Mattia Rainoldi: And let's tell me a little bit what do you do as a job?

P13: So I, um, I focus very much around the topics of augmented and virtual reality, so I I I'm a consultant, I'm an advisor, I also do some, um, agency work, in other words, we also develop applications, um, around these topics so um yeah I think a the best description is an augmented reality and virtual reality or mixed reality expert.

Mattia Rainoldi: So, what is your job title that you give yourself?

P13: Well, I own the company, so if I really have to nail it down then I'm the CEO of the company, but it's really a one man show, so if it really isn't much to to be titled there, um, yeah so, but if you know if if I participate in a panel, or if I have a some kind of public requirement and put down a title than I usually just put CEO of mixed reality IO.

Mattia Rainoldi: Okay yeah so that basically means also that you are self-employed.

P13: Yeah.

Mattia Rainoldi: And are you full-time or part-time employeed?

P13: All the time.

Mattia Rainoldi: Full full.

P13: Yeah I think that that's going to also be transparent, as we go through the various questions because you you very much look at how leisure time and, um, time on the job you know inter interrelate, and I think it's going to become apparent that there really is not much of a border there for me.

Mattia Rainoldi: Okay interesting to know beforehand yeah so just to get in that direction, um, can you tell me a little bit how you organize your typical day?

P13: Yeah and that's already difficult to say because it varies significantly depending on the situation but let's say on a on a on a regular day if there's such a thing, I normally go to the office my office is literally 300 meters away from my home so it's very close, um, that again is also you know one aspect that maybe I also didn't address in the in the various diaries, but it is does influence how I work very much because I can go back and forth very quickly, so on a normal day I would get up, um, in the morning and even you know over my first coffee, I already start opening my, my smartphone and looking at like messages that have kept you know have come in on various tools and Apps, email being the primary source that I look at that time of the day, and then I usually hear myself, you know, do the various things you have to do, obviously in the morning and then I go to my office. And then, as I plan for the day, what I normally do is I grab my, my, my iPad and I just put, I just opened my notes application. And then I just kind of you know, write down and maybe a few things that I want to accomplish on that particular day I don't always do this, obviously, but this you know it's something that I tried to make a habit, um, just so that up a bit more clarity as to what I want to do on that particular day. And then I will you know and then anything can happen from that point on, because you know, then I may just jump into emails I may have some meetings lined up in the office. And, um, you know, as you saw on the diaries, you know, it can be you know, especially you know, obviously in terms of you know Covid19 it was it was very little travel, you know a lot of video conferencing, a lot of remote work. And, but I think the question was around the planning, so the planning usually happens in the beginning, over my note application where I just kind of outline what I want to do where I looked at my calendar and I knew what what I need to do, but it's a very it's a it's not a very structured way that I follow this pattern on a daily basis it's it's it's it's more casual than it than it actually sounds.

Mattia Rainoldi: Mhmm. So, um, I took a couple of notes, something that I'm going to come back later.

P13: Okay.

Mattia Rainoldi: Um, and this is basically about mostly about your works, um, you start the morning with emails, coffees and scheduling around what is going to happen in your work day, and what about how long does it take or let me phrase it better, um, how long do you generally work, and when you dedicate time to your leisure activities?

P13: That's a very difficult question. I really it's really hard to say. So, most of, I would say I work, I always work, um, literally, but obviously there are there are times when I, you know, specifically make an effort for casual for for leisure activities and then obviously I don't work so, but there is no such thing as a structured day from nine to five or eight to six, or whatever you know, could put some structure, and I really I'm a very opportunistic worker, let me put it that way, so, in other words if if if the if it rains on a Saturday, or on a Sunday and I have nothing else to do, I will work because I can, because it makes sense for me to do this in this time. Because I don't have any other commitments so I take advantage of those time windows whenever I can. I do this late at night, it could be a 10, it could be 11pm if I still have a five you know one that's work related and I want to write it down, I will. If I'm on vacation it's the same thing so anyway, before getting too far ahead of myself, if you ask me how much do I work in terms of hours it's really hard to say because I never really track it. Um, but I, but I have, but my mindset is that I actually work all the time and it and I also do it because it doesn't bother me so, in other words it's not something that I consider work. Just because I it's something that I do I almost don't consider it work because it I enjoy so much that I don't feel like it's work if that makes sense.

Mattia Rainoldi: Alright, so you're saying, also the Saturday, Sunday. Do they play a role for you? So what does what does it mean for you the weekend?

P13: What does it mean for me?

Mattia Rainoldi: Yeah.

P13: Um, it means it usually means that that's you know time for family, and that is actually the time off, and when you do things that that are more you know, the way we have free time and you do fun things for sure I mean that those are the days definitely so I don't want to say that I consider Saturday and Sunday working days, UNLESS you know I just see an opportunity in a time slot where I just don't have anything better to do, then I would I would take advantage of it, but the weekend is the weekend as a whole, I mean the weekend is holy, it is something that I look forward to because of spending more time with my family, and, um, you know doing some things for sure.

Mattia Rainoldi: Mhmm. And you're saying also, um.

P13: I'm not single.

Mattia Rainoldi: No no (laugh) that's fine.

P13: Did you say I'm single? No, I'm not single.

Mattia Rainoldi: I said you were saying.

P13: Ah, I was saying, sorry, that was a mistake, alright (both laugh).

Mattia Rainoldi: You were saying that on Saturday or Sunday if the opportunity presents that the weather outside is bad and you don't have anything is to do you might take the opportunity to do some work yeah.

P13: Right.

