

## CNN News Highlights – Four Day Work Week

|                  |                 |                      |                |
|------------------|-----------------|----------------------|----------------|
| 1) burnout       | 2) concept      | 3) Great Resignation | 4) hobbies     |
| 5) pilot program | 6) productivity | 7) quiet quitting    | 8) significant |

Is it possible though? Is it better? The \_\_\_\_\_ of the four-day workweek is simple: get paid the same but only work four days a week. A growing list of companies are testing shorter workweeks to avoid employee \_\_\_\_\_, especially as the United States is faced with a tight labor market and employers are doing more to attract talent.

Workers are burned out from the pandemic and are putting greater value on personal time. \_\_\_\_\_ and the \_\_\_\_\_ are popular terms in offices all across the country. This week, 28 companies in the U.S. and Canada began a six-month \_\_\_\_\_ of shortened workweeks in partnership with a non-profit called Four-day Week Global. And this isn't the first program of its kind. Companies that participated in a pilot program in Britain say they saw no loss in \_\_\_\_\_ during a similar experiment and in some cases, they saw \_\_\_\_\_ improvement. Employees say they have more time to spend with their families to invest in \_\_\_\_\_ and to sleep.

|           |             |                      |             |
|-----------|-------------|----------------------|-------------|
| 1) boosts | 2) chaotic  | 3) consumers         | 4) function |
| 5) shifts | 6) the norm | 7) ultimately impact |             |

Now, all this, they say, \_\_\_\_\_ their well-being, therefore making them more productive at work. Many companies that try a four-day workweek say they'll likely keep them going. But it's also important to note that the four-day workweek is not \_\_\_\_\_. And for some industries, it's not even possible. Companies in manufacturing and service industries and restaurants — they'd need to hire more people for more \_\_\_\_\_, which would cut profits and \_\_\_\_\_ the \_\_\_\_\_.

Let's hear more now from CNN chief business correspondent Christine Romans.

Five days' pay, four days' work, a four-day workweek. Four-day workweek; sounds amazing, right? Shorter workweek, same pay? More than 180 companies and thousands of employees around the globe have joined a six-month pilot program to see how a four-day workweek could \_\_\_\_\_ for their businesses. And so far, the experience has been -  
- Positive. \_\_\_\_\_. We didn't know what we were doing. We were all over the shop.

|                      |                   |                    |                    |
|----------------------|-------------------|--------------------|--------------------|
| 1) crisis of leisure | 2) desire         | 3) faded from view | 4) lack of balance |
| 5) remote work       | 6) Silicon Valley | 7) strapped        | 8) turbocharged    |

It sounds like an idea fresh out of the pandemic. A \_\_\_\_\_ dream, right? Not quite. The reality is that the \_\_\_\_\_ for a shorter workweek goes back a long time. A really long time. In the 1970s, it was fairly popular, and people were talking about the \_\_\_\_\_, and then it \_\_\_\_\_ for a long time. I guess the tide has gone out and we've seen just how \_\_\_\_\_ we all were with our work lives and home lives and \_\_\_\_\_ there. The pandemic \_\_\_\_\_ the four-day week because employers started, you know, having to figure out some solutions to the stress and burnout. But the other thing is, is, \_\_\_\_\_, because one of the things that we hear from management is that remote work taught management it could trust its employees.

|                     |              |               |               |                   |
|---------------------|--------------|---------------|---------------|-------------------|
| 1) basic parameters | 2) maintain  | 3) meaningful | 4) output     | 5) pursue         |
| 6) reduction        | 7) retaining | 8) so forth   | 9) transition | 10) vast majority |

Okay. So let's talk about the \_\_\_\_\_, then, of the Four-day Week Global pilot program.

The requirements are no \_\_\_\_\_ in pay. So all employees are still getting their five days' pay. And there must be a \_\_\_\_\_ reduction in work time. So the \_\_\_\_\_ are going to a four-day, 32-hour week. You've got to figure out how to do it so that you can \_\_\_\_\_ your productivity and your \_\_\_\_\_ and \_\_\_\_\_.

Why did you guys decide to try this?

There was enough evidence out there that suggested that companies, particularly like Kickstarter, can successfully \_\_\_\_\_ to a four-day workweek while maintaining or improving productivity. But we're also looking at the way that work was changing given the pandemic. We moved to fully remote, and we just saw people that were burnt out and tired. And \_\_\_\_\_ our employees, making it easier to hire employees and making sure our employees were happy at home is really why we decided to \_\_\_\_\_ it.

|                  |                 |                |              |
|------------------|-----------------|----------------|--------------|
| 1) benefits      | 2) fast forward | 3) freshness   | 4) handovers |
| 5) mindset shift | 6) navigating   | 7) perspective | 8) ruin      |

The first six weeks \_\_\_\_\_ those was really, really hard. After that first weekend of us doing four days and then, you know, having either the Friday, the Monday off, I thought, "What have I done? I'm going to \_\_\_\_\_ this business without even trying."

