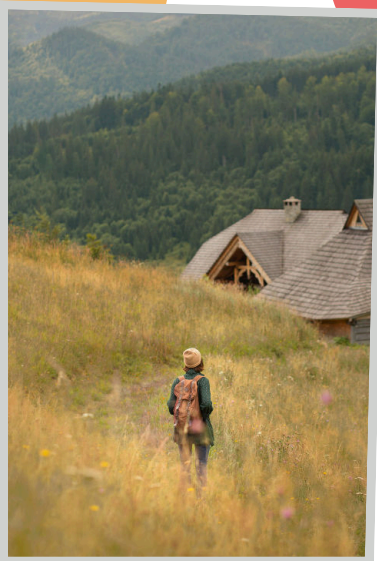




Press release n°2

Thinking of Leaving Home? WinWin4WorkLife Looks at Remote Work to Stop Brain Drain

*Slovakia faces a growing challenge: many young professionals are leaving for jobs abroad or migrating to big cities, leaving rural areas behind. This “brain drain” creates imbalances that weaken regional development and local economies. Could remote work provide a solution—allowing Slovaks to pursue career opportunities while staying in their communities? The EU-funded **WinWin4WorkLife** project is investigating this possibility.*

Employer surveys completed, employee phase underway

The first phase of the study focused on employers and has now been successfully completed across all five case study countries—Finland, Germany, Luxembourg, Portugal, and Slovakia. These surveys provide valuable insights into how companies are adapting remote work policies, what challenges they encounter, and how these practices influence recruitment, productivity, and workplace organisation. The focus has now shifted to employees: surveys are already underway in some countries and will be rolled out in others during autumn 2025, paving the way for the launch of the time-use diary app and in-depth interviews later this year.

Going beyond surveys

WinWin4WorkLife is not only about questionnaires. The project will soon launch:

- **A time-use diary via a mobile app (October 2025):** Participants will record both an office day and a remote day, while mobility data will be tracked to better understand commuting, leisure, and daily rhythms.
- **In-depth interviews (starting November 2025):** Employees will share their personal experiences of remote work, highlighting both the opportunities and the difficulties of managing professional and private life.
- **A dedicated survey of digital nomads in Portugal:** Already underway, this study explores how mobile remote workers impact local economies, housing, and communities.

Why this matters

Remote work is not one-size-fits-all. From home offices to coworking spaces and digital nomad lifestyles, each arrangement brings different opportunities and risks. By combining surveys, diaries, and interviews, WW4WL will deliver the first comprehensive European evidence base on remote work—informing policies that support healthier, more inclusive, and more sustainable futures of work.

WinWin4WorkLife in the Slovak Case study



WinWin4WorkLife is a **Horizon Europe project** that examines the social, spatial, and economic impacts of remote work across Europe. In **Slovakia**, the case study addresses brain drain and rural depopulation, focusing on how remote work can help retain talent and support balanced growth. Early responses to the employee survey are already being collected, with strong mobilisation from the IT industry association ZAIT, which encourages participation in exchange for tailored insights. This ensures robust data on retention, skills, and regional labour needs—laying the groundwork for strategies to keep communities thriving.

A call to participate

The employee survey is now open in the participating countries. Contributions from all workers—including those who never work remotely—are essential to ensure representative results. Participation is voluntary, confidential, and anonymized.

To take part in this study, visit: <https://winwin4worklife.eu/participant-registration/>



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 Research Executive Agency (REA). Neither the European Union nor the granting authority can be held responsible for them.



How to find us ?



winwin4worklife.eu



[winwin4worklife-eu-project](https://www.linkedin.com/company/winwin4worklife-eu-project)



<https://www.facebook.com/profile>



<https://www.instagram.com/>



contact@winwin4worklife.eu

Our WinWin4WorkLife partners:

