

BEAT BOREDOM • FIGHT WITH REPETTIVE WORK • RUN

# GUIDEBOOK

TO  
SHORT ESCAPE  
FROM  
BULLSXT WORK



**Congrats!**

**You are ready to escape**

**and change!**

**Welcome!**

**We want to let you know why we have  
this Guidebook first.**

**We observed many of young workers' prospects  
in work are becoming pretty bleak.**

We conducted questionnaire survey and random interviews  
with more than 80 workers, and got the following results:

**74.4%**

**74.4% of young people cite work as the main  
cause of unhappiness in their lives.**

**50%**

**More than 50 percent think their work is  
repetitive and meaningless.**

**2nd**

**In the second year of working life, people's  
fluctuating negative emotions tend to level  
off into compromise and anxiety.**

**3/10**

**Among young workers, less than 30 percent  
remain positive and optimistic about their  
work future.**

Boring and repetitive work has a great impact on  
workers, not only on the current state, but also on their  
expectations for the future.

**“Machine”**

**In search engines, the strongest correlation  
for negative work sentiment is  
"labour machine."**

Other related words include "emotionless", "meaningless"  
and "endless repetition".

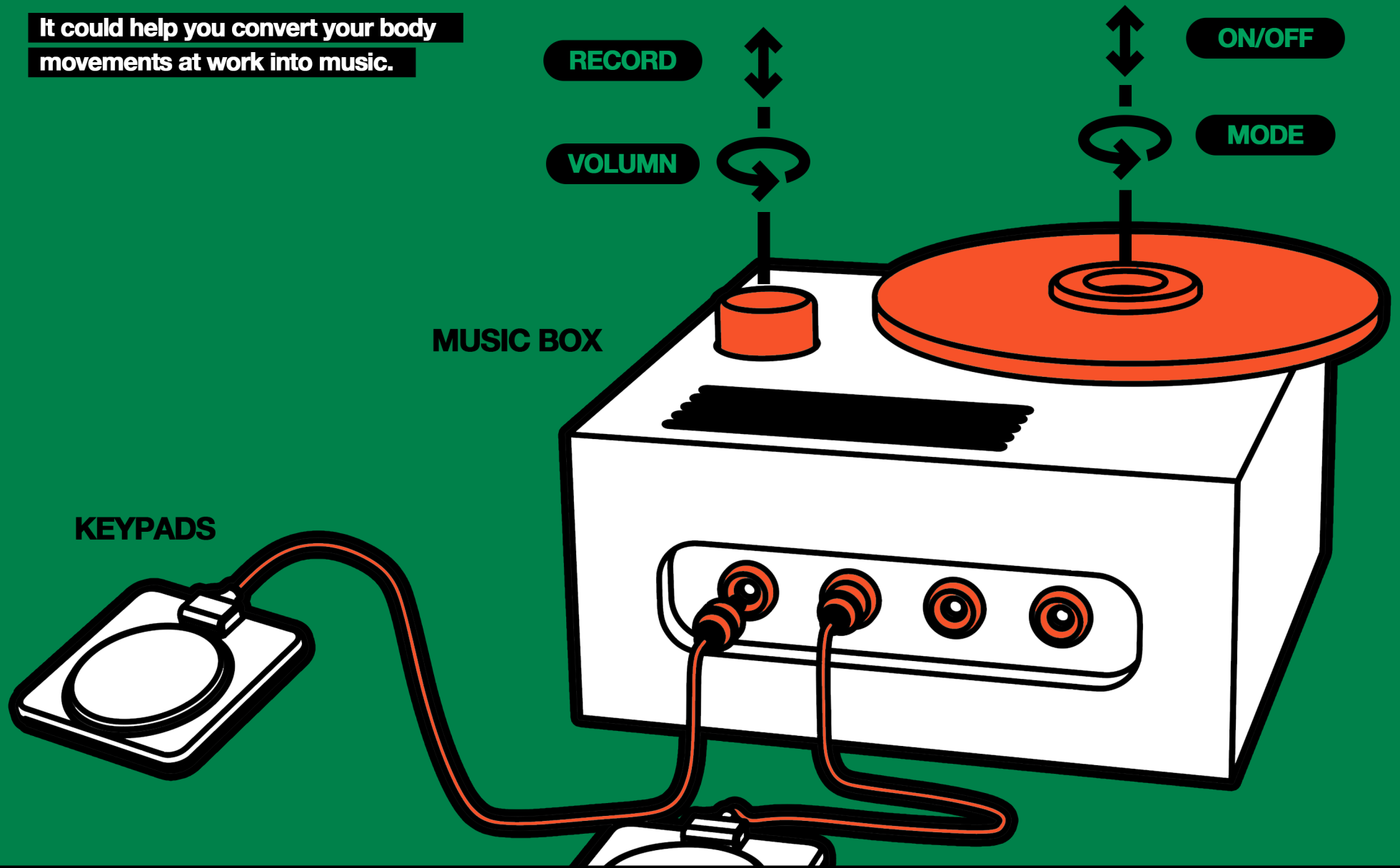
**Since the status quo is so sad,  
let's make some creative  
changes!**



