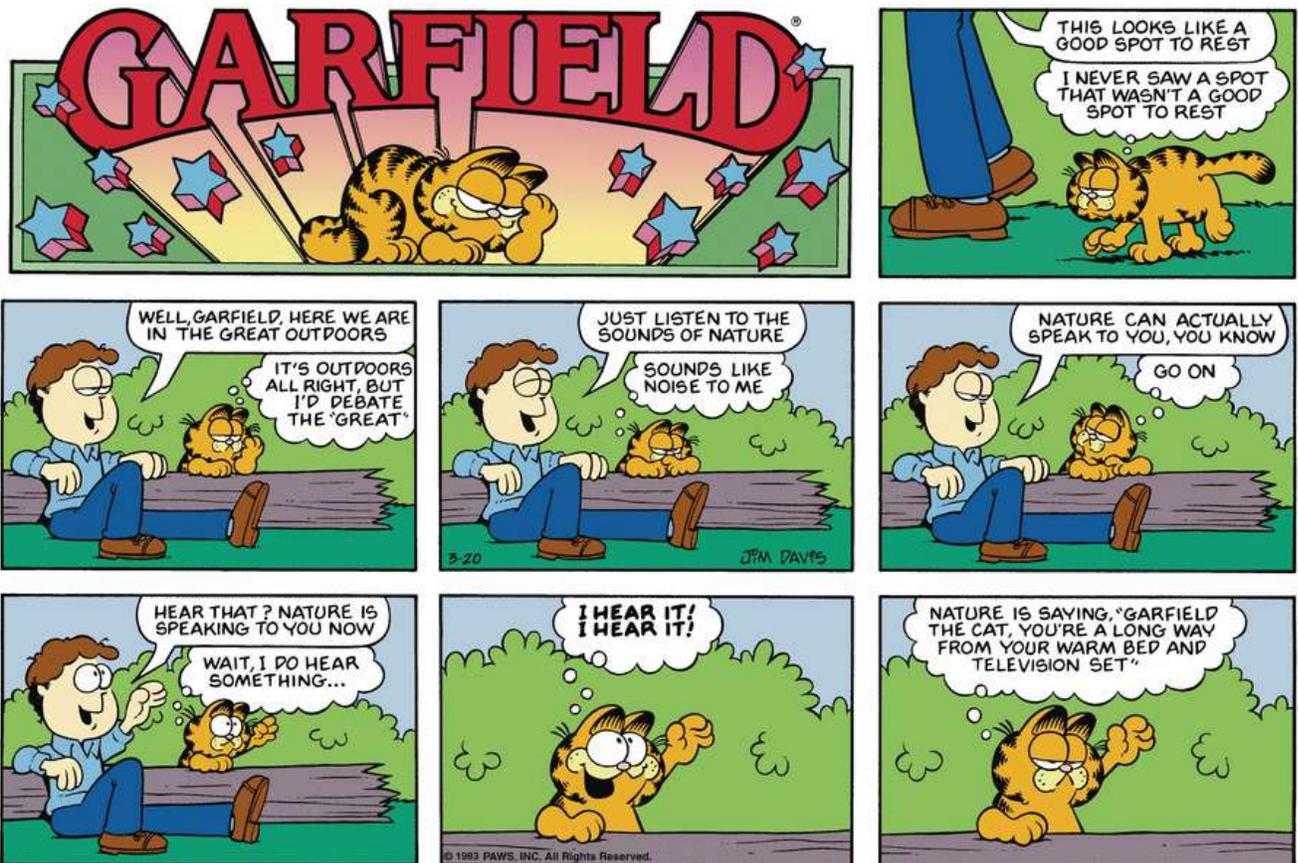


# Scandinavian living

## Part1: warm up

Ex1. Look at the comic strip below. How do you understand it? Do you find it funny?



source: <https://www.gocomics.com/garfield-classics/2021/03/25>

Ex2. Discuss the following questions with your partner:

1. Have you ever been camping?
2. How often do you go to a park or forest?
3. When was the last time you had a picnic?
4. Do you think Polish people spend a lot of time outside?
5. Do you spend free time outside even when it's cold or it's raining?

## Part2: watching

**Ex3. Watch the video below about the Scandinavian way of life and answer the questions:**

<https://www.bbc.com/reel/video/p08wwmfc/the-scandinavian-way-to-tackle-winter>

1. What does 'Friluftsliv' mean?
2. How does being outdoors make people feel?
3. What kind of activities do they do outside?
4. When was the concept of 'Friluftsliv' born?
5. When and why was the first outdoor association born in Sweden?
6. Why have people all over the world been interested in outdoor activities recently?
7. Why is it important to go outside especially in the winter?
8. How do the Scandinavians bring nature into their homes?

## Part3: vocabulary

**Ex4. Look at the expressions from the video below and try to match them with their definitions:**

1. well-being	a. happening now; current
2. outdoors	b. comfortable, and warm
3. indoor	c. a sheet of material
4. ingrained	d. a state of being healthy and happy
5. present	e. firmly fixed; deep-rooted
6. layer	f. inside of a house or other building
7. ditch	g. outside
8. cozy	h. get rid of, throw away

**Ex5. Now fill in the gaps with an appropriate expression from the previous task:**

1. He spent a lot of his time ..... in the fresh air.
2. His fears were deeply .....
3. I always wear many .....of clothes in winter.
4. The hotel was great, it even had an .....swimming pool.
5. The .....economic situation is very worrying.
6. We .....the old furniture in the landfill.
7. A balanced diet, enough sleep and exercise can increase your .....
8. I added some pillows to make the room more .....

**Ex6. Discuss the following questions with your partner. Make sure you use the key vocabulary from the previous activities.**

1. How many **layers** of clothes do you wear when the temperature drops below -10°C?
2. What do you do to make your home feel **cozy**?
3. When was the last time you didn't feel **present** and why?
4. Is there a bad habit you would like to **ditch**?
5. What values did the school education **ingrain** in you?

#### **Part4: speaking**

**Ex7. After watching exchange the opinions on the following questions with your partner:**

1. How do you feel about the Scandinavian way of life?
2. Do you enjoy spending time outside?
3. What kind of outdoor activities do you like?
4. Are there any new activities that you would like to try?
5. Have you changed the way in which you spend free time because of Covid-19?

#### **Part5: homework**

**Ex8. Make sure to practice your vocabulary with some flashcards:**

<https://quizlet.com/pl/609390509/scandinavian-living-flash-cards/>

**If you enjoyed today's video here is a follow up:**

<https://www.bbc.com/reel/playlist/the-nordic-way?vpid=p0867cxk>