

1. Introduce Yourself in Swedish

Hi there! Welcome to the Learn Swedish with Katrin podcast! I'm so excited that you want to learn the Swedish basics with me and I can't wait to teach you everything I know.

Before we start, let me tell you a little about myself.

My name is Katrin, I live in a small town in Sweden called Motala, and I am the creator of Slow Swedish. I help Swedish students improve their understanding by creating fun content in slow Swedish, with subtitles. I partially do this on my Instagram account called SlowSwedish_ but also on my other podcast, Slow Swedish with Katrin.

The problem is that not all of you know Swedish well enough to listen to that podcast! So I started Learn Swedish with Katrin to solve that problem.

Through this podcast, I will teach you all the basic stuff you need to know, but in a fun and relaxed way. No more weird DuoLingo sentences about sheep playing the violin. No more boring teacher podcasts with AI-voices (yikes). Let's actually have some fun together.

As you can tell, the reference language of this podcast is going to be English. Because it's the only other language I'm fluent in and it's the one I think *most* of you are familiar with.

What about transcripts, reading materials, exercises, and quizzes? Great question! You can access all the bonus materials to the podcast on my Patreon account for \$10 per month. The same as my other podcast. Just select the

Learn Swedish with Katrin membership and you'll find everything you need there.

All the bonus material for this first episode is completely free and you can access it right away by clicking the link in the show notes or going to patreon.com/slowswedish.

Now let's get started on today's episode. By the end of this episode you'll know how to introduce yourself in Swedish. It will sound something like this:

Hej hej! Jag heter Katrin. Jag är 31 år gammal. Jag kommer från Sverige. Jag pratar svenska, engelska och lite spanska. Jag älskar rött vin och att spela spel.

You might be thinking... NO WAY. That is too advanced. But trust me, you can do it! I'll walk you through everything you need to know. We'll dive into the more boring fundamentals in later episodes. Let's get you speaking Swedish right away.

To start off, we want to greet each other, right? How do you greet someone in Swedish? Let me give you some different alternatives.

Svenska	English
Hej!	Hey!
Hejsan!	Hello there!
Hallå!	Hello!

Pick your favorite to start off your introduction! It's also common in Swedish to repeat these words. So feel free to say them twice. Hej hej! Or my go-to greeting: Hallå hallå!

Now it's time to say our names. In English we say "my name is", but in Swedish we say "I am called". Let's look at the individual words:

Svenska	English
Jag	I
heter	is called

The great thing about Swedish is that no matter who is called something or whose name we're referring to, the verb remains the same! No crazy conjugations like tengo, tienes, tenemos. In Swedish, jag heter, my name is, du heter, your name is.

Jag heter Katrin.

Du heter Ben.

Jag heter Sarah.

Du heter Liam.

Let's put it together!

Hej hej! Jag heter Katrin.

Look at you speaking Swedish already! Very nice.

Now let's see how we say our age in Swedish. This will obviously require some numbers, and we will dive deeper into numbers in later episodes. But let's do our best.

The sentence structure for your age is the same as in English. I am X years old. In Swedish; jag är X år gammal. Let's break down the individual words:

Svenska	English
Jag (usually pronounced ja)	I
är	am
år	year(s)
gammal	old

This is the full sentence, but you can honestly skip the two last words. I could for example say "jag är 31 år" or "jag är 31" and it would mean the exact same thing. Simple, huh?

Now how the heck do you say your exact number? Let's have some fun with it. I will give you 10 different ages in this episode. But if I did not say your exact age, you need to go to Patreon and leave a comment on this episode! Write your presentation in the comment section so we can get to know each other.

Svenska	English	Number
Tjugotvå	Twenty-two	22
Tjugosex	Twenty-six	26
Trettio två	Thirty-two	32
Trettiosju	Thirty-seven	37
Fyrtioett	Forty-one	41
Fyrtiosju	Forty-seven	47
Femtio tre	Fifty-three	53
Femtio sex	Fifty-six	56
Sextio	Sixty	60
Sextio fyra	Sixty-four	64

So, let's put everything we know so far together.

Hej hej! Jag heter Katrin. Jag är trettioett år gammal.

Say it again and fill in the blanks!

Hej hej! Jag heter _____. Jag är ____ år gammal.

Now that we know each others' names and ages, time to explore where we are from.

You can share where you're from in two different ways. Either by saying that you come from a specific place or by saying that you are from that place. Remember what you've learned so far? You know how to say that you are, right? We covered that when sharing our ages.

I am is...? Jag är! Good job.

From in Swedish is very similar to English. Från. Jag är från. I am from.

If you want to say "I come from" you would say jag kommer från. Very similar as well, right?

Let's look at them one by one.

Svenska	English
Jag är	I am
Jag kommer	I come
Från	From

Now the question is... where are you from? You heard me introduce myself so you know what Sverige means. Sverige is Sweden in Swedish. Jag kommer från Sverige. Jag är från Sverige.

Varifrån kommer du? Where are you from?

