

## Simplified Speech #212 – Learning about Norway (ad free)

### Episode description

In this episode of Simplified Speech, Andrew talks with Mikael about Norway, a country with beautiful fjords, long winters, and tasty seafood. Mikael shares fun facts about life in Norway, like their famous brown cheese, exciting holidays, and how they stay cozy during dark winters. They also talk about Norwegian traditions, popular foods, and the best places to visit. It's a fun way to learn about Norway and improve your English skills at the same time!

### Fun fact

Mikael mentioned that skiing is popular in Norway, but did you know Norway holds the record for the most Winter Olympic medals? With over 400 medals, Norway is the undisputed champion of winter sports, particularly in cross-country skiing.

### Expressions included in the study guide

- To get the ball rolling
- To make [one] shudder
- To take [something] in stride
- At first blush
- Rite of passage
- There's no such thing as a free lunch



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Simplified Speech episode 212. "Learning About Norway." Featuring Andrew and special guest, Mikael. Today, we have a very interesting topic to chat about. In fact, we're going to be talking about Norway, a country that's known for its stunning fjords, high living standards, and believe it or not, a food called brown cheese. Well, by the end of this episode, I think you'll be quite intrigued by all of the unique things this nation has to offer. And I wanna give a special shout out to Alina, our awesome Discord moderator, study guide writer, and of course, small group class teacher, because she was the one who introduced me to today's guest, Mikael, a Norwegian friend of hers. And if you're curious to learn more about Mikael, we actually did a detailed interview with him in our previous episode from last week. So just check the link in the description for this episode if you'd like to listen to that later on.

Now, before we chat with Mikael again, let's set the stage with a few quick facts about Norway. So first off, it's located in Northern Europe and has a population of around 5.4 million people. Norway's GDP is roughly half a trillion US dollars, which makes it one of the wealthiest countries per capita in the world. Norway also scores high on happiness and quality of life rankings. And its capital, Oslo, is a vibrant urban center. Beyond the cities, Norway's famous for breathtaking landscapes, towering mountains, dramatic fjords, and picturesque coastlines. Sounds wonderful, doesn't it?

So, I started my conversation with Mikael by talking about winter. And the reason why I did this is because talking about a shared experience is a great way to connect with someone who you don't know very well. For example, let's say I met someone new and discovered that that person loves swimming. Now, personally, I'm not a swimmer myself, but my wife is really into swimming, and she goes swimming several times a week. So, in this situation, I would definitely mention that. I'd say, "Hey, my wife is a swimmer." It might feel like a tiny

connection, but it's enough to get the conversation started, **to get the ball rolling**, and then things can naturally progress and develop from there. The point is to focus on something that you both can relate to, no matter how distant it might seem. So, in my case, I realized that Norway and Canada both deal with long, dark winters. So, I asked Mikael about it right away. And it gave us an instant topic that we both could relate to and things just flowed naturally from there.

So, guys, next time when you're having a conversation in English with someone who you don't know very well, give this strategy a try. Listen for a hobby, experience, or even a favorite food you share and use that as a talking point. You'll find people open up more when they see that you're trying to connect on a personal level.

And with that in mind, it's time to get started with this episode. To start, I asked Mikael point blank, when does the sun rise and set in Norway during the winter?

**Mikael:** It's rising around 10:00, 11:00, I think. And going down at around 4:00, maybe before 3:30 or something. Basically, if you're working standard 8-4, 9-5 and all that stuff, you'll just not have any light for a couple of months.

**Andrew:** Yikes, can you imagine rolling out of bed when it's still pitch black and then leaving work when it's dark again? And guys here, pitch black means extremely dark. Just think of nights, it's extremely dark at night, it's pitch-black outside. Just the thought of going to work in the dark and coming home in the dark **makes me shudder**. Terrible. But Mikael, he **takes it all in stride**. After all, that's just normal life in Norway during the winter. And this led me to wonder about something that affects many people in Canada, which is called SAD, seasonal affective disorder. And this occurs when a lack of sunlight leaves people feeling depressed, lethargic, and lethargic means that you don't have a lot of energy or enthusiasm or just down in the dumps and feeling blue. So, I asked Mikael about that because many people suffer from SAD in Canada. So, I was wondering about Norway. And here's what Mikael had to say.

