



UN WOMEN

WOMEN COUNT



HOW WE USE OUR TIME

The information is based on the data from a sample household survey conducted by the state statistical authorities and supported by the United Nations Population Fund (UNFPA) and UN Women to study daily time use by the population.

The purpose of the survey is to study the structure of the population's daily activities and differences in time use across various socio-demographic groups, including gender-specific differences.

The sample included 6,000 households residing in all regions of the country and in the city of Minsk. The target group was people aged 10 years and older.

The survey was conducted from April 1, 2024, to March 31, 2025, and covered all days of the 12-month period (weekdays and weekends, including public holidays and vacation days).

The information on the population's daily time use is presented in hours and minutes by main activities on average per person per day. "0-00" corresponds to a low indicator value.

Additional information on the sample household survey aiming to explore daily time use by the population is available on the website: [www.belstat.gov.by](http://www.belstat.gov.by).

### **National Statistical Committee of the Republic of Belarus**

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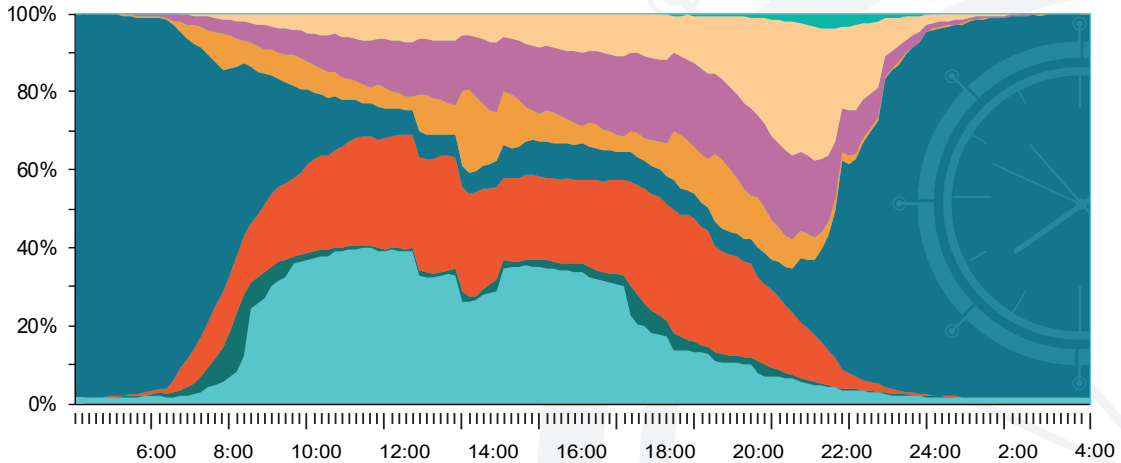
E-mail: [belstat@belstat.gov.by](mailto:belstat@belstat.gov.by)

<http://www.belstat.gov.by>



# DAILY TIME USE

(population aged 10 years and over)



Work and study



Eating



Travel related to work and study



Free time



Household and family care



Watching TV and videos



Sleep and other personal care



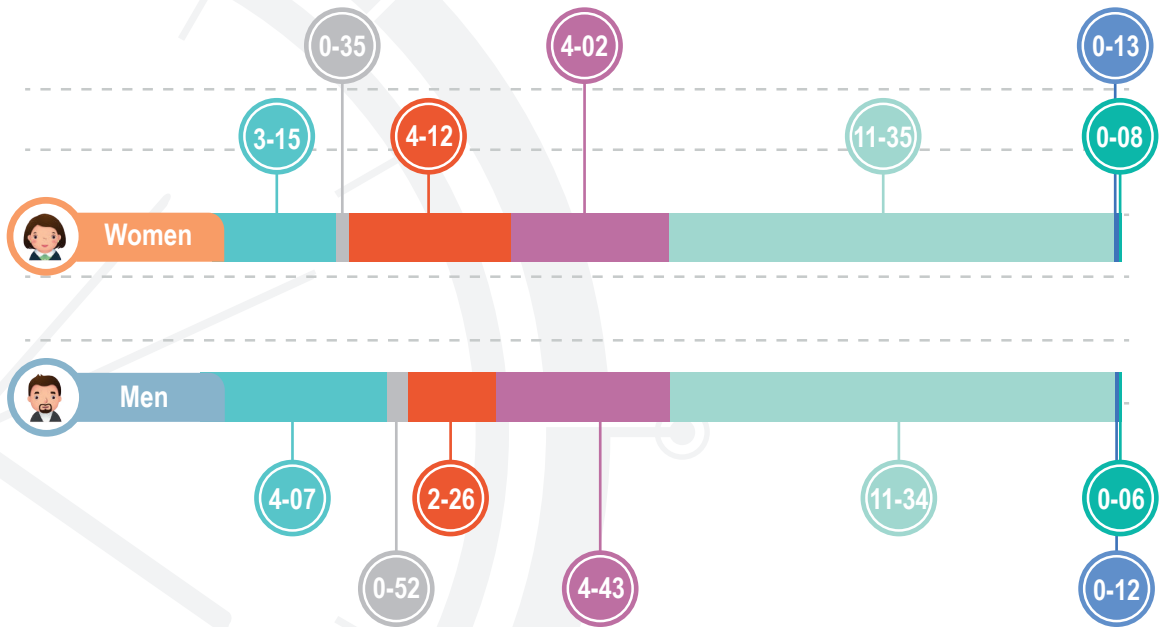
Unspecified time use

Daily time use measures time spent on various activities. The major part of daily time (more than 48%) is spent on personal care, which is 11 hours and 35 minutes per day.

on average per day

## DAILY TIME USE

(population aged 10 years and over)



