Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P16*  
**July 20th 2021, 12:45 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. |
| I didn’t work at all today, because it’s a bank holiday in France. |
| This one concern Tuesday: I spend the day working in the development of a new component for the main project of the company that I’m working on. |
| Sunday, I do not work at all. I usually take the day to be with my family and friends |
| Since it’s a weekend didn’t really work today, but I did work for a few minutes in some personal projects. |
| Today I had 3 meetings using zoom with my colleagues to discuss about design of new components, take decisions about a release and another one as a workshop to discuss about new ideas. |
| Today I took the full day to code a new component on React |
| Design and development for an airline app |

**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. |
| - |
| At my home |
| - |
| Home |
| At home |
| At my place |
| 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. |
| - |
| From 9:30 til 5:30 with an hour lunch break |
| - |
| At mid day for during 1 hour. |
| From 10am til 4:30pm |
| From 10am til 5pm |
| 10am |

**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. |
| - |
| I felt a bit stressed due to the fact that it was a lot of work to be done and it needed to be done before Wednesday when I’m starting my holidays. |
| - |
| I felt a bit in a hurry because I had an invitation to go to a friend house. |
| Motivated and relax since today was more or less like a brain storming day so it was really fun and nice day |
| concentrated and relax |
| I got stuck in the developmment of a function, but I managed to make it work at the end. So I feel satisfied with my work day. |

**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. |
| - |
| Mainly my self but during two hours I did pair programming with a colleague. |
| - |
| Alone |
| My manager, the product owner and two UX designers |
| only me |
| With my development team in a daily meeting. |

**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. |
| - |
| I used my windows PC and my iPhone, with visual studio, chrome browser. I was developing in react and css. |
| - |
| My windows PC, using Wordpress and my iPhone 11. |
| My windows pc and my iPad. Using sketch and abstract |
| windows laptop, Visual Studio and Chrome browser |
| Windows Laptop device, using Visual Studio and abstract. |

**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. |
| I’m actually starting my holidays today. So I took a flight to Amsterdam with my husband and we met with a friend who’s was coming from Paris by train. We spent the whole day walking around Amsterdam. Having drinks and visiting around. |
| I took one hour lunch break at home, but right after work I went to the supermarket to buy some groceries and then came back home to watch a movie with my husband |
| Today I went to the beach with my husband and a friend |
| I spent the full afternoon with some friends, who had a baby last month. |
| I didn’t take a lunch break today. But I finish early my work day, so I went to the city center to walk and have a drink with my mom |
| 1 hour lunch break, 2 hours walk |
| 3 hours |

**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. |
| Mainly walking around Amsterdam city center |
| Mainly at home, we were a bit tired of work so we decided to Netflix and chill |
| The beach is located in Mandelieu. It's about 30mins from my place. |
| At my friends appartment in Mougins |
| In Antibes city center. |
| at home and walking around my place |
| I went to the beach |

**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. |
| Starting from 10am til midnight. |
| I finish working around 5:30pm, but real leisure started around 8pm having dinner and watching a movie at home. |
| We went to the beach around 1pm. |
| From 2:30pm til 9:30pm |
| Right after work around 4:30pm |
| at mid day and right after work |
| right after finishing my working day. |

**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. |
| Súper happy to meet this friend that we didn’t see since longtime ago. |
| I felt relax after work, even if it was a heavy work day. I was tired but ok. |
| I felt super happy and relax, We discovered this new beach I never been before and it was not too crowded, so it was perfect to enjoy the summer day. |
| Súper relax and happy because I get to meet the baby for the first time |
| Pretty relax and excited to start the weekend |
| relax |
| Relax |

**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. |
| My husband and a friend |
| With my husband. |
| With my husband and a friend |
| I was with my friend, his wife, the baby and my husband |
| With my mom |
| with my husband |
| with my husband |

**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. |
| Basically, my iPhone 11 and my bluetooth Sony headphones. I use most of all Citymapper to move around the city and sportily during my flight. |
| My TV and netflix |
| So today I took my electric bike, and we used the phone as a GPS. When we were on the beach we used the phone as well to put some music using spotify premium. |
| My phone as a GPS to get to their place. At my tfriends house we used the TV and spotify to put some background chill music |
| Only my phone |
| TV |
| my phone iPhone 11pro |

**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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| --- |
| 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) |
| I didn’t work today, so my full day was based on free time activities. No need to think on how to switch from work. |
| I managed to switch from work easily because I stop working right after my coding session with my colleague. My husband was ready as well when I finish so we head up straight to the supermarket without thinking too much. To really stop working I switch my self as away on slack and I didn’t check on messages or notifications until the next day. |
| So the first thing I did this morning was to take my bike to go to the supermarket and buy fruits and bread. I came back home and prepare breakfast for me and my husband. We switch on the TV and what the news. After that we took the bikes and went to Mandelieu. To get there we activated the GPS on the phone. Once in there we met our friend who advice us to go to this new beach I never been before. We stay there for around 3 hours. Then we took the bikes again, and we came back to Antibes, where we met some other friends to have dinner and watch the football match. After that with the bikes we came back home and finish our day. |
| I knew that I will have this afternoon with my friends, and I needed to get there with a train. So I decided to work on my personal project only one hour today. I knew what I needed to do, so opened my computer and get to develop the new feature. At the same time my husband prepared the lunch, so as soon as it was done I stop working, it was enough to finish what I was doing so I used the lunch break as the alarm to stop working |
| Today was a bit difficult to disconnect from work at mid day since I have multiple meetings during the day. Nevertheless I knew it was going to be a heavy day, so I just had a sandwich that I prepared pretty quick and I was ready to stop working around 4pm. I call my mom and we met in the city town to have a drink. I took an electric bike at the end of the day to come back home. |
| I have some alarms to remind me to take a break or stop working. |
| At 12:30 I have a regular alarm to remind me to take the lunch break, also my slack turn automatically notifications off during 1 hour. I spent my break cooking with my husband and doing the laundry. |