

Time Use Initiative

The main organisation advocating for **time policies** on government agendas to reduce time inequality and enhance health and overall wellbeing with the **right to time**

WE HAVE A SOCIAL PROBLEM: TIME UNREST



Worldwide, we have a problem with time, causing:

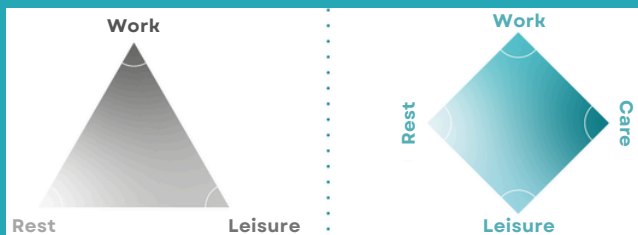
- **Structural sleep deprivation** in our societies, leads to estimated losses in national GDP of 1% to 2%.
- **Time poverty** (lack of time for oneself), with far-reaching effects on physical and mental health, productivity, equality, and sustainability. Depending on the country, it affects between 20% and 30% of people, and is more acute amongst women.
- **Workplace stress**, one of the main reasons why almost half of the EU population experienced burn-out or near burn-out in 2021.
- **Stagnant birthrates** due to a lack of work-life balance as one of its causes: 1,53 births per woman in the European Union in 2021, unchanged since 2011.

WE HAVE THE SOLUTION: RIGHT TO TIME

The **right to time is foundational to new public policies and must be guaranteed to all citizens**. It is key to address time poverty and disparities and foster a balanced use of time. It elevates the value of time for rest, care and civic life, and combats the unequal distribution of time in society. To ensure the right to time, both public and private policies must incorporate the time factor.

Time policies are an instrument that institutions can use to tackle time unrest (including **time poverty**) and transform 21st-century society to make it **more egalitarian, more efficient, more sustainable, and healthier**. Such initiatives are cross-sectoral and can be rolled out at various levels of government.

Time policies do more than address an individual right in and of itself; they are crucial for addressing several dimensions of the multiple crises – climate, economic, social, and political polarization – facing our societies today.



“Eight hours triangle”
(Robert Owens, 1817)

“Life balance diamond”
Future society

BENEFITS OF TIME POLICIES

Health and wellbeing



50% adults suffering sleep disorders and an increase of GDP by respecting healthy schedules.

Equality



35% of women experiencing time poverty by providing 2 hours/week of time for themselves.

Efficiency



88% of employees impacted by the reduction of working hours and the other working time measures.

Sustainability



40% of reduction in commuting time by having gradual schedules to move within an urban area during rush hours.

A more **balanced time** organisation increases general **happiness** and **wellbeing** by at least 10%.

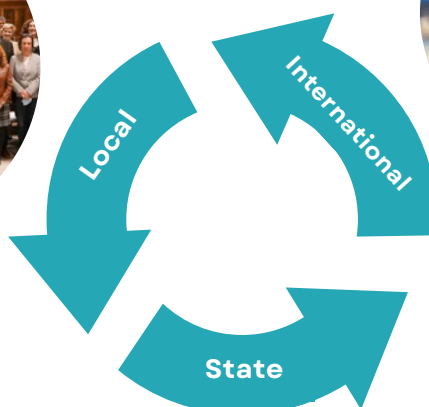
OUR SOLUTIONS

Our innovative time policies achieve various levels of impact. This multifaceted engagement reflects our commitment to fostering positive change on a global scale, and take into account nuanced challenges at the varying levels of governance:



Municipalities and regions have been the major public institutions promoting and implementing time policies.

Our solution has made a tangible impact in over 50 cities across the European and Latin American continents: **Barcelona** led the charge as one of the first European cities to include time use in the city's policy agenda, inspiring over 75 other cities globally, including **Bogotá, Strasbourg, Milano, Bolzano, Rennes, Buenos Aires and Montevideo**, and promoting creation of the [Local and Regional Governments Time Network](#).



Worldwide, we have collaborated with entities like UN Women, the International Labour Organization (ILO), EU institutions, UN Habitat, and others.



