

Transcript: ORIGINAL + ENGLISH 84 minutes version

Timecode	on-screen text (captions, subtitles + filmed text)	original version audio + translation
01:00:01:05	<p>CAPTION</p> <p>A production by Polar Star Films Yuzu Productions</p> <p>IN CO-PRODUCTION WITH ARTE (LOGO) IN CO-PRODUCTION WITH TVE (LOGO) IN CO-PRODUCTION WITH TV3 (LOGO)</p>	
01:00:19:01		<p>V/O</p> <p>We start out our lives carefree and without worries about time, as we enjoy those things that really matter to us: family, hobbies, travel...</p>
01:00:29:24	<p>27.000 Days 650.00 Hours</p>	<p>V/O</p> <p>We have our whole lives ahead of us: 27,000 days on average... or if you prefer, 650,000 hours...</p>
01:00:33.0	<p>CAPTION 27,000 DAYS</p>	
01:00:38.04	<p>CAPTION 650,000 HOURS</p>	
01:00:40.00		<p>V/O</p> <p>We feel like we have all the time in the world!</p>
01:00:46.00		<p>V/O</p> <p>But actually, that's not true. Soon, time starts slipping through our fingers. Everything we do is timed with precision and done in a hurry.</p>

01:00:58.00		V/O Why does this happen?
01:01:01.08		V/O Under Capitalism, time has become a resource with a huge economic value. And those profiting from it want as much of our time as possible. They even steal it from us!
01:01:18.04		V/O So who or what are those time thieves? And how can we fight them?
01:01:28.03	CAPTION Time Thieves a film by Cosima Dannoritzer	
01:01:33.23	CAPTION Amsterdam, Holland	V/O First of all, we have to learn how to recognise the time thieves.
01:01:36.8		<i>ORIGINAL RADIO SOUND:</i> <i>In de supermarkt kun je zelf afrekenen en op het tankstation kun je gewoon aan de pomp pinnen, maar een restaurant zonder personeel?</i> (ENGT) In the supermarket there are self-service checkouts and petrol stations where you pay at the pump, but a restaurant with no staff?
01:01:44.00		<i>ORIGINAL ARCHIVE SOUND (radio)</i> <i>Topkok Edwin Sanders opent in Amsterdam het eerste restaurant zonder personeel.....</i> (ENGT) Top chef Edwin Sanders opens the first restaurant in Amsterdam with no staff.

01:01:50:20	TEXT Restaurant zonder personeel	
01:01:54.00	TEXT Menu Toiletten	V/O Take the opening of this new restaurant, for example.
01:02:03.00	CAPTION Edwin Sander Founder, Food Creativ TEXT Kom binnen en help jezelf TEXT Koffie Oven TEXT Afwassen	EDWIN SANDER <i>Het verschil tussen Foodsy en andere restaurants, was dat we hier eigenlijk personeel weg hebben gelaten en dat mensen zelf aan de slag konden gaan.</i> (ENGT) The difference between Foodsy and other restaurants was that we omitted the staff and that the customers had to do the work themselves.
01:02:22.02	CAPTION LAURA KAPPER Dutch hotel and catering trade union	LAURA KAPPER <i>Zelfs in het toilet hing als grapje een bord hoe je naar de WC moest gaan, hoe je je drinken moest inschenken, hoe je moest afrekenen, dus mensen werden door middel van borden in het hele restaurant, eh nou ja, eigenlijk de weg gewezen.</i> (ENGT) As a joke, there were even instructions on how to use the toilet. How to pour a drink, how to pay. Customers were shown what to do by means of signs through the entire restaurant.
01:02:39.05	TEXT Groene asperges met gepocheerd ei, aardpeer en hazelnootschuim (recept voor 1 person) – locatie 1 (ENGT) Asparagus with poached egg - recipe for one person	V/O The promise of self-service is that we buy cheaper and faster, and we even think we are having <i>fun</i> doing some of the work... But actually, the time you spend working in the kitchen is time skilfully stolen from you.

01:02:54.04	<p>SUBTITLE We prepared 'Foodsy' by writing up a plan with a menu like this one.</p> <p>TEXT Voorgerecht Hoofdgerecht</p>	<p>EDWIN SANDER <i>We hebben Foodsy zo voorbereid eigenlijk dat we een heel plan uit hebben geschreven. Een menukaart. Zoals deze.</i></p> <p>(ENGT) We prepared Foodsy with full instructions. Like this menu card.</p>
01:03:00.08		<p>EDWIN SANDER <i>Alles was in vier stappen makkelijk te maken.</i></p> <p>(ENGT) Everything could be prepared in four easy steps.</p>
01:03:05.00		<p>EDWIN SANDER <i>Het was gekkenhuis. // Er waren zeventig gasten binnen.</i></p> <p>(ENGT) It was a madhouse // There were seventy guests inside</p>
01:03:10.00		<p>EDWIN SANDER <i>Alles kookte over –</i></p> <p>(ENGT) Everything boiled over</p>
01:03:13.04		<p>EDWIN SANDER <i>Er werd jus tegen de muur aan gespoten omdat mensen dat grappig vonden.</i></p> <p>(ENGT) people splashed gravy on the wall because they thought that was funny.</p>
01:03:18.04		<p>EDWIN SANDER <i>Er werden dingen verbrand.</i></p> <p>(ENGT) Things got burned</p>

01:03:24.03		FEMALE GUEST <i>We need a chef!</i> (ENGT) We need a chef!
01:03:26.00		EDWIN SANDER <i>Eigenlijk kortom alles wat eigenlijk mis kan gaan als je zelf de touwtjes in handen neemt in een restaurant.</i> In short, everything that can go wrong in a restaurant if you run the show yourselves in a restaurant.
01:03:33.07		V/O Foodsy closed after just three days. "Be your own chef" hadn't taken off. In fact, it was a publicity stunt cooked up by the hotel and catering union, with Edwin's complicity.
01:03:46.05		V/O But why?
01:03:49.06		EDWIN SANDER <i>Zodat we exact konden laten zien wat er dan mis zou gaan als je dus geen vakmensen in een restaurant aan het werk zet.</i> (ENGT) We showed exactly what would go wrong if there are no professionals working in a restaurant.
01:04:01.04		V/O 'Foodsy' was set up to denounce the time thieves that are already stealing our time every day, everywhere.
01:04:11.06		V/O It was meant to open our eyes to the fact that we are working even when we think we are not.

01:04:18.07		V/O Restaurants are just one example. When we go on holiday, we search for our own flights and hotels...
01:04:26.05		V/O ... and then we still have work to do.
01:04:29.02		V/O Remember? A few years ago, these things were done by paid staff. Until companies realized that they could 'hire' us instead!
01:04:41.03		MARIE-ANNE DUJARIER <i>Pour accumuler du capital, le mieux c'est quand même de faire travailler des gens, un certain nombre de temps sans leur // payer l'intégralité de ce temps-là.</i> (ENGT) The best way to make money is having people work without paying them.
01:04:51.01	CAPTION Marie-Anne Dujarier Sociologist La Sorbonne, Paris	MARIE-ANNE DUJARIER <i>Donc ils partent de cette hypothèse que le consommateur est une main d'oeuvre innombrable, motivée et gratuite pour voir, pour étudier ensuite la manière dont on peut le mettre au travail. C'est à dire comment on peut le recruter, comment on peut le former, comment on peut l'encadrer, comment on peut améliorer sa productivité, etc, etc.</i> (ENGT) The consumer is seen as a workforce that is plentiful, motivated and free of charge, a resource ready to be put to work. how to recruit and train us, and how to improve our productivity.

01:05:18.00		<p>MARIE-ANNE DUJARIER</p> <p><i>Le temps est un enjeu majeur dans le capitalisme d'où la multiplication de sa mesure, de son contrôle, de son chronométrage.</i></p> <p>(ENGT) Time, and its control and measurement, is a major feature of capitalism.</p>
01:05:25.09	<p>CAPTION</p> <p>Magali Combal</p> <p>Time management coach</p>	<p>MAGALI COMBAL</p> <p><i>Notre civilisation aujourd'hui, elle est sous la domination de Chronos, le dieu du temps, des horloges justement. Chronos le dieu grec, qui en fait nous rappelle que la vie est courte, que la vie est un compte à rebours, qui va se terminer par la mort. Mais il n'y avait pas que lui!</i></p> <p>(ENGT) Today's society is under the rule of Chronos, the god of clock time. The god who reminds us life is short, a countdown that ends with death.</p> <p>However, he wasn't the only god!</p>
01:05:45.00		<p>V/O</p> <p>Chronos wasn't always in charge. For centuries, the sun and the stars, the weather and the seasons were our time-keepers - imprecise and subjective. Until we decided: time is money!</p>
	<p>CAPTION:</p> <p>San Francisco, USA</p>	
01:06:07.03		<p>V/O</p> <p>And this meant quantifying and valuing time in precise units, with the help of Chronos..</p>
01:06:14.06	<p>CAPTION</p> <p>Robert Levine</p> <p>Author of "Geography of Time"</p>	<p>ROBERT LEVINE</p> <p>How is it that we became a culture that began to measure life by clock time? And that becomes a whole // interesting story.</p>

01:06:30.00		V/O Our perception of time underwent a radical change about 150 years ago, at the start of industrialisation - and long-distance travel.
01:06:44.00		ROBERT LEVINE If you were moving on a train you could be existing in several different times.
01:06:50.00		ROBERT LEVINE So // you just boarded the train in Oakland, California and you are getting ready to go to take that train across the country // and you board that train at three o'clock in the afternoon and your first stop is going to be in Sacramento where you get there in // real physical time 45 minutes later // but // you look at the clock in the station and it says 2:45.
01:07:16.05		V/O Standard time didn't yet exist, so each stop was in its own 'time zone', so to speak.
01:07:22.08		V/O Timetables would tell travellers how many minutes to add and subtract at each station.
01:07:29.05		V/O Crossing the US, for instance, meant re-setting one's watch up to 220 times.
01:07:40.00		V/O And this had consequences...
01:07:43.09		V/O In August 1853, a train left Providence and headed North.
01:07:52.00		V/O Approaching from the opposite direction was a train heading South.
01:07:58.06		ROBERT LEVINE The time the conductor was operating on in one train was not the same as the other train // it was actually dangerous.

01:08:10.03		V/O Soon after, both trains entered a section of single track.
01:08:28.04		V/O 14 people died, because of just a few minutes' difference between the two conductors.
01:08:35.07		V/O This was just one of 12 accidents that occurred in the US that year.
01:08:43.00		ROBERT LEVINE <i>These train crashes // articulated the // absolute urgency of people being able to speak the same time language, to at least understand - at least to be able to be clear about what time another person was living on.</i>
01:09:05.00		V/O Soon after, US train companies adopted standard time zones, just as many other countries had already done.
01:09:14.05		V/O The good news: the number of accidents dropped. The bad news: now we became slaves of the clock.
01:09:22:18	TEXT Ready to be chained	
01:09:26.04		V/O The new railroad time became the norm for everyone - and selling watches a lucrative new business.
01:09:40.03		V/O A new word appeared in the dictionary: punctuality.

