



## Manifest of the Steering Committee of the European Sunday Alliance on the occasion of the EU elections 2024

### Achieving a common day of rest for workers in the EU

The European Sunday Alliance is a network of national Sunday Alliances, trade unions, civil society organizations and religious communities committed to raising awareness of the unique value of synchronised free time for our European societies.

It is coordinated by a Steering Committee bringing together the Commission of the Bishops' Conference of the EU (COMECE), the Protestant Church in Germany (Evangelische Kirche in Deutschland, EKD), the European Confederation of Independent Trade Unions (CESI), the Federation of Catholic Family Associations in Europe (FAFCE), the European Services Workers Union (UNI Europa), Don Bosco International (DBI), the Jesuit European Social Centre (JESC), the International Young Christian Workers (JOCI-IYCW), the German Sunday Alliance, and the Austrian Sunday Alliance.

**On the occasion of the EU elections in June 2024, the Steering Committee of the European Sunday Alliance invites interested policy makers to support the role of synchronised free time as a key element in addressing mental health issues and loneliness in our society, in particular by:**

1. ensuring that all relevant EU legislation and non-legislative measures respect and promote the protection of a common weekly day of rest for all people living and working in the EU, which shall be in principle on a Sunday, in order to protect workers' health, promote a better work-life balance, and foster adequate time especially for families and young workers for worship and community, social & religious engagement.
2. promoting EU legislation guaranteeing sustainable working time patterns, including through a right to disconnect and based on the principle of decent work benefiting individual workers and thus society as well as the economy as a whole.
3. considering the great value and positive impact of synchronised free time on Sundays when it comes to finding solutions to urgent challenges of our time such as loneliness and related mental health issues.

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