

Are Chinese Workaholic? The 996 Work Culture

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Dàjiā hǎo, huānyíng láidào Mandarin Corner de bōkè jiémù!

大家好，欢迎来到 Mandarin Corner 的播客节目！

Hi, everyone! Welcome to Mandarin Corner's Audio Podcast!

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Wǒ shì Eileen.

我是 Eileen。

I'm Eileen.

3

Hālóu, dàjiā hǎo! Wǒmen yòu jiànmiàn le, wǒ shì Xiǎofēng.

哈喽，大家好！我们又见面了，我是晓峰。

Are Chinese Workaholic? The 996 Work Culture

Hello, everyone! We're meeting again. I'm Xiao Feng.

4

Nà jīntiān wǒmen yào tāolùn de huàtí ne shì gēn yī gè zài Zhōngguó

那今天我们要讨论的话题呢是跟一个在中国

The topic we will discuss today is related to a speech

5

fēicháng yǒu míngqì de shāngrén shuō guò de yī duàn huà yǒuguān.

非常有名气的商人说过的一段话有关。

made by a very well-known businessman in China.

6

Nà zhè duàn huà zài wǎngluò shàng yǐnqǐ le fēicháng dà de zhēngyì,

那这段话在网络上引起了非常大的争议，

This speech caused a huge controversy on the internet

7

yǐndé wǎngyǒu men de fēnfēn qiǎnzé.

引得网友们的纷纷谴责。

and many netizens condemned it.

8

Nà guānyú zhè chǎng zhēngyì ne, wǒmen shǒuxiān qǐng Xiǎofēng

那关于这场争议呢，我们首先请晓峰

Regarding this controversy, let's first have Xiao Feng

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lái gēn dàjiā shuō yīxià shì zěnmehúshì ba!

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来跟大家说一下是怎么回事吧！

talk about what happened!

10

Eileen gāngcái tí dào nà ge tè bié yǒu míng de yī gè shāng yè dà kā

Eileen 刚才提到那个特别有名的一个商业大咖

The famous big shot businessman Eileen just mentioned

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jiù shì zhǐ de jiù shì Mǎ Yún.

就是指的 就是马云。

is Jack Ma

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Wǒ xiǎng dà jiā yě dōu tīng shuō guò zhè ge rén.

我想大家也都听说过这个人。

whom I assume you've all heard of.

13

Ránhòu ne jīn tiān jiù shì yào shuō de zhè ge shì jiàn ne

然后呢 今天就是要说的这个事件呢

The incident we're talking about today

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shì qù nián yī jiǔ nián fā shēng de.

是去年 19 年发生的。

happened in 2019.

15

Mǎ Yún ne dāng shí zài Ālǐ bā bā de nèi bù zuò le yī gè fēn xiǎng,

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马云呢当时在阿里巴巴的内部做了一个分享，
Jack Ma made a speech to Alibaba's employees.

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fēnxiǎng dāngzhōng tídào le jiǔ jiǔ liù zhège shìr.
分享当中提到了 996 这个事儿。
During the speech, he mentioned 996.

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Ránhòu ne, wǒ zhǎodào le yīxiē tā shuō de huà
然后呢，我找到了一些他说的话
I found the speech he made.

18

gěi dàjiā dú yīxià | Hǎo
给大家读一下 | 好
Let me read it to you! | Okay.

19

“Guānyú jiǔ jiǔ liù, xiànzài zhè shì guónèi yī gè hěn rènmén de huàtí,
“关于 996，现在这是国内一个很热门的话题，
"996 is a hot topic in China now.

20

hěnduō qǐyè dōu yǒu zhège wèntí.
很多企业都有这个问题。
and many companies have this problem.

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Wǒ gèrén rènwéi néng zuòdào jiǔ jiǔ liù shì yīzhǒng jùdà de fúqì.

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我个人认为能做到 996 是一种巨大的福气。

I personally think that it is a great blessing for someone being able to work 996.

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Hěnduō gōngsī, hěnduō rén

很多公司、很多人

Many companies and individuals

23

xiǎng jiǔ jiǔ liù dōu méiyǒu jīhuì.

想 996 都没有机会。

would want to work 996, but do not have this opportunity.

24

Rúguǒ nǐ niánqīng de shíhou bù jiǔ jiǔ liù,

如果你年轻的时候不 996,

If you don't work 996 while you are young,

25

nǐ shénmeshíhou kěyǐ jiǔ jiǔ liù?

你什么时候可以 996?

when will you do it?

26

Nǐ yībèizi méiyǒu jiǔ jiǔ liù, nǐ juéde nǐ jiù hěn jiāoào le?

你一辈子没有 996, 你觉得你就很骄傲了?

If you never work 996 in your whole life, will you feel proud?

27

Zhège shìjièshàng wǒmen měiyī gè rén dōu xīwàng chénggōng,

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这个世界上我们每一个人都希望成功，

Every one of us in this world wants to be successful,

28

dōu xīwàng měihǎo shēnghuó, dōu xīwàng bèi zūnzhòng.

都希望美好生活，都希望被尊重。

to have a wonderful life and be respected.

29

Wǒ qǐngwèn dàjiā, nǐ bù fùchū chāoyuè biéren de nǚlì hé shíjiān,

我请问大家，你不付出超越别人的努力和时间，

Let me ask you, if you don't spend more time and effort than others,

30

nǐ zěnmē nénggòu shíxiàn nǐ xiǎngyào de chénggōng ne?"

你怎么能够实现你想要的成功呢？”

how can you achieve the success you want? ”

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Zhè jiùshì Mǎ Yún shuō de yī duàn huà.

这就是马云说的一段话。

This is what Jack Ma said.

32

Nǐ gānggang yǒu jiǎngdào Mǎ Yún de fēnxiǎng ne shì guānyú jiǔ jiǔ liù de,

你刚刚有讲到马云的分享呢是关于 996 的，

You said that Jack Ma's speech was about 996.

33

jiù xiān máfan nǐ jiěshì yīxià, shénme shì jiǔ jiǔ liù?

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就先麻烦你解释一下，什么是 996？

Can you please first explain, what is 996?

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Jiǔ jiǔ liù tā zhǐ de shì yīzhǒng gōngzuò zhìdù,

996 它指的是一种工作制度，

It refers to a work culture

35

tā biǎoshì de shì shàngwǔ jiǔ diǎn shàngbān,

它表示的是上午九点上班，

in which you work from 9am

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ránhòu wǎnshàng jiǔ diǎn xiàbān, yī zhōu gōngzuò liù tiān.

然后晚上九点下班，一周工作六天。

till 9pm, six days a week.

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Nàme gāngāng wǒmen shuō dào Mǎ Yún de nà duàn huà

那么刚刚我们说到马云的那段话

So, we just said that Jack Ma's speech

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shì yǒu hěndà de zhēngyì de,

是有很大的争议的，

was very controversial.

39

nà zhè duàn huà de zhēngyì diǎn zài nǎlǐ ne?

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那这段话的争议点在哪里呢？

Why was it controversial?

40

Zhēngyì diǎn qíshí jiùshì zhèyàng de,

争议点其实就是这样的，

Here is why it was controversial.

41

dàjiā hěn róngyì bǎ Mǎ Yún xiǎng chéng yī gè zīběnjiā de xíngxiàng,

大家很容易把马云想成一个资本家的形象，

People commonly regard Jack Ma as a capitalist,

42

jiùshì tā shì yī gè xiéè de zīběnjiā.

就是他是一个邪恶的资本家。

an evil one!

43

Wǒ gǎnjué hěnduō rén xiǎngdào Mǎ Yún huì juéde tā bǐjiào lìzhì ba,

我感觉很多人想到马云会觉得他比较励志吧，

I feel that many people will think of him as someone inspiring

44

yīnwèi tā yě shì cóng yī gè hěn pǔtōng de rén,

因为他也是从一个很普通的人，

because he went from an ordinary person

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ránhòu yīlù jiānxīn de chuàngyè

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然后一路艰辛地创业

to become one of the top businessmen in China

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dàoxiànzài chéngwéi le Zhōngguó shǔyīshùèr de shāngrén.

到现在成为了中国数一数二的商人。

through hard work.

47

Tā lìzhì de zhège xíngxiàng shíjìshàng shì zài jǐ nián zhīqián ba,

他励志的这个形象实际上是在几年之前吧，

His image of being inspirational was actually a few years ago.

48

jiù tèbié shì zài shuō zhè duàn huà zhīqián,

就特别是在说这段话之前，

Especially before that speech,

49

dàjiā juéde tā shì yī gè hěn lìzhì de xíngxiàng.

大家觉得他是一个很励志的形象。

everyone thought he was an inspirational person.

50

Dànshì tā shuō wán zhè duàn huà yǐhòu ne,

但是他说完这段话以后呢，

But after he said this,

51

jiù biàncéng le yī gè xiéè zīběnjiā,

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就变成了一个邪恶资本家，

he became an evil capitalist

52

yīnwèi tā tí zhè duàn huà de shíhou, shǒuxiān tā shì lǎobǎn,

因为他提这段话的时候，首先他是老板，

because when he made this speech, he was first of all, a boss

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jiùshì jiǔ jiǔ liù zhège dōngxi ne,

就是 996 这个东西呢，

and 996 is a working system

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shíjìshàng shì zhēnduì yuángōng de yīzhǒng jiābān zhìdù ma.

实际上是针对员工的一种加班制度嘛。

targeted at employees.

55

Nà rúguǒ yī gè lǎobǎn zhàn qǐlai shuō wǒ zhīchí jiǔ jiǔ liù,

那如果一个老板站起来说 I support 996,

So if a boss stands up and says that he/she supports 996,

56

nà míngxiǎn dàjiā jiù huì xiǎng zhège lǎobǎn de mùdì shì shénme?

那明显大家就会想这个老板的目的是什么？

obviously people will think, what is his/her intention?

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Jiùshìshuō wǒ shì yī gè lǎobǎn, wǒ yào gào su dàjiā gèng nǚlì de gōngzuò,

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就是说我是一个老板，我要告诉大家更努力地工作，

If Jack Ma, as a boss, tells people to work harder

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gèng nǔlì de gàn huó, yǐ hòu cái yǒu yī gè měi hǎo de wèi lái.

更努力地干活，以后才有一个美好的未来。

in order to have a bright future,

59

Nà dà jiā jiù huì xiǎng Mǎ Yún de mù dì jiù shì shuō

那大家就会想马云的目的就是说

people will think that his purpose for saying this

60

zài hū yōu dà jiā néng ràng zì jǐ de jiù shì bō xuē dào gèng duō de shèng yú jià zhí.

在忽悠大家能让自己的就是剥削到更多的剩余价值。

is to trick them into thinking this way so that he can exploit them further.

61

Tā yǒu shuō dào nà yī jù jiù shì néng gòu zuò jiǔ jiǔ liù shì yī zhǒng jù dà de fú qì,

他有说到那一句就是能够做 996 是一种巨大的福气，

He said that it was a great blessing to be able to work 996

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qí shí hěnduō rén duì zhè yī jù huà shì fēi cháng bù mǎn de.

