Mattia Rainoldi: Right.

P5: Yes, it gave me, um, it it just told me this is being recorded so right.

Mattia Rainoldi: So, from now on, it should be recording our conversation. P5, let's just start talking about your practice as a digital worker, so I prepared a couple of warm-up questions about how you live as a digital worker. First of all, can you tell me your job title?

P5: Yeah, I am a freelance digital marketer, yeah, um, hat is my title (laugh).

Mattia Rainoldi: Very good. And how would you describe your employment type?

P5: Employment. Um, I'm part time, remote, yeah and I have, you know, two or three different freelance jobs at any time that probably all equal out to 10 to 20 hours a week, or, yeah per week of work.

Mattia Rainoldi: I see, okay. So, in your typical day of work, what is it that you do?

P5: Um, I have one main freelance job and I'll work on that for anywhere from two to four hours a day, and it involves, um, search engine optimization, so SEO activities, um, I have a team that I work with remotely and we use, um, Slack for, um, Zoom to you know meet every other week, we have a biweekly meeting and yeah, our team is made up of like five other people, um, I've been working with them for over a year now so, um, yeah, and it's kind of like I just, I should also add that all my jobs have come from previous connections, so my manager for this job I used to work with him at my full-time job. So I will take on random tasks as they're needed and related to marketing. It's not always the same type of task.

Mattia Rainoldi: How do you consider the people you work with?

P5: How, how do I consider them?

Mattia Rainoldi: Yeah.

P5: How do you -

Mattia Rainoldi: Consider them as a co-workers only or I as a friends as well?

P5: Oh, um, I would say they're all pretty much co-workers um, we all get along very well, but you know beyond like casual catch-ups before meetings, we don't really talk outside of work activities.

Mattia Rainoldi: Right.

P5: Um, and we're all located in different areas of the world to like one of us is in the Philippines and yeah, we're all over the country, so.

Mattia Rainoldi: I see. And when you are not working, what is it that you enjoy doing?

P5: Um, that, so I actually was had been living in a camper van for the last year going around the country and stuff, and, um, for the past month, I have been back in a home just kind of taking a break from the van but typically I am traveling to new locations on the west coast, I'm going hiking. I'm meeting up with other van friends, I'm just doing whatever I feel like doing.

Mattia Rainoldi: Yeah yeah, it's great. So when you are traveling with the van, you work as well, while while you travel?

P5: Yeah, I've decided I left my full-time job to try living in the van but I didn't want to use up all of my savings, so I reached out to old connections to find freelance part time work, and so I have enough money coming in that like I can stay afloat basically I'm not dipping into my savings, I'm not saving as much, but I am you know able to stay afloat so, it's not a long term plan, but it's a you know year to two year long plan (laugh).

Mattia Rainoldi: So, what was the reason for taking this choice?

P5: Hmm, I had already spent like six or seven years in the corporate world just sitting at a desk and I developed anxiety and, um, some you know, had some mild panic attacks at work and I realized, it was because of this environment I just, I needed a break from it and I've always loved to travel and I always have wanted to be my own boss, so I thought that you know, trying out the camper van stuff and then doing freelance would, um, would help with my mental health, and it did significantly.

Mattia Rainoldi: Yeah, so when you travel with the van, um, where are you exactly working from?

P5: Typically, the van, inside the van, um, I can use my phone as a mobile hotspot and or I have an iPad that I can also use as a mobile hotspot so I get, um, WiFi that way or I will go to coffee shops, breweries, or even sit in McDonald's parking lots sometimes just getting free WiFi that way, um, or sitting outside of my van just you know, in a campaign chair, or something.

Mattia Rainoldi: Yeah, how does it make you feel working so freely from from a van or different places?

P5: Yeah it, it's, it has its ups and downs so I'd say sometimes you know I'm like crunched in the van and it's hot and it's like THIS is not great I'd rather be in a house, you know. Other times I'm like one time I worked in a coffee shop and I had the whole view of the ocean and like this whole little nook of the coffee shop to myself and I was there all day, and it was just the most peaceful thing in the world, so, um, it feels empowering to have that level of freedom, but sometimes it can be overwhelming almost like you have too many options, and you know if I want to walk outside take a break from work and then go on a hike I can do that, which is great, but then I just still have to make sure I'm getting my work done so, it's it requires a lot of self-discipline, I would say.

Mattia Rainoldi: Can you tell me a little bit more about it?

P5: Um, like -

Mattia Rainoldi: (overlap) How to -

P5: (overlap) that aspect? (end of overlap)

Mattia Rainoldi: - discipline yourself, while doing so.

P5: Um, yeah, so you mean like the process going through my head every day like how I yoyo between work and leisure time?

