

Better Frisian

Better Frysk



Made by Auke de Haan
Makke troch Auke de Haan

www.learnfrisian.com

Foreword

Hello, my name is Auke and I am a native Frisian speaker from Friesland. I was raised in a little town called Harkema. My goal is to reach as many people as I can to help them with the Frisian language. For more information, check out @learnfrisian on Instagram, LearnFrisian on Facebook or @aukethefrisian on TikTok. Don't forget to check out www.learnfrisian.com too!

For any questions you can contact me at:
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About this book

Each lesson and chapter in this book has instructions about the exercises and what you can expect on the following pages. Read the instructions carefully and try to do the exercises. After each lesson I recommend going to the back of this book and looking up the right answers, so you can learn from your mistakes. All the sentences used in this book are also online with audio files. They're incredibly helpful, so please use them.

Use this link to listen to the online audio files:

<https://www.learnfrisian.com/lessons/audio-frisian-words/>

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How do you say Frisian letters?

This page focuses on some of the Frisian letters. A similar English pronunciation is given to give you a good idea of the Frisian pronunciation.

'â'	'aw'	as in 'Dawn'
'ê'	'he'	as in 'Where'
'g'	'g'	as in 'Girl'
'i'	'i'	as in 'Bin' *'i' has more sound options.
'i'/'y'	'e'	as in 'He, She, We'
'j'	'y'	as in 'You'
'û'	'o'	as in 'Two'
'w'	in Frisian is a sound in between 'v' and 'w' at the beginning of words.	
'oe'	'oo'	as in 'Good'
'ie'/'ii'	'ea'	as in 'Leader'
'ij'	'y'	as in 'By'
'ei'	it is near to 'y' as in 'My'	
'oa'	'or'	as in 'Bore'
'ea'	'ea'	as in 'Gear'
'ch'	as in Scottish 'loch'	
'iuw'	like 'ee' in 'bee' and 'oo' in 'boot' said together quickly.	

The letters b, d, t, f, h, k, l, m, n, s are (nearly) the same as English.

The little 'hat' (circumflex) on top of these letters: â, ô, ê make the sound of the regular 'a', 'o', 'e' longer. This *is not always* the case with 'û'.

The easiest rules in Frisian

Frisian isn't hard to learn and you can already get really far with the following rules:

- **A Frisian word never starts with a 'c', 'v' or 'z'.**
 - 'v' (sound) is always a 'f'.
 - 'c' (sound) is always a 'k'.

- The Frisian alphabet does not have the letters 'q' and 'x'. Also the letter 'c' is more or less not used in the Frisian language.

- A Frisian word never ends with 'g', the 'g' will turn into a 'ch'. However, when a Frisian word ends with 'ng', the 'g' doesn't change.

- The 'e' sound (as in English: free) is written as 'y' or 'i'.

About Y & I:

Ik y t	Wy i te
<i>I eat</i>	<i>We eat</i>

When a verb in the first person has a 'y' it turns into a 'i' in the plural or adjective form. Just like the example above.

Let's get started: Basic Frisian Phrases

A goeie, Hoi
Hey, Hello, Hi

Do(w), Hoi **'Hoi' is also used as 'goodbye' in Frisian.*
Bye

Goeie dei
Hello ('Good day')
**In English 'Good day' has a bad tone, but in Frisian it is friendly, like 'Good morning'.*

Haw in noflike dei.
Have a nice day.

Tsjoch! **Only used with drinks.*
Cheers!

Tankewol!
Thank you!

Tige tank!
Thank you very much!

Sjoddy! **It's a contraction like English See ya.*
See you!

Oant sjen.
See you next time.

Goeie moarn
Good morning

Goeie middei
Good afternoon

Goeie jûn
Good evening

Sjoch ris oan.
Here you are.

Asjebleaft
You're welcome

Hoe is it mei dy?
How is it going?

Hoe is it?
How are you?

Wêr komstû wei?
Where are you from?

Ik kom út Fryslân.
I am from Friesland.

Blikstiender!
Holy shit!, Bloody hell!

Avensearje!
Hurry up!

Hoe let hawwe it?
What time is it?

Kin ik dy helpe?
Can I help you?

Betterskip.
Get well soon.

