



**Press Release, October 23rd 2018, "Let's keep France at GMT+1"**

**ACHED - Association française Contre l'Heure d'Eté Double**

**ACHED urges the French government to anticipate decisions and keep France at GMT+1 in 2019**

**October 23<sup>rd</sup> 2018: before our return to GMT + 1 hour for the winter!**

In a few days, at the end of October, clocks will fall back: in the night from Saturday to Sunday, at 3am it will be 2am. We will leave the GMT+2 time zone and will return to the GMT+1 time zone. Doing so we will stop being two hours ahead of the sun (double summer time) and would like it to be **forever**.

For the health of the French people and for their near future,  
for an immediate action against climate change,  
**the ACHED, French Association Against Summer Time Solemnly solicits:**  
1) **the cessation of the 2 hours advance versus solar time in March 2019**  
2) **the cessation of the biannual clock changes also in March 2019**

**Since 1976, metropolitan France has been subject to a double summer time, GMT + 2 (\*), two hours ahead of the sun during the summer**, that is to say one hour in addition to the GMT + 1 time inherited from the 39-45 war. This national measure has since become **a European affair as well**, under direction by the European Commission, precisely by the Transport Commission (Move). But only 4 other European countries are under double summer time: Spain and the countries of Benelux since Portugal left this situation in 1996. The others countries are under simple summer time. In 2018, the European Parliament **called for an end to the clock changes (meaning the summer times)** and referred the matter to the European Commission. Following this, the Commission developed a survey called consultation in the heat of the summer and after publishing results offered us this winter a plan to stop clock changes. In doing this, the commission hides little and tries to create a **preference for summer time, totally unjustified** in the general interest we believe It proposes to entrust power again to the Commission via a new directive (his alternate interest would probably be that nothing happens and it keeps control of the current directive). It says to let the countries free in their right to choose their new standard time while organizing a last change in March 2019 that could leave us all in summer time.

**In March 2019, the ACHED strongly suggests "Let's keep France at GMT + 1!"** without blindly submitting to the complicated process proposed by the European Commission that makes us doubtful. Like Portugal in March 1996, let's change (virtually) the time zone to GMT (our geographical time zone) at the same time of the clock change, which will result in a time change of 0h and **a summer at GMT + 1**. It is possible that Spain will follow (or go ahead of us) and others might as well. In the autumn of 2019, with the European process hopefully clarified, we **would stay at GMT + 1**, thus avoiding a new clock change.

**Many resolutions and recommendations support this action:**

- Resolution Number 54 of the French Senate of January 3<sup>rd</sup> 2001:

<http://www.senat.fr/leg/tas00-054.html>

- Council of Europe Recommendation 1432 of November 4<sup>th</sup> 1999 addressed to the Committee of Ministers:

<http://assembly.coe.int/nw/xml/XRef/Xref-DocDetails-EN.asp?FileID=16732&lang=EN>

-multiple and repeated injunctions to reduce urban air pollution in France

**It should be announced as soon as possible, preferably before December 2018 to let everybody prepare well for it.**

**The French will no doubt adjust to GMT + 1.** We will ask them what is best for France, rather than letting them regret what they have adapted to, voluntarily or not and might understandingly now be reluctant to leave. Thus we think that the **French will go for it with good heart, in particular** if they know the **7 following capital points:**

- 1) **BENEFICIAL MORNING LIGHT:** it is received **more easily under GMT or GMT + 1** en route or during the morning activities. Leisure can be in the morning too! There will still be leisurely evenings including barbecues. And with GMT + 1 we will also have new activities under the starry sky.

(\* ) We use the acronym GMT (Greenwich Mean Time) with the same intent as UTC (Universal Coordinated Time).

