SATELLITE EVENT ON TIME USE SURVEYS · EUROSTAT · 15 OCTOBER 2026

Remote work, presented to the people who measure Europe's time.

On 15 October, hbits and Eurostat brought together Time Use Survey experts in Luxembourg to discuss how digital tools can support the next generation of these surveys. **LISER presented WinWin4WorkLife**, a harmonised study of remote work in five European countries, and its first results.

Who was in the room

NSI delegates
Time Use Survey experts of National Statistical Institutes

Eurostat
The EU statistical office, which harmonises these surveys

Research teams
LISER, hbits and VUB, behind WW4WL and MOTUS



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Swipe →

THE STUDY

Who took part, and how.

Who

Employees working under remote work arrangements were included in the study. A control group consisting of employees working exclusively on-site was also included for comparison.



How

1. 24-hour time diary on a remote working day
2. Same diary on an office day
3. Short context survey after each diary
4. Geotracking of trips and places

Where: five regions, five angles on remote work



LUXEMBOURG

Cross-border workers, satellite offices



GERMANY

Escaping expensive housing in Munich



PORTUGAL

Digital nomads and workations in Lisbon



FINLAND

Working from rural second homes



SLOVAKIA

Keeping talent in rural regions

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FIRST RESULTS · REALLOCATION OF TIME

Remote days give back about an hour a day.

Comparing the diaries of a remote day and an office day shows where the time saved on commuting goes. Minutes per day, average of the five countries.

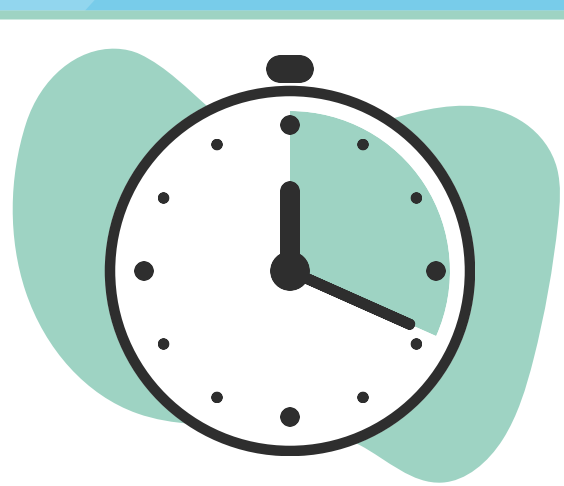


−60 min

of commuting

Remote 0.7 h · Office 1.7 h

A full hour back. Commuting falls by half or more in every country.



+19 min

of home and care

Remote 1.7 h · Office 1.4 h

Part of that hour goes to household tasks and caring for others.



+25 min

of leisure

Remote 3.3 h · Office 2.8 h

An important part goes to rest, hobbies, sport, family and friends.

