

Read the information about the study in Iceland below. Are you surprised the four-day working week experiment was so successful? Do you think it would work in the UK? Explain your thoughts.

More about the four-day week study in Iceland...

Iceland ran two trials of a reduced working week from five days to four, with pay staying the same.

Productivity of the workers either improved or remained the same and worker wellbeing increased when considering stress, health, and work-life balance.

2,500 workers took part and due to the positive outcomes, nearly 9 out of every 10 of Iceland's workforce are now working shorter hours!

GOING PUBLIC: ICELAND'S JOURNEY TO A SHORTER WORKING WEEK

June 2021



The Icelandic shorter working week journey tells us that not only is it possible to work less in modern times, but that change is possible too.

Gudmundur D. Haraldsson, researcher at Alda

Will Stronge, Director of Research at Autonomy

Iceland has taken a big step towards the four-day working week, providing a great real-life example for those in the UK considering it.

Benefits of a 4-day working week

- People may work harder as overworked workers can be less productive.
- Workers are less likely to be stressed as they have more time to rest and recover.
- Shortening the working week means that workers don't need to commute as much, so their carbon footprint is reduced.

Disadvantages of a 4-day working week

- Customers may be unable to get help or support one day a week if the offices are closed.
- It can be very expensive for businesses; workers may not be able to complete their expected work in the hours they have.
- Not all industries can take part, some require people there every day.