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Four for the Win

工時大戰



英聽教學

Sometimes, less can be more.

有時工時變少，效率會更高。

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工作效能重質不重量

週休三日強勢登場

英文 / Leila Luo 圖 / 123RF



Many countries and companies around the world are testing out a four-day work week. From 2015-2019, Iceland ran trials that paid workers for a 40-hour week while they only worked 35 or 36 hours. Productivity remained the same or even improved. Workers reported feeling less stressed. Now, at least 86% of Iceland's workforce have either moved to shorter hours for the same pay, or will gain the right to.

許多國家、企業正在嘗試推動四天工作制。2015 年到 2019 年間，冰島試行支付工人 40 小時的工資，卻實作 35 到 36 小時。相較於過去的長工時，試行結果顯示，勞工的生產力不僅持平、甚至提升；勞工們也反應新制度減輕了工作上的壓力。現在，86% 以上的冰島勞動人口在不變的工作待遇下，已擁有或即將享有較少的工作時數。

In the summer of 2019, Microsoft Japan experimented with a shorter week, too. They found increased productivity by 40% while saving 23% in electricity costs. Because of this successful test, the Japanese government recommended that in 2021 employers offer a shorter workweek. This year, Panasonic announced it will offer a four-day workweek to its employees in Japan.

2019 年夏季，日本微軟也試行四天工作制。他們發現，生產力不但激增 40%，還減省 23% 的電力成本。有鑑該試驗的成功，日本政府建議雇主於 2021 年起降低雇員的每週工作時數。今年，松下電器 (Panasonic) 宣布，將為日本境內員工，提供四天工作制的選項。



素雞塊擄獲人心 速食颯起新旋風

英文 / Andrew Edmunds 圖 / 123RF

Plant-based foods continue to become more available in fast food eateries. KFC recently launched their new plant-based 'chicken' nuggets across the US, after a test run two years ago in Atlanta proved to be a huge success. The decision reflects the shift towards non-meat alternatives in the fast food market.

近期植物性食品在速食店餐點中是越發地常見。兩年前，肯德基素雞塊首次在亞特蘭大分店試賣，獲得巨大的迴響後，近日素雞塊更正式地登上美國各地的菜單。該公司的這項決策反映了速食市場正趨勢逐漸傾向替代性肉品。



愛狗又怕受傷害

揪出抗原 戲犬 Fun 心

英文 / Andrew Edmunds 圖 / 123RF

Being allergic to dogs is a common problem worldwide. For the first time, researchers at Osaka Prefecture University have identified what could be parts of the molecules that make up dog allergens. More research needs to be done to confirm, but the hope is to produce a vaccine for the allergy in the near future.

對狗過敏是不分國界、極為普遍的生理問題。大阪府立大學研究團隊首次確認了造成人類對狗過敏原的部分因子。雖然引起過敏的抗原特定部位尚須確認，但其研究已為過敏疫苗的研製帶來一線曙光。



eatery (n.) 餐廳

prove (v.) 證明是

allergic (a.) 過敏的

molecule (n.) 分子

vaccine (n.) 疫苗

週休 3 日可行嗎？ 魚與熊掌難兼得！

英文 / Leila Luo 圖 / 123RF



Identifying and weighing the advantages and disadvantages of any issue is a critical thinking skill that helps us understand information and make decisions. What are the pros and cons of a four-day workweek? Global research has shown that a regular three-day weekend results in more efficient and healthier employees. Employees report experiencing an improvement in their overall well-being and enjoying more time for their families, friends, and neighbors.

思辨能力是協助我們釐清問題的重要技能，先識別議題的優劣、權衡資訊，再做出決策。據此，四天工作制的優缺點何在？根據全球的研究顯示，固定週休 3 日將可提高員工的工作效率，使員工身心狀態更為健康。勞工普遍反映，他們的整體幸福感有所提升，並有更多時間享受家庭時光與朋友鄰居相處。

However, other people, including business owners, have objections to working a four-day workweek. Not every industry can afford to give their employees a three-day weekend every week. Removing a day from employees' schedules can cause lots of problems for current business models. Businesses worry this will have a negative impact on customer satisfaction.

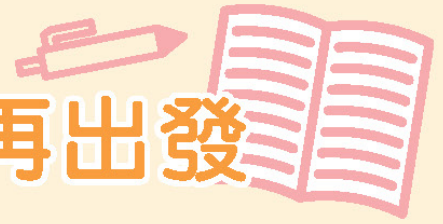
然而亦有業主及部分族群持反對意見。他們認為並非所有產業都適合員工週休 3 日。工作日少了 1 天，企業擔心將對現有的商業模式帶來衝擊，更可能造成客戶滿意度下降等負面影響。



weigh (v.) 權衡 decision (n.) 抉擇 employee (n.) 雇員 objection (n.) 異議 negative (a.) 負面的

老師暫停緩口氣

學生充電再出發



英文 / Leila Luo 圖 / 123RF

Teachers get burned out and tired just like everyone else. The difference is when teachers aren't on top of their game, their students can suffer, too. Simon Elliott leads the multi-academy trust that runs Forest Gate community school in London. Elliott decided to shorten the week after reading worrying reports on stress and burnout for teachers. So, he removed two periods from the schedule on Friday and added 50-minute lessons to weekdays.



教師也有筋疲力盡的時候，但與他人不同，若授課時無法保持最佳狀態，受影響的不只是自己，還有聽課的學生。西蒙・艾略特領導的多學院信託基金會負責經營倫敦的森林門社區學校。在瀏覽令人堪憂的教職員壓力與倦怠狀態報告後，艾略特決定縮短教師每週的工作時間。他先從週五的課表中刪除了兩節課，並在平日排入 50 分鐘供學生寫作業、從事課外活動的時間。

The result? Elliott's teachers are happier and more energetic. An internal survey showed 98% appreciate the change. The students, who often struggled to focus on Friday afternoons, say they also enjoy the extra time to spend with friends, or do extracurricular activities and homework. Since the change, they have earned higher grades, leading to more satisfied parents.

