

How is the time of women and men distributed in Europe?

Statistics in focus

POPULATION AND SOCIAL CONDITIONS

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Author

Christel ALIAGA

Contents

Domestic activities still largely women's work..... 4

Quite similar distributions of free time activities..... 5

Men travel by car more than women, with differences between countries 6

Time use structure of employed persons 8

Time use results for Denmark, the Netherlands and Romania 8

Although patterns of time use are generally quite similar throughout Europe, some interesting differences can be observed between women and men and between the countries surveyed. On average, women aged 20 to 74 spend much more time than men on domestic work, ranging from less than 50% more in Sweden to over 200% more in Italy and Spain (table 1). Women spend most time doing domestic work in Italy, Estonia, Slovenia, Hungary and Spain, around 5 hours or more per day. The lowest figures are found in Sweden, Norway, Finland and Latvia - less than 4 hours per day.

Men spend on average more time on gainful work/study than on domestic tasks whereas the opposite is true for women in most of the countries surveyed. The total hours worked per day – i.e. gainful work/study and domestic work - is highest for women in Lithuania, Slovenia, Latvia, Estonia, Hungary, Italy and Spain (around 7½ hours or more). It is shorter for men than for women except in Sweden, Norway and the United Kingdom, where it is almost equal or only slightly shorter (table 2).

Table 1: Time use structure of women and men aged 20 to 74

Women	Hours and minutes per day														
	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Gainful work, study	2:07	2:05	2:33	2:26	2:31	2:06	3:41	3:41	2:32	2:29	2:59	2:49	3:12	2:33	2:53
Domestic work	4:32	4:11	5:02	4:55	4:30	5:20	3:56	4:29	4:58	4:45	4:58	3:56	3:42	4:15	3:47
Travel	1:19	1:18	1:06	1:05	0:54	1:14	1:20	1:04	0:51	1:06	1:02	1:07	1:23	1:25	1:11
Sleep	8:29	8:19	8:35	8:32	8:55	8:19	8:44	8:35	8:42	8:35	8:24	8:32	8:11	8:27	8:10
Meals, personal care	2:43	2:43	2:08	2:33	3:02	2:53	2:10	2:22	2:19	2:29	2:08	2:06	2:28	2:16	2:08
Free time	4:50	5:24	4:36	4:29	4:08	4:08	4:09	3:49	4:38	4:36	4:29	5:30	5:04	5:04	5:51
Total	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24

Men	Hours and minutes per day														
	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Gainful work, study	3:30	3:35	3:40	4:39	4:03	4:26	5:09	4:55	3:46	4:15	4:07	4:01	4:25	4:18	4:16
Domestic work	2:38	2:21	2:48	1:37	2:22	1:35	1:50	2:09	2:40	2:22	2:40	2:16	2:29	2:18	2:22
Travel	1:35	1:27	1:17	1:16	1:03	1:35	1:28	1:13	1:03	1:13	1:09	1:12	1:30	1:30	1:20
Sleep	8:15	8:12	8:32	8:36	8:45	8:17	8:35	8:28	8:31	8:21	8:17	8:22	8:01	8:18	7:57
Meals, personal care	2:40	2:33	2:15	2:35	3:01	2:59	2:10	2:25	2:31	2:23	2:13	2:01	2:11	2:04	2:02
Free time	5:22	5:52	5:28	5:17	4:46	5:08	4:48	4:50	5:29	5:25	5:34	6:08	5:24	5:32	6:03
Total	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24

Source: National Time Use Surveys (see methodological notes)

See methodological notes for activities definitions.

Unspecified time use is included in Free time.

FR: In France, long time periods spent on rest were coded as Sleep and in the other countries as Rest included in Free time.

NO: encouraged reporting conversation as main activity by diary instruction (coded Socialising which is part of free time activities).

National data were rounded, which may result in small discrepancies.

The average time spent on various activities is calculated for all persons aged 20 to 74, and across the whole year including working days and weekends, as well as holiday periods. This explains why, for example, the time spent on gainful work is significantly less than a normal working day.

The data presented in this publication are taken from national Time Use Surveys. Time Use Surveys provide statistics on the division of gainful and domestic work between women and men, and on their participation in education, cultural activities and other spheres of life (voluntary work, care, mobility, leisure time ...). A representative sample of individuals completes a diary during one weekday and one weekend day distributed over the whole year.



Table 2: Gainful work/study and domestic activities of women and men aged 20 to 74

	BE		DE		EE		ES		FR		IT		LV		LT	
	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.
Women																
Gainful work and study	2:07	:	2:05	:	2:33	:	2:26	:	2:31	:	2:06	:	3:41	:	3:41	:
Employment total	1:53	29	1:52	29	2:26	35	2:06	31	2:17	34	1:52	28	3:29	45	3:31	57
Study total	0:14	6	0:13	6	0:07	3	0:20	8	0:14	5	0:14	5	0:12	5	0:10	6
Domestic work total	4:32	97	4:11	97	5:02	98	4:55	96	4:30	97	5:20	96	3:56	95	4:29	99
Food preparation	1:01	85	0:49	80	1:21	90	1:20	87	1:06	84	1:19	86	1:06	84	1:18	96
Dish washing	0:22	64	0:21	59	0:26	73	0:29	66	0:20	57	0:35	69	0:22	63	0:22	81
Cleaning and other upkeep	0:57	:	0:53	:	0:53	:	1:01	:	1:08	:	1:30	:	0:42	:	0:59	:
Laundry	0:09	30	0:12	32	0:15	24	0:11	30	0:07	21	0:10	26	0:09	15	0:11	38
Ironing	0:19	29	0:10	18	0:08	14	0:12	20	0:15	23	0:20	28	0:03	8	0:04	16
Handicrafts and prod. textiles	0:09	11	0:06	6	0:12	12	0:08	8	0:08	10	0:07	8	0:08	8	0:10	15
Gardening	0:06	9	0:09	15	0:14	13	0:03	4	0:09	12	0:05	8	0:20	14	0:15	16
Construction and repairs	0:05	9	0:03	5	0:03	3	0:01	2	0:04	5	0:01	1	0:01	1	0:02	3
Shopping and services	0:36	53	0:38	53	0:29	60	0:35	53	0:37	49	0:36	55	0:21	51	0:20	71
Childcare	0:35	36	0:26	22	0:34	42	0:30	23	0:28	28	0:28	24	0:22	25	0:25	26
Other domestic work	0:13	:	0:24	:	0:27	:	0:24	:	0:08	:	0:09	:	0:20	:	0:23	:
Work total	6:39	:	6:16	:	7:35	:	7:21	:	7:01	:	7:26	:	7:37	:	8:10	:

	BE		DE		EE		ES		FR		IT		LV		LT	
	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.
Men																
Gainful work and study	3:30	:	3:35	:	3:40	:	4:39	:	4:03	:	4:26	:	5:09	:	4:55	:
Employment total	3:15	43	3:20	44	3:35	46	4:21	52	3:48	49	4:15	53	5:00	59	4:46	70
Study total	0:15	6	0:15	7	0:05	3	0:18	7	0:15	5	0:11	4	0:09	3	0:09	4
Domestic work total	2:38	90	2:21	88	2:48	87	1:37	72	2:22	81	1:35	70	1:50	76	2:09	93
Food preparation	0:22	53	0:16	46	0:22	45	0:19	44	0:18	40	0:11	28	0:15	35	0:20	49
Dish washing	0:10	35	0:08	31	0:06	24	0:04	15	0:06	20	0:05	17	0:04	15	0:04	23
Cleaning and other upkeep	0:21	:	0:25	:	0:36	:	0:13	:	0:22	:	0:15	:	0:27	:	0:39	:
Laundry	0:02	5	0:02	6	0:02	3	0:01	3	0:01	2	0:00	1	0:01	1	0:01	4
Ironing	0:01	3	0:01	2	0:00	1	0:00	1	0:01	2	0:00	0	0:00	1	0:01	2
Handicrafts and prod. textiles	0:00	0	0:00	0	0:00	0	0:00	0	0:00	0	0:00	0	0:00	0	0:00	1
Gardening	0:17	16	0:10	11	0:12	9	0:09	6	0:18	15	0:15	11	0:16	10	0:11	12
Construction and repairs	0:24	21	0:18	19	0:33	27	0:06	7	0:32	23	0:06	7	0:17	14	0:17	30
Shopping and services	0:26	44	0:28	42	0:21	40	0:19	30	0:27	36	0:22	36	0:12	29	0:13	51
Childcare	0:19	25	0:10	14	0:11	25	0:12	13	0:09	14	0:11	15	0:04	8	0:07	16
Other domestic work	0:16	:	0:21	:	0:25	:	0:14	:	0:07	:	0:10	:	0:14	:	0:16	:
Work total	6:08	:	5:56	:	6:28	:	6:16	:	6:25	:	6:01	:	6:59	:	7:04	:

Source: National Time Use Surveys

See methodological notes for activities definitions.

Gardening activity in eastern Europe may include self-supporting gardening.

h:m = hours and minutes per day

% part. = percentage of participants. This measures the proportion of persons who perform the activity on an average day.

National data were rounded, which may result in small discrepancies.

Table 2: Gainful work/study and domestic activities of women and men aged 20 to 74

HU		PL		SI		FI		SE		UK		NO		Women
h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	
2:32	:	2:29	:	2:59	:	2:49	:	3:12	:	2:33	:	2:53	:	Gainful work and study
2:18	32	2:15	35	2:42	32	2:33	37	2:53	40	2:24	36	:	:	Employment total
0:14	5	0:14	6	0:17	7	0:16	6	0:19	8	0:09	4	:	:	Study total
4:58	97	4:45	98	4:58	97	3:56	98	3:42	98	4:15	97	3:47	98	Domestic work total
1:27	84	1:30	94	1:25	85	0:55	86	0:50	87	0:59	87	0:50	88	Food preparation
0:30	75	0:29	76	0:28	71	0:15	58	0:21	69	0:18	62	0:21	66	Dish washing
0:47	:	0:48	:	0:56	:	0:49	:	0:32	:	0:50	:	0:36	:	Cleaning and other upkeep
0:19	26	0:14	29	0:10	27	0:14	39	0:12	33	0:11	33	0:12	40	Laundry
0:12	17	0:07	17	0:16	25	0:05	13	0:05	12	0:11	22	0:04	14	Ironing
0:02	1	0:04	5	0:07	7	0:10	11	0:03	4	0:05	5	0:11	10	Handicrafts and prod. textiles
0:19	13	0:10	12	0:25	23	0:08	11	0:10	22	0:07	10	0:09	16	Gardening
0:02	1	0:02	1	0:02	3	0:04	6	0:04	7	0:04	6	0:04	5	Construction and repairs
0:25	53	0:30	61	0:21	39	0:32	58	0:29	54	0:39	52	0:27	58	Shopping and services
0:35	26	0:39	28	0:29	24	0:28	25	0:29	30	0:33	28	0:34	31	Childcare
0:20	:	0:12	:	0:19	:	0:16	:	0:25	:	0:18	:	0:19	:	Other domestic work
7:30	:	7:14	:	7:57	:	6:45	:	6:54	:	6:48	:	6:40	:	Work total

