

The Great British Bunk Off

英国全民“摸鱼”季

How the British summer holidays offer the worst of all worlds

英国暑假的安排，为何落得工作休息两头不讨好

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艳阳下，一位戴英国国旗礼帽的西装人物靠在办公椅上，把双脚搁在文件堆上，呈现工作与休闲混在一起的讽刺场景。

难度 78 / 100

建议75–100分钟；选做作文另计。

适用读者：能阅读一般英语新闻，希望读准长句、搭配与作者语气的学习者。

入门准备：能辨认基本主谓结构和常见从句，愿意结合语境查词。

About this lesson 本课导读

办公室空了，工作却没有真正停止；人到了公园，邮件仍会追过来。本文用英国式讽刺讨论暑期工作与休假的模糊边界，读懂它需要识别新造词、历史类比，以及夸张语气背后的协调问题。

- 辨认口语、双关与讽刺的落点
- 拆解多层修饰与省略
- 区分工时、产出和生产率
- 概括远程工作的双向影响

Before you read 读前思考

Can working from anywhere make it harder to stop working? Explain one possible mechanism.

拓展例句与练习情境用于说明用法。

书末答案 (p.16)

Text 课文

[P01] AUGUST IN ENGLAND is a strange affair. Offices are half-empty but the cities themselves are not. Parks are strewn with the working-age, lazing in the sun; bars fill from the early afternoon.^{V01V02} On a warm Friday, anyone hoping for a dip at Canary Wharf's new outdoor pool is out of luck.^{V03V04} Every session is rammed with working-age adults enjoying Britain's new Mediterranean climate.^{V05} The Great British Bunk Off has begun.^{V06}



艳阳下，一位戴英国国旗礼帽的西装人物靠在办公椅上，把双脚搁在文件堆上，呈现工作与休闲混在一起的讽刺场景。

[P02] Britain does not shut down over summer. There is no equivalent of the grandes vacances in France during the height of summer or Norway's Fellesferie when the entire country disappears for most of July. The closest Britain comes is "holibobs"—a week or two in Europe or Cornwall. Yet for the rest of August, while their peers in France and Germany are away from their desks, Britain's holibourgeoisie are stuck in purgatory, neither truly at work nor at rest.^{V07K01} All that results is an epidemic of skiving and shirking.^{V08V09}

[P03] It is a British malaise.^{V10} Britons are inveterate liars when it comes to how much they work.^{V11} A decade ago statisticians found that a big chunk of Britain's hourly productivity gap with France was due to Britons vastly overstating how many hours they did.^{V12K02} Heat makes them only more deceitful. During summer, about half of British workers confess they clock off early or take extended lunch breaks, according to a survey by Dayforce, an HR-software firm.^{V13}

[P04] And who can blame them? Productive work becomes close to impossible in summer. Coordination falls apart. Any request is met with a flurry of out-of-office emails.^{V14} Some professions such as MPs and judges are Augustocrats able to take the whole month off. Schools shut so teachers can enjoy six weeks off. This has a knock-on impact.^{V15} Four in ten working parents combine working from home with child care, according to the Trades Union Congress, a federation of unions.^{K03} Arriving emails compete for attention with screaming six-year-olds. The result? More bunking off.

25 [P05] Partly it is culture struggling to keep up with the climate. Mild temperatures have long meant that Britons soldier on through the summer, while continental Europe hits the beach.^{V16} Climate-change deniers are rare but summer deniers are common. Some still do not accept that Britain is a hot country, for a few months at least. And heat makes people listless: each degree above 20°C knocks about 2% off productivity.^{V17} Almost all the European countries Britain
30 compares itself with are more productive. If searching for a solution, start with Britain's summer.

[P06] It was not always this way. Britons once enjoyed a rigid separation between work and rest.^{V18} During "wakes weeks" in the 19th and early 20th centuries, mills would fall silent for a break in summer and the inhabitants of Rochdale and Bury would descend en masse to
35 Blackpool, a seaside resort in England's chilly north-west.^{V19K04}

[P07] Today the lines are blurred. In Greater Manchester, mills that once contained looms are now filled with digital admen firing off emails that could be sent from anywhere.^{V20V21K05} And so people do. Britons work from home for about 1.8 days per week, which is far more than in most European countries. In France the average is half that, according to one paper. Turning
40 two days a week into four or five during August is easy. Maintaining motivation in a sweltering attic office while messages pile up is hard.^{V22K06}

[P08] In another sense it is a return. Before the Industrial Revolution, working patterns were ragged, argued the historian E.P. Thompson.^{V23} One poet summed up the working week in 1639: "You know that Munday is Sundayes brother/Tuesday is such another/Wednesday you
45 must go to Church and pray/Thursday is half-holiday/On Friday it is too late to begin to spin/The Saturday is half-holiday agen." Strip out the trips to church and a 17th-century satire is a fair summary of August working in 2026.^{V24}

[P09] Employers can fight back. Technology that liberates workers from their commutes on Fridays can capture their holiday in August, points out Nick Bloom, an economist from Stanford.^{V25V26} And so the front line of the fight between labour and capital is now the sun lounger
50 rather than a factory floor. A leisurely backstroke at 3pm in Canary Wharf on a hot August weekday becomes a wet wildcat strike; a manager emailing an underling they know is on the beach is the equivalent of a Victorian mill owner fiddling the clocks to shorten a break.^{V27V28V29K07}