		<p>ROBERT LEVINE</p> <p><i>The kind of person // that we respect is the sort of person who keeps track of time, who lives by clock time. And the person who doesn't is somebody who is not only a bad person but somebody who is doomed to failure and sometimes tragedy.</i></p>
01:10:02.09		<p>ORIGINAL ARCHIVE SOUND:</p> <p><i>This is a clock.</i></p> <p><i>It is one. One, two, three, four...</i></p>

01:10:21.08		<p>V/O</p> <p>Ever since then, it's been compulsory to learn to read the clock and live by precise time - and this doesn't come naturally to us.</p>
01:10:31.00		<p>ÀNGELA DIUMÉ</p> <p><i>Podeu aixecar les mans, si us plau, algú que vulgui dir què és per ell el temps. Sí?</i></p> <p>(ENGT) Hands up who wants to tell me what time means to you.</p>
01:10:37.01		<p>LITTLE GIRL</p> <p><i>Les estacions de l'any.</i></p> <p>(ENGT) The seasons.</p>
01:10:39.01		<p>LITTLE BOY</p> <p><i>El passat i el futur.</i></p> <p>(ENGT) The past and the future.</p>
01:10:41.00		<p><i>Molt bé. // Què és per tu el temps?</i></p> <p>(ENGT) Very good.</p> <p>What does time mean to you?</p>
01:10:43.03		<p><i>Els minuts dels rellotges.</i></p> <p>(ENGT) Minutes on the clock.</p>

01:10:47.09		<p><i>Molt bé, tot el que dius. Tenim moltes idees. I ara voliem saber si havia alguna idea més.</i></p> <p>(ENGT) Very good, we have lots of ideas. Anything else?</p>
01:10:54.07		<p><i>Algunes hores semblen més llargues que les altres.</i></p> <p>(ENGT) Some hours seem to last longer than others.</p>
01:10:59.04		<p>PILAR (teacher) <i>Per què serà això?</i></p> <p>(ENGT) Why would that be?</p>
01:11:01.00		<p>MIROSA (pupil) <i>No ho sé.</i></p> <p>(ENGT) I don't know.</p>
01:11:02.00		<p>PILAR (teacher) <i>Quan t'ho estàs passant bé, no ho sé. O ho estàs passant malament.</i></p> <p>(ENGT) Depending on if you are having fun or a bad time...</p>
01:11:08.04		<p>MAGALI COMBAL <i>Elle est très intéressante parce-que // elle est en train de comprendre que le temps est subjectif aussi.</i> // <i>Donc c'est une petite fille qui a déjà cette sagesse là de ressentir ce qu'elle vit par rapport à ce qu'on lui enseigne.</i></p> <p>(ENGT) She is very interesting because she understands that time is subjective. This little girl has the wisdom to compare what she feels to what she is being taught.</p>
01:11:28.02		<p>V/O But education does everything possible to suppress our subjective perception of time.</p>

01:11:39.05		<p>MAGALI COMBAL</p> <p><i>Si dans une école enfin ou dans une éducation, on n'enseignait pas à l'enfant à lire l'heure et avoir conscience du temps chronologique, je pense que dans son jeune âge, ce n'est pas un problème. Mais à un moment donné, il sera handicapé.</i></p> <p>(ENGT) If a child is not taught to tell the time and measure time chronologically,</p> <p>I don't think it affects them at a young age, but later this becomes a handicap.</p>
01:11:56.05		<p>ÀNGELA DIUMÉ</p> <p><i>Les 9:50. Les 9:50.</i></p> <p>(ENGT) 9:50, It's 9:50.</p>
01:12:03.00		<p>PILAR CANO</p> <p><i>Necessitem els rellotges? Segur que necessitem els rellotges o no?</i></p> <p>(ENGT) Do we need clocks? Are you sure that we need them?</p>
01:12:07.00		<p>KIDS</p> <p><i>Si!</i></p> <p>(ENGT) Yes!</p>
01:12:08.00		<p>PILAR CANO</p> <p><i>Si, els necessitem? Ah! Tots esteu d'acord en que necessitem els rellotges?</i></p> <p>Do we all agree that we need clocks?</p>
01:12:13.00		<p>KIDS</p> <p><i>¡Si!</i></p> <p>(ENGT) Yes!</p>
01:12:13.01		<p>PILAR CANO</p> <p><i>¡Anda!</i></p> <p>(ENGT) Really!</p>

01:12:14.06	SUBTITLE	<p>PILAR CANO</p> <p><i>No em diguis que necessitem els rellotges. I si no tinguessim rellotges, què passaria?</i></p> <p>(ENGT) So we need clocks. And what would happen without them?</p>
01:12:26.00		<p>V/O</p> <p>But conditioning us to live by clock time is just the first step. A globalised world needs all our clocks to be in synch. How was that made to happen?</p>

01:12:43.3	<p>TEXT</p> <p>L'heure de Paris</p>	<p><i>ORIGINAL ARCHIVE:</i></p> <p><i>A l'observatoire de Paris, on demande chaque nuit l'heure exacte aux étoiles.</i></p> <p>(ENGT) Every night at the Paris Observatory, we look to the stars to tell the time.</p>
01:12:51.9		<p>V/O</p> <p>This is where in 1912, the International Time Bureau was founded.</p>
01:12:59.5		<p>V/O</p> <p>Every day, the Bureau transmitted a global time signal by radio, using one of the world's most famous structures.</p>
01:13:08.2	<p>CAPTION</p> <p>JACQUES GAPAILLARD</p> <p>Time Historian</p>	<p>JACQUES GAPAILLARD</p> <p><i>Paris était la capitale mondiale de l'heure.</i></p> <p>(ENGT) Paris was the capital of world time.</p>

01:13:10.9		<p>JACQUES GAPAILLARD <i>Le signal horaire international était envoyé // au moyen d'un système très impressionnant // Il faut imaginer six antennes qui descendaient depuis les 3ème étage de la Tour Eiffel et se déployaient sur toute la longueur du Champ de Mars.</i></p> <p>(ENGT) The system to transmit the international time signal was very impressive. Six antennae stretched from the third tier of the Eiffel Tower all the way across the field.</p>
01:13:34.5		<p>V/O The signal from Paris was received by observatories around the world, where it became the norm.</p>
01:13:43.3		<p>V/O The 'right' time would be communicated to the locals via a so-called 'time ball'. It would send a signal at the same hour every day.</p>
01:14:03.0	<p>CAPTION Madrid Chicago</p>	<p>V/O A century ago, there used to be hundreds of working time balls, all visible and audible from afar.</p>
01:14:17.8	<p>CAPTION Saigon Sydney</p>	<p>V/O: They synchronised an increasingly globalised and connected world.</p>
01:14:31.8		<p>V/O Today, technology has advanced: we are now kept in synch by a global network of 450 atomic clocks.</p>

01:14:41.0		<p>JAVIER GALINDO MENDOZA Official timekeeper of Spain <i>Hemos dejado de mirar hacia los astros y ahora nos dedicamos a mirar hacia dentro, en el laboratorio.</i></p> <p>(ENGT) We no longer consult the stars. Now we use the laboratory and look inwards</p>
01:14:48.8	<p>CAPTION Javier Galindo Mendoza Official timekeeper of Spain, Royal Naval Observatory</p>	<p>JAVIER GALINDO MENDOZA Official timekeeper of Spain <i>Tradicionalmente un reloj de péndulo ha perdido 4 o 5 segundos al día. Con un reloj de cesio estamos hablando de perder un segundo cada 150.000 años.</i></p> <p>(ENGT) A grandfather clock lost four or five seconds a day. A cesium clock loses one second every 150,000 years. A cesium clock loses one second every 150,000 years.</p>
01:15:00.2		<p>V/O Everything we do in life is controlled with utmost precision, and monetised:</p>

01:15:08.5		<p>JAVIER GALINDO <i>El tiempo es oro y...</i> // <i>es oro pues porque resulta fundamental controlar el tiempo cuando vamos a dejar el vehículo en una zona azul o cuando tenemos que... eh... hacer una llamada telefónica... en... con tarifa plana o con tarifa reducida...</i> // <i>Los radares dobles de tráfico // los taxímetros de los taxis, los contadores de agua, de luz...</i> // <i>manejamos el tiempo y manejamos recursos de... recursos asociados al tiempo, y esfuerzo humano asociado al tiempo -</i> // <i>enfin, es un sinfin de aplicaciones interesantes.</i></p> <p>(ENGT) Time is money because it is essential to control time when we park our car, or when we make a phonecall at flatrate or reduced rate. Traffic radars, taximeters, water and electricity meters - we manage time, we manage resources associated with time, and human effort associated with time. There is a wealth of interesting applications.</p>
01:15:54.3		<p>V/O Governments and private businesses are charged a good amount of money for the official time signal - precise time has become a product!</p>
01:16:07.3		<p>MAGALI COMBAL <i>On est complètement obsédés par le temps des horloges, qu'il faut respecter, qu'on peut modéliser, avec lequel on peut travailler. On a le droit de vouloir être efficace.</i></p> <p>(ENGT) We are completely obsessed with clock time. We have to respect it but we can also work with it. We have the right to want to be efficient.</p>

01:16:18.5	SUBTITLE	<p>MAGALI COMBAL</p> <p><i>On vit tous des moments parfois même extrêmes où perdre quelques minutes nous paraît un sacrifice insupportable.</i></p> <p>(ENGT) We all have moments when losing a few minutes seems like an unbearable sacrifice.</p>
01:16:28.1		<p>SPEAKING CLOCK:</p> <p><i>At the third stroke it will be seven, two and forty seconds.</i></p>
01:16:36.3		<p>SPEAKING CLOCK:</p> <p><i>Quatrième top, il sera dix-sept heures, dix-huit minutes.</i></p> <p>(ENGT) On the fourth stroke it will be 17 hours and 18 minutes.</p>
01:16:45.7		<p>V/O</p> <p>Official studies, conducted by Robert Levine and his team, show that in modern cities, we are walking faster and faster to gain precious minutes.</p>
01:16:58.0		<p>ROBERT LEVINE</p> <p><i>It's really interesting to look at the, some of the consequences // of this pace of life. People in places that, where people walk faster and they work faster, and they talk faster... that, they also have a tendency to have higher rates of coronary artery disease. We find that... places with a faster pace of life are less likely to assist a stranger in need, to take the time to assist a stranger in need.</i></p>
01:17:35.0		<p>V/O</p> <p>In the US and Japan, it's even possible to say goodbye to loved ones by using time-saving drive-through funeral services.</p>

01:17:45.3		<p>MAGALI COMBAL</p> <p><i>On ne survalorise pas la contemplation, le silence, le retrait, le temps d'arrêt. On voit bien dans la publicité, c'est des gens qui agissent vite, qui produisent, qui sont puissants, qui contrôle ce qui n'hésitent pas qui ne doute pas donc on retrouve ça dans la gestion du temps parce que je suis quelqu'un de dynamique et efficace.</i></p> <p>(ENGT) We undervalue contemplation, silence, retreat and downtime. Adverts are full of people who are fast, productive, powerful and never hesitate. This idea affects time management: one strives to be dynamic and efficient.</p>
01:18:08.7	SUBTITLE	<p>MAGALI COMBAL</p> <p><i>Vous allez avoir quelques minutes pour réfléchir personnellement à ce qu'on appelle les voleurs de temps.</i></p> <p>//</p> <p><i>Quels sont les voleurs de temps et qu'est ce qu'on peut faire pour déjouer leurs ruses.</i></p> <p>(ENGT) Take a few minute to think about what we call 'time thieves'. What are the time thieves and how can we escape their ruses?</p>
01:18:19.4		<p>V/O</p> <p>The tyranny of the clock has created a new business: time management workshops, where we learn to identify - and fight - 'time thieves'.</p>
01:18:29.1		<p><i>Donc je vous propose 5 minutes -</i></p> <p>//</p> <p><i>pour essayer de répertorier // les grands voleurs de temps dans votre vie.</i></p> <p>(ENGT) Five minutes to list the big time thieves in your life</p>

01:18:36.0	SUBTITLE	<p>MAGALI COMBAL</p> <p><i>Beaucoup de gens arrivent en disant "Moi je veux un système, je veux un modèle, un truc très cerveau gauche. Je veux que vous me fassiez remplir un tableau et en sortant d'ici ce soir je n'ai plus de problèmes avec le temps" mais ce n'est pas vrai. C'est possible à certains moments bien sûr mais le temps contient tout, il contient la vie, il contient tous les phénomènes mentaux cognitifs, les émotions -</i></p> <p>(ENGT) Many people arrive and say: 'I want a logical system, to fill out a chart so that when I get home this evening I no longer have any time problems.' But it doesn't always work like that. Time encompasses everything, it covers life, all our thought processes, our emotions...</p>
01:19:00.8		<p>ALI</p> <p><i>Ça a sonné à mon oreille tout à l'heure quand vous avez indiqué qu'on allait peut-être travailler sur les listes parce-que je fais énormément de listes de ce que je dois faire.</i></p> <p>//</p> <p><i>Mes listes s'accumulent parce qu'évidemment, j'ai jamais le temps... enfin je ne termine jamais tous ce qu'il y a sur une seule liste en même temps.</i></p> <p>(ENGT) After what you said I think we should talk about 'to do' lists. I make one list after the other, and the lists accumulate as I never have time to work through them.</p> <p>MAGALI</p> <p><i>Autre chose dans votre groupe?</i></p> <p>(ENGT) Anything else in your group?</p>

01:19:15.8	SUBTITLE	<p>MELISSA</p> <p><i>On a parlé aussi du besoin de sommeil qui peut être très chronophage. Par exemple, si on a besoin de dormir 8 ou 9 heures ben, on est pénalisés par rapport à des gens qui ont besoin de dormir moins quoi.</i></p> <p>(ENGT) We also talked about sleep, which is very time-consuming. If you need eight or nine hours, you lose out to people who sleep less.</p>
01:19:30.4		<p>MAGALI</p> <p><i>Et pourquoi c'est un voleur de temps?</i></p> <p>(ENGT) Why is that a time thief?</p>
01:19:32.2		<p>MELISSA</p> <p><i>On fait moins de choses.</i></p> <p>(ENGT) You get less done.</p>
01:19:33.0	SUBTITLE	<p>MAGALI</p> <p><i>Moi je vous calme là parce que... là on part dans un...</i></p> <p>(ENGT) Let me stop you right there because this goes too far...</p>
01:19:37.5		<p>MELISSA</p> <p><i>Sinon on profite plus de rien quoi, enfin on est...</i></p> <p>(ENGT) If we don't always take advantage...</p>
01:19:39.2		<p>MAGALI</p> <p><i>On n'est plus dans la vie.</i></p> <p>(ENGT) ... we are not enjoying life.</p>

