Bjarte Aarland ([00:00:01](https://www.rev.com/transcript-editor/Edit?token=qjP0Npjk2To57BMmmT9lBn_6txm9v3ulPKi_Ve07fEhsb8AwgbQZs5XUe2dFhlzHLiitHXHi9yapAQQbvRBM_dnMLLo&loadFrom=DocumentDeeplink&ts=1.4)):

Hello, my name is Bjarte Aarland. I live in some someplace called <inaudible>, just outside of Bergen in, in Norway. I'm turning 45 next month. And my Korean birth name was Kim Jong-il spelled in the exact same manner as the now dictators father. So that's quite peculiar.

Adapted Podcast ([00:00:26](https://www.rev.com/transcript-editor/Edit?token=TdbA8NoL-DU0pjx87a5k8tqiMuGZX7Vd_PRLnCiat8Z9XDs7UyocQ3XkIQcMYkVR-TFARcNNbQ7wn2jtbVcCkmjXR0Y&loadFrom=DocumentDeeplink&ts=26.85)):

What was it like having a former dictator, you know, having the same name? Did you just think it was a bit odd?

Bjarte Aarland ([00:00:35](https://www.rev.com/transcript-editor/Edit?token=TuIho1my24drN0LFoyqffOp_QQ3F4ddjXAguFiBYybNcEkoy6qShQGEhedIrxkGEJyxzIq0m2SYJ1rNzQFHRVGzSFXo&loadFrom=DocumentDeeplink&ts=35.729)):

Well, to be honest, it's, it's given me so many. Laughs yeah, I, I, I remember reading about him dying. Well, no, not dying that when he was deceased and there was some speculations, at least in the Norwegian newspapers about some, some sort of power struggle in the north Korean society. And then I had to put something out on Facebook about, okay, you should at least consider me <laugh> here. I am special agents of democratic <laugh>. So called north Korean government.

Adapted Podcast ([00:01:15](https://www.rev.com/transcript-editor/Edit?token=05zXysFgkPPS600X4K8JP61oujkmACCxMDqRWYvjp5lyvXE0pi3zNkzuXYx6AHDDVb4ENGZqjAmramahnrxuj-GZAEA&loadFrom=DocumentDeeplink&ts=75.38)):

Yeah. So funny. So why don't we just get right to it? Beta, how, what do you know about your, your origins?

Bjarte Aarland ([00:01:26](https://www.rev.com/transcript-editor/Edit?token=xV7vO7k2nii8P1alT1ghusWdo_YqFCPH3MWBNx9xCHSRqUUXX7dFprste9o9dBsveMdqTwX1FVWb7subKrGDxnZfnwY&loadFrom=DocumentDeeplink&ts=86.069)):

I know quite a deal. I was 16, I think. Yeah, about 16 years old. When I received a letter from from my birth mother. Well that is a letter from, from from the adoption agency, the Norwegian adoption agency saying that they've been contacted by some someone at Hal who had been contacted by my birth mother and they wanted my my approval of telling her that I was in Norway. And they also wrote that if I were to give the approval, she would pretty much probably like to have some photos. So I said, of course, yeah. And I sent some photos and received a letter with photographs back and my birth brother kind of giving me their story.

Adapted Podcast ([00:02:29](https://www.rev.com/transcript-editor/Edit?token=NzRl2aZuqKM29P4b_62lts5vytD48WF37ehNX8l9NOCVAFoOIFtSiUiPDhU3Zm-tQ6wzFR0xCYT_Ew1kFcIe10s5a8E&loadFrom=DocumentDeeplink&ts=149.521)):

Where were you, what were you doing when you found out that Holt was contacting? I guess they contacted your parents,

Bjarte Aarland ([00:02:36](https://www.rev.com/transcript-editor/Edit?token=Q__4cV8lfPlIBSy6NU-A6_CeJvtReQ42ssYZVXsq6UuRbAsnw0H3Jo7ek8_0V07VUC9-U2gqiBJvmaCQ8eUXx-rkRqI&loadFrom=DocumentDeeplink&ts=156.32)):

Right? Yeah. They contacted my parents and <laugh>, I remember, I, I, I had been out playing well we say football, but soccer in with my friends and coming home. And there was this really, really grave mood in, in our house. And I was man, what's wrong now? <Laugh> and my parents said, okay, come here. We, we really gotta talk about something. And then I was, something's really gone wrong now. And they showed me the letter. And my father had actually been given received a phone call earlier that same day by by the Norwegian adoption agency saying that there is a letter in the mail, you'll probably receive it today and, and so on and so forth.

Adapted Podcast ([00:03:29](https://www.rev.com/transcript-editor/Edit?token=-oVf79aZcaYX4k7QBY2EMUgZxRSfWGphqhhmNjCcMjW0eLo8KliHIbNJ_nk7n4UPdXi812iNKH6LjAyv2ANvqWEto7U&loadFrom=DocumentDeeplink&ts=209.62)):

Yeah. How did you feel when you, you heard the news and had you thought much about your birth mother up to that point,

Bjarte Aarland ([00:03:39](https://www.rev.com/transcript-editor/Edit?token=d5Xon7pEfqGMatOkcgUiXWAU-iDQXE8QkDN-iuD9_QTb1Q3-8ZiKvk31q8Ie2A9utNXI3t0oVlAc3-KMy5UQMfg1j_4&loadFrom=DocumentDeeplink&ts=219.65)):

I've been giving you quite a lot of thought. Yeah. as long as I can remember, I had, I've been aware that I was adopted I mean, when you have the Korean looks and you grow up among Vikings it's pretty obvious, but I, I knew it and I always had this this kind of desire to, to find out but I don't know about 12, 13, 14, I, I kind of reconciled with, nah, what are the odds? I will never find out something. So at the time I received a letter, I, I was pretty much at peace with not finding anything out. So I was really taken by <affirmative>.

Adapted Podcast ([00:04:32](https://www.rev.com/transcript-editor/Edit?token=ZMry5esfiS1--yKFSZH6ITMqbDknfUxgUntHQ65kaYTWF4M_Lrv0d2XiVOawhuW12F5b2xjbqXb4_rR6ttFPk1WripQ&loadFrom=DocumentDeeplink&ts=272.76)):

Yeah. And so you said yes.

Bjarte Aarland ([00:04:38](https://www.rev.com/transcript-editor/Edit?token=ILAJ-fRvV1kjxXzsd0BydY8mg1UC4jk-be1z1bwSApMqD69zPpySPefBoLRQt0II9eCvW-_E5bETMfQT9_BcJUfLx6k&loadFrom=DocumentDeeplink&ts=278.07)):

Yeah, of course. Yeah, yeah, yeah. It was like, this is what I wanted and what I had deemed impossible myself. And then suddenly it, it just arrived in my lap. So it was like this, this huge how to put it, this huge gift certificate or something. And it was really it was an emotional turmoil for sure, but it, I always knew that this would come out positive for me in the end. It was it's, it's not right to say that there was many tough emotions, but big emotions. It was a lot to cope with. It was a lot to process. But I always knew that, okay, this will be very good. This will lead to something very good. And I, I, I, I had that kind of knowledge or, or mentality all the way.

Adapted Podcast ([00:05:39](https://www.rev.com/transcript-editor/Edit?token=ifH0j-eSoguYsNZ0WiRND_8DoIOd1UxZvC-TnfcaF6RFeeJ_J_3DrAhrcUNEpfQm86e73zB4HDF9LeuVHHX_hzHqMHQ&loadFrom=DocumentDeeplink&ts=339.3)):

Are you comfortable sharing parts of, you know, what she, what she said at that time?

Bjarte Aarland ([00:05:44](https://www.rev.com/transcript-editor/Edit?token=ObkB_zJTjpf-q0_p60TiGxuyMGynqHmEb6-OijeI9Fkp-OKKo7e6KyK3IgqkNzQiEDN244B0ei-rZyDqtJefuG8f-ho&loadFrom=DocumentDeeplink&ts=344.83)):

Yeah, no problem. My birth mother was I, I came as child number four and she was, or was it 42? I think when she gave birth to me she had, they never they never knew what kind of disease I reckon she got infected with polio. She had some paralysis, so she was almost unable to completely unable to work. So she did some suing and, and some, yeah, some minor stuff. Not very much income. My birth father were was a minister in a Presbyterian church when he was in his late twenties. His eye vision started getting really to deteriorate. And by the age of 40, he was completely blind. So he had to quit quit his kind of ministerial work. And they pretty much lived on charities from his old congregation.

Bjarte Aarland ([00:07:02](https://www.rev.com/transcript-editor/Edit?token=6rHa1ux4zqK0ONi5-wA5C3JtZwZ7ZpPc7i3JG7Uk86iSKSnB9DPazd-fkNmKzyLK0sgl91E8ed5uoaYEVqNKj9t3S8U&loadFrom=DocumentDeeplink&ts=422.64)):

So when I came along as child number four yeah, they really didn't have any, any chance of, of racing me. They were contacted by a social worker who, who gave this pretty pretty rational assessment that, that I was, I was a week old and I was already showing signs of, of malnutrition, but they said no to adoption. And then be when I read my file, I, I read that suddenly at age two weeks, I turned <laugh> turned up at, at an orphanage. And what, what had happened was that one of my birth aunts had approached her sister and brother-in-law and saying that what's best for this child to die in your care or to live another life, another place. So she kind of pushed them or, or yeah, pushed them into adoption. So when I, I when I got back to Korea for the first time I met with all of them, including this aunt, and she told me that she had been fighting this question all over life, did she do the right thing?

Bjarte Aarland ([00:08:26](https://www.rev.com/transcript-editor/Edit?token=sdtoeDJGa4d8EBhi90ny_tV_ZBR8Eoi_7I6y1MH7rVpFaUn59wHlGwAp9k2vcWWwzatOMTBmb2yV8U1g7kxCZQkXTR8&loadFrom=DocumentDeeplink&ts=506.61)):

And she really needed me to, to kind of give her the, the correct answer. Did I do the right thing? She, she, she literally asked me and to me, the, the answer was obvious. Yeah, you did the right thing. I've taken the, the information in, in my folder and I've actually, well, it's, it's, it's not really professional or, or serious, or, or a hundred percent sure, but I've given the information to some what do you say, pediatrics child doctors. And they say, yeah they <laugh>, they, they were very uncomfortable giving a hundred percent answer, but they said, yeah, they were for real, a possibility that you would perish and die under the circumstances described. So I said, yeah, you, you gave me the right. You did the right thing. And it just emphasized to me that the sacrifice birth parents do when giving up children for adoption. And it made me thankful, I guess, that they chose my wellbeing over their own. I know not all adoption stories are, are like that. And there are quite a few serious issues to, to deal with, but my stories is is like that. Yeah.

Adapted Podcast ([00:09:53](https://www.rev.com/transcript-editor/Edit?token=u92xPvWajslcT7IZHx4a4Cdf8ojRaWspKOZvtxAgAL-sfdo36JvVBSvk2sAQWO05Npbrc1VmtUJuk_cN5Mfweq0TnkE&loadFrom=DocumentDeeplink&ts=593.58)):

So you, you believe that you may not have made it out alive?

Bjarte Aarland ([00:10:00](https://www.rev.com/transcript-editor/Edit?token=rk0cSweSzrYQd3luy2Xgn4-5V3YoLDAIlWXSYC5cGs96N91fRZaEbTtXS6-NycdPkO5pWcH0nDST6lhUBFgV5TbX6Zg&loadFrom=DocumentDeeplink&ts=600.17)):

Yeah, it's, it's very speculative. I, I know, but as, as I said some pediatricians said, well, semi assured me about that. That would be the outcome. Yeah.

