Mattia Rainoldi: Right. P6, I prepared a couple of brief question just to warm up. So, the first question that I have for you is what is your job title?

P6: My job title is, um, social media manager at, um, the advertising agency that I work at which is [company name] based out of New Delhi.

Mattia Rainoldi: So, how would you describe then your employment status?

P6: I'm a full-time employee I, um, I have, I complete a year with them in the next two weeks actually. So, yeah, I'm a full-time employee at this advertising agency.

Mattia Rainoldi: Alright, so in a typical day at your work, what is it that you do in general?

P6: I normally spend, um, I normally have client briefs to decode, um, campaign ideas to brainstorm on, um, there's a little bit of, um, vague administrative work around Excel sheets where you know we're just trying to keep track of numbers and insights because a lot of his-, a lot of it is to do with social media. But yeah a typical day is a couple of brainstorming sessions, a couple of decoding briefs and trying to figure out where we want to take a campaign, um, if if if you're on a project which has to do with branding or like the visual identity system for a brand or something like that then there's a lot of research on what our target audiences is, but like that's what I've been doing today actually. I've been trying to figure out the go to market for an upcoming product I'm working on, so yeah but a typical day is basically around brainstorming sessions and decoding briefs and ideation of content.

Mattia Rainoldi: Right and, um, when you're done with your work or outside working hours, what you like to do in general?

P6: So, um, actually I was freelancing for two years before I took the job up. I completed my graduation, and then I was freelancing as a cinematographer filmmaker. And I was traveling around the world until Covid happened, of course, and, um, so, for me, when I started doing this job it felt like a limitation, because I felt like I had no time to myself. Um, I certainly felt like I had no time to, to, to do my own things I didn't have time to write, or I didn't have time to read or write, I don't have time to go for a run or go for a swim, anything you know that I really like doing. So, I figured that I needed to sort of channelized my day in a way, where I have a few hours before I get started with work and after. Um, and usually it's, I spent like after work I just spent some time clearing up the room, listening to my favourite playlist, um, I'll read if I feel like if I've had like a really difficult at work I'll just go into another session of meditation. Um, but I really take it easy after work, because I have to wake up very early. So, to wake up that early, I have to sleep early. And my work gets over by 7.38. I've actually just wrapped up a call before this call at 8.30 I completed one call and then I hopped on to this one. So yeah, there's just it's just a matter of an hour hour, and a half, you know, after work and then there's dinner, and all of that happening so, my time after work is normally, there's not a lot happening it's just my music playing it's just me clearing up my room, getting ready to go to bed, yeah that's that's pretty much it.

Mattia Rainoldi: Alright. So exactly when do you work?

P6: I start working at 10:30am in the morning, my working hours at 10.30 to 7.30 but, but we all know that everyone has to work for a little while more than what is supposed to be the working hours, so it normally goes on to 8/8.30.

Mattia Rainoldi: Okay, so, and that is every day?

P6: That's every day, yes, Monday to Friday.

Mattia Rainoldi: Monday to Friday, so you have Saturdays, Sundays off.

P6: Yes, I do.

Mattia Rainoldi: Do you work on Sundays, Saturdays?

P6: I do actually because, as I mentioned, I was freelancing before I took this job and I still want to continue to pursue that as a skillset, filmmaking and cinematography as a skill set so I big projects on which I can freelance over the weekends, so I normally spend my weekends on personal projects or auto filmmaking project, which is, which is more or less like a passion project for me. And then Monday to Friday my job, so there are weekends, where I'm working so yeah.

Mattia Rainoldi: So, does it make you feel working also weekends?

P6: It actually does it make me feel like 'oh I'm working on a weekend', I don't see it like that, because I really, really love being on set. I love being, being behind the camera. I love being able to have the part to tell a story, and I think those are the things that really get me out of bed and keep me, going so I actually look forward to working on the weekend, because, um, it really excites me.

Mattia Rainoldi: Alright, um, and from where do you generally work?

P6: I generally, I mean I'm from Mumbai, and born and raised in Mumbai, however, the last two years I have been working extensively out of New Delhi, which is the capital city of India. And, um, so I basically shuttle between Mumbai and Delhi a lot. I, there are times, where I, when I was freelancing, I would spend the weekend in Delhi shooting and then I would come back to Mumbai over the weekends, to be with my family, um, unpack, clean my clothes, do my laundry, pack another bag and then Monday I would be in Deli or some other city somewhere, wherever to shoot took me, but now it works by subway. So now I spend my weekdays in Mumbai and then I'm mostly at Delhi or somewhere in the country for, for freelance project. So, its primary, primarily is form Mumbai but if there's another city where I spend a lot of time after Mumbai, it has to be Delhi.

Mattia Rainoldi: Right and when you are on, on the city, in the cities exactly which place do you work from?

P6: I work out of my hotel room, or I work out of like when I'm shooting, I'm obviously on set, um, so, so I'm in a studio, um, matted outdoor location or wherever the, the story sort of being set. But apart from that, for a lot of work that has to happen on the laptop it normally happens in the hotel room or at home, it happens in my room. I have like a full workstation that have built, which is like my go to productivity desk and, and yeah, but when I'm traveling it's either working at, in the hotel room or there are days, where I've just picked up my laptop and taking myself to a coffee shop and I've just sat there all day working on. There are days, where I'm just walking out of the airport because I'm just flying between cities for work and airport lounges and airport WiFi is my go to so yeah it's, it's just, um, whatever seems like the best option for that day, to be honest. Like there's no particular pattern to it.

