Mattia Rainoldi: Alright. It should be recording from from now on. So let's start with with our interview. At the beginning, I prepared a couple of warm up questions for you very easy way that we get to start talking a little bit, as you know, the interview is going to last one hour a little bit more than one hour, so it depends on how much details you're going to share. My first thing I would like to ask you is what is your job and your job title?

P14: So my title, I'm a master of kinesiology and sport science, but um, I'm not working there, so currently I'm a junior digital project manager.

Mattia Rainoldi: So you're a junior digital project manager?

P14: Manager yes.

Mattia Rainoldi: Okay and how would you like to describe your employment type?

P14: Um, I would say freelancing.

Mattia Rainoldi: So you are working on your own?

P14: Yes.

Mattia Rainoldi: Okay, so, and if you think of your typical day, um, how do you organize your work and your leisure activities?

P14: Um, definitely with different Apps. I love Google Apps like Google calendar, Google keeps and I use that to organize everything from emails, from the important meetings. from anything, like my notes. So definitely those Apps are working fine also Google drive like I said, Google Google Apps are definitely the best, the best thing that I use, yeah.

Mattia Rainoldi: And when you generally work and when you generally dedicate time for leisure activities?

P14: Um, the working time, it really depends really depends about the clients, about the work, so what's my life, um, how much time do I have to finish something so sometimes I can work like full days, sometimes morning, so it really depends when somebody finds me to do something and it depends is it like digital marketing campaign, is it the blog, is it something about filming, it really depends. But usually I like to do in the morning, I wake up like early in the morning and then I started checking my emails and do some of the work and then after that I did like finished with this, I start doing my like free time activities for the rest of the day.

Mattia Rainoldi: Mhmm. So your free time activities come always after your work?

P14: Um, so when I make up most in the morning, I do yoga, so that's like that's like fix, but I can't start my day without that and also breakfast and after that I started checking my emails, going to my notes and stuff what what do I have to do the day and after that I see okay, then I make planning. I make planning the same day, because on that day I get emails mostly from other time zones, this is the issue that, so I can't really plan anything. And when somebody like sometimes it's a one hour job, sometimes two days jobs, is like I said it depends, but mostly I work like from nine to twelve, something like that, then I have lunch and then, if I have something else to do I'm going to do it after lunch, but if not I'm going to start other activities. I have my I'm working on my channel in my spare time so I it's it's like free activities but also I'm working so it's kind of you know, also when I go to beach I'm also recording stuff, I'm also writing my mobile phone so also I'm kind of enjoying myself, by also working. So it's very tough it's very tough question.

Mattia Rainoldi: So we are going to come back to, I'm just taking that note about it, you said you are sometimes on a beach and do some work on the mobile phone. Okay so we're going to come back to that maybe or for sure later on. Good. So basically what you were trying to say is that you're scheduling of the day depends on on different factors and, um, you were saying, correct me if I'm wrong, that basically most of your day is scheduled around your work activities?

P14: Yes, yeah most of them most of my day I'm doing some kind work, is it for some clients, or is it for my part.

Mattia Rainoldi: Do sometimes your, um, leisure activities that they are doing, also have an influence on how you schedule your work?

P14: I think the free activities in the morning, like, I said yoga is fixed like yoga is always at the same time when I wake up, I think that's not going to influence, but my work is not when I have my yoga but, for example, I like to do my trainings at like around 5, 6pm so definitely work activity are going to influence of that part of it.

Mattia Rainoldi: Okay yeah. And, um, I saw in your diaries that you in the week that you were doing your diary you took some days off.

P14: Yes, yes, I tried, but I tried to take weekends off but like I said, if I have some clients that need something in a priority or you know, they need something for me to do, I'm going to do it because, for example, sometimes during the weekend I can be free. So you know I don't I don't have strict schedule, but that's that's what I like about this job and that's for me like every day is the same like even the weekend even like Wednesday Saturday Sunday is the same, you know it does depend about the client the client and what he wants what he really wants it, but I'm really flexible about about it.

Mattia Rainoldi: Mhmm. And you said you try to keep the weekends off, so why is that?

P14: The most the try because other people that are not working like this they're not so flexible so mostly when I want to hang out with somebody it will always be on weekend and then I always tell my clients like if you want to meet or do the work on Saturday Sunday is going to be a little bit more more expensive, but still I'm gonna do it, I'm going to do it because it's my job, and then I'm going to find some spare time with my friends and family.

