Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P13*  
**August 27th 2021, 6:21 am MDT**

**Q4 - Tell us about what work activities you engaged in today.**

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| Tell us about what work activities you engaged in today. |
| Research project on NFTs for a client. Video conference meeting with contractor. Audio conversation with a startup client on new project. VR meeting with industry friend. |
| Hands on experimentation with new Facebook Horizon Workrooms and technology research project for a client. |
| Online meetings with two clients, Red Bull and Kicker. LinkedIn networking and emails. |
| Email correspondence with various parties. Short video production of a AR demo for a client. New Oculus Workrooms Testing. |
| Networking (video conferencing) meeting with SAP. Preparation (powerpoint presentation) for kicker (client) meeting. Various email activities. |
| Project Management for a museum AR project. Emails with multiple leads and prospects. Planning of Q3 and Q4. |
| Various emails with existing and potential clients. Zoom Meeting with a Munich based startup. Signing my office lease extension. |

**Q5 - Tell us about where you engaged in work activities today.**

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| Tell us about where you engaged in work activities today. |
| Mostly at office but also at home. |
| In the office only. |
| In the office, at home and during travel to Hamburg. |
| At the office and at home. |
| At the office and at home. |
| At the office, on a mountain bike tour and at home. |
| In both my office as well as from home. |

**Q6 - Tell us about when you engaged in work activities today.**

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| Tell us about when you engaged in work activities today. |
| 9:30 till 17h. |
| All day. |
| Mostly before noon, some in the afternoon. |
| At the office 9-11 and 16:30 to 19.30. At home 11-13:30. |
| 10am to 6pm at the office. |
| Office from 9am to 3pm, then mountain bike tour for 3 hours, then home. |
| Most of the work was around mid-day, approx. 11am to 3pm. |

**Q7 - Tell us about how you felt in your work activities today.**

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| Tell us about how you felt in your work activities today. |
| neutral, busy. |
| Mostly excited. |
| Excellent, great progress made. |
| Excited about the new launch of Oculus Workrooms. |
| Neutral, nothing special. |
| Liberated, strategic and creative while on bicycle. |
| Neutral, no special / emotional events. |

**Q8 - Tell us about with whom you engaged in your work activities today.**

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| Tell us about with whom you engaged in your work activities today. |
| clients, contractors |
| An AR/VR industry friend for the experiments. |
| Two clients, Red Bull and Kicker. |
| On my own. |
| Existing and potentially new clients. |
| Prospective and clients. |
| Founder of a startup in Munich for collaboration opportunity. Office landlord visit to sign office lease extension. |

**Q9 - Tell us about what devices, applications, tools and platforms you used in work activities today.**

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| Tell us about what devices, applications, tools and platforms you used in work activities today. |
| MacBook Pro for powerpoint and most emails. iPad Pro "Note" app for note taking, brainstorming and drafting of ppt slide flow. Smartphone emails, whatsapp call and messaging, Telegram Call and Messaging. Oculus Quest 2 for VR meetings testing Horizon Workrooms. |
| Facebook Horizon Workrooms on Oculus Quest 2 and MacBook Pro. iPad Pro Note for notetaking. Telegram on Smartphone for Audio conference. Powerpoint on MacBook Pro for the technology research project. |
| MacBook Pro for video conferencing (MS Teams). iPad 12 Pro with Pen, Note application for note taking. Smartphone for Email and LinkedIn networking. |
| MacBook, Tablet and Smartphone as usual, see previous days. Oculus Quest 2 VR headset for Oculus Workrooms testing. |
| MacBook Pro for emails, iPad for note taking and brainstorming, smartphone for emails / LinkedIn networking. |
| MacBook Pro for emails and Google Sheets, Smartphone for emails, iPad for note taking (Note app) |
| MacBook Pro, mostly desktop browser for email iPad for onboarding of an app, see startup above. Smartphone for various emails (Gmail) and WhatsApp for messages with contractor. |

**Q11 - Tell us about what free time and leisure activities you engaged in today.**

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| Tell us about what free time and leisure activities you engaged in today. |
| river surfing and watching a soccer game on TV |
| Watched two episodes of a TV series. |
| Meeting with family in the evening. |
| Free time during lunch, went surfing at Almkanal Salzburg. |
| None, only evening dinner and some YouTube / Amazon Prime videos in the evening. |
| Mountain Biking for 3 hours. |
| Family time, things around the house. |

**Q12 - Tell us about where you engaged in free time and leisure activities today.**

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| Tell us about where you engaged in free time and leisure activities today. |
| Surfing on Almkanal river in Salzburg Watching the soccer game at home. |
| at home and at office |
| Family home in Hamburg. |
| Almkanal Salzburg |
| At home. |
| Schwarzenberg MTB climb and downhill. |
| At home. |

**Q13 - Tell us about when you engaged in free time and leisure activities today.**

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| Tell us about when you engaged in free time and leisure activities today. |
| surfing at 5 pm soccer game at 20:30 for approx 2 hours |
| evening plus a couple of occasions at the office |
| Evening only. |
| during lunch |
| Evening. |
| 3-6pm |
| late afternoon and evening. |

**Q14 - Tell us about how you felt in your free time and leisure activities today.**

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| Tell us about how you felt in your free time and leisure activities today. |
| thrilled and relaxed respectively |
| relaxed |
| Excited, hadn't seen my family in many months. |
| exhilarated. |
| Relaxed. |
| great |
| Neutral. |

**Q15 - Tell us about with whom you spent your free time and leisure today.**

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| Tell us about with whom you spent your free time and leisure today. |
| surfing with a friend soccer game with family |
| family |
| Relatives / family. |
| friends and office neighbour. |
| Family. |
| alone |
| Family. |

**Q16 - Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today.**

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| Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today. |
| smartTV |
| YouTube on MacBook Pro through Chrome browser at office. Amazon Prime Video on SmartTV at home. |
| None. |
| smartphone for occasional email / messages check. |
| Smartphone for YouTube. Amazon Prime for TV series on Smart TV. |
| Smartphone for MTB track recording. |
| Smart phone and Macbook. |

**Q17 - Think of your day as a continuous series of situations.
Tell us some examples about how you combined or separated your work and free time or leisure activities in different situations.
Tell us also some examples about how you switched between work and free time or leisure.
You can discuss planned or unpredicted situations.
When applicable please indicate in your examples:
what did you do, say, think and/or feel in the situation
the time and place in which the situation occurred
which people were involved in the situation
the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking platforms)**

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| Again, the testing of the VR meeting software with an industry friend is both fun and work. |
| During the experimentations in Facebook Horizon Workrooms with industry friend, it was partly professional as well as casual exchange on various topics. |
| This diary is for Friday, 21 August. My meetings were all in the morning as we traveled to Hamburg by car and plane in the afternoon / evening. While on the road, work was purely operational ( emails ) and digital networking. |
| during surfing at lunch I met a person from KISKA, one of my clients. Casual / professional networking during free time. |
| No distinct switches between the two. Moving back and forth between my near by office and my home just set the priorities on work vs. leisure. However, both locations may accommodate either one. |
| Mountain biking is not only leisure, it is where I purposely think about strategy, planning and creative aspects of work. The office on the other hand is where mostly operational tasks happen. |
| While at office today, a family issue arose, which I first attended to by phone (WhatApp Voice). At lunch I went home to have a quick bite and to attend the problem more deeply in person. After about 30 minutes at home, I went back to my office (which is only two minutes away from home). In the evening, I did some combined leisure / work related social media (facebook, LinkedIn) browsing. |