

# 300 most frequently used words in the Norwegian language

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## What is it?

The list below is comprised of 300 words that are most frequently used in Norwegian texts. The list is adapted from a research carried out by the University of Bergen.

See the complete list here: <http://www.korrekturavdelingen.no/ord-uttrykk-frekvensordliste-500-vanligste-norsk.htm>

## Why may I find it useful?

Studies show that 100 most frequent words account for 50% of vocabulary that is used regularly. The list of most frequent words could be a good starting point for you who are just starting to learn Norwegian and are not sure what kind of vocabulary to focus on. It could also be useful for those who have learned some basics and are willing to expand their vocabulary.

## How does it work?

The words are classified according to the parts of speech (nouns, adjectives, verbs, etc.) and translated into English. Some words can have multiple meanings, but this list provides the most common meanings of words. There is also a brief explanation of each part of speech and conjugation of most common verbs.

## How can I work with it?

Sometimes translating a word is not enough. The best way to learn new words is to create a context for them. Here are some suggestions on how you can work with this list:

- Go through the list and mark words that you already know. There are definitely some words you have already covered in your course!

- Write down or mark words you would like to learn. Writing down words helps with both, memorizing its meaning and spelling. However, do not try to learn all the words at once!
- Look up the words you do not know in a dictionary. You can use <https://www.dict.com> in English or <https://ordbok.uib.no> in Norwegian. Besides the word's meaning, you can also find some phrases or sentences and see how the word is used.
- Try to think of your own sentence and use the word in it! You may think of a topic that interests you and try to use the word in that context.

For example, if you want to learn the word “verden” and you are interested in football, saying “Messi er den beste fotballspilleren i verden” will probably be easier to remember than saying “Verden er veldig stor”.

- Try googling the word and see in what kind of contexts it is used. You can look for sentences in which the word is used, or take a look at images that will help you to remember the word.
- Repeat the word over time. Use the word immediately after learning it. Then try to recall it after a few hours. Review it shortly before you go to bed. Use it again the day after. Finally, review it again a few days later.

You can follow all, or pick a few tips from list when learning new vocabulary. However, this list is not exhaustive. You can think and use your own methods of learning the vocabulary, whatever works best for you!

# 300 most frequently used words in the Norwegian language

## Substantiver / Nouns



Substantiver forteller oss hva eller hvem vi snakker om.

Nouns tell us who or what we are talking about.

<b>(et) år</b>	(a) year
<b>(en) dag</b>	(a) day
<b>(en) kveld</b>	an evening
<b>(et) barn</b>	a child
<b>(ei, en) mor</b>	a mother
<b>(en) far</b>	a father
<b>(en) mann</b>	a man
<b>(ei, en) kvinne</b>	a woman
<b>(ei, en) jente</b>	a girl
<b>(en) gutt</b>	a boy
<b>(en) gang</b>	sometime
<b>(et) liv</b>	a life
<b>(en) del</b>	a part
<b>(en) ting</b>	a thing
<b>(en) grunn</b>	a cause
<b>(et) sted</b>	a place, a spot

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<b>(et) hus</b>	a house
<b>(en) skole</b>	a school
<b>(en) by</b>	a city
<b>(et) land</b>	a country
<b>(en) plass</b>	a square; a seat
<b>(en) vei</b>	a way; a path
<b>(en) side</b>	a side; a page
<b>(et) ord</b>	a word
<b>(et) par</b>	a pair; a couple
<b>(en) kunde</b>	a customer
<b>(et) forhold</b>	a relationship
<b>(et) foto</b>	a photo
<b>(et) hode</b>	a head
<b>(et) ansikt</b>	a face
<b>(en, ei) hånd</b>	a hand
<b>(et) øye</b>	an eye
<b>(et) møte</b>	a meeting
<b>(et) mål</b>	an aim; a goal
<b>(en) seier</b>	a victory, a win
<b>(en) måte</b>	manner, way (of doing things)
<b>(en) sak</b>	issue, matter, business (concern)
<b>(et) arbeid</b>	work
<b>(en, ei) stund</b>	a moment; a while
<b>(en) hjelp</b>	help

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<b>(et) spørsmål</b>	a question
<b>(en) regjering</b>	a government
<b>(et) eksempel</b>	an example
<b>(en) kamp</b>	fight, battle; a match
<b>(en, ei) dør</b>	a door
<b>(en) slutt</b>	end
<b>alle</b>	all
<b>alt</b>	everything
<b>tid</b>	time
<b>krone</b>	krone (currency); a crown
<b>menneske</b>	person
<b>mennesker</b>	people
<b>verden</b>	world
<b>prosent</b>	percent
<b>penger</b>	money
<b>politi (n)</b>	police
<b>meter</b>	meter

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## Pronomener / Pronouns



Pronomen er ord som står istedenfor andre ord, mest for et substantiv.

