



Couple at Stegastein, Aurlandsfjellet, Credits: C.H. www.visitnorway.com

Sons of Norway Information Banks

# #209: SOME NORWEGIAN FIRST NAMES

## IN THIS INFORMATION BANK

- Introduction | 01
- Many Names, Many Origins | 01
- Meaning, and Meanings | 02
- Female Names | 02
- Male Names | 07

## INTRODUCTION

What's in a name? Quite a lot, actually. Most of us don't know what our names mean, much less where they come from. But hidden just beneath the surface is a rich well of meaning waiting to be discovered. This Information Bank unit is intended as a simple, general guide to some of the most popular Norwegian names of yesterday and today.

## MANY NAMES, MANY ORIGINS

Norwegian names come from many different sources. For starters, there is a large base of native names that come from Old Norse, the ancestor language to modern Norwegian. Some of these have remained more or less unchanged over the centuries, but many have undergone minor changes in spelling as the language itself changed. For example, one very old and popular name for men is Tor, which is the name of the Norse god and means "thunder." A thousand or so years ago that name would have been written Þórr and pronounced with an initial "th-" sound, just like in modern English – Thor. Over time however, the "th-" sound dropped out of the Norwegian language altogether and was replaced by a simple "t-" sound and thus Old Norse Þórr became modern Norwegian Tor.

In addition, there are many other "imported" names, especially from Latin, Greek and Hebrew. Most of these entered the Norwegian language through the influence of Christianity. Sometimes the origin of these names can be complex as well. Take for example the women's name Agnete, which is a German version of the Latin version of the Greek adjective Hagn, meaning "virtuous" or "chaste." The Greek word is also the root of the name Agnes, which entered many languages as the name of St. Agnes, an early Christian martyr; so you can think of Agnete, Agnes, and many others as variations on the same root. To make things even more confusing, Agnete can also be spelled Agnethe; the pronunciation is exactly the same (ahg-net-eh) but the "h" is in there for no phonetic reason. More on that on page 2.

Finally, some names have many or mysterious origins. Linguists and historians have debated some of them for a long time and produced many competing theories. For this unit, we have included as much information as we could where each name came from, but some of them remain unknown or disputed.



1455 W. Lake Street, Minneapolis, MN 55408  
(800) 945-8851 or (612) 827-3611  
www.sonsofnorway.com (Rev 01/2012)



## UNDERSTANDING THE ENTRIES

Bergljot	(berg-lee-ot)	Norse;	"protection and "shining"
name	approximate pronunciation <b>bolded</b> syllable shows stress	language of origin	definition or description

## ARCHAIC SPELLINGS

As languages change over time spelling rules change as well. Names, however, are not always affected by such changes. For this reason not all names are spelled exactly as they are pronounced or follow modern spelling rules.

The following letters and combinations are not used in modern Norwegian spelling rules, but occur frequently in common contemporary Norwegian names:

c	→ pronounced "k"
ch	→ pronounced "k"
ph	→ pronounced "f"
sch	→ pronounced "sk" or "sh"
th	→ pronounced "t"
w	→ pronounced "v"

## NAME LAW

Until relatively recently the Norwegian government regulated which names could and could not be used. In 2003, navneloven – the Name Law – was revised to allow more freedom for individuals to choose names for their children and themselves. This has met with a mixed reception; on the one hand, people are freer to choose, but on the other, some people have chosen names that others consider to be too strange. Still, some names are prohibited if they have unfavorable connotations or double meaning that might cause the bearer difficulty in life.

## MEANING, AND MEANINGS

Many Norwegian names are compounds of two or more independent elements. Let's take our earlier example Tor, and another man's name Stein, meaning "stone." Both Tor and Stein can be used as stand-alone names, or they can be combined into one name – Torstein. It is not entirely clear if compound names like this are meant to add up to something else (thunderstone? Thor's rock?) or if they just go together because they sound impressive. There are many, almost endless derivative names that combine Tor with another element; Torkell, Torgeir, and Tolleif as well as women's names like Tordis, Toril, Torny and more. Some lists of Norwegian names present these compounds as a cohesive whole, but here we have chosen instead to describe the elements separately.

## FEMALE NAMES

**Agnes** (ahg-nes) From Latin and Greek; "virtuous, chaste."

**Alfhild** (ahlf-hild) Norse; "elf" and "battle."

**Alva** (ahl-vah) Norse; female form of Alv / Alf, "elf."

**Anja** (ahn-ya) Russian diminutive of Anna.

**Anne** (ahn-neh) Hebrew; see Anna.

**Anna** (ahn-nah) Hebrew, derivative of Hannah; "mercy"; Many variations; Ane, Anette, Anita, Anja, Ann, Anne, Annette, Annie, Anniken, Anny, Hanna, Hannah, Mariann, Marianne and others.

