

# STRESS IN NORWEGIAN WORDS

---

The stress in Norwegian words are usually on the first syllable (here underlined):

kjøkken  
skole

However, there are many exceptions to this rule. For example, the prefixes *be-* and *for-* never carry stress:

betale                      forstå  
begynne                    fortelle

Otherwise, it is difficult to give reliable rules for words not carrying the stress on the first syllable. Therefore, you should try to notice where the stress is when you learn a word.

## Grammatical suffixes

There is never a stress on grammatical suffixes, like plural endings on nouns or endings on adjectives:

en bil – bilen – biler – bilene  
en varm dag – to varme dager  
varm – varmere – varmest – den varmeste dagen

## Compound words

In compound words, the main stress is on the first word. The other word(s) carries/carry a minor stress on its stressed syllable, here illustrated with a dotted line:

treningsenter  
butikksenter

In these two compound words, *trening* and *butikk* carry the main stress, while the last word, *sender*, carries a minor stress on its first syllable.