01:19:42.0	SUBTITLE	<p>BERNADETTE</p> <p><i>Je suis toujours dans le futur et, et en fait je ne vis pas le présent. Quand vous parliez du temps qui passe, comme je suis toujours dans l'achèvement le...le présent je ne le vis pas.</i></p> <p>//</p> <p><i>Moi mon rêve c'est de me reposer. Et me reposer, bon ça me pose un problème car je sais pas ce que c'est.</i></p> <p>(ENGT) I am always thinking about the future instead of the present. I focus on what I want to achieve, so I don't see the present moment. My dream is taking a break to relax but I don't know what that means.</p>
01:19:58.6		<p>MAGALI COMBAL</p> <p><i>On est beaucoup dans la rentabilité. Tout se monétise. C'est un peu le talent du capitalisme de faire d'un peu de tout une monnaie d'échange. Donc le temps et ce que nous produisons dans le temps, a de la valeur. Enfin peut-être monétisé. Et nous nous mesurons nous-mêmes à cette aune là.</i></p> <p>(ENGT) We are in profit mode where everything is monetised. Capitalism manages to turn everything into an exchangeable currency. Thus time, and what we produce over time, is assigned a monetary value. And we measure ourselves by this yardstick.</p>
01:20:23.4		<p>V/O</p> <p>As a result, we count and value every single minute of the day, and put ourselves under pressure to always be efficient and productive.</p>
01:20:33.2		<p>V/O</p> <p>Where does this come from?</p>

01:20:40.1		V/O A century ago, a new time control tool was invented – the punch clock, recording the arrival and departure of workers.
01:20:48.0		ROBERT LEVINE <i>Once we had this technology available // factory owners realized that they could use this not only to keep track of the time but to keep track of how people used their time.</i>
01:20:59.8		ROBERT LEVINE <i>We begin to// think about any time that's not used productively is going to be wasted time.</i>
01:21:07.3		ROBERT LEVINE <i>And this was when we started to see the way that time could be used in power relationships. That the more powerful now began to control the less powerful... the less powerful people's time. Where power, money and time began to converge.</i>
01:21:34.5		V/O Our time was now owned by somebody else, who exploited it in the same way as the machines and raw materials.
01:21:52.4		ROBERT LEVINE <i>I have to use my time in such a way that pleases the people who are controlling me. And this relationship between time, money and power has been one that's had a very profound influence on much of the way we've lived our lives.</i>
	CAPTION: Berlin, Germany	
01:22:20.6		JAN PHILIPP MENN <i>This is a typical example of mass production...</i>

01:22:24.5		V/O Today, time control at work has become a science, taught at engineering schools around the world.
01:22:35.2		JAN PHILIPP MENN <i>Zeit ist // begrenzt vorhanden // und dementsprechend muss man natürlich // mit diesem Rohstoff lernen, umzugehen.</i> (ENGT) Our time is limited and that's why we need to learn to deal with this natural resource.
01:22:41.6		V/O The goal: to reduce human beings to a sequence of timed motions.
01:22:47.3		JAN PHILIPP MENN <i>It's tracking // our hands, I think it now has tracked my hands, and the first thing I am doing is getting this part.</i>
01:22:54.7		V/O Where are seconds being wasted and hence, productivity lost? And with it, potential profits?
01:23:05.0		JAN PHILIPP MENN <i>I think you could do something over here. // Do you have an idea?</i>
01:23:09.5		V/O Tasks are broken down into units as small as a thirtieth of a second.
01:23:14.6	CAPTION Jan Philipp menn Research engineer TU Berlin	JAN PHILIPP MENN <i>Beispielsweise das Hinlangen, das Greifen, das Bringen, das Fügen und später das Loslassen, und für jede dieser Teilbewegungen habe ich einen bestimmten Zeitwert -</i> (ENGT) For instance: reach, grasp, insert, release and for each motion I get a time value.

01:23:22.7		<p>JAN PHILIPP MENN Masterstudiengang Global Production Engineering <i>und // ich habe die Möglichkeit // einfach die Werte für jede Teilbewegung aufzuaddieren</i> <i>// und // ohne dass ein Produkt real existiert // zu sagen, wie lange wird die Gesamtbewegung nachher dauern. Wie lange dauert die Montage für ein Produkt, dass ich jetzt noch gar nicht real vor mir habe?</i></p> <p>(ENGT) So, all I need to do is add up the values for the motions, and this tells me how long the entire sequence of motions will take to make a product that doesn't even exist yet.</p>
01:23:38.5		<p>V/O All over the planet - from Europe to China, India and the US - production lines are optimised this way.</p>
01:23:46.7		<p>V/O Who invented this system?</p>

	<p>CAPTION: Nantucket Island, USA</p>	
01:23:56.4		<p>V/O First, there was Ford and the assembly line. Soon after, in the early 20th century, an eccentric New England family took the next step.</p>
01:24:06.0	<p>CAPTION Jane Lancaster Author of "Making Time: Lillian Moller Gilbreth"</p>	<p>JANE LANCASTER <i>The people who used to live in this house were the Gilbreths, Frank and Lillian Gilbreth and their // dozen // children. //</i> <i>//</i> <i>They bought this house just about at the end of WW1 as a summer place.</i></p>

01:24:21.8		JANE LANCASTER <i>It had two lighthouses: this one, and the other one that's at the other side of the house.</i>
01:24:27.7		JANE LANCASTER <i>They used one of them as a laboratory, and in the other they packed the children in like sardines to sleep in.</i>
01:24:34.5		JANE LANCASTER <i>The children weren't encouraged to waste time in the summer.</i> // <i>Father thought they should always be learning something. So Morse code was one of the things that he taught them. And so he would put the symbols all over the house and</i> // <i>he would leave messages // like the whereabouts of a Hershey bar // or // a voucher to // get an ice cream soda in town.</i> // <i>So the children learnt very quickly what the symbols meant.</i>
01:25:01.4		JANE LANCASTER <i>One summer Frank Gilbreth had this really good idea // to see if he could work out the most efficient way of picking blueberries. So // he divided a set of sections of this moor into squares and set the children to //</i> // <i>see who could pick the most, the fastest.</i>
01:25:19.0		V/O <i>The children were guinea pigs for the family business - and the clock was there for a reason.</i>

01:25:19.0		V/O Frank and Lillian Gilbreth were America's most sought-after time and efficiency consultants. Their experiments would have a lasting impact on factory workers around the world, all the way up to today.
01:25:45.7		JANE LANCASTER <i>The Gilbreths were kind of cutting edge. They were using film very early.</i> // <i>Film was a new and exciting medium.</i>
01:26:02.2		V/O They called the results 'time and motion studies'.
01:26:09.4		JANE LANCASTER <i>They showed the films they made to the workers and got them to say: "Oh look what Fred's doing! Oh, I wouldn't do it that way".</i>
	TEXT "A complicated Method of Packing Soap"	
01:26:21.9		V/O Here's an example of how they improved efficiency: The managers of this soap factory wanted to gain time in their packing department.
01:26:32.8		JANE LANCASTER <i>You've got the Gilbreth clock there, going round and round... So that movement, compared with that clock would... is a really irrefutable, if you like, scientific measurement of how long something is taking.</i>
01:26:32.8		V/O After surveilling the worker, they designed an improved sequence of motions that would exploit her time to the maximum.

	TEXT "Gilbreth Method of Packing Soap"	
01:27:05.2		V/O The solution goes far beyond simply applying time pressure. By making the workstation more ergonomic, the worker's output has nearly doubled.
01:27:18.2		JANE LANCASTER <i>They wanted them to work faster, yes, that's the whole point of this. But they are saying that we can help them to work faster which will benefit us, the employers, by making them less tired.</i>
01:27:34.5	TEXT Conquer by the clock	<i>ORIGINAL ARCHIVE SOUND</i> <i>Time, the most vital natural resource of a country at war.</i>
01:27:40.5	TEXT WAR	V/O The Gilbreths' method soon conquered the world.
01:27:46.9		V/O During World War II, it was applied in ammunition plants - plus some serious rationing of breaks.
01:27:53.7		<i>ORIGINAL ARCHIVE SOUND</i> <i>Let's visit Jean.</i> // <i>She gets tired in the afternoon sometimes, likes to take extra time off for a smoke. That's all, only a few minutes.</i>
01:28:03.4		V/O The unscheduled cigarette break leads to dire consequences...
01:28:13.2		V/O ... whereas a responsible use of time equalled victory.

01:28:36.2		JANE LANCASTER <i>Motion study, particularly after the war, was really taking off.</i> // <i>Efficiency became a religion, in many many fields of life.</i>
01:28:36.2		V/O The Gilbreths' technique spread to more and more companies, and helped spawn a whole new industry: fast food.
01:29:00.1		V/O As workers' breaks became more regimented everywhere, the "quick lunch" required even quicker preparation.
01:29:16.4	CAPTION Springdale, Arkansas, USA	V/O In the modern fast food industry, just as in many other industries, the search for efficiency has reached an extreme.
01:29:26.4	CAPTION OLIVER GOTTFRIED Oxfam America	OLIVER GOTTFRIED <i>Americans eat a lot of chicken</i> // <i>and there's so many different kinds of chicken, so many different places that you can have chicken it's very hard as a consumer in the United States not to eat chicken.</i>
01:29:37.4		V/O This billion dollar industry owes its growing profits to the ever-present methods of the Gilbreths.
01:29:46.8		OLIVER GOTTFRIED <i>There are a certain number of chickens that are delivered to poultry plants in the morning and all of those chickens need to be processed in and out of the door by the end of the day. // It's a highly industrialized process that the poultry companies have scripted down to the individual second.</i>

01:30:01.4		V/O And this 'script' doesn't allow for any absence from the production line, whatever the reason.
01:30:11.0	CAPTION Jawad Qasrawi Hazards Magazine	JAWAD QASRAWI <i>A toilet break can take five, 10 minutes. A boss will see this as five or 10 minutes of productivity lost.</i>
01:30:24.3	CAPTION Maria Poultry line worker	MARIA <i>Son 8 o 9 baños en muy malas condiciones y la líder le está contando el tiempo desde que sale de la línea de producción hasta que llega al baño. Y hay veces que es tanta la injusticia, que hay veces que la líder o el mismo supervisor van a buscar a una al baño.</i> (ENGT) The bathrooms are in a really bad state and the team leader checks the time it takes you to get from the production line to the bathroom and sometimes the supervisor himself will come to the bathroom to get you.
01:30:40.7	CAPTION Hilda Poultry line worker	HILDA <i>En lo que uno se quitaba la manga, los guantes, la bata, el mandil, ahí ya se iba.</i> // <i>A veces, le gritaban a uno cuando todavía estaba sentada en la taza del baño y ya le estaban a uno puchando que se fuera uno a su área.</i> (ENGT) By the time you'd taken off tube, gloves, overall and controls, your time was up. They would yell at you while you were still perched on the toilet seat.

