



# HOW WE USE OUR TIME



National Statistical Committee  
of the Republic of Belarus



United Nations  
Population Fund (UNFPA)  
in Belarus



United Nations  
Children's Fund (UNICEF)  
in Belarus

The information has been prepared on the basis of data from the sample household time use survey carried out by the state statistics bodies with the support of the United Nations Population Fund (UNFPA) and United Nations Children's Fund (UNICEF).

The objective of the survey was to study the differences in time use of various socio-economic population groups, particularly taking into account gender aspects.

The sample comprised 6 000 households residing in all regions of the country and the city of Minsk. The reference population covered persons aged 10 years and over. The survey was carried out from 1 April 2014 to 31 March 2015 and covered all days of the 12-month period (weekdays and weekend-days, including holidays and vacations).

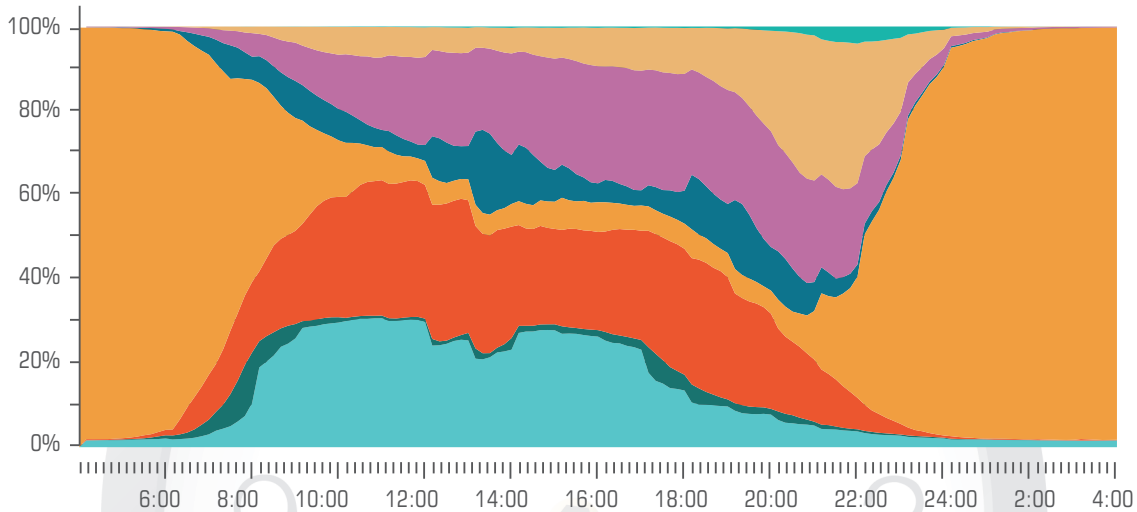
The survey results were compiled using the activity classification developed in compliance with the United Nations Guide to Producing Statistics on Time Use.

The information on daily time use is presented in hours and minutes on average per person per day. The time marked as "0-00" corresponds to an insignificant value.

Additional information about the sample household time use survey is available at [www.belstat.gov.by](http://www.belstat.gov.by).

# DAILY TIME USE

(population 10 years old and over)



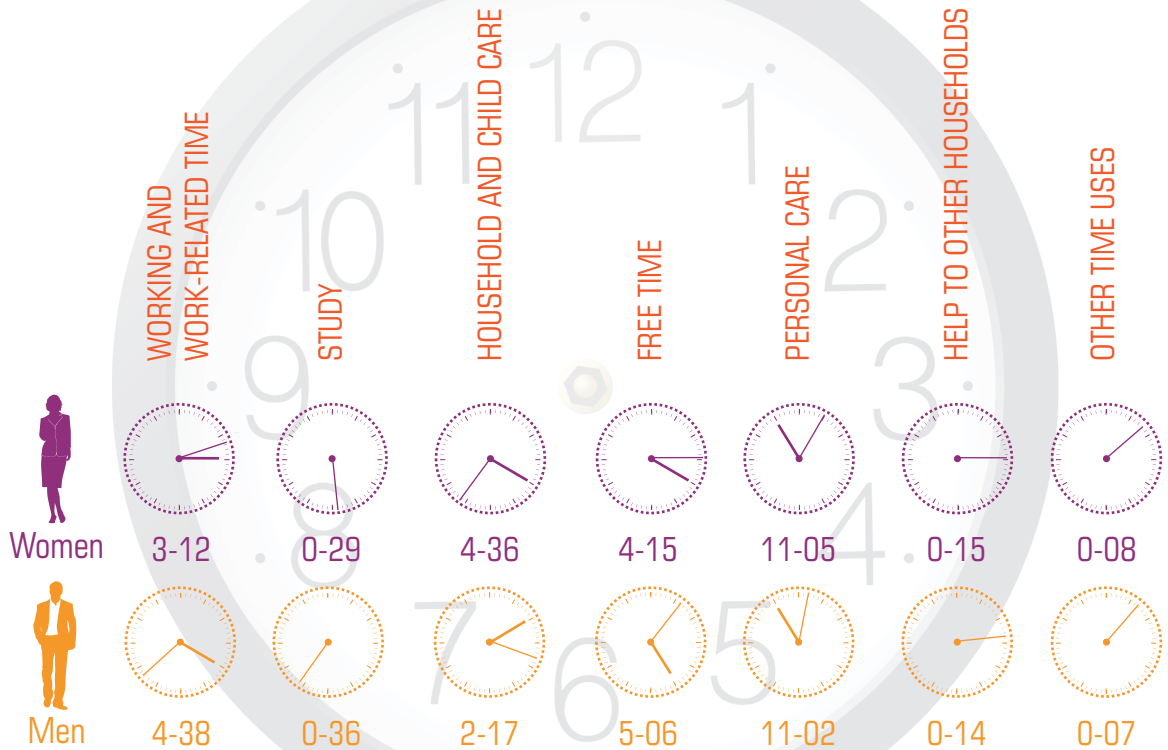
Daily time use measures time spent on various activities.

