



English-Swedish

**ULTIMATE
SWEDISH
NOTEBOOK**

Learn 3000+ words

Ultimate Swedish Notebook

64 topics

3000+ unique words

600+ phrases

160 pages

63 pages of vocabulary

15 pages of grammar

75 empty pages

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Ultimate Language Notebook

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From Beginner to Advanced Level

1. Read one page a day and learn the words
2. Write new words one page a day
3. Speak out loud one page a day and record your voice
4. Listen your own recording or find something to listen to about the given topic
5. Do these steps and you will complete the notebook in 8 months

1. Learn how to ask and answer one question a day
Do this and you will be able to form 365 questions and answers in one year

Reading	Listening
Writing	Speaking

Language learning resources	
Applications	Duolingo, Memrise, Lingvist etc.
Books	Read books/e-books/online articles about topics that interest you
Flashcards	Make them yourself or use quizlet or other flashcard apps
Language class	Attend a language class
Movies	Watch movies and try to pick up as many new words as you can
Music	Listen to music you like, www.radio.net has radio channels from all over the world
News	Watch and listen to the news in your target language
Notebook	Write in your Ultimate Swedish Notebook
Pen pal	Find a penpal to whom you can write real letters or chat online
Podcast	Listen to interesting podcasts on Youtube, Soundcloud or Spotify
Recording yourself	Record yourself reading a text sample and then listen to your own recording
Singing	Learn the lyrics of songs you like in Swedish
Speaking with natives	Talk to natives while traveling or find them at your home city
Videos	Watch videos on Youtube or Vimeo about topics that interest you

Use all other resources together with this notebook. Add all the new words and phrases under one of the 64 topics or

create a new topic in the empty pages. This is the center of all your knowledge in Swedish language.

Timeline of Swedish history

Ancient Sweden

98 Sweden was mentioned for the first time in a written source "Germania" by Tacitus

Viking Era

700- 1000 The Swedish Viking Age lasted roughly between this time

829 St. Ansgar introduced Christianity which fully replaced paganism in the 12th century

Christian Sweden

1050 Sweden was counted as a Christian nation

Sweden in the 1200s

1249 Birger Jarl annexed present-day Finland to Sweden

Sweden in the 1300s

1319 Sweden and Norway were united under King Magnus Eriksson

1335 Slavery and serfdom were abolished by King Magnus IV

1364 The Swedish nobility chose the German Albrekt av Mecklenburg as their king

1397 Queen Margaret I of Denmark united Denmark, Sweden and Norway as the Kalmar Union as a counterforce against the German Hanseatic League

Sweden in the 1500s

1520 Danish King Christian II ordered the massacre of Swedish nobles in Stockholm

1523 Gustav Vasa becomes the King of Sweden and Sweden leaves the Kalmar Union

Sweden in the 1600s

- 1630 Sweden's most powerful leader in history, Gustav Adolphus engaged Sweden into the Thirty Years' War, which had started in 1618. He died in 1632 himself at the battle of Lützen
- 1648 The Thirty Years' War ends and Sweden gets large areas in Northern Germany and Sweden also conquered colonies like New Sweden (Delaware) and Gold Coast (Ghana), which were quickly lost

Sweden in the 1700s

- 1700 The Great Northern War started with Swedish and Russian troops fighting against each other and later Swedish and Poland-Lithuania's troops, Sweden was victorious against both of them
- 1709 Sweden lost a battle against Russia, which meant the beginning of the end for the Swedish Empire
- 1721 Treaty of Nystad, Sweden lost large areas of land and its place as an empire and the dominant state in the Baltic Sea and as a result Russia started emerging as an empire becoming one of Europe's most dominant nations

Sweden in the 1800s

- 1809 Sweden lost its eastern part to Russia which became the Grand Duchy of Finland
- 1814 Sweden's last time at war as it took Norway by force from Denmark after the Napoleonic Wars
- 1850-1910 About one million Swedes emigrated to USA from the poverty and famine in Sweden

