

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 170 major stakeholders spanning governments, unions, business organisations, research institutions, and more. Most of 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 (Barcelona, Bogotá, Milano, Strasbourg, etc.) and named as secretariat of the Barcelona Declaration on Time Policies, the main world-wide declaration promoting right to time.
- 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.
- Since **2023**, 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** and with the **Corporate LiveWire Innovation & Excellence Awards**.

UPCOMING EVENTS

- World Capital of Time Policies 2025-2026** (22nd-27th September, Bogotá).
- 3rd Ibero-American Forum of Time and Schedules** (September to October, online).
- Time Use Week** (13th-17th October, Barcelona).
- General Assembly of the Local and Regional Governments Time Network** (14th-15th October, Barcelona).
- Presentation of the Local and Regional Time Agenda 5:** Working time policies (December, online)



Contact us
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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.
- Demographic challenge:** stagnant birthrates and ageing population.

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)

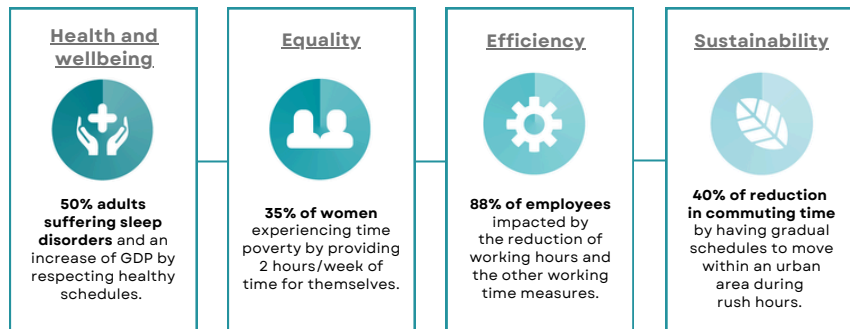


“Life balance diamond”
Future society



BENEFITS OF TIME POLICIES

“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**.

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.



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

OUR VIEW. MAINSTREAMING TIME POLICIES

1. The **UN recognises** and protects its citizens' **right to time as a fundamental human right**.
2. Nations implement comprehensive Time Use Laws and agreements, integrating holistic regulations for life balance encompassing work, care, rest, and recreation into all their strategic initiatives.
3. **All major local and regional governments have appointed Time Chief Officer and spearhead the implementation of time policies.**
4. Time use data collection and analysis become a key focus area for cross-cutting innovation and research.

As a result of all four, time poverty is significantly reduced, enabling citizens to enjoy a healthier, more equitable, and efficient use of time

OUR VIEW ON THE 2030 SOCIETY

1. **Time poverty is significantly reduced**, enabling citizens to enjoy a healthier, more equitable, and efficient use of time.
2. **Organisations have adopted reduced and rationalized working hours**, combined with flexible arrangements, to enhance work-life balance. This approach allows employees to manage their time according to personal needs and family responsibilities. By offering options like compressed schedules and remote work, businesses promote employee well-being and productivity.
3. **Educational, work, and medical schedules consider natural rhythms, aligning with people's circadian cycles** for improved well-being and productivity.
4. **Urban planning embraces the "15-minute city" concept**, where essential services are accessible within a short distance, reducing commute times and improving quality of life.
5. **Artificial Intelligence and advanced technology and automation are leveraged to reduce time spent on mundane tasks**, freeing up more time to personal development and leisure.
6. **Public transportation systems are optimized to reduce travel times**, contributing to more efficient use of citizens' time.
7. **People value rest and sleep**, with healthy sleep patterns becoming a societal norm.

OUR SERVICES

The Time Use Initiative's services—consultancy, advocacy, and networks—work synergistically to achieve its vision for 2030. Through expert guidance (**consultancy**), policy influence (**advocacy**), and collaborative platforms (**networks**), TUI drives systemic change toward healthier, more equitable, and sustainable use of time across the globe.