



What makes you feel
SLUDD*, and why?

***Sludd** is a word that describes
the kind of wet snow that sticks
to your face.



Tell me, what is the most
beautiful **TÅKEHEIMEN***
you have seen.

***Tåkeheimen** literally means
"house of fog" or "land of mist"
- this word is used to indicate
a mysterious place immersed
in fog.



Where would you go
on **HYTTETUR*?**

***Hyttetur** is a weekend trip
to a cabin – a tradition associated
with relaxation in the bosom
of nature, without any facilities.
It is a popular way of spending
free time in Norway.



Do you like the idea
of setting up **HYTTEBOK***
(in your home), why?

***Hyttbok** is a guest book
at a holiday home, where visitors
enter reflections of their stay
and their afterthoughts.

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Do you like **TROPENATT***,
or do you prefer
cooler nights?
Tell us about it.

***Tropenatt** means "tropical night" - a night during which the temperature does not drop below 20°C, which is a rare and noticeable phenomenon in Norway, especially in the north of the country.



When was the last time
you felt **SKOGLUFT*?**
Tell us about it.

***Skogluft** literally means "forest air" or "air from the forest". It describes Scandinavian ways to improve your well-being - in harmony with nature and the natural environment.



What do you usually put on
an open sandwich as
PÅLEGG*? Do you have
any unusual **PåLEGG**
that you recommend?

***Pålegg** means all the ingredients that we put on sliced bread. Norwegians often eat open sandwiches with their own invented toppings.



When was the last time
you felt **BÅLKOS***
and what made
that moment special?

***Bålkos** means the pleasure of spending time by the fire, relaxing in the bosom of nature.

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What makes
you feel
KOSELIG*?

* **Koselig** means a cosy warm atmosphere – it is a word used by Norwegians to describe what they find pleasant, warm and comforting.



Have you ever felt
DØGNVILL*
because of tiredness?
Tell us about it.

***Døgnvill** means a state of disorientation due to the time change or lack of sleep. In Norwegian it refers to someone who is tired or disoriented due to the lack of rest or too much activity.



How do you deal with
TIDSKLEMMMA*,
when you have too much
on your mind?

***Tidsklemma** literally means “time grip”. It describes the feeling of being overwhelmed by responsibilities and not having enough free time.