Mattia Rainoldi: Yeah yeah, the yoyo thing is, um, that you mentioned in your diary is very interesting for me and as I'd like to learn more from it.

P5: Okay yeah, well I'll start it with this that I noticed about myself when I was working in a full-time desk job that I almost always came home feeling exhausted, whether I had been really productive or I had not been productive like regardless I would always feel totally exhausted and I realized that I needed lots of short breaks, very often, I mean sometimes like every 15 minutes and when I was at a full-time job it made me feel really unproductive because I've worked hard for 15 minutes, then I'd get up and like walk around, go to the bathroom and get a snack or whatever but then I'd come back to my desk and keep working and I just, it would make me feel bad about myself like I was wasting too much time at work not being productive but in this new life style I don't have that guilt, because my work hours can be from whenever I want them to be. I'll be working at midnight, like last night I was working at midnight, just because I could so I really let my body's energy levels control when I decide that I'm going to be productive. Um, and, I just try to listen to my body, so you know if I'm really into writing an article I can be focused for an hour to two solid hours just in the zone, take a break reset. But, especially with like my SEO work, a lot of it is not an exact science, it requires a lot of like best guessing and that puts me in analysis paralysis a lot so I'll like get 75% of the way through a task, but before I make my final decision I'll step away reset and then come back and be like 'okay, I feel good about this, let's wrap it up' so, um, yeah is that helpful, is that you mean?

Mattia Rainoldi: Yes, yes, we we are collecting very interesting information here. What is also interesting for me is that I have been reading your diary and I saw that of course you use a laptop most likely to do your work, if I understood it right?

P5: Yes, yeah.

Mattia Rainoldi: And that you use also your phone in your list also for work.

P5: Mhmm, yeah, I do use my phone for work, mainly be first, my other job is in social media and posting on Instagram so I, um, use my phone for that activity, um, and then also I have my, um, you know different Slack channels I'm on so I have yeah different Slack channel for every one of my freelance jobs, and so, if I'm away from my laptop like at a I don't know workout class or hanging out with a friend, I can still get notified right away on Slack on my phone if one of those jobs needs me, so.

Mattia Rainoldi: Right. So, and you were saying, if I am with a friend I that get notified?

P5: Mhmm.

Mattia Rainoldi: So how do you manage notifications?

P5: Like how do I decide to do or to act on them you mean?

Mattia Rainoldi: Yeah.

P5: Yeah, um it just totally depends on what kind of notification it is, like none of my jobs are so time sensitive that, um, they need an immediate answer usually like everything's pretty fluid so, um, you know I just respond, I'm trying to think, I just respond judging, based on situation. So I usually try to get back to them within an hour regardless just to show them I'm, you know, there, um, but, yeah.

Mattia Rainoldi: And what could be a situation, for example, so you said, depending on a situation?

P5: Hmm, yeah, um, let's think about this, um, well, so, two days ago I was in a deep conversation with my brother and his girlfriend in the house, um, and I got a Slack notification that the social media job that I do, they had just launched a new clothing line and the owner had messaged me saying 'hey do we have a post scheduled for this time today' and I hadn't yet posted that so I responded, you know I did hold the conversation, because with my brother and his girlfriend because I felt like this was time sensitive so I just told her I would do that within the hour and so yeah I responded right away, and then got to that Instagram post but then other times, there are other people in the Slack conversation and they're just talking to each other, but I'm not necessarily a part of that conversation so that's what I might see the conversation but I'll just kind of not respond.

Mattia Rainoldi: Yeah, what do you react the same way, for example, when you are traveling?

P5: Um, you mean like if I were driving a van or like on the road?

Mattia Rainoldi: No, traveling the sense of you are somewhere else doing some of your leisure activities, you said you enjoy going to places and doing activities?

P5: Uh, in the case of that Instagram post yeah I would stop whatever I was doing to take care of that because that was pretty time sensitive, um, and, unless it's like I'm physically away from my phone and just don't even see the notification and obviously I couldn't respond right away, but, yeah, my jobs are very important to me so, even though I love the leisure that I have in this lifestyle, um, I'm going to put work, you know. over whatever leisure activity I'm doing usually, um, if needed.

Mattia Rainoldi: So you would say that your work choices do have an influence on your free time choices?

P5: Um, a little bit yeah, yeah, um, well also to give you this context. So part of me living in my camper van, I'm building out a website where I'm documenting everything I'm doing and my goal is to turn that website into a profitable, profitable, you know doing GoogleAds or affiliate marketing or whatever, um remember what it is, um, oh so part of that is going to big van festivals, and so, sometimes it's stressful because I'll be at a van festival where I'm trying to work on my own brand and meeting people, but one of my freelance jobs might be like 'hey we need you to do this' and, um, it hasn't been a big issue, yet, but that's really tough because it's like you know my job versus like my overall longterm goal of building out my brand like what is more important so yeah.

