

**poster 2015**

**work**

**and leisure**

# work and leisure

*It is an essential element of psychic hygiene to maintain balance between work and leisure time – the latter dedicated to family life, meeting friends, hobbies, sport, or travel. This balance contributes to improved wellbeing – not only psychical, but also physical. Also, it enhances better work efficiency.*

*What is the most important reason for lack of balance?*

*Due to high competition on labour market, it is not easy to keep this balance. For several years, European statistics have been showing a trend of increasing work intensity. To meet the expectations of the market, enterprises require more work from their workers, at a higher pace. This disturbs the balance between working time and leisure.*

*What are the hazards?*

*Lack of work-leisure balance is a significant source of work stress, hence its contribution to many disorders (including cardiovascular, musculoskeletal and other), emotional fatigue, work burnout, and addiction to alcohol and other drugs.*

*What can the employer do?*

*Awareness of hazards resulting from the disturbed balance between work and private life leads employers to introduce preventive actions more widely. Those include e.g.,*

- *part time work*
- *introducing flexible working time*
- *assistance in organising care of children or elderly people*
- *supporting active leisure, e.g., fitness clubs or tourism.*

*What can the worker do?*

- *Reduce activities unrelated to work during working hours, e.g., using social media, private telephone calls, small talk with colleagues,*
- *Plan their leisure time and activities,*
- *“switch off” work issues during leisure time and spend it actively (do physical activities)*

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## **Patronage**

Minister of Labour and Social Policy  
Chief Labour Inspector

## **Organisers**

Central Institute for Labour Protection – National Research Institute in Warszawa  
Faculty of Industrial Design, Academy of Fine Arts in Kraków  
Faculty of Industrial Design, Academy of Fine Arts in Łódź  
Faculty of Industrial Design, Academy of Fine Arts in Warszawa

## **Subject**

Work and leisure balance

## **Purpose**

To obtain original designs of posters promoting occupational safety and health protection of man in the working environment.

## **Participants**

Artists – members of artists' unions graduates and students of academies and faculties of fine arts and related faculties – in Poland and abroad.

## **Detailed information**

Size: B2, i.e. 70 × 50 cm, **vertical arrangement**.

Designs should be mounted on a stiff backing. There must be a six-digit code in the right-hand upper corner at the back of the poster. The same code must be on the envelope (attached at the back of the poster) with the written statement inside

(the statement is enclosed, it is also published on the website: [www.ciop.pl/konkurs\\_na\\_plakat](http://www.ciop.pl/konkurs_na_plakat)) and the CD or DVD accompanied by the same code (if the design is also in an electronic version).

## **Deadline**

Designs with an annotation "Poster Competition" should be delivered to the Organiser by post, courier or in person by **19 June 2015**.

## **Address**

Central Institute for Labour Protection – National Research Institute,  
Czerniakowska 16, 00-701 Warszawa, Poland.

## **Exhibition**

The Organiser plans to hold a post-competition exhibition and to issue a catalogue with up to 50 designs selected by the Jury, including prize-winning and distinguished designs. The opening of the post-competition exhibition and awards ceremony is planned for October 2015.

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## **Jury**

*Prof. Tomasz BOGUSŁAWSKI – Academy of Fine Arts in Gdańsk*

*Marzena FLIS – “Solidarity” Trade Union*

*Prof. Adam GEDLICZKA – Academy of Fine Arts in Kraków*

*Renata GÓRNA – All-Poland Trade Union Alliance*

*Katarzyna KITAJEWSKA – Chief Sanitary Inspectorate*

*Prof. Danuta KORADECKA, Ph.D., D.Med.Sc. – Central Institute for Labour Protection – National Research Institute*

*Krzysztof KOWALIK – National Labour Inspectorate*

*Paweł MOŃKA – GAZ SYSTEM S.A.*

*Mieczysław PIRÓG – Academy of Fine Arts in Wrocław*

*Prof. Władysław PLUTA – Academy of Fine Arts in Kraków*

*Prof. Marek STAŃCZYK – Academy of Fine Arts in Warszawa*

*Maria WIDERSZAL-BAZYL – Central Institute for Labour Protection – National Research Institute*

*Agnieszka WOŁOSZYN – Ministry of Labour and Social Policy*

## **Prizes**

*1st prize of PLN 5,000*

*2nd prize of PLN 3,000*

*3rd prize of PLN 2,000*

*and 5 honourable mentions of PLN 1,000.*

*The Jury shall have the right to distribute the prizes in any other manner.*

*Prize-winning and distinguished designs remain a property of the Central Institute for Labour Protection – National Research Institute and may be used in all fields of exploitation. Other designs qualified for the exhibition and the catalogue remain a property of the Institute only in the field of the exhibition and the catalogue printout. Entry submission is equivalent to the acceptance of the competition rules terms and conditions.*

***The competition rules are available at the Institute website:  
[www.ciop.pl/konkurs na plakat](http://www.ciop.pl/konkurs_na_plakat) and in the premises of the Organizer.***

## **Designs return**

*Designs qualified to the post-competition exhibitions excluding prize-winning and distinguished designs should be collected by the authors within 3 months of the expiry of the license granted to the Organizer referred to in paragraphs VII.2. in the competition rules. After this period uncollected designs will be destroyed.*

## **Enquiries**

*For more information please contact the curator of the competition, Marta Derlicka, Central Institute for Labour Protection – National Research Institute, Czerniakowska 16, 00-701 Warszawa, Poland.*

*Phone: (48) 22 623 37 23, fax: (48) 22 623 32 64, e-mail: mader@ciop.pl*