Mattia Rainoldi: Now zoom should have that notify you that I started the recording so there before we dive in deeply technologies and work and leisure, I have a couple of warm up questions prepared for you and the first one is what is your job title, so?

P21: I guess I'm iOS engineer.

Mattia Rainoldi: Alright, iOS engineer. Very good, and how do you describe your employment type?

P21: Oh it's a full-time job, um, yeah it's full time job.

Mattia Rainoldi: Are you working independently?

P21: No, no I'm working in a team, but it's a remote team, like all people work from a different place. Um, maybe except for San Francisco office where we have CEO and head of sales and some other people who work from the States.

Mattia Rainoldi: That's very interesting. So why did you choose to work in from Moscow?

P21: Um, I wouldn't say I'm really working from Moscow, I spent here, usually two months per year and I usually do it during summer because it's the best time in Moscow so yeah these are two months in Moscow.

Mattia Rainoldi: Okay so what would you do the rest of the year?

P21: Um. This years that's a complicated question but probably next next month I would spend in my hometown of my husband and after that we are going to Turkey probably, it's not sure because right now it's not possible to plan longer than for a month or two.

Mattia Rainoldi: Yeah but generally would you say that you change this one place where you leave quite a lot during the year?

P21: Yes, like this year I've been, um, to four countries, and I guess five or six cities, six seven like I change it often usually every couple of months for last four years.

Mattia Rainoldi: Okay, and what is the reason for doing that?

P21: Um, I like travel, like I started to travel when I was I don't know 20 years old and since then I do that like 3, 4, 5 times a year at one point I decided I can travel all year long and started to do.

Mattia Rainoldi: Okay, so and you work while traveling as well?

P21: Yes, yes, mostly and last year started started to have vacations but three years before I not really have any vacations and it was hard but last year I realized I need some vacations, even if I work and travel all the time.

Mattia Rainoldi: Mhmm. What is for you the reason for working remotely and traveling at the same time?

P21: I don't know, for me it's just the lifestyle. I, I love to travel and like if, I need money for traveling so I do it at the same time (laugh).

Mattia Rainoldi: Okay, so the reason is basically that you just work while you want to travel and you want to pay for your travels, is it what you're trying to say?

P21: Um, like if you ask if I do it by do I do that at the same time, because this way I can travel more like if I can leave 28 days of vacation so it's not that much and if I work in travel at the same time it's much more time.

Mattia Rainoldi: Mhmm. Very interesting and when you are traveling, so how do you work?

P21: Um it depends from place or I go like usually I try to go to, um, a place for a couple of months, so I wouldn't be in a hurry like I can work during the work days and have some rest on weekends and look around and do whatever I want, um, it's most of the time, but sometimes I have something more intensive like I want to travel and work at the same time and it's not that busy usually these days I work couple of hours, but still work.

Mattia Rainoldi: Okay. So you're saying you're when you're traveling so you work a couple of hours a day, and the rest of the time you use it for leisure?

P21: Um, for I'm not sure with leisure but all other kind of stuff it is I'm intensive traveling then yes, but like sometimes I have some health arrangement and not trading and meetings, for example, today I have um, study studying in school so I spend my time in school and after my time I start to work.

Mattia Rainoldi: Okay, so and how do you typically organize your day, so what time you work and what time you dedicate to other purposes?

P21: Um. It depends, like in the stable period which is I would say at least half of my time at cafés, yeah have a stable place, for example in Istanbul, I was living for two months, and I have a home and I don't have much to do except for going shopping and walk, so I was working I would say from 10 to six to 4pm and other time I spent for walking and I don't know something else, um, but like in days like today, I just keep some few a few hours in the evening to work and spend my day as I need to.

Mattia Rainoldi: So it sounds like you're working day is very flexible?

P21: Yeah they are especially because right now my company is an American company and the time difference is really huge so I can work at night, and it will be fine.

Mattia Rainoldi: Okay, so um, then how you schedule when you work in when you're not working?

P21: How I what, schedule?

Mattia Rainoldi: Yeah, how do you decide about what time to work and what time to do other things?