Mattia Rainoldi: Yeah, I understand. So you have also been saying, sometimes you need small breaks and one of the things that you have been writing here is you get away from, you need to get away from your laptop and, um, to relax and in the same sentence you mentioned 'okay, I get away from the laptop, I go on my phone and I do some Instagram'. So, can you explain to me how getting away from the laptop and going to the phone is making it more relaxing for you?

P5: Yeah, let me think about this, um, I do think I probably somewhat addicted to my phone like that literal act of scrolling when I'm not even, like I think of my laptop is my work device. So when I'm on it, it's like work mode and then, when I want to disconnect strangely enough I go to another digital device, um, yeah my phone is used for work sometimes but mostly leisure activities I would say, so it lets me kind of be mindless for, a, you know, I don't know however long I decided to scroll through whatever I'm scrolling through, um.

Mattia Rainoldi: So how do you differentiate what is work and what is leisurely on your phone?

P5: Yeah, um, well, that's tough to say, I think, how do I, I don't know how to answer that, if I'm like, it depends on what apps I'm using will determine if I'm in work mode or leisure mode on my phone. Um, so like, even though I run an Instagram account for a company if I go on Instagram I'm on my own personal account and I'm not touching that work account. Um, and then, like I, you know, will text with my good friends using Whatsapp or Facebook messenger or just text message, and so, if I'm using those apps it's very much like bonding with my friends, if I'm on Slack then it's probably work related, it's definitely work related so I guess when I go to my phone I know which apps I'm going to use that like let me enter leisure mode, I'd say.

Mattia Rainoldi: Right. So, but at the same time something work related could come in at the same time, isn't it?

P5: Yeah, it could.

Mattia Rainoldi: As does it happen often to you?

P5: Yeah, it has definitely happened. I don't know, it's not super often um, but it definitely takes my attention if, like I get a Slack message, while I'm you know, on my Instagram or something it will grab my attention and I'll read it, it will become my focus for sure um, so, yeah. I'm never disconnected really, (laugh) this is scary, you're making me realize things (laugh).

Mattia Rainoldi: Yeah, how does it make you feel when, when it happens, what is generally your feelings so you're in a leisurely settings, so to speak, and do you get the interruption or a notification from a work related channel or aops so, how does it make you feel?

P5: Um, I'm trying to think how do I feel when it comes in, just like focused on that work thing, um (pause) um, I don't know (laugh) how it makes you feel it's just, um, forces me back into like robot work mode, I guess, and I let it happen and I don't feel bad or like stress necessarily, about it, um. Again, it just really depends on what they're asking of me, or if it even relates to me, um, but. Also, I work with really accommodating like understandable realistic people that I've already known since before starting this lifestyle, so I feel like they are just really easy to work with, so I never feel like SUPER overwhelmed or SUPER stressed with my work, because I know that they are understanding. Um, I don't know if I answered your question but (laugh) I don't know.

Mattia Rainoldi: That's, that's, that's all right, so how you define your work time?

P5: Oh, my gosh that's really difficult and I realized that when I was doing the digital diary every day, I would, you know, it's like 'what hours are you working, what hours are your leisure time' and I'm like in one hour I could yo yo between work and leisure activities up to 10 times, depending on what I'm doing or anything, um, so, I think the biggest difficulty I've had with this remote freelance lifestyle is like it's just constantly meshed together with my leisure lifestyle like I need all these little breaks and yeah it's just great to have the freedom, but again, requires a lot of self-discipline, um. And I do always feel a little jumbled in my head, like a little disorganized, so, yeah.

Mattia Rainoldi: Do you have any small routines or rules that help you to be more organized?

P5: Yeah, um, I'm trying to think. I don't do this every day, which is defeats the purpose of routine or rule but writing a small to do list at the beginning of the day helps me stay on target, and you know I asked myself in the morning, you know, by the time I go to bed tonight, if what can I do to make sure I feel like today was a productive day and, um, that usually involves doing something on my own personal website and then doing at least two hours of freelance work and then also getting some kind of physical activity in, um, those are my three items where even if I don't make it to do list, I know that if those three items got done that day, then it's gonna be a good day.

Mattia Rainoldi: What about your to do list, do you use any technologies for doing your to do lists?

P5: No, actually that's one that I always write on a piece of paper, there is something about the act of writing it and then making a little checkbox and then, when I finished it I can put a little check in the checkbox that is definitely, um, for some reason more satisfying to me.

Mattia Rainoldi: Yeah, very good, I have been also noticing, um, that you're basically worked every, every day for the past seven days, so do you take days off from time to time or holiday?