Mattia Rainoldi: So, what makes these places productive for you? Because they are sometimes, they are not the typical places of work?

P6: Correct but it's, it's about in the larger scheme of things, I know that these are the channels to take me to my next project or to my next location or to my next city. Um, so for me, I'm on that journey, so it doesn't matter if the airport is noisy, I just put on my AirPods and I'm on noise cancellation which you know, and I am not someone who can sit in one place and work anyway, I like being a little nomadic, it, it just adds more value and more purpose to my life being a little nomadic. I can't be too static, um. So, I'm quite I'm more than happy actually to work out of different places. Of course there are days where few things don't work out you go to a café and you just can't work because it just doesn't work for you, but, but, but on an average, mostly it works out for me so.

Mattia Rainoldi: So, you said it had values for you, so, in which way is that value for you?

P6: When, when I'm saying working out these remote places whether it's an airport or hotel room, I know that I'm in that city to shoot a project which is, which is meaningful to me, it's adding value to me, the project, so everything around it I'm more than happy to accommodate for, um, in terms of wherever I have to work, by the time the wife is fine, you know, if it's really odd there's an air conditioner, have a coffee, I'm good, um, but yeah, the projects I pick, even when I was freelancing full-time, the projects I would pick are always the projects that I've wanted to do, um, I've not had to pick a project because I need to do it for the money but, but I've always thankfully had the liberty to have enough work to sort of handpick my projects and what content that I want to work on. Um, and I think yeah when you're invested in something, and you really want to do it, you, you find a way around it, right.

Mattia Rainoldi: Yeah, that's right, yeah. So how independent are you in choosing where and when to work?

P6: Um, 100% actually because, obviously, with my full-time job with the advertising agency, if we have a short in Delhi, we have a shoot in Delhi, if you have a shoot in Bangalore we have a shoot in Bangalore and obviously I can pick my projects. Um, I do have a say if I do want to work on something I can obviously say 'I'm not keen, I don't think this is a project, I want to spend my time on' but for the freelance part of it, of course, I have complete liberty on picking what I want to do as a freelance creative or as a content creator on the Internet, I have complete liberty to pick what I want to do and and only do that.

Mattia Rainoldi: Sure. At this point I would like to move to discuss a little bit more in detail, the role in of digital technologies in the choices that you make, um your work choices and also your free time choices. So, you use technologies, um, I have been reading it in your diary so, in particular, what knowledge do you use for work and for your leisure time, free time?

P6: I think the core of the technology that I use is the native Apple apps honestly, a lot of my life revolves around reminders and notes and or Facetime to be honest, so a lot of is it is to do with the Apple ecosystem, because the apps are just designed so well. And they're all just if used right they can all act as a productivity tool um, so I think yeah it's it's a lot to do with the what works for when, but, but I'm someone who normally likes to you know, I have a thought I want to write it down, I have a reminder, I want to put it down somewhere, I feel like I'll forget. So I'm constantly sort of adding reminders, adding some thoughts, adding some notes, um, I'm sort of doing that, whether it's on my laptop or my iPhone or whatever, wherever, but I'm always sort of within these few apps which I know are adding value in a way, um and, of course, we all have a screen time on our phone to know how much time we're spending on say Instagram, because beyond the point it's not adding value to our life it's just taking away time of our lives. So, I think I'm just really, I tried to be very conscious, there are days where I give it to it and I spent a lot of time on Instagram but, but on the larger sort of picture I try to be very mindful of what app I am using and for how long.

Mattia Rainoldi: Do you differentiate between which apps do you use for your free time and the apps that you use for work time?

P6: Not really, not really, like there are a few apps that I will end up using only for work like whether it's it's, it's a mind mapping tool for example or I use Notion primarily for work, I don't use Notion for a lot of personal writing, I just use Apple notes for that, so yeah, there are a few apps like whether it's MindNode, which is an app I use very extensively to build strategies for brands, um, but yeah these are apps that I would end up using just for work. And then, of course, there are apps like my meditation app, for example, that I would use only when I'm meditating right, I wouldn't use it at work. So, yeah, there is a little bit of a clear line between what is a work app and what is a leisure app but, but with a few apps that line is also blurred right, because when, when you find that app useful, you just want to use it for everything. Like I have a section on reminders, which is for like personal that stuff and then for like work stuff, so I've categorized it but it's the same app so I'm using it for everything.

Mattia Rainoldi: Do you have another example?

P6: Oh, for, um, apps that I use separately or together?

Mattia Rainoldi: Yeah, that you use for, for both purposes?

P6: Apps that I use for both purposes, um, so, as I said, I use notes, I use reminders, I'm trying to think, I use Spotify because I need my music when I'm working, but I also need my music when I'm chilling, so Spotify also a sort of gets used at work and offline when I'm when I'm not working. Um, so there's WhatsApp, -

Mattia Rainoldi: (overlap) So, when you're using Spotify, excuse me (end of overlap). So, when you're using Spotify in your work time or in your leisure time does it remind you to about your work time or -

P6: (overlap) No, not at all.

