

Coffee Break **Swedish**

Season 1, Lesson 1

Lesson notes



CoffeeBreak
Swedish

Introduction

Hej och välkomna - welcome to Coffee Break Swedish! In these lesson notes we'll be listing all the words and phrases covered in each lesson. The lesson notes also include material linked to the Review episode.



Lesson notes

At the start of each lesson you'll hear Hanna say "let's begin":

låt oss börja

let's begin

Saying "hello"

The easiest way to say "hello" or "hi" in Swedish is:

hej

hi, hello

To say "goodbye", you simply add a small word to **hej**:

hej da

goodbye

There are other ways to greet people in Swedish, and we will learn some of those words in future lessons, but **hej** and **hej då** will work in most situations.

Asking “how are you?”

To say “how are you?”, you can use the question:

hur mår du?

how are you?

Note how Hanna pronounces the words slightly differently when she speaks quickly. The final **-r** of the words **hur** and **mår** “disappears” a little. This is a common feature of spoken Swedish. You should try to copy Hanna’s pronunciation as much as possible.

There are many ways to answer the question **hur mår du?** The first response covered in the lesson is:

bra

well, fine

Just as in English, you can give a one word answer, or you can use full sentences. To say “I’m feeling...” you use **jag mår ...**

jag mår bra

I’m feeling well, fine

Hanna and Mark have their first conversation:

Hanna: Hej.
Mark: Hej. Hur mår du?
Hanna: Jag mår bra. Hur mår du?
Mark: Jag mår bra. Hej då.

An alternative to **bra** is **jättebra**. You'll see and hear **jätte** lots in Swedish! It literally means "giant", but can be combined with most adjectives or adverbs for emphasis:

jättebra

very well, really well, excellent

Another useful phrase is **och du?** which literally means "and you?" or "what about you?"

Hanna and Mark add this into a more developed version of their conversation.

Mark: Hej.
Hanna: Hej.
Mark: Hur mår du?
Hanna: Jag mår bra. Och du?
Mark: Jag mår jättebra, tack.

tack

thank you

Alternative answers to hur mår du?

Hanna teaches Mark a number of alternative answers to the question **hur mår du?**:

jag mår inte bra

I'm not well

Note that **inte** is added after the verb **mår** to make it negative.

jag mår inte så bra

I'm not so well.

This is a very common answer. Note carefully the pronunciation and rhythm.

jag mår dåligt

I'm feeling bad

jag mår jättdåligt

I'm feeling very bad



Kulturhörnan: transcript

In Sweden we have a special word for coffee break, which you might have heard before, and it is called **fika**. Fika **usually** entails a coffee or **kaffe** and baked goods, which can be anything from a cinnamon bun or **kanelbulle** to cookies or **kakor**.

However, fika is much more than just a coffee break. It is very common to go for a fika with your friends, colleagues or family, and it is a perfect way to spend some quality time while enjoying a nice cup of coffee and a treat.

Fredagsfika or Friday-coffee break at work is also a very well-practised and established tradition in many workplaces. In some workplaces there is even a rota which shows whose turn it is to bring baked goods for everyone in the office to enjoy, and then everyone pauses what they're doing to meet up in the breakroom for some fredagsfika. Though the fredagsfika is a bit more special, normal fika is often also part of the regular daily schedule.

When you take a 20min long break from work to enjoy some fika with your colleagues, it is called a **fikarast**, which literally means coffee break. Of course, if you're on your own, then you can enjoy a productive fika and learn some Swedish with Coffee Break - or Fikarast - Swedish!



Lesson 1 Review

The bonus episode includes some additional vocabulary and a translation challenge.

jag är trött

I'm tired

jag är sjuk

I'm sick

sju

seven

sju sjösjuka sjömän

seven seasick sailors

vi ses

see you (literally "we see each other")

vi ses nästa gång

see you next time



Join in!

Head over to coffebreakswedish.com to find out how you can join in and practise your Swedish with the Coffee Break Swedish learning community.

Coffee Break Swedish™ coffebreakswedish.com

©Copyright Radio Lingua Ltd 2020