The major part of daily time (about 46%) is spent on personal care, which is **11 hours 3 minutes** on average per day.

# TIME USE

(population 10 years old and over)

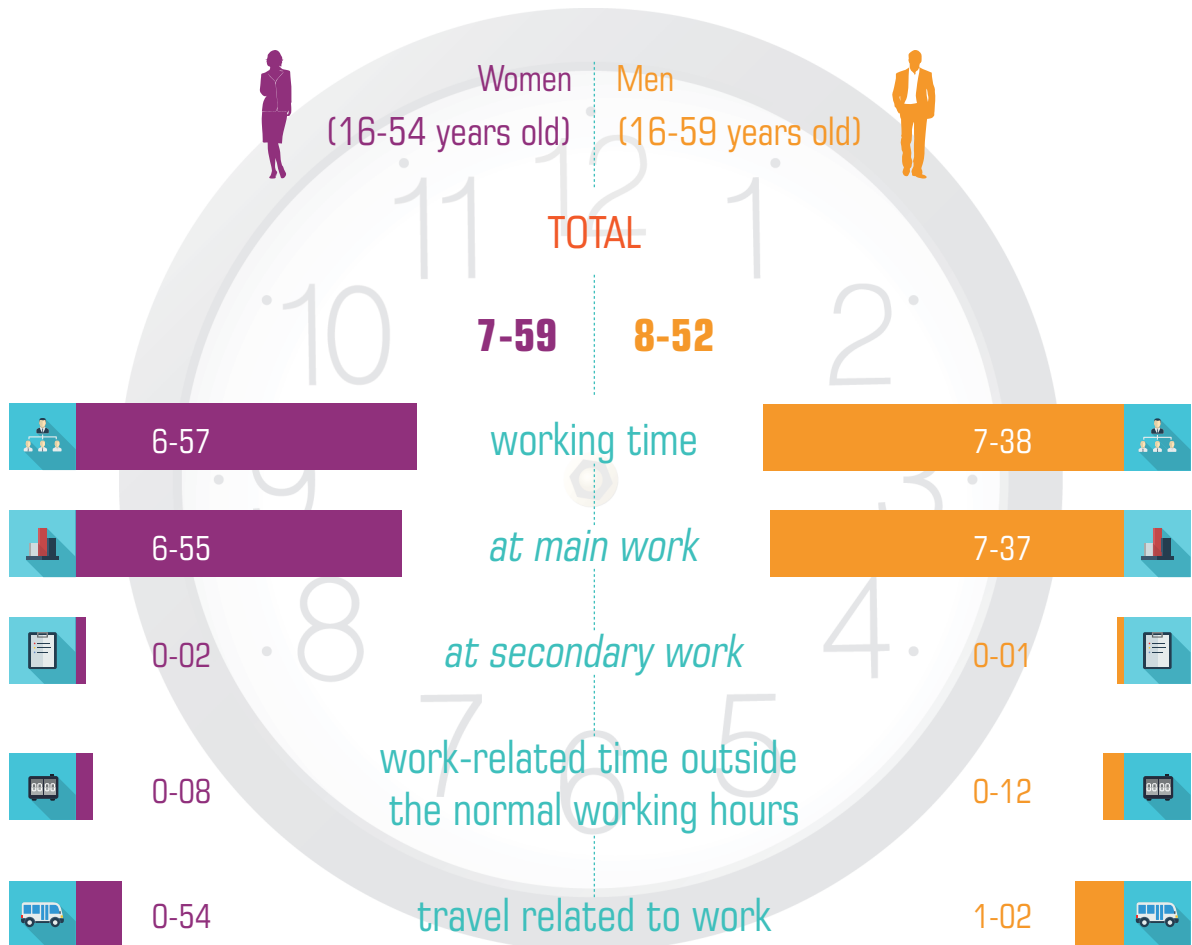
## DAILY TIME USE



Women spend daily on average **twice as much time** as men on household and child care.

