Mattia Rainoldi: Fantastic. And so, my next question is basically what's your what's your job what's your job title?

P30: Yes, I'm a Community material networker. I work as a freelancer.

Mattia Rainoldi: Okay, so you answered also the next question, so let me write it down so community you said.

P30: Community let me do you want me to type it maybe it helps, I'll type a few things.

Mattia Rainoldi: Okay, if you want.

P30: So, it's Community material networker.

Mattia Rainoldi: Okay, and you work as a freelancer you said?

P30: Yes. Right now, at least.

Mattia Rainoldi: Let me take these notes here.

P30: Yeah, take your time, don't worry.

Mattia Rainoldi: Okay. So, if you think about your typical day. So how do you organize your work and your leisure life?

P30: Okay I'm not sure if I'm going to answer another question for about but I'm gonna sit here now, sometimes it's not very easy to actually identify and actually make um, put everything like this is what this is leisure sometimes I tried to combine both, for example, when I drink coffee, I also have my laptop a lot of time, so I work at the same time, while I'm having coffee. And sometimes I might actually have like a meeting scheduled. So if I go out like for three or four hours to have a coffee which is not exactly like leisure but it's also leisure for others because I'm sitting with my laptop watching the screen and drinking coffee with on the same time I'm also working or maybe making some calls or waiting for someone to actually came for a meeting or for just pleasure so sometimes the lines are not very clear, to be honest, between leisure and working, for me at least.

Mattia Rainoldi: Yeah, and on a typical day, how it happens, so?

P30: So how it happens. Every day depends on what I have actually scheduled for example sometimes I work I wake up very early in the morning, sometimes I wake up a bit later, my diary, you might have seemed that sometimes I wake up like maybe eight or nine some other times 10 so it's not like I have like a wake up every day at maybe eight o'clock, I don't do that sometimes even wake up earlier and I do some work in you know or I'm using my mobile to do some work because I also do some kind of social media creation and content, so I do a lot of things from my mobile as well. So I wake up and immediately take my mobile and start doing things, while I'm still in bed for like half an hour sometimes so but typically my day starts around half past nine maybe 10 and I tried to actually work like until like five o'clock or six o'clock or make a break around two to have some food and depends, if I haven't slept very well, I might get some little bit of sleep like half an hour of sleep until half past four or five and then continue to work until like eight or nine depending on my schedule. So if I have to actually meet a friend that can actually do it, and I have like some kind of free time, I make a break so I'm meeting someone outside. And you know have like a coffee or a beer or drink and then I got, I come back and work again so it's like I don't have a like a schedule. I'm not like a nine to five job. So this is a little bit hard for me to actually separate work and leisure. This is like one of my main difficulties as a freelancer sometimes, but I can actually say it, you know I worked like from nine to five and that's it.

Mattia Rainoldi: So then based on what do you decide when to work and when to take time for leisure activities?

P30: It actually depends on what extra things I have, for example, if I have like some deadlines, or if I have like more work to do, and I can actually do it like on this during the day, for example. I'm trying to finish around six or seven o'clock sometimes but sometimes I can't do that so because I took like a longer break during lunch and so because I have to finish, like, for example, I have something to do today, I have to finish it today, you know but something might happen, so I can't actually have an actual finish it until seven so I'm taking work and I'm working until like midnight, or you know after midnight to finish it. So I'm not sure if I'm actually answering your question, right now, or maybe confusing you more (laugh).

Mattia Rainoldi: Keep keep going (laugh) I will just want to understand how that is done and it totally okay if every day is different for you yeah. I just want to understand how it is for you.

P30: Therefore, I'm not I'm trying not to be strict with myself in in terms of the timeframe. For example, some people, I know, but you know we have like very strict schedule, and we organize everything for me, I prefer a bit of creative house, as I said, you know a bit of you know, instead of actual every day, doing the same thing, I prefer do things differently, every day, if I can of course. I'm trying to keep like steady schedule, but it's not very steady for me, so actually a lot between the work and leisure during the day, for example, because it was summer now, it was after Covid so haven't necessarily seen a lot of people for like one or maybe two years, so a lot of people like I've actually stopped coming to my city. So, some people actually were like giving me on the phone ring like one day before, maybe one hour maybe my phone is going to ring right now, from you know 'hello I'm down, you know, do you want me for a drink or coffee and we haven't seen him for two years' and I'm gonna try to make some time. So this period of time was a bit different for me, because I was switching a lot between work and leisure because of the Covid and because I haven't seen people yeah.

Mattia Rainoldi: Yeah, I understand yeah.

P30: But it mainly depends on how much work I have to do, to be honest. And that's, that's the main factor sometimes you know. Sometimes I don't have a lot of work, so I can you know move more easily to leisure from work to leisure (laugh).

Mattia Rainoldi: Okay, so you're basically what you're trying to say is that, how you schedule your time depends on the workload that you have?