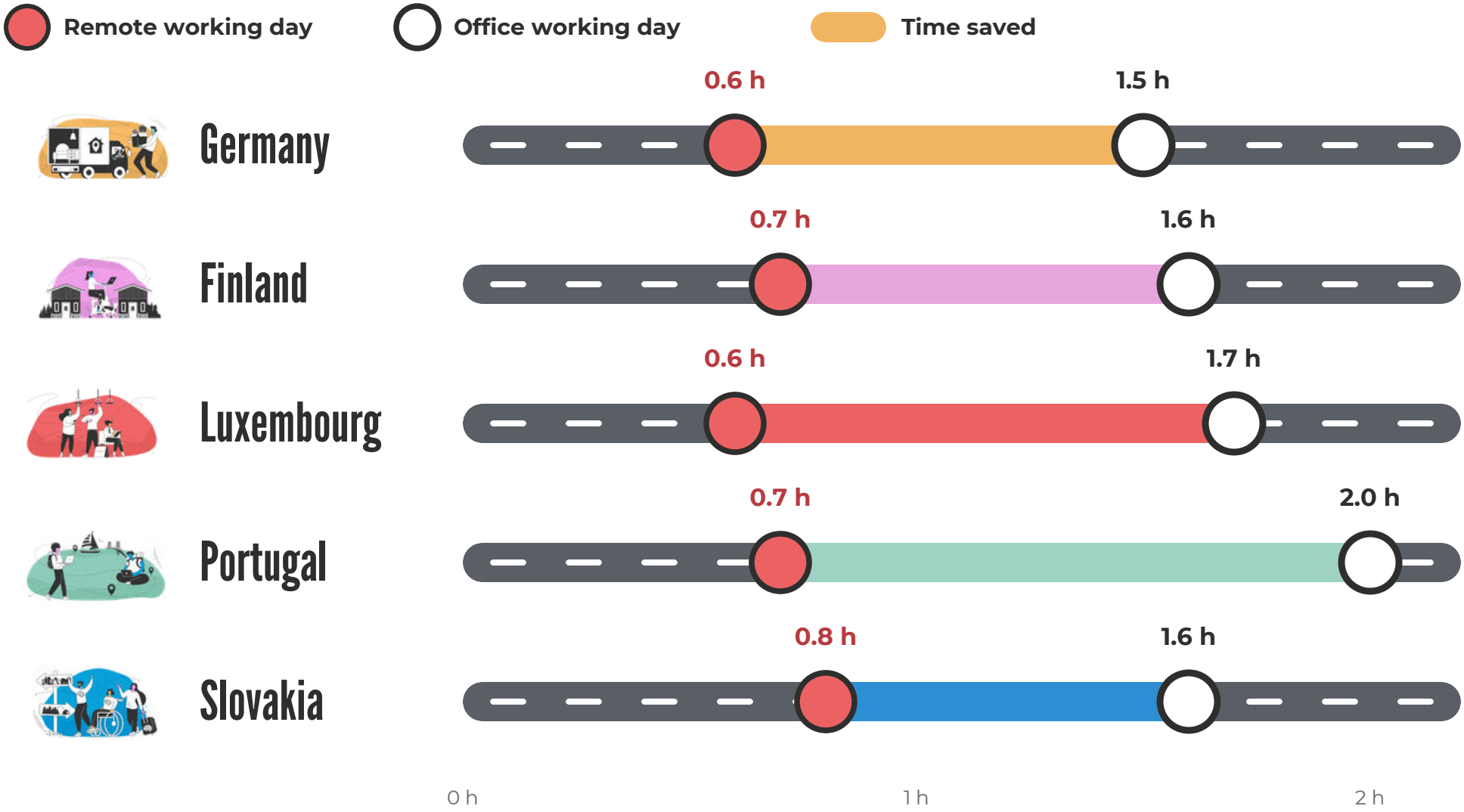
Source: WinWin4WorkLife 24-hour time diaries (DE, FI, LU, PT, SK). Preliminary findings, sample quality still under review. Unweighted means of the five countries.

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WHY HARMONISATION MATTERS

Less commuting, in all five countries.

Same diary, same questions, same type of days in every country, so results can be compared directly. Daily travel time, in hours.



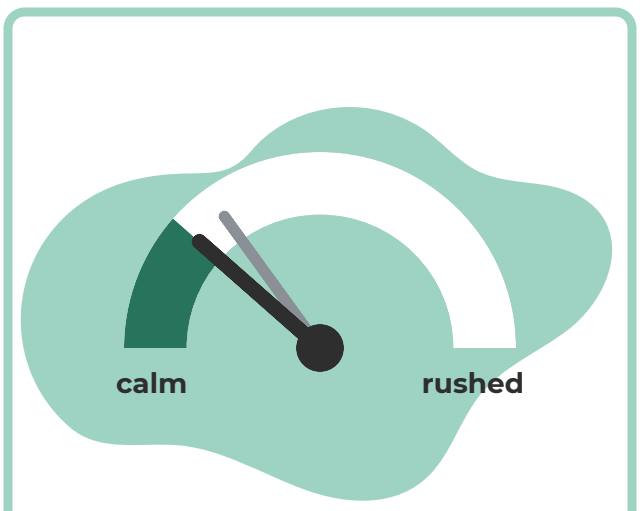
Source: WinWin4WorkLife 24-hour time diaries. Preliminary findings, sample quality still under review.

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FIRST RESULTS · THE UPSIDE

Calmer, more productive working time.

In the diary, people also noted how they felt during each activity. On remote days, work feels less rushed and more productive, in all five countries.

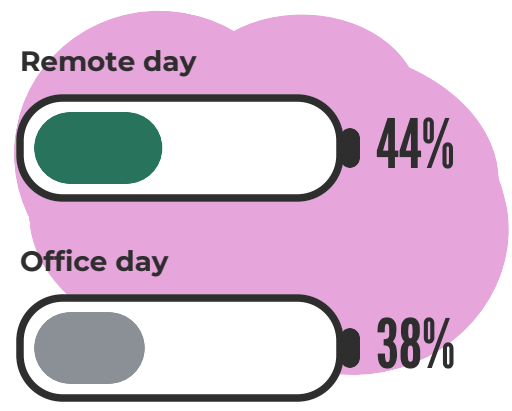


23 vs 30

time pressure score (out of 100)

Dark needle: remote day · Grey: office day

People feel less rushed on remote days, in every country.

