

**MONIKA ARNOŠTOVÁ 朱丹景**

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## Research Interests

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- work-life balance, quality of life, overtime work, time management, and other coping strategies
- comparison of the phenomenon of overtime and the occurrence of karōshi (过劳死 guòláosǐ) as well as cultural reasons leading to the shaping of overtime culture in China and Japan
- working culture in Taiwan and its divergence and convergence with mainland China and Japan
- new work/life models among young people in mainland China, Taiwan and Japan
- sociology of East Asian youth
- role of gender in overtime behaviour and occurrence of work-life conflict

## Education

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### Degree programs

- 2014 - 2021                      Ph.D. 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 thesis 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 thesis on Vincent van Gogh and love (supervised by Mgr. Iwona Piotrowska)

### Exchange programs and summer schools

- 2024                                Visiting Scholar, German Institute for Japanese Studies, Tokyo, *Japan*
- 2024                                Visiting Scholar, East China Normal University, Shanghai, *China*
- 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, *Belgium*
- 2009                                Chinese language studies, National Chengchi University, *Taiwan*
- 2008                                Dutch studies summer school, Utrecht University, *Netherlands*

## Awards and Funding

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2024	Fieldwork funding in China provided by the GRK 2833 research training group East Asian Futures, Duisburg-Essen University and Ruhr University Bochum
2017 - 2018	Resident Research Fellow support covering living allowance and travel costs jointly provided by University of Tübingen and Chiang Ching-kuo Foundation for International Scholarly Exchange
2017	Full scholarship for sinological summer school, University of Wales, <i>UK</i>
2017	Full scholarship for sinological summer school, St. Petersburg State University, <i>Russia</i>
2016	Toshiba Foundation scholarship including travel costs for Japan Orientation summer school, University of East Anglia, <i>UK</i>
2014 - 2018	Chinese government scholarship for doctoral students covering tuition fee, accommodation and living allowance, <i>China</i>
2012	CEEPUS grant, University of Vienna, <i>Austria</i>
2010	Dutch Language Union scholarship for Dutch studies summer school, University of Hasselt, <i>Belgium</i>
2010	Erasmus scholarship, Ghent University, <i>Belgium</i>
2009	Freemover scholarship, National Chengchi University, <i>Taiwan</i>
2008	Dutch Language Union scholarship for Dutch studies summer school, Utrecht University, <i>Netherlands</i>

## Research Experience

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- 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。)
    - defining the position of culture and leisure time in the life of Chinese individuals and analysing the impact of excessive work on these
    - analysis of the role of family, Chinese cultural values and gender on work-life balance
    - using Thorstein Veblen’s Theory of the Leisure Class, Robert Stebbins’ Serious Leisure Perspective, and partly also Liang Shuming’s theory on family and culture
    - research sample of 30 in-depth interviews conducted with Beijing white-collar workers
    - parallel research done in Prague resulting in a comparison of the Czech and Chinese overtime culture and work environment
  - Research study on the effects of pandemic-induced remote work models in V4 countries on the work-life balance of young professionals in Visegrad group countries (Czech Republic, Slovakia, Poland and Hungary)
  - Research on a variety of sociological topics for six papers (around 5,000 Chinese characters each) to complete first-year courses of the doctoral program
  - Individual research articles published in sociological and Asian Studies journals

## Teaching Experience

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04/2022 -	undergraduate course “Introduction in Chinese Society”, graduate course “Chinese Society”, graduate course „Recent Developments in Chinese Society“, graduate course „East Asia in Sociology“, 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

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2023/10 -	Associated Postdoc, East Asian Futures, AREA Ruhr, <i>Germany</i>
2022/04 -	Akademische Rätin auf Zeit (post-doc), IN-EAST & Institute of Sociology, Duisburg-Essen University, <i>Germany</i>
2020 – 2022	Minister Counsellor, 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 – 2020	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