A pronoun is a word used in place of a noun.

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jeg	I
du	you
han	he
hun	she
vi	we
dere	you (plural)
de	they
noen	someone
noe	something
ingenting	nothing
ingen	no one
selv	myself; oneself
alle	all, everyone
hver	every
hverandre	each other
denne	this
man	one (person)

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## Verb / Verb



Et verb forteller oss hva noen gjør eller hva som hender.

Verbs tell us what someone or something does or what is happening.

å begynne	to start; to begin
å bety	to mean
å bli	to become; to stay
å bruke	to use
å burde	should
å finne	to find
å fortelle	to tell
å føle	to feel
å følge	to follow
å få	to get, to receive
å gi	to give
å gjelde	to concern, to regard (sb/sth)
å gjøre	to do
å gå	to walk, go on foot
å ha	to have
å hjelpe	to help
å holde	to hold; to keep
å høre	to hear, to listen
å kjenne	to know, to be familiar with
å komme	to come, to arrive
å kunne	can
å lage	to make
å late	to pretend
å le	to laugh
å legge	to put down; to lay; to put
å ligge	to lie (be located)



<b>å like</b>	to like
<b>å mene</b>	to think; to mean (have in mind)
<b>å måtte</b>	must; have to
<b>å rekke</b>	to manage (have the time to), to catch
<b>å se</b>	to see
<b>å sette</b>	to put; to arrange
<b>å si</b>	to say
<b>å skulle</b>	would; be supposed to
<b>å slutte</b>	to end, to stop
<b>å slå</b>	to beat; to hit; to strike
<b>å snakke</b>	to talk
<b>å spørre</b>	to ask
<b>å stå</b>	to stand
<b>å svare</b>	to answer
<b>å synes</b>	to think, to have an opinion
<b>å ta</b>	to take
<b>å tenke</b>	to think
<b>å trenge</b>	to need
<b>å tro</b>	to believe; to have an opinion
<b>å vente</b>	to wait
<b>å ville</b>	to want; would (like)
<b>å vise</b>	to show
<b>å vite</b>	to know
<b>å være</b>	to be
<b>å ønske</b>	to wish (to desire)
<b>det finnes</b>	there is/there are



## Spørreord/Question words



Noen spørreord (kan også brukes som adverb).

Some question words (can also be used as adverbs).

Hva?/hva	What?/what
Hvem?/hvem	Who?/who
Hvor?/hvor	Where?/where
Hvordan?/hvordan	How?/how
Hvorfor?/hvorfor	Why?/why
Når?/når	When?/when



## Konjunksjoner / Conjunctions



Konjunksjoner er bindeord. En konjunksjon binder sammen like ord og setninger.

A conjunction joins two words, ideas, phrases or sentences together and shows how they are connected.

altså	so
at	that
både	both
dersom	if, whether
eller	or
enda (mer)	even (more)
enn	than
fordi	because
hvis/om	if

men	but
og	and
siden	since
som	that, like



## Preposisjoner / Prepositions



Preposisjoner forteller oss om hvor eller hvordan er ting plassert i forhold til noe annet.

A preposition shows the relationship of a thing or a person to something else. Prepositions can express time, place or relationship.

i	in
på	in/on/at
ved	at, next to, near
til	to; until
mot	towards
fra	from
av	by (sb); of; from
for	for
med	with
uten	without
om	about
etter	after
over	above
under	under; below
mellom	between
foran	in front of

<b>bak</b>	behind
<b>overfor</b>	opposite, across
<b>utenfor</b>	out of; outside
<b>omkring</b>	around, round
<b>hos</b>	at
<b>rundt</b>	about, roughly
<b>gjennom</b>	through; via
<b>blant</b>	among



## Adverb / Adverb



Adverb er ord som forteller noe om verb, adjektiv, andre adverb eller setninger.

An adverb describes an action, adjective or another verb.

