

Presseomtale

‘Verdens Mest Afslappende Film’ (Uge 1-2)

28. Maj 2015



INDHOLD:

National medieomtale:

[side 4](#)

International medieomtale:

[side 28](#)

KAMPAGNESTATUS D. 28.5.2015

Kampagnen har kørt i 2 af 14 uger.

Statistik fra d. 12/5 – 27/5

Antal gange 'Verdens Mest Afslappende Film' er set (samlet)	300.000
Antal gange filmen/destinationen er nævnt på internettet:	135.000
Antal sidevisninger på sjællandsvestkyst.dk	40.000

National Presseomtale



LIGE NU I VALG 2015



Nye målinger øger valgspændingen

YouGov og Megafon: Lokke styrer stadig mod Statsministeriet, men Helle Thorning-Schmidt æder sig ind på hans forspring.

TV: Cordsen: Det er ikke et udspil, det er et valgoplæg

Kandidat testen: Hvilken politiker er du mest enig med?

Vil du finde den politiker, der matcher dine holdninger, så tag JP's kandidat test.



Venstrefløjen: Thorning viser forskellen på rød og blå blok

Regeringens velfærdspakke får ros for at udpenle forskellen mellem rød og blå bloks politik, lyder det fra venstrefløjen.

- Lokke vil finde penge til velfærd på udlændingeområdet
- DF undviger snak om nulvækst: Vi tager den efter valget
- Overblik: Her er regeringens plan for velfærd
- Radikal leder roser efterlønnsreform: Den er klar
- Bredt tvil sikrer bornholmsk erstatningsfærg
- Kræftens Bekæmpelse: Håber penge i nyt udspil rækker

EUROPA



Russisk toppolitiker til Vesten: Kampvogne har ikke brug for visa

Den russiske vicepremierminister giver ikke meget for at være roget på EU og USA's sanktionslister.

LIVSSTIL



TV: Se den afslappende danske film der går verden rundt

Den skulle få københavnernes ud af byen, men er i stedet blevet verdensberømt.

FINANS Økonom: Joker truer stadig den økonomiske fremgang

VALG 2015

Lokke vil finde penge til velfærd på udlændingeområdet

ANNONCE

Sundhed
i et større
perspektiv

Se 2025 planen!



AKTIER

-0,33% C20 Cap 1.016,84
Se alle kurser

h gik mod strømmen i surt marked Tirsdag

SENESTE NYT

NYHEDER **TV** PREMIUM DEBAT

18:50 Danskerne er vanedyr, når de vælger ferie

18:48 Få inspiration til haven i Tyskland

18:30 David Nielsen er færdig i Strømsgodset

18:27 Djokovic overvandt finsk forskrækkelse i French Open

18:21 TV: Se den afslappende danske film der går verden rundt

17:56 Håbefuld Fabius: Klimamøde kan vende København-flasko

17:39 Forsker: Flere tusinde danskere bliver dræbt af psykiatri-medicin

17:3 Forsvarere: SOS'er skal frifindes for patientdrab

17:1 Tiltale: Rumæner misbrugte betalingskort for 650.000 kr.

17:0 Landa tog ny etapesejr - Contador tæt på samlet sejr

Se flere

Made in Denmark



Læs Jyllands-Postens magasin Made in Denmark

Klik her

Se den afslappende danske film der går verden rundt

Den skulle få københavnernes ud af byen, men er i stedet blevet verdensberømt.



AA

Visit Vestsjælland fik et reklamebureau til at lave en film, der skulle sende budskabet om smuk natur, stressløse timer og masser af plads til de stressede københavnere.

Adskillige eksperter i stress, musikterapi og mindfulness har bidraget med viden til tilblivelsen af filmen, der udelukkende består af smukke naturbilleder fra den vestsjællandske natur, tilsat særligt komponeret musik, der skal få seeren til at slappe af.

Men filmen er ikke kun nået ud til de stressede hovedstadsfolk.

Lige nu bliver den nemlig omtalt på en lang række af de mest besøgte, udenlandske hjemmesider som Huffington Post, Daily Mail og det populære teknologimedie Mashable.

Journalisten fra Huffington Post skriver eksempelvis, at filmen for ham resulterede i "et dybt, behageligt gab" mens Mashable opfordrer sine læsere til "at tage lyddæmpende høretelefoner på og lytte til det yoga-time-agtige soundtrack for at opnå fuld effekt."

Se filmen og se om du er enig i, at det er den mest afslappende film du nogensinde har set.

Kilde: [Visit Vestsjælland](#)

Jyllands-Posten



Er det den mest afslappende film, du har set?



Se den afslappende danske film der går verden rundt

Den skulle få københavnerne ud af byen, men er i stedet blevet verdensberømt.

JYLLANDS-POSTEN.DK

Fjern Synes godt om · Kommenter · Del

👍 Du, Signe Gry Braad, Christine Frigg Josephsen, Jesper Rønn Kristiansen og 198 andre synes godt om dette.

↪ 54 delinger

👤 Skriv en kommentar ...

Anette Klakk Egebæk Smuk måde at sælge Danmark på. Uden special effekts. Ingen wauw effekt. Men masser af aahhhh effekt ! Håber turisterne også er stille. Med mobil og kamera på lydløs 😊☀️
Synes godt om · Svar · 👍 4 · 2 timer

Steen Eriknæsten lige så afslappende som at se Løkke forklare sine bilags sager!
Synes godt om · Svar · 👍 3 · 3 timer

↪ 1 svar

🗨 Vis 16 kommentarer mere

↪ 54 delinger

👤 Skriv en kommentar ...

Anette Klakk Egebæk Smuk måde at sælge Danmark på. Uden special effekts. Ingen wauw effekt. Men masser af aahhhh effekt ! Håber turisterne også er stille. Med mobil og kamera på lydløs 😊☀️
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Steen Eriknæsten lige så afslappende som at se Løkke forklare sine bilags sager!
Synes godt om · Svar · 👍 3 · 3 timer

Ebba Paulsen Fuglsang Den gør mig religiøs, men ikke glad...
Synes godt om · Svar · 👍 1 · 1 t.

Malene Buchwaldt Den er skøn! Slappede da fuldstændig af da jeg kom hjem fra arbejde i dag. Virkelig smuk og naturlig film.
Synes godt om · Svar · 8 min.

Grethe Jun For kedelig og ikke inspirerende præsentation af dens skønne natur
Synes godt om · Svar · 1 t.

Tine Høisgaard Jørgensen Måske burde de bare spille den i en sløjfe på Christiansborg, kunne være det ville have en god effekt på landet som hele. Hvor meget kan de lave af rod, mens de sover?
Synes godt om · Svar · 2 timer

Pelle Petersen Lad nu bare københavnerne blive der hvor de er. Her er sgu så dejligt roligt ude i provinsen. Skulle gerne blive ved med at være det. 😊
Synes godt om · Svar · 👍 2 · 1 t.

↪ 1 svar

Mette Jacobsen Nej
Synes godt om · Svar · 2 timer

Stephanie Ærø Villadsen Malene og Fie denne video kan vel godt betragtes som en slags forberedelse til miljøretseksamen, kan den ikke? 😊😊
Synes godt om · Svar · 1 t.

↪ 3 svar · 1 t.

Michael Misser Nielsen ZzzzzZZZZzzzzZZzzzz.....
Synes godt om · Svar · 3 timer

REJSELIV



En gabende rar ferieoplevelse

"Verdens mest afslappende turismefilm", som VisitVestsjælland har fået fremstillet, er nået USA, hvor den bliver modtaget på rette vis med et... - gab. Se filmen her

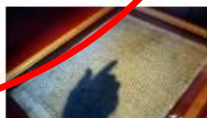
- » Her er verdens syv mest vidunderlige byer
- » Verdens mest indbringende turistmagneter



8 x håndbagage



Nyt for madelskere på Bornholm



Jubilæum for frihedens dåbsattest

Rejsetilbud fundet på **travelmi**:

Indonesien
Fascinerende Øst- med danskblende
» Afrejse: 01.05.15
» 15 dage » Pris: I
Pris fra kr. 18.998

Island
Rideferie i Island
» Afrejse: 01.05.15
» 3 dage » Pris: I
Pris fra kr. 2.690,-

[Se alle rejsetilbud](#)

ARBEJDE OG KOSMETIK I FT-ALM. BUTIKSER

Favoritter sommerferie

Forudbestil på TAXFREE og få en rejseadapter med i kufferten

GAVE TIL DIG

BESTIL HER >

TAXI

[FIK DU LÆST?](#)

En gabende rar ferieoplevelse



Af Judith Betak

26. maj 2015, 13:44

"Verdens mest afslappende turismefilm", som VisitVestsjælland har fået fremstillet, er nået USA, hvor den bliver modtaget på rette vis med et... - gab. Se filmen her

DEL ARTIKLEN


[Print](#) [Mail](#) [Log](#)

SE OGSÅ



Her er verdens syv mest vidunderlige byer

Verdens mest indbringende turistmagneter

Det er vist ingen overdrivelse at fastslå, at Vestsjælland ikke har den helt store appel i turistmesammenhæng - og slet ikke for udenlandske turister.

Ganske vist myldrer det med sommerhuse langs regionens fine sandstrande, men de er mest til »eget« brug. Udlejning af sommerhuse er her begrænset sammenlignet med andre dele af landet.

Men VisitVestsjælland vil så gerne have besøg af flere turister og har nu fundet på at gøre en dyd ud af manglen på store seværdigheder. Når der nu ikke er så meget at opleve, så må oplevelsen være det modsatte: ikke at opleve noget, bare slappe af.

VisitVestsjælland, som markedsfører Kalundborg, Slagelse og Sorø kommuner, har fået produceret en syv minutter lang video optaget langs Sjællands vestkyst bestående af stille, meget lidt panorerende naturbilleder fra strand og skov tilsat pulserende rytmer ala hjertelyd.

Læs også: [Her er verdens ti farligste turistmål](#)

MERE OM EMNET

- » Danmark
- » Kalundborg
- » Slagelse

En sol, som ikke rigtig kommer hverken op eller ned, og en ko, der vandrer adstadigt på en grøn græsmark, er de dramatiske højdepunkter.

Ad internettes uransagelige veje er videoen nået til USA, hvor den blandt andet optræder på **Daily Mails** netavis, mens den har fået en kommentar med på vejen i internetavisen

Huffington Post.

