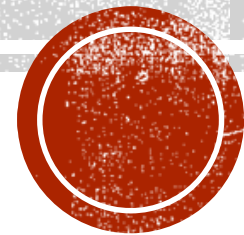


# BHUTAN, QATAR, ICELAND, MOLDOVA

**Cross-Cultural Conceptions and Expressions of Happiness**



# HAPPINESS IS WITHIN YOUR POWER!

1. **Mudita** = vicarious joy; The pleasure that comes from delighting in **other people's well-being**
2. **Artistically CREATIVE? x2**
3. **Attempt if failure was ok? x2**
4. **Art of suffering better? x2**
5. **Activism? x2**

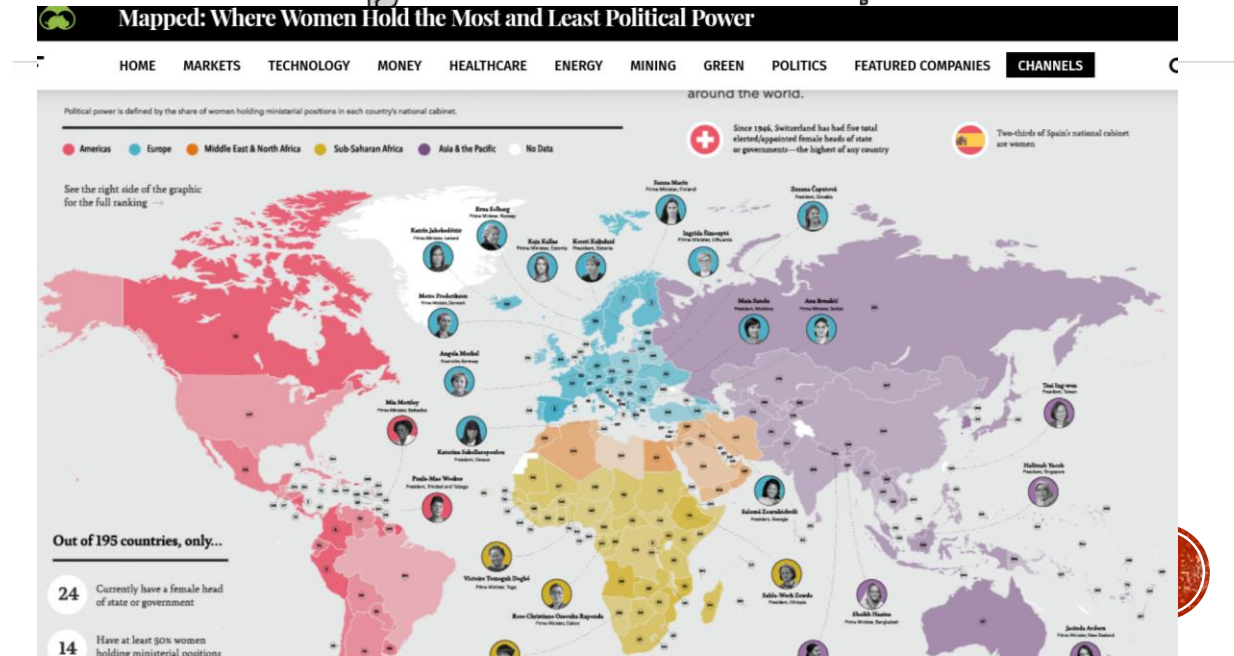
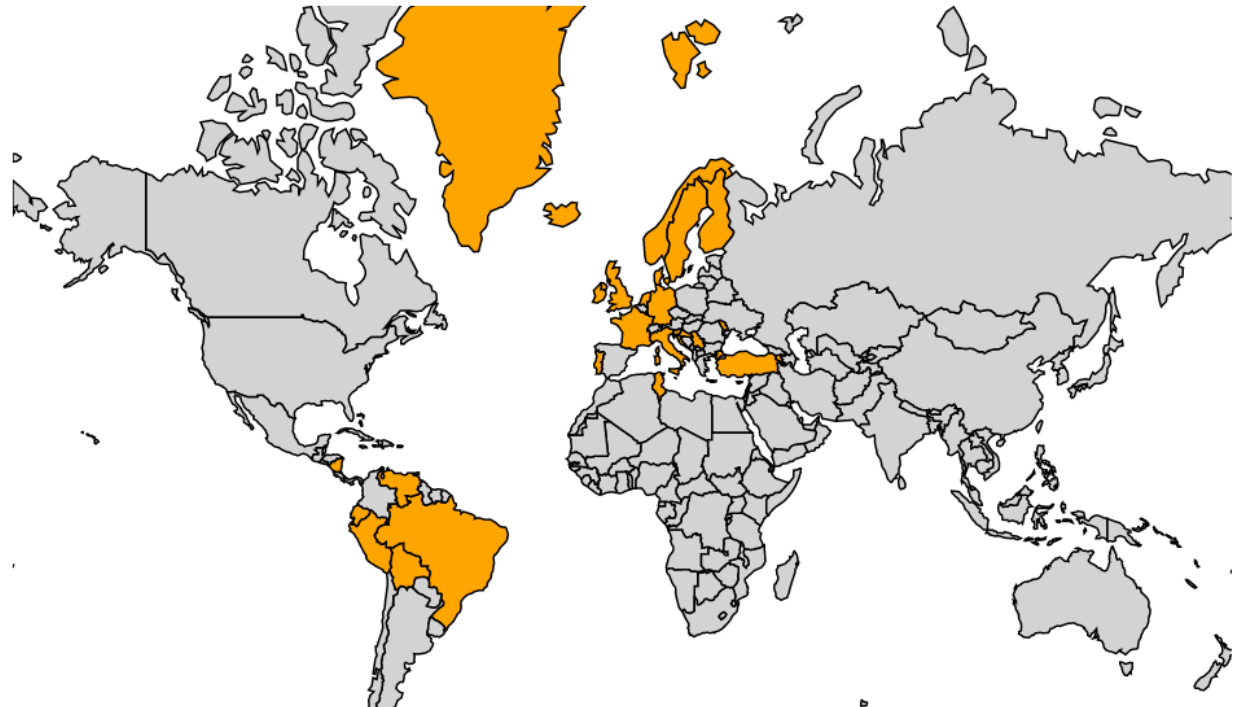


