Mattia Rainoldi: What I'm going to ask you next which is very much related to personally details is what is your job title?

P29: I'm a language teacher, I teach French and Spanish language. I've been doing this for 15 years and now I'm gradually shifting my activity online for Covid and also for a practice ability to work like that. And also, I am an entrepreneur building up a community of people who are interested in visiting [inaudible] and to find independent business which are sustainable so I'm just I will launch an online platform next once for that.

Mattia Rainoldi: Interesting yeah. And I how would you describe your employment type?

P29: Um, it's very um, as an independent person, it can be fluctuating, it's not very regular when it comes to focusing on each months, but the advantage, being based in a place which is cheap makes you have a margin in case less students or but I will say you have to anticipate to have a big plan, just in case something is bad, but for the moment um, I'm okay with this, because the cost of living and my personal habits are not high spending.

Mattia Rainoldi: Yeah, I understand, yeah. So is your work for you a full-time work?

P29: No. No, not it isn't because on purpose I, I think, after many years of experience in the same routine, I tend to want and not I tend, I want to do something else, so I embark on the joy of entrepreneurship, especially something not relating of teaching because does become a routine and nowadays anybody with digital skills and access to Internet and languages can try to do something there's no no huddle outside, so I have transition to a different mindsets.

Mattia Rainoldi: Mhmm and tell me a little bit more about it, so how this transition to a new mindset influences the time that you are working you're working, where you're working?

P29: Um being raised in France, we have learned how to be very obeying following the rules and the good people are good workers, which I am but also we are not preparing the environment, we did not prepare rarely to work by ourselves because to be complicated also being different, and also the tax system in my case, the transition happens because I've traveled a lot and lived in different places, so it gives me more confidence in myself.

Mattia Rainoldi: Mhmm. Fantastic yeah, so on, if you would think about your regular day. How much do you work?

P29: Um it's a difference, according to different factors, normally I tend to be very organized and productive in the morning time because I think I'm fresh and also um, things I easier. Afternoon time I tend to combined going out to have to find a lot of business for what I'm doing but also it's mixed with some social activity, because there is a pleasure in doing this, so and I tend to spend also bit of my time in the natural nature parks and running, bicycle or yoga. So, in terms of hours, I would say I kind of work around minimum six hours a day, some day is more like up to 10 hours and but minimum should be four hours because it's it's in my dynamic. And same with Saturday, Sunday, there's no real separation, sometimes it depends on since I've worked for myself, I don't make this distinction.

Mattia Rainoldi: So, on which base do you decide to work 10 hours or four of something or everything in between?

P29: Um I think it depends on sometimes the degree of excitement if you do something it's not only for the fact that it has to be done. Sometimes I really like to I like what I do this is also a secret or for it might appear are very long hours, but when you love something you you don't come like this and also I know I mean when I say long hours it's not in a row I know how to take a break in the right moment to like I need 10 or 15 minutes break so it's kind of it's like when you connect to a cell phone, you know how you have a battery, but also, you know how to recharge this.

Mattia Rainoldi: Mhmm, interesting. Um, yeah what I understood from what you were trying to say, well, what you're saying is that also the place where you work from is not always the same. Um, can you tell me a little bit more about it?

P29: Yes, it's proven that psychologically speaking and productively speaking, it's always better to be surrounded by people who work with you, so in my case, I might go to one's co-working space or café, although I must say that I prefer to be here at home than in restaurants, because you know you're required to take the bus to go outside and sometimes you don't want to do this and also for cost reasons, because I don't want to pay a pass for the day but it's necessary to also escape this routine to be in the same place so I try to it's not someone's plan it's um, if the weather is nice also I don't want to stay inside. I I could work in the park even that kind of work in park.

Mattia Rainoldi: Mhmm. And changing this environment where you work from how does it make you feel, what advantages does it have for you?

P29: Advantage is sometimes people are willing to share something, there is a break as well I'm talking about co-working space so it's good to express yourself express not for screens express through in person, because we need to feel the emotions, I mean I can be emotional as well online, but it's important too and, as I said, I carefully choose where I go, for example, I don't want to have a background music, which is annoying I, I want to be in a silent place in a corner and it's contributes obviously what corner of a place the to the productivity, we, it's about productivity at the end of the day.

Mattia Rainoldi: Mhmm. And you said sometimes you work from parks and parks are not generally a place where people work from. What is it for you, that makes you work from parks, for example?

P29: Situation, for example, if I have a webinar or something like this, our record with it's required to take some notes, then I go to the park and I take my notebook and I wrote there in the park. There are trees, and I believe in the in the power of nature to to connect nominees. To work on Internet it's something which is more practical so requires a bit of organization and again I'm, I have to find a space as well, which is where there is no family or dogs or these kind of things so so but it's very stimulating I believe in this.

Mattia Rainoldi: Mhmm. Tell me a little bit more about it.

P29: Um, stimulating in the sense that um you know I as a teacher I've been trying to understand what is the best education system in on the planet, which is difficult to grasp nowadays, before and after Covid and because we talked about homeschooling and traditional schooling. But back in India, there was a system called guruculo where you go out with your teacher your guru and you are in the nature. So you just sit down across legs and you, you put some you disconnect you start holistic meditation and then you learn that, and this is actually what I'm doing as well to um, as you read my report I'm learning as well languages, so I do this in the natural setting but it requires flexibility organization, um, it's not online because I mean you cannot have clients and teaching a buck, you need to be under special circumstances.

