Mattia Rainoldi: Welcome to your interview. Let's start with some warm-up questions. What is your job title?

P28: Um, I'm founder and the chief architect in my own architecture company.

Mattia Rainoldi: Okay, so you're an architect.

P28: Yes, I'm architect.

Mattia Rainoldi: Fantastic, that's very interesting, so you said that your own company?

P28: Yes.

Mattia Rainoldi: So you're basically an entrepreneur, would you describe yourself as that?

P28: Yes, I am entrepreneur and (p) I work by myself and with my team.

Mattia Rainoldi: Mhmm, okay. So much, do you work on a average per week?

P28: Per week, it it's very dependents on count of work and between 30 and 60 hours per week.

Mattia Rainoldi: Okay, so you work quite a lot.

P28: Yes -

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

P28: - So for example, this week.

Mattia Rainoldi: Okay. So and can you describe a little bit a typical day of yours, so how does it look like?

P28: Um, I get up about seven o'clock and then do morning exercise or some lettering practice or meditation practice. After this, I have work time about one or two hours after this, I have a breakfast or maybe I have um, some leisure time. After, after this, I have second part, second work part to lunch and it's about one or two hour for lunch and for some times for relax and the after lunch it's the third part about um, it depends on how much work I have, it can be to maybe 6 or 7pm and maybe later. But maximum it's about um, 9 or 10pm after this I don't work.

Mattia Rainoldi: Alright. From what I understand you don't work always the same hours and, yes?

P28: Yes, you're right. I don't have the shifts scheduled for every day, it can be changed, I, I don't have alarm clock at seven o'clock and I can get up at half past six so maybe half past seven it's a key and the my work day can be scheduled earlier or later. And it depends what I should do, because sometimes I have a meetings in the city or maybe I should go to the building site and I have to this one day all all day I can in the way to the um, to the object and the times come back and can be to 8, to 8am to 8pm.

Mattia Rainoldi: Yeah and what I, from what I understood um, your leisure time, the time that you dedicate to leisure can be in different parts of the day?

P28: Yes.

Mattia Rainoldi: So why is that?

P28: Because I, I have time to, um, it's very hard to have, um, to think about work all the time and I need some um, time to relax a bit and do something else, for example, cooking or walking and it's, it's more productive for me.

Mattia Rainoldi: Okay, mhmm, that's very interesting. Okay, and from what I've seen in your diary you work every day, so you work seven days?

P28: It's not, um, it's not at all times, sometimes, yes, sometimes no and sometimes I have weekends in the middle of work week I can and it's not strictly to.

Mattia Rainoldi: Okay. How do you decide upon it?

P28: Sorry?

Mattia Rainoldi: How do you make the decision when to take days off here, you said it can be the weekend, it can be during the week, how do you decide about it?

P28: Okay, if I see that I don't have a famous points for meeting or for I don't shoot yet some project for my client, I don't have the clients in this day and I see that I worked a lot before, for example, for in weekend, I can decide I will not work for this day. I can speak by phone so if someone will call me but um, I will not sit at the laptop or I will not do something special for work.

Mattia Rainoldi: I understand. Okay let's tell me a little bit about the places where do you like to work because I'm seeing here in your diary that you have different places where we work from, you work from home, from the office, from the park, cafes, from co-working spaces. So tell me a little bit about how you decide when to work in which place to work exactly, this is interesting?

P28: Okay, basically, I work at home, and you can see a little bit of smash, but you can see where I work and it's basically every day I work here, but sometimes if I have some meeting, I can go to the another place, for example, co-working or café near this place, or if I have several meetings and the time between meetings, I work somewhere else that, I do not spend time on the road. In Moscow, it's very different this transfer and I don't want to spend time in metro or a taxi of or in traffic jams, I don't want it and I choose to stay in another place where I, where I can work comfortable for waiting next meeting.

Mattia Rainoldi: Okay, so what makes a place comfortable for you?