Adapted Podcast ([00:10:16](https://www.rev.com/transcript-editor/Edit?token=u4hOoosAsvu15xVEhi3nEcSfjVCMsLtFz0lhxJ6V7czpVe2tkfwdnd45LemQdbT6RJYL_3rzXo4uxlLoNDZmHc_eMf4&loadFrom=DocumentDeeplink&ts=616.79)):

And what was it like meeting your, your family members? Did you meet your, your Eomma?

Bjarte Aarland ([00:10:26](https://www.rev.com/transcript-editor/Edit?token=6Xtp_uKntjVJWsuuLUMiG9zZ0RMUkzkeU4ICirOdUo963R0hFl1wFeYW9bvuEjz-zdvgc_YCisFRLDOzMZl3qnrNFDw&loadFrom=DocumentDeeplink&ts=626.49)):

No. my birth parents were both deceased when I arrived in Korea for the first time. When when I look at the timeline, I reckon that the my birth mother contacting halt and sending the letter must have been about the time my birth father died. And she died two years after. So sadly, I, I never got to meet anyone of them, but I met with my siblings and a nephew and two aunts. That was <laugh> how to describe it. It was spectacular, of course. And still, I, I got the notion that it was, and, and I've been thinking, how can I say this without sounding arrogant? I don't, and I don't think I can, but it, it was Bigger for them than for me, I guess because I've had this kind of to, to use the word intellectual, not emotional approach that I knew about. There were some people having a connection to me, but my eldest brother who he's 10 years older than me, he remembered that baby boy coming to their home. And certainly one day he was gone. And he said that we've asked our parents several times about that growing up. And it was like always, and it wasn't until they were adults, they knew what, what had happened.

Adapted Podcast ([00:12:12](https://www.rev.com/transcript-editor/Edit?token=03cpucllHYaJfqNoLmU0yoKY2NFGklV19CjoC_s1c-SJSCrQcTiPlMlRTjN8MqdAxcO3IOSgO77Qfw1A82GxQYTsSLE&loadFrom=DocumentDeeplink&ts=732.28)):

I, you know, again, speculative, but I have to believe that the loss, having your parents, not being able to keep you traumatized them in some way. And it, it possibly affected the family subconsciously.

Bjarte Aarland ([00:12:33](https://www.rev.com/transcript-editor/Edit?token=QYIEdek4SYslPLiLMSuuTn_AxCtpwifP97PtMTloNEDDUzN4o3Kgmnj45Vladrbt7pf2z0K-qwpJkvycmZfOGBB5p4c&loadFrom=DocumentDeeplink&ts=753.61)):

Yeah. <laugh> again, I, I don't wanna sound arrogant, but losing a child like that, giving up a child like that and, and losing all you, you lose all control, you lose all knowledge, you lose everything. It's yeah. I, I, I can't start to fathom it. And, and of course it must have stirred up that family for yeah. Forever.

Adapted Podcast ([00:13:05](https://www.rev.com/transcript-editor/Edit?token=yzPGNKk1WrZHQJWtId7sUZq7GdLmu9m4hGg-sS4w-YVrtFsT2_7eVJzkYgDJnzDDrExP6dABZoJWsjE2h15-aAQKCCw&loadFrom=DocumentDeeplink&ts=785.05)):

Tame your siblings. Did you feel like it fit like a glove when you met them, like personality? Were there things that unexplainable coincidences or similarities?

Bjarte Aarland ([00:13:22](https://www.rev.com/transcript-editor/Edit?token=Hv0ovTVSLET7xqAgI9eruHr5R7QPXMwnELCKdSWbW4aS8ZL_UFVxsJBvi89ylIPk-3x1BcAYpNec-OVunMqx_RPEsos&loadFrom=DocumentDeeplink&ts=802.37)):

In quite a few ways. Yeah. I'm gonna take a little bit of a detour here. When I grew up, my mother told me that I had to eat at least one boiled potato a day, because she was so terrified that I was gonna be tiny and someone, some hack pediatrician had told her, okay, you gotta get him to eat potatoes, which is totally nonsense by the way. But she believed that, and she forced me to eat one potatoe and I hated boiled potatoes as a child. So sometimes I really got into this kind of Mexican standup with her, and she was on one side of the table and a dinner plate with the potato. Everything was, was eaten, of course, was in the middle of us. And, and I was sitting like this and I could sit sometime for over an hour, just <laugh> waiting out until she said, okay, leave <laugh>.

Bjarte Aarland ([00:14:29](https://www.rev.com/transcript-editor/Edit?token=ywuHmHRh3neTHeDTVcdctA-tjMQf4IMvzEh6twKcaXE2zUV7WZcdPR-XiDuK_D_3Bv-eTjp9cXHhN_UOCbfMnuqWcEE&loadFrom=DocumentDeeplink&ts=869.17)):

But when I yeah, in the late teens stopped growing she said sometimes, okay, you, you should be appreciative of the potato thing because you've been quite tall. Like two sentiment, two sentiment, what what's that like one inch or something taller than, than the Norwegian average for my generation. And she accredited the potatoes for that, but meeting my birth brother, who's probably never seen a potato in his life. We kicked off our shoes and he was exactly the same height as me. And I took one of the photos yeah, because the one of the photos I got from him showing him his face I showed that to my to my sister 10 years later. And she said where are you there? I don't know the surroundings. Where are you? So she thought that was a picture of me. So, so yeah, we looked very much the same. So it was really astounding to, to see I didn't have the, the kind of visible similarity to, to my sisters, but me and my brother. Yeah. It was it was amazing.

Adapted Podcast ([00:16:01](https://www.rev.com/transcript-editor/Edit?token=A52bM23Q_4V5Bca_ygGDSOWR4vE3gdqQ_D2qy2sP3kvjpNMtUq8rX911mHjqDBJcP9jnMLwiuP_1KY0_X_yEEcsMlgw&loadFrom=DocumentDeeplink&ts=961.08)):

Yeah. And your, your personality, you seem like you're kind of a humorous, positive thinking person. <Laugh> do you, were, were your birth siblings similar in disposition?

Bjarte Aarland ([00:16:15](https://www.rev.com/transcript-editor/Edit?token=iHtN2BQ9cc1Gule52jD5xS2lVMHrNLsTKNwoGzg4mPFrK0WKbbcpaJpDi06n6QZmapeHxL8MXAKUPLmwt71h2fkfHqU&loadFrom=DocumentDeeplink&ts=975.17)):

Well it was really hard to connect with them. We used interpreters who one, one of the interpreters was actually American and had been taking some Korean courses. So he didn't speak Korean that well. And the other one was Korean who had taken some English courses in Korea and spoke English very bad. So the communication was, was troublesome at least. But I, I kind of the, she was the second oldest sister of mine. We, we kind of connected in, in, in I guess in a, some sort of subconscious manner. And she seemed like this. Yeah. Like this witty person as well.

Adapted Podcast ([00:17:05](https://www.rev.com/transcript-editor/Edit?token=RS06SsuN3o0U4ABEgRkocN5IAiCkCVD_JN4QcoHI7Odn6XIq4vAOd7hKhiTsMK9YXN3t9Jb71JSJkT6a67RzvGIJXqM&loadFrom=DocumentDeeplink&ts=1025.43)):

So you have you found one older brother and two sisters.

Bjarte Aarland ([00:17:10](https://www.rev.com/transcript-editor/Edit?token=rFDz59ds1QNA4GYUpM9AouoA7D0uY9cdv2k8a3EB5heVXo1iOlyd78Qv_eLpsUBMic7gm5UuvkXOdijm9v-87hmec8o&loadFrom=DocumentDeeplink&ts=1030.82)):

Yeah. And when I got back to Korea the second time and visited them, they had tracked down another sister. She was three years younger than me and she also got adopted, but she got adopted in Korea. So it was quite easy for them to, to reconnect with her.

Adapted Podcast ([00:17:31](https://www.rev.com/transcript-editor/Edit?token=9mQv9DAHRpexP-tysXTypcr5uH59LQUVxd8QGO6mSUqJ1wuQKVigOPpIQ7aoOAhEMAhW4snOLVWrnqWHOL5ACjOCIlA&loadFrom=DocumentDeeplink&ts=1051.56)):

Wow. What was it like meeting this other sibling also adopted? Were you able to communicate with her?

Bjarte Aarland ([00:17:41](https://www.rev.com/transcript-editor/Edit?token=wWXShnpFvhvY-o6uZlHOG-WHlnBNSPJ3HrLnKFod6qGC4QGL0Ia6Gzi8Q5aHfwPjmjFkMGso-y8udvlE6hq5y9Uu88w&loadFrom=DocumentDeeplink&ts=1061.28)):

No. She didn't speak any, any English as well. But it really made me, made me ponder about the questions. What if I had been domestically adopted and how would my life have been? And, and, and again, it's, it's pretty much speculative, but of course my life would've been totally different. And would it, would it have been better? That was kind of the big question that of course went unanswered because it was really not, <laugh> easy to say.

Adapted Podcast ([00:18:15](https://www.rev.com/transcript-editor/Edit?token=0wVoVZcH0HU_CJGBLUtN1dB9VON88MpHg1C3kJqou5beeN0tvCS-V6mtB9-5Tspyc4Jm5gGPdsJUuJlAHhZnJKmLNKQ&loadFrom=DocumentDeeplink&ts=1095.14)):

So you are a, a nurse in Norway educated your siblings in Korea. What other professions and what are, what are their lives like?

Bjarte Aarland ([00:18:30](https://www.rev.com/transcript-editor/Edit?token=4nagkzH-BsUPSyELWTL1Y6T013J3z9Eib_FUSoyNS3QUsvzJvo3zZ8lHh8zdMiELqA5b8WigjQ-fuw_mrxhmF_mIBvU&loadFrom=DocumentDeeplink&ts=1110.21)):

My younger sister, she she was domestically at, after she was a hairdresser. And then the one who was, she was like two years older than me. She, I didn't quite catch what it was. I think it was, she, she had an economic education. She was working in the Samsung conglomerate. And the second oldest, she was yeah, married with children. And my El brother, he, he had the the paralysis as well. So I reckon he, he too had been affected with polio if, if that's the answer and he was working while semi working in an organization for, for people with disabilities.

Adapted Podcast ([00:19:17](https://www.rev.com/transcript-editor/Edit?token=4lsKHAPQayp0Gu8oISlpQVUjBsSnTCWHdIsRuRaBgmoAbtFR2zFM9s7IFMOig38EA_oYbuYoitIOpWjWkYff45vS6PQ&loadFrom=DocumentDeeplink&ts=1157.57)):

Wow. That's interesting beta because we often hear, you know, this, you know, being adopted for a better life. And had you stayed in Korea, you, would've not gotten an education and been poor and, and maybe that could be true, but it sounds like one of your siblings, at least now works for Samsung. So she, that, that

Bjarte Aarland ([00:19:41](https://www.rev.com/transcript-editor/Edit?token=NRJ94_I9vugnJw3tRhnDYcsayO2WUkWLZWxiizWpraHFw1M5FPP-Nn22Ja4YgDyiHX7zksigciynY85sZA7f65Z88Bw&loadFrom=DocumentDeeplink&ts=1181.869)):

No. What had because my main concern with meeting them was how did they do were they living in like a Shanty town and living of charity or what, well, it, they had actually gotten into a I, I, I don't know the, the American term, but in, in Norway we got a concept called a away adoption where a person or a family donate money on a monthly basis to another person of family somewhere else. And they had actually got this kind of kind of donation from an Australian family, which had allowed them to send send the children off to school and getting pretty good educations. So I didn't get the well at least I can't remember the name of my second older sister. She went to university and met this guy who, it was never, he was never a topic, but I understood that. Okay. He's from a wealthy family. So they had done, done well for themselves and managed well. Yeah.