其实很多人对这一句话是非常不满的。

and in fact, this was the sentence that many people were upset about.

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Fú qì zhè liǎng gè zì jīn òu le dà jiā, duì

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福气这两个字激怒了大家，对

The word "blessing" enraged everyone.

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Nǐ néng gēn dàjiā shuō yīxià wèishénme fúqi zhè liǎng gè zì huì jīnù dàjiā?

你能跟大家说一下为什么福气这两个字会激怒大家？

Can you tell us why this word enraged everyone?

65

Shǒuxiān ne Mǎ Yún tā de jiěshì luóji shì shénme ne?

首先呢马云他的解释逻辑是什么呢？

First of all, what is the logic of Jack Ma's explanation?

66

Nénggòu jiǔ jiǔ liù, nà duì wǒmen niánqīng rén láishuō shì yī gè jīhuì,

能够 996，那对我们年轻人来说是一个机会，

(He said that) being able to work 996 is an opportunity for young people

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hěnduō rén kěnéng dōu méiyǒu jiǔ jiǔ liù de jīhuì

很多人可能都没有 996 的机会

and many people may not even have the opportunity to work 996.

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wǒmen niánqīngrén jiù yào jiù shì pīn bó ya!

我们年轻人就要就是拼搏呀！

Young people are supposed to work hard!

69

Ránhòu tā yě shuō le yī duàn zìjǐ de jīnglì,

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然后他也说了一段自己的经历，

Then he talked about his own experience

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wǒ niánqīng de shíhou shènzhì shì shí'èr chéng shí'èr de.

我年轻的时候甚至是 12×12 的。

in which when he was young, he even worked 12 hours a day, 12 months a year.

71

Ránhòu tā shuō zài wǒmen shēnghuó dāngzhōng,

然后他说在我们生活当中，

He then said that in everyday life,

72

hěnduō rén tāmen gōngzuò kěnéng yī tiān gōngzuò

很多人他们工作可能一天工作

we see people that might work

73

shísān gè xiǎoshí, shísi gè xiǎoshí, gōngzuò dào língchén liǎng diǎn.

13 个小时、14 个小时，工作到凌晨两点。

13 - 14 hours a day or even until two in the morning.

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Tā shuō zhèyàng de rén gèng pīnbó,

他说这样的人更拼搏，

He said: "Those people are more hardworking,

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nà wǒmen zhǐshì jiǎndān de jiù jiǔ liù le jiù kāishǐ bàoyuàn le.

那我们只是简单地 996 了就开始抱怨了。

yet we only work 996 and we're complaining.”

76

Ránhòu nà dàjiā jiù huì juéde jiùshìshuō Mǎ Yún

然后那大家就会觉得就是说马云

People felt that Jack Ma

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qíshí zài bāozhuāng yīzhǒng chénggōng xué,

其实在包装一种成功学，

was trying to propose a system for success

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jiùshìshuō wǒmen niánqīng jiù yīnggāi fèndòu

就是说我们年轻就应该奋斗

in order to encourage young people to strive

79

jiù yīnggāi nǔlì, jiù gāi pīnbó.

就应该努力，就该拼搏。

work hard, and fight for a goal.

80

Dàn Mǎ Yún shíjì de mùdì shì ràng nǐmen jiùshìshuō wàngwǒ de qù gànhuó,

但马云实际的目的是让你们就是说忘我地去干活，

But Jack Ma's actual intent (I think), is to have people work selflessly

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duìyú wǒmen lǎobǎn lái shuō,
对于我们老板来说，
so that bosses

82

cái néng jiùshì zhuànqǔ dào gèngduō de lìrùn, duì
才能就是赚取到更多的利润，对
can make more profit!

83

Wǒ fāxiàn zài wǎngshàng tèbié duō de rén qù tāolùn zhège huàtí,
我发现在网上特别多的人去讨论这个话题，
I found that there were a lot of people discussing this topic on the internet.

84

nǐ zhǐyào sōusuǒ Mǎ Yún jiǔ jiǔ liù,
你只要搜索马云 996，
If you search for the keywords “Jack Ma 996”,

85

ránhòu nǐ jiù fāxiàn hǎoduō wénzhāng dōu zài tāolùn,
然后你就发现好多文章都在讨论，
you will find many articles discussing it

86

bìngqiě xiàmiàn yǒu tèbié duō de pínglùn, kěnéng shàng wàn tiáo de.
并且下面有特别多的评论，可能上万条的。
and lots of comments below these articles, maybe over ten thousand.

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Ránhòu yǒu yī tiáo wǒ juéde shuō de hái mán yǒuyìsi de,

然后有一条我觉得说得还蛮有意思的，

There was one comment that I thought was quite interesting.

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jiù zhège rén shuō: “Mǎ Yún qíshí xiǎng shuō niánqīng bù jiǔ jiǔ liù,

就这个人说：“马云其实想说年轻不 996，

The person said: "Jack Ma wants to say that if you're young and you don't work 996,

89

nà ràng nǐ zhāojiǔwǎnwǔ,

那让你朝九晚五，

but instead (only) work 9 to 5,

90

nà nǐ zuòwéi niánqīngrén bù shì làngfèi le hěnduō shíjiān ma?”

那你作为年轻人不是浪费了很多时间吗？”

aren't you wasting your time as a young person?”

91

Tā juéde ne, zhège jiùshì Mǎ Yún zài tōuhuàn le yī gè gàiniàn,

他觉得呢，这个就是马云在偷换了一个概念，

He thought that Jack Ma made a conceptual shift between two ideas.

92

jiùshì wǒ zuòwéi yuángōng, wǒ zài gōngsī jiǔ wǔwǔ

就是我作为员工，我在公司 955

If employees work 9 to 5 in the company,

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nà bù dài biǎo wǒ huí jiā zhī hòu jiù zhēn de shá dōu bù gàn le,

那不代表我回家之后就真的啥都不干了，

it doesn't mean that when they get home, they do nothing

94

jiù zuò zài nà lǐ hùn chī děng sǐ le.

就坐在那里混吃等死了。

but sit there eating and waiting to die.

95

Nà wǒ kě yǐ bǎ wǒ jié shěng xià lái de shí jiān qù zuò bié de yǒu yì yì de shì qing,

那我可以把我节省下来的时间去做别的有意义的事情，

They can use their time to do other meaningful things,

96

bǐ rú shuō tí shēng zì jǐ huò zhě shì qù yùn dòng a, qù péi jiā rén a.

比如说提升自己或者是去运动啊，去陪家人啊。

such as, improve themselves, exercise or be with families.

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Gāng cái nǐ tí dào de zhè ge wǎng yǒu

刚才你提到的这个网友

This netizen you just mentioned

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tā kě néng jiù shuō wǒ huí jiā kě yǐ tōng guò qí tā de fāng shì duàn zào zì jǐ a

他可能就说我回家可以通过其他方式锻造自己啊

said that when he goes home, he could improve himself in other ways,

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huòzhě shì jiānzhí a huòzhě fāzhǎn zìjǐ de àihào a.

或者是兼职啊或者发展自己的爱好啊。

(such as), take part-time jobs or develop his interests.

100

Dànshì qíshí hěnduō rén shì méiyǒu zhèzhǒng xuǎnzé de,

但是其实很多人是没有这种选择的，

But in fact, many people do not have this option.

101

tā zhǐnéng qù xuǎnzé jiǔ jiǔ liù de zhèzhǒng jiābān fāngshì.

他只能去选择 996 的这种加班方式。

They can only choose 996.

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Jiùshìshuō wǒmen zhèxiē dǎgōngzhě qíshí shì yīzhǒng jìngzhēng guānxi,

就是说我们这些打工者其实是一种竞争关系，

Basically, the employees are competing against each other.

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wǒmen yào xiǎng ná dào zhè fèn gōngzī,

我们想要拿到这份工资，

If they want to get their salary,

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bìxū deì qù nǔlì de gōngzuò.

必须得去努力地工作。

they have to work harder.

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Zài Mǎ Yún shuō zhè duàn huà zhīqián

在马云说这段话之前

Before Jack Ma said this,

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shìbùshì yǒu yī gè wǎngzhàn bèi chuànglì chūlái le, jiào jiǔ jiǔ liù ICU?

是不是有一个网站被创立出来了，叫 996ICU?

there was a website called 996 ICU, right?

107

Yī bāng mǎnóng chuànglì de, duì

一帮码农创立的，对

Yes, it was created by a bunch of programmers.

108

Zhègè wǎngzhàn chuànglì de mùdì shì shénme ne?

这个网站创立的目的是什么呢?

What was the purpose of this website?

109

Tā jiào ICU ma

它叫 ICU 嘛

It is called ICU (intensive care unit in a hospital), right?

110

Wǒ shàngbān jiǔ jiǔ liù, shàngbān jiǔ jiǔ liù jiùshì jiābān jiā le hěnduō

我上班 996，上班 996 就是加班加了很多

If I work 996, meaning I work overtime a lot,

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111

bǎ shēntǐ dōu lèikuǎ le,

把身体都累垮了，

my body will become exhausted

112

bǎ shēntǐ lèikuǎ yǐhòu wǒ shēngbìng le,

把身体累垮以后我生病了，

and then I will get sick.

113

jiù zhù ICU, zhù zhòngzhèng jiānhù shì.

就住 ICU，住重症监护室。

Eventually, I will end up in ICU.

114

Tā shíjìshàng shì duì jiǔ jiǔ liù de dǐzhì ma.

它实际上是对 996 的抵制嘛。

(The website) is actually a rebellion against 996.

115

Mǎ Yún zài shuō zhè duàn huà zhīqián ne

马云在说这段话之前呢

Before Jack Ma said this,

116

yǐjīng yǒurén duì hùliánwǎng jiābān wénhuà

已经有人对互联网加班文化

there were already people

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jiùshì jiǔ jiǔ liù, yǐjīng yǒu bùmǎn de qíngxù le.

就是 996，已经有不满的情绪了。

that were unhappy with working overtime in the internet industry.

118

Suǒyǐ yǒu yī gè rén, hùliánwǎng hángyè de rén

所以有一个人，互联网行业的人

So, a guy from this industry

119

tā chuànglì le zhège wǎngzhàn,

他创立了这个网站，

created this website

120

ránhòu zhège wǎngzhàn jiùshì gōng yīxiē nèibù de rénsì tūcáo yīxiē jiǔ jiǔ liù

然后这个网站就是供一些内部的人士吐槽一些 996

for people in the community to complain about 996,

121

huòzhě shì shuō xià zìjǐ de gōngzuò a, shuō xià zìjǐ de wèntí

或者是说下自己的工作啊，说下自己的问题

to talk about their job-related problems

122

ránhòu ne hái yǒude shènzhì shì qù bàoguāng yīxiē jiǔ jiǔ liù de gōngsī.