Working and work-related time



Study



Household and family care



Free time\*



Personal care



Help to other households

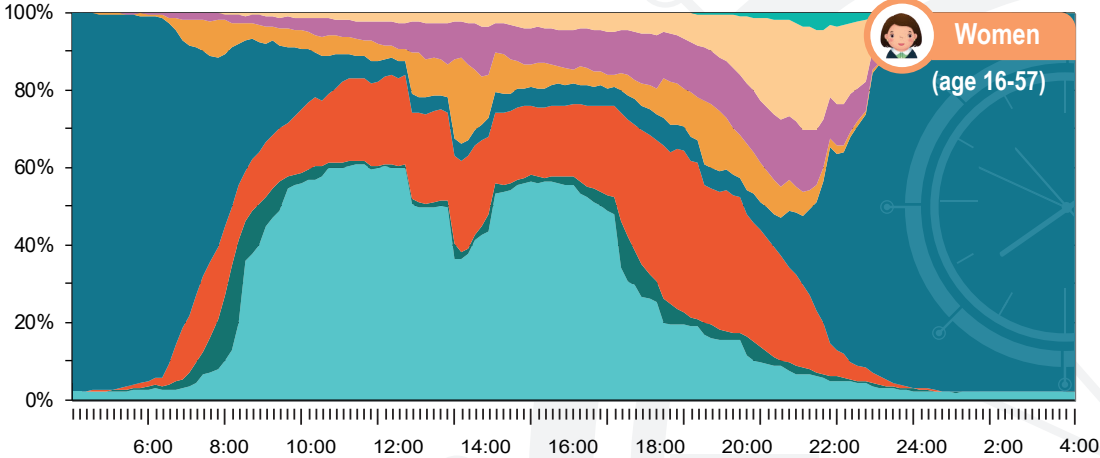


Other time uses

\* Time that can be used for playing sports, pursuing interests and hobbies, attending cultural and entertainment events, socialising, walking, watching TV and films, and public activities.

# DAILY TIME USE OF WORKING POPULATION

(working-age population)



Work and study



Travel related to work and study



Household and family care



Sleep and other personal care



Eating



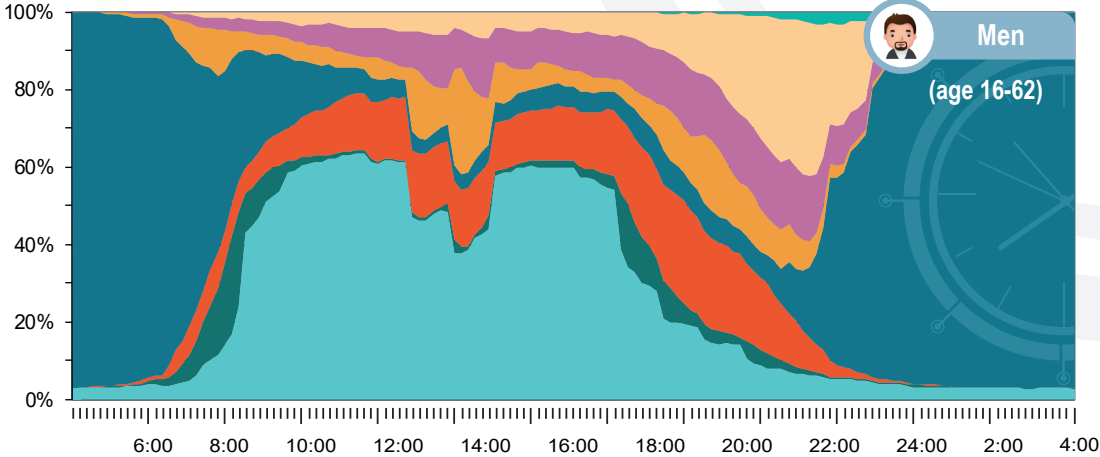
Free time



Watching TV and videos

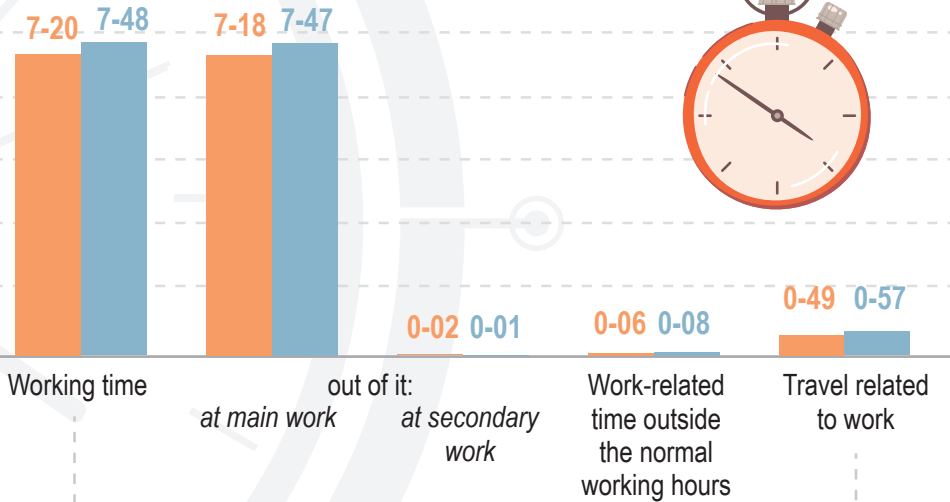


Unspecified time use



# WORKING AND WORK-RELATED TIME

(working population of working age)



On average, 88% of employed working-age population work on weekdays (Monday to Friday), and 23% work on weekends (Saturday and Sunday).

# STUDY



Girls  
(age 10-15)

4-43

TOTAL



Boys  
(age 10-15)

4-29



4-02



0-11



0-30



4-00



0-05



0-24



Women  
(age 20-57)

0-08

TOTAL



Men  
(age 20-62)