P21: I have some like I have a plan, um, on the work we have a screen planning, we have tasks to do so I know what I need to do in two weeks and, um, I know how much time I need to spend a day to complete this and um, I know that I need to work at least three hours four hours five hours and so I know what I need to do that, but if I have something dependent on time, going having some appointments, studying, whatever, um, I plan it first and then I plan work hours, so basically, I have some schedule very basic schedule in my note like paper note, so I put it for a week and put all my important events, and when I would work inside so.

Mattia Rainoldi: Okay, and how are you, how independent are you in deciding that?

P21: You mean working hours?

Mattia Rainoldi: Yeah.

P21: Um, I mostly independent except for some calls because we have some important calls like today, I had the work call and usually often I can't move it, sometimes I can move it, but often I can't move it, so I need to move um, other events.

Mattia Rainoldi: Okay, very interesting. So and you're also talking about days days off a little bit -

P21: (overlap) I will arrive in two (end of overlap) I will arrive in one minute so let's have a call in five minutes okay? Let's continue it.

Mattia Rainoldi: Right, let it run. You can just the rejoining, um -

P21: (overlap) Okay (end of overlap).

Mattia Rainoldi: - So I don't get two recording files.

P21: I will be -

Mattia Rainoldi: (overlap) Just mute (end of overlap) yourself and then come making when when you're ready right.

P21: Yeah I should be fast like I'm really close to my apartment so, okay see you soon.

Mattia Rainoldi: See you soon.

(pause)

P21: I'm back (laugh).

Mattia Rainoldi: Oh welcome back. So fantastic. So where were we, um.

P21: At this flexibility or making decision when to work.

Mattia Rainoldi: Yeah exactly and my other question was that you mentioned that you take these off and my question here is when do you take days off, how you decide about taking days off?

P21: Um, sometimes I want to go to the places or to activities which can't involve laptop or even cell phone like we don't have Internet or something or it's a camping or it's um deep inside mountains and I love this stuff, type of activities and this year I went to mountains in June and last October, I went to a camping in Turkey, so I wasn't working in these two types.

Mattia Rainoldi: And how do you decide about it when you take days off?

P21: Oh like for the camping it was easy it was easy, it was a set date, it was a group camping so it was a dates which I need to go and for mountains it was also related to me traveling to my hometown so it was just dates around this trip, um, the most suitable where there are no public holidays and um, yeah that's it.

Mattia Rainoldi: Mhmm. You can decide yourself about the days of that you to take?

P21: Yeah absolutely. I'm not sure like I think it's in my current workplace it's enough to say a week or two before 'I want to go to holidays' and that's it.

Mattia Rainoldi: Okay and during the week?

P21: Um, during, I usually don't to have days off during the week, if you ask about that.

Mattia Rainoldi: Okay, and what about the weekends?

P21: Oh on weekends I don't work. I don't remember when I started it, probably after my last vacations um, or maybe like I started this year. I don't remember when but right now I don't work weekends and I try not to open my laptop during the weekends.

Mattia Rainoldi: Okay, why, why is that?

P21: Well, because I'm tired of laptop like physically tired um, my eyes are tired. So I decided it would be more healthy not to spend any time during the weekends with it.

Mattia Rainoldi: Mhmm. So you're basically free of deciding when to work and when not to work, so why do you take your days off on the weekends and not during the week or something like that?

P21: Um, um, like right now I'm in Russia, it's my home country and here I have many friends and relatives and most of them have their weekends on weekends so to spend time with them, to have ability to travel somewhere with them, I better have weekends on weekends.

Mattia Rainoldi: Okay, and when you're traveling and working at the same time, it is the same? You still taking the weekends off?

P21: Um, usually, yes, if I don't need a day inside the week or something like if I need to do something to travel somewhere, I may do that but usually I stay with holidays um, because like, um, in most countries it's um, how to say, um, in some countries it's um, better to move it like something changing it's easier to travel somewhere, but some events um, are also, many of many, um, most of the events, I would say placed during weekends and if I want to attend I better have my days off on the weekends.

Mattia Rainoldi: Yeah (laugh) alright. That sounds good, yeah. So we have talked quite a little bit about the time of work, and so what I'm more interested in now is to discuss a little bit also the place where you work from? So where do you generally work from?

P21: Um, I used to love work outside of my home, but after Covid I seem to work mostly from home like right now I'm used to work from home and for me it's hard to go into the closest coffee, I don't know reason for that, but for me it's easiest to work from home.