Mattia Rainoldi: (overlap) or vice versa? (end of overlap)

P6: No, I have a different playlist for work, I have different playlists for leisure, so I think I think I've just had picked the songs that keeps me going when I'm at work, because I don't want something really, really loud playing in my hears when I'm working. I want it to be very mellow, I want it to be subtle, I want it to be a little calm, yet I want it to be motivating maybe, um, but I wouldn't want like a head-banging music playing while I'm trying to brainstorm on something. So, I have my playlist for work and then I have my playlist for leisure.

Mattia Rainoldi: I understand, yeah. You were also saying WhatsApp, I just picked it up, um.

P6: Yeah, so WhatsApp is again an app that I'll end up using for work and for leisure. Oh, a lot of, of official communication happens on Slack at the organization I work at. But there are, there is a lot of communication that also makes its way to WhatsApp because it's just so fast and it's so easy, right, because it's on our phone all the time. And with work from home anyway, the boundaries of when are we working and when are we not working, a little blurred so, so WhatsApp I use all the time, Facetime I use all the time because I'm Facetiming people at work also to discuss things that work. And then I'm Facetiming with my friends when I'm when I'm sort of in my under the leisure umbrella, but so yeah a lot of these apps actually cross, cross over from work to leisure and vice versa.

Mattia Rainoldi: And how does it make you feel?

P6: I'm okay, with it, I mean it doesn't make me feel anything in particular. By the time it serves its purpose of allowing me to communicate the way I want to and where I want to and for how long I want to. I think, yeah, I'm okay with it. Because I wouldn't, I wouldn't want to have 10 apps for leisure and 10 apps for work. I'm okay having two, three apps which are just work, that are just leisure but apart from that I'd like to have a core set of apps that I just used to live my life instead of making them so specific that 'okay, this is for work, this is not for work', um, my phone would just have 100 more apps and I, I like to keep it minimal. I'd like to have less apps on my phone, so I think if I can have an app which does the job personally and professionally, I'm more than happy to use it.

Mattia Rainoldi: And in terms of devices, do you have different devices for different purposes?

P6: I have my laptop which is my MAC book, um, for work and then I have another MAC book, which is my MAC book which I use for a lot of my freelance projects, my Instagram content, a lot of editing. Also, a lot of my personal projects, I worked on that machine and then I have another machine which is my work machine which I'm talking to you from right now and then, I have my phone so it's pretty much just these three things, um, and my laptop sort of comes out to me on the weekends, because throughout the week come on just one laptop which is my work MAC book so yeah that's pretty much it.

Mattia Rainoldi: What is the reason for having two different laptops for you?

P6: Actually didn't want to different laptops, my office sent me a laptop. It was a part of the office policy. When I started working with them, I was, they had to give me an office computer so that I'm on the server and, um, I did not want to put the office server into my personal system, it just takes away from my privacy, so yeah, now I have two laptops. It's little annoying sometimes.

Mattia Rainoldi: It's mainly only a privacy concern?

P6: Yes, I wouldn't want an office server to be on my machine which is like my personal machine.

Mattia Rainoldi: Okay, but you have only one mobile phone for both purposes for work and for your free time?

P6: Yes, absolutely.

Mattia Rainoldi: And why is that?

P6: Because I would not want to manage two phones. One phone takes away 24 hours out of 24 hours. Imagine having two, 24 hours would look less.

Mattia Rainoldi: I see, so you were saying it create some kind of blurred boundaries for you. Can you explain a little bit more about it?

P6: Sure, I just feel like now with work from home where that we're all at home so it's no more like earlier people would go to office start working at a certain hour. And then they would leave office, and they would get back home, and they would leave work at work, but now we're working out of home, so people just expect you to be available all the time, you know they expect you to be working on a brief to 10 in the night and then it's that that whole distinct, that whole distinction between you're at work and you're not at work doesn't exist anymore right. You, we because of Covid we've had to get work at home. So now, there is no boundary as such, between 'okay, this is work, this is my workspace, and this is my home'. Now it's all the same, with, I, I'm in my room, I'm working in my room and then I sleep in that same room. It's not like, I have a different room where I work out of, um, so it's that same room where everything is happening so it does blur the boundaries a little I mean, it's not like 'okay now I'm home so I'm not going to open my laptop, I'm not going to reply to emails', you know, you, you just your work is with you all the time.

Mattia Rainoldi: And, um, how does it make you feel to be constantly available, um, you were saying constant availability is something that you want, something that, um...

P6: I think constant availability is something that is expected, um, because of these blurred boundaries and, um, I don't know if you can relate to this, but I feel like the work culture in India is still not the way it is abroad. Um, um, we, we in India, I think don't set our boundaries very clear about what is working time and when are we not working. I know people who end up working over the weekends. And they just do it because they don't have an option, they just can't stand up to the to the to their managers, or whatever to say you know what it's a weekend and I'm not going to do this let's pick this up on Monday, um so, however, while you're expected to be available, I think I have chosen for myself to not be. I'm very clear about when will I be available and when will I not be available, um, because I know for a fact that I have a life beyond my work, and I got to spend time on focusing on things that are more than work.

Mattia Rainoldi: And how we negotiate this boundary with your -?