Adapted Podcast ([00:20:58](https://www.rev.com/transcript-editor/Edit?token=v5Fcfo7x6Y00MU6zHxgBTdZAnlm9JsEtoh0pSSGd37sUL5GdZ1q99fk9dBmzW2o4f6lPtmYZAVfRSolhZC32yB3h7pI&loadFrom=DocumentDeeplink&ts=1258.23)):

Yeah. I'm not quite sure, but maybe they were, they were sponsored

Bjarte Aarland ([00:21:01](https://www.rev.com/transcript-editor/Edit?token=Zis6Zt0Ib_jbpzAVgimWX99d4WMzoBrG8LJQZdXlPu-Msr_N5gLbxB0_wPIgErhNSswNW_FdZnm1MxbuVDYJtxvnw6w&loadFrom=DocumentDeeplink&ts=1261.95)):

Sponsorship. Yeah. That's pre probably the right term. Yeah.

Adapted Podcast ([00:21:05](https://www.rev.com/transcript-editor/Edit?token=HKVKDHM-1XHg6xvN4rDyrk0HkeEONl_12kxeLranTTLEB6Qj2rkE5NQFep9UvgEbmxo72JA-sXEXcH-x6Aer_zYKqSM&loadFrom=DocumentDeeplink&ts=1265.34)):

Sponsored. And is it, was it through the church? Was it because your, your, your father had been a minister, do you think there was a,

Bjarte Aarland ([00:21:16](https://www.rev.com/transcript-editor/Edit?token=fAY1naJzXK9szBvON9Bxg1jpXY5M0xB47kFs-JM3TWnDCRW360-q42CKOUxJmlczhES7jr_v2mjYaO1XGgO96iHkWbA&loadFrom=DocumentDeeplink&ts=1276.99)):

I never got to, to ask them who the sponsorship was through, but I I've been thinking as well that perhaps the Presbyterian church, which is international had the sponsorship to, to me, that's the, the most likely explanation.

Adapted Podcast ([00:21:37](https://www.rev.com/transcript-editor/Edit?token=5AzQgVjQSeGmNDmB1bOFJo14ChPns9eK5hIDmob01wP9B4offPL6I-e59aAtvQtpXBzD-a6pDh4z1Ixv4be-OEehneo&loadFrom=DocumentDeeplink&ts=1297.85)):

So tell us a little bit about your, your family in, in Norway. Were you the youngest, the oldest?

Bjarte Aarland ([00:21:45](https://www.rev.com/transcript-editor/Edit?token=FgBSh9GSwycZDWKCkcJFgPJSQqoLZRROt__kk-8S7ppwjZOZ54ZqZR_1SWJPrRV9oP5mCJDzXV5rhkSqzgSqV_tAcsA&loadFrom=DocumentDeeplink&ts=1305.78)):

No, I'm, I'm the eldest of two. I have a sister adopted from Korea as well. She's three years younger than me. And we, we grew up with the same parents of course, and in the same neighborhood and same society and, and everything the same, but when it comes to when it comes to coping with being adopted, we went really separate ways. And I think, well, again, adit O one of my earliest memories is my father taking me on his lap and saying to me that you know, and you can know that we love you because we fought along and hard struggle to get you the adoption process in Norway is really tiresome. And for some, some periods of time, it had been almost three years and yeah, lot of bureaucracy red tape so that kind of, well, not kind of, it, it really stuck to my mind.

Bjarte Aarland ([00:22:59](https://www.rev.com/transcript-editor/Edit?token=a6tzGqPZd2OmyXJr8JRw1IaSBAS1IvUkCANwjwjL02zI5LDLkIsWCbIhDlP32XjAsMj36D9gJxoMg2RHX9ht3SH8Kic&loadFrom=DocumentDeeplink&ts=1379.04)):

Yeah, that's true. They fought to get me <laugh> I was their gift. So that was kind of my approach in the world. Whereas my sister, I guess she would she would always try to blend in and to, to her, it was like a sore thumb to be different. Whereas to me, it was well being adopted, being born in Korea was my medallion. It was something I was medal. Yeah. I was really bursting with pride of it. So, and our parents we had this Korean we call it the Korean was a drawer and had pictures from when they went to Korea and maps about Korea and information and, and everything. And one of my favorite things to do Saturday evenings was to, to look through the Korean drawer. And this was really this was something my parents they wanted us to do it, and they wanted us to connect with the Korean history and identity and feel proud about our Korean heritage. So for me it worked and a hundred percent and for my sister, not that much, <laugh>

Adapted Podcast ([00:24:15](https://www.rev.com/transcript-editor/Edit?token=9PeirGMtba0NijDtfAeaR5z_v2AyGilx-YRSTiLqODyFmteRbZUn5Vxaz2x1p_IG1QwZmIgJgBxkFOrTZ49Ss9bcmFU&loadFrom=DocumentDeeplink&ts=1455.869)):

She, she rejected it.

Bjarte Aarland ([00:24:19](https://www.rev.com/transcript-editor/Edit?token=EF8VXQI62J_ogPVO2W04ed-YCaNztcexO9Ou9twDcOsrdLB94yk15B-c3zYxAfOG8h0IlRkyy9JCi_djuWTynvCSgAc&loadFrom=DocumentDeeplink&ts=1459.18)):

Yeah, I think, yeah, <laugh> I think rejected is a, is a nice way of summing it up. Yeah. She was really much in, in a position and she could get really emotional and angry. I don't want to listen about all this career talk. She could she could say,

Adapted Podcast ([00:24:47](https://www.rev.com/transcript-editor/Edit?token=Q72upl0PwrzVnkwr8kF4XRlH9Wo-IN23LFvIfeJ0lVKXcvWOj1cTFYy3UkrM-AoTPTt3qyebzdRsrsNn_GPzfSA8jmE&loadFrom=DocumentDeeplink&ts=1487.65)):

What would, what did, what was your parents' reaction when you were contacted when they were contacted by holds? Were they, I mean, I know you were still a kid, so, but did you sense, like maybe they felt a bit threatened by it or were they, you said that they were very supportive of you staying connected to your Korean identity. So were they excited for you? What was their initial reaction?

Bjarte Aarland ([00:25:18](https://www.rev.com/transcript-editor/Edit?token=PyUuUeqpi1lLhL_3axZ3HrZ0wqRtp3oC46hDL9A2kOoza77EV_8BMaFoV9-vhkCcZIKgtc3DLhOoxuB2kuH4J2KgTSo&loadFrom=DocumentDeeplink&ts=1518.24)):

<Laugh> yeah, that's a good question. My, their initial reaction and I didn't have to guess they told me they were threatened by it. They felt that their kind of parenting parenthood were demolished in, in some way. And I was like, that's ridiculous. And when they kind of came around, it was, we're talking about a few days. And then from, from that on their initial response, yeah, they felt threatened and they could verbalize it as well, but after a few days they went on to be really and stayed really supportive. And when I went back to Korea as well, really, really supportive

Adapted Podcast ([00:26:11](https://www.rev.com/transcript-editor/Edit?token=yy6Rk8bHFGzg3nKeBBDnLzJZqxBtdo6PmhKCu8oU6BWDv_iw-1Sszf1Jac2L1Z6d2EAo5-IegpUoalWHMAyBwjj5qis&loadFrom=DocumentDeeplink&ts=1571.71)):

And your parents. So what was their economic background? What kind of life did you grow up in? Was it,

Bjarte Aarland ([00:26:19](https://www.rev.com/transcript-editor/Edit?token=yJun0wQzfD33JxamH7KvE_WIYqxQBjZBVHOzT9ZREDysOnsTVWW-vdl3QD4bhx_3eaMq3dfDhebpD5ZmcbcCQ6aYozY&loadFrom=DocumentDeeplink&ts=1579.71)):

Well, I yeah, that that's I, I, I've been listening to some of the other guests you've had on the podcast and I, I listened to the, to the Swedish researcher Tobais Hubinette. Um there have been well research is, is too strong a word, but there has been some, some articles and some, some journalists looking into the differences in, in adoption between Sweden and Norway, both Sweden and Norway were very early adopting children from Korea and has adopted quite a few. And it seems summarized that the Norwegian Korean adoptee managed quite well, whereas the Swedish have a higher rate with both opposition against being adopted and all sorts of negative markers. One of the, the speculations it was talk about going in doing some research.

Bjarte Aarland ([00:27:32](https://www.rev.com/transcript-editor/Edit?token=nhR9Lz53FwuWau-y9kqNSBRXG6XeCRwdGSm922BX5hLqt0JIkL5tbrpM4lYvlSQWROwdt9U17uJp_OEEzCETw78im8w&loadFrom=DocumentDeeplink&ts=1652.8)):

I, I don't think they ever did that. I, I haven't heard about it at least, but one of the speculations was that in Sweden, they emphasized economy and almost only economy meaning that the adoptive parents in, in Sweden were yeah, they had a good economic background, but they were also perhaps at a higher age. And they were they, they were without Chi, they were child without children before the adoption, the Norwegian government and the Norwegian authorities had a different approach. It was like, okay, this is, this should be for everyone. It's quite costly to adopt in nowhere as well. But when you when you look to other costs with everything from diapers to childcare, the difference is not that big. So we see that Korean adoptee or foreign adoptee at all in, in Norway come from all layers of society.

Bjarte Aarland ([00:28:43](https://www.rev.com/transcript-editor/Edit?token=y1_MNb9h5BNQlZIQEYkL-zv7JdXM2-ERS2rYC_tlJJ2Zla1CiIKkCOzrlE-1_nesxKAzApLb03ItmThP737DZJfKnSw&loadFrom=DocumentDeeplink&ts=1723.47)):

And my background, well, I grew up in middle class the first until I was nine. We lived in in suburbia kind of a concrete jungle in one of the first areas actually in, in well, at least Bergen, perhaps Norway there was, had a multi ethnicity and the school I went on to had a, a special class, well, not special single class for, for refugees from Vietnam. So getting well, <laugh> looking other, looking at other Asian people was something I was yeah. Quite familiar with. And then we moved a bit longer out of from the city center and moved into kind of like a picket fence area and a much smaller school who I, I guess, had gotten the word that this new boy had was adopted. And they were really, really prepared or, well, that is they had, did they had done some preparations and met me with this overly understanding approach to me that was well, not a bit quite weird. <Laugh>

Bjarte Aarland ([00:30:10](https://www.rev.com/transcript-editor/Edit?token=CtKu70z588baVM3OJ5FA_z5jfAgoHPb0WgxpSGatMPTRxLb27Fo0kcHH3ja8yvoiTIPjxyIBYpHebEmytuiNNO8eQRE&loadFrom=DocumentDeeplink&ts=1810.42)):

Well the school actually, the, the staff and the teachers and everything, and I think, well, I, I, yeah, I think they actually made changes in the curriculum because I was arriving like, which chapters to read in, in the Norwegian schools. We, we learn English but we also of course learn Norwegian. And I, I remember my, my first year there, there were so many chapter chapters and passages and books about these children, either being, or feeling different from the rest. And I would ask a friend in another class, he'd say, no, we didn't read that book. <Laugh>

Adapted Podcast ([00:31:07](https://www.rev.com/transcript-editor/Edit?token=9ECTJLGqJqESyJ1-gXHzWRnwyijjWrXBrM14St-6LKJ2QzqcPJ6iUKWvotnB6f2syIgk-MJq_g1uGzK6wpqaR5pdUEA&loadFrom=DocumentDeeplink&ts=1867.04)):

Oh, I see. So they really, they really seem to have given a lot of thought for having, I guess, a nonwhite or an Asian student join their class and

Bjarte Aarland ([00:31:18](https://www.rev.com/transcript-editor/Edit?token=2JQSKIMvDtBOV9LJdShkNphaOfev1wb7sZTC_CLDvKIOdNCKmWvOuj9TLHRZZ3MJOKQtl0Au2TRQrxTSBTQO6NUGMV8&loadFrom=DocumentDeeplink&ts=1878.7)):

Yeah, but, but doing so, they, they kind of went into another ditch, which is treating me and the surroundings very different. And we, we have this term in, in Norway, we call the bubble wrap children. I don't know if you have a similar in, in English. No, it's children growing up very, in a very protected environment. You wrap them in, in bubble wrap and nothing, no harm will come to them. Kind of like the in the movie finding Nemo the way Nemo is raised from his father, shielding him from, from everything. And I got very much that sense. Okay. They are doing everything to, to make me feel comfortable to make me feel welcome, but in doing so, they were kind of singling me out and saying, okay, you have, well, okay, special needs, but at least you have some needs that are quite special.