Our solution has been actively involved in national actions across **more than 20 countries in Europe and Latin America**. Catalonia's pioneering **Time Use Governmental Agreement** was forged with social partners and civil society, and is being implemented already. Spain is blazing a trail with the world's first national [Time Use Law](#), and the UN regularly publishes reports on time poverty worldwide.

The most prosperous societies of the 21st century will defend the right to time. Our initiative will shape the way society organises its time in both the countries of Europe and Latin America, and the rest of the world. To advance these efforts, more supranational and national governments must champion time policies.

OUR VIEW FOR 2030

1. The **UN recognises** and protects its citizens' **right to time**.
2. **All continents have** at least **one city as time-policy leader** (World Time Capital)
3. **States have Time Use Laws** and agreements – holistic regulations of life balance between work, care, rest, and recreation – in all their strategies.
4. **Local and regional governments lead time policies and Chief Time Officers** implementation.
5. Availability of time use data is one of the key areas of **innovation research**.
6. **Time poverty is reduced** and citizens enjoy a healthier, egalitarian and efficient use of time.



WHAT WE HAVE ACHIEVED SO FAR

Examples of these innovative public policies already in place:

- Enacting time use laws (Spain, 2023-2024)
- Fostering time use agreements (Catalonia and many European municipalities, 2014)
- Establishing Time Policy Offices (Catalonia and more than 20 French and Italian cities, since 2020)
- Conducting time use surveys (around the world)
- Engaging public employees and enterprises in capacity- and awareness-building
- Retooling city services schedules to cut rush hour traffic (Metropolis of Rennes and Barcelona)
- “Giving” time to caregivers (Bogotá, Barcelona)
- Organising policy awareness and capacity-building events on time policies (Latin America and Europe)

WHAT WE OFFER GOVERNMENTS

1. **Identification of key regional time use issues, mapping of proposed solutions**, and engagement of stakeholders to develop a framework for **new public policies** ensuring a balanced use of time.
2. Support in defining **time use laws**, including a holistic regulation to promote a balanced use of time.
3. Support in defining and implementing time use agreements with **unique participative methodology**.
4. Creation of **Chief Time Policy Officers** and **Time Policy Offices**.
5. Support in designing, implementing and assessing time policies for governments.
6. Organisation of **regional and global networking** and awareness events like Time Use Week, the premier world event on time policies.
7. Policy advocacy and **capacity-building** on time policies.
8. Generation of knowledge and compilation of **good practices on time policies**.



WHO WE ARE

Launched in Barcelona (Catalonia, Spain) in 2014, the **Time Use Initiative** (TUI) is a leading international organisation dedicated to promoting the right to time and advocating time policies for a healthier, more egalitarian, efficient, and sustainable society.

In 2019, TUI went global, attracting over 100 major stakeholders spanning governments, unions, business organisations, research institutions, and more. These stakeholders have endorsed the **Barcelona Declaration on Time Policies**, a commitment to promote time-related initiatives worldwide.

- Since 2020, TUI has organised **Time Use Week**, the foremost global gathering on time policies.
- In 2021, TUI was elected secretariat for the **Local and Regional Governments Time Network**, the main local network comprising over 50 partners actively implementing time policies.
- In 2023, TUI drafted the first legislative project for a **holistic law on time use** for the Spanish government and is assessing its implementation today.
- TUI works with a global set of experts, mainly from the United States, Europe, Latin America and Asia, as part of their **International Expert Lab**
- In 2022 and 2023, TUI organised the **main event on time policies in Latin America**, generating awareness for public servants, researchers and civil society.
- In 2024, **TUI was awarded** with the Edge of Government Award in the **World Government Summit**

UPCOMING EVENTS

- **Time Use Week** (21st-25th October, Barcelona)
- **General Assembly of the Local and Regional Governments Time Network** (22nd October, Barcelona)
- Time policies at the **Smart City Expo World Congress** (5th-7th November, Barcelona)
- Events by the **World Capital of Time Policies 2024-2025** (November, Strasbourg)
- In-person **Latin American Time Use Week** (Bogotá, 2025)



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