HU		PL		SI		FI		SE		UK		NO		Men
h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	
3:46	:	4:15	:	4:07	:	4:01	:	4:25	:	4:18	:	4:16	:	Gainful work and study
3:32	44	4:01	52	3:54	43	3:48	48	4:11	52	4:10	52	:	:	Employment total
0:14	5	0:14	6	0:13	6	0:13	5	0:14	5	0:08	4	:	:	Study total
2:40	86	2:22	87	2:40	82	2:16	90	2:29	92	2:18	88	2:22	93	Domestic work total
0:14	32	0:25	57	0:17	33	0:21	58	0:25	64	0:26	62	0:23	66	Food preparation
0:04	15	0:06	22	0:04	13	0:04	20	0:10	42	0:09	34	0:08	32	Dish washing
0:28	:	0:29	:	0:32	:	0:34	:	0:20	:	0:20	:	0:19	:	Cleaning and other upkeep
0:01	2	0:01	4	0:00	2	0:02	8	0:03	8	0:02	6	0:02	8	Laundry
0:00	1	0:01	2	0:00	1	0:00	2	0:01	2	0:02	5	0:00	2	Ironing
0:00	0	0:00	0	0:01	0	0:00	0	0:00	0	0:00	0	0:00	0	Handicrafts and prod. textiles
0:31	17	0:12	11	0:32	21	0:06	7	0:11	12	0:12	12	0:10	13	Gardening
0:17	11	0:19	16	0:24	21	0:21	20	0:20	19	0:17	16	0:23	19	Construction and repairs
0:16	32	0:21	40	0:16	28	0:26	50	0:22	44	0:24	38	0:21	49	Shopping and services
0:15	16	0:16	18	0:12	13	0:11	14	0:16	22	0:12	16	0:17	21	Childcare
0:34	:	0:12	:	0:22	:	0:11	:	0:22	:	0:14	:	0:19	:	Other domestic work
6:26	:	6:37	:	6:47	:	6:17	:	6:54	:	6:36	:	6:38	:	Work total

The results are estimates and are affected by sampling errors. For small groups of individuals, the errors may be large (See methodological notes). Therefore, comparisons should be made with caution, as the differences observed are not always significant. Moreover, only main activities are analysed in this

publication and activities were not always coded in exactly the same way from one country to another. Thus some country discrepancies might sometimes be due to the activity classification system rather than to real differences. Finally, some national data were rounded, which may result in small discrepancies.

Domestic activities still largely women's work

Women spend more time on food preparation than men (table 2). In the countries surveyed, at least 80% of women perform such tasks per day, while in some countries less than a third of men do. The average time spent by women on this activity is sometimes 6-7 times higher than for men.

Food preparation seems to be shared most equally in Sweden, Norway and the United Kingdom. Nevertheless, even in these countries, the time spent by women on preparing meals is double that spent by men.

In the same way, dish washing is also a typically female task and laundry, ironing and handicraft are almost entirely performed by women.

The most typical male tasks in the household are construction and repairs, where women's involvement is rare. Men account for around 80-90% of the total time spent on these tasks in the countries surveyed and on an average day, many more men than women are involved in some repair work.

The most time-consuming activities for women are food preparation - representing 20-30% of the total time spent on domestic work - and cleaning and upkeep (table 3). The distribution of tasks is less clear for men. Men seem to be most active in cleaning and upkeep, construction and repairs, and in shopping, though food preparation and gardening also occupy considerable time for men in some countries.

Table 3: Breakdown of domestic activities for women and men aged 20 to 74 (in %)

Women	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Food preparation	22	20	26	27	25	25	28	29	29	32	29	23	23	22	22
Dish washing	8	8	9	10	7	11	9	8	10	10	9	6	10	7	9
Cleaning and other upkeep	21	21	18	21	26	28	18	22	16	17	19	21	14	20	16
Laundry, ironing and handicrafts	14	12	12	11	11	11	9	9	11	9	11	12	10	11	12
Gardening	2	4	5	1	3	2	9	6	6	3	8	3	4	3	4
Construction and repairs	2	1	1	0	1	0	0	1	1	1	1	2	2	2	2
Shopping and services	13	15	10	12	14	11	9	8	8	10	7	14	13	15	12
Childcare	13	10	10	10	10	9	9	9	12	14	10	12	13	13	15
Other domestic work	5	9	9	8	3	3	9	8	7	4	6	7	11	7	8
Domestic work total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
<i>Hours and minutes per day</i>	4:32	4:11	5:02	4:55	4:30	5:20	3:56	4:29	4:58	4:45	4:58	3:56	3:42	4:15	3:47

Men	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Food preparation	14	12	13	20	13	12	14	16	9	18	11	15	17	19	17
Dish washing	6	6	4	4	4	5	4	3	3	4	2	3	7	7	6
Cleaning and other upkeep	13	18	21	13	16	15	25	30	18	20	20	26	13	14	14
Laundry, ironing and handicrafts	2	2	2	1	1	0	1	2	1	1	1	1	3	3	1
Gardening	11	7	7	9	13	16	15	9	20	9	20	4	7	9	7
Construction and repairs	15	13	20	6	23	6	15	13	11	13	15	15	13	12	17
Shopping and services	17	20	12	20	19	23	10	10	10	15	10	20	15	17	15
Childcare	12	7	7	13	6	12	4	5	9	11	7	8	11	9	12
Other domestic work	10	15	14	14	5	11	12	12	19	9	14	8	14	10	11
Domestic work total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
<i>Hours and minutes per day</i>	2:38	2:21	2:48	1:37	2:22	1:35	1:50	2:09	2:40	2:22	2:40	2:16	2:29	2:18	2:22

Source: National Time Use Surveys

See methodological notes for activities definitions.

Gardening activity in eastern Europe may include self-supporting gardening.

National data were rounded, which may result in small discrepancies.

Quite similar distributions of free time activities

On an average day, the amount of free time is often around 4 to 5 hours for women and around 5 to 5½ for men in the countries surveyed. However, the distributions of free time activities are quite similar for women and men and from one country to another (table 4).

For women and men, watching TV and video is clearly the main free time activity, with participation rates of 80-90% (table 5). Women and men spend between one-third and more than one-half of their free time watching TV. Socialising comes next and accounts for around 15-20% of free time.