P30: Yes, yes, exactly.

Mattia Rainoldi: But, but also it maybe also something spontaneous?

P30: Yes, because, which is like not doesn't seem a bit too much professional for someone I don't know but it actually keeps me in check, because I like to stay creative and one way to stay creative for me it's not have like a very straight very strict schedule, if I can afford.

Mattia Rainoldi: And in terms of days off, do you take days off for yourself and how?

P30: Yes, I usually try to not do anything on Sundays, like, for example, not to check my mobile APP going to social media not doing any work until maybe around four or five o'clock in the afternoon and maybe sleep a bit more or go out something to detach myself on Sundays, mainly on Sundays but sometimes because I have this kind of freedom as a freelancer I might actually do during the week, for example, I might not feel very well, or maybe I don't feel depressed or you know very anxious about something so sometimes I take this breaks during the week as well, maybe work up a bit later if I don't have like a meeting or something to actually deliver and instead of waking up at 9am, I might stay up later on during the night and wake up at 11, for example (laugh), and start working at 11 until you know until I finish.

Mattia Rainoldi: Right and why exactly you're aiming to keep the Sunday as free as possible?

P30: I think it's, the only thing but might seems like strict for me like you know I want to have a Sundays, if I can always free like to know about Sundays for me it's like to do like a digital detox to stay away from my mobile in my laptop my PC and you know have it for myself, you know just to clear my mind, even for even for like few hours, one day a week.

Mattia Rainoldi: So, if you take a day during the week the motivation is a different one?

P30: Yes, usually at I might do that because I'm not feeling very creative and I'm feeling very pressure that's true actually feeling a bit better so but I usually don't take like a full day, to be honest. I'm deciding like a few hours in the morning, or you know spoil myself a bit more and sleep like a bit more and stuff like that in order to keep me relax and everything.

Mattia Rainoldi: Is there any particular reason for you not to taking the full day?

P30: I think it's it's on me because I don't I don't know what I'm gonna do in the full day. I always try to combine work and leisure, if I can even when I go out sometimes I used to do, but I have like my mobile and taking a few stuff it, working properly, so my it's not ideal, but because you know I want to see that everything is well even like even if it's like midnight so I'm taking it like, for example, who have like maybe some customer issues and someone can send like a message in one of the web pages that I'm actually involved to or you know so sometimes I do that as well. So staying one day off, I think, for me, it's a bit strange (laugh) totally off.

Mattia Rainoldi: Okay, so, would you, um, has it ever happened, do you do it sometimes take a full day off and totally disconnect?

P30: When I go on holidays, I guess, but you know I don't like you know I don't actually do that a lot, I mean I don't do that, like I'm checking my phone all the time when I'm on holidays, but I'm still checking in with some time for messages or whatever happened.

Mattia Rainoldi: Okay why you do that on holiday as well?

P30: I don't know to be honest, maybe because I haven't actually done any proper holidays in the last one year, so, for me it was like a different kind of period this Covid period of staying inside but, while I was also freelancer and I was also remote working to be honest, even before Covid. So, but still staying inside, you know, or maybe going out for a bit I don't know I always keep checking even on holidays, you know, even if I'm actually on a trip, I might actually take my mobile and said, you know for messages or updates or anything even like even for one hour.

Mattia Rainoldi: Yeah and what is what is it that you are getting out of it? What is the advantage of doing this for you?

P30: I think it's because I always want to keep I don't want to detach myself too much from things like let's say, for example, I'm going in an island and they forget everything for one week and don't I don't do that I don't know.

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

P30: Um, I'm feeling right if I do, but I don't know I haven't actually detach myself like like saying I'm having an actual check my mobile for like a week and I haven't done that, I don't know, in the last two or three years, I don't know, maybe more so I'm not sure how it's going to feel maybe I I feel like I was left behind, if I don't check it. I think that's one of the problems with freelance and remote work that sometimes they actually do more work sometimes or they work like different hours, instead of if I had like a job nine to five, I know, that I'm going to finish on five o'clock and I'm going to go home. As a freelancer remote forget I don't have this kind of a luxury because, as I said before, I might actually do things on a midnight or you know reply to someone at the half past 11 like last week a like I had like a Facebook page and some people were complaining about a few things so I starting to them at half past 11, it's not my job description, but I do that because I want to keep you know um, to be ahead and be the best in what I'm doing.

Mattia Rainoldi: Okay that's very interesting. Um, so we talked about quite a bit now about the timing um, dedicated to to work and to leisure. What about the place so when you work from generally? Or where do you like to work from?