Mattia Rainoldi: Mhmm. And what about when you are traveling where you work from?

P21: Actually the same like usually I try to have apartments with table and chairs, so I usually work from home.

Mattia Rainoldi: Okay, so why is the reason for doing that?

P21: Oh, I don't know, no reason actually. I like sometimes I have my laptop to have an ability to work like for example, I think before I was traveling in St Petersburg with my mom and like she was like a tourist, she wanted to go anywhere and sometimes I go with her, went with her and I have my laptop and once I was working from the park um, but I don't know, I love to arrange time to work from home because, like I don't need to spend any time to commute anywhere, and I can just sit and work.

Mattia Rainoldi: Mhmm. So, in your diary but you have also mentioned other places you work from, you said home, the car, car, café. Are those usual places of work for you?

P21: Oh, sometimes I'm working from the car, like the call with you it's usually because, if I have some calls and I need to go somewhere, I may have calls during um over taxi riding because, like we have pretty good Internet and um this time I still have so I work from these situations and from the café it's rare for me now, it was St. Petersburg work so yeah I took my laptop and I guess we went with my mom somewhere yeah I remember this café, but it was only I think it was only once during that week (laugh).

Mattia Rainoldi: Mhmm. Can you tell me a little bit more about that situation?

P21: Well, I don't remember exactly. I, I think we went to breakfast to my, our favorite café it's with cottage cheese pancakes and it's very popular um for tourists in St. Petersburg and um, after that my mom went to some museum, I guess, and I just sit and work before we go somewhere else. I don't remember where we go next that day but yeah probably go to some place.

Mattia Rainoldi: Okay, so while your mom was visiting the museum, you stayed at the café and you work from there, is that what you're trying to say?

P21: Yeah yeah.

Mattia Rainoldi: Okay, and why why is that?

P21: I don't like museums, but like I try to spend as much time with my mom as possible, so it was um, extra 20 minutes to go to work from home, so it was easy to work from the café.

Mattia Rainoldi: Okay. Mhmm. And how do you generally set up your work space?

P21: Um I would say I don't have much requirements. I have only my laptop, um, also, I need my iPhone because I'm iOS developer connected to the laptop and usually I need a socket to have a power because, during my work laptop lasts only I guess two hours or less so I need a socket and that's it like usually I have table and some kind of chair um, but sometimes I'm okay to work from sofa um, yeah, and I think I don't have anything on my workplace other than laptop and my phone.

Mattia Rainoldi: Mhmm, okay. That's very interesting and um, that would be the regular setup that you have at home?

P21: Yes.

Mattia Rainoldi: Um, when you're traveling or so?

P21: Um, like I would say I don't have the last four years, like I usually travel and I don't have any base base, where I can make proper setup. Um, right now, like my husband and I agree with about one time when we move to Canada, we have an immigration visa in Canada and need to move there, but because of agreement last for two years, so we're dreaming about a house in Canada, where we can have proper workspace with the huge monitor and whatever, but for the past four years, so I don't have any of this.

Mattia Rainoldi: Alright. So when you are traveling and so you just need a place where to sit and have your laptop and um, your mobile phone. Is that how it works for you?

P21: Yeah yeah that's um, enough for me.

Mattia Rainoldi: Okay yeah, great. Um, and there is any particular choice or any particular reason that you um, that is important for you when you choose a place where to work from?

P21: I don't know like oh, last year I was working only from home mostly mostly from home. So I choose the houses with table at least um, but other than table like it should be comfortable, it better be comfortable table and, then I guess for now that's all.

Mattia Rainoldi: Okay. And when you are traveling?

P21: I still work from houses so it's still table and chair. Um, I, I think that a year ago I was still in Turkey and working from different cafés and I choose cozy ones like it should has a lot of lights and whatever but nowadays it's not that important because I usually don't work for cafés.

Mattia Rainoldi: Yeah (laugh) yeah that's clear. Alright. Um, and we were saying, and also you mentioned it in your diary so that basically your main devices that you use for for work are the iPhone and and um your your laptop right. Um, can you tell me a little bit more about how you use them and um, how do you differentiate when you're using them for work or for for your leisure time?