Mattia Rainoldi: Would you let's say this is a day like today during the week, it's sunny outside would you in that days also take the opportunity to do something else that is not work?

P13: Yes, absolutely.

Mattia Rainoldi: Okay, how?

P13: Yeah I think I also described there was one typical day during the week when I when I wrote the diaries where you know it is a sunny day outside and I, and I look at my calendar and I don't see any other commitments, I I will go mountain biking, for example, during the week for two hours or I will go to the you know to do a bit of surfing on the on the Almkanal, I think I described that also in one of the diaries. Yes, so and that's exactly how I think because I'm a very outdoor oriented person, in other words the weather plays a big role in my in my daily planning and what I do and when I do things so, um, yes, the answer is definitely yes, during the week, if I see an opportunity to do something fun, even though it's a Monday or Tuesday or whatever work day it is, I will I will do it, if I can.

Mattia Rainoldi: Mhmm. And what is the deeper reason for this opportunistic behavior, if I might call it like that?

P13: Sure um it's, it's because well because the things that I like to do for fun a very weather dependent, so or conditions dependent, in other words you know, I like I like kite surfing which depends on the wind, I like ski touring which depends on the snow conditions and the weather conditions very much during the wintertime, I like mountain biking a lot, which also is more fun and on sunny days, then on rainy days and yeah and so, in other words, all of these outdoor activities they don't always happen on a Saturday or Sunday. And that's the motivation behind um taking advantage of either the weather during the week or an opportunity that a friend, is doing something during the week where I want to be part of it and and that's why this, um, yeah why why I also work on the weekends, because sometimes I need to make up for the time that I lost work-wise for activities as described on the weekend.

Mattia Rainoldi: I understand yeah, let's take the other scenario that we were briefly mentioning before the vacation scenario.

P13: Yeah.

Mattia Rainoldi: So, when do you take vacations, first?

P13: Um, that usually depends on when my wife's vacation time is settled or set in, so do you mean like in terms of when like which months or do you mean like?

Mattia Rainoldi: Well that's probably I don't know for you it's different from year to year, or something like that?

P13: Yeah very different.

Mattia Rainoldi: How do you decide upon going in vacation. So what is the trigger for your?

P13: Sure um so yeah I mean we do definitely try to, we do a lot of road trips, you know, we have a camper van and we so, in other words we're very spontaneous, also in terms of where we go and when we go. But we also tried to do at least one summer vacation like a two week standard travel, although we didn't actually do that this year, we only did like one for for 10 days in Croatia once. We definitely usually around Christmas, we also dedicate some time to go to Hamburg, because that's where all of our relatives are, so Christmas usually we go to, go to northern Germany, that's almost always a set time of vacation that we do every year and then everything else is more or less yeah you know extended weekend trips usually, um, I never thought about that and so much detail, but um, yeah, so we do, I mean we've been to, like a couple of weeks ago, we went to Neusiedlersee just for, you know, like three, four days, I think it was maybe five days. So we don't usually do like three weeks in a row, or even four weeks as some people do and then normally it's more multiple shorter trips throughout the year that's that's usually how it works for us.

Mattia Rainoldi: I understand yeah, and what is the reason for for doing it for you, so why do you go on a vacation?

P13: (laugh) To be honest, it's usually and this's being recorded right so it's it's usually chasing when and making my wife happy.

Mattia Rainoldi: Okay.

P13: I think that's probably a good summary and then it's so that she can do the things that she wants to do, and I can do the things that I want to do and that we try to make it all happen.

Mattia Rainoldi: I see yeah. Okay, and, um, coming back to the topic of also where I wanted to land, um, the scenario you're describing you're on vacation and you might take again an opportunity to work.

P13: Yes.

Mattia Rainoldi: So how that opportunity looks like and why you take it?

P13: Okay, so there's things that I commit to and then there's opportunities, even during vacations. So let me give you an example. We went to Istria, I think it was like maybe two months ago and, and that was a bit more or less a you know a bit of a spontaneous trip, or maybe the trip was planned maybe four weeks in advance, but then there was one workshop that I have committed to for another client, this was a German bank and there were a lot of people listening to my presentation, I think it was more than 25 people who were already scheduled to participate in this and then, it was a I think that was on a Monday on a Tuesday, so it was literally in the middle of the trip, um, that we did so, so what I did, I was in we were in Rovinj in Istria and I booked a co-working space where I had, um, you know I basically booked a room where I could go in and do the workshop, even though I was on vacation, so, in other words, I just played around it, um, to do that, so that was a planned thing. Opportunity on you know opportunistic is because I'm self-employed I basically have to look at my inbox all the time to make sure that if there's something urgent that I can address it so that's the opportunistic part and if something needs to be done, then I will do it, um, even while I'm on vacation. I will just you know hide in a corner for an hour or two, and then I will try to you know resolve it.

Mattia Rainoldi: And how the situation makes generally feel?

P13: Um, yeah that's a good question um, I would say, 9 out of 10 times it doesn't make me feel anything but sometimes if it has struck, something that is really disruptive, it can obviously produce stress and then it doesn't feel good. If it's something really urgent or something that screws up, something big or something that really is important, then it's not a good feeling during a vacation to have that fear, but it can happen.

Mattia Rainoldi: Right, do you have this feeling that you're describing now in other situations?

P13: Um, you mean the stressful feeling?

Mattia Rainoldi: Yeah the, this the feeling that something is disrupting in in your life, is disrupting this relationship between work and leisure that you created for yourselves, so being an vacation is creating the space for leisure and then works comes in, in in some kind of way and create a disruption, um, so it doesn't happen in other ways, in other circumstances?