P30: Yeah I think that's a bit different and sometimes I prefer to stay at home and work, because most of the time I'm at home but during the last maybe one year actually maybe a bit more than one year or two years because we had the Covid situation, so we can't go out and I was preparing to take my laptop and work from a coffee place or like a co-working space, because we didn't have a lot of co working spaces back then, so now we have some more options in my city, so I was preferring to take my lap and go outside home, but I do want to stay at home all the time. And because also, as I said, I'm living in a real nice city by the sea so it helps to actually bring your coffee working with your laptop and you know be nice to see even if you can't actually stream even watching the sea it's real nice and relaxing and I felt more creative, to be honest it's helped me a lot, I feel more productive going outside and do some work in the coffee place with a nice view.

Mattia Rainoldi: So the coffee place, so if we think about the coffee place it is generally a place of leisure so you're saying before as well. So what makes it for you a good place to work from?

P30: Ah I don't know because I don't actually prefer total silence as a person as well, some most of the time I prefer to be at the feel a bit more active like maybe hearing some kind of music if I'm at home or even have like my TV sometimes open, even if I'm not watching just to hear the news or things like that. So I can actually be like total silence, sometimes, so I prefer like a bit more crowded places for me, I feel like sorry I feel like I have to work more when I'm in a crowded place. And you know finish what I'm doing, because when I'm staying at home, I might be feeling a bit more relaxed or anything so going outside it helps me it feels like going to an office to be honest.

Mattia Rainoldi: Mhmm.

P30: With a lot of people around you.

Mattia Rainoldi: Yeah I understand yeah, it feels like an office but it's not an office.

P30: Exactly exactly. That's a nice one.

Mattia Rainoldi: Would you say that there are, if you would compare the picture that you have in mind the one office, and then the one of the coffee place, but what would be the difference there for you?

P30: Um, I think, but it doesn't have strict rules.

Mattia Rainoldi: Okay.

P30: And you feel like you have like a bit more freedom, I mean you can actually sit and drink your coffee, for example, while in your office you can also do that but might not feel very professional, especially if you are actually meeting people or like different kinds of clients come in, and you know you can actually see you like just drinking your coffee like that and relaxing while in the coffee place, I can actually see and do that.

Mattia Rainoldi: That's interesting.

P30: But the idea, because you I think what I like what you said before, ideally, I think my best place the work would be like to be a combination of both, open office maybe like a coffee place something between that not very strict, not very relaxed.

Mattia Rainoldi: Okay. And you were also saying so in these places, so you see the sea and it makes you feel more creative, can you tell me a little bit more about it? So what exactly do you mean with it?

P30: Yes, yeah. I mean I don't know if it's like something, because, as we said, you know Covid was a factor for a lot of things so staying in and actually make me want to be like a nicer place to select with to have view to select with sea and the mountain because usually some of the places, but I go to work have like can actually see the mountain and also the sea, so I'm sitting like in here, and if I send my view here, I can see the mountain if I see that, in my view that way I can see the sea, so being able to switch to see different things which seems real nice, it helps me to be more creative instead of actually being at home and watch, you know, an empty an empty wall behind me.

Mattia Rainoldi: Mhmm, I understand yeah.

P30: And also because I did a lot of like live streaming things and a lot of Zoom meetings and stuff for one year, I want to be outside you know. And also because I'm like a person's people's person, and I want to meet people you know, and not only with Zoom or whatever tools it, I wanted to be outside as much as possible right now.

Mattia Rainoldi: Yeah I understand yeah. Great yeah and um, let me think about, so, and what about at home? Um, do you have a place that you dedicate for work or how does it work for you?

P30: Yes it's the place that I sit at right now, it's like another room, but I have like my PC and all the facilities that I use like for live stream, black cameras, extra lights and stuff like that so it's like my room, which is also like my gaming room, if I have like some time for actual play some kind of PC games late at night, or you know and so, this is like the place that I spend most of my time when I'm not sleeping.

Mattia Rainoldi: Okay, so that's room where you are now is a room that you use for both purposes for work purposes for leisure purposes as well.

P30: Yes.

Mattia Rainoldi: Okay so and how you differentiate between when is the time to work and when is the time to have fun in that room?

P30: I think when I work I work I'm like a in here working seeing the screen and I'm working when leisure time as, it's as you know, I open the TV or open, you know the music and you know be more louder and you know stop all the work in something on the the PC. So that's it, so I don't have like any other kind of I don't know like spaces inside this room to say you know, this is a space for work, this is the space for leisure. Sorry.

Mattia Rainoldi: Mhmm, I understand. So, and for you it's um, how do you feel about having this combination of everything in the same place?

P30: Um, I don't actually think I have a choice to be honest (laugh), I could actually you know work from a different room or you know stay in a different room for leisure. For example, I never go to my living room to stay for like one hour. I don't know why I only do that when I have guests.

Mattia Rainoldi: I see.

P30: The office in the leisure place, which is the same it works for me well, so when I want to, for example, to relax, I just stay here and open with TV or you know what's like a funny video on on my PC. I don't go to another room to watch TV, even if I have a like the living room, but has like a big TV, but I never use (laugh).

Mattia Rainoldi: Yeah, I understand yeah. Great and what about you leisure, where do you take where where do you do your leisure activities?

