

## Insights into Danish Culture: Books, Films, and More

### Books:

- *My Year of Living Danishly* by Helen Russell  
Denmark is one of the happiest nations on Earth. When Helen Russell is forced to move to rural Jutland, can she discover the secrets of their happiness? Or will the long, dark winters and pickled herring take their toll? *A Year of Living Danishly* looks at where the Danes get it right, where they get it wrong, and how we might just benefit from living a little more Danishly ourselves. [See more on Goodreads.com](#)
  
- *The Little Book of Hygge: The Danish Way to Live Well* by Meik Wiking  
Denmark is often said to be the happiest country in the world. That's down to one thing: hygge. "Hygge has been translated as everything from the art of creating intimacy to cosiness of the soul to taking pleasure from the presence of soothing things. My personal favourite is cocoa by candlelight..." You know hygge when you feel it. It is when you are cuddled up on a sofa with a loved one or sharing comfort food with your closest friends. It is those crisp blue mornings when the light through your window is just right.  
  
Who better than Meik Wiking to be your guide to all things hygge? Meik is CEO of the Happiness Research Institute in Copenhagen and has spent years studying the magic of Danish life. In this beautiful, inspiring book he will help you be more hygge: from picking the right lighting and planning a dinner party through to creating an emergency hygge kit and even how to dress. [See more on Goodreads.com](#)
  
- *How to Be Danish: A Journey to the Cultural Heart of Denmark* By Patrick Kinsley  
Denmark is the country of the moment. As one of the happiest nations in the world, it's the motherland of *The Bridge*, *Borgen*, and *The Killing*, and home to Noma, the world's best restaurant. But though we wear their jumpers and watch their thrillers, how much do we really know about the Danes themselves? [See more on GoogleBooks](#)
  
- *The Nordic Theory of Everything: In Search of a Better Life* By Anu Partanen  
In *The Nordic Theory of Everything*, Partanen compares and contrasts life in the United States with life in the Nordic region, focusing on four key relationships—parents and children, men and women, employees and employers, and government and citizens. She debunks criticism that Nordic countries are socialist "nanny states," revealing instead that it is we Americans who are far more enmeshed in unhealthy dependencies than we realize. As Partanen explains step by step, the Nordic approach allows citizens to enjoy more individual freedom and independence than we do. [Read more from Anu Partanen](#)

- *Copenhagen Food: Stories, Traditions, and Recipes* by Trine Hahnemann  
 The food culture of Copenhagen is woven into the fabric of Trine's daily life; she has lived in the heart of Copenhagen for more than 40 years. There is no smørrebrød, hot dog, ice cream, or coffee she hasn't tasted in this quietly gastronomic capital city.

Now, in this ground-breaking book, Trine takes us on a tour of her hometown, introducing us to all the best spots to eat, drink, and catch up with friends. We learn about the old bakeries and food markets, the burgeoning street food scene, the coffee culture, and the world-famous restaurants - and along the way, Trine will offer 70 recipes for some of her very favorite dishes. [See more on Goodreads.com](#)

#### TV Shows and Movies:

- Borgen (Danish TV show available on Netflix)  
 Borgen is a Danish political drama television series. A shocking turn of events puts Birgitte Nyborg in the Danish prime minister's seat as her country's first female leader in this landmark drama.
- The Bridge (Danish TV show available on Hulu)  
 Broen (English: The Bridge) is a Nordic noir crime television series. When a body is found on the bridge between Denmark and Sweden, right on the border, Danish inspector Martin Rohde and Swedish Saga Norén have to share jurisdiction and work together to find the killer.
- I am the Ambassador (Danish TV show)  
 Jeg er Ambassadøren fra Amerika (English: I am the Ambassador) is a ten-episode documentary series that depicts the life of the former U.S. Ambassador to the Kingdom of Denmark, Rufus Gifford. He was the financial director of President Barack Obama's reelection campaign in 2012 before moving to Denmark in 2013 to take office, along with his partner Stephen DeVincent and their dog Argos.

The series offers exclusive inside perspectives to Rufus' life as an ambassador, spending his time meeting as many Danes as possible to get an understanding of their culture. As an ambassador from the United States he works to continuously establish and maintain the relationship between the U.S. and Denmark, while also fighting for LGBT rights - an important cause for Rufus both professionally and personally.

- Rita (Danish TV show available on Netflix)  
 Independent, outspoken and adored by her students, schoolteacher Rita fares less well with adults in this comedy-drama from Denmark.

- Summer of '92 (Danish movie available on Netflix)  
Sommeren '92 (English: Summer of '92) is a Danish film directed by Kasper Barfoed. The film is based on the 1992 UEFA European Football Championship, Denmark's greatest ever football triumph.
- Another Round (Danish movie - 2021 Oscar winner)  
Four high school teachers consume alcohol on a daily basis to see how it affects their social and professional lives.
- Somebody Feed Phil (Copenhagen Episode)  
Available on [Netflix](#).
- Bourdain's Parts Unknown Copenhagen Episode  
(Available on HBO Max and YouTube for a small fee)  
Features Denmark's world-famous Noma restaurant.
- Other movie suggestions: [A Guide to Danish Films by Scandinavia Standard](#)

#### YouTube Videos:

- [Culture Shocks/ American in Denmark /Expat Life](#)
- [Carlsberg Commercial with Mads Mikkelsen](#)
- [All that we share Danish TV Commercial 1](#)
- [All that we share Danish TV Commercial 2](#)
- [American Reacts to Danish Life | Denmark is Incredible](#)

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