<b>ikke</b>	not
<b>så</b>	so
<b>også</b>	also
<b>inn</b>	in; inside; into
<b>ut</b>	out, outside
<b>heller</b>	rather
<b>likevel</b>	nevertheless; anyway
<b>slik</b>	like that; so; such
<b>mer</b>	more
<b>mindre</b>	less
<b>først</b>	first

<b>sammen</b>	together
<b>alene</b>	alone
<b>nå</b>	now
<b>da</b>	then
<b>bare</b>	only, just
<b>opp</b>	up, upwards (direction)
<b>oppe</b>	up, upstairs (location)
<b>ned</b>	down, downwards
<b>der</b>	there
<b>her</b>	here
<b>før</b>	before
<b>igjen</b>	again
<b>helt</b>	completely
<b>litt</b>	a little (bit)
<b>nok</b>	enough
<b>alltid</b>	always
<b>aldri</b>	never
<b>ofte</b>	often
<b>kanskje</b>	possibly, maybe
<b>mye</b>	a lot; much
<b>rundt</b>	around
<b>tilbake</b>	back
<b>mens</b>	while; whereas
<b>derfor</b>	therefore, that's why
<b>fram</b>	forward
<b>lenge</b>	long (about time)
<b>nesten</b>	almost
<b>frem</b>	ahead
<b>bak</b>	at the back
<b>bort</b>	away

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<b>mest</b>	the most
<b>tidligere</b>	earlier, sooner, before
<b>senere</b>	later
<b>samtidig</b>	at the same time, simultaneously
<b>meget</b>	very
<b>lite</b>	little (not much)
<b>ikke ennå</b>	not yet
<b>allerede</b>	already, yet (in questions)
<b>inne</b>	indoors, inside
<b>ute</b>	outside, outdoors
<b>hjem</b>	home (direction)
<b>hjemme</b>	home
<b>lenger</b>	further, farther
<b>særlig</b>	especially, particularly
<b>akkurat</b>	just, just right, precisely
<b>borte</b>	away
<b>plutselig</b>	suddenly, all of a sudden
<b>snart</b>	soon, before long
<b>svært</b>	very, a lot
<b>dessuten</b>	moreover
<b>gjerne</b>	willingly
<b>imidlertid</b>	however
<b>dermed</b>	thus
<b>bra</b>	fine, well
<b>sikkert</b>	surely, certainly
<b>virkelig</b>	really, indeed
<b>ganske</b>	quite
<b>ellers</b>	otherwise
<b>minst</b>	at least, minimum
<b>fortsatt</b>	still

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<b>stadig</b>	constantly, all the time
<b>visst</b>	surely, certainly
<b>fremdeles</b>	still
<b>imot</b>	against
<b>helst</b>	preferably
<b>nettopp</b>	just
<b>nærmere</b>	closer



## Adjektiv / Adjective



Adjektiv beskriver oss substantiv eller pronomen.

An adjective describes and gives more information about a noun or pronoun.

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<b>ny</b>	new
<b>gammel</b>	old
<b>ung</b>	young
<b>god</b>	good
<b>bedre</b>	better
<b>dårlig</b>	bad
<b>mange</b>	many
<b>flere</b>	more
<b>få</b>	few
<b>stor</b>	big
<b>liten</b>	little

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<b>lang</b>	long
<b>kort</b>	short
<b>kjent</b>	known, famous
<b>fast</b>	permanent
<b>lett</b>	easy
<b>vanskelig</b>	difficult
<b>full</b>	full
<b>hel</b>	complete, whole
<b>glad</b>	happy
<b>viktig</b>	important
<b>redd</b>	scared
<b>sterk</b>	strong
<b>vant</b>	used
<b>neste</b>	next
<b>videre</b>	farther; further
<b>sist</b>	last
<b>rett</b>	right, correct
<b>riktig</b>	correct
<b>tidlig</b>	early
<b>mulig</b>	possible
<b>klar</b>	ready; clear (meaning); bright (light)
<b>(de) andre</b>	(the) others
<b>annen</b>	another
<b>egen</b>	one's own
<b>enkelt</b>	individual; simple
<b>eneste</b>	(the) only (one)