01:30:54.0		<p>HILDA <i>Un día sí le dije al líder</i> // <i>“Que pasaría que si tu mamá viniera aquí a trabajar” le digo “Y le hicieran lo mismo y fuera a tu casa y te contara. No te iba a parecer, ¿verdad?”</i></p> <p>(ENGT) One day I said to the supervisor: How would you feel if your Mum worked here and this happened to her?</p>
01:31:06.0	<p>TEXT No relief Denial of bathroom breaks in the poultry industry</p>	<p>V/O The workers in this plant are not alone. According to an Oxfam investigation, a quarter of a million US workers are affected.</p>
01:31:15.6	<p>CAPTION OLIVER GOTTFRIED Oxfam America</p>	<p>OLIVER GOTTFRIED Oxfam America <i>I was very shocked.</i> // <i>You just assume that these kind of conditions only exist in, in developing countries, in Third World countries.</i></p>
01:31:22.24	<p>TEXT Give us a break!</p>	
01:31:25.0		<p>JAWAD QASRAWI Hazards Magazine / Toilet Break News <i>This is Toilet Break News. It's where we've published all our stories about workers being denied the right to use the toilet at work.</i></p>
		<p>JAWAD QASRAWI Hazards Magazine / Toilet Break News <i>We found it a problem in Spain // Germany // Sweden ...</i> // <i>the UK, Scotland, Wales, Ireland, you name it.</i></p>
01:31:44.3		<p>V/O In many workplaces, high-tec surveillance is used to control bathroom time. Nature calls... but at a price.</p>

01:31:53.5	<p>CAPTION JAWAD QASRAWI Hazards Magazine</p>	<p>JAWAD QASRAWI Hazards Magazine / Toilet Break News <i>They will use chip cards</i> // <i>where a worker might have to swipe out to go to the toilet and then swipe back in, that time being taken of their overall pay. We've heard tales of this costing up to 50 pounds.</i></p>
01:32:10.4		<p>JAWAD QASRAWI Hazards Magazine / Toilet Break News <i>GPS trackers are used on workers such as pickers in warehouses // to track their route to the toilet, how often they use the toilet and how long it's taken them to go. // So, if their route is not the fastest route they will be questioned about this.</i></p>
01:32:30.2		<p>MARIA <i>Muchas personas estamos enfermas del estómago porque no vamos al baño.</i> (ENGT) Many of us have stomach problems because we don't go to the toilet.</p>
01:32:37.0		<p>MARIA <i>Es indigno cuando una mujer dice "Oh, es que tuve que comprar mis pañales y guardarlos en mi locker. Porque solo eran 7 minutos para ir al baño y había más línea, más gente en la línea, no hice del baño y me regresé a mi lugar de producción." Y después vienen los problemas. Viene la humillación de como ser humano, de como dice uno "No teníamos porque haber llegado hasta ahí".</i> (ENGT) It's degrading if a woman has to say: 'I kept nappies in my locker because there were only seven minutes to use the bathroom, and as there was a queue, I went back to work.' Then the problems start, the humiliation as a human being. It should not have come to this.</p>

01:33:19.5		<p>ROBERT LEVINE</p> <p><i>What we've done is taking the most ambiguous subjective amorphous idea that one can think of: time. And we've translated it into the most objective, most tangible entity that I know, and that's money.</i></p>
01:33:44.8		<p>V/O</p> <p>The capitalist hunger for efficiency and profit has contaminated our perception of time - and not only at work but also in our personal lives.</p>

01:34:04.0		<p>MAGALI COMBAL</p> <p><i>Alors, qu'est-ce que vous avez identifié comme voleur de temps dans votre group?</i></p> <p>(ENGT) So, which time thieves did you identify?</p>
01:34:11.5		<p>MAGALI COMBAL</p> <p><i>Encore cinq minutes.</i></p> <p>(ENGT) Five minutes to go!</p>
01:34:14.9		<p>MAGALI COMBAL</p> <p><i>Ne copiez pas sur le voisin non plus.</i></p> <p>(ENGT) And no copying from your neighbour!</p>
01:34:19.0		<p>MAGALI COMBAL</p> <p><i>Alors, comment lutter contre nos voleurs de temps?</i></p> <p>(ENGT) So how do we fight the time thieves?</p>

01:34:21.5	SUBTITLE	<p>MAGALI COMBAL</p> <p><i>Donc, se proposer d'observer les voleurs de temps, d'en choisir un, de négocier avec lui on va dire, et puis une fois que le problème est apaisé, peut être passer à un autre et à un autre.</i></p> <p>(ENGT) I propose we observe them, and choose one. We negotiate with it, and once that problem is solved, we move on to the next one.</p>
01:34:36.0		<p>MAGALI COMBAL</p> <p><i>On va commencer.</i></p> <p>(ENGT) Lets start.</p>
01:34:37.0		<p>BERNADETTE</p> <p><i>Moi je perds du temps à aller faire les magasins, des choses comme ça. // je voulais aller acheter un petit truc un quart d'heure et puis j'y reste 2 heures // et ça m'a volé mon temps.</i></p> <p>(ENGT) I waste time in shops. I run out quickly for 15 minutes, and end up wasting two hours.</p>
01:34:46.0		<p>MELISSA</p> <p><i>Regarder des séries, ça peut être très addictif.</i></p> <p>(ENGT) Watching a series. That's very addictive.</p>
01:34:49.3		<p>MAGALI COMBAL</p> <p><i>Les voleurs de temps sont aussi dans notre tête.</i></p> <p>(ENGT) Time thieves are also in our heads.</p>
01:34:52.2		<p>MAGALI COMBAL</p> <p><i>Les voleurs de temps peuvent être, peuvent venir de nous-mêmes. C'est-à-dire que nous pouvons être notre propre voleur de temps. Je pense que ça nous arrive à tous.</i></p> <p>(ENGT) Time thieves can come from ourselves; we can be our own time thief. I think this happens to us all.</p>

01:35:00.6		<p>ANNA</p> <p><i>Pas oser dire non ou bien même, proposer des fois qui nous... « Tu veux que je fasse ça ? Pourquoi je propose ça ? » Mais qu'est ce qui m'arrive ? Pourquoi j'ai proposé de faire ça ?</i></p> <p>(ENGT) Not being able to say 'no'. Why did I say: 'Would you like me to do that?' What made me propose that?</p>
01:35:12.6		<p>TANYA</p> <p><i>Une raison pour mettre les choses plus loin, le lendemain.</i></p> <p>(ENGT) Putting things off to the next day.</p>
01:35:16.9		<p>TANYA</p> <p><i>J'attends toujours le dernier moment, je dis toujours « j'ai le temps de boire un café, fumer une cigarette avant de partir.</i></p> <p>(ENGT) I always wait until the last moment, thinking I've got time for a coffee and a cigarette before leaving.</p>
01:35:21.9		<p>MAGALI COMBAL:</p> <p><i>Procrastination, ça vous va?</i></p> <p>(ENGT) Procrastination</p>
		<p>TANYA</p> <p><i>Oui, complètement</i></p> <p>(ENGT) Yes, absolutely.</p>

01:35:27.0	<p>CAPTION MAGALI COMBAL Time management coach</p>	<p>MAGALI COMBAL <i>Gran sujet. //</i> <i>Les gens l'amènent comme un problème à eux, et avec beaucoup de culpabilité. Donc procrastiner, ça vient du latin procrastinare, ça veut dire ajourner, pousser quelque chose vers le lendemain. Donc, j'ajourne une tâche, un projet. Et en latin, c'était un... En fait, c'est une expression qui exprime la sagesse, c'est-à-dire que j'ajourne, j'attends, par sagesse. C'était positif. Et on ne sait pas comment, dans notre culture, procrastiner est devenu quelque chose de négatif.</i></p> <p>(ENGT) It's a big issue. It's seen as a personal problem, and carries a lot of guilt. 'Procrastinate' comes from Latin 'procrastinare'. It means postponing something to the next day. In fact, it's a phrase that expresses wisdom. I have the wisdom to wait and see. It was a positive affirmation. Nobody knows why procrastinate has become something negative.</p>
01:36:14.2		<p>V/O We have started feeling guilty even about things we used to feel entitled to after work in our leisure time.</p>

01:36:23.6		<p>MAGALI COMBAL <i>Qu'est-ce que c'est perdre du temps?</i> // <i>La poésie, la musique, l'art en général, l'amour, l'engagement, la contemplation, la cuisine, je ne sais pas, tout ça, ça ne sert à rien. Et ça, c'est très précieux pour nous, ça n'a pas forcément de valeur productive.</i> // <i>Et on a vraiment besoin de donner du temps à cette partie-là de nous-mêmes.</i></p> <p>(ENGT) What is wasting time? Poetry, music, art, love, engagement, contemplation, cooking, all that is not useful. But it is precious to us, even though it doesn't have a productive value; and we really need to allow time for this part of ourselves.</p>
	CAPTION Tokyo, Japan	
01:37:02.0		<p>V/O But how to spend time on what really matters if many of us not only feel guilty during our time off, but guilty about any time <u>not</u> spent at work?</p>
01:37:13.2		<p>V/O Let's have a look at 1980s Japan where the imbalance between work and leisure reached an extreme.</p>

01:37:25.9	<p>CAPTION HEIHACHI AOYAMA Former supervisor National Labour Standards Federation</p>	<p>HEIHACHI AOYAMA <i>Kono posutaaha, toujiroudoushouga natsuni renzokukyuukawo torimashouto, hottowiikutoiunamaewotsuketedesune, natsuno atsusanohottoto kimochigayawaraguhotto toiu hottowiikutoiu namaewotsukete natsuno renzokukyuukano kyanpeenwosurutameni tsukuttamonodesu.</i></p> <p>(ENGT) With this poster, the Ministry of Labour promoted a new long summer break, called 'Hot Week'. 'Hot' hints at the heat of summer, and 'hotto' means 'relief' in Japanese.</p> <p>(CAST) Este cartel se hizo por el Departamento de Trabajo para hacer una campaña de vacaciones largas en verano, nombrando “Hot week (semana caliente)”, que viene de “hot” del calor de verano y “hotto” que significa en japonés como sentir un alivio.</p>
01:37:48.3		<p>V/O In fact, in the 80s, Japan's strong work ethic caused a major economic crisis.</p>
01:37:55.5		<p>ROBERT LEVINE <i>It was at a time when Japan, which has a fairly generous vacation time schedule // people weren't taking their vacation time. Which, if you were in the United States, of course, you would think “Holy, this is great. My employees... I just love them. I am not paying them and they're still working”. But what happened is that economists in Japan found that it was hurting the economy because people weren't spending money They weren't taking the time to spend money.</i></p>
01:38:24.0		<p>V/O The government decided to take action - to make the Japanese spend more time consuming.</p>

01:38:33.0		V/O A senior official in the Labour Ministry became the poster child for the campaign.
01:38:40.7	SUBTITLE	HEIHACHI AOYAMA <i>Toujitoshiteha kanari kakkiteki, zanshinna posutaa dehanakattakato omoimasu.</i> (ENGT) It was a revolutionary and innovative poster for that time. (CAST) Creo que era muy revolucionario e innovador póster en ese momento.
01:38:56.0	SUBTITLE “El tiempo libre es bueno para ti.”	V/O The message was simple and everywhere: take some time off to save the economy!
01:39:12.7		ROBERT LEVINE <i>A good worker is a worker that goes out // and shops.</i>
01:39:16.8		ROBERT LEVINE <i>There were advertising slogans: “A good employee is an employee who takes their vacation time”.</i>
01:39:27.0		HEIHACHI AOYAMA <i>Renkyuuga ookikuknareba kaigaini ryokoushite, aruiha kazokude sugoshite shouhiwo kankisurutoiunomo touzen, kansetsutekina koukatoshiteha kitaishiteitanodarouto omotteimasu.</i> (ENGT) If a longer break enabled people to travel abroad or spend time with the family, consumer spending would be one of the effects.
01:39:42.0		V/O But only very few Japanese felt able to truly enjoy those holidays.

01:39:49.6		<p>ROBERT LEVINE</p> <p><i>What they produced was a great culture clash. Because here you have people who are feeling inside their guts as a good Japanese "I shouldn't stop working. I need to keep on going. I know this is loyal to my company. And now somebody is telling me that this... that if you really want to be loyal to your company, you have to stop working." And it was a very difficult thing, it was very difficult for people to embrace.</i></p>
01:40:22.8		<p>V/O</p> <p>The campaign was a failure. In fact, the opposite happened.</p>
01:40:27.5		<p>V/O</p> <p>People spent even more time working.</p>
01:40:34.0	SUBTITLE	<p>HIROSHI KAWAHITO</p> <p><i>Nagaijikan hatarakeba kigyouha yokunaru, keizaimo yokunaru, iwaba souiu shinkou desune. Gouritekina shikoudehanaku omoikomini shihaisareteirutoiu kotodato omoimasu.</i></p> <p>(ENGT) It's good for business and it's good for the economy if people work long hours. That's the dogma. In my opinion, this is the result of blind faith rather than rational thought.</p>
01:41:05.0		<p>V/O</p> <p>In today's Japan, people work so much overtime that even employers have realized that this is a problem.</p>
01:41:18.6	<p>CAPTION</p> <p>Junichi Kimura CEO, Iken Engineering</p>	<p>KIMURA</p> <p><i>Asa, choureiga arundesukeredomo, sonochoureini detekonai, souiu ningenga ookuimashita. Detekitekara honninto hanashitemiruto zutsuuga suru -</i></p> <p>(ENGT) One morning, a lot of people didn't turn up for the meeting. When they arrived, I went to talk to them. They looked ill and complained of headaches</p>

