THE PROJECT

RemWork4SMEs is aimed at offering flexible training options covering topics like healthy living, and mental/physical wellbeing. It intends to promote healthy lifestyle practices among SMEs employing remote staff, with its primary objective being the prevention of burnout effects that remote workers have faced in recent years, largely due to the abrupt shift to remote work driven by the COVID-19.

PROJECT GOALS

- Flexible training on healthy living and well-being
- Skill-building in digital communication, remote collaboration, and stress management
- Creation of a best practice framework to improve remote work environments
- Fostering collaboration between HR staff, trainers, and remote employees
- Preventing burnout by promoting physical and mental health for remote workers

THE CONSORTIUM

mind the game

metalaxis

DigiCULT

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Project No: 2023-2-CY01-KA210-VET-000177253

REMOTE WORK 4 SMES

Empowering SMEs to Promote Healthy Remote Work Practices.

Co-funded by the European Union

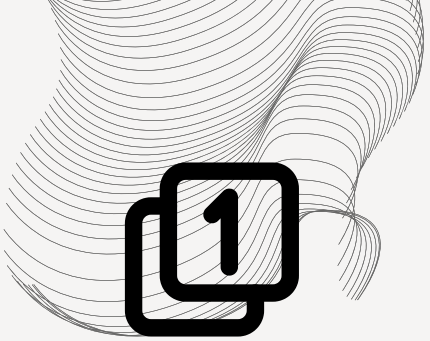
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

The background

G.P. MIND THE GAME DEVELOPMENT LTD (CY)
A game development company specializing in game-based learning and serious games for education. Leads the instructional design and digital learning aspects of the project.

metalaxis s.r.o. (CZ)
A management consulting firm helping SMEs transition to digital workflows and remote operations. Provides expertise in remote work strategy and organizational transformation.

DIGICULT (PL)
An ICT company with a focus on digital education and gamified engagement. Contributes to digital tool development, content creation, and stakeholder engagement strategies.



1

Healthy Remote Work Framework
Covers work-life balance, workspace ergonomics, communication skills, and stress management.

2

Minecraft Escape Rooms
Immersive training experience for HR managers and VET trainers to engage with well-being education through gamification.

3

Open Educational Resources (OERs)
Free-to-access training materials for remote work best practices.

The Target Groups

Direct:

- HR Managers & Staff

Responsible for managing remote workers and implementing well-being practices.

- Remote Workers (Aged 25–65)

Employees working fully or partially remotely, facing challenges related to isolation, stress, or poor ergonomics.

- VET Trainers & Mentors

Professionals involved in training and supporting individuals in remote work-related skills.

Indirect:

- SME Employers & Entrepreneurs

Seeking to enhance their staff's productivity and mental/physical well-being.

- Training Institutions & Educators

Interested in adopting innovative, gamified, and flexible training materials.

- Policy Makers & Labor Unions

Entities influencing regulations and advocating for better working conditions in remote work.