Mattia Rainoldi: Good then, P23, first question, I have a few few warm up questions for you, and I want to learn a little bit more about your person.

What is your job, your current job?

P23: Yeah my current job um yeah self-employed and I'm a freelancer for ya doing some digital design work and photography for clients all around the world.

Mattia Rainoldi: So you're a freelancer for digital, um, what did you say?

P23: Design.

Mattia Rainoldi: Digital design and photography. Right. Yeah so I took note of it, and do you recognize as a male?

P23: Yeah.

Mattia Rainoldi: Right okay fantastic, so we have this core we have this first questions core and that's fantastic and you also told me that you work as a freelance, self-employed what I'd like to know now is a little bit more in detail how your typical day looks like?

P23: Yeah (p) first of all, I have no really um, fixed time schedule, also not by getting up, but the first thing after getting up is um yeah checking my emails. Especially the Fiverr emails I get because I have to answer them quickly to get higher ranked on Fiverr so I've been up to date and then get more jobs and, yes, the first thing I do. But some times, not in answering in details just 'yeah I will look at it' and then yeah I start my day, and when I have some too much to do, I search for a place where I can work um, with good WiFi connection and also where I know it's quiet and so yeah I know what to do and then drive there and I will do the work then and that's can really depend on what's time, this is it could be a mid days or in the afternoon or also at night and yeah because most of the time, there are I'm traveling with other people. And yeah I so every day my time schedule is really confusing and sometimes just 'yeah I have half an hour time so I work' and then say 'okay let's drive to the next place', then I get everything away and yeah also my friends, say they don't really recognize when I'm working. So I'm really work half an hour and then it's leisure, and often on all day long.

Mattia Rainoldi: I see okay, so, while you're trying to say if I can summarize it is that you schedule for yourself small blocks of work during the day depending on the situation?

P23: Yeah. Yeah. So in this every day it's different and also yeah some some days, I say to myself 'let's take this day off just for work and no other plans'. So yeah most of the time I have those work days in the week where I work more like three to four hours and other days or just work like half an hour.

Mattia Rainoldi: Okay, so on average how much do you work a day?

P23: On average, like two hours really work where I sit down. But all the clients stuff and communicating with email or so all day long so yeah I'm constantly with my brain at work to you know yeah you have to get some new clients, you have to get some new work because you have to finance your lifestyle so yeah.

Mattia Rainoldi: Mhmm. I'm taking a few notes here about the things that I want to come back later.

P23: Okay.

Mattia Rainoldi: Okay. What was very interesting to me was to here that you said you take days off, but not in the sense that people generally use the sentence when people say take days off generally they mean they take days off work um, you phrase it in a different way you take days off TO work. Can you tell me a little bit more about that?

P23: And yeah as so at the moment at this time of my life, I want to have more the experience in the foreground and work, just to finance everything and that's also why I like work in the digital thing because I just need my MacBook and some yeah some Internet connection to do the work and, yeah, and I, I really love to work, what I do have really fun with it, but it's just for me a tool to, yeah, to have, to drive around. And to follow my really passion, have to say, and for travel photography, outdoor photography and maybe to those more and maybe get some more work in this kind of field. And I also choose the lifestyle what I do, because it's not that expensive (p). I could work more I could earn more, but I don't want to because I want to yeah experience more at this time (p), at this point in my life.

Mattia Rainoldi: Mhmm. So, how would you describe your lifestyle?

P23: Um, at the moment pretty nomadic, so every day out of place (p), yeah, exploring new places every day. So yeah, no fixed place. I also quit my flat before I started the trip, and right now, um, and I also have no endpoints and doing this, maybe in the winter going back home and then it's time to work more then. But now it's just, yeah (p). I don't have but I don't have any savings that I could say yeah 'okay, I can afford next two months without working', so I really have to work when I'm traveling, yeah.

Mattia Rainoldi: Mhmm. How long have you been doing that?