01:41:36.0		<p>KIMURA <i>Taimukaadowo mitara hontouni sin-ya, souchoumade kaishani iruto. Toiuyounamonowomite watashiha hijouni gakuzento shimashtia.</i></p> <p>(ENGT) I looked at their time cards and discovered that they were in the office until midnight or early morning. I was very surprised and decided that something had to be done.</p>
01:41:57.4		<p>V/O To force his staff to work less, Kimura shut down the office at 9pm: No lights, no WIFI, no connected computers.</p>
01:42:08.0	<p>CAPTION Masahito Sawaguchi Employee, Iken Engineering</p>	<p>MASAHITO SAWAGUCHI <i>Charenji shitandesu. Yoru kujini denkiga kietemo shigotoha owatteinaiwakedesuyo</i></p> <p>(ENGT) We tried but when the lights went off at 9pm, the work wasn't done. I used my own personal WIFI router to send out emails.</p>
01:42:21.0		<p>MASAHITO SAWAGUCHI <i>Jibuntachide handiraito wo motte shigotowo shiteirutoiu kotoga arimashita.</i></p> <p>(ENGT) We brought in torches and continued working.</p>
01:42:27.3		<p>MASAHITO SAWAGUCHI <i>Meeruwo okurenainode jibunno wifi no ruutaawodesuyone souittamonode okuttatoiukotoha arimasu.</i></p> <p>(ENGT) I used my own personal WIFI router to send out emails.</p>
01:42:39.5	<p>CAPTION Hiroaki Taguchi Employee, Iken Engineering</p>	<p>HIROAKI TAGUCHI <i>Zangyou shiteitatokide, ichiban osoitokide sanji, yoji tte attakamo shirenai desune.</i></p> <p>(ENGT) Sometimes we would do overtime until three or four in the morning.</p>
01:42:51.7		<p>V/O And this kind of overtime can only lead to one thing:</p>

01:42:58.3	<p>SUBTITLE</p> <p>Burn-out is a problem of over-adaption; work becomes the most important thing in life, and all personal resources are put towards it.</p> <p>A strong indicator is how much time is spent working or worrying about work.</p>	<p>MAGALI COMBAL</p> <p><i>Le burn-out, en fait c'est un trouble de l'adaptation donc la personne se sur adapte, le travail prend une importance capitale dans sa vie, toutes ses ressources vont aller au travail et parmi elles, le temps donc on va le voir comme un indice fort, très fort, le temps de travail ou le temps de préoccupation pour le travail que la personne donne donc à sa vie professionnelle.</i></p> <p>(ENGT) Burn-out is a problem of over-adaption; work becomes the most important thing in life, and all personal resources are put towards it.-A strong indicator is how much time is spent working or worrying about work.</p>
01:43:26.4	<p>CAPTION</p> <p>Kyoto, Japan</p>	<p>V/O</p> <p>Burn-out is on the increase all over the world. With time, one can recover, but what if you never get that time?</p>
01:43:36.4		<p>EMIKO TERANISHI</p> <p><i>Ottohā kōhii ga sukideshite, maiasa kanarazu nondeimashita.</i></p> <p>(ENGT) My husband liked his cup of coffee every morning.</p>
01:43:47.2	<p>CAPTION</p> <p>Emiko Teranishi</p>	<p>EMIKO TERANISHI</p> <p><i>Natsuba ha sanbyakugojū wo watashito hanbunzutsu nonde sorede juubunntteiryoudeshite.</i></p> <p>(ENGT) In the summer, we would share a can of beer; it was perfect for two.</p>
01:43:59.3		<p>V/O</p> <p>Their idyllic life and his enjoyment of working as a chef would soon be a thing of the past.</p>
01:44:07.2		<p>V/O</p> <p>When Teranishi was promoted to manager, his work started eating up all his waking hours.</p>

01:44:13.7		V/O He would regularly work 75 hours a week.
01:44:23.7		EMIKO TERANISHI <i>Hontouni kazokuto sugosu jikanga sukunaku, hotondo niyouni nattekitandesune. Koremadeha tsukini ikkaiguraiha isshoni kazokusorotte shokujini ittaritoiu jikanha motteitandesukedomo, soremo dandan dandan muzukasikunarimashite.</i> (ENGT) Very little time remained to spend together as a family. Before, we all had dinner together as a family once a month, but this became increasingly difficult.
01:44:48.3		V/O One year, on St. Valentine's Day, Emiko's husband reached his limit.
01:44:55.3		EMIKO TERANISHI <i>Itsumonara yoru juunijinattara sakinineruyounito kiiteirundesu kedomo, asadeteittanoga sugoku genkiganaisugatadeshitanode ienikaettekumade shinpaide nerarenakattandesu.</i> (ENGT) He had told me to go to bed at midnight, but that morning, he had looked so depressed that I couldn't sleep with worry.
01:45:18.9		EMIKO TERANISHI <i>Suruto yonakano nijiguraini chikakuno byouinkaradenwaga kakattekimashite.</i> (ENGT) At 2am, I received a call from a nearby hospital. I went to the hospital.
01:45:29.4		EMIKO TERANISHI <i>Byouin e ittandesukedomo. Suruto mou ottoha nakunatteitandesune.</i> (ENGT) My husband was already dead.
01:45:42.3		V/O Teranishi had been told to work even more hours. Feeling physically unable to do so, he jumped off a building.

01:45:55.7		<p><i>SECRETARY PICKS UP PHONECALL: Hai. Karoshi hyaku touban de gozaimasu.</i></p> <p>(ENGT) Karoshi Hotline, hello.</p>
01:46:00.6		<p>V/O</p> <p>Work-related suicides are a global problem and so are deaths from stress-related disease. In Japan, there are an estimated 10,000 cases every year, and an official term has been coined: "karoshi"—death by overwork.</p>
01:46:17.3	SUBTITLE	<p>HIROSHI KAWAHITO</p> <p><i>Nihonno hataraku hitobitoha jikan o shigotoni ubawareteiruto ningen toshiteno jikanga ubawareteiruto. Soshite tsuiniha seimeisae ubawareruto.</i></p> <p>(ENGT) Employees in Japan have their time stolen by work. They have no time left to live like human beings. And finally, even their lives are stolen.</p>
01:46:39.3	<p>TEXT</p> <p>Karoshi corp</p> <p>Karoshi Suicide salaryman Press any key</p> <p>Meet Mr. Karoshi, one of YoYo Corp's loyal employees.</p>	<p>V/O</p> <p>'Karoshi' is so widespread that a macabre video game exists where players reach the next level by how fast you can work yourself to death.</p>
01:46:39.3		<p>V/O</p> <p>But unlike video games, those affected by "karoshi" only reach one level: Game Over.</p>
01:46:56.3	<p>CAPTION</p> <p>Hiroshi Kawahito Labour lawyer</p>	<p>HIROSHI KAWAHITO</p> <p><i>Karoushitoha hatarakisugide nousocchuude nakunattari, shinkinkousokude nakunattari, aruiha jisatsude nakunattarishimasu.</i></p> <p>(ENGT) Normally, a karoshi death is a stroke, a heart attack, or a suicide, caused by overwork.</p>

01:47:12.0		<p>HIROSHI KAWAHITO</p> <p><i>Kono jisatsuni itarukeesutoiunoha sono hotondonobaai suiminbusokukara utsubyounado mentaru no byouki ni narimasu.</i></p> <p>(ENGT) In the case of suicide, mental illness such as depression has been triggered by sleep deprivation.</p>
01:47:42.2		<p>V/O</p> <p>It's normal – and healthy - to spend at least a quarter of our lives asleep. But in a world where every second counts, our nights have become yet another goldmine for the time thieves to exploit.</p>
01:48:02.9		<p>V/O</p> <p>Accordingly, in October 1992, a group of post-Soviet entrepreneurs launched an ambitious project.</p>
01:48:14.0		<p>V/O</p> <p>It started with a Russian space shuttle heading for the space station 'Mir'.</p>
01:48:19.9		<p>V/O</p> <p>Its mission: the ultimate Daylight Saving Time!</p>
01:48:24.6	<p>CAPTION</p> <p>Jonathan Crary Author of “24/7: Late Capitalism and the Ends of Sleep”</p>	<p>JONATHAN CRARY</p> <p><i>Whether someone sleeps for eight hours a night, whether someone sleeps for five hours a night, // from the point of a global market place, it's an absurd span of time that cannot be monetized, that cannot be financialised.</i></p>
01:48:24.6		<p>JONATHAN CRARY</p> <p><i>There was something almost 19th century about the scale, something like out of a Jules Verne book.</i></p>
01:48:56.8		<p>V/O</p> <p>They planned to set-up a so-called “solar sail.”</p>

01:49:04.8		VLADIMIR SYROMYATNIKOV <i>This is our first model. // All the sun itself is bright. // If you pull the reflected sunlight from that orbit, the lighted area will be forty-five metres in diametre.</i>
01:49:19.0	CAPTION VLADIMIR SYROMYATNIKOV Space engineer	VLADIMIR SYROMYATNIKOV <i>People will be delighted, not only delighted, it will be very useful because it, will, might, change their lives.</i>
01:49:34.0		V/O When the solar sail unfolded, a streak of sunlight flashed across Europe for eight minutes, all the way from France to Western Russia.
01:49:45.2		V/O The plan: hundreds of solar sails would extend daylight hours for both work and leisure.
01:49:54.7		V/O Of course that didn't happen.
01:50:13.1		JONATHAN CRARY <i>It was a project that // was ill-fated from the beginning.</i>
01:50:17.2		JONATHAN CRARY <i>Cloud cover // was going // to interfere and // many people were distressed that it would have effectively made it impossible to ever see the stars at night.</i>
01:50:32.1	TEXT Time to shop Open 24 hours OPEN	JONATHAN CRARY <i>It was part of a larger imaginary of the fantasy or belief that we could inhabit a 24/7 illuminated world.</i>
01:50:51.4		V/O But even without solar sails turning the night into day, we are already permanently on call - as workers <i>and</i> consumers.

01:51:01.5		<p>JONATHAN CRARY</p> <p><i>There's that idea of non-stop operations, that idea of continual exposure and of the abandonment of the idea of rest, recuperation, regeneration, whether it's in terms of individuals, whether it's in terms of communities, or whether it's in terms of living systems, environmentally or ecologically.</i></p>
01:51:29.2		<p>JONATHAN CRARY</p> <p><i>A number of people I'm sure have read my book and said: "Oh, Crary is nostalgic for this older world that's based on the temporalities of agrarian civilizations which were very much bound up in the movement of the planets, of the moon, the sun and the cycle of the seasons. But I don't think anyone has convincingly shown that we can completely do without some fundamental attachment to those rhythms.</i></p>
01:52:06.0		<p>MAGALI COMBAL</p> <p><i>Moi, j'emploie beaucoup le mot de récréation, ré-création. On l'emploie pour les enfants, mais je pense que pour les adultes, aujourd'hui, c'est très important. Ré-création, c'est-à-dire je me re-crée, je me reconstitue.</i></p> <p>(ENGT) I use the word recreation a lot: re-creation. We use it for children, but I think it's very important for adults these days. Re-creation: I re-create and reconstitute myself.</p>

01:52:22.9		<p>V/O</p> <p>But is recreation actually possible in our non-stop world?</p> <p>If we take the time we have on average - 650,000 hours - and subtract the time spent working and sleeping, that still leaves about 350,000 hours for leisure! At least in theory...</p> <p>But the reality is that even then, time thieves are putting us to work:</p>
01:52:47.8	<p>CAPTION</p> <p>MARIE-ANNE DUJARIER</p> <p>Sociologist</p> <p>La Sorbonne, Paris</p>	<p>MARIE-ANNE DUJARIER</p> <p><i>L'idée m'est venue tout simplement un jour où je devais installer une boîte d'Internet chez-moi, qui m'a quand même occupée pendant trois jours. Et...le temps que j'ai passé à essayer d'installer cette boîte et surtout l'énergie et l'incompétence dans laquelle je me trouvais, m'a soudain faire ressurgir l'idée suivante: et si j'étais en train de travailler?</i></p> <p>(ENGT) The idea came to me one day while I was installing a WIFI router at home. It took me three days. All that wasted time and energy, while feeling incompetent, it suddenly made me think: Had I actually been working?</p>
01:52:47.8	<p>TEXT</p> <p>Collect here</p>	<p>V/O</p> <p>Yes, it <i>is</i> work. Management literature calls the working consumer a 'partial employee'.</p>
01:52:47.8	<p>TEXT</p> <p>Collect here</p> <p>Time out</p> <p>Operation cancelled</p>	<p>V/O</p> <p>Everywhere, there are machines that 'manage' us with instructions - and with time limits!</p>

01:53:33.4	SUBTITLE	<p>DUJARIER</p> <p><i>Les guichets // vers lesquels vous pourriez vous diriger avec des professionnels ont quasiment tous disparu. _</i></p> <p><i>//</i></p> <p><i>C'est à dire // dans les supermarchés, face à des machines, au MacDo, etc- la plupart du temps vous n'avez pas le choix.</i></p> <p>(ENGT) Counters with professional staff have practically disappeared. Instead, in the supermarkets and at MacDonalds, we are faced with machines. Most of the time we don't have a choice.</p>
01:53:47.6		<p>V/O</p> <p>So, using business-speak, is there a 'return on investment' of our time by doing all this? For instance, a cost saving?</p>
01:53:58.2	SUBTITLE	<p>DUJARIER</p> <p><i>À vrai dire, quand il y a une réduction de tarif, chacun pensera, par exemple, à un fameux fabricant de meubles suédois, là on a à faire à des effets de gamme. C'est-à-dire que l'entreprise vous dit: "Je ne finis pas le produit. C'est vous qui le terminez et donc vous payez moins cher."</i></p> <p>(ENGT) Where there is a reduction in price, and one usually thinks of a famous Swedish furniture manufacturer, The company is basically saying: 'I won't finish the product. You finish it and that's why you pay less.'</p>
01:54:13.5		<p>V/O</p> <p>At other times, we have "overhead costs": we pay for Internet access and a printer... And our smartphones, not exactly cheap, have become essential working tools:</p>
01:54:13.5		<p>ORIGINAL SOUND FROM AD:</p> <p><i>Take whatever you like! No lines, no check-out, no register...</i></p>

01:54:13.5		V/O And as 'partial employees', we miss out on something important:
01:54:41.4		<p>DUJARIER</p> <p><i>L'idée qu'avaient les gestionnaires de mettre les consommateurs au travail c'est effectivement qu'ils n'ont pas toutes les caractéristiques des salariés au sens où ils ne sont pas rémunérés. Surtout ils ne dépendent pas du droit du travail. Donc, toutes les obligations qu'ont les employeurs liées aux droits du travail qui consistent à rémunérer, à prendre la responsabilité des accidents s'il y en a, à former, à donner des congés, etc.</i></p> <p>//</p> <p><i>C'est le rêve de tout employeur.</i></p> <p>(ENGT) Managers put consumers to work because they don't have the same rights as paid staff, and are not subject to labour law. They are free of workers' rights obligations like salaries, and assuming responsibility for training and holidays. It's every employer's dream.</p>
01:55:10.0		V/O Traditional employees are in the process of disappearing.
01:55:15.5		V/O For example, European banks closed 10,000 branches in 2016.
01:55:23.8	TEXT Transferts et virements	V/O 50,000 jobs were lost to home banking.

