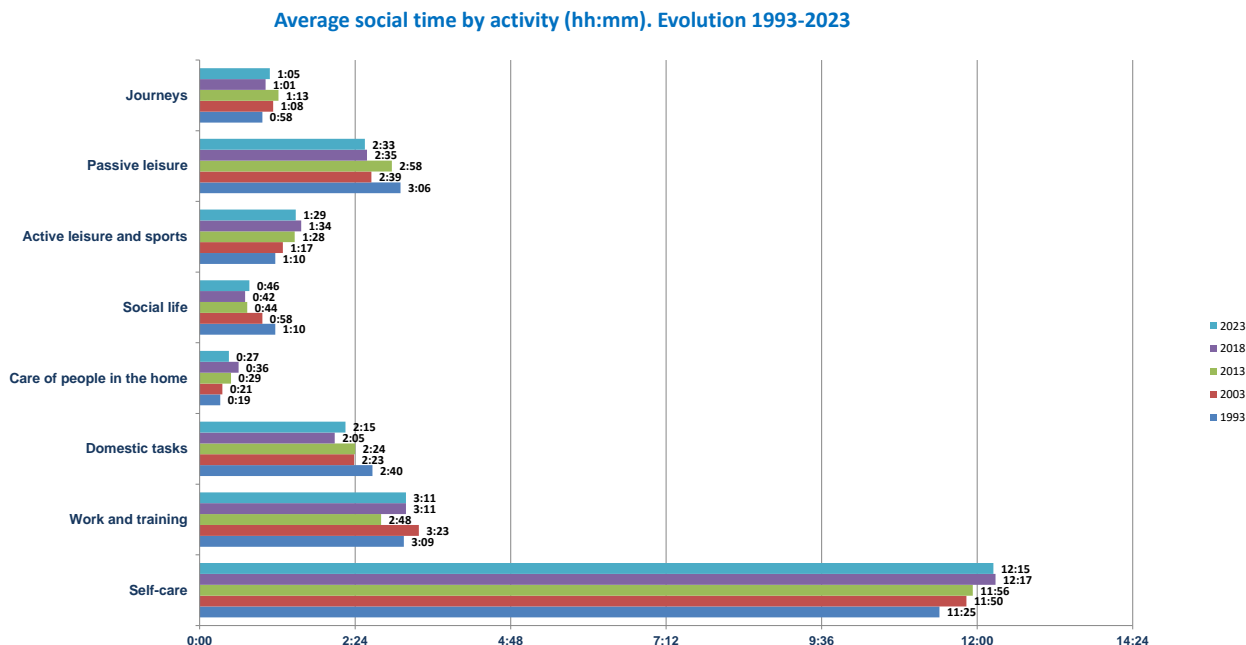


The population of the Basque Country spent more time on household chores and less on caring for people between 2018 and 2023

The percentage of the population who devoted time to socialising rose to 49.1%, 11 points higher than in 2018

The population of the Basque Country aged 16 and over spent 2 hours and 15 minutes on housework in 2023, i.e. 10 minutes more than in 2018, thereby breaking the downward trend of the last 30 years, according to Eustat data. In parallel, time spent on caring for household members fell by 9 minutes compared to 2018, reversing the upward trend that had continued since 1993. In addition, time spent on leisure, whether active or passive, also decreased by 7 minutes.



Source: Eustat. Survey on the time budgets

The population of the Basque Country aged 16 and over, as a whole and throughout the 24 hours of an average day, that is to say, without taking into account whether it was a working day or a holiday, spent just over half of their time in 2023 on activities relating to personal care or meeting basic needs such as sleeping, eating, personal hygiene and receiving medical care (12 hours and 15 minutes).

They spent almost a quarter of the day (5 hours and 53 minutes) on their daily duties. This refers to time committed to paid work and training (3 hours and 11 minutes) and unpaid work (2 hours and 42 minutes) i.e. housework (2 hours and 15 minutes) and caring for household members (27 minutes).

A fifth of the day (4 hours and 48 minutes) was devoted to free time, including leisure (4 hours and 2 minutes) and social life (46 minutes). Leisure includes activities such as going for walks (48 minutes), doing sport (19 minutes) and browsing the internet (16 minutes) or using mass media (2 hours and 17 minutes).

