

Time interactions for Care

Thesis project by **Eliza Zimmermann** and **Nicole Faiella**
Supervised by Sabina Frei and Kris Krois



Starting point

Concepts

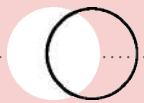
Context

Process

Outcomes

Next Steps

Conclusion



Starting point



nicole

CRONACA • CRONACA BIANCA

A spasso per Bolzano con la sua tartaruga

L'insolita passeggiata col proprio animale da compagnia fotografata da un passante ieri pomeriggio. Il tutto si è svolto molto lentamente

07/06/2022



Rai Tagesschau

Una camminata a ritmo sicuramente rilassante. Il proprietario fotografato ieri a Bolzano in via Wergenstein.

Turtles > biorhythms > pressure > **time**

eliza

NATIONS IN TRANSIT 2023

Hungary

43 /100

TRANSITIONAL OR HYBRID REGIME

Democracy Percentage	42.86 /100
Democracy Score	3.57 /7

LAST YEAR'S DEMOCRACY 45/100 ■ Transitional or Hybrid Regime

The ratings are based on a scale of 1 to 7, with 7 representing the highest level of democratic progress and 1 the lowest. The Democracy Score is an average of ratings for the categories tracked in a given year. The Democracy Percentage, introduced in 2020, is a translation of the Democracy Score to the 0-100 scale, where 0 equals least democratic and 100 equals most democratic. See the methodology.

Political participation > decision making > dialogue > **care.**

How, when, and why did **we stop caring for the very substance that sustains our lives**, our community of humans and community of all earthly beings? How come **we fail to take time for, fail to take care** of what we care about?



Trouble-making Seminar: KISD x unibz



CARE *IS THE NEW* TIME



If Care was the new Time,

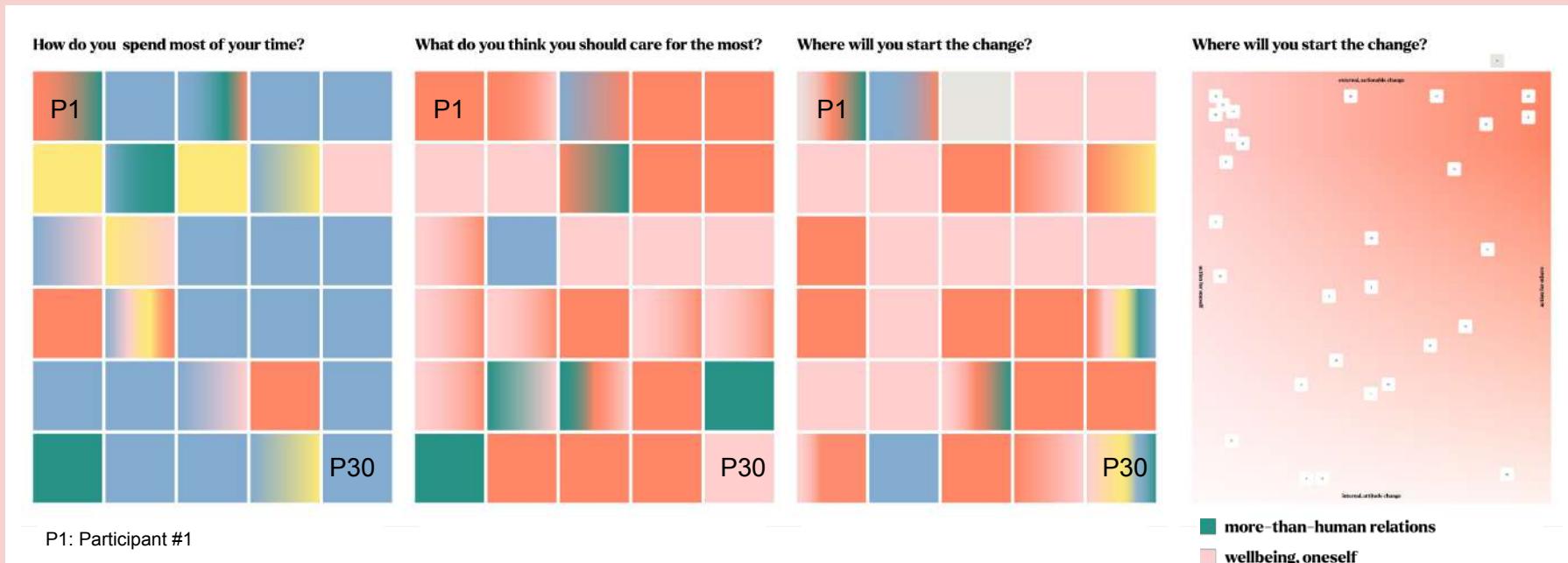
- my energies for would time lists organize your schedule for
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- my energies for would time lists organize your schedule for

How will you start doing it?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

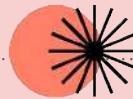


[Click to see video](#)





It seems we are convinced that transformation begins with oneself, even if others hold similar positions. By linking our '**individual**' issues with time, we discover a **collective problem** of care.