55 [P10] Who can bring peace to this struggle? Politicians show little interest. They once promised leisure: in 2017 Jeremy Corbyn's Labour Party proposed four new bank holidays. Interest rates were zero and money was free, so why shouldn't time be? Now no major party bothers. Labour's sweeping Employment Rights Act had little to say on holidays; the government chickened out of a "right to switch off", which would have made it harder for companies to contact
60 staff out of hours.^{V30V31}

[P11] The Great British Bunk Off could be a solution rather than a scandal. Skiving is perhaps a necessary pressure valve for the labour market, allowing it to clear.^{V32} If workers actually worked the hours, would companies be happy to offer a pay rise (plus a little extra for child care)?^{K08} The Great British Bunk Off becomes a Soviet compromise: "We pretend to work, and
65 they pretend to pay us."

[P12] Joining the rest of Europe and embracing an actual shutdown would be a gamble, a bet that Parkinson's law—the idea that “work expands so as to fill the time available for its completion”—is a fundamental rule of economics, rather than a joke.^{V33K09} Telling people to knuckle down is no more appealing.^{V34} One cabinet minister suggests that if Britain wants to survive, it should consider a six-day week, rather than a four-day one. It would be a brave politician to pitch it.^{V35K10} And so the Great British Bunk Off will remain a summer fixture, best observed from a berth at the lido or horizontally in a park.^{V36V37V38} Good luck finding a spot.

New words and expressions 生词和短语

按原文出现顺序排列；*为优先练习表达。

V01 · P01 strewn

/stru:n/ past participle 散布着；遍布着
be strewn with 常形容物品散落；这里把晒太阳的人写得像铺满公园。

V02 · P01 laze

/leɪz/ v. 懒洋洋地消磨时间
lazing in the sun 描写状态，不是证明这些人个个都违反工作安排。

V03 · P01 dip

/dɪp/ n. 短时间游泳；泡水
go for a dip 口语里可指游一会儿，与价格下跌的dip不同。

V04 · P01 out of luck*

/ˌaʊt əv ˈlʌk/ adj. phr. 不走运；未能如愿
这里指想游泳却遇到场次满员，后一句给出原因。

V05 · P01 rammed

/ræmd/ adj. 挤满人的
英国口语；不是说泳池被车辆撞击。

V06 · P01 bunk off*

/bʌŋk ɒf/ phr. v. 逃课；逃班；开小差
本文用于工作；标题把日常偷闲写成全国性的活动。

V07 · P02 purgatory

/pɜːgətəri/ n. 炼狱；煎熬的处境
这里形容既不能好好工作也不能好好休息的悬置状态，不是说度假者真的到了宗教场所。

V08 · P02 skive

/skaɪv/ v. 逃避工作；偷懒
skiving 在本文是名词化的偷懒行为，带口语及贬义色彩。

V09 · P02 shirk*

/ʃɜːk/ v. 逃避责任或工作
与skiving并列加强语气；shirk responsibility是常用搭配。

She completed the difficult task without shirking responsibility.

她完成了这项困难任务，没有逃避责任。

V10 · P03 malaise

/məˈleɪz/ n. 不适；积弊；低迷状态
a British malaise 把现象写成一种社会痼疾，延续epidemic的疾病比喻。

V11 · P03 inveterate

/ɪnˈvetərət/ adj. 积习已深的；惯常的
inveterate liars 用词很重，是本篇讽刺声调的一部分。

V12 · P03 overstate*

/əʊvəˈsteɪt/ v. 夸大；报得过高
与understate相对；统计上的高估本身不直接证明每个填报者故意欺骗。

V13 · P03 clock off*

/klɒk ɒf/ phr. v. 下班；结束工作
源于记录上下班时间的做法；这里不要求真的打卡。

V14 · P04 flurry

/ˈflʌri/ n. 一阵密集发生的事
a flurry of emails 是一批接连到来的邮件，不能译成暴风雪本身。

V15 · P04 knock-on*

/nɒk ɒn/ adj. 连锁的；间接接续的
knock-on impact 指学校放假对家长工作的后续影响。

V16 · P05 soldier on*

/səʊldʒə ɒn/ phr. v. 克服困难坚持下去
比喻坚持工作，不是说英国人整个夏天服兵役。

The team soldiered on despite the repeated delays.

尽管一再延误，团队仍坚持了下去。

V17 · P05 listless

/ˈlɪsləs/ adj. 无精打采的

listless 关乎缺乏精力或兴致，不是没有清单。

V18 · P06 rigid

/ˈrɪdʒɪd/ adj. 严格的；不灵活的

rigid separation 强调界线分明；作者在这里把它与今日模糊边界对照。

V19 · P06 en masse

/ˌɒn ˈmæs/ adv. 集体地；成群地

法语借词，跟在 descend 后描写大量居民一同到达。

V20 · P07 loom

/lu:m/ n. 织布机

这里是厂房内的机器；loom 作动词还可表示阴影般逼近或隐约显现。

V21 · P07 fire off*

/faɪə ɒf/ phr. v. 迅速发送；接连发出

fire off an email 常暗示匆忙；与后文劳资斗争的战斗词汇呼应。

He fired off a reply before reading the whole message.