Mattia Rainoldi: All right, that's interesting, um so, how does it make you feel when you work on the weekend?

P14: Like I said, for me, every day, is the same, you know because during the week I'm very active. I watch my diet and everything I don't feel like I need some kind of free time like for example, like past two weeks, and maybe spend like on a trip in Greece in Albania, Montenegro, but for me it was holiday working holiday working I don't know I kind of balancing I balanced it all. So for me every days like I'm always working like like I told you I'm always working either or my project on somebody else's project, so I don't know I'm always in some kind of working. I'm used to it, I don't I really don't need the sunlight, time off like that, because when I mean my free time working on my project I like what I'm doing so for me it's not not working. Everybody says like find something that you love working when you're when you're working that that you are not feeling like working that how I find it, but when you asked me I I think it's working you know but it's funny.

Mattia Rainoldi: Mhmm. It's very interesting that you said holiday working holiday working working holiday. Can you can you explain a little bit more about it?

P14: Yes, of course, for example, yesterday morning yesterday morning, my partner was working on her laptop but there, she has a client and she has to be on her laptop, for example, from a 8 to 12, for example, and she has to be there and do that because she's like an account like similar but not in the contract, but she has to build those projects, but for me it's different. I can like I went to the beach and I went to the beach, and I, I took my cell phone and I was, I was, I have one client and I was doing like Instagram templates for him on my mobile phone. I've been just looking at his files from Google drive and I would just organizing them, like searching for hashtags, writing some notes that I need to edit later so that that's what I'm saying like and then I took a break, I went to the beach, ah, I was swimming like half an hour, then come back and then to be my working on my cell phone but yeah that's example of that. So I'm I'm working, but still I can take my like 15, 20 minutes free time to go for a swim to take some coffee and then go back and continue my work.

Mattia Rainoldi: Mhmm and what makes you do that?

P14: Um, about the motivation is money definitely but also like I want to I don't want to be home, if I can do that somewhere else, and I think the most important factor is I I think I'm more productive when I'm outside of my house when I'm like, for example when I'm in a restaurant or coffee bar or even beach when I'm surrounded by other people, and when I'm on my like gadgets even laptop or mobile phone and then I'm doing something working something, I don't know I I I feel like everybody's watching me what I'm doing there on like, especially on laptop, mobile phone is fine, but then I feel more productive, you know I think like everybody's watching me. I'm going to do these these these more creative and also when I'm when I stopped because what I do it's very, very creative work, you know you need to be creative about stuff you on social media you if you are boring, people are not going to hire you. And then, when I like when I want to look somewhere, you know something, and when I'm looking for example in this room, I can see all the white walls but if I'm like in the nature, I can see other people, cars, mountains, I don't know, I kind of feel inspired when I'm outside you know, working from outside.

Mattia Rainoldi: Alright so being for being on a beach, being in a place that is generally considered a place of leisure becomes for your also place of work?

P14: Yes, yes, because I see people around me like they're having fun, enjoying and stuff but, for me, I don't know like for me, okay I'm gonna enjoy like half half about one one hour then I'm gonna like reward myself or 15, 20 minutes swim or something like that or even coffee and then I'm going to continue working, so I don't know, I was, at my faculty we had like psychology psychology and that's why I always like reward myself or something. I always do, that I will do something that I really want to do, like, I mean I'm working for 45 minutes straight working, I need like 15 minutes something else, some some maybe but mostly it's like physical activity. I was doing I'm doing physical activity all my life and I studied that and I really love that because, like when I avoid myself with yoga, running, swimming, I don't know it's like my my whole body is like grateful for that so that's like by my secret by secrets addiction I would say.

Mattia Rainoldi: Mhmm. So the advantage for you to work in a place that is not the classical place of work, what is it exactly?

P14: Um, can you repeat the question?

Mattia Rainoldi: What what is the advantage that you find that you get from working in a place that is not a place of work, generally?