Mattia Rainoldi: Mhmm, okay. Fine. So let me just now change a little bit the topic that was a little bit the background of yourself, your work, how do you work, where you work, that's that was very interesting. What I we don't know right now and here from your report is also not very clear to me, is when you take days off? Cause here it seems like the you work every day?

P29: But it's true. I don't have any um, the only day have which I will take is when there is, for example, a full day excursion. For example, if I plan, something which really interests me, I I do it. So and it's not necessarily on Sunday, it could be during the week because I am but, not a single day can happen, I need to to work, I was about to say I mean I need to do something to be productive, yes, but I don't separate Sunday weekend with the rest of a week, but for take it for granted, yes, and when I want to have a big um, break it has not happened yet, because of Covid restriction whatever, I will take we fly somewhere we've like now I will I will fly in December just to go back to France, visit my family but still I think I will still love to do things. I cannot abandon my activities or my students or whatever. So yes, I don't I work yes. I I I am productive let's say.

Mattia Rainoldi: What is the main reason for you to work in the entire weekend and take rarely days off?

P29: Because I guess that I eliminated a lot of things which are very physically tiring like the factor staying at home, taking transportations, yeah something some cities where you have one hour two hours in traffic jams and the fact as well to be organized to be a good planner and it helps a lot, too, I will say I um, know what I don't need all of this, this is unnecessary things so and also again was about you said being passionate but feeling that I don't have to follow a boss or someone is it's my own things and it's important to be busy as well it's not it's not only the (laugh) financial games it's also to other routine, so I feel privileged to enjoy what I'm doing.

Mattia Rainoldi: And what about the time that you dedicate to leisure. So how do you dedicate time to it, how do you organize it?

P29: Um there is obviously we need leisure to be complimentary to the work, um, I will say that to kind of approach, the first approach is when I'm in front of the screen too much I on purpose I leave means and I'm going somewhere. And the second is leisure because that's absolutely something regularly like in my case, this is a yoga because it's it's it's good for energy and or going to shows, etc, so I tend to plan things to which really interests me. And, but also you know, when I was living in a big environment of big cities, I need much more leisure because it's not stressful. And here in the Caucasus it's a small city so the lifestyle is a bit slower, and so you are less um, we are less leisure in the sense there's less possibility to go to theater, to opera, these kind of things because it's near the nature, so I it's also an advantage because, from what I'm staying I kind of go in nature in 15 minutes only on foot, on foot as well, so that's very good actually and I, I check what's, for example, being in the forest for three hours when you are totally totally new person too.

Mattia Rainoldi: Okay, alright, okay. And when do you schedule those time for leisure, so you said here, when you are tired, but how do you do it more precisely?

P29: I think it's important to have a connection of people um, in person of our leisure, which are very individualistic for example, you could play video game these kind of things. I try to be aware from this also many of my friends have is the Netflix I don't have this Netflix I because it creates also a lot of a gunshot lot of, um, how do you say, you want to do this more more more so it's not really your leisure so that's why part of my leisure could be YouTube which I wrote as well because it's it's more practical and everything which I need, but I beyond to group of people as well for languages change. I going group belief discussions and also I visit galleries and our try to call somewhere in France to go with me and the leisure for me has to be possibly with someone not being alone, because you know as remote workers, we are isolated, so we need also, um, we need people yes.

Mattia Rainoldi: Mhmm, Okay. Good. I guess that I have a good overview of how you organize your life, well then now interesting to hear a little bit about is the role of digital technology in it. So I have been reading here in your in your report, you use different technologies, both for work and for leisure purposes, can you give me a brief overview of why do adapt these technologies?

P29: Nowadays, we really need to be to up digital skills, because it makes life easier if you are more than person, which means all of this, which I wrote our basic school tool in my opinion, because of a distance, because of us have a possibility to be different places, through Slack through virtual meeting through Zoom etc, and I also tend to select this for my own benefit, otherwise I don't want to be blindly following all of the digital things as well, because from leave us something which could even more facilitates my life work or leisure, like, for example, if I'm around you know, some people put these things. So for me I just select the things which I need like say and that's what's in office as well because there will be a time when you are too digital you you are 24 hours a day digital tool, so I don't think this is good for the health.

Mattia Rainoldi: Mhmm. So what is the technology that you use and helps you the most for your work and um?

P29: For teaching, this is through Skype, and this is very good, because it's practical and also normally also everybody a Skype for since before Covid knew what is Skype, some of languish exchange so WhatsApp or Telegram too but it's not so easy if you want to send some texts, and so it doesn't give you a seriousness, if you want to Skype is definitely the best I use us Upwork because we tend to forget that, even if we're lucky we can find any workers, remote workers from the word, so he helps me a lot because it helps me to inspire me also not only for finding people but also I analyze the message show I'm a fan of that LinkedIn because LinkedIn is not anymore or just selling yourself. I have on my profile I'm still looking for hours but also it's very good for reading news because by elimination I've seen a lot of very uninteresting things on Facebook now, even if I use it, which interest me I have subscription on digital things on Facebook, but it's not very serious nowadays. Um, also Google calendar, all these basic things, like, because I'm in the community of impact hub, which is also something new, I can make online, I don't need to be present there and so that's all basically.

Mattia Rainoldi: Okay. So, in terms of devices, I saw that he is a smartphone and a laptop and so on, yes. So how does this technology help you to organize your work and your leisure?

