Mattia Rainoldi: Fantastic, then P20 thank you and welcome to your interview. So my first question is very simple, and is, what is your job title?

P20: Consultant, I think I can say that, so we do our days for remote working for the companies. And then normally when we all did, we identify some problems not problems let's say things to improve and then we offer a solution and normally it's the training programs I'm a coach. So we offer training programs. Sometimes it's for the worker but, um, when we did sometimes we realize that the issue comes not only from workers but actually, from the management, that the management is not applied well so most of the time of course it's a hybrid. A little bit there, a little bit there something with technologies, and then we give recommendations what they need to improve. In that with technologies, I don't really work, I can only give a recommendation, but whatever related to wellness some then we offer a training programs.

Mattia Rainoldi: Okay that's interesting. How do you describe your employment type?

P20: Um, I think self-employment.

Mattia Rainoldi: Yeah so you're self-employed okay. So, and you work, um, with companies only on the on demand?

P20: Yes.

Mattia Rainoldi: So you don't have any fixed contract with any company or so?

P20: I hope to have it in the future, of course, my target is to make a long term contract with the company, um, for now I don't have such, but I hope in the future I can have a lot more contracts, for now it's been like I think in a maximum of three months but my target is to make it one year contract with the large company that I can keep extending.

Mattia Rainoldi: Yeah, so, for now, if you think about your typical day so, how does it look like, how you organize your typical day?

P20: So, apart from these all these I also have my private training programs. And I would say it look like this, so I use my tripod, my phone and I have a video call where I give training. And I tried to put it in time between my activities, so I have a lot of activities, um, I mean hobbies and it was on purpose, because when I have activities, I don't get tired from work and I never feel like 'okay, this is too much', I it's a burnout me it was before when I had a full-time job, I remember, but this also it kind of I would say it helps me to keep the discipline because if I say 'okay, first I work and then do other things' either I skip sport, which is not good, because if you don't sport do sport any affects your health and, if you are not healthy cannot do anything and also it's important for me to, um, make friends in new places and activities is the best way to create relations. I have my partner, but you understand that in life, we need more human interaction and these type of activities, um, it helps me to make new friends in any destination, so I don't feel like 'okay I miss my friends from my country' (laugh).

Mattia Rainoldi: Yeah so basically, how does it really work, tell me a little bit so a typical day off of yours how how it looks like?

P20: So in the morning normally I go for a walk I want to make it run, so my idea is to run every morning, for the moment I cannot because I am I have something on my leg when I was it was some since two years ago, I was trying to do some acrobatic trick and and now it's I need to wait a bit so I go for a walk and then I stretch. And then I work a bit, I have a breakfast. And then, when I do something important so normally my work is either consultation or I give a training or I am preparing for the consultation and normally I turn on my phone, I mean the WiFi after I did my one task so it's for me not to be distracted I want to make sure that I need my morning routine a accomplish some task at least one big one, and then I turned on the WiFi and then I can check my emails, I can reply to some messages. And then, it depends, which day, for example on Tuesdays and Thursdays, I have another activity during the day on Thursdays, I have a vocal lesson and on Tuesdays I have aerial skills and when I come back it's already a lunchtime. And after lunch I work a bit and then I do another activity so currently I'm learning French. So I do my homework for French or I read some text or I use the Duolingo App. So I think kind of a break, but also it's not really a break, but it takes me away from work. And then I work, um, in the evening, I also have other activities, so I happened Bachata classes on Kizomba classes, it depends on which day so either I go for dance class and, for example, tonight at five I'm going for krasmagotas class. I have this so for example tonight, I have two activities after krasmagotas I have so much other costs, so I will be back around 7.38 we have a dinner, and then I see sometimes I need to prepare for my call. Sometimes, so if everything is okay, if I don't have anything origined, we also organize some activities at home, for example, we do a karaoke or improvisation party. And that's it and it can happen, for example, um, if we met let's say one week later, because this is our last week's in Georgia, we are planning to take more hikes outside of DC, so we will be all for more base. So I think you'll notice from the the agenda that on weekends, we go for sightseeing, for hiking or somewhere and starting from next week with plan to make it more proportionally so maybe three times a week or three days in a row, if I want to do hiking somewhere in higher mountains, I will be off but then obviously my workload will be also more before and after.