Jawis.
Yes, sure.

Lokwinske!
Congratulations!

Folle lok!
Good luck!

Leaver net.
Rather not.

Ik wit it net.
I don't know.

Ik hear dy net.
I don't hear you.

Gjin probleem.
No problem.

Ik bin wiis mei dy.
I am happy with you.

Mei ik fuort?
May/Can I leave?

It spyt my.
I am sorry.

Hoe âld bistû?
How are you?

Ik bin 25 jier âld.
I am 25 years old.

Ik bin wurch.
I am tired.

Krekt sa.
Exactly.

Bêst genôch! **Literally; Best enough.*
Fine/Good!

Introduction: Frisian Pronouns

Are you ready to learn about the Frisian pronouns? It's really important to know the pronouns of a language and of course how to use them. In the next 12 lessons you will learn all about the Frisian pronouns. There will be a lot of repetition, but after this chapter you won't forget them.

Frisian Pronouns Lesson 1

Goeie dei Frisian Learner,

In this lesson I would like to introduce you to some Frisian pronouns. The right answers are on page 230.

Ik	I	Sy/Sy	She/They
Dû/Do	You	Jim	You (pl.)
Hy	He		

Use the words above to complete the sentences below.

..... bist fuort gien.
You went away.

..... wol nei hûs.
I want to go home.

..... lêze tegearre in boek.
They are reading a book together.

..... is grutsk.
He is proud.

..... fine it in goed plan.
We think it's a good plan.

..... is in leaf famke.
She is a sweet girl.

..... moatte harkje.
You (pl.) need to listen.

..... meist hjir net komme.
You are not allowed to come here.

..... wol it net.
He does not want it.

..... hâlde net fan fleis.
We don't like meat.

..... woe sliepe
I wanted to sleep.

..... jout om dy.
She cares about you.

..... meie wol oer dy.
They like you.

..... kinne my net tsjinhâlde.
You (pl.) cannot stop me.

Frisian Pronouns Lesson 2

A goeie Frisian Learner,

In this lesson we're going to try to fill in the gaps without using the table like in the last lesson. The right answers are on page 230.

..... wol it net.
He does not want it.

..... is in leaf famke.
She is a sweet girl.

..... hâlde net fan fleis.
We don't like meat.

..... jout om dy.
She cares about you.

..... meie wol oer dy.
They like you.

..... lêze tegearre in boek.
They are reading a book together.

..... bist fuort gien.
You went away.

..... is grutsk.
He is proud.

..... fine it in goed plan.
We think it's a good plan.

..... kinne my net tsjinhâlde.
You (pl.) cannot stop me.

..... woe sliepe.
I wanted to sleep.

..... wol nei hûs.
I want to go home.

..... meist hjir net komme.
You are not allowed to come here.

..... moatte harkje.
You (pl.) need to listen.

Frisian Pronouns Lesson 3

A goeie Frisian Learner,

Try it without the English translations this time. The right answers are on page 230.

- | | |
|------------------------------|--------------------------------|
| moatte harkje. | jout om dy. |
| meie wol oer dy. | is in leaf famke. |
| hâlde net fan fleis. | bist fuort gien. |
| meist hjir net komme. | fine it in goed plan. |
| woe sliepe. | wol it net. |
| is grutsk. | wol nei hûs. |
| lêze tegearre in boek. | kinne my net tsjinhâlde. |

In this exercise match the Frisian words to the right English words.
Match the words!

Leaf, Nei hûs, Tegearre, Grutsk, Harkje, Lêze, Fuort, Plan, Fleis, Famke, Sliep,
Tsjinhâlde

- | | |
|----------------|-----------------|
| Go home | Proud |
| Read | Away |
| Sweet | Stop (to) |
| Listen | Sleep |
| Together | Meat |
| Girl | Plan |

Frisian Pronouns Lesson 4

A goeie Frisian Learner,

Several words are missing in the sentences below, can you complete the sentences? The right answers are on page 230.

..... is leaf.
She is a sweet girl.

..... jout om
She cares about you.

..... meist net
You are not allowed to come here.

..... woe
I wanted to sleep.

..... is
He is proud.

..... bist gien.
You went away.

..... tegearre in
They are reading a book together.

..... moatte
You (pl.) need to listen.

