

Teacher's Guide

The Finnish Way to Enjoy a Sauna – Upper Intermediate (B2–C1)



Canva Presentation Link: [🌐 The Finnish Way to Enjoy a Sauna](#)

Editable Presentation Link: [🌐 The Finnish Way to Enjoy a Sauna](#)

Editable Worksheet Link: [🌐 Student Worksheet: The Finnish Way to Enjoy a Sauna](#)

Video Link: [🌐 The Finnish way to enjoy a sauna | The Specialist | BBC](#)

Warm-up

Part 1. Students describe what they see in the pictures, then discuss the questions

Part 2. Students read the quotes and discuss the questions.

Vocabulary

Students read the short dialogues and guess the meaning of the bold terms from context.

Cardiovascular health – the health of the heart and blood vessels

Detoxification – the process of removing toxins from the body

Physiological response – how the body reacts physically to heat or cold

Cognitive function – mental processes like memory, focus and problem-solving

Endorphins – natural chemicals that make you feel calm or happy

Neurodegenerative diseases – conditions where the brain or nerves slowly stop working properly over time

Mimic – to behave like or copy the effects of something

Immune function – how well the body fights illness and stays healthy

Reading activity

Part 1. Students read the text about The Scientific Benefits of Sauna Use.

Part 2. Students answer the questions based on the text.

Answer key:

1. The intense heat from the sauna increases heart rate, mimicking the effects of moderate exercise.
2. Additionally, sauna use promotes detoxification by encouraging sweating, which helps remove heavy metals and toxins from the body.
3. The heat triggers the release of endorphins, the body's natural pain relievers, creating a sense of calm and wellbeing.
4. Furthermore, sauna exposure may support immune function by increasing white blood cell production, which helps the body fight off infections.
5. Research suggests that frequent sauna bathing may lower the risk of neurodegenerative diseases such as Alzheimer's and dementia.

Video activity

Part 1. Before watching the video "The Finnish Way to Enjoy a Sauna", students discuss the questions.

Part 2. Students watch the video "The Finnish Way to Enjoy a Sauna". As they watch, ask them to listen for five key things mentioned about the sauna experience.

Answer key:

1. To talk or not to talk?
2. Löyly
3. Nudity
4. Cool off
5. Avanto

Part 3. Students read each statement and decide if it is True or False based on the video.

Answer key:

1. **False** → *Many saunas in Finland are communal, meaning people share the experience together. In some cases, men and women use mixed saunas, while in others, saunas are gender-separated.*

2. **True**

3. **True**

4. **False** → *"We tend to do sauna for an hour, maybe an hour and a half."*

5. **True**

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students match each idiom to the sauna-themed situation.

Answer key:

1. **Keep your cool** – to stay calm in a stressful or difficult situation
2. **Break the ice** – to start a friendly conversation and make people feel more relaxed
3. **In hot water** – to be in trouble or an awkward situation
4. **Chill out** – to relax and let go of stress
5. **Add fuel to the fire** – to make a problem or argument worse
6. **Go with the flow** – to follow what others are doing and not make things complicated

Part 3. Students choose the best idiom for each dialogue.

Answer key:

1. Break the ice
2. Keep my cool
3. Added fuel to the fire
4. Chill out
5. In hot water
6. Go with the flow

Part 4. Students complete each sentence with their own ideas.

Reflection

Students discuss the questions.