他还没读完整封邮件就匆匆回了信。

V22 · P07 sweltering

/sweltərɪŋ/ adj. 酷热难耐的

修饰阁楼办公室；比 warm 更强调不舒适。

V23 · P08 ragged

/ˈræɡɪd/ adj. 不规则的；参差不齐的

working patterns were ragged 指工作节奏不规整，并不是工人衣服破烂。

V24 · P08 strip out*

/stri:p aʊt/ phr. v. 删去；剔除

strip out the trips to church 表示暂删这一项来进行类比，不是改写真实历史。

Strip out the repeated lines before sending the draft.

发出初稿前，删去重复的句子。

V25 · P09 liberate*

/ˈlɪbəreɪt/ v. 使摆脱；释放

liberate somebody from something, 与后面的 capture 形成方向相反的对照。

V26 · P09 commute

/kəˈmjʊ:t/ n. 通勤路程；上下班往返

their commutes 作名词复数；不是指工作本身被取消。

V27 · P09 wildcat strike

/ˌwaɪldkæt ˈstraɪk/ n. 未经工会正式授权的罢工

正文把游泳叫作 wet wildcat strike 是夸张类比，并非在报告获确认的劳资行动。

V28 · P09 underling

/ˈʌndərlɪŋ/ n. 下属；小职员

通常含轻视意味，比中性的 employee 更显等级关系。

V29 · P09 fiddle

/ˈfɪdəl/ v. 拨弄；做手脚

fiddling the clocks 指在计时上做手脚，不是在拉小提琴。

V30 · P10 sweeping

/ˈswi:pɪŋ/ adj. 范围广泛的；影响全面的

描述法案范围，不等于每个工作事项都得到规定。

V31 · P10 chicken out

/ˈtʃɪkɪn ˈaʊt/ phr. v. 因胆怯而退缩

chicken out of something, of 后跟放弃的事项；这里带作者批评语气。

V32 · P11 clear

/kleə/ v. 出清；使供求相合

labour market clear 是经济学比喻，不能译成清扫劳动力市场。

V33 · P12 gamble

/ˈɡæmbəl/ n. 冒险；有风险的尝试

a bet 后面展开所赌的前提，作者没有保证缩短可用时间就一定能提高生产率。

V34 · P12 knuckle down*

/ˈnʌkəl ˈdaʊn/ phr. v. 开始认真用功；埋头干

强调进入认真工作状态；可用 knuckle down to work.

It is time to knuckle down to the remaining work.

是时候认真完成剩下的工作了。

V35 · P12 pitch

/pɪtʃ/ v. 推介；提出以争取接受

pitch it 中 it 指一周工作六天的主张，不是投球动作。

V36 · P12 fixture

/ˈfɪkstʃə/ n. 固定项目；常见事物

summer fixture 指每年夏天惯常出现的现象，不是拧在墙上的配件。

V37 · P12 berth

/bɜ:θ/ n. 位置；泊位；铺位

这里戏称在泳池边占到的位置；与 birth “出生”同音。

V38 · P12 lido

/ˈli:dəʊ/ n. 露天泳池及其休闲区

英国语境的户外公共泳池；本篇与公园共同构成闲暇场景。

Notes on the text 课文注释

1 把“摸鱼”写成全国节目

[P01 / P02 / P04]

标题沿用The Great British ... Off的节奏，很容易让人联想到烘焙竞赛节目The Great British Bake Off；这里把Bake换成bunk，成为全民开小差的戏谑标题。它是讽刺性命名，不是一个真实的全国停工活动名称。

holibobs是holiday的俏皮说法；holibourgeoisie可拆成holiday与bourgeoisie，带出有度假生活的“假日小资”；Augustocrats又把August与表示某类掌权者的-crats组合，嘲弄能整个8月休假的群体。认出词块有助于理解新造词，但不要把标签当成人口统计分类。

purgatory把不上不下的状态写成炼狱，epidemic与malaise接成疾病比喻。作者先嘲笑偷懒者，随后问who can blame them，转而解释协调失败与育儿压力；语气并不是从头到尾单向责骂。

2 看起来忙、报了工时与产出了多少

[P03 / P05 / P11]

hourly productivity是单位工时对应的产出。情境设定：同样产出100，真实工作10小时，生产率是10；若分母被记成12小时，计算结果就约为8.3。数字会因工时口径变化，而实际产出没有增加。

ONS在2018年解释英国与他国生产率差距的重新估计时，重点讨论各国工时估算方法和数据的可比性。这支持“分母会影响国际比较”，不能仅据此证明所有英国劳动者有意说谎。P3的inveterate liars是作者用来挑起讽刺的强烈概括，需与统计方法问题分开。

P11又把工作时数转成薪酬交易问题：若工资不变，隐含要求的劳动量却全数兑现，双方是否仍会接受？这为“摸鱼可能是压力阀”提供了反转，并没有证明少工作总能提高总产出。

3 为什么人坐在桌前，工作仍可能做不成

[P04 / P05]

out-of-office emails通常是休假或外出自动回复。一个人留在岗位，并不能让不在场的同事立刻提供审批、资料或反馈；a flurry让这种回复变成密集而无效的回应。这是协调问题，不能只靠对个人说“努力一点”解决。

学校放假接着产生knock-on impact：家长要一边工作一边照顾孩子。原文四成的分母是working parents，不是全部员工；前段约一半的分母才是调查里的英国劳动者。两项比例来自不同材料，不能拼成同一个人的行为链。

summer deniers模仿climate-change deniers的表达，却把否认对象换成日常安排中的夏季现实。P5的温度与生产率一句用来加重这种反差，但不能因此把国家生产率差距全部解释成天气。

