The International Symposium on Shiftwork and Working Times is a biannual event. This symposium has a tradition of more than 30 years in providing up-to-date information on night and shiftwork, as well as new trends in working time organization.

The Symposium is organized by members of the Working Time Society, and of the Scientific Committee on Shiftwork and Working Time of the International Commission on Occupational Health (ICOH). The 20th International Symposium on Shiftwork and Working Time is organized by the Stress Research Institute, Stockholm University, Stockholm, Sweden.

All necessary information about the symposium can be found at www.shiftwork2011.se
SCOPE AND MAIN TOPICS
We are delighted to invite you to participate in the 20th International Symposium of the Working Time Society, which will be held in Stockholm, Sweden from 28 June to 1 July 2011, at the Radisson Blu Royal Park Hotel.

The Working Time Society (WTS) is a committee of the International Commission on Occupational Health (ICOH) which promotes research on shift work and other working time arrangements and aspects on health, safety and well-being. Working time research is an active field that covers basic science, epidemiology and intervention studies. The number of published papers per year is rapidly growing and the main intention with the symposium is to offer you an up-date on the most recent research on working hours.

The theme of the symposium is "biological mechanisms and risk management in the 24h society" and includes state of the art topics such as “shift work and health risks”, “biological mechanisms related to work-related sleep and sleepiness problems”, “fatigue risk management”, “flexible working hours” and many other research questions related to working times. The scientific program consists of keynote lectures, special sessions, oral presentations and poster sessions. The symposium will also keep in line with the tradition of previous WTS meetings offering rich possibilities for social interactions and informal research discussions.

This is the first time the meeting will be held in Sweden and the congress venue is beautifully located in the Royal Haga Park and Brunsviken Bay, approximately 15 minutes from central Stockholm, but situated in the neighboring city of Solna. The park offers fantastic scenery and a plethora of walking, jogging and cycling paths.

It is also the week after the midsummer festivities. Midsummer celebrates summer solstice and old magic traditions and is probably the most important Swedish holiday. During the symposium week the sun will be up for almost the whole 24-h day and the nights will be short, white and beautiful. It remains to be seen whether the (almost) midnight sun also has a positive effect on the scientific spirit of the symposium (although you might sleep less than normal!)

The symposium will include several activities supporting young scientists, a Trainee day, to be held on the 27th of June, Grants/Travel Awards for trainees in order to help support them to attend the congress, and Trainee Merit Awards, based on abstracts, posters and oral presentations.

Yours sincerely
Organizing committee

DEADLINES
1 May 2010               First announcement.
15 November 2010          Second announcement and call for papers.
31 January 2011           Deadline for abstract submission.
15 March 2011             Notification of acceptance of abstracts.
31 March 2011             Last date for early registration.
30 May 2011               Final registration.

ABSTRACT SUBMISSION
The symposium welcomes submission of abstracts of original contributions.

Abstracts may only be submitted via internet.

Guidelines for preparation and submission of abstracts will be presented in the second announcement.
General Information

VENUE
Radisson Blu Royal Park Hotel, Stockholm, Sweden

DATE
June 28- July 1, 2011

LANGUAGE
The language of the Symposium is English. No simultaneous translation will be provided.

REGISTRATION
Participants are given the opportunity to register for the symposium via Internet. Along with our tradition the registration fee will include the full conference package:
• Accommodation from Monday 27 to Friday 1 (four nights)
• All meals from Tuesday to Friday lunch
• Monday evening welcome reception
• Book of abstracts
• Social dinners and social events
• 2-year membership of WTS and subscription to the Shiftwork International Newsletter (SIN)

For accompanying persons the symposium package includes:
• Accommodation from Monday 27 to Friday 1 (four nights)
• All meals from Tuesday to Friday lunch
• Monday evening welcome reception
• Social dinners and social events

TRAVEL GRANTS
Some financial support regarding accommodation is foreseen for participants from developing countries and students. Academics and doctoral students who had their abstract(s) accepted can make requests. Requests will be competitive and considered on a case-by-case basis following notification of acceptance.

ACCOMMODATION
According to the first “Rutenfranz’s rule” of our Society (“Entice active researchers to a remote spot, where they cannot slip away on shopping trips and other diversions”), participants will stay in the Radisson Blu Royal Park Hotel, which has 193 rooms (double, single and family rooms) with private bathrooms and a total sleeping capacity of 310 persons.

PRACTICAL INFORMATION
Climate
The weather in Stockholm at this time of year is usually nice with temperatures around 15-20 degrees Celsius, but showers may occur and nights can be rather cold.

Travel information
Arlanda Airport is situated 40 kilometres north of the city centre. There is a regular coach service between Arlanda Airport and Stockholms central station. The Airport Coaches (Flygbussarna) stops at “Haga Norra” which is 500 meters from the hotel (a 25-minute journey costing about 125 SEK one-way). There is also a fast train service called Arlanda Express, which runs between Arlanda and the central station in Stockholm. The journey takes about 20 minutes. This service costs SEK 240 one-way. www.arlandaexpress.com. The journey by taxi from Arlanda to Stockholm usually costs about SEK 400-500. We recommend the companies “Taxi Stockholm”, “Taxikurir” or “Taxi-020”.