Her siger journalisten Jesse Ferreras efter at have set filmen: »Vi ved, at meningen med filmen er at få folk til at besøge Danmark. Men foreløbig sender den os ind i et dybt, rart gab.«

TV: Vil du være frisk - så se IKKE dette klip

VisitVestsjælland har lavet en reklamefilm, der er så afslappende, at udenlandske medier omtaler den. [Se den afslappende video her](#)

Af: **Stig Haaning Thøgersen**



Her kan du se du VisitVestsjællands reklamefilm.

1/2 NÆSTE »

Vestsjælland er nok ikke den rejsedestination, de fleste folk fra udlandet har i tankerne, når ferien skal planlægges.

Men det kan en ny reklamefilm, som er produceret af VisitVestsjælland, muligvis lave om på.

I hvert fald hvis de rejselystne udlændinge leder efter afslapning ud over det sædvanlige.

Se også: Sådan påvirker dit arbejdstøj din tankegang

Reklamefilmen bærer titlen 'The World's Most Relaxing Film' - på dansk 'Verdens mest afslappende film' - og at domme efter udenlandske mediers reaktion, holder titlen, hvad den lover.

Medier som **DailyMail**, **Huffington Post**, **Business Insider**, **Mashable** har alle bragt videoen, og hjemmesiden **bustle.com** skriver blandt andet:

- Der er ikke brugt computereffekter. Der er faktisk et sted i verden, som ser sådan her ud.

Ekspertrådgivning

I videoen ses en række naturskønne billeder fra Vestsjælland, som skal virke beroligende på seeren, og de forskellige scenarier er ikke tilfældigt udvalgt.

I en pressemeddelelse skriver VisitVestsjælland, at filmen er baseret på interviews med en række eksperter inden for områder som lydterapi, fysiologi og stress.

- Stress har efterhånden udviklet sig til et af de største sundhedsproblemer i den vestlige verden. Det betyder, at folk i dag efterspørger feriedestinationer, som hjælper dem til at koble af og finde ro i samværet med familien, udtaler adm. direktør i VisitVestsjælland, Lars Nielsen, i pressemeddelelsen.

Se den meget afslappende video herover artiklen

26. maj 2015 kl. 16:15





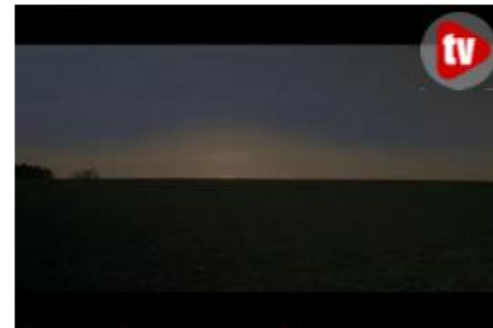
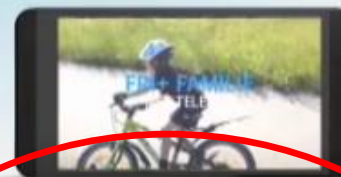
LIGE NU: Motorvejsfrakørsel spærret efter sammenstød



Se tallene: Borgerlige fører snævert i nye målinger

Annonce

TIL FAMILIER DER HAR TRAVLT MED AT VÆRE FAMILIER



Verdens mest afslappende film: Video fra dansk kommune går viralt i hele verden

Verdens mest afslappende film: Video fra dansk kommune går viralt i hele verden

Af: Jonas Sivkær Pettersen @jspeet 26. maj, 2015 - kl. 18:29



Del 5



Tweet 0



SEND



PRINT

Nyhedsbrev BT Morgen

Enter email



Se videoen øverst

Turistvideo fra VisitVestsjælland går viralt i hele verden.

Videoen, der er blevet udråbt til at være »verdens mest afslappede film«, er røget på forsiden af både Daily Mail, Huffington Post og teknologimediet Mashable.

Vidoen består af langsomme naturoptagelser fra Vestsjælland krydret med baggrundsmusik, der vil gå lige i hjertet hos enhver mindfulness-guru. Den meget simple video på syv minutter uden tale, har imponeret i udlandet.

»Hvorfor ikke kalde videoen det, den er: Verdens mest afslappede film«, skriver Huffington Post.

Optagelseme i videoen er optaget ved skovene og strandene langs Sjællands Vestkyst ved Slagelse, Kalundborg og Sorø. Videoen er blevet

Optagelseme i videoen er optaget ved skovene og strandene langs Sjællands Vestkyst ved Slagelse, Kalundborg og Sorø. Videoen er blevet til efter en række interviews med eksperter inden for stress, musikterapi og mindfulness. Det skriver turistbureauet på deres [hjemmeside](#).

Announce

SPAR ALTID 20% PÅ PARRUME OG KOSMETIK I.F.T.

Favoritter til sommerferien

Forudbestil på TAXFREE.dk og få en rejseadapter med i købet

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BESTIL HER >

TAX FREE

MEST SETE TV



Nu står mobbeoffer og hendes familie frem: Rikke tør ikke gå ud efter trusler 16.08



Sådan! laver du 'sundt' bacon - uden at hele huset lugter 15.50 | 24. april



**BREAKING: MEDIE:
VALG UDSKRIVES I
DAG**

SE FLERE

SE FLERE

SE FLERE



SE DEN: VERDENS MEST
AFSLAPPENDE FILM

LILLE PIGE VISER SEKS
PITBULLS, HVEM DER ER
"HERRE I HUSET"

BILUHELD: SAD
FASTKLEMT I FLERE TIMER

NØGEN-BUNGY JUMP
KOSTER OPERATØR 1000
BAHT

**247 BLÅ FLAG OVER DE
DANSKE STRANDE**



**BRYLLUPSKLAR-PRINS
TALER UD OM SIN
KÆRLIGHED**



PRESSE: RITZAU

Venstre vil mindske det
kommunale underforbrug

Opsving med sunde offentlige
finanser

Uddannelse er udvikling for
kristen minoritet i Burma

Kvindelige muslimers religiøse
rum til debat på KVINFO i dag

HK: Regeringen er på rette kurs

WOMENS NIGHT IKKE DISKRIMINERENDE

19:50 26. maj 2015 | Af Anne Mejdahl Daugbjerg, ad@newsbreak.dk



Læs også - [De bedste græske øer](#)

Kampagne for dansk turistdestination går viralt

De tænkte nyt i VisitVestsjælland, da de skulle lave dette års sommerkampagne.

I stedet for at gå den traditionelle vej valgte turistorganisationen, der markedsfører Slagelse, Kalundborg og Sorø Kommune som turistdestination, at lave "Verdens mest afslappende film". En syv minutter lang film, der er baseret på en række interviews med førende eksperter inden for områder som stress, lydterapi, fysiologi og mindfulness og består af langsomt panorerende naturoptagelser tilsat en dunkende, hjertelignende rytme.

Formålet er at fremvise egnens smukke natur og på samme tid illustrere, naturens gavnlige indflydelse på vores psykiske og fysiske velbefindende.

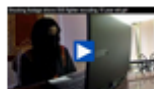
Og nu har udlandet også fået øjnene op for filmen.

Lige nu bliver den nemlig omtalt på en lang række af de mest besøgte, udenlandske hjemmesider som Huffington Post, Daily Mail og det populære teknologimedie Mashable.

Journalisten fra Huffington Post skriver eksempelvis, at filmen for ham resulterede i "et dybt, behageligt gab" mens Mashable opfordrer sine læsere til at "at tage lyddæmpende høretelefoner på og lytte til det yoga-time-agtige soundtrack for at opnå fuld effekt."



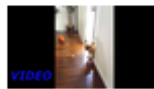
Tæla blev væltet til jorden af en mand, der ville forgribe sig på hende – men så viste hun ham, hvad karate kan bruges til



Den hellige kriger vil lokke en bare 15-årig pige til at gifte sig med ham – men pigen har en helt egen plan ...



Video: Man skal ikke lege med døden på skinnerne



Video: Nico, er det dig der har tygget i kuglepennen?



Video: Den selvkerende bil skal demonstrere sit automatiske parkeringssystem, men så går det helt galt

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BETALER SIG AT TÆNKE NYT

Hos VisitVestsjælland glæder man sig over filmens succes.

"Der er hård konkurrence om opmærksomheden på nettet, derfor er vi meget stolte af, at vores film nu bliver set af så mange mennesker uden for Danmark. Det beviser for os, at det betaler sig at turde tænke kreativt og lave noget, som ikke er set før," siger Lars Nielsen, der er adm. direktør i VisitVestsjælland.

Håbet er, at regionen med kampagnen kan komme på verdenskortet som en slags refugium for fortravlede storbyturister.

"Stress har efterhånden udviklet sig til et af de største sundhedsproblemer i den vestlige verden. Det betyder, at folk i dag efterspørger feriedestinationer, som hjælper dem til at koble af og finde ro i samværet med familien. Derfor har vi valgt at gøre en dyd ud af, at vi ikke har kulørte lamper og larmende attraktioner på hvert et gadehjørne. I stedet har vi en masse uberørt natur, gode strande og de uventede oplevelser, der venter, når man vover sig ud i stilheden", lyder det fra Lars Nielsen

Filmen kan ses her: www.sjællandsvestkyst.dk

FAKTA OM VISITVESTSJÆLLAND

VisitVestsjælland er den officielle turistorganisation for Slagelse, Kalundborg og Sorø Kommune og står for markedsføringen og udviklingen af Sjællands Vestkyst som turistdestination. Med over 340 km. kyststrækning, syv øer og 11 lystbådehavne kalder området sig med rette for en kystdestination.

PERSONERNE BAG FILMEN:

Kontaktperson hos VisitVestsjælland:

Lars Nielsen, adm. direktør i VisitVestsjælland: 23 81 15 53, ln@visitvestsiaelland.dk

Video: Vestsjælland er kommet på verdenskortet med film, som er alt det modsatte af et fortravlet storbyliv

10



28. MAJ 2015 Log på

REDAKTIONEN

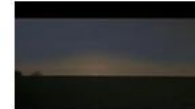
EMAIL

FACEBOOK

EN REKLAME FOR VESTSJÆLLAND HAR NÅET FORSIDEN PÅ HUFFINGTON POST, OG BLIVER OGSÅ OMTALT PÅ SIDER SOM DAILY MAIL, EVENING STANDARD OG MASHABLE. FLERE AF MEDIERNE HAR OGSÅ DELT VIDEOEN PÅ DERES SOCIALE NETVÆRK.



Nej nej nej, hvad laver han?