0-04



0-06



0-01



0-01



0-03



0-01



0-00



Main education



Additional education\*



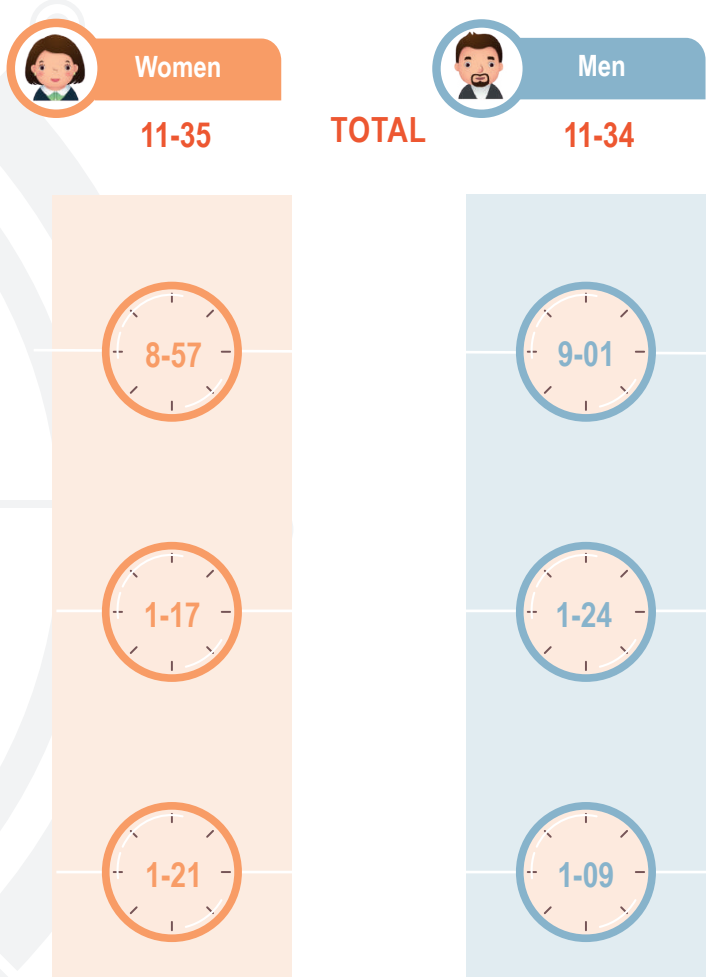
Travel related to study

\* Taking courses, master classes, attending interest groups to learn anything recreational (driving, foreign languages, programming, cooking, sewing, knitting, drawing, music, dancing, and suchlike), and acquiring knowledge and skills on one's own.

on average per day

## PERSONAL CARE

(population aged 10 years and over)

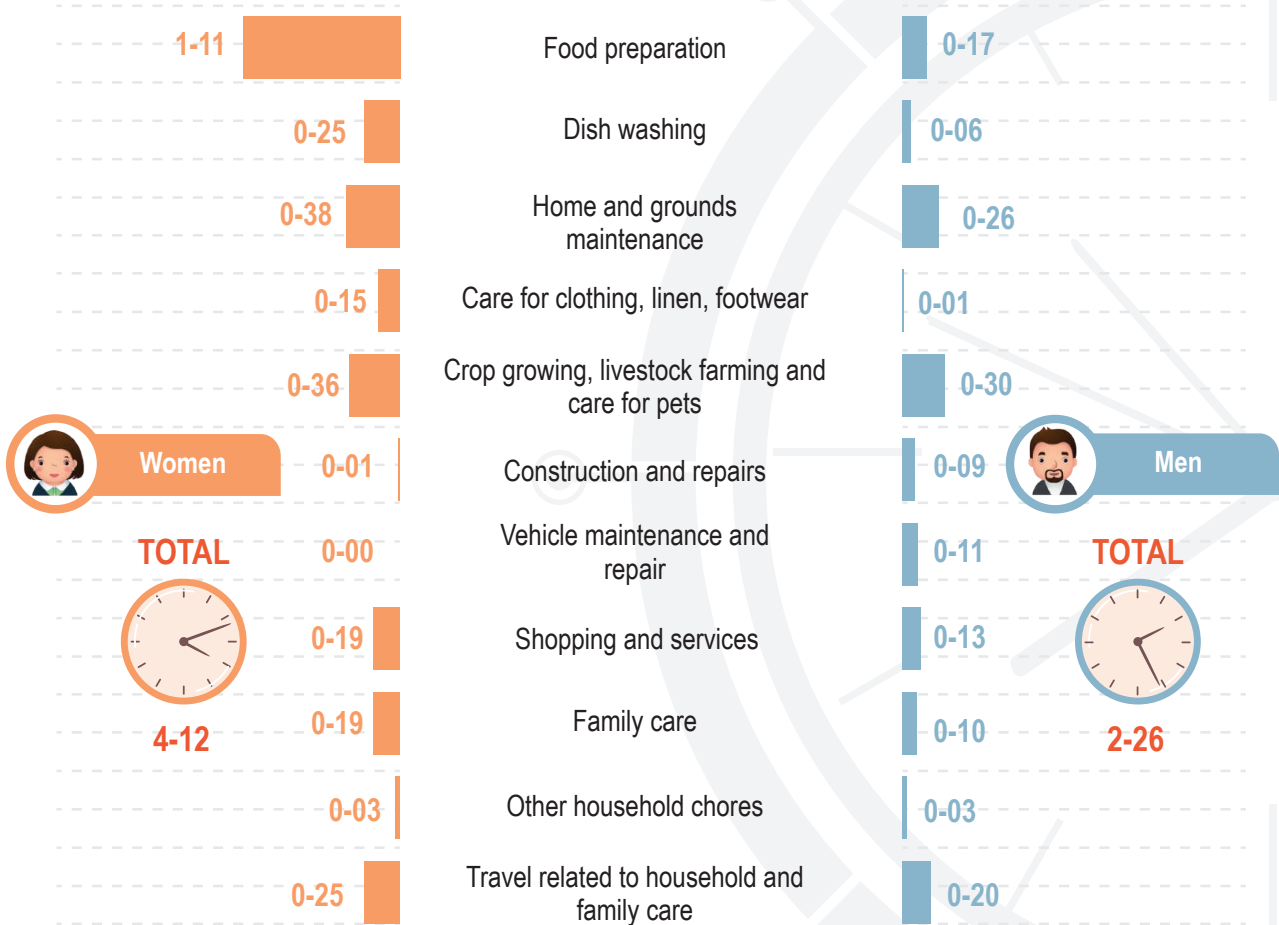


Time for personal care (meeting physiological needs, including sleep, eating, self-care, receiving personal services) is a significant item in the population's daily time use.

On weekdays, 47% of the time on average is used for these purposes, and on weekends, it is 52%.

# HOUSEHOLD AND FAMILY CARE

(population aged 10 years and over)



On average, women spend 1.7 times more time on household and family care per day than men.