# WORKING AND WORK-RELATED TIME

(employed population)



DAILY TIME USE

On average, **87%** of employed population of working age work on weekdays (Monday to Friday), and **25%** are occupied at work on weekend days (Saturday and Sunday).

## STUDY



Women  
(20-54 years old)

Men  
(20-59 years old)



TOTAL

0-07

0-04



Studies  
at educational  
institutions

0-06

0-04



Attending vocational  
and other courses

0-01

0-00



Self-education

0-00

0-00

Only 0.7% of women aged 20 to 54, the same as men aged 20 to 59 engage in self-education; 1% of women and 0.4% of men upgrade their educational and occupational level.

## PERSONAL CARE

(population 10 years old and over)



11-05

TOTAL

11-02



8-45



sleep

8-41



1-13

eating

1-21



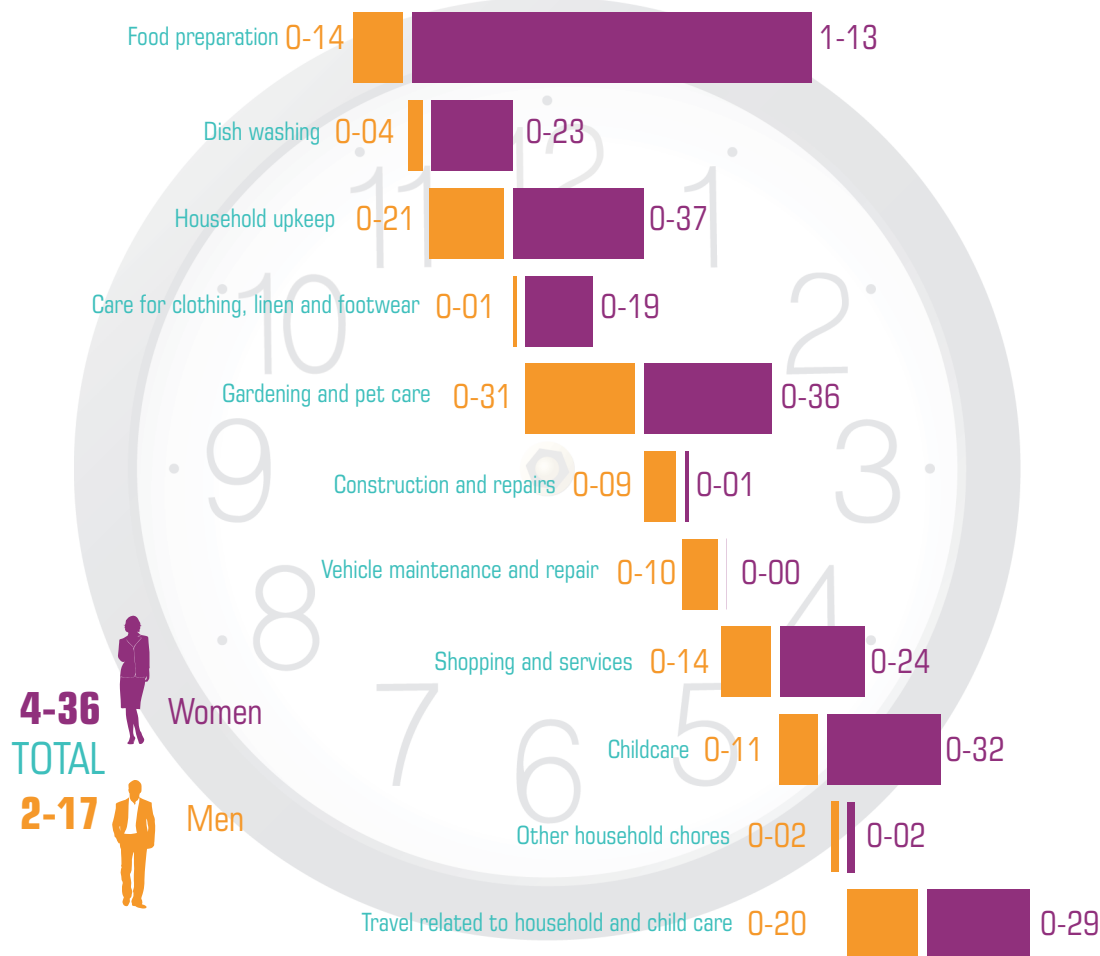
1-07

other  
personal care

1-00

# TIME SPENT ON HOUSEHOLD AND CHILD CARE

(population 10 years old and over)