Verdens mest afslappende film: Video fra dansk kommune går viralt i hele verden



TV-stjernernes kæmpe nedtur: Steenbror til 18 børn søkkrænkede sine søstre



Didde fra Bryggen har brudt med kæresten



Se tallene: Borgerlige fører snævert i nye målinger



David Nielsen får sparket i Strømsgodset



To biler stødt sammen: Væltede rundt og landede på hjulene



Ny måling: Blå blok står til snæver sejr



Sauerland: Rudy-kamp fylder meget i mit liv

Annoncer fra Google

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MEST POPULÆRE



TRENDING

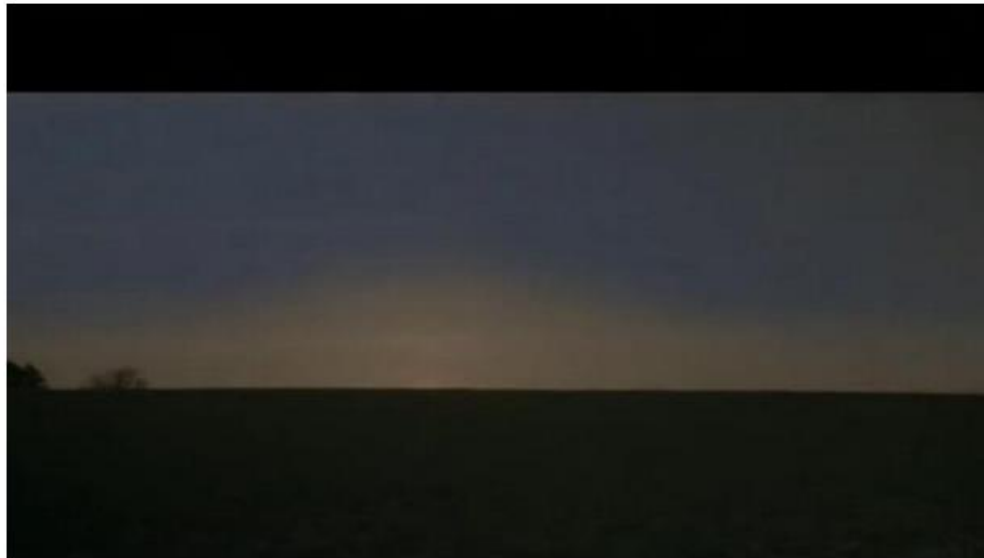


MEST LÆSTE



Verdens mest afslappende film: Video fra dansk kommune går viralt i hele verden

BT Udgivet af BT for 29 min. siden



En reklame for Vestsjælland har nået forsiden på Huffington Post, og bliver også omtalt på sider som Daily Mail, Evening Standard og Mashable. Flere af medierne har også delt videoen på deres sociale netværk. OBS. tilladelse til at bruge på bt.dk efter aftale Foto:



Se, hvor professionelle dine e-mails kan komme til at se ud.

1

Indtast dit fornavn

2

Indtast navnet på din virksomhed

Start

Nyheder.dk

Nyheder i kort overblik



4 måneder til at undgå at løbe tør for penge, når du er gået på pension

Hvis du har værdipapirinvesteringer for mere end 2,5 mio. kroner, kan du downloade en guide, skrevet af "Forbes" skribenten og formueforvalteren Ken Fishers firma. Selvom du allerede har en plan, indeholder denne guide vigtige undersøgelser og analyser, du kan bruge med det samme. Den er uundværlig!

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En gabende rar ferieoplevelse

0 bt.dk 26. maj 2015

PRINT EMAIL A- A+

“Verdens mest afslappende turismefilm”, som VisitVestsjælland har fået fremstillet, er nået USA, hvor den bliver modtaget på rette vis med et... – gab. Se filmen her

Foto:

Del med dine venner:



Dette er kun et lille uddrag - læs hele historien ved at klikke på dette link www.bt.dk2015-05-26.

SENESTE NYHEDER

Wozniacki i topform ved pressemødet efter sejr: Hvor er journalisterne?

Uheldige Jens Stryger Larsen satser på næste sæson

To biler stødt sammen: Væltede rundt og landede på hjulene

David Nielsen færdig i Strømsgodset

Djokovic overvinder finsk forskrækkelse i French Open

Nye arbejdspladser går især til udlændinge

AaB-problemer kan hjælpe Esbjerg



► Mest sete ► Bedst bedømte ► Nyeste

Underholdning

Sport

Dokumentar

Sundhed

Nemo

Find video



Log på



Bedøm ★★★★★ (0/5)

TV: Verdens mest afslappende film er fra Vestsjælland

Bølgeskvulp, fuglesang og bløde klavertoner skal få verden til at vende næsen mod Vestsjælland.

[Læs den fulde artikel](#)



Skole tager hånd om grov mobbesag



Uoverskuelig situation for trafikoffor

RANDERS Læs mere

- »Vi kunne nemt have mistet far»
- Hustru står overfor stor operation



Chikane mod 12-årig er meldt til politiet

RANDERS Læs mere

- 12-årig pige chikaneres på instagram
- 12-årig pige chikaneres på instagram

ALARM 112

Computere forsvundet

Randers: En eller flere tyvekægte fik et elektronisk udbytte i form af personlige computere, da der var indbrud i en privat bolig i Opdalen i ... Læs mere

Sølvtoj, kamera og smykker væk

Bilist taget med til lægen

Tip politiet om indbrud

DEBAT



Mobning skal stoppes nu!

LEDER Desværre overvinder vi nok aldrig helt mobning. Men ingen skal forhindre os i at gøre forsøget. Mobning skal stoppes Deltag i debatten

DIN ALDER I RABAT

KLIK OG SE MERE

62 ÅR = 62% RABAT
78 ÅR = 78% RABAT
89 ÅR = 89% RABAT

SPAR MIN. 50% UANSET ALDER

THIELE

SENESTE NYHEDER

Hele landet	Randers	Randers FC
Her er Polens endelige resultat		19:05
Så har Total genoptaget skifergas-boring i Nordjylland		19:04
Danmark bomber i Nordirak		19:00
Borgerlige fører snævert i nye målinger		18:17
Klagemyndighed undersøger peberspray mod autistisk dreng		18:10
Rusland starter stor militærøvelse		18:07

RSS feed

LÆS DAGENS AVIS

REJSER



En gabende rar ferieoplevelse

B.DK "Verdens mest afslappende turismefilm", som VisitVestsjælland har fået fremstillet, er nået USA, hvor den bliver modtaget på rette vis med et... Læs mere



8 x håndbagage

B.DK Håndbagage findes i alle modeller og størrelser. Vi har udvalgt en række til forskellige behov. Læs mere



Nyt for madelskere på Bornholm

B.DK Bornholms nye epicenter for øens madkultur slog dørene op 17. maj med den vision at blive både legeplads for øens fødevarerproducenter, ... Læs mere

Jubilæum for frihedens dåbsattest

5 x vinyl i Paris

Danske oplevelser i pinsen: ...

Kongerne i Jelling bliver levende

Har du altid drømt om at svømme ...

Oplevelser i Sierra Nevada

Købe i bank, hæve i automat ...

Guide: 6 funky og skæve ...

Til brunch hos beduinerne



TTH TOG BRONZEN



LONGREAD: PIGEN BAG MASKEN



FARTKONTROL I HOLSTEBRO OG STRUER



FARVEL TIL MULLE



Byfest bliver en sag for Folketinget



Staten kræver 1,5 millioner tilbage fra UCH

HOLSTEBRO Læs mere



Mindeord: En ven af Venø

VENØ Læs mere

Jan har frygtet sygdom: Man kan vælge at sætte sig over i sofaen, og så dør man ret hurtigt

DEBAT



De havde ikke tid

LEDER » Det er besparelserne på akutområdet, der har nydt den største opmærksomhed i debatten, og her har mange også meldt sig på barrikaderne. Det er ... Deltag i debatten

Holstebro Sand og Grus

Blomsterkar, Krukker, Regnvandslunde m.v.



ALARM 112



Hærværk på kirkegård

HOLSTEBRO Planter er hevet op, og figurer er blevet knækket af gravsten. Læs mere



SENESTE NYHEDER

Hele landet	Holstebro	TTH Herrer
Rumæner tiltalt for kortmisbrug for 650.000 kroner		19:14
Her er Polens endelige resultat		19:05
Så har Total genoptaget skifergas-boring i Nordjylland		19:04
Byfest bliver en sag for Folketinget		19:02
Danmark bomber i Nordirak		19:00
Borgerlige fører snævert i nye målinger		18:17
Klagemyndighed undersøger peberspray mod autistisk dreng		18:10
Rusland starter stor militærovelse		18:07

REJSER



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REJSER



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8 x håndbagage

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Nyt for madelskere på Bornholm

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P4 Morgenradio – Onsdag d. 13.5.15

‘Verdens Mest Afslappende Film’



Klik på ikonet for at afspille

Topnyheder

Inland

Udland

Sport

Finans

Gossip

Livsstil

Elektronik

Spil

Kultur

Film

Mænd

Kvinder

Take a moment to chill out with the 'world's most relaxing film'

Elektronik 7 timer siden (torsdag 21/05-2015 16:24) på [Mashable](#)

Synes godt om Del Vær den første af vennerne, der synes godt om dette.



Work got you stressed? Too many things on the to-do list? Need a break? Enter the "World's Most Relaxing Film," care of Visit Denmark, which was filmed on the western coast of Zealand island around Slagelse, Kalundborg and Sorø. See also: Air New Zealand's Hobbit Safety Video Is the 'Most Epic Ever Made' Woods, calm waters, grassy meadows — you get the idea. Put some noise-canceling headphones on to listen to the yoga class-like soundtrack for full effect. It's the calming meditation on nature your stressful week needs. Drunk Chris Pratt gives the best acting advice MTA uses 8-bit animation to explain why your train is...

[Læs hele nyheden hos Mashable »](#)
Mashable

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VI ANBEFALER

Spotify klar med videotilbud

 11 timer siden på [DR](#)
Bittert slagsmål mellem eBay og bilsøgemaskine optrappes

 10 timer siden på [DR](#)
Derfor kommer Apple aldrig med et fjernsyn

 12 timer siden på [BT](#)
Udvid din iPhone eller Samsung med nye funktioner

 8 timer siden på [BT](#)
Ekspertens råd: Sådan arbejder du professionelt med it-gevinstrealiseringer og business cases

 14 timer siden på [Computerworld](#)
Piratside i ny version: Nu bliver det endnu lettere at slippe for regningen.

