

为自己工作 Working for yourself

Hello. This is 6 Minute English from BBC Learning English. I'm Georgina.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是乔治娜。

And I'm Rob.

我是罗伯。

Rob, what's the best job you've ever had?

罗伯，你有过的最棒的工作是什么？

Err, well, this one, of course!

呃，嗯，当然是这一份！

It's very creative, with lots of variety.

这份工作很具有创造性，而且有很多变化。

OK, any other reasons?

嗯，还有其他原因吗？

Well, yes, it's a permanent job - a staff job - with regular income and a pension.

嗯，这是一份永久性的工作 —— 一份员工工作 —— 有定期收入和养老金。

Yes, these things can be important, but have you ever been freelance - by that I mean, working for yourself and selling your skills and services to different businesses?

是的，这些东西很重要，但是你有没有当过自由职业者吗 —— 我的意思是为你自己工作并向不同的企业出卖自己的技能和服务。

Well, I worked as a paperboy once, delivering newspapers.

嗯，我曾经做过报童，送报纸。

But not really, it's a risky way to earn an income.

但是并不能算，因为这是一份有风险的挣钱方式。

It can be, Rob.

确实有可能，罗伯。

But many people choose to or have to work as a freelancer to survive.

但是很多人选择或不得不当自由职业者来生存。

And that's what we're talking about in this programme.

而这就是我们要在本期节目中讨论的内容。

But let's start with a question for you, Rob.

但是我们要先问你个问题，罗伯。

OK.

好的。

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This is about job titles, back in the 19th Century, what kind of job was a drummer?

这个问题跟工作头衔有关，19 世纪的鼓手是哪种职业？

Were they a) someone who played the drums, b) a traveling salesman, or c) a music publicist who drums up meaning encourages, support for a band?

是 A. 打鼓的人，B. 旅行销售，还是 C. 鼓励或支持乐队的音乐宣传者？

Well, it's got to be someone who plays the drums - that's my kind of job.

嗯，肯定是打鼓的人 —— 这是我喜欢的工作。

OK, Rob, we'll find out if that's right at the end of the programme.

好的，罗伯，我们会在节目结束的时候揭晓是否正确。

But let's talk more about work now.

但是我们现在再来谈谈工作。

Long gone are the days of a job for life, where you spend your adult life working your way up the career ladder at the same company.

一份工作做一生的日子已经一去不复返了，那时候你的成年生活都用来在同一家公司升职。

Yes, that's right.

是的，没错。

We work in many different ways now because the needs of businesses change frequently and it needs to be agile - changing the size and type of workforce in order to meet demand.

我们现在的工作方式有很多种，因为行业的需求频繁地变化，而且要求灵活 —— 为了满足需求而改变劳动力的体量和类型。

So, people need to adapt and some choose to work for themselves, offering their skills to different businesses as and when they are needed.

所以人们需要适应，而且有些人选择为自己工作，在需要的时候将他们的技能提供给不同的行业。

But it can also be a lifestyle choice, as we're about to find out.

正如我们要发现的那样，这也可以是一种生活方式的选择。

Yes, some people have chosen to become self-employed, working for themselves, but also, because of the recent coronavirus pandemic, some people have been forced into this situation.

是的，有些人选择给自己打工，为自己工作，但是，因为最近的新冠疫情，有些人被迫落入这种境地。

Let's hear from Carla Barker, who set up her own business after giving up her regular job.

我们来听听卡拉·巴克的说法，她在放弃了自己的常规工作后开始自己创业。

She told BBC Radio 4's programme You and Yours how she felt.

她告诉了 BBC 电台 4 频道的节目《You and Yours》她的感受。

You know, the idea of giving up a solid, permanent, full-time, paid, comfortable role is a bit petrifying.

你知道的，放弃一份稳定的，永久的，全职的，有薪水的，舒适的工作有点令人恐惧。

It is super-scary because you then have that fear of 'oh, my goodness, can we do this'?

这超级吓人，认为你之后会害怕，会想，“哦，我的天，我们能做到吗？”

You also have things creeping in that say you know like self-sabotage, are you good enough to do this?

你心里还会产生可怕的自我诋毁，说着，你真的足够好这样做吗？

Are people gonna want to take me on as a business?

人们会接受我创业吗？

So, Carla decided to go it alone, an informal way of saying work for herself.

所以卡拉决定自己干，表示为自己工作的非正式说法。

She described giving up a full-time job as petrifying - so frightening you can't speak or move.

她说放弃一份全职工作令人恐惧 —— 太可怕了以至于你不能说话或动弹。

She may have been exaggerating slightly but she also said it was 'super-scary'!

