

Glossary of time

Main terms related to time policies.

Reconciliation: balance in the use of different types of time and areas of people's responsibilities (work, care, family, personal, etc.).

We speak of balance in the sense of enabling people to make these different areas compatible and to be able to develop satisfactorily. In order to achieve this, women should not be the sole recipients of the rights and measures relating to the care of dependent persons, as this may conflict with their professional growth.

Co-responsibility: broadening the concept of work-life balance from a gender perspective which understands that all work-life balance must be co-responsible, i.e. it must encourage and promote an equal distribution of tasks between men and women so that there can be a fair and equitable distribution of the different uses of time.

Plural economy: focus from a feminist economy that includes a gender perspective that conceptualises that the economic system is not only generated from productive work or paid work, but also understands that domestic and care work is essential for the maintenance of an economic system based on market participation and productivity.

Gender equity: fair distribution of rights, benefits, obligations, opportunities and resources taking into account existing gender inequalities.

Gender equality: a situation in which all people (regardless of sex, gender identity or sexual orientation) are free to behave, make choices and access social goods and resources without being constrained by stereotypes, roles, discrimination or violence. It is not about people being



uniform/homogeneous, but that they have the same rights, obligations, real opportunities and treatment.

Intersectionality: an analytical and political perspective that allows us to understand and respond to the ways in which gender intersects with other axes of inequality and how these intersections contribute to experiences of oppression and privilege. Intersectionality notes that systems of oppression within society do not act independently of each other but are interrelated. Thus, for each particular society, a person's conditions have to be interpreted in terms of (combined) social class, gender, place of origin, age, sexual orientation, disability, ethnicity, religion, language, etc.

Gender perspective: focus on gender as a social construct that produces power relations between men and women where women are in a situation of systematic and structural inequality.

Time poverty: a theoretical concept that considers poverty from a multidimensional approach, and incorporates time as one of the key dimensions. From this framework, time poverty is considered as the insufficiency or scarcity of time available to rest or enjoy personal time due to an excessive burden of work, both paid and domestic and care work.

Time policies: includes all public policies designed to include time as a key aspect of design, and driven by the transformation of the different uses of time.

Circadian rhythms: physical, mental and behavioural patterns and changes in living beings that follow a 24-hour daily cycle. They respond primarily to light and darkness in the organism's environment. The study of circadian rhythms is called chronobiology.

Time of daily life: time needed to carry out the different tasks of everyday life (work, childcare, shopping, leisure and recreation time, etc.), whether these are routine or one-off activities.

Uses of time: distribution and ability (or inability) to decide on different types of time, according to needs and personal circumstances at different stages of life. These uses of time are theoretically categorised in order to differentiate and analyse them, despite the fact that in people's daily lives the different uses of time are interrelated and can occur simultaneously. For the Time Pact, four main groups of time are distinguished, which in turn are subdivided into other typologies.

Care time: time dedicated to carrying out activities necessary to sustain life, both one's own and that of dependents or dependants. Within the care time, we can distinguish the following times:

Other care time: time dedicated to the care and treatment of children, games and instruction, dependents, etc.

Personal care time: time devoted to all activities aimed at the basic maintenance and development of people (eating, sleeping, etc.).

Time for domestic work: time dedicated to the development of tasks aimed at the maintenance of the household (administrative management, shopping, cleaning, etc.).

Travel time: time spent using public or private transport to carry out different daily activities, whether routine or not.

Working time: time dedicated to the development of a remunerated activity understood as productive work.

Personal time: time devoted to carrying out activities that the person does by choice and that he/she can decide to stop doing at any time.

Study time: time devoted to carrying out educational and training activities.

Leisure/leisure time: time dedicated to the development of activities of personal interest or hobbies, which can be carried out individually (reading, sports, etc.) or collectively (time with family, meetings with friends, cultural activities, etc.).

Political and social participation time: time devoted to collective and citizen grouping and mobilisation (political parties, neighbourhood groups, associations, trade unions, etc.).

Personal time: time devoted to activities of personal interest or hobbies, generally carried out individually (reading, jogging, etc.).

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