 13 timer siden på [Computerworld](#)
Sådan står det til med 4G i Danmark lige nu: Mange steder bedre end både 2G og 3G

 13 timer siden på [Computerworld](#)
Mobiler som desktopcomputere bliver kæmpestort - nu går kampen i gang om at komme først

 12 timer siden på [Computerworld](#)
Standardløsninger er blevet den hellige gral: Hvad med noget fokus på ROI?

 10 timer siden på [Computerworld](#)
Windows 10 være gratis det første år - her er Microsofts opgraderings-plan

 10 timer siden på [Computerworld](#)

GØR DIN KØKKENDRØM TIL VIRKELIGHED

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ANNONCE

The making of the world's most relaxing film from Denmark

Reklamer



Se "Verdens mest afslappende film"

VisitVestsjælland



0:00 / 2:09

Privacy



Anonym 13/05-2015

Denne video er sponsoreret
Reklamer holder Retardo kørende
Tak fordi du ser med :-)

Del med vennerne!



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Verdens Mest Afslappende Film, Sjællands Vestkyst, Efb, Fc Vestsjælland

Verdens mest afslappende (eller kedeligste) film

May 25th, 2015

Sjælland, Vestkyst har lanceret, hvad de kalder "Verdens Mest Afslappende Film". Nogle har straks kaldt den "Verdens Mest kedelige Reklame"... Døm selv nedenfor... Filmen, som varer omkring 7 ...

[View more →](#)

Cannes 2015
I år afholdes den 68. udgave af Festival de Cannes - og så kendt som Cannes Filmfestivalen - fra den 13.-24. maj.

Den Gyldne Palme:
Den Gyldne Palme er hovedprisen og overrækkes til instruktøren for den bedste film.
Frem til og med 1954 blev hovedprisen kaldt for Grand prix. Først i 1965 blev den omdøbt til Den Gyldne Palme.

Hovedkonkurrencen:
Hvert år udvælges en jury, der bestemmer, hvilke film der skal have prisen "Beste film i konkurrencen", der også kaldes for "in Competition".
Juryen består af et flertal fra forskellige steder i verden, som gennemfører alle de udvalgte film til konkurrencen.

Følgende priser uddeles:
Den Gyldne Palme (Palme d'Or) & Den store pris (Le Grand Prix)
Bedste skuespillerinde
Bedste skuespiller



Google, Larry Page, Tandbørstetesten

Tandbørstetesten

May 25th, 2015

Hmmm. Har normalt respekt for det meste Google laver, men det her lyder da tåbeligt: Når jeg vurderer et opkøb, tænker jeg altid: Er dette noget, jeg kommer til at bruge en eller to gange - ligesom ...

[View more →](#)



Musik, Sia, Esbjerg, Elastic Heart, Shia LaBeouf, Maddie Ziegler



Restaurant, Esbjerg, Pizza, Mad, Pizza Cosa Mia, Verdens Dyreste Pizza, New

Verdens dyreste pizza finder du i Esbjerg

May 24th, 2015

Mange storbyer har pizzeriaer, der har specialiseret sig i at lave dyre pizzaer. New York, København... og ja Esbjerg. I går fandt jeg nemlig ud af, at Esbjerg har pizzeriaet, der reklamerer med at ...

[View more →](#)

ENGELSKKURSUS FOR NORDJYDER

He followed a bad road for a while
Han blev forlovet med en baderotte fra Fårevæjle

He was the lucky owner of a handkerchief
Han var lukket inde i ovnen på et hangarskib

Somewhere a voice was calling
Sommeren i København og Kolding

Aarhusiansk for begyndere

Skæv'er:	At noget gnaver
Mætby'n:	Indre by/centrum
Naderen (udtalee negeren):	Træls
Træls:	Irriterende/nedøren
Københavnerbirkas:	Tæbirkes
Trøffa:	Rømkugle
'Kurt's mor':	Ikke en af dine venners mor, men en lidelugtende og fæmøs bogeda.
Prællåhorhærægår':	Hold nu kæft!
Aarhus a':	Ikke en bydel, det hedder 'jeg kommer fra Aarhus af'.
Sår' nå' lår':	Pis!
Såård' svil'n:	Et shot små grå
De hvil'e:	Byens fodboldhold. AGE. "Kom så de hvil'e"
Et Aarhus-sæt:	En Ceres Top og en Arnbitter
Fahj:	Fadøl
Ringgaden:	Den du skal være indenfor, hvis du vil være i Aarhus, sådan seriøst.
Kræbøratiq:	Noget satans stads
Tvire/pol'drik':	Når øllen ryger ned på under et halvt minut
Luler:	En kvinde, der sælger sin krop.
Hænde Ind / Hanne Lind:	Købe ind.
Kartoffel-/røssæk:	En bondepige
Den Permanente:	I dette tilfælde refererer det ikke til friuren, men til badestranden hvor du blandt andet kan ligge nogen sammen med dine undervisere og deres hippievänner.
B210: L-O-L-O-L-O-L-O-C	og alle de andre gutters hårde hood
Hva' klok?:	Hvornår?
Det fæ':	Når du er ekstatiske og meget glad i låget.

Aarhusianerne, Aarhusiansk

Der skal også lige køres lidt på århusianerne

May 23rd, 2015

Ved ikke om det hele er 100% århusiansk - eller bare jysk? Men det er vigtig viden!

[View more →](#)

Med NejTak+ får du kun
de reklamer, du læser

- og undgår unødigt papirspild



minetilbud.dk

Danmark i top: Se verdens mest magtfulde pas



DEL



TWEET



E-MAIL



1 af 51 © RESO/REX

DANMARK I TOP: SE VERDENS MEST MAGTFULDE PAS

Rejse-sitet GoEuro.com lavede fornylig en undersøgelse af hvilke pas, der var mest magtfulde.

Sitet analyserede pas fra hele verden for at finde ud af hvilke lande de gav visum-fri indrejse til og hvad det kostede at ansøge om passet. Her ses top 50 opstillet efter hvor mange lande passene giver visafri indrejse til.

Klik videre og se hvilke pas der klarede sig bedst i sammenligningen.



MERE I REJSER



Mad direkte til døren på rejsen

Når man er på ferie, er indkøbslister og ture til...
...ikke altid lige det, man har lyst til at...

B Berlingske



En gabende rar ferieoplevelse

Det er vist ingen overdrivelse at fastslå, at
Vestsjælland ikke har den helt store appel i...

B Berlingske



Nyt for madelskere på Bornholm

havtorn og håndlavede karameller. Sennep,
æblemest, is, tangvingummi, te og meget mere...

B Berlingske



5 x vinyl i Paris

1. Den elektroniske Hvad: La Source Hvor: 46 Rue
Albert Thomas Hvor meget: Omkring 15 euro for de...

B Berlingske



Danske oplevelser i pinsen: Samba, sportsvogne og sejlads

JYLLAND: Drager og jazz. Find dragen frem og tag til
HirtshalsFoto: NIC BOTHMA Vesterhavsvinden er...

B Berlingske



Sparetips til din ferie: Sådan veksler du billigst

Foråret er højsæson for storbyferier. Ikke mindst her i
Europa, hvor afstandene er så korte, at man kan nå...

B Berlingske

TURISME

'Verdens mest afslappende film' skal lokke til Vestsjælland

By Henrik Baumgarten - 21. maj 2015



TURISME: Kendskabet til Vestsjælland er ikke stort blandt danskerne, men fremover vil regionen markedsføre sig med sin uberørte natur. Det sker med lanceringen af "Verdens mest afslappende film."

En film på syv minutter med naturskønne billeder fra Sjællands Vestkyst skal skabe opmærksomhed omkring Vestsjælland som turismål. Filmen er baseret på interviews med eksperter på områder som stress, lydterapi, fysiologi og mindfulness.

VisitVestsjælland markedsfører Slagelse, Kalundborg og Sorø Kommuner som turistdestination, der står bag "Verdens mest afslappende film" med afsæt i eksperternes rådgivning.

For at prøve denne påstand blev filmen for nylig vist for et testpublikum i Cinemateket. Her blev deltagerne udstyret med pulsøre, så man kunne måle, om filmen havde den ønskede effekt. Og resultatet var lovende. I gennemsnit faldt testpublikummets puls ti procent, mens enkelte deltagere oplevede fald på helt op til 25 procent, hedder det i pressemeddelelse.

Ifølge en af filmens eksperter, Bo Netterstrøm fra Arbejdsmedicinsk Klinik på Hillerød Sygehus, er der videnskabeligt belæg for, at smukke naturbilleder og afdæmpet musik får folk til at slappe af:

Trinidad & Tobago
inviterer til
Working Dinner
27 maj
på Nimb!

Se program og tilmeld dig her

EGYPTAIR A STAR ALLIANCE MEMBER

SØG I VORES ARKIV

STAND BY MARTS ER UDKOMMET

Se online version ved at klikke på billedet

STAND BY
NORDIC

AIRLINES

FINLANDS KÖRERINCHER:
SMILET ER VENDT TILBAGE

Scandic introducerer mobilt hote...
Scandic lancerer i dag ho...

Se fortidsfund ved lægen
I Nordjylland kan de besø...

Stort antik, kunst og retromarke...
Aldrig har interessen for...

TuristNyt / Natur / Verdens mest afslappende film skal sælge Vestsjælland

Verdens mest afslappende film skal sælge Vestsjælland

12/05/2015 Written by: admin Leave a reply

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The making of the world's most relaxing film from Denmark

Sjællands Vestkyst

Category: [Natur](#)
permalink

One person likes this. Be the first of your friends.

Tagged under:

Kalundborg, natur, Slagelse, Vestsjælland



Kendskabet til Vestsjælland er ikke stort blandt danskerne, men nu vender regionen det manglende kendskab til sin fordel.

Fremover vil man markedsføre sig på netop den uberørte natur og den autentiske ferieoplevelse. Det sker med lanceringen af "Verdens mest afslappende film"; en film på* syv minutter med naturskønne billeder fra Sjællands Vestkyst og specialkomponeret musik. Den skal skabe opmærksomhed omkring Vestsjælland som et turistmål.

Filmen er baseret på en række interviews med førende eksperter inden for områder som stress, lydterapi, fysiologi og mindfulness og består af langsomt

FLERE NYHEDER

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Se billederne fra den første Tulipanfest her:

International Presseomtale



A new short movie claims to be 'The World's Most Relaxing Film' – see for yourself



More Videos You May Like



Someone figured out the purpose of the extra shoelace hole on your running shoes — and it will...