P30: Usually outside home because now again sorry but keep repeating myself about the Covid situation, but you know I don't actually invite a lot of people home. So I tend to go outside you know like for coffee for drinks, I tried to actually, the good thing about Rhodes is like it's not a very big city, but it's not very small as well it's like 200,000 people, which is okay it's like not a very big city, but okay, so everything's like close by so for example, if I take my car now I'm gonna be at this at the less than 10 minutes or maybe five seven minutes I'm going to be by the sea and have like a coffee or a drink or food. So I'm trying to go outside as much as possible.

Mattia Rainoldi: Mhmm, I see, yeah.

P30: For my leisure activities.

Mattia Rainoldi: Mhmm. So now I have more or less a picture or your day and where do you work, where you spend time in for your leisure activities, and so on that's fantastic and what they would like to talk about now is a little bit more in detail about the role of technologies so you already mentioned a few things at the beginning but we would like to go more deep um, now so, yeah, sorry, so what I'm more interested about now is to ask you what technologies do you use, both in terms of devices, maybe let's start with devices, so I use for work and leisure?

P30: Yes, a desktop PC, laptop, um, laptop when I go outside and my mobile, from what I can remember, I used to have like also FitBit a for fitness but I don't use it in the last like before, so I don't used it in the last few years as a gadget.

Mattia Rainoldi: Yeah do you use all of these devices for both purposes?

P30: For example, I don't use my laptop for leisure. I don't mean I don't play any games or do a nano quizzes or whatever I don't use it for leisure. I use it mainly when I go outside to work my laptop I don't use it at home, unless I have to update something, you know using the WiFi for updating the software and stuff like that.

Mattia Rainoldi: And what about the two devices?

P30: Um, the desktop I use it for both for work and leisure, my desktop PC and my mobile again the same for work and leisure.

Mattia Rainoldi: Mhmm. And what about tools, applications and so?

P30: Okay, besides the social networks like LinkedIn Facebook Instagram and I use like Slack, I use Canva for content creation and I use some kind of video product which I can't actually remember the names right now apologies but I use Discord for Community management. Slack, Trello, sometimes not a lot and sometimes some other things like a Signal for communication, for encrypted communication. Um, I use a lot of mix be honest, it depends, sometimes with people, and you can organizations if I'm part of a team for some time, so they have like their own tools but mainly I use this tools.

Mattia Rainoldi: Okay, so and so what for what reason do you use them?

P30: Um, mainly for communication, most of them, and also for work and leisure, for example, I use too Streamia, I'll make my own talk show about my own life saving talks show which is both leisure, but also a little bit of work as well, and also sometimes I meet people using Streamia instead of Zoom. So I invited them, you know, in my own channel and the same can applies for YouTube, for example, I use like YouTube for both work and for leisure. And so, so usually I'm trying to combine everything, I think, from what you have seen I'm trying to combine things all the time, even if it's spaces or applications. I'm trying to use them both for work and leisure, if I can.

Mattia Rainoldi: What is the main reason for doing that for you?

P30: I think I feel safer, because I know the tool because if I use, for example, Zoom for work, I know how it works, so I can also use it for leisure have to actually meet my friends, and you know discuss things, and you know and have fun. So I feel safer because I have used this tool professionally so I can actually use for leisure now as well.

Mattia Rainoldi: Mhmm.

P30: It's like the messenger thing you can actually use just to chat with friends, but you can also use it for today for clients, because some people prefer that kind of communication, because it's more direct so.

Mattia Rainoldi: Okay. I understand yeah and keeping this in mind, so you said you told me, you are a person that prefers to try to have everything combined. Um, how do you draw boundaries between work and leisure, if you try and combine everything?

P30: Yeah and I think, as I said before, I don't think it's is it for me at least sometimes actually draw boundaries, and I think that's one of the problems generally with freelancers. It might might be me, but I think everyone sometimes have like issues actually drawing boundaries between work and leisure. Unless they actually have a lot of clients and a lot of pressure from the clients and a lot of strict deadlines, so you can't actually afford to have like your own space or your own schedule, then it's a choice, some people like me, I guess, prefer to have like less clients, but have like more time for themselves or actually being able to create the timeframe if they can and their schedule and some others they don't want that, so I think some of the best one so it's very hard for me sometimes the actual draw the boundaries.

Mattia Rainoldi: So you're basically trying to tell me that keeping less clients for you um, I want to hear from you, because I don't want to summarize so keeping less clients for you what what is the benefit exactly for you?

P30: It helps me to have like a to create my own schedule, instead of actually having like 20 clients, we have like 20 strict deadlines at strict deadlines than 10 clients, if I can do the same amount of getting the same amount of money from them instead of having 20 though, but I have like more time so I'm being better for them as well, because I have more time and being more creative for them instead of actually having 20 clients and being you know very strict and doing almost of the same things with little difference between clients, so I prefer having less so being able to be more creative but the benefit is but by having less I have a bit more time for me, or at least I have is illusion, but I have more time for me (laugh).

