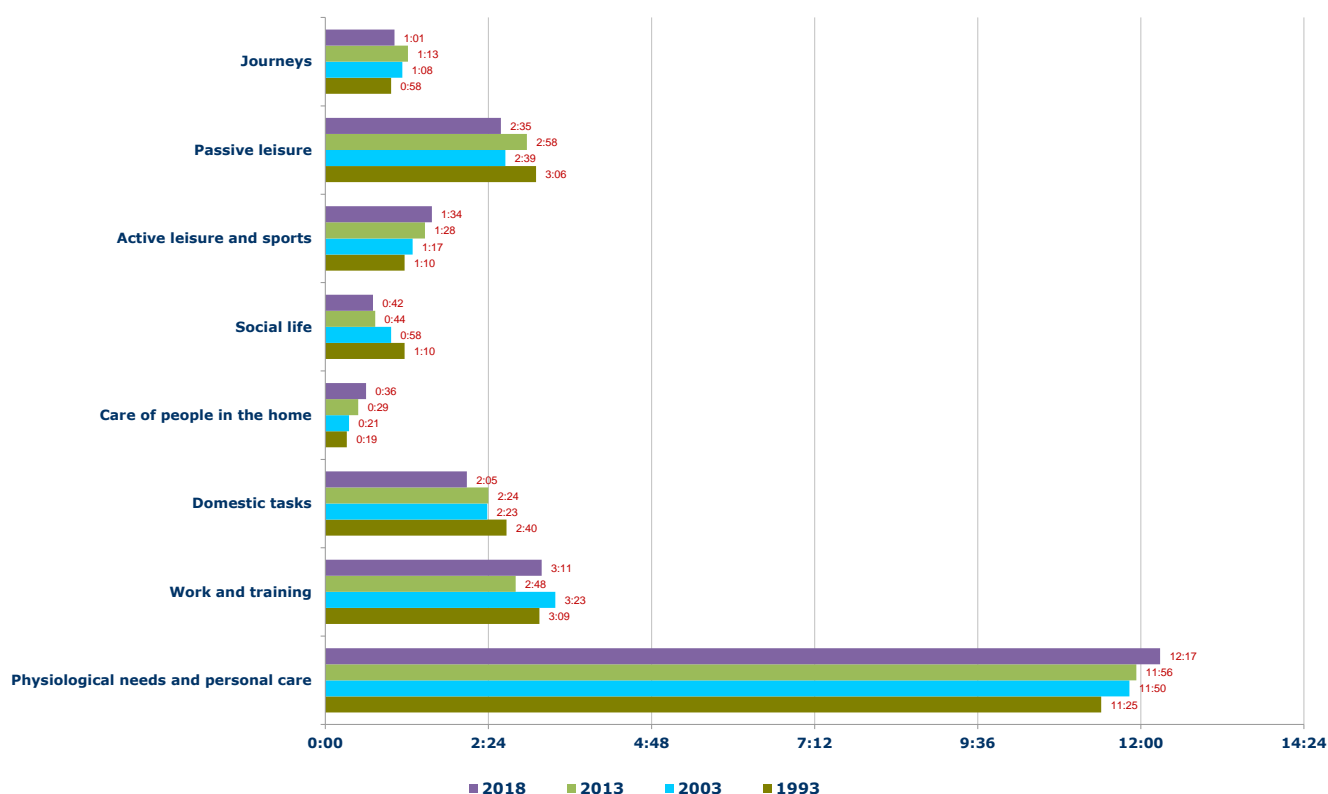


In 2018 the population of the Basque Country dedicated more time to work and training and to personal care and less to domestic tasks and to passive leisure

Less than 1% of the Basque population carried out activities relating to religious or civil participation or collaborating in organisations

The population of the Basque Country aged 16 and over dedicated more time in 2018 to *work and training*, and *physiological needs and personal care*, caring for household members and *active leisure and sports* and less time to *passive leisure*, *travelling*, *domestic tasks* and *social life*, according to the Time Budget Survey prepared by Eustat. This survey allows us to find out detailed information about the amount of time that the population of the Basque Country dedicates to daily activities.

Average social time by activity (h:m). Evolution 1993-2018



Source: EUSTAT. Survey on the time budgets

Compared to 2013, the time dedicated to work and training recovered following the decrease observed that year, and the time that the population dedicated to passive leisure, which had remained stable between 2008 and 2013, fell significantly, by around 25 minutes per day.

Without significant provincial differences, on an average day a citizen dedicates 12 hours and 17 minutes to satisfying physiological needs and personal care (21 minutes more than in 2013), 4 hours and 9 minutes to passive leisure (17 minutes less), 3 hours and 11 minutes to paid work and/or training (23 minutes more), 2 hours and 5 minutes to domestic tasks (19 minutes less), 1 hour and 1 minute to travelling (12 minutes less), 42 minutes to social life (2 minutes less) and 36 minutes to caring for household members (7 minutes more than in 2013).