**Mikael:** I'm speaking from the perspective of almost the fully Southern part of Norway. It's worse way North. I don't think they even have light at all. It's sort of what I'm just used to, you know? I don't have much to compare it with and it's just normal to have darkness a couple of months and, you know, just make it cozy inside. I have a lot of lights, living lights, candles are very nice, so yeah.

**Andrew:** Honestly, I think that's a great strategy. If you have to deal with really long dark winters, at least you can make it feel warm and homey indoors, right? By creating a cozy atmosphere with candles, maybe some hot tea or hot chocolate and a book. Maybe even a fire if you have a fireplace. If you're gonna have a dark winter, you might as well make it cozy inside, right?

Next up, I wanted to ask Mikael about one of my favorite topics, which is food. And I was very, very curious about Norwegian cuisine. In fact, my Culips coworker, Alina, she visited Norway not too long ago and we chatted about her trip to Norway in a previous Culips episode. If you wanna go back and listen to it, I'll leave the link in the description for this episode for you. But she told me about some delicious salmon soup that she had while she was visiting Norway. And I was just really curious about what other local delicacies and popular dishes are a common staple in Norwegian cuisine. So, let's hear what Mikael had to say about that.

**Mikael:** We are very close to, or we have a lot of ocean, so fish is very normal here. But when it comes to more cultural stuff, I guess we can start with the famous one, brown cheese. I believe it's made in the same way, kind of as normal cheese, except at some part in the process, it's caramelized. For listeners, I'm gonna try to paint a picture. It's like a normal block of cheese, except it's brown. It sort of has a fatty cheese flavor and like fudge or toffee, I think would be the correct way to say it. So, it's sweet and sticky.

**Andrew:** Hmm, brown cheese. To be honest, in English, the name doesn't sound very appetizing. And **at first blush**, I was like in my head, "No thanks, doesn't sound like a food for me!" But after hearing Mikael's description that it's kind of like a fudge or toffee flavor,

now I'm more intrigued. So, in the future, when I visit Norway, and definitely I would love to visit Norway in the future, I can see myself putting a slice of brown cheese on a waffle. Sounds like something I would definitely like to try.

Mikael also talked about how Norway is surrounded on many sides by the ocean. And so, we talked about seafood a little bit more and I asked him if Norwegians go beyond salmon. Like of course, Norway is famous for its salmon and its mackerel, but I was curious, do they eat other kinds of seafood as well? Maybe clams, crab, or seaweed, or any other kinds of seafood. Where I live here in Korea, it's really common to eat many, many different kinds of seafood that goes beyond just fish. So, I was curious about that. Let's hear what Mikael had to say.

**Mikael:** It's basically the same things as you mentioned, but there's a lot more crab out of those. But a large portion of it is different types of fish like mackerel and cod and salmon.

**Andrew:** So, it's no surprise then that fish and seafood is a huge part of Norwegian cuisine. And in fact, my wife bought some mackerel the other day and when she came home from the grocery store, she put the shopping bags on the counter, and it was my job to unpack the shopping bags and put the food away in the fridge and in the cupboard. And I was looking at the mackerel and I noticed it came from Norway. So that is really, really interesting that here in South Korea, we eat a lot of fish from Norway. And I know that fishing is a huge industry in Norway. They have a wild fishing industry and also a fish farming industry. And it's very advanced and makes Norway a big player in the global seafood market.

And that got me thinking about industry and the economy. And so, our conversation naturally drifted into Norway's big industries. And it's no secret that oil and gas are a big part of Norway's economy, but they're also known for going all in on sustainability. Now, I was curious about how they balance those two opposite things. So, I asked Mikael about that.

**Mikael:** Well, there is a lot of oil and gas, but also in Norway, there's a very big focus on sustainability and being green, you know? So, it's taking a backseat a lot of the times. And when it comes to inventions and starting new businesses the government is focusing quite a lot on sustainable and green things and technology and all that stuff. So, if you have new ideas that are very sustainable there's easier chance you can like get a business made out of it. So, it's a very focused on that.

**Andrew:** If you're a long time Culips listener, you'll know that I love riding my bike. And I was curious about cycling in Norway because many Western European countries are really famous for cycling, right? Countries like the Netherlands and Denmark are really well-known for cycling. So, I had to ask Mikael about what cycling is like in Norway. And here's what he had to say.

**Mikael:** Yes, there's quite a few people who cycle but I would guess it's less than Denmark because Denmark is very flat, and Norway is the opposite. But yes, there's a lot of biking. And well, when it comes to winter, a lot ski. Norway is famous for skiing.

