

Sweden Introduces Six-Hour Work Day



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Reading

Sweden, one of the world's most advanced countries, has started to introduce a six-hour work day for its employees. Around the country companies are making this change in order to make workers more productive and happier. At the same time breaks and meetings are kept to a minimum at work, so that workers can concentrate on their job and not get distracted.

Labour experts say that the traditional eight-hour work day is very hard to endure. Workers cannot focus on their job for such a long period of time. On the other hand many workers have a hard time going through their private life after a hard day at work. Health experts say, that after six hours of focused work, people still have enough energy to do things at home.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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