Mattia Rainoldi: I understand yeah, so it looks like that your typical day is a sequence of leisure activities, work, leisure activities, work and so on, and that's very interesting and my question here is how you keep the boundaries between work leisure work leisure? So how do you design it?

P20: Yeah, this is the way I designed it so because so I work no more more than one and a half hour in a row. And I think it's the best way because, for example, when I came from training, I don't feel anymore that I'm tired from work. And that's why I put these activities, because I know that okay in the evening, I have a class, it's a dance class or craft maga class and I need to finish something, for example tomorrow, I have a training and tomorrow I'm going to hold the training, which lasts more than three hours, it needs a lot of preparation and if I know that this evening I'm going to for my craft maga class, it means, I have to prepare it before about so before our call I prepare my for my training because tomorrow I'm not sure I will have time for that. So it makes me work how to say it's kind of a short deadline so I know that 'okay, before I go there, I need to finish this, before I go there, I need to finish this' and in the beginning, I had some online training programs, I was doing the stretching online. And I realized that if I don't have okay, it can be online, but there should be a coach like this on the call for example, my vocal lesson is online, but I have a coach like this, then I don't skip it and also it's it's more fixed or, for example, I go for studio and for my aerial suits I go to the studio so it's a fixed, because when I paid I take package so it depends on the country, for example, here they offer package for certain hours in some countries they offer package for month and since I already paid I go for this and it's fixed and I know that 'okay, before I go there, I have to finish this and when when I come back, I know that okay now I need to do this', and before, when I did my sport online, it was a little bit messy because I know that I have time, I keep working and then I realized okay it's too late or I'm too tired, I keep sport I worked too much, and then there is the burnout. It was not successful practice for me, for some people it works, for me my current routine works better.

Mattia Rainoldi: Yeah so and how fixed are the activities that you do?

P20: They're all fixed.

Mattia Rainoldi: There are some that are fixed and what about the others?

P20: They're all fixed except stretching that I do at home, but it became a habit for me. So every morning I start from woken stretching so I cannot do anything before I take some fresh air and stretch, and the rest to speak is fixed, I think you could see it also from the agenda that on Monday Wednesday, um, I have dance class, on Tuesday and Thursday Tuesday Sunday, I have a to class and then on Monday morning and Friday I have a poll class and then Tuesday Friday evening I have craft maga class, Thursday during the day so it's in the middle of the day, I have a vocal lesson.

Mattia Rainoldi: Okay, so it's not that these activities are flexible scheduled?

P20: No, it's a strict scheduled activities.

Mattia Rainoldi: That you decide for yourself. Is that correct?

P20: Yes, yes and normally I do two activities. So, for example, it's, um, workout and something where I have to move, so there is always an activity where I'm improving certain skill. And another activity is the physical. So, for example on before this vocal lessons I'm doing for less than nine month, 10 already 10 month before vocal lesson, I had a public speaking classes not public speaking, um, how to say because I took these classes in Russian, it has a different name so it's about controlling your voice. When you speak yeah for me it's important because I give trainings and I need to learn how to speak properly to the audience. I get it for some time and actually vocal lesson it has similar exercises so it's also good for the voice, it's not only for singing, it helps for my speaking skills as well.

Mattia Rainoldi: Great and you were also saying that you take the weekends off for activities like hiking and visiting the place where you currently are. Is it all or weeks the same that the weekend is reserved to these activities.