Adapted Podcast ([00:32:24](https://www.rev.com/transcript-editor/Edit?token=DvuDh5NurYeusKwK3rFUR1rF61ACBHzQZx0b0WnntyEj8OoDPh0ouy3zbtsOSLN14kj60d8nNpVyxKaLfeHcrk20zk8&loadFrom=DocumentDeeplink&ts=1944.16)):

I do you think it's because we're similar in age beta seventies and eighties, you grew up in, around Bergen or what is that? Western, Western Norway. Western.

Bjarte Aarland ([00:32:38](https://www.rev.com/transcript-editor/Edit?token=tX1adrlD7zZgZBQiAq0xAjokBYqvtOr0qYYrYiTafTcCquVHvdZTDqrpsN3cIWc9jtZsjcFTEPulItmcWZQyIpuESmg&loadFrom=DocumentDeeplink&ts=1958.45)):

Yeah.

Adapted Podcast ([00:32:41](https://www.rev.com/transcript-editor/Edit?token=bWO1kYq7BHEcifLRLn_k3jE_C1LC3usVVv_SRhHI_S0dihUqqi4XxxSq_5ObnDTHCcxCMxIfg7_tRB1PBvhqzESRNV8&loadFrom=DocumentDeeplink&ts=1961.25)):

Probably did. Did, did people not, did you not see, you said there were some Vietnamese refugees there, but mostly was it mostly white and did people not see someone looking like you very often?

Bjarte Aarland ([00:32:55](https://www.rev.com/transcript-editor/Edit?token=XqCsf2fFdzDx6dY6kVngKgzdWR4cMGJoxoTjgCHP4PdiHoEyoII8fHKuV8KWPnZcnHX1UnsGWmkM2GeAwT3Uw5c122E&loadFrom=DocumentDeeplink&ts=1975.64)):

Yeah. In, in the early in the early eighties Noah was still quite homogenous ethnic country with with yeah. With, with all the vis not everyone had had light air, but yeah, almost only Norwegians with a few exceptions, but they were kind of in, in some, some boroughs, some, some areas, some parts of some towns that were a more diverse population, but nowhere as a whole, yeah, pretty much all white.

Adapted Podcast ([00:33:35](https://www.rev.com/transcript-editor/Edit?token=mVgLnE7APq1V73Y1KrpiWIWD10NHGEw6uZM2MuOrRbyKNuLTbnK4TpqPXRzh3Ga-hjAKAN0mgR06Ir3zkIlxj-QqbZ0&loadFrom=DocumentDeeplink&ts=2015.52)):

How were you able to you say you grew up with quite a a lot of pride about being Korean. Mm. When you grew up and there weren't many, probably Asian actors on Norwegian TV and movies, and you didn't really see that we, you know, a lot of adoptee talk about the mirrors and that you probably didn't see many mirrors growing up. How were you able to have such a strong pride?

Bjarte Aarland ([00:34:06](https://www.rev.com/transcript-editor/Edit?token=s4GHgISyYgVpeXINpbYshwDGQrEFLzCFU8ZQtmieXHg1wf2iBlMCFtKvVNWIEbYUUaECClJ3V9LU_LDI68cpMmWcW48&loadFrom=DocumentDeeplink&ts=2046.64)):

Yeah, I I've been pondering that question myself because there were there weren't a few, there were none <laugh> Korean or Asian characters in, in TV or cinema in Norway. And I, I, in some way I envy people today growing up with parasites and squid game and yeah, yeah, yeah. That, I, I really hate Kpop <laugh> I must confess <laugh>, but, but you have all these superstars. And I, I, it, it really came to me. I, I loved the show criminal minds. No, it was it criminal mind? No, it was this show about this special task force in, in the FBI dealing with with serial killers. And they got, what was his name? Daniel Henney. Yeah. At least they, they got this Korean actor and I say, okay, even this show <laugh> has, has now been affiliated with Korean actors.

Bjarte Aarland ([00:35:18](https://www.rev.com/transcript-editor/Edit?token=NnIaRVTci7dxqcwrkS4jcLbEsFR8RzNmnwPh0xiaTclv8-s2vQHrFcirqtykCwl-gJqFBjalTDQGiFeAqZLOKrx6ffA&loadFrom=DocumentDeeplink&ts=2118.27)):

So I, didn't kind of, I didn't lack it because I never, I, I, I never known him about, about it to lack. So I kind of built it built it in my own head, I suppose. What really the, the really kind of turning point point for me were the summer Olympics and soul in 88 Norway when it comes to winter Olympics, we're a, we're a superpower, but Norway in summer Olympics is so, but for some reason, the the coverage of the Olympics were huge in the Norwegian media. And they were showing not only from the stadium, they, they had some documentaries and feature shows about Korea as a nation. And I remember that was, wow, this is really cool. And it kind of emphasized the feeling that I already had, but I hadn't been expressing it in, in some way.

Bjarte Aarland ([00:36:29](https://www.rev.com/transcript-editor/Edit?token=8htemc0WMUj_urbkz_8P4c6s5zUgRTJ34l2NZUxhRhVGppGwIbqK7FDpVcTxxuZMDLLXaU2bEbnw1Ye0wEjfwSQBgp8&loadFrom=DocumentDeeplink&ts=2189.3)):

Now I certainly had the, the pictures literally and, and the language to, to express that proud and share it with my, with my friends and my surroundings. It also was a, a, a turning point in, in another level. I, I remember there was this news article about a mass arrest of over 4,000 people, students and dissidents and everything prior to the, to the Olympics. And that made me think, okay, this country that I have been idolizing, perhaps it's not just all milk and honey I was too young to have kind of been thinking about and reflecting about the, the social issues and what makes the country adopt foreign foreign. So many people thousands of children in, in Norway where I think we're like 6,500 alone, that's just Norway. So it's pretty much it speaks of something really <laugh> really troublesome in, in a nation doing that. But reflecting about that, I was too young to do that, but seeing that that article about this mass arrest made me think about, okay, perhaps there is more, more to it than just the, the fancy stadiums and the the beautiful scenery.

Adapted Podcast ([00:38:00](https://www.rev.com/transcript-editor/Edit?token=0I2IMXEKjA9GK-OoEUiYRpQ-HlnuTARJSRXg3z_RNdud0HqUxIDV28IUAVxSWTjn_aNC9RrWbQjpgtdDxAtHaHC3cto&loadFrom=DocumentDeeplink&ts=2280.93)):

No, you mentioned to be a you had listened to his episode and he's a researcher he's faced a lot of controversy over his, his time because his views are you know, not embraced by, by everyone. But he definitely, in terms of talking about race in wondering about in Norway, do you think that also similarly in Norway that you have, you know, predominantly white parents adopting children from Korea and not really focusing on the fact that the children are a different race, in fact, even maybe even trying to not discuss race in a, in the family, what, what was it like in Norway?

Bjarte Aarland ([00:38:57](https://www.rev.com/transcript-editor/Edit?token=fxY88isTCO02jSgc3AtH7kvou7eTOgUYwoIuZ8Cq4G31eMjcjrYTk54Ttg5x8KumhcGYWA2qftg7Li8tbN9c3dLmgUA&loadFrom=DocumentDeeplink&ts=2337.21)):

It, it was very different from what I guess it is in, in the us. In a few years ago, I think it was 2, 3 years ago. There was this Norwegian and encyclopedia. They gave out an updated version and there were, were this huge outcry from, from media, from politicians, from academics, because one chapter in, in this encyclopedia could be interpreted to said to, to the way that the encyclopedia said that there were different races among humans, and everyone was like, this is so wrong. <Laugh> so, so the Norwegian mentality is that all humankind won race and, and talking about race in, I, I, I think that when Norwegians talk about race, it is different from when, for instance, Americans talk about race, because when Norwegians talk about race, it's, it's like, I think it's got something to do with, with our heritage because when the Nazis rose to power and they were kind of looking to, okay, what's the ideal ethnicity they pointed to Norway <laugh>.

Bjarte Aarland ([00:40:19](https://www.rev.com/transcript-editor/Edit?token=DTBDIy9GVgwsfZv7hh311Ju3aWr54J50_FLNKCEKzbXjbVWSY6NKGUu8HZx2zMnR4XHaHWNcTLw1kSw9r2ld2KkSYSQ&loadFrom=DocumentDeeplink&ts=2419.83)):

So that was kind of like, I, I guess, in, in the thirties, people in Norway, like, oh, this is cool, but now it's embarrassing for Norwegians and make no way, well, the Norwegian culture shun, the, the thoughts about race even more. I, I guess, so talking about race in Norway is really yeah. Taboo that's taboo, taboo. Thanks. That's what's the word I was looking for. Yeah. and most Norwegians will, they won't acknowledge that there are several races and okay. We have different color. We have different creed and beliefs, but we are all one race. And perhaps it's just a more simpler and naive approach compared to the us because being multiethnic is quite new to Norwegians. So who knows in 50 years, it's, it's like the us, but yeah, to today it's very, very different.

Adapted Podcast ([00:41:31](https://www.rev.com/transcript-editor/Edit?token=2opur5z9CDPqLtm6hwG0Pltwv0Zzv1kq2PVQsBo8uP_YXECSOYoEiMV8HYHFQb-RP16u50zik97w14GdmCGQURza_A4&loadFrom=DocumentDeeplink&ts=2491.36)):

Yeah. I mean, it sounds similar to what Tobias was talking about in Sweden. Yeah. And in the Scandinavian countries where talking about race is actually and pointing out difference was actually thought to be racist.

Bjarte Aarland ([00:41:48](https://www.rev.com/transcript-editor/Edit?token=DXBshbeJZ8Bl86brPcrSoYnfjw3oLVWHQtS2w2cmChEkF6ey23OUQ0fX4N3VqVdulJQWj1NUH0Cs5aCAgjb-dKqqi3w&loadFrom=DocumentDeeplink&ts=2508.67)):

Yeah.

Adapted Podcast ([00:41:51](https://www.rev.com/transcript-editor/Edit?token=l0v89L1XA1NpIeQL5UftlP1huTZhcUYicyhM-6YeMAMmt3gadtQboW9EXsXw3fuQoPFWmzGlYqldaRCRqP5P-O1t9MM&loadFrom=DocumentDeeplink&ts=2511.11)):

Because, and it, it's a much more sort of seems like a much more nationalistic thing, you know? So I find it quite quite interesting because, and, and, and again, you're right. America's history and Norwegian history. You know, we have the, our SL you know, slavery history, native Americans you know, the way our country was founded on you know, many people think it's, it was theft, you know, that native Americans was theft. So, I mean, it's, it's, it's, we have a, a very complicated history and relationship with race today. And so I, I do understand that comparing America to, Norway's not apples to apples. So, but I do find it quite interesting that it, that, that speaking about race you know, in America is I think has been politicized to the fact that even adoptees, you know, it's politicized in, within their families and a lot of activists and, and adoptees adult adoptee, you know talking about race as, as kind of a liberation, you know, as kind of a, a kind of a empowerment, whereas it must seem very strange coming from your perspective where the way your country has the culture there, it, it, like you said, it's taboo, it makes people feel uncomfortable.