她也许有点夸张了，但是她也说这“超级恐怖”！

I guess working for yourself must be scary as you're solely responsible for your own success.

我想为你自己工作肯定很恐怖，因为只有你为自己的成功负责。

It's no surprise Carla had feelings of self-sabotage, having doubts and fears that stopped her achieving something.

难怪卡拉会有自我诋毁的感觉，阻止她达成某事的怀疑和害怕。

Luckily, she persisted and things went well.

幸运的是，她坚持了下来，而一切都很顺利。

And many other people who have become self-employed or freelance have overcome the fear and discovered the benefits.

还有很多其他人也开始给自己打工或成为了自由职业者，克服了恐惧并发现了好处。

Like Fiona Thomas, who's the author of a book called 'Ditch the 9 to 5 and be your Own Boss'.

例如菲奥纳·托马斯，她是《告别朝九晚五，成为自己的老板》一书的作者。

She also spoke to the BBC's You and Yours programme and explained why she gave up the 9 to 5 - the regular, full-time staff job, and how it helped her.

她也跟 BBC 的《You and Yours》节目解释了她为什么放弃朝九晚五 —— 固定的全职员工工作，以及这是如何帮她的。

A kind of combination of wanting some creative fulfillment from a job, compared to the job that I was in before, which was very much customer based and working face-to-face in hospitality.

我想要从工作中获得一些有创造性的满足感，相比于我之前的工作，那份工作非常以客户为基础，而且要面对面地从事服务工作。

But I also wanted the flexibility to accommodate my mental health because I suffer from depression and anxiety and I found working in a rigid schedule and being in front of a lot of people all the time really exacerbated a lot of my symptoms.

但是我也想要有灵活性来安放我的心理健康，因为我患有抑郁和焦虑，而且我发现按照僵化的时间表来工作以及一直面对很多人真的让我的很多症状恶化了。

And I also wanted the financial freedom to be able to, over time, increase my income without just having to wait on being promoted or getting a pay rise in traditional employment.

而我还想要有财务自由，能够随着时间增加我的收入，而不是在传统的雇佣关系中等着升职加薪。

So, working for herself gave Fiona a good feeling that she achieved something she wanted to do - it gave her creative fulfillment.

所以为她自己工作让菲奥纳感觉很好，她达成了她想做的事情——这给了她有创造性的成就。

It also meant she could work more flexibly and that helped her with her mental health because she didn't have to follow a fixed rota of tasks.

这还意味着她能够更灵活地工作，而这有助于她的心理健康，因为她不用遵循固定的任务轮值表。

And it gave her financial freedom, meaning the money she earned was not controlled by someone else, and she didn't have to wait for someone else to give her a pay rise.

而这让她有财务自由，意味着她赚的钱不受他人控制，而且她不用等别人给她加薪。

Of course, that can be risky too.

当然，这也可能有风险。

Let's get back to my quiz question now, Rob.

我们回到我们的问题吧，罗伯。

Earlier I asked you if you knew what job a drummer used to do back in the 19th Century?

之前我问你是否知道 19 世纪鼓手是什么工作。

And obviously, a drummer plays the drums!

很显然，鼓手打鼓啊！

Well, you are sort of right but a drummer also used to be an informal way of describing a traveling salesperson, because their job was to drum up business for a company, meaning they tried to increase sales.

嗯，你说对了一部分，但是鼓手也曾经是描述旅行销售的非正式说法，因为他们的工作是帮公司提升业绩，意味着他们努力提升销售额。

Ahh, very interesting, although I know which drummer I would rather be - a freelance drummer in a rock band!

啊，真有趣，尽管我知道我想成为哪种鼓手——摇滚乐队里的自由职业鼓手。

And freelance is one of the words we've mentioned today.

而自由职业者是我们今天提到的一个单词。

To freelance means to work for yourself, selling your skills or services to different businesses.

自由职业指的是为自己工作，向不同的企业出卖你的技能或服务。

Becoming self-employed can be petrifying - frightening, so you can't speak or move.

给自己打工可能令人恐惧 —— 很吓人，所以你不能说话或动弹。

And starting out on your own can lead to self-sabotage - having doubts and fears that stop you achieving something.

而自己创业可能会导致自我诋毁 —— 产生阻止你达成某事的怀疑和害怕。

But it can also give you fulfillment - a good feeling of achieving something for yourself.

但是它也会让你有满足感 —— 一种为自己达成某事的良好感觉。

And having financial freedom means being able to control how you earn and use your money.

而有财务自由意味着能够控制自己如何赚钱和用钱。

That's it for this programme.

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Bye for now.

再见。

Goodbye.

再见。