..... wol it
He doesn't want it.

..... wol hûs.
I want to go home.

..... hâlde fan
We don't like meat.

..... fine in plan.
We think it's a good plan.

..... kinne tsjinhâlde.
You (pl.) cannot stop me.

..... meie oer
They like you.

Frisian Pronouns Lesson 5

Hoi Frisian learner,

Let's introduce you to 5 new Frisian pronouns. Put the pronouns in the sentences below. The right answers are on page 230.

Jo You (Formal)

Him Him

Dy You (Second person)

Dyn Your(s)

My Me

..... krije iten fan ús.
You get food from us.

Lis it út.
Explain it to me.

..... âlders binne goede minsken.
Your parents are good people.

Fielst goed?
Do you feel well?

Komt it fan?
Did it come from him?

Wy harkje nei
We are listening to you.

..... skonk docht sear.
Your leg hurts.

Ik ken net.
I don't know him.

..... moatte it leauwe.
You have to believe it.

Dû bist fan
You are mine. (flirty)

Frisian Pronouns Lesson 6

Goeie dei Frisian learner,

To make it a little harder for you, don't look at the table with the pronouns. The right answers are on page 231.

..... skonk docht sear.
Your leg hurts.

Lis it út.
Explain it to me.

..... âlders binne goede minsken.
Your parents are good people.

Wy harkje nei
We are listening to you.

Komt it fan?
Did it come from him?

..... krije iten fan ús.
You get food from us.

Ik ken net.
I don't know him.

Dû bist fan
You are mine. (flirty)

..... moatte it leauwe.
You have to believe it.

Fielst goed?
Do you feel well?

In this exercise match the Frisian words to the right English words.
Match the words!

Fan, Komt, Leg, Âlders, Goed, Iten, Ken, Leauwe, Harkje, People, Nei, Feel

Come
From
Parents
Food
Leg
Good

Believe
To
Fielst
Know
Listen
Minsken

Frisian Pronouns Lesson 7

Goeie dei Frisian learner,

To make it a little harder, there isn't an English translation below the Frisian sentences this time. The right answers are on page 231.

..... skonk docht sear.

Lis it út.

Fielst goed?

Wy harkje nei

Dû bist fan

Ik ken net.

..... moatte it leauwe.

..... krije iten fan ús.

..... âlders binne goede minsken.

Komt it fan?

Pronouns Lesson 8

Goeie dei Frisian learner,

Let's try to make it even harder this time. Several words are missing, can you fill in the right words? The right answers are on page 231.

..... âlders goede
Your parents are good people.

Ik net.
I don't know him.

..... it út.
Explain it to me.

..... skonk sear.
Your leg hurts.

..... bist fan
You are mine. (flirty)

..... moatte it
You have to believe it.

..... harkje nei
We are listening to you.

..... krije fan
You get food from us.

..... it fan?
Did it come from him?

..... goed?
Do you feel well?

Frisian Pronouns Lesson 9

A goeie Frisian learner,

These are the last 5 pronouns I want to introduce you to. Try to put them in the right sentences. The right answers are on page 231.

Syn	His	Ús	Us
Myn	My/Mine	Harren	Their
Har	Her		

Sy sprekke taal.
They are speaking their language.

..... mem is leaf.
His mom is sweet.

Is dat namme?
Is that her name?

Kin sy ferstean?
Can she understand us?

..... freon hat hûnger.
My friend is hungry.

Sy kin better helpe.
She can help us better.

Sy hawwe kar makke.
They have made their choice.

..... gesicht liket lik.
His face looks angry.

..... keamer is skjin.
My room is clean.

Ik kin helpe.
I can help her.

Frisian Pronouns Lesson 10

Goeie dei Frisian learner,

Let's see if you can do it without the table. Try to complete the sentences with the pronouns from the previous lesson. The right answers are on page 231.

Sy kin better helpe.
She can help us better.

Kin sy ferstean?
Can she understand us?

Is dat namme?
Is that her name?

..... mem is leaf.
His mom is sweet.

..... gesicht liket lik.
His face looks angry.

Sy sprekke taal.
They are speaking their language.

..... freon hat hûnger.
My friend is hungry.

..... keamer is skjin.
My room is clean.