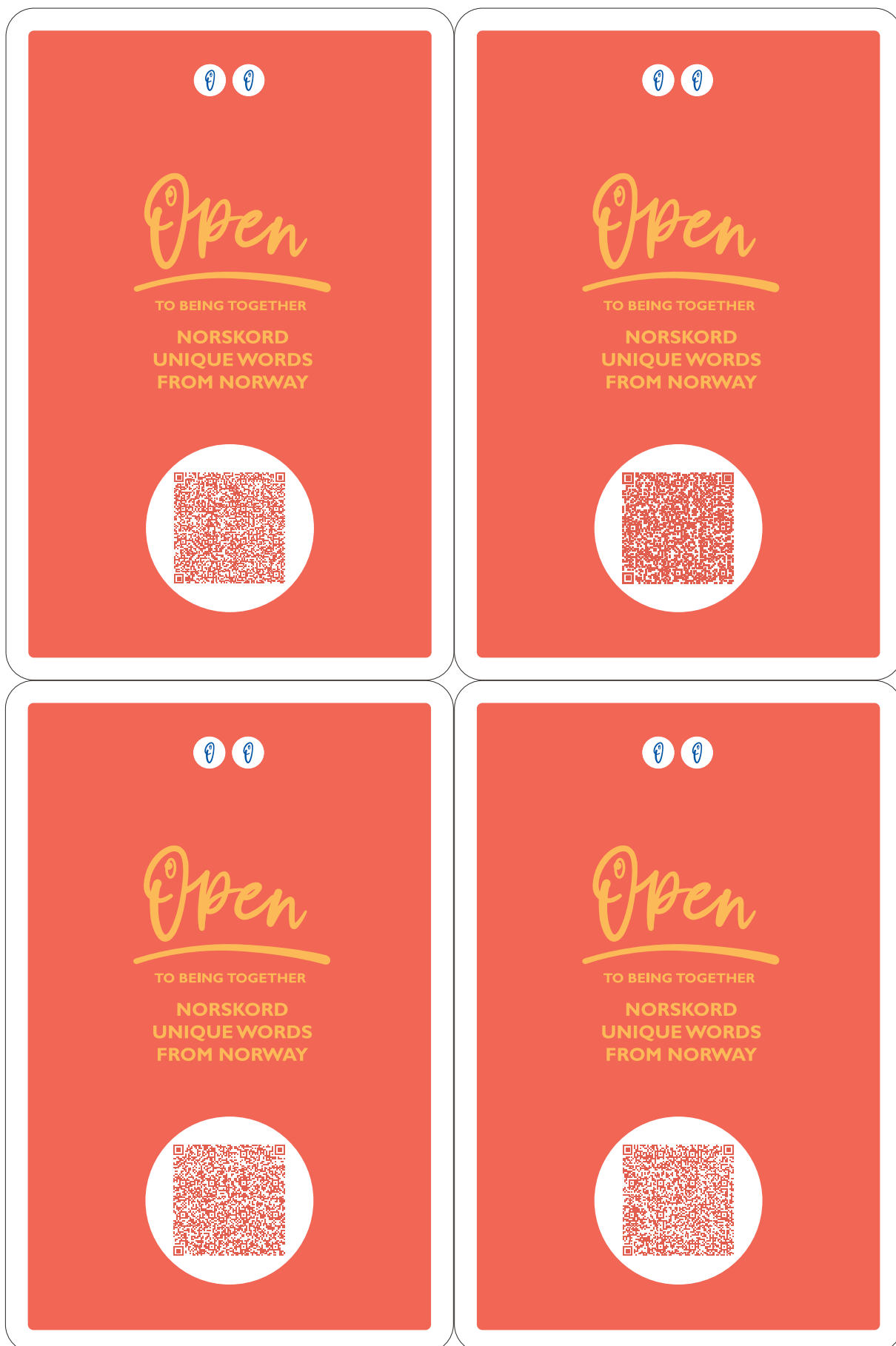


Tell me a story about
a time when
you felt **GRUGLEDE***.

***Gruglede** literally means “joyful fear”. **Gruglede seg** means anticipation of an upcoming event, when we feel fear and excitement at the same time.

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What do you usually
eat when
you have **FYSEN***?

***Fysen** this is the word
Norwegians use when they want
something but are not sure what
exactly. Usually it is something
to eat, often not very healthy.



What do you think
about the idea of
LILLELØRDAG*?

***Lillelørdag** literally means
"little Saturday" and is a colloquial
term for... Wednesday. In Norway,
it is a day when people start
thinking about the upcoming
weekend and relax or do something
special, as if it were Saturday.



Is **FRILUFTSLIV***
important to you?
Tell us about it.

***Friluftsliv** is a lifestyle based
on spending time outdoors.
An active lifestyle makes
Norwegians among the happiest
people in the world.

