

Out-of-hours work ban  
比利時新規：員工下班可“斷聯”

本集內容

Out-of-hours work ban 比利時新規：員工下班可“斷聯”

學習要點

有關“work（工作）”的詞彙

邊看邊答

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.

這是在烹製比利時版的牧羊人餡餅。公務員黛爾芬正在為她的朋友們準備晚餐。在工作之餘，她歡迎各種幫人們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.

黛爾芬·皮霍 公務員

“尤其是對於年輕人。並沒有清晰的界定讓人知道他們到底什麼時候應該隨叫隨到。因為當你開始一份新工作時，總會想要做得完美。你心想：如果我晚上 10 點不回那封郵件，我的老闆可能就會不高興。所以，我覺得現在這種文化會發生改變。”

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.

新規定意味著在**正常工作時間**之外，上司不能聯繫員工，雖然也會有例外的情況。員工也不應該因為不接聽電話和回復電子郵件而處於不利地位。

The idea – better wellbeing, less stress.

人們希望這個主意能改善身心健康，減少壓力。

Vox-pop

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

街頭採訪

“這是個好主意，因為人們越來越向數位化的工作方式轉變。”

You work your eight hours and then you go home.

“你工作八小時，然後就回家。”

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

“我認為在必要的時候能隨時聯繫是工作的一部分。”

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.

負責這項法律改革的部長表示，打算將其擴展到**私營企業**。但批評人士質疑進一步監管的必要性。

Jessica Parker, BBC correspondent

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

潔西嘉·派克      BBC 通訊員

“對於那些認為這樣做效率低下，不是什麼好主意的人，你有什麼話要說？”

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·薩特      公共管理部部長

“如果你覺得員工真應該全天候工作，那是錯誤的想法，因為我們看到很多人無法應對這種情況。而且他們會不堪重負。”

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

晚餐在烤箱裡。氣氛很輕鬆。

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

法國、義大利和西班牙也出臺了類似的法律。

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

不過談到該如何放鬆，黛爾芬的貓 Mystique 或許才是最好的榜樣！

## 詞彙

civil servant 公務員

job 工作

boss 上司，老闆

normal hours 正常工作時間

private sector 私營企業

## 視頻連結

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

## 問題答案

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