P21: Yes, yeah sure um, I like my phone, I would say is always with me. So I use it for everything but regarding work I use it for calls, um, I have have I would say I don't know five calls in two weeks so not many, but still and for chatting because we have most of communication on Slack. I do during the day I think at any time, because our team is worldwide and sometimes they have questions in my nighttime so I answer them even if it's at nighttime like if I'm not sleeping yeah and laptop I using for work and I prefer to do browsing, web browsing on laptop also, yeah (pause) I think that's how I differentiate so laptop is mostly for work um, and the iPhone for everything.

Mattia Rainoldi: Right and let me take a note here, yeah so if you use your um, your laptop for both for work and for leisure purposes, how do you differentiate when when to use it for work and when to use it for later purposes?

P21: Um, how, like I said before, I had some work hours, sometimes it's inside my schedule or sometimes I have adjust the time let's say from six to 11, I need to work three hours, um, and I have kind of Pomodoro Timer timer inside my laptop so I know I need to work three hours and I just started and try not to do anything other than work on my lap laptop for this hour and after I finished, I may do some I don't know browsing, mailing whatever I need to arrange something or usually or maybe sometimes I watch something or read something on my laptop yeah and if, during this work period I understand what I not really concentrated, I stop the timer and do whatever I need and returned work and start the timer again and, like how I see my working hours and how much I worked and if I work enough as it was planned for a day and what about where like I don't know, I have some periods in my schedule which are in which I should work so I just know in this time I should work.

Mattia Rainoldi: So the Pomodoro Timer um basically helps you?

P21: Yes, it is because without it with my chaotic and flexible schedule, I felt like I don't work at all, but with this Pomodoro I know, but I work, at least for three, four, five hours and I'm calm.

Mattia Rainoldi: Okay, so how does the using the Pomodoro time makes you feel?

P21: Oh, I think that's a like a piece of concentration of this, so it makes me more concentrated, because I know I have it running so it helps me to concentrate and work.

Mattia Rainoldi: Okay, great. That's very interesting yeah um, are there any other kind of rituals that you do to um, concentrate better on work or um, or to create a boundary around work?

P21: Oh, not sure. I would say I usually start by reading the chats, the chats because work chats I mean because it's related to work and easy one because, like the starting from coding it might be tricky like I start from reading the chats and after that I do my tasks, if nothing urgent happened there, I just work on what I need to do.

Mattia Rainoldi: Okay, very interesting so let's come back to the chat. It is also something that I wanted to ask you from from before so, you said that basically in your Slack chat you can get um, a message at any time during the day and night, is it true? Is that what you wanted to say before?

P21: Yes, yes, because we work with worldwide, in the States and India, in Europe, um, it's likely that something may happen at any time.

Mattia Rainoldi: And how you manage that?

P21: Um, um, I read it like usually if I'm not busy on something, event or what some event or I usually read chats but not all related to that something may happen because our APP is related to customers and it's it should be stable, because it has not work when users can't get access to their let's say workplaces or apartments and it's really important um, so we should have it and that's why I always read customer support chat and places where bugs are reported yeah and if it's something that requires answer um, and I can answer it, I just do that and if it's required to look into something and I have time right now, I do that and if it's too late and I need to do something I don't know to check or to fix, I probably wouldn't do that if it's too late, but if it's not too late, and I have time right now, I would accept.

Mattia Rainoldi: Okay, so basically what you're trying to say there is that you would also answer to chats or read chats and answer to them even if you are not in the your scheduled work time?

P21: Yeah yeah I do that.

Mattia Rainoldi: Okay, so why is the reason for doing that if you didn't schedule work for that time?

P21: Um, I feel it's like two reasons, so one is my official work hours, I guess is a full-time and I usually spend less than a full-time for my coding job, so I left some time for doing this and and I do this because it's important sometimes to answer or fix immediately.

Mattia Rainoldi: Okay, and it depends, so you doing that on what depends?

P21: Sorry once again please.

Mattia Rainoldi: Let me, let me phrase it differently then, sorry of that. So that happens that might happen at anytime.

P21: Mhmm.

Mattia Rainoldi: And if you're going to reply or to take care of the issue depends on what?

P21: Ah like if it's a, it depends on um, on if the issue is really critical like if it's critical and I probably take a look like really critical really, really critical, then I can do it anytime um, and if it's not critical and it's late for me like I'm going to bed or something I may not responded so I evaluate the the critical level and um, how it is um, during my day like I had said normal hours like so of course I would reply in morning but at nighttime I prefer not to answer not critical issues.