**Annika** (ahn-eeek-ah) German; derivative of Anna.

**Arna** (ahr-nah) Norse; "eagle"; shortened form of names starting with Arn-.

**Aslaug** (ahs-laug) Norse; "god" and "consecrated."

**Astrid** (ahs-tree) Norse; "god" and "beautiful."

**Aud** (aud) Norse; "prosperity, happiness."

**Audhild** (aud-hill) Norse, "prosperity" and "battle."

**Audny** (aud-nee) Norse; "prosperity" and "new."

## ...B...

**Beate** (beh-ah-teh) Latin; feminine of "beatus", which means "happy."

**Bente** (ben-teh) Latin; Norse form of "benedictus", which means "blessed."

**Berit** (behr-it) Derivative of Birgit.

**Bergljot** (berg-lee-oh) Norse; "protection" and "shining."

**Birgit** (bihr-git) Derivative of Birgitte.

**Birgitte** (bigh-git-eh) Celtic; "magnificent." Other forms of the name are Berit, Berta, Brit, Brita, Britta, Birte and more.

**Bjørg** (byorg) Norse; "protection."

**Bodil** (boo-dil) Norse; "penance" and "battle."

**Borghild** (borg-hild) Norse; "protection" and "battle."

**Borgny** (borg-nee) Norse; "help" and "new."

**Brita** (brit-ah) Derivative of Birgit.

**Brynhild** (bryn-hill) Norse; "coat of mail" and "battle." Brynhild was a Valkyrie in the Norse sagas. She lived behind an immense wall of fire and had vowed to marry the man who dared ride through it.

### ...D...

**Dagny** (dahg-nee) Norse; "day" and "new."

**Dordi** (dor-dee) Derivative of Dorthe.

**Dorthe** (dor-tay) From Greek; Norse form of Dorothea; "gift from God." Other forms are Dorit, Dorte, Dordei, Dora, Tea, Thea and more.

### ...E...

**Edit** (eh-diht) Anglo-Saxon; "wealth" and "fight."

**Eivor** (eye-vohr) "luck" and "careful." Also spelled Eyvor.

**Eldbjørg** (eld-byorg) Norse; "fire" and "protection."

**Eldrid** (ehl-dree) Norse; "fire" and "beautiful."

**Eleonora** (ai-lay-eh-oh-nor-ah) Origin uncertain, but possibly related to Helene.

**Eli** (eh-lee) From Greek; Norse form of Helena, "the illustrious." Other forms are Elen, Elin, Eline, Ellen, Lene, Line and more.

**Elin** (eh-lihn) Greek; see Eli.

**Elisabeth** (eh-lee-sah-bet) Hebrew; Scandinavian form of Elisjeba (Elizabeth), "God is my promise."

**Elise** (eh-lee-seh) Derivative of Elisabeth. Other forms are Else, Lisbet, Lise and more.

**Elen** (ei-lehn) Derivative of Helene.

**Emma** (em-ah) German; "whole, universal."

**Erika** (eh-reek-ah) Feminine form of Erik.

**Erna** (ehr-nah) Feminine form of Ernst (Ernest).

**Eva** (eh-vah) Hebrew; "life."



Every year Statistics Norway, the government's statistics bureau, publishes a list of the top ten most popular baby names for the previous year. They also track trends as names come in and out of popularity. Check this year's list and more at: [http://www.ssb.no/navn\\_en/](http://www.ssb.no/navn_en/)

#### Top 10 Boys Names for 2010

1. Lucas/Lukas
2. Emil
3. Mathias/Matias
4. William
5. Magnus
6. Markus/Marcus
7. Jonas
8. Kristian/Christian
9. Oliver
10. Alexander/Aleksander

#### Top 10 Girls Names for 2010

1. Emma
2. Linnea/Linea
3. Sara/Sahra/Sarah
4. Sofie/Sophie
5. Nora/Norah
6. Ingrid/Ingerid/Ingri
7. Thea / Tea
8. Emilie
9. Ida
10. Maja/Maia/Maya

#### FURTHER READING

For further reading about Norwegian names and naming conventions, check out the book "A Handbook of Scandinavian Names" by Olav Veka and Nancy L. Coleman.