P20: It really depends, um, so normally we do it on weekends, but at the same time, we are flexible because, for example or it also depends on the country, for example in Georgia it's okay, we can take it also during the weekdays if we want to, but my clients, most of the time they work on weekdays. So if I want to interact with them it's good for me to be with them on the same page, but if I want to take a longer trail so before we had the call, the first call, I went for a hiking in Tasbeki in Georgia, I went there for a few days, and it was partially on weekend partially weekdays because it's quite far from here, so I I cannot go there every weekend is better to go once and complete those trails that I wanted to do and the same for upcoming weeks we're planning to go to Svaneti, it is also a beautiful mountain place and, of course it doesn't make sense to go there just for two days to stay there longer and Internet here is good, so I don't know, I think we will be combining working and hiking there, we will see or we take for four days off. And it also depends, for example in some countries tours are available only on weekends if they don't have much tourists and if it's a country where they have a lot of tourists, it means they have tours every day. And we can choose weekday because on weekdays the buses are there more free so it's not fully packed and it's better for taking pictures, um, when there are not so many people, so it really depends on the destination. Yes, so here it's okay, they have tourists, they have available tours both on weekends on weekdays but not so many tourists, but in some countries, it can be different.

Mattia Rainoldi: And what about the place where you work from?

P20: Yes, so before we used to work in the café and co-working but the last year, I think, since it started from January, we try to rent an apartment which is comfortable to work, so we normally take our large apartments more than 120 square meters, so we have separate one or room for working, comfortable table, it's important to have good lightning. And then it's more convenient to work from home.

Mattia Rainoldi: So you basically always work from home nowadays?

P20: Yes, it depends, um, if we agreed to meet with some people to work together, we can go for co-working and, especially, thanks to my partner's blog because my boyfriend owns a blog which he became very popular and we received a lot of offers, they offer hotels or co-working for free and then, um, if we have time we go because it's good for us to change the environment, to test but at the same time, it takes time, it depends so, for example, if it's not far from our place it's good, but if it's far we waste time on the way because, for example, is even if it's not so far let's say only 30 minutes, it's already one hour time in one hour time I can give a consultation to someone so yeah for me, the best is to have a really convenient apartment with a good lighting, comfortable tables and the separate rooms, so we can work from home. Actually it started from one of the apartment that we found once we rented one apartment which was really cool, it has a separate office room so everything is like like co-working room but it's just for like it's kind of a private of this room, it has a separate gym room, bedrooms and extra bedrooms and large living room, so it was so convenient and after having that flat, we decided to rent on the type of apartments.

Mattia Rainoldi: I see, yeah.

P20: It saves a lot of time.

Mattia Rainoldi: That's very interesting, let's talk to talk about a little bit also technologies, right, you mentioned there and they are a few things and I would like now to dive in a little bit more in the role of technology in in you in scheduling work and leisure and so tell me a little bit what technology you're using starting from the devices that you use for for work and for leisure?

P20: Mhmm, I noticed from your agenda, I think, is kind of stereotype that digital nomads they they use a lot of technology so which is not true. At least in my environment because we have many digital nomads friends and I think it's actually the opposite, because how to explain the life becomes more interesting, so we meet new people, we visit new places and we don't have um, we don't have the need to use technologies to entertain ourselves and for work it's the same as any regular office job, we use I think everyone use Internet, emailing, um, a platform for online meetings, because, even if you have an office job you use either it's um, what was the name from the Windows so either you use Teams because when I remember when I was working for company, it was always with Teams, Zoom or business clients, it's the same here when we work remotely, um, we meet people we need something so for me personally, a Google Meet, because I use Google Calendar to plan my day and it's easier for me to link Google me because, why do I need to use different things from different companies where I have the opportunity to have everything in one and also because Google Meet doesn't require any APP, any site, for example, for Teams from Windows, a person need to have outlook account or they need to download some stuff which is not convenient for everyone and Google Meets I can send to everyone with simple click like they don't need to download anything that's why I use Google Meet. But I know that for other people, for example, for my boyfriend because he works with larger companies, it really depends on his clients, also because if the the company use Teams, they just send the link in Teams and for us it's not a problem to use this yeah so I wouldn't say we use too many technologies it's the phone, laptop, tablet and in my case it's only two Apps or maybe three but they're all Google products Gmail, um, Google Maps and Google Calendar.