# HOUSEHOLD AND FAMILY CARE – SELECTED CHORES

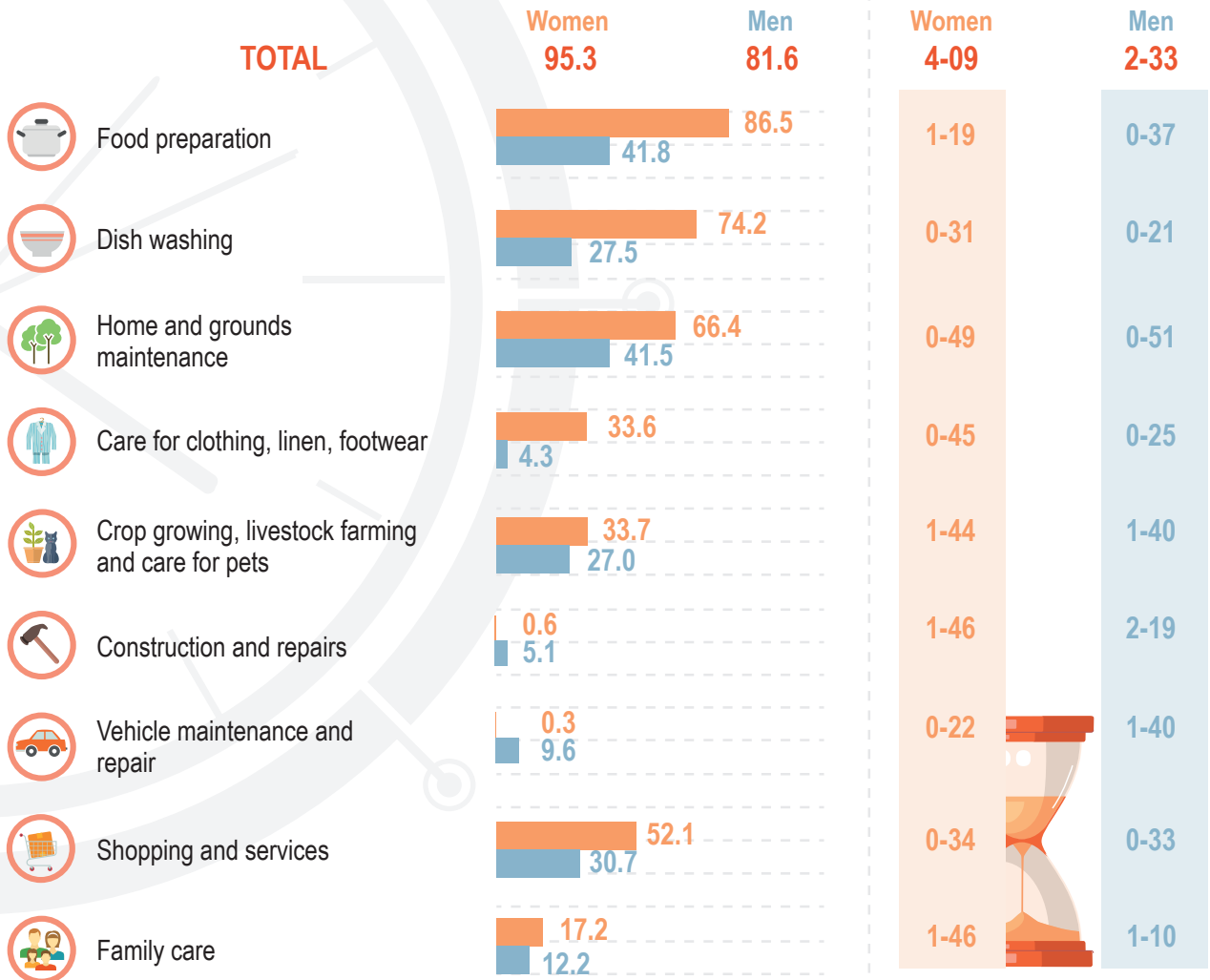
(population aged 10 years and over)