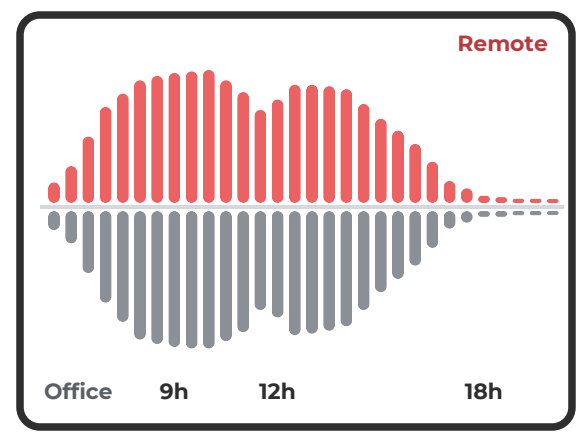


+6 pts

of work felt as productive

Remote 44% · Office 38% of work activities

More of the working time feels productive at home.



Same rythmn

of paid work across the day

Remote day on top · Office day mirrored below

Share of people working through the day (Germany): same start, lunch break and finish.

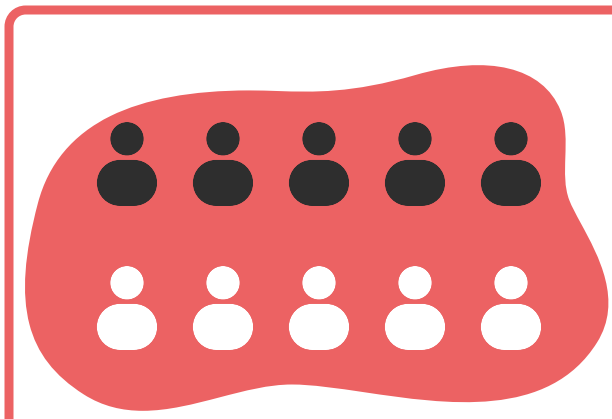
Source: WinWin4WorkLife 24-hour time diaries (DE, FI, LU, PT, SK). Preliminary findings, sample quality still under review. Unweighted means of the five countries.

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FIRST RESULTS · THE TRADE-OFF

But remote days are lonelier.

The diary also records who people are with. Remote days are spent mostly at home, with fewer social contacts and more juggling between tasks.

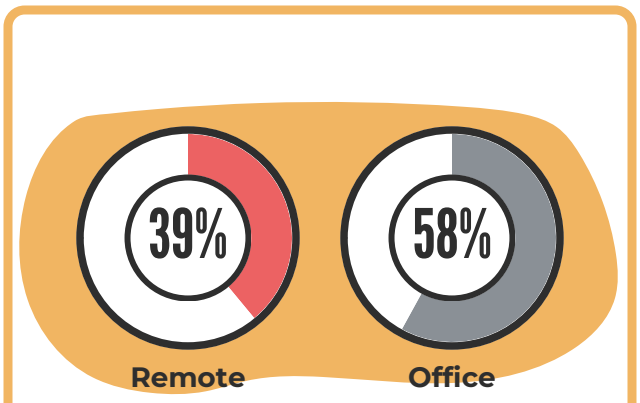


1 in 2

waking hours spent alone

Remote 50% · Office 30%

Each figure is a tenth of the waking day. Time alone rises in every country.

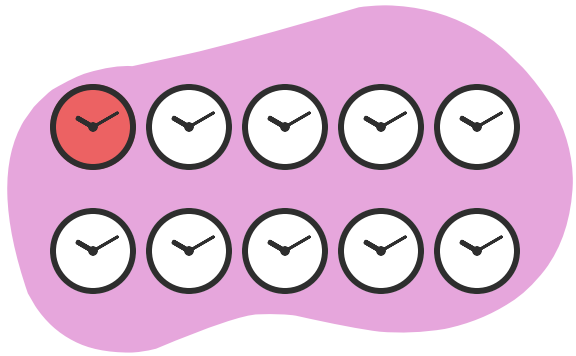


−19 pts

of time spent with others

Share of the waking day with someone

Fewer moments with colleagues, family or friends.



+3 pts

of work mixed with other tasks

Remote 10% · Office 7% of working time

About 1 working hour in 10, often while minding children.

Source: WinWin4WorkLife 24-hour time diaries (DE, FI, LU, PT, SK), first results. Unweighted means of the five country figures.

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WHY IT MATTERS

Harmonised data. Comparable answers. Better policy.

National Statistical Institutes now have an evidence-based view of where remote work stands in Europe, and a tested method to measure it the same way across countries.

One platform (MOTUS), one protocol, five countries

Blue dot
employers and employees

Time diaries
remote and office days

Geotracking
trips, places, transport

Context
where, with whom, why, feelings

Thank you!

To Eurostat and all NSI delegates for a rich exchange on the future of Time Use Surveys.

Presented by **Veronique Van Acker** (LISER), with **Joeri Minnen** (hbits) and **Theun Pieter van Tienoven** (VUB).

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How to find us ?

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