P23: Now since three months, because before I studied. I did my masters last year and then the last winter was more of preparation for this kind of lifestyle, so everything was running, I have enough clients. I know what I need for work and, yeah, I was, yeah, so this is the thing I do.

Mattia Rainoldi: Yeah, fantastic. So um there are few things that I want to come back to. So you mentioned your passions, so that traveling and doing photography and all these things is your passion.

P23: Yeah.

Mattia Rainoldi: So, can you during the day differentiate say this is work and this is my, how to say, my, my leisure life, can you make a distinction?

P23: Um, not really because, and also the things I do at work, I do it, it makes fun I'm really happy with it doing it and it's just I'm doing something I like, but I also get paid from clients, because the job I do now was just, I was just curious about doing those things, and then, what, because I was posting online everything I did, I got some clients in this field and because it's such a niche. And people come to me, yeah, so I have a lot of work, but work I really, I really love to do so, I don't differentiate between leisure and work, so it was also really hard to fill in the diary because, yeah, it was never work in my mind, but then I have to pay attention to when I really work and do something for, to make a living, and when you are really outside and do stuff for leisure.

Mattia Rainoldi: I understand yeah. What I would also like to discuss a little bit more in detail is um, you said 'you go and search for a good place to work from every day'.

P23: Yeah.

Mattia Rainoldi: How does it look like for you?

P23: Um, yeah it depends, there are days I need some good Internet connection. And at the moment I'm depend on some places with good WiFi because I don't have an, my data plan, and the phone is not that good that I can serve without any expenses, so this gets really yeah would be too much money to spend on data, so I searched for places to just send out the mails or the work to clients and this is more stressful part because most of the time I have to go to cities, um, or search for McDonald's or Burger King on the road (p), and just sit in there with my MacBook and send everything out, but yeah when I want to do some serious work I search for a quiet place. There is an APP called 'park for night' for people who, you know, live in their vans or in the caravans where you can search for parking spots and there are also ratings and then I search most of the time for some spots in nature (p) where I can also have some you know, a quiet place to take a walk or just sit outside and do some work and not everyone is looking at me and thinking about 'okay look at this weirdo sitting in his van and doing some shit on his Mac' (laugh), so yeah.

Mattia Rainoldi: So basically, there are two environments that you use, one is the environment, I'm trying to summarize here again, one is environment with WiFi that might be, as you were saying a McDonald's or other kind of place that provides for you WiFi, for you. And the other environment is you in the van, or just outside the van doing another type of work, so in the McDonald's and so it is a different kind of work, that is correct?

P23: Yeah, that's correct because I just need to have good Internet connection to send out the stuff I did, all the files to the clients and everything. But when I want to work I don't really need Internet connection because I also download the files there, what I need for work, order assets from the clients and then I can, yeah, work outside of this (talking about the van). But, yeah, maybe this will change in the future, when I get a better data plan for my phone so then I just need (p) a nice Internet connection, so I can do everything from the place in nature.

Mattia Rainoldi: Mhmm. And how does generally makes you feel to work from well, you're using your van and you're using other location as an office for you so, how does it feel for you to work in such places?

P23: Um, at first, when I was just getting in some shops to get some WiFi it felt like 'okay you're just dude who wants to get some free stuff here'. But I was also so kind to buy something there, so it doesn't look that weird and most of the time I also just tried to park next to the McDonald's, I don't have to leave my van because the WiFi was strong enough. But when I'm in that places it's most of the time very uncomfortable (p) because I'm leaving my safe place because my van is more or less a safe place and the only place with privacy for me. So everything outside is different (p). So I can do the best work here, because everything is similar is similar to me. So, yeah, I try to work most of the time here because, yeah, I feel safe here and know everything.

Mattia Rainoldi: Mhmm. So basically you are working from the place where you live and at the same time, the place where you live is also a place of leisure?

P23: Yeah that's true because I -

Mattia Rainoldi: (overlap) How is (end of overlap) that for you?