Table 4: Breakdown of free time activities of women and men aged 20 to 74 (in %)

Women	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
TV and video	45	32	48	40	47	36	47	53	55	46	39	39	34	44	29
Socialising	17	22	13	18	18	20	14	14	14	18	21	17	23	20	34
Reading	9	12	14	5	9	6	12	10	8	9	9	15	12	9	11
Sports	5	8	6	14	9	9	8	6	5	6	10	9	8	4	8
Resting	10	6	6	10	2	13	8	6	8	4	11	6	8	8	3
Hobbies and games	5	8	2	3	5	3	2	1	3	3	3	4	6	5	4
Volunteer work and help	3	5	5	5	6	6	4	5	3	5	2	5	4	5	3
Entertainment and culture	3	4	2	2	2	2	2	1	1	1	1	2	2	2	4
Other or unspecified leisure	3	3	4	3	2	5	3	4	3	8	4	3	3	3	4
Free time total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
<i>Hours and minutes per day</i>	4:50	5:19	4:35	4:26	4:06	4:05	4:07	3:45	4:38	4:31	4:27	5:16	4:57	4:53	5:47

Men	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
TV and video	44	34	48	38	45	37	48	54	51	48	40	41	37	49	35
Socialising	13	18	11	18	15	19	12	12	15	16	18	14	18	16	26
Reading	10	11	12	5	8	7	9	8	8	6	7	12	10	8	9
Sports	7	8	9	17	13	12	11	7	6	8	11	10	10	6	9
Resting	8	5	7	8	2	10	8	5	8	5	10	7	7	5	3
Hobbies and games	8	12	3	7	6	7	4	4	4	5	5	6	9	8	7
Volunteer work and help	3	5	5	2	6	3	4	5	4	5	3	4	4	3	3
Entertainment and culture	3	4	2	2	2	2	2	1	2	1	2	2	2	2	4
Other or unspecified leisure	4	3	3	3	3	3	2	4	2	6	4	4	3	3	4
Free time total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
<i>Hours and minutes per day</i>	5:22	5:46	5:28	5:16	4:44	5:05	4:45	4:47	5:29	5:21	5:32	5:55	5:17	5:20	5:59

Source: National Time Use Surveys

See methodological notes for activities definitions.

FR: In France, long time periods spent on rest were coded as Sleep and in the other countries as Rest included in Free time. NO: encouraged reporting conversation as main activity by diary instruction (coded Socialising which is part of free time activities). Thus they are not comparable.

National data were rounded, which may result in small discrepancies.

Table 5: Free time activities of women and men aged 20 to 74

Women	BE		DE		EE		ES		FR		IT		LV		LT	
	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.
Free time total	4:50	:	5:19	:	4:35	:	4:26	:	4:06	:	4:05	:	4:07	:	3:45	:
TV and video	2:09	84	1:41	76	2:11	86	1:46	81	1:55	76	1:29	77	1:55	83	1:59	96
Socialising	0:50	58	1:09	73	0:37	:	0:49	50	0:44	48	0:49	57	0:35	47	0:32	67
Reading books and other reading	0:26	:	0:38	:	0:38	:	0:12	:	0:23	:	0:16	:	0:29	:	0:23	:
Sports total	0:15	17	0:28	33	0:17	:	0:38	38	0:23	22	0:23	25	0:20	24	0:13	30
Resting	0:28	58	0:20	33	0:18	29	0:26	32	0:06	16	0:31	41	0:20	33	0:13	34
Entertainment and culture	0:09	6	0:14	9	0:05	4	0:06	5	0:05	3	0:04	4	0:04	3	0:02	5
Arts	0:02	2	0:03	4	0:02	4	0:02	2	0:02	2	0:01	1	0:01	1	0:00	1
Computer and video games	0:01	2	0:02	3	0:00	1	0:00	0	} 0:02	}:	0:00	0	0:00	1	0:00	1
Other computing	0:02	2	0:06	9	0:01	1	0:03	4			0:02	3	0:01	1	0:02	4
Other hobbies and games	0:09	14	0:14	23	0:03	6	0:03	4	0:07	8	0:04	6	0:03	5	0:01	6
Hobbies and games - total	0:14	:	0:25	:	0:06	:	0:08	:	0:11	:	0:07	:	0:05	:	0:03	:
Volunteer work and help total	0:10	10	0:15	13	0:13	12	0:13	10	0:14	12	0:14	13	0:11	8	0:11	15
Other or unspecified leisure	0:09	:	0:09	:	0:10	:	0:08	:	0:05	:	0:12	:	0:08	:	0:09	:

Men	BE		DE		EE		ES		FR		IT		LV		LT	
	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.
Free time total	5:22	:	5:46	:	5:28	:	5:16	:	4:44	:	5:05	:	4:45	:	4:47	:
TV and video	2:23	85	1:59	80	2:39	86	2:00	83	2:08	78	1:52	81	2:18	85	2:36	96
Socialising	0:42	49	1:03	67	0:36	:	0:57	50	0:43	42	0:59	58	0:34	39	0:33	63
Reading books and other reading	0:31	:	0:37	:	0:39	:	0:17	:	0:23	:	0:21	:	0:26	:	0:23	:
Sports total	0:22	23	0:29	29	0:28	:	0:53	41	0:36	28	0:38	32	0:31	25	0:21	33
Resting	0:26	55	0:17	28	0:22	32	0:24	30	0:06	16	0:32	38	0:23	34	0:15	39
Entertainment and culture	0:11	8	0:14	9	0:06	4	0:07	5	0:05	4	0:06	4	0:05	2	0:01	3
Arts	0:03	3	0:04	3	0:01	2	0:03	2	0:03	3	0:02	1	0:01	1	0:01	1
Computer and video games	0:04	4	0:05	5	0:01	1	0:02	2	} 0:07	}:	0:02	2	0:02	2	0:03	6
Other computing	0:07	7	0:17	17	0:02	2	0:09	9			0:07	8	0:03	3	0:05	7
Other hobbies and games	0:11	14	0:15	20	0:05	7	0:07	7	0:08	8	0:10	11	0:04	5	0:03	6
Hobbies and games - total	0:25	:	0:41	:	0:09	:	0:21	:	0:18	:	0:21	:	0:10	:	0:12	:
Volunteer work and help total	0:11	10	0:17	13	0:17	12	0:08	6	0:18	11	0:09	8	0:11	7	0:15	17
Other or unspecified leisure	0:11	:	0:09	:	0:12	:	0:09	:	0:07	:	0:07	:	0:07	:	0:11	:

Source: National Time Use Surveys

See methodological notes for activities definitions.