P29: Um, as I said, when you are desktop device you to be a bit more serious in the sense that you cannot go to the park or whatever, and the mobile phone is very practical, because the smartphone sorry, because you, you can go faster, you can select what you like (p) and personally it helps a lot also for social events I use a lot of Eventbright (p), so I can really plan and Meetups too, an integration because I am also one of the leader of organizing activities, so it has been very, very good also during the Covid, because I changed by formula and also I'm learning also new things from a social things, from social part, but also it can be very useful for professional life, for example, like nowadays with Zoom, since we are using Zoom, it's not, it started, very basic and now you could use this for different meetings, for translation, so they're adding value for digital, the digital is adding value. So it helps me as well to learn something differently, which I could find an opportunity, yes, and I also tend to be traditionalist, in a sense, I would love to have some for my social life, some books like magazines, but it's not the case here, because, mhhh, like I in the past, I remember, there was a magazine called 'time out' these kind of things, so I don't have this, or supplement from the newspaper so everything is now digital because I don't have this activity to have this guide with me are, or yes.

Mattia Rainoldi: Mhmm. So, and having these devices and the possibility that they create for you, how does it influence the way you you organize work and your leisure?

P29: I think there is a time when, once you are used to always technology, um, it's really, it's really helpful, it's integrated to your life, I would say. Because um, it's in the name of progress and evolution I guess to rationalize everything yes, but at the same time I've been quite flexible let's say in the second slot or, for example, if, as a student for example, if I were asked, given the opportunity, I will say 'would you like to have digital or in person', so I'm in the same so it affects me as well, so to take a decision I mean it's I think it's so important to follow the trends and it's going to be more and more digital life, like the domestic, for example in the house, it could be like this, but you really need to be conscious about what's what's what's the best you can use so that and um, because now if you're out if you're not belonging to a certain WhatsApp group, you have the sensation to be isolated because well in my case it's not my country of my language so you need to be connected like say you mean you need to be connected because it's necessary to be updated like say yes.

Mattia Rainoldi: Yeah and, if you think about your daily practices that tried to focus a little bit on exactly what do you do in your daily life, think about your daily practices and how do technology really influence how you work, where you work, and also how you enjoy your leisure, where do you do leisure, when you schedule it, let's try to maybe ask too many questions in once, but you probably um, let me rephrase it so if you think about your practices your daily practices, what influence do technology have on the relationship between your work and your leisure?

P29: Um, it is definitely important in the sense that I don't see myself without tech, um, because I will not say I have an addiction, but I think it's a in our life like say but also, I know how to be then not using technology, because I can bounce back, for example, there was some cases where there was no electricity or sometimes or no Internet. So not technology so I'm I'm okay, because I can do something else you see our overload be like narrow minded tunnel mentality see. So I don't know because I'm French Latin or or my personality, but I can be I be, proceed this technology aspect let's say, but I thinks it's okay, and because I I am flexible I think, yes.

Mattia Rainoldi: Mhmm. All right now think about your yourself, the way that you use technologies right are there any routines that you have in place to start, stop working to start, stop doing something some leisure, for example?

P29: Yes, first various pieces of digital fatigues so I have these classes, which are useful when I used to many hours in front of a computer, so the routine is to as I said in the morning I'm very fresh because I need to be in front of computers, but after I feel very overwhelmed let's say by some things I just I do some exercise, for example, my thigh or this and, just to be away and also before I sleep I don't want to have any device attach if possible one hour, because I think contributes to the good sleep, so the routine would be um, because I know most of people before they sleep they check Facebook rescan of things. I try to be aware for this, for having a good quality of sleep like say. And I tend to do the same also even in the morning. I'm very productive, this is not the first things I will do to check the smartphone, computer very if I want to have a breakfast, for example, I have, I, I have to be aware for that.

Mattia Rainoldi: How does it happen in practice?

P29: This is quite good, actually, because I think if you're focused on the food or something in once once each, you can really then have more energy to the digital things let's say because I've been observing people eating, at the same time doing some chat whatever and this is not good for productivity and also it's not good for behalf, so I am strict in that particular aspects, yes.

Mattia Rainoldi: So how do you do things exactly, so when you want to be away from it, what do you do exactly?

P29: Okay, for example, if I work many hours for let's say a free three hours in a row with maybe five minutes, I say half an hour because I can go in the kitchen, I can prepare food for lunch time I wrote this. So this is absolutely a good things because I don't need any more to be on the screen or these same things, but I can concentrate to prepare food, the ingredients, to be in the kitchen. And I don't think about what's the next step for meeting or whatever. I just focus on that, this is very good, for example, I don't want to order food with a tech because otherwise, I will fall again in the same model of okay using technology and and so it's a way for me to relax to do some activity but also anyway, I will have to eat the lunch so so but but example we food preparation or going to shopping as well. I I take I take the cell phone, because I have to write the ingredients, I want to buy let's say but the simple fact of going to get food or to the shopping center helps me to disconnect and that's very good.

Mattia Rainoldi: Alright. So let me go back to where you are saying, you want to cook your food, for example, what do you do with your tech, so you say you want to disconnect from it, so how do you do?

P29: One second, I have to change place because my colleagues are here.

Mattia Rainoldi: Don't worry about that.

P29: Yes, so please, please repeat.

Mattia Rainoldi: Okay, what I really want to know now are the exact sequence of things, so you said you want to go away and prepare your food, what do you do with your devices?

P29: What I do with my, pardon I don't I didn't get -

Mattia Rainoldi: What do you do with your devices?

P29: Ah okay with my device okay um, I put I put my device in another place for example, it doesn't come to the kitchen table or I put it in the pockets and already, for very beginning I'm not in favor of notifications because it's a time consuming, um, I don't switch up the mobile because you cannot do that but I don't watch anything else, for example, if you cook pasta, you have to wait five minutes minimum so meanwhile, I will not take a smartphone or the computer, definitely not, so I it's not what I focus on the pasta always but at least I can breathe and normally people would smoke cigarettes or something like this, I don't smoke, but I don't use the technology, it'S in my pocket or in another in my office.