P28: (laugh) It, um, it doesn't matter, for me, really, because where I can have my mobile phone and where I can, where I have my laptop it's it's okay, if it's if I have more time for work, I should have cash for my laptop and sometimes it's a problem but um, it's short time and that's all and the it's the reason why I go work to park, for example, because if weather is good, I don't want to sit at home. In the, um, if I know that I have to call some people, and if it and it will be about half hour or one hour, I will walk and speak this.

Mattia Rainoldi: Okay, so basically you do some physical activity and you work at the same time.

P28: Yes.

Mattia Rainoldi: Okay, so you do it from the park, so you take your calls in the park and you do physical activities and then, um, why do that exactly?

P28: Because it's more interesting that just sit and speak. I can, I can this time just sit and the call is my client, for example, or team, but it's interesting for me it's more comfortable, for me, because my walk is um, very not easy, I don't have physical activities every day, and I have to do it special. And when I can do physical activities, I do it.

Mattia Rainoldi: Okay that's interesting, yeah, fantastic yeah, so let's see and so, for example, for you doing physical activities outside in the park is, um, do you consider it as a leisure time?

P28: Just sure.

Mattia Rainoldi: Okay, so, in which other places do you enjoy doing your leisure activities?

P28: Yes, sure I can go to the cinema, I can go to the theater or to museum or something meetings for, for other interested people about some physical groups, psychology groups for example, it's another um, type of leisure.

Mattia Rainoldi: I understand yeah. So um what I'd like to talk about now a little bit more in detail is the technologies that you use. And, can you tell me a little bit about about it, yeah. I saw it here that you use a laptop often and your mobile phone, so these are your main devices also iPad, so what devices do you use and why do you use it for?

P28: Um, I think that's all, iPad, laptop, mobile phone and sometimes I used just paper for some sketches or draws, it's not devices, electronic device but device, but I bet change my habits in this and I draw on this too. I think I don't have something else. It's um, okay.

Mattia Rainoldi: Can you tell me a little bit why do you use these kind of tools?

P28: Yes, I can, mobile phone it's for calling, for online meetings, for example, and for some fast um, answer to questions or some chats in the messengers, yeah, it's work, work messages too and we do have for all projects we have group on messenger we use Telegram and WhatsApp, we have a group, where we can change, not change, send information to each other and for fast answer I use my mobile phone. If I should design something or I see the draws, final draws, for example, I use a laptop or blueprint and for iPad I use to sketches, comments on the draw, iPad I use to see draw to it's very comfortable, for me, because I have comments on draw, these pencil and it's half my walk.

Mattia Rainoldi: Do you use these devices also in your leisure time?

P28: If my leisure time connects with this these devices, yes, for example, I can watch the film on my laptop or iPad or I can watch YouTube on my iPad or by phone, it's leisure time too, and I use this yes.

Mattia Rainoldi: And what I've, um so tell me a little bit more about so when you are in your leisure time what devices do you carry around?

P28: What do you mean carry around?

Mattia Rainoldi: Do you take your devices with you when you are doing your activities or your leisure activities?

P28: Okay. When I go outside my flat, where I work. I, with me I have only the mobile phone and sometimes I have iPad but I don't have laptop, and um, the mobile phone with me all time, what I'm doing it's can be I can walk, I can write by bike and mobile phone with me.

Mattia Rainoldi: Yeah for what reasons the carry them with you when you are doing your leisure activities?

P28: Um. Sorry, why I have my phone when I go to leisure activities?

Mattia Rainoldi: Yes, and your iPad you also said.

P28: Ah, iPad because from iPad if I go somewhere, I have, I spent time to go in and sometimes it's not short time and, um, from my bed, I can read a book, for example, when I go when I go by bus or by metro, underground I have um, read a book.

Mattia Rainoldi: Okay, so you use those devices while you are traveling to a place from place to another one.

