



Meet J&B, an average young couple from Hobart, Tasmania. They show us their lives and discuss their hopes for the future. We explore what's stopping them from achieving their goals. We follow their week. What didn't they have time to do? What things wasted their time? We explore the theory of time theft with examples, explainer animations and interviews with experts.

We look at "bullshit jobs" (as defined by the workers themselves). We also look at economic inefficiency – what jobs could be "retired". J&B are introduced to the flexible 20-hour week concept. J&B take part in a two-week experiment, working only 20-hours per week. We find out what they have achieved and what they have learnt? Many economists and politicians are locked-in to the status quo. We hear what they have to say.

The COVID pandemic has shown that much economic activity is unnecessary. The urgency of combating climate change requires many changes. A flexible 20-hour week can help address to this challenge. It can also reduce inequality, and give us more of what we want. Difficult changes require a lot of positive outcomes to make them acceptable. We farewell J&B. They send a message to the audience. You have the power to decide whether we have the kind of life we want and that everyone deserves.