On an average day, the Basque population spent 1 hour and 5 minutes on journeys to carry out these activities. Specifically, they spent 17 minutes on getting to and from work; 11 minutes on performing household tasks, such as shopping and administration; 7 minutes on transporting or accompanying people and 14 minutes on journeys relating to social activities.

50 minutes more were spent on activities relating to personal needs or care than 30 years ago

In 2023, the Basque population devoted just over half the day (12 hours and 15 minutes) to meeting their basic needs and personal care, representing 2 minutes less than in 2018. The average time the population spent sleeping per day was 9 hours and 3 minutes, 3 minutes less than in 2018 and 26 minutes more than 30 years ago.

The amount of time spent on personal hygiene was 50 minutes (2 minutes more than 5 years ago). 2 hours and 14 minutes were spent on the various meals (no variation compared to 2018 overall). The amount of time taken by people who ate at home (97.8%) was 1 hour and 36 minutes, while people who ate out (50.9%) spent an average of 1 hour and 19 minutes, i.e. 17 minutes less.

In 2023, people receiving medical care (6.4%) devoted an average of 43 minutes to this, representing 22 minutes less than 5 years ago.

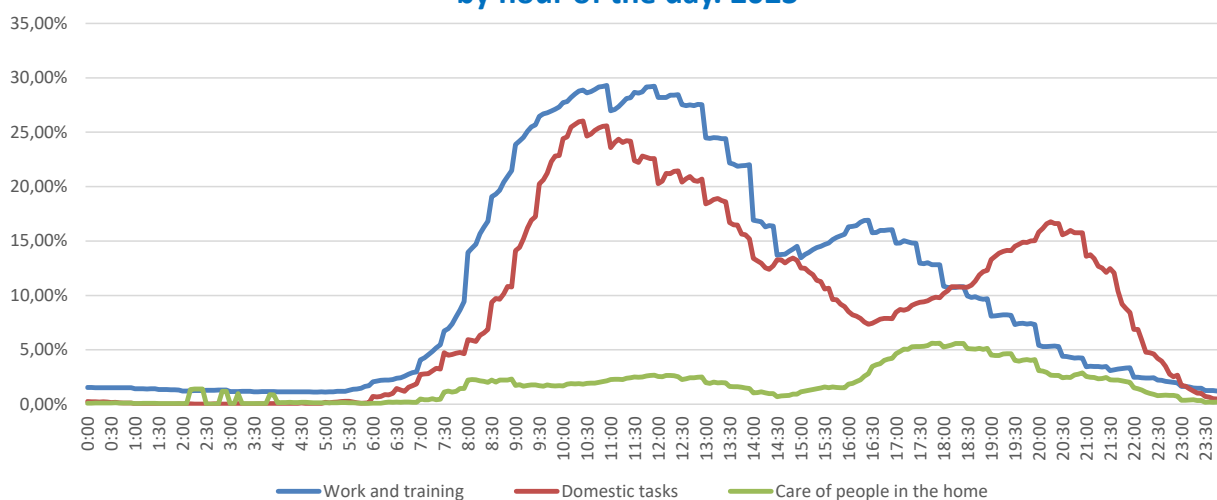
36.7% did paid work for an average of 7 hours and 11 minutes, 7 minutes less than in 2018

In 2023, the Basque population aged 16 and over devoted an average of 2 hours and 38 minutes to paid work. 36.7% of the population did work of this kind, spending an average of 7 hours and 11 minutes. Compared to 2018, the participation rate has risen by 5 tenths of a percentage point and the working day has decreased by 7 minutes. At the provincial level, there were differences between people in work, as the working day in Álava (7 hours and 2 minutes) was shorter than in Bizkaia and Gipuzkoa (10 and 11 minutes longer, respectively).

More differences can be seen in the type of day of the week. From Monday to Thursday, 46.9% of the population aged 16 and over worked, for an average of 7 hours and 18 minutes, and 44.5% on Friday, (with a marginally shorter day, 7 hours and 6 minutes). A smaller proportion of the population worked on Saturdays and Sundays (14.3% and 10.9%, respectively), with a slightly shorter day (less than 7 hours).