CONTACT
Do not hesitate to contact us if you have any further questions about the symposium:
Secretariat
Ms. Anette Hedberg
Phone: +46 8 5537 8906 E-mail: shiftwork2011@stress.su.se

SYMPOSIUM LOCATION
Radisson Blu Royal Park Hotel
Nestled near the charming 18th century Haga Royal Park and overlooking the western shores of Brunsviken Inlet, the Radisson Blu Royal Park Hotel is located in a green area of Stockholm, just five kilometres from the city centre.

Haga Royal Park was originally laid out in the 18th century by King Gustav III and serves as the focal point of inspiration for the entire Brunsviken Inlet. The park, with its fantastic scenery, offers a plethora of walking, jogging and cycling paths. The location is also compatible with visits to the main tourist attractions in Stockholm and major shopping areas. Free high-speed and wireless internet is available throughout the hotel. At the Radisson SAS Royal Park Hotel is Sturebadet Haga located, offering both exercise and relaxation in the spa. Conference Guests have access to the fitness and spa on Sturebadet Haga.

How to get there and back
By air: The Airport Coaches from Arlanda Airport (a 25-minute journey) stop within 500 meters walking distance of the hotel.
By car: Exit 168, E4 Frösunda/Frösundavik.
By bus: Buss 70 leaves directly from the hotel and passes by Odenplan and St. Eriksplan.
By taxi: Taxis are available outside the hotel entrance.

Read more about Radisson Blu Royal Park Hotel at www.royalparkhotel.se/english
**Scientific programme**

**Preliminary**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>8.30-10.30</td>
<td>Satelite and registration</td>
<td>Opening</td>
<td>Special session II</td>
<td>Special session IV</td>
<td>Special session VI</td>
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<tr>
<td>10.30-11.00</td>
<td>Coffee break</td>
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<tr>
<td>11.00-12.30</td>
<td>Oral session I</td>
<td>Oral session III</td>
<td>Oral session V</td>
<td>Oral session VI</td>
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<tr>
<td>12.30-13.30</td>
<td>Lunch</td>
<td>Lunch</td>
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<td>Lunch</td>
<td>Business meeting</td>
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<tr>
<td>13.30-15.30</td>
<td>Special session I</td>
<td>Special session III</td>
<td>Special session V</td>
<td>Farewell lunch</td>
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<tr>
<td>15.30-16.00</td>
<td>Coffee break</td>
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<td>Break</td>
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<tr>
<td>16.00-18.00</td>
<td>Oral session II</td>
<td>Oral session IV</td>
<td>16.00 Dinner</td>
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<td>16.00 Dinner</td>
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</tbody>
</table>

**Evening Activities**

- 19.30 Welcome reception
- 19.00-20.00 Poster with drinks
- 20.00 Dinner
- 19.00-20.00 Poster with drinks
- 20.00 Dinner

**Oral sessions**
Recent research selected from the abstracts.

**Poster sessions**
Recent research selected from the abstracts.

**Special sessions**
1) Influence on working hours and work-life conflict (chairs: Anne-Helene Garde & Phil Bohle)
2) Managing working hours in health care (chairs: Steve Lockley & Drew Dawson)
3) Fatigue risk management in transport (chairs: Steve Popkin)
4) Shift work as a problem with respect to health (chairs: Anders Knutsson)
5) Basic aspects of fatigue and sleepiness (chairs: Torbjörn Åkerstedt)
6) Light and individual differences in shift workers (chairs: Claudia Moreno & Diane Boivin)
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SYMPOSIUM SCIENTIFIC COMMITTEE
John Axelsson (chair), Björn Bjorvatn (Norway), Phil Bohle (Australia), Giovanni Costa (Italy), Anna Dahlgren (Sweden), Sally Fergusson (Australia), Frida Marina Fischer (Brazil), Adam Fletcher (Australia), Simon Folkard (UK), Anne-Helene Garde (Denmark), Mikko Härmä (Finland), Steven Lockley (USA), Claudia Moreno (Brazil), Mikael Sallinen (Finland), Masaya Takahashi (Japan), Phil Tucker (UK).

NATIONAL ORGANIZING COMMITTEE
Göran Kecklund (chair), Torbjörn Åkerstedt (co-chair), John Axelsson, Anette Hedberg (Secretary), Veronica Klevegren (Financial Officer), Anders Knutsson, Sofia Lagergren (Information Officer), Arne Lowden, Louise Nordenskiöld (Head of Administration).