**Andrew:** Now, if you know anything about Norway, you'll probably picture mountains, snow, skiing, and especially cross-country skiing. So naturally I had to ask Mikael if he loves hitting the slopes and going skiing.

**Mikael:** I'll be honest, I have never been on skis before. So probably not the perfect Norwegian candidate here.

**Andrew:** I was really surprised to hear that Mikael had never skied before. I thought all Norwegians skied.

Our conversation then transitioned to talking about traditional clothing. And I was really curious about what Norwegian traditional clothing was like. And this is what Mikael had to say about that topic.

**Mikael:** The traditional clothes are called *bunad*. We can try to mentally picture it first as, you know, dresses and suits. And they have more colors and more like equipment and stuff on them than normal suits and dresses. And they're different based on the county you're from. And some counties have multiple and there's like the pair for each county and a lot of variety between them. About 80% of females have one and 20% of males. And I'm not sure why there's such a big gap. That's interesting to me, but yes, I haven't had one. And I can't recall seeing a male close to me in my life have one, but several females do. So, it's strange. Some of the suits are quite awesome, to be honest. I would get one eventually, but you know, it's about \$3,000, I think. They're quite intricate in design, some of them. So, I'm gonna guess the price varies quite a lot based on how detailed they are. And I believe they have to be handmade given they are such like different shapes and sizes, and some have hats and, you know, they're very different. So, some are very dark themed with red colors for one of the counties and another one can have green. And the one where I'm from has two versions, I think, one dark and one white. And the white one is quite fancy. So, I'm gonna get that one if I end up with one.

**Andrew:** So, guys, Mikael said that he would send me some pictures of what these traditional Norwegian clothes look like. And by the way, I also Googled it. They're really, really cool looking. And we'll post those pictures onto our social media, our Instagram, and our Discord server as well. So, you can see just how cool traditional Norwegian clothing is.

Speaking of traditions, I was curious about Norwegian holidays and celebrations. So, I asked Mikael if he could talk about that. And he told me about Constitution Day, which happens on May the 17th and this really wacky and interesting tradition and **rite of passage** that high school graduates go through at the same time during the Constitution Day holiday.

**Mikael:** Constitution Day is on the 17th of May and high schoolers at their last year, that would be like 18 to 19, they go on something called *russefeiring* because it's like a special party kind of thing where you have outfits that are usually red. I know growing up, it was more split into four colors depending on what you studied.



Red was general academic studies. Blue was business and economics, I think. Black was sort of the industry work, mechanics and all that stuff. And the green was agriculture and environmental studies and stuff. The outfit is just like the full body suit, and you have the different colors.

And they work together and, for example, save up for a van and drive around in a van and have parties. They write a list of dares they have to go through, which will be sort of like something embarrassing to do in public or singing in the library, for example, hugging strangers, drinking, of course, different dares with drinking.

Yeah, they also have something called *russekort*, which is sort of like business cards with their face on it and a quote at the bottom. So, you sort of have these cards in your outfit and throw them around to kids and stuff. Just like a collection type of game, like Pokémon cards, for example. And I remember growing up that some of these quotes, well, they are from 18- and 19-year-olds. So, it isn't always probably the best thing for a kid to read. But yeah, it was fun. I remember collecting them, but I'm not sure how much it's done now. I did see them a couple of years ago, at least. And it's just a fun party thing for the ones graduating high school.

**Andrew:** So, guys, if you find yourself in Norway around May 17th and you spot a bunch of wild teens cruising around in color-coded outfits, blasting music, and handing out little business cards, don't worry. It's just their way of saying, "We're graduating, woo-hoo!" And they're celebrating leaving high school and going out into society and taking that next big step in life.

Another thing I wanted to ask Mikael about was the cost of living in Norway. When I spoke to Alina about her trip to Norway, she told me that the country was pretty expensive. So, I wanted to get a Norwegian's opinion about the cost of living and some of the social services that are offered to Norwegians.

**Mikael:** I would say it is very expensive, at least, well, depending on where you go, but also eating in public and stuff is even more expensive. There are, of course, some



restaurants and takeout places you can get stuff cheaper, of course. But in general, it is expensive. People often think that Norway is just super rich, and everybody is. But it's like, it comes with the drawback of everything being expensive as well. So, Norwegians aren't as rich as it looks like.

