

# NEWSLETTER



## About WinWin4WorkLife

Diving into the future of work, WW4WL explores how remote work is reshaping our world. It's not just about comfy home offices; it's a quest to rejuvenate cities and revive countryside charm.

By collaborating with visionaries and changemakers, we're crafting a blueprint for work that's as sustainable as it is satisfying paving the way for a brighter tomorrow.

The project started in February 2024 and will be concluded in July 2027

Visit our [website](#) 

### Objectives of the Project



**1. Interdisciplinary Approach:** By exploring environmental, social, and economical aspects we aim to comprehensively understand the multifaceted nature of remote work.



**2. Healthy Work-Life Balance:** We will identify the key elements that contribute to a balanced work-life equilibrium and gender equity in remote work environments.



**3. Future Impacts of RWA:** Through spatial forecasting models, we will anticipate the impact of remote work on mobility, land use, and environmental health.



**4. Cultural Context Analysis:** We investigate how cultural norms and welfare systems influence the adoption of remote work practices.



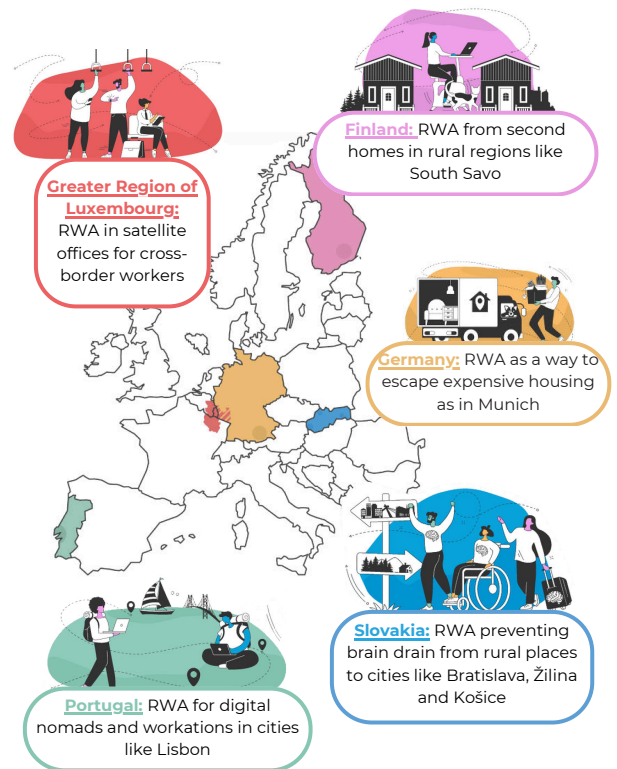
**5. Evidence-Based Policies:** Our aim is to develop evidence-based spatial policies that promote sustainable and inclusive remote work practices.



# Exploring Remote Work

**WinWin4WorkLife** explores remote work across Europe through diverse case studies, analyzing its socio-economic and environmental impacts. From digital nomads in Portugal to second-home workers in Finland, each context offers unique insights.

**Data collection** is now underway in all **five countries**. The employer survey has already been completed in all countries. **More than 5900 companies** have participated. The employee survey is now also finished in **Finland, Luxembourg and Slovakia**, and will be launched in **Germany** and **Portugal** soon. This is then followed by a **time-use diary** (almost finished in **Luxembourg**, and in full swing in **Finland** and **Slovakia**) and interviews across all five countries. In parallel, a digital nomad survey is currently running in Lisbon, **Portugal**.



Our coordinator

**LISER**

Since 1989, LISER is Luxembourg's go-to research center on social, economic, and spatial topics. We spark new ideas and innovation, guide policymakers, and shape society both locally and globally through both fundamental and applied research

LISER is the leader of the project management and coordination of WinWin4WorkLife, and also a work package in which the social effects of remote work are studied.