P13: Yeah, of course. Also, sometimes like even on the weekend, you know you you're out somewhere enjoying yourself and then boom you get an email that you get some kind of message, um, that disrupts things, your your train of thought, your relaxation is stopped immediately because of it, that can happen, not only on vacation but in others, or even more at night time. If that's what you're asking not sure if your question is probably answered this way but yes, so there are other times of leisure time when this disruption happens because because we have well because I don't I'm not that type of person that puts away the phone during these times, or or ignores work related emails during these times. I tried to but I usually don't, so that's why this can happen anytime.

Mattia Rainoldi: So, and this is very interesting for me and maybe you can tell me a little bit more about it, why do you say you are not the person that put away the phone, what is the reason for for for it?

P13: The reason is because I, hmm, well, first of all, you know, like I said, 9 out of 10 times I don't have stress when I do this but sometimes it can happen so, in other words the 9 out of 10 times I do it because I enjoy it and also because I, I want to make sure that I'm aware of any things that I need to do for my clients or for my partners for for my startups that I work with that I that I, you know, can do my job in a very fast manner because that's usually I mean not always but oftentimes fast response is better than slow response in these circumstances. So, yeah, I think that's the answer for that today question.

Mattia Rainoldi: Okay. Mhmm. Let me just catch the train of thoughts again.

P13: I'm not sure if I answered it correctly or you know big enough but, um.

Mattia Rainoldi: There is no correct or wrong, it is your experience and the way that to that you feel and that you organize yourself.

P13: Sure.

Mattia Rainoldi: Yes, let's come back to the topic here, you also touched upon it. So we talked about quite a lot about the timing of the dedicated to to work and to leisure and all of these things, yeah.

P13: Yeah.

Mattia Rainoldi: What I'm more interested about now is also to know a little bit more about the place where do you generally work and when do you enjoy your leisure, and eventually some experiences where is not clear.

P13: Okay, yeah so, as I said in the beginning, I have, I have a dedicated office, which is, this is my office, right here, so I normally do video conferencing here, not always but I'd say you know, most of the time, because I have a controlled environment, and I know everything works I've got WiFi here so that's why I usually do it here and I also work from home um, quite a bit, especially if my family's away, if they're at work or university or whatever if I'm you know at home by myself and also sometimes to to change, you know the pace of things I also like to just work for for bit of time at home, um, I like to change of different environments, because it gives you different, um, stimulation, depending on what you want to do, so, um, places, yeah, I also work, you know, sometimes you know from my from my within my camper just because when we're on the road, I do that, um, I also anywhere. I mean, even in the car, even at a stoplight sometimes you know you just check your email, and you look at it, so those are the places, um. On a train, like the other day it was in Munich, I worked on the train. So, I don't I mean the office is probably the place where I spent most of my dedicated work time, um, maybe 50% and I'd say maybe the other 50% is a mix of many other places.

Mattia Rainoldi: And all the other places, what they do have for you more?

P13: Value.

Mattia Rainoldi: Yeah.

P13: So as I mentioned, for example, the co-working space in Rovinj, it was the value that for me was, I have a I have a quiet room, I have solid WiFi and I have a you know, a dedicated room where I can make sure that I don't get any disturbance or or anything like that and my office here is similar because, um, this office, I know I can close the door and nobody will disturb me. I have everything I need here, all the tools, all the equipment, the WiFi coffee and some other you know interesting people working around me and other offices, um, and yeah and all the other ones are all like at home or on the road or those are all basically just random places that I just use to to work because the situation requires it, but there's no reason or value in those circumstances, you know that were chosen it's just it just they just happened to be what they are. So it makes sense?

Mattia Rainoldi: Yeah it does. Right, so covered the little bit what do you do how do you do that, um, oh yeah, tell me a little bit what we've forgot about, so where do you do your leisure activities?

P13: Leisure activities, okay, um, obviously, um, yeah so leisure activities, as I said, I like to spend a lot, a lot of my time outdoors, that's my primary leisure activity. So, most of the time, I would say, are on my mountain bike in my neighborhood so that's why I relax actually, but actually, I also work there, by the way, I mean I think about work all the time, not all the time, but a lot, a lot of the time. And so that's the place, you want to say place it's it's Gaisberg and you know my neighborhood here so that's my primary escape or leisure activity by myself and if it is, um, you know, leisure time let's say at nighttime, especially let's say during the week, then, of course, is my living room where I spend time with my family and also where obviously you know we watch a movie you know just things like that, um, and other leisure time is, like I said, I think, also as a family, we go to restaurants quite a bit I think that's another leisure time where I can say you know where can put it into a category or into place, um, yeah meeting with friends you know the usual stuff. I mean there's nothing I don't think there's any anything out of the ordinary there.

Mattia Rainoldi: Right.

P13: Except maybe from the mountain biking because that that that is probably that is a worth mentioning category or place that does hold a big of my you know that takes, um, a lot of my time for leisure.

Mattia Rainoldi: Yeah and you said something very interesting while discussing the mountain biking example was it's two things. One is 'escape, that's my escape' and the other thing is 'is a place where I work'.

P13: Yeah.

Mattia Rainoldi: Can you give me a little bit more details about why -

P13: (overlap) Yes (end of overlap).

Mattia Rainoldi: - is it an escape for you, what does it mean and then we'll discuss then the other thing later.

