What is Remote Work?

Remote work is any form of work that does not require the worker to commute regularly to and work from a centralized location. Typically, this means the individual fits into one of these categories:

- **Freelancer**
  A self-employed individual who works as an independent contractor for short-term clients

- **Entrepreneur**
  A self-employed individual who organizes and operates a business or businesses

- **Virtual Employee**
  An employed individual who works at an independent location instead of commuting to a centralized office or shop

Without the commute time or dress code, this work model understandably is gaining popularity. But what is important to note is that the benefits of distributed workforces far surpass the appeal of wearing sweatpants to work. Around the world, individuals, businesses and governments are learning to use the strategy of remote work to design better lives.

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact Marie Hvidsten at 701-231-5640 or marie.hvidsten@ndsu.edu to make arrangements.
Benefits of Remote Work for Workers
- Higher income
- Lower stress
- Advancement opportunities
- Less use of PTO
- Work-life balance
- Extended working age

Benefits of Remote Work for Economies and Businesses
- Lower overhead and recruiting costs
- Employee retention
- Cultural diversity
- Economic stimulation
- Environmental sustainability
- Natural disaster recovery

How Can Remote Work Help Your Community?
Sure, remote work has global impact, but it can have significant local benefits, too.
- Job creation — Reduce local unemployment rates without the expense of recruiting new businesses.
- Strengthen the tax base — A bigger population with higher incomes means more revenue for your community.
- Empower families — Working in a virtual office allows parents to turn commute time into catch time.

What Types of Jobs Are Virtual?
Any job that uses a computer as its primary tool can be converted to be remote-friendly. This means roles such as writing, graphic design, e-commerce, web development, education and business management are all available online. Part of the ROI program includes evaluating compatibility to current work experience or business operations.

Whether you’re a professional seeking remote work or a business ready to hire a virtual workforce, we can help. All participants can expect the following start-to-finish experience during the Rural Online Initiative program:

1. **Application** — Candidates start by submitting an application that collects information about current status and goals.
2. **Placement** — Any applicants who meet program qualifications are accepted and introduced to other local remote workers.
3. **Training** — Education kicks off with the Master Remote Work Professional Certification or the Master Remote Work Leader Certification course.
4. **Resources** — After completing the certification, participants are offered optional additional training to complete preparation for going remote.
5. **Development** — With the support of a program coordinator, the participant posts or finds remote work opportunities.

NDSU Extension is committed to preparing the North Dakota workforce for future online opportunities for remote employment. NDSU Extension has partnered with Utah State University Extension to offer the Master Remote Work Professional Certificate, a 1-month specialized training which combines online work with interactive workshops. The cost of the course is $249 and NDSU Extension is offering a $199 scholarship for the first 100 North Dakotans who take the Master Remote Work Professional Certificate ($249 value). The final cost is $50 to take the course with this scholarship opportunity. For more information, course dates and how to register go to www.ag.ndsu.edu/lead/remotework.