Unspecified time use is not included in Free time total. Arts, Computer and video games, Other computing and Other hobbies and games are included in Hobbies and games -total.

FR: In France, long time periods spent on rest were coded as Sleep and in the other countries as Rest included in Free time. NO: encouraged reporting conversation as main activity by diary instruction (coded Socialising which is part of free time activities). Thus they are not comparable.

h:m = hours and minutes per day

% part. = percentage of participants. This measures the proportion of persons who perform the activity on an average day.

National data were rounded, which may result in small discrepancies.

Men travel by car more than women, with differences between countries

Women and men aged 20 to 74 spend on average between 1 and 1½ hours per day travelling. The modes of travel differ from one country to another and between women and men.

Half or more of travel time is spent in a car in Belgium, Germany, Italy, Finland, Sweden, United Kingdom, Norway and Slovenia (figure 1). The largest shares of

travel time on foot are recorded in Latvia, Poland and Lithuania. Public transport seems to be used most in Hungary and Estonia.

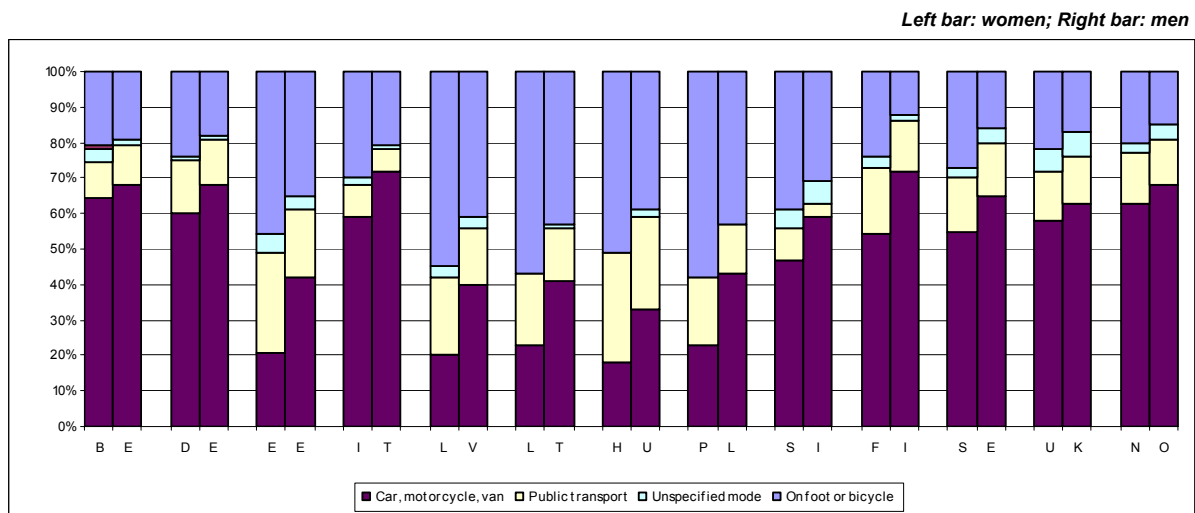
Men use a private car more than women, in particular in Estonia, Latvia, Lithuania, Hungary and Poland. In addition, a larger share of women's travel time is spent walking.

Table 5: Free time activities of women and men aged 20 to 74

HU		PL		SI		FI		SE		UK		NO		Women
h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	
4:38	:	4:31	:	4:27	:	5:16	:	4:57	:	4:53	:	5:47	:	Free time total
2:37	88	2:03	90	1:44	83	2:02	86	1:40	81	2:09	86	1:39	82	TV and video
0:40	45	0:49	64	0:57	65	0:54	66	1:07	76	1:00	66	2:04	88	Socialising
0:22	:	0:25	:	0:23	:	0:47	:	0:35	:	0:25	:	0:39	:	Reading books and other reading
0:13	11	0:16	22	0:26	31	0:28	37	0:25	33	0:11	13	0:28	31	Sports total
0:22	24	0:12	25	0:30	45	0:20	41	0:25	42	0:23	37	0:12	27	Resting
0:03	2	0:02	2	0:04	4	0:05	6	0:05	5	0:06	6	0:06	5	Entertainment and culture
0:03	3	0:01	1	0:01	1	0:02	4	0:01	3	0:01	2	0:02	3	Arts
0:00	1	0:01	2	0:00	1	0:01	2	0:01	2	0:01	2	0:01	2	Computer and video games
0:01	1	0:02	3	0:02	2	0:02	4	0:06	11	0:04	6	0:04	8	Other computing
0:04	6	0:05	9	0:04	7	0:08	15	0:11	16	0:09	13	0:08	13	Other hobbies and games
0:08	:	0:09	:	0:07	:	0:13	:	0:19	:	0:15	:	0:15	:	Hobbies and games - total
0:08	5	0:14	12	0:06	6	0:16	14	0:12	15	0:14	15	0:10	11	Volunteer work and help total
0:05	:	0:21	:	0:10	:	0:11	:	0:09	:	0:10	:	0:14	:	Other or unspecified leisure

