



The Time Agreement

of Barcelona

**A city commitment
towards a healthier, more
equal and more efficient
organisation of time.**

**Ajuntament de
Barcelona**



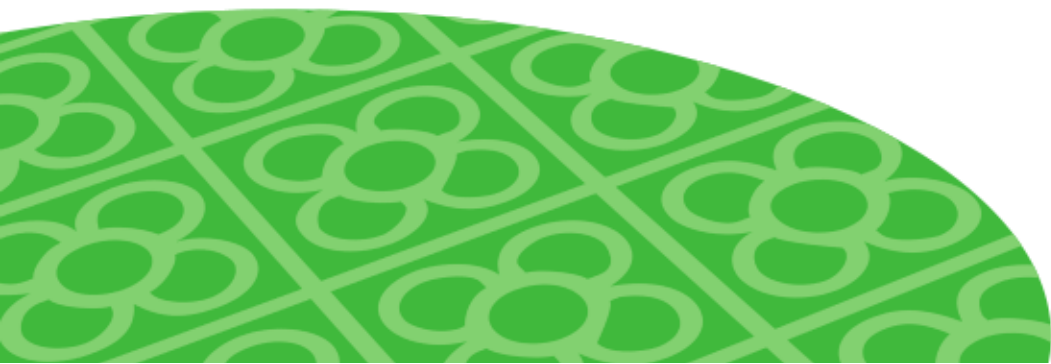
In today's society, people often have no time to do what they have to do or would like to do; they are always extremely busy, rushed off their feet, and they frequently realise that their day-to-day is filled with moments when time is wasted.

On top of this, there is a lack of harmonisation between social timetables, which means that organising daily time becomes a major challenge for the majority of citizens, to the point that sometimes it causes them health problems.

This situation is even more serious in the case of women because in addition to assuming their work responsibilities, they often have to devote time to caring for people in their socio-emotional environment, which increases their daily workload.

It is within this context that Barcelona City Council is working on promoting the Time Agreement: a strategy whose goal is for people, companies and organisations to advance in the development of new ways of organising life time and, at the same time, for the city to gain in terms of social cohesion, basing its progress on social, environmental and economic sustainability within a framework of coexistence.

This initiative aims to help ensure that time organisation becomes a citizens' right to be exercised by all. It stems from a city commitment based on gender equality, with actions undertaken aimed at promoting people's health and a focus on efficiency as the key to squeezing more time out of time, and living everyday time with greater wellbeing.



The Barcelona Time Agreement is a collective agreement that proposes, to social and economic organisations alike (companies, institutions, social agents, professional associations, networks, groups, etc.) as well as to citizens in general that they become involved in a joint action to promote advances in:

⊗ **THE HARMONISATION OF DIFFERENT USES OF PEOPLE'S EVERYDAY TIME**, in accordance with the following essential principles:

- ⊗ To ensure that people live with optimum conditions for health and favour the adopting of healthy habits.
- ⊗ To give social recognition to the importance of time for caregiving over the course of people's lives.
- ⊗ To rethink paid work time with criteria that link an improvement in productivity with greater wellbeing for the people who are involved in these processes.

⊗ **EFFECTIVE CO-RESPONSIBILITY BETWEEN MEN AND WOMEN**, making an impact on tasks typical of caregiving time and of domestic time.

⊗ **THE AVAILABILITY OF MORE SOCIAL TIME**, so that citizens can participate in community initiatives and collective projects.

⊗ **THE ADOPTING OF MORE EFFICIENT AND SUSTAINABLE TIME MANAGEMENT MODELS**, principally por parte de empresas y organizaciones.

⊗ **THE IMPLEMENTATION OF THE TIMETABLE REFORM**, in order to accept and share the challenge that by the year 2025 we will be living in a city that operates in accordance with more human and more rational social timetables.

⊗ **RAISING AWARENESS THAT TIME IS A KEY FACTOR FOR PEOPLE'S EVERYDAY WELLBEING**, especially the dissemination of initiatives and experiences that have a positive impact on citizens.

To make this possible, the Barcelona Time Agreement is requesting, both of the City Council and organisations that wish to subscribe, that they commit to undertaking actions consistent with the principles and goals proposed by the Agreement. This means that these actions must:

- ⌘ Refer to the needs of people in their everyday lives.
- ⌘ Consider equality as a guideline to follow.
- ⌘ Have been designed and be implemented taking the gender perspective into account.
- ⌘ Bear in mind community life in its broadest sense.
- ⌘ Seek complicity between public, private and socio-community sectors.
- ⌘ Be implemented in the city of Barcelona.

