



The Workers Quitting Digital Nomadism

“数字游民”：有惬意也有隐忧

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478 Words

The digital **nomad** has become an **iconic** character of the modern remote-work era. The words often **conjure** the image of a professional writer or tech worker with a computer, **meandering** through the streets of a **picturesque** foreign city, or **tapping away at** a keyboard in a beachfront café. They see the world, they meet new people, they work on their own time.

数字游民已经成为当今远程办公时代的标志性人物。“数字游民”这个词通常会让人联想到一个职业作家或技术人员拿着电脑，在风景如画的外国街道上漫步，或者在海滨咖啡馆里打字。他们看世界，交朋友，自己决定工作时间。

Digital nomads are many different types of workers. Some are **freelancers** or independent **contractors**; some are **entrepreneurs** building their own businesses; and others work in full-time remote positions for companies around the world. Some are salaried, while others rely on **ad-hoc** income. Largely, say experts, many of these workers are white-collar and well-educated.

数字游民涵盖许多不同类型的工人。有些人是自由职业者或独立承包人，有些人是创业者，还有一些人为世界各地的公司做全职远程工作。一些人拿薪水，而另一些人则依靠临时收入为生。专家说，这些数字游民大多是受过良好教育的白领。

Expert data and **anecdotes** alike show the number of digital nomads has been growing throughout the past several years, with a huge **spike** after the Covid-19 pandemic hit. It's difficult to **pin down** the exact number of these types of

nomad ['noʊmæd] *n.* 游民；流浪者

iconic [aɪˈkɒ:nɪk] *adj.* 偶像的，著名且有象征意义的 | His photographs have become iconic images of war. 他的照片已经成为表现战争场面的典型形象。

conjure ['kʌndʒər] *v.* 想起；变魔术，变戏法；使突然出现 | That smell always conjures up memories of holidays in France. 那种气味总是令人勾起在法国度假那段日子的回忆。

meander [miˈændər] *v.* 漫步，闲逛；漫谈，闲聊；（河流、道路等）迂回曲折 | They meandered through the park. 他们漫步穿过公园。

picturesque [ˌpɪktʃəˈresk] *adj.* 风景如画的；生动的，绘声绘色的 | a picturesque description of life at sea 对海上生活生动的描述

tap away at sth. 轻敲，轻拍 | He was busy tapping away at his computer. 他埋头敲着电脑键盘。

freelancer [ˈfriːlænsər] *n.* 自由职业者，独立工作者

contractor [kənˈtræktər] *n.* 承包人，承包商

workers, but one 2022 report from US-based consultancy MBO partners estimates the number of American digital nomads has seen **staggering** growth of 131% since 2019, with these self-described nomads numbering into the millions of workers. In other countries where data is less available, resources **abound** to help **untethered** workers make their way across the globe.

专家数据和传闻都表明,在过去几年中,数字游民的数量一直在增长,新冠疫情爆发后,数字游民激增。这类工人的确切数量很难确定,但美国咨询公司 MBO partners 在 2022 年的一份报告中估计,自 2019 年以来,美国数字游民的数量增长了惊人的 131%,将自己描述为数字游民的人达到了数百万人。在其他没有相关可靠数据的国家,有大量资源可以帮助不受限制的员工在全球各地工作。

Yet an increasing number of workers who've tried the nomadic lifestyle report that behind the **wanderlust**-fuelled posts and **rosy** travel blogs, the reality of this set-up is not always so **glamorous**. Although there has been plenty of **upside** for workers who've tried the lifestyle, many also say that lacking a **tether took a toll on** their mental and physical health, and even made them poorer at their jobs.

然而,越来越多尝试过数字游民生活方式的人表示,在那些激起旅行欲望的帖子和光鲜的旅行博客背后,现实并不总是那么美好。尽管尝试过这种生活方式的人享受到了很多好处,但许多人也表示,缺乏约束对他们的身心健康造成了损害,甚至让他们在工作中表现不佳。

Beverly Thompson, a sociologist from Sienna College, US, who researches digital nomadism, says many people who **elected** the digital nomad lifestyle weren't prepared for the **downsides**, partly because its community often presents an idealised image through social media and blogging, hiding the negative aspects, such as loneliness, mental health issues and financial struggles.

