

- 請注意：中文文字内容只提供簡體版

Vocabulary: winter 词汇：冬季

Imagine this scene: it's **blowing a gale** outside, you're **snuggled up** on the sofa under a warm **duvet**, chatting and reminiscing with your closest friends.

That content, **snug** feeling has a name in Danish – 'hygge'. And, as Denmark recently won the title of 'happiest country in the world', the rest of the world is becoming more and more interested in finding ways to embrace this concept.

'Hygge' - originally from a Norwegian word meaning '**wellbeing**' - doesn't have an exact equivalent in English. It's often translated as cosiness, or as blogger Anna West told the BBC, "cosiness of the soul." But, as translator ToveMaren Stakkestad explains: "Hygge was never meant to be translated. It was meant to be felt."

Essentially, Hygge involves creating a warm, cosy atmosphere and enjoying it with your loved ones. Danish winters are long and dark and so achieving 'hygge' is particularly relevant during this season. A typical 'hygge' activity during winter could be, enjoying delicious **homemade food** and light-hearted conversation with friends – preferably in the **warm glow of candlelight**; or maybe sipping a glass of **mulled wine** in the hot tub after a day spent skiing.

However, Hygge isn't only confined to the **bleak** winter months – it can also describe that warm, **fuzzy feeling** you get after a walk through a forest with friends on summer's day or a family barbecue in the park.

The concept of 'hygge' is currently taking the world by storm with more and more people becoming obsessed with achieving a state of wellbeing. Articles, books and **stocking fillers**, full of tips on how to achieve hygge, are hitting the market. Although, some believe this has become a marketing and advertising ploy, the benefits of staying happy cannot be underestimated. So, as the winter nights **draw in**, instead of **hibernating**, get into your favourite **onesie**, bake some cookies and **curl up by a roaring fire** with a good book. And if you can do this with friends and family, even better – hygge is meant to be shared.

词汇表

blowing a gale	狂风正起，刮着大风
snuggle up	舒适地蜷缩；偎依
duvet	(羽绒)被褥
snug	温暖舒适的
wellbeing	安宁健康，幸福
homemade food	在家里自制的食物
warm glow of candlelight	温暖的烛光
mulled wine	(圣诞节期间常见的)热葡萄酒
bleak	寒冷刺骨的
fuzzy feeling	飘飘然的、惬意的感觉
stocking filler	(适合放在圣诞袜里的)圣诞小礼品
draw in	(天黑得)渐早
hibernate	(动物)冬眠(这里是幽默的说法)
onesie	居家连体服
curl up	蜷缩，窝着
roaring fire	烧得正旺的火，熊熊火焰

测验与练习

1. 阅读课文并回答问题。

1. Why is the word 'hygge' so difficult to translate into English?
2. True or false: *Hygge is only relevant in the winter months.*
3. Why has the rest of the world become interested in 'hygge'?
4. Which phrase means 'having big and rapid success around the world'?
5. Is 'hygge' better experienced on your own or in company?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I hate the winter – I'm going to stay in my house and _____ all winter, like a bear.

hibernate	curl up	glow	snuggle up
-----------	---------	------	------------

2. Look at these cute key rings! They'll make great _____ for the kids this Christmas.

sock fillers	stocking fillers	tight fillers	legging fillers
--------------	------------------	---------------	-----------------

3. I don't feel like going out tonight – I'm going to _____ with a good book on the sofa.

curl over	curl off	curl down	curl up
-----------	----------	-----------	---------

4. It's _____ outside – I'm worried that old tree is going to fall on our house.

blowing a wind	blowing a breeze	blowing a gale	blowing a storm
----------------	------------------	----------------	-----------------

5. I need to buy a new _____ for my bed - mine is too thin and I'm constantly waking up feeling cold in the night.

roaring fire	duvet	onesie	stocking filler
--------------	-------	--------	-----------------

答案

1. 阅读课文并回答问题。

1. Why is the word 'hygge' so difficult to translate into English?

Because it is a feeling and a way of life that is part of the Danish culture. There are similar words in English, like 'cosy' but this is not an exact translation.

2. True or false: *Hygge is only relevant in the winter months.*

False, it is often associated with winter, but it also exists in the summer months.

3. Why has the rest of the world become interested in 'hygge'?

Because Denmark has been voted the happiest country in the world and people around the world want to achieve the same level of contentment.

4. Which phrase means 'having a big and rapid success around the world'?

'Taking the world by storm'.

5. Is 'hygge' better experienced on your own or in company?

In company.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I hate the winter – I'm going to stay in my house and **hibernate** all winter, like a bear.

2. Look at these cute key rings! They'll make great **stocking fillers** for the kids this Christmas.

3. I don't feel like going out tonight – I'm going to **curl up** with a good book on the sofa.

4. It's **blowing a gale** outside – I'm worried that old tree is going to fall on our house.

5. I need to buy a new **duvet** for my bed - mine is too thin and I'm constantly waking up feeling cold in the night.