7 smart questions to ask at the end of every job interview



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Watch these giant container ships collide near the Suez Canal

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MAY 24, 2015, 9:36 AM | 8,063

Sjællands Vestkyst YouTube

Visit [Vestsjælland](#) created what they're claiming is "The World's Most Relaxing Film." The film was created using the advice of experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy. The film was recorded on the West Coast of Zealand (Sjællands Vestkyst), in Denmark.

Video courtesy of [VisitVestsjælland](#)

ADVERTISING

More : Advertising

The 10 things in advertising you need to know today

LARA O'REILLY | MAY 26, 2015, 03:02 PM

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YouTube/Apple

Apple design chief Jony Ive.

Good morning! Here's everything you need to know in the world of advertising today.

- 1. Twitter has reportedly held talks to buy Flipboard.** It's not immediately clear why Twitter would want to buy the magazine-style article curation app.
- 2. Here's what to expect from Google's big conference this week.** Expect watches, virtual reality, and a mystery Bluetooth device.
- 3. Apple's Jony Ive just got a big promotion.** He is now chief design officer.
- 4. Charter Communications is near an agreement to buy Time Warner Cable for \$195 a share.** The announcement could happen as

5. Alibaba is trying to kill the counterfeit goods trade. The Chinese e-commerce giant has been quietly testing a scheme to curb fakes at source by cultivating its own home-grown brands.

6. Japanese clothing giant Uniqlo has plans to take over America. And its chief merchandising officer told us about how the retailer is going to great lengths to attract male shoppers.

7. The unprecedented year of media agency reviews continues. BMW and Volkswagen have put their accounts up for review, Adweek reports.

8. McDonald's new CEO Steve Easterbrook explained the reason the company divested its stake in Chipotle in 2006. He said, at the time, Chipotle had been a distraction.

9. Criteo's president and COO explained to us why the company is one of the few star performers among the public ad tech companies right now. The company, which specializes in re-targeting, is profitable, growing, and has seen its stock rise almost 50% over the past year.

10. The iconic Walt Disney Pictures logo was changed for the "Tomorrowland" movie. The movie's director replaced the logo with the skyline of the futuristic Tomorrowland because he "wanted to take you into the thing right away," a co-visual effects supervisor on the film told Business Insider.

NOW WATCH: A new short movie claims to be 'The World's Most Relaxing Film' - see for yourself



TV There's no right way to do a TV rape scene



MOVIES
At 37, Maggie Gyllenhaal is apparently too old for Hollywood's taste

SPACE
NASA captures best photo yet of strange lights on dwarf planet Ceres

BUSINESS
1 in 5 millennials experience depression at work, study finds

What's New

AllPosters.dk

Sunset Boulevard	NORTH BY NORTHWEST, Cary Grant,...	North by Northwest
DKK 82	DKK 140	DKK 91
Køb-nu	Køb-nu	Køb-nu



Melissa McCarthy stays cool while confronting sexist movie reviewer

21 SHARES / 11 minutes ago



Data farming. Literally.

59 SHARES / 17 minutes ago



Grand jury indicts all 6 officers in Freddie Gray's death

What's Rising



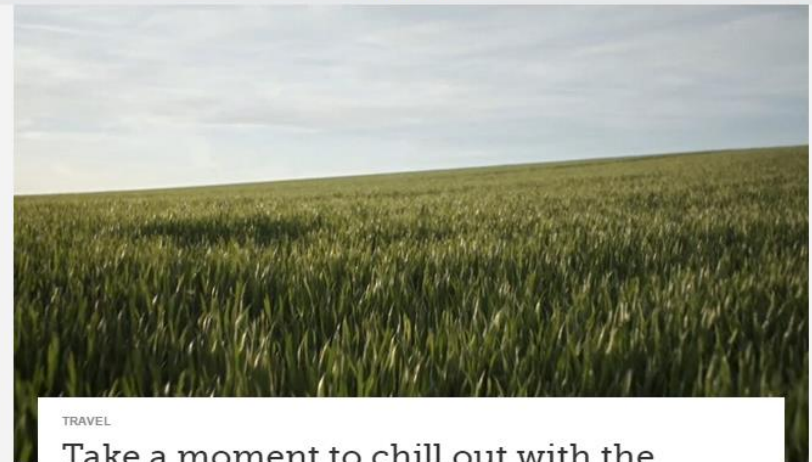
WORLD

Super-hot nasty star shines thousands of light-years from Earth

681 SHARES



What's Hot



TRAVEL

Take a moment to chill out with the 'world's most relaxing film'

Care of Denmark.

1.2K SHARES

Take a moment to chill out with the 'world's most relaxing film'

4.3k SHARES

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www.fisherinvestments.dk

BY JESSICA PLAUTZ
3 days ago

The World's Most Relaxing Film



Work got you stressed? Too many things on the to-do list? Need a break?

Enter the "World's Most Relaxing Film," care of [Visit Denmark](#), which was filmed on the western coast of Zealand island around [Slagelse, Kalundborg and Sorø](#).

SEE ALSO: [Air New Zealand's Hobbit Safety Video Is the 'Most Epic Ever Made'](#)

Woods, calm waters, grassy meadows — you get the idea. Put some noise-canceling headphones on to listen to the yoga class-like soundtrack for full effect. It's the calming meditation on nature your stressful week needs.

Schulstad
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Schulstad
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SPAR SE FLERE TILBUD >

What's Hot



WORLD

Comedian and actress Ann Mearns, mother of Ben Stiller, dies at 85

3.3K SHARES



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The Huffington Post Canada | By Jesse Ferreras

Posted: 05/21/2015 3:50 pm EDT | Updated: 05/22/2015 11:59 am EDT



42 Likes, 18 Shares, 25 Tweets, 2 Del, 3 Pin it, 1 Submit, 1 Comment

We know that Sigur Ros aren't from Denmark. But only they could make the country's latest tourism video more soothing than it is already.

Danish tourism organization Visit Vestsjaelland has released a video it calls "The

And it delivers. The video itself is a collection of soothing images from Zealand, the country's largest island.

It shows a beautiful landscape filled with forests, fields, marshes and even grazing cows.

Why does it call itself the "World's Most Relaxing Film"? Science, that's why.

The organization said it attached pulse monitors to some city residents to see how their heartbeats changed while watching the film. Visit Vestsjaelland said the subjects' pulses **dropped by over 10 per cent**, The Local reported.

We know the point of the video is to make people visit Denmark.

But for now it's sending us into a deep, pleasant ... yawn ...

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Only a Sigur Ros soundtrack could make this film more soothing.

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The Senate Appropriations Committee approved a historic bipartisan amendment Thursday that aims to increase veterans' access to medical marijuana. The Veterans Equal Access Amendment, added to the Military Construction and Veterans Affairs Appropriations bill, passed the committee 18-12. The measure allows Department of Veterans Affairs doctors to recommend medical marijuana...

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The Huffington Post | Alanna Vagianos | May 21, 2015 | Women

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Is this the world's most relaxing film? We'll let you be the judge



Matt Payton for Metro.co.uk Thursday 21 May 2015 7:16 pm



The wind whispering over undulating grasslands, the sound of waves on the beach and the ghostly noises of the forest – even thinking of those scenes is a chilled out experience.

This video by Danish Tourism organisation, Visit Vestsjælland, is certainly relaxing but they have made the cheeky claim that the seven minute clip is the 'most relaxing in the world.'

The Local reported that Visit Vestsjælland invited busy city workers to watch the clip while linked to pulse monitors and saw that pulse rates reduced by more than ten per cent.

Can it really beat an Enya music video, because they are just the bubble bath of videos.

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Watch stunning video claimed to be the 'most relaxing film ever made'



Relaxing: A screenshot from the film (Picture: Visit Vestsjælland/YouTube)

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TOM MARSHALL

Published: 21 May 2015 Updated: 21:13, 21 May 2015 Ads by Google

This stunning video is claimed to be the most relaxing film ever made.

The seven-minute clip, created by a Danish tourist board, was shown to significantly reduce heart rates when tested on a packed cinema of "busy city folk".

It features sweeping footage of the spectacular landscape of the west coast of Zealand, Denmark's largest island, and some of the most calming natural phenomena - from lapping waves to rustling leaves and softly tweeting birds - all set to a gentle piano soundtrack.



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Peace and tranquility with The World's Most Relaxing Film

The World's Most Relaxing Film claims to make you relax in just 7-minutes. It has been recorded based on advice of experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy.

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The most relaxing film ever made? This seven-minute video of Danish scenery set to tranquil music is found to reduce pulse rates by more than 10%

- Seven minute film features natural scenes from sandy beaches to sunsets
- Danish tourism board tested effects on audience wearing pulse monitors
- Aims to bring viewers to a 'place of peace and tranquility'

By KATE PICKLES FOR MAILONLINE

PUBLISHED: 09:50 GMT, 22 May 2015 | UPDATED: 17:14 GMT, 22 May 2015

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A Danish tourism organization claims to have made the 'world's most relaxing film' using images of natural scenery on the western coast of Zealand.

Set to a backdrop of gentle piano music, the seven-minute slideshow features some of the country's most breathtaking scenery.

Visit Vestsjælland believes the film is the perfect amount of time to release day-to-day anxieties and become completely relaxed.

Scroll down for video



Peaceful: The seven-minute video shows relaxing clips like the sun setting over a grassy field

The theory was tested in a packed cinema where the audience was each strapped to a pulse monitor. The research found participants' pulse rates dropped by more than 10 per cent during the short film.

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Peaceful: The seven-minute video shows relaxing clips like the sun setting over a grassy field

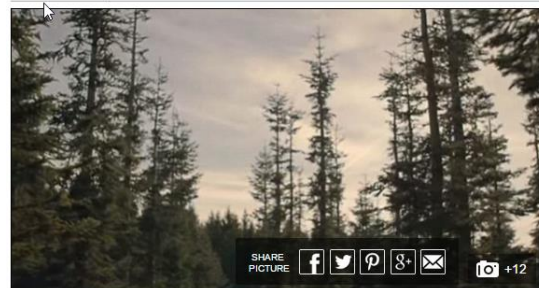
The theory was tested in a packed cinema where the audience was each strapped to a pulse monitor. The research found participants' pulse rates dropped by more than 10 per cent during the short film.

The video starts with the message: 'There is a place of peace and tranquility within all of us. This is an attempt to bring you there.'