P5: Um, I'll definitely take days off if I'm like you know I'm going on a camping trip with a friend, or you know, like on the holidays and stuff. This past Memorial Day, I took off a few days. Well, right now, I think I've developed, such a routine that I'm working so few hours each day that it doesn't feel like a drain to work every day, I guess, because I let myself have a lot of free leisure time, um, yes, and also, like being back home for a month I have more free time to work like, if I were in the van I might instead of work on a Saturday or Sunday, I might go drive somewhere new or explore, but since I've been taking a break this past month I just kind of wake up and I'm like well I could do this (laugh).

Mattia Rainoldi: So, um, when you are taking your days off, how are you make sure that those are days off and that you don't get any work in intruding the in your free time?

P5: Um, no. No, I don't, I mean, yeah, if, unless I don't have cell phone service which occasionally that happens, and I will make sure I let my jobs know that I'm not going to have cell phone service in advance, but, um, I am always available for them to reach even on the weekends, um, but there's rarely you know they all work full-time Monday through Friday jobs so they're not really working at all on the weekends.

Mattia Rainoldi: So how is constant availability for you, how do you feel it.

P5: What was that cost of, what is it.

Mattia Rainoldi: Constant, that you are always available.

P5: Oh yeah. Hmm. How do I feel about it?

Mattia Rainoldi: Mhmm.

P5: Um, I feel fine about it, I, I don't feel like it consumes me, so I don't feel like I have to put up boundaries, because it hasn't encroached on any boundaries, yet I guess. Um.

Mattia Rainoldi: Can you explain a little bit more what you mean with encroaching with boundaries?

P5: Yeah, um, like well, for example, I'm dating someone and we're long distance so, when we are able to meet up, you know, if my jobs were to bombard me with work on the weekend, or something when I'm trying to spend time with him, um, then I would feel a lot of stress and pressure, like, I have to make a choice between you know spending time with him or focusing on my work but they you know they aren't bothering me on the weekends and stuff so it's not really a problem and I think what else. But, since everyone else in my life is working a Monday through Friday, you know, eight or nine to five job than I kind of almost treat my hours like that, even though I'm not really necessarily working those exact hours. Um. So I guess what I mean is like I'm at home by myself all day like my brother and all my roommates everyone's gone at work, so if my work needs me then I'm happy to be there for them, because that's my focus.

Mattia Rainoldi: I see. Do you have any boundaries, since we were talking about boundaries.

P5: Oh my gosh, I feel like this is a therapy class (laugh). No, I don't and I need them, I need boundaries (laugh). Um, like I don't know if I have boundaries until I hit one if that makes sense, you know, and I think heading one, is when I just feel stressed and irritated and like I am being forced to make a choice about something but, um, the guy that I'm dating, he's definitely workaholics so (laugh) I feel like maybe neither of us have boundaries about our work, um, I don't know. Um, I don't know, I think if my work was to need me during a holiday or like a time when I actively told them I'm not available at this time and they still tried to get me to work, that would be a boundary that I would be uncomfortable with. And like when I go to my van festivals, I do let them know in advance 'hey I'm going to be focused on displaying my van, and this and that', you know, 'I'm, I can see messages, but I might not be able to actually do work that day' and they're very supportive of that and um.

Mattia Rainoldi: So do you us any technologies to create that boundary or to reinforce that boundary?

P5: Um, no, no, I don't, I, you know I'll continue letting Slack notifications come in, or I don't turn off any sort of notifications and if I do still get notifications like while I'm out of van festival, I'm going to read them but I might not act on them at all, I like to be in the know at all times with my jobs, even if it doesn't require anything from me, um, yeah.

Mattia Rainoldi: So you were saying being in the, um, how you called it?

P5: Yeah, being in the know, like the K-N-O-W know, not the -

Mattia Rainoldi: (overlap) yeah.

P5: (overlap) not the (end of overlap) yeah. Being in the know, yes.

Mattia Rainoldi: So what do you exactly mean with it, so do you like being in the known?

P5: Yeah so like for one of my jobs, we are launching this whole new series of articles focused on a new topic and, um, even though they haven't really needed me for any of the process, yet, that may change, so I like to see what my other co-workers are talking about in the project, um, and then same with my, my, my social media marketing job, um. They are constantly launching new clothing lines every season. And like we have a team, like some people write emails and other people do this, and so we all have to kind of be on the same branding and have the same wording and stuff, um. So I guess that's what I mean by being in the know.

Mattia Rainoldi: So what is the role of tech in keeping you in the know?

P5: Um, it's pretty much like it's exclusively the only way I stay in the know, obviously since we're all remote, you know, I'm far away from all these people I rely on Zoom meetings and Slack messages 100% to stay in the know, um, and then I live in Google docs a lot, so I can see, whatever projects we're working on, I can see, you know, what other people have done on the sheet and who's actively working on it while I'm working on it and all that stuff, so.