Mattia Rainoldi: Alright. And there do you separate what you use for work and what you use for leisure, do we have different accounts or something like that?

P20: Um, no I don't really separate but I think for work, so the point is that, um, for work I use notebook I mean notebook agenda, what I have to write things and then I can just take what I did etc. In Google Calendar, I put on the some important things not forget so, for example, if I need if I have a consultation and I need to prepare I don't write it in my agenda 'I have to prepare for consultation', I know it. I just write it down in my to do list where I can just tick, and then I change the listing, but I can put their some new meetings like the meeting with you for me it's unusual I mean I don't do it on a regular basis, I might. So I added in my Google Calendar, but if it's something, for example, every Friday I run a training, I know it's so I don't really need to mark it if I don't need to video conference, and so I would add it if I use Google Meet, but my Friday clients and they prefer to use um, WhatsApp conferencing, so I don't have it, because I know it's it became a routine and I add some other things so, for example, here I added my leisure activities, because I need to mark their own Google map to location because I needed some time to memorize where it's located. And after some time it becomes, for example, my walk I don't mark it on my calendar, because I know more or less the area I walk not far from home.

Mattia Rainoldi: Good yeah so how the technology that you use help you to achieve your goals?

P20: Um, I wouldn't say that technology helps I think it's more about setting priorities. And I assume the that the technology's impact is over-estimated because, if you have a certain priority and goals in your mind, you can use technologies for reminder, um, to send the invitation link, etc, yes, but it's not like they helped me because you can have the best technologies that are out but still not to achieve anything. So I know it's from my work because I give a consultation on digital nomads from creating a product. And the first question, my clients ask they're like 'okay, what do I need to buy, what do I have to order' and they're just ready to pay for for some technology and for what they pay they do the job, and I said 'okay, if you want to create you know, an e-learning course you don't need anything, even not a website, you can do it after', first it's the product, because you can run it. And I always give them an example how I did my first e-learning course without any platform or website. I explained that first idea and the quality of what you do and then when you see 'okay for these products, and I need this', then you buy step by step, it's not something that you invest at the beginning.

Mattia Rainoldi: Yeah. What is interesting to me is also to hear a little bit about, um, so you said before we have a series of different activities that you plan during the day, and, um, you switch multiple times from from leisure to work, to work from work to leisure and so on, so tell me a little bit about what role of technology in your daily routines?

P20: Yes, so I think you didn't really get my message, because maybe you're already made up in your mind 'okay, digital nomads these and the technologies, they play this role', but it, it can be you know. Maybe it can be a hypothesis hypothesis, but it can be you know true or not true right, so I wouldn't say that technology do something in my life because my work is a human interaction of course I use some tables for my reporting, etc, but it's for everyone, not because I'm a nomad if I would work in the company I would use also computer, tables, Internet and for my leisure, I think, actually people who don't travel or if they don't have hobbies like real hobbies they don't dance or they don't do it to other trainings, other sport, then they get interaction from technologies, they I don't know they subscribe to Netflix, they watch TV and they play games and then, if they fulfill their free time with some other activities, real activities like me, going to the studio for dance, to do for craft maga another studio for 10 years, then they wouldn't have time for this technology is because it's not healthy then your mind is, how to say, I mean you understand, because when you do offline activities, your mind is fresh and you are more focused on your goal.

Mattia Rainoldi: Yeah that's is clear to me. I'm referring back to something else that you have said before, so this is what I wanted to listen a little bit or hear something about so you were saying something like in the morning, I do activities, then I do some work and then first I turned on my WiFi and my my emailing so here is a relationship between you and technologies, so tell me a little bit more about this this type or maybe other strategies that you have.

