

**Emails while commuting 'should count as work'**  
通勤时间查邮件应算入上班时间

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研究人员认为，通勤者们经常在上下班路途中查看工作邮件，因此这段旅程也应算入他们一天的工作总时长。此外，火车上无线网络服务和手机的广泛普及也延长了人们的日常工作时间。

The study of 5,000 commuters travelling by train into London each day **raises the question** of when the **working day** really begins. So many people were found to be **catching up** on emails that the journey had **effectively** become an unpaid extension of their business day.

这项研究对五千名每天乘火车去伦敦上班的通勤者进行了调查，随之提出了一个问题：工作日究竟从何时开始？很多人都在上班的旅途中查看并回复邮件，这实际上是无偿地延长了工作时间。

Researchers from the University of the West of England say that the **spread** of internet access requires a **rethinking** of what employers mean by 'working hours'.

西英格兰大学的研究人员称，互联网的普及意味着要重新思考雇主所定义的“工作时间”。

Business leaders were not **unsympathetic**. The Institute of Directors agreed that it was becoming hard to **draw the line** between work and home life and that if people were unable to **switch off**, it would mean more **stress** and a reduction in **productivity**.

商界领袖们并没有对此漠不关心。英国董事学会认为，划清工作和家庭生活之间的界限变得越来越难，而且如果不能在个人时间内放下工作，那么人们就有可能面临更多的压力及工作效率的降低。

## 1. 词汇表

<b>raises the question</b>	引出、提出问题
<b>working day</b>	工作日
<b>catching up</b>	赶着做…
<b>effectively</b>	实际上
<b>spread</b>	广泛普及
<b>rethinking</b>	重新思考
<b>unsympathetic</b>	不体恤人的，无同情心的
<b>draw the line</b>	划清界限
<b>switch off</b>	不考虑、不担心
<b>stress</b>	压力
<b>productivity</b>	工作效率

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. Where were the people who were part of this research travelling to?

2. What is encouraging people to work while they are commuting to work?

3. True or false? *Researchers believe people who work while commuting could be less productive.*

4. According to the report, how might working while commuting lead to stress?

### 3. 答案

1. Where were the people who were part of this research travelling to?

**The study involved 5,000 commuters who were travelling by train into London.**

2. What is encouraging people to work while they are commuting to work?

**The spread of internet access means people can access their emails while they are travelling.**

3. True or false? *Researchers believe people who work while commuting could be less productive.*

**True. The Institute of Directors agreed that it was becoming hard to draw the line between work and home life and that people were unable to switch off, it would mean more stress and a reduction in productivity.**

4. According to the report, how might working while commuting lead to stress?

**Industry leaders say not being able to separate work and home life means people cannot 'switch off' and this could lead to stress.**