The Basque population dedicated an increasing amount of time to sleeping, 14 minutes more than 5 years ago

52 minutes more was spent on activities related to physiological needs and personal care, as a whole, than 25 years ago: in 2018 the average amount of time per day dedicated to sleeping was 9 hours and 6 minutes, 29 minutes more than 25 years ago and 14 more than 5 years ago; on average 2 hours and 4 minutes were spent on the different meals (7 minutes more in 2013); 48 minutes were dedicated to personal care, 5 minutes to social time in other peoples' homes and 4 minutes to medical care, these cases remaining unchanged.

The average amount of time dedicated to eating increased, in terms of both time dedicated to eating at home (which rose 4 minutes compared to 2013) and time dedicated to eating out, which was twice that of 25 years ago and 3 minutes more than in 2013.

The differences between the time spent by people who eat at home (1 hour and 33 minutes) and those who eat out (1 hour and 28 minutes) reduced in respect of 2013, as home-cooked meals increased by 5 minutes and meals out by 10 minutes. The rate of participation in meals at home (95.2%) and meals out (50.8%) reduced by 1.9 and 2.7 percentage points, respectively.

In 2018 the rate of participation in medical care was 6.5% of the population (2 percentage points more than in 2013)

The population in work increased significantly and the time dedicated to paid work remained at 7 hours and 18 minutes.

In 2018 the population dedicated an average of 2 hours and 38 minutes to their professional or main work. The participation rate was 36.2%, with an increase of 5.7 percentage points compared to the previous period and a difference of 8 points between men (40.3%) and women (32.3%).

In the last five years, the so-called gender gap in respect of time dedicated to professional work reduced by 57 minutes among the Basque population. Specifically, in 2018 the difference, in favour of men, stood at 1 hour and 1 minute.

Less time dedicated to household chores and more to caring for people

19.5% of people aged 16 and over did not dedicate any time to household chores, while the rest spent 2 hours and 35 minutes each day.

In 2018, 80.5% of the population did domestic tasks such as preparing food, cleaning and doing the shopping, which was 6.6 percentage points less than 2013, and spent 10 minutes less than the average 5 years ago.

Furthermore, the difference between men and women dropped: in 2018, women spent 1 hour and 11 minutes more than men on domestic chores, while in 2013, they spent 1 hour and 24 minutes more.

24.4% of people aged 16 and over, who are those who carry out caregiving tasks, dedicated an average of 2.25 hours each day to looking after people in the household, both children and adults. This activity took up 2 hour and 3 minutes of each day for men and 2 hours and 41 minutes of each day for women.

62.5% of the population did not dedicate any time to socialising

37.5% of the population aged 16 and over dedicated 1 hour and 51 minutes each day to socialising, including visiting friends, chatting, being part of political parties or associations and participating in religious observances. In the last five-year period, there was an decrease in the proportion of the population engaging in these activities (9.5 percentage points) and the average time dedicated to them by these people increased by 17 minutes.

Two in 10 people, specifically 20.5% of the population, stated that they spent time visiting friends or being visited by them, going out for a drink or attending indoor or open-air dances, a figure which was considerably higher than the 9.1% recorded in 2013. The average time dedicated each day to this activity by this group was 2 hours and 1 minute, 4 minutes more than 5 years ago.

In 2018 there was a slight increase in the amount of time people dedicated to chatting (1 minute more than in 2013), standing at 1 hour and 9 minutes. This average figure was 1 hour and 19 minutes on Saturdays and 1 hour and 22 minutes on Sundays. However, the number of people who declared they had dedicated time to chatting fell by half in the last 5 years, going from 38.7% to 19%.

Activities relating to religious or civil participation or collaborating in organisations had hardly any representation in the social time of the Basque population. Although the people who participated in these activities dedicated on average between 1 and 3 hours each day to them, their social weight is very low (less than 1% of the population). Of note amongst these activities is religious participation on Sundays, standing at 5.6% of the population in 2018, compared to 10.2% in 2013.

9 out of 10 people had time for leisure

86.8% of the population had time for passive leisure, which included reading the press, watching television and shows and playing videogames, etc. This figure increased by 7 percentage points compared to 2013, whereas the time dedicated to this activity has reduced to 2 hours and 35 minutes. On the other hand, 5% of the population stated that they dedicated an average of 1 hour and 16 minutes to relaxing, thinking and doing nothing, 10 minutes less than 5 years ago.

If just the activities relating to mass media (press, television and internet) are analysed, the number of users dropped by 5.8 percentage points, standing at 84.1% in 2018. People engaging in this type of activity dedicated an average of 2 hours and 45 minutes to the aforementioned media, 6 minutes less than in 2013. On Sundays 83.4% of Basque Country residents dedicated, on average, 2 hours and 22 minutes to watching television.

The time dedicated to active leisure (including practising sports, going for a walk or on excursions and browsing the internet) was 6 minutes more than the 2013 figure. 63.1% of the population was engaged in activities included in this section, which represented a decrease of 1.5 percentage points on the last five-year period.

The active leisure activity to which the Basque population dedicated most time was walking and excursions; this activity increased significantly at weekends, specifically on Sundays, when 56.3% of the population carried out this activity for an average of 2 hours and 34 minutes.