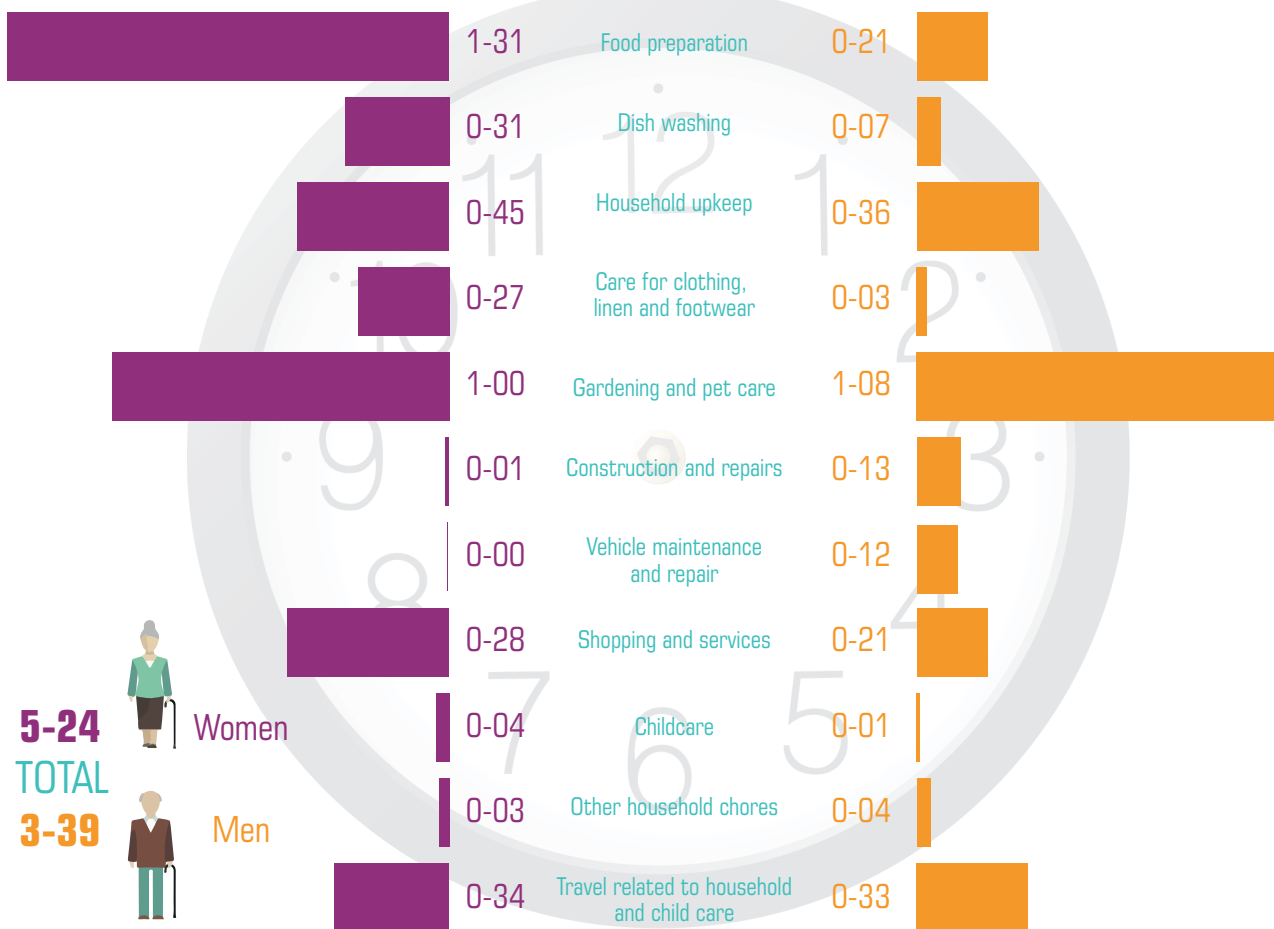
TIME SPENT ON HOUSEHOLD AND CHILD CARE

As many as **90%** of women and **44%** of men engage in cooking; **83%** of women and **31%** of men wash dishes; and **82%** of women and **44%** of men clean their dwelling.

Men tend more to work related to construction and repairs (**9%** of men and **2%** of women engage in these activities) as well as to maintenance and repair of vehicles (**18%** of men and **1%** of women).

# TIME SPENT ON HOUSEHOLD AND CHILD CARE

(population over working age)

