

Understanding and Measuring Working Life Patterns: Consequences and Societal Costs

Hanaholmen, Helsinki, Finland

10.9.2025 – 11.9.2025

Weekday, 10.9.2025

8.00 – 9.00	<i>Morning sauna and swim (voluntary)</i>	
9.00 – 9.30	Course Registration	
9.30 – 9.45	NIVA welcome, general info	Julia Hemgård, NIVA
9.45 – 10.00	Introduction to the course Scope and purpose of the course, learning objectives and lecture plan	TBC
10.00 – 10.45	Introduction to working life patterns: Dynamic measures and methods	TBC
10.45 – 11.00	<i>Coffee break</i>	
11.00 – 12.00	What do we know about working life patterns – and what not? A summary of the research field	TBC
12.00 – 13.00	<i>Lunch</i>	
13.00 – 14.00	How to design and interpret studies on working life patterns	TBC
14.00 – 14.15	<i>Coffee break</i>	
14.15 – 15.15	Group work – country-specific factors that affect working life patterns over time	
15.15 – 15.30	<i>Leg stretch</i>	
15.30 – 16.30	Presentation/discussion of group work	
17.30 –	<i>Social program and dinner</i>	

Thursday, 11.9.2025

8.00 – 9.00	<i>Morning sauna and swim (voluntary)</i>	
9.00 – 10.00	Incorporating cost evaluation into studies of working life patterns	TBC
10.00– 10.15	<i>Coffee break</i>	
10.15– 11.00	Participant presentations	
11.00 – 12.00	Disseminating and implementing results on working life patterns	TBC
12.00– 13.00	<i>Lunch</i>	
13.00 – 14.00	Summary and Q&A with lecturers	
14.00 – 14.30	<i>Closing of the course and farewell</i>	