P13: Yeah so escape is I when I go when into any sort of outdoor activity, I REALLY can I can really you know relax, um, and you know, this is the best I you know when I come back from it from a mountain bike trip for two hours, I feel I feel really good, I feel, because it does you know certain hormones, you know certain chemicals in your body, um, you know, are adjusted that just gives you a better feeling than sitting in an office for a long day you know something like I think that's the best way to describe the term escape, because it means I can escape from you know patterns that repeat themselves or things that are mandatory to do. Um, and then, when you do this, afterwards, you just you you feel so much better, that's my feeling all the time and that's the that's the escape aspect, however, if you know to to address the second point, when I work. So when I'm here, I do a lot of operational stuff I do emails and I answer, and I do this, and I do PowerPoint and I do you know I put things down and make them happen and put them into formats, that I can deliver on that that's usually what I what I do here. But when I, when I, when I'm on my mountain bike, and this doesn't happen in the first five minutes, but this happens, usually after half an hour so, then I started thinking, for example, I do, I have to do, like a maybe a PowerPoint for RedBull or some other client, and after thinking about the structure of my presentation that's something that I will do on the road, because it requires more creativity and it requires a bit more out of the box thinking and it's, um, and I'm sure you've heard people say also, you know, under the shower, in the shower they have their best ideas, because, you know, you're in the relax, relaxed environment that is 100% true for me. So, I'm one of those people that experience EXACTLY that, all of my best thoughts and ideas happen when I'm NOT sitting here, but when I'm somewhere else you know, in a relaxed environment.

Mattia Rainoldi: So you're trying to say this, leisurely environment, like the mountain bike track, so has a positive effect on on the way that you work or that you perform?

P13: Yes, especially when it's about I mean I mean you know that's we're in this I'm in this environment of innovation, where you have to think of you know, new ideas and new ways of you know how can this technology that we talk about you know how does this, how does this work for this particular client, you know what can the experience look like in detail or you know how does, how does I don't know cryptocurrency or NFP, how does that apply, how does that work for that client, you know how could they use it, um, and those are things where you think about you don't, it's not an operational kind of thing but it's really about ideas, it's it's about creativity and I think has proven that you know that leisure environments are usually better suited for for that sort of thinking and I 100% confirmed that that's exactly the case for me, I mean there's other people who can come up with great ideas in the office, I usually don't, for me it's different.

Mattia Rainoldi: Mhmm. I understand, yeah. So sticking for a little more a little moment to that example, so you are mountain biking, you think about work you come up with a great idea, what happens there? Um, take notes or?

P13: Yes, sometimes I do, I even yes, I do take notes, but normally I don't, let me put it that way, so sometimes the ideas usually just are created my mind, and then I don't stop and take note, but if it is something that I really want to make sure I don't forget, then I will do it. Um, in fact, um, it's funny that you say that just now, because I have, I had and there's nobody doesn't happen to me, but even the other day I was in my bed, getting ready to sleep and I had one thought that I wanted to make sure that I don't forget, so I got up again and I actually took my iPad and I drafted my idea in a sketch, and then I went back to sleep because I knew, I didn't know, but I was afraid that I would lose or I would forget the thought the next day, because I was already half asleep. This that I don't do it, I don't do this very often but on that on that topic that's that is something that I did.

Mattia Rainoldi: And on the mountain biking example, how would you take that note?

P13: On my phone.

Mattia Rainoldi: Okay

P13: Yeah.

Mattia Rainoldi: So when you are mountain biking, the phone is with you for that reason, for keeping notes?

P13: No, um, the primary reason is to track my activity, so I use an APP to track my activities that's the primary reason and, of course, I want to be available of my wife and call me or someone calls me, that's I mean for safety reason I have my phone with me, but another reason is that I am available as needed and I can take notes, if I need to. My phone is with me all the time.

Mattia Rainoldi: Alright yeah, that is a good point now where to move to, um, discuss a little bit more in detail the role of technology your life as a digital worker. And, as I noticed from your diary and from what you were saying here, you use different devices and different application throughout your regular day they and what I'm more interested about is the purpose for which do to use these devices and how do you use them in work and how do use them in leisure. If there be some overlap or technologies that you use exclusively for one area or the other?

P13: Okay, yeah so let's start with a later, what I use for work only is probably the big monitor that I have here, so I have I'm looking at you on my MacBook pro and I have another you know 22 or 20 whatever it is a big screen next to it and that's going to remain here in the office, I never take that away, so that's definitely the device that will always be here, I have another TV, um, smart TV on my wall here, which I can also use for demonstration or presentation purposes, that's another device that will always stay here and that's purely work dedicated and everything else, I would say is, um, being used both for leisure purposes and work purposes, so, in other words, my MacBook, my iPad, my phone, my VR headset. Those are all devices that I use for both purpose.

Mattia Rainoldi: Mhmm. Right and so how, when you have devices for mixed purposes, um, how do you differentiate between the usage that is for work and usage that is for leisure?

P13: Um, I don't I just use them as and when needed, so, in other words, I don't make this a you know, a conscious decision about any of that, it's just that so the phone, needless to say, you know I track my activities that's for leisure or use a phone, but of course I have you know dozens of Apps on here, as we all do, and you use them, sometimes for fun. Maybe YouTube would be something to do for fun, but also use it for you know research for my work, um, it's that's one example, my MacBook is another example, so I I carry that with me and also when I'm traveling when I'm on vacation when on, well, sometimes it is just a weekend trip I tend to leave at home, but also that's The reason for that is because I, I I'm afraid and might get stolen out of my camper so I don't want to sit in there and I usually don't need the MacBook to make sure that I answer my emails. I can do that on my phone, um, the iPad is is mostly my my, um, note taking device, also because I have a pen so I'd like that because I'm not a good paper. I'm not a fast typer. So when I take notes, I feel much more comfortable with the pen and actually writing as opposed to typing something on my MacBook so that's the primary reason or purpose for my of my iPad, of course, as a lighter lighter sensor, for you know, um, AR stuff that's another reason why I have it, but that's probably how I use that device and the VR headset is obviously for testing, for you know, also for meeting purposes, but also for fun, sometimes. I rarely use it for fun, I mean of course there's some games on there which you know I would maybe play with my daughter occasionally or something like that, um, so I don't I don't draw a line there but it usually the VR headset also usually sits here in the office, because I hardly ever use it for for fun only, usually for work related stuff.

