



សាលាសណ្ឋាគារ និងទេសចរណ៍ ប៉ូល ឌុយប្រូល  
École d'Hôtellerie et de Tourisme Paul Dubrulle

HOW TO SUCCESSFULLY  
**WORK FROM  
HOME**

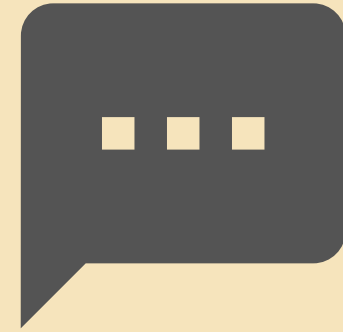
TIP #1



# PLAN YOUR DAY

Create a daily work schedule.  
Define your tasks and goals.

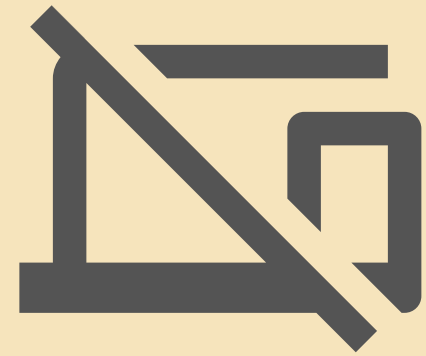
TIP #2



# STAY IN TOUCH

Communicate with your teachers,  
supervisors, and your team.  
Use digital communication tools.

TIP #3



# ELIMINATE DISTRACTIONS

Turn off your phone notifications,  
TV, radio, etc.

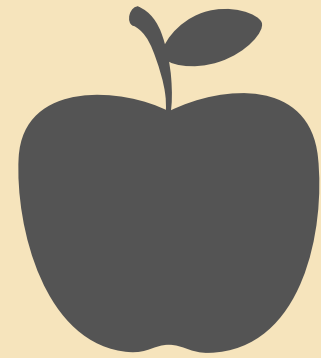
TIP #4



# TAKE BREAKS

Schedule breaks during the day.  
Move around and stretch.

## TIP #5



# EAT PROPERLY

Prepare healthy snacks.

Drink a lot of water.

Schedule your "lunch break".