**Andrew:** We have this expression in English, “**There's no such thing as a free lunch.**” And that just means that nothing in life is free. So, it's true that Norwegians typically enjoy fantastic social programs and a high standard of living, but it doesn't come for free. Norwegians pay high taxes and daily expenses can be quite high.

Now to wrap up the conversation, I asked Mikael for some insider tips on visiting Norway. I was curious what the best time of the year to visit is and where we should go.

**Mikael:** For those who do want to visit, try to not pick Oslo if you can. It's fine, but it's like more like major cities and less scenic in a sense. If you can, go north. And then second choice would be west. I think I would pick summer. There's like two, three weeks, which oftentimes don't have rain or all that stuff. And more often can have sun. So, I would probably go for somewhere around summer and far north or west. If you do want to visit, I'm in the west.

**Andrew:** So, you heard it here straight from Mikael. If you want to see those iconic Norwegian views, then he recommends skipping the capital and heading north or west in the summer. Maybe you'll even be able to catch the midnight sun. The midnight sun is when the sun never sets, right? It's up and it's daylight 24 hours all day.

I also asked Mikael if he could recommend something really Norwegian for us to check out. Maybe a TV series, a book, a movie, an album, something like that. And this is what he had to recommend.

**Mikael:** I'm actually going to say one old movie that I grew up with. I think it's from the 1980s and it's called *Flåklypa*, which is sort of a stop motion movie and has very, very iconic. It's very Norwegian, you know.

**Andrew:** If you'd like to check out that stop motion animated movie that Mikael recommended, you can check out the trailer on YouTube. I'll put the link in the description for this episode.

Well, everyone, that wraps up my chat with Mikael about all things Norway, from dark winters to brown cheese, unique traditions, and a peek into how Norwegians live day to day. Of course, a huge thanks to Mikael for telling me about his country and culture. That brings us to the end of this lesson. Talk to you next time. Bye.

## Detailed Explanations

### To get the ball rolling Idiom

At the beginning of this episode, Andrew uses the expression **to get the ball rolling** to describe how starting a conversation on a shared topic can help make things go smoothly. He gives an example of mentioning a hobby or interest to begin a friendly chat with someone new. This is a great strategy for breaking the ice and getting a discussion started.

The expression **to get the ball rolling** means to start something, especially a project, activity, or conversation. It suggests taking the first step to make things happen. For example, if you're planning a party, someone might say, "Let's **get the ball rolling** by making a guest list." This means they want to begin the planning process.

The phrase likely comes from games or sports, where starting a ball's movement is the first step in playing. When you "**get the ball rolling**," you are putting things into motion. Similar expressions include "to get started," "to kick things off," or "to take the first step."

To remember this phrase, think about a ball at the top of a hill. Once you push it, the ball starts rolling on its own. This is like starting a project or conversation – sometimes the hardest part is the first push, but then things move forward more easily.

Here are a couple more examples with **to get the ball rolling**:

**Wendy:** We need to update our website, but it feels like such a huge project.

**Rob:** Why don't we **get the ball rolling** by reviewing the homepage first? Once we decide what changes are needed there, we can tackle the other pages.

**Wendy:** Great idea! Let's set up a meeting with the design team.

**Anna:** My closet is a mess. I don't even know where to begin cleaning it out.

**Ben:** Let's **get the ball rolling** by sorting your clothes into "keep" and "donate" piles. We'll take it one step at a time.

**Anna:** That's a good plan. I'll grab some boxes for the donations.

## To make [one] shudder

### Phrase

In this episode, Andrew says that the thought of waking up when it's completely dark and coming home after work when it's still dark **makes him shudder**. It means that it makes Andrew feel uncomfortable and unpleasant.

The phrase "**to make [one] shudder**" means to cause someone to feel uncomfortable, scared, or uneasy. A shudder is a quick movement or shake that your body does when you feel cold, frightened, or disgusted. For example, just thinking about walking through a spooky forest at night might **make you shudder**. The expression can describe both physical reactions (like shaking) and emotional reactions (like feeling uneasy).

The origin of this phrase comes from the natural way our bodies react when we feel discomfort or fear. You might shudder when you feel a chill or when you see something that grosses you out, like a bug in your food.

To remember this expression, think of a time when you felt cold and shivered. That physical reaction is similar to the feeling you get when something makes you uncomfortable or scared.