Scroll down for video



Wish you were here? Natural scenes taken on the west coast of Zealand are supposed to help people relax



Tranquil: Natural scenes like these woods claim to help viewers relax and reduce their heart rate by 10%



Soft music starts to sound before an array of clips depict natural scenes from deep-wooded forests to waves gently lapping at the shore

'World's most relaxing film' made in Denmark

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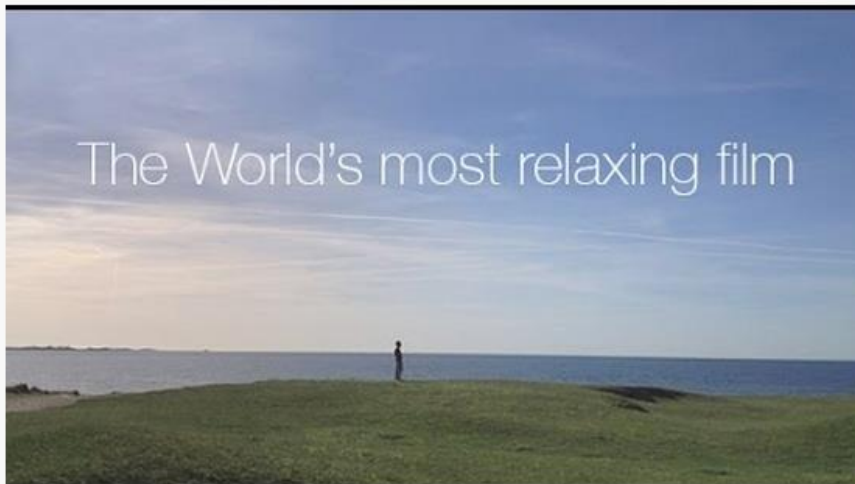
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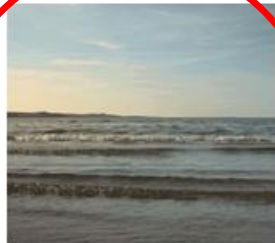
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Posted by Jonathan Sawyer in Attractions, Flying Tips, Go, Places, Sightseeing on May 24, 2015. 0 Comments | Denmark



Travel can undoubtedly be quite the stressful experience. From planning and packing prior-to, to rushing to the airport to make your flight on time, and then of course when you get back home and have to unpack and settle back into your daily routine. Thankfully, however, there are certain things you can do to alleviate such anxiety and relax.

One outlet comes courtesy of Visit West Zealand and their visual which is being dubbed "the world's most relaxing film." The aesthetic was captured on the West Coast of Zealand in Denmark, as experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy awarded the



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Screen shot: Visit Vestsjælland

'World's most relaxing film' made in Denmark

Published: 21 May 2015 14:51 GMT+02:00

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A Danish tourism organization claims to have made the 'world's most relaxing film' using nature images from the western coast of Zealand. See it here and judge for yourself.

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In today's busy TL;DW world (that's 'too long; didn't watch' for uninitiated) seven minutes can seem like a very long time.

But according to tourist organization Visit Vestsjælland, seven minutes is the perfect amount of time to let go of your day-to-day stress and become completely relaxed.

The group has launched 'The World's Most Relaxing Film', a short video filmed in the beautiful nature along the west coast of Zealand.

Does it work? Well, Visit Vestsjælland said that they showed the film to a cinema full of "busy city folk" strapped with pulse monitors and found that pulse rates decreased by more than ten percent during the seven-minute film.

"Pleasant music, wonderful pictures – it gave me a sense of inner peace," one member of the test audience said.

Without further ado, here are your seven minutes of Zen:



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By **ALEX SMITH**

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Feeling a solid case of stress thanks to a huge to-do list or a heavy week of work? No worries, Denmark's got you covered.

Visit *Denmark* just released **this video** that they call the "World's Most Relaxing Film." It's a trip through the western coast of Zealand Island and it's all kinds of beautiful.

Toss on some headphones, tune to your day, and drop into this visual

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Take a break and watch 'the world's most relaxing film'

Last updated 13:30, May 26 2015



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Need a break from a stressful day at work? Take 7 minutes off to watch "the world's most relaxing film".

Filmed on the West Coast of Zealand (Sjællands Vestkyst), in Denmark, the film was created by tourism organisation [Visit Denmark](#).

It's "based on a series of interviews and recommendations from experts in the areas of stress, music therapy and mindfulness".

The film was shown to a cinema full of "busy city folk" who were strapped with pulse monitors. Pulse rates decreased by more than ten per cent, [reported The Local](#)

Filmed in lush forests and along pristine beaches the clip just makes us want to pack our bags... or go to sleep.

What do you think? Is this the world's most relaxing film? Let us know in the comments.

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The Most Relaxing Video You'll Ever Watch

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We've long been told that staring at a screen is bad for your health. In our collective quest to find peace, balance and reduce our stress levels, the first thing we've done is put down the phone and turned off the telly. But what if the world's leading authorities on wellness, mindfulness, music therapy and more could harness the power this audiovisual medium to create something truly relaxing? Well, that's exactly what we've got for you here; the most relaxing movie in the world. At seven minutes long, this video - actually created to promote an idyllic corner of Denmark - lulls you into the most incredibly relaxed state, so much so, you'll find yourself feeling rather floaty long after it's finished.

Here Visit Denmark hopes to attract wellness enthusiasts to stop what they're doing and head straight for Zealand, not to be confused with New Zealand.

Word on the street suggests that the video makers have stayed away from CGI effects; it's all as real as if you were there yourself. So chilled is this video, it might have saved you the cost of the flights to Denmark entirely. Oops!



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Take a moment to chill out with the "world's most relaxing film." Watch: <http://t.co/UpyQUGa7m9>

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Stressed? Take 7 minutes and watch 'The World's Most Relaxing Film'. <http://t.co/wnTSDUp2bT> @visitvvsj #Denmark

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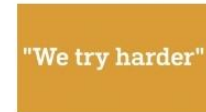
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By John Yang, 22 May 2015

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Are you stressed out from work and need to clear your head? If you answered “yes”, then you might want to watch the following video, titled “The World’s Most Relaxing Film”.

Created by [Sjællands Vestkyst](#), the seven-minute-long video features everything you need to put your mind at ease —such as images of peaceful woods and green meadows, as well as a tranquil and soothing soundtrack.

The short film was created to promote Denmark as a travel destination, and was recorded on the West Coast of Zealand.

Watch the video below:



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This Video Claims To Be “The World’s Most Relaxing Film” – We Think It May Be Right

MAY 21, 2015 BY [BATON.COM](#)



Sometimes you just need to take a step back from your day and take a deep, deep breath. Recorded on the west coast of Zealand in Denmark, this film captures tranquil fields and landscapes set to atmospheric music. Do you agree that this is the world’s most relaxing film?



(Source: [Sjællands Vestkyst](#))

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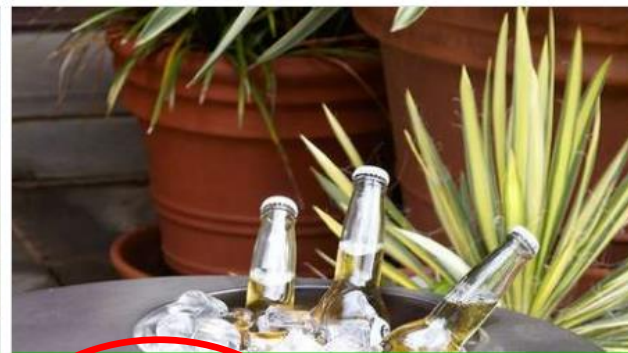
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'The World's Most Relaxing Film' Encourages a Soothing Holiday

Published: May 26, 2015 • References: [visitwestzealand](#) & [designntax](#)

'The World's Most Relaxing Film' is a seven-minute short film providing the viewer with peace, relaxation and an inside look at their next Spring Break destination.

Created by Sjællands Vestkyst, this short film features green meadows, peaceful woods and a balmy soundtrack fit to sooth away any stress or anxiety. Filmed on the West Coast of Zealand, this film has been created to help promote Denmark as a travel destination. Before creating this calming project, Vestkyst sat down with experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy. Using the information gathered from each expert, this video was created to be soothing enough to bear its title.

'The World's Most Relaxing Film' will melt away any stress while suggesting a quaint getaway.

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Take a break and watch 'the world's most relaxing film'

Stuff Tuesday 26th May, 2015

Need a break from a stressful day at work? Take 7 minutes off to watch "the world's most relaxing film". Filmed on the West Coast of Zealand (Sj?llands Vestkyst), in Denmark, the film was created by tourism organisation?...

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Work obtained you harassed? Too many issues on the to-do record? Need a break?

Enter the "World's Most Relaxing Film," care of [Visit Denmark](#), which was filmed on the western coast of Zealand island round [Slagelse, Kalundborg and Soro](#).

Woods, calm waters, grassy meadows — you get the thought. Put some noise-canceling headphones on to take heed to the yoga class-like soundtrack for full impact. It's the calming meditation on nature your aggravating week wants.

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Kijk ... en relax! Dit zou het 'meest ontspannende filmpje ter wereld' zijn



Lien Buyck
editor newsmonkey
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'The World's Most Relaxing Film', dat is wat de onderstaande Deense kortfilm beweert te zijn. Het filmpje van 7 minuten werd gemaakt met het advies van experts in stress, mindfulness en natuur- en muziektherapie. De beelden werden gemaakt aan de westkust van Seeland (Sjaellands Vestkyst), in Denemarken, en dient natuurlijk even goed als promotiefilmpje voor de streek. Maar soit, het is ook écht wel ontspannend. Kijk ... en relax!

The World's Most Relaxing Film



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DENMARK NEWS

The Worlds Most Relaxing Film Made In Denmark

Emma — May 21, 2015



A Danish tour company believes it has made the 'worlds most relaxing film'. The film used nature images from the western coast of Zealand. The film, which goes for seven minutes, is believed to be just the right amount of time to unease the stress of the day.

The group has launched 'The World's Most Relaxing Film', a short video filmed in the beautiful nature along the west coast of Zealand. Does it work? Well, Visit Vestsjælland said that they showed the film to a cinema full of "busy city folk" strapped with pulse monitors and found that pulse rates decreased by more than ten percent during the seven-minute film. "Pleasant music, wonderful pictures – it gave me a sense of inner peace," one member of the test audience said. Here's the film. Let us know if it calmed you down!



By the way, we look at the use of Danish nature in our magazine (to be released on Monday!)

Issue 9: Pre-Order

CINEMA SCANDINAVIA
ISSUE NINE // JUNE 2015

Scandinavian eco-cinema
A critical look at the contemporary Scandinavian films discussing nature, climate change, filmmaking in the outdoors, and the cultural closeness to the Nordic landscape.

