Mattia Rainoldi: Fantastic you know we are I have prepared with a couple of just warming up question to keep us going, and the first question, that is what is your job title?

P17: And the moment I'm a founder and director of a small company.

Mattia Rainoldi: Okay. And how would you like to describe your employment type now?

P17: Um, employed, employed on the limited company.

Mattia Rainoldi: Right, are you basically on would you say that you are on a full-time basis employed?

P17: Yes.

Mattia Rainoldi: Right yeah. So how much you work a week approximately?

P17: In terms of hours or days?

Mattia Rainoldi: Days and hours.

P17: Typically, six days a week, um, I would say average eight hours a day.

Mattia Rainoldi: Right. And how do you schedule your working days or your working hours?

P17: Um, it is pretty much divided into kind of circles, um, so for example I I work Mondays Wednesdays and Fridays kind of a shorter period of time between nine and six o'clock and then, on the other days I work a bit longer typically what happens is those three days I'd like to work out, um, so I'll make a bit more time for that, but the other, the other two days to three days to get get a chance to work long longer which is probably 9 to 10 hours.

Mattia Rainoldi: Mhmm what is the reason for doing that?

P17: And just get more work and really.

Mattia Rainoldi: Yeah and what what is the reason to having to shorter days?

P17: Oh, oh to just full workout and like to go have a workout so I can finish earlier.

Mattia Rainoldi: All right, yeah so it's let's say, is a free time choice.

P17: Exactly, yes.

Mattia Rainoldi: Alright, so, would you say that basically in these two days you're free time choices have an influence on how your working life looks like?

P17: Absolutely, yes.

Mattia Rainoldi: Ah, Interesting, um, there are also other choices that you make that are related to your leisure life that have an influence on your work life?

P17: Um. Yes, it's really interesting actually, um, because it is my company I it very much merges so for example today for lunch hours watching a lecture, Ted talk lecture so typically is for my leisure, by the same time it's also for work so I'm picking up points and stuff that I can use in work.

Mattia Rainoldi: Okay, so, and how does it make you feel when you combine your well when let's phrase it differently to know I've saw in your diary that you use quite often the word boundaries. Right, would you say that the boundaries between your work life and leisure um so, how would you describe how you manage your boundaries yeah let's say so.

P17: Very badly, um, yeah I mean it's it's it's fine very much combined, it's very blurred line some days I completely cross the boundaries and sometimes I do stick by kind of a very vague set boundaries, but it's it's very hard on and off.

Mattia Rainoldi: And, are there any reasons for having sometimes strict boundaries and some days more blurred boundaries?

P17: I think it's, um, actually purely potentially confident, no health implications, um, you know I do understand that screen time isn't great of my eyes and my health, so I think that that's actually the major boundary other than that, I actually quite enjoy my work. Um, I get enough free time I believe, so yeah.

Mattia Rainoldi: Mhmm. Okay, and how is having well, basically, you said you're um, so you are self-employed, so you are an entrepreneur.

P17: Yes.

Mattia Rainoldi: And how does it feel as being an entrepreneur being so you're basically in charge of how you schedule your days. So how are you feeling that?

P17: Okay, I think I did something that I am, um, quite used to, like I got people who come up with schedules and I'm quite like them, quite like routines. Um, so yeah not really a problem for me yeah.

Mattia Rainoldi: Okay and I saw also on your Instagram account, for example, that you work from different places, so can you tell me a little bit more about how you decide about which place to work from, what influences that decision?

P17: That's a good question, it's a lot of factors typically, um, kind of budget and price. No, I believe that certain countries offer kind of cheaper living conditions, um, you know, essentially, I can be in place where I can rent like a small like a Villa for the same or half rent I pay in London, so I think that's it nothing major factor, um, also the work essentially, my company is a travel company so being in a place where I can see clients really helps. Um, and also typically those clients switch and changes. And so you know, I have to be there for each and every one of them um, yeah and actually it's more of a life decision to I actually really love to travel and so sometimes I just literally put my finger on the map and say yeah that's the place I'm going.

Mattia Rainoldi: Okay. So do you believe that so how does technology help you to do that?

P17: Helped me to work or?

Mattia Rainoldi: To live in this kind so so like in the way that you live.

P17: Yeah I mean it's everything. Without it, I can't connect to my team, without it I can't connect to the clients, without it I can't actually do the work, everything pretty much runs on my laptop, it's it's pretty much the most valuable thing on me, my laptop and my phone that's it.