## Andre ord og uttrykk / Other words and expressions.

<b>jo</b>	yes (to a negative question)
<b>samme</b>	the same
<b>begge</b>	both
<b>egentlig</b>	actually, in fact
<b>de fleste</b>	majority, most
<b>en/et slags</b>	some (kind of)
<b>i løpet av</b>	during
<b>i tillegg</b>	in addition
<b>til slutt</b>	finally; in the end
<b>av og til</b>	sometimes
<b>i dag</b>	today
<b>i går</b>	yesterday
<b>i fjor</b>	last year
<b>å bli med</b>	to come along
<b>for å</b>	in order to
<b>på grunn av</b>	due to, because of



## Verbs

<b>Infinitiv</b>	<b>Presens</b>	<b>Preteritum</b>	<b>Perfektum</b>	<b>Oversettelse</b>
<b>å begynne</b>	begynner	begynte	har begynt	to start, to begin
<b>å bety</b>	betyr	betydde	har betydd	to mean
<b>å bli</b>	blir	ble	har blitt	to become; to stay
<b>å bruke</b>	braker	brukte	har brukt	to use
<b>å burde</b>	bør	burde	har burdet	should
<b>å få</b>	får	fikk	har fått	to get, to receive
<b>å finne</b>	finner	fant	har funnet	to find
<b>å føle seg</b>	føler seg	følte seg	har følt seg	to feel
<b>å følge</b>	følger	fulgte	har fulgt	to follow
<b>å fortelle</b>	forteller	fortalte	har fortalt	to tell
<b>å gå</b>	går	gikk	har gått	to walk, go on foot
<b>å gi</b>	gir	ga(v)	har gitt	to give
<b>å gjelde</b>	gjelder	gjaldt	har gjeldt	to concern, to regard (sb/sth)
<b>å gjøre</b>	gjør	gjorde	har gjort	to do
<b>å ha</b>	har	hadde	har hatt	to have
<b>å hjelpe</b>	hjelper	hjalp	har hjulpet	to help
<b>å holde</b>	holder	holdt	har holdt	to hold; to keep
<b>å høre</b>	hører	hørte	har hørt	to hear, to listen
<b>å kjenne</b>	kjenner	kjente	har kjent	to know, to be familiar with
<b>å komme</b>	kommer	kom	har kommet	to come, to arrive
<b>å kunne</b>	kan	kunne	har kunnet	can
<b>å lage</b>	lager	laget	har laget	to make
<b>å late</b>	later	lot	har latt	to pretend
<b>å le</b>	ler	lot	har ledd	to laugh
<b>å legge</b>	legger	la	har lagt	to put down; to lay; to put
<b>å ligge</b>	ligger	lå	har ligget	to lie (be located)
<b>å like</b>	liker	likte	har likt	to like

<b>å måtte</b>	må	måtte	har måttet	must; have to
<b>å mene</b>	mener	mente	har ment	to think; to mean (have in mind)
<b>å ønske</b>	ønsker	ønsket	har ønsket	to wish (to desire)
<b>å rekke</b>	rekker	rakk	har rukket	to manage (have the time to), to catch
<b>å se</b>	ser	så	har sett	to see
<b>å sette</b>	setter	satte	har satt	to put; to arrange
<b>å si</b>	sier	sa	har sagt	to say
<b>å slå</b>	slår	slo	har slått	to beat; to hit; to strike
<b>å slutte</b>	slutter	sluttet	har sluttet	to end, to stop
<b>å snakke</b>	snakker	snakket	har snakket	to talk
<b>å spørre</b>	spør	spurte	har spurt	to ask
<b>å stå</b>	står	stod	har stått	to stand
<b>å svare</b>	svarer	svarte	har svart	to answer
<b>å synes</b>	syn(e)s	syntes	har syn(e)s	to think, to have an opinion
<b>å ta</b>	tar	tok	har tatt	to take
<b>å tenke</b>	tenker	tenkte	har tenkt	to think
<b>å trenge</b>	trenger	trenge	har trengt	to need
<b>å tro</b>	tror	trodde	har trodd	to believe; to have an opinion
<b>å være</b>	er	var	har vært	to be
<b>å vente</b>	venter	ventet	har ventet	to wait
<b>å ville</b>	vil	ville	har villet	to want; would (like)
<b>å vise</b>	viser	viste	har vist	to show
<b>å vite</b>	vet	visste	har visst	to know
<b>skulle</b>	skal	skulle	har skullet	would; be supposed to
<b>det finnes</b>	finnes	fantas	har funnes	there is/there are

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