Mattia Rainoldi: Right. So what I'm thinking now is so if you have any, so I understand that they use these devices for mixed purposes, for work and leisure purposes and do you have any ritual, if I can call it like that, or habit that you have to say 'I use this technology, this time exclusively for this purpose or use this technology, yeah exclusively for a purpose or for the other'?

P13: Um, no, I don't think so, I, like I said the monitor and the and the TV here those those are dedicated for work only, I never use them for any other purpose, just because of the stationary characteristic of it, everything else is this I don't draw a line, but maybe in that same, um, context, and it doesn't exactly answer your question, but it is related to that, um, is that I never have any electronic devices in my bedroom so that's what rule that I have so I always before I go to bed, I will I will leave my my phone in the living room that's also where my charging station is so when I'm in my bedroom I do not have any TV, any computer, any smartphones, it's a no electronics zone for me, so that's a rule that I have (laugh) if you put you know as we're talking about rules here or categories.

Mattia Rainoldi: Yeah what I'm trying to get out of this this question is basically, um, so you said to me at the beginning that you wake up and the first thing that you do after waking up, well probably not the very first, but after few moments, are so you wake up, you get your coffee and then you check your emails on on your smartphone so is also something that I've been described as a routine.

P13: Yes.

Mattia Rainoldi: And it's that does doesn't -

P13: (overlap) Just give me a second, I need to (end of overlap). Sorry, I was distracted from my mother, she's just contacted me. Okay sorry, there we go, sorry, can you repeat your question?

Mattia Rainoldi: Alright, I was talking about again the example that you gave me prior with your waking up and checking emails as a first thing that you do on your on your smartphone. Is that for you some kind of our routine, as does what, what is the significance of it for you?

P13: It's definitely a routine and the significance is that I like to be informed as you know, when I when I get up as to what happens, I read the news on my smartphone over coffee in the morning, I, I glance at my emails if I, you know, if I feel like it, I try to avoid it a little bit,you know, try to do this, not in the first five minutes of waking up, but maybe after 20 minutes or so, because otherwise stress level can can be too, too imminent and, yeah, I mean the significance is, is, um, yeah, it's big because it's, it's a routine that I follow every day. I don't have any paper to say, you know, newspaper, I mean on paper, I, I do get my information from my smartphone primary so I read, you know, Standard or those things in the morning and significance is high.

Mattia Rainoldi: This is also signify for you the beginning of the work day, would you say so?

P13: When I grabbed my phone?

Mattia Rainoldi: Yeah.

P13: No because usually, the first thing that I do is actually to read the news so it's not work directly but it can happen that within 30 seconds I'm in my inbox but not necessarily.

Mattia Rainoldi: Okay, mhmm. Do you have any routines that you say for this point is working, from this point is not work anymore?

P13: Yeah that's the one I just described, when I go to bed.

Mattia Rainoldi: Okay.

P13: So I put the phone in my living room and then I leave it there, so if my phone rings or if I get a notification or anything, or I don't hear it, I don't see it.

Mattia Rainoldi: Okay. And let's talk about the topic of notification because is generally a good topic. How do you deal with notifications?

P13: Yeah I manage them very carefully, so not all Apps, I don't allow all Apps you know to notify me, only the ones that I choose. So email as well, the work related email, I will get a notification, the private private emails I don't get a notification, I just I can read it whenever. So social media, no notifications at all. Strava, which is my tracking APP, I do get notifications, but because that's you know every notification there usually fun. Um, YouTube I don't allow any notifications, messages WhatApp yes, notifications. Facebook messenger also vacations okay, um, yeah I think those are the ones. Twitter, no longer I used to do that, but no longer it's crazy, yeah so those those are the ones where I use notifications, and I, yes, and I do control them very careful.

Mattia Rainoldi: Mhmm. Out of this various applications that you mentioned, um do you use them also for mixed purposes or do you have some that are used only for one purpose of the or the other?

P13: You mean leisure versus work?

Mattia Rainoldi: Yeah.

P13: Um.

Mattia Rainoldi: Because, you said you have -

P13: Yeah WhatsApp, (overlap) that is a good example (end of overlap).

Mattia Rainoldi: - one for work for example.

P13: Yeah I if I if I get your question correctly, then WhatsApp is a good example because there I don't I can't differentiate between work and leisure. So I get every notification there, it could be from a client or it could be from a friend. Whereas on email, as I said, I do differentiate so work related emails I do get a notification, for the private ones I don't. Does that answer your question?

Mattia Rainoldi: Yeah what are the reasons for you to set it up like you do?

P13: It's a priority.

Mattia Rainoldi: Okay.

P13: So work is you know for emails I I hardly ever get private emails and emails from friends or anything that's not work related that are urgent, in other words there's no need for me to get notified, whereas on the work side, it can happen, so I like to stay on top of it that's like it.

Mattia Rainoldi: Okay, and the notification for work will be always on for you?