Mattia Rainoldi: So are trying to say that your laptop and your mobile phone are the most important devices for you?

P17: Absolutely.

Mattia Rainoldi: Okay. And if I remember right from your diary you use both devices for both for work purposes and for leisure purposes.

P17: Mhmm.

Mattia Rainoldi: Is there any reason for doing that?

P17: Yeah complete dependent on tasks and the work I'm working on a lot of social media stuff so sometimes it's easier doing that on the phone. So I switched devices, when I need to. Also, for example if I am away from the, um, laptop, I'm able to kind of keep in touch with everything on my phone.

Mattia Rainoldi: Mhmm. How you do that?

P17: Just like platforms, like our messaging platforms, emails and social media yeah.

Mattia Rainoldi: Okay, so you run also this all of these, um, platforms and social media on both devices?

P17: Mhmm, correct.

Mattia Rainoldi: And how you feel about it, so it seems like basically you have work and leisure at the same place at the same time. So how do you feel about that?

P17: Um, interesting I, I don't mind it. I think at the moment I don't mind it obviously that there are days, where I try to completely come off all work and so with that said it's also kind of completely off devices. So for example on a Saturday I wouldn't really touching a device at all so yeah but actually you know, in terms of day to day I don't mind it.

Mattia Rainoldi: Alright, as I found interesting in your diary that you mentioned a couple of times, um, the word 'intrusion'. So, can you explain to me a little bit more in detail what you mean with 'intrusion'?

P17: Um, I guess typically means whilst I'm doing my leisure activities, I would receive a message or an alert that would bring me back to work.

Mattia Rainoldi: Okay, and does it?

P17: Yeah all the time, absolutely.

Mattia Rainoldi: So how you go on with it?

P17: Um, I think it's necessary, it's like this probably noticed that there not been as much of a choice at the moment at the current situation, maybe in the future when you know everything changes and more people, my team that might be different. By the moment it's it's very much yeah it is needed.

Mattia Rainoldi: Okay, so you feel it is needed, so you allow intrusions?

P17: Yes.

Mattia Rainoldi: Okay, which kind of intrusion do you allow?

P17: Um, kind of replying to emails, replying to my team, posting active on social media, um, because you know essentially I'm trying to create a community so um, jumping on that is is quite important.

Mattia Rainoldi: Okay. And which kind of intrusion is this one, so you're trying to say you get a lot of intrusion in your leisure time from work?

P17: Yes.

Mattia Rainoldi: Are the intrusions only one direction so working through to leisure or do you also feel also that your leisure intrude your work from time to time?

P17: Absolutely yeah, it does. Going back to the idea of the lunchtime, I tried to watch something, sometimes I might choose to watch Netflix if I'm quite quite interested in the series in might run on a you know another half hour and hour.

Mattia Rainoldi: Alright (laugh). Do you have any strategies in place to, um, try to keep intrusions away?

P17: Um, again, I think I'm quite loose in fact that I don't mind intrusions simply because I work quite a lot of days and hours, so I can't owe the time that I am intruded‚ like I can make up elsewhere.

Mattia Rainoldi: Okay. This is interesting, so can you explain a little bit more about it?

P17: Yeah so, for example, if I let's say, using the example of the Netflix, the ones an actual hour I can add an extra hour on on a Sunday, um, so I'm making up for lost time and vice versa, if I end up working hour extra hour might take it off on a Friday or Sunday, so I mean it's all about balance, um, so yeah.

Mattia Rainoldi: Mhmm. This is another interesting word that you drop there. You dropped the word 'balance'. So what is balance for you?

P17: I guess for me a balance it's more on a macro level as opposed to micro level and on micro, I might have great balance so example a day's a day. I might do more hours than I should but macro-wise in terms of the whole week, I can balance it. I can choose to switch timeout from leisure and work to make up for what was lost or gained within the days.

Mattia Rainoldi: Alright. Okay. Let me think about it a little (laugh), it's a very interesting statement yeah, um, because also you were saying here in your diary looking sometimes, and so, if we're not directly looking at the camera -

P17: (overlap) Alright (end of overlap)

Mattia Rainoldi: - I'm looking at your diary.

P17: No worries.