The proportion of those who reported,  
%

For those who reported,  
hours-minutes

## TOTAL



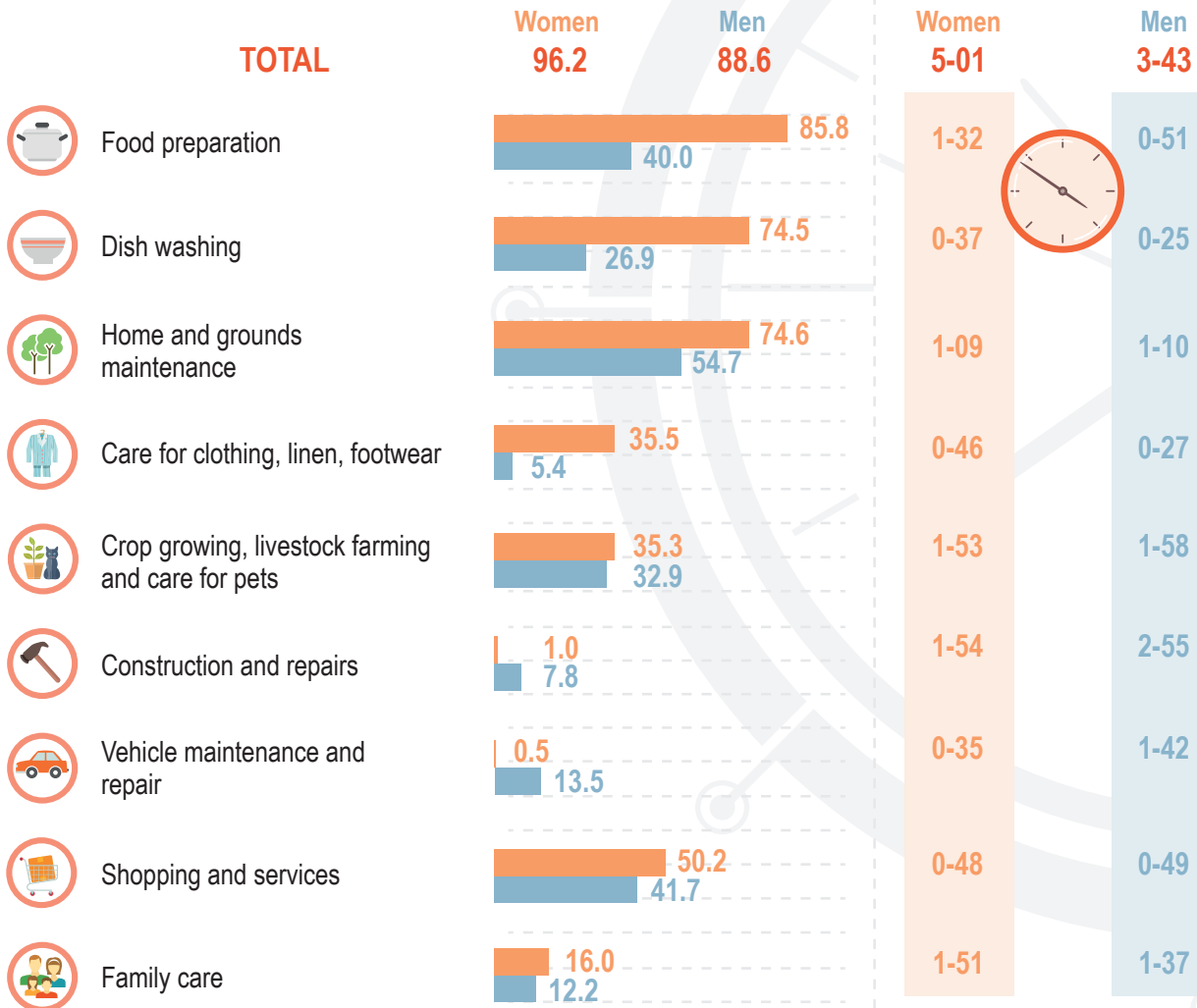
# HOUSEHOLD AND FAMILY CARE – SELECTED CHORES

(population aged 10 years and over)