Mattia Rainoldi: Okay. From what I'm understanding here you have your phone and your laptop and you use them for work and leisure independent also for for both purposes right, so what is the reason to have two devices for multiple purposes for you?

P21: Um. Um, I would say I use the phone for leisure because it contains many functions like camera and like I can use on the phone or have a separate camera but it's not very convenient um, and I use it for work, because it's convenient to me because I can solve some problems I need to solve um, I don't know during a taxi because it's time I sometimes spend useful but mostly I just the listening to music or something, and so I can do work or do something useful during this time. Um, so yeah I use phone because I don't want to use a laptop in taxi because I become dizzy and it's not very comfortable to sit with laptop in a taxi.

Mattia Rainoldi: Yeah right but have you ever thought about having different devices um, for different purposes? So devices for work and devices for leisure?

P21: Um. Not really. I don't feel like work bothers me or my home. I'm not stressed about it so it's totally fine to have it in my phone. Sometimes like it's a it depends on my workplace because right now it's like that before I had the stricht working hours and I actually don't have didn't have anything on my phone regarding my work, I worked only from laptop in designated hours and that's it.

Mattia Rainoldi: Okay so and now it is different. How it is different?

P21: Yeah it allows me more flexibility and so I'm more flexible about it like it allows me more freedom. It allows more hours to be available if I need to.

Mattia Rainoldi: Yeah so hours available for work is that what you meant?

P21: Sorry?

Mattia Rainoldi: So that allows you to be available more for work is that what you you mean?

P21: Um. No, I mean like right now I don't have designated hours to work, and I can work at any time, and um, I feel like for this freedom to work and do other stuff at any time and for that freedom I just use my phone for the work purposes also.

Mattia Rainoldi: So, are you trying to say that you are a person that prefers to have um, a more kind of an integrated approach to um, work and leisure?

P21: Integrated you said?

Mattia Rainoldi: Yeah.

P21: Yeah. I would say so, like I don't feel comfortable during office work because I have some interests which like I don't know going to gym for me is better at the midday, than, rather than evening. So and um, some other things are better to be done during the day, because it's I don't know more empty because at the evening everything is busy. So yeah I prefer to have time um, free time during the day at any time I want and work whenever I'm comfortable.

Mattia Rainoldi: Okay, so and in times that you take for yourself to for your free time, um, did it ever happen that working through your free time because of technologies that you're using?

P21: Aj, you mean to start work during my free time because I have my phone and see something.

Mattia Rainoldi: For example, if you feel like because of having technology with you you work in your free time?

P21: Oh, I think I kind of don't have this feeling right now but I don't have it because I, as I mentioned I work less than eight hours per day, so I always have a room for some more work, but in days when I have been working for eight hours, and I see some message which require me to work, um, work a little bit more, it makes me feel uncomfortable and stressed, but at the moment, though it's not, I'm comfortable with work inside my leisure time, except of situation it was something like it was important event I don't know I'd say someone's birthday, or something and um, but during this time I try not to use phone like I reserve some free time if I really need it so during this important events I just try not to use any kind of technologies.

Mattia Rainoldi: Right. Okay, so what's your strategy for not using technology?

P21: Um. There are two options. First, to just leave my phone on the table and don't take it until the end of the event, and the second one is just turn off all notifications related to work like I did during my vacations. I just turn everything off and that's it.

Mattia Rainoldi: So often do you use this strategy?

P21: Well, turned it off the notification is only during vacation, I guess, and leaving the phone somewhere um, I think um, on weekends, almost every weekends and um, maybe a couple times per week, but it depends like sometimes I have many events like I don't know every day someone has birthday and sometimes I don't have it for weeks so not many important events.

Mattia Rainoldi: Okay. So you were saying before that um, while you use also your phone and your other device your laptop also for free time purposes, right, and um, how do you make sure that your free time doesn't intrude your work time? So when you are working does it happen that you get distracted from your normal work purposes?