- 2) CLOCK CHANGE = CHRONO BREAK: the clock change disrupts **sleep**, makes us **sick**, increases **heart attacks** (in the spring), and perhaps **accidents** and certainly favours **obesity**.
- 3) SUMMER TIME, POOR HEALTH: with **GMT + 2**, the 2 hour advance over solar time, sleep disturbance and other physiological disturbances have consequences **even without the help of the clock change!** With less morning light and too much late light, our **biological clocks struggle**, we sleep less well, less time, we develop diseases and obesity without even understanding that it comes from the light issues.
- 4) SUMMER TIME WASTES ENERGY - IT'S BAD FOR CLIMATE: Let's talk about the unvarnished **truth about energy**. Double summer time is **pure waste, an aggravating factor for climate change**. In 1975 lighting was thought of as a century ago, but no considerations were made about heating, air conditioning, transportation ... and energy saving lamps. Since France got entangled in a bad argument. The only explanation presented in recent years is "to better match natural light with human activity" (or the opposite?). Officially, the lighting savings is 0.07% of the total electricity consumption, very little compared to other ballooned consumptions.
- 5) SUMMER TIME POLLUTES: with **GMT + 2**, the 2 hour advance over solar time, there is more car traffic under more heat and light in the afternoon which **increases the pollution of the air** we breathe. Remember that air pollution causes nearly 50,000 premature deaths a year in France.
- 6) SUMMER TIME, YOU ARE KILLING US IN THE DARK: with **GMT + 2**, the 2 hour advance over solar time, children, young parents, grandparents, pedestrians, and morning workers **may die en route in the dimness and humidity of the morning** and even more if you put GMT + 2 all year round.
- 7) SUMMER TIME YOU ARE HELL FOR SOME: with **GMT + 2**, the 2 hour advance over solar time, **so many people suffer** from getting up in the middle of the night, feeling cold in the morning and having to go to bed in the early evening heat. This happens in hospitals, farms, retirement homes, and also at home, for the elderly, sick people, but also especially for children, and even adults.

**In a nutshell, GMT + 1 vs GMT+2 is a good cure for the health of us all and a good action for the climate.**

It is possible that the future will take us back to GMT, our own time zone. It may be too early to say. But a reflection on the energy future will perhaps show interest of the countries to live each one in its own geographical zone in order to be able to better distribute the electrical production. Having more time zones within the European Union shall not a problem, countries like the United States have many, too, without worrying about their internal market.

**French citizens** who would like to express their support: please write to your elected representatives and to the Commission; join us at ACHED; **sign our petition** to abandon GMT + 2 for the prime minister, on the CyberActeurs website: <https://www.cyberacteurs.org/cyberactions/necherchonsplusmidiaquatorzeheures-2557.html> in collaboration with a friendly association "La Méridienne". We also encourage you to be forward looking, **united and committed to the climate**. The cessation of GMT + 2 is a step in the right direction and provides a good foundation. Strong forces are rising with the Marches for the climate. **It is necessary to wake up and act in time, ie now.**

Sincerely yours, ACHED, French Association Against the Summer Hour Double

*Press contact:* Laetitia MOREAU-GABARAIN, president of the association  
 ACHED - Association Against the Summer Hour Double 14, avenue de St-Germain 78160 Marly -le-Roi (France)  
 Mobile 09 77 19 91 14 Sms 06 86 45 24 52 Tél-responder 01 39 58 00 91 Email: [achedinfo@gmail.com](mailto:achedinfo@gmail.com)  
 Website and press releases: [www.heure-ete.net](http://www.heure-ete.net) Blog and social media: [www.reformonslheurelegale.fr](http://www.reformonslheurelegale.fr)

The book of the former president of the association, Leonor Gabarain, "At the museum of errors: the summer time - the victims of a legend" is available from the publisher EDILIVRE in paper and / or digital version under this link: <http://www.edilivre.com/au-musee-des-erreurs-l-heure-d-ete-231223384e.html>.

The journalists can have it free by [actualites@edilivre.com](mailto:actualites@edilivre.com)