Sy hawwe kar makke.
They have made their choice.

Ik kin helpe.
I can help her.

Frisian Pronouns Lesson 11

Goeie dei Frisian learner,

Try to do it without the English translations this time.

The right answers are on page 232.

..... mem is leaf.

..... gesicht liket lilk.

Ik kin helpe.

Sy sprekke taal.

Sy hawwe kar makke.

Is dat namme?

..... keamer is skjin.

Kin sy ferstean?

..... freon hat hûnger.

Sy kin better helpe.

In this exercise match the Frisian words to the right English words.
Match the words!

Leaf, Skjin, , Lilk, Taal, Kar, Hûnger, Ferstean, Gesicht Sprekke, Makke, Keamer,
Liket

Understand

Sweet

Speak

Language

Hungry

Face

Made

Looks

Room

Clean

Choice

Angry

Frisian Pronouns Lesson 12

Goeie dei Frisian learner,

Several words are missing in the sentences below, can you complete them?
The right answers are on page 232.

..... hawwe kar
They have made their choice.

..... mem is
His mom is sweet.

Ik helpe.
I can help her.

..... sprekke
They are speaking their language.

Is dat ?
Is that her name?

Kin sy ?
Can she understand us?

..... gesicht liik.
His face looks angry.

..... keamer is
My room is clean.

..... freon hat
My friend is hungry.

..... kin better
She can help us better.

Subject: Food

(it) Iten	Food
(it) Miel	Meal
(ik) Yt	Eat
(de) Bôle	Bread
(de) Tsiis	Cheese
(it) Fleis	Meat/Flesh
(de) Bûter	Butter
(de) Rys	Rice
(it) Aai	Egg
(it) Sâlt	Salt
(de) Sûker	Sugar
(de) Sûkelade	Chocolate
(de) Ierpel	Potato
(de) Par	Pear
(de) Sipel	Onion
(de) Foarke	Fork
(it) Mês	Knife
(de) Leppel	Spoon
(de) Panne	Plate

Get to know these words by writing them down.

Introduction: Present Tense verbs

The next 36 lessons are dedicated to the Present Tense Verbs. You will get the chance to practice with 10 different Frisian verbs. Each verb has 3 or 4 lessons. The setup for these lessons are similar to the previous lessons you've done so far. There's a lot of repetition, but it will really help you to understand the Frisian verbs.

Lesson 1: Krij/Get

A goeie Frisian learner,

Use the table below to complete the sentences.

The right answers are on page 232.

Ik krij	I get
Dû krijst	You get
Hy, sy, it krijt	He, she, it gets
Wy, jo, jim, sy krije	We, you, you (pl.), they get

Jim neat fan ús.
You (pl.) won't get anything from us.

Dû it net dien.
You are not getting it done.

Sy it foar elkoar.
They are getting it done.

Ik in nuver gefoel.
I am getting a weird feeling.

..... sy in idee?
Does she have an idea?

Wy in bern.
We are having a baby.

Jo in kado.
You get a gift.

Jo moarn mear.
You will get more tomorrow.

Sy jild fan de âlde man.
She gets money from the old man.

Ik in bytsje hûnger.
I'm getting a little hungry.

..... jim wolris rûzje?
Do you (pl.) ever get into an argument?

Sy net genôch.
They don't get enough.

Wy ynformaasje fan dy.
We get information from you.

Dû ien kâns.
You will get one chance.

Lesson 2: Krij/Get

A goeie Frisian learner,

In this lesson don't look at the table. Try to complete the sentences below.
The right answers are on page 232.

Sy jild fan de âlde man.
She gets money from the old man.

Jo in kado.
You get a gift.

..... jim wolris rûzje?
Do you (pl.) ever get into an argument?

Ik in bytsje hûnger.
I'm getting a little hungry.

Dû ien kâns.
You will get one chance.

..... sy in idee?
Does she have an idea?

Sy net genôch.
They don't get enough.

Sy it foar elkoar.
They are getting it done.

Ik in nuer gefoel.
I am having a weird feeling.

Wy ynformaasje fan dy.
We get information from you.

Dû it net dien.
You are not getting it done.

Jo moarn mear.
You will get more tomorrow.

Jim neat fan ús.
You (pl.) are not getting anything from us.