P13: Yeah. Yes

Mattia Rainoldi: Even when you are officially out of work?

P13: Yes, always.

Mattia Rainoldi: And that's on purpose?

P13: Yes, I like I said I 9 out of 10 emails are, I enjoy, I like it it's very rarely are do I get emails that stress me, but I take that risk because it rarely happens and when it happens, you know it's not good, but it happens so rarely that I don't mind setting it up this way.

Mattia Rainoldi: Yeah, would you describe yourself as a person that prefers everything so a mixed environment, like you were describing an environment where work and leisure mixed together or can?

P13: Oh yes, 100 %. I that was actually that was my goal, always in my professional career to have that, because if you know from you, I you know, I was also like in my younger days, um, you know straight out of college I also had you know, I was employed with an agency or with you know some other you know startup companies, where I was you know just a manager or something and and, um, so there you go to work and obviously this is 20 years ago, things have changed significantly, but there was very structured in a way you go to work, at whatever in the morning and then you leave at night. And you know now is work, now is leisure, so it was very clearly clearly defined and. And, but, but, that was also the time when, when the, when the work that I did was not hundred, was not 100% to my pleasing or it was not 100% what I wanted to do. So, now I do ONLY what I like to do and, and now it doesn't know, it doesn't matter when I'm confronted with it, because what I do is, I like what I do, so that's why I don't need that separation except for those, as I said, you know, rare occasions when it does obviously disrupt and does not feel so good, maybe some bad news, or something, you know, stupid happens. But this happens so rarely that I don't need to differentiate or make sure that I set boundaries between the two.

Mattia Rainoldi: Mhmm. Yeah, I understand, yeah. If it's possible for you already gave me some examples of how work might improve your leisure time or vice versa, so if you have more examples of it that you could think of it will be also helpful now.

P13: Where I do when I switch back and forth?

Mattia Rainoldi: Well, you can tell, this is maybe another question and let's keep it, but if you want to go ahead with that one, so how you switch from one one area to another one, so what would be your behavior there and how it internally if it's possible how technology helping doing that switch?

P13: I mean just now was perfect example, my mother just what WhatsApp me and I when I'm, when my mother wants something from me, I will answer it immediately you know there's other people why wouldn't do that, but that was a switch between leisure, I mean I don't know if you would consider this leisure but it's a it's a it's my mother, so I would answer quickly and come back to you and and and make you repeat the question you know it's okay it's not a big deal, I can do it, so I would do it, um, and switching back and forth, I mean, I would even like I said if I take a break on my mountain bike, I take out my phone I look at it oh, and I see a notification that, I see an email that's work related, I might just sit down for a moment, have a drink 10 minutes and answer the answer the email. I've done that many times, or yeah or even the other way around, if I you know if I if I work and like like all of us if we can you know get a phone call from a friend or someone you know, since you have WhatsApp and ask you about what are you doing tonight, or what you know something we all switch back and forth, I think, and I don't like I don't, I mean I know people that won't answer the phone if you call them, so I guess I am different than that way you know their work, so they don't take calls from their friends, I would do it all the time, I mean if I if I'm if I don't have a client sitting here, or if I if the situation allows it, I will do it, of course, so that's maybe another example I take it for granted, but I know other people don't do it so maybe it's worth mentioning.

Mattia Rainoldi: But in this sense, what we are trying to say that you are not protecting your time when you are at work or you're not protecting your time where you're enjoying leisure from outside interruptions?

P13: No, I don't.

Mattia Rainoldi: Okay.

P13: So I mean it can happen, but I normally I'm very I can be distracted very easily, I think but I also can jump straight back into this situation very easily, so I don't I, I know people who can't do that for sure, um, yeah even in my family, I know, I could you know talk about one person, that is the exact opposite of exactly that, so I think it is characteristic like I said that is worth pointing out because the other people who don't do this at all, I do it all the time.

Mattia Rainoldi: Have you found yourself, also in situations where did digital technologies any technologies have created for you a situation where it was difficult for you to differentiate between work and leisure?

P13: The technology itself?

Mattia Rainoldi: Yeah the role that technology -

P13: Yeah this. This is this device makes it ABSOLUTELY impossible to unless you have two phones you know, some people carry two phones, one to work, one for them, then it is possible, but if you have if you carry one phone, I mean it's both.

Mattia Rainoldi: Is there any reason for you, because you don't have two different phones?

P13: Yes, inconvenience. It's inconvenience. I don't want to carry two phones, it is to devices. I have, one is big enough and I thought about it actually, I mean it's, um, yeah, it is worth thinking about it, but I decided against it, because at the convenience of it's, one phone is so much higher that the downside of having one phone and having both things happening on the same device the the downside is not big enough for me to decide otherwise.

Mattia Rainoldi: Yeah. okay, mhmm. Let's talk about a little bit something else, um. So, if you think about the technology that you use and the relationship between, um, work and leisure that you have, um, are there any advantages that technology creates for you?

P13: (laugh) Again it's the same answer almost, totally, the advantage. Okay, let me try to answer that a bit more maybe one by one, so the advantage of course of this is the size, the convenience, the mobility, the you know the versatility, all of these things are in this device or you can use it that's the reason why we all why every person in the world by now almost I mean obviously some exceptions has this because the convenience is so absolutely so exceptionally high. So that's the reason for the smartphone. The versatility or you know device like this (VR headset) is also I think you remember me talking about it also is the mobility of this now, in the old days, you had the cables we had no setup with tracking and things like that, so now, you can use these devices anywhere you want so you can use them for virtual meetings, you can use them to play a game, you can use them to you know, set up virtual work environments, to discuss design iterations etc, etc, so the versatility of of technology is so high that you can use it for both leisure things and work related things in a form factor that has that is so small that, um, creates even more versatility than before. I think I'm gonna get off track here, but I think I'm still dancing around answering that question.