...F...

**Frida** (free-dah) Norse; "lovely."

**Frøydís** (fruy-dis) Norse; "Frøy", a Norse god (Frey), and "goddess."

...G...

**Gerd** (gerd) Norse; "protection."

**Gjertrud** (yahr-trood) Norwegian form of Gertrud, from German; "spear" and "strength."

**Grete** (greh-teh) Greek and Latin; Norse form of Margareta, meaning "pearl." Other Norwegian forms are Margit, Marit, Magrit, Marte, Merete, Mette, Rita and more.

**Gro** (groo) Norse; "to grow."

**Gudrun** (good-ruhn) Norse; "god" and "secret." A later form is Guro.

**Gunnhild** (goon-hild) Norse; comprised of two elements, both of which mean "battle."

**Gunnvor** (goon-vor) Norse; "battle" and "protected."

**Guro** (goor-oh) Norse; Derivative of Gudrun.

**Guri** (guh-rih) Norse; "god" and "beautiful."

**Gurine** (goo-ree-neh) Latinized form of Guri.

**Guro** (goo-roo) Derivative of Gudrun.

**Gyda** (gyh-dah) Norse; "god" and "beautiful."

...H...

**Haldis** (hall- dihs) Norse, "stone" and "goddess."

**Hedda** (hed- dah) Diminutive of Hedvig, from German *Haduwig*, composed of two elements, both of which mean "battle."

**Hege** (heh- geh) Norse; see Helga

**Heidi** (hi- dee) German; shortened form of Adelheid, "noble" and "gleam, glitter."

**Helene** (heh-lane-eh) From a Greek word meaning "bright" or "shinning." Many variations, including Eli, Elin, Eline, Ella, Ellen, Ellinor, Elna, Helen, Helena, Lena, Lene, Nelly and Nora

**Helga** (hell-gah) Norse; feminine form of Helge, "lucky" and / or "holy."

**Helle** (hell- eh) Norse; see Hilde

**Henriette** (hen-ree-et-teh) Feminine form of French Henri, a variant of German Heinrich, meaning "home" and "ruler."

**Herdís** (hehr- diss) Norse; "army" and "goddess."

**Hilde** (hill- deh) Short form of other names ending in -hild, which comes from Old Norse and means "battle." Other forms are Hilda, Helle and Hildur.

**Hildegunn** (hill-deh-guhn) Norse; "battle" and "battle."

**Hjördís** (yor-dees) Norse; "sword" and "goddess."

**Hulda** (huhl-dah) Norse; "hidden, secretive."



**HULDA GARBORG**

A Norwegian writer, novelist, playwright, poet, folk dancer and theatre instructor, Hulda is best known today for kindling interest in the bunad tradition.

...I...

**Ida** (ee-dah) Norse; "conflict."

**Idun** (ee-duhn) Norse; in Norse mythology, Idun was a goddess who raised apples that kept the gods young.

**Inga** (ing-gah) Norse; shortened form of older female names starting with Ing-, connected with the fertility god Ing.

**Ingeborg** (ing-eh-borg) Norse; "Ing" and "protection." See Inga.

**Ingjerd** (ing-yerd) Norse; "Ing" and "protection." Another form is Inger.

**Inger** (ing-ehr) Norse; see Ingjerd.

**Ingrid** (ing-reed) Norse; "Ing" and "beautiful." See Inga

**Ingunn** (ing-uhn) Norse; "Ing" and "love." See Inga

**Iselin** (ee-seh-leen) Modern Norwegian; no specific meaning.

...J...

**Janna** (yahn-nah) Diminutive form of Johanna.

**Johanna** (yoo-hahn-nah) Feminine form of Johannes, which comes from Latin and Greek; "God is merciful."

**Jorunn** (yor-uhn) Norse; "wild boar" and "love."

**Julia** (yoo-lee-ah) Feminine form of Julius.

...K...

**Kaia** (*kya-ah*) Greek; from Gaia, "earth."

**Karen** (*kar-ehn*) Greek; from Katharos; "pure", main form: Katarina, "the pure." Many Norwegian forms: Kari, Karine, Katinka, Trine and more.

**Kari** (*kar-ee*) Norwegian form of Katrine.

**Karoline** (*kahr-oh-lee-neh*) Feminine form of Karl, meaning "free man."

**Katrine** (*ka-tree-neh*) From Latin and Greek, possibly associated with a word meaning "pure."

**Kjersti** (*sharsh-tee*) Derivative of Kristin.

**Klara** (*klahr-ah*) Latin; "clear, bright."

**Kristin** (*kris-tin*) From Latin, "Christian." Many variations, including Kirsten, Kristine, Kirsti, Kjersti, Stina and more.