**Next Page**

**This is a sound instrumental toy.**

**It could help you convert your body movements at work into music.**

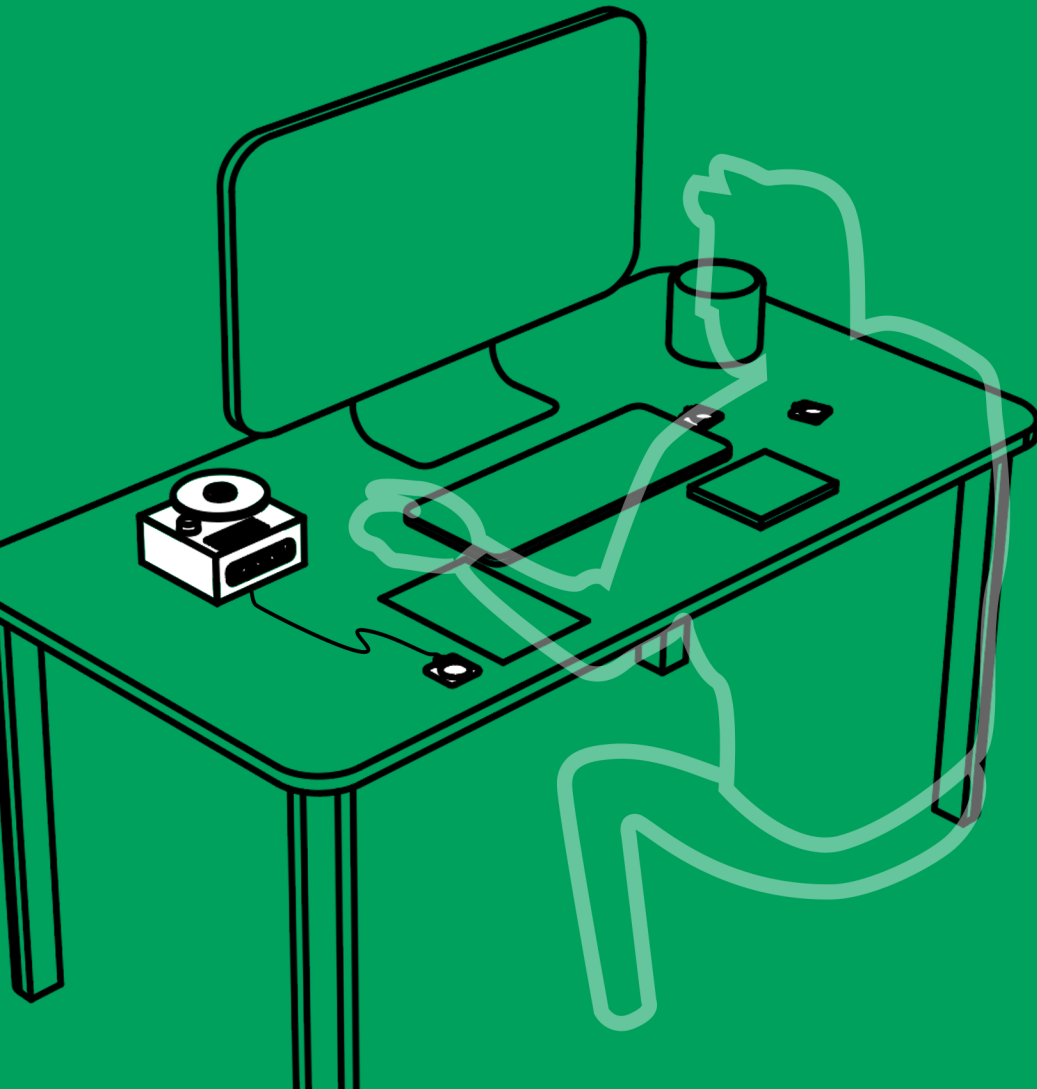


**Relax.**

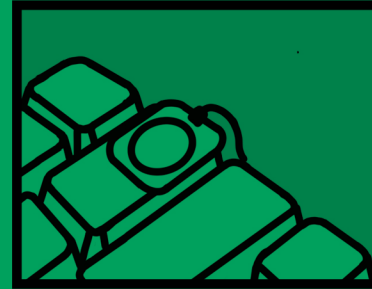