Sweden in the 1900s

- 1905 Norway became independent from Sweden after a referendum

- 1917 Communist revolution was avoided in Sweden
- 1943 Sweden helped rescuing Danish Jews from deportation to Nazi concentration camps
- 1947 Ingvar Kamprad founded IKEA
- 1974 Swedish band ABBA's song, Waterloo, became a global hit
- 1986 Prime Minister Olof Palme was murdered
- 1995 Sweden joined the European Union
- 2003 The majority voted not to adopt the Euro as the country's official currency

Sweden

Official name:	Konungariket Sverige - Kingdom of Sweden	
Capital city:	Stockholm	
Official language:	Swedish	
Population:	10,333,456	
Population density:	23/km ²	
Area:	450,295 km ²	
GDP total:	\$563.882 billion	
GDP per capita:	\$54,628	
Currency:	Swedish krona (SEK)	
Driving side:	Right	
Biggest cities:	1. Stockholm	952,058
	2. Gothenburg	565,496
	3. Malmö	334,987
	4. Uppsala	221,141
	5. Linköping	158,953
	6. Örebro	150,949
	7. Västerås	150,564
	8. Helsingborg	143,671
	9. Norrköping	140,991
	10. Jönköping	137,863

Swedish language

Language family: Indo-European
 Germanic
 North Germanic
 East Scandinavian

Total speakers: 13.2 million

Native speakers: 10 million

North Germanic languages

Language	Speakers	Subfamily	Official Status
1. Swedish	9,200,000	East Scandinavia	Sweden, Finland
2. Danish	5,600,000	East Scandinavia	Denmark, Faroe Islands
3. Norwegian	5,000,000	West Scandinavian	Norway
4. Icelandic	358,000	West Scandinavian	Iceland
5. Faroese	90,000	West Scandinavian	Faroe Islands
6. Elfdalian	3,500	West or East Scandinavian	
Total	20,251,500		

1. Greetings - Hälsningar

Welcome	Välkommen / välkomna
Hello	Hej / hejsan
Good morning	God morgon
Good day	God dag
Good evening	God kväll
Good night	God natt
Long time no see	Det var länge sedan
How are you?	Hur mår du?
I'm fine	Jag mår bra
Ok	Okej
So so	Sådär
Not good	Dåligt / inte bra
Are you ok?	Är du ok?
Yes	Ja
No	Nej
Thank you	Tack
No problem	Inga problem
You're welcome	Varsågod
Sorry	Förlåt
Excuse me	Ursäkta
Nice to meet you	Trävligt att träffas
My pleasure	Nöjet är mitt /med nöje
You too	Dig också / dig med
Congratulations	Grattis
Well done	Bra gjort
Take care	Ha det bra

Good luck!

Goodbye

See you later

Please

Bon appetit

Cheers

Happy Birthday

Happy New Year!

Happy Valentines day

Merry Christmas!

Lycka till!

Hejdå / adjö

Vi ses (senare)

Var så vänlig

Smaklig måltid

Skål

Grattis på födelsedagen

Gott nytt år

Glad alla hjärtans dag

God jul

2. Introduction - Introdution

What's your name?	Vad heter du?
What's your family name?	Vad är ditt efternamn?
My name is Sven	Mitt namn är Sven / Jag heter Sven
My family name is Larsson	Mitt efternamn är Larsson
You can call me Börje	Du kan kalla mig Börje
Who are you?	Vem är du?
Let me introduce myself	Låt mig presentera mig själv
I am Hans	Jag är Hans
How old are you?	Hur gammal är du?
I'm 28 years old	Jag är 28 (tjugoåtta) år gammal
Age	ålder
Year	ett år
First name	ett förnamn
Nickname	ett smeknamn
Family name	ett efternamn
Mr	Herr
Mrs	Fru
Miss	Fröken
Man	en man
Woman	en kvinna
Boy	en pojke
Girl	en flicka
To be called	att kallas
To call	att kalla

To introduce

att introducera / att presentera

3. Numbers - Siffror