

Abu Dhabi opens government 'Happiness Cafe'

4th May, 2017



The Abu Dhabi government has opened a special cafe for its employees that is dedicated to their happiness. The new 'Happiness Cafe' is located in the headquarters

of the Ministry of Culture and Knowledge Development. Staff are being encouraged to take time out from their busy days to unwind and chill out so they can revitalize and rejuvenate themselves. The cafe is full of plush sofas and couches and has a specially designed decor to provide the perfect ambience for feeling happy and create an atmosphere of positivity. It even has its own garden and fountain to add a touch of nature to the surroundings. One worker enthused about the new cafe, saying it would help her to smile more at work.

The cafe was opened by Sheikh Nahyan bin Mubarak, Minister of Culture and Knowledge Development. He hoped it would create a positive environment in the workplace, allow employees to better release their productive energy, and improve the work environment in the ministry. The Happiness Cafe is part of a program initiated by Sheikh Mohammed bin Rashid, Vice President and Ruler of Dubai, called the National Program for Happiness and Positivity. He said happiness was, "a renewable and sustainable asset". Sheikh Nahyan said this program intended to establish, "the values of positivity and happiness as a way of life in the UAE". He hoped it would eventually put the UAE in the top five of the world's happiest countries.

Sources: thenational.ae / khaleejtimes.com

Writing

Can governments keep everyone happy? Discuss three ideas to do this.

Chat

Talk about these words from the article.

government / café / employees / happiness / busy / unwind / chill out / nature / positive / workplace / environment / renewable / positivity / top five / countries

True / False

- The Abu Dhabi government opened a happiness cafe for all workers. T / F
- The Abu Dhabi 'Happiness Cafe' can be found in a top shopping mall. T / F
- The cafe has its own garden and fountain. T / F
- A worker said the cafe didn't really make her happier. T / F
- The UAE's President opened the cafe. T / F
- The Ruler of Dubai started a program based on national happiness. T / F
- The Ruler of Dubai said happiness was a renewable asset. T / F
- The UAE is currently outside the world's top five happiest countries. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|---------------|
| 1. dedicated | a. free |
| 2. headquarters | b. relax |
| 3. chill out | c. meant |
| 4. ambience | d. raved |
| 5. enthused | e. customized |
| 6. create | f. HQ |
| 7. release | g. benefit |
| 8. asset | h. generate |
| 9. intended | i. in time |
| 10. eventually | j. atmosphere |

Discussion – Student A

- What might be in a happiness cafe to make you happy?
- Should there be happiness cafes everywhere?
- How good are the cafes in your town at making you happy?
- What should employers do to make their employees happy?
- How might a happier workforce affect a company or organization?
- What do you do to unwind or chill out?
- What is the perfect ambience for happiness?
- What makes you happy?

Phrase Match

- | | |
|--|-------------------------------|
| 1. opened a special cafe | a. the perfect ambience |
| 2. dedicated to | b. about the new cafe |
| 3. take time out | c. energy |
| 4. a specially designed decor to provide | d. a way of life |
| 5. One worker enthused | e. their happiness |
| 6. release their productive | f. world's happiest countries |
| 7. improve the work | g. from their busy days |
| 8. happiness was a renewable | h. environment |
| 9. the values of positivity and happiness as | i. for its employees |
| 10. in the top five of the | j. and sustainable asset |

Discussion – Student B

- What do you think about what you read?
- What do you do to release your productive energy?
- How important is happiness?
- Some countries measure happiness. What benefits does this have?
- Should our top focus in life be on happiness?
- Can money always make you happy?
- How happy is your country?
- What questions would you like to ask visitors to the cafe?

Spelling

- revitalize and nrvatejee themselves
- provide the perfect eiabmecn
- create an themopsaer of positivity
- It even has its own garden and nutnaofi
- add a touch of nature to the rduisusnnorg
- One worker neshtude about the new cafe
- create a ioievpst environment
- release their doruetcipv energy
- naeiitidt by Sheikh Mohammed bin Rashid
- a renewable and lnussateiab asset
- intended to absstlehi the values
- utealeynlv put the UAE in the top five

Answers – Synonym Match

1. e	2. f	3. b	4. j	5. d
6. h	7. a	8. g	9. c	10. i

Role Play

Role A – Sleeping

You think sleeping is the best way to unwind. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the worst way of these (and why): exercising, playing games or chatting with friends.

Role B – Exercising

You think exercising is the best way to unwind. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the worst way of these (and why): sleeping, playing games or chatting with friends.

Role C – Playing Games

You think playing games is the best way to unwind. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the worst way of these (and why): exercising, sleeping or chatting with friends.

Role D – Chatting With Friends

You think chatting with friends is the best way to unwind. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the worst way of these (and why): exercising, playing games or sleeping.

Speaking – Unwind

Rank these with your partner. Put the best things to do to unwind at the top. Change partners often and share your rankings.

- | | |
|----------------------|-------------------|
| • play games | • sleep |
| • take a bath | • read |
| • go for a walk | • listen to music |
| • chat with a friend | • exercise |

Answers – True False

a	F	b	F	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.