P14: Definitely, for example, the view. But like I said, you can see the mountains, you can see the lakes, you can see the seagulls, you can see something else, but here I don't know, I feel like I'm in the prison that's why I never know I'm sitting here, I'm only focused on my work but no, I want to take like little pauses and for little pauses for in house, I can just go to the fridge, take something to eat, take something to drink and go back. I don't have you know something else to do, but the and I think the most important part, the factor is other people. I think other people, because if you are in office, and you are surrounded with your colleagues. You are kind of motivated because you see them working, you are surrounded by them and you don't want to feel like 'oh they see me and I had to do something' so yeah you are being pressured by them and that's what I like I said earlier before I'm kind of being pressured by other people around me, even when I'm reading book, like, for example in my house, I don't know I'm not going to be so focused, but when I'm reading a book in a bus or tram, I'm going to be more focused on that book. I don't know why, but I think it's like pressure from people um, next to me.

Mattia Rainoldi: Mhmm. Okay, very, very interesting. So you mentioned now a couple of examples, the beach, the house, are there are other places where you work from?

P14: It depends, if we are traveling then definitely like hotel, coffee bar, next to the pool also beach bars. I don't know it depends about the season definitely and during the during the winter like some mountains and some somewhere also I definitely like like the view, that's most important thing for me like when I'm in some kind of office or this apartment, for example, I always try to put my laptop to the windows so like when I'm looking, I want to see something. I want to, for example, last year we were living is Zagreb, and I was, I had the office next to the window and I saw the whole street like cars, everything. I want I want something because when I when I'm doing some creative work, sometimes I can just be stucked and then I want to think about 'how can I move on' and it's I want to see some something happening, you know this this definitely. And you asked me yeah in the hotel room, but in hotel rooms it's very tough, because you need to make you need to you need to also if you're doing like booking rentals or airbnb or something like that, most of the time they don't have proper desks, proper chairs, so it's you know you need to find a way. So sometimes of my like, sometimes my bed, but then it's going to be shortly, you know you need to be like comfortable and stuff but definitely my favorite favorite favorite place is beach bars definitely because I can see lots of different people you know they come there, they sit like for a half an hour, and then there are switched and I also like watching people you know because they're so different, always sometimes hear some of their stories you know like sneaking you know you're you're you're hearing some of their stories I don't know. And, most of the sometimes I met people like that, I was sitting at the beach bar and I was working there and in Croatia, for example, it's nobody does it, nobody takes laptop with you like in a beach bar and everybody's always staring to that's why I told you that I'm really like pressure to work, the more exam, yeah and sometimes I just and some people asked me like 'what are you working' and blah blah blah, and then you go in some kind of conversation there, yeah.

Mattia Rainoldi: Okay, very interesting yeah, yeah. Um, so basically, so what you are trying so what you what you were saying here is also that technologies play a very big role for you in in how you work, isn't it?

P14: Yes, it wouldn't be possible without my laptop, the Internet, without my mobile phone definitely, I like I spent my whole life playing sports outside of the house, I will my busy, but now like that was like 15 years ago, but now I'm like we have mobile phones, we have our laptops with batteries. So we can go anywhere and be like digital anywhere. So for me, I like that I like being I, I think, in my opinion, Internet Internet is most addictive like I couldn't imagine my life without the Internet because like for almost 20 years I'm always hocked on Internet, everything I did do is on Internet but I like it, because you have so many different options now, like you can do anything, work anything, see everything, so I know there are some bad side good sides but definitely like gadgets play a really important role in my life.

Mattia Rainoldi: Basically, so what would you say how does technology help you to achieve your goals of working you said, maybe outside while you're traveling so, how does it help you there?

P14: It helped me because all of all the work I do is with a laptop like in social media definitely couldn't it couldn't be done with a gadget like this.

Mattia Rainoldi: And it allows you also to work while traveling and it seems that is very important for you?

P14: Yes, also yeah yeah there's the part yeah like that, yes, it helps it helps me to do everything like I said.

Mattia Rainoldi: Why you decided to work while you are traveling?

P14: Because I can, why wouldn't I? You know, because, because if I couldn't do that um I wouldn't do that, but I can do that, I think that most most people if they had opportunity to do some job online and travel, I think they would do it, but most of them are like not able to do that because they had to go - oh sorry, what?

Mattia Rainoldi: What is the advantage for you, what is the benefit for you? Why do you do it?