# DEMOCRATIC SOCIALISM

## AND HAPPINESS IN SCANDINAVIA

- Democratic Socialism = All of the Scandinavian countries: **Denmark**, **Finland**, **Iceland**, **Netherlands**, **Norway**, **Sweden**
- Free Elections, Multiple Political Parties, Parliament, Presidents/Prime Ministers
- Government *should* provide a range of **essential services** to the public for **free** or at a significant discount,
  - Health Care
  - Education
  - Welfare state
- Government should only help provide basic needs and help **all of its citizens have an equal chance of success**
- Government should **NOT** control all aspects of society.
- Advocate for a redistribution of wealth and power to meet **public** needs
- Allows for class distinctions

Democratic Socialist Countries 2021



# ICELAND – THE “ICE CUBE”

PEARLS OF HAPPINESS From the Geography of Bliss

- **CLIMATE MATTERS:** Colder tends to be happier
  - Cooperation in cold is mandatory?
  - ENVY: overcoming it by sharing
  - Seasonal change
- Smaller is **BETTER**– 350,000 people
  - Fewer strangers – less “stranger danger”
  - The Nation as “family”–
  - Unemployment is 1-2%
  - Educational system is **EXCELLENT** and FREE
- **CREATIVITY:** Writers, Poets, Musicians, Artists **CREATORS**
  - **FAILURE:** To fail with the best intentions is admirable
  - No one says “you’re not good enough.”
- **HAPPINESS** is a **CHOICE**
- **HEATHENISM:**
  - Joy → Pleasure
  - Friluftliv: love the earth; the spirit of the place



0:43 / 3:24 Iceland 177

But Americans, when they think of moving somewhere, they think of North Carolina or North Dakota. They don't think of Canada. Or Iceland.”

Okay, I concede, we've all had that urge to pack it up and move to some faraway place. Usually, though, that faraway place involves a white sandy beach or, at the very least, sunlight. Why Iceland?

“I just love it here.”

“Yes, but what do you love about it here?”

Jared takes a deep breath and then, with measured passion, tells me what he loves about Iceland. I am writing it all down, barely able to keep up.

He loves the way hot water spouts from the ground like geothermal gold. He loves the way people invite you over for coffee for no particular reason and talk for hours about nothing in particular. He loves the way Icelanders call their country, affectionately, “The Ice Cube.” He loves the fact that, without even trying, he already knows three members of Parliament. He loves the way on a brisk winter day the snow crunches under his feet like heavenly Styrofoam. He loves the choirs that line the main shopping street in December, their voices strong and radiant, turning back the night. He loves the fact that five-year-olds can safely walk to school alone in the predawn darkness. He loves the magical, otherworldly feeling of swimming laps in the middle of a snowstorm. He loves the way, when your car gets stuck in the snow, someone always, always stops to help. He loves the way Icelanders applaud



# EQUALITY AND HAPPINESS THROUGH EDUCATION



A YouTube video player interface. The video shows a woman with long blonde hair, wearing a red blazer over a floral top, sitting in a classroom. In the background, several children are seated at desks, some looking at papers. A projector screen is visible in the background. The video has a '7/30' indicator in the top right corner. A name tag at the bottom left of the video reads 'KAIIJA-LEENA ALATALO TEACHER'. Below the video, there is a text box with the text 'ABC is an Australian public broadcast service. [Wikipedia](#)'. Below the text box, the video title is 'Why Finland's schools outperform most others across the developed world | 7.30'. At the bottom, there are engagement metrics: '2,637,904 views • Jan 31, 2020', a thumbs up icon with '84K', a thumbs down icon with '1.3K', a share icon with 'SHARE', a plus icon with 'SAVE', and a three-dot menu icon.