In social terms, the female population spent an average of 2 hours and 19 minutes on their main job, 41 minutes less than the male population (3 hours). 34.1% of women took part in this activity, a rate of participation that was 5.5 percentage points lower than for men (39.6%). The average amount of time for women (6 hours and 47 minutes) was also shorter than for men (7 hours and 34 minutes), by 47 minutes. This difference has reduced compared to 2018, when it stood at 1 hour and 1 minute.

Participation rate in various activities of the Basque Country by hour of the day. 2023



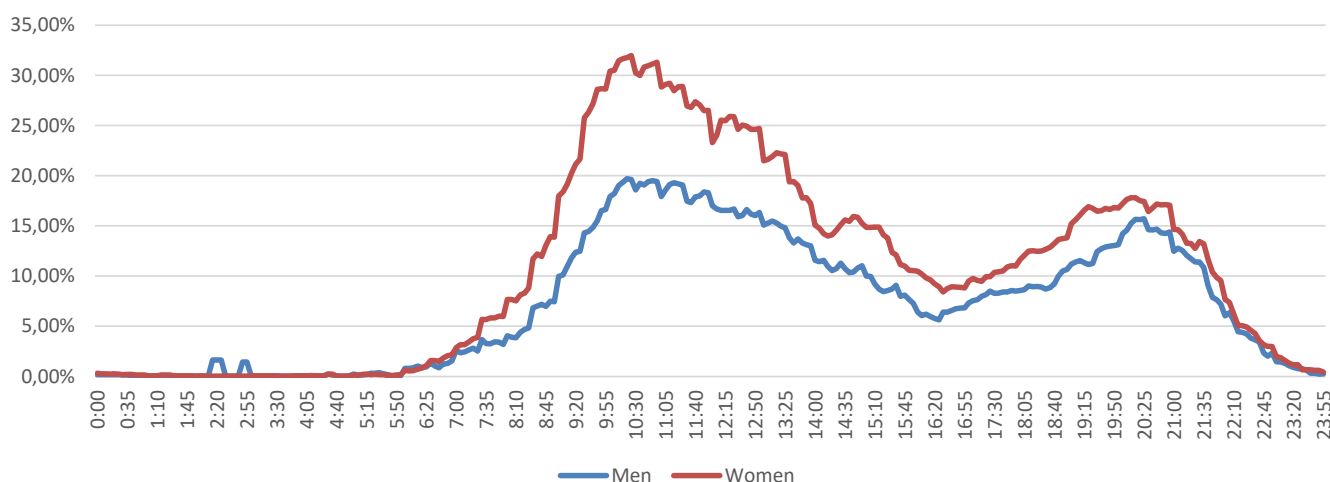
Source: Eustat. Survey on the time budgets

An average of 23 minutes was spent on formal training. 8.2% of the population performed this activity, spending an average of 4 hours and 43 minutes.

Almost the entire population did household chores, 12.1 percentage more than in 2013

In 2023, the Basque population spent 2 hours and 15 minutes doing household chores, an amount of time that has increased by 10 minutes compared to 2018. A large part of the population, 92.6%, participated in this activity, spending an average of 2 hours and 26 minutes on various activities such as preparing meals, cleaning and shopping. Over the last five years, participation has risen by 12.1 percentage points, although the amount of time spent has decreased (9 minutes less).

Participation rate in domestic work in the Basque Country by hour of day and sex. 2023



Source: Eustat. Survey on the time budgets

The rate of participation in this activity in 2023 was 90.3% for men and 94.8% for women, rates that represent a clear increase compared to 2018 (72.1% and 88.2%, respectively). In terms of time spent, the difference between men and women also decreased. In 2023, women spent 44 minutes more than men, while in 2018 this difference was 1 hour and 11 minutes. Preparing meals was the activity with the smallest differences between men and women in this activity group.

As regards specific activities, participation in preparing meals (+17.50 percentage points) and cleaning (+13.40 percentage points) increased, but less time was spent (7 and 16 minutes less, respectively).

23.1% of the population aged 16 and over cared for household members for almost 2 hours a day

In social terms, the population spent 27 minutes a day caring for household members, either children or adults, amounting to a decrease of 9 minutes compared to 2018. 23.1% of people aged 16 and over residing in the Basque Country carried out this activity for 1 hour and 55 minutes a day. This represents a smaller proportion of people (1.3 percentage points less) and less time (half an hour less) than in 2018. In 2023, 1 hour and 16 minutes per day was spent on caring for children (14.5% of the population) and 1 hour and 43 minutes on caring for adults (5.6%).