Here are a couple more examples with **to make [one] shudder**:

**Grace:** Have you ever tried oysters?

**Owen:** No, never! I don't understand how people can enjoy them. Just looking at them **makes me shudder**.

**Grace:** I tried one once, and the slimy texture was awful. Never again!

**Tom:** I got a promotion!

**Nelly:** Congratulations! This is amazing!

**Tom:** Yeah, it is. The thing is, I have to give a speech in front of the entire company tomorrow, and the idea alone **makes me shudder**. I hate public speaking!

**Nelly:** Maybe focus on a friendly face in the crowd or pretend you're just talking to a small group of friends. It might help.

## To take [something] in stride

Idiom

When Andrew talks about Norway's long, dark winters, he mentions that Mikael “**takes it all in stride**.” This means that Mikael handles the challenge of dark winters calmly and without letting it bother him too much. He doesn’t complain or stress about it; instead, he accepts it as part of life.

“**To take [something] in stride**” means to deal with a problem, challenge, or unexpected situation in a calm and easy way. It shows that the person doesn’t get too upset or worried about what’s happening. For example, if you fail a test but decide to study harder for the next one instead of getting discouraged, you are **taking it in stride**.

The word "stride" means a long, confident step. Imagine walking smoothly and confidently, even if there are small obstacles in your way. When you “**take something in stride**,” it’s like walking over a bump without stopping or losing your balance. It suggests staying steady and in control.

The phrase comes from the idea of walking or running and keeping a smooth rhythm, even if there’s an obstacle in your path. It’s like saying you keep moving forward without tripping or losing your balance. A similar phrase is "to handle something gracefully."

Here are a couple more examples with **to take [something] in stride**:

**Matt:** The boss just moved our deadline up to Friday.

**Laura:** Seriously? That’s so unfair!

**Matt:** Yeah, but I’ll **take it in stride**. I’ll work late tonight and get it done.

**Laura:** Your calm reaction amazes me. I’d be so mad if I were you!

**Meg:** I can’t believe your tire went flat on the way to the interview!

**Brian:** I know, but I **took it in stride**. I called a tow truck and explained the delay to the interviewer.

**Meg:** Did they understand?

**Brian:** Yeah, they were fine with it.

## At first blush

### Idiom

In this episode, Andrew uses the phrase "**at first blush**" when he talks about hearing the name of brown cheese. At first, he didn't think it sounded good. However, after learning more about it, he became curious to try it. This shows how our first impressions of something can sometimes change.

The expression "**at first blush**" means your first impression or initial reaction to something before you think about it more. It's like the quick feeling or thought you have when you first see, hear, or experience something. For example, if you meet someone for the first time and think they're very friendly, that is your "**first blush**" opinion. Later, as you get to know them, your opinion might change or stay the same.

The word "**blush**" originally means the red color that comes to your face when you feel embarrassed or shy. Over time, the phrase "**at first blush**" began to describe how something looks or feels when you first notice it, almost like a quick reaction before looking deeper. Similar expressions include "**at first glance**" or "**on first impression.**"

A helpful way to remember this phrase is to think about meeting someone new. When you first meet them, you might have a feeling or thought about them. This is what happens "**at first blush.**" But if you talk to them more, you might see more clearly who they are.

Here are a couple more examples with **at first blush**:

**Alex:** How do you feel about this job so far?

**Jean:** **At first blush**, it seems like a great opportunity, but I need to learn more about the team.

**Alex:** Makes sense. First impressions can be tricky.

**Jordan:** Have you met the new couple next door?

**Taylor:** Yeah, **at first blush**, they seemed a little shy, but they're really friendly once you talk to them.

**Jordan:** That's good to hear. I'll introduce myself soon.

## Rite of passage

Noun

In this episode, Mikael mentions that high school students in Norway celebrate their graduation with a unique event called “russefeiring.” He describes it as a **rite of passage** – a special event that marks an important stage in life. For these students, it's their way of celebrating the transition from high school to adulthood.

A **rite of passage** is an event or ceremony that represents a big change in someone's life. It is often tied to cultural traditions or important milestones, like graduating from school, getting married, or starting a new job. For example, many people see getting a driver's license as a **rite of passage** because it gives them new independence.

The term comes from anthropology, where it was first used to describe rituals or ceremonies in different cultures. It highlights how societies mark major life events. In everyday English, people use "**rite of passage**" to describe not just traditional ceremonies but also big personal experiences, like moving to a new city or learning to cook for yourself.

