Mattia Rainoldi: So I have prepared few questions for you, just to break a little bit the ice. So, you said you are an architect and how would you like to describe your employment type.

P2: I am self employed, so it's my own business and I run mostly, or I could say one hundred online meaning I get my clients online. We could meet through the Zoom and I just submit then insurance documents that I need there for the actual bills so that's how my, my process and my system happens for my business. I hope you've got that.

Mattia Rainoldi: Yes.

P2: Okay, your face freezed from my feed, so I'm not sure if it's still, um, connected.

Mattia Rainoldi: Going good, thanks.

P2: Okay.

Mattia Rainoldi: All right. And when do you work P2 in general?

P2: Okay, basically I work just two to three hours a day, so in the morning I wake up late, I usually wake up at around 9 or 10 am and I'll have my brunch and do all my personal stuff and then after I had my lunch just the time that I started working so my work usually includes - (bad connection) of course, and then I also with my clients and with my engineers for coordination and then most of the time that I work I spend it on designing, meaning I I use AutoCAD files or other software or ArtiCAD, I also do 3D and rendering so that usually last two to three hours a day, and then I'm done for the day. I, I used to work a lot before. When I say a lot, I mean I used to work 16 to 18 hours a day. Last year was my busiest year during the quarantine I was handling 10 to 15 to 20 projects a month, and it was very hard, so I learned to keep a balance on my work on, on how many projects do I accept, and also how many or how long will I be working, because it really drains me if I do everything or try to do every day, every day, for years. I started, um, doing a little bit less of work since probably November of last year, and I now keeps just 2 to 3 probably maximum of 5 projects a month, and I also make sure that I spend more time for myself, more time for leisure, more time on taking care of myself as well.

Mattia Rainoldi: Okay, and do you take a day off now?

P2: Day offs are not scheduled meaning if let's say on a certain day I wake up and I see like I'm not feeling so well or I feel like I did so much work the day before that I just decide on my day off on that day, so because I work very little in a day and I work EVERY day, but on shorter hours, so it's not too much stress on my part. I also don't get to drink, and it also makes me more motivated to work fast. So for days off it's not scheduled I just listen to my body listen to my, um, my emotions if I'm feeling down if I want to rest, then I stopped what I'm doing and just decide to do it later on or the next day. But I pretty much for seven days in a week.

Mattia Rainoldi: I understand. So what is this, so what is the motivation for working in this way for you?

P2: I figured out that if I take care of myself first, before I start any productive work, then it makes me feel more fulfilled if I know I already so cared for myself before I do anything else because the problem with the year before, is that I felt that I needed a neglected myself I neglected, um, taking care of me, of my family so, um. I try to do it the other way that me or I comes first. The job before the project, when I know that I already took time to take care of myself, then I know that Okay, I have, I already did something for myself, I am now for up to do something for my business.

Mattia Rainoldi: I understand. Um. So, and do you take holidays, also from time to time?

P2: I'm sorry.

Mattia Rainoldi: Do you also take holidays?

P2: Holidays I pretty much have holidays every day for the rest of the year so it's um, when I decided to take care of myself, I also started traveling so I know we are in quarentine but I'm lucky that I was able to go out of the city, a few months ago for so we were traveling around, at least in the Philippines, we went to Cebu first, and then Magede, now I'm in Buracay. Buracay is one of the most beautiful islands in the world, so I am living here in the island, um, the beach, um, the mountains are from where I'm staying. So my whole life is actually now in holidays, I believe that it's more of a leisure time rather than working because I spent more time up with friends having you know eating good food and as I've said my balance is actually more proportionate into giving myself more rather than my business, so most of my time for the day is spent doing the leisure time and I would say that my every day is a holiday.

Mattia Rainoldi: I understand, so in your holiday you work a little bit as well (laugh). Okay. P2 where do you work from?

P2: Just a little. 24 hours in a day I spend two to three hours only for working. I work from like now, I consider this work, so I'm in my room because it's a lot more quiet here, but when I do my designs the treaties, the pad and I usually do it in restaurants or being around other people and having good food right out of my reach whenever needed so most of my time working, are spent on coffee shops and restaurants.