Starting point

Concepts



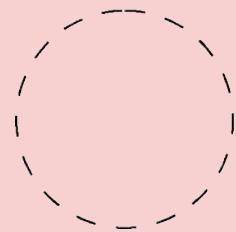
Time

‘What is time? If no one asks me, I know. If I am asked, I do not know anymore.’ - (San Augustino, Confessioni)

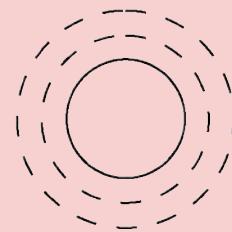
Time is our ignorance of the world and the cultural perception of our happening.

*[...] We all know that an hour can seem an eternity or pass in a flash, according to how we spend it. **Time is life itself, and life resides in the human heart.***

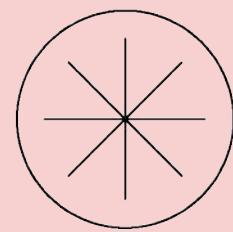
(Ende 2005, 47)



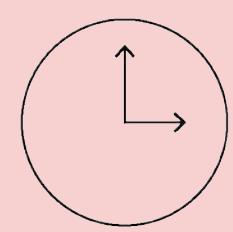
Time is...



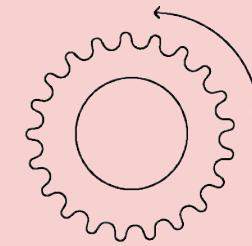
a way to
understand life



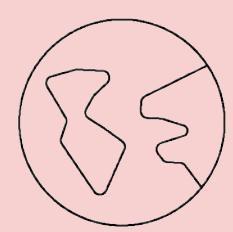
and coordinate
society.



Alas, imperial
domination



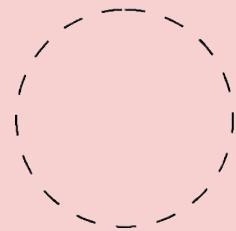
is exploiting
the present.



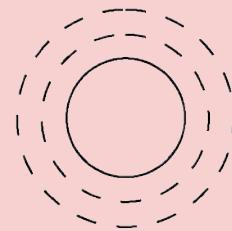
We need time
for care!



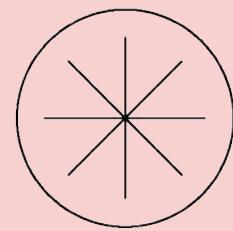
What time is it? at which time? How much time is left? It's time. it's not the right time. I don't have time. Set the time. Just on time! another time. Too much time! It takes time. Take your time, Make time! Save time! One more time. So many times. During that time. Till the end of time. the time of our life. A long time ago. Once upon a time. Such a good time! After all this time. Time goes by. Time flies! 'Because of time reasons', Running out of time. Lack of time! Time is up! Time is over.



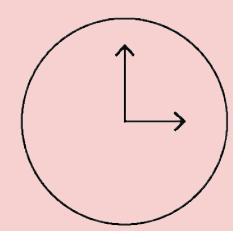
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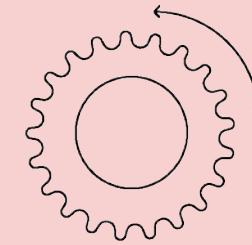
a way to
understand life



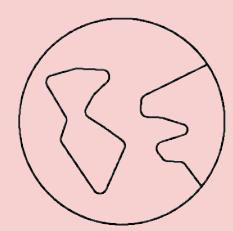
and coordinate
society.



Alas, imperial
domination



is exploiting
the present.



We need time
for care!



Care

is the provision of what is needed for well-being [...]

dictionary.com

*from Old English **caru, cearu** "sorrow, anxiety, grief,"
also "burdens of mind; serious mental attention,"*

etymonline.com



Care

Today, the meaning of care is limited to care jobs and care work.

*[...] in the most general sense, care is a species activity that includes everything we do to **maintain, continue, and repair our world** so that we may live in it as well as possible. That world includes our bodies, our selves, and our environment, all of which we seek to interweave in a complex, life-sustaining web.*

Joan C. Tronto and Berenice Fisher



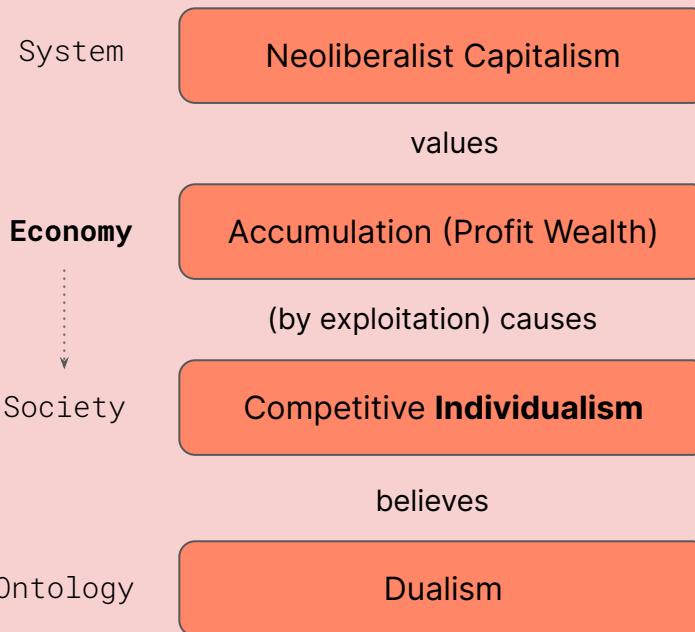
**Time is how we perceive being alive and
care is how we keep being alive.**

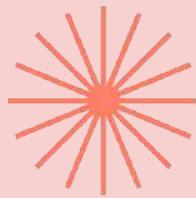
**However, currently, they are not playing
in each other's favour.**



why?

