

## 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 **gratitude/gratefulness** to the people who love and support you. [GRATEFUL]
- c) After the operation she was able to enjoy simple **pleasures** such as walking in the park. [PLEASE]
- d) This restaurant offers delicious food and has a relaxed **ambience/ambiance**. [AMBIENT]
- e) I rarely go for sugary products, but Belgian hot chocolate is a little **indulgence**. I just can't resist. [INDULGE]
- f) The book deals with the **pursuit** of everyday happiness. [PURSUE]
- g) Try to master the art of creating an atmosphere of relaxation, warmth and **cosiness/coziness**. [COSY/COZY]
- h) The goal of our weekly meetings is to encourage a sense of **togetherness** among the community. [TOGETHER]

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### 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 answer the questions.

- a) Who is Meik Wiking? *The author of *The Little Book of Hygge*. [00:21]*
- b) What is hygge? *Hygge is being consciously cosy and it has also been called the pursuit of everyday happiness or socialising for introverts. [00:36]*
- c) Is hygge a lifestyle trend or self-help? *It's neither. It's a part of Danish culture. [01:02]*
- d) What type of activities does hygge involve? *All of the sinful pleasures or indulgences, such as sweets, drinking alcohol or eating something unhealthy. [01:35]*

### 5. Watch the second part of the [video](https://youtu.be/PI74ybpvNLk) (from 02:12). Then, write questions for the answers given.

- a) *Where did the USA rank in the World Happiness Report? [02:27]*  
It ranked 13<sup>th</sup> in the report.
- b) *What did the Meyers decide not to do during dinner to make it hygge? [03:39]*  
The Meyers decided not to use their phones.
- c) *Are Danish people the only ones who practise hygge? [04:29]*  
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.