P6: I just communicate, I feel like more more, more often than not, we just get to communicate clearly. You know there's a lot of anticipation right when you're young and when, when we get reported to someone who's really senior. If you like, or they might judge me what if they don't like you know they feel like one being lazy or am just not prioritizing work enough. I feel like there's a lot of these notions that our mind right, 'what if', I think it's just so important to communicate, you just have to tell the other person, I know I have things to do after work, so work has to end that X hour and once, once it's done, you pick it up tomorrow morning. So, I feel like that's a very personal decision, especially now with work from home, you really have to decide for yourself and stand for yourself and make those boundaries, even when they're really blurry, you have to keep sharpening the boundaries, a little every day.

Mattia Rainoldi: Do technology also help to create those boundaries and to manage those boundaries?

P6: Not at all. Now the technology is making it blurred, all the more because you're our emails are on our phone, we're always connected, everything is synched. You know it's, it's not like once I shot my laptop, I won't have any office communication reaching to me. If somebody sends a WhatsApp message at even one at midnight I'm still going to get it, um, you know, so there is no way to completely shut down from work because okay my laptop is shot, I've logged out, I talked to everyone tomorrow morning at 9.30/10 when I log in, it's all, we're always logged in, we never logged out, you know, we're always logged in, everything is synced, all our devices work together. You get like an email, your Apple Watch is going to tell you ‘Okay, you have a new email' with whatever hour of the day it is, so I think yeah technology is making it all the more difficult to draw these lines, because there are no lines as per technology, where we're always online.

Mattia Rainoldi: And when you get a notification that email comes in, why do you, um, engage with even though you're out of your working hours?

P6: Oh no, I don't. I have my notifications set. I don't get notifications beyond nine o'clock. I don't even get WhatsApp notifications beyond nine o'clock.

Mattia Rainoldi: Okay.

P6: I have completely shut down my notifications after nine. I have customized my phone to work like it's taken me a lot of years to do this, but now I am at a point where I've customized my phone and my devices to work for me, instead of me working for them. Um, yeah, I think that's, that's the nicest way for me to put it out like they work for me now they work as for my timing, like if I know I have to sleep at 10.30 or 10 o'clock my phone will stop giving me notifications after nine.

Mattia Rainoldi: Okay.

P6: So, then I'm automatically not engaging because I'm not getting the notification. Notifications are really tempting, right. When you see it, you want to engage, you want to open that chat box, you want to see what what's happening on which group it's just weirdly it's psychologically you're curious to know what's happening, so I've just shut it down.

Mattia Rainoldi: So that is your strategies to create a boundary then?

P6: Yes, yes it is it's a very conscious effort to create that boundary and say 'I have to sleep in an hour, so I need to do, like my whole night care, night-time routine or whatever I need to grab dinner, ready to get my bed ready, or you take a shower or whatever', and I do want to be bothered by notifications.

Mattia Rainoldi: Okay, so, so you were saying before there are no boundaries, but now you're saying you create boundaries somehow.

P6: Yeah, so that's what I'm saying, because of technology, today, there are no boundaries, like the example that I gave you when people used to go to office like a physical space to work. When they would come back home they knew they are done with office for that day. Correct? They would know that okay now, they will get back to work only when they go to office the next day at 10 o'clock in the morning, or whatever, whatever time they go, but now because of work from home it's, these boundaries have sort of mixed, right, because we work at home so it's, (overlap) it becomes all the more important -

Mattia Rainoldi: (overlap) Yes. So, the physical boundaries (end of overlap).

P6: Exactly, and because there are no physical boundaries. Even mentally we're sort of just flowing from one state to another constantly, so, it's very important for us to build those boundaries for ourselves, because if we won't who will for us, so that is what I meant. That it is blurred and when I started working with this organization, the first six months I really struggled with it because people were talking to 10 in the night, and there were emails going in and out till 10.30/11 in the night. And then I had to consciously make a decision that I will not engage with this. I, I have been told that my working hours are from X to Y, and if I needed to work beyond that there's a work emergency there's something that needs me, I will obviously work, but, but that has to be an exception. It can't be every day.

Mattia Rainoldi: I see.

P6: So you obviously accommodate for an exception, but every day you need to prioritize things beyond that more than work. So yeah.

Mattia Rainoldi: How does it make you feel, um, to, to have the control over the notifications that you mentioned before?

P6: It, it empowers me. I get to choose what I want to do, um, instead of sort of being a slave to my phone or to those notifications. Um, it's very empowering to to, to decide for yourself and do with the way you want to do it. Because like technologies is in our face right now, so you really have to pick how much of it, do you want.

Mattia Rainoldi: Yeah. This is a situation, basically, where the work, um, might root your free time and you are managing that way. Are you managing also, um, boundaries in the other direction, so you are in work time and space and something from your free time, my might also include your, your work day or how you manage that?

P6: That's very rare actually because I'm, I'm quiet, I really love my work and I'm one of those people who, thankfully, I get to do something that I really, really enjoy doing. So, and people around me know that, so when they know I'm at work normally nothing would really come up, unless it's, it's important, um, you know, I wouldn't indulge in a lot of leisure while I'm at work or something like that, and it even organically actually doesn't happen. I very rarely fall into those traps of 'oh leisure is taking over work' or in the midst of working on something else is coming up. It's pretty rare, unless, um, there, there are small things that happened at home, like you know my mom needs something or, for example, we're at the lunch table and there's a conversation going on and I'll just I choose to sit there for 15 minutes more and then get back to work, but, like I'm okay with that because, again we're working from home so it's easy to decide what our time has to be like, but, yeah, mostly those boundaries don't really overlap for me at least.