Mattia Rainoldi: Mhmm, so you're saying you cannot switch your device off, why not? (pause) P29? (pause) Hey. I can't hear you right now.

P29: Yes, we were interrupted yes.

Mattia Rainoldi: All right, hi. So your Internet dropped out or something.

P29: Yes, you sometimes it happens in some particular place, yes I apologize for that.

Mattia Rainoldi: Don't worry that's fine yeah, technology (laugh). Okay, what were we discussing, you said you cannot switch off your phone. Why can't you?

P29: I think, I think switch off the phone during the night time or if you go to a show like a theater, cinema. And the fact that I don't switch off the phone doesn't mean that I necessarily have to watch on the phone but why should I switch off a phone I mean and the fact that there's no notification as well helps not to watch on the phone, because then after half an hour, 20 minutes, I know I will have to watch the screen anyway but I don't switch off. Because it's the, I guess what's the habits, um, the yes it's yes it's like habits, if you if you will drive a car you put on security belt as well, so these habits.

Mattia Rainoldi: Mhmm, can you tell me a little bit more about it? It's interesting.

P29: I'm, I'm not panic by the fact, but if I will forgive for forget my telephone at home, while I'm doing this, but um, unfortunately I'm aware that it has become important in the daily habits to having the telephone with you I will say.

Mattia Rainoldi: Can you tell me a little bit about the way that you manage your notifications, because you mentioned it already but I'd like to know more, and what are the reason for it? Tell me a little bit about it.

P29: First, there's sound of a notification that makes me nervous because I don't like the sound the music itself is very annoying. Second things is probably something which is social not necessarily because when you do your business, if you want to have service clients you send an email you don't need to send a WhatsApp or something similar, so I know in advance, this will not be urgent so I guess I anticipate this is going to be something for my friends and from social life. And it's very good as well because um, after that I have more pleasure, because our at the same time, a lot of message, a lot of things at the same time, and so from a rational viewpoint, I save time let's say, and I was sent down pleasure. And the notifications also bothers me or we might surrounding to like, for example, I take the train, I work in a train also, um, not online but I work or I read or whatever but close to me, there are guys, so people who have notification on and this bothers me a lot. So I put earplugs for not hearing the notification also people who have device, because it makes me nervous, yes.

Mattia Rainoldi: Mhmm. Okay, but what you're talking about is just the sound notification or the screen notification as well?

P29: Um, it could be both but it's mainly the sound, yes, but even the screen um, I don't want to change my habits or I I think I saw is there a question or generation, if you are a millennial 20, we already 10,000 Instagram and this and um, I'm not used to this, I think I prefer to, I don't want to have this series of message like this because it's it obliged me to cast on eyes and not and it will not bring something, it will not change my my life, my routine like say so on on purpose, um, I know what I don't need, as I say, already I know why I don't need these kind of things.

Mattia Rainoldi: So you don't have also the screens notification. So those are also shut off for you?

P29: Yes, yes, yes, absolutely yes.

Mattia Rainoldi: So, and when you'd like to see what messages or someone wanted to communicate with you, what do you do, how do you do it?

P29: Ah I check, for example, every second time it could be every hour or every half an hour except if I have some urgent things to wait, so I check more often, but I'm not permanently glued to the screen let's say I know, for example, or periodicity I decide every hour every two hours and also, I do this on purpose, for example, if I say okay, I have to do a job, job to be done I have to be away from anything on the application, so I have to pass our challenge for myself not watching the notifications possible because, first, I have to finish this and then I it's like when you have a series of priorities you have to start with something which is very important, so you, you cannot take risks to be carried away by some picture, or something like this.

Mattia Rainoldi: Okay. So you're basically going inside every single applications and then you check inside a single application, if there are messages or other things that concerns you?

P29: Exactly yes exactly yes. And sometimes when you enroll to a new site, for example, I remember the meetup group, they will automatically send you an email notifications because first time when I made a mistake, because I forgot to take away the notification, so I finish it yes and also the fact that um, there is this fear of losing something. In the past had this problem of okay, I will not be maybe I will miss some important event whatever and now I still events can happen to me, without necessarily having the notification like this.

Mattia Rainoldi: Okay, I understand. An interesting another interesting question that I have for you is you use the devices that you have your laptop and your smartphone for both purposes yeah in your work life and in your leisure life so my question to you is how you differentiate between what is used for your work life, and what is used for your leisure?

P29: Well, from a practical viewpoint, a desktop would be more for serious work life, um, I don't think smartphone you can be it's possible to do work on the smartphone but um, psychologically I said more for fun let's say because since it's very practical to go everywhere in a café, in a park, automatically in my mind um, I do more serious things on the desktop let's say. And when it comes to the separation, I sometimes some cases I said I can combine both things like I need to meet people in person and this is very funny because I have to I take my cell phone to film the people or painting or something so I need to be I need for my work, because I have to I'm doing a list of listing things so I have a picture of this, so this is work, but I was sent on, this is very funny, because I discover new things, so the two are intertwined.

Mattia Rainoldi: Mhmm. How this is intertwined makes you feel?