01:55:28.4		<p>V/O When we let companies steal our time, we help them steal something else: somebody's job. And our own job might be next...</p>
01:55:39.3		<p>DUJARIER <i>On est en train d'assister à une transformation du droit du travail qui ne servirait plus à grande chose vers des relations régulées par les conditions générales d'utilisation. Les fameuses CGU, c'est-à-dire, les...vous savez ces choses qu'on ne lit jamais dans les sites Internet. Vous dites: "J'accepte" en ayant, soit disant lu dix, vingt, trente pages écrit en tout petit d'arguments juridiques sur ce qui vous lie à la plateforme dans ces cas là. Donc, effectivement, on passe d'un contrat de travail qui comporte beaucoup d'obligations pour l'employeur, à un contrat commercial ou un contrat d'utilisation qui ne comporte pas du tout les mêmes contraintes évidemment pour l'employeur.</i></p> <p>(ENGT) We are witnessing a move from labour laws towards a relationship regulated by 'Terms of Use', that infamous text that we never bother to read when online, clicking 'I accept' to 20 or 30 pages of legal small print that tie us to the service provider in question. Basically, we replace a work contract and the ensuing obligations for employers with a contract for terms of use, without the same constraints.</p>
01:56:23.5		<p>V/O Our 'working contracts', so to speak, with the online platforms, are hidden behind seductive interfaces. And those hide another insidious time thief...</p>
	<p>CAPTION: Berlin, Germany</p>	

01:56:43.3	<p>CAPTION KLAUS MUELLER Federation of German Consumer Organisations</p>	<p>KLAUS MUELLER <i>Der Verbraucherzentrale Bundesverband hat sich entschieden, Facebook zu verklagen.</i></p> <p>(ENGT) The Consumers' Association is taking Facebook to court.</p>
01:56:47.0		<p>KLAUS MUELLER <i>Facebook ist ja erstmal vermeintlich kostenlos. Das bezweifeln wir.</i></p> <p>(ENGT) Facebook promises to be free but we don't think that's true.</p>
01:56:53.0	<p>TEXT Sign up It's free and always will be</p>	<p>KLAUS MUELLER <i>Wir zahlen in unseren Daten, wir zahlen mit unserer Zeit, die wir auf diesen Netzwerken verbringen. Beides ist unendlich wertvoll und auch beides ist, wenn ich es einmal ausgegeben habe, schwer rückholbar.</i></p> <p>(ENGT) We pay with the data and time that we spend on these networks. Both are very valuable, and once I've spent them they are hard to get back.</p>
01:57:09.4	<p>TEXT Holidays pics</p>	<p>V/O We spend on average four hours a day on social networks, 'working' for the so-called 'attention economy' which sells our time to advertisers.</p>
01:57:21.0	<p>CAPTION NATASHA DOW SCHÜLL Author of 'Addiction by Design'</p>	<p>NATASHA DOW SCHÜLL <i>You're profiting from time and time spent. // It's a kind of micro-labour. And what you're doing, the value comes from the presses and the 'likes' and all of these little tiny movements in time, which is why I call it "nanomonetization profit model".</i></p>

01:57:39.8		NATASHA DOW SCHÜLL <i>So you've no longer got an economy that's based on single sporadic big purchases; it's based on continuous tiny little purchases that don't even look and feel like purchases to those who are doing them.</i>
01:58:00.8		V/O These "little purchases" are an inherent behaviour - the building blocks of this business model.
01:58:08.9		V/O It is based on a scientific experiment that took place in the 1940s, about the same time the first computers were developed.
01:58:18.5		V/O Behavioural scientist B.F. Skinner taught a pigeon that pecking at a lever released food - but only occasionally and randomly.
01:58:28.1		V/O The pigeon learnt to peck however long it took until the food arrived.
01:58:33.5		V/O Then Skinner stopped providing food - but the pigeon, ever hopeful, never gave up.
01:58:40.0		V/O Just like us today.
01:58:49.4		NATASHA DOW SCHÜLL <i>If you present rewards to people or animals, in a way where there's a lot of uncertainty, where you never know what you're going to get and you never know when in time it's going to come, you will keep persisting at trying to get it. You'll keep pressing that button. If you're an animal, you'll ignore the water over in the corner of the cage. If you're a person, you might ignore the fact that you have to go to the bathroom.</i>

01:59:21.7		NATASHA DOW SCHÜLL <i>You scroll down to see “what’s new, and what’s new and what’s new”. You keep refreshing and refreshing and refreshing.</i>
01:59:46.9		NATASHA DOW SCHÜLL <i>The past disappears and the future disappears. And it’s just a continuing present. // So it’s a relationship to time that telescopes to the now.</i>
02:00:01.9		V/O The ferocity of the battle for our ‘eyeball time’ matches that of the earnings of the digital entrepreneurs: billions of dollars every year. And the value of our time is on the rise.
02:00:15.8		NATASHA DOW SCHÜLL <i>Many of these online websites have created this new category of value, which is called hypothetical lifetime value. So they’re actually calculating for each user or consumer, their lifetime value. And this means: over the course of this person’s life, “how can...how much do we predict they are a value to us. How intensively and repetitively are they going to use our service.”</i>
02:00:53.0		V/O If our data and time are used as a currency, shouldn't we be able to choose if we want to spend it or not?

02:01:02.2	SUBTITLE	<p>KLAUS MUELLER</p> <p><i>Warum soll es nicht möglich sein, drei, vier, fünf Euro zu bezahlen, aber dann sicher sein zu können, dass meine Daten eben nicht die heimliche Währung sind, sondern dass ich eben mit Euro und Cent bezahle, ich vielleicht werbefrei bin, aber auf jeden Fall sicher sein kann, dass meine Daten an niemand Anderes gehen.</i></p> <p>(ENGT) Why shouldn't I be able to pay three, four or five Euros, paying with money instead of with the hidden currency of my data? This way, I could make sure that my data won't go astray.</p>
02:01:26.4		<p>V/O</p> <p><i>Ironically, the Internet is not only one of the biggest time thieves but it also offers to help us fight them - with new time-control apps:</i></p>
02:01:40.4		<p>NATASHA DOW SCHÜLL</p> <p><i>That's part of this next wave // of technology that's following on the heels of things like Candy Crush and Facebook that suck and absorb us. Now we see all of these technologies coming along to help us regulate ourselves and protect us against these temptations.</i></p>
02:02:05.9		<p>V/O</p> <p><i>But are these new time control tools just a fad, designed to get us to spend even more time online?</i></p>
	CAPTION New York, USA	
02:02:18.2		<p>SPENCER GREENBERG</p> <p><i>Evolution definitely did not endow us with the ability to think rationally about the value of our time.</i></p>

02:02:24.9		<p>SPENCER GREENBERG</p> <p><i>I was with a friend in a bookstore and she was trying to figure out how to spend a \$20 gift certificate she'd been given and she was going to a lot of stress figuring this out. And I realized given the amount of money that she makes of her job she'd actually spent essentially far more money than the gift certificate was worth just worrying about how to use it.</i></p>
02:02:48.0	<p>CAPTION</p> <p>SPENCER GREENBERG</p> <p>Mathematician</p>	<p>SPENCER GREENBERG</p> <p><i>Hundreds of thousands of years ago, when our brains evolved, we just never had // situations where we had to trade time versus money or vice versa. So there's no particular reason to think our brains would be particularly good at this. And actually, the data we have collected suggests that people are quite bad at it.</i></p>
02:03:05.2	<p>TEXT</p> <p>Value of your time calculator learn what your time is worth</p>	<p>V/O</p> <p>Spencer has developed a free online calculator to help you choose between time and money.</p>
02:03:12.8	<p>TEXT</p> <p>Start now</p>	<p>V/O</p> <p>We asked one of the participants of the time management workshop, to give it a try.</p>
02:03:21.7		<p>TANYA</p> <p><i>Il me donne une calculatrice pour calculer, donc je vais calculer combien je gagne. OK?</i></p> <p>(ENGT) It's showing me a calculator to work out my earnings, okay?</p>
02:03:30.0		<p>TANYA</p> <p><i>Donc, maintenant j'ai le rapport et les premières choses qu'ils me disent c'est que mon temps vaut 26euros et 37 centimes, ça c'est le premier chiffre, le grand chiffre pour une heure de mon temps.</i></p> <p>(ENGT) So, it's telling me that my hour is worth the grand total of 26 Euros and 37 cents.</p>

02:03:41.6		<i>There are a lot of examples that come up in everyday life where you have to think about trading your time for money or vice versa.</i>
02:03:49.5		V/O For instance, when you buy a new piece of furniture: Pay with your time, or just pay?
02:03:49.5		SPENCER GREENBERG <i>For example // should I order something online, where I have to pay a shipping fee, or go pick it up, which will take more time? Should I buy a device like a laundry machine or a dishwasher? Should I hire someone to help me with my chores?</i>
02:04:10.2		TANYA <i>Vous avez deux options: vous pouvez prendre le train local qui est moins cher ou vous pouvez prendre le train express qui est plus cher, mais qui vous économiserait une heure de temps de voyage.</i> (ENGT) You've got two options: you can take the local train which is cheaper and slower, or you save an hour by taking the express.
02:04:29.2		TANYA <i>Je pense que c'est très intéressant de s'acheter du temps.</i> (ENGT) I like the idea of buying time.
02:04:33.2		TANYA <i>Donc le fait de payer un taxi 15 euros, je peux continuer à travailler une heure et gagner encore 26 euros et ainsi de suite, donc je dirais que c'est un bon investissement.</i> (ENGT) If I spend 15 Euros on a taxi so I can work for another hour and earn 26 Euros, then that's a good investment.

02:04:47.5		V/O Now, that Tanya knows how much her hour is worth, she can make an informed choice.
02:04:58.5		V/O And she can even choose to spend the saved time on something completely different.
02:04:58.5		SPENCER GREENBERG <i>It's inevitable that you sometimes have to think of your time as money.</i> // <i>On the other hand there are other situations where you really better not think about your time as money, because if you do it's gonna start seeping into the amount you enjoy those activities like time spent with family or on passion projects you really enjoy. In those cases you don't wanna think about money, you just wanna focus on the value you are getting from them.</i>
02:05:32.0		TANYA (playing Monopoly): <i>Give me the money!</i> <i>Cough up!</i>
02:05:34.2		NATASHA DOW SCHÜLL <i>They're really putting the burden of self-regulation on to the person.</i> // <i>And what that means is buying other services and engaging in other websites to regulate the ones that are sapping all your time. So I think, all of that needs to sort itself out and whether it's a question of ... collective non-profit apps that people developed for themselves, or whether it's a question of government coming in,</i> // <i>that remains to be seen.</i>

02:06:06.8		V/O To win the battle against the time thieves, political action is needed. In Spain, one man has taken up the fight.
	CAPTION Barcelona, Spain	
02:06:18.8		MÒNICA TERRIBAS <i>Avui hem convidat aquí al diputat del Junts pel Sí, Fabián Mohedano.</i> (ENGT) Our guest today is the parliamentarian Fabián Mohedano.
02:06:22.8		MÒNICA TERRIBAS <i>Doncs Fabián Mohedano s'està convertint en el "capità horaris" d'aquest país.</i> (ENGT) Fabián Mohedano has become the 'time captain' of this country.
02:06:28.0		FABIÁN MOHEDANO <i>A tots ens afecten els horaris.</i> (ENGT) Our schedules affect us all.
02:06:30.0		FABIÁN MOHEDANO <i>El que està clar és que les desigualtats es mesuren també amb el temps de lliure disposició del que un disposa.</i> (ENGT) Inequality can also be measured by the amount of free time available to us.
02:06:37.2		V/O Fabian is fighting for Spaniards to have a legal right to more free time - and that includes fixing an historical anomaly:
02:06:45.7		FABIÁN MOHEDANO <i>Nosaltres anem com dues hores tard de la resta del món.</i> (ENGT) We are two hours behind the rest of the world.