...L...

**Laila** (*lay-lah*) Uncertain origin and meaning. Possibly made up by 19<sup>th</sup>-century ethnographer J.A. Friis, who claimed it was in use among the Sami.

**Lene** (*leh-neh*) Greek, see Helene.

**Linda** (*lin-da*) Many origins, but often from German as a shortened form of Belinda or other names with similar endings. In this case, meaning is approximately "soft" or "mild."

**Line** (*lee-neh*) Shortened form of names ending with --ine like Katrine or Nicoline. No specific meaning.

**Linnea** (*lin-ey-ah*) Latin; the name of a flower (*linnea borealis*) named for Swedish scientist Carl Linnaeus.

**Liv** (*leave*) Norse; "life" or "protection." Also spelled Liva or Live.

...M...

**Magdalena** (*mahg-da-lay-nah*) Greek, "woman from Magdala." From the Biblical Mary Magdalene.

**Magnhild** (*mahgn-hill*) Norse; "strength" and "battle."

**Magna** (*mahg-nah*) Norse; "strength." May be a shortened form of older female names starting with Magn-.

**Magrete** (*mah-gre-the*) Derivative of Margaret – See Margareta.

**Malene** (*mah-lane-eh*) Derivative of Magdalena. Also spelled Malena.

**Malin** (*mah-lin*) Derivative of Magdalena.

**Maren** (*mahr-ehn*) Latin; derivative of a name meaning "from the sea."

**Margareta** (*mar-ga-ret-ah*) Greek and Latin; "pearl." Many derivatives, including Grete, Margaret, Margit, Marit, Marita, May, Merete, Merethe, Mette and Rita.

**Margit** (*mahr-giht*) See Margareta.

**Mari** (*mar-ee*) Derivative of Marie.

**Marian** (*mar-ee-ahn*) Combination of Mari and Ann. Also spelled Mariann or Marion.

**Marie** (*ma-ree-eh*) Hebrew; derivative of Miriam, of uncertain meaning. Also spelled Maria.

**Marit** (*mar-it*) Derivative of Margit. See Margareta.

**Marta** (*mahr-tah*) Either a derivative of Margaret, or from Hebrew, meaning "lady."

**Mathea** (*mah-tay-ah*) Hebrew and Greek; female form of the Matthew, meaning "gift from God."

**Merete** (*meh-reh-teh*) See Margareta.

**Mette** (*meh-teh*) See Margareta.



**HRH CROWN PRINCESS METTE-MARIT**

Mette-Marit is the wife of Crown Prince Haakon of Norway.

Photo: Sølve Sundsbø  
The Royal Court

**Mildri** (*mill-rih*) Norse; "mild" and "beautiful."

**Mona** (*mohn-ah*) Origin unknown, with many competing theories. May be a shortened form of Monika.

...N...

**Nina** (*nee-nah*) Possibly a shortened form of a Russian nickname for Anna. See Anna.

**Nora** (*noor-ah*) A shortened form of Eleonora, of uncertain origin, but may be related to Helene, meaning "bright" or "shining."

**Norunn** (*nor-oon*) Modern Norwegian; "north" and "love."

...O...