P23: Um, yeah because how I said at the beginning it's the most of it is not really for me work, so I don't need this work switch, I need some um, some trigger to say now it's work time, most of the time I get on my headphones and play some music (p) because, yeah, where I sit now is also where I sleep at night, it's also where I eat my, my lunch (laugh) and it's also where I, yeah, work and also where I spend time with my friends (p) and also my, yeah, shelter when it's raining (laugh).

Mattia Rainoldi: Of course yeah. I'm very interested about what you're saying here so trigger you mentioned the word trigger. What are your rituals that you say this is now the time for work, and this is the time for leisure. Can you tell me a little bit about it?

P23: Yeah when it's time for work I, so I also mentioned in diary, when I open my MacBook it's work because there I just add my photos and I do the work. This is yes, so my working machine so every time I open it it's just work and because also most of the time I have no Internet, I can, I have no distraction what's also the main point when I was living at home and where I have all the time WiFi on my, my MacBook. Then it was also surfing and doing some leisure stuff like watching some YouTube videos but now, without the or the Internet connection is more like when you open it it's work time. And then I also get on my headphones with a playlist I mostly listen to when I'm working so I it's to get an environment, in my usual environment, but also to do other stuff here. I hope that was clear.

Mattia Rainoldi: Sorry, if I'm looking confused. I'm trying to put things together for myself and trying also to well, to put things in order and then ask you the next question. Okay, so it's your start so opening like to open your laptop and insert the earphones or putting on your earphones that's your ritual is for start working, yeah, is that a thing when you are in your van or in different locations we're just there for the Internet?

P23: Um, yeah, because when I'm at some place where it's a public place I don't have on my headphones because I want to know what's on besides me and, yeah, if someone was talking to me, I don't recognize it, so I also do not do that much of work, I have to be really in my flow state and I just do the work, as I said, to send some emails so. But it's also, I just go to those places with my MacBook and it's just in front of me so it's also more than like a work ritual I think because, yeah, otherwise I wouldn't go inside with my laptop.

Mattia Rainoldi: Yeah yeah, I guess yeah, okay, so that's your start ritual. Do you have also a ritual for you to stop?

P23: Um. No not really just closing my laptop and putting it away.

Mattia Rainoldi: Right, I guess before you were saying, I took the note here, that you always think about work?

P23: Yeah.

Mattia Rainoldi: So, how does it work yeah?

P23: Um, yeah because most of the time I do my work on Fiverr and there is this timer where you have, its counts down when you have to deliver your work. And there I'm thinking 'okay, I have to do this today, because time is running out' and also when it's a day with um, some plans with friends, um, to do something, I also have to keep in mind 'oh, I have to do this before or after that' and also decide when I'm doing that and also then when I'm let's say on a hike with friends, I'm also checking my phone, my phone every hour and to reply to messages or to also send some offers to clients (p) to get more work in and and then, when I'm back so I can do this.

Mattia Rainoldi: Okay, would you say this is also a ritual of yours to, (p) checking your phone every hour?

P23: Um, yes, it's it's not conscious ritual more unconscious I think, because I do it every (p) every now and then, but it's, this is the part that stresses me the most I have to say, because, yeah, you're constantly with your minds in, at work, I mean that's when you're self-employed it's this feeling, but when you're self-employed and traveling all the time, where most of the time is not work time, but leisure time I'd say, um, it's more stressful. I think, yeah. Because I, before I started this trip, I was just working at my parents house, there was every time every day was the same, every day was the same working before midday, and after midday was my leisure time, but now it's every day is different and this is the most stressful part and also (p), yeah, I don't, can just say, as I said, most of the time is leisure, but it's difficult to say 'okay now, from now on five days I do completely no work'. So, yeah for me it's just normal to be on vacation, but you have to work, but it's a longer vacation (laugh) let's say it in that way, but the price you have to pay is that you are, that your head is constantly also at work. But it's different because, as I said, I just take the, um, the work with clients, I really like to work and also when there is some, some projects, I don't feel comfortable doing it, I just say no to it. So I also pick my clients and my projects I work on really conscious so yeah that they are the least stress for projects.