**It's really easy to access.**

## STEP 1

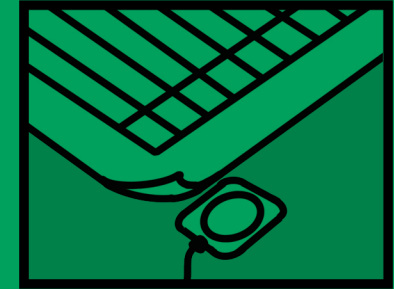
Place the keypads in your work area.



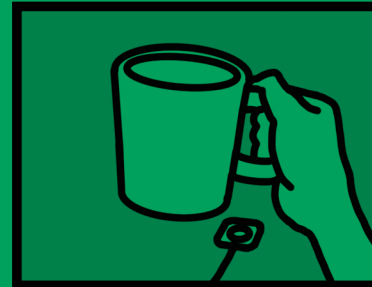
You can suck keypads in these places...



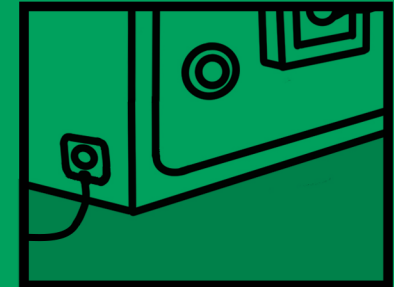
On the "Control+Z"