02:06:50.0	CAPTION FABIAN MOHEDANO Member of Parliament, Catalonia	FABIAN MOHEDANO <i>Franco, al 1940, ens va situar en el fus horari del Tercer Reich.</i> (ENGT) Franco made us adopt the time zone of the Third Reich.
02:06:57.4		ORIGINAL ARCHIVE SOUND: <i>Franco y Hitler se entrevistan en Hendaye. Hitler llega puntual, y Franco con retraso.</i> (ENGT) Franco and Hitler meet in Hendaye. Hitler arrives on time, Franco is late.
02:07:04.6		FABIAN MOHEDANO <i>Hi havia un moment el 1942 que tots el països del continent van tenir el mateix fus horari. De fet, es van posar d'acord per fer la guerra tots a la mateixa hora.</i> (ENGT) By 1942, the whole continent belonged to the same time zone. They all made an agreement to go to war at the same hour. They all made an agreement to synchronise the clocks for the war.
02:07:14.7		V/O Post-war, Spain remained in the same time zone. Then, in the 1960s, the time problems got even worse.
02:07:23.9	SUBTITLE	FABIAN MOHEDANO <i>Doncs apareixia una nova classe treballadora, una nova classe mitjana, noves necessitats, comprar la primera televisió, comprar... eh... el primer cotxe -</i> (ENGT) A new working class and middle class appeared who wanted to buy their first television set, their first car...
02:07:32.8		V/O But Spanish wages were too low to afford all this. The answer? Exchange some free time for new possessions!
02:07:41.9		ACTRESS <i>- Tienes que ganar más, es preciso.</i> (ENGT) You need to make more money.

02:07:44.2		<p>ACTOR - <i>Tengo ya dos empleos, ¿no?</i></p> <p>(ENGT) But I already have two jobs!</p>
02:07:47.0		<p>ACTRESS - <i>Mercedes me ha dicho que su marido tiene tres. Y algunos tienen cuatro, y hasta cinco.</i></p> <p>(ENGT) Mercedes' husband has three jobs, and some people have four. Even five!</p>
02:07:53.6		<p>V/O To make this possible, long working days with several breaks became the tradition - which carries over to today.</p>
02:08:03.7		<p>V/O Typically, Spaniards take a breakfast break during mid-morning.</p>
02:08:08.9		<p>V/O At midday, the rest of Europe takes a short lunch break.</p>
02:08:14.6		<p>V/O At 2.00, the Spaniards start a two-hour lunch break, while the rest of Europe is at work.</p>
02:08:23.0		<p>V/O At 5.00, many Europeans leave work and start their social lives... ...but Spaniards often work past 8pm.</p>
02:08:33.9		<p>V/O Dinner is not until 10pm.</p>
02:08:36.7		<p>V/O This leaves little time for any social activities.</p>
02:08:42.8		<p>FABIAN MOHEDANO <i>El meu interès és la democràcia.</i></p> <p>(ENGT) For me, this is about democracy.</p>

02:08:44.9		<p>FABIAN MOHEDANO</p> <p><i>Si tenim poc temps per organitzar activitats de voluntariat, per fer reunions, per planificar projectes... Doncs això al final debilita la democràcia.</i></p> <p>(ENGT) If we have no time for voluntary work, or to get together and plan a project, democracy is undermined.</p>
02:08:54.4		<p>FABIAN MOHEDANO</p> <p><i>Si aconseguim redistribuir el temps d'una altra manera, igualarem a les persones.</i></p> <p>(ENGT) If we manage to redistribute time better, people will be socially more equal.</p>
02:08:54.4		<p>V/O</p> <p>As part of the political struggle, Fabian has already changed his personal schedule:</p>
02:09:10.6		<p>FABIAN MOHEDANO</p> <p><i>Quan una família es lleva al matí i esmorzen tots junts abans de sortir de casa és gairebé com un acte revolucionari.</i></p> <p>(ENGT) Having breakfast together as a family before starting the day is almost a revolutionary act.</p>
02:09:10.6		<p>FABIAN MOHEDANO</p> <p><i>Que anem tard!</i> <i>Anem al cole. És que són tres quarts!</i></p> <p>(ENGT) Time for school. It's a quarter to!</p>
02:09:24.0		<p>V/O</p> <p>He also takes a much shorter lunch break so he can go home earlier. But most Spaniards don't have such flexible working hours.</p>
02:09:33.7		<p>MONICA TERRIBAS</p> <p><i>Quan tindrem un horari racional?</i></p> <p>(ENGT) When will we have rational working hours?</p>

02:09:36.2		<p>FABIÁN MOHEDANO <i>Tothom en sap perquè ho pateix en primera persona la qüestió dels horaris.</i></p> <p>(ENGT) We all know the problem from personal experience.</p>
02:09:40.0		<p>FABIÁN MOHEDANO <i>Tots vivim 24 hores però no tots les vivim igual.</i> // <i>Per tant és molt important aquest tipus de mesures que nosaltres plantegem per</i> // <i>per cercar més quotes d'igualtat.</i></p> <p>(ENGT) We all have 24 hours but we don't all live them in the same way. That's why changes are needed, for the sake of equality.</p>
02:09:50.7		<p>FABIÁN MOHEDANO <i>El que farem és una cosa que no existeix enlloc del món, que és fer una llei d'horaris.</i></p> <p>(ENGT) We will create something that has never existed before - a 'time law'.</p>
02:09:55.1		<p>FABIÁN MOHEDANO <i>Cal tocar els horaris de la feina però també cal tocar els horaris del comerç, de l'oci nocturn, de l'escola -</i></p> <p>(ENGT) We need to adapt the hours for shopping, leisure activities and schools.</p>
02:10:02.0	SUBTITLE	<p>FABIÁN MOHEDANO <i>A mi el que m'agradaria és convèncer a molta, molta, molta gent que el temps val més que el petroli o el diner. // Sobretot en un moment en el que el temps no només és teu, és un temps en xarxa.</i></p> <p>(ENGT) I would like to convince people that time is worth more than petrol or money. We need to free up more time for our personal use, especially as we live in a moment where time doesn't just belong to us but is lived in relationship with others.</p>

02:10:19.4		<p>MAGALI COMBAL</p> <p><i>Il y a des moments où on est quand même dans des rythmes communs, ça c'est vrai, on est obligé, hein? D'où la montre, mais qu'une bonne démocratie, c'est quand même une culture où il y a aussi la possibilité pour chacun à un moment donné d'être dans son rythme.</i></p> <p>(ENGT) There are moments when we are part of a shared rhythm, by obligation. That's why we have clocks. But in a functioning democracy we should also be allowed to follow our personal rhythm.</p>
02:10:52.0	<p>CAPTION</p> <p>Robert Levine</p> <p>Author of "A Geography of Time"</p>	<p>ROBERT LEVINE</p> <p><i>People are beginning to react to // the way time is used against them.</i></p> <p>//</p> <p><i>We see people fighting for their temporal rights.</i></p> <p>//</p> <p><i>They're power struggles. It's often the more powerful who are being rebelled against because they're either controlling our time or they're abusing our time.</i></p>
	<p>TEXT</p> <p>Justicia para las trabajadoras en la industria avícola</p>	
02:11:17.3	<p>TEXT</p> <p>Treat workers with respect</p>	<p>V/O</p> <p>In the US, the poultry workers have taken up the fight.</p>
02:11:25.8	<p>TEXT</p> <p>Try harder</p>	<p>OLIVER GOTTFRIED</p> <p><i>We've had over 150.000 people from all of 50 states in the United States sign petitions // and so, to speak to Tyson in a way we thought they would understand, we packaged // those signatures in chicken trays // and went to their headquarters in Springdale, Arkansas to deliver those petitions to them directly.</i></p>

02:11:44.6		<p>OLIVER GOTTFRIED</p> <p><i>Workers need to be able to have the time to use the bathroom when they need to, // workers need to be treated with respect and dignity, no matter where they work, whether they're in a textile factory in Bangladesh or whether they're in a poultry factory in the United States.</i></p>
	<p>CAPTION: London, UK</p>	
02:12:03.0		<p>JAWAD QASRAWI</p> <p><i>In the UK, toilet breaks have even made it into Parliament. A Welsh MP raised a question about a worker who had 50 pounds taken from him.</i></p>
02:12:12.2		<p>Madeleine Moon</p> <p><i>His pay slip contained a deduction of 50 pounds. When he asked why he was told it was for toilet visits. // Can we have a debate on the toilet tax?</i></p>
02:12:23.0		<p>William Hague</p> <p><i>Well, that is a new proposition.</i></p>

	<p>CAPTION Tokyo, Japan</p>	
02:12:33.0	<p>TEXT (in japanese)</p>	<p>V/O</p> <p>In Japan, the government could no longer ignore the epidemic of 'karoshi', and tightened up the law.</p>
02:12:43.2		<p>EMIKO TERANISHI</p> <p><i>Minasan konnichiwa. Karoushiwo kangaeru kazokunokai, Teranishi Emiko to moushimasu.</i></p> <p>(ENGT) Hello, I am Emiko Teranishi from the Support Network for Families of Karoshi Victims.</p>

02:12:51.1		V/O The new laws allowed Emiko to sue the company that had worked her husband to death.
02:12:57.9		EMIKO TERANISHI <i>Ottoha dousureba shinazunisundanoka, kangae koudou suru kotoga watakushino raifuwaakuninarimashita.</i> (ENGT) How could I have prevented the death of my husband? I am now dedicating my life to taking action.
02:13:05.9	CAPTION Emiko Teranishi Karoshi Victims Support Network	EMIKO TERANISHI <i>Gakuseisanniha imano aidani chishikitosite souiuhouritsugaaru toiukotowo mazushitteitadaite, demo jissai shakainideruto kaishaha souiuhouritsuga attemo mamotteinaitoiukoto, genjitsuwo shittehoshiito.</i> (ENGT) I want the pupils to know that there is a law. But once they start work, they'll find companies disregarding the law. I want them to know the reality.
02:13:31.3		V/O At Iken Engineering, the stealth overtime workers were caught red-handed.
02:13:40.3		MASAHITO SAWAGUCHI <i>Soushimashitara kaishano nakade raito wo mottahitoga urouroshiteirutoiufuuni tsuukouninno kataga mite, koreha doroboujanaikato, waruihitoga haittanjanaikato iuyouna tsuuhouwo shitato.</i> (ENGT) A passer-by spotted people moving around the office with a torch, and thought it was a burglary.
02:13:58.4		MASAHITO SAWAGUCHI <i>Sekyuritii saabisu no kataga tonton to kite: "Naniwo shite rassharundesuka"</i> <i>toiuyounakotoha arimashtia.</i> (ENGT) Security knocked at the door: "What are you doing here?"