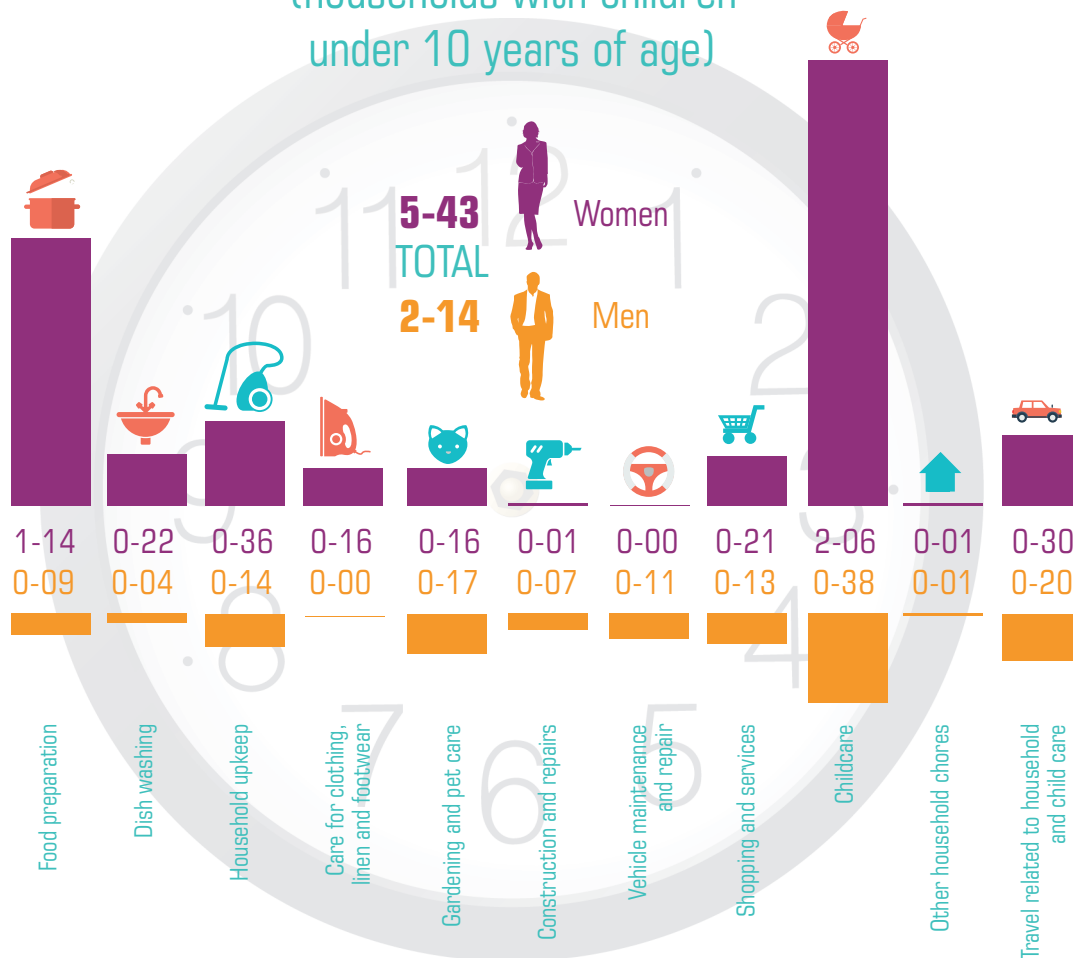


Compared with other age-sex population groups, elderly people spend more time on gardening and tending domestic animals: out of total time spent on household chores, women spend on these activities fifth part (19%) and men third part (31%).



# TIME SPENT ON HOUSEHOLD AND CHILD CARE

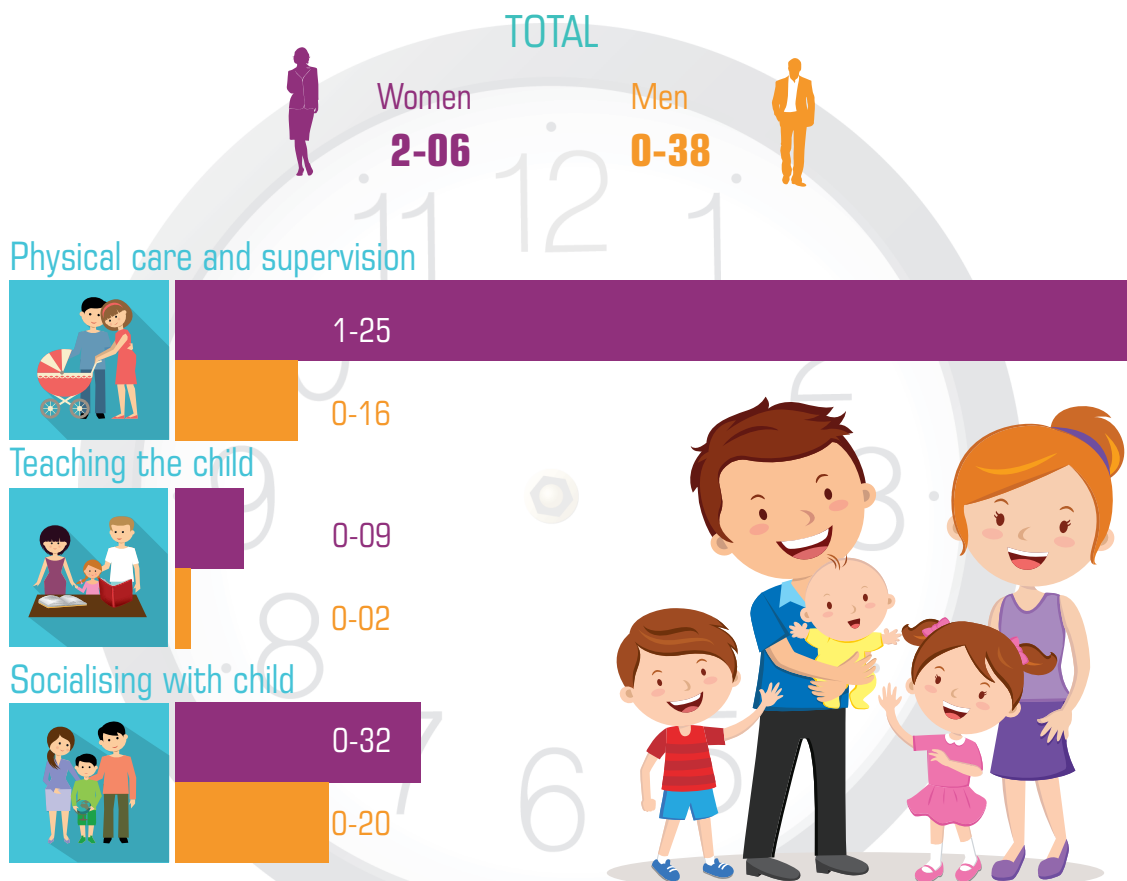
(households with children  
under 10 years of age)



