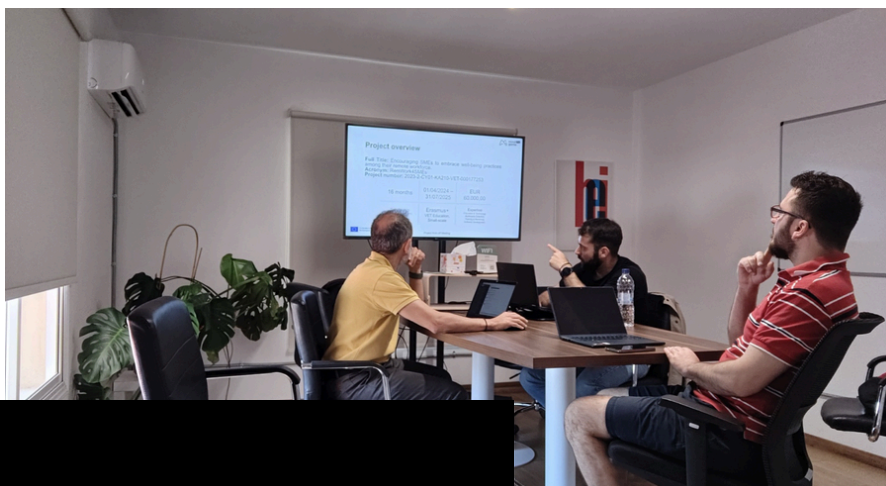


# NEWSLETTER N.1



## About the project:

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## WHAT'S HAPPENING NOW WITH THE PROJECT?

We are currently seeking participants for a survey about your experiences as a HR worker (in an SME) who implements or manages remote workers or you are a remote worker yourself in your current role.

We want this information so that we can create educational resources. We want this survey to feed into a comparative report across each country. We will analyse the feedback and insights so that we can focus on your specific requirements and concerns as SMEs and teleworkers.

This knowledge will inform the development of educational materials, ensuring that they are practical, relevant, and capable of addressing real-life challenges in remote work scenarios.

If you are one of the above people, and live in Cyprus, the Czech Republic, or Poland – then please fill out our survey linked here: <https://docs.google.com/forms/d/e/1FAIpQLScuAUt4fkz98zwZlv9I9qPd3QSMQg33H9NGAdDzPsx9ReSj4Q/viewform>



## THE FOCUS GROUP

We will also be hosting a series of online focus groups (1 in Cyprus, 1 in Poland, 1 in Czech Republic), where we will delve even deeper into these ideas.

Again we are looking for HR managers/staff and remote workers and we will engage in discussions covering a range of topics, including:

- Factors influencing the choice of remote work and preferred workplace configurations.
- The transformative impact of remote work, along with its advantages and disadvantages.
- The effects of remote work on mental and physical well-being, as well as work-life balance.
- Business attitudes toward and support for remote-working employees.
- The reliance of businesses on remote collaboration tools and other technologies.
- The safety of remote work and potential future workspace scenarios.

The information collected will be anonymous and no data will be shared with a third party. It will inform the report into the state of affairs which we will develop as a result of this research.

If you're interested in participating you can contact us below.

## WHAT ARE WE MAKING?

The project will make Open Educational Resources (OERs) which will focus on the following key skills and areas:

- IT Skills: This includes the ability to adapt to digital environments and effectively use digital tools for remote collaboration.
- Communication Skills: Special attention will be given to remote communication and digital speaking skills.
- Stress Management: This aspect will cover work-life balance, psychological well-being for remote workers, and time management strategies.
- Workspace Ergonomics: Participants will learn how to optimize their workplace setup, maintain proper posture, and use equipment ergonomically.



## CONTACT US:

For more information about the project.

Follow the project on Social Media!

**Facebook:** Remwork4smes

**LinkedIn:** @RemWork4sme's