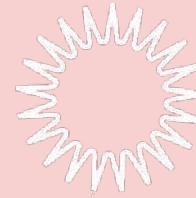
The Imperial Mode of Living



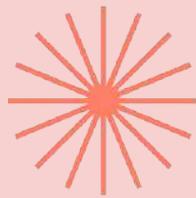


Time

vs.

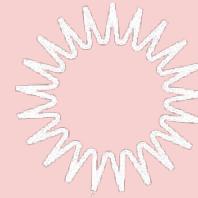


Care



Time

for



Care

*The Imperial Mode of Living*

System

Neoliberalist Capitalism

values

Economy

Accumulation (Profit Wealth)



(by exploitation) causes

Society

Competitive **Individualism**

believes

Ontology

Dualism

A Solidary Mode of Living

System

Organic Solidarity

values

SocietyWell-being (**Care** Wealth)

causes

Economy

Commoning + Reciprocity

believes

Ontology

Pluriverse



Time

Care



Time interactions for Care



Starting point

Concepts

Context



Stakeholders



Città di Bolzano
Stadt Bozen



Local and Regional
Governments Time Network



Co-funded by
the European Union



World Capital of
Time Policies
BOLZANO 2023-24



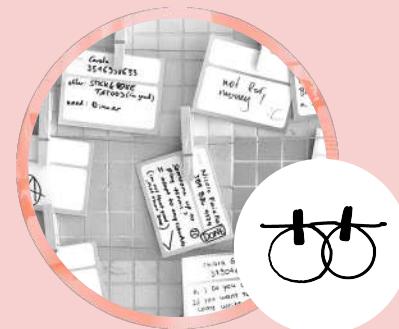
Core of the project



Supporting the Time Bank of Bolzano, an association practicing time-based exchange, to amplify their eco-social potential, to diversify their network.



A close **collaboration with the Municipal Office of Times of the City** reforming their approach to time policies.



Our project is to create time for practicing a different system of exchange for care.

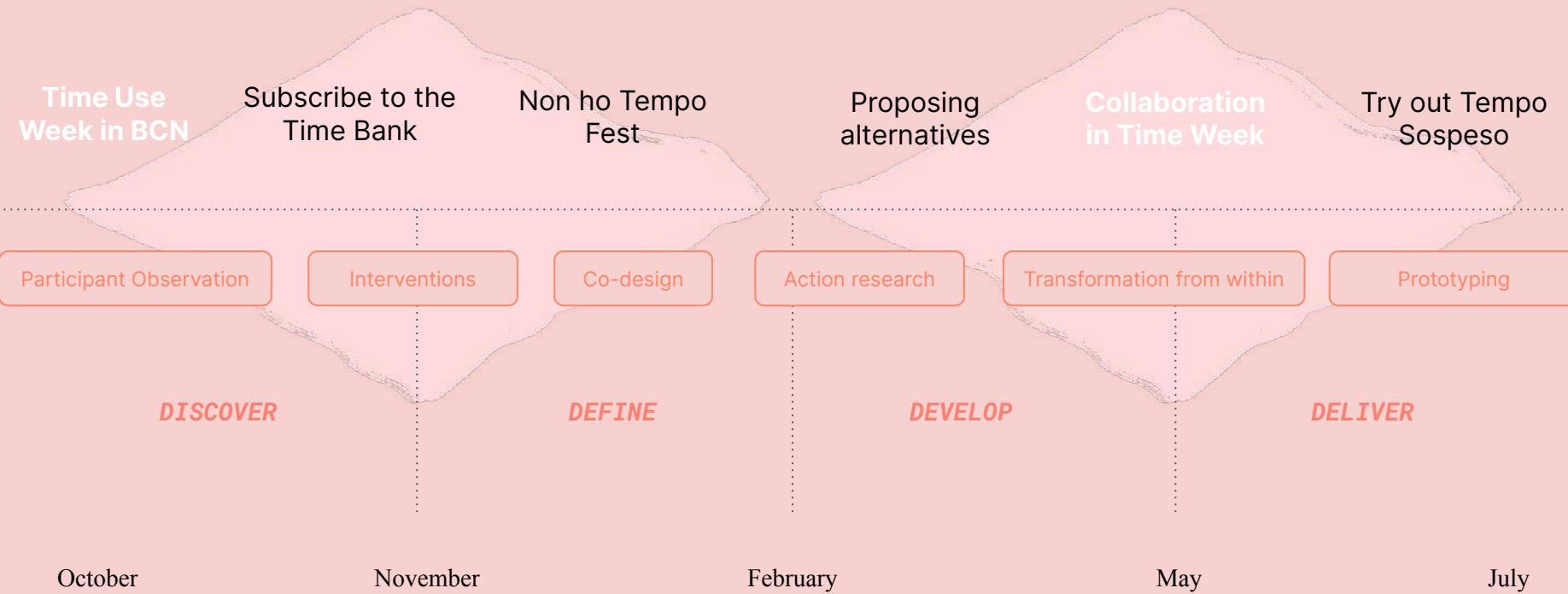


Starting point

Concepts

Context

Process



Time Use Week

Actor Mapping



[Click to see video](#)

