

Esteemed President, leader and Members of the European Parliament,
Esteemed President, leader and Members of the European Commission,

On Thursday, 8 February 2018, the European Parliament adopted a resolution to end the change of time in the European Union. 549 Voted for, 384 delegates voted against.

The result of the session in the Parliament in Strasbourg on 8 February has disappointed us. It is a heavy and sensitive issue, with a larger and more complex problem than originally thought, especially because it is of physical and psychological importance to citizens.

It is regrettable that one has only based on the synthesis of the many studies, for which leading scientists have worked for years. The associations in Europe for a stable hour dare to claim that the last report to the Commission was rather superficial. No new studies, but a new report that collects currently available studies should have been sufficient.

If a possible gray zone could result in discussions with proponents of a summer-hour, such as increased ozone formation, environmental impact, increase in traffic accidents, temporary increase in suicide, there is no doubt possible about the results of scientific studies on the functioning of the hormone melatonin and the biorhythm of humans and animals, and the lack of energy saving.

The sun has the characteristic of governing everything on earth - time, light, the alternation of day and night, the seasons - in fact the very essence of life. For this reason nature has endowed us with a true solar clock situated at the centre of our brain and which beats the rhythm of our body in harmony with the rotation of the earth (daily rhythm) and its turning round the sun (rhythm of the seasons). Do not call it a coincidence that just now the Nobel Prize in Medicine has been awarded for research on sleep rhythm and our biological clock.

Nevertheless, there are a lot of useful studies available, such as the incidence of stroke by the University of TURKU (Finland), the increase in heart attacks, according to work of the Karolinska Institute in Stockholm (Sweden). A recent Australian study with an increasing effect of suicides. Increase in accidents at work, according to BARNES (USA). And increased crashes in traffic according to the evaluations carried out in Germany, Canada and France. As far as energy is concerned, the overall impact of summer time since the start of the application has been negative. This is due to the overconsumption of heating (researched in Germany at the Munich Institute for Energy Research), and air conditioning (work in Indiana, USA). The use of modern lamps is very efficient and uses 5 to 10 times less per hour than conventional light bulbs.

Our co-activist in Germany, and also doctor says it as follows: "A drug with such side-effects, as the legal regulation of the clock time adjustment, would have been taken off the market long ago"!

Proponents of a stable hour (GMT or GMT + 1) provide limitless studies, which indicate that a summerhour is not a good choice. The group that previously opts for a varying hour / summerhour have not made many scientific studies to confirm their arguments. They minimize the inconvenience and substantiate their choice with: 'being able to sit on a terrace for a longer time'.

In the press we read from political perspective: "Imagine we abolish summer time. ..Done with the nice summer evenings, done with dining with friends on a terrace and watch the sun disappear at 10 pm ". Honestly, is this the truth?

They also point to the jetlag of travelers outside Europe, while those who defy these jetlags are a very small part of the European population. At Eurostat, we see that a vast majority of European tourists stay in Europe. (see doc 1), and usually stay in the same time zone. Even though a jet lag by traveling over time zones is not comparable to a social jetlag. (See studies by Professor, Martha Merrow of Ludwig-Maximilians-Universität München). Even more, the tourist makes his own individual choice here.

We already live in cities that never sleep. Therefore, do not rob us of extra sleep. Labor has become synonymous with flexibility. Therefore, many employees can fill their days for all kinds of activities, at different times of the day. Moreover, it are not the same people who suffer from summer- time- systems and those who benefit from it. There will always be damage to the first. Citizens respond to our website: "Whoever claims that he does not mind, please change your clock yourself and do not force millions of people to tolerate it."

Despite all government health campaigns, in the spirit of a time, where health is the top priority, one can no longer defend a disruption of the biorhythm. Who wants to smoke, smokes. Whoever wants to drink alcohol, drinks. Who wants to eat too much, too fat, too sweet, too salty, contributes the consequences. But leave us all free to do or not to do violence to our biorhythm. We can not force an entire community to harm itself. Seasons will always be there, with their specificities. Higher temperatures in spring and summer and cooler days in autumn and winter.

The world is struggling with environmental pollution, noise pollution, light pollution, excessive waste.There may be more important problems in this world than the forced adjustment of the clocks. But this is a problem that is easy to change. The solution would be that nothing should happen at all. The abolition will even save money: directly, because the adjustment costs will disappear. And indirectly, because according to the predictions of fundamental chronobiological research, a large part of the population is probably healthier, more creative, better minded and less tired. Moreover, the proponents for a summerhour would not suffer any damage. (According to Prof. Roenneberg, Ludwig Maximilian University Munich: costs estimated in Germany by summer hours, at nearly 60 billion euros per year).

The biggest opponents of a stable hour are not 'the politicians' (many of them try to do their best), but 'fear and ignorance'.

We are very grateful to you because you have started working with the problem sincerely.