P29: I needed (laugh). I needed because um, if I don't have a smartphone I don't see myself to take a camera to take a with a classic camera outside to take a picture like this it has created the habit, um, I would say to really. Yes, it's not feeling guilty where, for example, if I don't take the cell phone for possible possibly finding new image for what I'm doing, I will feel maybe sad or saying I missed something. I should have taken instead the phone so it's necessary it's necessary yes.

Mattia Rainoldi: Mhmm. Okay. Do you ever other examples in which technology creates a situation for you, where is difficult to know or to make a difference between what is work and leisure?

P29: Um, it's very it's very the line is very thin sometimes because I am in the leisure a social network called Intonation I don't know if you're familiar with this and the thing is to organize events once a month so this is on the phone areas, certain aspect, but at the same time, I mean it is network, because you can read profile of people it's not like LinkedIn so really good for me because, from the work side work side if I see people, for example, you I read their profile while learning French, it can be an opportunity for me to contact them, because this is work. So again, um, what was supposed to be social network for fun, for pleasure, for digital, um, turns out to be also a second minute LinkedIn because I can read the profile. And um, it's not separated.

Mattia Rainoldi: Mhmm. Is a separation important for you?

P29: It's important IF I don't if I don't master this, I will have maybe the feeling to lose control. It's important um, also because if all your work life is too much associative leisure life, you cannot do anything so yes it's important, I think, because you have to make a list of priority, you're wise and the list of priorities, social life and it's important to have this line. Yes, otherwise you could be permanently slave it's like when you take a plane you go somewhere and the first things people go out, they need a chip just to be connected and probably I don't think I will reach this point so the more I am aware about the separation, the more would be something which will protect me from this behavior which I totally reject. When you go in a new place where port you arrive, you want to chip to another smartphone, sorry to another line, to log in Internet, etc. So, yes it's important.

Mattia Rainoldi: Mhmm, because you also said it makes you feel like losing control. What does it mean for you losing control?

P29: Losing control means not having conscious anymore that um, it's you have to use the technology to drive your activity but the technology should not drive you. So this is clear. So, for example, some of my friends, they use the network Tinder and I don't use this because I think any person who is conscious can find people from the same group in dance and yoga to find like-minded people not using the technology. So, in what sense, because I am conscious I am I can control myself have self-control, but some people using this network, they have no self-control, because it has become an addiction and they it's the technology which control them because they cannot help having this look on that.

Mattia Rainoldi: Mhmm. And what do you do in order to stay in control?

P29: Um, I just switch off um, as I say, when I was in the kitchen for preparing the meal, I I do on purpose the fact that um, um, it's like when you have a degree of excitement and energy, when I see an edge has been done it happens as well, I is because I will blame on the technology. So I stopped my I don't I don't use it, yes. I read, for example, I read not full screen for tech, but I will take some book or something to keep me away from the tech.

Mattia Rainoldi: Okay. Um. What strategies do you have to do that? Do you have concrete examples?

P29: Um. Could you please repeat the question? I understand you but it's, I can specify better.

Mattia Rainoldi: Right.

P29: Strategy.

Mattia Rainoldi: If you have any strategies that you do, um, something that you do in particular so like the kitchen example there, is any other thing that you do, in particular, to stay in control?

P29: I think it's better to talk with some people in person and because you will be more focus about when you when there is a when there are two people, you have to watch through eyes to feel that person so at least one moment, you cannot check the smartphone you have to be your presence is this with this person. So I have to find a way, a strategic way to say um, 'okay I'm calling someone and say let's go let's go together to to do something, an activity, let's let's move', yes, I think the secret is to be with someone, but also to walk, to move, let's say not being in the static place, that's a strategy because um, also, the fact of moving um, you don't watch the phone while you are walking, you're running. So at least you are with this person.

Mattia Rainoldi: Yes.

P29: I would say, moving in one space to another space.

Mattia Rainoldi: Mhmm. Yeah, I took a note of a word that you said 'being present', are you trying to say that technologies or using technologies helps you or in hinders you in being present in a certain situation?

P29: Um, to my observation of seeing that most of people have difficulties to really focus on the present moment because of tech, um, for example, I go and see a performers show in the cinema and first things that people do after credits, they just take the telephone to check messages. And so um, yes, they are not in the present moment because they are they don't really digest what are they are seeing, um, now they want to see what's the next next next next next things to do now. And this is very important because many more from the woman, women tend to be more on Instagram (laugh) as in my, I hope my comment is not sexist, but I think there's more addiction in in this particular aspects, they are always thinking about the message and this kind of things. Modern men, yes, my observation, yes.

Mattia Rainoldi: What about you?

P29: No, I am definitely really in the present moment because luckily, I, as I said, I do yoga, so this is also a therapy to be in the present moment and also I've seen people doing yoga they have the smartphone their tech close to them and I'm, I am doubting they are in the present moment because also after the lesson is over, the first thing they hurry up is to check on the message. And it's getting more and more this. I think I don't do that I don't know that, because in that case, yes, I switch off mobile, because I know for one hour and a half, I will not have to use it anyway, it's a certain purpose, but it helps me to be more in the present moment let's say.

Mattia Rainoldi: Mhmm. It's nice to hear yeah. Do you do something similar in other moments other times during your day, your week or something like that to preserve your presence or or something similar?

P29: In order to be in the present time, you mean?

Mattia Rainoldi: Yeah for example, so in this case, you said when you're doing yoga you switch off your phone because, for then this one and a half hour you are doing your yoga and you want to be present. There, are there any situations where, other situation where you do some something similar or there are other situations where being present in the moment is not so important to you?

