

# The Time Agreement

## of Barcelona

The Time Agreement of Barcelona is a city initiative that opts for time as a citizen right for a healthier, more equitable and efficient organisation of time.

*"Time makes itself noticed in the city"*  
Teresa Tornés,  
Catalan Sociologist

In the new economic and social context, a healthier and more equitable and efficient organisation of time contributes to the challenges of:

Climate emergency and zero emissions

New organisation and management of work time

Gender equality and co-responsibility

Remote communication

Harmonising work times

Consolidation of healthy habits

More productive and healthier organisations

Implementation of health recommendations (COVID)

Strengthens the measures agreed to in the 2020-2030 Municipal Action Plan for addressing the challenges facing the city:

- ✓ Agenda 2030
- ✓ Gender equality
- ✓ Barcelona Green Deal

A progressive Barcelona that tackles inequalities and the climate emergency

[www.bcn.cat/pactedeltemps](http://www.bcn.cat/pactedeltemps)  
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Ajuntament de Barcelona



# Healthier

## Time



### Recommendations

Respect your body clock and rhythms

Respect rest times

Bring forward meal times

Finish physical activity earlier

Incorporate lunch in a healthy school timetable and bring forward extracurricular activity



### Benefits

Better cognitive performance

Personal well-being

Improved emotional state

More and better sleep

Academic success

Prevention of obesity, diabetes, cardiovascular disease, etc.



# More equal

## Time



### Recommendations

Synchronise company, institution, school and other times

Shorten the working day so workers can leave earlier

Introduce working from home, flexitime and hour banks

Promote a responsible consumption time slot

Apply measures for the digital transition and technological innovation



### Benefits

Social rights prioritising care

Participation in the community and social organisations

Women's access to decision-making places (breaking the glass ceiling)

Equal opportunities and less time poverty among vulnerable groups

Less stress, especially among women

Co-responsibility for housework and looking after people



# More efficient

## Time



### Recommendations

Promote a goal-oriented work culture

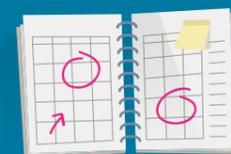
Plan and organise work better

Make the most of more productive time slots

Foster digitalisation and tools for managing time and agendas

Hold short, functional meetings

Avoid big, long meals during workdays



### Benefits

Economic progress

Technological innovation and digital transition

More productive organisations

Cultural change to reduce presenteeism

Better working environment and more trust

Commitment (reducing absenteeism and unwanted turnover)

