

The Four-Day Workweek Experiment

ARTICLE READING

Some companies are testing a four-day workweek. Employees work for four days instead of five, but they try to finish the same important tasks. The extra day is used for rest, family time, hobbies, or personal errands. Supporters say workers may feel less tired and may concentrate better when they return to work. Some managers also hope that a shorter week will help them attract good employees. The plan is not easy for every business. A hospital, shop, or restaurant may need people to work every day, so it may create different schedules for different teams. The experiment also asks an important question: can people work smarter instead of simply working longer?

If your workweek suddenly had one extra free day, what unusual personal project would you start?

1. Would you prefer a four-day workweek or a five-day week with shorter hours? Why?
2. How would you spend your extra free day if you could not use it for work?
3. Which jobs would be difficult to organize in a four-day week?

4. Do people become more productive when they have more time to rest?
Explain.
5. What funny office rule could help workers finish their tasks before the weekend?
6. Should companies test a shorter workweek for young workers first? Why or why not?