

# **Time Academy 2025: A Time Policies' Toolbox for Local Authorities**

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## **Session 1: How to Identify Existing Time Policies in My Local Government**

Barcelona, 30th June 2025

# 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**

## WHY IS IT URGENT TO DISCUSS TIME?



Time is a collective concern, and as such, it calls for a collective solution

## TIME POLICIES

*Considering time as a key factor when designing (public) policies.*

Time policies are **formal and informal guidelines and regulations** that govern the allocation and management of time across contexts such as employment, urban planning, and social welfare.

By recognizing time as a valuable social resource, time policies seek to enhance overall well-being, productivity, and social equity in society



## WHY IS IT URGENT TO DISCUSS TIME?

### Time poverty

In **Europe**, 20%-30% of citizens experience **time poverty**, while in **Latin America** it reaches up to **50%**



SOURCE: European Quality of Life Survey (EQLS) and Inter-American Development Bank (IDB) report

Structural **sleep deprivation** leads to estimated **losses in national GDP of 1% to 3%**



SOURCE: RAND Corporation report "Why Sleep Matters: The Economic Costs of Insufficient Sleep" (2016)

**Lack of sleeping hours** increase by **55% depression** and **behavioural disorders**, especially among young people



SOURCE: Nature Reviews Psychology article "Sleep's role in the development and resolution of adolescent depression" (2022)

**Time poverty** is the state in which individuals lack sufficient discretionary time for themselves after fulfilling paid and unpaid work obligations and meeting basic biological need

# WHY IS IT URGENT TO DISCUSS TIME?

## Other time-related issues

**Stagnant birthrates** since 2011 due to a lack of work-life balance: **1,53 births per woman** in the EU in 2021.



SOURCE: Eurostat Fertility Statistics

**Early school schedules** cause **low productivity in students**, especially during adolescence.



SOURCE: American Academy of Pediatrics (AAP) and National Sleep Foundation (NSF)

**Commuting** is experienced as a "**waste of time**". In **Europe**, 10% of daily time is dedicated to commuting. In **Latin America**, it is 17%

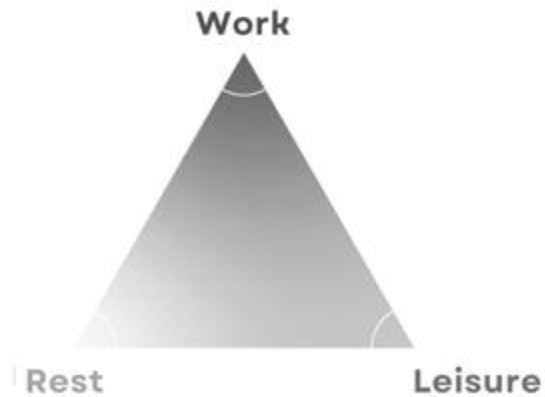


SOURCE: World Bank and OCDE

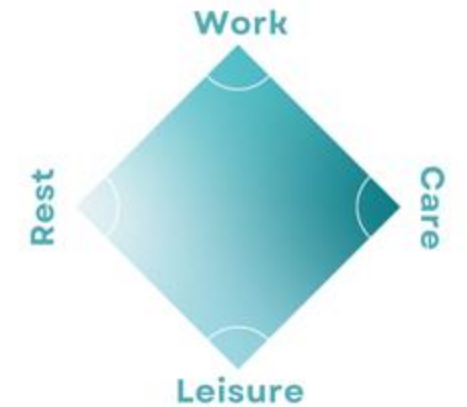
## RIGHT TO TIME

Individual and collective  
right to self-determine how  
we use our time.

Ulrich Mückenberger, Jean-Yves Boulin and Pedro Rey (2023)



**“Eight hours triangle”**  
(Robert Owen, 1817)



**“Life balance diamond”**  
Future society

## BENEFITS

# BENEFITS OF TIME POLICIES

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A more **balanced time** organisation

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**Health and  
wellbeing**



**Equality**



**Efficiency**



**Sustainability**

# LOCAL AND REGIONAL GOVERNMENTS TIME NETWORK

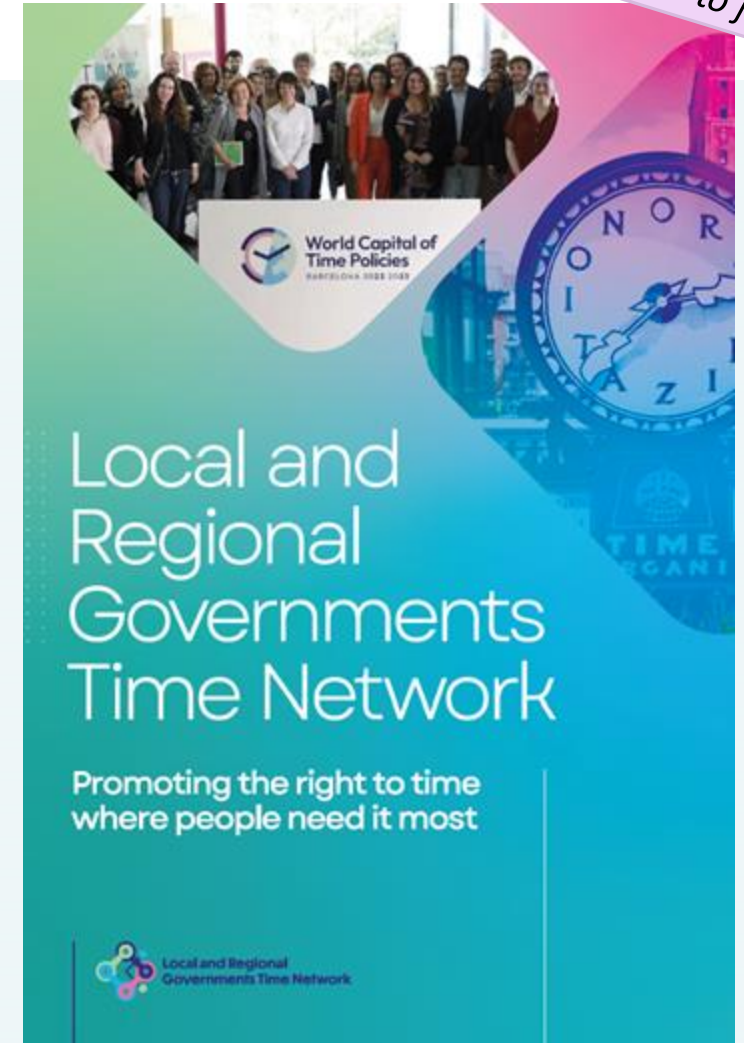
*The Network is the unique worldwide association of cities and regions that promote and implement time policies.*

## World Time Capitals

- Barcelona (2022)
- Bolzano (2023)
- Strasbourg (2024)
- Bogotá (2025)

## + 40 members

- Big cities
- Metropolitan Areas
- Regions



# TIME POLICY OFFICIALS: MAP