P14: Oh, I do it because I don't I don't like to be in one place for a long time, I like I like to I like to explore. I like to explore different countries, different communities and, for example, currently my partner and we, we are still young and we don't have so much money now and that's why we want to travel like the countries with low standards and, if I can work and live in some country with low standards, why why would I be like in Netherlands or Croatia, when I can go to, for example, Albania, you know. So my cost of living are really cheap so and also rentals and stuff and I can see new things, I can meet new people, I can kill different stereotypes, so definitely I don't know, like I said before, I think that's very important, I'm like working all the time and traveling but I don't feel like working. I think there's that's the point, you know. Most of people are always like telling, um, complaining they're always complaining, 'I have to go to office now', 'I hate my work', 'I hate my job', like that, but in this this situation, I love that I can choose my clients. If somebody offers me something I don't have to say, yes, but if some other people their jobs and their boss said, like 'you must do that', he has to do that, or he can go and find other job, and in my situation, no, I can I can choose, that's what I like.

Mattia Rainoldi: Mhmm. Okay, yeah. Let me think about it, um. Mhmm.

P14: I'm sorry, I'm not sure if I gave the answer your question or that, so.

Mattia Rainoldi: You gave me you gave me a good answer.

P24: Okay.

Mattia Rainoldi: I need to think what I asked you next, yeah (laugh).

P14: Okay, okay, okay just tell me because I told like, um, different topics at the same time, and just mixture, but if I didn't give you the answer on your questions, just, yeah.

Mattia Rainoldi: No what was interesting for me is that you say basically that with technologies, so you are in in charge, so.

P14: Yeah, like it. Yes, you are in charge, but it depends, what kind of fork are you doing.

Mattia Rainoldi: Mhmm.

P14: So if you are a freelancing it depends on you which kind of work are you going to do, are you going to do some also if you have your own your own like E-commerce shop or your YouTube channel, it also depends on you, what are you going to share, so that's what I like I like freedom, definitely when I'm working on like freedom and also creative work creative work is is very judged by other people, you know some like if you have, for example, you have two persons and you give them to do like same task with the um, same creative depth and to two different person they're going to do that separately, no but it's going to be good and created for them and that's what I like nobody's gonna judge my work, you know I always listen to the clients, but I put my creativity. You know, like that like that, nobody can tell me like that's bad, that's good you know, that is my work and that's it yeah. And if have, for example, I have many friends that also do similar job, like me, but they're not working for themselves but like digital agencies and stuff. And they're also saying that the job their boss is always like 'no it's not good, you should do that and that' and that's why they are not free, you know, their creativity it's not free, but in my example, every person has their own creativity. That's how I look at it.

Mattia Rainoldi: Very good. What I heard from you, and what I also understood from from your diaries is that you basically used to main devices for for work, so your mobile phone and a laptop and that you use these devices also in your in your free time?

P14: Yes, in my free time I mostly use the mobile phone.

Mattia Rainoldi: Right, so and how do you differentiate what, um, device are you using for what purpose during during the day?

P14: Definitely morning I use my lap. I will use my laptop because it's more convenient it's, I don't know, I can, I can do things faster and my laptop that's what I say, but in my free time, um, that I'm going somewhere, for example, beach and stuff, sometimes I take my laptop but it depends what kind of work I have to do definitely depends about the work, because some things I can do the same, on my mobile phone, but still a lot of this always I'm always going to be faster and more productive on my laptop, the this but I'm hoping that they'd like 5, 10 years we're not going to need our laptops, I think just just our mobile phones they're going to that.

Mattia Rainoldi: Okay, so, and when you are using your devices, how do you differentiate this is work, and this is leisure time?

P14: When I'm working, on my laptop usually I turn off the notifications of my mobile phone because I don't like someone interrupting my work, you know, there that's the key like even for I could, for example, I want to do something on my mobile phone and then I see one message the other message notification. So this is the most important thing, like turn off the notifications like for that one hour you're just going to be focused on that thing you are doing. And nobody like notification that just interrupting you and just just yeah I um, mute button and that's it, I mute everything and almost everybody close to me know that I'm not when I'm not answering that part of time they know the time I'm working and I always tell them that tell them that, like try to call me it is something important but message me if it's not important, that um, that, so they're not worried, or something.

Mattia Rainoldi: Mhmm. So basically every time you want to switch to work you turn off the notifications?

