.

**Α. Read the text below and respond to tasks A1 and A2**.

Many people would find long dark nights

and bitter cold pretty depressing. But not

most Danes. In 2016, Denmark was

ranked as the happiest nation on the

planet in the World Happiness Report.

This might sound surprising, given that in

mid‐winter the country is plunged into

darkness for 16 hours a day, deprived of

that supposed vital ingredient of

happiness: sunshine. So what are their

secrets?

For the 2017 World Happiness Report,

Helliwell and his colleagues looked in

depth at happiness in the workplace,

happiness over the course of life in

general and the sources and

consequences of trust – the vital glue for

ensuring stable social foundations.

Helliwell and his colleagues believe that

happiness provides a better indicator of

human welfare than separate measures

of income, poverty, education, health and

good government. And they have found

that people are happier living in societies

where there is less happiness inequality.

However, results show that happiness

inequality has increased significantly in

most countries, in almost all global

regions, and for the population of the

world as a whole.

It’s not surprising to learn that wealth

does play a small part in happiness. After

all, incomes are more than 25 times

higher in the happiest countries than in

the least happy ones. “Having at least

sufficient material resources is one of the

prime supports for a good life. But, of

course, they are not the major part of the

story”, says Helliwell.

The major part of the story is ‘hygge’

(pronounced ‘hooga’), usually translated

as ‘cosiness’, though Danes would say it’s

much more than that.

Hygge has been called everything from

the “art of creating intimacy” to “cocoa

by candlelight”. Some of the key

ingredients are togetherness, relaxation,

indulgence, presence and comfort. The

true essence of hygge is the pursuit of

everyday happiness and it’s basically like

a hug, just without the physical touch.

Now, before you start thinking that all

you need to be truly happy is to win the

lottery so that you can settle down in a

blissful state of hygge and never lift

another finger, think again. Even if you’re

wealthy, work is a great tonic for

gloominess, not in itself but insofar as it

makes people do things together.

*https://www.bbc focus.co.uk*

**A1. Answer questions 1-3 based on information from the text (max. 30 words each).**

**1.** What would be a suitable title for this text?

**2.** What is the purpose of this text?

**3.** Why are the Danes such a happy nation?

**A2. Choose the correct answer (A, B or C) for items 4-9, based on information from the text.**

**4.** Where would you expect this text to appear?

**A.** In a textbook on social psychology.

**B.** In a popular science magazine.

**C.** In a lifestyle magazine.

**5.** According to the text, what is the best way to measure human welfare?

**A.** Calculating how much sunshine a country has.

**B.** Using criteria such as income, education and health.

**C.** Using criteria such as happiness in the workplace and over the

course of life.

**6.** According to the 2017 World Happiness Report, people are happy

**A.** in wealthy societies.

 **B.** only in Denmark.

**C.** in societies where other people are happy, too.

**7.** According to the text, which of the following statements is true?

**A.** Happiness inequality exists only in poor countries.

**B.** There are big differences in happiness levels in countries throughout the

world.

**C.** The more money you have, the happier you will be.

**8.** The Danish word ‘hygge’

**A.** means valuing small things in life and seeking happiness at every chance.

**B.** exists in societies where people like to hug each other.

**C.** means feeling comfortable and cosy in your home.

**9.** Which of the following statements is true, according to the text?

**A.** Hygge alone guarantees happiness.

**B.** Happiness is a combination of hygge, work and wealth.

**C.** Happiness is a combination of hygge and wealth.