P29: Well, I need some people to do a language exchange, sometimes in Russian language, which requires absolutely not technology. And since it's very challenging um, you really have to focus on what that person says so in that case, it helps me to also be centered and focused being in the present moment because when you have to really listen and to memorize and to do something challenging, um, you (laugh) you need to be there and face to face, the eyes against eyes, so in that particular moment yes. And I also do it on purpose as well for avoiding to um, using an application like Duolingo of these kind of things which goes to be aware from the that particular way, let's say yeah, so I think it helps me a lot for a particular purpose, yes.

Mattia Rainoldi: That's interesting. Did you ever felt like technology was in the an intrusion into some aspects of your life during your work or in your leisure time?

P29: Ah yes, because on one side, it helps a lot but also it creates a lot of um, needs but maybe you don't think about that so intrusion in the sense that also, when you are with someone if you take some tea or some food, this is very annoying if the person checks the phone, um, some people will apologize like 'sorry, I have to send a message' whatever but also it's an intrusion for me as well because it it bothers me but person, I feel that the person is not with me but with telephone So yes, it's an intrusion yes.

Mattia Rainoldi: Okay, and how does it make you feel more exactly?

P29: Um having nostalgia, probably for the time when we were not we were not glued to the telephone um, um, I've seen the evolution of simple phone and before we didn't have any phone, so it was a bit I will not say better but it simpler, more precise, so in some way it was more sincere.

Mattia Rainoldi: Okay, I see. [indaudible]

P29: What? Sorry because I have some yes, yes.

Mattia Rainoldi: Don't worry. This is exactly why I'm doing this interviews um, online. And that is on purpose actually it because it went to places interviewing people, but I really wanted to do that, because this is your natural place. So don't bother, fantastic. (cough) Excuse me about that. Let me see if I have more questions for you P29, for sure yeah, yeah so do you think also that technology influences how you draw boundaries between work and leisure?

P29: Yes, because what I've been observing, for example, now there are more and more groups which are created for WhatsApp for the tech and these groups are either inclusive of they asked you not to be part of them, for example, I'm vegetarian, and sometimes there are these vegan group they say okay, we create a tech group for WhatsApp or Telegram and if you're not vegan, don't come. Or, if you are a group of woman who wants to do things it's through tech as well, so you cannot participate of this because they put a boundary of 'okay, you you're not part of this group because yes of that' so he created it creates walls actually the technology creates walls and obviously this is not positive because even if you stick to some values or following certain beliefs being vegan but it's not reason to exclude the other people. And I remember because this because sometimes if you want to join this group, they asked question I you do you promise, or you are, and if you're not you're out, that's it and more and more more and more things are things like this, for feminist group for I don't know it could be a sexual orientation, it could be, it is like if you have football games, if you have this team okay, you cannot yeah you could you're ostracized, marginalized so they create they create these groups which are rediculous.

Mattia Rainoldi: Yeah but for yourself does it help you, does technology help you to create boundaries between your work and your leisure or not?

P29: Yes, yes. Yes, because I know how to use it in in in a proper way because, as I said, I think I master the boundaries, when I have conscious about not being manipulated by the energy of it is just my own responsibility myself let's say so, yes, definitely um, it helps because I filter the things like say so it helps me yes.

Mattia Rainoldi: So, you said you don't feel manipulated by it so do you manipulated then technology?

P29: Technology manipulates you in a sense, but it's for example through if you do this you will get a percentage of ways so gratification let's say so, for me it is manipulation, because it creates needs, unnecessary needs or if you if you don't come now, it will disappear or various velocity available always technological message create some fake alarm of fake news. So they don't, technology don't manipulate me because I know to decipher what type of message which is written through the social networks.

Mattia Rainoldi: Mhmm. Okay, then let's move quickly to your diary here and you've written some interesting things and I'd like to discuss few of them a little bit more in detail with you.

P29: Ah Mattia, sorry, I have to change network on the Internet, give me one second please if you don't mind sorry.

Mattia Rainoldi: Oh yeah yeah. (pause)

P29: Okay sorry about that, we're done again.

Mattia Rainoldi: That's fine yeah (laugh). All right, let's discuss a couple of examples from from your diary yeah one day you were saying that you multitask, okay so what is it for you? You say you are multitasking, I read it so it may be becomes fresher in your mind 'as I follow some webinars but, as I like taking screenshots, statistics data which I save on my desktop but at the same time I'm checking the news or some other entertaining website, this affect my moods and my productivity'. Can you tell me a little bit more about that situation?

P29: Yes, for example, if webinar is on the way, I know it will take 5 to 10 minutes to make presentation, so for me it's totally loss of time. So in that case I am still in the webinar and at the same time I'm I have several windows, so I can do something else, but after 10 minutes, the presentation has started, so I need to I keep a series of screenshots so that I take care of webinar and at the same time I am away from the other task let's say, but again after I've started presentation there's a new guests and again it will take five five minutes to start and again I'm back to the things so in some way I'm juggling because I'm able to do several things at the same time, but in a clever matter, being present in the webinar but I at the same time doing other things.

Mattia Rainoldi: Mhmm. So you are present but not present for some time so how would you say it?

P29: Yes, but why should I listen to always 'Thank you Mr for being part of our company', I'm not interested in this I'm I'm interested in the topic of discussion. So so for me also I'm here but I I am here definitely but I don't say my mind is somewhere else, but I can split in that particular case the fact that I'm doing something else but it's not something urgent. It could, it could be, for example, checking the planning something um, is not for calculating budget or numbers, you see it's something I can manage to do that. And I'm doing this often because there is no guarantee that the webinar will be at the same expectation, so sometimes are pretending to be good, and sometimes they're not so good so you never know but what's also very good, because, if I have to be present physically even if it is not interesting, I cannot, I cannot go so here I have a possibility to hide myself or to yes to do to do a second task at the same time.

