

家庭友善十二式

Twelve Family-Friendly Employment Policies and Practices

第五式：

每周一日早收工

樂聚天倫好輕鬆

Episode 5:

Leaving work early once a week

Enhances family happiness

中文	English translation
<p>【戲劇部分】 香港人上班根本是在打仗 公司就是他們的戰場 他們的作戰要 很專注、很認真，還要 很漫長</p>	<p>【Theatre session】 For Hong Kong people, they indeed work like in a battle. The workplace is just their battlefield. During the battle, employees have to be very focussed, very serious, and put up with the long duration.</p>
<p>我的腦袋快要爆炸了 我不知道自己在回覆些什麼呀！</p>	<p>My head is going to explode. I don't know what I am replying to!</p>
<p>長時間的工作 令我們的精神壓力大到一個點</p>	<p>Long working hours bring us tremendous mental pressure.</p>
<p>妹頭 做完功課了嗎？ 唔，乖。 聽著 你要好好照顧弟弟 要聽媽媽的話，知道嗎？ 爸爸這次真的無法回來給你說故事了</p>	<p>Sweetheart, have you finished your homework? Mm, good girl. Hey, do take good care of your younger brother. Listen to your mother, okay? Daddy is really unable to return home and tell you a story this time.</p>

<p>加油 Mike ! 大伙兒 戰爭結束了 我們——一起——回家吧！</p>	<p>Hang in there. Mike! Guys! The war is over. Let's — go — home!</p>
<p>每周一日早收工 樂聚天倫好輕鬆</p>	<p>Leaving work early once a week Enhances family happiness</p>
<p>【主持部分】 下班！ 社商賢匯有限公司 鼓勵員工每逢星期五 提早一個小時 準時五時下班 享受家庭樂</p>	<p>【Host session】 Time to go! Community Business encourages its staff to leave work an hour earlier on Fridays at 5 pm sharp to enjoy family life.</p>
<p>【公司訪問部分】 我們是一家很小的非政府機構 而且總是有很多工作要忙 因此，其中一個讓員工保持 作息平衡的方法 就是給他們靈活的空間</p>	<p>【Interview with the Company session】 We are a very small NGO and we are always so busy with lots of initiatives. So one of the key ways to address the work-life balance of our employees is by offering flexibility.</p>
<p>我們實施“Friday at Five”，就是說 鼓勵所有員工 在星期五下午五時便下班 我們所有人每周的工作時間已很長 所以周末對我們每一個人來說都十分寶貴 我們可以利用這些時間與家人朋友共聚 追尋自己的興趣 例如健康和健身 能否得到適當休息和放鬆心情</p>	<p>Friday at Five means we encourage all of our employees to leave at 5 o'clock on Fridays. All of us work very long hours during the workweek, so weekends are precious to every one of us, so that we can spend quality time with our families and friends, for us to pursue our personal interests,</p>

<p>這對我們每個人來說都非常重要</p>	<p>such as health and fitness, and for every one of us to have proper rest and relaxation which is so important.</p>
<p>我是一名母親 可以靈活選擇工作時間 可以在家中，也可以在這裏工作 我有一名待哺的孩子 這意味着實際上我可以工作 又可照料孩子 以達至作息平衡 這絕對吸引到員工到此求職</p>	<p>I'm a mum, and have the flexitime to work from home or to work here. I have a nursing baby. It means that I can actually work and can find the work-life balance in order to bring up, you know, a child. It's definitely attractive to potential employees.</p>
<p>對公司來說 關注員工的需要 視每名員工為獨一無二 創建一個包容的工作環境 讓他們每天工作都能發揮所長 是非常重要的</p>	<p>It's very important for companies to look at the needs of each one of their employees as unique individuals and help create that inclusive workplace for that employee to bring their best to work every day.</p>
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<p>請即上家庭議會網頁 www.familycouncil.gov.hk 瀏覽更多與家庭有關的資訊</p>	<p>Please visit the Family Council website at www.familycouncil.gov.hk for more family-related information.</p>