Vocabulary: work 词汇：工作

If you go to work, you're probably familiar with the **routine** of travelling to the office, hunting for an available desk, completing your **tasks** and then enduring your **commute** home. In many ways, it seems like an outdated working practice. And maybe that's why more and more of us are now choosing to work from home. There are, of course, many reasons for **remote working**, as it is also called. The demands of modern life and a desire for a better **work-life balance** has driven the trend, along with improved technology, which makes doing most tasks at home a **doddle**.

In the UK, figures from the Office for National Statistics show more than one and a half million people work from home for their main job. But, although **logging on** from the comfort of your sofa may appeal, especially if it's part of a **flexible working** approach, some people are forced to work from home and find it **hard going**. Marketing consultant Mark Black told the BBC he struggled to **switch off** from work when he was based solely at home. He says: "I hated home working. You get up in the morning and stare at the same four walls, do your work, and try and **clock off**, but you can't." It's true that being at home means you can't physically leave your office behind, and as Emma Mamo from mental health charity Mind says: "Home workers don't always have the same opportunities to connect with people as their office-based **colleagues**."

But remote working doesn't always mean being at home. Cafes and workplace spaces offer a chance for workers, particularly **self-employed** people, to come together and **interact with** each other. There are also employees who have no choice but to work remotely because their companies have decided to do away with offices altogether to have a more **agile** workforce - it's certainly very **cost effective** and attractive for **start-ups**. But for those employed by businesses with a physical base, working at home provides a convenient alternative to the 9 to 5. And without the **distraction** of their colleagues, it can be the most **productive** place to work!

词汇表

routine	常规，惯例
task	任务，工作
commute	通勤
remote working	远程工作
work-life balance	工作和生活的平衡
doddle	轻而易举的事情
log on	登录
flexible working	弹性工作时间
hard going	很难做的……
switch off	停止，不理睬
clock off	下班
colleagues	同事
self-employed	自雇的，个体经营的
interact with	交流，互动
agile	灵活的
cost effective	合算的，物有所值的
start-up	创业公司
distraction	干扰，影响
productive	有效率的

测验与练习

1. 阅读课文并回答问题。

1. What is it about technology that has made working from home easier?

2. What do more than 1.54 million people do from their home?

3. Other than home and the office, where else could people work?

4. True or false: *Some companies have done away with offices altogether.*

5. Which phrase used in the article describes the traditional way of working fixed office hours?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Thanks for inviting us to dinner – finding your house was a _____ using my new sat nav!

commute	doddle	agile	hard going

2. Work is really stressful, so I only really _____ when I am on holiday.

switch on	switch off	switched off	clock off

3. Driving around the city in our 4x4 vehicle wasn't very _____ - so we're trading it in for a smaller car.

agile	productive	cost-effective	commute

4. My new job has improved my _____ - I can now pick my kids up from school and work in the evenings.

life-work	working balance	work-life balance	work-life

5. My daily _____ involves buying a coffee and croissant from my favourite cafe before I start work.

commute	routine	tasks	doddle

答案

1. 阅读课文并回答问题。

1. What is it about technology that has made working from home easier?

Technology has improved, which makes doing most tasks at home a doddle.

2. What do more than 1.54 million people do from their home?

In the UK, figures from the Office for National Statistics show more than 1.54 million people work from home for their main job.

3. Other than home and the office, where else could people work?

Cafes and workplace spaces offer a chance for workers, particularly self-employed people, to come together and interact with each other.

4. True or false: *Some companies have done away with offices altogether.*

True. Getting rid of offices is very cost-effective.

5. Which phrase used in the article describes the traditional way of working fixed office hours?

9 to 5 – the traditional fixed working hours.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Thanks for inviting us to dinner – finding your house was a **doddle** using my new sat nav!

2. Work is really stressful, so I only really **switch off** when I am on holiday.

3. Driving around the city in our 4x4 vehicle wasn't very **cost-effective** - so we're trading it in for a smaller car.

4. My new job has improved my **work-life balance** - I can now pick my kids up from school and work in the evenings.

5. My daily **routine** involves buying a coffee and croissant from my favourite cafe before I start work.