

Press Release in English
October, 20 2024

**Budget, debt, health,
climate troubles in France:
ACHED says to reduce the
Clock Forwarding in order to
reduce expenses and
damage**



ACHED
French Citizens' Association
for an Equitable and Sustainable time,
Since 1983 for the end of
double DST in France
@ACHEDFR

In current times of public debt, failing budget, threats to health, climate catastrophes, the ACHED association indicates the opportunity to “reduce the time Forwarding” in order to reduce expenses and damages.

Forwarded times have multiple names depending on the language and local lingo: heure d'été, heure de printemps, DST, Daylight Saving Time, Summer Time. Forwarded times can be seasonal or permanent. A place where the clocks are forward more than 30 minutes is out of its natural / normal time zones. France is one of the few countries with double DST (heure d'été double) as its clocks are forwarded more than 2 hours of the UTC+0 time zone during the March-October period.

ACHED has an online petition (see QR code, <http://chnng.it/hYNdXtk4LH>) to the President Emmanuel Macron and has sent a group of letters to the government (Prime Minister Michel Barnier) last week (available online on the site of the association at <http://www.heure-ete.net/lettresrecentes.pdf>).

“End of the time changes or not, we need to reduce the forward time gap” says the header of the petition. The time changes are a consequence of the time forwarding. In the peculiar case of France, a reduction of time forwarding could still include a time change. The damage for time stays is much more significant than the damage from time changes. Damage from time stays are not easily quantified by the citizens as they have no control reference without the time forward.

The association estimates, on the basis of the studies it has gathered, that the current system increases
-time awake by 9% (has reduced sleep duration by 1h30 in 30 years)
-health expenditure of 7 billion euros per year
-carbon emissions of 10 million tonnes per year.

The association asks that France does not forward clocks in March 2025, keeping UTC+1 for the summer of 2025 instead of forwarding the time to UTC+2 .

The options in fall 2025 will then be:
-keep UTC+1
-fall back to UTC+0

3 choices of annual rhythms are possible while reducing time forwarding versus current situation:
1-UTC+0 in winter, UTC+1 in summer (with time change, as before 1939)
2-UTC+1 all year round (without time change, as in 1945-75)
3-UTC+0 all year round (without time change, as before 1917)

The most beneficial choice is UTC+0 (Natural time zone) all year round. This is the choice that **Ukraine*** and **Russia** have made (*see press release of August 11, 2024 [CP20240811FR.pdf](http://www.heure-ete.net/CP20240811FR.pdf))
The choices with UTC+1 in summer or all year round would already be wise, says ACHED.

#Naturaltime365 #NaturaltimeZonesforClimate #RetourVersLeFuseau #BacktoNaturalTime