Winter time all year round.

Brittany in France is ready for the last hour change in the night of Saturday 27 October on Sunday 28 October 2018. From that moment, Brittany is permanently adapted to GMT + 1. In 2019, it will keep this hour throughout the year. *Would it not have been better to do the test across Europe, so that everyone could finally having the experience how it feels if the hour should be 'normal' and how good life is without summer time. That has not happened since 1977.*

The subject has been studied thoroughly. Now it is time to put an end to the unnecessary and stressful time change. Let it be a challenge for The 28 of Europe to come together to the only right solution.

It is quite certain that action groups, governments and MEPs will continue to work to achieve abolition. It is to the benefit of many families and children who needlessly suffer from this obligation. Nil volentibus arduum.

We invite the President of the European Commission, Jean-Claude Juncker, and the President of the European Parliament, Antonio Tajani, to communicate a timetable to all Europeans who are involved in the problem of summertime , for how we will evolve to a stable hour in the coming years (2018,2019,2020). In this way, the economy can also prepare for this. Concerning the experiment in Brittany, we are also asking about the way in which this experiment will be evaluated and how this will be communicated.

To the President of the European Commission, Jean-Claude Juncker,

To the President of the European Parliament, Antonio Tajani,

We request that the Council of Europe Recommendation 1432 be maintained. These are Articles 191 and 193 of the Treaty of Lisbon on the principle of precaution and intervention at the source.

	Number of trips (thousands)				Breakdown of all trips by destination and duration (%)				Share of the population (aged 15+) taking part in tourism trips for personal purposes (%)
	All trips	Short trips (1-3 nights)	Long trips (4+ nights)		Short domestic trips (1-3 nights)	Long domestic trips (4+ nights)	Short outboard trips (1-3 nights)	Long outboard trips (4+ nights)	
EU-28 (*)	1 172 357	682 731	489 626		50.9	23.8	7.3	17.9	60.0
Belgium	13 958	5 971	7 987		16.7	6.6	26.1	50.6	58.7
Bulgaria	3 071	1 661	1 410		49.2	33.5	4.8	12.5	28.4
Czech Republic	29 819	18 279	11 540		56.4	24.0	4.9	14.7	80.5
Denmark	33 290	24 560	8 730		62.5	10.8	11.3	15.5	80.2
Germany	247 876	132 624	115 251		45.0	21.2	8.5	25.3	76.3
Estonia	3 954	2 972	982		61.4	7.0	13.8	17.8	66.1
Ireland	12 883	7 903	4 980		45.0	8.8	16.4	29.9	74.6
Greece	5 815	1 805	4 010		28.5	2.6	2.6	9.5	36.4
Spain	136 411	96 704	39 708		67.8	23.0	3.1	6.1	62.1
France(*)	199 157	105 353	93 804		49.5	38.5	3.4	8.6	71.3
Croatia	6 617	3 432	3 186		32.9	28.2	19.0	19.9	43.3
Italy	50 769	26 437	24 332		45.5	34.6	6.6	13.3	41.6
Cyprus	2 412	1 353	1 059		45.7	8.3	10.4	35.6	67.3
Latvia	4 214	3 228	986		63.1	7.4	13.5	16.0	54.2
Lithuania	4 523	2 848	1 675		48.8	10.0	14.1	27.0	58.2
Luxembourg	1 727	756	971		0.9(u)	.(u)	42.9	55.6	82.9
Hungary	18 080	12 167	5 913		52.5	17.4	14.8	15.3	53.7
Malta	598	276	322		29.1	4.6	17.0	49.3	50.7
Netherlands	41 691	21 503	20 189		40.9	17.0	10.6	31.4	81.7
Austria	21 715	12 034	9 681		36.4	14.6	19.0	30.0	75.7
Poland	50 777	26 330	24 447		47.7	30.8	4.1	17.4	54.0
Portugal(*)	15 785	10 889	4 895		55.4	24.2	3.6	6.8	38.5
Romania	16 748	10 300	6 448		60.8	33.1	0.7	5.4	26.0
Slovenia	4 393	2 613	1 780		27.2	7.7	32.2	32.8	62.6
Slovakia	8 372	4 927	3 445		49.0	17.8	9.8	23.3	60.1
Finland	38 073	28 266	9 807		62.1	14.5	12.1	11.3	88.2
Sweden	40 215	27 566	12 649		59.8	18.6	8.8	12.8	81.7
United Kingdom(*)	159 414	89 976	69 438		48.9	17.3	6.6	26.2	64.3
Switzerland(*)	20 145	9 300	10 845		22.2	10.3	24.0	43.6	83.1

(*) Number of trips: estimate made for the purpose of this publication, using the latest available data for the EU Member States.

(*) Share of the population (aged 15+) taking part in tourism trips for personal purposes: 2014.

(*) 2013 data.