Mattia Rainoldi: Okay, um, do you have any example of your leisure time through the into your work?

P6: Yeah, actually today. Um, (laugh), surprisingly. Yesterday was a very close friends’ birthday and we had a little dinner planned for her and Mumbai is a really big city, okay, so if you have to travel from one place in Mumbai to another it's, it could take you two hours. And I had to travel one and a half hour to get there to do that friend's house for the for the dinner thing and then we sort of chilled, and we play the guitar and we jammed all night till like 2.33 in the morning and then I stayed back at, at her place. I came back home this morning at 11 o'clock. So, I had to start working in the Uber. So that plan being in the middle of the week, obviously I prioritize that because it was a very, very close friend. But, um, it did take over my, my sort of schedule and my work because I had to start working in an UBER. And then, after coming home, I had to figure out that like I had to plan my sort of meetings and my schedule in a way, because I would still take a shot. So you know it sort of disrupted the whole schedule and my routine but yeah I that it's a very one of sort of a situation, something like that has happened to the first time this year, I mean, in six months if it happens once I think it's fine.

Mattia Rainoldi: Right and how were you working in the Uber?

P6: Well, I got I conducted myself to my hotspot on my phone. I use my phone for GPS hotspot, and I got started.

Mattia Rainoldi: And on what device did you work?

P6: I had my laptop with me, (laugh) I took my laptop with me (laugh). I was really prepared, because I knew I was going to be late, the next morning. I knew for a fact that we're going to be out late in the night. And there's no way how I'm going to reach home at like eight in the morning, or something like that. Um, and I knew that even after leaving from there it's a one hour drive for me, so I carried my laptop with me in my bag, my laptop was with me so when I woke up in the morning I knew okay my laptops right your let's get started.

Mattia Rainoldi: Okay, so and how did you make, did it make you feel working from, in such an unexpected situation?

P6: It wasn't all that unexpected because, as I mentioned earlier, I'm fairly used to working out of door spaces, like you know I'm used to working nomadically. I'm used to working on the go, at airports, in cabs at random places, by the time they're clean and, like the WiFi is good I'm fine. So, so yeah, I was okay. It did disrupt the fact that I had to give time out of my work to take a shower. And I had to like you know accommodate all of these things which would ideally sort of get done functionally before work. I had to make time for all of that, but apart from that I was okay working in an Uber.

Mattia Rainoldi: Mhmm.

P6: It's pretty convenient.

Mattia Rainoldi: Yeah, when you think about a typical a typical day, what do you think about the role of digital technology? Does it have advantages for you for the management of how you work and how you enjoy your free time?

P6: I think yeah. I think technology plays a super important part in that, because a) technologies anyway overtaken our lives, we can't live without technology, it's all over all over the place, it's everywhere. Um, for the amount of devices we have right now I think it's clearly taken over. But again, it's about I think it's about how you choose to let it slip into your life. And if you channelize it in a way, where it's, it's a productivity tool for you it's obviously going to be an advantage, you know, and vice versa, like, I remember a couple of days back, couple of months back this new social media app launched, right, it's called Clubhouse. It's an audio only platform and I got access to Clubhouse I think somewhere in January this year because I was a part of their influencer marketing project in India, when they were launching and some stuff like that, so we got like an early access to the app and whatever. And then, when people got on to the app there was so many conversations happening, I let my sleep cycle go for a toss, because one week, I was on that app all night. It was NEW, I was curious, and it got so addictive, I would just spend my whole night listening to random people either saying, or just have conversations, some of it won't even making sense. But I was just so intrigued you know because it's new and you're curious about what's happening on the app so you keep having you sort of have that feeling of FOMO, right, that you will miss out on a really exciting conversation until you do it for like five nights and you're already sleep deprived by the end of it, you realized it didn't add any value to your life, so I think now I haven't opened the app in a month, because now I don't care about it. But yeah when it was new I very roily let it spoil my sleep cycle, because I was just so excited about it, as I was like 'oh that seems to be fun, let's spend some time on it, and whatever'. So so yeah again see that was that that I think this is a prime example of how technology can also take over and it creates it clearly became a disadvantage for me. Because it clearly took over my routine, it took over my sleeping cycle, it took over my sleeping time, I was, I was sleep deprived I was just tired throughout the day. Um, so it clearly proved to be a disadvantage when used inappropriately in a way.

Mattia Rainoldi: And so -

P6: (overlap) Are you on (end of overlap) Clubhouse because a lot of people have wasted time on Clubhouse. I'm really curious to know, have you wasted your time on Clubhouse, yet?

Mattia Rainoldi: Just a little.

P6: Yeah, SEE, I'm telling you Clubhouses just so addictive, we've all been there right yeah.

Mattia Rainoldi: Yes, yes that's true (laugh) yeah. Do you think that what we are talking about it that, um, technologies influence your free time choices?

P6: I think it does, sometimes, um, I'll tell you why I say what I say. Because, for me, a lot of my motivation to go for a run is because I want to complete the target that my Apple Watch has given me.

Mattia Rainoldi: Okay.

P6: You know, and I mean but here's the deal, I mean I might sound weird, but it gets the job done. I spend 45 minutes running every day, you know, so the ultimate goal is something nice out of it. I'm giving my body that time to exercise, I'm giving myself time to run or whatever, but, but yeah, I mean that's, that's technologies, we have getting me on to the whole system right. I remember picking up the Apple Watch telling myself 'I'm gonna buy this Apple Watch, I'm going to go for a run every day, it's going to track my steps, this and that' and then I wore it for a month, and I didn't go for a walk a single day. I wore it only for the fancy of it. Until I sort of decided to consciously use it as a tool. As like 'no, this is not supposed to just tell me the time and trouble me with notifications, it's also supposed to get me going'. So now, I have a whole system in place where how many calories I want to burn and what not. And then, when I don't burn those many calories my Apple Watch have been sent talking to me and it's very disappointed with me, so I have to make up to it. So, I think technology also gets us going like I get a notification from my meditation app if I'm not meditation meditated for two days together. Two days straight in a row, they remind me saying okay you haven't meditated, and I feel like these things are important, you know they just keep you going on the habit. But again, even the bad habits are going to keep remember reminding you that you haven't done those, so you have to really pick, what is your priority.

Mattia Rainoldi: I see, um, and on your watch, you get also notifications from work?

P6: I do, from morning to evening and then after nine o'clock my notifications shut every.

Mattia Rainoldi: Okay, so as well on on your on your watch.

P6: On my watch, on my laptop, everywhere, nine o'clock I don't get notifications.

Mattia Rainoldi: Okay, all right. Yeah, I get it right yeah okay fantastic. Um.

P6: I don't even get calls actually because my phone goes on DND. So, the only people who can call me are the people who are on my favourites. And my friends know me very well like they know that even if it was my birthday on the 11th of June. And nobody tried to call me in the night because they were very clear they knew I would sleep. And, um, I was like it's my birthday I'm going to do it my way, I want to wake up in the morning I don't wanna be up all night, so yeah only people who are my favourites can reach out to me, and obviously there on my favourite so they know the fact that I would sleep on time. And they'd call only if it's an emergency or something really important.

Mattia Rainoldi: I see and who is on your favourite list?

P6: Some of my friends, my parents, my, my grandmother or in case she needs me at any hour of the night, um, my younger sister who doesn't live with us, she lives in another city, she lives at [inaudible - city name], um, yeah just -

Mattia Rainoldi: (overlap) And no one from work?

P6: (overlap) friends and (end of overlap). No, no one from work, if there's an emergency at work, they better wait.

Mattia Rainoldi: I see, okay, yeah. Great. Let me see if I have a couple of more questions from you, for you from your diaries.

P6: Uh, also I wanted to tell you that on a couple of days, I tried to add an image, um, the last page of the diary had an option, where I could add an image. Yes, I wanted to add an image on the second last day and the last day but it didn't let me.

Mattia Rainoldi: Okay.

P6: My browser crashed.

Mattia Rainoldi: Okay that's, that's -

P6: And then, when I went back to the link it took me back to that page. So I didn't have to refill everything it was all, um, sort of there.

Mattia Rainoldi: Yes, yes.

P6: But it didn't let me add an image. Because on the second last day it's like no I think third last day third last day and, last day, I wanted to add an image, but it didn't let me, so I wanted to tell you that.

Mattia Rainoldi: Right, this is a important thing to know, interesting, but if you feel like sending it to me still, please send it to me on my email, um. But it's strange that it made your computer crash.

P6: Yeah, not the computer, just, just Safari crashed.

Mattia Rainoldi: Okay well, still.

P6: Yeah, my browser but yeah that shouldn't happen, the tab just shut down.

Mattia Rainoldi: It shouldn't happen because this is -

P6: And I was like 'okay that's weird'.

Mattia Rainoldi: It is simply one, one drive is a one drive file.

P6: Yeah, I don't know, maybe something to do with my network. I don't know that that's possible too. But yeah, I don't know.

Mattia Rainoldi: You were working with your private laptop or with your company laptop?

P6: No, I filled out all of your things on my laptop.

Mattia Rainoldi: Okay, well then, the strange well, well, thank you anyway for saying it to me, I will test it again because it never happened, and that is nice to know, maybe I've did some mistakes in programming it. (pause), yeah, I'm not sure which day is this one, but this probably your Saturday, and you said here it felt nice not having constant notification passing in and not having to open the laptop all day.

P6: Oh yes, Saturday I was with my family. Yes, I did not have ANY work on Saturday.

Mattia Rainoldi: But why you see it felt nice?

P6: Because I didn't have to like bother about absolutely anything. I didn't have to look into meetings, I didn't have to bother about scheduling calls and accepting meetings or talk to people at all, it's just nice to have a break, sometimes you know. Because of because of this whole work from home thing we're on our laptops all the time talking to people on Google meet and Zoom calls and whatnot so it's just nice to have a break and meet your family in person and see real human beings. And yeah, it's just, I love it.

Mattia Rainoldi: So, this feels sometimes the need of disconnecting?

P6: Oh no. I mean, I don't want to make it sound so dramatic that work gets to me and, like, 'I want to get out of the system' or anything like that, it's not like that I'm very happy, while I'm doing it also. But when you get a break, why not, you know that's, that's more like the approach that I'm going for, it's not like oh my God like I'm having a break now, I need a break it's not like that. But it's a more comfortable situation of it being a Saturday getting a break and just making the most of it, so it's always nice know when you get little holiday after like five six days of a lot of work.