Mattia Rainoldi: You're trying to also to say that, um, you also takes days off and you briefly mentioned also before so how and I'm very interested about it yeah. Can you tell me what is a day off for you?

P17: A day off, typically a Saturday completely away from all screens, have my phone on me to communicate, but not really on it that much, um, yeah obviously could be a day out trying to get away or outside the house and stuff trying to do activities yeah.

Mattia Rainoldi: And basically being away, um, from the devices what represents for you?

P17: What do you mean by represents?

Mattia Rainoldi: They, um, why are you getting away from your devices is, um, the good question here?

P17: I mean yeah again it's it's understanding that you can't you know body part function my work too long, it's healthy to get away. Also, you know, in general, just just for pleasure to have fun, see your friends and family and all that stuff really.

Mattia Rainoldi: Mhmm, I understand and during, um, let's say a regular day, that is not a working day or sorry at that is not a day off, do you have also some rituals in place, um, that symbolize for you now is work time, now is leisure time?

P17: Um, probably generally dictated by time.

Mattia Rainoldi: Okay.

P17: I guess when it hurts it hits a certain hour it's it's kind of like okay start to down tools now and move on to the next yeah, time.

Mattia Rainoldi: Mhmm. And does technology help you to do that?

P17: Yeah, I guess so, um, yeah I guess you know, it, it displays time. I can set alarms, reminders, um, yeah.

Mattia Rainoldi: Okay, so alarms yeah, how do you use alarms?

P17: Um, I mean don't just for waking up you know typically if I am working and I know that I have to finish at six, I kind of you know, I know I wouldn't need to set alarm, but if I, for example, for this meeting I set a reminder, um so that's how I use it.

Mattia Rainoldi: Okay, and do use it in other ways also?

P17: No, I don't, purely for your wake up and for important meetings and reminders.

Mattia Rainoldi: Okay yeah. Right. Let me see through your diary a little bit and, um, I'm going to read you a couple of statements that you made here.

P17: Sure.

Mattia Rainoldi: If it's possible for you I'd like you to comment a little bit more yeah. Sure I'm starting with probably everything backwards here, the last one and you're saying here 'keeping the boundaries between work and leisure was much easier today and in general on weekends'. So what was that easier for you on weekends, that is during the week?

P17: I think it's a going back to what I said before, is purely mindset, you know it's a weekend so understanding that you know it's not that time is dedicated for other things, not necessarily work.

Mattia Rainoldi: Alright. Okay interesting, let's see here 'I do my best to stay away from being on any device or scary or staring at the screen apart from the TV' and and what I'm most interested here about is, um, 'I do my best to stay away from it'. Can you tell me a little bit more about?

P17: Yeah I think it's it is is making a conscious effort to not do something because it was obviously devices and you know technology is everywhere around us, we can't really get away unless you actually make a point of doing it, so you know, putting putting my phone and my screens and my laptops in all in one room and going to enough one or go now or yeah.

Mattia Rainoldi: Mhmm. And how long would you do that for?

P17: Um, (laugh) not very long. Um, again, on on Saturdays I can do the whole day pretty much, no problem, but yeah kind of the opposite six days you know not not really for too long.

Mattia Rainoldi: Then what would be a timeframe?

P17: Um, hmm, (laugh) maybe an hour a day.

Mattia Rainoldi: Alright, okay. So you get yourself kind of one hour a day of technology free time?

P17: Yes, well actually no, now that you mention it, I guess you would count the TV as technology as well. Hmm which actually takes the hour down yeah.

Mattia Rainoldi: Yeah but they're more interested on those technologies that for you have both a double use, we understand the TV is generally a purely leisurely device. What I'm more more interested about are those devices and platforms and so where there is a potential for a mixing of boundaries or not yeah. People some people have strategies in place to keep them more separated than others do, um, so that was what I'm more interested about. Um, so you're saying here also that on another day you're saying 'the whole day was a combination of work and leisure. And you mentioned here an example that you were working and at the same time watching the Olympics' and can you tell me a little bit more about it?

P17: Yeah I think that has been a Friday. Yes, sometimes it's you know, essentially, I have two screens when I'm working. If there, again, because it is a Friday to begin kind of a weekend your mindset changes and you're bit looser with works and times, and so, you know as working was in the background, so pretty much mixing them too.

Mattia Rainoldi: Mhmm. And so, how you feel in this situation, so you're doing working and you're having leisure time as well. How it feels for you?