P14: Yes, yes, definitely.

Mattia Rainoldi: And then you turn them back on when?

P14: When I'm done, when I'm done with my work.

Mattia Rainoldi: Okay, are you using any other strategies like this to control, um, distraction or interruptions?

P14: Um, I like to put on the music and when I put on the music, even if I if I forget the push notification or something, um, so I connect my bluetooth earphones with my laptop, so definitely music isolates me from others from from other like sounds and stuff but the keep thing organized and, if you think about it, um, not really not if you have some some good tips and on how to stay more organized, but no, no, no.

Mattia Rainoldi: No, this is a interesting strategy that you're saying 'okay I turn off all the notification for the peer that I want to work and when I'm not working, then I switched on the notifications', so my question for you is now so when you are in your leisure time, what do you do with the work notifications, do you have work notifications as well?

P14: Um, definitely, I need to pay attention because my clients when they send me a message I know they sent a message to tell other people. So definitely I need to be like fast I need to respond fast. So it my my like free time I always get my notification on here and I always check my email definitely because I know, most of the people they're always in a hurry, they always need something fast and stuff. So yeah that I would say that, like negative side, because I always have to check for my work and always giving fast answers but it's like that you know, sometimes for the for the whole day I'm not gonna have one email you know so it's balancing.

Mattia Rainoldi: And how does it make you feel so?

P14: Happy because I have some work to do so, definitely I'm happy about it, but sometimes it depends in what kind of situation, am I, you know but like family around me they they already know what I'm doing, they know that the sometimes I'm not doing like the whole day I don't have anything to do, so that they get it, they get the this new digital nomad lifestyle and they get that you always need to be connected to the Internet. But this it's a full-time it's like a full-day job, like your own you always need to be connected, then, especially if you're like freelancer you you're working like like I said doesn't matter is Saturday Sunday doesn't matter but for me it doesn't matter, but I want to see what other people around me better because, like I said, there are free, on Saturday and Sunday, so you know that I'm with them, I'm not going to do my mobile phone so maybe after our coffee or something I'm and I'm gonna I'm gonna I'm really direct person and I'm going to tell them this the client I'm just gonna give them I already have you, this is, this is what I'm talking, this is a good tactic, I also have the automated messages and stuff, so definitely I don't have to type when somebody got some questions so I'm already prepared with Google notes just copy paste copy paste and people have the same questions all the time, so definitely that's that's good when you are organizing and strategic organized. So give them also also now I'm working on like I want to get more personal with the client something like voicemail I'm saying like instead of the question I'm sending like the voicemail. So that's also good and all I'm also I also prepared, like many different messages if somebody needs something like for Facebook, Instagram, I don't know for example, and then I have like like 20, 32 different message that there's more about it. And then I tell them that I also tell them it's automated message, of course, so first, and I tell them that I'm gonna give them like responding short time notice or something like that, but like I I tried to do that, like more like I tried to test it and people I could tell you that people like it, because people like it, because they see that it's person beside behind it, it's not just text, it's not just email, not just words but it's it's the language, its people and also my picture is that, I'm also thinking about short videos now but let's start with the just but that's how I can do that.

Mattia Rainoldi: Okay, that is a very interesting technique yeah, so, and if you think about the relationship between work and leisure of what is the advantage of using these techniques or tactics?

P14: Um. If you are liking our free time and you have some something some productive work goes in, I think with this this tactics, you can be quicker of responding, so you can go back to your activities you know if you're not. if you're not organized so good, like if you're on coffee with your friends and you had the email from client and you don't like it from a new plan for example. And you're you have to type, you have to think about it, and every every time it's going to be something different that you're gonna respond, but like this, I am not liking two minutes. I can respond easily fast and I can't even I can't even yeah just send it to them, that's it.

Mattia Rainoldi: And this, let's call them micro breaks, because you are a break from from your leisure activities, um, so is it easy thing to go back to leisure activities, when you get this short interruptions or is this art for you?

P14: Ah haha, it's not easy, it's not hard if like video I don't know I'm I'm always I can do, like a lot of things at the same time, so for me, sometimes depends about the message. It depends about the client requests that but most of the time it's not so serious, some some few changes or something like that, so I can switch back easily but I agree it's very big problem because I'm interrupting my conversation or something with my friend or somebody else. So I think it's it's for me it's not tough but for some people can be tough.

