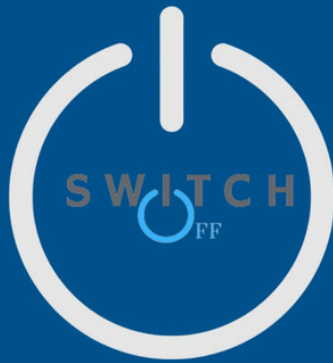


# 6th Newsletter

November, 2024



## 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.

## A Journey to Empower Remote Workers and Managers to Disconnect

As the SwitchOff project comes to a close, we take this opportunity to reflect on an incredible two-year journey. Together with our partners from Poland, Italy, Cyprus, Portugal, Greece, and Spain, we've successfully developed innovative tools, resources, and strategies to help remote workers and managers navigate the challenges of work-life balance in the digital age.

### What We Achieved

At the heart of the SwitchOff project were our shared goals:

- To raise awareness among HR professionals, managers, and remote workers about the importance of recovery and the right to disconnect.
- To empower remote workers with tools to avoid burnout and effectively disconnect after work hours.
- To equip HR practitioners and managers with actionable knowledge to implement policies and foster sustainable work practices.

### Key Outputs

Throughout the project, we developed several impactful resources:

1. Toolkit: Practical guidelines on using digital technologies effectively and fostering the ability to disconnect.
2. Training Programme: A tailored curriculum for HR professionals and managers to support remote workers' recovery.
3. E-Learning Platform: Featuring a self-evaluation tool and rich materials, this platform provided best practices, policies, and interactive learning to enable sustainable recovery strategies.



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### Collaborative Efforts

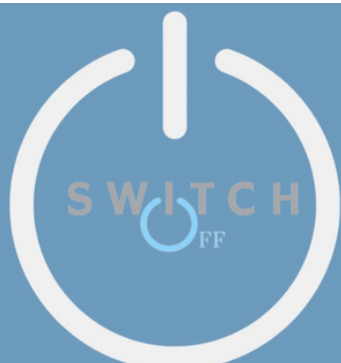
The SwitchOff partnership comprised:

- Akademia Humanistyczno–Economiczna w Łodzi (Poland) – project leader.
- Università degli Studi di Verona (Italy).
- Neophytos Ch Charalambous Institute of Development Ltd (Cyprus).
- Mindshift Talent Advisory IDA (Portugal).
- Elliniki Etaireia Thetikis Psychologias (Greece).
- CARDET (Cyprus).
- Crea360 SL (Spain).

Monthly online meetings ensured constant collaboration, while two face-to-face gatherings—in Cyprus and Poland—cemented our connections. The final conference in Poland was a fitting culmination, celebrating the project's results and impact.

### Looking Ahead

One of the project's most remarkable achievements was the creation of sustainability plans by all partners, ensuring that the resources and knowledge developed during SwitchOff will continue to benefit professionals and organizations in the years to come.



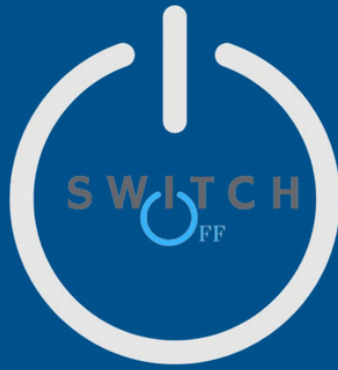
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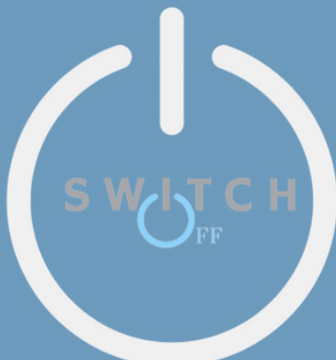
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### A Note of Gratitude

The success of the SwitchOff project would not have been possible without the dedication and teamwork of every partner involved. Together, we turned initial ideas into tangible results, addressing one of the most pressing challenges of our digital era. As we close this chapter, we invite you to continue using and sharing the resources developed through SwitchOff. Let's stay committed to promoting healthier work-life boundaries and ensuring that everyone has the right to switch off.

Thank you for being part of this journey!



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