P20: Mhmm. Yes, so because, um, we are loaded with some task and, for example, if I receive a message from my client that they want to correction on on these parts or they want an additional service, etc, it is good, it means I have work to do, I have a job (laugh), I have a client but you know strategical way in a long run it's not something I need to focus first, it's more the daily routine of irrational things but first I want to do something which apply some more strategical work in the long run, so, for example, if I need to if I see that one of my project is not working, which has happened recently, because where I'm doing everything as a fun but somehow I don't see the results. So, it means that is something wrong with the strategy, I need to replan it, then this thing I would do first in the morning, or, for example, this morning I'm going to order a landing page, for me it's important because, through this page, I will receive new clients and I need to give, um, to the freelancer who will create this page, I need to use this structure and I'm working on this structure first and then I can go for operational things, um, reply to someone's question to clarify things, to check the draft, to see like if we can add additional services etc.

Mattia Rainoldi: So that's the point where you switch on WiFi.

P20: Yes.

Mattia Rainoldi: Then you switch it on again during the day, how does it work for you?

P20: Um, no, it's only for the night.

Mattia Rainoldi: Okay.

P20: For right because it's also not healthy to sleep with the radiation. So we normally turn it off, um, before we go to sleep, maybe an hour before, and then we turn it on after some time, after we have request and after we did some some important job, it's the same also for my partner, so we have the same routine on this.

Mattia Rainoldi: Okay, so um, during the day so when you're doing your work task, now let's pause now you have your WiFi on. So how do you deal with notification that might come in on your phone.

P20: Um, actually I don't have so many notifications, my notifications that actually off on settings, so I see only when I have to check because I'm I'm always working, so it's not like, even if I'm busy with some my leisure activity in the one hour, I'll get back to my desktop and I will check so, even if I missed, they will not wait for too long, its maximum 30 minutes, one hour.

Mattia Rainoldi: So when you are out doing other activities, um, so, what happens if someone wants to contact you?

P20: Yeah they can, I mean my phone is not, it is on, it's just that, when I'm training, obviously I don't check my phone at the time, so on this time also my brain have a chance to rest.

Mattia Rainoldi: Mhmm. That's correct yeah.

P20: Yeah and I don't do that type of job that immediately I don't reply, that is, the fire or something I don't save people's lives, I mean I don't know that that point of if it's even if it's something urgent it's that type of emergency that can wait, but normally, um, it doesn't really happen, because if I do something which is pre-aligned.

Mattia Rainoldi: Mhmm. So for you, basically, the strategy is you go and you do your activities and, whatever happens, then will be dealt dealt with when you return back to work?

P20: Yes.

Mattia Rainoldi: Is there any situation for you that occurred through the technology that you're carrying around that you have that you felt like technology was intruding into your leisure activities or some?

P20: No.

Mattia Rainoldi: Okay.

P20: My leisure activities they are not related with technology so my phone is just in the wardrobe, in the locker or somewhere, it depends on the type of this video, sometimes to have a local, I mean you understand, so I leave my bag there, and my phone is in my bag, okay.

Mattia Rainoldi: So basically when you're doing your whatever activity that you do, you separate yourself from the device and by doing that, there is no chance that you get interrupted or so?

P20: Yes.

Mattia Rainoldi: Okay, and this is all the time?

P20: Yes.

Mattia Rainoldi: Okay, so when you are hiking or so how do you the deal with it?

P20: The same so what I think is also depends on what people do so as for me, I use training, so I have a training schedule for certain day, let's say Tuesday and I gave my training on Tuesday, and then there is no way that they will disturb me after or before yeah, they can of course they send me a message, but it's mainly a review for the training they just 'Thank you, it was these' these but I mean it's not so important, I can replay them, 'ah you are welcome' or 'thank you' one hour later or two.

Mattia Rainoldi: So for you is not time sensitive to give a reply or to give an answer to the messages or or whatever communication?

P20: Yes, yes, I can receive sometimes from my clients, so I also for consultation on creating online products and e-learning courses, they asked me a question, sometimes, but I also restrict because they pay for my work and I don't want to be disturbed for the time that I'm not paid, and I think my clients they know it and I can just if they asked me a question out of the consultation time I just 'of course, we will discuss it during the next consultation and I will explain'. So, and if it's something that's I cannot give an immediate answer because sometimes it's a long explanation, but if something really quick it's okay, I can answer to them later, and they will be just grateful that I reply (laugh), even if I reply two hours later, they're happy that I replied because I can't even look reply just say 'okay book a consultation and I look and I'll explain.

Mattia Rainoldi: Yeah. Um, have you found yourself, for example, in a situation where it was difficult for you to differentiate am I doing leisure activities, or am I working?

P20: No I, like as I told you all my leisure activities they are planned and it's not it doesn't look like my work so, for example, I also do a retreat program. And in this retreat we go somewhere with the with the group, it can be in the hotel, in the mountain but for me it's still work, because I am I'm doing a certain job there, even if I enjoy the view, I enjoy the company, it's still work.

Mattia Rainoldi: Mhmm. So, how does the situation makes you feel?

P20: Um, pardon, I did not hear you. I think there was a disconnection.

Mattia Rainoldi: Yes, this was a small. I was saying how the situation makes you feel to be in working and joying it and.

P20: Yeah it feels good, I think I did a good choice doing what I'm doing now.

Mattia Rainoldi: Right. Let me see here if I have, I put a few notes from your diary as well, um, so this is also an interesting thing yeah. So, and that's a little bit contradicting what you were saying. Maybe you can explain to me then it became more clear, so you're saying here that you're always available online for calls.

P20: Yes, I am available in the way that, um, I have Internet. I mean I always go somewhere where I have a connection and they can always text me, email me or call me, I will call them back. And if I'm going somewhere for hiking let's say we are planning to go to Svaneti for three or four days, obviously I will inform them that 'okay I'm off until Monday or Tuesday' or whatever the day.

Mattia Rainoldi: Okay, mhmm, this will be your strategy, to give advice to the people you're working with that you're going to take some days off.

P20: Yes, of course, the they know in advance, but how to say most of the time, we also why we stay longer in the same place, because I know 'okay by this time, I will be done with this project' and before I jump to the next project I just go somewhere, where I want to go.

Mattia Rainoldi: Mhmm. Yeah, great, mhmm, and let me see, that's you something that you have already explained that you work in between in between your your activities, and then let me see here. So you said here, you 'had to interrupt my day for a couple of urgent mails and call schedule for next week, but it's that doesn't bother me' so, in some cases, it seems like that you get though interrupted because of technology -

P20: (overlap) Hmm, I (end of overlap) wouldn't say it's because of technologies so, for example, what happened, we had a call for a certain time and then my client says 'sorry I'm not available, this time, can we make it another time' and if I don't want to lose my clients, then I can go for compromise and sometimes I also change, for example either what happened I think it was two weeks ago I don't remember, so I normally I can watch other classes on Monday evenings, you think I skipped that class because I needed to finish something, but then I just went on Tuesday. That's it.

Mattia Rainoldi: Mhmm. Yeah and in terms of maybe strategies or small routines that you have during the day, um, you said again I come back to the same example that you do your activity, then you do one and a half hour work. So how do you then decide when these one and a half hour of work starts and stops?

P20: Mhm. I didn't get your question, so I will explain you on today's example, okay?

Mattia Rainoldi: Mhmm.

P20: So, today I had this training, um, aerial silks and then I came I see because I also have, it also track my lunch delivery because I made an order for a for a week. I took that type of package that they deliver lunch, um, every day during the one week. I talk, I see, it's normally my plan was to come home have my lunch and then work, but I see today there is, um, delay from for the lunch some holiday I don't know they cook later or I don't care what happened, I see that I it is thirty minutes later, so I work. And then I have my lunch and then I work again, so there was this, it was not for one and a half hour I did for 30 minutes, and then I had my lunch, and then I started with working again and then yeah that's it and then now we are having a call so because they took even I think it's not even one and a half maybe two hours, so it really depends so whenever I'm not doing activity, I'm working except evenings, in the evenings I don't work.

Mattia Rainoldi: Mhmm. Why is that?

P20: Why? I think it's enough (laugh), it's time to rest. I spend time with my partner (laugh).

