



The English Hub

The English Hub

The 4-Day Work Week, Is It a Better Way to Work?

Article: The 4-Day Work Week, Is It a Better Way to Work?

Imagine having a three-day weekend every week. You finish your job in just four days, but still earn the same salary. Sounds perfect, right? This idea, called the **4-day work week**, is becoming more popular in countries like Iceland, Japan, and the UK.

Some companies believe people can do the same amount of work, or even more, in fewer hours if they're more focused. When workers know they have more time to rest, they waste less time during work hours. They plan better, avoid long meetings, and work more efficiently.

Studies show that many people feel happier and less stressed with a 4-day work week. They sleep better, spend more time with family, and enjoy life more. This can actually make them more productive, not less.

But not everyone agrees. Some people worry it may not work in jobs like healthcare, customer service, or teaching. Others think workers may feel pressure to do five days of work in only four, which could cause stress instead of reducing it.

Still, the idea is gaining interest. More companies around the world are trying it, and early results are promising. Could this be the future of work?





Vocabulary Practice:

Word / Phrase	Definition
Salary	The money you earn from your job regularly.
Efficiently	Doing something in a well-organized and effective way.
Productive	Being able to do a lot or create good results.
Work week	The number of days people usually work in a week.
Stress	A feeling of worry or pressure.
Rest	A time when you relax or stop working.
Healthcare	Services that help people stay healthy or treat illness.
Customer service	Helping people who buy or use a product.
Pressure	A strong feeling of responsibility or stress.
Promising	Showing signs of success or something positive.

Comprehension Questions

1. What is a 4-day work week?
2. Why do some companies support the 4-day work week?
3. What are some benefits mentioned in the article?
4. What concerns do some people have about the 4-day work week?
5. Is the idea of the 4-day work week becoming more or less popular?

Discussion Questions

1. Would you like to have a 4-day work week? Why or why not?
2. Do you think people would really work better with more rest?
3. What types of jobs might be difficult to change to a 4-day week?
4. How do you feel when you have extra time off?
5. What do you think work will look like in 10 years?