Mattia Rainoldi: I understand. There is also something that is very interesting for me, um, in your diary and this is here (pause), you have mentioned a couple of times in a different way I'm just going to read one of the examples here. Um, you said 'I like having a show in the background sometimes, while I work to make work feel more enjoyable'.

P5: Okay.

Mattia Rainoldi: And it seems to me that you are at the same time in, in a work space and in a leisure space at the same time. Can you explain to me, why you do so?

P5: For sure, and I have been doing that less because I realized it's just too challenging for me to stay focused on work or even hearing other people talking from a show kind of just like makes it too much, um, I'm trying to think (pause), like going back to I think honestly going back to freakin childhood of having like having a show on the TV, whether or not you're paying attention, it's comforting, it's very comforting and so I don't know to be working in a space that feels like a comfort relaxed space, um, like I think it makes me feel more creative or just like, like, I can take as much time as I need to get the work done, um, and yeah I don't know this is really hard to articulate (laugh), I don't know, I think it yeah it blends that leisure in that work world a lot (pause) it's just a comfort thing, I think.

Mattia Rainoldi: Are there other situations that you commonly engage in where do you have this mix of leisurely and of a work environment of the same time?

P5: I honestly think I work a lot outside like from outside, from my back deck just, um, you know, we you know we have a nice view of the looking down on the city and hearing the outside noises and nature and just you know getting some vitamin D on my skin just to me that is like a leisure place to work. I don't think a lot of people will get to just work outside like that. So, that happens like that happens every day, like every day I work outside as much as I can my bedroom is has one small window it's so dark in there, even during the daytime I hate it, I love, I need real sunlight, um, to feel productive so, um, that's why I spend more time on my back deck than like watching a show, while I work (pause), um, and I'm trying to think, but, yeah, is that what you mean mixing leisure work activities kind of?

Mattia Rainoldi: Yes, in this way and also you have you were talking about working from the van or from a café. What about that?

P5: Um, I think just having the freedom to move around like if I wanted to lie down in a bed, while I'm working, then I can, if I want to step outside for two minutes and catch some sunlight I can, if I want a view of whatever I want to view of I can have that and I think I'm very like I just get antsy really easily like in my desk jobs, I was so bad it just sitting still for long periods of time like even like I can't even sleep without tossing and turning and stuff like that, so I feel like in this setup I, um, I can always make micro adjustments to my work setup to help me stay focused on my work.

Mattia Rainoldi: Yeah, I get it. Another question again related to what you've been writing here, one day, you mentioned that you were working on your website and then one old friend called you. Can you explain me that situation, how did it make you feel?

P5: Yeah, um, so I was working on my website and I was like very focused, you know, being very productive on it, feeling good and she called me and I haven't talked to her in months and months, and I have also haven't like physically seen her in years, so it felt important, more important to answer her call then finish up what I was working on, because I knew I could finish up what I was working on later, um. So I think when I saw her name pop up on my phone I was, there was a sliver that was disappointed because I knew I was now going to have to put my attention on this when I was already in the zone but then there was a majority of me that was really excited to talk to her, and so I when I mean we talked for over an hour and, um, it did use up a lot of energy for me and I did not end up finishing what I was working on on my website that day. So, yeah but, like in a full-time desk environment, I would never be able to just oh pick up my call pick up my phone and talk for an hour, you know so it felt good to have that freedom to do that.

Mattia Rainoldi: Yeah, I understand. Did you feel it like an intrusion into your work?

P5: Um, yeah, maybe a little bit actually, now that you say that because I think, even though I don't have set work hours, I'm, I've been doing this long enough now for over a year that I have developed these like guidelines in my head for when I'm typically working, even though no one else knows what those are, they are only, it's just being in my head and I think when she called, it did, it did encroach on one of those times but I knew that she didn't know that so, you know, I didn't feel like mad at her or anything but, yeah.

Mattia Rainoldi: So this is an example where basically your leisure time so a connection from your leisure live briefly intruded your work, do you have an example of the way around?

P5: Um, let me think about this (pause), um, there was one time when I first started my social media marketing job, um, I was in my van and I was with my friend who also lived in a van and she and I were going to do a hike, we planned to do a hike one day, and then in the morning, the social media job, I can't remember if it was the weekend either actually, I feel like it actually might have been a weekend day and anyway, the social media job they wanted us to create like this video Reel to post on Instagram but we had all sorts of formatting issues and me and this other girl ended up literally spending hours on it. It took up the whole day trying to get this thing live and I you know, had to cancel this hike with my friends and I did feel really frustrated that day, but that was the most that that social media job had ever asked of me like since then it's never been anything that time sensitive and that time consuming but I was pretty frustrated with that.

