

**1 Year Living in Norway. How it Changed My Life: Truth About Norwegian Life**  
<https://www.youtube.com/watch?v=uSFqf2vokwI>  
transcript: <https://dontveter.com/ec/norway2.pdf>

It was nothing special, I worked less and the rain never stopped me.

Never complain, never explain.

No online shopping.

Don't you feel tired?

I will bring my own kid to the office and this is actually cool.

One year guys, it's been one year of me living in Norway so how ~~actually this Norwegian year has~~ has this year in Norway actually changed my life?

One year ago, the 23rd of May I was boarding (better: boarded) my one-way flight from London to ~~land in~~ Norway.

It was a fantastic year and if you ask me now what exactly changed, I would say everything.

Sometimes I feel like I became a totally different person; different person.

But today I'm going to tell you about five major changes Norway did to me.

Disclaimer right here guys:

Norway is not the first country for me, it's actually the sixth country where ~~Five~~ I've lived.

And also before I moved to Norway last May, I was working with Norwegian companies for about five years, so I used to know some Norwegian people already.

So May [of] last year was not my first ever time in Norway but I would never expect this country to change my life this much - my whole life actually.

Stay with me until the end and I will tell you the whole ~~truth~~ [story].

First of all, I'm ~~outdoor activities addicted~~ now addicted to outdoor activities now.

After one year of living in Norway I cannot imagine my life without constant jogging and hiking and also I finally learned how to snowboard ~~properly in Norway~~ here in Norway last winter.

I can't remember any day I spent without having outdoor activities here.

And the rain never stopped me as you all know [from] watching my previous videos that there is no such a thing as ~~a~~ bad weather, only ~~inadequate~~ [bad] clothes.

A combination of a raincoat and the proper running shoes will make you unstoppable any time of the year.

Second, janteloven, and its rule number four: ~~you are not to convince~~ you should not think that ~~yourself~~ that you are better than us [anyone else] and, yes, for me it works, all people are equal.

Yes, we all have different opinions, life expectations, previous experience, personal preferences [and] life circumstances.

It makes us different but we are all equal and no one is better than the other one and if you respect other people just the way you respect yourself, it will not hurt you but it will make the whole society much better.

Yes, we are all different but everyone is equal.

And, yes, I'm locking my front door now.

When I just moved to Norway, for a few months I didn't lock it, but after that I followed your advice.

Thank you so much guys, so now when I'm out, it's locked.

After one year of living in Norway I work less, but in fact, I work more and this is actually cool.

Did you know that Norwegians in the office ~~they~~ work from 8 AM to 4 PM?

Yeah, that's right, but do you also know that during this time they actually work, with almost no distractions at all?

I started doing the same and guess what? I got promoted!

Do you want to know the ~~trick that's very easy~~ the very simple trick?

Tomorrow, when you start working, switch off your phone and leave it out of your reach, [or even] better, in your handbag.

You can switch it back on after 4 PM, when you're using your working computer, just imagine that your boss can clearly see everything ~~what~~ [that] you're doing there.

Yesm even [when] you're choosing that lovely jumper as a present for your boyfriend - maybe not.

I bet you got my point, no personal phone, no online shopping or any other distraction from 8 AM to 4 PM.

Repeat it for 6 months and you will get the pay raise together with your promotion.

Do you like this advice? Don't forget to hit the like button, it doesn't cost you anything but it will show the algorithm that this video is actually useful and don't forget to subscribe to my channel.

Number four: I switched from traditional British, “never complain, never explain” to Norwegian “never complain always explain”.

For me it is usually work related.

In England I used to have this professional mentality, never complain, never explain. Never explain anything.

For example, one of my colleagues ~~asking~~ [asked] me: “Oh my god, you're traveling for work all the time, don't you feel tired?”

My usual reply is “no, absolutely not, I'm fine thank you so much.”

[For] another example, another colleague of mine ~~is asking~~ said, “wow, you reached your target this month, how did you manage?”

Again, my usual response is, “well it was nothing special, I was just lucky, in Norway the first part of this approach is the same, you never complain at work, especially about work.

Well in Norway, don't complain, in general, it's against Norwegian ~~mentality~~ [custom] but if anyone at work ~~is asking~~ [asks] you, “how did you reach your target this month,” the person is actually asking you to explain how you ~~reach~~ [reached] those results step by step.

In this case I need to sit down with a person and explain the whole process from the beginning to the end, what strategy was involved, what actions I took and how the whole process ~~work~~ [works].

And by the way, some of you guys asked me what equipment I'm using to film my vlogs.

I'm using [an] Action Camera GoPro 8 Hero and an original remote for this.

I don't know which one is more important for filming vlogs.

[I] would say both are equally important.

If you want to know more about my filming ~~gears~~ [gear], I put both links below in the description to this video.

Those are affiliate links and you'll find out all [the] information you need about specifications of this equipment.

If you have any questions let me know in the comments below, I will be happy to answer them all.

Number five: the importance of the family.

~~It's~~ [There is] actually [a] funny story behind it.

The first day, when I just came to my Norwegian office, one of the first questions ~~il~~ was asked was, “What about your kids?”

Are they still in England or are they already here in Norway?

And, I was like, well I don't have kids yet.

Later I realized that the mentality [culture] in Norway is different.

While in England, and especially in London [and it's] the same as in Italy, until the age of 35 ~~you're spending~~ you spend your time ~~on~~ studying, building your career, proving your point, earning that 20 percent for your mortgage and building up your reputation within the industry.

People in Norway have this fantastic life and work balance, where family always comes first, so after one year of living in Norway I still appreciate my career.

Don't get me wrong, I'm going to proceed with my professional development, but I feel like I'm ready to settle [down] and I'm ready to start my own family.

Thank you so much Norway.

So maybe in one ~~year~~ [year's] time I will bring my own kid to the office, I will keep you posted.

Life is a wonderful thing guys, you never know how much one country can change your life just in one year and definitely change [it] for the ~~best~~ [better].

So take your chances, follow your dreams, follow your heart and you will be happy.

Thank you so much guys, for watching this video ~~until then~~ and for being with me in such an important day of my life, one year in Norway [my] one year anniversary

Stay safe, be happy and I will see you next week.

To one year in Norway! Hurrah!

Thank you guys!