Time policies: an opportunity to live better in our cities

Time Use Week

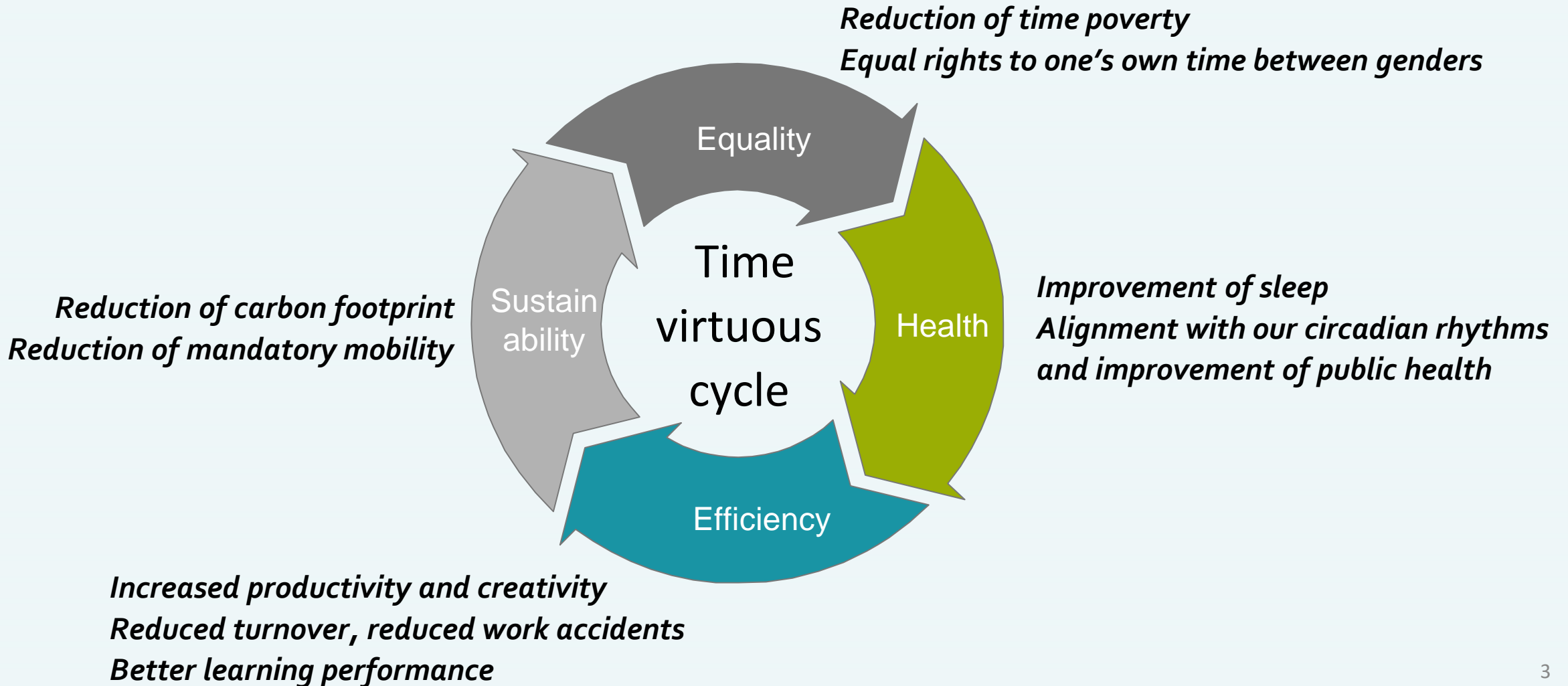*Barcelona, 22 October 2024*

Time policies – what are they

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

Time policies are more than "schedules" or "working hours",

*it is **to take into account the impact on people's time when designing public policies***

*and they will be a **key element of the 21st century***

Time policies – what are their benefits

Reduction of time poverty
Equal rights to one's own time between genders

Reduction of carbon footprint
Reduction of mandatory mobility

Improvement of sleep
Alignment with our circadian rhythms and improvement of public health

Equality

Sustain ability

Time virtuous cycle

Health

Efficiency

Increased productivity and creativity
Reduced turnover, reduced work accidents
Better learning performance

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Time policies & urban context

- Time policies are about everyday life, and the local governments are the closest to people's everyday life

- Historically, local and regional governments are the major public institutions promoting and implementing time policies since the last century.
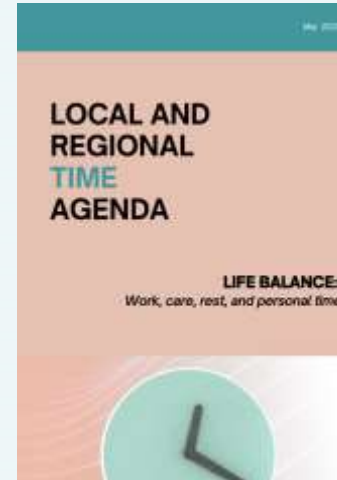
Local and Regional TIME Agenda, chapters 1,2,3 and 4

Auto evaluation tool

- Diagnostic tool designed to evaluate and enhance time management practices within a local government

- Divided in two parts:

  - Assessment of time policies addressed to citizens (including equality and gender policies, mobility policies or education policies, among others)

  - Assessment of time policies addressed to public servants and employees within the municipality

- How does it work?

1) Assessment: Identify specific initiatives already implemented, not implemented but feasible/interested, or not feasible/interested.

2) Analysis: After completing the questionnaire, analyse the results to identify opportunities for improvement

3) Action Plan: Develop an action plan to enhance time use for citizens and municipal employees.

Self-Assessment Tool for Municipalities on Time Policies

Does your Municipality have
Time Policies? Let's Check it!

Download the Tool

www.timeuse.barcelona/publications

Time policies & urban context

1. **Gender equality and co-responsibility**. I have campaigns to promote equitably distributed time uses between women and men, I offer proximity-based support services to caregivers, I have breathing spaces and childcare services for families.

2. **Mobility and sustainability**. I have urbanism models that promote a proximity-based approach (i.e. 15-minute city), I have regulated mobility to reduce rush hour and facilitate commuting.

3. **Business time organisation**. I have support services for companies that include advice on work-life balance measures, teleworking, working hours, etc.

4. **Education.** I have promoted the use of educational spaces and enhanced leisure activities available. beyond school hours

5. **Night-time policies**. I have a night chief officer or council; I have made policies to balance night activity and the need to rest of citizens

6. **Democracy and citizens' services**. I have digitised municipal services, I have rationalised the schedules of public events and meetings with associations, I have electronic participation mechanisms in place.

7. **Leisure, culture and associationism**. I have modified schedules for cultural events, sports and traditional festivals to ensure a balance with the need to rest

8. **Awareness-raising, governance and evaluation**. I have a Time Chief Officer to oversee time policies, I have done awareness-raising campaigns to promote healthy time organisation

How to implement time policies

- **Identify public policies already including the time factor.**

- **Raise awareness and communicate.** Organise conferences, trainings or other awareness raising activities both for the internal teams at your municipality and for citizens.

- **Appoint a person/unit that oversees time policies,** ensuring a coherent and holistic view on how time is included in all public policies. They can also be responsible for collecting data on time uses and evaluating new public policies from the perspective of time.

- **Design new policies through consensus-building methodologies.** Foster an open and collaborative discussion to design new measures to change time uses in your city.