In households with children under 10 years old time spent on household and child care is **4 hours 16 minutes**, of which **1 hour 29 minutes** is dedicated to child care.

# CHILDCARE

(households with children under 10 years of age)



In households with children under 10 years old women spend daily more time on childcare than men, that is **almost 9%** and **less than 3%** of their time respectively.

Overall, **78%** of women and **59%** of men care for children under 10 years old; **61%** of women and **45%** of men engage in teaching and education of children.

# FREE TIME

(population 10 years old and over)

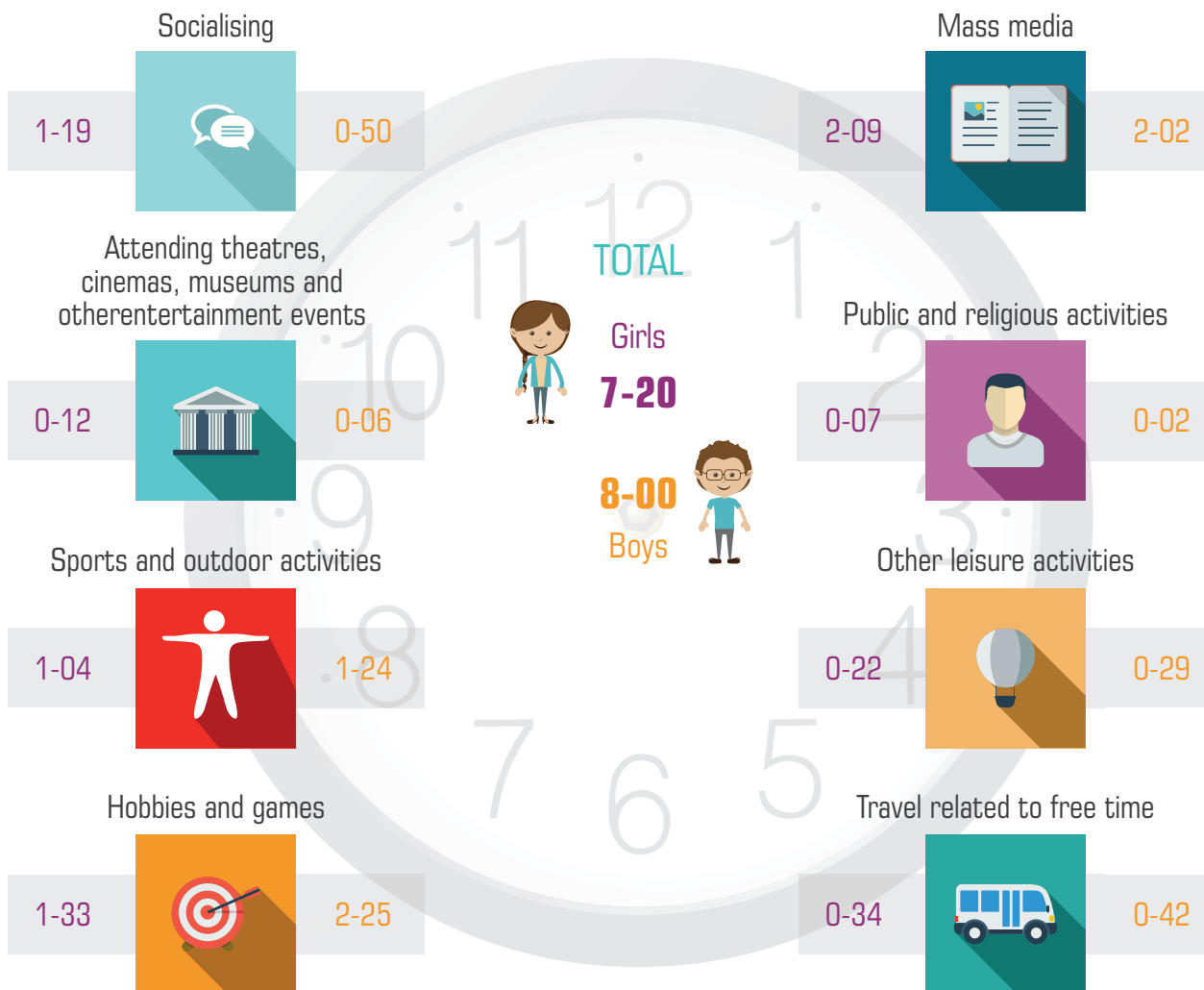


Free time designed for cultural, intellectual and physical development and leisure is the second largest activity in daily time use.