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entrepreneur [ˌɒːntɹəprəʊˈnɜːr] *n.*

创业者, 企业家

ad-hoc *adj.* 专门的, 特别的, 临时的

anecdote [ˈænikdoot] *n.* 佚事, 趣闻; 传闻 | This research is based on anecdote, not fact. 这项研究是根据传闻, 而非事实。

spike [spaɪk] *n.* 猛增; 尖刺 *v.* 激增; 掺入; 扎入 | a spike in interest rates 利率的大幅上调

pin down 确定, 证实; 使……作出决定(或明确表态) | The flavour was hard to pin down. 那味道很难确切描述。

staggering [ˈstægəriŋ] *adj.* 令人难以相信的, 令人大吃一惊的 | The cost was a staggering \$10 million. 费用竟高达 1,000 万美元。

abound [əˈbaʊnd] *v.* 大量存在, 有许多 | Examples of this abound in her book. 这样的例子在她书中比比皆是。

untethered [ʌnˈtɛðəd] *adj.* 不受束缚(或限制)的; (动物等)没有被系住的

wanderlust [ˈwɑːndərlʌst] *n.* 旅行癖, 酷爱旅游

rosy [ˈroʊzi] *adj.* 美好的, 乐观的, 光明的; 粉红色的 | a rosy future 光明的未来

glamorous [ˈglæməərəs] *adj.* 富有魅力的, 迷人的, 令人向往的 | a glamorous job 令人向往的工作

美国锡耶纳学院研究数字游民的社会学家贝弗莉·汤普森表示，许多选择数字游民生活方式的人并没有为其负面影响做好准备，部分原因是数字游民群体往往通过社交媒体和博客呈现出理想化的形象，掩盖了其负面影响，如孤独、心理健康问题和经济困难。

While some workers find the set-up **sustainable** – especially, she says, those who **monetise** the lifestyle on social media – nomadism doesn't work for everyone who **endeavours** it.

她说，虽然有些人认为这种生活方式可以持续下去，尤其是那些在社交媒体上靠这种生活方式赚钱的人，但数字游民的生活并不适合所有尝试它的人。

Of course, plenty of people are still making the digital-nomad lifestyle work. But as workers have revealed, even those well **positioned** to succeed have faced challenges of maintaining productivity, health and personal relationships while constantly on the move. And although the number of digital nomads has **surged** in recent years, according to some data, it's still a small percentage of workers worldwide.

当然，很多人仍在继续数字游民的生活方式。但正如人们所透露的那样，即使是那些准备好取得成功的人，也面临着在不断更换居住地的同时保持工作效率、健康和人际关系的挑战。尽管近年来数字游民的数量激增，但根据一些数据，这些人仍然是全球工人的一小部分。

“It's not going to stop,” Thompson, says of the trend. “Younger people will perhaps spend a few years trying to be a digital nomad. But overall, more and more people are seeing the reality of this lifestyle. Meanwhile, employers want employees back in the office. So, the trend will continue to grow, but it might slow down.”

“这种趋势不会停止，”汤普森说，“年轻人可能会花几年时间尝试当数字游民。但总的来说，越来越多的人看到了这种生活方式的真实情况。与此同时，雇主希望员工回到办公室工作。因此，这一趋势将继续增长，

upside [ˈʌpsaɪd] *n.* 好的方面

tether [ˈteðər] *n.* 拴绳，拴链 *v.* 拴住，系住 | I've reached the end of my tether. 我已经无计可施了。

take a toll on sb./sth. 造成恶果（或不利影响、痛苦等）| Years of smoking have taken their toll on his health. 多年的吸烟习惯已严重损害他的健康。

elect [ɪˈlekt] *v.* 选择，决定（做某事）；选举 | Increasing numbers of people elect to work from home nowadays. 现在越来越多的人选择在家工作。

downside [ˈdaʊnsaɪd] *n.* 缺点，不利方面

sustainable [səˈsteɪnəbl̩] *adj.* 可持续的，能长期保持的；不损害环境的 | sustainable economic growth 可持续的经济增长

monetise [ˈmʌnətaɪz] *v.* （通过网站访客）赚钱，获利（如鼓励他们购物等）；货币化

endeavour [ɪnˈdevər] *v.* 努力，尽力 *n.* （尤指新的或艰苦的）努力，尝试 | I will endeavour to do my best for my country. 我将竭尽全力报效祖国。

position [pəˈzɪʃn] *v.* 安装，安置，使处于 | The company is now well positioned to compete in foreign markets. 现在这家公司已准备好在国外市场竞争。

surge [sɜːrdʒ] *v.* 急剧上升，激增；

但速度可能会放缓。”

汹涌，涌动 *n.* 激增；涌现 | Share
prices surged. 股价猛涨。

➤ 脉络梳理

Para. 1-2 介绍数字游民，指出其类型多种多样，大多是受过良好教育的白领

Para. 3 指出数字游民的数量在过去几年大幅增长

Para. 4-7 分析数字游民生活存在的挑战，指出其并不适合所有人

Para. 8 展望未来：数字游民会继续增加，但速度可能放缓

➤ 长难句拆解