The proportion of those who reported,  
%

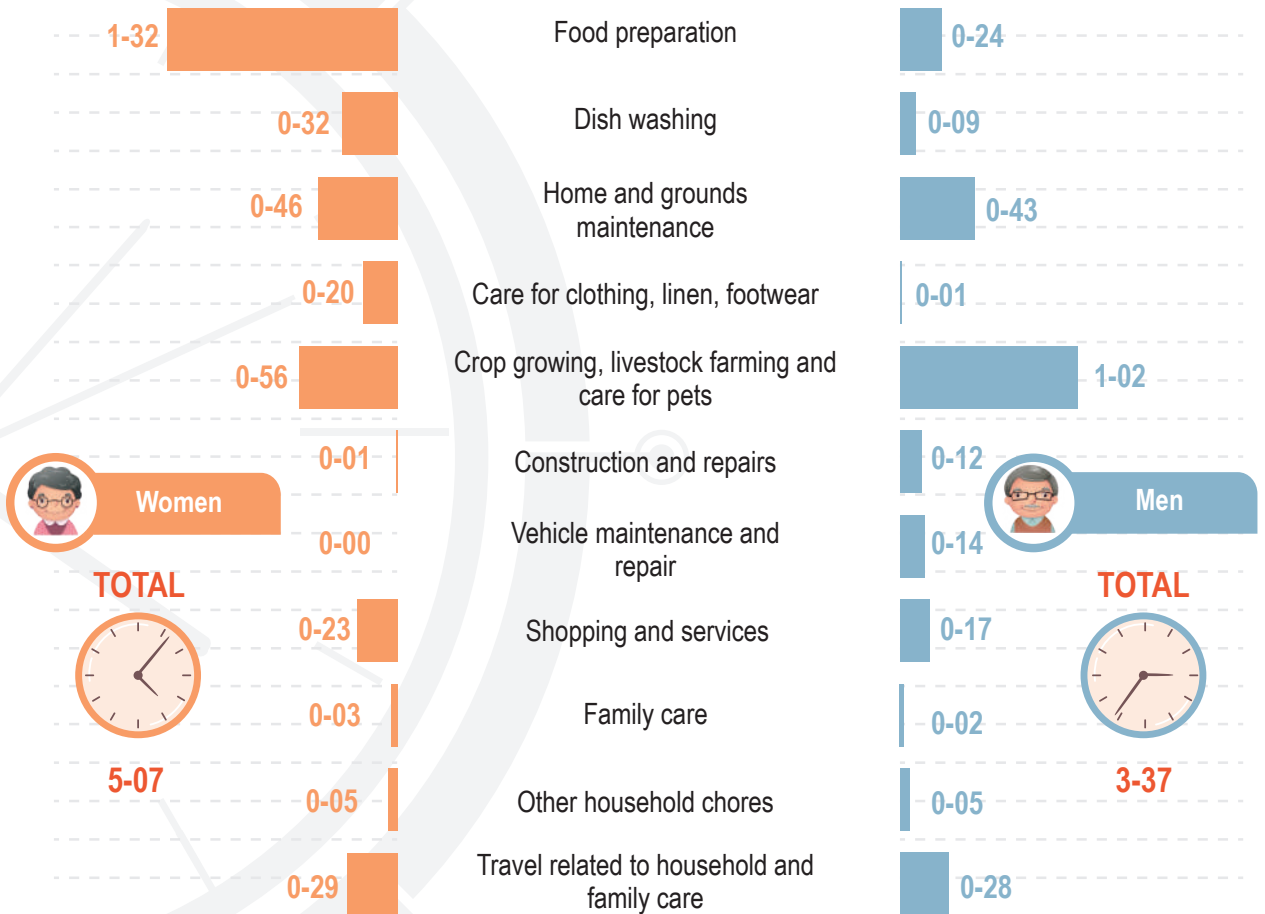
For those who reported,  
hours-minutes



on average per day

# HOUSEHOLD AND FAMILY CARE

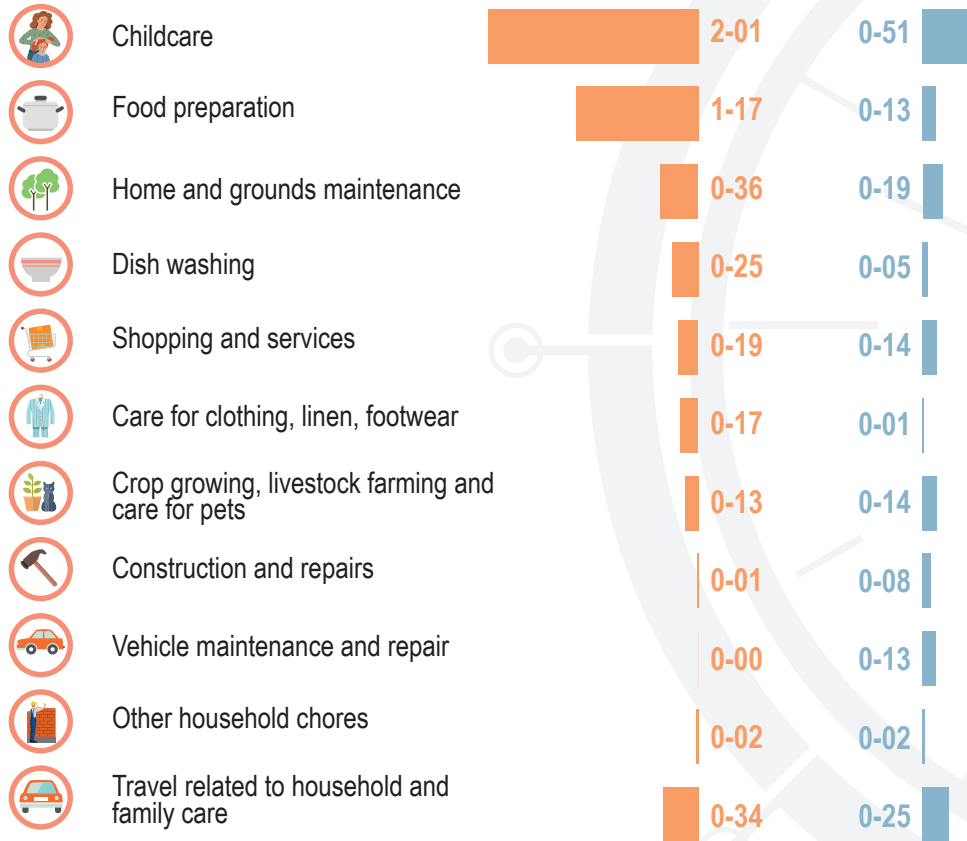
(population over working age)



Compared to other age and gender groups, people over working age spend more time on crop growing, livestock farming, and care for pets: in the total time spent on housekeeping on average per day these activities make 18% for women and 29% for men.

# HOUSEHOLD AND FAMILY CARE

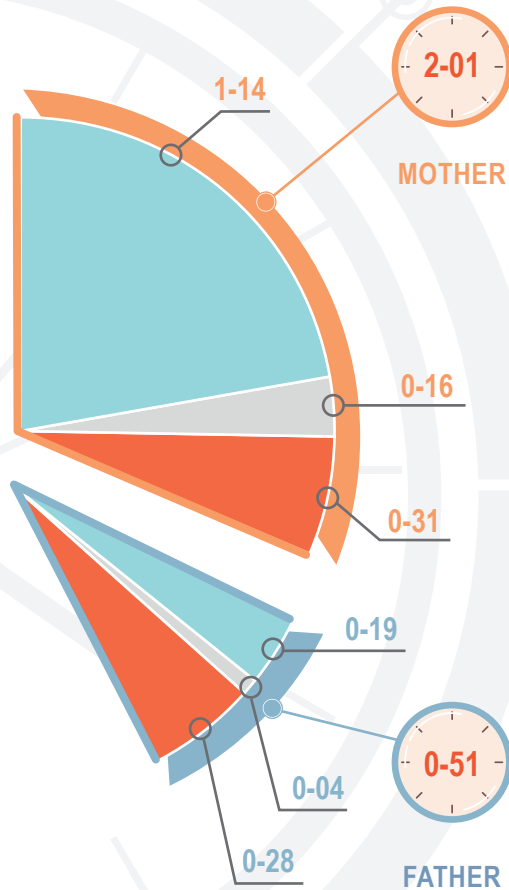
(families with children under 10 years of age)



In families with children under 10 years of age, time spent on housekeeping and care for family members is 4 hours and 18 minutes per day on average, out of which 1 hour and 27 minutes is specifically care for children.

# CHILDCARE

(families with children under 10 years of age)



Physical care and supervision of child



Teaching the child



Socialising with child



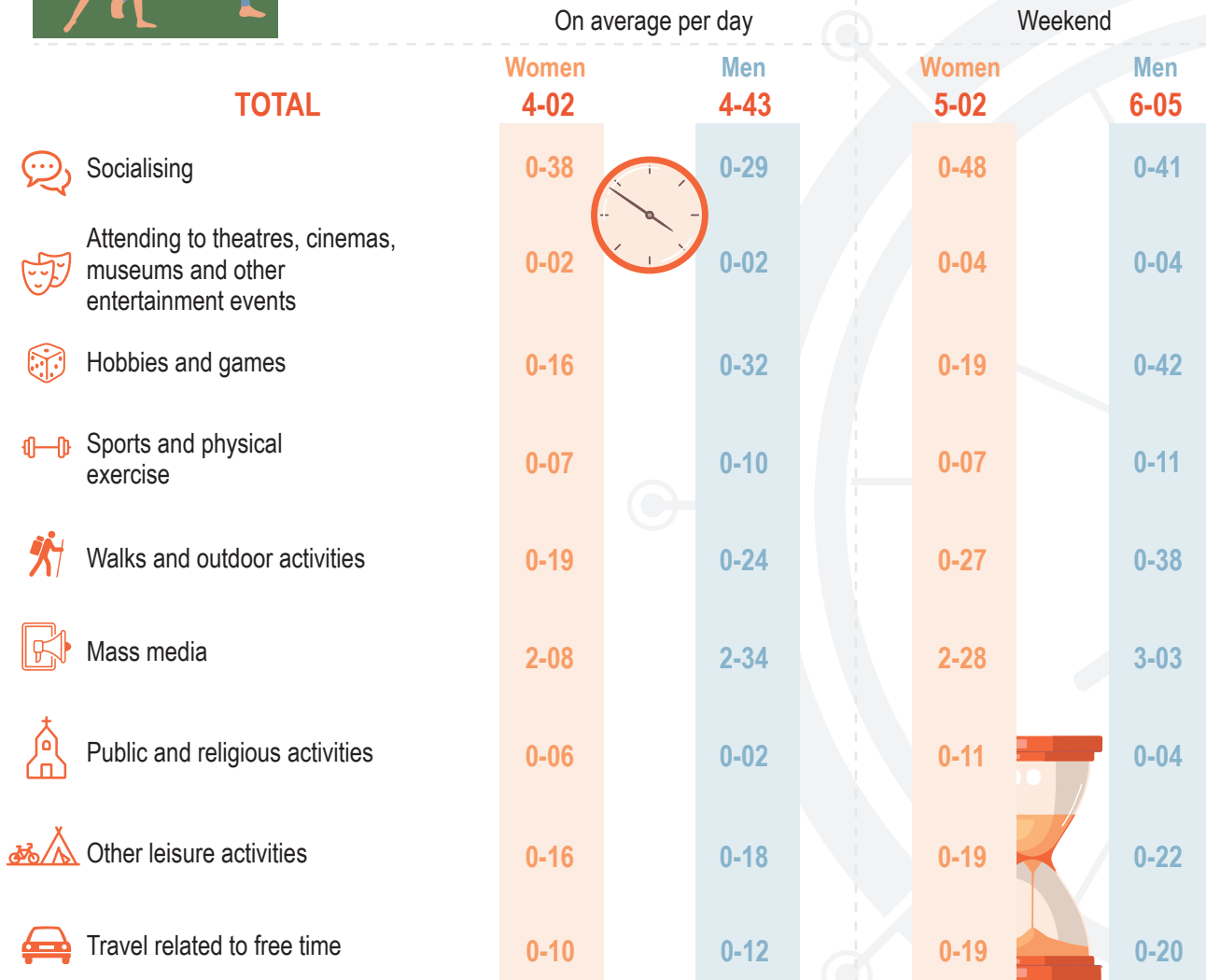
In families with children under 10 years of age care of children is provided mostly by women, who on average spend 8% of their time on these activities per day, while men spend 3.5%.