Mattia Rainoldi: (laugh) Okay, yeah. So you also the evening is kind of a sacred space yeah?

P20: Yeah it's a space just for the two of us, we do I don't know I think normal things that couples do.

Mattia Rainoldi: Yeah, yeah, I understand. Right. Since you don't have much time left I'm going to ask you, um, a question that generally is very interesting to ask. So we have been discussing the topic here for a little bit already so work and leisure, how you organize it and how technology helps you to do something or not, um, is there is something that is still important to you that you think okay this is an important thing that that I would like to say you're related to the topic that we didn't talk about?

P20: Um, yes, um, so I think there was there was no question about my relatives and my friends, so when I keep traveling how do I keep in touch with my family, how much time it takes, how do I plan to visit them or they visit me, this is the first thing. The second thing I still think that maybe you can reconsider your focus on technology some or maybe you, you can say that as a result of your research that 'okay, I thought that everything is based, um, on technology, but I realized that nomads they travel, they meet new people, they're fine with offline activities they do, and actually they they interact less with technologies.

Mattia Rainoldi: Mhmm. Well, I'm not assuming that anyone is doing everything for technology, so what I'm interested about here is to understand your practice, your needs, what do you do every day and the role of technology for me is there that it enables you to do your work flexibly and from different places, at different times so for me to understand more the practice and than the technology -

P20: (overlap) Yeah, yeah. Okay (end of overlap), so I think here, you can say that actually nomads they use the same tools as any office workers because everyone use Internet, everyone use emails, everyone want to use video conferencing.

Mattia Rainoldi: Sure.

P20: And, yes, I think, um, there should be something about family and relationships with some family members. And this is what we normally always discuss with, um, other digital nomads. Another topic I think is good to add here it's about making friends, because for some people when I travel, we need a lot of other traveling people. I noticed that for some people it's not easy to make friends.

Mattia Rainoldi: Mhmm.

P20: And some people they are too attached to certain friends that they have in their countries and it's not easy for them to meet new people. I mean they can be so they can be nice, sociable -

Mattia Rainoldi: Was it for you?

P20: For me it's fine, I'm a very social person but for some people it's not that so, for example I have a friend, so if I introduce other people to him he's fine I mean he's friendly, he knows how to keep up with the conversation but someone has to introduce to him, but himself, he cannot make somewhere friends just like this on the street or whatever, for me it's easy I just say hello, I smile and that's it with that. So I think he it really depends on the mentality. Normally people from South Europe or Latin America or Asian countries they easily make friends therefore people from western Europe, I think it really depends. And also, it depends on what type of job they do.

Mattia Rainoldi: Yeah.

P20: Yes, these and also another topic can be added here it's, um, pets because I was thinking about it, I want to have a pet but we keep moving every two three months somewhere so it's not easy, because they need, for example, if I want the cat, cats, they need a few weeks to get used to to know that this is my home, I have to come back here, and then, if we leave that place after a few weeks, it means the cat it has to get used to this place again, so it's not really fair to the pet.

Mattia Rainoldi: Sure.

P20: And also, if it's a dog nowadays, not all the air companies they all have in cabin, and you don't want to put your pet in a cargo. We don't know how are the the conditions there, some companies they provide the video recording how you how they what is their attitude to pets and some of them, they don't provide and for me at this moment I'm not ready to have my own pet because I think it's very cruel to the animals have a pet with this type of lifestyle and I started searching for shelters for the animal shelters because they're also pets need some human interaction, they want to be cuddled, they want to be hugged and it's good, but at the same time it's a bit scary because I don't know if they're friendly enough (laugh) and if it's safe and it's also the for example here in Georgia I'm not sure if they have good conditions in their shelter, so I couldn't take this risk and I think this is one of the hot topic for digital nomads.

Mattia Rainoldi: Okay. Fine. Then we're just making it on time and I say thank you for contributing to this research. I'm sure that I learned a couple of new things here and well, um, thank you again.

P20: Thank you very much, it was a good experience for me too because this even this agenda - (end of recording).