Adapted Podcast ([00:43:28](https://www.rev.com/transcript-editor/Edit?token=NpEFv9KlKdWjJXSVHYjJgBFgiboSU6HjguXHCBmYG-R3mHqlOM9dx0bEOVC-XmFFQtG1kHQLrrMSpAuKVj1fUKBBSSE&loadFrom=DocumentDeeplink&ts=2608.63)):

Perhaps people think it's racist, you know?

Bjarte Aarland ([00:43:31](https://www.rev.com/transcript-editor/Edit?token=6VuHF7AZa0SEqefZf3WaehFvh-s6mLyhIr_D-38T4O6oBe5-Hcj2IW2uI_Xvqm5uhE1r8kY6HVi1cOkk5ZeoCWnQ8GE&loadFrom=DocumentDeeplink&ts=2611.6)):

Mm. Yeah. and in, in the Norwegian culture and the Norwegian opinion and, and media, and, and literature and academics speaking about race, you don't have to fear that it will be thought of as racist. It will definitely be thought of as racist and well, I, this morning, I, I, when, when I was kind of preparing this, this talk <laugh> in my head, I, I was thinking, perhaps we're not talking about the same thing when Norwegians talk about race. We, we think like race and, and back to, to Nazi and, and IBA man. And, and that, but I think when we talk about culture, it's pretty much the same as when Americans talk about race, because we can talk about culture very much. We can talk about the, the Norwegian culture, the Scandinavian culture, the European culture opposed to the Southern European culture, opposed to the middle Eastern culture, opposed to the Asian culture and so on. So Perhaps we're just using different terms for, for the same thing, but yeah. Race in Norwegian is quite something else than it is in, in American.

Adapted Podcast ([00:44:57](https://www.rev.com/transcript-editor/Edit?token=PiKnSezdMfTTZvgFXbEhOTLi6CEeIhOECepV7-uCNOPFdCJGdoi3NKfUb67vOglOywDTH91FpFPGxsMUWUoUljmbegY&loadFrom=DocumentDeeplink&ts=2697.93)):

So, so I have a question about that. So let's say you are you know, a Korean adoptee you're Korean, ethnic, Korean grew up in Norway or Vietnamese refugee grew up in Norway. What would be your culture?

Bjarte Aarland ([00:45:17](https://www.rev.com/transcript-editor/Edit?token=fc9WQ5TSoEkzrwjbVeB7dkOEwIoAbto_l-8-MpOveHdn3CUeN-At0foExajTxccv22tZ1FaQvLu5c1UemaR8TsHsSGs&loadFrom=DocumentDeeplink&ts=2717.2)):

If you ask me I'm, I'm Norwegian 100% and I know I've been talking to other Korean EE who feel quite different about it, but I'm Norwegian. I I've always compared myself with second, third, fourth, Norwegian Americans having a knowledge about, okay, I I've got this ethnicity ethnicity, I've got my genes from another country, and I can be very much or very little fascinated about that country, but I, I have a knowledge about that's where I come from. That's kind of been my approach about it. But I don't know what's the, what's the mainstream, I don't know what's most common, but I don't think my approach is the most common, at least in the Norwegian Korean adoptee society many feel are much, much stronger connection to Korea. And as I said, I, I don't listen much to Kpop because I don't like my style of music. The rubble in me has led me to just watch one episode of squid game, because everyone's been expecting me to have binged with game from a to C. But yeah, I feel Norwegian. We I, and, and some, some others used to term that we are we're Norwegian in mind, Korean in skin.

Adapted Podcast ([00:46:59](https://www.rev.com/transcript-editor/Edit?token=0Esgal6opG0NCemuxSOSq_wxg0t26bvY6O1HmUq_nyA3WeMRyggae4MFel0j7YV7X11AsjrcXCl_G_3zdHRFKac_SOw&loadFrom=DocumentDeeplink&ts=2819.82)):

Yeah. Sometimes people talk about being a twinky or banana

Speaker 3 ([00:47:03](https://www.rev.com/transcript-editor/Edit?token=4SWRp1ytMhav3YjV57qy73SkLS3Pz5Wdx1OkKfA1ZyD9OrH8ZHNwvY8wrs1s6DsqRcVjB1NNx50F2wZHqioop1plNcY&loadFrom=DocumentDeeplink&ts=2823.969)):

Banana. Yeah,

Bjarte Aarland ([00:47:04](https://www.rev.com/transcript-editor/Edit?token=XaGJ7Ii5dCGbz_n3cF1v9E7xoFPlRe4r2IOzMu_mD-4XOSJWf1ryIkJCSiPLkjpgUBLu_iVCJJYRW5zx4z6GeG7xmO8&loadFrom=DocumentDeeplink&ts=2824.67)):

Yeah. Twin twinky. Yeah, yeah, yeah. Light and, and <laugh> and the chocolate. Yeah, yeah,

Adapted Podcast ([00:47:12](https://www.rev.com/transcript-editor/Edit?token=ldV3iu7UbIebz3o9vxzNfsi3wtdeWXtzDJ1GbyTrjlqrUesq6m36jjy1neDx4PDRqzAQqoYLkANnsScrFFQClIOQto0&loadFrom=DocumentDeeplink&ts=2832.34)):

Yeah. Hoho or, yeah. Twinky where it's like white in the middle. Mm. Oh, well, so let me ask, let me ask you, bro. So when you think of your ancestors do you think of the, the Vikings?

Bjarte Aarland ([00:47:30](https://www.rev.com/transcript-editor/Edit?token=TuGPJ_otHH5aC00NqWImxCIm9Ca0cXZQ_VE7sbIgRn-OyzGQdYL5_I1IUhEHzPqnpNBaCGOypl3zAVc6959ZrF4V4Lg&loadFrom=DocumentDeeplink&ts=2850.07)):

Yeah. I do. And <laugh> well, for, for, for quite a few decades as, as I mentioned since, since the Nazis pointed to, to the Norwegians and the old north, it it's been a bit troublesome to, to look at. And as we read more about history we read that the Vikings, they were kind of, they weren't very good people <laugh> they were Maor us. And the story of Norway is that we've been occupied by first Denmark and then Sweden for six centuries. So we had this really need for, for, okay. What's the, what's the Norwegian identity, what's the Norwegian pride, and then was very easy to look at the Vikings when okay. Everyone feared us at that time, but yeah, they feared us because we were very unsympathetic <laugh>. So the Norwegian identity yeah, you, you can look at the Vikings and <affirmative>, and yeah, I guess if, if I were to close my eyes and, and kind of visualize my ancestors, they, they would've been vis yeah.

Adapted Podcast ([00:49:00](https://www.rev.com/transcript-editor/Edit?token=DEdDGn8qVnVjddbAlYP1bAj-CRWkg3ebsB82lOREuOBHnrD_A5Jz9vpJxtU9oCepNHrEiIjuOkZ3tzrlsw-bnpPieoU&loadFrom=DocumentDeeplink&ts=2940.5)):

Patrick, do you know what the American football team in Minnesota, do you know what they're called

Bjarte Aarland ([00:49:05](https://www.rev.com/transcript-editor/Edit?token=llwSKRxe12IJXqIzI-aub_u9eSeaDtOsTIxt0DudNnozB918fCKVxkN3TDRSdDvrsFWc0ZEVrMYNj36UVkrhyh03Tw4&loadFrom=DocumentDeeplink&ts=2945.33)):

Minnesota Vikings? Yeah, I do. <Laugh> and 500 years prior to Columbus, there was this guy called life Erickson who came to Newfoundland in, in nowadays Canada.

Adapted Podcast ([00:49:25](https://www.rev.com/transcript-editor/Edit?token=3fbznFzJFIvmb5_QsVMgmnVvudTKKoTOG5cQlaU6-UWz2Jb-2sOMiiCtLPDk_lG-y-EsfixWUv0s0FacZ9dww9YxprY&loadFrom=DocumentDeeplink&ts=2965.15)):

Oh, yes. Right. And, and, and there's also Vikings, London and I, what is, you know, considered Ireland today. And so there's quite a few people with Norwegian ancestry.

Bjarte Aarland ([00:49:39](https://www.rev.com/transcript-editor/Edit?token=ZJ7LnsYWQgn1rKClrDJtVO1556_oi2UUBiqgONKMTaNHBq7pDLzx20Mu8SbUYT2oLF_xeHiz5NICUXye9L_SB8qjoag&loadFrom=DocumentDeeplink&ts=2979.36)):

Yeah. History. Yeah. So several of the, of the cities in the British ISS were actually founded by, by Vikings, both Dublin and York and London as well. And nowadays Kiev were also had also a, a huge contribution in, in establishing due to the Vikings.

Adapted Podcast ([00:50:03](https://www.rev.com/transcript-editor/Edit?token=XyDy75aYiq8k5SLeCN1FcXpnHEcopaS0LtvMsyiPmpcgM5opD7lf776BKi5s9wG68KMbjDh8CCZREKTxEVvn5zp81Io&loadFrom=DocumentDeeplink&ts=3003.81)):

So you said that you know, Norway and I know a little bit about society but it's a very egalitarian society, right. In a very you know, were they considered that adoption should be available for, for all, and not just the people who are affluent and who can afford it. So does that mean that the Norwegian government subsidized adoptions, it helped families to afford the cost?

Bjarte Aarland ([00:50:30](https://www.rev.com/transcript-editor/Edit?token=NfHlU3SHP1kF7aXYDEiL6FRTY3JEHnUa44YL-uTr9BesL1ximDZFkgSuX6jSw1PFu1R1f2K-NVjch4m_fc7EP9C-7lo&loadFrom=DocumentDeeplink&ts=3030.989)):

They didn't subsidize to my knowledge, but all the, all the kind of Norwegian bureaucracy were without any fees, which is pretty, that's rare in no way that you don't pay anything. There is a lot of bureaucracy in no way. And it is that there is a term called cost pay, which means that you have to pay what it actually costs for the, for the government, but when it comes to adoption, it is you don't pay anything. So you can see, yeah, it is subsidized in a, in a, in indirect term. And well, Norway, politically is so extremely different from, from America. And I think if the Norwegian kind of government and society would, would be described to an American 99% would think communism and even even the,

Adapted Podcast ([00:51:34](https://www.rev.com/transcript-editor/Edit?token=JFAMSsObc52qR9KrQ6nXxnrRzeikFlu8qNTceAEGRXZC3-eAsDc4dra2yDVnyuRltLqbvY3dcKfA5TPUtQAdXmBCRoA&loadFrom=DocumentDeeplink&ts=3094.09)):

Or socialism

Bjarte Aarland ([00:51:35](https://www.rev.com/transcript-editor/Edit?token=n3x1owEY-OWQ-i8Y9d69q4LE88edTvwmQ_SvtHhH3E4f-ni3NbTQb6f8KBdqFR9hlAwsFKdaCp2Ev6jtkzxo6YUma_8&loadFrom=DocumentDeeplink&ts=3095.53)):

Oh, socialism. Yeah. we, we have something we call the welfare state and we, we even, even far right Politics in, in norway will want the state to be, to be big, to be massive, to have a huge impact in, in people's lives, because that's kind of a, a support system. And that's been been the, the mentality in, in many ways, including including the egalitarian approach to, to adoption. Yeah.

