

Embrace the Danish way of living

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

comfy

cosy/cozy

homely

intimate

pleasant

snug

warm

welcoming



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]
- d) This restaurant offers delicious food and has a relaxed [AMBIENT]
- 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]
- h) The goal of our weekly meetings is to encourage a sense of among the community. [TOGETHER]

3. Discuss 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?
 - drinking hot tea or chocolate
 - eating comfort food
 - listening to music
 - wearing comfy clothes
 - socialising with friends
 - sitting by the fire
 - taking long baths
 - 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?

4. Watch the first part of a [video](https://youtu.be/PI74ybpvNLk) [https://youtu.be/PI74ybpvNLk] (to 02:12) and then answer the questions below.

- a) 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?

5. Watch the second part of the [video](#) (from 02:12). Then, write questions for the answers given.

- a)
It ranked 13th in the report.
- b)
The Meyers decided not to use their phones.
- c)
No, they're not. Other people also practise it, but call it something different.

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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.

