

## THE GENDERED NATURE OF TIME

### INTRODUCTION

Time poverty is seen as a time burden on particularly women. Women's daily tasks include household work, care work and reproductive work to sustain their families. All this combined leaves them time-poor.

Care work and care responsibilities affect women and men in different ways depending on circumstances, including their gender, race, class, age, sexual orientation and gender identity, disability, marital status and migration status. Much of the care work performed by women is unpaid. With the challenges of climate change, 'environmental care' is taking on increased significance. Environmental care can include caring for animals and plants, reforestation, land rehabilitation and waste management. Just like in the home, where women's domestic labour is seen as essential yet it is unrecognised and not valued, so too is the environmental care work that women perform.

Even when environmentally friendly options are chosen like organic farming or waste management the intensive labour is left on the shoulders of the women adding to women's already heavy load of unpaid work. For example, in Senegal rural women's unpaid work, including domestic work, caring for relatives and communal work, takes 4 to 8 hours a day but at times up to 12 hours a day, which is significantly higher than the global average of 4.5 hours. [working-paper-the-climate-care-nexus-en.pdf](#) Women's time is viewed as infinite and her care responsibilities as her natural responsibility. This is often at the expense of her health and wellbeing.

### WHEN AND HOW TO USE THE TIME EXERCISE

Using this tool can encourage discussion about gender roles and the gendered nature of time and encourage discussion on ways of creating more gender equity.

### TOOL

**Activity: Daily time use exercise - 'a day in the life of a woman.....'**(please add in the details of a woman who will form part of the people who need to be taken into account in a Just Transition.

**Aims of the exercise:**

- Insight into the way women and men spend their time
- To unpack some of the differences between men and women in relation to their specific roles, how these roles are valued and how they are influenced by social norms and expectations of female and male behaviour and their responsibilities and opportunities.
- For participants to explore possible increases in the time women spend on care work and the reasons for these changes.

This exercise can be done in a 'fictional' or as an exercise that women and men affected by climate change engage in themselves.

Start at the beginning of your day and record the time you spend moving through the day starting from the time you wake up to the time you go to bed. (both the men and the women, if it is only a women's group then ask the women to complete the section for the men – using their knowledge to illustrate the way a 'typical' man in their community spends their day,

Both the day of the man and of the woman can be written up as 2 timelines so as to compare what happens at different times of the day.

In a plenary discuss the different timelines:

1. What is common in the 2 timelines what is different?
2. Is there any 'free time', and what do women and men do with this 'free time'.
3. What has changed in the way women and men spend their time over the past 10 years?