Mattia Rainoldi: Okay. That's very interesting interesting yeah. Let me think. So now, the interesting part here that I saw in your diary is that you are traveling with someone.

P23: Mhmm.

Mattia Rainoldi: And then, this someone is also a co-worker of yours?

P23: Yeah.

Mattia Rainoldi: So does this relationship also have an impact on your um, on, on how you organize and feel and perceive work and leisure?

P23: Um, yeah, because the work, the working time is more intense, because there is a other person who just does the same, so you feel more um, you feel better doing that because there's another person who does it the same way and when there's work time and you look at him and he is also working you're more motivated to work and you also have those feeling of not missing out on something, because the person you traveling with is also working. Um, so this is pretty nice I have to say. Because sometimes when I travel with people who don't work on the road, um, it's more like 'okay now you have to get away from them, maybe miss out on something, but you have to do the work'. So that's sometimes pretty hard for me but then I think 'okay, for them, they may be just on the road for two weeks it's a real vacation, to get out of their work or studies to, to explore some new places, and there I have really have to differ, differentiate I also have to, to work but also can travel longer'. So it's really nice when you have also someone who also works. Because you can also schedule the time and say 'okay yeah let's search for a place, let's search for good WiFi' and it's not so 'oh okay, how long will it take' but it's more like 'okay yeah let's do this, I also have to do something'.

Mattia Rainoldi: Yeah, I understand yeah that's interesting yeah. And then, just to be clear on that so you're basically what you were saying before is that you're basically working every day?

P23: Yeah.

Mattia Rainoldi: Okay, so and then your days off are the days off where you work more than the other days, yeah alright. So so basically you're on I don't know maybe you can tell it in your own words in a constant vacation with some work breaks?

P23: Yeah, yeah it's really hard to describe because I was conscious and thinking about how I get money when I'm on the road because it has to be, yeah, I can do something from everywhere, and it has to be quick, so I also have my framework, so I can be really quick when I'm working so, yeah, so it doesn't take too long, but for the clients is something, yeah, really valuable, but they don't see how much I work, so I think most of the time they think it's more more work than I really do. So, yeah, although the lifestyle, I live now is really cheap. And that's also why I don't have to work that much.

Mattia Rainoldi: Yeah.

P23: I could work more, I could, but I don't want to.

Mattia Rainoldi: Yeah I understand, yeah. Good. And I want just to talk about a little more in detail about the role of technologies and you already mentioned that you have a computer, so a notebook that you use and and a phone that you use for organizing work and leisure and doing and doing both things together. Is there a way that you have for yourself, developed for yourself to differentiate between the use of these devices for work and leisure?

P23: Um, yes, as I said I just grab my my laptop when I'm working, so this is really working and yeah my phone most of the time it's buzzing because I get some work work related mails, but I have my, my phone just notification turned on that's a really important like my Fiverr messages, my mail and my, my WhatsApp. Every other thing is just disabled and most of the time I have my phone at this 'don't disturb mode', so I don't get disturbed from every mail that comes in, because, then I would just constantly grab it and look at it, but yeah. Then, as I said, there are times, where I have time, then I grab it, just answer all of them, also my other related stuff for friends or family things and yeah then I put it away.

Mattia Rainoldi: Okay.

P23: Because I'm most of the time far away from everything. So there is no need that friends are calling me so 'hey do you want to do something', because yeah, I'm not there, so they can't phone me so there's nothing really important, I have to answer in five minutes yeah, so (p) yeah. The time I spent on the phone is really mixed in. But it's not all the time, just some breaks.

Mattia Rainoldi: Yeah, so to create boundaries between work and leisure you use so you use the the ability of your phone to give you a notification or not depending on the situation is it correct?

