och dalbana	roller coaster	noun	
Restaurang	Restaurant	noun	common
prislapp	price tag	noun	
försäljare	sales clerk	noun	
grannskap	neighborhood	noun	
choklad	chocolate	noun	common

SAMPLE SENTENCES

Han är alltid sen till lektionen. "He is always late for class."	**Du är alltid sen till jobbet.** "You are always late for work."
Varför är du sen? "Why are you late?"	**Kocken grillar kycklingen.** "The cook barbecues the chicken."
Affären har allt på REA. "The store has everything on sale."	**Alla behöver en hobby för att stanna hälsosamma och fokuserade.** "Everybody needs a hobby to stay healthy and focused."

Det var en sorglig film. "That was a sad movie."	**Jag vill köpa en biljett, tack.** "I want to buy a ticket, please."
Min favoritrestaurang är Subway. "My favorite restaurant is Subway."	**Restaurangens atmosfär har lockat många kunder på senaste tiden.** "The atmosphere of the restaurant has drawn a lot of customers lately."
Det finns personer som inte kan leva utan choklad. "Some people just can't live without chocolate."	

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #8 Dining Out

CONTENTS

2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

8

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SWEDISH

1. Jag reserverar en rökfri sittplats.
2. Jag ropar på en servitör.
3. Jag ber om en vinlista.
4. Jag beställer en drink.
5. Jag får massor av mat på buffén.
6. Jag beställer en blandad ostbricka.
7. Jag blir girig och beställer en massa rätter.
8. Jag stötte på en vän i cafeterian.
9. Jag ber om en annan tallrik.
10. Jag tappar mina ätpinnar.
11. Jag firar mina barns födelsedagar på trevliga restauranger.
12. Jag testar en lokal öl.
13. Jag häller salladsdressing på salladen.
14. Jag häller vatten från en kanna.
15. Jag beställer fisk till huvudrätten.
16. Jag ber om mer ris.

CONT'D OVER

17. Jag beställer en efterrätt.

18. Jag letar efter tandpetare.

19. Jag ber om att få räkningen.

20. Jag betalar med kreditkort.

ENGLISH

1. I reserve a non-smoking seat.

2. I call a waiter.

3. I ask for a wine list.

4. I order a drink.

5. I get a lot of food at the buffet.

6. I order an assorted cheese platter.

7. I get greedy and order a lot of dishes.

8. I bumped into a friend at the cafeteria.

9. I ask for another plate.

10. I drop my chopsticks.

11. I celebrate my childrens' birthdays at nice restaurants.

CONT'D OVER

12. I try a local beer.

13. I put salad dressing on the salad.

14. I pour water from a pitcher.

15. I order fish for the main course.

16. I ask for more rice.

17. I order a dessert.

18. I look for toothpicks.

19. I ask for the bill.

20. I pay by credit card.

VOCABULARY

Swedish	English	Class	Gender
reservera	reserve	verb	
servitör	waiter	noun	common
vinlista	wine list	noun	
drink	drink	noun	
buffé	buffet	noun	
tallrik	platter	noun	
girig	greedy	adjective	
cafeteria	cafeteria	noun	

tallrik	plate	noun	common
pinnar	chopsticks	noun	
fira	celebrate	verb	
öl	beer	noun	common
sallad	salad	noun	
kanna	pitcher	noun	common
huvudrätt	main course	noun	
ris	rice	noun	
efterrätt	dessert	noun	
tandpetare	toothpick	noun	common
räkning	bill	noun	
kreditkort	credit card	noun	neutral

SAMPLE SENTENCES

Jag kan inte fatta hur otrevlig servitören är på det här stället! "I can't believe how rude the waiter is at this place!"	**Den här tallriken är smutsig.** "This plate is dirty."
Jag ska fira min födelsedag på fredag. "I'm celebrating my birthday on Friday."	**Jag vill ha en öl.** "I'd like to have a beer."
Jag tycker om att dricka öl. "I like to drink beer."	**Vad vill du ha till efterrätt?** “What do you want for dessert?”
Kvinnan oroade sig över räkningen. "The woman worried about the bill."	

