

43. hygge とは(1)：構造理解

There is an interesting custom that comes from Norway and Denmark called hygge.

This concept basically refers to creating a pleasant or warm atmosphere

in order to enjoy the good things in life with those whom you love. For example, having dinner in soft candlelight while eating delicious homemade food with your loved ones is a type of hygge.

Or watching a heartwarming movie with your friends, under a cozy blanket

with a fire roaring in the fireplace, can also be regarded as hygge. Essentially, it is the idea

of being around the people you love, exchanging ideas and opinions about topics of interest with them

— in other words, sharing — in an environment that is relaxing, warm, and friendly.

The term hygge actually originated in old Norwegian and meant “well-being.”

It first appeared in Danish literature around the end of the 18th century

and today is more closely associated with Denmark, rather than Norway, as a cultural tradition.

Even though some people associate hygge only with winter activities, it can occur

anytime and anywhere, in any season. In fact, Danish people can add hygge

to any situation or opportunity they may find themselves in.