In addition, it is necessary for these actions to be included in one of the core pillars determined by the Time Agreement according to their area of influence:

- ⌘ **TIME AND HEALTH**
- ⌘ **TIME AND EDUCATION**
- ⌘ **TIME AND CAREGIVING**
- ⌘ **TIME AND PARTICIPATION**
- ⌘ **TIME AND CITY SERVICES**
- ⌘ **TIME AND WORK IN COMPANIES AND IN ORGANISATIONS**

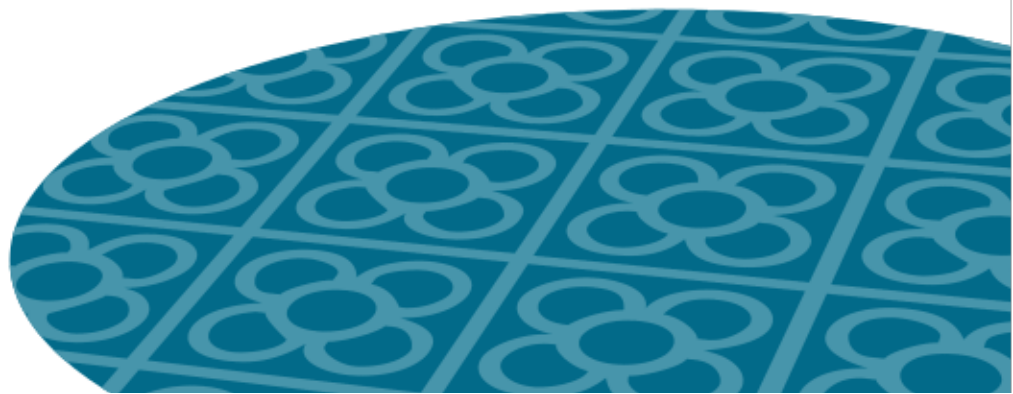
The Time Agreement is, therefore, a living agreement undergoing constant evolution, given that it seeks the commitment of the entire set of stakeholders and agents in the city and proposes to citizens, on an individual level, that they also participate by undertaking actions related with the different issues that the Agreement itself covers.

This proposal invites them to form part of the **BARCELONA TIME AGREEMENT: A CITY COMMITMENT TOWARDS A HEALTHIER, MORE EQUAL AND MORE EFFICIENT ORGANISATION OF TIME.**

The Time Agreement is an initiative by Barcelona City Council to promote actions that mean progress in achieving greater wellbeing for citizens.

For its monitoring and development it has a Promotor Group, which is made up of representatives from the following organisations:

- ⊗ **CCOO Catalunya (trade union)**
- ⊗ **Confederation of Cooperatives of Catalonia – COOPCAT**
- ⊗ **Women’s Council of Barcelona**
- ⊗ **Barcelona Economic and Social Council – CESB**
- ⊗ **Women Managers and Professionals for Social Action – DDiPAS**
- ⊗ **Federation of Neighbourhood Associations of Barcelona – FAVB**
- ⊗ **Foment del Treball Nacional (employers’ association)**
- ⊗ **Initiative for Timetable Reform**
- ⊗ **Women, Business and Economy Observatory (ODEE) of the**
- ⊗ **Chamber of Commerce of Catalonia**
- ⊗ **PIME Comerç (SME Commerce)**
- ⊗ **Taula d’entitats del Tercer Sector Social de Catalunya (Committee of Third Social Sector Organisations of Catalonia)**
- ⊗ **UGT Catalunya (trade union)**
- ⊗ **Xarxa NUST (New Social Uses of Time Network)**



THE ACTIONS

1. They must comply with the principles and goals of the Time Agreement and be aligned within one of its core pillars.
2. They must mean an improvement for citizens: in their totality, for a part of them or for a certain group.
3. They must be specific and assessable, and they must adapt to the size and capacity of the organisation implementing them.
4. They may consist, for example, of:
 - ⌘ **One-off activities:** chats, debates, forums, conferences, workshops, campaigns, etc.; or a **set of activities:** programmes, series, etc.
 - ⌘ **Products:** studies, publications, guides, exhibitions, etc.
 - ⌘ **Services:** training, advice, economic subsidies, computer apps, dissemination websites, etc.
 - ⌘ **A measure** that is implemented or adopted:
 - ⌘ In the provision of a service; or
 - ⌘ In the internal organisation of a company/organisation/group.
5. One or several actions may be carried out; in fact, the more actions the better! For any queries or clarification, please contact the Technical Secretary of the Time Agreement at: [<pactedeltemps@bcn.cat>](mailto:pactedeltemps@bcn.cat).



SUBSCRIBING TO BARCELONA'S TIME AGREEMENT

WHAT IT MEANS

Subscribing to the Time Agreement means manifesting acceptance of the proposal made and committing towards participating in a project for a shared city through the implementation of actions that help to achieve its goals.

WHO CAN SUBSCRIBE

Subscription is open to those companies, associations, cooperatives, platforms, networks, social agents, foundations, organisations, professional associations, clubs, institutions, federations, groups, etc. that:

- ⊗ are linked to the city of Barcelona;
- ⊗ run activities with a certain regularity; and
- ⊗ have sufficient autonomy to be able to make decisions and implement actions.

HOW TO SUBSCRIBE

It is necessary to fill in the **Time Agreement Form**, attach the **Action Sheet**, and send it to: pactedeltemps@bcn.cat. This sheet offers two options:

- ⊗ To provide information on an action planned for the coming months.
- ⊗ To provide information on an action already carried out, on the condition that it remains in force and that it complies with the principles and clauses of the Time Agreement..

The form and the action sheet are available at the website of the Barcelona Time Agreement:

ajuntament.barcelona.cat/pactedeltemps



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