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #9 Relaxing at Home

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2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

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SWEDISH

1. Jag tänder doftljus.
2. Jag gör örtte.
3. Jag städar en hårddisk.
4. Jag blanda en kortlek.
5. Jag gör några hantverk.
6. Jag spelar ett brädspel med mina vänner.
7. Jag öppnar en burk öl.
8. Jag går till närbutiken.
9. Lastbilen kommer förbi mitt hus.
10. Jag beställer en pizza.
11. Jag låtsas att inte vara hemma.
12. Jag spelar videospel med mina vänner.
13. Jag tappar fjärrkontrollen.
14. Jag titta på kabel-TV.
15. Jag slåss med mina barn över fjärrkontrollen.
16. Jag hyr film online.

CONT'D OVER

17. Jag byter kanal.

18. Jag gråter under det sista avsnittet.

19. Jag läser en bok för mitt barn.

20. Jag kritiserar en skådespelares framträdande.

ENGLISH

1. I light scented candle.

2. I make herbal tea.

3. I clean up a hard disk.

4. I shuffle a deck of cards.

5. I do some crafts.

6. I play a board game with my friends.

7. I open a can of beer.

8. I go to the convenience store.

9. The delivery truck comes by my house.

10. I order a pizza.

11. I pretend not to be at home.

CONT'D OVER

12. I play video games with my friends.

13. I lose the remote control.

14. I watch cable TV.

15. I fight with my children over the remote control.

16. I rent online movie.

17. I change the channel.

18. I cry at the final episode.

19. I read a book to my child.

20. I criticize an actor's performance.

VOCABULARY

Swedish	English	Class	Gender
ljus	candle	noun	neutral
örtte	herbal tea	noun	
hårddisk	hard disk	noun	
kort	card	noun	
hantverk	craft	noun	
brädspel	board game	noun	neuter
burk	can	noun	common
närbutik	convenience store	noun	common

lastbil	delivery truck	noun	
pizza	pizza	noun	common
låtsas	pretend	verb	
videospel	video game	noun	
tappar	lose	verb	
kabel-TV	cable TV	noun	
fjärrkontroll	remote control	verb	
hyra	rent	verb	
kanal	channel	noun	
sista avsnittet	final episode	noun	
bok	book	noun	common
skådespelare	actor	noun	common

SAMPLE SENTENCES

Tänd ett ljus och låt det brinna. "Light a candle and let it burn."	**Antalet ljus på tårtan visar antalet år.** "The number of candles on a cake shows the number of years."
I sverige studerar man hantverk i skolan. "In Sweden you study craft in school."	**Brädspel är inte like populära längre.** "Board games aren't as popular anymore."
Hon gör hantverk med läskburkar. "She does handicraft with soda cans."	**Gå till närbutiken och köp lite mjölk.** "Go to the convenience store, and buy some milk."

Jag beställde en pizza med extra ost. "I ordered pizza with extra cheese."	**Mannen stänger av TVn med fjärrkontrollen.** "The man is turning off the TV with the remote control."
Den här boken är ganska rolig. "This book is pretty funny."	**Pojken läser en bok i parken.** "The boy is reading a book in the park."
Jag skakade hand med en känd skådespelare på en premiär. "I shook hands with a famous actor at a premiere."	

LESSON NOTES

Top 400 Activities: Daily Routines in Swedish #10 At Night

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2 Swedish
3 English
4 Vocabulary
5 Sample Sentences

#10

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SWEDISH

1. Jag låser upp ytterdörren.
2. Jag kommer in i lägenheten.
3. Jag tänder ljuset.
4. Jag kopplar av i soffan.
5. Jag tittar på kvällsnyheterna.
6. Jag bjuder över vänner på middag.
7. Jag förbereder middag.
8. Jag nattar barnen.
9. Jag berättar godnattsagor till mina barn.
10. Jag berättar lustiga skämt till mina vänner.
11. Jag häller upp ett glas vin.
12. Jag spiller vin på bordet.
13. Jag städar upp röran.
14. Jag har en konversation med min chef över telefon.
15. Jag pratar om min dag.
16. Jag planerar för morgondagen.