Mattia Rainoldi: Mhmm. So basically the decision paying attention to the webinar or not and doing other things happens based on what?

P29: How useful is it for me to be in this webinar? Will it bring me something good or is it a lot of loss of time for me. Do I need to focus 100% or do I already a lot of things which I know so I don't want to listen to what they will say for beginners let's say. So yes, all degree what's the degree of importance of this which I engage myself.

Mattia Rainoldi: Okay yeah. So when the webinars are for you more related to work or to your leisure time? Just to be clear.

P29: It can be both it can be both to um, from the work prospects I'm following the news from the industry of tourism, so I go to some webinars about what is explain and but it's not very it's it can be disorganized, for example, I must say I'm a bit biased because I prefer webinars made by Germany or UK because they're always very well done (laugh), but if it is from Spain you know, have a talk a lot for one hour two hours and okay, then, if you could do to summarize what I really want to yes and from a leisure side, yes, because so because I follow instruction about meditation and some people really don't know what meditation is so for 15 minutes they'll explain what is all about and also it's a lot of time for me, lots of time for me so from the professional from the free free time it's it's the same.

Mattia Rainoldi: Mhmm. Then could be for both and when the time comes that is not so interesting, what are you checking, work, leisure, what would you do generally?

P29: I tend to read the news, for example, for myself. Um. Normally I don't like the news because also negative, but also the interesting side, where we are different types of news. I read the news which which interests me but not something I will not do LinkedIn or something more serious like say that escapism for news or some also, sometimes I like watching paintings like from artists Van Ghogh or yes.

Mattia Rainoldi: I understand yeah. Great. Let's move on to another example. Where is that gone, you're saying something about detox somewhere yeah here, so um, you are, you have been watching TikTok and you are saying that the boundaries were blurred between work and fun.

P29: I need TikTok because I've met some investigation, where, which is proven that it's more useful nowadays to create a new community through TikTok than Instagram which I couldn't believe that and fun, because obviously our TikTok is for public, which is much more younger and I've always associated with with was about superficial things to watch or very narcissist but now also realize that are leaning a bit about interesting comment content sorry and it's it's very funny as well because you know TikTok has been around maybe for four years and maybe the very, very first year and was really, really stupid. And still we are so stupid things but also nowadays, if you know how to find this, it can be very fun at the same time very instructive. So this is my my big discovery let's say and I'm not the first person. I'm not the person who spend hours and TikTok but as speakers now I will use ticket for my own activity in next time for a reason I told you to target the younger audience and it's very funny because they asked interesting thing, sometimes with content.

Mattia Rainoldi: And how does that makes you feel that the boundaries of blurred between work and fun?

P29: Because then then, both need each other, for example, you cannot have credibility to be serious to be taken seriously if you, but you have to use TikTok but at the same time if you don't transmit to this funny miss age are you cannot be professional too so both sides are together, yes that's a it's very interesting, also because I tend to be more intellectual and, obviously, as an as a fake intellectual, I cannot say I love TikTok, I'm not ashamed to say it's not the same when you when you say okay I love LinkedIn for creating content on the okay I love TikTok too.

Mattia Rainoldi: Mhmm. Alright. Great, let's see an example here you're saying yeah there is has been a day, where it happens that you're leisure intruded your work time when a friend wanted to communicate with you through Facebook. Can you tell me a little bit about it?

P29: So yeah I didn't I didn't hear the first part?

Mattia Rainoldi: Okay, I repeat it. Here one day you're saying that your leisure intruded your work time because a friend of yours wanted to communicate with you by via Facebook.

P29: Okay, yes, I remember, I remember the window Facebook was open and you see this notification of message one and I had had a curiosity to check what's happening which normally I don't do that because the window is is closed, and since I could read that the things was interested, I confess then, um, took away my concentration for my work to watch this event and which was a good lesson, because I should have eliminating this Facebook window for not being distracted to watch this. That's why this up and actually and it's because also I know it might happen, but on purpose, I have to control myself saying okay, I did this today, but now the following day, you can do this in case it could happen, so what was the mistake I made.

Mattia Rainoldi: Mhmm and that was on your laptop or something?

P29: Yeah yes, it was on my laptop yes, normally I prefer to have not so many windows because, for the reason I told you, the more windows you have, the more risks you take for traveling back and forth between the the fun and the professional.

Mattia Rainoldi: Yeah. But why was the window open, yeah, in general, you said you prefer keeping that separate and it was open for the day before or how did it happened?

P29: Oh yes, it's a it's a coincidence of leads it's not automatically open but but they particularly day it was open, I don't know why because again, so because I need to Facebook to check for events, because I checked the profile people who go to events in in in prospect for my future community so I also need this let's say we have to be careful Facebook but now we change name. So hopefully it'll it will be will be for the better.

Mattia Rainoldi: Yeah (laugh) I hope. I hope as well. Um, the last example in your diary. You're you're saying you're a bit strict in allowing yourself free time 'which means that I am flexible, but I care always how many hours, otherwise I feel unproductive' yeah. So tell me a little bit about it.

