EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.

⚠️*Please provide one sheet per event (one event = one work package = one lump sum).)*

PROJECT	
Participant:	6. MUN. BARCELONA
PIC number:	997628123
Project name and acronym:	Time4All: Promoting cooperation among citizens, towns and cities on time policies and the right to time (Time4All)

EVENT DESCRIPTION	
Event number:	10
Event name:	European Summer Time School for citizens and civil society organisations
Type:	Training activity
In situ/online:	Online
Location:	Online
Date(s):	10-12th June 2024
Website(s) (if any):	https://timeuse.barcelona/summer-school-of-time/
Participants	
Female:	250
Male:	55
Non-binary:	1
Eligible countries	
From country 1 [Italy]:	12

From country 2 [Spain]:	160
From country 3 [Austria]:	6
From country 4 [Belgium]:	6
From country 5 [France]:	6
From country 6 [Germany]:	9
From country 7 [Greece]:	3
From country 8 [Portugal]:	2
From country 9 [Sweden]:	1
From country 10 [Hungary]:	1
From country 11 [Poland]:	1
From country 12 [Lithuania]:	1
From country 13 [Slovakia]:	1
From country 14 [Netherlands:	2
Non-eligible countries:	
From country 15 [Argentina]:	13
From country 16 [Bolivia]:	1
From country 17 [Brazil]:	7
From country 18 [Canada]:	3

From country 19 [Colombia]:	13
From country 20 [Dominican Republic]:	3
From country 21 [Ecuador]:	1
From country 22 [Georgia]:	1
From country 23 [India]:	5
From country 24 [Jamaica]:	3
From country 25 [Japan]:	1
From country 26 [Kenya]:	1
From country 27 [Mexico]:	15
From country 28 [Nigeria]:	2
From country 29 [Palestine]:	1
From country 30 [South Africa]:	3
From country 31 [Switzerland]:	2
From country 32 [Thailand]:	1
From country 33 [Tunisia]:	1
From country 34 [Turkiye]:	1
From country 35 [United Arab Emirates]:	1
From country 36 [United Kingdom]:	3

From country 37 [United States]:	8		
From country 38 [Uruguay]:	5		
Total number of participants:	306	From total number of countries:	38
Total number of participants from eligible countries:	211	From total number of eligible countries:	14
Total number of participants from non-eligible countries:	95	From total number of non-eligible countries:	24
Description:			

First Citizen's Summer School of Time

The online sessions, that are can be watched here, opened to the citizens and socio-economic organizations, began on June 10 with the session Time Policies, key policies for the 21st Century, with the interventions of local and international organisations and experts on the topics of Time & Care; Time & Sustainability; Time & Social-Economic Impact and Time policies at a local level. Marta Junqué, Director of the Time Use Initiative, made it clear in the session introduction: "we have a global social problem: more than 40% of Europeans are stressed at work and time poverty is affecting everybody, especially women with children as 35% of them have time poverty; the solution is to reformulate our time organisation."

To wrap it up, this first session showed time policies' interaction and huge impact on key areas in our daily lives, such as care, gender equality, sustainability, economy or local policies, and that we need political will at all governance levels in order to promote them as well as updated data on time use.

Returning to our natural time for a healthier life

In the second session on Tuesday 11 June, we introduced the concepts of chronobiology and why it is important to respect our circadian rhythms, as well as of the importance of a balanced time routine that promotes healthy habits, adequate rest, and digital disconnection. The need of ending with seasonal clock change, and returning to natural time, to be addressed through political decisions, was also requested.

4-Day week versus fewer hours?

At the threshold of the new labour reform of our times, in the 3rd session of the Summer School of Time, we hold an interesting debate among experts on the benefits and challenges of 4 working days versus reducing the working hours.

So the conclusion to the debate was that reducing working hours will be beneficial both for workers wellbeing and efficiency but also for companies productivity and society in general, but the formula of how to do it depends on the sector characteristics and workers needs, and on the participation of all the parts involved in the decision.

Time policies into practise

The fourth session was designed to provide a set of tools for helping private organisations move towards healthier and more efficient ways of organising their time.

As a conclusion, there are already many companies and organizations implementing time policies but there is a lot of room for improvement for most of them, so implementing an action plan to address the challenges of a new time organisation appears as one main solution.

Below you can be seen the link to the recording of the event:
- [Monday 10th June: Time Policies, key policies for the 21st Century](#)
- [Tuesday 11th June: Time, health, and habits](#)
- [Tuesday 11th June: Labour reduction debate: 4-day week or fewer hours?](#)
- [Wednesday 12th June: Tools for implementing time policies in your organisation](#)

A satisfaction survey was sent to all participants. The overall rating of the event was 4.25 over 5. The aspect best evaluated was content and speakers (4.5 average), and programme structure (4 on average).

The event was communicated through both Time4All communication channels and the organizing partner channels. Specifically, the following publications were made:
- Specific website space: https://timeuse.barcelona/summer-school-of-time/
- News publication: https://timeuse.barcelona/summer-school-of-time-time-policies-a-key-element-for-the-21st-century/
- TUI's social media (key posts):
  - Twitter: https://x.com/TimeUseInit/status/1790318855711043760?t=L6wLRljogzf9Aexcdj7PhQ&s=08
  - Instagram: https://www.instagram.com/p/C68e2h7ND2m/?igsh=MWl2c2Fnb3U4YTZkbQ==

All Time4All partners also supported the dissemination of the event, resulting on a great success in terms of registration and participation.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	03.07.2024	BTUI