P23: Yeah, so I get the most important notifications. But I just check it every hour, so I don't, when I'm hiking and then it's buzzing and look 'okay, you have a new message from a client who says 'okay, they want to, um, change something', um. Sometimes I read that but I don't reply to them instantly because I think it's enough when I reply to my emails once or twice a day. So, yeah, just I'm just instantly return, um, returning the Fiverr messages that are new and the first time because otherwise, yeah, it would be, my ranking would be lower on Fiverr and then I would, wouldn't get that much work.

Mattia Rainoldi: Mhmm. So how would you describe your behaviour there, so are you selecting what to answer or not depending on the situation?

P23: Yeah, that's definitely. Because sometimes you have to write mails where you have to be more conscious about, because you get some feedbacks from clients, or you write a mail with some informations for the clients and then I really take the time. And sometimes it's just, um, yeah, answering a short answer, um, question, then I reply, yeah, much faster. But for the really important stuff, I take my time and also search for a quiet place to do that.

Mattia Rainoldi: Yeah, does this situation or similar situations, um, do they feel for you like an intrusion?

P23: What do you mean by that?

Mattia Rainoldi: So you were mentioning the example you have been hiking. And then your phone buzzes because you got a notification from a client, a new client or whatever thing, does it feel for you like an intrusion into your leisure time?

P23: Um not really because I think I'm used to it now. So it's really just, yeah, short amount as I said, when it's, when it's something it has to be just short question, I just messaged is from takes minutes, but when I see okay it's more difficult to answer, I just take my phone away and continue with (laugh) leisure and do this maybe at night or next morning.

Mattia Rainoldi: Okay. So when you think about your typical day um. So, let me think about it a little bit. Would you say that you are a person that prefers to keep clear boundaries or you prefer to have an integrated lifestyle where working and leisure mix together?

P23: I have more than lifestyle that is mixed but I'm aiming to have one that's with more boundaries (p), so I can really enjoy their leisure time more, um, because, as I said, I'm thinking about it all day and I'm also constantly checking, not constantly, but every hour is also constantly. And yeah, so I think I don't enjoy every moment that much that I wanted but then sometimes I also think maybe that's the price I have to pay for this. So not enjoying it completely but, yeah, living, maybe the price to pay for a living this complete unusual lifestyle.

Mattia Rainoldi: Yeah.

P23: Because sometimes you just work there where others do vacation (pause). And yeah, last, the last two months, where there were more people traveling with us and for them, so the, there was vacation but for me was it was vacation with work (laugh). And also sometimes I just said when they were going somewhere that takes half an hour or hour and I was thinking 'okay, I think it's not that interesting to go there', I just said 'no, I stay at the van and work while you're there', so I can attend the next thing that I think, in my opinion, it's more interesting to be with them.

Mattia Rainoldi: Right. So you're trying to, so would you describe that the situation so make it more difficult for you to keep a clear boundary between your work activities and leisure?

P23: Yeah, that's definitely, but that's also the time where I work less when I'm traveling with more people just to enjoy it but then, there could be also then days, where I work two or three days nothing at all, just answering emails, but then it's really important to do this day off where I really sit down and do more work than just the little things in between.

Mattia Rainoldi: Mhmm. Yeah.

P23: Because the others also need some days off, then they are maybe just sitting outside, reading a book or enjoying the sun, but for me is then this time more like yeah sitting in the van, working on your Mac, doing some stuff and it's not really a rest day for me, but for them. And then, after continuing the travel, it's I feel more exhausted because, yeah, they took a day off, for me not really.

Mattia Rainoldi: Okay that's interesting. So basically what you're trying to say here that other people plays a role so in how you perceive your day or your work and your leisure day?

P23: Yeah, definitely (pause). Because it's also you don't know what what comes next, you can also plan 'yeah okay let's search for this place and work there', but maybe you meet some new people to, because you're constantly outside, living in a van and working from there, so there are other people who come and ask you something or you meet up with someone and then you plan a work day, but then yeah there is no work day, so (laugh) yes, and but you don't want to miss out because that's also one the thing I do this for (laugh) so I don't want to say 'okay, no sorry, I have to work now' when it's yeah, the opinion um, the chance to meet new people or do something.