P28: Yes, yes, yes.

Mattia Rainoldi: Okay, interesting. Um, on your devices, do you differentiate between application, tools that use for leisure and those that you use for for work? Do you have separated one or how do you use them?

P28: No, I don't separate because I don't understand how it, how I can separate it um, because in my mobile phone um, I mostly use only messengers. And the messages I have my own contacts, my own my friends, my family contacts and my work contacts too, and I have said, I have take message from different people.

Mattia Rainoldi: Okay.

P28: In one time in the weekend, um, unfortunately, too.

Mattia Rainoldi: How does it make you feel to have everything in one place?

P28: Um, it's um, not disturb me, it's okay, because in weekend, I don't have many message from folks, or people. Most people have weekend and don't work but sometimes I have message, but it's extraordinary problem I should answer. Second, since I cannot, um, I not answer at all, I cannot answer in the weekend, or I can't answer when I don't have a time or I have rest time if I see that it's work question, I can ignore it.

Mattia Rainoldi: How do you do that?

P28: Just (laugh) don't like. I see messages and I don't read it.

Mattia Rainoldi: You don't read it?

Mattia Rainoldi: Yes.

Mattia Rainoldi: Okay, so.

P28: Or maybe I can read it and the answers that I can't answer right now, and I have 'I don't have time, I have rest' or something else, and I will answer later when I will have time.

Mattia Rainoldi: Okay, so that's your strategy. Okay. So and and what if someone from not work when you are in work at what if someone is of your other contacts contact you or try to message when you are working, how do you react?

P28: The same, I can I can answer the question or answer by message. I can ignore it, and the answer when I will have time. I can later, then I what I will message after 'I don't have time now, but I will send you a little bit later'.

Mattia Rainoldi: Yeah, how do you do that, you type it?

P28: Yes, I type it.

Mattia Rainoldi: Okay, so you don't have any automatic system that replies already for you?

P28: No, I don't, I never I never use it.

Mattia Rainoldi: Mhmm. Okay, so let me see a little bit here in the diary so you said you mostly combined work and leisure, can you tell me a little bit how you do that?

P28: How I combine work and leisure?

Mattia Rainoldi: Yeah you wrote it in your diaries and I'd like to ask a little bit more about it?

P28: I think we discussed it before it's about I can walk in the park and speak with someone by my phone, if nothing else. I can have physical activities, simple physical activities and speaking.

Mattia Rainoldi: Here is a little bit interesting because you're write that you concentrate on a specific activity in the moment.

P28: Yes.

Mattia Rainoldi: Right and but then you are saying um, there is the possibility that anyone else can write to you and contact you when you are in a specific activity, so how does it work for you? So how does it help your concentration, or if you stop your concentration? Tell me a little bit about it.

P28: Okay, I have, I have for one more strategy. I, if I should concentrate in one things I can, I can ignore at all, for example, now I switch off all messengers and I have two calls and I declined it, this is automatically SMS 'I will call later', it's not automatically when I um, it's not absolutely automatically it's just one features in mobile phone. And I'm only with you and sometimes I use it at at work, I if I should totally concentrate, I will switch off all application and do what I should do or maybe I can ask for some calls if I know that it's important people or important call and maybe I will wait to the call and I will answer.

Mattia Rainoldi: So if, if you get a call from person from another area of your life so you decide, based on the importance, so how do you how do you know if it's an important or not important call, how do you make these judgments?

P28: It's a good question. Um, I decision at moment and um, here, several answers for this question. Several deepest of these questions. I have basically priority of my life it's work, it's a family, it's a friends or activities and the I constantly have not reflection, it's thinking about what's important for me now and what will be important for me tomorrow, after tomorrow, next year, um next 10 years and this um, view can help me um, understand what I will do basically, what project I will do, what how I will work in company, what how I have which I have relationship, what I will do is my family and how how I will connect these, these, these people and um, I have for basically an understanding of all these areas of my life and after this understanding in I understand what important um, how important each project and each people is for me in this time. In this time it can be a long time, and the right now time, I mean this moment.