Mattia Rainoldi: Yeah, and did you found yourself in situations where it felt uncomfortable?

P6: Not have what?

Mattia Rainoldi: No, to, to have some technologies around are reminding you constantly of work or of some, some other free time commitments that you have?

P6: No, no, not really.

Mattia Rainoldi: Okay, because before you said it felt comfortable not having a notification or something like that, therefore, I was asking.

P6: Yeah, exactly so I when like this Saturday, in particular, for example, like I normally when I'm with my friends or my family I'm never on my phone, unless until I get a call. You know the fact that I'm with them it's very clear it's my leisure time it's not my work working hours, so I wouldn't be on my phone anyway. My phone would be with me, but I wouldn't be on my phone talking to other people, while I'm with somebody or friends or family so that Saturday in particular that you're talking about I remember that very clearly, because I was SO happy that day and just been a nice and I met my grandmother after really long, and I saw my family and now because of Covid and we had a really bad second wave in India, so we could not see anyone for like three months, we were all just at home in quarantine and lockdown. The countries had really bad second wave, so the fact that we could just go out because the lockdown has opened and go to their house and need them just felt so nice.

Mattia Rainoldi: I see. Okay that's great, yeah. Let's come to the final questions we've been talking quite extensively already just -

P6: (overlap) Sorry, I talk a lot (end of overlap).

Mattia Rainoldi: Um (pause).

P6: I'm a talkative person, so if you get me started, you have to stop me at some point.

Mattia Rainoldi: Oh, that's good so (laugh). I believe we covered these topics here. So, probably one last, well I give you the opportunity now maybe, um, we've been talking for a while already, and he asked your idea series of questions. Is there something there that you feel I didn't ask you about that is important to that you'd like to say about, um, your usage of technology and how that influences your work time and your free time, their relationship, something that I didn't ask you about?

P6: I think we've pretty much covered it all though, there's nothing that I can think of beyond this, to be honest, we realistically sort of picked up picked on everything that could be a possibility. Um, but nothing as a first thought, if something comes to my mind, I'll tell you.

Mattia Rainoldi: Sure. And would you say that is important for you to have technologies to manage the relationship between work and leisure?

P6: I think it's just become a default, right, we don't know how to do it any other way. I mean I'm a 90s kid I've grown up, I mean in when I was born, we didn't have as much technology, but by the time I was in school and college and, like everything, work, technology was all around us, so I don't know any other way of life. You know it's my default it's by default to have these gadgets by default to have technology around, um, we've used a handicap when the WiFi stops working. You know I mean it's, it's, it's badly to oxygen at this point for our generation so, yeah, I mean it's a default, I think that's the best way how I can put it, I don't know any other way of life.

Mattia Rainoldi: I see yeah that's very interesting yeah, so and let's take as a final question here a little bit of a forward thinking approach. So, for you, how do you see your role as a digital worker, um, becoming in in the next five years or so?

P6: Okay five is far, but I could tell you three because my vision board is for the next three years, five years to pretty far for me.

Mattia Rainoldi: (overlap) Alright, yeah, that's enough (end of overlap).

P6: Um, I think I've just got so bored of a lot of people talking about where do you see yourself in five years that I've stopped thinking about five years. I just think three years plans now. But I think when things get better in India, at least with Covid, we're now expecting a third wave so we're still playing it really safe but I'm hoping when things get better, I would want to quit my job, my data my full-time job because, while it's very comfortable there is there's a certain amount of security, it's just not who I am. I, I liked the uncertainty of not knowing where my next check is coming from, I like being a freelancer. So I see myself going back to being a freelancer for sure and, um, of course, I mean even as a freelancer a lot of tools around work still say, say the same, right, you're still organizing a lot, you're still doing a lot of administration work, um, you're, you're still on the whole Google drive thing and just not on Google workspaces but it's all pretty much the same. Um, so yeah that's where I see myself going as a digital creator as a digital worker. I see myself going back to freelance, I would I want to focus more on my personal content on Instagram, um, create more content, tell more stories, use the fact that I have these platforms that have an audience listening, yeah I mean I really want to focus on my personal content with Instagram and YouTube, I mean the fact that you found me on Instagram, um, you know, I want I want my work and my content to reach out to more people, I want to hopefully have an impact, where at least reach out first, I think at that step one for sure.

Mattia Rainoldi: Okay, and this is something that you cannot do in your current position as an employee?

P6: It's really demanding, you know, to have a full-time job it's really, really demanding. Um, and as a freelance also, I it limits my dates right I just can't take leaves every now. Um, then I can't just pick a big film, I have to only pick TV series which get over into three days, I have to pick a short film, which is on a two-day schedule. Because I know I don't have more than that, I can't just keep taking holidays left, right and center. I have to really plan my calendar, I have to see when can I take a leave when when, when, when is it little light at work, and I can take a leave, um, and all of that stuff. So, I want to have more freedom on my calendar. Because I had it for the first two years of after college, and I think that's a nicer way of living life.

Mattia Rainoldi: Mhmm. And talking about freedom, how, how you define freedom for you, so a life with freedom?