A similar term is "milestone," which also refers to an important event, but it doesn't always include the idea of change or a cultural tradition. Be careful not to confuse a **rite of passage** with something casual or small, like trying a new restaurant. It usually refers to events with deeper meaning.

Here are a couple more examples with **rite of passage**:

**Ed:** I can't believe I survived meeting your mom. That felt like a real **rite of passage**.

**Sophie:** You did great! She told me you seemed polite and funny.

**Ed:** Really? I was sweating the entire time.

**Tara:** I just signed the lease on my first apartment!

**Josh:** Congratulations! Renting your first apartment is definitely a **rite of passage**. Are you excited?

**Tara:** Totally, but also nervous. I've never lived alone before.



## There's no such thing as a free lunch

### Saying

In this episode, Mikael talks about how life in Norway is expensive, even though people enjoy high living standards and great social programs. He explains that eating out and daily living costs are very high, which can make it feel like Norwegians aren't as wealthy as they seem. In response, Andrew uses the expression "**There's no such thing as a free lunch**" to explain that good things, like Norway's social benefits, always come with a cost, such as high taxes or expensive goods and services.

This phrase means that nothing is truly free in life. If someone gives you something for free, there's often a hidden cost, like extra work, a favor, or some other obligation. For example, a company might offer a "free trial," but they want you to buy their product later. Another example: If a friend offers to drive you somewhere, they might expect you to return the favor in the future.

Here are some examples of how you can use this saying in a sentence:

- "The website promises free courses, but you have to pay to get the certificate. I guess **there's no such thing as a free lunch**."
- "Our neighbor gave us free tickets to the concert, but now she wants us to babysit her kids this weekend. **There's no such thing as a free lunch!**"

The expression comes from the past, when restaurants in the U.S. offered "free lunches" to customers who bought drinks. The lunch wasn't truly free because the drinks were usually expensive.

Here are a couple more examples with **there's no such thing as a free lunch**:

**Max:** The store is giving away free tote bags!

**Emma:** That's cool. Do you just grab one?

**Max:** No, you have to spend at least \$100 first.

**Emma:** Of course. **There's no such thing as a free lunch.**

**Maya:** They're giving out free samples at the store!

**Paul:** Yeah, they're doing it just to get you to buy the full size. **There's no such thing as a free lunch.**

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## Expressions Quiz

**1. What is a synonym for "get the ball rolling"?**

- a) Play a game.
- b) Delay something.
- c) Start something.
- d) End something.

**2. Which is more likely to make someone shudder?**

- a) Playing a fun board game.
- b) Eating your favorite food.
- c) Listening to relaxing music
- d) Watching a scary movie.

**3. What does it mean to "take it all in stride"?**

- a) To handle a challenge calmly and confidently.
- b) To avoid dealing with a problem.
- c) To struggle with something difficult.
- d) To enjoy running.

**4. True or false? "At first blush" means making a detailed and careful decision after thinking for hours.**

- a) True.
- b) False.

**5. What phrase means an event or tradition that marks an important life change?**

- a) Passage rite.
- b) Right passage.
- c) Rite of passage.
- d) Passage of rights.

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## Comprehension Quiz

6. What strategy does Andrew suggest for starting a conversation with someone you don't know well?
7. What is SAD?
8. What food item does Mikael describe as "sweet and sticky with a toffee-like flavor"?
9. What does Mikael say is common in Norwegian cuisine due to their geography?
10. What does Mikael say about cycling in Norway compared to Denmark?

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## Writing and Discussion Questions

1. If you could visit Norway, which aspect from the episode – nature, food, or culture – would you want to explore the most? Why?
2. How do you think people can **get the ball rolling** when learning a new language or hobby? How would you do that?
3. What is something that **makes you shudder**, like a specific food, weather condition, or a task you dislike? How do you handle it?
4. How do you react when plans change unexpectedly? Are you able to **take it in stride**, or do you find it difficult?
5. Do you agree with the idea that **there's no such thing as a free lunch**? Can you think of a time when something “free” came with hidden costs?

## Quiz Answers

1.c    2.d    3.a    4.b    5.c

6. He suggests finding a shared experience, like a hobby or interest, to connect with the person.

7. SAD, or Seasonal Affective Disorder, is when a lack of sunlight makes people feel depressed and low in energy.

8. Brown cheese.

9. Fish, such as mackerel, cod, and salmon, is very common because Norway is surrounded by the ocean.

10. There's less cycling in Norway because it's not as flat as Denmark.

### Episode credits

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