Mattia Rainoldi: Yeah.

P23: Yes, yeah, then I get just think 'okay yeah don't work now, just do it at night' and then work till it's well for 1am in the morning but yeah that was kind of price I have to pay.

Mattia Rainoldi: Right.

P23: But sometimes I really wish to just enjoy without thinking about work but it's not really possible because of the self-employment yeah and also it's constantly searching for new clients. And I'm off for one week I really feel like you have to do something, you run out of clients and money and it's more stressful then.

Mattia Rainoldi: What you have been describing was the situation where you scheduled for yourself your work day.

P23: Yeah.

Mattia Rainoldi: So your day off leisure and for whatever reason that doesn't happen as you planned yeah, what I most interesting to know a little bit more about is when you schedule that day so based on what, um, how to say it, what does it make you decide to take one day off for working?

P23: Um, most of time my inner feeling because, then I feel I'm not up to date with everything, and I feel like work is, yeah, piling up behind my back and I don't do this so when there is too much work I have not everything in my mind what to do really because it's too much, then I decided 'okay tomorrow, you have to sit down and yeah keep everything clear and, um, empty your inbox, do every feedback for the clients', so, yeah, it's most of the time a feeling that I have, because when I feel stressed, then I do a day off, otherwise it just to back this one or two hours, where I know you have to do this work. And yeah yeah more to um, what's the word for this, more to when I'm confused in my mind above. Sorry, there is just an insect (p) that wants to bite me (laugh). When I'm confused and I don't know what, what I have in my schedule to do, then I schedule a work day (p) to follow up with everything and clear my mind.

Mattia Rainoldi: Okay. Are there any other situations that triggers you to take this day off for work [inaudible] oh what is that, a bee?

P23: No, it's not a bee (p). Oh man, that's also the little things that interrupt my work but I think I catched it. So if there are other triggers that I do a work day? Um, yeah when there are just bigger projects where I really have to sit down for more than one or two hours to achieve it, to achieve the outcome.

Mattia Rainoldi: Okay.

P23: Because most of the time, there are more smaller projects I've, I do in half an hour an hour that I can do really nearby but the bigger projects afford more time to just sit down and really work, because when I'm go away from it and start um, and also do it in parts, like working half an hour for four weeks, um, for four days it's hard to get back to it because you're done in this flow, you know where to get it, yeah, hope it's clear, but if say so I just can do it in once, because I think it's not that time consuming if I do it in more smaller parts that's also reason to schedule a day where I work more cause a bigger project I want to do in once and not in parts.

Mattia Rainoldi: Mhmm. That's for you also the weather play a role?

P23: Um, yeah sometimes I (p) really like it when it's raining (laugh) because then I know 'okay you don't miss out on anything, you can't do anything, so it's time for work'.

Mattia Rainoldi: Yeah interesting yeah. Good, let me think if I have further questions for you, I will just look at your diary. There was not much, but um (paise). Yeah, this is a thing that you already mentioned that you combine your time, so your work and leisure time by answering on Fiverr on your phone, while doing other things, to keep your score high, so that's, that's something that you mentioned already. So basically, when you think about your day, a typical day, um, what are for you the perceived advantages of using digital technologies for both work and leisure?

P23: Um, yeah that that really can do it from everywhere, that's the most, um, it's still there, no it's gone (laugh) and you have for work it's nice because I don't need much I don't need any big machines to do it and for leisure, advantages, yeah I am much faster in deciding where to go, to explore new things, because I use, for example, Google Maps to to save spots and most of the time I just remember from this spots I marked in the Google Map, so this is the only thing really I use digital technology to yeah so in my leisure, and I also find this spots most of the time on Instagram. And then I just travel a bit.