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A conversation with Ole Glavær and the importance of nature in his filmmaking.

FAR into nature
Kim Stehr & Alice Berdal Tøpper share their experiences of working in the forest on a film about a father and son relationship.

'Expedition to the End of the World'
A conversation with the documentary filmmaker looking at climate change in Greenland.

Symbolism in 'The Sea'
An exploration of the surreal elements in the Icelandic film.

Plus a feature on Mikko Alkon, Leifur Dýjani, Heiti & Skutin, a look at the short film for Anne's birthday, an interview with the filmmakers behind 'The Name' an analysis of The Man Without a Past, Lisa Fink & a critical overview of Nordic genre. Reviews of Helle Helle, Ole & Falkner, Underberg, Fox from the Walling Crowd, A Stealer and a Mutual report including interviews and press releases.

We analyse and discuss eco-cinema in the Nordic countries

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Is this the 'most relaxing film in the world'?

Tourist board video 'reduced heart rates' in city-dwellers

By Ruth Doherty, May 22, 2015

Updated: May 22, 2015 8:12 AM

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A video created by a [Danish](#) tourist board has been self-titled as 'The World's Most Relaxing Film'. It's a big claim, so does it live up to the hype?

The footage features a series of stunning scenery in Zealand, [Denmark's](#) largest island, from forest images, to waves lapping on the beach and beautiful sunsets - all set to whimsical piano music in the background.

The video was uploaded to YouTube by creator Visit Vestsjælland, with the caption: "It has been recorded based on the advice of experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy."

According to the [Standard](#), the seven-minute clip was tested on a packed cinema of "busy city folk", who were fitted with pulse monitors.

It was found that heart rates decreased by more than 10 per cent at the cinema screening by the tourist board.

One member of the test audience told the [Local](#): "Pleasant music, wonderful pictures – it gave me a sense of inner peace."

We know lots of people are too busy to watch a seven-minute video, but check it out below, and see if you emerge a new 'zen' person afterwards. Deep breathe

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Science says: This is the most relaxing film ever made

Posted on 5/21/2015 by [Meredith Shaw](#)



So get a cup o' peppermint tea and zen out #Ommmmm

These are all images from Denmark's largest island "Zealand". Gorgeous ain't it? There is scientific research showing that those who watch this film will drop their pulse by 10%.

The World's Most Relaxing Film



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Take a moment to chill out with the 'world's most relaxing film'



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The World's Most Relaxing Film



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Denmark Just Created ‘The World’s Most Relaxing Film’



Jacob Wagner - Less than a minute ago

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Visit Denmark has released what has been dubbed “The World’s Most Relaxing Video” which showcases the beauty of Denmark. The relaxing film was produced using the advice of experts in the fields of stress, mindfulness, medicine, and nature and music therapy, so you know it’s legit.

The beautiful footage was recorded on the West Coast of Zealand in Denmark. Take seven minutes out of your day and unwind in Denmark, because Friday.



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Today in Movie Culture: Brad Bird Movie Supercut, The "World's Most Relaxing Film" and More

By Christopher Campbell | May 22, 2015

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Here are a bunch of little bites to satisfy your hunger for movie culture:

In honor of *Tomorrowland* opening this weekend, watch a supercut tribute to the movies of Brad Bird (via [The Playlist](#)):



If only Disney really made beer inspired by their animated classics. Until then, here are printable labels to wrap around your lame real beer. See them each up closer at [Design Taxi](#).

This is "The World's Most Relaxing Film," made to promote travel to Denmark (via [Design Taxi](#)):



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THINGS TO PUT YOUR EYES ON

We watched 'The World's Most Relaxing Film'—and yes, it's for real

Jill Layton / May 22, 2015 9:58 am



As you are probably aware, today is Friday — the day before the most **relaxing** days of the week (and the most relaxing long weekend of the year!). Friday can sometimes feel like the longest day of the week, because our brains and hearts are already over the work week. But thanks to a video of perfection, we've already gotten a jump-start on a relaxing weekend. *The Huffington Post* alerted us to *The World's Most Relaxing Film*. It's seven minutes of heaven. Seriously, if heaven was a thing on Earth, this is probably what it would be like.

The World's Most Relaxing Film has a sunrise, sunset, trees of green, water, chirping birds, a cow gazing off into the distance, and slow camera movements that make us feel like we're there — all accompanied by the world's most **relaxing** music. It's our happy place, and we refuse to stop watching it.



The film was created based on the advice from experts on stress, mindfulness, nature therapy, medicine and music therapy (check out the [making of *The World's Most Relaxing Film*](#)). It was shot on location on the west coast of Zealand, Denmark — clearly one of the most beautiful places in the world. We want to go to all of the locations — like, right now. Especially if the soundtrack, which was designed to lower our heart rate, follows us everywhere.

We're on the road!

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We know that Sigur Ros aren't from Denmark. But only they could make the country's latest tourism video more soothing than it is already.

Danish tourism organization Visit Vestsjaelland has released a video it calls "The World's Most Relaxing Film."

And it delivers. The video itself is a collection of soothing images from Zealand, the country's largest island.

It shows a beautiful landscape filled with forests, fields, marshes and even grazing cows.

Why does it call itself the "World's Most Relaxing Film"? Science, that's why.

The organization said it attached pulse monitors to some city residents to see how their heartbeats changed while watching the film. Visit Vestsjaelland said the subjects' pulses dropped by over 10 per cent, The Local reported.

We know the point of the video is to make people visit Denmark.

But for now it's sending us into a deep, pleasant ... yawn ...

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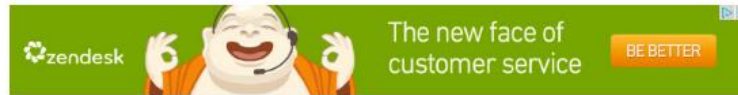
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IS THIS THE WORLD'S MOST RELAXING FILM? WE'LL LET YOU BE THE JUDGE

matthewpayton89 May 21, 2015 World News



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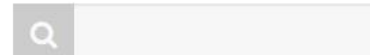


The wind whispering over undulating grasslands, the sound of waves on the beach and the ghostly noises of the forest – even thinking of those scenes is a chilled out experience.

This video by Danish Tourism organisation, Visit Vestsjælland, is certainly relaxing but they have made the cheeky claim that the seven minute clip is the 'most relaxing in the world.'

The Local reported that Visit Vestsjælland invited busy city workers to watch the clip while linked to pulse monitors and saw that pulse rates reduced by more than ten per cent.

Can it really beat an Enya music video, because they are just the bubble bath of videos.



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- 【画像】島村卯月17歳B83W58H87 ←お尻すごい 三村がな子17歳B90W63H89←779！
- 俺のドット絵のモザイクを当ててまで得れま1
- 【画像】1980年代のファミコンのチラシをあげてく
- ソンビ地帯から逃走カーアクション Earn to Die 2: Exodus
- 凄いいい!! 1巻と最終巻で絵の変化がヤバイ漫画
- 海外「日本人は昔から豊かだったのか」150年前に掲げられた日本の写真が話題に
- 【J1.1st第13節 広島×新潟】塩谷2発など4ゴールを挙げた広島が3戦ぶり勝利！ J1通算300勝を達成
- 【衝撃】女子との会話に使える「一流の女子会話術」がマンで爆発

前の記事
数学モデルから解析すると、異星人はクマと同等の大きさであると推測 (スペイン研究)

次の記事 >>
マクドナルドの店で猫が行き倒れ? その正体はこの後すぐ

ノイズキャンセリングヘッドフォン推奨。世界で最も癒される動画「The World's Most Relaxing Film」

2015年05月23日 コメント(8) | 動画 | サイエンス&テクノロジー | #

Kob dine LLOYD sko online eller besog vores butik for inspiration!



大変なことが立て続けに起きて、もう限界を超えそうだ。そろそろちょっと休もうか。そんな時には是非おすすしたいのが、「世界で最もリラックスする動画」と称されるこの映像だ。デンマーク、シエラン島の森林、穏やかな海、草が生い茂る牧草地を背景に、心地よい音楽が流れる。

大きく深呼吸しながら、7分間の映像を見終わる頃にはすずっと心が軽くなり、ストレスが軽減されるという。まさに心に効く処方箋だ。

メールマガジン

メールアドレスを入力...

カラパア無料メールマガジン購読方法 >>

注目の記事ランキング

カラパアの人気記事を、カテゴリ別・SNS別で表示することができる多機能ランキングページ。興味のある記事がすぐに見つかるぞ！

ちょっと見てみる

画像・動画投稿募集

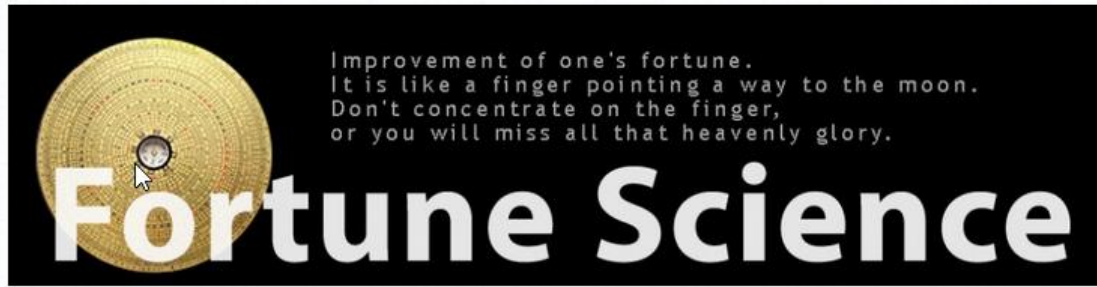
スマホからでも簡単投稿！自慢のペット・ご当地情報・謎生物・不思議現象自験情報・やってみた・作ってみたなど。

投稿はここから！

カラパアの歩き方

みんな違ってみんなイイ!

