



World Capital of
Time Policies
BARCELONA 2022 2023



Local and Regional Governments Time Network

Promoting the right to time
where people need it most



Local and Regional
Governments Time Network

What is the Local and Regional TIME Network?

The Local and Regional Governments Time Network is the unique worldwide network of cities and regions that promote and implement time policies.

The Network is composed of local and regional governments committed to time reorganisation to improve their citizens life and ensure the right to time.

What are time policies?

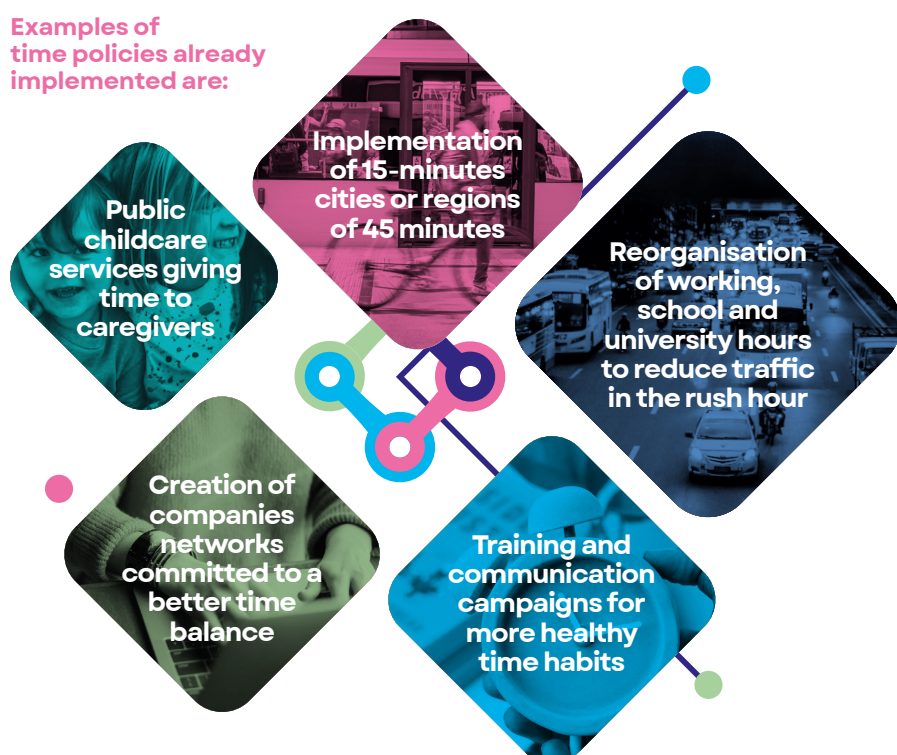
Time is an extremely unequal resource in society, and time poverty exists in its various forms in all countries and regions. Although time poverty affects mostly women, youth and people with scarce economic resources, currently, the vast majority of citizens wish to find a new system of organising time that allows us to live lives in which we can balance paid and unpaid work, care for others and ourselves, enjoy free time, participate in civic and democratic life, and rest.

Time policies are the tool for designing policies oriented to modify the current social organisation of time.

The first generation of time policies emerged in Europe (Italy) and expanded to several cities and EU regions. Since 2020, with a context of multiple crises, time policies have re-emerged as a solution for current social and economic problems all over the world.

Local and regional governments are the major public institutions promoting and implementing time policies since the last century, and they will keep having a leading role in the recognition of the “right to time” for a more balanced use of time, for greater equality and for human wellbeing and sustainability.

Examples of time policies already implemented are:



Why time policies?

With the potential of improving health, equality, sustainability and efficiency, time policies have emerged as one of the potential solutions to several issues.

Time policies offer a powerful instrument to:

- Reduce inequalities related to time and end time poverty.
- Rethink the future of work and find a more balanced time organisation.
- Reduce the time spent on mobility and increase the sustainability of cities, metropolis and regions.
- Promote healthier habits of living and improve public health.





Members

The Network includes cities, metropolises, and regions worldwide, such as **Barcelona, Strasbourg, Milano, Bogotá, Buenos Aires, Bergamo, Catalonia region, or Graz**. In Europe, our presence includes **26 European local authorities from 7 EU countries**.

What do we do?

1/ Learning opportunities to implement time policies

Based on our own members' knowledge, all members can exchange experiences, lessons learned and good practices on local and regional time policies and study the possibility of carrying out joint projects. The Network provides methodologies and support to implement time policies in their own organisation.

2/ Local and Regional TIME Agenda (LRTA)

Every year, the Network elaborates a publication that includes specific recommendations and examples of time policies applied by our members to improve the quality of life and health of their citizens. The first two LRTA, already available, collect over seventy time policies on the topics of Life balance: work, care, rest, and personal time (2022); and Time, mobility, and sustainability (2023). The next two publications, planned for 2024, will focus on the topics of Democracy and Night Life.