P21: Yeah it happens sometimes. I think it happens rare on the phone because on the phone I use it only for communication on work it's only calls so it's almost impossible to be distracted from a call because, like it's the most important thing on the screen and nothing can distract me um, but if we talked about laptop, but I have some personal chats on it and I have my Pomodoro so I run it and I can answer I have notifications on my personal chats and sometimes to distract me and if at some point I realized but I don't know I started to buy tickets or something I just stopped my work timer and do whatever I need or I just stopped bying tickets and work until the end of worker period, so it depends like how I feel, sometimes I'm tired and stressed and these days I do less work and probably I would decide to go buy tickets or shopping or whatever, and some days I'm focused and I just finished my work and then do whatever I need.

Mattia Rainoldi: And did you find yourself in situations where it is very difficult for you to say if you are working or, if you are in your free time so in this situation where work and leisure are mixed together.

P21: Um, I would say sometimes, sometimes like in the laptop or I has this Pomodoro and it helps me to distinct pretty much well between work and leisure, but I can imagine that sometimes I have like two weeks ago I have a work call inside for amazing historical park with my mom, so like I was walking this park and at the same time I was having a work call and um, it's it was hard for me to say, even if I if I work or, if I have a free time.

Mattia Rainoldi: How do you situation made you feel?

P21: Oh, some I don't sure about that situation. I think it may still me a little bit anxious a little bit like this busyness and yeah it's inside, I guess, when I supposed to do one thing and it usually have happens with our origin urgent urgent calls but sometimes have them regarding some issues and it happens during some time which I plan to be somewhere and like today, I also felt anxious because my study finished an hour later when it's supposed to so I was in the middle of taxi and I feel busy, and then just in these situations when I not in a place for us both to be to have a calm call during this time, so feel inside.

Mattia Rainoldi: Doesn't it happen often to you?

P21: Um, not really like most of time I work from home and no problems at all, like I can have for urgent call from phone and it's no problem, but like when I have a week of travel with my mom or um, like this week it's also unusual because I have this study program, it's less than half of time of my life, maybe 30% I don't know, maybe 20, then I traveling or doing something, and it intersects with my calls or anything else.

Mattia Rainoldi: So and um, you said in the past um, when you were traveling more in the future when you will travel again so um, is it, you found yourself there in a situation were it was difficult to keep clear boundaries between work and leisure because of technology?

P21: Like I would say it depends on a travel on a particular travel but nowadays I usually as I mentioned before travel at one place for two months, so I feel calm and comfortable and not in a rush and not anxious and it's all because of my past experience when I been visiting I don't know five countries in 40 days let's say, and it was super uncomfortable. I was working and traveling and it was so mixed and possibly mess, but now I more calm about travel traveling so I would say shouldn't happen often maybe some days some days it will, but not often.

Mattia Rainoldi: So when you think about your typical your typical day. What are for you the advantages of using the technology in both work and leisure?

P21: Um, I would say like the main purpose of it so, um, I have only one bag so they invented is like I don't have much space and I can't afford having two laptops or two maybe two iPhones is okay, but still, it requires some space. And another one yeah I think it's all about space, sometimes I have a small bag and I don't think it would be comfortable for me to have two phones inside it. And like I'm fine about how it works now, so I just don't don't know why I need to separate them.

Mattia Rainoldi: What would you say might be a disadvantage of it?

P21: Well, sometimes I am um, distracted during my work by personal messages or during my leisure by some work messages, so it's a distraction. Oh what's that? I have an awful spider here.

Mattia Rainoldi: (laugh) Get away from it (laugh).

P21: Hopefully he will go away from me.

Mattia Rainoldi: Right (laugh), fantastic, right, we were talking about these advantages. Right. Um, and what do you think that the technology that you're using um, make the combination between um, work and leisure for your more easy or difficult?

P21: It's a combination it's absolutely easy because, like it has all, laptops and the iPhones have multiple Apps so I can have whatever I need on one device and it's wonderful I would say.

Mattia Rainoldi: Mhmm. And does it, how does it make or does it make also the organization of work and leisure more easier, more difficult for you?

P21: Mhmm. If we don't talk about separation and just about organization of technology is a saver I would say, because I can't imagine how to do that without Internet and the yeah, I can't imagine how would I least without Internet in my devices.

Mattia Rainoldi: Are there times for you were total disconnect?

P21: Oh yes, so you mean I don't use any technologies?

Mattia Rainoldi: Yeah.