Mattia Rainoldi: Okay. Good, yeah. So do you have also for you, you told me about your day already and um, what is interesting for me if you have or if technology help you to have some kind of routines that you use every day or often in different situation, for example, for saying now it's time to work and now it's time to do leisure activities?

P28: Um. It's interesting question too, um, basically I see that I'm not from Moscow, basically, I am from Barnaul it's in Siberia maybe you know and for me, when I moved to Moscow, for me it was place for work, and here I have many work time. When I go someone else I have less work time basically it's one of basic statements for me and when I have when write diary, I was in Moscow, and I have more work, not an ordinary but really more work, and my concentration concentrate right now on work projects and I have more work time but in day I am I have blends for I have projects and I understand how I do it. I have blends for relax and for leisure time it's some medium so some some some Apps what I what I want to do, cinema, exhibition authentic health and I have a planned what in what time what I will do and basically I have planned for some things and I do it for each day. In what time I will do it, it doesn't matter by I, but I want to finish my work earlier. I don't want to do it after and I really work and after I have leisure time, but if I if I, if I understand that I have all day work I have I don't not have I choose sometimes leisure time to relax.

Mattia Rainoldi: Okay and how does technology help you in taking those choices does it?

P28: No, it's not technology, no if it's how to see, it's can help, and it involves it doesn't matter because I, I have decision it's my opinion but sometimes, if I understand that I will go somewhere else and I should a little walk from my laptop or iPad I will go there, I will not stay at home, and I will not stay in some place, I will move in place when I want to go and I sometimes I have time when I go. Well, I have extra trips, for example, I have extra traveling because I have, I can take my laptop or iPad with me and sometimes I should send message or answer in the chat it's really helped me to be more um, to be more flexible.

Mattia Rainoldi: Okay. What does it mean flexibility for you?

P28: More, um, I can go what where I want. I can I, I, I can have more traveling or more um, I basically and I have more I, I can have more meetings with my family, for example, which he lives in Barnaul and I go there next time in year if I will go there in just ordinary work I don't have this opinion opinion stability.

Mattia Rainoldi: Yeah I understand. Mhmm, let's talk about something else. So have you found yourself in a situation in which, because of technology or technology or I'll just say it in a different way, so ever find yourself in a situation in which work intruded your leisure life because of technology?

P28: Repeat please.

Mattia Rainoldi: Think about if there was a situation in which, because you had technology with you, your work intruded your leisure life?

P28: Okay, yes, sometimes happens is me, yeah sometimes, yes, because I have my mobile phone and I have, when I have a walk chats, for example and I, I can see this message, or maybe I can mute, for example, I can view I can mute it but it's sometimes interesting for me and I will see what happened in this chats and what how works are going.

Mattia Rainoldi: So how do you decide to mute the conversation or to keep following it?

P28: I decide if I knows it's important project, and I know that it's I should know what happenes and what's going on in this situation, this time, if I have to control this I will see and I choose to see it and not mute. If I understand it, doesn't matter what's happened here, and I know that other people can answer to question or you have discussed without me it's okay, I will not, I will mute it.

Mattia Rainoldi: So and how often do you do that?

P28: Mute?

Mattia Rainoldi: Yeah.

P28: Um, constantly I have some chats which I totally totally muting and I answer only if someone will tag me and ask me. For I don't like mute for time for chats which are not important for me because it's not interesting I just I will just mute mobile phone like right now, it doesn't matter for me what in what time will chat or will ask me it doesn't matter I switch off at all.

Mattia Rainoldi: Let's play the same scenario, or do you have other situations like this one that you maybe can think of, so where work intrude your leisure time because of technology?

P28: Um, sorry?

Mattia Rainoldi: There are other examples that you might think of?