Wy in bern.
We're having a baby.

Lesson 3: Krij/Get

A goeie Frisian learner,

In this lesson try to complete the sentences without using the English translations. The right answers are on page 232.

..... sy in idee?

Ik in bytsje hûnger.

Wy ynformaasje fan dy.

Ik in nuver gefoel.

Wy in bern.

Jo moarn mear.

Jim neat fan ús.

Dû it net dien.

Sy jild fan de âlde man.

Jo in kado.

..... jim wolris rûzje?

Sy it foar elkoar.

Sy net genôch.

Dû ien kâns.

Match the words!

Kado, Idee, Gefoel, Elkoar, Nuver, Dien, Mear, Genôch, Moarn, Ynformaasje, Jild,
Rûzje

Idea	Money
Feeling	Information
Done	An argument
Weird	More
Gift	Tomorrow
Each other	Enough

Lesson 4: Krij/Get

Hoi Frisian learner,

Several words are missing in the sentences, can you complete them?

The right answers are on page 232.

Sy jild de âlde
She gets money from the old man.

Wy fan dy.
We get information from you.

Sy net
They don't get enough.

Dû ien
You will get one chance.

Ik in bytsje
I'm getting a little hungry.

..... jim wolris?
Do you (pl.) ever get into an argument?

..... sy in?
Does she have an idea?

Jo in
You get a gift.

Dû it net
You are not getting it done.

Jo moarn
You will get more tomorrow.

Jim neat ús.
You (pl.) are not getting anything from us.

Wy in
We're having a baby.

Ik in nuver
I am getting a weird feeling.

Sy it foar
They are getting it done.

Lesson 1: Jou/Give

Hoi Frisian learner,

Here is a new verb with new sentences, can you complete these sentences?

The right answers are on page 233.

Ik jou	I give/care
Dû joust	You give/care
Hy, sy, it jout	He, she, it gives/care
Wy, jo, jim, sy jouwe	We, you, you (pl.), they give/care

Wy dy in nije wein.
We are giving you a new car.

Jim my in goed gefoel.
You (pl.) give me a good feeling.

Sy in protte om dy.
They care a lot about you.

It hielendal neat.
It doesn't matter.

Ik dy in kâns.
I am giving you a chance.

Dû my dyn nûmer.
You are giving me your number.

Jo net safolle om my.
You don't care that much about me.

Jim ús hoop.
You (pl.) are giving us hope.

It my fertrouwen.
It gives me confidence.

Wy om dyn sûnens.
We care about your health.

Sy net om jild.
They do not care about money.

Dû it net op.
You are not giving up.

..... ik dy hoop?
Am I giving you hope?

Lesson 2: Jou/Give

Hoi Frisian Learner,

In this lesson complete the sentences without using the table.

The right answers are on page 233.

Wy dy in nije wein.
We are giving you a new car.

Jim ús hoop.
You (pl.) are giving us hope.

Sy net om jild.
They do not care about money.

Jo net safolle om my.
You don't care that much about me.

Wy om dyn sûnens.
We care about your health.

Dû it net op.
You are not giving up.

It hielendal neat.
It doesn't matter.

Ik dy in kâns.
I am giving you a chance.

Jim my in goed gefoel.
You (pl.) give me a good feeling.

..... ik dy hoop?
Am I giving you hope?

Dû my dyn nûmer.
You are giving me your number.

It my fertrouwen.
It gives me confidence.

Sy in protte om dy.
They care a lot about you.

Lesson 3: Jou/Give

A goeie Frisian learner,

In this lesson complete the sentences without the table and the English translations. The right answers are on page 233.

Sy net om jild.

..... ik dy hoop?

Dû it net op.

It my fertrouwen.

Sy in protte om dy.

Wy om dyn sûnens.

Jo net safolle om my.

Ik dy in kâns.

It hielendal neat.

Jim my in goed gefoel.

Jim ús hoop.

Dû my dyn nûmer.

Wy dy in nije wein.

Match the words!

Gefoel, Nûmer, Wein, Kâns, Hoop, Safolle, Selsfertrouwen, Jild, Sûnens, Nije

Number

Health

Car

Hope

Feeling

Money

Chance

Confidence

New

So much