P17: Yeah it's not it's not it's not so bad if I'm being honest, again it's it's I have kind of my own little strategies, you might call it, of you know, I might mute the sound and only when I see something interesting I press unmute, and then I can hear and listen and yeah.

Mattia Rainoldi: Okay yeah, that's interesting yeah. Okay. And in this case, do you feel that you are so how can you focus on what you focus and how do you focus on what?

P17: It's a good question it's um, so, so when I work I figured out a system for myself, but I do most of my thinking in the first hour or two hours, and then the rest of the time is purely doing. So I can put music on, I can watch TV and have people around, that wouldn't really disturb me that much as long as I get like a one or two hours at beginning to kind of figure it out. So that's typically how I work so, for example, you know on that day on a Friday, I would do thinking and then leave all the kind of manual work on the laptop for afterwards, where I can have a distraction or can have something on TV or yeah.

Mattia Rainoldi: Okay yeah, this is a very interesting strategy yeah okay. Do you have any other example of such strategies?

P17: Yeah I think it also comes down to the type of work you do. Um, so, for example, I do a lot of social media content design, so I batch that I think the two day batch so Monday, Tuesday I completely focus on designs and once I get that done with from Wednesday to Friday I can start to do other stuff so it's also about you know the type of work I do, some work might be the case of after you have a full concentration cut out the writing stuff copywriting, and so I need everything to be switched off, completely silent, but um yeah.

Mattia Rainoldi: Mhmm. It's interesting, um. So it is in this case, if it summarizes is the type of work that you are doing that have an influence on how you set boundaries?

P17: Yeah very much, there is a relation, there is a relation, yes.

Mattia Rainoldi: Mhmm. Can you explain it a little bit further in your own words?

P17: Yeah I think I am back to kind of if, for example on the day I watch the Olympics, I was working on something that doesn't require much attention, for example, if I've done my thinking at the start, I'm able to do that, I'm able to mixing combine leisure and work how, however, if I was to do something couples let's say writing copy writing stuff, then I wouldn't wouldn't mix it because I simply can't concentrate, so I guess that's an example of yeah the type of work in relation to the leisure side.

Mattia Rainoldi: Okay, and did you plan it also to watch the Olympics and work at the same time?

P17: I did in this occasion, yes.

Mattia Rainoldi: You did?

P17: Yeah I did yeah.

Mattia Rainoldi: Okay, and why is that?

P17: (laugh) That's purely of interest based, I'm quite interested in the Olympics so yeah it was again it was Friday and so yeah it was okay for me to you know mix the two, combined two.

Mattia Rainoldi: Mhmm so you are also around quite a little bit you mentioned, so you move from country to country depending, um, well, on different decisions that you make, and when you are around, um, so how do you yeah, how do you schedule or how do you manage boundaries in this sense?

P17: When you say around do you mean when I'm moving around?

Mattia Rainoldi: Yes.

P17: It's a bit bit more difficult, um, and it really depends on again the purpose of why I am where where I am. If I am there to do meetings, then no, I'm having to move around and so that the time in between your work and a meeting and when you're moving know if you're you know you could define that as part leisure, so it really it's really, really blurred lines. But yeah to answer your question it becomes a lot more difficult when I am around.

Mattia Rainoldi: Mhmm. So why is more difficult for you?

P17: I think you have to factor in kind of what you do and where you need to do it, if I am at a country, and I have no meetings, for example, and I'll stay put in in a my own Villa or café then no that's not too bad, but if, for example, I have a meeting in the morning and I'd be somewhere else to go work in a meeting you know in the afternoon you know the time between work and leisure, it kind of, um, combines. If that makes sense.

Mattia Rainoldi: Mhmm. Okay. So, and you also mentioned here maybe is from sometimes you also work from a café and café is not a strictly, how to say, place so in the traditional way is not a place of work, it is rather a place of leisure, right. So what is why would you do work from from such a place?

P17: Yeah that's an interesting one, I think I actually potentially disagree with that. I think a lot of cafés these days actually very much for co-working or bistro working so really depends on the café you choose, kind of the country you're in, a lot of countries actually tailor for like digital nomads and remote workers so we depends yeah but you know it's for me it's if if I'm mean they're both the same to me if I plug in and I need to work, I can actually work. In a in a in a café that is not remotely based or I can work in a café where everyone's moving about having a good time, it's not really important for me.