On average, women have daily **51 minutes of free time less** than men, with **37 minutes less** on weekdays and **1 hour 24 minutes less** on weekend days.

## FREE TIME

(population 10 to 15 years old)

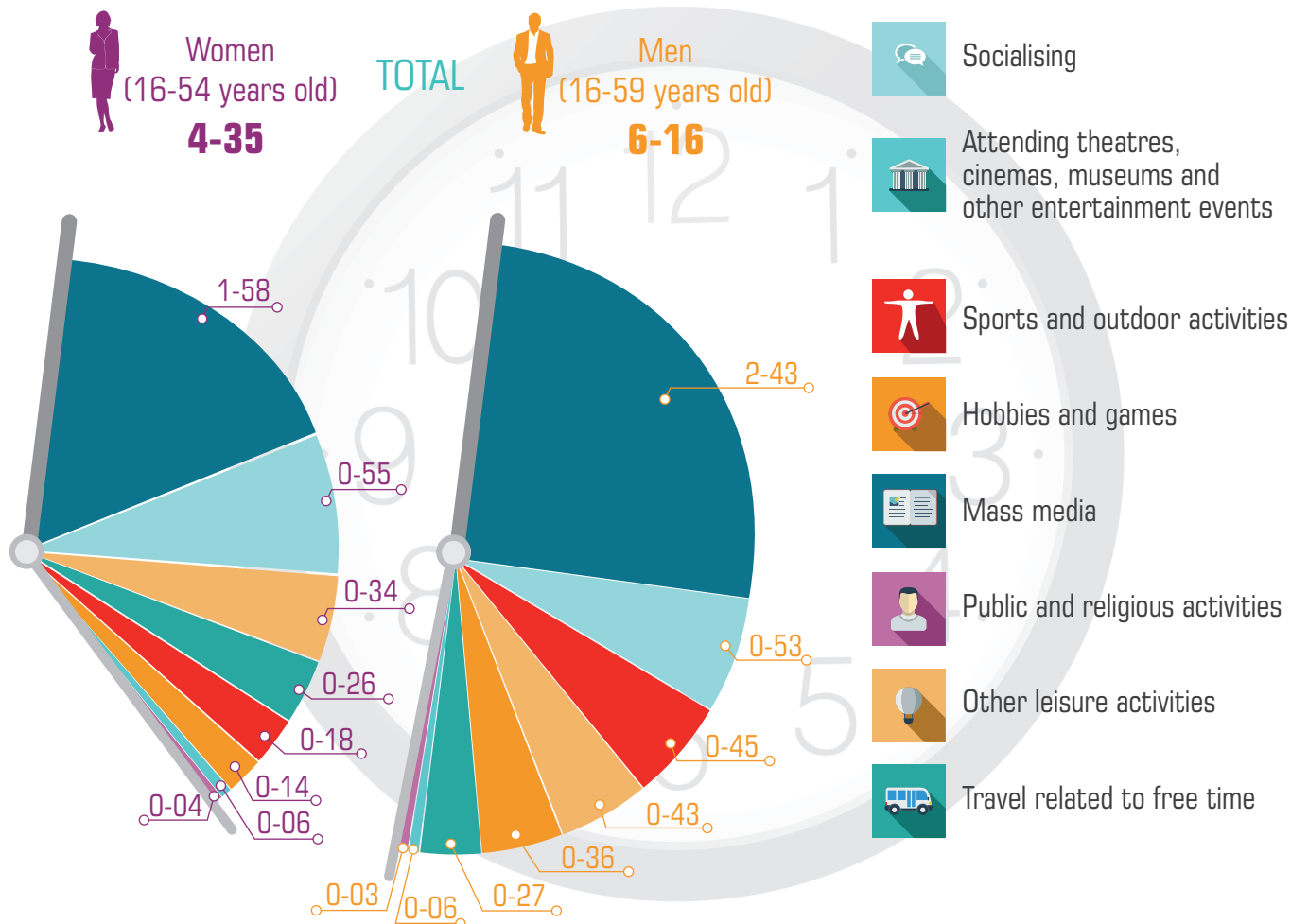


On weekend days teenagers spend on average **1 hour 5 minutes** on various types of communication, of which **28 minutes** on communication using computer, and only **7 minutes** on socialising with family.