Adapted Podcast ([00:52:09](https://www.rev.com/transcript-editor/Edit?token=WcaCCIh-EdW2VFGQD5BkIPwU1lVclVcdM8naAhrVqO5MTPFyi2m7RE-Vs9LJA0XzMIYnRlxx7_rW97N9P83qxzFyfIg&loadFrom=DocumentDeeplink&ts=3129.42)):

Oh, that's interesting. So, you know, if you think about it, Korean adoptees and their families have been treated differently than this, everyone's the same kind of approach.

Bjarte Aarland ([00:52:19](https://www.rev.com/transcript-editor/Edit?token=dAghgfcm2CwqJ9l_V9AeCZhsofJ-KXq4p4fkAPbHO3t8nREbryxfHkF-rYbCtrkczhDY2dse1Of25gmT08x7I8gtS4k&loadFrom=DocumentDeeplink&ts=3139.6)):

Yeah. And, and I mean, thinking a lot about it, it's, it's just like when I went, went to the new school being so extremely conscious not to treat anyone different may lead to that, you actually treat them different. <Laugh>

Adapted Podcast ([00:52:49](https://www.rev.com/transcript-editor/Edit?token=FGkNT9krpUAscWy6Rz1bXriSJSh2Kk9ZAKr1u-jPGUN0MeQKBA-X-j5o8ugroThyHFxUwWA9MFZA0UtMEA7s5XWnbNM&loadFrom=DocumentDeeplink&ts=3169.16)):

I wanted to talk, you had mentioned earlier when we had exchanged emails you, you had an interest in how adoptees cope with their adoptions or their identities as they develop and, and grow in into adulthood, and even as adults, what do you mean by that? And, and sort of, You know, why has it been something that's interested you so much?

Bjarte Aarland ([00:53:15](https://www.rev.com/transcript-editor/Edit?token=39i-5gGabyAUldY5L9NEOOk14Rt0nHFR-p0J1SDUelRPTMrqI831DEx_5cQ0k3L5FCfWzGZxz6LLkOWsZvXcyF-f2jI&loadFrom=DocumentDeeplink&ts=3195.85)):

Well I think I have a fundamentally interest in, in kind of like, yeah, popular psychology to, to use that term and growing up and as a young and over the years not so young adult <laugh>, I've been approached by numerous adoptive parents wanting to kind of hear my side of the story. And they, some of them described the pure sunshine stories and other one others were having really, really difficult and heavy stories to tell. And then I, I, as, as the, in internet came, it was much easier to form, to form groups and, and to share, share information with each other. And then the kind of what my my knowledge base base, which was three or four or five persons I I've coincidentally ran into came became much bigger. And we formed this well, that is, I, I semi helped form this kind of well interest group is yeah.

Bjarte Aarland ([00:54:39](https://www.rev.com/transcript-editor/Edit?token=D1xhTUTwe4F64imOPwqGU-qewHU-2YAav23ZnOQV80IK02OOwW00nAmtZ7NzmSz1v4MUdR8f6Yyj0ZA2mUZVRmqwC3o&loadFrom=DocumentDeeplink&ts=3279.55)):

Some sort of interest group for, for Korean. And then it became pretty clear to me that quite a few of them were struggling with their well with, with their lives and with being adopted. And I was thinking, okay, on one level, if, if I can model that it is very much possible to be Korean adopted in Norway and, and cope with it. And on the other hand, okay, what, what's the problem? Can I, or someone external or some professional help you in some way? And yeah, that's well, I, I can brag about the egalitarian <laugh> side of me, but truth be told it, the, the psychology of it really have been really interesting to me,

Adapted Podcast ([00:55:36](https://www.rev.com/transcript-editor/Edit?token=0gLi6QoGBvhvXG6zzPDxZI_-F29klxPrqlfY7te7YmKUtuBGA9gdDPVcNbVKGQywW4smnm5z8goTczisffbA0pQaZFk&loadFrom=DocumentDeeplink&ts=3336.66)):

You know, a lot of studies. And there's a lot of, I mean, research now about trauma that adoptee face, even pre-verbal before, you know, the separation mm-hmm, <affirmative> from our mothers and the wounds that are, you know, invisible. Have you, have you seen that in maybe not yourself, but in others?

Bjarte Aarland ([00:56:03](https://www.rev.com/transcript-editor/Edit?token=GuHHlX_7ld6m6Rufe3mSAISKhnTs9C8xJjdEuuhVa-JNAb1yyzKIAmSMPl2Vzgsh60OCLafRaP6TZJqCJz_hNvve8uI&loadFrom=DocumentDeeplink&ts=3363.38)):

Yeah. And I, I, I can speak honest about sides of that affecting my life as well. Again as more detour last year we, our family, we bought a dog and we were so conscious not to leave him alone the first time, because it would be so damaging to him to be alone, to, to be separated from us. And that's a dog <laugh> and it's, well, well, the idea that you can take a newborn and separate that baby from, from his or her parents and take them to an orphanage and then perhaps take them to a foster home and then to a new family, and that it will not leave any emotional marks or psychological marks. I, I mean, that's just being stupid. Of course it will. And, and I think we should as I mentioned before, the, the at least the Norwegian government and the Norwegian approach to, to several things ha have been very naive.

Bjarte Aarland ([00:57:14](https://www.rev.com/transcript-editor/Edit?token=pLI2fNccD34jQmm_S-psSQ2W-q2Jh9VPcDh8D9i5jo0OZBCed2qHtlBoJ7JE4n1cMZw0z04fq4V9ZMiXlgfLKYQMGxs&loadFrom=DocumentDeeplink&ts=3434.68)):

And we saw there were a search in the, what was it in the late nineties with children coming from from Liberia and from, from the civil war there. And they had been living through hell on earth and they were kind of sent into the Norwegian system and we thought, okay, they're just regular children. Of course not. Some of them had been soldiers. Some of them had been forced to execute their parents. Of course there has been some scarring. And, and I mean, you have to take the, whether you come from Liberia or you come from Korea, you have to take the, the full background take it seriously, and you have to cope with, or deal with, or fix and heal if you can. Some of the scars and impacts that are pretty much guaranteed to be there. So I think the, that, again, the, the, everything is normal or everyone, our normal approach that the Norwegian government has had has done men quite a few adoptees wrong I guess, yeah.

Adapted Podcast ([00:58:36](https://www.rev.com/transcript-editor/Edit?token=nlHEOynsCgPSOhMQrFN2mkFp47jdX7ci9ldL2Q4IMruS1QrkROGDp7srAoZjYtIbvIDvcSibF6P9WK0IKyaR5djfpUk&loadFrom=DocumentDeeplink&ts=3516.17)):

Has there been are you, are you still active within the adopted community in your area?

Bjarte Aarland ([00:58:42](https://www.rev.com/transcript-editor/Edit?token=LHMEHq_bNDWzmWK_7-2ceU7Hf8hvFn_sgBCwTUING4TcvW8EIKoPC9QWuQ-S-TseNLNWBetevbfse_qmueiR_Jqdn24&loadFrom=DocumentDeeplink&ts=3522.16)):

Well, semi active, I think would be the right description. I'm, I'm a member of the of the Facebook groups and well I, I often attend when there's something yeah. Prior to COVID.

Adapted Podcast ([00:58:58](https://www.rev.com/transcript-editor/Edit?token=ohBy3WrGHwA910wf3LMsOXJy7ltsL542e3MoG_mC-961HwEc4Dc2U3gTqAwCn156C9HWQsPQiTAL73IFOY5JaSbvbzQ&loadFrom=DocumentDeeplink&ts=3538.62)):

And so is your sense that there's among, among Korean adoptees, there's more discussion now about trauma and about how healing and therapies and how to cope?

Bjarte Aarland ([00:59:14](https://www.rev.com/transcript-editor/Edit?token=0X0KylxXmcBW9IySo05Z646yRu9itOiceCLuTvr4JTb-ajzN3A0kGui4tj2LaB6zCpxEeFLbl5Bpc6cOO3I_1SAo5VM&loadFrom=DocumentDeeplink&ts=3554.14)):

Well, no, actually in my opinion, they're kind of, yeah, the, the Facebook discussions and the, the academic discussions that, that are starting to come now have a different focus. And to me, it looks like they're emphasizing that the kind of structural issues and sites and effects of adoption that is overseas adoption. It is okay as a concept or not. And in interracial to use the American <laugh> use of the word adoption, is that okay? And that discussion has transracial. Yeah. Sorry, transracial. Yeah. Yeah. So to me, that's kind of the, the, the main issues in, in the discussions right now.

Adapted Podcast ([01:00:16](https://www.rev.com/transcript-editor/Edit?token=jv4oCLGZjUeV9X74nD1hQQV_TibOC4y8axVaQya7mtMkG6b3nyP9avmD0nDCe1xRFk7OTmBvAN3Et3sRyW5kt0qV7xU&loadFrom=DocumentDeeplink&ts=3616.4)):

Okay. So do you think that it's, it's still, it's taboo to talk about as an adoptee, that you have trauma or to acknowledge that there was something that about these wounds or that

Bjarte Aarland ([01:00:36](https://www.rev.com/transcript-editor/Edit?token=FE3cN5v04sVSPzVfVF3n8IOWnCJwudDrva478seal-T4NXX55jqligJtf4JIMK-avHilhWalCD4SSj_FZWyYdwJexNU&loadFrom=DocumentDeeplink&ts=3636.9)):

They no, that's a good question

Adapted Podcast ([01:00:38](https://www.rev.com/transcript-editor/Edit?token=HT2MBcbOKgxi3TkqlySj4cixM33mOi6l7p8hRrRrMobT9VVUnyzGX2sg8bwjal5S0ni4RwodwSEkKXyuBvquAX40ERU&loadFrom=DocumentDeeplink&ts=3638.08)):

Or that they still, I think can affect you as an adult?

Bjarte Aarland ([01:00:42](https://www.rev.com/transcript-editor/Edit?token=wERMApf6HuOCcZLWyipuRF5zd1EmUwFMckP02QLAKpE-sfPyln0M0mkV_qBPtQQ2-mNIkRuAgH4iutIzz7vld00xkdE&loadFrom=DocumentDeeplink&ts=3642.46)):

I think the the answer would be yes. Yeah. I think there's some, Yeah, I, I think there's some taboo again the the Norwegian mentality and, and the Norwegian self-awareness is, is of a this two meters tall Viking climbing mountains and lifting yeah. Throwing stones and, and chopping wood with the bare hands and

Adapted Podcast ([01:01:12](https://www.rev.com/transcript-editor/Edit?token=WootqSo9PoHi8QPZYOflQcbRMLcu6XyjQtltAqnB2XlSURBDwn9Ij2TMlP1GVSQy8w3GMHfgCoZhs5sEvR20BefDG2Q&loadFrom=DocumentDeeplink&ts=3672.75)):

Kind of like, you're here now. It's, it's what you do with it kind of thing.

Bjarte Aarland ([01:01:17](https://www.rev.com/transcript-editor/Edit?token=kg7hhA_WR9dSqWeiOi01otKiWF-hxYcLtBKZGt93AC4gaoG0-OkJ1uklyluc3i7Nl-UEftB-VSc-Ew2WLX_xLH24J2c&loadFrom=DocumentDeeplink&ts=3677.07)):

Yeah. Yeah. And, and yeah, so, so you, you, you are supposed to, to cope with everything and saying, well, I struggled with life itself. Well, it doesn't fit the system and that's not, I don't think that's that's limited to, to adoptee only that's all of Norwegians. And I think for adopters, yeah. Focusing on, on healing healing, these emotional and psychological wounds is, is yeah. Of limit. Well, the topic is, is of limits. And that's, to me, that's that's a real shame because many people are, are living their lives with lots of troubles. They could have been spared of perhaps.