Mattia Rainoldi: Mhmm. Okay. That is very interesting (laugh).

P30: (laugh) It doesn't always work like that, because you know if you have like less client, but you don't get that amount of money that you want, you need to get more clients so you know.

Mattia Rainoldi: Yeah.

P30: Ít's not always working as I want (laugh).

Mattia Rainoldi: That's yeah that's that's difficult to get that balance, I guess.

P30: Yes.

Mattia Rainoldi: Between how many clients and how much money you want.

P30: Yes, exactly.

Mattia Rainoldi: How much time do you want to keep for me myself, yeah. Um. Great, yeah. Do you believe that in your experience does technology help you to separate work and leisure in some way, do you use it in some particular way that helps you to do that?

P30: To be it's supposed to help because technology is supposed to make your life easier, but you know it's like a common thing that sometimes you feel more trapped, because with technology even a reminder, on your phone is a like a remodel can actually bring like twice and maybe you know you feel more stress oh yeah I have a meeting, I have to meet someone who had half by six, what is the time now, I have to finish now so sometimes you know it helps you because you know you might have forgot about it so reminder it's good on your phone, but at the same time it's still feel more pressure by the technology, so I'm not sure what I have actually managed to actually use technology right now to make my life better. I think it's helping, of course, because I can do anything without technology right now, or you know, without some kind of platforms or tools, but at the same time, I feel like you know more like a slave with technology, a term that some people use (laugh). And because I'm a freelancer I think it depends a bit more, and a remote work at the same time, I feel more dependent on technology for example if I don't have Internet, it's an issue for me.

Mattia Rainoldi: I'm sure yeah. So how do you manage, so you were saying, for example, reminders or notifications?

P30: Okay, of course, I have my notification send reminders in the lounge but I set up and sometimes depending on a week I tried to actually write down a few things like once like a month, I tried to plan my schedule somehow, let me, for example, I have these things like I have to do, some writing them down and then you know cross them out, I used to do that a lot in the past, but not right now, and because I used to work like with goals like for every week like I used to have goals but lately, I have discovered that doesn't actually helped me a lot it put like more pressure in order to finish the goal that I have. So I stopped doing about a lot so I'm doing like once a month I'm writing down all the goals and setting them after after month seeing you know what have you done, what have you accomplished, how well you have done it, that actually keep myself on second actually have some kind of schedule, instead of actually planning every day for me every day.

Mattia Rainoldi: Do you ever felt like for example, three technologies or technology that technology enabled some intrusions into your work life, for example from the leisure life?

P30: Yeah yeah yeah I think the even, for example, right now, but you know have like this kind of meeting that I had like the switch off my phone or you know decrease your volume, so people actually not sending me messages sometimes you know might be some friends that are sending silly stuff over the messenger so because I had to do that in order to be able to actually stay focused on you because you're going to hear bb bb on from my messenger so yeah sometimes yes it's like an intrusion, sometimes I believe, even when your outside you know, having like a drink receiving like a message from like someone you know, sending a message. And you know saying you know 'why are we doing this as a company or you know I don't like this kind of actually change that or you know, change the meeting' or whatever. So yes, on the same time, I feel it's actually intrudes our life if we check our mobile of course.

Mattia Rainoldi: Okay so what you've done today, for example, for talking with me it's something that you would do often?

P30: Yes, yes, especially when they actually have like some kind of like Zoom meeting, so I tried to actually live my other gadgets away from me, and they also you know that I do make them offline so I'm trying to actually stay focused on what I'm doing so I can actually do, but if I have like mobile and you know even silly things keep people keep sending me silly things you know my message that Facebook message, or whatever I can't stay focus because I'm going to be tempted to actually look at it so I'm going to lose time so sometimes when I want to stay 100% focus, I'm actually removing all my gadgets away from me and I'm just stying in here and doing you know this thing, for example.

Mattia Rainoldi: Do you use any other similar techniques or routines?

P30: I try to do that as well for leisure, I mean when I go out like let's say, but I have like I go out with like getting from I'm trying to have like mobile a you know how can I say it, I'm a bit away from me let's say and I'm not actually looking at it so while I'm having like a coffee, drink or having food I tend not to check my phone in order to stay detached.

Mattia Rainoldi: So you tend not to. So what does this exactly mean?

P30: It means the like, for example, if I have like I'm going out with someone but I usually go for a coffee it's like a very common friend and we go out like maybe once or twice a week and I tend to look at it a bit more if I go out, for example, I don't know you and we're going to you know get to know each other. I try not to do that (laugh) because you are like a new person, so you know you don't know me, so I feel like I don't respect you and if I keep checking my mobile all the time while you were out, so it depends on the people that I'm going out with in well so that's why, when I say you know, on holidays, if I am alone on this. I don't I'm not insulting anyone else some actual contact my mobile and see if they have like any work messages or anything but if I am with someone new I want to respect him, you know, so I don't take my mobile.

