



3rd floor – TIME

Time budgeting: Stop the time guzzlers!

What does your daily routine look like? Lay it out with the action boards.

Of course, you can also create your ideal day

How does the reality differ from your dream day?

1 hour = 20 cm

*Work / Sleep / Personal hygiene / Food / Mobile phone, E-mail / Reading /
Commuting / Television / Club, Volunteer work / Shopping, Household / Sport,
Fitness*

Time budget studies look at how people spend their time.

This is what they have found out: This is how we spend our lifetime

Of the total time of an 80-year life:

- we oversleep on average about 24 years and 4 months
- we sit in front of the television for 12 years
- we talk to other people for about 12 years, gossiping for two years and 10 months.
- we work for 8 years
- we spend 5 years eating, preparing food for 2 years and 2 months
- we drive a car for 2 years and 6 months
- we go to school and other classes for 1 year and 10 months
- we do sports for one year and 7 months
- we have to clean for 16 months
- we spend 12 months at the cinema, theatre or concerts
- we have to wash and iron for 9 months
- we play with our own children for 9 months
- we sit on the toilet for 6 months
- we play on the computer for at least four months
- we spend 3 months at club meetings and the same amount of time in pubs or at the doctor's office.

The average working day of an employed person in Germany looks like this:

- Sleep: 7 hours
- Personal hygiene: 30 minutes
- Work: 7 hours
- Commuting time to work: 45 minutes
- Watching TV (with no other activity): 2.5 hours
- Reading: 30 minutes
- Mobile phone use (with no other activity): 2.5 hours
- Shopping and household organisation: 1 hour
- Voluntary work or club activities: 15 minutes
- Sports and fitness: 30 minutes
- Eating: 1.5 hours