P29: Um, I think that if you are not strict you have to stick to a certain program to certain ethic, otherwise you can totally ruin your moments or your day. So being straight up lies you to achieve something and then, once you have achieved something you have a carrot, if you are number one remotely on you have some chocolate like this. And this is what I'm doing because it's like if you're if you're like a writer, you are impose yourself to write everyday things, and if you are such soft the writing when it comes automatically so it's good. I can tell you is also as a teacher when you are nice teacher and treat afterwards it's not working at all because the students already know about you're too nice and you cannot control situation. So first, you have to be strict and friendly and and flexible, but then you can slightly transition towards the indulgement let's say. And that's why I say, I have to be strict about this. And, like, for example, I don't want to be disturbed by some people some things some because I don't I'm not alone, where I'm staying so we are some people, so I don't want to talk, some people are because my energy somewhere else, so I keep this strictness for us.

Mattia Rainoldi: How, how does the strictness manifest for you, you say you're strict about allowing yourself free time, what are you trying to say here?

P29: Like, for example, that if I don't I have a certain points, three, five points to be done as long that it's not finished no way for me to go out to take the sun or to take a coffee, it has to be like this. So this is a self discipline let's say and it works it works, because then I can also appreciate better coffee or walk let's say but first first, whatever happens, it has to be done, it is how it is. Yes.

Mattia Rainoldi: I understand okay, good. We are getting towards the end we are heading towards the end of this this interview. One question that would like to ask you is if there is something that you believe is important to mention that we didn't talk about um, we have been discussing work and leisure and the role of technology in in mediating it or playing a role in it. Is there something more, that is important to you and then we didn't talk about?

P29: Yes, I think, nowadays, all the working culture is totally changed more after the Covid, but also before, so I think all the methods which are preached for the best balance between work and leisure it's something absolutely personal. We don't need to follow some rules or some gurus some specialists but some experimenting with what works for me, not necessarily work for the other people let's say so anything what I learn, I have to unlearn it because it's based on my own experimentation that say so, I think there is a mini revolution, which is happening in terms of the relationship with digital and personal life and it's not through taking a an intensive workshop which you can teach we can sorry learn from that, it's also based on your own conclusion let's say but not everybody's like this, because I think when you are acting like this, you are a bit rebel, which is a big my nature to put into question um, how far this has to be done, what important the stack has to be done, etc, because you could also reach for some result without technology like say for example of a simple example I don't use the tech application Doulingo but still I can be polyglot so, but this is also a very personal situation, yes.

Mattia Rainoldi: What does it make for you a balanced day. So you were saying balanced day, how does it look like?

P29: It's important, as I said, you have your routine to be strict, but also to devote a bit of things of yourself for causes of things which are a bit more universal in a sense you can be ambitious, you can be organized, you can be responsible, but also that doesn't cost you anything to um, help people too because I remember also I need some help in the bus so face to be more balanced and to feel much better and to feel how many to feel more energy and energerized, you can help people or cause to really make a small change in our life, and I believe in this much more efficient than promises or expectation from our politicians, it's it's more important really to change to reconsider the way of communicating with people, and I know that aspect also tech have a lot, there are moments like this for cleaning the beach in the park yeah but we're not asking something in exchange and we're not putting on a tshirts or saying, have done that just five minutes, 10 minutes can be I don't know any anything spending time with some you know some old person you know, and this is how you find the balance it helps you as well to have empathy and it's very beneficial for you work too.

Mattia Rainoldi: Alright. Well, thank you that's it. If there is nothing, or if there is something that you want to add again, please go ahead.

P29: Yes, I'm just curious to ask you, it's not about my privacy or what I said, after that what what you what you, what is your aspiration after the PhD and what do you hope to do with this?

Mattia Rainoldi: With the data I'm collecting you mean?

P29: Yes, yes.

Mattia Rainoldi: Okay yeah the data that I'm collecting are going to be used for, of course, for for my PhD thesis. That's it and what I also hope to do is to create out of all the data that I'm collecting to do some a series of publications um, that would be done become available to everyone yeah so that's the knowledge that I'm collecting um, should also be shared with the community of academics and the general public as well.

P29: Okay.

Mattia Rainoldi: It's what you were saying there is a small kind of revolution going on and that is what I'm interested about here. And what the results must be shared yeah.

P29: Okay, good good.

Mattia Rainoldi: Yeah and final question for my side is how did you find doing the um, the diaries?

P29: Um, former also have to be organized to do with every day, I have a mental preparation to do this at the end of the day, as well, because of course it's summarize this but also I have a send it to you in a sense that, as long as the diary has not been returned there is no way for me to affirm 10 at night let's say. So, and I also was preparing myself mentally to say 'okay, what can be interesting to say today or not write for some things let's say so I have no no, I had no stress, no drama, it was quite quite interesting and it's also good to I think also highly of who we are, we are daring to talk about ourselves, but during but what's why also I like this interview because everybody likes to talk about yourself even if it is private actually was not very private, what you said just okay some some question, but this is not basically we will not change my life let's so it's a big fun, I would say yes. But also, I was convinced, also by my colleague, the girl from Kazakhstan and she said 'Oh, you should rather say why what what what will this bring to me', so you can do this because, maybe it's interesting for you now okay I say why, why not let's do this, start it. The personal recommendation really convinced me um, to do it (laugh).

Mattia Rainoldi: Was it helpful for you?

P29: Yes, yes, it was yes absolutely because then now, it will be a good method, maybe as well to put this on the regular basic and in the name of productivity and also in the name of free time, in the name of digitalization. So you gave me a good idea. So that's why I also accepted to do the survey because whatever you asked me, I could also ask my future employees, when I now I work freelance but it's it's really good to ask this question, I think. I've learned a lot from us well.

Mattia Rainoldi: Thank you, I'm happy to hear that yeah. Thank you very much. I'm going to close the recording now.