Mattia Rainoldi: Okay, so why, why do you do that? So what is the reason for working in a restaurant or in a coffee shop?

P2: I like being around you know, I like seeing other people around me. I like having view on the outside so let's say if I'm in a coffee shop and I've said, I am in an island, I can see the beach right in front of me and so it kind of relaxes me and makes me more energized to do my work and usually there's great food, so I am always fuelled to continue what I'm doing when I am outside. Um, in comparison to be inside an office or inside my home, then, because we were in quarantine for a full year because the Philippines was quarantine from more than a year now, I find in my house in our room for almost a year, so I don't want that anymore, now that I am in an island, still the Philippines, but if we can move freely here and there's less chances of getting Covid, so I love that I have the freedom to work outside to be location independent to continue what I'm working, I'm working on, even if I am in a coffee shop or in an restaurant, so I just got the freedom.

Mattia Rainoldi: Okay. Does this technology help you to live this freedom?

P2: Definitely. The reason why I started calling process, my business is 100% online, so it is basically the core of my business. In fact, when I was in a traditional setting being an architect, it was hard for me to get clients. But because I transition to being digital, I transitioned to creating much more or a solid online presence, um, through the social media, through Facebook, through Instagram, mostly on Facebook but, but because I transition my business to be online then that's the time I got more projects that's the time I got more clients, um, people started noticing me, um, clients started noticing me, even um, even our word national organization of architects noticed me. Um, because of me being online because of me being on Facebook, then I got speaking engagements, I did a lot of workshops, I wrote a book I, you know my book sold out in two months, and I um, I even got a national position in our organization, because in the Philippines there's, um, there's a central organization for all architects, which is the United architects. So, and because I'm you know national position that is something that I would not think that I could do if you know if I just, I just become the regular architect and not being, not putting myself out there, so being digital, going digital help me a lot, you know it's it has, um, we could say that it actually transform my whole business into something much more better and it has helped me become an authority in, in, in my business as an architect, in my professional as well in the also the organization and it will also gave, um, sort of gave more of trusts, when it comes to getting more clients so because I am always online, because people see me, then, um, the clients, the public, the community, the organizations started trusting me more, has helped my business immensely.

Mattia Rainoldi: So, would you say that technology basically helped you to achieve your work goal and your free time goals?

P2: Yes, definitely because of being online because of the technology, I was able to communicate to my clients much faster. I was able to show the community, show the public, show the organization, show the professional of what else I can do what's the value that I can offer and because of Internet because of social media because of digital marketing strategies, that, that helped me a lot, it should propelling my business into a higher level.

Mattia Rainoldi: So, you said you are always online but you said you work only two three hours a day. Can you explain a little bit more about it?

P2: Okay, so usually I start my day is by checking my messages. So as soon as I wake up, I already have my phone with me, checking my messages like any day right before I do I also post social media posts, so if something is either just a simple post or um, probably be sharing some thoughts, um, probably sharing what I am working on, and I did I engage in them, so um, when I post of course, a lot of people would react, would like, would call me and then I will do that first, and I answer them, I engage with my audience, talk to my clients and all of that, so that comes first and then I do whatever I want to do. While, um, [inaudible] I listened to music or I spent you know time with my friends and then after I'm working on architectural projects, usually just two to three hours of my day and I just check once in a while, if there are new, um, if there are new messages for me, but most of the time I don't need to check it anymore because I have to check my emails, but I do check once in a while in all my social media just to see what's happening but I always make sure I did that I post something at least 2 to 3 posts in a day across all year. So I noticed that if I don't do that then my business also gets, um, gets less of attention, meaning that also gets me less clients, so I make sure that after checking my messages I also make sure that I post on my sociales as well.

Mattia Rainoldi: So using social media is for you, do you consider it work?

P2: I would say yes, as part of work because it's so, it's so in, it's always part of my life that I don't feel that it is work because it's part of me, is part of what I do, is part of my lifestyle, so I don't count the hours I don't count how many [inaudible], so I don't feel like it's work, but I know it, you know by doing it by posting on social media, but because it's too easy for me and it became a habit I don't feel that it is.