4 一条时间线，两个“回到过去”

[P06 / P07 / P08]

P6先写工业时代工厂统一停机，休息边界分明；P7转到原来的厂房里发邮件，空间保留、劳动组织改变。P8再退到工业革命之前，借历史学家的说法与讽刺诗表现不规则节奏。三个阶段并非同一个“从前”。

诗里的Munday、Sundayes、agen保留旧拼写，可按Monday、Sunday's、again理解。诗给每天找理由不工作，是讽刺文本，不是一张可据以计算历史平均劳动时长的考勤表。Strip out ...是在为现代类比暂时拿掉去教堂的安排，不是要求改动原诗。

5 解放通勤，也可能占领假期

[P07 / P09]

P7的so people do接回“无论身在何处都可以发邮件”，不是说他们只在原厂房工作。远程技术把岗位与固定地点拆开，但地点自由不自动带来时间自由；这正是P9从liberates跳到capture的转折。

front line、wildcat strike、mill owner把现代休假摩擦写成工业劳资斗争。游泳被叫作湿淋淋的罢工，海滩收到邮件被比作休息时间遭篡改。类比的共同点是争夺谁支配劳动时间，不能据此判定每次泳池活动都是真实罢工，或每封假期邮件都发生了同样的法律侵害。

6 压力阀和“市场出清”怎样连起来

[P10 / P11]

pressure valve原指设备释放压力的阀门。P11把它用于劳动安排：在名义工时和现有工资之间，实际投入的工时可能成为隐含调整项。allowing it to clear中的it指labour market；clear这里说供给和需求在条件上取得匹配，不是市场被清空。

作者用perhaps、条件反问与“假装工作 / 假装付薪”的笑话，把开小差重写成双方默认的妥协。这是一种讽刺性解释，未提供完整经济模型证明，更不能把苏联式类比当作本篇对某段历史制度的实证研究。P10的假日和离线权段落服务于“谁来协调边界”的问题。按文中时点理解作者对提案和制度的评价；would have made it harder写未落实方案原本可能造成的效果，不是一个已实施权利的适用指南。

Special difficulties 难点辨析

1 brave有时意味着“这恐怕不讨好”

[P12]

最后一段依次把全面停工写成gamble，把埋头苦干写成no more appealing，又把六天工作制交给一个“勇敢”的政客去推销。brave表面赞勇气，语境却暗示主张不受欢迎，需要承担明显代价。它不是作者明确支持六天工作制。

Good luck finding a spot表面祝好运，实际暗示很难找到位置。开篇泳池场次满员，结尾公园和泳池仍拥挤，这个回环让“摸鱼”从问题变成作者也仿佛参与观察的夏季常景。

2 And so people do与so do people

[P07]

本篇And so people do中的so接续前句的方式或事实，people仍在助动词do前，意思是“于是他们确实如此做”。so do people则把助动词放到主语前，通常表示另一组人也做同样的事。不要只见so和do就一律判成倒装。

The files can be checked from home, and so the reviewers do.

文件可以在家审阅，而审阅者也确实这样做。

Editors check the references, and so do reviewers.

编辑核对参考资料，审阅者也一样。

Background 背景与延伸

1 工厂的休假周为何能带动海滨度假

[P06 / P07]

Historic England的历史节目谈到，工厂维修停机时，同一社区的人会一同休上一周，有时两周，再从兰开夏的工业城镇到海边去；Blackpool的度假旅游因此得到推动。Wakes Week在这里不仅是个人请假，更是生产节奏集中停下带来的共同闲暇。

这帮助解释P6所说的rigid separation：同事与机器一起停，工作较难从别处追来。P7保留厂房却换成可从任何地点发送的邮件，正是用同一建筑对照两种时间边界，而非怀念所有旧时代劳动条件。

2 “每升一度下降2%”要连同范围一起读

[P05]

Seppänen、Fisk与Faulkner在2003年的办公降温研究摘要中，把每升高1°C、工作表现平均下降约2%的概括限定在25°C以上。2006年的相关办公室任务研究又报告了非线性关系：表现约在22°C附近最高，并非从20°C起按同一固定比例持续下降。

因此，P5的“20°C以上每度约2%”不能直接作为所有岗位和温度范围的通用公式。温度、任务类型、场地和采用的研究都影响解释；这里保留原文说法，同时用研究范围提醒读者，修辞中的简洁数字不等于已经验证的普遍经济定律。

3 帕金森定律在结尾充当什么前提

[P12]

原文把它解释为：工作会扩展，填满允许完成它的时间。想象一份本可较快完成的内部简报，因为日程宽松而不断加装饰和反复改版；这个情境说明作者所用的直觉，不是所有任务都符合的实验证明。

a bet that ...把全面停工方案写成一次押注：少给可用时间，工作是否仍能完成？文中明确把fundamental rule of economics与joke相对照，表达的恰是对这条“定律”能否担此重任的怀疑。不能读成作者已经证实缩短每个人工时都没有代价。

Key structures 关键句型

K01·P02 while ... , ... are stuck ... , neither ... nor ...

Yet for the rest of August, while their peers in France and Germany are away from their desks, Britain's holibourgeoisie are stuck in purgatory, neither truly at work nor at rest.

