

# **Abstract – Working hours, their duration and work schedule**

This thesis introduces an overview of the current regulation of working hours and related institutes. It is focused on the particular options how to regulate working hours duration and working hours schedule, as well as on legal limits and restrictions. Working hours are crucial not merely for employers, but also for employees. For employees working hours also determine their leisure time. Therefore, this thesis is focused also on work-life balance with suitable work hours schedule.

The thesis is divided into four parts. The first part outlines the most important historical development of working hours regulation from medieval rules to the current regulation and its position in the current legal order, which is essential to correct grasp of subsequent parts.

In the second, principal part of the thesis, are analysed particular concepts of working hours regulation, there is also an overview of related judicature which defines working hours, working hours duration and possibilities of scheduling. This part also includes a description of minimal rest periods, rest breaks, night work and on-call duty.

The third part aims to introduce the special rules for two specific groups of employees. The first are teachers, trainers, and other teaching staff, and the second are workers employed in the transport sector.

The fourth part of the thesis deals with a concept of employee's work-life balance. Achieving work-life balance is facilitated by taking advantage of flexible working hours, which are introduced with their advantages and disadvantages.

In the conclusion are summarized key findings and the current legislation is appraised.