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

## Publications

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2025	Unpacking Gender Differences in Overtime Engagement among Urban Workers in China (submitted to Work, Employment and Society in January 2025)
2025	„Impact of Covid-19 remote working models on the work-life balance of white-collar workers in the V4 countries” (forthcoming)
2025	When the future of one’s work is not bright: East Asian Youth and moral panics (forthcoming)
2020	„Reexamination of the border between work and life: Work-life balance of young white-collar workers in Beijing from the perspective of the border theory” (工作与生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) published by journal Youth Development Forum (青年发展论坛) issued by Jiangxi Youth Vocational College (江西青年职业学院 )
2018	„Chinese overtime culture among white-collar workers in the first-tier cities” published by journal Acta Asiatica Varsovia issued by the Polish Academy of Sciences
2017	„Karōshi: Japanese tragedy and its import to China” published by journal Social Communications and the Evolution of Societies of the Novosibirsk State Technical University

## Conference presentations

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8/2024	„Navigating Shared Socialist Histories: A Comparative Analysis of White-Collar Workers’ Overtime Behaviour in Beijing and Prague“ European Association of Chinese Studies Conference, Tallinn University, <i>Estonia</i>
7/2024	„Unpacking Gender Differences in Overtime Engagement among Urban Workers in China: Impacts on Work-Life Balance“, Iserlohn China Workshop, Schwerte, <i>Germany</i>
7/2024	„Role of Gender in Overtime Behaviour of Beijing White-Collar Workers and Its Impact On Their Work-Life Balance“, AAS-in-Asia, Gadjah Mada University, Yogyakarta, <i>Indonesia</i>
6/2024	„From 996 to Lying Flat: Chinese White-Collar Workers Torn between the Unwritten Rule of Overtime and Giving up on the Chinese Dream“, Conference of British Association for Chinese Studies, University of Central Lancashire, <i>UK</i>
5/2024	„Gendered Workloads: Analysing Overtime Behaviour of Beijing White-Collar Workers and its Implications for Work-Life Balance“, China AG, Ludwig-Maximilians-Universität München, <i>Germany</i>
10/2023	„Disenchanted young professionals in Taiwan: Lying flat between Mainland China and Japan“ Taiwan as Pioneer Workshop, University of Tübingen, <i>Germany</i>
09/2023	„Lying flat across East Asia: Social Movements of disenchanted young professionals in Mainland China, Taiwan, and Japan“ Conference of British Association for Chinese Studies, King’s College London, <i>UK</i>
06/2023	„Challenges in teaching sociology courses on China“ China AG, University of Cologne, <i>Germany</i>
07/2023	“Lying Flat across East Asia”, China Workshop Iserlohn, Schwerte, <i>Germany</i>
11/2022	„Impact of overtime on leisure time and cultural life of white-collar workers in Beijing“, Ostasienwissenschaftliche Mittagsforum, Ruhr University Bochum, <i>Germany</i>
08/2022	„Impact of overtime on the leisure time and cultural life of white-collar workers in Beijing“, Conference of European Association for Chinese Studies, Palacký University, <i>Czech Republic</i>
07/2022	„Overtime culture among white-collar workers in Beijing“ China Workshop Iserlohn, Schwerte, <i>Germany</i>

## Referees

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Prof. Karen Shire, Ph.D.  
Institute of Sociology and Institute of East Asian Studies (IN-EAST)  
Universität Duisburg-Essen  
Germany  
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Prof. Dr. Gunter Schubert  
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doc. Mgr. David Uher, Ph.D.  
Department of Asian Studies  
Palacký University  
Czech Republic  
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## Other Skills and Interests

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### Languages:

Czech:	native speaker	German:	C1, written and spoken
English:	C1, written and spoken ( <i>IELTS Academic 8.0</i> )	Japanese:	B1, intermediate
Chinese:	C1, written and spoken ( <i>HSK Level 6</i> )	Italian:	B1, intermediate
		French:	B1, intermediate
Dutch:	C1, written and spoken	Spanish:	B1, intermediate
	( <i>CNaVT - PAT</i> )	Portuguese:	B1, intermediate

### Interests:

Chinese and Japanese literature, travelling, road biking, swimming, jewellery design, world music