The time spent on activities relating to the internet and other computer products added up to 12 minutes each day, 5 minutes more than in 2013. Among the people who undertook these activities, in their free time, computer and internet use rose to 19 minutes each day, 6 minutes more than 5 years ago.

Average social time (hh:mm) per participant (hh:mm) and rate (%), according to the type of activity and day of the week. 2013-2018 and variation

	Average social time			Average participant time			Participation rate		
	2013	2018	Δ	2013	2018	Δ	2013	2018	Δ
Physiological needs	11:56	12:17	0:21	11:56	12:17	0:21	100,0	100,0	0,00
Working days	11:31	11:49	0:18	11:31	11:49	0:18	100,0	100,0	0,00
Fridays	11:42	12:02	0:20	11:42	12:02	0:20	100,0	100,0	0,00
Saturdays	12:45	13:18	0:33	12:45	13:18	0:33	100,0	100,0	0,00
Sundays	13:01	13:20	0:19	13:01	13:20	0:19	100,0	100,0	0,00
Work and training	2:48	3:11	-0:23	6:46	7:05	-0:19	41,4	44,8	3,40
Working days	3:37	4:02	-0:25	6:59	7:17	-0:18	51,8	55,3	3,50
Fridays	3:16	3:50	-0:34	6:49	7:06	-0:17	47,9	54,1	6,20
Saturdays	1:04	1:12	-0:08	5:19	6:02	-0:43	20,1	19,8	-0,30
Sundays	0:49	1:06	0:17	5:32	5:51	0:19	14,6	18,7	4,10
Domestic tasks	2:24	2:05	-0:19	2:45	2:35	-0:10	87,1	80,5	-6,60
Working days	2:24	2:07	-0:17	2:46	2:36	-0:10	86,6	81,5	-5,10
Fridays	2:23	1:59	-0:24	2:45	2:36	-0:09	86,8	76,3	-10,50
Saturdays	2:39	2:14	-0:25	3:00	2:44	-0:16	88,5	81,7	-6,80
Sundays	2:11	1:54	-0:17	2:28	2:23	-0:05	88,1	79,6	-8,50
Caring for people in the home	0:29	0:36	0:07	2:00	2:25	-0:25	24,0	24,4	0,40
Working days	0:29	0:38	-0:09	1:57	2:24	0:27	24,5	26,1	1,60
Fridays	0:29	0:37	0:08	2:03	2:35	0:32	23,9	23,7	-0,20
Saturdays	0:27	0:30	-0:03	1:59	2:31	-0:32	23,0	19,9	-3,10
Sundays	0:31	0:32	0:01	2:14	2:18	0:04	23,1	23,0	-0,10
Social life	0:44	0:42	-0:02	1:34	1:51	0:17	47,0	37,5	-9,50
Working days	0:35	0:29	-0:06	1:22	1:34	0:12	42,8	31,4	-11,40
Fridays	0:41	0:43	0:02	1:28	1:45	0:17	47,1	40,5	-6,60
Saturdays	1:02	1:07	-0:05	1:59	2:16	0:17	52,1	49,3	-2,80
Sundays	1:07	1:04	-0:03	1:55	2:17	-0:22	58,4	47,2	-11,20
Active leisure and sports	1:28	1:34	0:06	2:17	2:29	0:12	64,6	63,1	-1,50
Working days	1:19	1:25	0:06	2:08	2:19	0:11	62,2	61,1	-1,10
Fridays	1:24	1:26	0:02	2:13	2:22	-0:09	62,9	60,2	-2,70
Saturdays	1:47	1:55	0:08	2:34	2:51	0:17	69,0	67,4	-1,60
Sundays	1:51	1:58	0:07	2:35	2:49	0:14	71,7	69,7	-2,00
Passive leisure	2:58	2:35	-0:23	3:10	2:59	-0:11	93,8	86,8	-7,00
Working days	2:50	2:28	-0:22	3:01	2:49	-0:12	93,6	87,7	-5,90
Fridays	2:45	2:17	-0:28	2:58	2:48	-0:10	92,4	81,8	-10,60
Saturdays	3:08	2:47	-0:21	3:21	3:17	-0:04	93,5	84,7	-8,80
Sundays	3:34	3:12	-0:22	3:42	3:32	-0:10	96,4	90,6	-5,80
Journeys	1:13	1:01	-0:12	1:22	1:10	-0:12	88,7	87,7	-1,00
Working days	1:15	1:03	-0:12	1:23	1:10	-0:13	90,6	89,4	-1,20
Fridays	1:20	1:06	-0:14	1:29	1:13	-0:16	89,8	90,1	0,30
Saturdays	1:09	0:58	-0:11	1:18	1:08	-0:10	87,6	84,8	-2,80
Sundays	0:59	0:54	-0:05	1:12	1:06	-0:06	81,1	80,9	-0,20

(1) Average social time: average time dedicated to an activity by the population aged 16 or over.

(2) Average time by participant: average time dedicated to an activity by the population aged 16 or over that carry it out.

(3) Participation rate: percentage of people that carry out the activity.

Source: EUSTAT. Survey on the time budgets

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