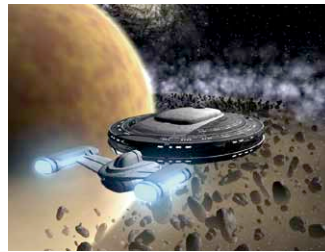


SCIENCE  
TECHNOLOGY  
MEDICINE

DOCUMENTARY  
30 MIN.



#### VERSIONS

Arabic, English, Spanish

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#### ORDER NUMBER

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## Any Time at All

Does “absolute” time exist outside our experience of it? Or is it relative and dependent on physical phenomena and subjective perception? Can there be a beginning of time – and therefore an end, too?

The series **Any Time at All** attempts to examine these issues from a variety of angles: it takes the viewer on a journey back to the start of astronomy and horology. It looks at the attempt to control time with the invention of the clock – but also at how clocks have come to rule our lives. It sheds light on how our body clocks work and explains why the dream of eternal youth will remain just a dream. The journey leads back to the birth of the universe, our astronomical clock, and the beginning of time itself.

#### 01 The Astronomical Clock

Our time is divided up into days, weeks, months and years... divisions that are determined by astronomical features. This programme looks at how we came to follow an astronomical clock and how the modern-day calendar evolved from it. The film takes us to the 18th-century Indian observatory Jantar Mantar. These huge, unrivalled instruments illustrate brilliantly how basic astronomy helps to measure time.

#### 02 Our Inner Clock

Our genes determine how our body clock ticks. Every bodily function, from temperature regulation to our heart-beat, follows its natural rhythm. But shift work and night-shifts can disturb that natural rhythm and upset the body clock. The result is over-tiredness and poor performance. Chronobiologists are looking for ways to reconcile the body clock with the modern working world.

#### 03 Ötzi and the Big Bang

Means of determining precisely when an event occurs – or occurred long ago – are becoming ever more exact. The first programme looks at the history of mankind in the context of the earth’s history. One particular discovery in one particular place sparked an exciting quest for answers: the discovery of the oldest preserved human body, 5,300 year-old Ötzi the Iceman. A journey back to the beginning of our time: the big bang.

#### 04 Race against Time

Ever since clocks began to regulate how we spend our time, punctuality has been a virtue. In this programme, we take a look at the fascinating world of horology: from amazing, old wonders of engineering to modern hi-tech watches. And we look at the significance clocks and watches have had in the working world and day-to-day life over the past two centuries. The old debate remains: who determines what we do with our time? We ourselves, or the clock?

#### 05 High – Speed Society

“Time is money” – the credo of the twentieth century is still as fitting as it ever was. Life in industrialised nations keeps getting faster and faster. Time is both the raw material and the engine that powers entire economies. The programme takes us to “the city that never sleeps”, New York, where you can find both extremes: members of the “time is money” society as well as those who have discovered a new, less hectic way of life, the down-shifters.

#### 06 It’s all Relative

Albert Einstein’s Theory of Relativity turned previous beliefs about space and time on their head. The Theory of Relativity has been the inspiration for many a science fiction writer, with stories featuring time travel or wormholes. The programs also shows that relativistic effects play a role in everyday life.