



Finland is the World's Happiest Country (C1 - Advanced)

A – Before you start

Answer the questions with a partner.

1. What do you know about Finland? (e.g. its climate, geography, history, traditions, etc.)
2. Can you think of any reasons why Finland is ranked as the World's Happiest Country?

B – Listen and answer

Read these statements. Then listen (without reading) and write T (true) or F (false).

1. The level of corruption in Finland is the lowest in the world.
2. The author of the article says the capital, Helsinki, looks a lot like other Nordic cities.
3. The inhabitants of Helsinki can walk to the nearest park or forest.
4. Some Finns spend their summer holidays in cabins without running water.
5. The author flies to the island of Vartiosaari to meet Adela Pajunen.
6. Many Finns recognise that some things in their country could be improved.
7. In recent years, Finnish people have discovered that ice-swimming is good for the health.
8. Few Finns have their own sauna nowadays.

C – Read and answer

Read the article and answer the questions.

1. What is the purpose of the author's trip to Finland?
2. What makes it easy to explore Helsinki, especially in summer?
3. How do the inhabitants of Helsinki stay happy during the cold dark winter months?
4. What is most of Finland's landscape made up of?
5. What is Adela Pajunen encouraging doctors to prescribe for patients suffering from stress?
6. What social and political issues are Finns concerned about?
7. What example does the article give of *sisu*, the stoic and determined character of Finns?
8. Why is it possible for Finns to hike and forage anywhere?

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense.)

1. This dessert is made with _____, like raspberries, blackberries, blueberries and strawberries.
2. They arrived at the log cabin and lit a fire, so it soon warmed up and became nice and _____.
3. In the past, homes didn't have _____ _____. People got water from a well, pump or stream.
4. Our guests arrived early. We were only _____ through our breakfast when they rang the bell.
5. Amy had some time to spare before her train so she _____ round looking at shop windows.
6. If you're wild camping, it's useful to have a _____ _____ phone charger with you.

E – Ready for the C1 ADVANCED English Test? (Reading and Use of English, Part 2)

Complete the text. Use only one word in each space.

The sauna tradition has ¹_____ practised in Finland for thousands of years. Saunas appeared there with the first settlements after the Ice ²_____. These ancient saunas were just holes dug in the ground and covered with animal skins. Then, around 1,500–2,000 years ago, after people ³_____ developed better building tools, they began constructing their saunas from logs. Sauna bathing is considered an important aspect of the Finnish way of ⁴_____. There are approximately 3.2 million saunas in Finland. This means it ⁵_____ be possible for all Finns to bathe at the same time.

⁶_____ average, Finnish children have their first sauna before they turn six months old and will ⁷_____ on having them about once every ten days all ⁸_____ their lives.

F Talk about it

In pairs or groups.

1. Do you know where your country is ranked in the World Happiness Report? (If not, look it up.)
 2. Do you agree with its ranking? Why (not)?
 3. What are the things that make people happy/unhappy in your country?
 4. Do you agree with Wolfgang Zellar that happiness is the result of being satisfied with your lot?
 5. Do you believe being outside and connecting with nature can make you happier and improve your physical and mental well-being? Why (not)?
-

Answers: Finland is the World's Happiest Country (C1)

B – Listen and answer

1. F – Finland is one of the world's least corrupt countries.
2. F – She says it has its own design aesthetic.
3. T
4. T
5. F – The author goes to Vartiosaari by ferry.
6. T
7. F – They have known about the benefits for centuries.
8. F – Most Finns have a sauna at home.

C – Read and answer

1. She wants to find out whether Finland is really such a pleasant country to live in and why its people are the happiest in the world.
2. The city is small enough to explore on foot or by bike and in summer it has up to nineteen hours of sunlight.
3. They go to cafés, carve a hole in the sea ice and go for a dip, or spend time outdoors in parks or forests.
4. Most of it is made up of lakes, islands and forests.
5. She's encouraging them to prescribe time outside.
6. They are concerned about their welfare state and their 830-mile long land border with Russia.
7. They don't complain about the winter or the weather.
8. There's a law, called Everyman's Right, which gives everyone the freedom to roam and forage in Finland's forests and use its lakes.

D – Learn it! Use it!

1. berries
2. cosy
3. running water
4. halfway
5. wandered/roamed
6. solar-powered

E – Ready for the C1 ADVANCED English Test?

1. been
2. Age
3. had
4. life
5. would
6. On
7. carry/go
8. through