然而在8月的其余时间，当法国和德国的同业离开办公桌时，英国的“度假小资”却困在炼狱里，既没有真正工作，也没有真正休息。

Yet先转折；for the rest of August限定时间。while从句以their peers为主语、are away为谓语，写法国德国同行在休假；主句以Britain's holibourgeoisie为主语，are stuck描写英国群体被困的状态。their回指英国这一群体，比较的是对应的同行。

neither truly at work nor at rest省去重复的主谓部分，可还原为they are neither truly at work nor at rest。两个at短语并列，否定的是两种充分状态；不是“他们既认真工作又休息”。

While the other teams are on leave, our team is stuck waiting for approval, neither fully working nor properly resting.

其他团队在休假，我们的团队却卡在等待审批上，既不能充分工作，也无法好好休息。

K02·P03 found that ... was due to ... overstating how ...

A decade ago statisticians found that a big chunk of Britain's hourly productivity gap with France was due to Britons vastly overstating how many hours they did.

十年前，统计学家发现，英国与法国之间按工时计算的生产率差距，有很大一部分源于英国人把自己的工作时数夸大得太多。

found后that引出发现的内容，里面的主语是a big chunk of ... gap，谓语was due to。a big chunk只是很大一部分，不能自动扩大成全部差距。with France与gap相连，说明与谁相比。

due to中的to是介词，后面Britons vastly overstating ...用动名词结构说明原因；Britons是overstating的逻辑主语。how many hours they did是overstate的内容，did可按worked理解，they仍指Britons。这句报告作者怎样概括统计发现，故意欺骗的断语须另看证据。

The analyst found that part of the discrepancy was due to teams overstating how many orders they had completed.

分析者发现，差异的一部分源于各团队把已完成的订单数量报得过高。

K03 · P04 Four in ten ... combine A with B , according to ...

Four in ten working parents combine working from home with child care, according to the Trades Union Congress, a federation of unions.

英国工会组织全国职工总会称，十名有工作的家长中，四人把居家办公与照顾孩子结合在一起。

Four in ten working parents是主语，意思是每十名有工作的家长中有四名，不是四到十名家长。combine后接working from home，with后接child care，合起来说两项安排并行。

according to引出数据归属，a federation of unions同位解释Trades Union Congress。归属短语并不把这项调查变成所有人共同经历的必然情况，也不能把working parents这个分母换成全部成年人。

Three in ten students combine paid work with study, according to the college survey.

学院调查显示，每十名学生中有三名兼顾有偿工作与学习。

K04 · P06 would ... and ... would ... : 过去反复发生的安排

During “wakes weeks” in the 19th and early 20th centuries, mills would fall silent for a break in summer and the inhabitants of Rochdale and Bury would descend en masse to Blackpool, a seaside resort in England’s chilly north-west.

在19世纪和20世纪早期的“工厂休假周”，工厂会在夏季停机休息，罗奇代尔与伯里的居民则会成群涌向黑潭——英格兰凉飕飕的西北部一处海滨度假地。

During ...把时间放在19世纪和20世纪早期，后面两个would描述那时反复发生的习惯：工厂停机，居民去海滨。它们不是站在今天预测未来，也不一定要补成条件假设。

fall silent是“变得安静”的状态变化，语境中指生产停下；descend en masse写大量人一同到来。a seaside resort ...同位说明Blackpool, England’s chilly north-west又以凉飕飕的海滨反衬今天炎热的夏天。

During the annual break, the workshop would close and the workers would travel to visit their families.

每到年度休假，车间就会关闭，工人们会出发探亲。

K05 · P07 mills that ... are filled with ... firing off ... that ...

In Greater Manchester, mills that once contained looms are now filled with digital admen firing off emails that could be sent from anywhere.

在大曼彻斯特，曾经摆满织机的厂房，如今坐着不断发送邮件的数字广告从业者；这些邮件无论身在何处都能发出。

主句先还原为mills are now filled with digital admen。第一个that once contained looms修饰mills；firing off emails修饰admen，指出谁在发邮件；第二个that could be sent ...修饰emails。四层对象依次是厂房、从业者、动作和邮件。

once与now对照过去和现在，could be sent用被动写地点自由。这里admen不是在发出织机，that也不是同一个关系词反复回指厂房。下一句so people do正接到邮件可从任何地方发送这一点。

The rooms that once stored tools are now filled with designers discussing plans that can be revised online.

曾经存放工具的房间，如今坐着讨论方案的设计师，而那些方案可以在线修改。

K06 · P07 Maintaining ... while ... is hard : 长主语别抢谓语

Maintaining motivation in a sweltering attic office while messages pile up is hard.

可在闷热的阁楼办公室里，看着消息越积越多，还要保持干劲，就难了。

Maintaining motivation ...整个动名词短语作主语，is hard才是主句判断。in a sweltering attic office说明保持干劲的场所，while messages pile up说明与此同时发生的情况。

前一句Turning two days ... is easy与本句结构平行，先说扩大居家办公安排容易，再说维持动力很难。while内部pile up是消息累积的谓语，不能把它当成主句的谓语。

Maintaining concentration in a noisy room while requests keep arriving is difficult.

在嘈杂房间里，面对不断到来的请求，还要保持专注，是困难的。

K07 · P09 a manager emailing an underling they know is ...