Mattia Rainoldi: Mhmm, so and why is not tough for you or what do you mean exactly?

P14: Because like I said I can do like different different things at the same time, like, I can speak with somebody and text on my phone. I don't know like this new generations like I think they they can like multitask better than the old, are you grace for example, when I'm on my laptop, I have like 20 different tabs open, I have like four different programs open and I always know which is where what to do you know next move and I'm always like strategical that this like my biggest plus, always be I like to be very organized and strategical about everything and also, when I'm in like my spare time, in my free time and some works pop in, I'm just gonna like brush it off in a few minutes I'm not gonna I'm not like that's my partner's big problem. she's like complicated, you know she's over overthinking about something. I'm just going to be just the best and that's it sometimes like I'm gonna make like wrong decision definitely that's most of the time just I stick to my first thought, you know just first off what I want to do and handle it, I just do it like that. For for for now that's a good tactic, but but I agree with you, those like micro breaks they suck sometimes, they can be hard because, like if you are speaking with somebody or some serious stuff and you'd be like I need to give fast reply, it can stop that momentum, stop that conversation, you know and then, after that my my thinking will be on something else about the work, then I'm going to think 'how can I do that, should I do that' you know, that's the tricky part but it comes with the job, every job that comes with the same, definitely.

Mattia Rainoldi: Okay. So, um, would you say that for you it is important to keep work and leisure activities separated, or you don't mind?

P14: I don't mind, because um, in my spare time, I'm working on my own projects and my own projects are are similar to clients projects, like campaigns or, for example, one client has an e-commerce shop, so definitely some new knowledge is when I'm researching and doing something for him, that's going to benefit me in my own project. So everything that I do like it that digital marketing area, it's connected and every new knowledge is going to benefit me in my my projects in my free time and I don't know, it's like all it's all connected and also, for example, if when I finished my college, most of my friends, they start working at the schools, at the clubs and stuff like that and if I'm working, for example in the club and working on my project for this, for example, YouTube channel it's not going to be something connected, but if I'm working for client and he wants to do some digital campaign on sport brands, or something like that and to help him to create some interesting content, it's going to help me also in my free time for my project so definitely it's combining combining it's similar, so I think it's very good and that I've chosen this path, I'm not pulling my [inaudible] my the college that I finished because, like I am trying to be like a on YouTube I'm starting our own channel, and then we are I'm learning, also from other clients and learning from their stories, from their mistakes, their kind of history and stuff.

Mattia Rainoldi: Mhmm. So, um, have you find yourself in a situation where is difficult for you to have clear boundaries and to differentiate between what is what?

P14: What is work, what is free activities?

Mattia Rainoldi: Yeah what is working and what is free activities, free time and leisure time?

P14: Um, I can say yes, because like I said, most of my most of my days working on something is it for client, is it for myself, so definitely yes, I don't I don't see the boundaries anymore I just you know, I just switched I just automatically switch working for somebody else, working for my own projects.

Mattia Rainoldi: Do you have any rules or routines that you have that you say I use these rules or routines to deciding when to start work or to stop work and when to start my leisure time and when to stop my leisure time?

P14: Um, definitely like I'm going to beat myself free time in the morning, like an hour yoga time, breakfast and then I really like to open my laptop, that's like my habits. I like to open my laptop and see the emails that's definitely the first thing I do like every day, even if I know there's nothing else to do like this, my first thing, and after that I started kind of combining, what can I do for that but also, like every every other day I like to do a training in the gym. So definitely but it depends, I'm gonna it's it's not flexible like yoga and also some cardio activities like running or swimming, I also like to do that, it also every two days, so one day, for example, yesterday I did swimming and today going to go to the gym but it's not it's not so flex but I like I like to do the training around like 4pm to 7pm something like that. So it's not like flexible but it's in that period of time and some other activities most time I spent with my girlfriend and when we want to speak with each other and have some free time it's mostly for breakfast lunch dinner and also when we are going to the beach and stuff like that, but they also doing different kind of learning, because we are both of these kinds of work, so the, we need to combine that you know, sometimes she's not working in the morning, sometimes I'm working in the morning, so it also depends about her planning because I'm more flexible than she is, so definitely I can kind of change my planning because something of that she doesn't have to.

Mattia Rainoldi: Mhmm. I'm going now to read you something from your diaries and I would like you to make some comments on it, so we had already an example that we discussed where you're saying that you take work breaks and in this world breaks you go swimming and diving, for example.

P14: Yeah definitely, that's diary.

Mattia Rainoldi: And that's interesting and, if I remember, okay, can you tell me why do you take these breaks for swimming. diving while you are working for example?

P14: Um, sorry, um, because I like to I like to reward myself, um, that's what I spoke before like if I'm doing some work for 45 minutes to one hour I like to reward myself with those 10, 15 minutes with something and mostly some kind of activity.

Mattia Rainoldi: Okay, yeah. Good. Another thing that you wrote here and you just mentioned it 'the business days started when I turn on my laptop and start reading my emails and sending offers first'. Do you have also a routine as well are related to your technologies that you're using to say when the work stops?

P14: It's not it's like it's flexible depends on the project which is if I have a campaign, if it's, for example, it's one month campaign, I I can stop you know, I can't but if it's like three days campaign, I do that in like three or four hours so it's really in my case it really depends about the project.

Mattia Rainoldi: But during the day?

P14: During the day, yes, definitely more stops that I do it's like that, for, for example, for lunch that kind of stop. I'm going to like say now I'm going to have lunch.

Mattia Rainoldi: Okay, all right. Good, let's see last thing here, yeah, that's all that we already discussed about, instead, here, for example, you say work then went for a swim and they worked against, is hopping on work and leisure of things yeah.

P14: That the like this I like during beach during the summer during during the winter, it is different, that that's also very important to mention that it depends about the season, you know because, like during the winters I like to go hiking and then I'm not gonna I'm not gonna be on my mobile phone or laptop while I'm hiking so then that's definitely the different scenario from this seven days, that's why you should like take the whole year, for example, but you know what I mean so yeah because like it, yeah yeah.

Mattia Rainoldi: Mhmm, so what is different if you go hiking?

P14: It is different because in those area they don't have good Internet, so the only work I can do it offline so but, um, most of the things I do is on my Google drive definitely but yeah and and then if I'm going like hiking I want to be like far away from technology. I don't know why is that but, but I don't know I like to enjoy the sound rivers, wind and rain and stuff but then when I go to the sea, it's not a big deal. Also interesting.

Mattia Rainoldi: Mhmm.

P14: And also just say I think it's because of the better, because during the winter, the most of the time you are in your house, like more stuff and then you need to like run away from the technology and stuff but in the future like this goal is like to spend to spend one winter, when the summer is like summer, for example, this winter we're going to spend I hope so somewhere else in like Australia or South America you know something like that and that's the that would be available to chase the summer just be summer stuff because we are more active during the summer and we don't like will like cold weather, raining and stuff.

Mattia Rainoldi: Okay it's interesting to hear that so basically what they're trying to say that the way that you organize your activities depends also on the context?

P14: Yes, the on the on the context.

Mattia Rainoldi: Yes, the weather, the season.

P14: Yes, yes, it depends depends, what kind of because the love doing different activities that's why we have a channel it's called 'active nomads' and it's like you're doing different activities, for example, which we did like windsurfing like, for example, that and we also made a film about it, how to do blah blah and that's what what effects, does the more like doing different activities and then like traveling. And it's very good to combine that you know, but most of the activities that we like to do our summer activities, you know, like with the see you can do different like, for example, my hobbies also spearfishing. So that's why I'm always practicing diving I I always have to practice diving like during the whole year for during the winter is very tough because I have to do it, not in the water, it's very tough but you have to be constant about it, you know because you're working on your breathing and stuff, it's very important when you are like free diver.

Mattia Rainoldi: Let's see if I have other questions for you. So, I yes, maybe let's go back to that hiking example so how does it make you feel not being able to connect?

P14: Like I said, during the winter time it's everything because I'm like most of the time I'm always connected to something a mobile phone, a laptop. I spend more time in the house, that's the problem. I don't mind technology, I am on the house, it's like apartments like prison for me, I want to be outside and then be on my laptop, on my mobile phone it doesn't matter, but when I'm hiking this this kind of issue because I don't have Internet there you know, and when I'm making a stop [inaudible] camping like on a mountain or something like most of them doesn't have good Internet connection so it's like I said, mostly offline work but oftentimes offline work it's it's it's not good as online world.

