

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

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.

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

PROJECT	
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:	WP7
Event name:	Local and Regional Time Agenda #6
Type:	Webinar
In situ/online:	Online
Location:	Online
Date(s):	Wednesday 17th June 2026
Website(s) (if any):	https://timeuse.barcelona/chronocities-sustainable-future/
Participants	
Female:	156
Male:	63

Non-binary:	3
Eligible countries	
From country 1 [Austria]:	3
From country 2 [Belgium]:	6
From country 3 [Bulgaria]:	1
From country 4 [France]:	10
From country 5 [Germany]:	5
From country 6 [Greece]:	2
From country 7 [Hungary]:	1
From country 8 [Ireland]:	4
From country 9 [Italy]:	15
From country 10 [Netherlands]	4
From country 11 [Poland]	6
From country 12 [Portugal]	12
From country 13 [Spain]	135
From country 14 [Sweden]	2
Non-eligible countries:	
From country 15 [Argentina]	1
From country 16 [Brazil]:	4

From country 17 [Canada]:	1		
From country 18 [Chile]:	2		
From country 19 [Colombia]:	4		
From country 20 [Mexico]:	1		
From country 21 [Türkiye]:	1		
From country 22 [United Kingdom]	3		
From country 23 [United States of America]	1		
From country 24 [Uruguay]	1		
Total number of participants:	222	From total number of countries:	24
Total number of participants from eligible countries:	203	From total number of eligible countries:	14
Total number of participants from non-eligible countries:	19	From total number of non-eligible countries:	10
Description:			
Local and Regional Time Agenda 6 “Chronocities for Sustainable Futures” 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 17th June 2026. It can be retrieved here. The event marked the official presentation of the Local and Regional Time Agenda 6: Chronocities for Sustainable Futures, coordinated by the Local and Regional Time Network, of which the Time Use Initiative is the current Technical Secretariat. Held online on 17 June from 14:30 to 16:00 CEST, the session brought together more than 200 participants from around the world, including public officials, technical staff, urban planners, researchers and representatives of social and economic organisations. The event was conducted in English and, although multilingual captioning available in several European languages was foreseen, technical issues did not allow streaming them live. Therefore, when the recording was put online, translated captions were also made available, ensuring wide accessibility and international participation. The presentation introduced the concept of chronocities, defined as cities and territories designed to function in harmony with human biological rhythms. Building upon advances in chronobiology, the scientific field studying biological clocks and circadian rhythms, the Agenda proposes a new policy			

framework that translates scientific evidence into practical measures for local and regional governments. The initiative responds to growing concerns regarding the misalignment between social schedules and biological rhythms in contemporary 24/7 societies, a phenomenon associated with sleep deprivation, time poverty, reduced wellbeing, lower productivity and environmental impacts.

The event opened with an introduction by representatives of the Local and Regional Time Network, presenting the objectives of the publication and its contribution to advancing evidence-based time policies. The keynote address was delivered by **Professor Diego Golombek**, Professor at the University of San Andrés, Senior Advisor at CONICET and UNESCO Chair for the Interdisciplinary Study of Time. He explained the foundations of chronobiology and highlighted the importance of understanding how cities coordinate citizens' daily rhythms and urban services. His intervention demonstrated how factors such as lighting, school schedules, healthcare organisation and shift work influence biological rhythms and should therefore be considered in public policy design.

A roundtable discussion brought together leading international experts to explore different dimensions of chronosensitive governance. **Camilla Kring**, founder of Super Navigators and B-Society, examined the concept of **chronoleadership**, highlighting how work organisation can be adapted to different chronotypes in order to improve productivity and wellbeing. **Professor Scott Bremer**, researcher at the University of Bergen, introduced the concept of multiple "time worlds" coexisting within cities and emphasised the need for innovative governance approaches capable of coordinating these different temporal realities. **Professor María Fernanda Zerón-Ruggerio**, lecturer at the University of Barcelona, focused on the links between biological rhythms, education and health, stressing the importance of aligning school schedules with human circadian needs and addressing widespread sleep deprivation.

The practical application of chronocity principles was illustrated through the experience of **Bad Kissingen**, recognised as the world's first chronocity pilot. **Michael Wieden**, initiator and manager of the chronourbanism project, presented how chronobiological principles have been integrated into urban planning, healthcare, education and work organisation, demonstrating the feasibility of translating scientific knowledge into concrete policy measures.

The event also presented the main findings and recommendations contained in the **Local and Regional Time Agenda 6**. The publication establishes two complementary pillars for the development of chronosensitive territories. The first pillar focuses on **public policies, urban planning and regulation aligned with human and natural rhythms**, including healthier urban lighting systems, reduced nighttime disturbances, adaptations to school and work schedules, and circadian-friendly healthcare services. The second pillar addresses **awareness-raising, behavioural change and data collection**, encouraging local and regional authorities to improve understanding of sleep patterns, mobility habits, screen exposure and other time-use behaviours that affect health and wellbeing.

The publication also included some innovative and practical case studies. These included the chronocity pilot in **Bad Kissingen**, the experience of **Viladecans**, which demonstrates how abolishing clock change from the local level can contribute to climate adaptation, energy reduction and improved sleep patterns, and the work undertaken by the **Barcelona City Council** through its study *The Circadian City*. This research analyses how urban schedules, lighting conditions and lifestyle patterns influence biological rhythms and proposes a policy framework for integrating chronobiological evidence into municipal decision-making. The study also addresses challenges such as "social jet lag" and highlights the importance of incorporating a time-use perspective into urban planning and public policy development.

Throughout the event, speakers emphasised that chronocities should not be understood as isolated projects but rather as a long-term and systemic transformation process. Participants discussed the need to progressively integrate biological rhythms into policymaking through regulation, awareness-raising, institutional innovation and the collection of time-use data. The session concluded by highlighting the potential of chronosensitive policies to contribute to healthier populations, greater social wellbeing, more sustainable urban environments and more efficient public governance.

Overall, the presentation successfully disseminated the key messages of the Local and Regional Time Agenda 6, creating an international platform for discussion and knowledge exchange on the role of

chronobiology in public policy and reinforcing the leadership of the Local and Regional Time Network in promoting the right to time worldwide.

An evaluation survey was sent to all participants. From it, it can be seen that the presentation of **Time Agenda 6** was evaluated as a success with a 4.25/5. It seems there is room for improvement when it comes to choosing the right streaming platform, as there were some connectivity issues at the beginning of the presentation that were quickly solved and, as seen in the evaluation, did not impact the presentation's content.

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/chronocities-sustainable-future/>
- TUI's social media (key posts):
 - Instagram: https://www.instagram.com/p/DYg0nxnDUoC/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==
 - LinkedIn: <https://www.linkedin.com/feed/update/urn:li:activity:7472186725814050816>
- Local and Regional Time Network social media (complementary to the above-mentioned, post-presentation): <https://www.linkedin.com/feed/update/urn:li:activity:7475823877344956416/?actorCompanyId=106955958>

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 raise awareness amongst local authorities. For this reason, our network extended the invitation to the presentation of the Local and Regional Time Agenda 6 to all interested cities. This has successfully resulted in the involvement of 5 additional countries (as stakeholders, even though they are not formal project partners).

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HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0		BTUI