然后呢还有的甚至是去曝光一些 996 的公司。

and even to expose companies that had implemented 996 working conditions.

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Zhège jiǔ jiǔ liù huàtí qíshí zài nèibù

这个 996 话题其实在内部

This 996 topic

124

yǐjīng shì yǐnqǐ le yī gè xiǎoxiǎo de hōngdòng,

已经是引起了一个小小的轰动，

had actually caused quite a stir within the (internet) community

125

dàjiā dōu zài tāolùn zhège shìqing le.

大家都在讨论这个事情了。

and everyone was talking about this.

126

Dànshì bìng méiyǒu bèi qítā de, hángyè zhīwài de rén qù guānzhù

但是并没有被其它的，行业之外的人去关注

However, it wasn't being discussed by people outside that industry,

127

bāokuò wǒ, wǒ zhīqián dōu shì méiyǒu tīng guò zhège cí de.

包括我，我之前都是没有听过这个词的。

including me, who had never heard of this term before.

128

Zhè bāng rén kěnéng zài màn màn màn màn bào yuàn yī duàn shíjiān

这帮人可能再慢慢慢慢抱怨一段时间

Perhaps, after these people complained about it for a while,

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tāmen yě kěnéng jiù huì wàngjì le zhè jiàn shìqing,

他们也可能就会忘记了这件事情，

they would've slowly forgotten about it

130

bùhuì zài qù tí le.

不会再去提了。

and wouldn't have mentioned it again.

131

Dànshì piānpiān zài zhège shíhou,

但是偏偏在这个时候，

But, it just so happened that at that time,

132

Mǎ Yún tā téng... zhàn chūlai shuō le zhèyàng yī duàn huà.

马云他腾... 站出来说了这样一段话。

Jack Ma stood up and made such a speech.

133

Ránhòu jiù cóng yī gè bìngbù bèi rén guānzhù de huàtí

然后就从一个并不被人关注的话题

It changed from being a topic that was not paid too much attention to,

134

biànchéng le quánmín dōu zài tāolùn de shìqing.

变成了全民都在讨论的事情。

to something that was being discussed by everyone.

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Cóng Mǎ Yún de zhè chǎng zhēngyì zhōng qíshí kěyǐ kàn chū lái

从马云的这场争议中其实可以看出来

From this controversy, we can see that

136

dàjiā duì yú jiǔ jiǔ liù de tài du dà bù fēn dōu shì dǐ zhì de.

大家对于 996 的态度大部分都是抵制的。

people's attitude towards 996 was mostly negative.

137

Nà me zhè ge shì bù shì shuō míng

那么这个是不是说明

So, does it mean that

138

tā zài Zhōngguó shè huì què shí pǔ biàn cún zài ne?

它在中国社会确实普遍存在呢？

it is really that widespread in China?

139

Jiǔ jiǔ liù jiù shì zài Zhōngguó qí shí què shí shì hěn pǔ biàn de,

996 就是在中国其实确实是很普遍的，

996 is actually very common in China.

140

dàn shì xiàng nǐ gāng cái shuō de,

但是像你刚才说的，

But as you just said,

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141

tā qíshí shì cóng hùliánwǎng zhège lǐngyù nèi dànshēng de yī gè cí ma,

它其实是从互联网这个领域内诞生的一个词嘛，

the term actually originated from the internet industry.

142

suǒyǐ shuō dàjiā shuōdào jiǔ jiǔ liù de shíhou,

所以说大家说到 996 的时候，

So, when speaking of 996,

143

shíjìshàng dōu róngyì liánxiǎng dào

实际上都容易联想到

people will tend to associate it

144

hùliánwǎng hángyè nèi de jiābān qíngkuàng.

互联网行业内的加班情况。

with people working overtime in the internet industry.

145

Dànshì jù wǒ liǎojiě,

但是据我了解，

However, as far as I know,

146

hùliánwǎng hángyè nèi qíshí yě bù shì pǔbiàn de

互联网行业内其实也不是普遍地

working overtime is not that pervasive

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147

yǒu zhèzhǒng jiù fēicháng yánzhòng de jiābān,
有这种就非常严重的加班，
in the internet industry.

148

tā fēn nǎxiē gōngzhǒng,
它分哪些工种，
It depends on one's job position.

149

bǐrú shuō tā chéngxùyuán, tā shíjìshàng jiù jiābān hěn yánzhòng.
比如说他程序员，他实际上就加班很严重。
For example, programmers actually work overtime a lot.

150

Shèjìshī dehuà kěnéng jiù yào zhèngcháng yīxiē.
设计师的话可能就要正常一些。
(But) designers may have normal working hours.

151

Wèishénme chéngxùyuán huì xūyào jiābān jiā zhème duō ne?
为什么程序员会需要加班加这么多呢？
Why do programmers need to work overtime so much?

152

Tā shì yóu tā de gōngzuò de fāngshì juédìng de,
它是由他的工作的方式决定的，
It is determined by the nature of their work.

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153

yīnwèi chéngxùyuán tā bìjìng shì zài shíxiàn zhè yī guòchéng,

因为程序员他毕竟是在实现这一过程，

After all, programmers need to write codes

154

jiùshì tā qiāo dàimǎ, xiě dàimǎ.

就是它敲代码、写代码。

which is a process of materializing (designers' visions).

155

Ránhòu zhège guòchéng shíjìshàng hěn máfan,

然后这个过程实际上很麻烦，

This process is actually very complicated

156

shǒuxiān tā dàimǎ shì hěn cháng yī duàn de,

首先它代码是很长一段的，

because, first of all, codes are long,

157

bù shì shuō wǒmen xiǎngxiàng de jiùshìshuō jǐ háng jiù wán shìr,

不是说我们想象的就是说几行就完事儿，

and it's not what we might image, just a few lines.

158

tā shì hěn fùzá hěn cháng de yī duàn.

它是很复杂很长的一段。

It's very long and complicated.

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Ránhòu tā yào qù shì cuò, shì cuò ne, ránhòu yòu jiūzhèng ma.

然后他要去试错，试错呢，然后又纠正嘛。

Then, they need to go through a process of trial-and-error.

160

Chéngxùyuan yě huì duì shèjìshī yǒusuǒ bàoyuàn de dìfang zàiyú ne,

程序员也会对设计师有所抱怨的地方在于呢，

Programmers also have complains about designers

161

yǒushíhòu shèjìshī tíchū de xiǎngfǎ guòyú líqí guàiyì,

有时候设计师提出的想法过于离奇怪异，

because sometimes they come up with ideas that are very weird

162

tāmen de chéngxù jiù hěn nán shíxiàn

他们的程序就很难实现

and difficult for programmers to realize.

163

Wèishénme zài hùliánwǎng hángyè jiǔ jiǔ liù huì zhème pǔbiàn ne?

为什么在互联网行业 996 会这么普遍呢？

Why is 996 so common in the internet industry?

164

Shǒuxiān hùliánwǎng ne tā shì zhè jǐ nián xīngqǐ de ma,

首先互联网呢它是这几年兴起的嘛，

First of all, the internet has emerged only in the last few years

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165

hùliánwǎng qíshí dàibiǎo le gāoxīn de zhíyè,

互联网其实代表了高薪的职业，

and it is actually a high-paying industry.

166

nà gāoxīn de zhíyè shíjìshàng jiùshì qiúzhí de rén jiù huì hěnduō,

那高薪的职业实际上就是求职的人就会很多，

Since it's high-paying, more people want to get this kind of job.

167

zhǎo gōngzuò de rén hěnduō,

找工作的人很多，

And, if more people are looking for this kind of job,

168

dàn gōngzuò zhíwèi kěnéng jiù bǐjiào shǎo.

但工作职位可能就比较少。

there will be fewer positions available.

169

Dì'èr gè yuányīn ne

第二个原因呢

For the second reason,

170

shíjìshàng wǒ xiǎng yòng yī gè lìzi lái shuōmíng yīxià,

实际上我想用一个例子来说明一下，

I want to use an example to demonstrate (my point).

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xiànzài wǒ, bǐrú shuō wǒ, wǒ shì yī gè bǐjiào shàngjìn de rén,

现在我，比如说我，我是一个比较上进的人，

Let's say, I am a person who is striving to improve (my work)

172

wǒ jiùshì shàngyǒulǎoxià yǒuxiǎo.

我就是上有老下有小。

while having the responsibility to take care of my parents and kids.

173

Shǒuxiān ne wǒ zhǎo zhè gōngzuò hěn nán,

首先呢我找这工作很难，

First of all, it will be very difficult for me to find a job

174

ránhòu lái yǎngjiā, lái zuòwéi jiātíng zhīzhù.

然后来养家，来作为家庭支柱。

and I need to rely on it to support my family.

175

Ránhòu wǒ hǎobùróngyì zhǎodào zhègè gōngzuò le yǐhòu,

然后我好不容易找到这个工作了以后，

When I finally find a job,

176

qíshí xīnshuǐ bù shì hěn gāo,

其实薪水不是很高，

the salary isn't very high.

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177

nà shíjìshàng wǒ jiù huì yǒu xià yī bù de jìhuà,

那实际上我就会有一步的计划，

So, I will plan for the next step.

178

wǒ huì jìhuà shénme ne?

我会计划什么呢？

What will it be?

179

Wǒ yào shēngzhí a!

我要升职啊！

I will want a job promotion!

180

Wǒ yào biǎoxiàn de jījí yīxiē,

我要表现得积极一些，

(So,) I will need to perform better at work

181

nà kěnéng zài zhōuliù zhōurì wǒ jiù huì zhǔdòng de zìyuàn lái gōngsī

那可能在周六周日我就会主动地自愿来公司

and I might voluntarily come to the company to work on weekends.

182

bǎ jiùshìshuō yīxiē éwài de kěnéng dōu bù shǔyú wǒ de gōngzuò

把就是说一些额外的可能都不属于我的工作

I might work on something that doesn't even belong to me

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huòzhě wǒ gōngzuò zhīnèi de yīxiē shìqìng tízǎo wánchéng.

或者我工作之内的一些事情提早完成。

or I will finish my work in advance

184

Zhèyàng wǒ de lǎobǎn hé shàngsī jiù huì duì wǒ yǒusuǒ xīnshǎng.

这样我的老板和上司就会对我有所欣赏。

so that my boss and superior will like me (and thus, give me a promotion).

185

Nà yǒu qítāde tóngshì kàndào wǒ yīnwèi zhèyàng,

那有其他的同事看到我因为这样，

So, when my colleagues see that

186

zuò zhèyàng de shì dédào le tiántou,

做这样的事得到了甜头，

I get benefits from doing this,

187

tāmen jiù yě huì jiārù dào... kāishǐ zìyuàn jiābān.

他们就也会加入到... 开始自愿加班。

they'll also join in and start working overtime voluntarily.

188

Dàjiā dōu shì jìngzhēng guānxi ma,

大家都是竞争关系嘛，

We will become competitors

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189

nà wǒ yě xiǎng biǎoxiàn de gèng shàngjìn, gèng jījí,

那我也表现得_{de}更上进, 更积极,

and they will also want to show that they're more ambitious, have more initiative

190

nà dàjiā dōu lái jiābān.