P6: I think it's for me it's just, um, I think I define freedom is something where I am in control. Um, like I still free I still feel very free, even though I'm in a job it's not like I'm feeling caged or I'm feeling very captivated in a way. I'm still feeling I still feel like I'm free because freedom is a way of life, right, it's how you see things, it's not always necessarily about situations, but it's more about a philosophy, how you live by and, if you want to see things a certain way, you will not give in to things that don't make you feel free. Um, I involve myself in work conversations and things that allow me to feel like I'm free and I can do it my way. There's always there are always things where we have to find a middle ground that we were we're social beings we can't always be my way, but like what I mean by that is just being in a spot where I am secure in a certain way, um, and, and independent of my thoughts and my way of be.

Mattia Rainoldi: Okay yeah, maybe a last final question, what makes a balanced day for you?

P6: What makes so?

Mattia Rainoldi: A balanced day (overlap) for you.

P6: (overlap) a balanced (end of overlap) day. Um, I think a balance there for me is where I have been able to successfully stick to my routine of meditating, journaling, went for a run, waking up feeling excited and going to sleep very, very satisfied. I think that's, that's a very balanced day for me, where, where I've been able to do everything on my to-do happily, um, and yeah I love those days, you know, there are just these days, where you wake up excited to just do your basic things, it doesn't have to be something very exciting, you have to catch a flight to Europe but you're still really excited about waking up and doing something, and by the end of the day, you're just satisfied with what they looked like. I think, for me, those are those are my, my kind of days, where I'm able to balance a little bit of everything, I am able to get up on time, I'm able to meditate, journal, I'm in control of my thoughts, I'm in control of my actions and it's just been a happy day like, yeah.

Mattia Rainoldi: I understand, that's, um, are nice things, yeah. And what are the biggest upcoming changes in the way we work and we organize our free time?

P6: Um, what, what I think is the upcoming change that's the question right?

Mattia Rainoldi: Yap.

P6: I think we are finally talking about people prioritizing free time, um, at least in the Indian advertising culture space, um, a lot of people are talking about prioritizing themselves, taking time out of their families, being with their families, taking the weekends off, um. So, I feel like now, after one and a half year of the lines are getting blurred, people are finally realizing that the line was blurred. And then making conscious attempt, so I feel like the next big thing in a couple of months is going to be people being very aware of prioritizing family, themselves, taking time out, taking time off work. Um, and, in a way trying to find a balance. Um, and yeah, I think I think so.

Mattia Rainoldi: Okay. Do you feel that basically we are out of balance right now?

P6: Yeah. My father clearly is. I mean, he, he works for the corporate company and he's just working all the time, he's, he's on his laptop on Saturday, is that then some Sundays and then he's taking calls all through the day and there's just no limit to when you work and when you don't work.

Mattia Rainoldi: I understand, yeah.

P6: You know, and like I see a lot of my friends and like people around me, my peers, my family, I see a lot of people around me are just so consumed by it and they're not happy with the fact that they're consuming it's, it's one thing to be a workaholic or it's wanting to be, be a freelancer and being really busy on a project, that's, that's different. But you're then seeing these people who are in nine to five jobs, who have the liberty of the under point saying 'okay I'm done working for today, I'm gonna pick this up tomorrow, I'm just going to move this to tomorrow's calendar'. But they just can't do that and they're not very happy about the fact that they can't. So, they want to change that, so I feel like now that so many people are talking about and realizing the fact that something has to be changed, I hope it will, and I hope they do.

Mattia Rainoldi: Okay, yeah, nice to hear it from you as well. P6, we are coming to an end. So, you have one last chance (laugh) if you would like to provide any kind of information or thoughts about the, um, topics of the interview that you still believe that are important, then we didn't touch upon them.

P6: Actually, I think we've covered a lot of it, and everything that is at the top of my mind, and like what my day looks like, what my week you like, so I think we've covered a lot of it actually there's nothing that I'm consciously not trying to say or something like that, however, I feel like, um, our generation is, um, you know, I, it's like when something is new, like how we spoke about Clubhouse right, when something is new, we just so curious about it that we completely dive into it. And then, when it becomes a part of our being, it becomes the default, as I said earlier, it becomes a default, we try to figure out how much of it do we want. And I just feel like our generation is finally coming to a point where a lot of us, if not all of us, are coming to use social media as a productivity tool and our technology as productivity tool, um, tools rather or instead of just consuming us, we're very aware of the fact that Instagram is going to consume me. You know we're just not we're not mindless, um, on most days. On some days we all are, I mean, which I think is human but on MOST days we're very aware, very mindful very conscious about the fact that I am aware that if I spend too much time on my phone, I can spend the next 10 hours on my phone till the battery dies out but do I really want to, you know, and I just feel like we're all becoming very mindful about it and that's awesome. Um, we're, we're evolving well, I guess. So, yeah, that's, that's, I think those, those are like my closing thoughts I guess, yeah.

Mattia Rainoldi: Yeah, fantastic. Okay, thank you very much for contributing, um, these, these vision of yours to share it with with me. Very, very last question, do you have any question about these interviews or the research problem that, um, the research problem (laugh) the research project that, um, you would like to ask me?

P6: No nothing, nothing at all, actually. I'm, I'm good, I think you you give it all, you handed all that information to me on email quite early and I think yeah, I'm good I really hope I've been able to contribute to your research, and, um, I think um, by the time, as you rightly said, this whole thing, even if you publish it, um, like it's all, our names are gonna be very confidential. Um, so I think I'm good. I don't have anything else to ask or confirm.

Mattia Rainoldi: Fantastic, so I'm going to stop the recording.