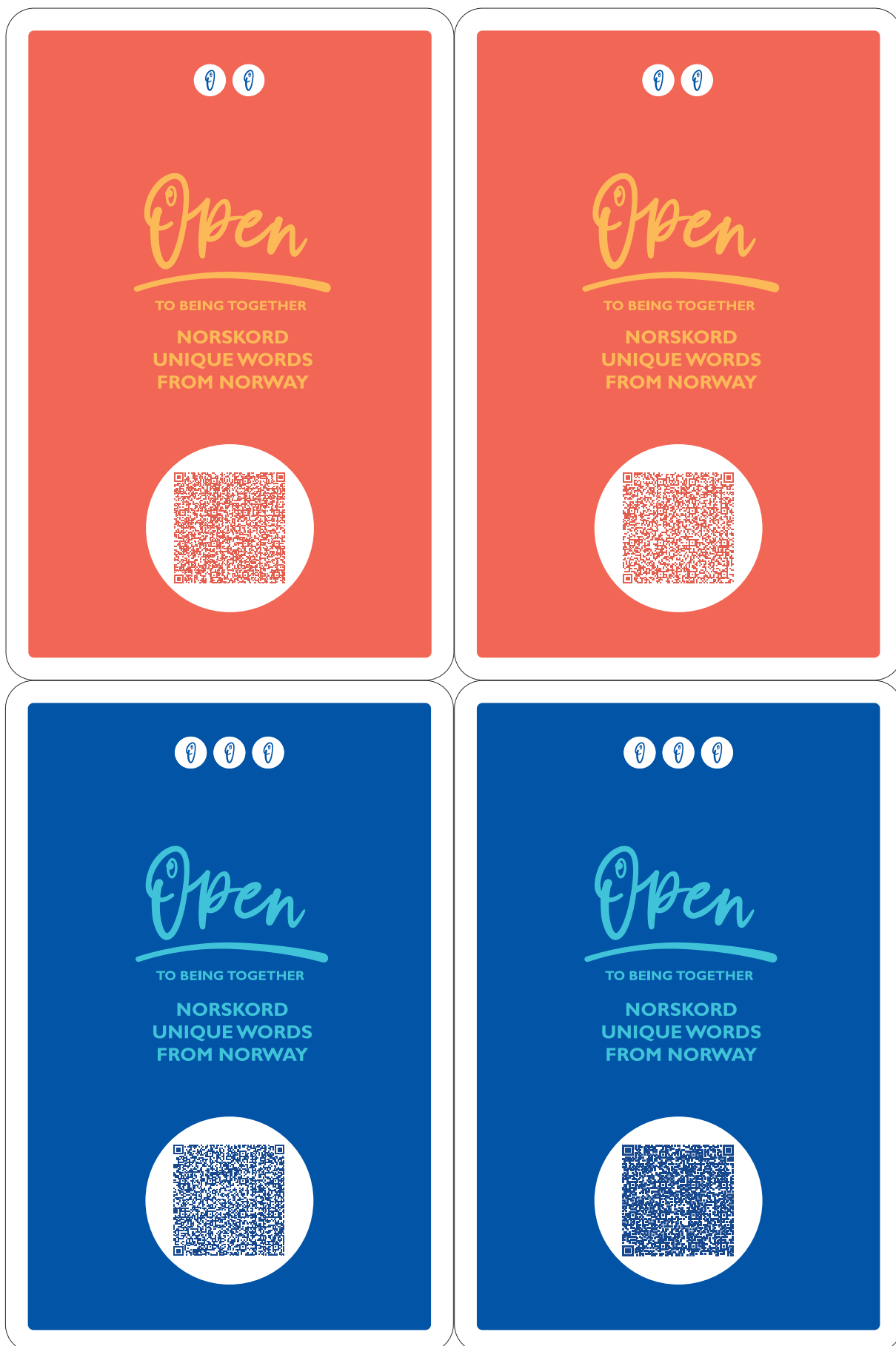


Do you think **DUGNAD***
is an important
part of social life?
Tell us about it.

***Dugnad** means cooperative,
unpaid work for the community.
This tradition is deeply rooted
in Norwegian culture and is
considered a fundamental part
of social life.

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Are you a **TURSKALLE***
even when it rains?
Tell us a story about it.

***Turskalle** is a person who is characterised by a love of outdoor activities, often regardless of the weather. Informally, we would say a "hiking freak".



What or who does
the term **ATTPÅKLATT***
make you think of?

***Attpåklatt** literally means "attached" or "additional". It can refer to something that came at the end as a bonus or was not planned. Another meaning is "a surprise child" - a younger brother or sister who came into the world many years after siblings.



How do you overcome
DØRSTOKKMIL*, when
you have to start something
you don't want to do?

***Dørstokkmil** literally means "a mile to the door". It indicates the very first difficult step. It describes the struggle to get out of the house when you lack motivation. A word used when you don't feel like doing something.



Are you
EVENTYRLYSTEN*?
Tell us a story about it.

***Eventyrlysten** means "readiness for adventure" or "spirit of adventure". It describes a person who likes to discover new places, take on challenges, and seek exciting experiences.

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