那大家都来加班。

and will work overtime.

191

Nà jiǔ'érjiǔzhī de zhèzhǒng fēnwéi

那久而久之的这种氛围

Over a period of time,

192

shíjìshàng jiù xíngchéng le yīzhǒng qiánguīzé.

实际上就形成了一种潜规则。

this will develop into an unspoken rule.

193

Zhège qiánguīzé tā bù shì shuō shéi lì xiàlai de,

这个潜规则它不是说谁立下来的,

That's not to say that this rule was set up by anyone.

194

bù shì shuō lǎobǎn shuō, wǒ dìng yī gè qiánguīzé,

不是说老板说, 我定一个潜规则,

It's not that the boss said: "Let me have this unspoken rule

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nǐmen lái wǒ de gōngsī,

你们来我的公司，

in which if you want to work in my company,

196

bìxū dēi jiābān.

必须得加班。

you will have to work overtime (without compensation).”

197

Tā shíjìshàng shì dàjiā gòngtóng xíngchéng de,

它实际上是大家共同形成的，

The rule was formed by everyone

198

tā shì zhèzhǒng jìngzhēng yìshì xíngchéng de.

它是这种竞争意识形成的。

due to a sense of competition.

199

Lǎobǎn yě fāxiàn le zhè qízhōng... jiùshì duì wǒ yǒu hǎochu,

老板也发现了这其中... 就是对我有好处，

Also, the bosses discovered that this (development) had benefits for them

200

ránhòu lǎobǎn kěnéng jiù kāishǐ xuānyáng shuō, gǔlì yuángōng lái jījí jiābān

然后老板可能就开始宣扬说，鼓励员工来积极加班

and so, they started encouraging employees to work overtime,

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201

jījí de jiùshì... yào yǒu shàngjìn xīn.

积极地就是... 要有上进心。

take more initiative and be more ambitious.

202

Nà zuìhòu ne kěnéng jiùshì fāzhǎn chéng shènzhì shì qǐyèwénhuà.

那最后呢可能就是发展成甚至是企业文化。

Eventually, it might even develop into a corporate culture.

203

Kěnéng yī kāishǐ zhège dìyī gè zhǔdòng yāoqiú jiābān de yuángōng,

可能一开始这个第一个主动要求加班的员工，

Perhaps at the beginning, when the first employee worked overtime,

204

tā shì bèi rènwéi jùyǒu zhège shàngjìn de pǐnzhì,

他是被认为具有这个上进的品质，

he was considered ambitious.

205

dànshì dào zuìhòu dàjiā dōu zài zuò zhège shìqing,

但是到最后大家都在做这个事情，

But eventually, when everyone was doing it,

206

jiù biànchéng le yī gè chángtài.

就变成了一个常态。

it became expected.

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207

Nàme biàncéng chángtài zhīhòu, tā jiù bù shì yī gè hǎo de pǐnzhì le,

那么变成常态之后，它就不是一个好的品质了，

When it became expected, it was no longer a special quality

208

jiùshì lǐsuǒdāngrán de shìqing le.

就是理所当然的事情了。

and began to be taken for granted.

209

Nàme lǎobǎn jiù huì juéde dàjiā dōu yīnggāi zhèyàngzi zuò.

那么老板就会觉得大家都应该这样子做。

So, the boss would feel that everyone was supposed work this way.

210

Zài zhèzhǒng fēnwéi xià, rúguǒ shuō nǐ bù qù zìyuàn jiābān,

在这种氛围下，如果说你不去自愿加班，

Under this (work environment), if you don't volunteer to work overtime,

211

nǐ fǎnér huì shòudào jiùshì dàodé qiǎnzé, duì, dàodé qiǎnzé

你反而会受到就是道德谴责，对，道德谴责

you might get moral condemnation.

212

Yīnwèi wǒ běnkē shì xué de jiànzhùxué, duì

因为我本科是学的建筑学，对

Since I studied architecture as an undergraduate,

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Wǒ shuō yīxià wǒ jiànzhù nàge hángyè nèi de jiābān qíngkuàng. | Xíng

我说一下我建筑那个行业内的加班情况。| 行

I will talk about the situation of working overtime in the construction industry. |

Okay.

214

Jiùshì wǒmen yào chū mǒu gè jiànzhù de yī gè fāng'àn,

就是我们要出某个建筑的一个方案，

(If, for example), we needed to make a plan for constructing a building

215

zài yī nián zhīnèi bǎ zhège gōngchéng luòshí ma,

在一年之内把这个工程落实嘛，

and this needed to be completed within a year,

216

nà wǒ shèjìshī jiù yǒu yīdìng de jìndù,

那我设计师就有一定的进度，

as designers, we would make a schedule.

217

dànshì yào fāng'àn de zhè yī fāng jiù huì tūrán de gǎibiàn mǒuxiē xūqiú.

但是要方案的这一方就会突然地改变某些需求。

But then the customer might suddenly change some of their requirements,

218

Jiù yǐqián kěnéng shì shítǐ nàzhǒng qiáng, shuǐní qiáng,

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就以前可能是实体那种墙，水泥墙，
(for example,) before it was solid, cement walls,

219

wǒ xiànzài yào jiā gè bōli mùqiáng, tòumíng de.
我现在要加个玻璃幕墙，透明的。
but now they want to add a transparent glass.

220

Tā juéde jiā yī gè bōli mùqiáng
他觉得加一个玻璃幕墙
In their minds, adding the glass wall

221

zhǐshì shuō nǐ zài tú shàng gǎi yī gè xiǎo de dìfang jiù kěyǐ le.
只是说你在图上改一个小的地方就可以了。
just meant making a small change on the design.

222

Qíshí bù shì!
其实不是！
(But) actually, no!

223

Tā zài jiégòu shàng kěnéng yào suàn lìxué ya,
它在结构上可能要算力学呀，
Regarding the structure, we might need to calculate the mechanics

224

shuǐdiàn a dōu xiāngguān

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水电啊都相关

and it might also relate to hydroelectricity.

225

shíjìshàng zhège dōngxi dàilái de gōngzuòliàng jiù hěnduō,

实际上这个东西带来的工作量就很多，

Actually, this would create a lot of (extra) work

226

suǒyǐ shuō dàjiā dōu yào jiābān, tōngxiāo jiābān.

所以说大家都要加班，通宵加班。

and everyone would have to work overtime, or even throughout the night.

227

Jiùshì jiànzhù hángyè nèi de zhèzhǒng tōngxiāo jiābān

就是建筑行业内的这种通宵加班

It's actually very common for people in the construction industry

228

shíjìshàng shì hěn pǔbiàn de.

实际上是很普遍的。

to work overtime and throughout the night.

229

Nà wǒ gēn nǐ shuō yīxià wǒ de gèrén gōngzuò jīngyàn ba,

那我跟你说一下我的个人工作经验吧，

Let me tell you about my personal working experience,

230

jiùshì jiābān de jīngyàn.

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就是加班的经验。

specifically, my experience working overtime.

231

Zài wǒ gānggang zhōngzhuān bìyè de shíhou

在我刚刚中专毕业的时候

When I graduated from a secondary trade school,

232

bèi fēnpèi qù le yī jiā diànzǐ gōngchǎng gōngzuò,

被分配去了一家电子工厂工作，

I was assigned to work in an electronic factory,

233

shì yī míng pǔ gōng, jiùshì dàitì jīqì de nàge rén,

是一名普工，就是代替机器的那个人，

as a general worker and I was like a machine.

234

suǒyǐ wǒ jīběnshàng jiùshì xiàng yī gè jīqìrén yīyàng de

所以我基本上就是像一个机器人一样的

So, I was basically like a robot

235

zài nàli měitiān chóngfù tóngyàng de gōngzuò.

在那里每天重复同样的工作。

doing the same thing every day.

236

Shàng báibān jiùshì bā diǎn dào bā diǎn,

Are Chinese Workaholic? The 996 Work Culture

上白班就是八点到八点，

The day shift

237

zǎoshang bā diǎn dào wǎnshang bā diǎn,

早上八点到晚上八点，

was from eight in the morning to eight in the evening.

238

nà shàng wǎn bān jiùshì wǎnshang bā diǎn dào zǎoshang bā diǎn,

那上晚班就是晚上八点到早上八点，

And the night shift was from eight in the evening to eight in the morning,

239

jiù áo zhěnggè tōngxiāo.

就熬整个通宵。

we had to work the whole night.

240

Érqiě rúguǒ dānzi duō de shíhou ne,

而且如果单子多的时候呢，

And if there were many orders,

241

wǒmen kěnéng lián yī tiān dōu xiūxi bùliǎo,

我们可能连一天都休息不了，

we might not even have a day off.

242

kěnéng wǒ zhè yī gè yuè zhǐ xiūxi liǎngtiān.

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可能我这一个月只休息两天。

Maybe I would only have two days off in a month.

243

Guīdìng shuō shì yào xiūxi liǎngtiān de ma, yī gè lǐbài

规定说是要休息两天的嘛，一个礼拜

The rule said that we could take two days off in a week.

244

Suǒyǐ wǒmen shì yǒu... yī gè yuè shì yǒu bā tiān de xiūjià de,

所以我们是... 一个月是有八天的年假的，

So, we were allowed 8 days off during a month,

245

dànshì zhège tā wèibì huì gěi nǐ xiū.

但是这个他未必会给你休。

but they didn't necessarily give us the days off.

246

Jīnglǐ tā huì ànzhào dāngshí de dìngdān liàng

经理他会按照当时的订单量

The manager would arrange our off days

247

lái gěi yuángōng ānpái tāmen de xiūjià.

来给员工安排他们的休假。

according to the amount of orders.

248

Zhège qíshí jiù ràng wǒ xiǎngqǐ le nàge,

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这个其实就让我想起了那个，

This actually reminds me of...

249

nàge jiào shénme? Nàge gōngchǎng

那个叫什么？那个工厂

What's that called? The factory.

250

Shénme gōngchǎng? Ò! Fùshìkāng!

什么工厂？哦！富士康！

What factory? Oh! Foxconn!

251

Duì, wǒ xiǎngqǐ le Fùshìkāng.

对，我想起了富士康。

Yes, it reminds me of Foxconn.

252

Duì, yīnwèi wǒ zhīqián jiùshì zài zuò jiàoyù hángyè de shíhou yǒu yī gè tóngshì,

对，因为我之前就是在做教育行业的时候有一个同事，

I had a colleague when I was in the education industry,

253

zhège tóngshì gēn wǒ jiǎng guò, tā yǐqián qù guò Fùshìkāng,

这个同事跟我讲过，他以前去过富士康，

and he told me that he had been to Foxconn before.

254

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tā jiù shuō lǐmiàn nàzhǒng gōngzuò jiùshì xiàng...

他就说里面那种工作就是像...