Mattia Rainoldi: Okay -

P30: (overlap) unless (end of overlap) he actually goes to the toilet and you can actually you know take like a short look about.

Mattia Rainoldi: Okay, all right that's that's fine, but in that moment, basically let's say I am a client of yours and you're out with friends or new person or something like that, can I reach you?

P30: If my phone rings, yes, of course, I'm going to pick it up I'm going to say 'I'm sorry, can I need to pick my my phone and letting you know', trying to actually usually I try to do things after seven or eight o'clock at during the day in the afternoon or night, so I, so I have like a bit more free time and I know people are not gonna call me usually or they call me it's going to be, because you know have actually scheduled it. So I don't have received so many unscheduled phone calls after eight o'clock at night from clients I mean there might be some other kind of complaints or anything but I have to look at it, but you know usually I don't.

Mattia Rainoldi: Mhmm. So mhmm and do you have any other, so we have been discussing quite a bit about you being in a leisure environment, and you have your technologies with and the potential intrusion there. So, and the way around, we also discussed it a little bit, but give me maybe some more details about it, you are in your work, so how you protect your work from intrusions from from leisure life?

P30: And, as I said, usually if I want to say 100% focus on something I tried to actually have my mobile away from me.

Mattia Rainoldi: Mhmm.

P30: So let's say what I need to actually write like something for like maybe an article or whatever, and I need to actually finish it until like maybe Wednesday now for 20 minutes past seven I need to finish like until like eight o'clock for this like 40 minutes I'm going to close everything, I'm going to stay focused on my PC, you know no music, no music by nearby and no other sounds, I might even actually plug off um, my home, my phone line and my comform so nobody's going to ring me at home for any reason, because I want to focus for this 40 minutes on that I don't do that for more than two hours, to be honest, because, as you said, somebody might might need some from me so no more than two hours, but for two hours, maybe one hour one hour and a half I'm going to stay totally focused on about without seeing all you know replying to anything else.

Mattia Rainoldi: And what about your your PC where you're working from so can one reach you through that?

P30: I have actually sometimes it muting discussions, for example, from Slack and muting notifications while I'm doing that or even if I actually seen a notification, because I forgot to actually forgotten to close notification and I just see it potentially but I don't pay attention to it so some that's going to go back after I finished my work.

Mattia Rainoldi: Okay, mhmm.

P30: It's not easy it's not easy and that's what I do but it's not easy.

Mattia Rainoldi: Yeah, I understand yeah great. So you also told me that during the day you might take breaks and schedule work and leisure depending on the day. So does technology that you use, also help you in some way to switch from leisure live to work like, work life to leisure life?

P30: I believe it is because you have the opportunity to do a lot of things now with the technology as long as you have like Internet access, you can actually making false for all you know or Zoom we can actually have like a Zoom meeting outside, for example. And that will actually see the you know with my headphones you can actually hear any outside noice and where we're going I keep seeing me and we're also going to talk, but I'm going to sit like maybe on the sofa, watching the PC and you can't actually know about it but example unless it's too noisy, but I was gonna pick a place but it's not too noisy in order to do that. So if I didn't have a technology, I can actually do that, like I don't know, maybe I was going to be at home only, and that setting like a phone and like a home line or whatever, with no picture, with nothing and also can actually do a lot of work if I didn't have a technology because I couldn't actually communicate with people from around the world, or like meet deadlines or actual help me organizing stuff or, like, for example, because I work with startups a lot, especially the past, and some people were not in the same city so couldn't actually meet in person. So, having all these amazing tools for like, for example, Zoom or whatever it helps.

Mattia Rainoldi: Yeah I understand, yeah, of course, and so what I wanted, maybe to ask also um, so, so when you use when you switch from one domain to another, is there any, for example routine that you have that involves technology? Do you have any start and end ritual so when you start working, when you stop working, when you go to leisure, when you stop, is there anything related to technology that you do?

P30: I can't think of any right now, to be honest.

Mattia Rainoldi: Okay.

P30: Because, as I said, I use a little tools sometimes, for example, for both because I use a lot of communication tools, for example, so on the same time might actually answer some things on the Facebook messenger, for example, for work and then the same time, someone else can actual sending me a message on there for like tonight for a drink or coffee or food so I'm not sure I'm actually using like a total routine to help me switch. I don't have like any application that say to me, you know it's time for you to meditate now, for example. I tried some of them in the past, but I didn't work for me to be honest.

Mattia Rainoldi: Yeah just it doesn't need to be a tool, maybe something that you do something like turning off turning on something, um.

