

# Dansk Kultur: HYGGE

## デンマークの文化

デンマークの留学から帰った鶴高生の手記です。

Hygge  
デンマークの文化  
を代表することは



Hygge  
居心地のよい  
～共に過ごす時  
間の大切さ～



I would like to talk about one of my favorite Danish words and culture. It is called “Hygge.” “Hygge” means “cozy” in English. It also means the importance of sharing time with others.

In Denmark, many cultural events and parties are held throughout the year. For example, they have Easter events and school parties as well as birthday parties, and Christmas events. During these times, they usually serve many delicious cultural foods and drinks and others; however, they spend more time talking to each other than eating and drinking. Sometimes they sat around the table and talked for hours.



余暇を大切にするデンマークの人たち。  
何時間もおしゃべりすることも。

Why do they do this? I asked my host family, and they said, “Life is not going to last forever, so cherish the present!” I was so impressed with these words, and I understood Danish “Hygge Culture” more deeply. Moreover, every time when I left for a party or to hang out with friends, my host family said, “Hygge dig.” to me. It means “Have Hygge with your friends.” It is also used to wish other people to make their time valuable.

I had never thought about life as Danish people do. This means that I did not have opportunities to think about it in Japan, so this experience was very beneficial for my life and changed me. I would love to keep valuing this “Hygge Culture” in my life in Japan, and share it with a lot of people. ☺

どこに行く時も合言葉は “Have Hygge!”