**Oddny** (*ohd-nee*) Norse; "spear/arrow point" and "new."

**Oddrun** (*ohd-roon*) Norse; "spearhead, point" and "rune."

**Oddveig** (ohd-vey) Norse; “spearhead, point” and an unknown final element.

**Olaug** (oo-laug) Norse; “ancestors” and “consecrated.”

**Oleanna** (oo-lay-ah-nah) Norse; combination of “Ole” and “Anna.”

**Olga** (ohl-gah) Norse; Russian form of Helga.

### ...R...

**Ragna** (rahg-nah) Norse; “councilor, advisor.” Shortened form of names starting with Ragn-,

**Ragnfrid** (rahn-freed) Norse; “advice” and “beautiful.”

**Ragnhild** (rahn-hill) Norse; see “advice” and “battle.”

**Randi** (rahn-dih) Norse; derivative of Ragnfrid.

**Ranveig** (rahn-vey) Norse; “house” or “advice” and an unknown final element. Might be related to Ragnveig.

**Reidun** (rye-duhn) Norse; “house” and “love.”

**Ronja** (rohn-ya) Swedish, from a Sami place name.

**Runa** (roon-ah) Norse; shortened form of female names ending with –run, meaning “rune, secret.”

**Ruth** (root) Hebrew; uncertain meaning. Also spelled Rut or Rutt.

**Rønnaug** (ruhn-aug) Norse; see Ranveig.

### ...S...

**Sara** (sahr-ah) Hebrew; “princess.”

**Selma** (sell-mah) Celtic; “beautiful.”

**Sigfrid** (sig-freed) Norse; “victory” and “beautiful.” Other forms are Sigfrida, Sigrid and Siri.

**Signy** (sig-nee) Norse; “victory” and “new.”

**Siri** (seer-ee) Norse; see Sigfrid.

**Sissel** (sis-ehl) Latin; Norse form of Cecilia, originally the Roman family name, Caecilius, meaning “blind.”

**Siv** (seev) Norse; “kinship.” The name of the wife of the Norse god, Tor.



### SIV JENSEN

A Norwegian politician, and the current leader of the Progress Party, Siv was the Progress Party’s candidate for Prime Minister in the 2009 parliamentary election.

**Sofia** (soh-fee-ah) Greek; “wisdom.”

**Solveig** (sohl-vey) Norse; “house” and –veig which might mean “strength.” The initial Sol- is often associated with “sun.”

**Sonja** (sohn-yah) Greek; diminutive of Sofia, which means “wisdom.” Sonja is a Russian form of the name.

**Stine** (stee-nah) Shortened form of Kristina and related names.

**Sunniva** (sun-eh-vah) Anglo-Saxon; originally Sunngifu, “sun-gift.” Later forms are Synne, Synnøve and more.

**Svanhild** (svahn-hill) Norse; “swan” and “battle.”

**Synnøve** (sih-nuh-veh) or (Sihn- UH- veh) Anglo-Saxon; see Sunniva.

### ...T...

**Thea** (tay-ah) Shortened form of Dorthea, from Greek, meaning “God.”

**Tone** (toh-neh) Norse; see Torny.

**Tora** (toh-rah) Norse; shortened form of names ending with -tora, the female form of Thor, the Norse god.

**Tordis** (tohr-dis) Norse; “Thor” and “goddess.”

**Toril** (tohr-ill) Norse; from Torhild: “Thor” and “battle.”

**Torny** (tohr-nee) Norse; “Thor” and “new.” Another form is Tone.

**Torunn** (tohr-uhnn) Norse; “Thor” and “love.”

**Tove** (toh-veh) Norse; shortented forms of names starting with Tora-.

**Trine** (tree-neh) Greek; see Karen.

**Trude** (troo-deh) Germanic; shortened form of Gertrude.

### ...U...

**Unn** (uhn) Norse; “love” or “she who is loved.”

**Unni** (uhn-ih) Norse; “love” and “new.”

### ...V...

**Vera** (vehr-ah) Latin; from a word meaning “true.”

**Vibeke** (vee-beh-keh) Germanic; “battle.”

**Vigdis** (veeg-diss) Norse; “battle” and “goddess.”

### ...W...

**Wenche** (vengk-eh) German; “friend.”

...Å...

**Ågot** (aw-got) Norwegian version of Agate, from the Greek "agathos", which means "good."

**Åse** (aw-seh) Norse; "god."

**Åshild** (aws-hill) Norse; "god" and "fighting woman."

## MALE NAMES

**Aksel** (ahk-sell) Hebrew; Norse form of Absalon, meaning "father of peace." Also spelled Axel.

**Alf** (ahlf) Norse; "elf."

**Alfred** (ahl-fred) English; "elf" and "advice."

**Amund** (ah-muhn) Norse; "awe, fear" and "protector." Other forms are Åmund and Omund and more.

**Anders** (ahn-dehrs) Greek; Norse form of Andreas.

**Andreas** (ahn-drey-ahs) Greek; derived from the word for "man."

**Are** (ah-reh) Norse; "eagle." Another form is Ari.

**Arild** (ah-rihl) Norse; see Harald

**Arne** (ahr-neh) Norse; probably shortened form of older male names starting with Arn- "eagle." Other forms are Are, Ådne, Arnt and more.

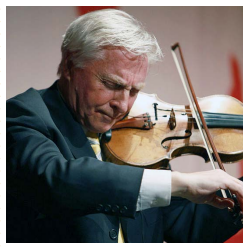
**Arnljot** (arn-lyawt) Norse; "eagle" and "shining."