Being part of the Time Bank

Participant Observation



Being part of the Time Bank

Participant Observation



Rigid, bureaucratic process



Warm, joyful interactions



In the time exchanges, the accountability is not the main interest of the members





Research Question

Which needs and aims need to be addressed to
**engage young and/or busy people to the Time
Bank? How can it be reframed to make its value
and potential visible?**

Event Organization and Collaborations

Participatory Design



Protest Poster Production

Co - design



Protest Poster Production

Co - design



Protest Poster Production

Co - design



Protest Poster Production

Co - design



We all have something to say about time



Apperi-workshop: food and drinks, reading, music



Common elements brought different styles together

Poster distribution



Co - design



Intervention and Invitation

Public Intervention



What do you pay for to get done by someone else because you don't have time?

Most answered:
healthcare (well-being)

Non ho tempo fest

Action Research



Non ho tempo fest

Action Research



Non ho tempo fest

Action Research



Non ho tempo fest

Action Research



Intergenerational interactions were meaningful



Busy people came if they had a task to do

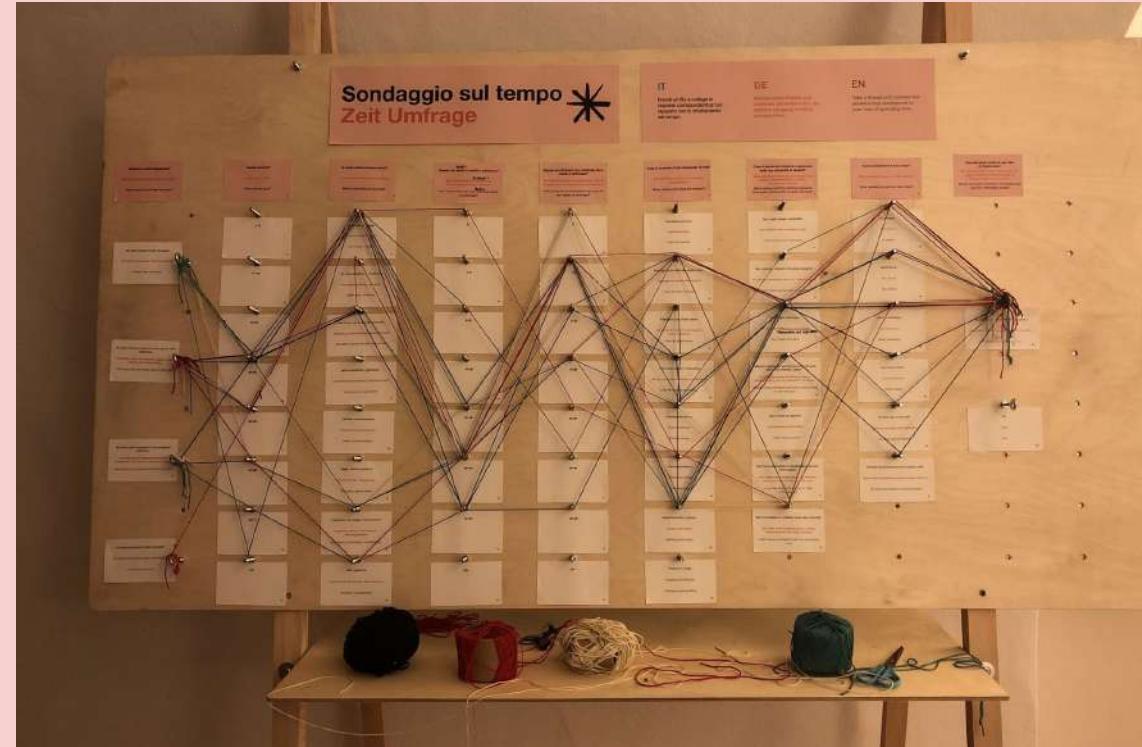


Time Bank and Time Office asked to use the activities ideas and format for future events