A leisurely backstroke at 3pm in Canary Wharf on a hot August weekday becomes a wet wildcat strike; a manager emailing an underling they know is on the beach is the equivalent of a Victorian mill owner fiddling the clocks to shorten a break.

炎热的8月工作日，下午3点在金丝雀码头悠闲地仰泳，就成了一场湿淋淋的自发罢工；而经理给明知正在海滩上的下属发邮件，就相当于维多利亚时代的工厂老板拨弄时钟，缩短工人的休息。

分号前以A leisurely backstroke为主语，becomes为谓语，把下午游泳比作罢工。分号后则以a manager emailing an underling ...这一行为情境为主语，is the equivalent of作判断，比较双方争夺时间的动作。

underling后省略关系词，展开为an underling who they know is on the beach ; they是泛指单个manager时的性别中性代词，is on the beach的主语则是underling。不要误译成“下属知道经理在海滩”。

of后是a Victorian mill owner fiddling the clocks , to shorten a break说明篡改时钟的目的。句子构造出类比，不是把现代邮件行为直接等同为相同法律事实。

A supervisor interrupting a colleague they know is on leave risks undermining the break that was agreed.

主管打扰一位明知正在休假的同事，可能破坏已经约定的休息。

K08 · P11 If ... worked ... , would ... be happy to ...?

If workers actually worked the hours, would companies be happy to offer a pay rise (plus a little extra for child care)?

假如劳动者真的把那些工时全都做满，企业会乐意涨工资，再额外给一点育儿补贴吗？

If从句把“真的做满那些工时”作为设想，主句用would提出反问。worked在这里表达与当前情形有距离的假设，不是在追问某一天已经发生的工作。

companies是主句主语，be happy to offer ...问企业是否愿意付出相应工资；括号plus ...加上育儿成本。作者借问题揭露现有安排可能含有默契，没有直接给出所有企业一概会或不会的统计答案。

If the supplier actually provided all the promised support, would customers be happy to pay a higher price?

如果供应商真的提供全部承诺的支持，客户会愿意支付更高价格吗？

K09·P12 Joining ... and embracing ... would be ... , a bet that ...

Joining the rest of Europe and embracing an actual shutdown would be a gamble, a bet that Parkinson's law—the idea that “work expands so as to fill the time available for its completion”—is a fundamental rule of economics, rather than a joke.

加入欧洲其他地区、真正全面停工休假，将是一场冒险：赌帕金森定律——“工作会膨胀，填满完成它所能使用的时间”这一说法——是一条基本经济规律，而不只是个笑话。

Joining ... and embracing ...合起来表达实行统一停工的方案，在本句被当作一件事，主句用would be a gamble。a bet与gamble同位，that后展开赌的内容。

that从句主语为Parkinson's law，谓语is；两条破折号内的the idea that ...进一步解释这条定律，其中又嵌入work expands ...的引文。先把插入解释临时括起，才看得清作者赌的是“定律究竟是经济规律，还是笑话”。

so as to fill ...表示扩展达到的目的或结果，available ...修饰time，its completion中的its指work。原句将假期方案写成有风险的押注，不能抽掉would与rather than a joke后断言它必然有效。

Closing the office and moving everything online would be a gamble, a bet that the new system—the platform that staff have only just learnt to use—is reliable.

关闭办公室、把所有工作搬到线上会是一场冒险，赌的是新系统——员工刚刚学会使用的平台——足够可靠。

K10·P12 It would be a brave ... to ... : 表面赞语中的风险暗示

It would be a brave politician to pitch it.

敢推销这个主张的政客，可真算得上勇敢。

It在这里不回指某个已经确定的人，可以把意思还原成A politician who pitched it would be brave。

句尾to pitch it说明什么行动会使这个人显得勇敢，后一个it才指六天工作制的提议。

在前后方案都难获支持的语境中，brave暗示要冒不受欢迎的风险。would保持设想语气；不能译成某位政客已经成功推出政策，或作者赞成其内容。

It would be a brave manager to cancel the team's holiday at such short notice.

敢在这么临近的时候取消团队假期的经理，可真够“勇敢”的。

Exercises 练习与写作

Comprehension 理解

回答作者怎样组织反差，不把讽刺当作统计结论。

02 Why is August described as neither fully work nor fully rest?

03 What is the limit of using revised hours-worked estimates to call workers liars?

04 What contrast is created by describing old mills full of digital admen?

- 05 How does technology benefit both workers and employers in P9?
- 06 Why might bunking off be a pressure valve in the author's argument?
- 07 Does the ending endorse a clear solution?

Words in use 词汇

用词库填空，每项一次。

词库：out of luck / overstate / knock-on / soldiered on / knuckle down

- 08 All the tickets had gone, so late arrivals were ____.
- 09 Do not ____ the benefits by ignoring the costs.
- 10 The delay had a ____ effect on the next stage.
- 11 Despite the setbacks, the team ____ until the task was finished.
- 12 After the break, we need to ____ to the remaining work.

Key structures 句型

先还原省略与修饰，再在新情境运用。

- 13 Which two states does neither ... nor ... deny in P2?
- 14 Who is the logical subject of overstating in P3?
- 15 What is the denominator in four in ten working parents?
- 16 Use would for a repeated past habit: "Every summer the factory closed for a week."
- 17 What do the two that clauses in P7's sentence about mills modify?