Mattia Rainoldi: Yeah this we were discussing the advantages that it creates for you in managing this relationship.

P13: Yeah, advantages, I mean the advantages are the form factor, and if the form factor wasn't what it is today, then you wouldn't have those advantages for you know managing it between work and leisure. If this was so big and so bulky, then I probably wouldn't use it as far as the between the two areas so much, but because it is, I do.

Mattia Rainoldi: And do you see any disadvantages as well?

P13: Um, not for me because, as we talked about you know that the borders for me are very soft so that's for me it's not a disadvantage, but I totally see that how you know it could be a big disadvantage for others.

Mattia Rainoldi: Mhmm. And are there any time or has there ever ever been a time where we totally disconnected or where you like to disconnect?

P13: I just going to, but I also you also asked me where I would like to disconnect. I think I've also thought about, um, maybe doing a weekend getaway someday maybe where I completely disconnect from everything, I think that will be worth of an experiment and just to kind of do it, not that I feel the need really to do it, or the or the necessity to do it, but I think it would be an interesting, um, experiment, and I say that because a friend of mine who was just in in someplace in Eastern um, Tyrol, um where he spent a week in a hut without any electricity, without any connection and so he said he enjoyed it very much so that kind of inspired me to maybe try something also like this sometime.

Mattia Rainoldi: Alright. Great, so we are moving towards the end here and, um, couple more questions that, um, I noted the year from your diaries. Now, maybe once again the example that you were mentioning with your mother.

P13: Yeah.

Mattia Rainoldi: Calling yeah. So, will you would pick up the phone or you would answer to the message even if it's interrupting something else, and that is why exactly? Just to be clear that there is something that I not picked up.

P13: Yeah no that's a good question, it's a good question. So I would say if my parents call, my wife calls or my daughter calls, I will pick up the phone, no matter what. Because, um, it's a safety thing, it's it because my parents, you know I don't know what your situation is, but you know my parents they're getting old, I I you know I don't like unexpected calls because I fear that something might have happened something bad so that's why they have that privilege, I will always and and that's the reason why. Other people, I might think like there's a lot of people that call me where I don't pick up the phone because I don't see the urgency, or I don't want to speak to them or whatever but but for those people.

Mattia Rainoldi: So the real meaning behind it is your touch urgency, to what is happening and you evaluate their urgency and based on your evaluation, then.

P13: Yes.

Mattia Rainoldi: Based on that a behavior or another.

P13: Yeah so it's urgency because of a potential emergence, that's the reason.

Mattia Rainoldi: Mhmm.

P13: I'm so if I if times of essence if my attention is required, I can potentially make the situation better than if I weren't answering, that's the key driver behind that.

Mattia Rainoldi: Alright. And just again to clarify does the same behavior or the same motivation apply also for you to that situation where we check for example, what what we have your notification on for your work emails, for example, and for checking your emails, is the same is the same thing there or is another?

P13: Hmm, it's a good question, I mean in the work related environment like I said it rarely ever happens that I really do have an emergency. Um, so it's probably not that reason, it's more maybe it's probably mostly curiosity, to be honest with you it's probably just to, because I want to know if there is something worth looking at looking into, yeah, it's curiosity and it's, it is my own motivation to to do my job as good as I can but it's probably more curiosity than than anything else.

Mattia Rainoldi: Okay. Alright. So is your own curiosity okay, okay, fine. Let's go to the diary for a brief moment, and then we can conclude, um, there is an interesting example here that you said you were testing some VR meetings with an industry friend, which is both fun and work, so how that situation feels for you?

P13: Which situation again? Sorry, I got distracted by my mother again (both laugh).

Mattia Rainoldi: The situation is the following, you're saying here you were testing VR meeting software with and an industry friend of yours.

P13: Yeah, work rooms yeah.

Mattia Rainoldi: Which were both fun and work. So how this situation feels for you?

P13: Yeah it's it's mostly pure curiosity where there's something new, a new application of VR, I love doing this, I just LOVE you know I will do this on a Sunday morning I don't care I just love doing it. Um, so I have a couple of you know, good friends in the industry that have that same motivation like I do and they also have the devices that I do so, then I can just hop in, and we can try the different features of the virtual whiteboard or the you know the tracking of the the actual keyboard, does it work for you, does it work for me, you know, the whole inviting, I mean just to give you a bit more meat to to what that means so it's a bit nerdy but it's fun and the people that are doing with you know we don't do it for any particular project or any particular client or any particular thing, where we make you know money or business or whatever, we just do it because it's fun but it's also very important for me to know these things when I'm in a work environment so it's a bit, is a bit of both.

Mattia Rainoldi: Mhmm. And how does it feel to have this mixed situation so, um, as I understanding in that situation you are not it's not possible for you to differentiate it is work or it is or it is fun so, how does it fit for you?

P13: Good, excellent, I love doing it because it's if it's work related, and on top it's fun, I mean by all means, you know, it feels good.

Mattia Rainoldi: Okay.

P13: That's the whole point you know why, why doing work, if it's not fun yeah I mean, of course, I mean that sounds a bit yeah it doesn't sound, but of course we always try to make it work as fun as possible and and and that's part of it.

Mattia Rainoldi: Alright.

