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A 4-day work week in Japan increased productivity – 7th November, 2019

Level 4

Microsoft trialed a four-day working week in Japan. Workers' productivity and job satisfaction improved. The trial was at the tech giant's Tokyo headquarters. Workers had every Friday off as paid leave in August. Analysts found the shorter working week had several benefits. Productivity rose by 40 per cent and 92 per cent of workers were happy with the trial. It could change Japan's famous workplace practices of long hours and overtime.

The "Work-Life Choice Challenge" aimed, "to create an environment where each employee can choose a diverse and flexible way of working according to [their] circumstances". It included limiting meetings to 30 minutes and asking workers to chat online rather than face-to-face. Microsoft said electricity bills were down by 23 per cent and 59 per cent fewer pages were printed compared with August 2018. Microsoft will repeat the experiment in Japan.

Level 5

Microsoft has successfully trialed a four-day working week in Japan. It saw improvements in workers' productivity and job satisfaction. The trial took place at the tech giant's Tokyo headquarters. Employees had every Friday off as paid leave in August. Analysts monitored the effects of a three-day weekend on workers' performance. They found the shorter working week resulted in several benefits. Productivity rose by 40 per cent and 92 per cent of workers expressed their satisfaction with the trial. It could change Japan's infamous workplace practices of long hours and overtime.

The trial was called the Work-Life Choice Challenge. It aimed, "to create an environment where each employee can choose a diverse and flexible way of working according to the circumstances of their work and life". It included shortening the length of meetings to a maximum of 30 minutes and asking workers to chat online rather than face-to-face. In addition, Microsoft said electricity bills were down by 23 per cent and 59 per cent fewer pages were printed compared with August 2018. Microsoft will repeat the experiment in Japan later this year. It asked for employee input.

Level 6

The technology company Microsoft has said it successfully trialed a four-day working week in Japan, which saw improvements in workers' productivity and job satisfaction. The trial took place over the summer at the tech giant's headquarters in Tokyo. Employees were given every Friday off as paid leave in August. The company monitored the effects a three-day weekend would have on workers' performance. Company executives said the shorter working week resulted in additional benefits. Productivity rose by 40 per cent and 92 per cent of employees expressed their satisfaction with the scheme. The trial could lead to a change in Japan's infamous workplace practices of long hours and lots of overtime.

Microsoft called the trial the Work-Life Choice Challenge. The company said it aimed, "to create an environment where each employee can choose a diverse and flexible way of working according to the circumstances of their work and life". Other aspects of the trial included shortening the length of meetings to a maximum of 30 minutes and encouraging workers to choose online chats over face-to-face ones. There were additional advantages to the trial. Microsoft said that 23 per cent less electricity was consumed and 59 per cent fewer pages were printed compared with August 2018. Microsoft will conduct another experiment in Japan later this year and has asked employees for their input.