**Arnt** (ahrnt) Norse, or German; either a short form of other names starting with Arn-, meaning "eagle" or a shortened form of Arnold, meaning "eagle" and "ruler."

**Arnulf** (ahrn-oolf) Norse; "eagle" and "wolf."

**Arnfinn** (ahrn-fin) Norse; "eagle" and "Sami."

**Arve** (ahr-veh) Norse; see Arvid.



### ARVE TELLEFSEN

A Norwegian violinist, Arve has played with many of the world's greatest orchestras and conductors. In August 2009 he received an honorary degree at the Norwegian Academy of Music.

**Arvid** (ahr-veed) Norse; "eagle" and "tree." Another form is Arve.

**Asbjørn** (ahs-byorn) Norse; "god" and "bear."

**Asgeir** (ahs-gayr) Norse; "god" and "spear."

**Atle** (aht-leh) Norse; "little father."

**Ask** (ahsk) Norse; "ash tree."

**Audun** (au-duhn) Norse; "prosperity" and "friend."

...B...

**Bendik** (behn-dik) Latin; Norse form of the Latin word *benedictus* meaning "blessed." Other forms are Bent, Bengt and more.

**Bent** (bent) Latin; see Bendik.

**Bengt** (bengt) Latin; see Bendik.

**Bersvend** (bear-svend) Norse; "protection" and "young man."

**Birger** (beer-gehr) Norse; shortened form of older male names starting with Berg-, "helpful." Other forms are Berge and Berger.

**Bjarne** (byar-neh) Norse; shortened form of older male name starting or ending with Bjørn meaning "bear."

**Bjørø** (byur-oo) Norse; "bear" and "wolf."

**Bjørn** (byorn) Norse; "bear."

**Brede** (breh-deh) Norse; "battle axe."

**Bård** (bawrd) Norse; derived from an older name meaning "battle" and "protection."

...C...

**Carl** (karl) Norse; see Karl.

**Christian** (kris-tee-ahn) Latin; see Kristian.

**Christopher** (kris-tohf-fer) Greek; see Kristoffer. Also spelled Christoffer.

...D...

**Dag** (dahg) Norse; "day."

**Dagfinn** (dahg-fin) Norse; "day" and "Sami."

**Daniel** (dahn-ee-el) Hebrew; "God is my judge."

**Didrik** (dee-drik) German; "people" and "ruler."

**Dreng** (dreng) Norse; "young man."

**Dyre** (dihr-eh) Norse; uncertain meaning either "dear" or "deer."

...E...

**Edvard** (ehd-vahrd) English; "riches" and "guardian."

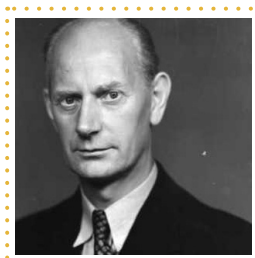
**Edvin** (ehd-vin) English; "riches" and "friend."

**Egil** (eh-gihl) Norse; "point" or "edge."

**Eirik** (ay-rik) Norse; "alone" or "exceptional" and "ruler." Other forms are Erik and Eric.

**Eivind** (ay-vihn) Norse; newer form of Øyvind, "luck" and "conqueror." A shortened form is Even.

**Einar** (eye-nar) Norse; "exceptional, alone" and "warrior."



**EINAR GERHARDSEN**

is a Norwegian politician and Prime Minister. Einar was the longest serving Prime Minister in Norway since the introduction of parliamentarism. Photo: Christoffer Gade Rude / Oslo Museum

**Elling** (ehl-ling) Norse; derivative of Erling.

**Emil** (ay-mill) Latin, via French; "rival."

**Engebret** (eng-eh-bret) German; "angle" and "bright." Other forms include Engelbregt, Engelbert, Ingebert and more.

**Enok** (ay-nok) Hebrew; "sacred."

**Erik** (eh-rik) Norse; see Eirik. Also spelled Eric.

**Erlend** (ehr-lehn) Norse; "foreigner."

**Erling** (ehr-ling) Norse; "son of the earl."

**Eskil** (ehs-kill) Norse; modern form of Askjell; "god" and "helmet."

**Espen** (ehs-pen) Norse; Danish form of Åsbjørn, "god" and "bear."

**Even** (eh-vehn) Norse; See Eivind.

**Eystein** (ey-steyn) Norse; newer form of Øystein: "luck" and "stone."

...F...