3/ Networking and Learning events

The Network meetings' work plan includes an Annual General Assembly and other network events such as:



May 2023
World Capital of Time 2023
Bolzano (Italy)



June 2023
II Iberoamerican Forum on Time Policies

Virtual and face-to-face events in Argentina, Colombia and Mexico)



October 2023
World Annual Network Assembly
Barcelona (Spain)



2024
World Capital of Time 2023
Strasbourg (France)



May 2024
Presentation of the Local and Regional Time Agenda



September 2024
The European Summer Time School
Barcelona (Spain)

4/ World Capital of Time Policies:

The Network awards one of its members every year for its commitment towards time policies with the World Capital of Time Policies. The city of Barcelona was the first World Capital of Time Policies in 2022, transferring the distinction to Bolzano in 2023.

**Barcelona
2022**

**Bolzano
2023**

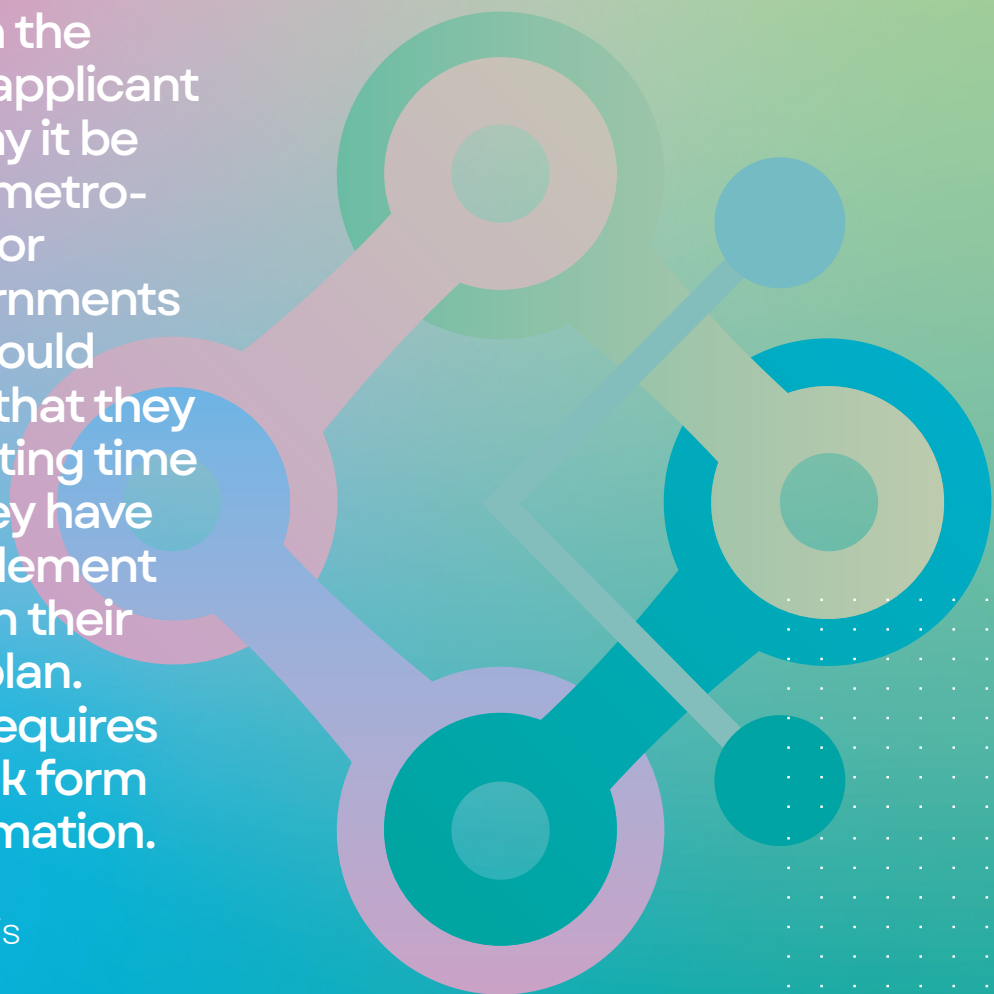
**Strasbourg
2024**



HOW TO JOIN?

In order to join the Network, the applicant institution, may it be city councils, metropolitan areas, or regional governments worldwide, should demonstrate that they are implementing time policies, or they have the will to implement time policies in their government plan. The process requires filling in a quick form with key information.

The membership is currently free.



CONTACT

WEB

[timeuse.barcelona
/local-and-regional-governments-time-network](http://timeuse.barcelona/local-and-regional-governments-time-network)

EMAIL

info@timeuse.barcelona