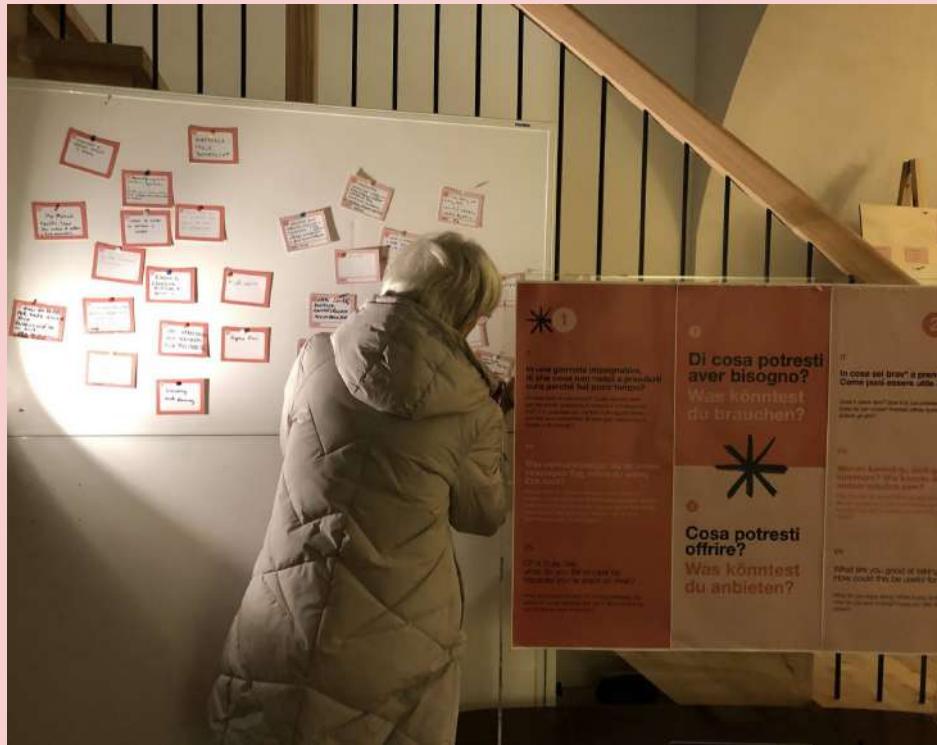
Non ho tempo fest

Action Research



Non ho tempo fest

Action Research



The needs and offers were mostly about health, sport, food and time in nature



We all feel busy sometimes



We are afraid to bother others. Asking for help would be preferred through a simple, direct, personal contact.



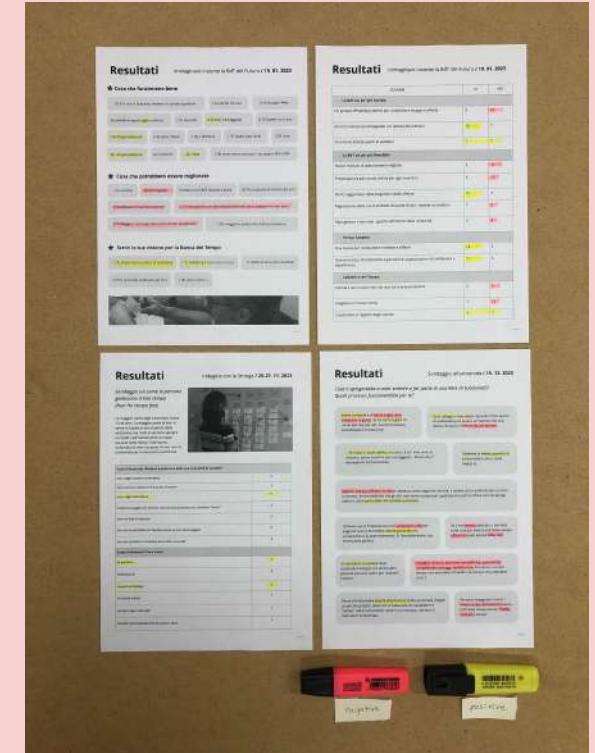


Research Question

To which extend does the Time Bank is willing to
loosen the rigid way of operation or **simplify its
process?**

Propose and vote for alternatives in the Time Bank

Participatory Design



Propose and vote for alternatives in the Time Bank

Participatory Design



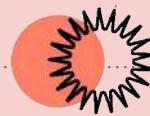
List of steps towards the scenario we've defined together

- Open, **convivial meetings**
- Digital **application form**
- Connect to international community of **exchange systems**
- Experiment with **more visible and direct ways** to offer and request
- Add description to whatsapp group



Research Question

Can non-market-logic-based exchange **system**
create **care-based** social arrangements?