Mattia Rainoldi: And why you said you were frustrated?

P5: Um, part of it was this job was, um, it's a fixed monthly payment and because I had just started the job and it kicked off with this like epic, you know, day long activity, I thought, if this is the norm, I'm going to need more money than that because this is ridiculous, so I was worried about that, um, but then I gave it more time to see what the normal workload was and it significantly subsided, so I felt better about it.

Mattia Rainoldi: But in the exact moment when it happened?

P5: I felt really frustrated and I, I felt like I kept proposing you know 'hey let's let's share this video', but then my co-worker kept coming back saying like 'Oh, what if there's an issue with this, and this and that' and it was just constant troubleshooting for things that didn't seem important to me, um, and I felt like I own the social media channels, I know what's best for social media, you're not over social media so stop worrying about this so that's.

Mattia Rainoldi: What about in relationship with your friends or you were in a leisurely activities, how made you feel about it?

P5: I felt really bad, I felt like I was bailing on her and I felt like I wasn't able to be a good friend and that, on that day, even though she was totally understanding and you know was totally cool about it, I still felt bad. So, yeah.

Mattia Rainoldi: So, when you think about a typical day of yours, what are your, the advantages that you see in using digital technologies for work and leisure?

P5: What are the advantages, um, I'd say what it makes it an advantage AND disadvantage is the 24/7 access that you have to it, so it gives me the freedom to work whenever I feel energized and like I'm ready to work, but it also, you know, blends that leisure work world together, so, you don't really know what you're doing work and when you're doing leisure activity (laugh). Yeah, other advantages, I'm trying to think.

Mattia Rainoldi: Before we move forward to other advantages, I would like to, to come comment a little bit more about this merger that you were talking about, so not knowing what is what.

P5: Yeah, so, well, it's almost like every leisurely activity I do, I'm learning how I could apply that to work activities too, and I think this is extra pluggable for me, because my work is in digital marketing and communication so like, you know, on my personal Instagram when I'm trying to build up my own brand, I'm still learning what is most effective and then I can apply that to the, you know, social media job I have, so, it's like even when I'm leisurely scrolling my Instagram doing my own thing, I'm still kind of processing information about how I can apply it to my job. Um, and, kind of same thing with Facebook, oh I just got a Slack message (laugh).

Mattia Rainoldi: (laugh) How does it make you feel the Slack message? (laugh)

P5: It definitely just gave me a little Ping of like 'I gotta check it, I gotta see what it is', even though none of my stuff is that time sensitive, so I know it's fine. Gosh, I wonder why I have so much anxiety, this is like (laugh) making me realize some stuff (laugh), yeah, so, does that help answer your question?

Mattia Rainoldi: Yeah. So other advantages we were, or you were trying to get more advantages.

P5: Yeah -

Mattia Rainoldi: (overlap) or disadvantages (end of overlap)

P5: (laugh) Yeah, um, I'm trying to think, more advantages. Ahh (message notification pops up again), I feel like I should go mute that sound, but, um, let's see, more advantages, well obviously being able to do my work from any location so, again, back deck, you know, across the country in my van, coffee shop, wherever, I can be having new experiences in new environments while still being productive with my work. And because, with my full time job, one of the things that just I could not handle the concept of was having just two or three weeks per year as like your vacation time. It's just like I am not spending my PRECIOUS time on this earth, so that I can have THREE weeks a year to do what I want, like, no, um. That being said, those two or three weeks, you're totally disconnected whereas now I feel like I'm always a little bit connected, to work, I don't know where I was, we were talking about advantages.

Mattia Rainoldi: Yeah, the 24/7.

P5: Yeah, oh yeah, the 24/7 thing. Um, actually, something that I really do love about this too is like you can save money, like, I can keep my dates to go fly somewhere very flexible if I want to go visit a friend, or like whatever because I don't have to do it in like times when most people have to, um, like flying home for Christmas every year, I fly home for Christmas, I can stay home for a month, I can just fly on cheaper days so. Ah, I like that, um, what else. Yeah, I don't know, I feel like as long as I have my laptop with me, I am in the know.

Mattia Rainoldi: Right. So P5, would you like to add something that we haven't been discussing about related, um, how you use digital technology, trying to managing the boundaries, or not boundaries, um, between work and leisure that we haven't discussed yet, something that is important to you that we didn't talk about?