Care for children under 10 years of age is provided by 92% of women and 74% of men. At the same time, 79% of women and 65% of men are involved in teaching and parenting for children.



# FREE TIME

(population aged 10 years and over)



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

On average, women have daily 41 minutes of free time less than men, with 34 minutes less on weekdays and 1 hour and 3 minutes less on weekend days.

## FREE TIME

(population 10 to 15 years old)

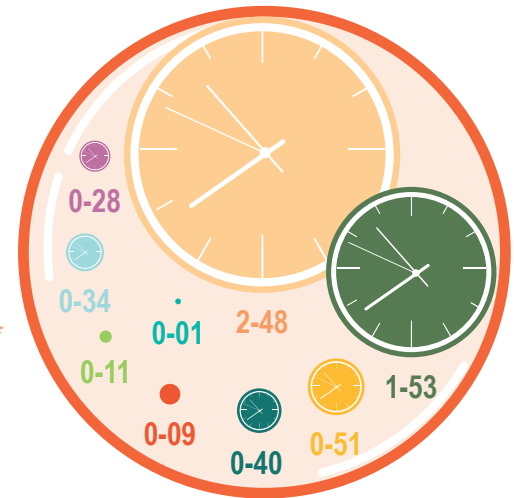
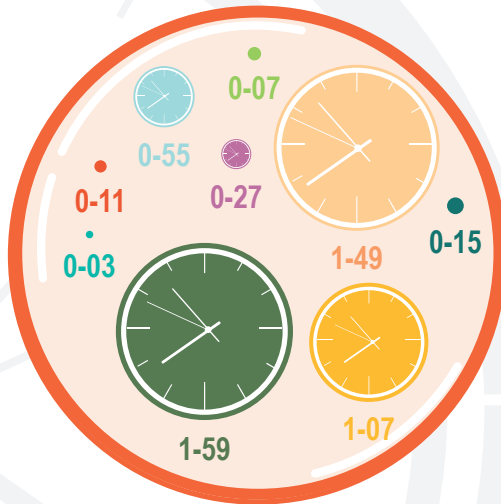


