

1st Newsletter July, 2023



SwitchOff

Supporting worker's well being during remote work

Project No: 2022-1-PL01-KA220-VET-000085734

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 National Agency (NA). Neither the European Union nor NA can be held responsible for them.

What is the Switchoff project?

The SwitchOff project aims at helping managers and VET trainers acquire the appropriate competencies and knowledge on how to facilitate recovery in the workplace and help remote workers disconnect from work and restore their personal resources (emotional, cognitive, physical) at the end of their working day. The SwitchOff project focuses on assisting remote workers and managers on how to effectively use ICTs and disconnect from work, during non-work hours.



Why the Switchoff project is relevant today?

During a typical workday people engage in a variety of activities such as arranging meetings, checking emails and so on. Such activities require mental effort and prolonged engagement in such activities can lead to psychological and physiological reactions consequently generating strain and fatigue. A key element of replenishing vital mental energy is “psychological detachment”. This refers to the act of mentally switching off from work during non-working hours, and requires the absence of all work-related thoughts and activities. Workplace digitalisation poses serious threats to remote workers’ ability to psychologically detach and recover from work as the use of ICTs blurs work and non-work boundaries. Thus, actions need to be taken to help remote workers disconnect from work while developing their skills on how to use digital technologies effectively to make it easier for them to disconnect from work.



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What are the project outputs?

As material results, the SwitchOff project will develop

- a **toolkit** addressing the effective use of digital technologies and other practices for fostering employees' ability to disconnect from work during non-working hours.

Also, it will develop

- a **Training Programme for HR Professionals and managers** and
- an **e-Learning platform** focusing on best practices, policies, and procedures through which managers and HR professionals can support their worker's effort to disconnect from work at the end of their working day.



The resources will be easily and freely accessible to all those interested and their adaptability will contribute to proper exploitation and sustainability beyond the project's life cycle.

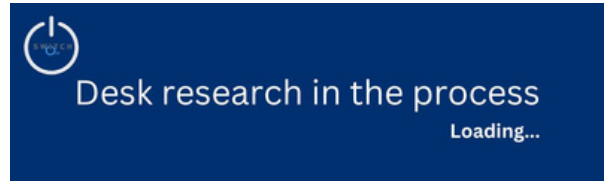
Our activities

We are excited to share with you a brief update on the progress of our work project during the first 6 months. Our project partners have been working hard on various activities, and we would like to highlight some of the key achievements.

We have been having regular online meetings with our project partners every month, where we discuss the latest updates and progress made on the project.



Our partners have worked on desk research and national reports, which have been instrumental in shaping our project's direction.







As part of our work package, we conducted focus groups aimed at identifying the needs of remote workers and exploring any challenges they may face in disconnecting from work psychologically. This has been an important step in ensuring that our project addresses the real needs of remote workers.



We have also been active on social media, where we post interesting articles about the regulations and policies on the European level regarding the rights to disconnect from work after working hours. We believe that it's important to raise awareness about this issue, and we hope that our social media posts have been informative and engaging.



Follow us and stay tuned!

-  <https://switchoffthework.eu/>
-  <https://www.facebook.com/switchoffthework>
-  <https://www.instagram.com/switchoffthework>
-  contact@switchoffthework.eu



Finally, in June, we had the 1TPM in Cyprus in Nicosia, where we discussed the previous and next steps that need to be taken during the following months. The meeting was productive and provided us with valuable insights on how to move forward with our project.

We are grateful for the support and contributions of our project partners, and we look forward to continuing our work towards promoting a healthy work-life balance for remote workers.

Thank you for your continued interest and support in the SwitchOff project!