CONT'D OVER

17. Jag tar ett varmt bad.

18. Jag torkar mitt hår med en hårtork.

19. Jag laddar batterierna på min telefon.

20. Jag somnar runt midnatt.

ENGLISH

1. I unlock the front door

2. I enter the apartment

3. I turn on the light

4. I relax on the sofa

5. I watch the evening news.

6. I invite friends over for dinner.

7. I prepare dinner.

8. I put the children to bed.

9. I tell bedtime stories to my children.

10. I tell hilarious jokes to my friends.

11. I pour a glass of wine.

CONT'D OVER

12. I spill wine on the table.

13. I clean up the mess.

14. I have a conversation with my boss on the phone.

15. I talk about my day.

16. I plan for tomorrow.

17. I take a hot bath.

18. I dry my hair with a hair dryer.

19. I charge the batteries on my phone.

20. I go to sleep around midnight.

VOCABULARY

Swedish	English	Class	Gender
midnatt	midnight	noun	
dörr	door	noun	common
lägenhet	apartment	noun	common
ljus	light	noun	
soffa	sofa	noun	common
titta	watch	verb	
vän	friend	noun	common
middag	dinner	noun	common
barn	child	verb	neuter

saga	story	noun	
skämt	joke	noun	
vin	wine	noun	neutral
bord	table	noun	neutral
röra	mess	noun	
konversation	conversation	noun	
dag	day	noun	common
planera	plan	verb	
bad	bath	noun	
hårtork	hair dryer	noun	
batteri	battery	noun	neutral

SAMPLE SENTENCES

Var snäll och stäng dörren, det är högljutt utomhus. "Please close the door, it is loud outside. "	**Är det en trädörr eller en ståldörr?** "Is it a wooden door or an iron door?"
Snälla öppna dörren. "Please open the door."	**Hon bodde i den där lägenheten i tolv år.** "She lived in that apartment for twelve years."
Jag städade min lägenhet idag. "I cleaned my apartment today."	**Jag har inte råd att hyra en lägenhet i centrala city.** "I can't afford to rent an apartment in the city center."

Om jag hade tillräckligt med pengar skulle jag köpa en lägenhet i centrala city. "If I had enough money I would buy an apartment in the city center."	**Hur mycket är hyran till lägenheten?** "How much is the rent for the apartment?"
Jag har köpt en ny soffa. "I bought a new sofa."	**Fansen tittar på matchen.** "The fans are watching a game."
Hon var min vän tills jag blev befodrad istället för henne. "She was a friend of mine until I got the promotion instead of her."	**Min bästa vän och jag går överallt tillsammans.** "My best friend and I go everywhere together."
Pojken kan höra sin vän. "The boy can hear his friend."	**Att äta middag ute är populärt på denna högtid.** "To eat dinner out is popular during this holiday."
Det blir kyckling till middag. "We'll have chicken for dinner."	**När jag var barn brukade jag cykla till skolan varje dag.** "When I was a child I used to ride my bike to school every day."
Det här var ett gott vin. "This was a tasty wine."	**Man dricker rödvin med kött och vitvin med fisk.** "You drink red wine with meat, and white wine with fish."
Jag la böckerna på bordet. "I put the books on the table."	**Vi ska köpa ett nytt bord till köket.** “We’ll buy a new table for the kitchen.”
Vilken dag är det idag? "What day is it today?"	**Jag tränar en dag i veckan.** "I work out one day a week."

Jag visste inte att mitt tangentbord går på batterier.

"I didn't know that my keyboard runs on batteries."

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