02:14:06.5		<p>KIMURA, CEO <i>Shainno teikoutoiuno ga omoinohoka ookikattadesune.</i></p> <p>(ENGT) The resistance of the staff was greater than I had anticipated.</p>
02:14:12.5		<p>KIMURA <i>Hantoshisuguitemo ikkouni kawaranakattandesune.</i></p> <p>(ENGT) Six months down the line, absolutely nothing had changed.</p>
02:14:19.4	TEXT (in Japanese)	<p>V/O Kimura recruited help from a brand-new profession in Japan - experts in reducing working hours!</p>
02:14:29.0	CAPTION Kengo Mochizuki Efficiency consultant	<p>KENGO MOCHIZUKI <i>Choujikan roudoudearunimo kakawarazu, hitoto soshikino seisanseiga sugokuhikujoutaide, soshikitoshiteno mondaimokakaeteirukoto ni jojo ni kizuiteiki.</i></p> <p>(ENGT) in spite of the long hours, productivity was extremely low. There were problems with the company structure.</p>
02:14:43.1	TEXT (in Japanese)	<p>V/O Staff had to learn to complete the same amount of work in fewer hours. However, this affected their salaries.</p>
02:14:52.6	SUBTITLE	<p>KENGO MOCHIZUKI <i>Mouhitotsumeno gen-in toshite omonichiisana shoukibokigyouni ooindesukedomo kihonkyuunobeesuga amarinimo hikuitameni jikangairoudouteatewo atenishinaito seikatsujitaiga naritanai, iwayuruseikatsuzangyouwo shiteshimau. Koregafutatsumeno gen-in toshitearimasu</i></p> <p>(ENGT) At many small companies, the basic wage is far too low, so people rely on overtime. This means that overtime becomes a habit for life.</p>

02:15:09.6		V/O But the new measures increased productivity, so Kimura was able to replace overtime payments with bonuses.
02:15:18.0	TEXT (in Japanese)	V/O Now, he makes absolutely sure there is no more night-time work.
02:15:23.0	CAPTION AYUKO SUEHIRO Office manager, Iken Engineering	AYUKO SUEHIRO <i>Saabaa akusesuseigen, intaanetto kaisen seigen, konsento shadan ga juuhachiji juugofunni kiremasu.</i> <i>Shoumei settei ga juuhachiji ni juugofunni kiremasu.</i> // <i>Shuumatsuha akusesu surukotoha dekimasen. Desunode, zangyou surukotoha issai dekimasen.</i> (ENGT) Server access, Internet access and the power are switched off at 6.15pm. The lights go off at 6.25pm. There is no access during weekends. Basically, it is impossible to do any overtime whatsoever.
02:15:46.1	TEXT (in Japanese)	KIMURA <i>Tokiga tatsugotoni kondoha jibunno karadaga rakuninattekita, jibunnokimochiga rakuninattekita, seishintekini rakuninattekita toiuyounakotobaga shainkara detekuruyouni narimashita.</i> (ENGT) As time passes, my staff have started saying things like: "I am feeling better physically, my emotions are much more stable, I am feeling better mentally."
02:16:07.4		MASAHITO SAWAGUCHI <i>Soremadeha kodomoga okiteirujikanni kaerenaidesune. Souittaimide kodomoto fureaiga dekirutoiunoha arawasenaigurai shiawase desu.</i> (ENGT) Before, I never arrived home in time to see my child awake. I don't have words for how happy I am because I can be with my child.

	TEXT (in Japanese)	
02:16:27.5	TEXT (in Japanese)	<p>MAGALI COMBAL <i>Donc ce jeune Japonais</i> // <i>il est guéri, c'est-à-dire il a guéri son rapport au temps.</i> // <i>la reconstruction post burn-out, elle passe par une nouvelle philosophie du temps,</i> // <i>c'est-à-dire on retrouve les rythmes du corps, le sommeil, manger, se distraire, la vie familiale, la vie amicale, etc. , on retrouve des rythmes parce que quelqu'un qui a eu un burn-out, tout ça, ça a explosé.</i></p> <p>(ENGT) This young man is healed. He has healed his relationship with time. Recovering from burn-out is about a new philosophy of time, the rediscovery of life's rhythms: sleeping, eating, pastimes, family and social life. It's about recuperating rhythms that were disrupted during burn-out.</p>
02:16:57.7		<p>V/O Like it or not, time is a currency that we exchange for other things as part of the economy.</p>
02:17:05.1		<p>V/O But the important thing is to start valuing it differently -</p>
02:17:09.0		<p>V/O - and then fight to make the time economy work in our favour, with our personal needs and wants as a priority.</p>
02:17:26.9		<p>V/O Like the parents of a little French boy, who found out the hard way how much the time with their son was really worth.</p>

02:17:38.3		<p>CHRISTOPHE GERMAIN</p> <p><i>Mathys était un garçon comme les autres. C'est-à-dire qu'il aimait vivre, il aimait la vie, il aimait la musique, il aimait danser, il avait des copains, il allait à l'école.</i></p> <p>//</p> <p><i>C'était un garçon vivant, très vivant, voilà.</i></p> <p>(ENGT) Mathys was an ordinary little boy who loved life, music, dancing, he had friends and went to school, he was very lively.</p>
02:17:56.15		<p>V/O</p> <p>But when Mathys was nine years old, everything changed.</p>
02:17:56.15		<p>LYDIE GERMAIN</p> <p><i>Quand il allait au tennis, il disait "Maman, j'ai mal à droite, ça me tire". Bon, je le ramène chez le médecin -</i></p> <p>(ENGT) He said his side was hurting when playing tennis so I took him to the doctor's.</p>
02:18:12.1	<p>CAPTION</p> <p>CHRISTOPHE GERMAIN</p>	<p>CHRISTOPHE GERMAIN</p> <p><i>Et nous apprend la terrible nouvelle. Parce que bon, c'est une terrible nouvelle. "Voilà: votre enfant est gravement malade. Voilà ce qu'il a: il a une tumeur au foie."</i></p> <p>(ENGT) And we got the terrible news: 'Your son is very ill, he has a tumour in his liver.'</p>
02:18:28.5		<p>V/O</p> <p>With the dire diagnosis, Christophe and Lydie took time off work to be with Mathys.</p>
02:18:36.3		<p>V/O</p> <p>Multiple treatments, including a transplant, failed.</p>

02:18:46.2 /02:18:52.1 7	CAPTION LYDIE GERMAIN	<p>LYDIE GERMAIN <i>Enfin c'est difficile d'imaginer un enfant qui se meurt, hein?</i> // <i>Pour lui, mourir c'est pas que la vie s'arrête, hein. Pour lui mourir c'est plus voir ses parents.</i></p> <p>(ENGT) It's difficult to imagine a child dying, isn't it? For him, it's not about life ending but about not seeing his parents anymore.</p>
02:18:59:20		<p>CHRISTOPHE GERMAIN <i>Puisqu'on a accompagné un enfant dans une fin de vie, là le temps est complètement différent; on est dans une autre dimension, hein, on est dans autre chose.</i></p> <p>(ENGT) When you accompany a child to the end, time takes on a different dimension.</p>
02:19:10.3		<p>LYDIA GERMAIN <i>Dans un temps compté.</i></p> <p>(ENGT) Every day counts.</p>
02:19:11.3		<p>CHRISTOPHE GERMAIN <i>Dans un temps compté.</i></p> <p>(ENGT) Every day counts.</p>
02:19:11.3		<p>CHRISTOPHE GERMAIN <i>Vous dites: "C'est peut-être le dernier repas, c'est peut-être le dernier petit-déjeuner, c'est peut-être le dernier soir où vous lui dites "Bonsoir", c'est peut-être le dernier matin..."</i></p> <p>(ENGT) You say: 'This could be the last dinner or breakfast, the last time you say 'Good Night', or maybe the last morning...'</p>

02:19:29.1		<p>CHRISTOPHE GERMAIN <i>Au bout de 3 mois, je suis convoqué par un inspecteur de la Sécurité Sociale.</i> // <i>Il me dit: "Mais, monsieur Germain, c'est votre fils qui est malade. C'est votre fils qui a un cancer, qui a été transplanté; c'est pas vous."</i> // <i>Je coupe vos droits à partir de la semaine prochaine."</i></p> <p>(ENGT) Three months later, I was summoned by a social security inspector who said: 'Mr. Germain, it's your son who has cancer, not you.' 'I am stopping your benefits from next week.'</p>
02:19:46.12		<p>CHRISTOPHE GERMAIN <i>Quand j'ai repris le travail le lundi // à l'usine // mes collègues m'ont dit: "Mais, Christophe, qu'est-ce que tu fais là?"</i></p> <p>(ENGT) When I went back to the factory on Monday, my colleagues said: 'What are you doing here?'</p>
02:19:52.9		<p>CHRISTOPHE GERMAIN <i>"Qu'est-ce qu'on peut faire pour toi? Est-ce qu'on peut t'aider? Est-ce qu'on peut aller faire les courses à ta place? Est-ce qu'on peut garder ta fille? Est-ce qu'on peut....-je sais pas- tondre la pelouse."</i></p> <p>(ENGT) 'How can we help you?' 'Can we go shopping for you, or babysit your daughter, or cut the grass?'</p>
02:20:02.8		<p>CHRISTOPHE GERMAIN <i>J'ai dit: "Non. Moi ce que j'ai besoin, j'ai besoin de m'occuper de mon fils et j'ai besoin de temps."</i></p> <p>(ENGT) I replied: 'What I need is time to look after my son.'</p>
02:20:10.4		<p>V/O But how to find extra hours in an economic system that owns our time?</p>

02:20:15.18		V/O Under French labour law, workers can save up overtime in a 'time account', and later take that time off.
02:20:24.16		V/O The transfer of these hours was not permitted but Christophe's managers wanted to help.
02:20:31.4	CAPTION Marc Seon Former supervisor	MARC SEON <i>Ce n'était pas légal donc // on l'a fait dans un cadre interne.</i> // <i>On a fait un affichage dans l'usine où les gens pouvaient donner des jours.</i> (ENGT) This wasn't legal so we set it up internally. We hung up notes in the factory asking people to donate days.
02:20:39.24		MARC SEON <i>Le nombre de jours et le nom de la personne étaient anonymes.</i> (ENGT) The number of days and the names were kept anonymous.
02:20:44.02	CAPTION Anthony Martin Colleague	ANTHONY MARTIN <i>Et ça a commencé à grossir, à grossir, à grossir comme ça.</i> // <i>Et à partir de là, et bien les jours sont captombés.</i> (ENGT) And it really took off. The days just kept coming.
02:20:50.9	TEXT Jours	MARC SEON <i>Ça a été un mouvement solidaire de toute l'usine et personne ne s'est fait prier pour donner des jours.</i> (ENGT) Everyone in the factory wanted to help out and donate days.
02:20:59.14		V/O People gave up their holidays, leisure, and time with <i>their</i> family and friends. In just two weeks, Christophe was donated the equivalent of six months.

02:21:12.13		<p>CHRISTOPHE GERMAIN <i>Ces jours m'ont permis, j'allais dire, de l'accompagner dignement, voilà.</i></p> <p>(ENGT) These days allowed me to accompany him with dignity.</p>
02:21:20.10		<p>LYDIE GERMAIN <i>Quand on est limité dans le temps où on sait qu'on va plus pouvoir profiter de tous ces moments simples:-</i> <i>//</i> <i>se lever le matin, l'embrasser, prendre le temps de l'embrasser, de....de prendre le petit-déjeuner ensemble</i></p> <p>(ENGT) When time is limited, the simple moments become really important. Getting up in the morning, time for a hug, breakfast together.</p>
02:21:35.20		<p>LYDIE GERMAIN <i>Je sais que le temps qu'on a eu à allouer à Mathys a été précieux, vraiment précieux.</i></p> <p>(ENGT) for me our time with Mathys was really precious.</p>
02:21:44.11		<p>V/O: Since then, time donations on behalf of sick children have become legal in France.</p>

02:21:53:10		<p>MAGALI COMBAL</p> <p><i>Notre civilisation aujourd'hui, elle est sous la domination de Chronos // mais il n'y avait pas que lui. On ne voit plus que lui, mais il y avait également Kairon, Kairos, pardon, qui est le dieu des opportunités, et Aiôn, qui était le dieu des rythmes, des cycles.</i></p> <p>//</p> <p><i>Et il faut remettre du Kairos et du Aiôn dans nos vies, et dans notre culture, et dans notre économie.</i></p> <p>(ENGT) Today's society is under the rule of Chronos, but he's not the only one! There is also Kairos, the god of opportunities. And Aion, the god of rhythms and cycles. And we need to let Kairos and Aion back into our lives, our culture and economy.</p>
02:22:21:00		<p>MAGALI COMBAL</p> <p><i>On peut acheter du temps, une partie du temps. Il y a une dimension du temps qui est monnayable.</i></p> <p>//</p> <p><i>Mais toutes les dimensions du temps ne sont pas achetables puisque le temps est subjectif. Là, c'est le rapport à la vie, c'est le rapport au monde. Il y a quelque chose dans le rapport au temps qui peut être unique à chacun et qui ne s'achète pas et ne se transmet pas.</i></p> <p>(ENGT) Sometimes we can buy time; there are dimensions of time that are monetised. But not all dimensions of time can be bought, as time is subjective, as in our relationship with life and the world. In our relationship with time, there are things that are unique to us and that cannot be bought nor transmitted.</p>

02:22:48:14		<p>ROBERT LEVINE</p> <p><i>The way we use our time and the quality of experience in our time is very personal. And the best way, I think, to deal with it is to try to be in perspective. Perhaps try to be carefully track the way you use your time and try to track the way you feel during those periods of time. And once we can come to grips with what is best for ourselves, it often enables us to make decisions, to change our lives in ways that we might not otherwise have done.</i></p>
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