HU		PL		SI		FI		SE		UK		NO		Men
h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	h:m	% part.	
5:29	:	5:21	:	5:32	:	5:55	:	5:17	:	5:20	:	5:59	:	Free time total
2:49	87	2:34	91	2:12	87	2:25	86	1:58	83	2:37	87	2:06	84	TV and video
0:49	49	0:50	60	0:59	61	0:50	52	0:57	60	0:50	53	1:39	75	Socialising
0:27	:	0:21	:	0:23	:	0:44	:	0:30	:	0:26	:	0:33	:	Reading books and other reading
0:21	16	0:25	26	0:36	33	0:37	38	0:32	32	0:18	17	0:33	30	Sports total
0:25	28	0:15	28	0:38	51	0:24	38	0:22	36	0:17	28	0:11	24	Resting
0:04	3	0:02	2	0:05	5	0:06	6	0:05	5	0:07	6	0:07	5	Entertainment and culture
0:01	1	0:02	1	0:03	2	0:04	4	0:04	4	0:02	3	0:03	3	Arts
0:02	2	0:06	6	0:01	2	0:04	5	0:04	3	0:04	4	0:03	3	Computer and video games
0:03	2	0:05	5	0:06	5	0:06	8	0:13	18	0:10	11	0:10	15	Other computing
0:08	8	0:05	8	0:06	7	0:06	11	0:09	11	0:08	10	0:09	10	Other hobbies and games
0:14	:	0:18	:	0:16	:	0:20	:	0:30	:	0:24	:	0:25	:	Hobbies and games - total
0:13	6	0:17	12	0:11	8	0:16	12	0:12	12	0:10	10	0:10	9	Volunteer work and help total
0:07	:	0:19	:	0:12	:	0:13	:	0:11	:	0:11	:	0:15	:	Other or unspecified leisure

Figure 1: Modes of travel for women and men aged 20 to 74 (% of total travel time)



Source: National Time Use Surveys

Daily travel is based on location code. It includes travel related to work, school, domestic tasks and free time. Travel during working hours is also included but may be under-reported. In the United Kingdom, mode of travel did not cover travel during working hours. National data were rounded, which may result in small discrepancies.

Time use structure of employed persons

The time use of employed men is dominated more by gainful work than that of employed women, which is partly explained by the fact that part-time work and parental leave are more widespread among women.

Employed men spend up to 1¼-1½ hours per day more on gainful work and study than employed women in some countries (table 6). Note that the average time is calculated for the group of all employed persons, and across the whole year including working days and weekends, as well as holiday periods. This explains why

the time spent on gainful work is significantly less than a normal working day.

The total hours worked – i.e. gainful work/study and domestic work – for employed women sometimes reach more or around 8½ hours in some countries. The total hours worked are often higher for employed women than for employed men, except in Sweden, United Kingdom, Germany, Finland and Norway where they are about equal or only slightly different.

Table 6: Time use structure of employed women and men

		Hours and minutes per day													
Women	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Gainful work, study	3:53	3:52	4:13	4:57	4:32	4:39	5:46	5:55	4:43	4:46	4:23	4:20	4:05	4:06	3:46
Domestic work	3:52	3:11	4:04	3:29	3:40	3:51	3:08	3:24	3:54	3:58	4:24	3:21	3:32	3:28	3:26
Travel	1:30	1:27	1:15	1:22	1:05	1:28	1:26	1:07	1:02	1:10	1:09	1:16	1:28	1:33	1:17
Sleep	8:16	8:11	8:23	8:11	8:38	8:00	8:21	8:13	8:18	8:08	8:12	8:22	8:05	8:25	8:07
Meals, personal care	2:36	2:31	2:06	2:28	2:57	2:44	2:06	2:16	2:21	2:14	2:02	2:02	2:23	2:07	2:02
Free time, unspecified time use	3:53	4:48	3:59	3:33	3:08	3:18	3:13	3:05	3:42	3:43	3:50	4:39	4:27	4:21	5:22
Total	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24

Men	BE	DE	EE	ES	FR	IT	LV	LT	HU	PL	SI	FI	SE	UK	NO
Gainful work, study	5:03	5:05	5:00	6:11	5:44	6:13	6:41	6:31	5:25	6:10	5:20	5:32	5:17	5:42	4:56
Domestic work	2:15	1:52	2:20	1:20	1:53	1:10	1:26	1:39	2:09	1:53	2:24	1:59	2:23	1:54	2:12
Travel	1:43	1:31	1:20	1:23	1:10	1:40	1:31	1:17	1:10	1:15	1:14	1:17	1:32	1:36	1:23
Sleep	8:01	8:00	8:22	8:15	8:24	7:58	8:16	8:08	8:08	7:59	8:06	8:12	7:52	8:11	7:53
Meals, personal care	2:35	2:21	2:11	2:31	2:58	2:52	2:08	2:23	2:30	2:14	2:07	1:55	2:05	1:55	1:58
Free time, unspecified time use	4:23	5:11	4:47	4:20	3:51	4:07	3:58	4:02	4:38	4:29	4:49	5:05	4:51	4:42	5:38
Total	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24

Source: National Time Use Surveys

See methodological notes for activities definitions.

Different age groups from one country to another (see methodological notes).

FR: In France, long time periods spent on rest were coded as Sleep and in the other countries as Rest included in Free time.

NO: encouraged reporting conversation as main activity by diary instruction (coded Socialising which is part of free time activities).

National data were rounded, which may result in small discrepancies.

Time use results for Denmark, the Netherlands and Romania

For most countries, the Time Use Survey methods follow closely the *Guidelines on Harmonised European Time Use Surveys* published in September 2000 and in these countries, the results are considered to be comparable.

For Denmark, Romania and the Netherlands, the survey methods used deviated from the European guidelines and results are not fully comparable.

For Denmark and Romania, the fieldwork of the surveys

did not cover the whole year. Results presented for the Netherlands are indicative only, since the list of activities and the age group covered are not the same as for other countries.

However, as the differences in methodologies from one country to another should not greatly affect the comparison between women and men of the same country, such results are useful in a gender equality perspective. Below are presented the main time use results for these countries.

Table 7: Time use structure for women and men aged 20-74 - data not fully comparable

	Hours and minutes per day					
	RO		DK		NL	
	Women	Men	Women	Men	Women	Men
Gainful work, study	2:01	3:33	3:31	4:32	2:25	4:01
Domestic work	5:28	2:28	3:32	2:23	4:04	2:31
Travel	0:40	1:00	1:12	1:14	0:50	1:02
Sleep	8:47	8:41	7:57	7:44	8:45	8:19
Meals, personal care	2:24	2:35	2:54	2:44	1:47	1:37
Free time, unspecified time use	4:40	5:43	4:54	5:23	6:09	6:30
Total	24	24	24	24	24	24

Source: National Time Use Surveys

See methodological notes for activities definitions.

RO: fieldwork period -08/09 2000.

