

词汇: work 工作

Many among us spend a considerable part of our lives working – with many of us, these days, working from home. While there are many benefits offered by not going to the office – not **commuting**, avoiding **the rat race**, and not having to panic about getting a seat if you **hot-desk** – there are also what some would call sacrifices. No more coffees with **colleagues**, **chit-chats** by the **water cooler** or going out for **team-bonding** meals. So, seeing as we rarely meet these people, why is it still important to be friends with those we work with?

Well, some reasons are obvious – working with **like-minded** people who you get on with can make those hours at work more fruitful and positive. Various situations are commonplace in the job you do, so having people to talk to about the **intricacies** of tasks could make your life easier. It's also nice knowing that you can have **banter** or a **chinwag** with people at work – and some of your colleagues may become friends in your life outside of **the 9-5**. But it's not just to the benefit of the person; it's also good for the company you work for. According to Dr Emma Seppala, people who said they had friends at work were more productive, had higher levels of **retention** and were more satisfied with their jobs than those who didn't.

And what can happen if you don't connect – if you don't stimulate your relationships with those who do the same job as you? While it can be easy to avoid them physically, Dr Adam Hickman says that feelings of **social isolation** and loneliness may creep in. It makes sense – according to Maslow's **hierarchy** of needs, a psychological theory which tries to explain human behaviour and motivation based on necessities, a feeling of belonging is one of the strongest psychological needs. No one wants to be where they feel unwanted, which is why many companies try to stimulate workplace **interaction** – be it ping pong tables in the office, or online parties.

And finally, even though we're working more from home now, we may one day see our colleagues once again. Having a good relationship with them would make that meeting much more pleasant. So, if you've **burned your bridges**, it might be time to start mending them.

词汇表

commute	上下班往返，通勤
the rat race	(为工作、挣钱等而进行的) 疯狂竞争
hot-desk	采用无固定办公桌的工作方式
colleague	同事
chit-chat	闲聊，聊天
water cooler	饮水机 (同事闲聊寒暄的地方)
team-bonding	建立团队情谊的
like-minded	志同道合的
intricacies	繁琐复杂的细节
banter	善意的谈笑、打趣
chinwag	(熟人之间的) 闲谈
the 9-5	朝九晚五的工作
retention	记性，记忆力
social isolation	与外界社会的隔绝
hierarchy	等级制度，层次体系
interaction	人际互动
burn one's bridges	自断后路，把关系搞僵

测验与练习

1. 阅读课文并回答问题。

1. What do some people feel are the benefits of working from home?
2. What are some of the potential sacrifices of working from home?
3. What positive effects of working with like-minded people are there?
4. According to Dr Emma Seppala, what did people who have friends at work report?
5. What do some companies do to stimulate social interaction at work?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I _____ to work three days a week, but I don't mind as the journey is really short.

commute	chinwag	team-bonding	banter
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2. My work colleague and I have some funny _____. We're always laughing.

the rat race	banter	retention	commute
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3. I used to hate _____, so I decided to move to the countryside.

the water cooler	the rat race	a chinwag	retention
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4. To encourage the interaction of the team, we went on a _____ activity.

banter	commute	chinwag	team-bonding
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5. I'm really thirsty. I'll get a drink from the _____.

banter	water cooler	commute	retention
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答案

1. 阅读课文并回答问题。

1. What do some people feel are the benefits of working from home?

Not commuting, avoiding the rat race, and not having to panic about getting a seat if you hot-desk.

2. What are some of the potential sacrifices of working from home?

No more coffees with colleagues, chit-chats by the water cooler or going out for team-bonding meals.

3. What positive effects of working with like-minded people are there?

It can make those hours at work more fruitful and positive.

4. According to Dr Emma Seppala, what did people who have friends at work report?

People who said they have friends at work were more productive, had higher levels of retention and were more satisfied with their jobs than those who didn't.

5. What do some companies do to stimulate social interaction at work?

Some companies buy ping pong tables in the office, or hold online parties.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I **commute** to work three days a week, but I don't mind as the journey is really short.

2. My work colleague and I have some funny **banter**. We're always laughing.

3. I used to hate **the rat race**, so I decided to move to the countryside.

4. To encourage the interaction of the team, we went on a **team-bonding** activity.

5. I'm really thirsty. I'll get a drink from the **water cooler**.