



[monika.arnostova@uni-due.de](mailto:monika.arnostova@uni-due.de)

## Research Interests

---

- work-life balance, quality of life, overtime work, time management and related coping strategies, role of culture and leisure time in the daily lives of Chinese
- comparison of the phenomenon of overtime and occurrence of karōshi (过劳死) as well as cultural reasons leading to shaping of overtime culture in China and Japan
- overtime culture in Taiwan and its divergence and convergence with mainland China and Japan
- new overtime trends in China - 996 working system, always online work connectivity through WeChat, aspect of social interaction within overtime work
- development of ideology and legitimacy of the Communist Party of China
- political systems and civil society in Hong Kong and Singapore
- social credit system in China and its initial impacts and challenges

## Education

---

### Degree programmes

2014 - 2021                      PhD Sociology (社会学博士) , Renmin University of China, *China*

- PhD dissertation on The impact of overtime on the leisure time and cultural life of white-collar workers in Beijing: A comparison with Prague.(supervised by Prof Sha Lianxiang 莎莲香)
- focus on Social Psychology

2010 – 2013                      MA Chinese and Dutch Philology, Palacký University, *Czech Republic*

- Master theses on Cultural relations between the Netherlands and China after 1989 (supervised by Drs. Bas Hamers, M.A.)

2006 – 2010                      BA Chinese and Dutch Philology, Palacký University, *Czech Republic*

- Bachelor theses on Vincent van Gogh and love (supervised by Mgr. Iwona Piotrowska)

2002 – 2006                      High School, Kroměříž, *Czech Republic*

### Exchange programs and summer schools

2018                                  Taiwan Studies Young Scholars Workshop, University of Tübingen, *Germany*

2017 - 2018                      Resident Research Fellow, University of Tübingen, *Germany*

2017                                  Sinological summer school, University of Wales, *UK*

2017                                  Sinological summer school, St. Petersburg State University, *Russia*

2016                                  Japan Orientation summer school, University of East Anglia, *UK*

2013                                  Chinese language studies, Beijing Jiaotong University, *China*

2012                                  Chinese and Dutch studies, University of Vienna, *Austria*

2010                                  Dutch studies summer school, University of Hasselt, *Belgium*

2010	Chinese and Dutch studies, Ghent University, <i>Belgium</i>
2009	Chinese language studies, National Chengchi University, <i>Taiwan</i>
2008	Dutch studies summer school, Utrecht University, <i>Netherlands</i>

## Research Experience

PhD dissertation on “The impact of overtime on the leisure time and cultural life of white-collar workers in Beijing: A comparison with Prague.” (加班对北京白领的休闲时间和文化生活的影响：兼与布拉格相比较。)

- supervised by professor of Social Psychology Sha Lianxiang (莎莲香)
- defining the position of culture and leisure time in the life of Chinese individuals and analyzing the impact of excessive work on these
- analysis of the role of family and Chinese cultural values on work-life balance
- using Thorstein Veblen’s Theory of the Leisure Class, Robert Stebbins’ Serious Leisure Perspective and partly also Liang Shuming’s (梁漱溟) theory on family and culture (家本位) to explain research findings
- research sample of 30 in-depth interviews conducted with Beijing white collar workers of private Chinese companies with 100 or more workers
- parallel research done in Prague resulting in a comparison of the Czech and Chinese overtime culture and work environment
- transcription, coding and analysis of the collected data in the atlas.ti programme

Individual research articles published in sociological and Asian Studies journals.

Research on variety of sociological topics for six papers (around 5,000 Chinese characters each) to complete first year courses of the doctoral programme. Papers were presented to an audience of peers and professors.

## Teaching Experience

04/2022 -	undergraduate course “Introduction to the Chinese Society”, graduate course “Chinese Society”, University Duisburg-Essen, <i>Germany</i>
04/2018 - 09/2018	undergraduate course “Political Systems in Greater China”, University of Tübingen, <i>Germany</i>

## Work Experience

2022/04 -	Akademische Rätin auf Zeit in the field of modern Chinese society, IN-EAST Institute, University Duisburg-Essen, <i>Germany</i>
2020 – 2022	Minister Counselor, Ministry of Education, Prague, <i>Czech Republic</i>
2020 – 2022	China Analyst, Association for International Affairs, Prague, <i>Czech Republic</i>
2017	Chinese consultant & interpreter, Tovek, Prague, <i>Czech Republic</i>
2013 –	Freelance translator & interpreter (CN-CZ,CN-EN,EN-CZ,DE-CZ,NL-CZ)
2013 – 2014	Marketing Head, President Secretary, Pencho International, Beijing, <i>China</i>
2012	Intern at political section and cultural section, Embassy of the Czech Republic in Beijing, <i>China</i>

## Research Skills

---

- analysis of qualitative data (advanced use of qualitative analysis programme atlas.ti)
- analysis of quantitative data (elementary use of quantitative analysis programme Stata)
- literature review of source materials in English, Chinese, German, Dutch, French, Italian or Czech language
- clear presentation of research findings in written or oral form
- ability to do field work in China (in-depth interviews, ethnography)
- critical thinking and logical reasoning
- strong analytic skills and quick assessment of studied topics

## Publications

---

- |      |  |
|------|--|
| 2017 | “Karōshi: Japanese tragedy and its import to China”<br>published by the journal issued to the occasion of VI International Conference<br>"Social Communications and the Evolution of Societies" held by Novosibirsk State<br>Technical University  |
| 2018 | “Chinese overtime culture among white-collar workers in the first-tier cities”<br>published by the journal Acta Asiatica Varsovia issued by the Institute of<br>Mediterranean and Oriental Cultures of the Polish Academy of Sciences  |
| 2020 | “Reexamination of the border between work and life: Work-life balance of young<br>white-collar workers in Beijing from the perspective of the border theory” (工作与生<br>活之间的边界之再审视——边界理论视阈下北京青年白领的工作与生活平衡)<br>published by Youth Development Forum (青年发展论坛) issued by Jiangxi Youth<br>Vocational College (江西青年职业学院) |
| 2022 | “Impact of Covid-19 remote working models on work-life balance of white-collar<br>workers in the V4 countries” (forthcoming)   |

## Referees

---

Prof Sha Lianxiang (莎莲香)  
School of Sociology and Population Studies  
Renmin University of China  
sha156@hotmail.com  
+861062513354

Prof Wang Shuixiong (王水雄)  
School of Sociology and Population Studies  
Renmin University of China  
xiongshui@ruc.edu.cn  
+861062514984

Prof. Dr. Gunter Schubert  
Department of Chinese and Korean Studies  
Universität Tübingen  
gunter.schubert@uni-tuebingen.de  
+49070712972716

doc. Mgr. David Uher, PhD.  
Department of Asian Studies  
Palacký University  
david.uher@upol.cz  
+420585633464

## Other Skills and Interests

---

Languages:	Czech:	native speaker
	English:	C1, written and spoken (IELTS Academic 8.0)
	Chinese:	C1, written and spoken (HSK Level 6)
	Dutch:	C1, written and spoken (CNaVT - PAT)
	German:	C1, written and spoken
	Japanese:	B1, intermediate
	Italian:	B1, intermediate
	French:	B1, intermediate
	Spanish:	B1, intermediate
IT:	full proficiency in Windows, Mac OS X advanced use of Microsoft Word/Pages, Excel/Numbers, PowerPoint/ Keynote	
Interests:	Asian film and literature, Chinese and Japanese culture, traveling, road bike, swimming, jewelry design, world music	