Mattia Rainoldi: Okay yeah. And you just said, um, digital nomads and I believe I found your profile, because you use this that hashtag so would you define yourself as a digital nomad as well?

P17: Yes, I would, not so much anymore, but yeah.

Mattia Rainoldi: Um, and why would you say so? What is the figure our digital nomad for you?

P17: This is a good question. Someone who works remote or able to work on a laptop from wherever they choose. I don't believe digital nomads are tied to locations, I think I can be in London and call myself a digital nomad if I'm not working office you know so it's not it's not location based in that sense.

Mattia Rainoldi: Okay, so it is for you so being location independently or independent is enough because as a digital nomad?

P17: Yeah, yeah, but we can no bear in mind is typically the digital services, so it's your stuff you do on a laptop as opposed to anything else.

Mattia Rainoldi: Right yeah. Okay interesting. Let me just finish go through your diary here, I might have then some more questions, yeah, here, this is a what is very interesting, so you say 'I made a conscious effort not to consume any work related content, when I started my my work', and yeah. What is a conscious effort for you?

P17: Conscious effort.. I think it's willpower.

Mattia Rainoldi: Mhmm.

P17: Just, um, yeah did um, I don't, I tend not to be tempted to check on the email if nothing comes in, or you can I tend to look back on my messaging systems, to see if I have not answered any questions or have to tell my team to do anything, it's yeah it's the winning is having the willpower not to do those things.

Mattia Rainoldi: And you said tempted, why are you tempted so you're saying you're you're doing your workout what why there, why are you tempted to go back and?

P17: Purely passion, and I mean, I know I built my company place of passion, you know I love I LOVE what I do you know if you asked me if you had this interview when I was working in an agency I'll say I'll have absolutely no problem in not checking my emails but I guess you know, times have changed now that I have something of my own it's yeah it is complete passion, complete you know my choice to look at stuff like that, it's only because of the health benefits and the mental benefits that I try not to.

Mattia Rainoldi: Okay. Are there also expectations that you try to satisfy that have an influence on how you differentiate between work and leisure?

P17: Expectation is from what perspective?

Mattia Rainoldi: As a you work not when you work not alone, so you work with clients you work with a team of people. So I was interested here, um, if you are saying I'm not tempted so so technology can be a temptation to go and check out work and I wanted to ask also if you feel like there is also some kind of expectations from clients or coworkers?

P17: Yeah absolutely, I think it's um, actually expectations on all sides, expectations from you know client side is is no it's your brand you know, you reply to clients, carrying about clients, you know that that's part of the brand from the other side, where my team is based in Bulgaria, expectation there to lead or to actually serve them what do they need from me, actually keeping the ball moving constantly who actually keep everything else moving and then from the other side it's my my audience, my users, my customers, um, again that's what's the brand as well you know replying to all the messages to have a question about the company, it's replying to them as fast as possible, um, trying to you know to get my lead time really quick, so yeah expectations all over all ends.

Mattia Rainoldi: Mhmm. And what do you think about technology playing a role in this expectation world?

P17: Hmm. It it it, it makes it a really high bar you know because everything is instant these days without technology would not the time it takes me to do this, and that it would be much slower, but with technology it speeds everything up if if my team knows knows that I've read the message, now I'm not replying, they'll be like 'what is going on'?

Mattia Rainoldi: Okay, then. Okay, so you're saying here your team knows that you've read the message, um, why do they know that?

P17: Oh just on the system ,it says you know 'message seen' or 'read'.

Mattia Rainoldi: Right so which system are using there?

P17: So it depends. Sometimes it might be like, um, Facebook messenger thing or WhatsApp thing of other people like Slack or I don't know, Microsoft teams yeah.

Mattia Rainoldi: Mhmm. So if I'm not mistaken, all of these platforms allow you also to configure the system for not notifying people about you having read or not read the message.

P17: Yes, correct.

Mattia Rainoldi: And have you considered turning that off?

P17: No.

Mattia Rainoldi: And why is that?

P17: Um, purely down to importance of kind of the messages you can't you can't switch off, unfortunately.

Mattia Rainoldi: Yeah. Okay, is this interesting yeah so that's for you, is something that is a no-go yeah.

P17: Yeah.