P28: Um, I, you want I want I you tell you about some situations?

Mattia Rainoldi: Mhmm.

P28: The situation right now I switched off for me it's not work for me it's leisure time when I do tell these to you and now it's all switched off almost and just for example, this weekend I will to bicycle umm, ride the bicycle half day and I don't have answer all messages and I don't see it and it was switched off and when I go to sleep or it's it's evening when I finished my work when I decided it's all for today, I um, mute my mobile phone. It was it's every day, it's every day routine.

Mattia Rainoldi: Yeah so tell me about the example of the bicycle, why did you mute your phone or switch it off?

P28: It's not all time, it's just the example from this weekend, because it was time this group with my friend, and I was concentrate on people around me. I don't um, it was weekend I, and I don't have many calls and message um, and I don't shoot the answer and I decided I will not answer to all.

Mattia Rainoldi: Mhmm. Okay.

P28: For example, it's not only for work call some message, I have some message for all my friends in messengers and I don't answer, too, because I concentrate in people around me.

Mattia Rainoldi: That's very interesting, mhmm. Do you do that often when you are with people that you ignore technologies and other interactions?

P28: Um, it's often, it's often. For me life connection is more um, more important than other. If I am with someone, I have, um, I'm interested to concentrate for this people.

Mattia Rainoldi: All right, great, um, let's think about the different situations in which, because of technology your leisure life intruded into work.

P28: Mhmm.

Mattia Rainoldi: Do you have some example for it as well?

P28: Yes, sure um, for example yesterday, my friend called me not call but wanted to speak with me and she is in the different time zones and the she's earlier for four hours, and I know it, and she messaged me that she wants to call me, and I answer when it's comfortable for me, and we will do have call in the work in my work day or sometimes someone else called me, my mother every day and she is in the same time zone and when she goes to sleep she called me to to speak how I am and how she's and we, it's ordinary it's about the middle of my work day.

Mattia Rainoldi: Mhmm.

P28: It's everyday routine.

Mattia Rainoldi: Yeah, mhmm. Let's talk about something else so um, it's sometimes for you difficult to keep clear boundaries between work and leisure because of technology?

P28: Yes, here, yes, because it's one devices.

Mattia Rainoldi: Mhmm. Yeah. tell me a little bit more.

P28: Um, okay. My um, basically, okay, basically, I have my attention, I can devide in some parts. The main parts of my attention is when I speak in life with someone. It's all my concentrate on this. For depends it's meeting these my friends or or meetings with leisure, it's for leisure and I concentrate on this, um, in work day I have a meeting for work and I concentrated basically on it and its main priority. If I have a call or something else, I can call I go from device I have in one thing this mobile phone and I can have a call from friends, from leisure and um, from work and I can choose in moment, can I answer or not, if I am with someone else, I don't answer. For friends, maybe I can answer to my work if it's important um, answer and but basically if it's work day, I oriented to work, if it's weekends, I oriented to the leisure time and leisure activities, but really I I can have a message from another site leisure or work it's not depend on what day is today because I have only one mobile phone. I think about one more mobile phone to change that but I don't um, I think about it, but I don't understand why I should do it, it's uncomfortable for me.

Mattia Rainoldi: Why you thought why you thought to buy another one? What was your the main reason to think about it?

P28: Main reason, it was business we discussed this my partners that it will be not not me not mix different business and to make for one part one more mobile phone and in this moment, I think that I can move all business to another mobile phone, for example, and this will be my own, but I don't understand I I don't see profit for me with it. It's only problems with two devices.

Mattia Rainoldi: My should it be a problem?

P28: I have probably one or two devices um, just physical problems. I should take this with me one moment, I don't want it because I have this job for this new phone, I have call, I will have call and I will switch off it, and another site, I will switch off this mobile phone too.

Mattia Rainoldi: Fine, so another question, so you found yourself already, there was already a situation for you, in which, because of technology you couldn't differentiate anymore is it leisure, is it work?