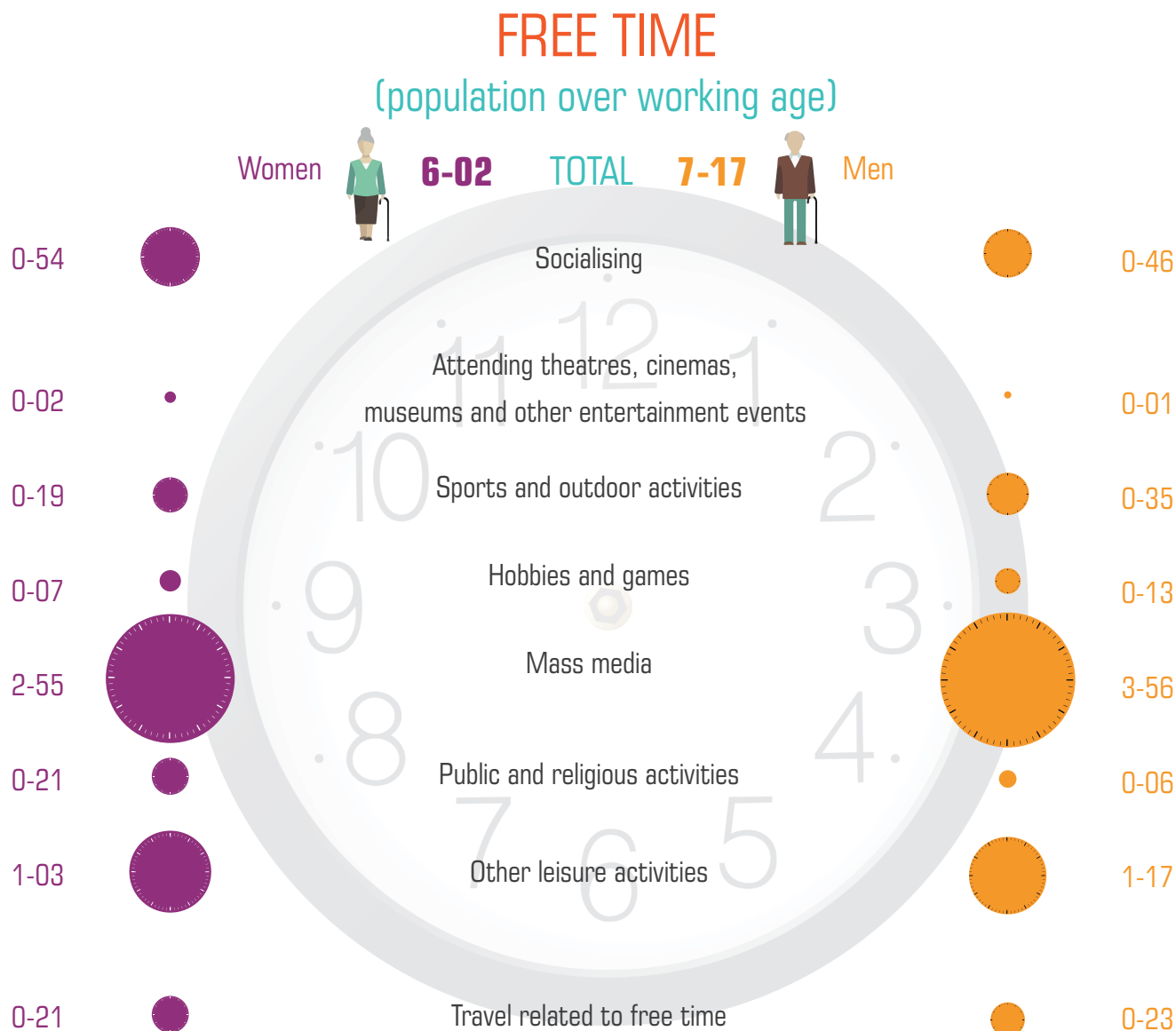
Teenagers allocate **2 hours** for hobbies and games on weekend days, of which more than a half of the time (**57%**) is spent on computer games.

# FREE TIME

(employed population)



On weekend days employed men of working age more often engage in sports and outdoor activities than working women (27% of men against 19% of women) as well as use their free time for hobbies and games (31% of men against 17% of women).



Almost half of the free time of the elderly people (48% of free time of women and 54% of that of men) is spent on mass media (watching television, reading, etc.), and sixth part on other leisure (smoking, reflecting, waiting, doing nothing).

# MASS MEDIA

## Population 10 to 15 years old



total

0-14

0-02

1-16

Girls

0-17

0-03

1-15

Boys

0-11

0-02

1-17



## Employed population of working age



total

0-05

0-05

1-34

Women

0-06

0-04

1-17

Men

0-04

0-06

1-51



## Population over working age



total

0-11

0-15

2-37

Women

0-12

0-13

2-23

Men

0-11

0-22

3-19



Reading fiction

Reading periodicals and other literature

Watching TV or video

FREE TIME



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