Mattia Rainoldi: Good. Um, let me see here again if it found, yeah okay, we will discuss about this. Okay, so you say your 'works always intrude my leisure time and vice versa, as long as my phone is with me, I never really switch off and separate the two', so this is something that we have discussed as well, um, yeah that is also interesting 'when I'm working and receive a message from my girlfriend and I take the time to reply, I consider that as an intrusion to my work'. Can you tell me more about it?

P17: Yeah it takes you off your flow. I'm actually you know it's not it's not it's not down to actually the person, um, if it's not someone that I work with and I get a message from a friend or from whoever it's it's disturbing you, taking you away for that second, away from your work, which allows time for kind of things to creep in.

Mattia Rainoldi: And there is a reason for you to allowing that to happen?

P17: Yeah. Um, I'm more of a social and human engagement.

Mattia Rainoldi: Okay yeah. So that is for you so important that you're willing to sacrifice on your flow that you are mentioning?

P17: Yes.

Mattia Rainoldi: Alright. Great. Let me see if I have for the questions here for you and yeah maybe this one is very interesting for me. Um. So, if you think about a typical day, um, of yours, right, so what what would you consider as an advantage, or a disadvantage or having technology mediating the relationship between work and leisure?

P17: I wouldn't say it mediates as such.

Mattia Rainoldi: Mhmm.

P17: If anything, it very much does not mediate, for me it's it's it allows me to combine leisure and (laugh) it allows me to combine leisure and work, which actually in itself is actually mediating, yeah I wouldn't say it yeah I guess how how deep are you looking into the word media. Um, yeah.

Mattia Rainoldi: Well, the word doesn't exactly mean to be mediate yeah, but it's what are the advantages and disadvantages of technology having a role in in shaping the relationship between work and leisure?

P17: Mhmm. Um. Yeah, I mean there's pros and cons to both, disadvantages as we mentioned it's hard to get away, advantages is that you know you can enlarge it to do both. I can do something leisurely whilst I can do work as well. So it is yes, very much pros and cons, yeah, this is much argument for the for the advantage as for the disadvantage.

Mattia Rainoldi: Mhmm, alright. Um, P17, is there anything related to the topics that we've been discussing so far that you would say is important for you and we didn't discuss sufficiently about?

P17: I don't believe so, no, not at the top of my head.

Mattia Rainoldi: Mhmm, okay. So, I have a final question for you here, and the final question is the following. So how do you see yourself, so working, so you said you, you consider yourself as a digital nomad so as a digital nomad of the future so how, how is the digital nomad of the future of the figure of it going to to look like in the future for you?

P17: The future. For me or for the industry?

Mattia Rainoldi: Well, for you and then for the industry as well yeah that's both valuable perspectives.

P17: I think for me it's perspectives me it doesn't change all that much in terms of process. I think I've been doing it for quite a while now, so I don't believe no up dense technology out there, that would drastically change it. However, this will go into the industry well to believe more co-working spaces are signs to open up. So, I do believe that there are there will be a lot more digital and remote workers, and so I guess the benefits of that would be that'd be more benefits in terms of better facilities for us, we're widely more accepted, um, a lot more brands and companies will start to emerge because of it as well. Um, yeah.

Mattia Rainoldi: And why more accepted?

P17: Well, I mean as we've seen kind of during this pandemic is you know if one now known as you can work from home know how many companies have completely deserted their offices in in cities to allow people to work from home, um, I know that can't be stopped you know, the next step, you know the employee might be saying 'oh, I can work from home, what was different does it mean me working from home in London compared to me working home in in Italy. Why can I not move over there and work from there it's actually the same thing', yeah there is time difference, you know if the work can be done, the work to be done, so I think now all that plays a big part.

Mattia Rainoldi: Yeah, yeah interesting right, yeah. I agree with you on that. So that takes us to the end of these interviews, but before we conclude do you still have any question about related to the interview or to the research project in general?

P17: Yeah, I mean, you know, I think, for you again more on a personal level, not like a serious level anything yeah, it's quite interesting to hear more about your research and stuff.

Mattia Rainoldi: Yeah.

P17: Again, it is, it is there, like an aim to is, is there like, I know you're publishing a paper, um, is there a question you're trying to answer or yeah.

Mattia Rainoldi: Right. Would you mind P17 if I stop the recording at this point and I answer the question, right after.

P17: Of course.

Mattia Rainoldi: Alright, so I'm going to stop here the recording right now.