P30: I mean I mean it depends, for example, today training, but on the same time, I can actually take home a lot and work, for example, after we finish now I was feeling actually to take my laptop and go outside because I feel a bit depressing and everything so in order to be more productive, I felt like go out for two hours, maybe, and you know finished working from the day outside not inside at home and then come back at home. I don't know it depends on my mood mostly and how I feel rather than actually having a switch like some people like, for example, I know that they say you know, after seven o'clock I'm not gonna work, I finished working it doesn't apply to me which is not good, it's not good, because it's not healthy, you have, you have to have boundaries.

Mattia Rainoldi: Why are you saying that?

P30: Because I think a lot of time I feel like very anxious to do things so, for example, if I switch off at seven because it's a rule, for example, for me to switch off and go at seven and I haven't actually finished or I'm not really prepared, I don't feel well. I don't feel like so I need to actually finish things in order for me to relax so I can actually have like boundaries like that, like timeframe boundaries, for example, or like a timeframe switch saying you know it's seven o'clock I stop working in five minutes from now, I can't do that.

Mattia Rainoldi: Yeah I understand, yeah, very good. So let me see here oh yeah. So have you found yourself in a situation you probably already mentioned few a few of them, where so where you felt like because of technology, work and leisure mix together?

P30: Oh sorry was that the question sorry I didn't understand.

Mattia Rainoldi: I'm going to repeat it, so if you found yourself in a situation where, because of technology, you felt like work and leisure were mixing together?

P30: Um. If I found myself um, I'm not quite sure how to answer this question.

Mattia Rainoldi: So in a situation where you cannot differentiate between are you working or are you having fun because of tech.

P30: Oh yes, yes, yes. Okay, yes, I have, I found I found myself on similar situation, yes, because I felt like you know, I was going out to work and because I was outside in the coffee place and someone saw me so she came to my table and start talking to me and left you know like half an hour of work because of that, and so, instead of working I was actually talking to someone you know, maybe it was relaxing and leisure, but you know, um, or some other time, someone else send me a message about you know that I have to talk to you about the job opportunity. And it was not scheduled so that's, for example, send me message now saying you know 'I need to talk to you in the next half an hour, are you available' so because with technology I actually did that, so you know, we had like a call in the next half an hour. If I didn't have like the technology or whatever, I was not going to do that so we're going to switch between work and leisure or leisure back to work. I'm not sure if I answered your question.

Mattia Rainoldi: Yeah yeah that works. All right. Let me see what other questions I have prepared for you. Have you ever felt uncomfortable with technology?

P30: Yes (laugh), especially when I used to be part of different teams, and I was not very familiar with the tools that we used, and so I was feeling a bit like an outsider sometimes because of the technology, as I had to learn how to use when your software or the tools that they were actually using them or even were called of communication was different, for example, so I felt a bit like like a stranger and sometimes I will feel not very effective because of that, because, because with technology that I didn't know how to use.

Mattia Rainoldi: And in terms of you feeling comfortable in the situation because um, digital technology made it difficult to manage the work leisure boundaries that you have?

P30: Yeah sometimes yes, because I will actually receive like a notification or like a message from someone maybe during the night when I thought we didn't have any kind of things left to talk about you know sending me a message saying you know I need to talk to you because you know we're saying you know, working on have to change something for tomorrow. So if we didn't have this, for example, if we have Slack or whatever other tool, he couldn't be able to reach me, he had to actually give me a ring which he made because of the time he might actually feeling like um, he might sorry about um, he couldn't actually do that because a lot of people don't actually like to phone people late late at night for example while because of the technology he will actually send me a message and see if I could actually see it or not, and because he knows he knows what I'm not, for example, a sleeping very early or check my messages a lot he knew that I'm going to see the message and probably reply to him (laugh).

Mattia Rainoldi: Okay.

P30: I felt a bit like a slave because of technology.

Mattia Rainoldi: And this is a very interesting situation that you are describing there so so you're saying that different technologies if a different impact on how people behave?

P30: Especially if you are working with social media and you are like more like a social media manager, one thing that I hear a lot from people actually it's like this thing about the boundaries, because the technology we can't actually have like boundaries and they can't actually relax because people can actually send him a message, a lot so it's like instead of actually working as we work more so we have like the illusion of freedom because they are actually can't actually do everything from their mobile or you know, not being in an office, but on the same time they actually have to be online like 24/7 because of the technology available.

Mattia Rainoldi: Yeah, yeah and how it is for you. This is a very interesting example and I would like to talk a little bit more about it. So how is it for you, so if you would receive the call late at night, would you answer it?

P30: If I received like a call not like a message, for example, I would, yes. I'm gonna answer because I -

Mattia Rainoldi: You would also answer the call not just the message.

P30: Yes, yes, because I will probably think that he, it's something important and I have to answer it.

Mattia Rainoldi: Okay. Okay, so you didn't differentiate it's a call, it's a message you would take?