This activity took up 1 hour and 41 minutes per day for men who performed it (19.8%) and 2 hours and 4 minutes for women (26.3%). Less time was spent on caring for adults than in 2018, both by men (44 minutes less) and by women (10 minutes less). In general terms, compared to 2018 there was a drop in both time spent and participation in the various activities in the care group.

The amount of the population that devoted time to socialising rose from 37.5% to 49.1% between 2018 and 2023

In 2023, the population aged 16 and over spent 46 minutes on activities relating to socialising, activities such as visiting friends, chatting, taking part in clubs, religious practices, etc. 49.1% of the population spent time on these activities - 1 hour and 33 minutes per day. Over the last five years, the participation rate has risen (up 11.6 percentage points) and the average time spent by the people who perform them has fallen by 18 minutes.

24.1% of the population spent time with their friends (visiting them, going out, etc.), a significantly higher proportion than the 20.5% recorded in 2018. The average time devoted by this group was 1 hour and 46 minutes, 15 minutes less than five years ago.

Seven out of ten people spent their time on active leisure, sport and the internet

People who spent time doing sport amounted to 21.7% in 2023, i.e. 4.5 percentage points higher than in 2018. The time spent per day in 2023 was 1 hour and 27 minutes, slightly less than in 2018 (1 hour and 30 minutes). More people performed these types of activities on weekdays (23.4%).

People who went for walks and on excursions represented a higher proportion, 43.7%, spending an average time of 1 hour and 49 minutes. This is 33 minutes less than in 2018. In 2023, the time that men and women devoted to this activity was 9 minutes more for men. This activity increased significantly at weekends, specifically on Saturdays, when 55.2% spent 2 hours and 01 minute on this activity, and Sundays, when 50.7% of the population performed this activity for an average of 2 hours and 04 minutes.

In 2023, 22.6% of the population aged 16 and over used the internet in their free time, spending an average of 1 hour and 11 minutes. This represents a rise of 8.9 percentage points in the participation rate compared to 2018, although the time spent has fallen by 19 minutes.

9 out of 10 people devoted their time to passive leisure

In social terms, the Basque population spent 2 hours and 33 minutes on activities relating to passive leisure, primarily reading, watching television (along with attending entertainment events, artistic interests, playing games, etc.). The rate of participation in this set of activities was 89.6%, and the population spent an average of 2 hours and 51 minutes on them. On Sundays the participation rate stood at 93.1% of the population and the time spent was 3 hours and 25 minutes. In 2023 the participation rate increased by 2.8 percentage points but 8 minutes less compared to the days as a whole in 2018.

If only activities relating to the media (press and audiovisual) are analysed, the number of users rose by 2.5 percentage points, amounting to a rate of 86.6%. People engaging in these types of activities devoted an average of 2 hours and 38 minutes to such media (7 minutes less than in 2018).

35% of the population spent time travelling for work

In 2023, 90.2% of the population travelled and this took an average of 1 hour and 12 minutes per day. Compared to 2018, this represents 2 minutes more in terms of time and a 2.5 percentage point rise in the participation rate. One in three people (34.8%) spent an average of 49 minutes on journeys to and from their workplace (representing 18 minutes more than 5 years ago). In addition, people aged 16 and over who travelled for studies or training (6.4%) spent 46 minutes on their journey, 16 minutes more than in 2018.

For their part, journeys for housekeeping purposes (shopping, administration, repairs, etc.) and for social life obtained similar results, with a participation rate of around 40% of the population, following a significant increase (over 23 percentage points), taking an average of 27 and 35 minutes, respectively.

