

# [Telework and work-life balance](#)

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After the surge in remote working as a result of the pandemic, trade unions in Ireland, Russia and Spain have welcomed new initiatives, including legislation and collective agreements, that regulate telework. Research by the Eurofound research agency also looks into the negative and positive implications of telework for workers' autonomy and work-life balance raising again the challenges to ensure that workers have control over their working time and underlining the importance of current discussions at European level on the right to disconnect.

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