

Time Use Week 2021 and IATUR Congress

Main Speakers

Barcelona 25-29th October

Time Use Week 2021 invites world leaders in time. A multidisciplinary line-up that includes experts from the fields of chronobiology, philosophy, politics and activists.

Here are some of the most important voices who will be participating and talking about time use policies.

More information about the program: <https://www.timeuse.barcelona/tuw2021>

Monday, 25th October: Inauguration Time Use Week 2021 i time debates at the global scale(4 day-weeks, right to desconexion, end DST (winter/summer change))



Carl Honoré, Slow Movement

Voice of the Slow Movement worldwide and author of bestsellers translated into more than 35 languages. Carl Honoré advocates a time-conscious lifestyle as opposed to the cult of speed in all aspects of life.

He speaks: Spanish and English.

#Slowmovement #Slow #philosophy

[Twitter](#)

Carlhonore.com



Carla Estivill, Estivill Sueño Foundation

Sleep disorders and disturbances (from insomnia, not resting properly ...) are increasingly common, as well as their social and economic effects. Carla Estivill is the director of the Estivill Sleep Foundation, one of the pioneering research centers in sleep medicine. Carla Estivill has researched, among others, the benefits of natural sleep.

Speaks: Catalan and Spanish.

#FutureOfEurope #Chronobiology #Sleep

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[Fundación Estivill Sueño](#)



Charlotte Lockhart, *4 day week global foundation*

Charlotte Lockhart had worked for food, financial, construction companies... until 2018 when she became one of the founders of 4 day week Global. 4 day Week Global is a platform that defends a model of compacting the workday based on the so-called 4-day week, a model that will have one of its pilot tests in Spain officially in 2022.

#4DayWeek #FutureOfEurope

[4dayweek.com](#)



Till Roennenberg, *chronobiologist*

Till Roennenberg is Professor of Chronobiology at the Institute of Medical Psychology at the Ludwig-Maximilians-University (LMU) in Munich and a world eminence in chronobiology. He is President of the World Federation of Societies for Chronobiology (WFSC) and past president of the European Society for Rhythm Research (EBRS). His research explores the impact of light on human circadian rhythms, focusing on aspects such as chronotips (what type of internal clock we have) and social jet lag in relation to health benefits. These studies are a key part of the debate on the European time

change.

#Chronobiology #FutureOfEurope #NaturalTime #EndDSTime

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Ulrich Mückenberger, *German Society for Time*

Director of the Center for Time Policy Research and member of the executive board of the German Society for Time Policy, the leading German institution promoting time policies.

#TimePolicies #Research



Michelle Bastian, *Temporal Belongings*

She is full professor enior Lecturer in Environmental Humanities at the University of Edinburgh. Her research seeks to open up new interdisciplinary conversations between philosophy, the social sciences and design. Building on her areas of expertise within feminist, environmental and continental philosophy, her research has argued that a deeper engagement with social time is necessary to respond to key philosophical questions around the politics of time and the construction of communities

#TimePolicies #Philosophy #Feminism #TimePoverty

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<https://www.michellebastian.net/>

Alex Agius, *European Parliament*



Member of the European Parliament and spokesperson for the report on the Right to Disconnect (2021). The right to disconnection has been one of the main debates on time uses this year, of particular relevance during the pandemic and post-pandemic times.

**#FutureOfEurope
#EuropeanParliament**

#RightToDisconnect

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Manuela Geleng, *European Commission*

Director of Jobs and Skills in the European Commission's DG for Employment, her directorate also oversees employment and social policies and the implementation in six member states of the European Social Fund.

#FutureOfEurope #RightToDisconnect #4dayWeek

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Joaquín Pérez Rey, *Spanish Government*



Secretary of State for Labor and Social Economy of the Government of Spain and Professor of Labor Law and Social Security at the University of Castilla La Mancha.

#TimePolicies #Labour #4DayWeek

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26 of October: Urban and Regional Time Network

Jean Yves Boulin, *Tempo Territorial*



Sociologist, specialised on work and employment, time use and regulations issues and on time policies. Associate researcher IRISSO -University Paris Dauphine and coordinator of the current European Cities Time Network

#Research #UrbanPolicies #15MinutesCities

<https://tempoterritorial.fr/>

Maria Nikolopoulou, *European social and economic council*



She is a member of the European Economic and Social Committee (EESC) of the Workers' Group, representing the Spanish trade union Comisiones Obreras. She is currently one of the vice-presidents of the NAT office, member of the steering group of the European platform of stakeholders of the circular economy and President of the Association for the Development of Time Banks and participates in the Time Bank of Sants and Badalona.

#CircularEconomy #TimeBank #EndDST

Wednesday 27: Starts the IATUR Congress



Ignace Glorieux, *IATUR president*

President of the International Association for Time Use Research, which for the first time is holding its congress in Barcelona.

#TimePolicies #Research #TimeUseSurveys

<https://www.iatur.org/>



Oriel Sullivan, *Institute Of Social Research, UCL*

Expert in Time Use Surveys. Professor of gender sociology at University College London (UCL) and responsible for the Harmonised European Time Use Survey in the UK in 2014-2015. This survey was key to understanding how British people's uses of time had changed in the past decade and determinant for subsequent European time use studies.

Speaks: English

#TimePolicies #Research #TimeUseSurveys #TimePoverty



Carmen Cabezas, *Generalitat de Catalunya*

Doctor of Medicine and currently, Secretary of Public Health of the Generalitat de Catalunya (Catalan Government). Throughout her career, Dr. Cabezas' work has stood out for her commitment to reducing social health inequalities.

Parla: català i castellà

#TimePolicies #PublicHealth #Inequalities #Health

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Indira Hirway, *Levy Economics Institute*

Director and professor of economics at the Centre for Development Alternatives (CFDA), Ahmedabad, India (since 1999) and specialist in time poverty.

#TimePolicies #Research #TimePoverty

<http://www.levyinstitute.org/scholars/indira-hirway>



Lidia Arroyo, *Universitat politècnica de Catalunya*

Sociologist and anthropologist specialized in gender and digital inclusion. Her studies on the direct relationship between gender, occupation and Covid-19 have been key to reflect the reality of women and how the pandemic has affected their use of time.

#Gender #TimePoverty #Digitalization #RightToDisconnect

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