# Work-Life Balance in Austria

## Introduction

The goal of this report is to assess the working conditions of Austria compared to other countries, taking work-life balance, working hours and time spent on leisure into consideration from data and statistics gathered by the OECD. Additionally, recommendations for improvements will be suggested.

## Work-Life Balance in Comparison

The OECD ranks work-life balance on a scale of zero to ten, ten being most balanced. Austria is around a seven on this scale, falling behind more than half of all OECD countries. Whilst seven being a relatively high score, many countries achieve a better work-life balance. A great example would be the Netherlands with a score close to ten.

6.7% of Austrian employees work more than 50 hours a week. It’s sitting in the middle of the pack here, with most countries being around this percentage. Notable exceptions being the Netherlands and the Russian Federation with percentages below 0.5.

In terms of time spend on leisure and personal care, Austria falls into the lower end again with 14.6 hours a day. The Netherlands, for example, has 16.1 hours a day.

## What’s Done Well

Austria isn’t in the first spots in any of these categories, but it’s doing decently well when compared to the bottom ranked countries, like Turkey or Iceland, which have a poor work-life balance and longer working hours on average.

## Where Austria Falls Short

Where Austria performs particularly worse than others, is time devoted to leisure. Only Iceland fairs worse in this category.

## Possible Improvements

There are many improvements that can be made. The one change, that would substantially improve Austria’s rating, would be introducing a four-day work week as standard for suitable professions. Decreasing the working hours of a full-time job would also benefit Austria in its most lacking category, daily leisure time. These two changes would have a big impact on the averages and increase Austria’s rank substantially.