



World Capital of  
Time Policies  
BARCELONA 2022 2023



# Local and Regional Time Network

Promoting the right to time  
where people need it most



Local and Regional  
Time Network

# What is the Local and Regional Time Network?

The Local and Regional Time Network is the only global network of cities and regions that promotes and implements time-related policies.

The Network is composed of local and regional governments committed to reorganising time to improve the lives of their citizens and guarantee the right to time.

## What are time policies?

Time is an extremely unequal resource in society, and time poverty exists in various forms across every country and region. Although time poverty primarily affects women, young people, and those with limited financial means, the vast majority of citizens today wish to find a new system of time organisation – one that allows us to lead lives in which we can balance paid and unpaid work, care for others and for ourselves, enjoy leisure time, participate in civic and democratic life, and rest.

Time policies are the tool for designing measures aimed at transforming the current social organisation of time.

The first generation of time policies emerged in Europe (Italy) and spread to a number of cities and regions across the EU. Since 2020, in a context of multiple crises, time policies have re-emerged as a solution to current social and economic challenges worldwide.

Local and regional governments are the leading public institutions that have promoted and implemented time policies since the last century, and will continue to play a leading role in recognising the "right to time" – fostering a more balanced use of time and greater equality, well-being, and sustainability.

### Examples of time policies already implemented are:



## Why time policies?

With the potential to improve health, equality, sustainability, and efficiency, time policies have become one of the possible solutions to multiple challenges.

Time policies are a powerful instrument for:

- Reducing time-related inequalities and putting an end to time poverty.
- Rethinking the future of work and finding a more balanced organisation of time.
- Reducing time spent on mobility and increasing the sustainability of cities, metropolitan areas, and regions.
- Promoting healthier lifestyles and improving public health.



# Members

The Local and Regional Time Network is composed of 50 member institutions, including cities, metropolitan areas, and regions from across the world, such as **Barcelona, Bogotá, Buenos Aires, Istanbul, Milan, or Strasbourg**. All are committed to advancing time policies, promoting the right to time, and sharing knowledge to drive mutual improvement. Together they represent a total of **90 million inhabitants across the world**.

## What we do?

### 1/ Learning opportunities for implementing time policies

Drawing on the knowledge of our members, all participants can exchange experiences, lessons learnt, and good practices on time policies at local and regional level, and explore the possibility of carrying out joint projects. The Network provides methodologies and support for implementing time policies within their own organisations.

### 2/ Local and Regional Time Agenda

Each year, the Network produces a publication containing specific recommendations and examples of time policies applied by its members to improve the quality of life and health of their citizens. These can be found in the Local and Regional Time Agenda, which brings together more than 100 time policies. Topics covered include policies related to work-life balance, mobility, sustainability, urban resilience, democracy, nightlife, and working time, and AI.

### 3/ Networking and learning events

The Network's meeting work plan includes an Annual General Assembly and other Network events such as:



#### World Capital of Time Policies

International forum in the host city.



#### Local and Regional Time Agenda

Virtual exchange on specific time policies.



#### October Annual Network Assembly

During Time Use Week in Barcelona, Catalonia/Spain.

### 4/ World Capital of Time Policies

Each year, the Network recognises one of its members for their commitment to time policies, awarding them the title of World Capital of Time Policies. The aim of the Capital is to raise public awareness, promote the visibility and sustainability of the Local and Regional Network for Time Policies, and foster and consolidate innovative time policies within the host institution.

Barcelona  
2022

Bolzano  
2023

Strasbourg  
2024

Bogotá  
2025

Sant Boi de Llobregat  
2026

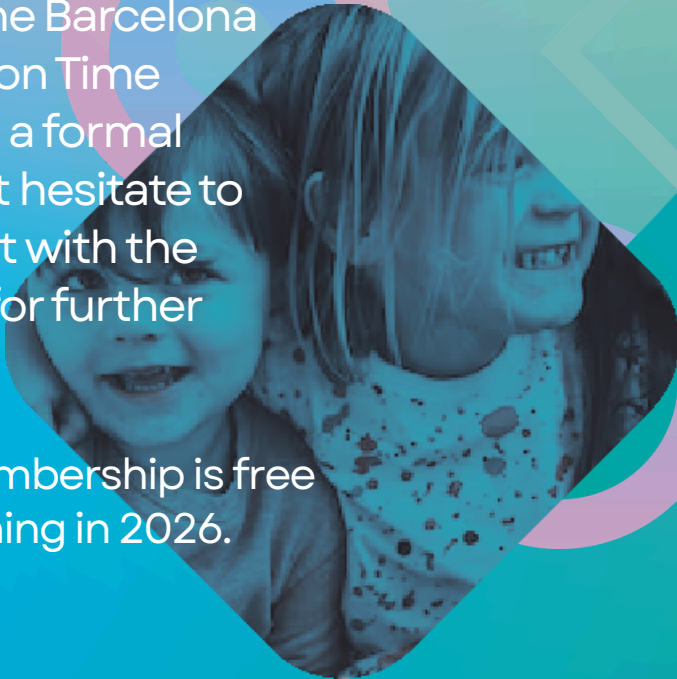


# HOW TO JOIN THE NETWORK?

To join the Network, the applying city, metropolis, or region must demonstrate that it is already implementing time policies or that it intends to do so within its governing plan.

The process requires endorsing the Barcelona Declaration on Time Policies with a formal letter. Do not hesitate to be in contact with the Secretariat for further information.

Network membership is free for those joining in 2026.



## CONTACT

### WEB

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/local-and-regional-time-network](https://timeuse.barcelona/local-and-regional-time-network)

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