Mattia Rainoldi: Okay, and let's suppose you had the chance to have Internet connection while hiking, would you work there?

P14: Um, ha. Yes, just one, yes, it would be, it would be new thing for me but it sounds interesting, yes, it sounds interesting because, yes, yes. Yes, why not, why not I'm open for new activities, for new like things, why not.

Mattia Rainoldi: Okay, interesting. Good. Oh wow now the question, so how important is for you to use technologies to manage the relationship between work and leisure time?

P14: Um, hmm. It's it's a it's very important because, in my leisure time also using my gadgets and I'm also in my free time, I'm filming my project, so definitely combined so definitely it's important.

Mattia Rainoldi: Mhmm. So final question for you so free question. So we discussed already a lot of things, and is there still something that is important to you related to the topics that we discussed that you would like to tell me about that we didn't discuss in in detail about?

P14: No but during this interview I think you've covered all the topics and stuff but during this interview, for example, like if you if you have that seven days diary, I think, like, for example, in my case, we figured it out it's different than the whole year diary you know in my in my case, it depends about the seasons, depends about my family activities so definitely depends about somebody if somebody activities, what are they are, they connected with technology, are they not connected with technology so that that's what I think but I'm happy that my spare time is connected with technology, because I can combine the work and free time and stuff that's why also when I was working in the marketing agency, I was never I was never feeling like working because I was always on my laptop and always I had I can always use Google, I can always be on my social media, you know, I was feeling like I'm home because I don't know I'm used to be like all morning my laptop do some different research and stuff. So that's why yeah I think it's interesting those topics and stuff and it's new you know the the traveling traveling and working, it can be, it can be really hard sometimes because most of the accommodations they are not equipped with with Internet with this with desk, in the future, they are working on on a special accommodation for digital nomads and that's what I like. I think because, for example, my partner, when we were in Greece in Parga, we didn't have so good Internet, and she had problems, she can really good really she had problems with didn't the Internet is she couldn't send some files, so I think they're still obstacles, but in the future, I think most of the people that are going to recognize the opportunities the digital nomad, so it's going to be better.

Mattia Rainoldi: Mhmm. So what do you think, um, the work of the future will look like, for you?

P14: For me, and I think for the I read some article like 1 billion people they're going to work from their homes so mostly from their own homes and most of the people that I was talking about they like working from their homes, and I think this Corona situation he just kind of pushed those like situations of working from home because you, I don't know, for example, then you put the people in crisis you know they're gonna they're gonna do so much more you know, for example, second world war, for example, the technology was booming like that, because everything everybody was like stressed about, we have to do something we have to do something. And this Coronavirus also did that, it was people to, for example, you can even have now of course online in like before if you couldn't even think about something like that so definitely, um, um, I'm glad that it's happening that people are working from their own home because they can choose what kind of day they want that they don't have to waste, for example, to waste two hours of traveling most of the people like to go to the job you lose one hour, and when you come back that's two hours of your day definitely that's a lot, but here I can do yoga, do have like nice breakfast, go for a walk you know, so I think people are a little bit more free but, as you mentioned, like in three activities, when you have work related stuff yeah so it's always good and bad, good and bad, but it depends upon the person, and I think the crucial thing is to be very good organized. And, in some cases, you need to be prepared, you know, like prepare like, for example, our automated message like I mentioned something like that some because everything new about it. Everything is new about this whole situation so definitely I think that everybody should share their knowledge or experiences and stuff so we can like involved and grow that's why I asked you to share me some organizing tips that maybe others or something like that yeah it's gonna it's gonna save us time.

Mattia Rainoldi: Yeah I understand yeah great. Alright. Before we conclude the last question for you, um, do you have any question related to this interview or the research problem in general, that you would like to ask still?

P14: Just that I asked before like to share some other organizing tips or tools, something that. I think it would be, it would be very good for both of us because it's better to learn from somebody that may than learn by yourself, you know it's gonna take some time, and I think that if you share those information is gonna everybody is going to benefit from that.

Mattia Rainoldi: Alright yeah, we can do that. I'm going to stop the recording P14, if that's okay with you and we can finish discussing those things, then out off the record of that, so I'm now going to press the button here.