P5: Um, let me think here, I think a big reality, especially when I was in the van, there were lots of times when my, the timezone would change for me but, like my Google calendar wouldn't sync or change, and so I would end up either being late or early meetings, not realizing the time was wrong, um, and that made me feel (pause) really flustered and made me worried that my co-workers would think I wasn't taking my job as a priority, or seriously enough, made me feel like I looked just like this, you know, I don't know, traveler person who think, explain it, like I, like they couldn't take me seriously or something, um, and it just like made me feel really disorganized in my head, so that was a big con of traveling while working, um. And I know that that is a problem with a lot of other van of people that work remotely they feel like they're not gonna be taken as seriously by their co-workers, um, maybe they are -

Mattia Rainoldi: (overlap) And why is that?

P5: Un, because they, it's like, they're suggesting that their priority is to travel and you know have more leisure time than be working work, or trying to climb the corporate ladder and stuff, and which is far from the truth, I mean the van friends I have that work remotely are extremely dedicated to their work and yeah and I don't know if they are treated differently, um, but maybe they feel like they have to be, um, actually one van friend she's technically not even allowed like her boss knows she's doing it, but she her co-workers don't, so she has to make sure she has have like a green screen background, so people can't tell that she's in a van, she still has to kind of dress up for her job and well it's just seems like a ton of works.

Mattia Rainoldi: So those feeling that you were describing do apply to you as well?

P5: Um, very, very mildly, and like I don't care, so long as I'm not like in a tank top shirt, I don't care what I'm wearing. I've taken video calls from the van where people can see the van and might be messy I don't care. My bosses have never cared if anything that they're like 'where are you this week, P5', like 'where's your travels taking you' and it becomes like a little thing to talk about so, um, I feel very supported in that way, unless I mess up by like being late to a meeting or something and then, I don't want them to think I'm taking advantage of the lifestyle I have, yes.

Mattia Rainoldi: I understand. Good. Let me just check here if I have a few other questions for you.

P5: Yeah.

Mattia Rainoldi: So you're also mentioned here 'I felt reenergized after' (pause), wait one second, 'after making my dinner and watching a movie for reenergize in the evening to do more freelance work. So I do more work from my bed, while watching a movie'.

P5: Mhmm.

Mattia Rainoldi: There is one other of this occasion that we were mentioning before. So what makes your day a balance that you feel in balance?

P5: Yeah, I think again because well, what makes me feel balanced is, um, getting some form of exercise and doing a couple hours at least a freelance work and doing something on my website to make me feel like I'm working towards my longterm goal, um, and I think with my website like writing my own articles, that's definitely a leisure plus a work activity because I'm not making any money off of it but it's my, it feels enjoyable to me because it's part of my longterm personal goal, I guess, even though it's work. If that makes sense.

Mattia Rainoldi: Right. So I believe we are getting to an end, maybe this last question here, so overall for you, how is important to use technologies to manage your work and your leisure? So their relationship between these two words?

P5: How important is technology to manage those relationships?

Mattia Rainoldi: Yeah.

P5: Um, it's totally, totally important, I would say, it's like everything (laugh), pretty much, which is terrifying, yeah. I guess one other thing about working remotely is that it gives me the freedom to go into environments where I'm with friends, so like I don't have to rely on technology in that way, like, for example, I could go on a hike with my van friends and not just have to talk to her over text or something like I can literally drive to her whenever I want, because I can work remotely you know, um. So as much as it can like, um, maybe strain relationships sometimes, it can also give me the freedom to make them stronger by literally just going to them. If that makes sense, yeah. So, I think, but, yeah, technology, I absolutely rely on it every day or A LOT (laugh).

Mattia Rainoldi: You may be saying more on what you were trying to do what you have just said, um, related to the freedom to see a friend, or maybe there is some other aspects, they are that you might like to talk about?

P5: Yeah, um, like, well, I don't really have a bucket list (laugh), but I kinda do, again just being able to go visit really popular destinations at times when people aren't there, that's so nice.

Mattia Rainoldi: Yes.

P5: Like on a Monday through Wednesday, I can go to a really popular hike and get the place to myself, um, and yeah, I'm trying to think, again with the the traveling stuff where, if I am flying somewhere or whatever I can always just do the less popular times for everything, so it saves you money, it gives you more of a personal experience with what you're doing, um, so that's really nice, and again, you know, like, for example, the phone call that I took with my friend who I hadn't seen in a long time, it gives me the ability to catch up with friends like that, because it hurt she and I have played phone tag so much when I used to work at a desk job, I could never take the calls because she'd always call it like four o'clock during my work day and then by the time I called her, she wasn't available, and it would just you know spiral until we never ended up talking but remote work has made it, so I can pick up the phone whenever I get a call and, and, um, do that so it's actually strengthened personal relationships in that way, um, and actually another interesting thing, while I've been home for this past month, I've been able to just help out with daily chores so like all my roommates come home at five, they're exhausted this and that, but you know, like the dishes have already been done and I don't know, I've emptied the cat litter box and stuff that normally they have to do, it's like 'it's already been done', because I had the time to do it and, if anything, it's just one of those activities, I can do to break up MY day and help me reset so, yeah.

