

Work From Home : Smart Solution for Smart Citizens

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Abstract: *A smart city is all about providing better living conditions to the citizens, while making it more sustainable, resilient and livable. Smart cities have become a popular concept because they have the potential to create a sustainable and livable urban future. Smart mobility forms an integral part of the smart city agenda. There are two lobbies when it comes to working from home. One group usually thinks that people will get nothing done, and the other group believes workers will be happier and more productive. While some people swear by 42-48 hours a week in the office, there is growing support for the second camp of workers who find they are more productive working from home. This paper investigates how work from home option can be the best choice from the angle of sustainable working practices in the context of smart cities..*

Keywords: Mobility, VPN, Work Life Balance, Tech Industry

I. INTRODUCTION

A smart city is all about providing better living conditions to the citizens, while making it more sustainable, resilient and livable. Technology is the backbone of a smart city. The notion of a smart city is not new to the world. It all started in the mid-'90s when urbanization gained momentum with better employment opportunities and living conditions attracting people to cities. There was a pressure on the cities now to fulfill their aspirations and thus began the search for technologies that could increase efficiencies, bring down costs and generate value-added jobs and above all sustainable living conditions and economic growth in the cities. Smart cities have become a popular concept because they have the potential to create a sustainable and livable urban future. Smart mobility forms an integral part of the smart city agenda. This paper investigates How work from home option can be the best choice from the angle of sustainable working practices in the context of smart cities.

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Recent studies have supported the idea that working from home—for the right people—can increase productivity and decrease stress. Research also suggests companies that encourage and support a work-from-home protocol actually save money in the long run—an added bonus on the employer side.

Working from home is ideal for many people, especially those that have trouble focusing in a public space. "Some people perform better at work, some people better at home," a company specialized in the management and creation of collaborative technologies. The success of WFH is dependent upon the personality of the individual, whether or not the person can still be productive in a relaxed environment. There are various options one can opt for working from home like full-time freelance writer, editor, and photographer. Copywriter with four different writing specialties: product descriptions, website content, blogs/articles and brand slogans etc.

II. NATURE OF TECH INDUSTRY

The tech industry is well known for its flexible schedules and telecommuting opportunities, which makes sense, considering most tech companies are web-based and technology is the greatest resource when working from home. In the tech sphere, the majority of the work happens on the computer and online. As a result, the location of the person is no longer as important, as long as they have a reliable Internet connection With video chats, conference calls, VPN networks, and wireless Internet, we can constantly stay connected as though we were sitting in our office, rather than at home.

While remote workers can be found in a number of different industries, it's more prevalent in the tech-sphere. Working from home can reduce the amount of distractions these workers face, allowing them to get more done during work hours. For employees who can't afford to be distracted a number of times a day, having a controlled environment can be key to their productivity. Working from home can allow workers to minimize distractions and increase the time they spend focused on a project. Most of the time it is noticed that the companies benefit from these remote employees by getting projects completed faster with fewer mistakes.

One size doesn't fit all

When it comes to a company's work from home policy, everyone is different. Your productivity and overall success as a remote employee depends entirely on your preferred work style. That's also the reason it's hard to find any solid data on whether or not people are more productive at home. Rather it depends upon the personality type and the job you do. As we say the five fingers of a palm are not same, we're all different, and some of us can't fathom getting work done with a TV nearby and all our comforts of home surrounding us, while others find it a struggle to stay focused among office chatter and other distractions.

Wellbeing Benefits

People who work from home have an easier time eating healthy and striking a manageable work-life balance. Eating healthier and having more time to spend with your family can help you feel less stressed, which will make for a happier more productive workday. According to a study the employees who chose to work from home experienced 25 percent less stress and they were able to maintain a better work-life balance, as well as eat healthier. Today, most of us can work at any hour wherever we are located, so it makes sense that the line is starting to haze between work and life. But it stands to reason that working from home can help redefine—or at the very least, rebalance—that line.

It's a common answer from those who work from home that their flexible work environment relieves the amount of stress in their lives and gives them a healthier work-life balance.

Employer Benefits

Employees aren't the only ones who benefit from working from home; a company can benefit just as greatly from a remote employee. "For employers telecommuting can limit absences, increase productivity, and save money. This is most common in the tech sphere because tech companies have the infrastructure to maintain remote workers. Most of them are of the opinion that, "telecommuting saves me money because they pay for their own computer, electricity and other utilities."

In fact, opening the talent pool seems to be one of the biggest employer benefits when it comes to a work from home policy, Pixelkeet has been able to attract very talented designers and developers who want to live the freelance lifestyle without having to fish for work on their own.

For some companies, working from home can be a matter of more hours in the day. This is especially true for small businesses and new companies where they can't afford to waste even one minute of the workday.

Companies might also retain more employees if they enact a work from home benefit. According to Stanford professor, Nick Bloom, who conducted a study to evaluate the benefits of working from home. He found workers were more productive, got more done, worked longer hours, took less breaks, and used less sick time than their in-office counterparts. These employees were also happier and quit less than those who went into the office on a regular basis. He estimated that, on average, the company saved about \$2,000 per every employee who worked from home.

Today, our offices are constantly on, it isn't the same as it was decades ago, when you left the office and work actually ended.

Alessandra Ceresa, Marketing Director of Green rope, finds he can balance his work and life much easier when he works remote, "Because much of what we do is not constrained within the hours of 9-5, I am able to go to the gym in the middle of the day, take a walk, do errands. When I take these sorts of breaks, the moment I sit back down to work, I am focused. My life is balanced because I get all of my work done and have time to actually live my life."

Maybe you have a commute that makes you frustrated before you even hit your desk, and all you can do while you drink your morning coffee is fantasize about what you could buy with all that gas money. For employees who work far from the office, cutting out the commute can make a world of difference for their stress and overall health.

III. THE FUTURE OF WORK FROM HOME

Companies are certainly catching onto the trend, and most have the flexibility to work from home, if not at all the time, at least when needed. It's changing the way we work, especially in the tech sphere. And while it may not be for everybody, employers may find they can save money and increase productivity for some workers. And for some employees, work-from-home benefits may be the difference between an enjoyable and stressful work life. People who work from home have an easier time eating healthy and striking a manageable work-life balance.

If working from home sounds like it would be a great fit for your personality, so you can get practical insights and personalized job alerts for companies hiring remote workers emailed right to your inbox. The individuals that decide to work from home clearly have many perks. You decide where you want your office to be for that day; you save money and time from commuting to the office; you don't have your boss breathing down your neck; you feel more mentally at ease in your own space. Working remotely also allows companies to choose the right candidates for the job, whether or not they are in the same city as the office. Thus, it is proving as a boon for future generation and working as a smart solution for smart city citizens.

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