Average social time (hh:mm) per participant (hh:mm) and rate (%) of the Basque Country, by type of activity according to day of the week. 2018-2023

	Average social time (1)			Average time per participant (2)			Participation rate (3)		
	2018	2023	VARIATION	2018	2023	VARIATION	2018	2023	VARIATION
Personal care	12:17	12:15	0.0	12:17	12:15	0.0	0:00	0:00	0.0
Workable	11:49	11:50	0.0	11:49	11:50	0.0	0:00	0:00	0.0
Friday	12:02	12:03	0.0	12:02	12:03	0.0	0:00	0:00	0.0
Saturdays	13:18	13:04	0.0	13:18	13:04	0.0	0:00	0:00	0.0
Sundays	13:20	13:19	0.0	13:20	13:19	0.0	0:00	0:00	0.0
Work and Training	3:11	3:11	0.0	7:05	6:56	0.0	19:12	21:36	1.1
Workable	4:02	4:05	0.0	7:17	7:14	0.0	7:12	9:36	1.1
Friday	3:50	3:43	0.0	7:06	6:56	0.0	2:24	12:00	-0.6
Saturdays	1:12	1:13	0.0	6:02	5:19	0.0	19:12	19:12	3.0
Sundays	1:06	1:01	0.0	5:51	5:17	0.0	16:48	4:48	0.5
Domestic chores	2:05	2:15	0.0	2:35	2:26	0.0	12:00	14:24	12.1
Workable	2:07	2:13	0.0	2:36	2:24	0.0	12:00	4:48	10.7
Friday	1:59	2:08	0.0	2:36	2:21	0.0	7:12	16:48	14.4
Saturdays	2:14	2:31	0.0	2:44	2:42	0.0	16:48	14:24	11.9
Sundays	1:54	2:14	0.0	2:23	2:20	0.0	14:24	9:36	15.8
Home care	0:36	0:27	0.0	2:25	1:55	0.0	9:36	2:24	-1.3
Workable	0:38	0:28	0.0	2:24	1:56	0.0	2:24	2:24	-2.0
Friday	0:37	0:28	0.0	2:35	1:51	0.0	16:48	12:00	1.8
Saturdays	0:30	0:21	0.0	2:31	1:49	0.0	21:36	2:24	-0.8
Sundays	0:32	0:25	0.0	2:18	2:00	0.0	0:00	21:36	-2.1
Social life	0:42	0:46	0.0	1:51	1:33	0.0	12:00	2:24	11.6
Workable	0:29	0:33	0.0	1:34	1:15	0.0	9:36	4:48	12.8
Friday	0:43	0:46	0.0	1:45	1:36	0.0	12:00	12:00	8.0
Saturdays	1:07	1:12	0.0	2:16	2:00	0.0	7:12	19:12	10.5
Sundays	1:04	1:09	0.0	2:17	1:57	0.0	4:48	14:24	11.4
Active leisure and sports	1:34	1:29	0.0	2:29	2:09	0.0	2:24	21:36	5.8
Workable	1:25	1:22	0.0	2:19	2:02	0.0	2:24	4:48	6.1
Friday	1:26	1:22	0.0	2:22	2:05	0.0	4:48	9:36	5.2
Saturdays	1:55	1:45	0.0	2:51	2:22	0.0	9:36	4:48	6.8
Sundays	1:58	1:47	0.0	2:49	2:25	0.0	16:48	14:24	3.9
Passive leisure	2:35	2:33	0.0	2:59	2:51	0.0	19:12	14:24	2.8
Workable	2:28	2:22	0.0	2:49	2:40	0.0	16:48	19:12	1.1
Friday	2:17	2:25	0.0	2:48	2:45	0.0	19:12	21:36	6.1
Saturdays	2:47	2:50	0.0	3:17	3:08	0.0	16:48	14:24	5.9
Sundays	3:12	3:11	0.0	3:32	3:25	0.0	14:24	2:24	2.5
Journeys	1:01	1:05	0.0	1:10	1:12	0.0	16:48	4:48	2.5
Workable	1:03	1:07	0.0	1:10	1:14	0.0	9:36	16:48	2.3
Friday	1:06	1:05	0.0	1:13	1:12	0.0	2:24	0:00	0.9
Saturdays	0:58	1:04	0.0	1:08	1:12	0.0	19:12	21:36	4.1
Sundays	0:54	0:55	0.0	1:06	1:05	0.0	21:36	21:36	4.0

(1) Average social time: average time dedicated to an activity by the population >=16 years

(2) Average time per participant: average time dedicated to an activity by the population aged >=16 that carry it

(3) Participation rate: percentage of persons who carry out the activity

Date July 23, 2024

Source: Eustat Time allowance survey

For further information:

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