- 18 Identify the main verb in Maintaining motivation ... while messages pile up is hard.
- 19 In an underling they know is on the beach, who is on the beach?
- 20 Begin with If: "The firm might pay more if employees did all the extra work."
- 21 What is the main verb in the that clause following a bet in P12?
- 22 What does the final it in to pitch it refer to?

Listening 听读

第一遍听整体语气，第二遍对照有关工作与休息的反差。

- 23 Listen for three contrasts that organise the article.

Summary writing 摘要

用90–110词概括问题、机制与结尾态度。

- 24 Write a 90–110-word summary.

Composition 作文（选做）

选做：用100–120词提出一种保护休息又维持协调的工作安排。

- 25 Propose one practical arrangement that protects time off without ignoring essential work.

Reference translation 参考译文

P01 英格兰的8月很是奇特。办公室半空着，城市本身却没有空下来。公园里到处是处于工作年龄、懒洋洋晒着太阳的人；酒吧从下午早些时候就开始满座。在一个暖和的星期五，谁想去金丝雀码头新开的室外泳池游一会儿，都只能碰壁。每个时段都挤满了工作年龄的成年人，享受着英国新近拥有的地中海式气候。英国全民“摸鱼”季开始了。

P02 英国并不会在夏季全面停工。它没有法国盛夏的长假，也没有挪威那种整个国家在7月大部分时间里都不见人影的共同休假期。英国最接近的做法，是所谓“holibobs”——去欧洲或康沃尔度假一两周。然而在8月的其余时间，当法国和德国的同业离开办公桌时，英国的“度假小资”却困在炼狱里，既没有真正工作，也没有真正休息。结果只是一场偷懒和逃避工作的流行病。

P03 这是一种英国式痼疾。一谈到自己工作了多长时间，英国人便是积习难改的说谎者。十年前，统计学家发现，英国与法国之间按工时计算的生产率差距，有很大一部分源于英国人把自己的工作时数夸大得太多。热天气只会让他们更不老实。人力资源软件公司Dayforce的一项调查显示，夏季约有一半英国劳动者承认，自己会提早下班或延长午休。

P04 可谁又能责怪他们呢？夏天要高效工作，几乎成了不可能的事。协调散了架。任何请求迎来的都是一连串外出自动回复邮件。有些职业，比如议员和法官，是能把整个8月都休掉的“八月贵族”。学校关门，让教师可以享受六周假期。这带来了连锁影响。英国工会组织全国职工总会称，十名有工作的家长中，四人把居家办公与照顾孩子结合在一起。不断到来的邮件与尖叫着的六岁孩子争夺注意力。结果呢？更多的开小差。

P05 部分原因，是文化习惯难以跟上气候变化。温和的气温长期以来意味着：当欧洲大陆奔向海滩时，英国人仍在整个夏季坚持工作。否认气候变化的人并不常见，否认夏天的人却很普遍。有些人仍不肯承认，英国也是个炎热的国家，至少一年有几个月如此。而热天气会使人无精打采：气温超过20℃后，每升高1℃，生产率就会下降约2%。英国拿来与自己比较的欧洲国家，几乎个个生产率都更高。若要寻找解决办法，就从英国的夏天入手吧。

P06 情况并非一直如此。英国人曾经享有工作与休息之间严格的界线。在19世纪和20世纪早期的“工厂休假周”，工厂会在夏季停机休息，罗奇代尔与伯里的居民则会成群涌向黑潭——英格兰凉飕飕的西北部一处海滨度假地。

P07 如今，界线模糊了。在大曼彻斯特，曾经摆满织机的厂房，如今坐着不断发送邮件的数字广告从业者；这些邮件无论身在何处都能发出。于是人们也确实到处发邮件。英国人每周居家办公约1.8天，比多数欧洲国家多得多。一篇研究论文称，法国的平均数是这个数字的一半。在8月，把每周两天改成四五天很容易。可在闷热的阁楼办公室里，看着消息越积越多，还要保持干劲，就难了。

P08 从另一个意义上说，这是一种回归。历史学家E. P. 汤普森认为，工业革命之前，人们的工作节奏并不规整。一位诗人在1639年这样概括一周的工作：“你知道星期一是星期日的兄弟 / 星期二也是一路货色 / 星期三你得去教堂祈祷 / 星期四是半天假 / 星期五再开纺就太迟 / 星期六又放半天假。”去掉上教堂那些安排，一首17世纪的讽刺诗，就能相当贴切地概括2026年8月的工作状态。

P09 雇主可以反击。斯坦福大学经济学家尼克·布卢姆指出，让劳动者星期五免去通勤的技术，也能在8月把他们的假期夺走。于是，劳资斗争的前线如今成了日光躺椅，而不是工厂车间。炎热的8月工作日，下午3点在金丝雀码头悠闲地仰泳，就成了一场湿淋淋的自发罢工；而经理给明知正在海滩上的下属发邮件，就相当于维多利亚时代的工厂老板拨弄时钟，缩短工人的休息。

P10 谁能给这场争斗带来和平？政客们兴趣寥寥。他们曾承诺更多闲暇：2017年，杰里米·科尔宾领导

的工党提议增加四个公共假日。当时利率为零，钱都免费了，时间又为何不能免费呢？如今，没有哪个大党还为此费心。工党那部范围广泛的《就业权利法》对假期着墨不多；政府还临阵退缩，放弃了“离线权”，而这一权利原本会让企业更难在工作时间之外联系员工。