Mattia Rainoldi: Mhmm. Can you tell me a little more about your Instagram because are you using it for work or for leisure?

P23: Um, I use it for leisure, I use it for both. And combined in that way, sometimes it's for leisure it's like a diary. You can see where you were, what you have done with people, you can also write something but I also use it for work, because, as I mentioned photography so it's nowadays it's like your front your gallery to show you work and especially for photographs photographs it's yeah the most accessible for others to see your work. And that's also where people write me about, um, sending products or something to work with them. And I also use this as an opportunity to get more clients. So I'm really -

Mattia Rainoldi: (overlap) So you [inaudible] (end of overlap).

P23: Sorry?

Mattia Rainoldi: You have only one account?

P23: Yeah. Yes, only one account. And yeah because photograph you can, yeah, it's easy for this kind of this business to mix it up with an diary, diary thing because yeah you can just do good photographs of the things of the places you were, maybe when I do some other business, maybe some, yeah (pause) and I wouldn't would probably have a second account where I just present my work.

Mattia Rainoldi: Right, so we were talking about the advantages, I would like to ask if there is for you any diadvantages of using technology for organizing both the work and leisure and in the relationship between work and leisure?

P23: Um, not really because, as I already said I don't plan that much so, I also use no calendar or something to schedule work blocks for me, just with others, such like this car or something where other people are involved, this I schedule but, yeah, for other things Fiverr has this nice list of things you have to work and, yeah, for the others I just have a list, where I see everything what I have to do, but I don't schedule anything.

Mattia Rainoldi: Okay yeah. That's great. So, have you also found yourself in situation where having technologies in in your day so made you feel uncomfortable and made you feel made you feel uncomfortable and difficult for you to managing the work leisure boundaries?

P23: The digital stuff? If this, yeah, because it's just one device, where I get everything in my leisure things and also my work things so this mixes up really quickly, but, yeah, here is the good thing that I don't see work really as work work more like something you like, but you do it for others because when I wouldn't do that work, I am sure I would just, yeah, try out new things (p) that would also be could end up in some work stuff. So, this is clear? Um, yeah, yeah, but I try really to decrease my time on every digital device. And just um, grab it when it's really something, yeah, I have to put out an Instagram or and I really have to work, because otherwise I don't need it really. And I'm also really thinking about what to post an Instagram and also, just answer to order messages at once a day most of the time.

Mattia Rainoldi: Mhmm. Yeah.

P23: So I have more this time where I spent on the phone to do everything at once, and then just get it asides and yeah.

Mattia Rainoldi: Yeah. It's very interesting to hear as well. So do you ever disconnect?

P23: Um. Not really, but it would be nice (p) let's say it that way cuz when I'm at a place with no Internet connections, I feel really stressed um, yeah, but I'm thinking about the next one to two weeks to do more of a disconnect. So yeah let's see how this really works out because I said I never can completely shut off everything it's not really possible.

Mattia Rainoldi: Why is not?

P23: Because I live in the fear that when I'm off for two weeks, um, it's hard to get back at the point where I'm now with the work. So maybe because yeah maybe there are not that many clients, maybe I'm ranked not that good at um, Fiverr anymore. And yeah maybe I have yeah to search new things to get money. So, this would be a fear of complete disconnect, it's okay for two or three days, but not long at the moment, because also the work that I do, the projects are done in one to two days most it's time so it's really short lived and I think when there is one time I'm not there to satisfy the clients, maybe they will work next time with someone else because it's really fast everything.

Mattia Rainoldi: I understand, yeah. Okay.

P23: So that's also why I try to get more kind of passive income searching ways for that um just providing value for others, for example, I also have a YouTube channel where just do tutorials about the things I do now for work to also give some educational content and also to monetize this to get money while I'm not really working, to have a good feeling when I maybe I'm off for a few days (laugh).

Mattia Rainoldi: Right. And is that working out so far?

P23: Um, yeah at the moment it's getting better and better. So yeah I think I can transform it in the next months to don't be that depending on client work and can also get some passive income with educational content.