- | 週刊 | 月別 | 年別 |
|----|----|--|
| 1位 | | 初めて色のついた子供たちを見た瞬間、父親は感動のあまりむせび泣く。色覚異常矯正メガネで得た色のついた世界。 |
| 2位 | | 能力の低い人ほど根拠のない自信に満ちあふれている。「ダニング=クルーガー効果」とは? |
| 3位 | | 保護された動物とペットショップで売られている動物、どこに違いがあるの? ペットショップを舞台に行われた興味深い販売実験 (ブラジル) |
| 4位 | | うまい目玉は目玉じゃない! おいしい目玉杏にゼリーの作り方【ネトメシ】 |
| 5位 | | 犬の最良の友は犬! やさしい世界が広がる犬×犬のベストフレンド画像 |
| 6位 | | オンラインゲームの協力プレイで攻撃性が低下し、社会性が向上することが判明 (米研究) |
| 7位 | | やさしい世界にほんわり、孤児となった赤ちゃんキツネを大切に育てるコローキ |



[ホーム](#) | [お問い合わせ](#) | [サイトマップ](#) | [音声ライブラリ大全](#) | [ひとりさん通信](#) | [コレクションBOX](#) | [100回聞きシリーズ](#) | [干支雑字 \(保護中\)](#)
[六十四卦 \(保護中\)](#)

[ホーム](#) > [♪癒やしの音楽 > Relaxation >](#)

究極のリラゼーション動画～The World's Most Relaxing Film

📅 2015/05/25

深いリラックスに導かれる映像と音楽



映像はデンマーク・ジールランドのウェスト・コーストで撮影されたもの。

ゆったりと深呼吸しながら、7分間の映像と音楽に集中しましょう。
7分後には心と体が軽くなり、日頃のストレスから完全解放されるでしょう。

[ヘッドホン](#) or [イヤホン推奨](#)

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購読する

NEW POST

【お知らせ】 文字起こし ハジメマシタ。
2015.05.27
一人さんの教え広め隊！からのお知らせです。皆様、いつもアクセスありがとうございます…

二千年たってもいい話
※お待たせしました！文字起こし完了しました！
150527 二年ぶり(汗)
2000年たってもいい話 夢の持ちかた/夢の叶えかた/奇跡の起こしかた/魅力のつ…

映画で使われたクラシック音楽 ショパン：夜想曲 第20番＝戦場のピアニスト



株式投資で勝ちたいですか？

今後あなたが継続して稼げるように…
神王リョウが全てを教えます！

神王リョウの
投資マスター講座

さっそく無料で受講する▶

日本

海外

自然宇宙

異次元

ART

芸能

超刺激



TOCANA > VIDEO TOPIC > 専門家による「世界一リラックスできる動画」

7分間で完全に癒される「世界一リラックスできる動画」!! 専門家の叢智、ここに結集!

Pocket 6

Bit 1

ツイート 28

Google+ 2

ログイン

コメント 0

2015.05.28

関連キーワード: デンマーク, 癒やし, 瞑想, 自然, 観光

ドコイク: アドネットワーク
リクルートの地域密着型広告
ドコイク: アドネット
ワーク

地域密着型エリア広告配信
リクルートの地域密着型広告
ドコイク: アドネット
ワーク

Ads by ドコイク

突然ですが、トカナにはいつも怖いニュースやびっくりする話題が溢れていますね。それらを目にして、激しく心を掻き乱されてしまう読者もいるかもしれません。今回は、そんな時にピッタリの「世界一リラックスできる動画」を紹介します。



The World's Most Relaxing Film [YouTube] より

先月29日に公開されたこの動画は、北欧デンマーク王国・シェラン地域の観光局が推し進める「ピジット・ヴェストシェラン」キャンペーンの一環として制作されたもの。さすが公的機関が本気で“世界一”と胸を張るだけのことはあり、自然療法士・音楽療法士・医学博士・瞑想のエキスパートなど、さまざまな専門家の協力のもとに作られました。

協和発酵バイオ

40代

二度寝するほど
グタグタの妻が!?

40代~50代が殺到中!
驚きの約2週間…

詳しくはクリック>>



【読者スクープ】奇妙な「空洞型UFO」激写!
2015.04.13

投稿 一覧

写真の投稿はこちら

人気記事ランキング

不思議ベスト6! 総合

1 棒が局部を貫通…性的虐待を受けた牝馬!

2 狂気のペット犬連続レイプ事件!

3 25日の震度5弱地震は予言されていた

4 人形と首らす男!

5 小保方さんの“無意識のメッセージ”が聞…

6 世界“野蒜”お国申請

PR 取引額500円から可能! 次世代の低リスク
トレード(バイオフ)で稼ぐ



Unwind On A Busy Monday

Posted on May 25, 2015 by Darren Osborne



With the 'World's Most Relaxing Film'.

It was recorded based on the advice from experts in the fields of stress, mindfulness, nature therapy, medicine and music therapy. Does it work for you? I want to put this video on a LOOP!



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Music

12:00 am - 5:00 am

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I'm Like a Bird

Nelly Furtado

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98.1 CHFI



REGIONAL

Chris Christie's rants at reporters that he 'doesn't give a s*** any more' Undercover kickboxer Gemaine Yeap challenges martial arts trainers

Most relaxing video ever featuring Danish scenery reduces pulse rates by 10%

STAFF WRITER

31/12/1969 17:00:00



More from Regional

- Chris Christie's rants at reporters that he 'doesn't give a s*** any more'
- Montel Williams slams Josh Duggar as a 'slimebag' on Twitter

- Seven minute film features natural scenes from sandy beaches to sunsets
- Danish tourism board tested effects on audience wearing pulse monitors
- Aims to bring viewers to a 'place of peace and tranquility'

By Kate Pickles For Mailonline

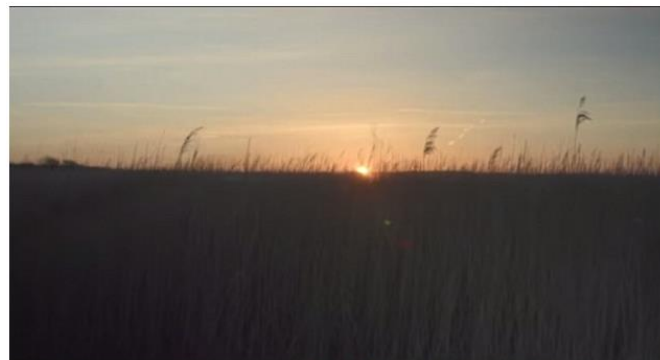
Published: 04:50 EST, 22 May 2015 | Updated: 12:14 EST, 22 May 2015

A Danish tourism organization claims to have made the 'world's most relaxing film' using images of natural scenery on the western coast of Zealand.

Set to a backdrop of gentle piano music, the seven-minute slideshow features some of the country's most breathtaking scenery.

Visit Vestsjælland believes the film is the perfect amount of time to release day-to-day anxieties and become completely relaxed.

Scroll down for video



Peaceful: The seven-minute video shows relaxing clips like the sun setting over a grassy field

The theory was tested in a packed cinema where the audience was each strapped to a pulse monitor. The research found participants' pulse rates dropped by more than 10 per cent during the short film.

The video starts with the message: 'There is a place of peace and tranquility within all of us. This is an attempt to bring you there.'

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We watched 'The World's Most Relaxing Film'-and yes, it's for real



As you are probably aware, today is Friday - the day before the most relaxing days of the week (and the most relaxing long weekend of the year!). Friday can sometimes feel like the longest day of the week, because our brains and hearts are already over the work week. But thanks to a video of perfection, we've already gotten a jump-start on a relaxing weekend. The Huffington Post alerted us to The World's Most Relaxing Film. It's seven minutes of heaven. Seriously, if heaven was a thing on Earth, this is probably what it would be like.

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hellogiggles.com 3h

3 Hangs

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70% 5.5s	60% 17.3s	60% 17.5s

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Adam Stillman I should be better at this, I work for a tech startup
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Tony Auck LockerShots?
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Who should replace David De Gea at Manchester United?

David de Gea is just 1/6 to sign for Real Madrid this season and 7/2 to remain at Manchester United. [Read more](#)



4 måder til at undgå at løbe tør for penge, når du er gået på pension

Hvis du har værdipapirinvesteringer for mere end 2,5 mio. kroner, kan du downloade en guide, skrevet af "Forbes" skribenten og formueforvalteren Ken Fishers firma. Selvom du allerede har en plan, indeholder denne guide vigtige undersøgelser og analyser, du kan bruge med det samme. Den er sunderlig!

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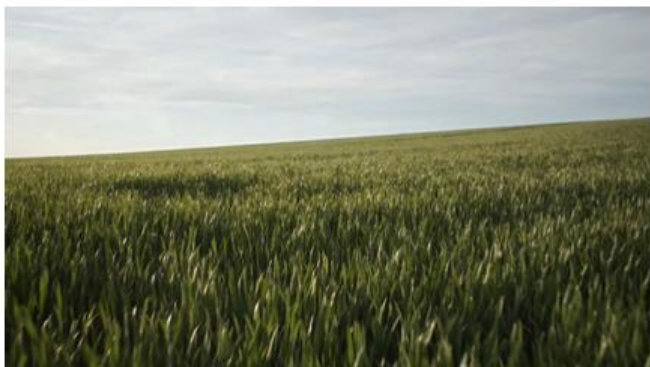
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SEARCH ...

Take A Moment To Chill Out With The 'World's Most Relaxing Film'



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POSTED BY: ADMIN MAY 21, 2015



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WORLD'S UPDATES



POSTED BY:
ADMIN MAY
23, 2015

'Intimidating' Kangaroo With 'Massive Pecs' Is Stalking People In Australia

Creep level: 10 (Picture: Seven News) Tell us that's not the creepiest picture you've seen today.

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Sinus Lyngø - EFFEKT Arkitekter ApS, Denmark

denmark 7h ago

THE WORLD'S MOST RELAXING FILM 2W AGO

There is a place of peace and tranquility within all of us.
This is an attempt to bring you there.

0:21 / 7:00

SOURCE [YouTube](#)

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Posting as **Visit Vestsjælland**

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denmark moving picture music nature

Description

The World's Most Relaxing Film will make you relax in just 7-minutes. It has been recorded based on the advice of experts from the fields of stress, mindfulness, nature therapy, medicine and music therapy. The film was



1clicknews.com

THE LATEST AND TOP WORLD NEWS

| Is this the world's most relaxing film? We'll let you be the judge 0

BY 1CLICKNEWS ON MAY 21, 2015

WORLD

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The wind whispering over undulating grasslands, the sound of waves on the beach and the ghostly noises of the forest – even thinking of those scenes is a chilled out experience. **Source**

This video by Danish Tourism organisation, Visit Vestsjælland, is certainly relaxing but they have made the cheeky claim that the seven minute clip is the 'most relaxing in the world.'

The Local reported that Visit Vestsjælland invited busy city workers to watch the clip while linked to pulse monitors and saw that pulse rates reduced by more than ten per cent.

Today's Pleasure

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Take a moment to chill out with the 'world's most relaxing film'

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