P11 英国全民“摸鱼”季，可能是一种解决办法，而不是什么丑闻。偷懒或许是劳动力市场必要的泄压阀，使市场得以出清。假如劳动者真的把那些工时全都做满，企业会乐意涨工资，再额外给一点育儿补贴吗？英国全民“摸鱼”季，就变成了苏联式的妥协：“我们假装工作，他们假装付薪。”

P12 加入欧洲其他地区、真正全面停工休假，将是一场冒险：赌帕金森定律——“工作会膨胀，填满完成它所能使用的时间”这一说法——是一条基本经济规律，而不只是个笑话。叫人们埋头苦干，也同样不讨喜。一位内阁大臣建议，英国如果想生存下去，就该考虑每周工作六天，而不是四天。敢推销这个主张的政客，可真算得上勇敢。所以，英国全民“摸鱼”季仍将是每年夏天的固定节目，最佳观察位置是在露天泳池占一个位子，或平躺在公园里。祝你能找得到地方。

Reference answers 参考答案与解析

开放题不要求与参考答案逐字一致；先检查信息和意思，再修改表达。

Before you read 读前思考

01 读前思考

Yes. The same connection that removes the commute can allow requests to reach a worker during a holiday, unless expectations about availability are clear.

用一个具体机制解释，不要简单断言所有远程工作都好或都坏。

Comprehension 理解

02

Britain does not generally close down together, but colleagues are absent, schools are shut and remaining workers face disrupted co-ordination and competing demands.

保留集体安排与个人处境的区别，不只说天气热。

03

Different measurement methods can alter the estimated denominator of hourly productivity; that alone does not establish deliberate dishonesty by every worker.

要区分统计高估与故意欺骗这一更强判断。

04

The building remains, but fixed industrial schedules have given way to work that can be carried out from many places, blurring the boundary between work and rest.

同一空间承载两种组织方式，是段落转换的关键。

05

It can free workers from commuting, while also enabling employers to reach them during holidays.

liberate与capture方向相反；地点自由不等于时间边界可靠。

06

It may adjust actual labour effort to the pay and conditions that employers and workers tacitly accept, rather than requiring every nominal hour to be fully worked.

是perhaps限定的解释，不是对任何逃班行为的保证或指南。

07

No. It presents a shutdown as a gamble, harder work as unattractive and a six-day week as politically risky, then returns to the crowded leisure scene.

结尾是多项不讨好的选择与幽默回环，不能只取一项当主张。

Words in use 词汇

08

out of luck

连接票已售完与后来者未能如愿。

09

overstate

do not后用原形；忽略成本可能夸大净收益。

10

knock-on

作定语写后续连锁影响。

11

soldiered on

过去背景，表示困难中继续坚持。

12

knuckle down

to后接work可说明认真投入的对象。

Key structures 句型

13

Being truly at work and being at rest.

既没有真正工作，也没有休息；不是两种状态都成立。

14

Britons.

前面的statisticians作found的主语，不是夸大工时的人。

15

Working parents.

不能改成所有劳动者或所有居民。

16

Every summer the factory would close for a week.

这里过去时间明确，would表示反复安排而非将来预测。

17

Mills, then emails.

中间firing off修饰admen，三个附着对象分开。

18

Is.

Maintaining ...为主语，pile up只在while从句内。

19

The underling.

they指经理，know引入经理所知的情况；不可倒置。

20

If employees did all the extra work, the firm might pay more.

保留might的不确定性；不要擅自升级成would certainly。

21

Is: Parkinson's law is a fundamental rule of economics rather than a joke.

破折号内work expands属于对定律的解释，不能替代外层谓语。

22

The proposal for a six-day working week.

不是前一句的政治人物；第一个It不指同一具体事物。

Listening 听读

23

Possible contrasts include empty offices versus busy cities; being neither truly at work nor at rest; fixed mill shutdowns versus portable digital work; and freedom from commuting versus intrusion into holidays.

至少解释三组关系；不是只列单个词。听不清新造词时可回看P2与P4，不必猜造标准拼写。

Summary writing 摘要

24

The article satirises Britain's summer working habits, arguing that the country neither shuts down properly nor works effectively. Holidays, childcare and heat disrupt co-ordination, while remote technology blurs boundaries once reinforced by shared factory breaks. The same tools that free employees from commuting let managers intrude into holidays. The author suggests that informal reductions in effort may act as a pressure valve within existing pay arrangements. Yet a collective shutdown would be a gamble, demands for harder work are unattractive, and a six-day week would be difficult to sell. The ending returns humorously to crowded pools and parks.

须含协调和技术的双向作用、压力阀的限定，以及结尾未确定解决方案。不要把民族讽刺概括成人人不诚实的事实。

Composition 作文

25

A small design studio could publish its summer availability calendar before the holiday season. Each project would have a named backup, and clients would know which requests could wait. The team should agree what counts as urgent and use a single route for genuine emergencies. Managers would then avoid sending ordinary requests to colleagues on leave merely because their phones remain connected. Such an arrangement would not eliminate every delay or make all jobs suitable for remote work. It would, however, separate physical availability from an obligation to respond. The test should be whether essential work continues and whether staff can actually take the rest that was agreed.

原创安排；写出协调办法、紧急例外和判断效果的标准，不要求员工永远在线或全部事情都不处理。