

FOR ONLY ONE TIME

For only one time
Initiative for abolishment of time changes in Europe

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What is our goal?

The goal of the project called "For only one time" is **the abolishment of clock changes jointly throughout the whole European Union**. The original economical reasons for the clock changes have proved absolutely false (it has been proved that the clock change brings no savings). On the contrary, the time changes have several negative consequences:

- influence on the health of children, adults and seniors alike
 - impact on people's circadian rhythm – decrease of melatonin, increase of cortisol (Current Biology 2007)
 - increase of injuries and accidents in the mining industry (a study made by psychologists of Stanford University)
 - increase of work injuries (Applied Psychology 2009)
 - higher number of heart attacks and suicides of men in Sweden (study "The New England Journal of Medicine", similarly also in NEG Medicine 2008, vol.359)
 - complications for people suffering from seasonal affective disorder
- 1) The changes affect the work organization in many branches throughout the whole of Europe (especially in transport, logistics, agriculture, etc.)
 - 2) They influence biorhythms of people as well as animals (both domestics and wild)
 - 3) They negatively influence road traffic safety.

An interesting fact is that according to surveys 45% of Europeans would like to abolish winter (standard) time (survey SOFRES -2002).

How to reach our goal?

We have been considering the option of the European Citizens' Initiative. However, it appears to be administratively and financially demanding and the output is uncertain.

Therefore, we now prefer the resolution of the EU institutions. Namely, it is the abolishment or amendment of **Directive 2000/84/EC (9th amendment)**; it means an application under Rule 42 of the Rules of Procedure of the EP and Article 225 of the Treaty on the functioning of the European Union for negotiations over the abolishment of the Directive on summer-time arrangements upon the negative health impact and minimum energy savings.

Possible further proceedings – abolishment of the EU directive

- a) upon an initiative of the European Commission
- b) upon a motion submitted by a member state
- c) upon a call submitted by the European Parliament
- d) upon the citizens' initiative

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