

## 30-DAY NORWEGIAN LANGUAGE CHALLENGE

- Day 1  
Change your phone or social media to Norwegian.
- Day 2  
Find a Norwegian Youtuber and watch their video.
- Day 3  
Learn one new grammar rule and write a sentence where you use this rule.
- Day 4  
Record yourself speaking Norwegian for 1 minute.
- Day 5  
Make a playlist of 10 Norwegian songs.
- Day 6  
Make vocabulary flashcards from your previous lesson.
- Day 7  
Learn 5 new facts about Norway.
- Day 8  
Teach someone a few Norwegian words.
- Day 9  
Write a social media post in Norwegian.
- Day 10  
Cook a meal following the recipe in Norwegian.
- Day 11  
Learn a tongue-twister in Norwegian.
- Day 12  
Listen to a podcast in Norwegian.
- Day 13  
Write down what you have done today in Norwegian.
- Day 14  
Write 10 things that make you happy in Norwegian.
- Day 15  
Learn 1 verse of a Norwegian song.
- Day 16  
Choose 3 famous Norwegians and read more about them.
- Day 17  
Do some simple math in Norwegian.
- Day 18  
Start following someone who posts in Norwegian on social media.
- Day 19  
Learn the first verse of the Norwegian Birthday song.
- Day 20  
Chat with someone in Norwegian.
- Day 21  
Read a joke in Norwegian and tell it to your friends.
- Day 22  
Plan your day in Norwegian.
- Day 23  
Translate yourself or find your favourite quote in Norwegian.
- Day 24  
Watch a Norwegian movie or an episode of a series.
- Day 25  
Find a Norwegian Facebook group for your interests.
- Day 26  
Write a compliment to a Norwegian person on social media.
- Day 27  
Write 3 sentences about yourself.
- Day 28  
Write your shopping list in Norwegian.
- Day 29  
Find a place you would like to visit in Norway and read about it.
- Day 30  
Read a piece of news from Norway.