But now \_\_\_\_\_, you've had the \_\_\_\_\_. You figured out the \_\_\_\_\_.

Yeah.

People came in. The workers were fighting for it to keep the four-day workweek. And how are you now?

We're doing amazing now. By the time we had kind of gotten into that fourth month, it really started to go together.

And one of the big \_\_\_\_\_ we've seen is just the \_\_\_\_\_ and almost kind of \_\_\_\_\_ that people bring to work with them because of those four days, and that fifth day really giving them time to do stuff they want to do.

## Translation

有可能嗎？會比較好嗎？四天工作週的概念很簡單：獲得相同的報酬，但每週只工作四天。越來越多的公司正在測試縮短工作週以避免員工倦怠，尤其是在美國面臨勞動力市場短缺雇主正在採取更多措施以吸引人才。

工人因大流行病而筋疲力盡，並且更加重視個人時間。安靜的辭職和大辭職是全國各地辦公室的流行術語。本週，美國和加拿大的 28 家公司與一家名為“全球四天工作週”的非營利組織合作，開始了一項為期六個月的縮短工作週的試點實驗計劃。這不是第一個此類的企劃。參與英國試點項目的公司表示，他們在類似的實驗中沒有看到生產力下降的現象，反而在某些情況下，他們看到了顯著改善。員工們表示，他們有更多的時間與家人一起投身於自己的興趣愛好和更多時間睡覺。

現在，他們說，這一切都提高了他們的幸福感，從而使他們在工作中更有效率。許多嘗試每週工作四天的公司表示，他們可能會繼續這樣做。但同樣重要的是要注意，每週工作四天並不是常態。而對於某些行業來說，這甚至是不可能的。製造業、服務業和餐館的公司——他們需要僱傭更多的人來輪班，這會削減利潤並最終影響消費者。

現在讓我們從 CNN 首席商業記者 Christine Romans 那裡聽聽更多消息。

五天工資，四天工作，一周工作四天。每週工作四天；聽起來很神奇，對吧？工作時間短，工資一樣？全球已有 180 多家公司和數千名員工加入了為期六個月的試點計劃，以了解為期四天的工作周如何為其業務運作。到目前為止，經驗是 - 正向的。混亂的。我們不知道我們在做什麼。我們在商店裡到處走來走去。

這聽起來像是一個剛剛擺脫大流行病後的想法。一個矽谷的夢想，對吧？不完全的。現實情況是，對縮短工作週的渴望可以追溯到很久以前。真的很久了。1970 年代還頗為流行，人們都在談論休閒危機，然後淡出人們的視線一段很長的時間。我想潮流已經過去了，我們已經看到我們所有人的工作生活和家庭生活是多麼緊張，而且缺乏平衡。大流行病加速了為期四天的工作週，因為雇主開始，你知道，不得不找出一些解決壓力和倦怠的方法。但另一件事是遠端工作，因為我們從管理層那裡聽到的一件事是，遠端工作教會了管理層可以信任員工。

好的。那麼，讓我們談談為期四天的全球試點計劃的基本參數。

要求是不減薪。因此，所有員工仍然可以獲得五天的工資。工作時間必須顯著減少。所以絕大多數人每週工作四天，工作 32 小時。你必須弄清楚如何去做，這樣你才能保持你的生產力和你的產出等等。

為什麼你們決定試試這個？

有足夠的證據表明，公司，尤其是像 Kickstarter 這樣的公司，可以成功地過渡到每週工作四天，同時保持或提高生產力。但我們也在研究鑑於大流行病而改變的工作方式。我們改成完全遠端工作，我們那時看到那些精疲力盡的人。留住我們的員工可以讓僱用新僱員工更容易，並確保我們的員工在家開心，這才是我們決定追求它的真正原因。

引導這些的前六週真的非常非常困難。在我們第一個週末做了四天之後，你知道，週五或週一休息，我在想，“我做了什麼？我能很容易就毀了這家公司。”

但現在快速前進，你已經有了思維方式的轉變。你弄清楚了轉移的地方。

對！

人們參加進來了。員工們正在爭取保持每週四天的工作。你現在怎麼樣？

我們現在做得很棒。當我們進入第四個月時，它開始進行得非常順利。我們看到的最大好處之一就是人們因為這四天而使他們帶來工作的視角幾乎是一種全新感，而第五天真的讓他們有時間做他們想做的事情。



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## Answers

|                  |                 |                      |                |
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| 1) burnout       | 2) concept      | 3) Great Resignation | 4) hobbies     |
| 5) pilot program | 6) productivity | 7) quiet quitting    | 8) significant |

Is it possible though? Is it better? The **2) concept** of the four-day workweek is simple: get paid the same but only work four days a week. A growing list of companies are testing shorter workweeks to avoid employee **1) burnout**, especially as the United States is faced with a tight labor market and employers are doing more to attract talent.