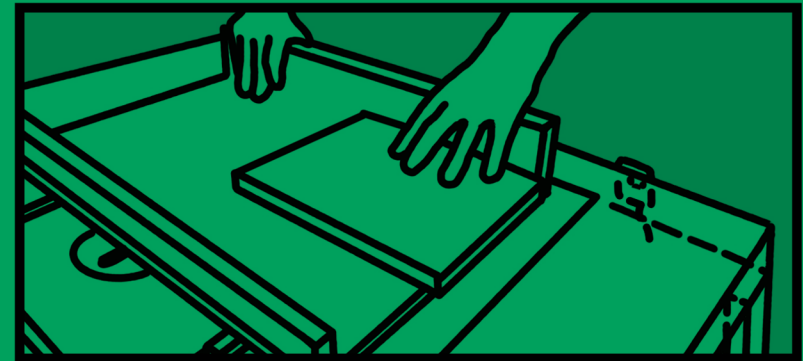
By the bullshit form



Under cup



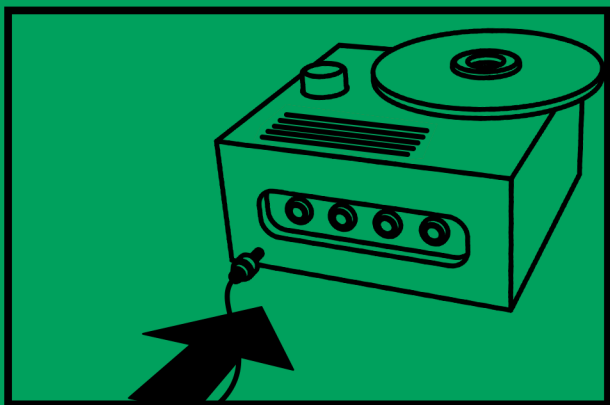
Beside machine



Stick to the side or bottom of the table

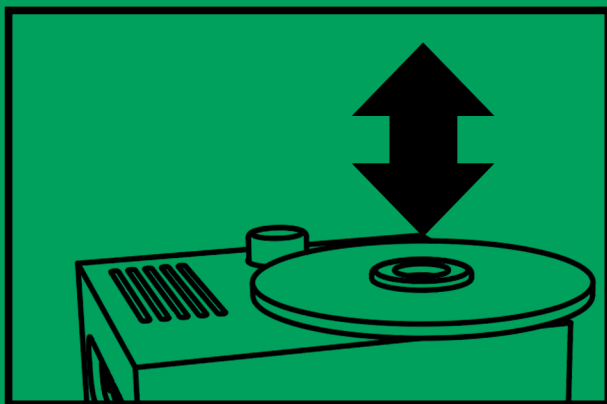
## STEP 2

Plug in the keypads.



## STEP 3

Press button to start!



**Then enjoy!**

**Be your own SUPERSTAR!**



**Don't forget to record your music  
to explore more!**

## Test with your music

# "Are you becoming a labor machine?"

## Labour Machine Index Test

\*Write down your answer's points for each question and check the results on the next page.

**Q1 Listen to the music you've created, and distinguish if it fits the accompanying music.**

- Always fits in 30 points
- Occasionally 20 points
- Disorganized 10 points

**Q2 Are the beats and drums you create always repetitive?**

- Yes 30 points
- Sometimes 20 points
- Seldom 10 points

**Q3 Did you try to choose the specific music mode to your work?**

- Yes Jump to Q4
- No 15 points, then jump to Q5

**Q4 Which music model did you choose?**



30 points 20 points 15 points 10 points

**Q5 How long is the music?**

- >30min 30 points
- 10-30min 20 points
- <10min 10 points

**Q6 Can you postpone your work assignment you just did?**

- No, I can't put it off. 30 points
- Yes, I can have a realxed break first. 10 points

**Q7 Do you think a robot could do your job?**

- Yes 30 points
- No 10 points

Calculate your points for all the questions and then view the results on the next page.





TEST RESULT		☒	☒
>150	You are a 100% qualified working machine, from body to mind.		
120-150	Your evolution into a working machine is 80% progress.		
90-120	Attention! You are on your way to becoming a working machine.		
<90	You have the potential to be a working machine.		



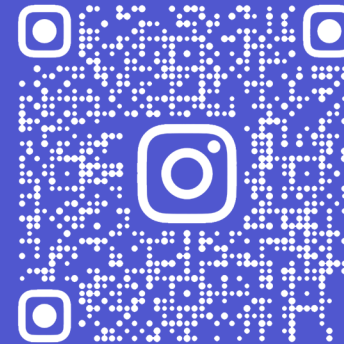
**Share and join with us!**

**Sound is powerful!**

**Sound can speak anything!**

If you feel like it, please share with us the music you've created and your work!

Share and make fun of how stupid your job is!



**ESCAPE\_FROM\_BULLSHITWORK**

**Here you can enjoy all kinds of music made out of people's boring work, and read their feelings and bullshit stories.**



**Don't let your bullshit job  
make you unhappy.**

**Don't let repetitive work  
ruin your life.**

**Don't let meaningless labor  
rob you of the promise of the future.**

*Whatever happens, just roll with it~*

