



*The Hygge*krog

A CASCADE CULINARY INSTITUTE
DANISH EXCHANGE PROGRAM NEWSLETTER

*Velkommen til The Hygge*krog!

LAURA BECKER, VOLUNTEER COORDINATOR
FOR STUDENT INITIATIVES AND EXCHANGES



In Winter 2021, the Hygge

krog newsletter will be exploring Meik Wiking's book, The Little Book of Hygge: Danish Secrets to Happy Living. Meik Wiking is CEO of the Happiness Research Institute, located in Copenhagen, Denmark. Look for each episode of this newsletter to cover part of the book!

Inside:

- Velkommen (Welcome!)
- Culinary Exchange History and News
- Wiking's Hygge Book Episode 1
- About the Author

CCI & College 360

Exchange History

Cascade Culinary Institute and College 360 in Silkeborg, Denmark, have over the past 5 years, collaborated on a culinary exchange involving culinary, baking and pastry students, as well as those specializing in hospitality.

The first exchange was Spring 2017 and the second was Spring/Fall 2019. We had anticipated holding the third exchange this coming spring and fall terms, 2021.

Exchange News

Because of Covid-19 concerns and restrictions, the exchange is currently on hold. Not to worry, however, if you are interested in the exchange! As soon as our world returns to a healthy normalcy, so will the exchange. In the meantime, make use of this pause by learning about all things hygge, which you will find in the upcoming episodes of this newsletter!



CENTRAL OREGON
community college





Could this be any more hygge?" "Yes," someone responds. "If there were a storm raging outside."



The Little Book of Hygge: Danish Secrets to Happy Living Meik Wiking

EPISODE 1
BY LAURA BECKER



Picture yourself on a winter's eve in a cabin, fire in place, in company with a small group of your closest friends or family members. You can be talking quietly or sitting silently side by side, the only sound heard, the crackling of the fire. Although soothingly lulled by the coziness, someone quietly asks, "Could this be any more hygge?" "Yes," someone responds. "If there were a storm raging outside" (Wiking, 2016, p.1).

And thus begins our introduction to the Danish concept of hygge. It has been described as "the art of creating intimacy" or "coziness of the soul." Hygge is the experience of being with people we love, shielded from negativity, ego and power. It is who we are when we are the most authentic and open to life, to deeply living it through our experiences and friendships.

According to Meik Wiking, author of The Little Book of Hygge, he has the best job in the world, because he studies what makes people happy. "At the Happiness Institute, we explore the causes and effects of human happiness and work toward improving the quality of life of citizens across the world." The institute's headquarters are in Copenhagen and Denmark consistently ranks among the happiest nations in the world.

But pray why, you ask. It can't be because of its weather, since it is overcast most of the year, the rain never quite changing to sunshine in the summer and never quite changing to snow in the winter. And taxes! They pay

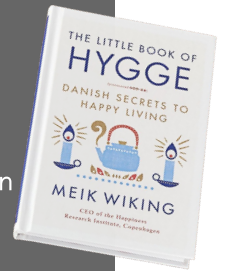
hefty taxes. But believe it or not, Danes choose to do so, because what they gain from those taxes contributes to the overall happiness of the country. Taxes are intentionally used to invest in the quality of Danish lives, including health-care, child-care, education, and job training to name a few. The saying, "There's no I in Team," aptly describes the national sentiment. Denmark's welfare policy (faring well) means reducing risk, uncertainty and anxiety for all Danes, thus increasing the odds of happiness. And when you're happy, you take that happiness into your work and home life.

There's one more element in this equation, however, and that is hygge, that funny looking and sounding word. Hygge is the sense of calm and inner peacefulness found when you're with a small gathering of your closest friends or family members. It can also be found in your own peaceful solitude. There are certain elements which increase this sense of togetherness and wholeness. We might think of it as a nation committed to experiencing "Kumbaya" moments.

My goal over the coming months is to highlight certain hygge techniques and traditions, so that in so doing, you'll gain a better understanding of hygge, see how you might already be hygging, and how you might add hygge moments (happiness) to your life and to the lives of those around you.

Up Next:

Look for recipes and the Hygge All Year Calendar in Episode 2 next week!



Laura Becker, left, in Denmark with Chef Laura Hagen and CCI students, Summer 2019.

About the Author

Laura Becker began volunteering at Cascade Culinary Institute when the building first opened in Fall 2011. Beginning with stocking shelves with new cookware and cataloging and shelving all books in the culinary library, she moved to setting up the Italian and Danish Culinary Exchanges, as well as initiating the student mentoring program and the professional speakers' series.

Her goal at the school is to promote staff and student growth and success, bringing them together in meaningful learning experiences.

Feel free to contact Laura at laura.mc.becker@gmail.com with any hyggelig thoughts, activities and especially recipes you'd like to share.