He said that the kind of work there was like...

255

yīzhí chóngfùxìng de gōngzuò, jiù xiàng jīqì yīyàng.

一直重复性的工作，就像机器一样。

It was very repetitive and people were just like machines.

256

Ránhòu ne qíshí tōngguò jiǔ jiǔ liù ne wǒ hái néng xiǎng dào yī jiàn shìqing,

然后呢其实通过 996 呢我还能想到一件事情，

Because of 996, I thought of something else.

257

qíshí jiǔ jiǔ liù wǒ juéde tā wǎng dà le yīdiǎn shuō,

其实 996 我觉得它往大了一点说，

If we look at 996 in a larger sense,

258

tā dàibiǎo le jiābān zhìdù, jiābān wénhuà.

它代表了加班制度、加班文化。

it reflects a culture of working overtime.

259

Wǒ juéde zài wǎng dà yīdiǎn shuō,

我觉得再往大一点说，

I think that if we look at it in an even larger scale,

260

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tā jiùshì zhǐ de jiùshì wǒmen Zhōngguó rén...

它就是指的就是我们中国人...

it refers to Chinese...

261

dāngdài Zhōngguó rén shēnghuó zhōng mánglù de zhèzhǒng zhuàngtài.

当代中国人生活中忙碌的这种状态。

(It reflects) a busy Chinese lifestyle.

262

Wǒ gěi nǐ jǔ yīdiǎn jiùshì wǒ jiāxiāng de yī gè lìzi,

我给你举一点就是我家乡的一个例子，

I'll give you an example from my hometown.

263

wǒ jiāxiāng ne jiùshì hěn xiǎo de xiànchéng ma,

我家乡呢就是很小的县城嘛，

My home is in a very small county.

264

jíshǐ bù xiàng chéngshì zhèlǐ jiùshì huì qù jiābān,

即使不像城市这里就是会去加班，

Even though it's not like a city in which people need to work overtime so much,

265

dàjiā yě huì jiùshì zhǎodào zìjǐ jiùshì xiányú xiàlai de shíjiān

大家也会就是找到自己就是闲余下来的时间

people still use their spare time

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266

qù tōngguò éwài de fāngshì qù zhuànqián,

去通过额外的方式去赚钱，

to make additional money through other means.

267

suǒyǐ shuō dàjiā wǒ juéde dōu hěn máng.

所以说大家我觉得都很忙。

So, I think everyone is busy.

268

Nǐ shuō dào zhèxiē rén dehuà, wǒ yǐqián zài Zhōngshān de shíhou

你说到这些人的话，我以前在中山的时候

Speaking of this kind of people, when I was in Zhongshan,

269

yǒu pèngdào guò yīxiē sījī, chūzūchē sījī,

有碰到过一些司机，出租车司机，

I met some taxi drivers

270

wǒ jīngcháng gēn tāmen liáotiān, bāokuò háiyǒu dīdī shīfu a,

我经常跟他们聊天，包括还有滴滴师傅啊，

and I often chatted with them, including Didi drivers.

271

wǒ jīngcháng wèn tāmen yī tiān shàng jǐge xiǎoshí,

我经常问他们一天上几个小时，

I would ask them how many hours they worked a day

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272

nà yǒu hǎojǐ gè rén dōu gàosu guò wǒ,

那有好几个人都告诉过我，

and many of them told me that

273

tā kěnéng yī tiān huì shàng shíwǔ gè xiǎoshí dào shíliù gè xiǎoshí.

他可能一天会上 15 个小时到 16 个小时。

they might work 15 to 16 hours a day.

274

Duì, shíjì dàjiā dōu hěn máng.

对，实际大家都很忙。

Right, everyone is busy.

275

Jiùshì yǒu hěnduō bǐrú shuō yīxiē huánwèigōngrén,

就是有很多比如说一些环卫工人，

For example, some cleaning workers

276

tā kěnéng jiùshì sì wǔ diǎn qǐlai,

他可能就是四五点起来，

might need to get up at 4-5 o'clock,

277

tā sān sì diǎnzhōng qǐlai língchén tā jiù kāishǐ dǎsǎo wèishēng ma,

他三四点钟起来凌晨他就开始打扫卫生嘛，

or 3-4 o'clock in the morning to start cleaning

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278

ránhòu tā báitiān ne kěnéng hái yào qù shìchǎng lǐmiàn

然后他白天呢可能还要去市场里面

and during the day, they might go to the market

279

fànmài yīxiē shūcài shuǐguǒ.

贩卖一些蔬菜水果。

to sell vegetables and fruits.

280

Nǐ kàn tā zhèyàng de rén,

你看他这样的人，

You see, these people

281

tā yītiān de gōngzuò kě bùzhǐ jiǔ jiǔ liù le, wǒ juéde

他一天的工作可不止 996 了，我觉得

don't just work 996,

282

tā gōngzuòshíjiān yào gèng cháng yīxiē le.

他工作时间要更长一些了。

they work even longer.

283

Duì, yě gēn Zhōngguó rén de shēnghuó zhuàngtài yǒuguānxi.

对，也跟中国人的生活状态有关系。

Yes, it also has to do with Chinese's living conditions.

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284

Yīnwèi dàjiā yālì... jīngjì yālì bǐjiào dà,

因为大家压力... 经济压力比较大,

Since people are under a lot of financial pressure,...

285

jiǎrú nǐ shì yī míng nánxìng, rúguǒ nǐ shì yǐhūn dehuà,

假如你是一名男性, 如果你是已婚的话,

If you're a man and you're married,

286

nà yālì gèngdà le,

那压力更大了,

you have even more pressure,

287

nǐ kěnéng xūyào shànyǎng nǐ de fùmǔ, ránhòu nǐ lǎopo de fùmǔ,

你可能需要赡养你的父母, 然后你老婆的父母,

(because) you may need to support your parents, your wife's parents,

288

nǐ kěnéng hái mǎi le fángzi, chēzi, ránhòu nǐ xiǎoháir.

你可能还买了房子、车子, 然后你小孩儿。

a house, a car, and your children.

289

Jiù jīcéng de dīcéng de rénwù miànlín de shēnghuó yālì shì bǐjiào dà de,

就基层的底层的人物面临的生活压力是比较大的,

Lower class people are facing a lot of pressure (too)

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290

suǒyǐ tāmen xīwàng nénggòu yòng zìjǐ de shíjiān qù huàn lái yīxiē,

所以他们希望能够用自己的时间去换来一些，

and so, they want to be able to exchange their time for some

291

huàn lái yīxiē jīngjì de... | éwài de shōurù

换来一些经济的... | 额外的收入

financial... | Extra income.

292

Duì, éwài de shōurù.

对，额外的收入。

Right, extra income.

293

Wǒ juéde Zhōngguó rén jiùshì chǔyú yī gè bǐjiào jǐnzhāng de zhuàngtài.

我觉得中国人就是处于一个比较紧张的状态。

I think Chinese people are in a state of stress.

294

Duì, bǐjiào jǐnzhāng de zhuàngtài

对，比较紧张的状态

Right.

295

Hùliánwǎng zài Zhōngguó tā de yìngyòng hěn pǔbiàn,

互联网在中国它的应用很普遍，

The internet is widely used in China

Are Chinese Workaholic? The 996 Work Culture

296

ránhòu jiābān jiù yě méiyǒu, jiùshìshuō yíwàng tā.

然后加班就也没有，就是说遗忘它。

and even in the area of working overtime, it's not being forgotten.

297

Méiyǒu yíwàng tā? ! Nǐ zhège... hǎo ba! Nǐ jìxù

没有遗忘它? ! 你这个... 好吧! 你继续

Not forgotten? This... Alright! Go on.

298

Jiābān zhège fāngshì lǐmiàn yě méiyǒu bǎ hùliánwǎng gěi wàngdiào,

加班这个方式里面也没有把互联网给忘掉，

The internet has not been forgotten in the area of working overtime

299

jiùshì hùliánwǎng yě fāhuī le tā de zuòyòng.

就是互联网也发挥了它的作用。

and it has played a role.

300

Nǐ bù yòng qù gōngsī jiābān,

你不用去公司加班，

You don't have to go to the company to work overtime.

301

nǐ zài shǒujī shàng jiābān jiù kěyǐ le,

你在手机上加班就可以了，

You can simply work overtime on the smartphone.

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302

yīnwèi nǐ gēn nǐ de tóngshì, lǎobǎn, lǐngdǎo, shàngsī dōu yǒu wēixìn,

因为你跟你的同事、老板、领导、上司都有微信，

Since you, your colleagues, bosses, leaders and superiors all have WeChat,

303

ránhòu lǐngdǎo jiù huì jiànlì wēixìn qún,

然后领导就会建立微信群，

your leader will create a WeChat group,

304

ránhòu zài qún lǐmiàn fā yī gè wèntí,

然后在群里面发一个问题，

and they might send a question to you (through WeChat).

305

zhège měihǎo de jiàqī kěnéng jiù zài wēixìn shàng dùguò le.

这个美好的假期可能就在微信上度过了。

(Then), your wonderful holiday might need to be spent on WeChat!

306

Duì, wǒ xiǎngdào le yìqíng gāng kāishǐ bàofā de shíhou,

对，我想到了疫情刚开始爆发的时候，

Right. I remember when the pandemic first broke out,

307

hěnduō rén bùnéng huíqu gōngzuò ma,

很多人不能回去工作嘛，

many people could not go back to work,

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308

jiùshì wǎngluò huìyì jiù fēicháng de liúxíng le,

就是网络会议就非常的流行了，

online conferences became very popular.

309

jiù dàjiā dōu tōngguò wǎngluò lái jiějué yīxiē gōngzuò de shìqing.

就大家都通过网络来解决一些工作的事情。

Everyone was using the internet for work.

310

Ránhòu wǒ jiù wèn wǒ yī gè péngyou, wǒ shuō nà bù tǐnghǎo de ma?

然后我就问我一个朋友，我说那不挺好的吗？

I asked one of my friends, "isn't that good?"

311

Zhèyàng kěyǐ zài jiā lǐ gōngzuò, duō hǎo a!

这样可以在家里工作，多好啊！

How nice it is to be able to work at home!"

312

Ránhòu tā shuō bù, bùhǎo!

然后她说不，不好！

And she said, "No, it's not good!"

313

Wǒ shuō wèishénme ya?

我说为什么呀？

I said, why not?

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314

Tā shuō nǐ zài gōngsī lǐmiàn gōngzuò,

她说你在公司里面工作，

She said that when you work in the office,

315

nǐ jiù gōngzuò bā gè xiǎoshí, ránhòu nǐ xiàbān nǐ jiù huíqu le.

你就工作 8 个小时，然后你下班你就回去了。

you only work for eight hours and you can go home after work.