Girls 6-53

TOTAL



7-35 Boys



Socialising



Attending to theatres, cinemas, museums and other entertainment events



Hobbies and games



Sports and physical exercise



Walks and outdoor activities



Mass media



Public and religious activities



Other leisure activities

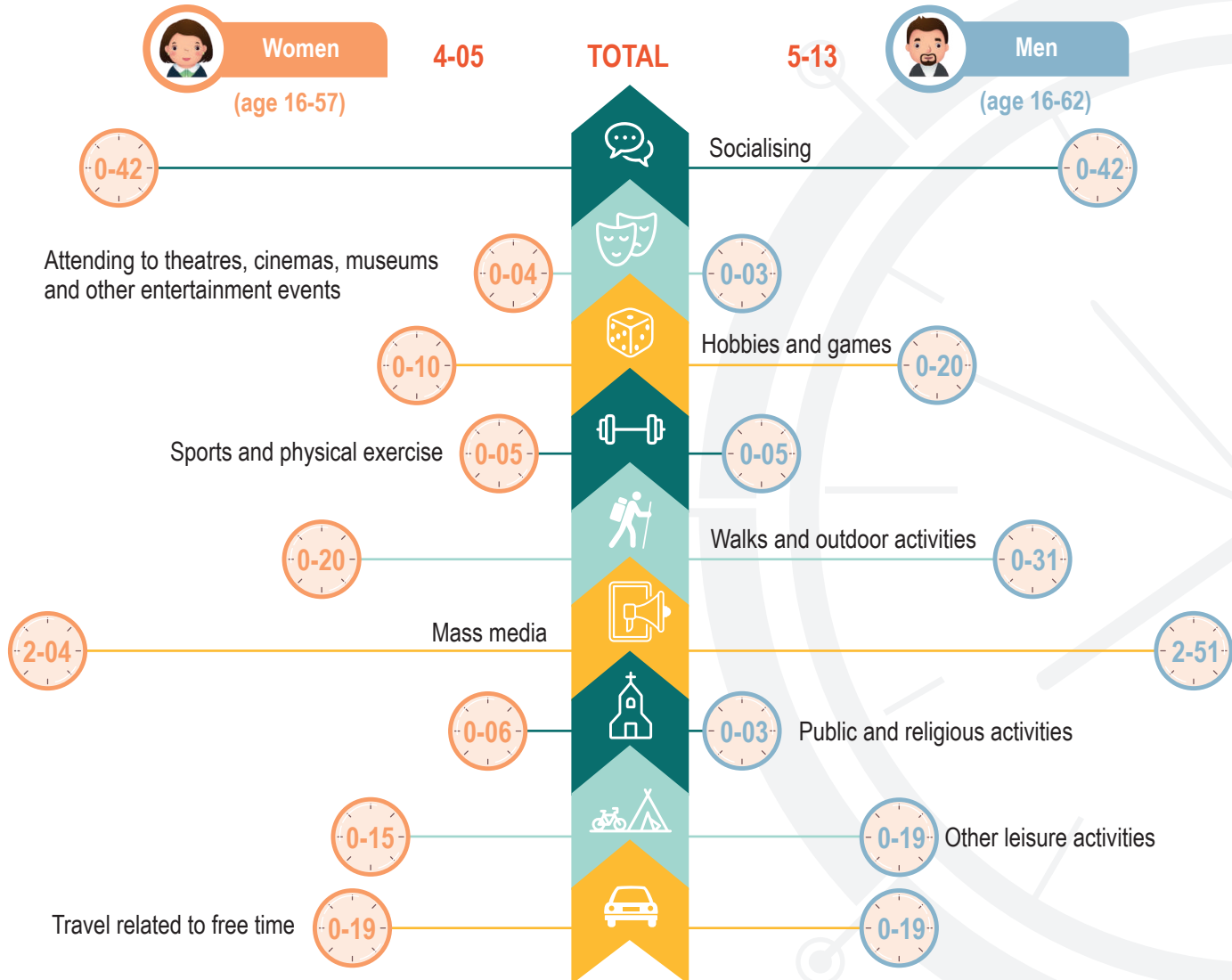


Travel related to free time

Teenagers aged 10-15 spend an average of 32% of their free time on weekends on hobbies and games, 27% on the mass media (watching TV, reading, etc.), 20% on sports and outdoor activities, and 10% on socialising.

# FREE TIME

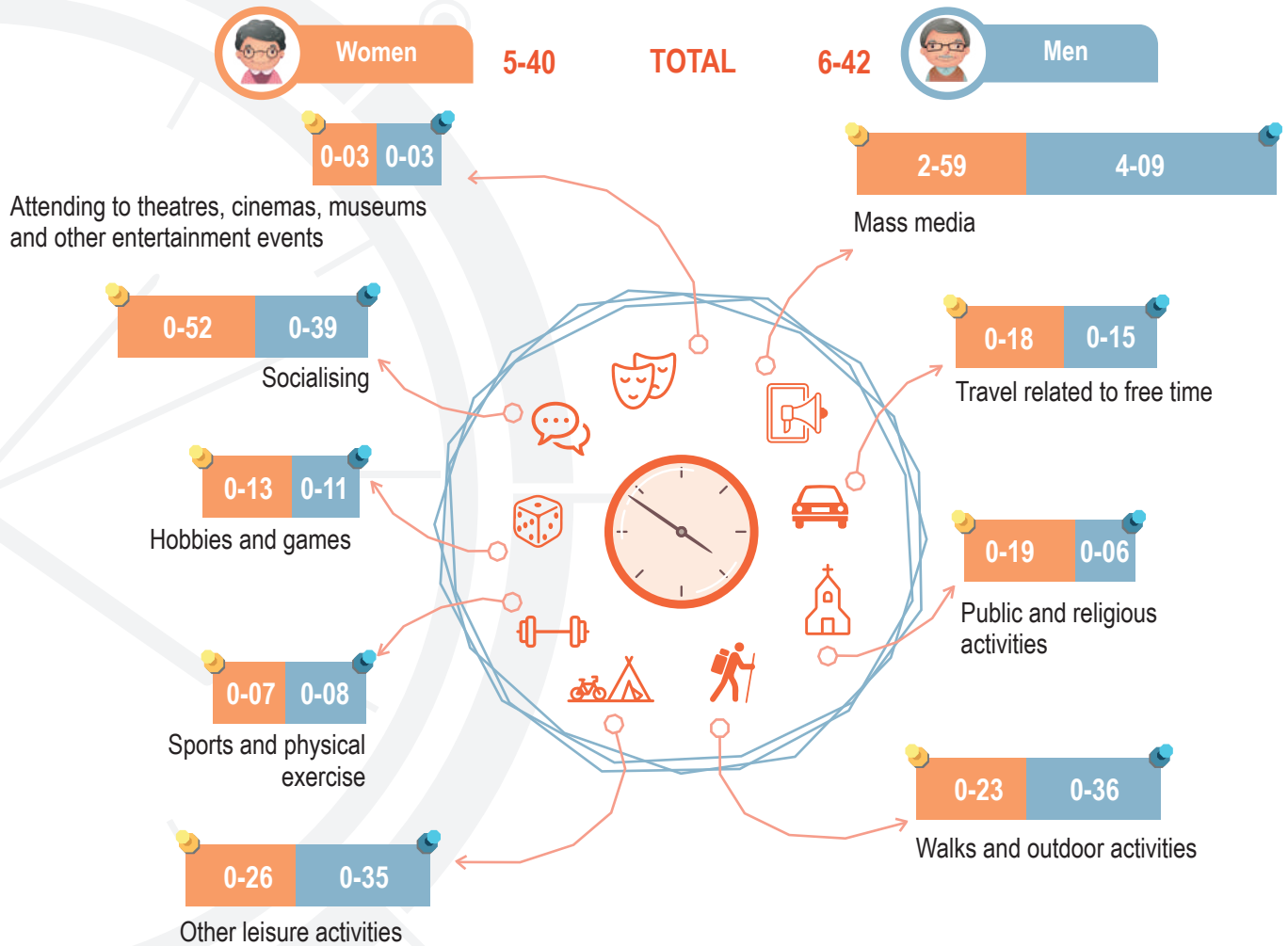
(working population of working age)



Almost 30% of working-age women and men engage in sports and other outdoor activities on their days off. Moreover, men are more likely to use their free time for hobbies and games than women (18% of men versus 11% of women).

## FREE TIME

(population over working age)



On weekends, people over working age (53% for women and 62% for men) spend more than half of their free time on the mass media (watching TV, reading, etc.).

# MASS MEDIA



Reading



Listening to radio and audio devices



Watching TV and videos



Girls / Boys  
(age 10-15)



Women / Men  
(working population  
of working age)



Women / Men  
(population over  
working age)



Listening to the radio is most often a secondary activity and takes up an average of 23 minutes per day.



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National Statistical Committee  
of the Republic of Belarus