Again, I'll give you the Swedish name of 10 countries. If I don't include your country, head on over to Patreon and introduce yourself in the comment section!

Svenska	English
Finland	Finland
Tyskland	Germany
USA	The United States
Ukraina	Ukraine
Filippinerna	The Philippines
Iran	Iran
Nederländerna	The Netherlands
Sydafrika	South Africa
England	England
Syrien	Syria

Let's put them together. Repeat after me and fill in the blanks.

Hej hej!

Jag heter ____.

Jag är ____ år gammal.

Jag kommer från ____.

Jag är från ____.

Oh hello there Swedish speaker! Look at you! I wish I could hear you speaking Swedish right now. I'm sure it sounds amazing.

Now we only have two sentences left and you'll have a complete Swedish introduction.

Next, we are going to talk about languages we speak. In order to do that, we need the verb "pratar" which means "speak". Jag pratar, du pratar. I speak, you speak. As I mentioned earlier, I'm not a big fan of boring, stiff teaching or language for that matter. So let me teach you a slang word for pratar right away. Snackar! Jag snackar is slang for I speak. Don't get it mixed up with snack:ar, though, which means that you're eating snacks.

There is also a third way to share what languages you speak. And that is by using the expression "I know." I know English. I know Swedish. Jag kan, in Swedish. Jag kan svenska. Jag kan engelska. Kan is very close to the English "can". It's basically "I can Swedish" or "I can English."

Let's look at all three options.

Svenska	English
Jag pratar	I speak
Jag snackar (slang)	I speak
Jag kan	I know (I can)

So, what languages do you speak? I'll give you 10 languages in Swedish, and if yours is not included, go to Patreon and introduce yourself in the comment section!

Svenska	English
Svenska	Swedish
Engelska	English

Svenska	English
Franska	French
Ryska	Russian
Japanska	Japanese
Serbiska	Serbian
Thailändska	Thai
Persiska	Persian
Isländska	Icelandic
Danska	Danish

Let's put them together. Repeat after me.

Jag pratar svenska.

Jag snackar svenska.

Jag kan svenska.

Now, in order to accurately describe the languages you speak, you need a couple of filler words in Swedish, right? You heard me say both *och* and *lite* in my introduction. Let's go through some good filler words to include in your introduction.

Svenska	English
Och	And
Lite	A little
Flytande	Fluent
Inte	Not

Note that Swedes usually just say "*o*" instead of "*och*". It's perfectly fine to say *och*, but I want you to get used to the sound of normal Swedish from the get go. Let's go through some examples.

Jag pratar svenska och engelska.

I speak Swedish and English.

Jag pratar lite spanska.

I speak a little Spanish.

Jag kan flytande franska.

I know fluent French.

If you want to say that you do not speak a language, you add the word "inte" after the verb. So after pratar, snackar or kan, you add "inte."

Jag pratar inte persiska.

Jag snackar inte serbiska.

Jag kan inte svenska.

Let's put everything together!

Hej hej!

Jag heter ____.

Jag är ____ år gammal.

Jag kommer från ____.

Jag pratar ____.

Look at you go! Now we just have one sentence left and you'll be able to introduce yourself in Swedish like a boss. Som en boss!

The last thing we are going to include in our introduction is sharing something that we love. Älskar. I love. Jag älskar.

Älskar can both be used in a serious, passionate way but also a relaxed, casual way. Saying you älskar donuts is not weird at all. And saying you älskar your partner or your dog is completely normal.

So, vad älskar du?

Let's look at some examples of things you can älska! If I did not include your favorite things, head on over to Patreon and introduce yourself in the comment section.

Nouns follow the verb "älskar" directly, while verbs include the word "att" in between älskar and the verb you love doing.

Svenska	English
Jag älskar	I love
Att fika	To have coffee and a pastry
Sommar	Summer
Snö	Snow
Fotboll	Football
Pussel	Puzzles
Att springa	To run
Att sova	To sleep
Hundar	Dogs
Musik	Music
Att läsa	To read

Remember! You can use the word "och" in this sentence as well. Och means "and".

Jag älskar att fika och att sova.

Jag älskar hundar och musik.

Jag älskar pussel och att springa.

Now you have everything you need to introduce yourself in Swedish! Time to study up.

Let's go through the entire introduction again. I'll introduce myself first. Then you'll repeat after me and introduce yourself, okay?

Hej hej! Jag heter Katrin. Jag är 31 år gammal. Jag kommer från Sverige. Jag pratar svenska, engelska och lite spanska. Jag älskar rött vin och att spela spel.

Your turn. Din tur.

Hej hej!

Jag heter ____.

Jag är ____ år gammal.

Jag kommer från ____.

Jag pratar ____.

Jag älskar ____.

Well done. Bra jobbat!

The study materials, transcript, and exercises that go along with this first episode are available for free on Patreon! So head on over there and download the resources and consider joining Patreon for \$10 per month to access all future study materials as well.

I will see you back here next week to learn even more Swedish.

Hejdå!