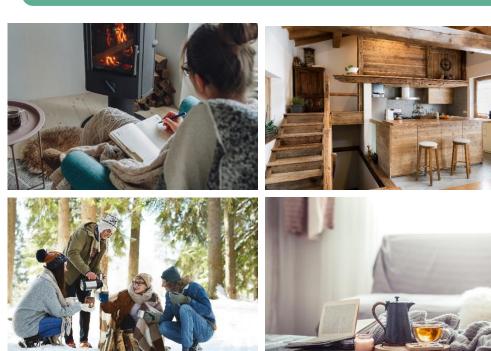


Embrace the Danish way of living

1. Describe the photos using the words in the box.

comfycosy/cozyhomelyintimatepleasantsnugwarmwelcoming



- 2. Complete the sentences with the correct forms of the words in brackets.
 - a) Life **expectancy** in Europe increased greatly in the 20th century. [EXPECT]
 - b) There are many ways you can express your to the people who love and support you. [GRATEFUL]
 - c) After the operation she was able to enjoy simple such as walking in the park. [PLEASE]

 - e) I rarely go for sugary products, but Belgian hot chocolate is a little I just can't resist. [INDULGE]
 - f) The book deals with the of everyday happiness. [PURSUE]
 - g) Try to master the art of creating an atmosphere of relaxation, warmth and [COSY/COZY]



4.

5.

Embrace the Danish way of living

3.	Discuss	the	questi	ons.
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Dis	scuss	the questions.					
•	Which of these simple pleasures and indulgences do you do to lift your mood						
	during autumn and winter? Would you add anything to the list?						
	0	drinking hot tea or chocolate	0	socialising with friends			
	0	eating comfort food	0	sitting by the fire			
	0	listening to music	0	taking long baths			
	0	wearing comfy clothes	0	walking in nature			
•	Do you try to create cosiness and a warm ambience at home by burning						
	candles, making a fire, adding cushions, etc.?						
•	What can we do to maintain a sense of togetherness in our workplace or local						
	community?						
•	Have you ever heard of the concept of hygge?						
Watch the first part of a video [https://youtu.be/PI74ybpyNLk] (to 02:12) and							
then answer the questions below.							
a)	n) Who is Meik Wiking?						
b)	What is hygge?						
c)	Is hygge a lifestyle trend or self-help?						
d)	What type of activities does hygge involve?						
Watch the second part of the video (from 02:12). Then, write questions for							
the	e answ	vers given.					
a)							
	It rank	ked 13 th in the report.					
b)							
	The M	Meyers decided not to use their phones.					
c)							

No, they're not. Other people also practise it, but call it something different.



Embrace the Danish way of living

- 6. Discuss the questions connected with the video.
 - Do you like the concept of hygge? Why/Why not?
 - Do you think that people all around the world practise hygge, but Danes just have a name for it?
 - Do you have a word in your language that refers to a similar idea?
 - Benjamin Franklin once said: "Happiness consists more in small conveniences
 or pleasures that occur every day, than in great pieces of good fortune that
 happen but seldom to a man in the course of his life." Do you agree with him?
- 7. Work in pairs. Look at the list of activities below. Choose five that would bring everyday happiness and pleasure to people from your country. Justify your choices.