**Fartein** (fahr-tayn) Norse; "traveling gentleman."

**Faste** (fahs-teh) Norse; "firm."

**Finn** (fihn) Norse; the name for the ethnic group in northern Norway called Samis.

**Fredrik** (fred-rick) German; Norse form of Friedrich, "peaceful ruler."

**Fridtjov** (freet-yohf) Norse; "peace" and "thief."

**Frode** (froo-deh) Norse; "wise."

...G...

**Gaute** (gow-teh) Norse; "person from Götaland" the Gothenburg district in Sweden.

**Geir** (gayr) Norse; "spear."

**Geirmund** (gayr-moond) Norse; "spear" and "protector." Other forms and spelling are Germund, and Gjermund.

**Georg** (gay-org) Greek; from a word meaning "farmer."

**Gerhard** (ger-hart) German; "spear" and "hard."

**Gisle** (gis-leh) Norse; "staff, shaft."

**Gjest** (yest) Norse; "guest, stranger." The sagas tell that Odin and other Norse gods used the name Gjest, when they did not wish to reveal their true identity.

**Grim** (grim) Norse; "man wearing a helmet."

**Gudbrand** (good-brand) Norse; "gods" and "sword."

**Gudmund** (good-moond) Norse; "god" and "protector."

**Gunnar** (guh-nahr) Norse; "battle" and "warrior."

...H...

**Halvor** (hall-vor) Norse; newer form of Hallvard, "rock" and "protection."

**Halvdan** (halv-dahn) Norse; "half Danish."

**Hans** (hahns) Hebrew; Norse form of the Greek name, Johannes, itself a form of a Hebrew name meaning "God is merciful." Several other forms Johan, Jon, Jo, Jens and more.

**Harald** (hahr-ahl) Norse; newer form of an older name meaning "war chief."

**Hauk** (howk) Norse; "hawk."

**Helge** (hell-geh) Norse; "holy."

**Henrik** (hen-rik) German; "home" and "ruler."

**Hugo** (hew-goh) Norse; derived form of Old Norse *hugr* meaning "mind."

**Håkon** (hawk-ohn) Norse; "tall" and "son."

**Håvard** (hoa-varð) Norse; "battle" and "protector."



...I...

**Inge** (ing-eh) Norse; another name for the Norse god Frey.

**Ingebret** (ing-eh-bret) Norse; see Engebret.

**Ivar** (ee-vahr) Norse; "bow" and "warrior."

...J...

**Jakob** (yahk-ohb) Hebrew; "protected by God."

**Jan** (yahn) Hebrew; derivative of Johannes.

**Jens** (yens) Hebrew; derivative of Johannes.



**JENS STOLTENBERG**

is a Norwegian politician, leader of the Norwegian Labour Party and the current Prime Minister of Norway.

**Joakim** (yoo-ah-keem) Hebrew; "established by God."

**Johan** (yo-hahn) or (yoh-hahn) Hebrew, shortened form of Johannes.

**Johannes** (yo-hahn-nes) Hebrew, via German; "God is merciful." Many derivatives, including Hans, Jan, Jens, Johan, Jon and more.

**Jon** (yon) Hebrew, shortened form of Johannes. See Johannes.

**Jostein** (yoo-stein) Norse; "horse" and "stone."

**Jonas** (yoo-nahs) Hebrew; "dove."

**Jørgen** (yuhr-gehn) Greek; derived from "Georgios" (George) meaning "farmer."

...K...

**Karl** (karl) Norse; "free man."

**Kjetil** (sheh-til) Norse; "kettle" or "helmet." Other forms and spellings include Ketil, Kittel and Kjell.

**Kleng** (kleng) Norse; "claw."

**Konrad** (kohn-rahd) German; "brave" and "adviser."

**Knut** (knoot) Norse; "knot." Also spelled Knud.

**Kristian** (kris-tee-ahn) Latin; "Christian."

**Kristoffer** (kris-tohf-fer) Greek; "one who carries Christ." Also spelled Christoffer or Christopher.

**Kåre** (kawr-reh) Norse; "curly."

...L...

**Lars** (lahrs) Latin; Norse form of the Latin name Laurentius, meaning "man from Laurentium." Several other forms: Lavrans, Lasse, Laurits, Lorens and more.

**Lasse** (lahs-seh) Latin; derivative of Lars.

**Leif** (lafe) Norse; "heir."

...M...

