

MONIKA ARNOŠTOVÁ 朱丹景

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Research Interests

- 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

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

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

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 (Central European Exchange Programme for University Studies) 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>
2007	Dutch Language Union grant for two weeks of multicultural studies trip, <i>Belgium & Netherlands</i>

Research Experience

Ph.D. 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 program

Individual research articles published in sociological and Asian Studies journals.

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. Papers were presented to an audience of peers and professors.

Teaching Experience

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

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, 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 – 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

- 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 (in-depth interviews, ethnography)
- critical thinking and logical reasoning
- strong analytic skills and quick assessment of studied topics

Publications

2024	„Beijing’s overtime culture and its impact on the cultural life and leisure time of white-collar workers“ (forthcoming)
2024	„Impact of Covid-19 remote working models on the work-life balance of white-collar workers in the V4 countries” (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 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 the journal *Acta Asiatica Varsovia* issued by the Institute of
Mediterranean and Oriental Cultures of the Polish Academy of Sciences
- 2017 „Karōshi: Japanese tragedy and its import to China”
published by the journal issued on the occasion of the VI International Conference
„Social Communications and the Evolution of Societies” held by Novosibirsk State
Technical University

Conference presentations

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- 10/2023 „Disenchanted young professionals in Taiwan: Lying flat between Mainland China
and Japan“
Taiwan as Pioneer Workshop, University of Tübingen, *Germany*
- 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 (BACS), King’s College
London, *UK*
- 06/2023 „Herausforderungen in der Lehre von soziologischen Kursen über China“
China Arbeitsgemeinschaft, University of Cologne, *Germany*
- 07/2023 “Lying Flat across East Asia”
China Workshop Iserlohn, Schwerte, *Germany*
- 11/2022 „Impact of overtime on leisure time and cultural life of white-collar workers in
Beijing“, Ostasienwissenschaftliche Mittagsforum, Ruhr University Bochum,
Germany
- 08/2022 „Impact of overtime on the leisure time and cultural life of white-collar workers
in Beijing“
24th biennial conference of European Association for Chinese Studies (EACS),
Palacký University, *Czech Republic*
- 07/2022 „Overtime culture among white-collar workers in Beijing“
China Workshop Iserlohn, Schwerte, *Germany*

Referees

Prof. Karen Shire, Ph.D.
Institute of Sociology and Institute of East
Asian Studies (IN-EAST)
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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
	Portuguese:	B1, intermediate
Interests:	Chinese and Japanese literature, travelling, road biking, swimming, jewellery design, world music	