Mattia Rainoldi: That's very nice to hear, (pause), great. There is, have you ever been in a situation where you felt uncomfortable?

P5: Like uncomfortable because of what my remote work or like?

Mattia Rainoldi: Yeah because, because of technology and mediating the relationship between work and leisure?

P5: Um, no. I think there's been a handful of times I might take a Zoom video call like from inside my van, and sometimes if it's it's messy or you know it's it's my personal space and um, like, um, really hot days it is tough because I want to be in a tank top or something I don't feel like appropriate wearing on a video, work video call. So you know I'll put on some inappropriate, but then I'm sweating to death because my van's installation is not very good and then I can leave the doors open in the van, but it can sometimes create the sound of wind like blowing, it's just all these little things that pop up that are comfortable, and there was one occasion when I had to get to a van festival, and I was with a group of other van friends and we were in a parking lot we were all going to drive together to the van festival, but one of my freelance jobs asked to hold a last minute meeting. And so I hopped on that, and then I felt just, it was really hard to focus on the meeting because my mind was at this festival already and I told my friends, they could go without me because I felt bad making them wait, um. So yeah they left and then I just drove there by myself, um, but yeah that's, that's it, I have no boundaries (laugh).

Mattia Rainoldi: (laugh) Fantastic. You have been very, very helpful, P5, so far, thank you very much, so let's come to the final questions of these interview, and I would like just very briefly, to ask you about your outlook into the future of working digitally, how you see yourself working in the next, let's say 5 to 10 years?

P5: Yeah, I think working digitally is just going to become even a bigger part of my life, um, I don't think I ever see myself going back to like a corporate desk job, my goals are to continue building up my website until I make it profitable and then, um, just continued to build that, that more so it would become passive income with the idea that, you know, 5 to 10 years down the road I can have passive income while I go travel to wherever I want to travel, even outside the US and then just have to make minor adjustments to my website to, you know, it's, like putting a lot of work now and then just more maintain later, or maybe even hire people to help manage it. So, and I think a lot of people in my, in my generation are wanting to work remotely and they are, I mean living in a van is more popular than ever right now and I think that's only going to continue to grow. Um, I think there's a big shift in digital work and remote work but it is scary because I do think it blends the leisure and work world together until people are like they may feel that they're free of their work, but actually they're more of a, you know, prisoner to it more than ever, that I don't know, maybe I'm already in that, I don't know just lying to myself.

Mattia Rainoldi: Why would you say so, P5.

P5: I mean honestly during this interview, it makes me realize that I am, I am always tied to my work, even if I'm not working, I'm always available for it and you know, it takes priority over other things sometimes and yeah, so.

Mattia Rainoldi: And how would you see the digital worker of the future working?

P5: Yeah, good question.

Mattia Rainoldi: Or living more than working.

P5: Yeah, I kind of, they have this saying, like in the corporate world, where it's something like 20% of the workforce does 80% of the work, you know, so I think, regardless of whether you have a population of remote workers or people who work at desk jobs, they're still going to be 20% of people that are carrying 80% of the workload and then the other 80% of the workers that are just kind of floating on decent money without really working that hard if that makes sense. Workspaces co-working spaces are really popular. I don't think that those are actually going to last very long, I think the concept sounds so much better than it actually is, it's near impossible to get work done in those places, I think, from my experience (laugh). And they're not comfortable, they're usually, they look stylish but they're not comfortable to actually worked in. So, although I literally sit in a van like this, so what I consider comfortable anyway, um, yeah, I think a lot of people they're becoming more aware that life is short and there's less, um, like guidelines around what a, what a good life is you know used to be, you have a family, you get married, you know you work and then you raise your kids and have a house by house and stuff and that's definitely shifting a lot. At least in the US, I don't know how it compares to other countries, and so I think that's really exciting but also gives my generation a ton of anxiety about like so what, what is a meaningful life, then maybe it's traveling maybe it's not being slaves to our jobs, so I think more people are trying to become more self aware and like travel appreciate nature and, and stuff. So, that was kind of off topic when.

Mattia Rainoldi: There was exactly on topic, thank you. So, let's conclude.

P5: Okay.

Mattia Rainoldi: Um, yeah, before we stop, a couple of questions or a was reading here, I have my notes here. There is still anything that you want to add?

P5: Ah, I would still say I would choose this lifestyle over my previous lifestyle any day. So, there is that, and my anxiety has basically, disappeared. I think anyone has a little, but it's nothing like what I used to get so that's, that's great.

Mattia Rainoldi: Alright. If you don't have any further questions or anything to add, I am going to conclude the recording.

P5: Yeah, sounds good, um, cool.