P28: No, I understand, I understand how you see when I have leisure time, I can get some interruption to work or some times when I have work time I some interruptions from leisure zone, sometimes it haven't but I understand what it is, leisure, or work.

Mattia Rainoldi: Okay.

P28: It's the first reason what what I'm doing, what how I feel myself how, um, yes, what what I'm thinking and how I feel myself.

Mattia Rainoldi: Mhmm. Do you sometimes totally disconnect from technologies?

P28: Sometimes yes, if if I don't have mobile phone connection, I disconnect at all from form all but I sometimes I have devices for read book, for example, I can, for example, where I have village when very good with poor connection these mobile and Internet. I, well, I in this village, I have to go in special place when I have connection and all another time I don't have connection, but I use these devices for read for watching films, for example, or some maybe type some text, diary or something else.

Mattia Rainoldi: Okay, but you don't decide to be disconnected because you just want to be disconnected?

P28: It's sometimes, yes, but it's um, not often. I want to be connect with other people.

Mattia Rainoldi: Well, fantastic just let me see here my notes if there's something else I'd like to ask you. Is there, did you find yourself also in situation where using digital technology made you feel uncomfortable?

P28: Uncomfortable. Hmm. Sometimes yes in this time, when I don't um, sometime if someone asked me and waiting for my answer, but I don't do it. And I understand that it sent me message, but I don't read and I see it and I don't read, sometimes I have um, I feel not comfortable.

Mattia Rainoldi: Okay, why is that exactly?

P28: Why um, it's because um, it's okay it's can be only is it time when I have, um, how to say, I shoot something for these people. I should answer it, and I should answer but I don't did, I didn't did. In this moment I feel I feel myself uncomfortable. If it doesn't matter or it's um, surprise message, if it's not in plan, it doesn't matter, for me, I don't feel myself uncomfortable.

Mattia Rainoldi: Right but how do the other know that you read the message and that you should do something?

P28: Um, (laugh) they don't know what happened and um, sometimes, if for, um, basically, if I know that someone waits for my answer, I will write that I see your message, but I will answer later. If it's surprise message for me, and the people in the other side don't know what happened with me, maybe I'm in vacation or someone else, it doesn't matter for me what they will do will think about me. If it's extraordinary situation they can call me. If it's if about concentration one more thing, I can switch off message it's often. I can switch off Internet but I have called and if some people want to have extraordinary situation for me they will call me and I will answer.

Mattia Rainoldi: Okay, good. Fantastic. Um, we are slowly coming to an end. Do you have also something in mind that is important to you that we didn't talk about related here to work and leisure and technology. So can you think about something that is important to you and we didn't pay enough attention to it?

P28: I think, I think about it, yes, what the devices so technology how it's changed our life and how it depends and um, I think that device devices really can change it. They for me, they can do more freedom for both for work and leisure activity it's more freedom but it's not basically because all time we have our own decision what to do right now and what how to feel by myself, how to um, connect with people. It's just all devices or um, and Internet, device, technology is just devices, not not more. It's not feeling, it's not our mind, it's not our life, it's, it's just device. How it was TV maybe, or just Telegram and I mean not application Telegram or just phone in old times. It's the same, but it can give to us more freedom and not freedom it's more possibilities, um, and our choose what we will do with it and how we can organize our life, I think if the first beats our in the organization and after this devices or maybe we can choose devices for our in um, pleasure and our main goals to to life, to activities, to lifestyle. We can choose it because not people choose mobile phones, laptops and the some someone wants to sit at office and say, um, have the same devices, but it's lifestyle another than mine. It's our own goal at feelings.

Mattia Rainoldi: Okay, fantastic. Anything else?

P28: (laugh) I don't think so.

Mattia Rainoldi: Well then, thank you for taking the time to do this interview. I'm going to stop the recording now.

P28: Okay.