P30: Yes, yeah I think the phone call I'm going to take it more, the message it depends, you know I might actually see it, you know, and maybe not the replay immediately, depending on the message and the person you know, but I usually tend to answer everything as fast as possible, that's why I said you know before, but I don't have like I'm not when I switch everything off I don't do it more than two hours so because I don't want to ignore people you know when they send me something which is not good it's a it's a really bad habit (laugh), but you know I do that.

Mattia Rainoldi: And you said, depending on the message and depending on the person, can you tell me a bit more about that?

P30: Yeah, for example, sometimes when it's about leisure and you know that someone's calling you like for like I don't know just to talk to you about I don't know I, for example, I have like a friend, but might call you like late at night just to hear about what happened to my life during the last time we spoke, so sometimes I might actually ignore this phone call or you know might actually send him a message saying you know 'I'm not available, right now, because I'm working or I'm doing something' that we talk tomorrow. If it's for less or I can actually some kind of sometimes I can actually ignore it or leave it answer a bit later. If it's for work I'm usually answering them all.

Mattia Rainoldi: Mhmm, okay. Let me just now move for a moment to your diary. So a few things I made a few small notes there and a few things you already discussed during the interview, a few others not. Here there is a thing that you say when they say 'I just randomly worked today'. So what does it mean randomly worked?

P30: Oh, did I write that, I don't remember.

Mattia Rainoldi: I can read the full sentence, maybe helps yeah 'since it was the weekend, they felt great connect people they haven't met me in ages and I also meet people that I only knew online, since I just randomly worked today the change between work and leisure and the freedom of freelancing, remote work felt extra good' so that's it.

P30: All right, oh yeah okay what I meant is that I didn't actually kept like a schedule, for example, as I said, you know I usually try to keep a schedule from like nine or 10 until like five or six usually um, on Saturdays I didn't actually do that, I mean I wake up, I did some other stuff, I didn't actually start working or doing anything but when I came back home, I switched back to work and then afterwards after like a few hours, again, I went out for a coffee and when I went back home, I went back to work that's why I'm saying randomly. I did have like a timeframe for working.

Mattia Rainoldi: Mhmm. Okay, good. Right and there is also here a thing that is interesting, you say, 'since I can do extra stuff for work without having a deadline and people looking at my monitor' what do you mean?

P30: I mean when you're in an office, sometimes you might be very close someone else. So, some people like actually look at what you're doing and I don't like that a lot to be honest, I think that's why I prefer freelance (laugh) if I can instead of actually being in an office, because sometimes you know you have a lot of people around you. So, you know you may keep switching and maybe they are actually watching what you're typing what what you're doing. And I don't like that, because sometimes I just want to be, you know, to focus on something you know, and not like keep looking at other people around me, so it being being at home, for example, alone, right now, nobody's watching what I'm doing so, you know I can actually sit and relax and do my work.

Mattia Rainoldi: Yeah, I understand, yeah. The rest is fine, is something that um, that we have discussed already so I have another question probably the last question for you. So, we have discussed already around an hour about this topics and um, is there anything that you believe is important to talk about related um, to the topic of organizing work life and leisure life and the role of technologies in it that we didn't talk about? Something that we didn't mention and that for you is important.

P30: I, the only thing that I might actually want to add is, but I think a being able to live a good life as a freelancer or remote worker, I think depends a lot on how you're going to use the technology to make boundaries for example doesn't seem but I'm using technology in order to create boundaries it's like more like a I use technology to switch between work and leisure because, for example, I can work from my mobile, but I can also you know use it for leisure, for example, um, so if you can if someone can actually use technology effectively to create boundaries, I think this is going to be the best um, more ideal freelancer so and keep about I don't know it depends, for example, I'm a single person, so if I had like a family, I think it's gonna go it's gonna be different. I think it was when I use technology to improve my life as a freelancer because I'm a single person, so I don't have like any obligations, I don't have like to take like children to the school, you know, or you know, maybe cooking or whatever for for my family and I have like this kind of freedom so I don't use this knowledge so much to create boundaries. I use it just as a type of because I have to use it, because you know, I have to use from my work, I have to use it to communicate with people so leisure. So, I think it depends on different kind of profiles, for example, I don't know if you have like any person that you are interviewing that have like a big family, and then we are also freelancers, I don't know if you have any kind of this sample sets.

Mattia Rainoldi: Yeah, I had someone that has family as well.

P30: So, I think this people who are going to use more with technology to create boundaries to organize their life.

Mattia Rainoldi: Yeah, I will look at it when I bought my data. I'm going to see if there are also differences based on based on these criteria yeah, being single - you don't have children, do you?

P30: No, I'm single, I'm not married. It's just me and myself (laugh).

Mattia Rainoldi: Alright. Great, um, yeah I believe that it for today.

P30: I hope I was helpful, or at least give you something for your research (laugh).

Mattia Rainoldi: Of course. At this point it remains to say thank you. I'm going to stop the recording.

P30: Okay.