

EVENT DESCRIPTION SHEET

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

PROJECT: Time Academy	
Participant:	BTUI— Associació Barcelona Time Use Initiative for a Healthy Society
PIC number:	892097070
Project name and acronym:	Time4All 2.0: strengthen cooperation among citizens and municipalities using time policies for a more democratic and sustainable EU

EVENT DESCRIPTION	
Event number:	WP4
Event name:	Local and Regional Time Agenda #5
Type:	Webinar
In situ/online:	Online
Location:	Online
Date(s):	Wednesday 10th December 2025
Website(s) (if any):	https://timeuse.barcelona/rational-sustainable-working-time/
Participants	
Female:	211
Male:	53
Non-binary:	1
Eligible countries	
From country 1 [Austria]:	1
From country 2 [Belgium]:	2

From country 3 [Bulgaria]:	4
From country 4 [Cyprus]:	1
From country 5 [Denmark]	1
From country 6 [Finland]:	1
From country 7 [France]:	7
From country 8 [Germany]:	5
From country 9 [Greece]:	2
From country 10 [Hungary]:	1
From country 11 [Italy]:	32
From country 12 [Netherlands]	1
From country 13 [Poland]	8
From country 14 [Portugal]	11
From country 15 [Spain]	132
From country 16 [Sweden]	2
<i>Non-eligible countries:</i>	
From country 17 [Argentina]	2
From country 18 [Bolivia]:	1
From country 19 [Brazil]:	1
From country 20 [Canada]:	1
From country 21 [Chile]:	2

From country 22 [China]:	1		
From country 23 [Colombia]:	19		
From country 24 [Ecuador]:	1		
From country 25 [India]:	3		
From country 26 [Korea]:	1		
From country 27 [Mexico]:	12		
From country 28 [Nigeria]:	1		
From country 29 [Philippines]	1		
From country 30 [Switzerland]	1		
From country 31 [Türkiye]	3		
From country 32 [Uganda]	1		
From country 33 [United Kingdom]	2		
From country 34 [United States of America]	1		
Total number of participants:	265	From total number of countries:	34
Total number of participants from eligible countries:	211	From total number of eligible countries:	16
Total number of participants from non-eligible countries:	54	From total number of non-eligible countries:	18
Description:			
Local and Regional Time Agenda 5 "Towards a more rational and sustainable working time"			

The entire event was open to anyone interested in time policies, mainly policymakers, civil servants, social stakeholders, researchers, and the general public, with the session scheduled for 10th December 2025. It can be retrieved [here](#).

- *The Local and Regional Time Policy Network has presented Local and Regional Time Agenda 5, which brings together 19 good practices in working time policies that promote more balanced, healthy, efficient and sustainable working models in cities and regions.*
- *The event brought together more than 100 participants from around the world, mainly professionals from public administrations responsible for the design and implementation of time policies.*

On 10 December, the Local and Regional Time Network presented [the Local and Regional Time Agenda 5](#) in an online event. This year's agenda is entitled: '*Towards a more rational and sustainable use of time*'. Thinking about a more rational and sustainable use of time — especially working time — is an increasingly urgent social demand, reflected in the shared cry of '*I don't have time*'. Today, societies face three major challenges that require a new organisation of work: **climate change**, the **need to reduce working hours** and **the growing impact of artificial intelligence**.

The presentation event included a conversation with the authors of the Agenda and representatives from five cities around the world (Bansko, Milan, Strasbourg, Sant Boi de Llobregat and Seoul) who presented the good practices implemented and the positive impact achieved in their territories.

Local and Regional Time Agenda 5 ‘Towards more rational and sustainable working time’

Time Agenda 5 focuses on describing local and regional good practices that show how governments can address these challenges at the local level. Although cities and regions often have no direct authority over working hours, their policies can influence how working time is organised and planned at the local level.

This year's edition compiles 19 municipal good practices in working time policies to promote more conciliatory, healthy, efficient and sustainable working models, integrating technological solutions such as artificial intelligence. The publication explores the following areas:

- **Time management in the digital and artificial intelligence era:** Includes recommendations for more rational and sustainable working time management.
- **Working time policies for climate change adaptation and mitigation:** In the face of phenomena such as heat waves or heavy rainfall, local and regional governments can use working time to create safer environments for their workers. Examples such as the **Digital Twin of Seoul** (South Korea), the **adjustment of working hours during heat waves in Bansko** (Bulgaria) and the Milan Living Lab Project (Italy) on **smart mobility time management** show how these policies can create more resilient environments.
- **Working time policies for well-being.** Local and regional governments play an essential role in defining working conditions that promote work-life balance. Notable examples include **the ConciliAcción Network** in Sant Boi de Llobregat and the **four-day working week pilot scheme** for municipal staff in Strasbourg (France).
- **Working time policies in rural areas.** Projects such as **Cowocat_Rural** in Catalonia demonstrate how the creation of coworking spaces can promote talent retention, boost territorial development and offer new job opportunities in rural environments.

The policies presented are complemented by expert contributions from Tatiana Pignon and Alexandra Arntsen (European Working Time Network), and Marta Junqué Surià and Nadia García Ruiz (Time Use Initiative), who offer a framework for reflection and action to rethink the organisation of working time from a local perspective.

An evaluation survey was sent to all participants. From it, it can be seen that the **Time Agenda 5 was evaluated as a moderate success with a 3.75/5**. It seems there is room for improvement in schedules, adapting better to those from the objective audience's work schedule (from public institutions) and maintaining the international balance.

The event was communicated through both Time4All communication channels and the organising partner channels. Specifically, the following publications were made:

- Specific website space: <https://timeuse.barcelona/rational-sustainable-working-time/>
- TUI's social media (key posts):
 - o Instagram: <https://www.instagram.com/p/DRRqAZaCv3G/>
 - o LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:7399024942450655232>

All Time4All 2.0 partners also supported the dissemination of the event, resulting in a great success in terms of registration and participation.

Given that one of the main goals of the project is to raise awareness among local governments about time policies —even beyond the consortium— the partnership is continuously working to engage and sensitise local authorities. For this reason, the invitation to the presentation of Local and Regional Time Agenda 5 was extended by our network to all interested cities. This has successfully resulted in the involvement of 25 additional countries (as stakeholders, even though they are not formal project partners).

EU Grants: Event description sheet (CERV): V1.0 – 18.05.2023

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0		BTUI