P13: Like this, this interview if it wasn't fun I wouldn't be doing it (laugh), you know what I mean? I mean it's, it makes me think about stuff that I normally don't think about so it's great, it's very interesting.

Mattia Rainoldi: Alright, so let's move on to examples, the mountain biking example we have discussed that in detail already, yeah maybe the last one here you're seeing in the evening you did some combined work leisure related social media browsing.

P13: Yeah.

Mattia Rainoldi: Can you describe that situation a little bit more in detail for me?

P13: Sure, sure, so social media is obviously the more the more leisure stuff is, um, is Facebook, or maybe you know Instagram maybe TicTok and then for work is mostly LinkedIn so sometimes you know, when you have a moment, maybe you're waiting for train or you have a while you're standing in line at the supermarket or you're sitting on your couch at home, um, we just opened LinkedIn and kind of you know casually browse through I'm sure you do this all the time and then you see something that relates to you or you might find interesting and then perhaps you will you know get in touch with that person and start networking saying 'look I saw this where you guys are doing, maybe we should have a chat' or so that's what what I call you know digital networking and I and that just happens you know very casually on on, um, very opportunistic and in a situation where I just have a bit of time yeah.

Mattia Rainoldi: Okay.

P13: Yeah.

Mattia Rainoldi: So the reason for it is exactly?

P13: The reason is twofold, number one is to stay on top of things that are happening, news, you know what's happening in the AR, VR industry, who's doing what, who's launching what, who's promoting, sharing stories about it. That's one and the other is to knowledge, I'm an expert in this field, so I know I need to know what what is happening on a daily basis, or you know what's being announced and so it's news and the second reason is networking, so, in other words if there's a person that I'm interested in, then you know I would maybe get in contact with them, um, or reach out and say I don't know get a connection with you know, with the intention of potentially building partnership, business, finding a client, whatever typical business networking, especially now when traveling and events or not you know, part of our daily life anymore so that's where, where this is becomes even more important, though.

Mattia Rainoldi: I understand. Great, final question for you P13.

P13: That's fine.

Mattia Rainoldi: It's a super easy one this time.

P13: Okay.

Mattia Rainoldi: Or maybe not but depends. Is there anything that you believe it is important to mention related again to the topic of digital technology playing a role in how you manage and organize your work and leisure that we didn't touch upon during the interview?

P13: Hmm, yeah, no not really, but I think is a very interesting topic, and one of the things that I also you know I'm I'm also very interested in the topic of you know digital nomads. I mean people working from other places, other than you know their own country because you know that all of the tools, um, um, that we have now enable us to do you know a lot of work very independently from where we are physically and that's even more true with with VR headsets, one of the aspects that's also related to this, because you, we've talked a lot about you know places that we use for leisure and the places that we use for work, you know this device can actually and I've you know thought about this a lot and it's something that we talked about in the industry all the time, with a device like this, I can sit at home in my leisure environment or even in a camper or even at a beach, um potentially that might be weird but any leisure place and I can put on this device, and I can have my own virtual office. So, in other words, I can put up my my monitors in virtual reality, I have my screens and now with work rooms from Facebook, the one on describing in my diary, it actually tracks my my my my keyboard, so I have the device on, but I still see my keyboard so I can type in virtual reality also so the reason why I mentioned, this is because it's it's another platform, it's another tool that that probably most of your respondents the other 23 people don't have or don't maybe they do, but I would assume it's because this is so new right now that most people don't have that opportunity that device, that software that has a key or that that can play a key role on jumping over that border even quicker or easier from leisure to to work because places, physical places that would normally be 100%, um, dedicated to to leisure activities can be transformed into a FULLY fledged office which is a very interesting development and we will see more of that.

Mattia Rainoldi: Would you see like the future of working?

P13: Yeah, um not for everyone, but for many people, I think it's it also even it will have implications on the real estate market. I don't know if we ever talked about this, but it's imagine if a lot of people right now, they struggled with you know, working from home that they don't have a dedicated room that they can use for work, so they have kids running around or they have any other people in their household that distract them and disturb them all the time, so they they you know there's a you know there's a tendency in the real estate market now for people to when they rent a new apartment or when they buy a new home that will that they will have one extra room for remote work dedicated for that purpose, so that they have an office, if you if you fast forward maybe a couple of years, or maybe even now, I mean, but I think it's bit of a stretch to use virtual reality headsets now for that purpose, because it's not you know, sometimes you get headaches and things like that, but let's say three to five years from now you don't need that extra room, because you just need the device, and you put it on your head, you have headphones and you are in your own world, you can sit in the corner and stare at the wall and and nobody will bother you and you can create that extra space for you, without having an extra room. So that's how that will have a huge impact on on real estate requirements and needs I believe in the future, it will also have a huge impact on on real estate offices, I mean like the need for office space in our society, you know, in in downtown London or in downtown New York, where this is your high rise buildings they're there because there's not enough space for offices, I think, in the future, it will decline, the need for office space will decline, because we will have virtual space. I could go on about this, you know sort of relates to this topic.

Mattia Rainoldi: Yeah that's very interesting very interesting thinking and both, thinking yeah.

P13: You could probably write a thesis about that, alone, I think it was SUPER interesting to to write about that and really dig deep on on that topic because I don't think many, I'm not sure if anyone has ever done it, but I mean but now it's really the time we can really see that you know, this is just about to to to happen and probably lot of research portions around that topic could be very interesting.

Mattia Rainoldi: I guess so. Okay, then.

P13: All right.

Mattia Rainoldi: It remains to say thank you for the time that you took for this interview. I'm going to stop the recording.

P13: Okay.