Mattia Rainoldi: Mhmm. Sounds very interesting. Great P23, last question is very easy one, but tricky at the same time (laugh). There is no real question to answer um, the question is, if, in your opinion, there is still something that it is important to mention related to the topic of digital technologies and managing the relationship between work and leisure and how technology plays a role there, that is important to you, and that we didn't think, we didn't talk about it?

P23: Um, I think it's important that there is no fixed way to doing it and also maybe also the, because everyone has different skill levels of doing it. And there is no real education about this that you really differentiate the two things, especially with the digital type. So um, yeah, it's hard, hmm, yeah (pause) um, (pause), yeah, there should be more (pause), um, not guidance but education in doing this the right way, or maybe for a healthy relationship between those things because I think I'm I grow up with this, and for me it's normal but for other ones not um, yeah.

Mattia Rainoldi: Do you believe to have in your words a healthy relationship between work and leisure?

P23: Hmm. It's a problem, I don't know what's the healthy thing, and what's not so this is what I meant with the education stuff when it's when it's getting unhealthy because I think I have yeah more like an unhealthy relationship but because it says, I want to enjoy more but I can't, so yeah because there is no regulation, and no one sees when I'm really working and when I have to do something and I don't have to be in my office for eight hours and can just completely shut down my brain after this. So this is I think the unhealthy thing that stresses me out yeah because it's all the time, all day long.

Mattia Rainoldi: Mhmm. And, by taking that as an example, or as a start for conversation here. Um, how do you see yourself working in the future and what should be changed in order to have a better and healthier relationship between what is work and what is leisure?

P23: Um. Yeah I definitely want to do it that way the next years, maybe one year is a okay but then maybe I said building up maybe some kind of passive income. And also, maybe just at the moment I have more smaller projects with very different clients, I think I'm communicating with 10 different clients every day to just go to some bigger projects where there's just one or two people I have to talk with, and then I also can schedule everything more and prioritise everything better and yeah maybe like in this way, just to have fewer clients and maybe more educational stuff to do but I also feel like um, I'm one of not that many who living a lifestyle like this. And I know there are some people who wants to do that and also, maybe be some kind of person who tells people who do this right, but, as you can hear I don't do it right at the moment, but maybe I also can figure this out in the next one or two years and really share my pros and cons more and yeah, because yeah I don't talk I haven't talked to so many others, because I don't know really much other people do it like this way really being at the other place every day, maybe you have for this study (laugh) and yeah this would be nice to see others, maybe I do it completely wrong, and there are better way to have a better um, healthier relationship. So I hope to figure this better out in the next future and also transform it in yeah the way as said it, this is the transformation I would say, for me at the moment is would be the most less stressful thing with less clients and more stuff on YouTube or something with passive income.

Mattia Rainoldi: Yeah. Right yeah, thank you for sharing that with me. Um, a last maybe a last last thing. So as more a reflection about your participation in this study, how did you feel doing the diary and doing this interview?

P23: During the diary as I already said here in the interview it was nice because it was really thinking more about when I really work and when not. When I'm really doing some work and when not it had gave me a reason to think about that so that was really nice was also with with the diary, where I was working more because I was just traveling with this other friend who was also working so it was you know more balanced week of leisure and work and not that three days no work and then a day off. And yeah the interview now gave me some things to think about that I never thought about before and I think it's a really interesting study because, because as I already said I don't know anyone else besides me who doing this like that because, maybe also I don't show it the world how I do it, and maybe also the other people who is also the same because it's just work maybe for someone it's interesting because yeah it affords some different lifestyle. I think that was also the the different lifestyle to search for something to work with digital stuff because it gave me the freedom.

Mattia Rainoldi: Yeah. Okay. Then three minutes, just to say thank you.

P23: You're welcome.

Mattia Rainoldi: Thank you for doing the diary, thank you for taking the time for this interview. So I'm now going to conclude the recording here.