P21: Yes like I prefer to have vacations about anything like on the nature, camping and I may spend I don't know half a day or a day not using a phone and my laptop is staying at home so yeah I do that this year it happened twice.

Mattia Rainoldi: Mhmm. And why do you do that?

P21: Oh I feel like they needed because like I mentioned before, I been working remotely for four years and um, I was working without any vacations for three years, and at some point, I felt tired. So I decided that I need to go to vacation but like I'm traveling all the time and it just never um, travel wouldn't be a real change for me, so I decide what I want to go to nature and I felt, but I need some times without technologies because yeah sometimes too I'm tired of phone and laptop.

Mattia Rainoldi: And how did this time free of technology made you feel?

P21: Oh it's the end of the spare time very relaxed and full of energy so so usually have has a positive effect on me.

Mattia Rainoldi: So, can you tell me a little bit more about it?

P21: Um, let me think. Let's talk about last time I was in the mountains for I guess it was only four days, but I took a vacation for a week, so I went to mountains without my laptop, I had on my phone, but there was not really good Internet and we were traveling around, boating, I don't know. So yeah I don't have much time with my phone or laptop and after that I came back to my hometown and I still didn't open the laptop till the end of vacations. And I don't know I thought I would say physically my eyes was fine because I spent too much hours, it hurts like so I know exactly when I should stop watching the phone, no laptop and after that week it was totally fine and I just feel, how to say, relaxed enough and I was happy to start to go back to work, I felt like 'now, I want to work'. So for me it's a good sign of a good vacation.

Mattia Rainoldi: Right yeah very interesting. Let me see here in your diary. I made some small notes and I might ask you to clarify a little bit what what you wrote here. So one day you say 'my work is related to application development so sometimes I'm just trying to push notification and spend some time on Instagram during work'.

P21: Oh yeah oh yeah sometimes I work not only on my laptop but sometimes I work on iPhone also. I ran application on it so yeah sometimes I distracted from testing the application, to some notifications.

Mattia Rainoldi: Mhmm. And does that happen?

P21: Like it happens in my leisure time I have some purpose to open before and I don't know to message someone to ask something and then I see I don't know some call then 'oh message' and I open it instead of doing whatever was planned.

Mattia Rainoldi: Okay so why does it actually happen so so what about how do you manage your notifications?

P21: Um, I mostly have all off, except for Telegram chat and Instagram messages and comments on my public account so for them, I have notifications off, not all messages, but only from my primary primary folder so I don't know like at the moment I see them, I sometimes forget about what I was planning to do and (laugh) open them and after I do something on Instagram I remember what I was actually doing something else.

Mattia Rainoldi: Mhmm. Okay, yeah. Let me think a little bit about it.

P21: Right it's a good idea, I think I will turn off all notifications so only Telegram is left for now.

Mattia Rainoldi: Right (laugh). Okay, so basically when this kind of situation happens so you're doing your work and then then, um, an Instagram notification appears do you generally -

P21: Generally do what?

Mattia Rainoldi: Do you generally have a look at it is what you're saying?

P21: Yes, I usually take a look on like um, sometimes I take my phone and it to unblock it to run my application and I have some notifications on the home screen and at this time I voted, but if I already have the APP open, I would say I wouldn't go to any notification like I finished whatever, if I started it, I will finish it, but if I was distracted with it before starting and it's questionable.

Mattia Rainoldi: Okay, yeah, I understand so you're trying to see if the application on your phone is already running and the notification comes you might ignore it.

P21: Yeah.

Mattia Rainoldi: But if it's before starting running your work application a notification from your free time is there, so you might attend to that notification.

P21: Yeah.

Mattia Rainoldi: Okay, so why is that?

P21: I don't know actually this process of debugging applications is not really smooth, so there are many points to be distracted because sometimes built too long, like it may be a couple of minutes and during this time, I may have time to open and read some notifications but sometimes it takes longer than the built time, so the APP is ready to work, but I must read it, because I'm already distract.

Mattia Rainoldi: Okay yeah, I understand, are there other situations like this one, that happens to you?

P21: Yeah on the laptop if I have some, it usually happens during this built time or when I'm waiting for something like maybe I'm waiting for a response in the chat from my fellow developer or I'm waiting for bill or or something, then I may be easily distracted by the notifications of my laptop or my phone, but if I'm focused like if I'm writing record nothing can really distract me like I have a task, but I need to finish and ah, this is this spider. I will probably I will kill him but a little bit later.

