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## Want to be happy? Rent a Finnish person to teach you how

想要过得幸福？“租”一个芬兰人来教你吧

**Finnish** /ˈfɪnɪʃ/: adj. 芬兰的，芬兰人的，芬兰语的

相关词汇：Finland n. 芬兰 🇫🇮

词性拓展：Finnish (n. 芬兰语)；Finn (n. 芬兰人)

It's July. You're in a **kayak gliding** through **serene** water **off** the Finnish **coast**, on your way to pick **berries** and sleep in a **tent**. At your side is a "happiness guide," one of a small group of Finns to teach international visitors something about why the **Scandinavian** country **ranks** at the top of a report ranking nations on happiness.

正值七月，你划着一艘皮艇，行驶在芬兰某海岸附近平静的海面上，通过此行，你将要去采摘浆果和搭帐篷露营。在你身边的是一位“幸福向导”，ta 来自由芬兰人组建的一个小型组织，该组织向国际游客传授这个斯堪的纳维亚国家能在《世界幸福报告》上位居榜首的秘诀。

**kayak**/'kaɪæk/: n. 独木舟，皮艇

相关词汇：kayaking (n. 划皮艇)

**glide**/ɡlaɪd/: v. 滑行，滑翔

相关词汇：gliding (n. 滑翔运动)

英文释义：to move smoothly and quietly, especially as though it takes no effort

例句：Hanyu was gliding over the ice. Hanyu在滑冰

**serene**/sə'riːn/: adj. 平静的；安详的

英文释义：calm and peaceful

例句：She has a lovely serene face. 她有一张可爱的宁静的脸。

搭配短语：a lake, still and serene in the sunlight

**off**/ɔːf/: prep. 靠近，离...不远

例句：He lives just off the company. 他住在公司外面。

搭配短语：an island off the east coast 东海岸的一个岛屿

**coast** /kəʊst/: n. 海岸

**berry**/'bəri/: n. 浆果

**tent**/tɛnt/: n. 帐篷

搭配短语：to put up/take down a tent: 搭/拆帐篷

**Scandinavian**/ˌskændɪ'neɪviən/: adj. 斯堪的纳维亚的

相关词汇：Scandinavia (n. 斯堪的纳维亚半岛)

词性拓展：Scandinavian (n. 斯堪的纳维亚人)

**rank**/ræŋk/: v. 排名（在...位置）；把...分等级

搭配短语：rank at the bottom

相关词汇：top-ranked/top-ranking

搭配短语：a top-ranked university

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“One of the **uniquely** Finnish experiences which contributes to our well-being is our special relationship with nature,” says Hetta Huittinen, a spokesperson for Business Finland, which launched Rent A Finn. It might be difficult for visitors to **glean** much **wisdom** from a two- or three-day trip, but Business Finland hopes that they will learn something by diving into nature with a Finn.

Hetta Huittinen 是“租个芬兰人”项目的发起机构“芬兰国家商务促进局”的发言人，他说：“芬兰人与自然的特殊关系是我们独有的芬兰体验之一，它有助于我们保持幸福。”对于游客来说，要从两三天的旅程中汲取很多智慧可能是困难的，但是“芬兰国家商务促进局”希望游客能够和芬兰人一起沉浸到大自然中，并有所领悟。

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**uniquely**: adv. 独一无二地；唯一地；独特地

搭配短语：uniquely Russian：俄罗斯独有的

搭配短语：a uniquely gifted player：天赋异禀的选手

例句：She is uniquely suited for the role. 她格外适合这个角色

**contribute to**：引起，促成

**well-being**/'wel bi:ɪŋ/: n. 幸福，安康

英文释义：the state of feeling healthy and happy

**glean**/gli:n/: v. 缓慢艰难地收集（信息）

英文释义：to collect information in small amounts and often with difficulty

例句：These figures have been gleaned from a number of studies. 这些数据来自一些研究。

**wisdom**：n. 智慧；明智

搭配短语：to doubt/question the wisdom of sth/doing sth：怀疑某事物/做某事是否明智

搭配短语：in sb's wisdom：（讽刺）自以为聪明地

**dive into**：投入到...之中

dive /daɪv/: v. 跳水；潜水

搭配短语：dive into the river

英文释义：to start doing something in a very enthusiastic way

例句：You are diving into learning.

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Finland is known for its top-ranked public schools, cheap **universal daycare**, long paid **paternity** leave, and multiple other programs and policies that improve quality of life.

让芬兰闻名于世的有一流的公立学校、便宜又普及的日托服务，长时间的带薪陪产假，以及其他多种提高生活质量的项目和政策。

**universal**/juːnɪ'vɜːrsəl/: adj. 普遍的，全体的，共有的

词性拓展：universe (n. 宇宙)

搭配短语：a universal truth

例句：Food is a subject of almost universal interest. 食物是几乎普遍关注的主题。

**daycare**/'deɪ keər/: n. 日托服务

英文释义：care or education provided during the day

**paternity**/pə'tɜːnəti/: n. 父亲身份

相关词汇：pater (n. 父亲)

英文释义：the fact of being a father

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In Finnish law, the public has the right to **roam**; it's legal for anyone to make **temporary** use of the land. Most Finns also spend long stretches of time outside in the summer as

they rent or borrow **cottages** in the countryside; the law requires a minimum of five weeks of annual **leave**.

根据芬兰的法律，公众有“漫游自由”，任何人短暂使用土地都是合法的。夏天的时候，大部分芬兰人还会在乡村租赁或者借用乡间小屋，花大量的时间在户外；法律规定（公民）每年至少有五周的带薪年假。

**roam**/roʊm/: v. (没有目的地) 闲逛，漫游

例句：Moose are allowed to roam freely in the forest.

**temporary**: adj. 短暂的，暂时的

**stretch**/stretʃ/: n. 一片（区域）；一段（时间）

英文释义：a continuous area of land or water; a continuous period of time

搭配短语：a five-mile stretch of road 一条五英里长的路

搭配短语：a ten-year stretch 十年的延伸

**cottage**/'kɒtɪdʒ/: n. 乡村的小屋，村舍

英文释义：a small house, usually in the countryside

例句：They've just bought a darling little cottage.

文化补充：芬兰小屋

**leave**: n. 假日，假期

搭配短语：three days' leave

搭配短语：annual leave

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“People actually are both happier and healthier when they see trees when they're walking to work,” said John Helliwell, one of the authors of the World Happiness Report, adding that the slow pace of walking also has a benefit. Health and a sense of work-life balance seem to be **innate** in the culture: When I first tried to contact someone for this article, he couldn't talk because he was headed to the **sauna**.

《世界幸福报告》的其中一位作者 John Helliwell 说：“其实人们步行去工作的途中看到树木会更加开心和健康。”他还补充说，慢步行走也是有益的。在芬兰的文化中，“注重健康”和“平衡生活与工作”似乎是与生俱来的。当我一开始为这篇文章联系某个芬兰人的时候，他没空说话，因为他正在去往桑拿房的路上。

**innate**/ɪ'neɪt/: adj. 天生的，固有的

例句：They have the innate ability to learn language.

**sauna**/'saʊnə/: n. 桑拿浴；桑拿房

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原文：

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— [FastCompany: Want to be happy? Rent a Finnish person to teach you how](#)