ABC is an Australian public broadcast service. [Wikipedia](#)

Why Finland's schools outperform most others across the developed world | 7.30

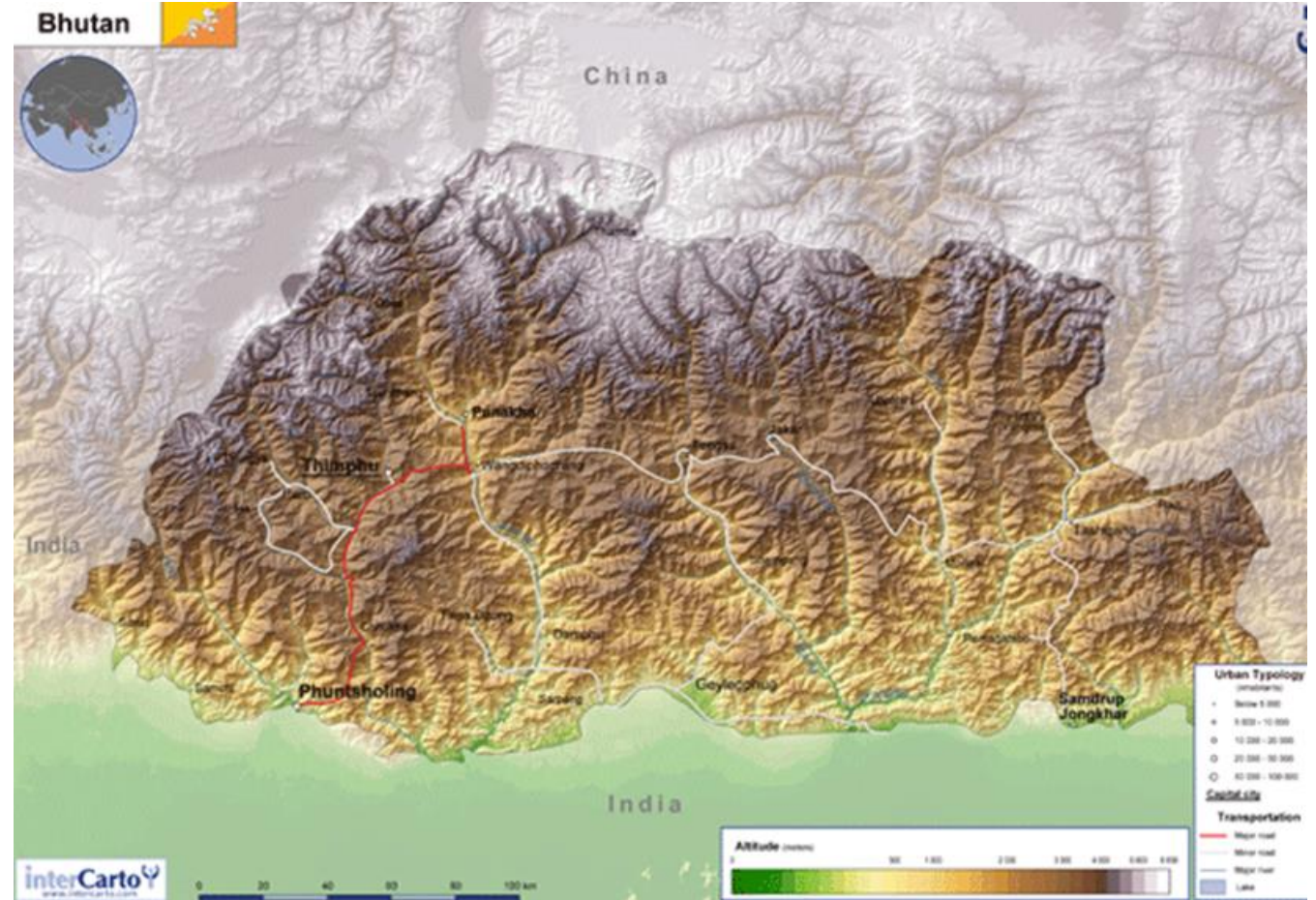
2,637,904 views • Jan 31, 2020

84K 1.3K SHARE SAVE ...