Starting point

Concepts

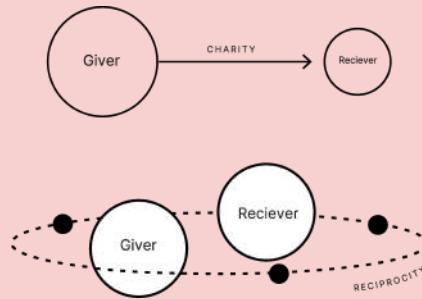
Context

Process

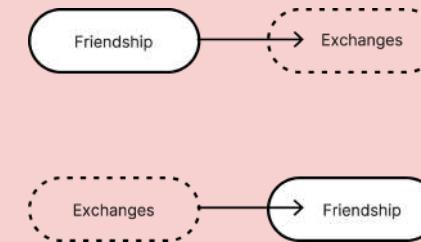
Outcomes



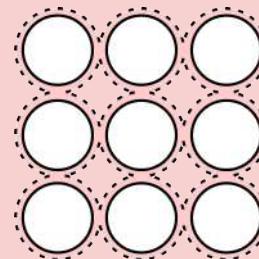
Meaningful Potentials of Time Banks



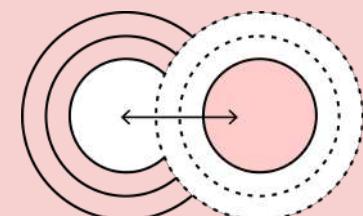
Reciprocity is
more than giving



Exchanges evolving
in friendship



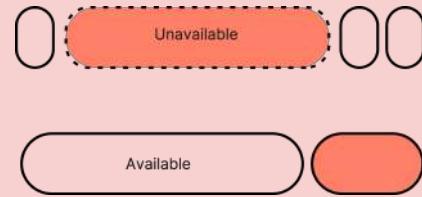
Interdependency
assembles



Intergenerational
interlacing

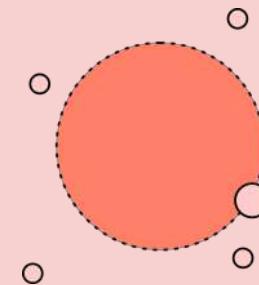


Critical Aspects of Time Banks

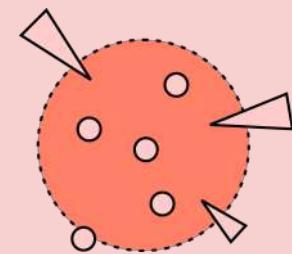


Dissonant
times

Doing together is beautiful,
but not always possible.



Safety is not that
inclusive



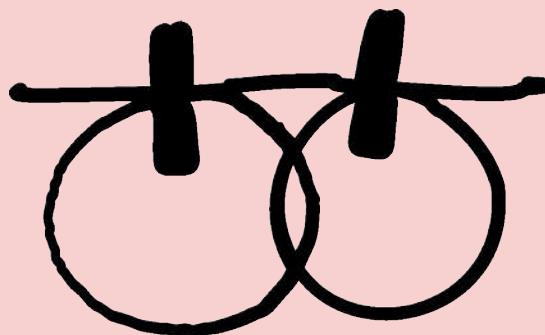
If it works for them,
why changing it?



an add-on system

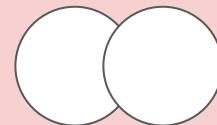
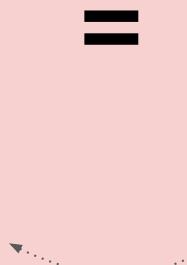


To explore beyond the current framework of the Time Bank without disrupting their core processes.



Tempo Sospeso

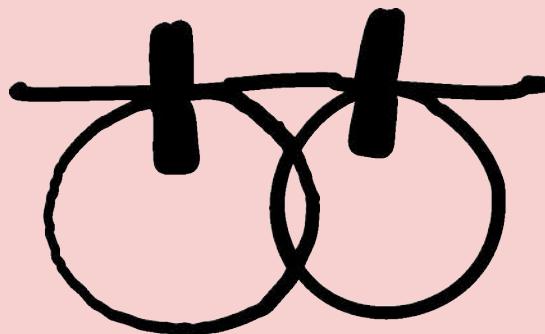
a simple system, an **intergenerational commoning practice**, where people can ask and offer services and skills based on their **needs**, to improve quality of life;



where everyone's **time is worth the same** regardless of the type of service they provide;

on the base of **gentle reciprocity**, overstepping strict accounting that has been rendered necessary by the current system, trusting that the given time and care will circulate back;

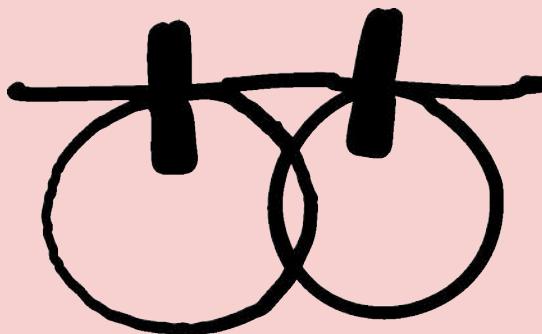
building **community, cooperation**, not competition, through trade of useful services and knowledge.



Tempo Sospeso

It is inspired by caffè sospeso, a practice originated in Naples, Italy. Ordering a caffè sospeso, a 'suspended coffee', means that a customer pays for two coffees, one of which is kept on hold for a future customer who cannot afford it. A simple anonymous act of solidarity.





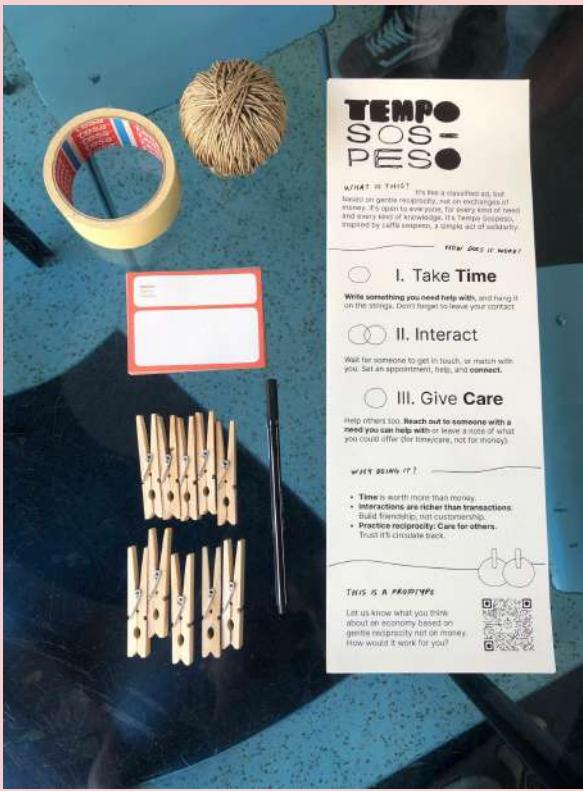
interactions
(not transactions)