Mattia Rainoldi: I will not mention it in the results that you wanted to kill a spider (laugh).

P21: Yeah. Not all but the spider I don't like. Okay, I will go to the chair, it would be a little bit more dark. So where we are. Okay I forgot progression sorry, this guy distract me actually (laugh).

Mattia Rainoldi: Take a seat wherever you're comfortable, you don't need to mind about it.

P21: Let's go.

Mattia Rainoldi: So you got away from the bad spider.

P21: Yeah I don't like spiders, I guess, most people don't like them.

Mattia Rainoldi: Yeah and there is here another thing and then you're almost done P21, here you're saying that you were reading work chats and at the same time listening to something to to the elections here. Does it sometimes that you do work at the same time you do something leisurely or the other way around?

P21: With chats thoughtfully yes, because, like they don't require um, much attention or resources like I mentioned, I read the important chats and yes sometimes, so I think it was during that text writing I was listening to some elections and open for work chat just to check if everything is fine.

Mattia Rainoldi: Do you have another example of this behavior?

P21: Oh I feel like it's mostly related to chats so like I can have my dinner if I have it alone, if I don't have anyone, I can have my dinner and read chats like I can read them anytime I, if I see let's say if I sit and see or do something not required all my attention, I see work kind notification from Slack or Notion, I might take a look at it.

Mattia Rainoldi: Yeah do you maybe have an example of it while you were traveling?

P21: Um. Like travel is so how just part of my life so sometimes I have flights during the week and I worked during the week, so I may sit in the airport and have a call or actually I love to work during the flights, um, because nothing distracts me and I'm very concentrated and very focused, so I love work during flights and write some code because write some code to spare or whatever, because nothing can distract me.

Mattia Rainoldi: Mhmm. Okay but the flight is not a real place of work isn't it (laugh)?

P21: Oh yes, it is, but at the same time I do regularly, I would say couple at least couple times per month I may go somewhere and on average like maybe one month I wouldn't go anywhere but another month for flights and I like to work on flights I don't know (laugh).

Mattia Rainoldi: Okay um let's see if I have questions for you or maybe something different. So we have been talking quite a while already about this topics work and leisure and the role of digital technologies that that plays in this in the relationship between between work and leisure, do you believe there is something that is important for you that the we didn't talk about and that that you would like to mention?

P21: You mean related to work and leisure and how they work together. Um. No, I don't feel like that I think you asked me occasions, work, intersections, yeah I think we discussed pretty much everything.

Mattia Rainoldi: Okay, yeah. Good. Last question here, no that we have it. So last question is how do you see yourself? So how do you see the future of working as a digital worker, as you are? So, how do you believe is going to be the future?

P21: Um like I started work remotely before the Covid and it was not many companies who allow remote work and not many people who are ready to do that, but someone was ready and for me, I was all this feeling like it's perfect for me, but I know many people who say that they don't like remote work and remote work don't work for them, and I know even more companies who said that remote work will not suite them and after the Covid, I'm happy that almost all these digital workers try to work remotely. And right now it's 30 I said I heard this number it's 30% of companies who now had remote positions and open to remote and actually I'm happy about that that that happened and many people tried that because it's not for all I guess, but some people need that and it's cool that now we can have this opportunity.

Mattia Rainoldi: Mhmm. So what you see changing the way that people work and travel the same time?

P21: I know that not all people who work remotely need to travel, some of them just like to stay at home um, but for ones who want to travel and work, it's amazing, and I think it's in nearest future we probably would have more um, job positions of this kind because of like I'm working for the American company because it's cheaper for them to hire people from Eastern Europe and they can have developers for the same quality um, cheaper and for me it's high salary than in Russia so it's a good bargain for both of us, and as an extra I can travel and um, be really flexible, so I think that now there would be more of these types of job positions.

Mattia Rainoldi: Yeah. Great. Um, before we conclude do you have any questions related to this interview or the study that you would like to ask about?

P21: Um, the study, the interview, like when are you going to publish it?

Mattia Rainoldi: Right, this is a good question (laugh) yeah I can answer this question, just before I'm going to stop the recording so it's not important anymore for the the transcripts so I just stop the recording here.