316

Dànshì nǐ yòng wǎngluò dehuà,

但是你用网络的话，

But if you work online,

317

zhègè wǎngluò kěnéng liánjiē hái bùhǎo,

这个网络可能连接还不好，

the internet connection may not be so good,

318

ránhòu nǐ yǒukěnéng gōngzuò chāoguò bā gè xiǎoshí,

然后你有可能工作超过 8 个小时，

and so, you may work more than eight hours,

319

shènzhì chāoguò shí'èr gè xiǎoshí,

甚至超过 12 个小时，

or even more than 12 hours,

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320

yīnwèi jiù méiyǒu jièxiàn le,

因为就没有界限了，

because there are no boundaries

321

jiù bǎ gōngzuò yǐjīng dài huí dào jiā lǐ lái le.

就把工作已经带回到家里来了。

since you brought your work home.

322

Suǒyǐ tā juéde yòng zhège wǎngluò lái gōngzuò de huà,

所以她觉得用这个网络来工作的话，

So she felt that working through the internet

323

hào fèi tā de shíjiān shì gèng duō de, érqiě méiyǒu xiàolǜ.

耗费她的时间是更多的，而且没有效率。

was more time-consuming and inefficient.

324

Duì, jiùshì lǐngdǎocéng de tōngguò zhège yìqíng bǎwò zhù le zhège jīhuì,

对，就是领导层的通过这个疫情把握住了这个机会，

Right. Leaders have seized the opportunity of the pandemic

325

bǎ jiābān zhè zhǒng fāngshì dài dào le hùliánwǎng lǐmiàn,

把加班这种方式带到了互联网里面，

and used the internet to create more overtime.

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326

wǒmen zài xiànshàng jiāoliú jiù kěyǐ le, xiànshàng jiābān.

我们在线上交流就可以了，线上加班。

We can communicate and work online.

327

Yǐqián wǒ jiābān yě bùzhǐ shì zài gōngchǎng lǐmiàn jiā guò bān,

以前我加班也不只是在工厂里面加过班，

In the past, not only have I worked overtime in a factory,

328

wǒ zài gōngsī lǐmiàn zuò xiāoshòu de shíhou yě shì jīngcháng jiābān.

我在公司里面做销售的时候也是经常加班。

but also in an (office) as a sales person.

329

Zhège gōngsī shì xiǎo gōngsī,

这个公司是小公司，

It was a small company

330

suǒyǐ tā de jìngzhēng yōushì bìng méiyǒu tóngxíng de gāo.

所以它的竞争优势并没有同行的高。

and our competitive advantage wasn't as high as other companies.

331

Nàme wǒmen tōngguò shénme fāngfǎ ne?

那么我们通过什么方法呢？

So what did we do?

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332

Jiùshì rèn hé de dìng dān wǒ men dōu huì jiē,

就是任何的订单我们都会接，

We would take any business order

333

zhǐ yào shì wǒ men néng lì fàn wéi nèi de.

只要是我们能力范围内的。

as long as it was within our ability.

334

Ránhòu zhè ge néng lì fàn wéi nèi kě néng bāo kuò wǒ men xū yào jiā bān jiā diǎn,

然后这个能力范围内可能包括我们需要加班加点，

However, our ability included working overtime

335

shèn zhì tōng xiāo qù wán chéng zhè ge dìng dān.

甚至通宵去完成这个订单。

or even staying up all night to complete the order.

336

Nà me dāng shí wǒ men zhè ge gōng chǎng zhǐ yǒu jǐ ge rén,

那么当时我们这个工厂只有几个人，

At that time, we only had a few employees in our factory.

337

nà me wǒ suī rán shì xiāo shòu, nà wǒ jiē dào dìng dān,

那么我虽然是销售，那我接到订单，

Although I was a sales person, when I got orders

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338

hǎo, kèhù yāoqiú míngtiān jiāohuò,
好，客户要求明天交货，
that required to be delivered the next day,

339

zhège běnlái wǒmen shì jiāo bùliǎo de,
这个本来我们是交不了的，
which we couldn't normally do,

340

ránhòu lǎobǎn wèile qù zhuàn zhè yī bǐ qián,
然后老板为了去赚这一笔钱，
in order to make that money,

341

kěnéng huì miǎnqiǎng de bǎ zhège dìngdān jiē xiàlai.
可能会勉强地把这个订单接下来。
my boss would accept the order knowing it would be very difficult (to
complete).

342

Nà jiē xiàlai zěnmébàn?
那接下来怎么办？
So, what did we do after taking the order?

343

Méiyǒu rén qù zuò ya!
没有人去做呀！
There wasn't (enough) people to work on it.

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344

Suǒyǐ wǒmen zhǐnéng zìjǐ shàngshǒu,

所以我们只能自己上手，

So, we (including me who was a sales person) had to do it ourselves

345

huì tōngxiāo bǎ zhège dìngdān wánchéng

会通宵把这个订单完成

and complete the order by working overnight.

346

ér tōngxiāo... zài kāishǐ de yī nián ne tōngxiāo shì tèbié chángjiàn de,

而通宵... 在开始的一年呢通宵是特别常见的，

In the first year, working overnight was very common

347

jiùshì nàshíhou yě méiyǒu zúgòu de qián

就是那时候也没有足够的钱

because the company didn't have enough money

348

qù qǐng duōyú de gōngrén,

去请多余的工人，

to hire extra workers.

349

suǒyǐ zhǐnéng shì wǒmenzìjǐ qù zuò.

所以只能是我们自己去做。

We had to do it ourselves.

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350

Nà wǒ xiǎng wèn nǐ yī gè wèn tí jiù shì

那我想问你一个问题就是

Let me ask you a question.

351

jì rán jiā bān wén huà shì zài gè háng gè yè dōu cún zài de,

既然加班文化是在各行各业都存在的，

Since working overtime exists in all industries,

352

wèi shén me dà jiā shuō dào jiǔ jiǔ liù huì shǒu xiān xiǎng dào hù lián wǎng,

为什么大家说到 996 会首先想到互联网，

why do people think of the internet first when they talk about 996,

353

ér bù shì qí tā de ne?

而不是其它的呢？

and don't think of other industries?

354

Wǒ jué de mǎ nóng tā yīn wèi tā gēn hù lián wǎng lí de gèng jìn yī xiē.

我觉得码农他因为他跟互联网离得更近一些。

I think that it's because programmers are closer to the internet.

355

Fù shì kāng nà xiē gōng rén tā men jiù shì shuō

富士康那些工人他们就是说

Foxconn workers

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356

gōngzuò zhīhòu kěnéng yě jiù bàoyuàn bàoyuàn,

工作之后可能也就抱怨抱怨，

may just complain about it after work,

357

yě bùhuì qù shàng wǎngshàng qù fābiǎo shénme yìjiàn, duì ba?

也不会去上网上去发表什么意见，对吧？

but might not go online to say anything, right?

358

Dànshì mǎnóng ne tā gēn hùliánwǎng zhījiān shì zhíjiē xiánjiē zài yīqǐ de.

但是码农呢他跟互联网之间是直接衔接在一起的。

However, programmers are directly connected with the internet.

359

Tā dōu kěyǐ chuànglì yù míng le,

他都可以创立域名了，

They can even create a domain

360

dōu kěyǐ yòng yù míng qù jìn xíng dǐ zhì le.

都可以用域名去进行抵制了。

and use it to fight against it.

361

Nà shíjìshàng tā jiùshìshuō,

那实际上他就是说，

It means that they're closer

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362

lí zhège dǐzhì zhèzhǒng jiùshì shǒuduàn bǐjiào jìn.

离这个抵制这种就是手段比较近。

to the means of expressing their resentment.

363

Jìrán dàjiā dōu zài dǐzhì jiǔ jiǔ liù,

既然大家都在抵制 996,

Since everyone is against 996,

364

nàme zhège jiǔ jiǔ liù kěndìng shì gěi tā gèrén

那么这个 996 肯定是给他个人

it must have brought some (negative) impact on individuals

365

huòzhě shì shèhuì dàilái le shénme yǐngxiǎng,

或者是社会带来了什么影响,

or society.

366

nà wǒmen xiàmian jiù lái liáo liáo tā gěi gèrén huòzhě shì shèhuì

那我们下面就来聊一聊它给个人或者是社会

So, let's talk about:

367

dàodǐ zàochéng le shénme yǐngxiǎng huò wēihài ne?

到底造成了什么影响或危害呢?

what impact or harm has it brought to individuals or society?

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368

Háishi cóng nàge yùnmíng kāishǐ ba!

还是从那个域名开始吧！

Let's start with that domain name!

369

Gōngzuò jiǔ jiǔ liù shēngbìng ICU.

工作 996，生病 ICU。

996 ICU. If you work 996, you'll get sick and end up in ICU.

370

Nà kěndìng shì zài wǎngshàng yǒu hěnduō de shíli,

那肯定是在网上有很多的实例，

There must have been many real examples on the internet

371

jiùshì tāmen de jiànkāng shòudào le

就是他们的健康受到了

in which people's health was affected

372

jiǔ jiǔ liù zhèzhǒng gōngzuò zhìdù de yīxiē wēihài hé yǐngxiǎng.

996 这种工作制度的一些危害和影响。

by the 996 work culture.

373

Qiánduàn shíjiān jiùshìshuō wǒ tīng péngyou shuō

前段时间就是说我听朋友说

Some time ago, I heard from my friend that

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374

yǒu yī gè cóng Téngxùn yǐjīng zhuǎn zhí le,

有一个从腾讯已经转职了，

a guy quit from Tencent

375

dào le xià jiā gōngsī de yī gè gāocéng ba,

到了下公司的一个高层吧，

and transferred to another company as a top employee.

376

tā zài Shēnzhèn de Réncái gōngyuán pǎobù de shíhou, jiù cùsǐ le.

他在深圳的人才公园跑步的时候，就猝死了。

This guy died suddenly while he was running in Rencai park in Shenzhen.

377

Kěnéng dàjiā jiù huì liánxiǎng dào jiābān zhè jiàn shìqing,

可能大家就会联想到加班这件事情，

People might associate it with working overtime.

378

dàn zhēnzhèng de yuányīn, cùsǐ de yuányīn qíshí yǒu hěnduō, wǒ juéde

但真正的原因，猝死的原因其实有很多，我觉得

But the real cause of sudden death could be many, I think.

379

néng dǎozhì cùsǐ de yuányīn tài duō le.

能导致猝死的原因太多了。

There are many causes of sudden death.

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380

Hǎoxiàng xīnwén shàng yě yǒu bàodào guò

好像新闻上也有报道过

I think that there was a news report

381

zài Shēnzhèn de yī gè yuángōng... | Hěnduō zhèzhǒng shìjiàn, duì

在深圳的一个员工... | 很多这种事件，对

about an employee in Shenzhen... | Yes, a lot of similar incidents.

382

Duì, yī gè yuángōng yě shì yīnwèi jiābān,

对，一个员工也是因为加班，

That employee also died suddenly because of working overtime

383

gōngzuò qiángdù bǐjiào dà, ránhòu hūrán jiān cùsǐ le. | Duì

工作强度比较大，然后忽然间猝死了。| 对

and intense work. | Yes.