Tempo Sospeso

Grammatically, we explained it in 200 words. To make it accessible, catchy and contagious. Visually, in burlesque way, we disrupting one of the ‘most iconic logos in history’: Mastercard. The circles are said to symbolize ‘cooperation and unity’, with the color palette standing for ‘growth’ and motion.

Our idea consists of revisualizing in this logo, what an economy of real cooperation could mean. Papers as encounters, as in a Venn diagram. Furthermore, to metaphorically represent the action of “hang- ing” time for others, we thought of using wood clothespins. This symbolizes closeness, familiarity, like a communal drying rack in a neighbourhood.



TEMPO SOS- PESO

WHAT IS THIS?

It's like a classified ad, but based on gentle reciprocity, not on exchanges of money. It's open to everyone, for every kind of need and every kind of knowledge. It's Tempo Sospeso, inspired by caffè sospeso, a simple act of solidarity.

HOW DOES IT WORK

I. Take Time

Write something you need help with, and hang it on the strings. Don't forget to leave your contact.

II. Interact

Wait for someone to get in touch, or match with you. Set an appointment, help, and connect.

III. Give Care

Help others too. Reach out to someone with a need you can help with or leave a note of what you could offer (for time/care, not for money).

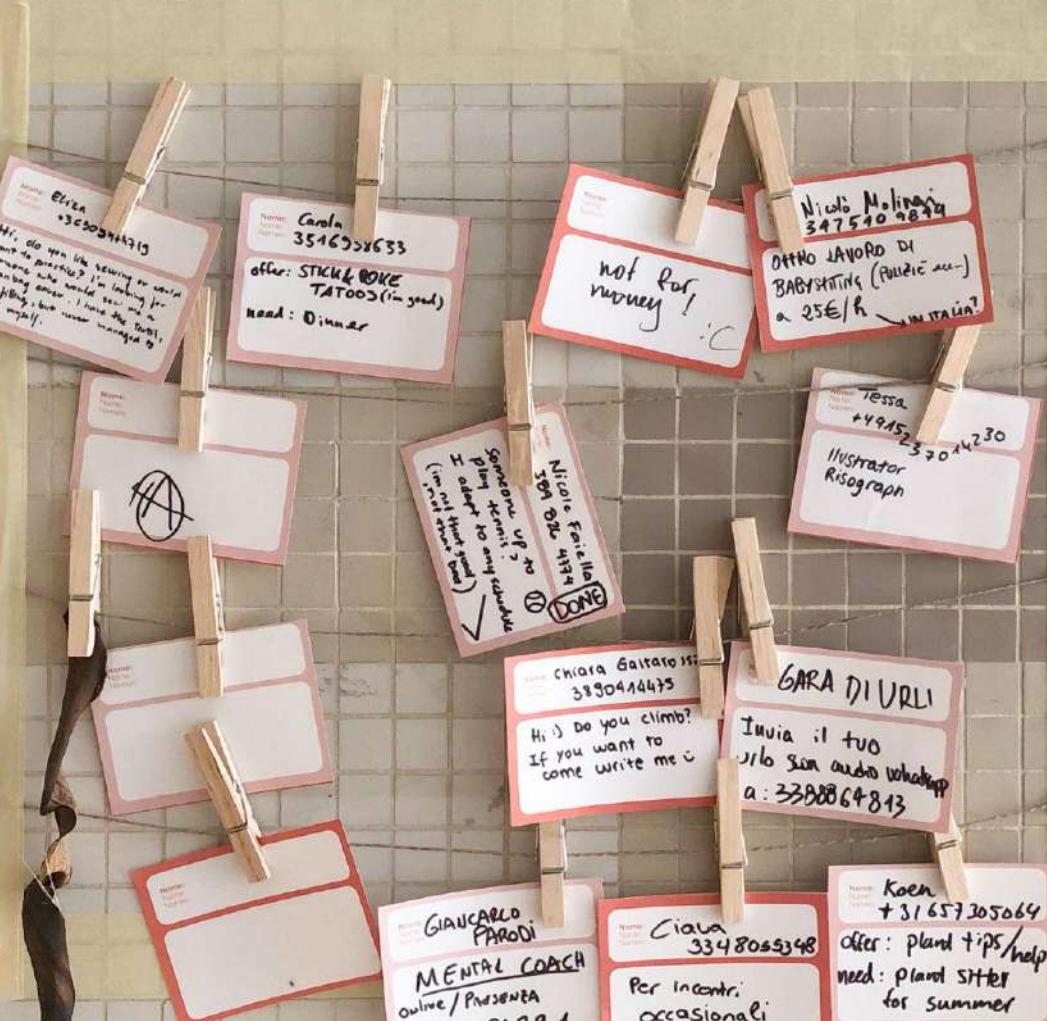
WHY DOING IT?

