

本集内容

Out-of-hours work ban 比利时新规：员工下班可“断联”

学习要点

有关“work（工作）”的词汇

边看边答

What is the idea behind these new rules about working hours?

文字稿

The makings of a Belgian shepherd's pie. Delphine, a **civil servant**, is preparing dinner for her friends. With a life outside of work, she welcomes ways to help people switch off.

这是在烹制比利时版的牧羊人馅饼。公务员黛尔芬正在为她的朋友们准备晚餐。在工作之余，她欢迎各种帮人们放下工作休息的方法。

Delphine Piraux, civil servant

Especially for young people. It's not always clear when they have to be available or not. Because when you begin a new **job**, you want to be perfect, you know. And you think, 'if I don't answer that email at 10 o'clock at night, maybe my **boss** will not like it'. So now I think it's going to be, yeah, a cultural change.

黛尔芬·皮霍 公务员

“尤其是对于年轻人。并没有清晰的界定让人知道他们到底什么时候应该随叫随到。因为当你开始一份新工作时，总会想要做得完美。你心想：如果我晚上 10 点不回那封邮件，我的老板可能就会不高兴。所以，我觉得现在这种文化会发生改变。”

The new rules mean outside **normal hours** bosses can't get in touch, although there are exceptions. Workers also shouldn't be disadvantaged by not answering calls and emails.

新规定意味着在**正常工作时间**之外，上司不能联系员工，虽然也会有例外的情况。员工也不应该因为不接听电话和回复电子邮件而处于不利地位。

The idea – better wellbeing, less stress.

人们希望这个主意能改善身心健康，减少压力。

Vox-pop

It's a good idea as people move more and more towards digital works especially.

街头采访

“这是个好主意，因为人们越来越向数字化的工作方式转变。”

You work your eight hours and then you go home.

“你工作八小时，然后就回家。”

I think it's part of the job to be there when it's necessary.

“我认为在必要的时候能随时联系是工作的一部分。”

The minister in charge of the law change says there are plans to expand it to the **private sector**. But critics question the need for further regulation.

负责这项法律改革的部长表示，打算将其扩展到**私营企业**。但批评人士质疑进一步监管的必要性。

Jessica Parker, BBC correspondent

What would you say to people who suggest this is actually a bad idea, inefficient maybe?

杰西卡·帕克 BBC 通讯员

“对于那些认为这样做效率低下，不是什么好主意的人，你有什么话要说？”

Petra de Sutter, Minister for Public Administration

It is a misconception to think that you really should work 24-7 because we see that a lot of people cannot cope with that. And they are falling out.

佩特拉·德·萨特 公共管理部部长

“如果你觉得员工真应该全天候工作，那是错误的想法，因为我们看到很多人无法应对这种情况。而且他们会不堪重负。”

Dinner's in the oven. The mood is relaxed.

晚餐在烤箱里。气氛很轻松。

Similar laws have been introduced in France, Italy and Spain.

法国、意大利和西班牙也出台了类似的法律。

But Delphine's cat Mystique could perhaps best lead by example on how to unwind!

不过谈到该如何放松，黛尔芬的猫 **Mystique** 或许才是最好的榜样！

词汇

civil servant 公务员

job 工作

boss 上司，老板

normal hours 正常工作时间

private sector 私营企业

视频链接

<https://bbc.in/3LiN3Nx>

问题答案

The idea is to improve workers' wellbeing and cause less stress.