Workers are burned out from the pandemic and are putting greater value on personal time. **7) Quiet quitting** and the **3) Great Resignation** are popular terms in offices all across the country. This week, 28 companies in the U.S. and Canada began a six-month **5) pilot program** of shortened workweeks in partnership with a non-profit called Four-day Week Global. And this isn't the first program of its kind. Companies that participated in a pilot program in Britain say they saw no loss in **6) productivity** during a similar experiment and in some cases, they saw **8) significant** improvement. Employees say they have more time to spend with their families to invest in **4) hobbies** and to sleep.

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Now, all this, they say, **1) boosts** their well-being, therefore making them more productive at work. Many companies that try a four-day workweek say they'll likely keep them going. But it's also important to note that the four-day workweek is not **6) the norm**. And for some industries, it's not even possible. Companies in manufacturing and service industries and restaurants — they'd need to hire more people for more **5) shifts**, which would cut profits and **7) ultimately impact** the **3) consumers**.

Let's hear more now from CNN chief business correspondent Christine Romans.

Five days' pay, four days' work, a four-day workweek. Four-day workweek; sounds amazing, right? Shorter workweek, same pay? More than 180 companies and thousands of employees around the globe have joined a six-month pilot program to see how a four-day workweek could **4) function** for their businesses. And so far, the experience has been -  
- Positive. **2) Chaotic**. We didn't know what we were doing. We were all over the shop.

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| 1) crisis of leisure | 2) desire         | 3) faded from view | 4) lack of balance |
| 5) remote work       | 6) Silicon Valley | 7) strapped        | 8) turbocharged    |

It sounds like an idea fresh out of the pandemic. A **6) Silicon Valley** dream, right? Not quite. The reality is that the **2) desire** for a shorter workweek goes back a long time. A really long time. In the 1970s, it was fairly popular, and people were talking about the **1) crisis of leisure**, and then it **3) faded from view** for a long time. I guess the tide has gone out and we've seen just how **7) strapped** we all were with our work lives and home lives and **4) lack of balance** there. The pandemic **8) turbocharged** the four-day week because employers started, you know, having to figure out some solutions to the stress and burnout. But the other thing is, is, **5) remote work**, because one of the things that we hear from management is that remote work taught management it could trust its employees.

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| 1) basic parameters | 2) maintain  | 3) meaningful | 4) output     | 5) pursue         |
| 6) reduction        | 7) retaining | 8) so forth   | 9) transition | 10) vast majority |

Okay. So let's talk about the **1) basic parameters**, then, of the Four-day Week Global pilot program. The requirements are no **6) reduction** in pay. So all employees are still getting their five days' pay. And there must be a **3) meaningful** reduction in work time. So the **10) vast majority** are going to a four-day, 32-hour week. You've got to figure out how to do it so that you can **2) maintain** your productivity and your **4) output** and **8) so forth**.

Why did you guys decide to try this?

There was enough evidence out there that suggested that companies, particularly like Kickstarter, can successfully **9) transition** to a four-day workweek while maintaining or improving productivity. But we're also looking at the way that work was changing given the pandemic. We moved to fully remote, and we just saw people that were burnt out and tired. And **7) retaining** our employees, making it easier to hire employees and making sure our employees were happy at home is really why we decided to **5) pursue** it.

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| 1) benefits      | 2) fast forward | 3) freshness   | 4) handovers |
| 5) mindset shift | 6) navigating   | 7) perspective | 8) ruin      |

The first six weeks **6) navigating** those was really, really hard. After that first weekend of us doing four days and then, you know, having either the Friday, the Monday off, I thought, "What have I done? I'm going to **8) ruin** this business without even trying."

But now **2) fast forward**, you've had the **5) mindset shift**. You figured out the **4) handovers**.

Yeah.

People came in. The workers were fighting for it to keep the four-day workweek. And how are you now?

We're doing amazing now. By the time we had kind of gotten into that fourth month, it really started to go together.

And one of the big **1) benefits** we've seen is just the **7) perspective** and almost kind of **3) freshness** that people bring to work with them because of those four days, and that fifth day really giving them time to do stuff they want to do.