其成效如何？艾略特帶領的教師團隊更快樂、更有活力。根據學校內部調查顯示，98% 的教師皆讚賞這項變化。在週五下午無法專心聽課的學生們表示，他們樂於擁有這段與朋友相處、課外活動或在教室做功課的額外時間。自改革以後，學生們普遍取得更好的成績，父母也對新課表深感滿意。



1. What is one improvement Iceland has experienced according to page two?

- a. Electricity costs have increased.
- b. Employees are more productive.
- c. Employers have recommended trials.
- d. Experiments were done for five years.

2. What does 'launch' mean as it was used on page three?

- a. to introduce something new
- b. to send out a spacecraft into space
- c. to eat a meal in the middle of the day
- d. to start on a career

3. What is new in dog allergy research according to page three?

- a. Dogs can now attend Osaka Prefecture University.
- b. Researchers think they might know which parts make people allergic.
- c. Research from the future has been identified.
- d. University dogs are confirmed to be allergic to students.

4. What are some business owners concerned about according to page four?

- a. Customers will not be satisfied.
- b. Researchers can't identify the critical issue.
- c. Employees won't understand information overall.
- d. Three-day weekends will grow longer.

5. What does it mean to be on top of your game?

- a. To sit on top of a board game
- b. To perform extremely well
- c. To have an advantage over a situation
- d. To reveal a secret

6. Disadvantage is to con as ____.

- a. academy is to school
- b. remove is to alternative
- c. identify is to object
- d. efficient is to expose

Cloze Test A

Kirstie hasn't been herself lately. She feels exhausted all ____ time and quickly loses her temper. She often fights ____ her family. Even when she's at home, she can't stop thinking about work. Kirstie is probably burnt ____.

Cloze Test B

Kate took a long holiday. While ____ holiday, she promised herself that she wouldn't even think about work. Instead, she took long walks in nature and listened ____ music that makes ____ happy.

1.b 2.a 3.b 4.a 5.b 6.a

1. 閱讀理解題。查閱第 2 版，冰島試行四天工作制，勞工生產力較過往持平，甚至提升。因此答案為 (b)。

2. launch，可指「發射」火箭升空，但在第 3 版第 1 則報導中，該字是指肯德基「推出」新產品。

3. 第 3 版第 2 則報導指出，研究團隊確定了造成對狗過敏的部分因子，而引起過敏的抗原特定部位尚待確認。因此答案為 (b)。

4. 第 4 版指出，業主擔心週休三日會使客戶滿意度下降，因此答案為 (a)。

5. 片語 be on top of one's game，意指在競賽、工作或事業上表現亮眼。

6. 觀察詞彙關係，disadvantage 和 con 皆是「劣勢、缺點」的意思。(a) academy 和 school 皆是教育機構，恰如題目單字互為近義詞。

Cloze Test A

1.the 2.with 3.out

柯爾絲堤近來時常心神不寧。總覺得疲憊又易怒，老是和家人起衝突。即使身在家中，她仍滿腦子工作。柯爾絲堤應該是累壞了。

Cloze Test B

1.on 2.to 3.her

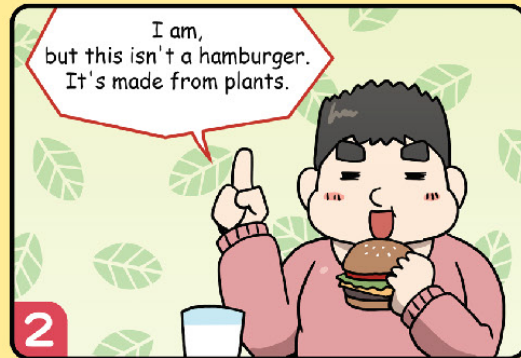
凱特休了個長假。她對自己發誓：假期中，絕不想工作上的事情。取而代之的是，在大自然中漫步、聆聽帶給她快樂的音樂。

素味憑生

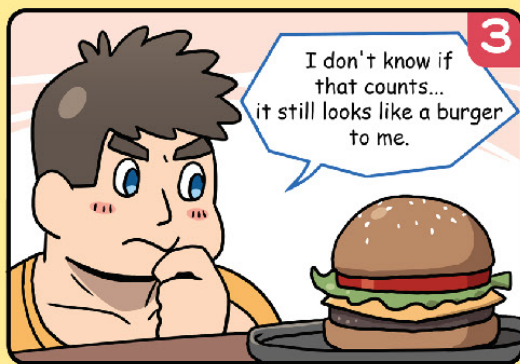
腳本 / Leila Luo 漫畫 / 瀚昇



喂！你怎麼在吃漢堡
不是在減肥嗎？



是啊。但這應該不算漢堡，
它是植物做成的。



我不知道這算不算……
在我看來它還是漢堡。



但，如果減肥還能吃這麼好的話，
我也要減肥！對吧？

The Rest is History

家庭藥箱必備

阿斯匹靈專利上市

英文 / Andrew Edmunds 圖 / 123RF

Open up a medicine cabinet in any household and you're likely to find aspirin. On the 6th of March 1899, the German company Bayer patented acetylsalicylic acid. Originally, this drug was made from a chemical found in the bark of willow trees.

1899 年 3 月 6 日，德國拜耳公司取得阿斯匹靈（乙酰水楊酸）的專利。這種藥物最初是衍生自柳樹提取出的化學物質。時至今日，打開任何家庭的醫療箱，都能找到阿斯匹靈。