BOARD OF WORKING TIME SOCIETY
President: Giovanni Costa (I)
Secretary: Sonia Hornberger (G)
Treasurer: Johannes Gaertner (A)

Elected Members:
Phil Bohle (AUS)
Frida Marina Fischer (BR)
Mikko Härmä (FIN)
Claudia Moreno (BR)
Anne Pisarski (AUS)
Stephen Popkin (USA)

Coopted Members:
Natalia Bobko (UA)
Adam Fletcher (AUS)
Lee Di Milia (AUS)
Simon Folkard (UK)
Irena Iskra-Golec (P)
Ben Jansen (NL)
Peter Knauth (G)
Kazutaka Kogi (J)
Friedhelm Nachreiner (G)
Masaya Takahashi (J)
Don Tepas (USA)
Alexander Wedderburn (UK)
Torbjorn Akerstedt (S)
STOCKHOLM – THE CAPITAL OF SCANDINAVIA

Welcome to one of the most beautiful cities in the world where well-preserved medieval buildings stand alongside modern architecture. If you ask someone who has visited Stockholm the first word they would probably use to describe it is “beautiful” and that it is.

Stockholm, as a city, is over 700 years old and spreads across 14 islands as it faces proudly out to the Baltic Sea. You can get to just about all of Stockholm’s many wondrous sites on foot, which is the perfect way to see the city. You can also take a boat trip that will give you a different facet of Scandinavia’s largest city. The beautiful buildings, the greenery, the fresh air and the proximity to the water are distinctive traits of this city. Stockholm offers a wide selection of world-class museums and attractions. Don’t miss Gamla Stan, Stockholm’s oldest attraction and one of the best preserved medieval city centers in the world. Walk through small winding streets lined with stores full of handicrafts, antiques, art galleries and cafés. The Royal Palace and Stockholm Cathedral are also located in Gamla Stan.

The green island of Djurgården is home to some of the city’s most popular attractions. Visit the world-famous warship the Vasa, the world’s oldest open-air museum Skansen, or Astrid Lindgren’s Junibacken. And don’t miss the chance to see Stockholm from the water. Naturally a city built on fourteen islands offers marvelous views over the water. And if fourteen islands aren’t enough, Stockholm offers a wonderful archipelago with 30,000 islands, islet rocks and skerries. To qualify the natural “beauty” of Stockholm, try a summer morning stroll in Djurgården, a dip in Lake Mälaren from Norrmälarstrand, or a quiet moment to yourself in Hagaparken.

Read more about Stockholm and Sweden at www.stockholmtown.com

WHAT IS MIDSUMMER?

Midsummer refers to the period of time centered upon the summer solstice. Thus, summer solstice appears on 21 June, which is the longest day of the year, although the midsummer festivities normally take place the subsequent weekend. Thus, nights are bright and short in the shift between June and July and it gives a great contrast to the darkness in wintertime. In Scandinavian countries, midsummer is one of the most important holidays, but it may also be celebrated in other countries in Northern Europe.

In Sweden, midsummer celebration originates from the time before Christianity and represents some old heathen customs. It was thought to be time when folk magic was strongest and it was considered to be a good night to perform rituals to look into the future. For example, young people pick bouquets of seven flowers and put them under the pillow in the hope of dreaming of their future spouse.

Midsummer also used to be connected to fertility and many young people became passionate at this holiday. In fact, even today end of March and beginning of April shows a peak in childbirths. Greenery placed over houses and barns were supposed to bring good fortune and health to people and livestock. Today the traditional midsummer events include raising and dancing around a huge maypole, which are covered by greens and flowers. People dancing around the pole listen to traditional folk music and many wear traditional folk costumes. Midsummer should preferably be celebrated in a summer cottage in the countryside, close to a lake. The typical midsummer menu includes this year’s first potatoes, pickled herring, chives, sour cream, and the first strawberries of the season. Drinking songs are also important, and many drink quite heavily. To sum up, the white and short nights associated with the time around midsummer are a period of great fun, happiness and well-being.
THE STRESS RESEARCH INSTITUTE
The Stress Research Institute is a national knowledge center focusing on stress and health. The Institute is part of the Faculty of Social Sciences at Stockholm University.

The research is based on an interdisciplinary approach with a combination of different scientific methods, ranging from epidemiology to basic science. The aim is to study how individuals and groups are affected by their social environment with particular focus on stress reactions and health factors. The long-term objective of our research is to contribute to improve public health.

The Institute represents the cradle of Swedish stress research with the seminal work on psychosocial stress and the catecholamine system (Lennart Levi), participation in the development of the demand/control/support model and its cardiovascular endpoints (Töres Theorell), and the identification of sleep as a mediator in the stress process (Torbjörn Åkerstedt).

The Stress Research Institute has two research divisions with various focuses, representing the following themes:

- working life – organization and societal changes, and its impact on health, quality of life and sickness absence with a special focus on coping, leadership and labor market exit,
- work hours, sleep and sleepiness – effects of night and shift work on health and safety,
- longitudinal epidemiology and stress associated with health and illness in different population groups,
- psychosomatic disease-mechanisms that arise in the interaction between the social environment and the individual,
- fatigue and restitution, with special focus on stress and burnout including treatment of stress-related diseases,
- stress/sleep mechanism, effects on immune and endocrine activity, and sickness perception.

Stress Research Institute
www.stressresearch.se
20th International Symposium on Shiftwork and Working Time

organized by
Stress Research Institute

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