Adapted Podcast ([01:02:04](https://www.rev.com/transcript-editor/Edit?token=1uIS7xzFuGq5xMeU7aN7uj15w0znL3Tp36U53l6J74NpF4glMAEvcy7WwuYsCmd_Dc5wcrLcjvMK1CaDgyqG9OJ_07Q&loadFrom=DocumentDeeplink&ts=3724.77)):

Yeah. I wonder if these, like, international gatherings, have you ever gone to an IAH gathering?

Bjarte Aarland ([01:02:09](https://www.rev.com/transcript-editor/Edit?token=OCmdsa8Iuhe7-cVrJFHXrO36CSTx-5iTqQKqP1z-6JBlskLPcxpOXPzp_bMfOcVwooDwi1Xk7i_4PjxDEMExPgeNZ5Y&loadFrom=DocumentDeeplink&ts=3729.75)):

No, I haven't. I haven't. So next year. Yeah. <Laugh>

Adapted Podcast ([01:02:16](https://www.rev.com/transcript-editor/Edit?token=Il6wasI_hQiQIoY3xlzMOzFM5bxRXAaj-2S6tDUc1BihCK0xocuMZoJzBnyc9yYqPqD3tQvxLYK4_qEl1o7EL0M6bPg&loadFrom=DocumentDeeplink&ts=3736.75)):

But you know, when you've got these kind, these, these adoptees from all over the world from different from Scandinavia, the us Australia and other countries, Canada converging and is sharing their experiences and life struggles and, you know, in adulthood, a lot of it centers around personal relationships, I think. Hmm. And looking back to, how is adoption connected to this when you describe sort of the Norwegian mentality for adoptees, I, I wonder if it has some impact and I, I guess you, can't not having gone to one of these international gatherings, you probably really can't speak to it, but I don't know if you have any sense of, if there's been, you know, if adoptees from Norway are sort of like starting to think or get some new ideas, some of these new ideas from other adoptees, from like, let's say America, for example.

Bjarte Aarland ([01:03:17](https://www.rev.com/transcript-editor/Edit?token=YcUlUu_CFd0aBB9AmEJAF3UR6hqQwzyszTitsVfYSnoSeb6VQgDfGdXqbq8dwzeVsSh7aI9xw5fnrC4hT9u35J60OYI&loadFrom=DocumentDeeplink&ts=3797.07)):

Well if, if I were to look on the Facebook posts from the people I know who has been at those gatherings, I would say, no they are the kind of postcard images and attending courses in using chopsticks and making kimchi and wearing TaeKwonDo dresses. But when, when we see, see at the, the actual discussions going on in, in the adoptees communities, I say, yes there has been some, some changes and perhaps it's due to the, the globalization of the, of the adoption community. And there has, as I, as I was, I think I mentioned this earlier, that there has been some, some real differences between the Swedish and the Norwegian approach, both, both from, from the structure, the government, but also from, from the adoptee themselves as a group. I think it's growing more, more like, and accommodate now. And it looks like the Swedish approach is kind of coloring off on the Norwegian.

Adapted Podcast ([01:04:39](https://www.rev.com/transcript-editor/Edit?token=5HxC_Kuf2sftsX7dXWPw96B63sR9ISVLlz3RI0P-AATAIvqzXsClSUOjY2Nnrs0HTaaZdnERIDLX8CrM70ri9lVIEmQ&loadFrom=DocumentDeeplink&ts=3879.15)):

What are some of those differences?

Bjarte Aarland ([01:04:42](https://www.rev.com/transcript-editor/Edit?token=vZzmMYxsuGUSvVWp8smlYkYvKX0OyF6o4hoZ_T8hoDjeJ5sPiQvuCL9DIeDTLQU8R2tj77b3A4AlQtHd5Liq28VUAso&loadFrom=DocumentDeeplink&ts=3882.11)):

Well

Adapted Podcast ([01:04:43](https://www.rev.com/transcript-editor/Edit?token=5bLD2GuRRhVUK_m-o0jPjImd2E6t5v1CEBWJ0jDl5cx1coEnpaf2H2bWlyN0DL5Ab0WNLcRJZjd_k5SDtThUYTCAPu8&loadFrom=DocumentDeeplink&ts=3883.88)):

Yeah, cause, you know, as Americans, we kind of, we kind of think of this Scandinavian cultures and adoptees are all kind of the same, but you know, of course that's

Bjarte Aarland ([01:04:54](https://www.rev.com/transcript-editor/Edit?token=xCvLzlBv1tCDSNbuJFHYxuAw1drqQLiuzFiBO22gyw5JEnR_QXYkAdD0K-yJlfw7L76-TzdLIOlLclNUnhcYaX2RN58&loadFrom=DocumentDeeplink&ts=3894.01)):

<Laugh> yeah, well many, yeah, many people compare Norway and Sweden to, to us and Canada. I say it's actually more us and Mexico because from 1814 to 1905, Norway were occupied by Sweden. And we've always been the little brother. We are half the size in, in country and half the size in population and Sweden historically have been military and economic superpower in, in Europe and no way while for 500. Yes, we were counting Denmark. So we've always got this little brother this stepchild feeling comparing to SWS. So some, some parts of the Norwegian society, we will look to Sweden and try to model and imitate the Swedish approach in adoption. It's been the opposite. We thought, okay, they've done some errors that we gotta be sure we don't make. And there were this, it was a summary in, oh, when was it?

Bjarte Aarland ([01:06:09](https://www.rev.com/transcript-editor/Edit?token=vGiApoDdLQuuPVy3nhTwFhwrwFT8WnzESbev96OtzffRn3-nb8esNVBdW-z01f0NCT2KzLe0z5euexBeIubuM_BpJy8&loadFrom=DocumentDeeplink&ts=3969.01)):

It's quite a few years ago. I think it was in the late nineties from foreign in Norway showing that they had fewer symptoms of psychiatric diseases. They had a lower rate of drug addiction and they had better grades in school compared to, to the general population. And that's, that was the, to, in, in my knowledge, that's the only research that has been done. And it, it wasn't a proper research either. But that's the only one that has been done in, in Norway, in Sweden. They have looked more thorough into it. I, I think, and I fear that the Norwegian approach and the Norwegian adoptee and the Norwegian academics and society will forget that there are some structural differences in adoption between Sweden and Norway and that they will just copy paste the Swedish findings.

Adapted Podcast ([01:07:11](https://www.rev.com/transcript-editor/Edit?token=RdSCE-tXi76bYASG8-FNC9l60EpF2vLtGCL_RYhx7vfYhXEHUc4k_7CBTZlOYKb9jSby1CJ-llZvzAofdhepPtb77QY&loadFrom=DocumentDeeplink&ts=4031.53)):

Yeah. Because I think studies like that, that that you, that you mentioned, you know, they, people just kind of are galvanized by that to, to, to support a political position, you know, to say that well, you know, compared to the overall population, international adoptees tend to be, you know, better you know, more successful more psychologically stable, however you call it. But I think that studies like that don't take into account this performative aspect that adoptees often, you know, now, you know, it's sort of come out where, you know, there's this perfectionism and performative quality that many adoptees feel they, they have to achieve to, to please their parents or to be grateful.

Bjarte Aarland ([01:08:10](https://www.rev.com/transcript-editor/Edit?token=3dUHeIIAtr5GlOWwHAhzqgoAl3mDJrOK1oGM_4K2Ua4ICRauBTu7upzs8AQU07D8RTBvSMWSqlXDLcs0Frmexsk5idg&loadFrom=DocumentDeeplink&ts=4090.33)):

Hmm. Yeah.

Bjarte Aarland ([01:08:13](https://www.rev.com/transcript-editor/Edit?token=p8p3WCy3GHuBndPREQmAX6HbPBAqewNyBH7TkY5CRGj_Scl5XtL5IHWIbatZDii7SSql95N3rZyGp45Ey09SWkFSG78&loadFrom=DocumentDeeplink&ts=4093.2)):

Yeah. It, I, I gotta say it really shocked me listening to, to, to bias about the, the, the, the Swedish conditions, because that is, I, I would most Norwegians will, and, and I, I guess most Norwegian will, will not say that's an, an accurate description for my life. And it's very interesting then to find out why as, as you said, Sweden and Norway are, are very much alike, cultural wise. We, we, we don't share a language, but the language Swedish and, and Norwegian are very, they're very much alike and everything's so much the same. So why should it be different in, in this aspect? And it's interesting question. Yeah. There have been some voices, but they have been very petite about doing more research in general about adoption in, in Norway, but so far, almost none, I think when you look at the, well, not academic, but, but political and media wise focus on adoption in no way the, the critical focus, it has been on adoption from other, other countries than, than Korea. And yeah. Why

Adapted Podcast ([01:09:50](https://www.rev.com/transcript-editor/Edit?token=qm0WbGd4dbTzbfcark2rbmPb0qCkFODeodabOxuPBJ9sYGImE-0jM4Cvo2kcXmawS1WjHTWc1yRVGGAf7ZHWUlla5iU&loadFrom=DocumentDeeplink&ts=4190.13)):

What would you say Korean adoptees have been in Norway sort of looked as a model?

Bjarte Aarland ([01:09:55](https://www.rev.com/transcript-editor/Edit?token=KVIW_087csAI90lhfe9gdZXWqc45Z5s2OV2gnwPHCgrslfWiVQnGjMiPNn8Er7KoxNx2Pp7HFvQ0XIh3Qm24B5_LT7M&loadFrom=DocumentDeeplink&ts=4195.57)):

Yeah, yeah, that, that was, thanks. That that was the term I was looking for. And, and just, and the model and, and the success story compared to adoptions from, well, the, after the fall communism and, and the kind of implosion of, of the Romanian government there were several Norwegian Norwegians traveling to Romania and picking up children without, without any process. And of everyone, of course <laugh> said that's not good <laugh> but there has been some research in, in Romanian children and also in adoptee from Columbia, but to my knowledge, none from Korean.

Adapted Podcast ([01:10:53](https://www.rev.com/transcript-editor/Edit?token=BM-4aezJV6PufDqcv2oVQ4_vkuEB4hhYBC-_DqVDKEuVXlClpI0_xx-pYreY1uDuHSydAfS2nL7REeKS2cs45458Vo8&loadFrom=DocumentDeeplink&ts=4253.41)):

Okay. Thank you. Bjarte, I wanted to, before we sort of end here, I did wanna touch back back with your, your chosen professionalism, a nurse you're in the medical field. Do you think there was some connection with knowing that your biological parents had become so sick and that perhaps even yourself might have some genetic dispositions for illness, do you think there was any connection there even subconsciously?

Bjarte Aarland ([01:11:28](https://www.rev.com/transcript-editor/Edit?token=VGQ4eZS--3Erj7InHSrwM1WnMSsNFHGruumX56fzNwMravUmk5qIPyj6IV8mX-I4PFpdklgs87fmbN05pgqIdcHHz6k&loadFrom=DocumentDeeplink&ts=4288.74)):

I'm pretty sure there were that is, I, I, prior to the age of 16, I had decided on, on, on healthcare as, as a profession, but hearing their stories just, and, and I remember thinking clearly about that, it really emphasized that, that focus for me. Yeah. So yeah it really did. It did,

Adapted Podcast ([01:11:58](https://www.rev.com/transcript-editor/Edit?token=orQRMHlIJZXLZLx26xPuJZsdOPIaQ396VsolqpOklZJcm1UtSbv4I8qyEgjosnx7iqhLXxYOoekC8eMw7xYJ73RMWtY&loadFrom=DocumentDeeplink&ts=4318.43)):

What, what do you like best about what you do?