[Read More on LISER's website](#)



## ● Last Consortium Meeting

In March 2025, the WinWin4WorkLife consortium met in Bratislava to advance sustainable remote work and improve work-life balance. With 29 participants in person and others online, they finalized survey plans, discussed project management, and analyzed environmental impacts. Since then, an online consortium meeting took place in October 2025, and **the next one will be held in April 2026 in Mannheim** alongside a **Symposium** where we will present our first results. **Stay connected for more soon.**

Stay updated on our latest findings and insights

Subscribe to our newsletter here:

<https://winwin4worklife.eu/results/>

## Key research findings

### WinWin4WorkLife Stakeholder Panel begins to grow across Europe

Our Finnish partner, the **University of Helsinki**, has produced two key contributions that lay the foundation for the WW4WL project. The first is “*Lexicon on remote work*” (D2.1) — a multilingual glossary clarifying the concepts behind remote work. The second, “*Report on state-of-the art, research gaps and conceptual diagram*” (D2.2), offers a comprehensive overview of recent research and outlines the key challenges ahead.



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You can read both documents in the **Materials** section of our website: <https://winwin4worklife.eu/materials/>



### From Research to Policy Action

This first Policy Brief (D8.2), authored by LISER, the coordinator of the project, translates early project insights into key messages for European policymakers. It addresses major challenges linked to remote work such as mental health, gender equality, digital inclusion and sustainable mobility, and outlines preliminary policy recommendations at EU level to support a healthy, inclusive and sustainable future of remote work in Europe



You can read the Policy Brief in the **Materials** section of our website: <https://winwin4worklife.eu/materials/>



## Stakeholder Panel

The WinWin4WorkLife project **has launched its Stakeholder Panel, a community that brings together experts, policymakers, practitioners, and citizens to co-create solutions for a better work-life future.**

The Panel is already counting close to **100 members from diverse institutions and professional backgrounds across Europe**, marking an important first step in building this collaborative network. Its growth will be key to ensuring that multiple voices and perspectives shape the project's outcomes.

In the coming months, **members of the Panel will gain early access to research insights, participate in one of Europe's largest Delphi surveys to develop scenarios on the future of telework, contribute to policy workshops in five case study regions, and expand their professional networks through interdisciplinary exchange.**

**Registration remains open, and joining the Panel takes only a few minutes. To take part in the Delphi survey planned for February 2026, stakeholders are encouraged to sign up before then.**

### 👉 How to Sign Up:

Simply visit our website's "[Become a Stakeholder](#)" section to register or flash the QR code.



## Related projects

**WinWin4WorkLife is not the only project about remote work. See what others are studying!**

### **R-MAP: Mapping, understanding, assessing and predicting the effects of remote working arrangements in urban and rural areas**

R-MAP investigates how remote working arrangements are transforming the urban–rural divide in Europe. By combining social, spatial, economic, and environmental perspectives, the project maps current practices, assesses their consequences, and develops forecasts for the future. It looks in particular at how remote work influences commuting patterns, housing choices, and regional development, offering guidance for inclusive policies that benefit both cities and rural areas.

[Website](#) 



### **REMAKING: REMote-working Multiple Impacts in the Age of Disruptions: Socioeconomic Transformations, Territorial RethinKING, and Policy Actions**

REMAKING explores how remote work connects to wider transformations such as digitalization, flexible work models, and post-crisis adjustments. The project aims to deliver a policy-oriented framework that highlights opportunities while addressing risks and inequalities. With a strong focus on socio-economic and spatial justice, REMAKING provides insights into which groups and regions benefit from remote work — and how to ensure no one is left behind.

[Website](#) 



### **The Empty Office: An International Study of Teleworking**

The Empty Office examines the effects of teleworking on well-being and social relationships across four countries. Combining surveys and in-depth interviews, the project captures both the benefits of remote work — including autonomy, flexibility, and better work-life balance — and its challenges, such as social isolation, blurred boundaries, and increased managerial control. This interdisciplinary and longitudinal approach offers a nuanced understanding of how teleworking is reshaping everyday life, workplaces, and society.

[Website](#) 



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# How to find us ?



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[veronique.vanacker@liser.lu](mailto:veronique.vanacker@liser.lu)



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WinWin4WorkLife is coordinated by: **Luxembourg Institute of Socio-Economic Research (LISER)**



Our other WinWin4WorkLife partners:



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