DK: fieldwork period -03/04/09/10 2001 (e.g. higher representation of working days).

NL: indicative -study group composed of persons aged 12+. Different activities list. "Gainful work, study" includes paid work, education and courses. "Free time and unspecified time use" includes Leisure and Voluntary work. "Domestic work" is deducted from the other categories. Unspecified time use is classified in Domestic work. National data were rounded, which may result in small discrepancies.

Table 8: Domestic activities of women and men aged 20-74 – data not fully comparable

	In % of total domestic time			
	RO		DK	
	Women	Men	Women	Men
Food preparation	34	11	22	17
Dish washing	10	3	7	6
Cleaning and other upkeep	16	17	20	15
Laundry, ironing and handicrafts	13	1	10	3
Gardening	7	17	3	8
Construction and repairs	1	11	2	13
Shopping and services	4	9	15	17
Childcare	7	5	15	10
Other domestic work	8	26	6	11
Domestic work total	100	100	100	100

Source: National Time Use Surveys

See methodological notes for activities definitions.

RO: fieldwork period -08/09 2000.

DK: fieldwork period -03/04/09/10 2001 (e.g. higher representation of working days).

National data were rounded, which may result in small discrepancies.

Table 9: Free time activities of women and men aged 20-74 – data not fully comparable

	In % of total free time			
	RO		DK	
	Women	Men	Women	Men
TV and video	50	50	38	40
Socialising	14	12	25	19
Reading	4	4	11	9
Sports	6	8	6	7
Resting	14	13	3	3
Hobbies and games	1	3	7	11
Volunteer work and help	3	4	4	5
Entertainment and culture	0	1	2	2
Other or unspecified leisure	8	5	4	4
Free time total	100	100	100	100

Source: National Time Use Surveys

See methodological notes for activities definitions.

RO: fieldwork period -08/09 2000.

DK: fieldwork period -03/04/09/10 2001 (e.g. higher representation of working days).

National data were rounded, which may result in small discrepancies.

➤ ESSENTIAL INFORMATION – METHODOLOGICAL NOTES

The data are taken from national Time Use Surveys (TUS) conducted between 1998 and 2004 by national statistical agencies and research institutes in 16 EU Member States (Belgium, Denmark, Germany, Estonia, Spain, France, Italy, Latvia, Lithuania, Hungary, the Netherlands, Poland, Slovenia, Finland, Sweden and the United Kingdom), as well as in Norway

and Romania. For Denmark, the Netherlands and Romania, the results are not fully comparable since the survey methods used deviated from the European guidelines. Bulgaria conducted a TUS in 2001-2002 following the European guidelines but results are not included in this publication (ongoing work on weighting procedures).

Sources, reference years and sample sizes

	Fieldwork period	Age of population covered	Sample size (Number of respondents)	Size of population, 1,000 ¹	Comments
Belgium (BE) – Statistics Belgium and Vrije Universiteit Brussel	December 1998 – February 2000	12 – 95	8 382	8 755	
Germany (DE) – Federal Statistical Office Germany	April 2001 – April 2002	10 –	12 655	73 641	Two weekdays, one weekend day
Estonia (EE) – Statistical Office of Estonia	April 1999 – March 2000	10 –	5 728	1 290	
Spain (ES) – Instituto Nacional de Estadística	October 2002 – September 2003	10 -	46 774	37 636	One day was surveyed.
France (FR) – INSEE	February 1998 – February 1999, except 4-18 August and 21 December – 4 January	15 –	15 441	47 231	One diary day
Italy (IT) – Istituto Nazionale di Statistica	April 2002 - March 2003	3 -	55 760	56 805	One day was surveyed.
Latvia (LV) – Central Statistical Bureau of Latvia	February - August 2003, October – November 2003	10 -	3 804	2 115	
Lithuania (LT) – Statistics Lithuania	January-December 2003	10 -	4 768	3 454	
Hungary (HU) – Hungarian Central Statistical Office	September 1999 – September 2000	15 – 84	10 792	8 206	
Poland (PL) – Central Statistical Office	1.06.2003-31.05.2004	15 -	20 264	30 904	
Slovenia (SI) – Statistical Office of the Republic of Slovenia	April 2000 – March 2001	10 –	6 190	1 990	
Finland (FI) – Statistics Finland	March 1999 – March 2000	10 –	5 332	4 451	
Sweden (SE) – Statistics Sweden	October 2000 – September 2001	20 – 84	3 998	6 538	
United Kingdom (UK) – Office for National Statistics	June 2000 – September 2001	8 –	10 366	53 016	
Norway (NO) – Statistics Norway	February 2000 – February 2001	9 – 79	3 211	3 674	Two consecutive days
Denmark (DK) – Danish National Institute of Social Research	March, April, September and October 2001	16 - 74	2 739	4 298	Two consecutive days surveyed
Netherlands (NL) - Central Bureau of Statistics	January 2003 – December 2003	12 -	6 338	13 574	One diary day, self-coded activities
Romania (RO) – National Institute of Statistics	August, September 2000	10 -	17 751	20 072	

In a TUS, a representative sample of individuals completes a diary during one weekday and one weekend day distributed over the whole year (for exceptions, see above). The results are estimates and sampling errors affect them. Following are examples of the standard errors of the mean estimates for selected activities among persons aged 20-74 in Finland:

	Sample size Days	Mean Minutes per day	Standard error	95% confidence interval
Domestic work total				
Women	4 370	236.2	3.3	229.8-242.6
Men	3 883	136.1	2.8	130.7-141.5
Handicraft				
Women	4 370	9.7	0.9	8.0-11.4
Men	3 883	0.4	0.3	0.0-1.0
Computing total				
Women	4 370	3.1	0.3	2.4-3.7
Men	3 883	10.0	0.9	8.3-11.7

¹ Source: Population statistics

Description of the indicators

Most tables show the **average time spent on an activity per day** (hours and minutes per day). The average time is an average for the whole group of persons that is investigated and an average across the whole year (for exceptions, see *Sources, reference years and sample sizes*). This means that all persons are included, whether they have performed this activity or not, and that all days of the week, as well as working and holiday periods are included.

Some tables also show the **proportion of people who spent any time on the activity** (% part., percentage of participants). This measures the proportion of persons who perform the activity on an average day. It does not give information about how many persons perform the activity in general, or how many persons perform the activity every day.

Activity classification

In this publication, only main activities are considered; simultaneous activities are not analysed. For example, *Childcare* as a simultaneous activity (e.g. while preparing food) is not included: the total time spent on this activity is therefore under-estimated.

Time use activities are categorised into six basic groups for the simplified classification:

- **Gainful work, study** includes time spent on main and second jobs and related activities, breaks and travel during working hours, and on job seeking. The time spent on study at school and during free time is combined with gainful work.
- **Domestic work** includes housework, child and adult care, gardening and pet care, construction and repairs, shopping and services, and household management.
- **Travel** includes commuting and trips connected with all kinds of activities, except travel during working hours.
- **Sleep** includes sleep during night or daytime, waiting for sleep, naps, as well as passive lying in bed because of sickness.
- **Meals, personal care** includes meals, snacks and drinks, dressing, personal hygiene, making up, shaving, sexual activities and personal healthcare.
- **Free time, unspecified time use** includes all other kinds of activities, e.g. volunteer work and meetings, helping other households, socialising and entertainment, sports and outdoor activities, hobbies and games, reading, watching TV, resting or doing nothing.

Description of activities for tables 2 and 3:

Gainful work includes hours worked in first and second jobs, overtime, work brought home, training during working hours and business trips (working hours do not include lunch breaks and daily travel to and from work).

Food preparation comprises all activities connected with the preparation of meals, snacks, drinks ...; it also includes baking and preserving as well as setting the table and serving.

Dish washing also includes connected activities before and after washing up, e.g. clearing the table after a meal and putting the rest of the food into the fridge, drying up, tidying away dishes, and loading and unloading the dishwasher.

Cleaning dwelling includes vacuuming, washing and waxing of floors, washing windows, making beds, tidying, arranging the home, sorting papers, bottles, tins, etc.

The category of **other upkeep** includes cleaning the yard, heating and water supply, and various arrangements at home, such as looking for lost items, packing and unpacking, or tending to houseplants.

Laundry includes loading and unloading of washing machine, hand washing, hanging out and putting away laundry when not ironed or mangled.

The indicator **Average time by those who spent any time on the activity** is not included but it can be calculated in the following way:

$$\text{Average time by those who spent any time on the activity} = (\text{average time per day} / \text{proportion of people who spent any time on the activity}) * 100.$$

Abbreviations: 0 should be considered as negligible
: means not available or not reliable

Ironing also comprises mangling and connected tasks, such as folding and putting textiles into the wardrobe.

Handicraft and care for textiles consists of making new products, such as knitting, needlework, sewing by machine or hand, or weaving. Repairing and caring for clothes and shoes also come under this category. Handicraft as a simultaneous activity, e.g. while watching television, is not included.

Gardening includes all kinds of work in the kitchen garden – tending and harvesting vegetables, etc. It also comprises tending to outdoor plants and flowers, mowing the lawn, etc.

Construction and repairs comprise all kinds of major construction, renovation and repairs of the dwelling, garage or outhouse, as well as indoor repairs, making and repairing equipment, vehicle maintenance, etc.

Shopping includes purchasing consumer and capital goods, browsing at shops or markets.

Services include visiting public offices, and commercial or personal services. Trips connected with shopping are excluded when separated in the diary.

Childcare covers active care given to a child living in own household, including physical care, teaching, reading, playing and talking with a child, accompanying a child to a doctor, visiting the school, etc. Going together to the cinema, watching television with a child ..., are excluded.

Description of activities for tables 4 and 5:

Socialising includes visiting and receiving visitors, feasts, phone calls and conversation with family, relatives or friends, etc.

Other reading includes reading periodicals, brochures, etc.

Sport total includes walking and hiking, all kinds of sports (e.g. jogging, ball games, water sports ...), productive exercises (e.g. hunting and fishing, picking berries ...) and sport related activities.

Entertainment and culture includes cinema, theatre and concerts, art exhibitions and museums, library, sports events, etc.

Arts includes visual arts (e.g. creating paintings, photography, pottery ...), performing arts (singing, acting, producing music ...), literacy arts (e.g. writing novels, poetry ...) ...

Computer and video games includes playing all kind of games on the computer.

Other computing includes programming, fixing and repairing the computer, information by computing (e.g. seeking or reading information by means of a computer - called Internet, surfed Internet ...), communication by computing.

Computer and video games and other computing do not give an exact measure of the total time spent on computer (only during free time).

Other hobbies and games includes collecting, correspondence, solo games and play, parlour games and play, gambling, etc.

Volunteer work and help includes work for/through an organisation and informal help to other households.

Further information:

Reference publications

Title [How Europeans spend their time - Everyday life of women and men, July 2004](#)
Catalogue No KS-58-04-998-EN-C
Price EUR 10

Title [Comparable time use statistics - National tables from 10 European countries, March 2005](#)
Catalogue No KS-CC-05-001-EN-N (Electronic version)

Title [Guidelines on harmonised European time use survey, October 2004](#)
Catalogue No KS-CC-04-007-EN-N (Electronic version)

Publication in cooperation with: Statistics Belgium and Vrije Universiteit Brussel (BE), Danish National Institute of Social Research (DK), Federal Statistical Office Germany (DE), Statistical Office of Estonia (EE), Instituto Nacional de Estadística (ES), INSEE (FR), Instituto Nazionale di Statistica (IT), Central Statistical Bureau of Latvia (LV), Statistics Lithuania (LT), Hungarian Central Statistical Office (HU), Central Bureau of Statistics (NL), Central Statistical Office (PL), Statistical Office of the Republic of Slovenia (SI), Statistics Finland (FI), Statistics Sweden (SE), Office for National Statistics (UK), Statistics Norway (NO), National Institute of Statistics (RO).

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