

Would you like to work a four-day week?

1. Discuss the questions.

- How many hours are there in a typical working week in your country?
- How many hours do you usually work per week?
- What do you know about working hours in other countries?
- Which countries do you think have the longest and shortest working hours?
- How does the number of hours you work affect you personally?

2. Look at the news headline and say what you think 'four-day week' means.

Four-day week 'an overwhelming success' in Iceland.

3. Make a list of the advantages and disadvantages of working a four-day week.

ADVANTAGES	DISADVANTAGES

4. Match the words and phrases in the box to the meanings below.

collaboration productivity recharge your batteries
revenue upskill wellness work-life balance

MEANINGS:

- learn new skills or teach workers new skills
- the division of time between work and family/leisure time
- working with others to create or achieve the same thing
- good physical and mental health
- the rate at which a company makes goods
- rest and relax in order to regain energy
- the income that a government or company receives

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5. Watch the introduction of a [video](https://youtu.be/iJDYe8auQnY) [https://youtu.be/iJDYe8auQnY] (to 00:25) about a company that introduced a four-day week and answer the questions.

- a) How long has the team been working a four-day week?
b) Can you match the phrases below to the percentages increased?

25%

20%

90%

90%

- Employee Net Promoter Score
 - Revenue
 - Job Satisfaction
 - Wellness and Productivity
- c) Do any of the percentages surprise you?

VOCABULARY TIP

Employee Net Promoter Score is a way of measuring how your employees feel about your company. It's based on Net Promoter Score, which is a measurement of customer loyalty.

6. Watch the rest of the [video](#) (from 00:25). Do the speakers mention any of the advantages you noted in ex. 3?

- a) Sophie
b) Katie
c) Frankie
d) Gemma
e) Steve
f) Hannah
g) Sylvain

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7. Watch the [video](#) again and match the following questions with the team members.

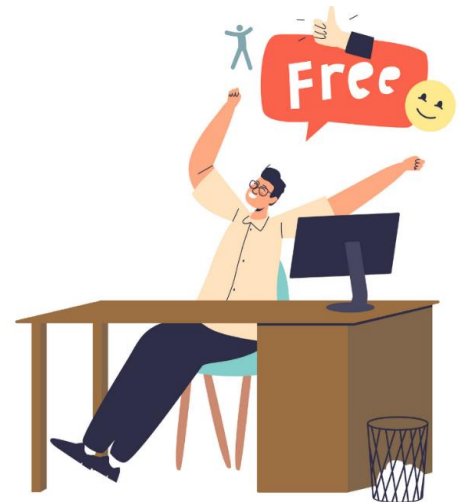
Sophie	Katie	Frankie	Gemma
Steve	Hannah	Sylvain	

Who...

- is learning a new skill? and
- helps to run projects in the community?
- can work better with colleagues?
- is planning to teach the team something new?
- spends more time with loved ones? and
- gets time to rest and relax?
- gets more work done during the working day?

8. Discuss the questions. Give reasons for your answers.

- If you had the chance to upskill, what would you do?
- If you worked a four-day week, which of the team members from the video would you identify with most?
- What do you usually do to recharge your batteries?
- Do you think your workplace considers employees' wellness? How could it improve?
- How good do you think your work-life balance is?
- Do you think a four-day week could benefit your company?



9. Read the following quotation and discuss the points below.

"Nobody changed the world on 40 hours a week."

Elon Musk

- Do you agree or disagree? Make a note of your reasons.
- Compare your ideas with a partner. Discuss your reasons for agreeing or disagreeing.