**Magnar** (mahg-nahr) Norse; "strength" and "warrior."

**Magne** (mahg-neh) Norse; shortened form of older names starting with Magn-; "strength."

**Markus** (mahr-koos) Latin; derived from Mars, the Roman war god.

**Marius** (mahr-ee-oos) Latin; derived from the word for "sea."

**Martin** (mahr-tin) Latin; derived from Mars, the Roman war god. Another form is Morten.

**Mikkel** (mik-ehl) Hebrew; "who is like God?"

**Morten** (mohr-tehn) Latin; see Martin.

...N...

**Narve** (nahr-veh) Norse; "narrow."

**Nils** (nihls) Greek; derived from Nikolaos, "victory" and "people." Other forms are Niklas, Nikolai, Nick and more.

...O...

**Odd** (owd) Norse; "point, spear."

**Oddvar** (owd-vahr) Norse; "point" and "guard."

**Ola** (oo-lah) Norse; see Olav.

**Olav** (oo-lahv) Norse; "ancestor" and "descendant." Other forms are Ola, Ole, Olai, Olaves and more.

**Ole** (oo-leh) Norse; see Olav.

**Oskar** (ohs-kar) Irish; "deer" and "friend."

**Osmund** (Ohs-moond) Norse; see Åsmund.

**Ottar** (oh-tahr) Norse; "fear" and "warrior."

...P...

**Peder** (pay-dehr) Greek; see Per. Also spelled Peter or Petter.

**Per** (pehr) Greek; from "petros" meaning "stone." Other forms: Peder, Petter.

**Pål** (poll) Latin; derived from Paulus, which was originally a nickname, meaning "little."

...R...

**Ragnar** (rahg-nahr) Norse; "advice" and "warriors."

**Reidar** (rye-dahr) Norse; "house" and "warrior."

**Roald** (roh-ahld) Norse; "praise" and "majesty."

**Roar** (roh-ahr) Norse; "praise" and "spear."

**Rolf** (rohlf) Norse; "praise" and "wolf."

**Rune** (roon-eh) Norse; "secret, lore."

...S...

**Sigurd** (sig-urd) Norse; "victory" and "protection." Other forms are Sjur, Syver.

**Simen** (see- mehn) Hebrew; Norse form of a name meaning, "God is heard."

**Sindre** (sin-dreh) Norse; "sparkling."

**Skule** (skoo-leh) Norse; "protection."

**Snorre** (snohr-eh) Norse; "undisciplined person."

**Sondre** (sohn-dreh) Norse; "swimming" and "peace."



**SONDRE LERCHE**

Singer, guitarist and songwriter, Sondre recorded his debut album, "Faces Down", in 2000. Rolling Stone Magazine placed it in their top 50 albums of 2002.

Photo: pinkbelt / P.B. Rage

**Stein** (stein) Norse; "stone."

**Steinar** (stein-ahr) Norse; "stone" and "warrior."

**Stig** (steeg) Norse; "wander."

**Sturla** (stoor-lah) Norse; "disturb, confuse."

**Sverre** (svehr-reh) Norse; "undisciplined person."

**Svein** (svyne) Norse; "young man."

...T...

**Terje** (ter-yeh) Norse; see Torgeir.

**Tolleif** (tohl-leyf) Norse; derivative of Torleiv.

**Tomas** (tohm) Hebrew; derived from an Aramaic word meaning "twin." Other forms are Thomas and Tommy.

**Tor** (tohr) Norse; "thunder" and the name of the Norse god called Thor in English.

**Torgeir** (tohr-gayr) Norse; "Thor" and "spear." Other forms are Terje, Torger, Tarjei.

**Torgny** (tohr-g-nee) Norse; "Thor" and "clamor of weapons."

**Torleiv** (toor-leyv) Norse; "Thor" and "heir."

**Torstein** (toor-stein) Norse; "Thor" and "stone."

**Trond** (trohnd) Norse; "man from Trøndelag."

**Trygve** (tryg-veh) Norse; "reliable."

...U...

**Ulf** (uhlf) Norse; "wolf."

**Ulrik** (uhl-reek) Norse; "inheritance" and "ruler."

...V...

**Vegard** (veh-gahr) Norse; "sanctuary" and "protection."

**Vidar** (vee-dahr) Norse; "forest" and "warrior."

...Ø...

**Øystein** (oy-stein) Norse; "luck" and "stone."

**Øyvind** (oy-vind) Norse; "luck" and "conqueror." Other forms are Eivind and Even.

...Å...

**Åge** (aw-geh) Norse; "ancestor." Other forms are Åke, Ove.

**Åsgeir** (aws-gayr) Norse; "god" and "spear." "

**Åsmund** (aws-moond) Norse; "god" and "protector."