Mattia Rainoldi: Okay. Um, so do you have any boundaries between your work and your free time?

P2: Um, okay, that's a hard question. Um, the boundary would be when I turn on and turn off my laptop. So, I would say that by checking my Facebook or checking my Instagram is not part of work, um, boundaries probably would be, um, I will say the best description of my boundaries would be working on myself first, so in the morning I you know I do exercise I do what everyone does at first and then have my have my meal, so the bound-, the boundaries would be my thought of getting okay I'm done with this, I've ready eaten, and then I start hard work so it's mostly after I've taken care of myself, but the boundaries being time bounded or location bounded I don't have that anymore, so I can pretty much work anytime so I could start working at let's say 12 or I could start working at 9pm or I can work as soon as I wake up in my room or I could work outside when I am having a dinner. So the boundaries is not very clear anymore, because it's part of my lifestyle and I love it that it is that way, but what I only make sure to have boundaries on is that my, um, if I am working, my personal problems or my personal issues should not be affecting my projects, should not be affecting my work. So as soon as I turn on my laptop that I now, I know that I had time for myself so it's more of just setting the boundaries in my head when I started and stop working, but for physical boundaries or for time boundaries I don't have that anymore.

Mattia Rainoldi: Okay. And how you decide how to make your boundaries?

P2: I'm sorry?

Mattia Rainoldi: You said you have your own boundaries in your mind, so how you decide upon?

P2: Can you say that again (pause). If I just make sure that I did something productive for the day. So when I work on, let's say when I work on a certain architectural project, I have to finish it what I have to do so, if I have to do a floor plan for architectural project, then I have to finish it and then send it to the client, I have to submit something. So once I already submit something, then I feel fulfilled that I did something productive so that's my signal that I'm done for my job for the, for the day at least and then that then, then I can reward myself by shutting my laptop again and do something for myself. Um, I've been doing my job as an architect for 18 years now, so doing a floor plan or recreating 3D animation really takes much less time a lot of I mean this I do it very fast now and it takes so much lesser time for me to finish work now because I've been doing it for so long, so a floor plan will just take you probably 30 minutes to an hours and I'm done for the day. When for others, especially those who are just starting out with a career, it probably will take them a few days or something. So the experience that I have helps me a lot to do things much faster, which takes so much less of a time for me to finish. So, yeah, I would say that I end my working time when I submit. So yeah, in the day I can finish two floor plans and then submitted to my clients and then I'll just wait the next there to call me, so I probably have it a lot easier, you know (laugh).

Mattia Rainoldi: Okay, I understand. Do you feel that sometimes you're working through your leisure time?

P2: Because I don't have any boundary [inaudible] to work on and how long do I work so I'm good with that. I know a lot of, some of some people wouldn't, wouldn't want that, because they need a certain time you know, they need a certain organization of the tasks, or how they run their days but for me, I like it, that is so flexible, I like it that it's so free, that I, it could change any day or it can change that pretty much changed any day, so if I started working today at 10am then I'll probably not work tomorrow or probably started working at 5pm tomorrow, I like it that way, so um, I guess it depends on what is it that you are, you know, what's your priorities in life and being in my 40s, almost 40, then I have spent so much time working, I have spent so much time being busy and by this time I'm just enjoying my life and I'm just very blessed and grateful that I am able to continue my business have enough income to continue with my lifestyle.

Mattia Rainoldi: Um, do you believe that working digitally have also some disadvantages for you?

P2: Yes, of course, um there's a lot of disadvantage as well being on the digital stage, one is that when you are only seen digitally then they might think that your business or your, your, the way you run your business or how I, um, interact with my clients are not professional because they only see me on Facebook, or they only see me online and because of me not having a physical office that they can go to, some people think that I'm not legit it's not legal or it doesn't have clients, so I know that, I assure them that I do have a license, I assure them that I do have clients, I assure my cliens that I am legally and professionally connected to the right, um, to the right business. So it's putting myself out there and making them, um, sure that I am [inaudible]. So I also, the reason, um, publishing a book is also one of the reason why I did that. So that, um, they will also see me as a professional because I do have a book, people other architects buys my book, so it kinda helps me authenticate what I do and what I know, so I know that this is an advantage and I, I will say I, I attack them right away before they even attack, so that's one the disadvantage, secondly, is that because I am online they they could still see me they can still set meetings to meet me and they can also make sure of whatever legalities I have but another awesome, well, problems of being online is that also gives them a way to, um, have comments, to have their own opinions about me, so I get being part of the public eye -

Mattia Rainoldi: (overlap) Okay (end of overlap).

P2: (overlap) - and also (end of overlap) it's, it's just balancing who I deal with, if it's, it is something that will be you know, um, that would be a problem with my business and I have to act on it, I have to file a complaint, but if just simple bashing on the Internet, difficult -

Mattia Rainoldi: (overlap) For your leisure time? (end of overlap)

P2: I'm sorry.

Mattia Rainoldi: Does it have disadvantages also for your free time?

P2: Disadvantages for my free time, no not at all because I'm - Because I am digital, I can work anytime so I don't see any disadvantages being digital on my future, in fact (pause)

Mattia Rainoldi: Okay.

P2: I'm still here.

Mattia Rainoldi: Yeah. I lost you for a second. We'll get back to that. Um. Just a second, I look, through your diary to have a look, I have a few notes made.

P2: Actually, before I documented, how I work, before I did my daily diaries, I didn't know that I am working only so much less. I thought I was working at least four hours to five hours a day, but because I documented it that's that's the time that I realized, oh I was only working probably two hours a day and and for the whole week that I did that daily diary there's only one day that I work [inaudible], I'd say my my days to do initial time, and I spent so much less time for my work and if I need, I didn't realize that, before I did your daily diaries.

Mattia Rainoldi: What makes a balanced day for you?

P2: Again I'm sorry, what makes?

Mattia Rainoldi: A balanced the for you.

P2: A balance day. A balance day for me would be spending the day with everything that I have to do. So, um, of course again time for myself, time for my family, I am a single mom and I have my daughter with me in the island, so we, and she also works with the business with me. So when we talk about business, when when we meet up with clients on Zoom, when I do projects online, I work with her as well. So a balance day would be having time for myself, having time for my daughter, and having time for my clients, or at least one project and work on my personal projects, so my personal project would be probably reading a book or, or thinking of another business or something that I want to work on or doing something creative. So, if I was able to do all four in a day, I would say that's my best, my best balanced day.

Mattia Rainoldi: You said you work with your daughter. So. are you then throw boundaries between what is work and, what is your personal relationship with her?

P2: Okay, so we noticed that we spend more of our time together working. So that boundaries are a bit of blurry at this time, but the good thing is, even if they spend most of our days talking about for it, because pacing for work, because we could have meetings while walking on the beach, we can have meet. So it's like both the personnel and work life, mixed together what because we love doing our work and because we we love or the pacing itself is very relaxed, we don't feel that it's work but um, what I noticed and I always remind her as well, is that she should also have time for herself. So, um, yes our mom and daughter time is spent talking about our clients, we're talking about our deadlines, but I also give her time to have time with friends, to go out and do whatever she wants to do for herself. And sometimes I have to remind her that but lately it's going on very well for us, but mostly I'm the one being left alone so because she has so much space of course she's young she's a teenager, but I also have to learn, I also have to learn to be alone, I also have to learn to spend days or hours with nobody so that's the, that's the, that's the part of us working together that I need to adjust one and also work on.

Mattia Rainoldi: Yeah, do you have any example of another situation where the free time work boundaries are mixed together and that's because of technology?

P2: So, it happens every day because as I've said I work in office jobs, I work in restaurants so because she she spend her mornings doing exercise and I, I, I wake up late by the time she gets back to work. Then we go out for lunch. When we go out for lunch then we're having lunch, we always talk about our clients, we thought we always talk about our deadlines, so, so when we have our time it should be a leisurely time because it should be a time that we spent together as mom and daughter, but because we know the scope of our work, because of the deadlines and probably because she's the one checking my emails, we always end up talking that's why I said I'm the boundary for us for that particular part is very blurry because it tends to mix together all the time, but a good, either works for us. We're happy that we get to have meetings in a coffee shop, we're happy to spend our time together talking about their clients or, or, it's good that we get to talk about this sensible stuff rather than some things that are not really, um, what we's say something that's not important, but, um, we try. I also tried to talk to her at times and just thought about herself and maybe just have some mom and daughter time that we can, um, get to share, about what's happening with each other's lives and being mom and not just a boss or not just as superior, so I tried to I try to at least get in touch with her once in a while, but yeah, I must admit, most of our conversations are usually business and projects and clients and deadlines.

Mattia Rainoldi: So how important is for you to use technologies for managing your work and leisure relationship?

P2: As I've said um, I use teechnology, I use applications, I use the Internet, I use the software for my job, for my work, for my business it's um, I would say 100% of my clients I get through online. 100% of my clients I get needs because of social media. Um, but one thing that I noticed as well, is that when I spend time for myself, when I do a leisure time when when I know what that is my personal time, then I don't need any of it. So the good thing is that because I use the Internet, I use this software for business, I tend to drop everything when I want to work on myself. I, my leisure time are spread walking on the beach, my leisure time are spent a lot of writing in a journal or my leisure time I spent having meals and conversation with friends, none of those would need any technology. None of those would be any Internet, and I would say, um, now that I am summarizing it and you asked me about having boundaries and limitations, um, now is clear to me that when I want to work on myself, when I want to give time for myself, do something leisurely, then I drop anything that has Internet, I dropped anything that has um that's, that's on a software and I would say, just like what I told you my boundary is turning on my laptop and shutting it off so. That defines when I start working and when I stopped working when I turn it on that means I'm working, when I turn it off that I'm not working. And it becomes clear that when I I spend time with my friends or do something for myself, I don't need any of it any more which is something good to realize because um, because, knowing that I spend more time for myself, knowing that I spend more leisurely time that means I spend more time without it, without the technology, without the Internet, without being digital, but again I'm very grateful and blessed that, even if it only works two to three hours a day, is there enough income for me to continue this life, you know I'm basically living in paradise and I love everything about it.

Mattia Rainoldi: Yeah that's fantastic the hear (laugh). It sounds like you're having great fun. Um, let's come to a conclusion, P2 of the interview, is there anything important related to this topic, to technology and related to work and leisure in their relationship that I didn't ask you about in you did want to talk about?

P2: Um. (pause). I use the Internet, I use the software, I use mostly on my business, and one thing that I realized is that that's the right way to do it you know, instead of us going on social media and reading about your neighbour or, or going on, um, you know, going on the Internet and looking for stories about certain rumors or so some things that are not sensible, I realised that I use the Internet and use those social media, I use the technology more intentionally or unintentionally meaning I use it, um, to get clients, I use it to share value, I use it to connect to the same or like minded people and because of that my usage of the Internet, my usage of, of, of going digital is a more defined of about work, more defined about business, more defined about getting put actions that will help me with my business. But as soon as I'm done with my business, as soon as I'm done with my work then it's time for me to turn it off and spend more time for myself. So one thing that I want to conclude on, on, on what's needs talk about I am happy to realize that I use the Internet, I use this softwares, I use social media, I use digital marketing mainly for business, but I still have so much life to live because I only spend two to four hours a day on my business that includes the email, that includes my social media, that includes sending my projects, that includes working and drawing my projects. That's two to four hours a day, and the rest of the day is spent at the beach, writing my journals, talking to friends. That actually made me realize that I'm living my best life and giving more importance to my life, rather than on business and rather than on the Internet. So, I'm happy number one that I am using my Internet, I'm using my, my software, my whatever, my social media that I'm using more intentionally and number two, I am happy to realize that I have more life now than being just focused projects and work.

Mattia Rainoldi: That's great yeah. Okay, and let's final questions here. How do you see yourself working in the future as a digital architect?

P2: Okay honestly I don't want to focus on my architectural stuff anymore, I like talking, I like doing workshops, I like being a speaker, I like sharing my thoughts, I like communicating with people, I like getting reactions from whoever I'm talking to and somehow a like inspiring and motivating them because you know being this, being having a lifestyle of just working two to three hours a day, is probably a dream for a lot of others, right. So I like that, I like that, I am one proof that it can be done. I like that I spend some time talking to people at doing workshops and teaching them how I do it. So, hopefully, in a few years, I was able to transition my business into this, into this more on, more on workshops, more on speaking engagements, more than probably writing more books, rather than doing architectural stuff because honestly the architectural stuff is taking so much of me. I love it it's my professional but I, I spent so much time on it, so much time, so much time for two to four hours it's not really so much, but, but I'm inserting more effort on it, compared to like this. We're doing an interview, and I can just laugh about so many other things and I don't get tired. I don't get tired because I'm happy that I'm doing it, so I would love to transition more on probably teaching, doing workshops, writing books and they're probably let go of my architectural projects, little by little. Hopefully, I will make enough money by doing workshops and not just growing architectural stuff anyone that's how I hope it will happen.

Mattia Rainoldi: Mhmm, and more in general, how do you see the future of working digitally?

P2: I everything, everything will be transitioning to digital. The reason why my business propelled so much, why my first my book sold out is because of when this pandemic happened when quarantine happened, we are all forced to be stuck in our room, stuck digital. For those who are not used to using the software like Zoom they are forced to use it. And when they were forced to use it they realized oh okay, I could do that. I could learn that and I may be, it would be a little hard for me at the start, but when I get used to it is practically a lot easier and it's even faster so I believe a lot of people will be transitioning to virtual operations. In fact, what I am seeing is that probably a lot of office buildings will close down because they don't need to be in offices anymore. They can pretty much work in their home like me, I am working in front of the beachm I am working in a coffee shop, in a restaurant so, um, because people realize that we can still continue working, especially if all we do is just you know, um, admin stuff or clerical stuff like sending documents or having a meeting doing the socials that can be done with a Zoom meeting, that can be done by sending an email. We don't need the cubicles, we don't need the offices, we don't need you know we don't even need cars anymore if we stop you know I'm transporting from one place to the other, so I believe the future of work is really going digital. So, the officers should be have or use, I am think, we're, I mean, I'm envisioning that it may be changed into something else, I don't know yet for now, but um, yeah, more and more people will be embracing the digital economy, more and more people will realized that it can be done, more and more people will realized that we can pretty much work anywhere, as long as there's Internet. But the downside is, you will all be very dependent on the Internet as well. Without it is done everything done. Everything is just stopped.

Mattia Rainoldi: Yeah. I understand and I also share some of your opinions. P2, we are finishing our interview. Is there still anything, any information that you would like to tell me that is important for you?

P2: Um, first of all, I would like to thank you study and I hope you did well for this. I hope with, with my lifestyle, with my own experiences, I was able to give you enough information for your studies as well, and I just wish the best for you. And if you have time and if the world opens up, I hope you can also visit the Philippines and come here in Boracay and see us. I hope to get to meet you as well.

Mattia Rainoldi: Yeah, I would love that too yeah. I had also a couple of days ago, no, last week, also another participant from from Boracay is living there, is a UK citizen, but he lives there as a nomad and he also said very beautiful things about that island.

P2: Uh. I hope to get to meet him or her as well. Is it a him or her? Has been here for a long time?

Mattia Rainoldi: Yeah, is there for a little long yeah, already few months, if I remember right. P2, um, do you have any other question about this interviews or my research that you would like to ask?

P2: Not really, I just hope the best for you, and let me know I hope you let me know once you're able to submit everything, the documents that he needed and I hope that I was able to help you out.

Mattia Rainoldi: You certainly helped, um, thank you very much for it. Once again, and the results will be around probably one year. You know it's a long time, but, I am doing this project on a part time basis, I have a full time job, and this is an additional thing that I'm doing so it's going to take a little long, but I will certainly finished and when I have, I will let you know and share with you some of the results if it's possible, alright.

P2: That's great. Well, good luck to you. I hope everything comes easy and you make time for it, and of course don't forget to spend your leisure time as well and have a good, balanced life. I'm happy to help.

Mattia Rainoldi: Thank you. I'm going to stop the recording and for a second.