# BHUTAN

**BORDERING CHINA & INDIA**



# BHUTAN - FAQs



Bhutan King Jigme Khesa Wangchuck and Queen Jetsun Pema

- Total population **750,000** ( **similar to VT**)
  - 60% of population is under 25
- **LANGUAGES:**
  - **Dzongkha** + Nepali + Tshangla + English
- Dominant Religion: **Buddhist (Tibetan)**
- Public Dress: Men = Gho Women = Kira
- 1960 construction on first auto roads
  - 1500km since then
- 1970s to Present: **Electricity to rural areas**
  - Bhutan gets first stoplight
  - Bhutan Takes down only stoplight
- **DEMOCRACY! King Abdicates in favor of democracy 2007.**
  - **MOCK/PRACTICE ELECTION = April 21, 2007**
  - **Real Election : December 31, 2007**
- **2008 National Assembly and Prime Minister ELECTED!**

# DRESS



# 21<sup>ST</sup> CENTURY MEDIA TRANSFORMATIONS:

One of the last nations on earth to be connected to the internet & television

- **1999:** Television Enters (Satellite TV 45→200 Channels)
- **2000:** The Web/Internet COMES TO BHUTAN!
- **2005:** Cell Phone Telecom
- **2010:** SmartPhone/iPhone
- **2010:** The Credit Card arrives
- **2011:** BHUTAN CENTRE FOR MEDIA AND DEMOCRACY & St. Michael's College MEDIA NOMADS PROJECT



# BHUTAN:

## PEARLS OF HAPPINESS From the Geography of Bliss

### BUDDHISM as a belief system

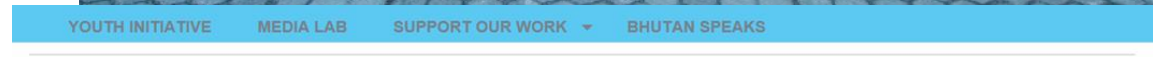
- ✓ **Suffering and Happiness: Two sides to the same coin**
    - ✓ Suffering is an **inherent** part of life. The **art of life** is learning how to **suffer well**.
  - ✓ **Happiness and sorrow are our own responsibilities** – and completely within our control. Train the **mind** to manage both.
  - ✓ **Mental and Physical RESILIENCE and coping strategies.**
  - ✓ **Muditā** → sympathetic or vicarious joy; The pleasure that comes from delighting in **other people's well-being**.
  - ✓ **WANTING: people should not be too focused on wanting many different things as the enjoyment won't last**
- 
- **Deliberate attentiveness to others → Hospitality**
  - **Low to no crime rate**
  - **Fewer UNREALISTIC EXPECTATIONS**
  - **GNH = GROSS NATIONAL HAPPINESS as an enacted policy**
  - **The Bhutanese don't do things that make ECONOMIC SENSE**



# SMC-BCMD MEDIA EDUCATION PROJECT

## MEDIA NOMADS!

- ☑ **12 month – Educational Service-Learning Project on Media Education/Literacy**
- ☑ **25 Bhutanese Teachers & Students**
- ☑ **4 SMC MJD Students**
  - ☑ **Kayle Schnell, Lynne Anderson, Bobby Gaglini, Alex Greene**
- ☑ **2 SMC Faculty (Profs. Hyde/Kusserow)**
- ☑ **BCMD Faculty & Staff**



About Us Contact Us Subscribe

HOME NEWS ANNOUNCEMENTS RESOURCES PHOTO GALLERY



Social Profiles



Announcements and News

- Tender for Jurwa TV series
- Vacancy Announcement
- First Youth Summit to be held at Punakha
- Youth Initiative (YI)- Call-for-Application
- Call for quotation for BCMD T-Shirt



# SMC-BCMD MEDIA EDUCATION PROJECT

## Topics:

- **Media Gross National Happiness**
- **Media Literacy/Education**
- **Global Media**
- **Media Use/Addiction**
- **Advertising/Consumerism**
- **Media & Health/Well-Being**
- **Media Violence/Fear**
- **Media and Democracy**





# FOR TUESDAY 3/30:

1. **Reading: Geography of Bliss:**
  - **Thailand, Great Britain, The United States**
2. **Screenings: The Vacation Squeeze**
3. **SURVEY QUESTION Responses**
  -



# QATAR: BRILLIANT LUXURY

## THE GEOGRAPHY OF BLISS

- ☑ Equating money/things with happiness (very American)
- ☑ Having it all doesn't necessarily lead to happiness.
- ☑ Is "solidness" dependability a pre-requisite to happiness?
- ☑ Trust in a system which is getting better
- ☑ Connecting to something larger than ourselves
- ☑ BELIEF: Happiness is in the hands of Allah
- ☑ TRIBE = extended family; a culture of trust and commonness
- ☑ Hedonic Treadmill (Winning the Lottery) – the psychological phenomenon that everything normal now bores you. Joy?
- ☑ Luck (chance) possibly bestowed by the gods is an important element in human brains