384

Wǒmen shuō dào de cùsǐ dōu shì bǐjiào yánzhòng de hòuguǒ ma.

我们说到的猝死都是比较严重的后果嘛。

The sudden deaths we mentioned were a serious consequence (of 996).

385

Dàn yǒuyīxiē tā kěnéng méiyǒu nàme yánzhòng,

但有一些它可能没有那么严重，

But some of it may not be as serious,

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386

tā shì màn xìng de. | Dui

它是慢性的。| 对

it's chronic. | Yes.

387

Rúguǒ nǐ měitiān shàngbān shíjiān zhème cháng, nàme nǐ huídào jiā

如果你每天上班的时间这么长，那么你回到家

If you work such long hours every day, when you get home,

388

nǐ kěndìng méiyǒu zuò rénhé shìqing de yùwàng le,

你肯定没有做任何事情的欲望了，

you won't have the desire to do anything.

389

nǐ kěndìng méiyǒubànfǎ qù zhàogu dào nǐ de jiànkāng,

你肯定没有办法去照顾到你的健康，

You certainly won't be able to take care of your health.

390

nǐ méiyǒubànfǎ yùndòng, duì ba? | Dui

你没有办法运动，对吧？| 对

You can't exercise, right? | Right.

391

Nàme jiǔérjiǔzhī nǐ de shēntǐ kěndìng huì chūwèntí.

那么久而久之你的身体肯定会出问题。

So, over a period of time, your health will surely suffer.

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392

Xiàng mǎnóng zhèxiē zuò bàngōngshì de, wǒ néng xiǎng dào de

像码农这些坐办公室的，我能想到的

People like programmers who sit in an office develop problems,

393

bǐrú shuō jǐngzhuībìng, yāojiān pán, zhèxiē | Duì duì!

比如说颈椎病、腰间盘，这些 | 对对！

such as, cervical spondylosis, lumbar disc rupture, etc. | Right!

394

Jiùshì wǒ xiànzài zài jiǎnjí shìpín de shíhou wǒ dōu jīngcháng huì yāo tòng.

就是我现在在剪辑视频的时候我都经常会腰痛。

When I edit videos, I often get back pains.

395

Wǒ shì zhèlǐ, zhèlǐ róngyì hěn suān, duì

我是这里，这里容易很酸，对

Mine is here. It gets sore very easily.

396

Wǒmen gānggang jiǎng de dōu shì shēnglǐ shàng de yǐngxiǎng,

我们刚刚讲的都是生理上的影响，

What we just talked about were the physical effects.

397

dàn tā yě huì duì xīnlǐ zàochéng tǐng zhòngyào de yǐngxiǎng de.

但它也会对心理造成挺重要的影响的。

But (996) also has psychological impacts.

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398

Duì, shì yě huì zàochéng yǐngxiǎng de.

对，是也会造成影响的。

Yes, it does.

399

Wǒmen hěnduō rén qíshí méibànfǎ jiùshì xuǎnzé dào zìjǐ xǐhuan de gōngzuò,

我们很多人其实没办法就是选择到自己喜欢的工作，

Many of us actually can't choose the job we like.

400

nà zuò zhèzhǒng zìjǐ bù xǐhuan de gōngzuò,

那做这种自己不喜欢的工作，

If we do the job we don't like,

401

rúguǒ shuō ránhòu yòu huāfèi le hěnduō shíjiān dehuà,

如果说然后又花费了很多时间的话，

and we spend a lot of time with it,

402

jiǔérjiǔzhī dehuà jiù huì xīnlì qiáocuì,

久而久之的话就会心力憔悴，

after a while, we will feel exhausted both mentally and physically.

403

jiù huì chǎnshēng hěndà de xīnlǐ fùdān.

就会产生很大的心理负担。

It will bring us great psychological strain.

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404

Jiùshì hěnduō rén xiànzài, dāngdài de rén

就是很多人现在，当代的人

Many people nowadays

405

doū huì qù kàn xīnlǐyīshēng ma,

都会去看心理医生嘛，

go to psychiatrists,

406

wǒ juéde yě shì zhège yuányīn.

我觉得也是这个原因。

and I think (996) is the reason.

407

Jiùshì dāngdài zhèzhǒng gōngzuò de fāngshì

就是当代这种工作的方式

It's the way we work that

408

duì rén xīnlǐ yě chǎnshēng le jiùshì bùliáng de yǐngxiǎng.

对人心理也产生了就是不良的影响。

has brought negative influence on people's mental health.

409

Qíshí dàchéngshì de rén shì tèbié róngyì jiāolǜ de.

其实大城市的人是特别容易焦虑的。

People in big cities get anxiety very easily.

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410

Jiù wǒ juéde gōngzuò yālì dà le,

就我觉得工作压力大了，

I think that as pressure from work increases,

411

ránhòu kěnéng jiāshàng jiātíng de yālì,

然后可能加上家庭的压力，

and along with pressure from raising a family,

412

nà jiù hěn róngyì chǎnshēng jiāolǜ.

那就很容易产生焦虑。

it will be very easy to become anxious.

413

Zhège jiāolǜ shì zhēn de shì tèbié chángjiàn,

这个焦虑是真的是特别常见，

This is very commonly seen.

414

wǒ juéde wǒ dāngshí zài Shēnzhèn gōngzuò de shíhou,

我觉得我当时在深圳工作的时候，

When I was working in Shenzhen,

415

wǒ jiù chángqī de chǔ zài jiāolǜ de zhuàngtài.

我就长期地处在焦虑的状态。

I was in a constant state of anxiety.

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416

Wǒ zhī suǒyǐ jiāolǜ shì yīnwèi wǒ duì xiànzhuàng bùmǎn,

我之所以焦虑是因为我对现状不满，

The reason for my anxiety was that I was dissatisfied with my life

417

wǒ bù xǐhuan wǒ dāngshí de gōngzuò,

我不喜欢我当时的的工作，

and disliked my job,

418

dànshì yòu juéde méiyǒu qítā de chūlù.

但是又觉得没有其它的出路。

but I felt there was no other way out.

419

Yīnwèi wǒ... shǒuxiān wǒ de xuélì bù gāo ma, wǒ bǐ biéren,

因为我... 首先我的学历不高嘛，我比别人，

First of all, my educational background wasn't as high compared to others.

420

bǐ nàxiē dàxué chūshēn de rén jiù yǐjīng āi le yī jié le,

比那些大学出身的人就已经矮了一截了，

Compared with those who attended university, I was already at a disadvantage

421

jiù xuǎnzé de jīhuì jiù yǐjīng hěn shǎo le.

就选择的机会就已经很少了。

and had less choices.

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422

Ránhòu wǒ jiù juéde wǒ de rénshēng shì méiyǒu xīwàng le,

然后我就觉得我的人生是没有希望了，

So, I felt hopeless with my life

423

wǒ chúle zuò zhè fèn gōngzuò, wǒ xiǎngbudào wǒ kěyǐ...

我除了做这份工作，我想不到我可以...

and besides doing that job, I couldn't think of any...

424

wǒ xiǎngbudào gènghǎo de gōngzuò.

我想不到更好的工作。

I couldn't think of a better job (that I could get).

425

Háiyǒu yī gè dàjiā suǒ shúzhī de jiùshì mǎnóng, chéngxùyuán men,

还有一个大家所熟知的就是码农，程序员们，

Another thing that people are familiar with is that programmers,...

426

tāmen huì gēn yī gè shénme xíngxiàng liánxiǎng zài yìqǐ ne?

他们会跟一个什么形象联想在一起呢？

What kind of appearance do people associate with them?

427

Jiùshì kěnéng bùxiūbiānfú, chuān zhe gè tuōxié,

就是可能不修边幅，穿着个拖鞋，

They might dress slovenly, wear slippers,

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428

ránhòu yě bùlǐ fā a, duì ba? | Dui

然后也不理发啊，对吧？ | 对

and not take haircuts, right? | Right.

429

Jiùshì mǎnóng, yīnwèi tā bùxiūbiānfú ma,

就是码农，因为他不修边幅嘛，

Since programmers don't care about their appearance,

430

jiùshì kěnéng jiù hěn nán zhǎo nǚpéngyou.

就是可能就很难找女朋友。

it might be difficult for them to find a girlfriend

431

Ránhòu zìjǐ de shèjiāo nénglì kěnéng yě... | Huì xiàjiàng

然后自己的社交能力可能也... | 会下降

and their social skills might also... | Decline.

432

yě bù shì hěn qiǎng, duì

也不是很强，对

They might not be very good at (socializing).

433

Nǐ juéde tāmen shì shèjiāo nénglì xiàjiàng,

你觉得他们是社交能力下降，

In your opinion, did they become less social (because of 996)

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434

háishi tāmen běnshēn jiù quēfá shèjiāo nénglì?

还是他们本身就缺乏社交能力？

or did they lack social skills from the beginning?

435

Wǒ juéde liǎng zhǒng dōu yǒu,

我觉得两种都有，

I think both kinds exist.

436

jiù yǒuxiērén tā běnshēn jiùshì bù xǐhuan shèjiāo,

就有些人他本身就是不喜欢社交，

Some of them just don't like to socialize

437

yě yǒude rén shì yǐqián kěnéng shì hěn kāilǎng huópo de nàzhǒng,

也有的人是以前可能是很开朗活泼的那种，

while others may have been very lively before,

438

hěn xǐhuan shèjiāo de rén,

很喜欢社交的人，

liked to socialize,

439

dàn zuò le mǎnóng zhè fèn gōngzuò yǐhòu,

但做了码农这份工作以后，

but after working as a programmer,

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440

yīnwèi cháng shíjiān de jiùshìshuō yǔ rénjì jiāowǎng gélí,
因为长时间地就是说与人际交往隔离，
and being isolated from people for a long time,

441

ránhòu ne tāmen de shèjiāo nénglì xiàjiàng le,
然后呢他们的社交能力下降了，
their social skills declined

442

shènzhì dōu biànchéng le jiùshì yǒu yīdiǎn qīngwēi de shè kǒng.
甚至都变成了就是有一点轻微的社恐。
or they even developed a slight social anxiety disorder.

443

Nǐ ràng tā qù shèjiāo, nǐ ràng tā qù jùhuì dehuà,
你让他去社交，你让他去聚会的话，
If you make them socialize or go to a party,

444

zhèzhǒng mòshēng de dōngxi huì gěi tā dàilái yīxiē kǒngjù.
这种陌生的东西会给他带来一些恐惧。
this kind of strange activity might bring them fear.

445

Érqiě yě méiyǒu shíjiān ya,
而且也没有时间呀，
Also, they don't have time!

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446

zhēnshì méiyǒu shíjiān | Duì, méiyǒu shíjiān

真是没有时间 | 对，没有时间

They really have no time! | Right.

447

Suǒyǐ tāmen hěn kěnéng jiù méiyǒubànfǎ

所以他们很可能就没有办法

So, they may not be able to

448

qù kǎolǜ zìjǐ de gèrén xìngfú wèntí le.

