

30-hour workweek experiment

What would you do?

3-year project on effects of collective working time reduction with full pay



In 2019 all Femma employees will work 30 hours a week instead of 36 hours. The TOR research group will investigate the effects of the 30-hour workweek on time-use and wellbeing using a time-use diary approach.

Design

Method: Online time-use diary

Duration: 24h diary for 7 days

Participants: 60 employees + partners

Software: MOTUS-software (webtool and app)

Approach: Longitudinal



30h workweek

1st of January: start experiment.

March: measurement nr.3 on short-term effects

October: measurement nr.4 on long-term effects

31st of December: End of the experiment



2017



2018

36h workweek

March: zero measurement nr.1 to capture the normal 36h workweek

October: zero measurement nr.2 to capture possible changes and workers' exceptions for 2019.

2019



2020

Back to normal?

In 2020 all Femma employees will go back to their normal 36h workweek, or will they choose otherwise?

March: post measurement nr.5

More info?

Contact research team: Julie Verbeylen (julie.verbeylen@vub.be)

or Franne Mullens (francisca.mullens@vub.be)

Femina: www.femina.be/en