- Time is worth more than money.
- Interactions are richer than transactions: Build friendship, not customership.
- Practice reciprocity: Care for others. Trust it'll circulate back.



THIS IS A PROTOTYPE

Let us know what you think about an economy based on gentle reciprocity not on money. How would it work for you?





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WHATSAPP

+34 603 57 02 62

Ciao Nicole, il mio nome è Antonio.

La mia ragazza ha visto il tuo annuncio per giocare a tennis a la università, ancora voi giocare?

2m ago

GARA DI URLI

ia il tuo
Sei andato WhatsApp
3388864813

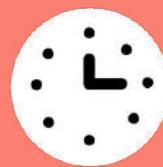


Research Question

Which **policies** and changes could the Office of Times implement in Bolzano for a more solidary way of life?



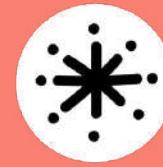
L'evoluzione del logo dei **Tempi della Città** rispecchia il passaggio culturale dalla misurazione del tempo lineare al concetto di tempo collettivo e condiviso in uno spazio della città. Enfatizzando* e dando più valore all'intreccio di relazioni, condivisioni e interazioni che creano e riconciliano i vari tempi della vita.



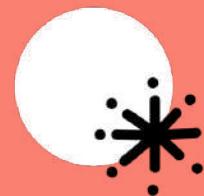
Da tempo lineare



a tempo collettivo



condiviso nella città



al di là dell'orologio



[conferenza stampa](#)













Starting point

Concepts

Context

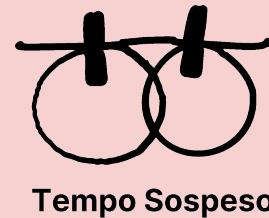
Process

Outcomes

Next Steps



Next steps



- Enjoy the network
- Share a short Italian **summary of learnings** and potentials
- Connect to the national network
- Introduce Tempo Sospeso: **spread intergenerational caring power** over the city

- Keep **collaborating**, not only with the Time Office
- More eco-social designer collaborations
- **Share our thesis** with the members of the network of Time Network, BTUI

- **Follow up** with participants
- Set up **more boards** in different locations and languages
- Invite Time Bank members and connect to **other networks of solidarity**



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Conclusions

Time and Care, two topics that are so intertwined, they might as well be one: they are both essential for life – for any kind of life. We do want caring, reciprocal relationships. We do want to live in a caring world. We proved that exchanging time, and caring for 'strangers' has the potential to build integrational gently-reciprocal caring connections.

With this project we worked towards the vision where culture, economy and politics are all part of one living system that aims to create and maintain the conditions of a good life for all. We did that through challenging social imaginaries and narrations of time, care, responsibility and response-ability. Through troublemaking with rough prototypes and artefacts, by translating ideologies into fresh graphics, by facilitating unconventional dialogues and co-creative processes, by enabling relations and sharing.

We do want to live in a caring world.

We challenged with new narratives and tools

Surely, not everything worked as imagined; we are experimenting in the end. Nevertheless, we aim for a world in which writing about time and care, does not mean not sleeping at night. *"Caring about time should not take more time than caring." - Niklas Blum*

We thank the members of the Time Bank and the Time Office, our supervisors, classmates and everyone else in our and their circles of care who all have contributed in myriad ways to this chapter of our time, our life.



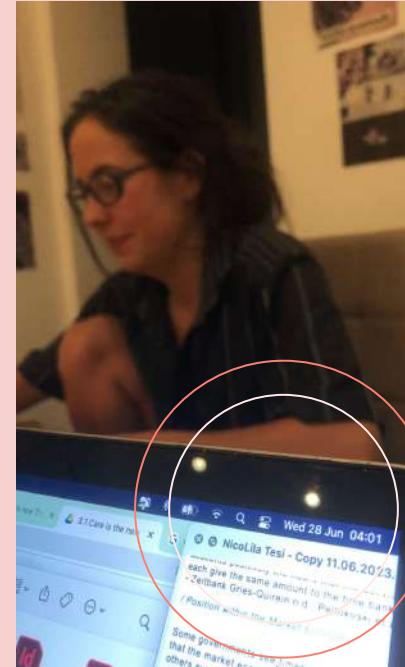
Conclusions



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We challenged with new narratives and tools

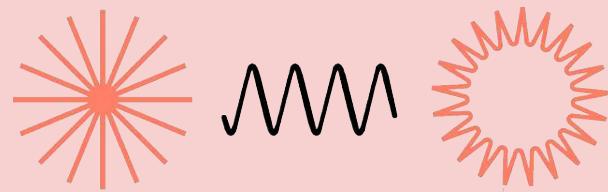


Surely, we contradicted our project



But whatever we achieved, was and is Thanks to many!

[Click to see video](#)



Time interactions for Care