去考虑自己的个人幸福问题了。

consider their personal happiness (relationship or marriage).

449

Zhège shuō dào zhège xìngfú a,

这个说到这个幸福啊，

Speaking of happiness,

450

wǒ yǒu yī gè péngyou tā gēn wǒ shuō tā qīnyǎn jiàndào de yī gè rén

我有一个朋友她跟我说她亲眼见到的一个人

a friend of mine told me that she saw a person

451

yě shì yīnwèi gōngzuò bǐjiào máng ma,

也是因为工作比较忙嘛，

who was very busy with work,

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452

ránhòu jiù gēn tā lǎopó chǎo qǐlai le.

然后就跟他老婆吵起来了。

fighting with his wife.

453

Wèishénme chǎo ne?

为什么吵呢？

Why were they fighting?

454

Shì yīnwèi tā jīngcháng jiābān,

是因为他经常加班，

It was because he often worked overtime

455

méiyǒu shíjiān qù péi tā de háizi, hái yǒu péi tā,

没有时间去陪他的孩子，还有陪她，

and had no time to be with his kids and with her.

456

tā huā tài duō shíjiān zài gōngzuò shàngmiàn le,

他花太多时间在工作上面了，

He spent too much time on work

457

méiyǒu qù guǎnlǐ zhège jiātíng,

没有去管理这个家庭，

and did not manage his family.

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458

suǒyǐ tāmen liǎo chǎo de tèbié xiōng.

所以他们俩吵得特别凶。

So the two of them quarreled fiercely.

459

Kěnéng duì jiātíng zàochéng tǐng dà yǐngxiǎng de.

可能对家庭造成挺大影响的。

So, maybe (996) is having a great impact on family life (too).

460

Gōngzuò zhàn le tài duō de shíjiān le,

工作占了太多的时间了，

If work takes up too much time,

461

jiùshìshuō nǐ méiyǒu shíjiān qù jīngyíng jiātíng nèibù de zhèxiē qínggǎn le.

就是说你没有时间去经营家庭内部的这些情感了。

you won't have time to take care of family relationships.

462

Nǐ juéde jiǔ jiǔ liù zhège wénhuà duì chuàngzàoli huì yǒuyǐngxiǎng ma?

你觉得 996 这个文化对创造力会有影响吗？

Do you think that 996 work culture has an influence on creativity?

463

Shì bāngzhù le ne hái shì bāng le dào máng?

是帮助了呢还是帮了倒忙？

Is it a help or a hindrance?

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464

Tā chóngfùxìng de gōngzuò hěnduō,

他重复性的工作很多，

A person that does a lot of repetitive work

465

tā zài tóngyī lǐngyù yīzhí chóngfùxìng gōngzuò dehuà,

他在同一领域一直重复性工作的话，

and works in the same field all the time,

466

huì shǐ tā de sīwéi hěn jiānghuà,

会使他的思维很僵化，

may develop thinking that is rigid

467

jiùshì zhè jiù xiànzhì le chuàngzàolì.

就是这就限制了创造力。

and has limits on creativity.

468

Ránhòu dìèr gè wǒ yào shuō de jiùshìshuō

然后第二个我要说的就是说

The second thing I want to talk about is

469

dī yùwàng shèhuì,

低欲望社会，

(the concept of) having a society of people with low desire (to what life has to

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offer).

470

jiùshì tā hěn píjuàn,

就是他很疲倦，

Since he/she is exhausted

471

tā zìrán de jiù méiyǒu yùwàng qù... zài qù chuàngzào.

他自然地就没有欲望去... 再去创造。

they surely don't have the desire to be creative.

472

Duìyú chuàngzàoli ne wǒ de lǐjiě shì zhèyàngzi de,

对于创造力呢我的理解是这样子的，

My understanding of creativity is that

473

dāng yī gè rén de nǎozi yī kè dōu xián bù xiàlai,

当一个人的脑子一刻都闲不下来，

when a person's mind cannot have a moment of rest

474

yīzhí chǔyú mánglù de zhuàngtài,

一直处于忙碌的状态，

but instead, is in a constant busy state,

475

tā shì hěn nán qù jīfā tā de chuàngzàoli de.

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他是很难去激发他的创造力的。

it will be very difficult for creativity to be released.

476

Tōngcháng... nǐ xiǎng yī gè hǎo de diǎnzi huòzhě shì yī gè hǎo de xiǎngfǎ,

通常... 你想一个好的点子或者是一个好的想法，

Usually a good idea

477

dōu shì zài nǐ xiánxiá huòzhě shì zài fàngsōng de shíhou cái bèngfā chūlai de.

都是在你闲暇或者是在放松的时候才迸发出来的。

emerges when you're at leisure or relaxed.

478

Tā yě bù shì shuō nǐ yīzhí zài qiāo dài mǎ

它也不是说你一直在敲代码

It doesn't happen when you are constantly typing code

479

huòzhě shì zài zuò yī jiàn shìqing tā jiù chūlai le,

或者是在做一件事情它就出来了，

or busy with other things

480

yīnwèi nǐ de nǎozi méiyǒu...

因为你的脑子没有...

because your brain doesn't...

481

nǐ méiyǒu gěi nǐ de dànǎo kōngjiān qù xiǎng, qù sīkǎo.

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你没有给你的大脑空间去想、去思考。

you're not giving your brain space to think.

482

Wǒ juéde sīkǎo gēn xuéxí háishi bù yīyàng de.

我觉得思考跟学习还是不一样的。

I feel that thinking is different from learning.

483

Jiùshìshuō nǐ jìnrù yī gè gōngsī yǐhòu,

就是说你进入一个公司以后，

When you join a company,

484

nǐ kěnéng jiùshì yào miànduì hěnduō yào xuéxí de dōngxi ma,

你可能就是要面对很多要学习的东西嘛，

you may need to learn a lot of things.

485

dànshì nǐ zài xuéxí de guòchéng dāngzhōng,

但是你在学习的过程中，

But in the process of learning,

486

shíjìshàng dōu shì zài jiēshòu mǒuzhǒng yǐjīng jiànli hǎo de yīzhǒng kuàng...

实际上都是在接受某种已经建立好的一种框...

you're actually just learning

487

jiànli hǎo kuàngjià de dōngxi.

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建立好框架的东西。

what's been done before

488

Zhè qíshí bù shì chuàngzào xíngwéi.

这其实不是创造行为。

which is not being creative.

489

Zhèzhǒng gōngzuò fāngshì rúguǒ zhànyòng le rén shēnghuó de tài duō shíjiān,

这种工作方式如果占用了人生活的太多时间，

If this way of working takes up too much of one's time,

490

quèshí huì duì chuàngzàolì yǒuyǐngxiǎng.

确实会对创造力有影响。

it will indeed have an impact on creativity.

491

Nà wǒmen shuō le zhème duō guānyú jiǔ jiǔ liù dài lái de wēihài,

那我们说了这么多关于 996 带来的危害，

So, we talked a lot about the harm that 996 brings,

492

tā yǒuméiyǒu hǎochu ne?

它有没有好处呢？

does it bring any benefits?

493

Dāngrán yǒu hǎochu le!

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当然有好处了！

Of course it does!

494

Rúguǒ shuō wǒmen zhēn de měigerén

如果说我们真的每个人

If every one of us

495

jiùshìshuō shì zìyuàn de qù zuò jiǔ jiǔ liù de,

就是说是自愿地去做 996 的，

is working 996 willingly,

496

zhègè shìqìng jiùshì yī jiàn hǎo de shìqìng.

这个事情就是一件好的事情。

then it is a good thing.

497

Duìyú wǒmen fāzhǎnzhōngguójiā láishuō,

对于我们发展中国家来说，

For a developing country,

498

tā chuàngzào le hěnduō de jiàzhí.

它创造了很多的价值。

it can help create a lot of value.

499

Jiùshìshuō yào ràng wǒmen de shèhuì

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就是说要让我们的社会

In order for our society

500

xiàng gènghǎo de fāngxiàng fāzhǎn dehuà,

向更好的方向发展的话，

to develop in a better direction,

501

nà měigerén kěndìng shì yào tóurù gèngduō de shíjiān

那每个人肯定是要投入更多的时间

everyone has to invest more time

502

qù nǔlì bǎ zìjǐ de gōngzuò gàn hǎo.

去努力把自己的工作干好。

to do their work well.

503

Dànshì gāngcái wǒmen tídao nàge zìyuàn jiābān nàzhǒng xīntài,

但是刚才我们提到那个自愿加班那种心态，

However, if working overtime voluntarily, which we mentioned before,

504

tā xíngchéng le yīzhǒng bùliáng de gōngzuò fēngqì huòzhě shì shèhuì fēngqì,

它形成了一种不良的工作风气或者是社会风气，

develops into a bad working or social environment,

505

wǒ juéde zhège shì bùhǎo de

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我觉得这个是不好的

then I think this is not good.

506

érqiě tā duì wǒmen de shēnxīn dōu yǒu shānghài,

而且他对我们的身心都有伤害，

Also, it's harmful for us physically and mentally.

507

wǒ juéde zhège shì yǐhòu wǒmen xūyào jiùshìshuō tígāo de.

我觉得这个是以后我们需要就是说提高的。

I think we need to improve this in the future.

508

Nǐ juéde zhège néng gǎibiàn ma?

你觉得这个能改变吗？

Do you think that's gonna change?

509

Zhège zhēn de hěn nán gǎibiàn duǎn shíjiān nèi, duì

这个真的很难改变短时间内，对

It will be hard to change within a short period of time.

510

Yīnwèi tā shízài shì tài pǔbiàn le,

因为它实在是太普遍了，

Because it is just too widespread.

511

suǒyǐ wǒ juéde rúguǒ zhēn de yào wánquán gǎibiàn

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所以我觉得如果真的要完全改变

So I think if we really want to

512

zhè yī gōngzuò wénhuà dehuà,

这一工作文化的话，

change it completely,

513

tā zhēn de shì xūyào shèhuì shàng suǒyǒu de rén dōu cānyù jìnlái.

它真的是需要社会上所有的人都参与进来。

it really needs everybody in society to participate.

514

Nà jīntiān wǒmen de tāolùn jiù dào zhèlǐ le,

那今天我们的讨论就到这里了，

That's all for today.

515

guānyú jiǔ jiǔ liù nǐmen yǒu shénme kànfa ne?

关于 996 你们有什么看法呢？

What do you think about 996?

516

Nà zài nǐmen guójiā shìbùshì yě yǒu zhèyàng de xiànxàng ne?

那在你们国家是不是也有这样的现象呢？

Is there such a phenomenon in your country?

517

Kěyǐ liúyán gàosu wǒmen!

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可以留言告诉我们!

Let us know in the comments below!

518

Nà wǒmen jiù xià qī zài jiàn le! Báibái, Xiǎofēng!

那我们就下期再见了! 拜拜, 晓峰!

We'll see you next time! Bye, Xiao Feng!