Bjarte Aarland ([01:12:02](https://www.rev.com/transcript-editor/Edit?token=caoeBkAXuyJTo9BHSPDLOSy51_dX0_D1Ch6fCz6xZgQCgmsO6x_60NyVGQW-M8tXlPEzsEVBqP84eiqfkeYf6itWg5E&loadFrom=DocumentDeeplink&ts=4322.42)):

Oh, that's a good question. I I, well, it's so basic for me that I like the, the both notion and the feeling for me, giving people a better day knowing that the way I solve knowing the way I solve problems and, and issues can make people have a better day. That's a real ego boost for me. <Laugh>

Adapted Podcast ([01:12:35](https://www.rev.com/transcript-editor/Edit?token=vug7qpxiGflxyqCFmlYtiZ6dLtMCQUpcFTgRMAu6jbCkAYAjd4Q2piSq0QQgeUXEqCc7gQp9yCRMYHB4pRNcoridU-0&loadFrom=DocumentDeeplink&ts=4355.85)):

What is, is the pandemic over in Norway

Bjarte Aarland ([01:12:39](https://www.rev.com/transcript-editor/Edit?token=iAdv_4X6nJEoMuBYEfFGbRoeCh979A1_D0J05Xfi344K8tByyo5oPA7wv2Qv5NRAWBjJNMcUQxfFgh9WK08FZEWBz04&loadFrom=DocumentDeeplink&ts=4359.58)):

Pandemic? Well, no <laugh> all the, all the actions taken are over all the kind of closing of society is over, but the pandemic is not over, but what we see now is that 90 something percent of on Norwegian has have taken the, the vaccine and taken it twice. And then when you get infected with a, with a new strain that came from, from, was it South Africa, I think you don't get really sick. So it's, it's now it's like a flu in no way.

Adapted Podcast ([01:13:18](https://www.rev.com/transcript-editor/Edit?token=Ps8TYvpmENwkbbJMjAI9qXb7hW6SHaiRksut4otX7AdHLJWxqqzaYD-qPryJgGHa0NFF7svEjdqNn0t3R-TFMWU9_Bs&loadFrom=DocumentDeeplink&ts=4398.78)):

And masking was masking where people very vigilant about masking for a while.

Bjarte Aarland ([01:13:24](https://www.rev.com/transcript-editor/Edit?token=2VtboD6ZYlq_dYnBIgoXQESb-Ib0JGfnnZ0M5VIZkARiIbXaGLMv_dbqqujEYAw5a6biYFK7oI_F-X3GWzMvkSpYWpQ&loadFrom=DocumentDeeplink&ts=4404.58)):

Yeah. And the Norwegian government were actually quite quite conservative about masking because well, there has been some research that masking does not do any, it, it's not very helpful. It does not

Adapted Podcast ([01:13:41](https://www.rev.com/transcript-editor/Edit?token=OkjPu5Z9FkFJWDmFEnuKnahyvhtf_teGlOTDTDZUjC_I-kCws6fOr0XVJ0WP8Y8df2whO4Pxr8TKUGM4R8QUKTu_3ps&loadFrom=DocumentDeeplink&ts=4421.93)):

Sweden, Sweden didn't mask. Right?

Bjarte Aarland ([01:13:44](https://www.rev.com/transcript-editor/Edit?token=qCXjhVENfns6kUnhg5jQsKRYh77-HcRlNqAhYSvsdA-rMd6TdqMwehIe2Qfx9IVWHyt18SZWhHfNUN9vS1S1HlHM8Bc&loadFrom=DocumentDeeplink&ts=4424.68)):

No, and, and that's very interesting because when it come to coping with COVID Sweden and Norway went really different ways. So I, I reckon there would be massive comparative research between noway and Sweden. What we saw that in, in, in total, in no way we we're like 5.3 million. And in total we have like 1300 deaths in total in Sweden. It's been like, yeah, I, I think 20 times that much. And they are, they are double our population. So, so the death rate has been extremely high, much higher in, in Sweden.

Adapted Podcast ([01:14:26](https://www.rev.com/transcript-editor/Edit?token=5N05Ci2DDSKdIf8DZImLmNmn_gyVh54-EqqLeYpc3e3gLed9wQ-SxcmH5Q7VlR4aCqgCQ8l4fgn7DOi0diZuWKM1ZEQ&loadFrom=DocumentDeeplink&ts=4466.39)):

Okay. So, I mean, it does seem that that mass do have a, that do help in, in protection. Yeah.

Bjarte Aarland ([01:14:34](https://www.rev.com/transcript-editor/Edit?token=Nd3DxqkJ_-qJ-IdwwbdMzgdwvJRoJEslV2x_izXHkxAziSIkq5qdc9Bn9v7WwKsNKtkft5_vtj4wAKqn22tmL5pD1mw&loadFrom=DocumentDeeplink&ts=4474.979)):

Yeah. if everyone's wearing a mask the, the ones who are infected, they will, the mask will shield in, in some way they are surroundings, but it won't help you from not getting infected. If, if a, if an infected person does not wear a mask.

Adapted Podcast ([01:14:56](https://www.rev.com/transcript-editor/Edit?token=Pl0X_68bOT9-elU8IjZ4aMOfyYGdAchJrv7sKlTJCGC-BdIJNQeF74P08U3hXvO8TubqYzVv5zO9kFSZ-yc9Z-1KuSA&loadFrom=DocumentDeeplink&ts=4496.3)):

I see. Okay. did you make it COVID free

Bjarte Aarland ([01:15:02](https://www.rev.com/transcript-editor/Edit?token=RMnYcUHDlhIYiMDOQqR5A-isYXgzc0omgntXbcom2RJe59_4UgfLIptXSS44JYIUEQYDacXyvofxLnvfK9jHevpcd8E&loadFrom=DocumentDeeplink&ts=4502.21)):

<Laugh> for some reason. Yeah, I did. And my family, we've taken several tests because latest a few weeks

Adapted Podcast ([01:15:11](https://www.rev.com/transcript-editor/Edit?token=X7fdgBgZ3CBsPHcdmuOYhOM4_2DNTXZ2PO8mknTfY3b0u9CgVPCWPDDjcIVjlDXzeK1xUiLPUdytUXKYjjDIBRmmoZM&loadFrom=DocumentDeeplink&ts=4511.78)):

You work at a hospital, right? So it must have been

Bjarte Aarland ([01:15:14](https://www.rev.com/transcript-editor/Edit?token=Kj3c6sGn6v01XM_STF_GF5dLgnUqNaOgKgLU4YF5g3TVjESguPu9qLBf1-7HLz3VbEO8nUC1_ilMYp-TahoF6_OzsrU&loadFrom=DocumentDeeplink&ts=4514.66)):

No right, right now, I, I work in an in an organization and I don't work as a nurse right now, but coming into the coming into the epidemic I worked at at a municipality yeah, the the Norwegian healthcare system is divided between hospitals that are state run and the municipalities doing everything else, healthcare that is not associated with

Adapted Podcast ([01:15:44](https://www.rev.com/transcript-editor/Edit?token=ibkcClEtus3Jahq6gThldoxpE369JY9B7hKft66sJZHxjL7d_m5fp8oY34o2brGMNlwMI4qEjmUoK-uFG80KhjYs-EU&loadFrom=DocumentDeeplink&ts=4544.11)):

Us. Okay. So like, like public health?

Bjarte Aarland ([01:15:47](https://www.rev.com/transcript-editor/Edit?token=dI5Q0cS53QIoRfWdH2egt7i72JvFGnImEFqw7tmIcghvze4hCRxTOBh3ZbCxBoFvLwDLvuoYdnNYEEIBcXE4lOvaDQE&loadFrom=DocumentDeeplink&ts=4547.13)):

Yeah.

Adapted Podcast ([01:15:49](https://www.rev.com/transcript-editor/Edit?token=11Csy3sCMZgCZTbVNTWo0FdGCsXCWw-Jzfwk_gb2nL1btMi_d5y7UkRYpZHPuhNK2q1_cERQIqBj0FL3hJ7Bhc-uqZs&loadFrom=DocumentDeeplink&ts=4549.46)):

Okay. Okay. <Inaudible> I see a wedding ring. You're married. Do you

Bjarte Aarland ([01:15:55](https://www.rev.com/transcript-editor/Edit?token=Qvru0pmXWoTvjPyNwnb_5nq415gVUxNqC14zIYYV7XeUO7OzMkmecyDHW8bHI4DM6RTMLUJrrVnodo7bhU0inlUYXkc&loadFrom=DocumentDeeplink&ts=4555.1)):

Have kids? I'm married? Yeah. So we've been married. Oh gosh. <Laugh> 11 years in May 22nd. My wife's she's Norwegian. She actually got, gets not as often as me, but almost as often as me questions where she comes from, because she's well, she she's got very light skin, but she's got really dark hair and brown eyes. So people as assuming she come from, I don't know, Italy or Romania or Southern Europe.

Adapted Podcast ([01:16:34](https://www.rev.com/transcript-editor/Edit?token=w2uNUZom-dFuG-5mbKuUSN6YnbgNQPsV4eIbaxf1jPbVazap_8arFpdXxD49ZHtO3wkzSLGP91yNjeQC48D2vJCl3Fw&loadFrom=DocumentDeeplink&ts=4594.439)):

I see. Okay. But she's not adopted or she knows.

Bjarte Aarland ([01:16:38](https://www.rev.com/transcript-editor/Edit?token=Jd0x3ty3Ta9JjiUho1-khxXw1tj0_5byHyysC31ecg8c8ONedEuEXRTsZkafZricjc8I7t54vUOQUrPlgdkdh_r7UDE&loadFrom=DocumentDeeplink&ts=4598.46)):

No, she's, she's not

Adapted Podcast ([01:16:39](https://www.rev.com/transcript-editor/Edit?token=vNL5oP0Sjw7z4fuh1qOkCrMRPb5LyK9goXlUCecIC15wKufTAHFGi-IgNI9ClqbMhQOlBJYHVa9FTQlvr8UNccQBL0Y&loadFrom=DocumentDeeplink&ts=4599.99)):

<Laugh> okay. So beta, if people want to get ahold of you, how, how can they do it?

Bjarte Aarland ([01:16:51](https://www.rev.com/transcript-editor/Edit?token=2G0qbpBWKEGU83JrHlFHUXatsc8lDjlQ75Wqda8hKXxzQqideV3pFiV6WX2Lmey0sT2_tq6NmYI0E5ipVUytUoKsvuc&loadFrom=DocumentDeeplink&ts=4611.1)):

Yeah they can is mostly easily approach me through Facebook and messenger. My name spells out B J a R T E. And my last name is a, a R L a N D crazy Norwegian first and last names. Both of them. I have Instagram and Twitter accounts, but they are semi dad. I don't use them. So Facebook's the, the, the platform to reach me otherwise they can email me at BJ, a RT, E dot a a R L a N D. <Laugh> gmail.com.

Adapted Podcast ([01:17:32](https://www.rev.com/transcript-editor/Edit?token=pm0yWCf-PeAaCqm4JBvulf0mGTbRBcWeF_54Mzm8hTTkCtTvESUTVEIi5pjdvYbDe212HRIGiQ5HwaAD-B7ctIR607I&loadFrom=DocumentDeeplink&ts=4652.229)):

I like your, your phrasing. Semi-Dead so I think <laugh>, I think some would say Facebook is semi dead, but <laugh>

Bjarte Aarland ([01:17:39](https://www.rev.com/transcript-editor/Edit?token=IvAE7GQFpguFGgO9Gx638FYXls1D1gEjd0LyzaHCktlab-TbztD5LtSPZ4kZUtvhCYl7Xx3LUOWuIr3nNvYZNnvuljE&loadFrom=DocumentDeeplink&ts=4659.31)):

Yeah, yeah, yeah. Facebook's for our generation, we are the only ones using it. So.