Default Report
*Managing work and leisure in the digital age: A practice exploration of digital work - P28*
**September 7th 2021, 4:56 am MDT**

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

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| Tell us about what work activities you engaged in today. |
| - I had work calls by the phone for about 5-20 minutes each
- Worked with ipad: drawings and comments
- I had live meeting.
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| - I had work calls on the phone for about 5-20 minutes each
- I send several work letters
- I worked with ipad: drawings and comments
- I had meetihg in Zoom
- I designed house.
 |
| - I had work calls by the phone for about 5-30 minutes each
- Worked with ipad: drawings and comments
- I managed work in my team in telegram.
- I had work meeting.
 |
| - I worked with ipad: drawings and comments
- I designed facade for house.  |
| Work Diary
- I had 1 work calls on the phone for about 2 minutes.
- I send 1 work letters
- Worked with ipad: drawings and comments

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| - I had several work calls on the phone for about 5-20 minutes each
- I send 2 work letters
- Worked with ipad: drawings and comments
- I had meetihg in Zoom |
| - I had 11 work calls on the phone for about 5-20 minutes each and one call with an increase of about 20 minutes
- I send 3 work letters
- Worked with ipad: drawings and comments |

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

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| Tell us about where you engaged in work activities today. |
| I worked at home and in the office of my collegues.  |
| I worked at home and from park. |
| I worked at home.
I worked in cafe.
I worked in coworking.
 |
| I worked at home all time. |
| All the time I worked at home. |
| All the time, except for one telephone conversations, I worked at home  |
| All the time, except for two telephone conversations, I worked at home |

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

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| Tell us about when you engaged in work activities today. |
| I worked from 8:00 to 10:00, 11:00 - 15:30, 21:00 - 23:30. |
| I worked from 8 to 23 with short breaks. |
| 10:00 - 13:30
16:30 - 17:30
18:30 - 19:30 |
| I had work from 15:00 to 20:00 |
| I started my work at 11.00 am |
| 9:20 - 10:30
11:00 - 13:30
15:00 - 17:30 |
| I started my work day at 9.20 am |

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

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| Tell us about how you felt in your work activities today. |
| It was a normal working day. |
| It was a productive day. |
| I didn’t have time for everything in the morning. I worked in a hurry. I felt a little annoyed about this. |
| It was a little lazy |
| I didn't want work today. I felt tense while working. |
| I felt a working attitude. I felt irritation about one task for 2 hours. |
| I felt the inspiration and was full of energy. |

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

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| Tell us about with whom you engaged in your work activities today. |
| I worked alone and with my team.  |
| I worked alone and with my team. |
|  I worked alone at home . I had meeting with my collegues in cafe . I worked alone in coworking.  |
| I worked alone.  |
| Nobody  |
| I worked with my team and with my custemers.  |
| I worked with my team. We had chats and calls. I have calls with new constructors. |

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

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| Tell us about what devices, applications, tools and platforms you used in work activities today. |
| - laptop
- telegram
- whatsapp
- mobile phone
- iPad with pencil
- mail platform
 |
| - laptop
- telegram
- whatsapp
- mobile phone
- iPad with pencil
- zoom
- mail platform
 |
| - laptop
- telegram
- whatsapp
- mobile phone
- iPad with pencil
- mail platform
 |
| - laptop
- iPad with pencil
 |
| - laptop
- telegram
- whatsapp
- mobile phone
- iPad with pencil
- mail platform |
| - laptop
- telegram
- whatsapp
- mobile phone
- iPad with pencil
- zoom
- mail platform
 |
| - laptop
- telegram
- watsapp
- mobilephone
- ipad with pencil
- zoom
- email platform |

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

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| Tell us about what free time and leisure activities you engaged in today. |
| I watch film, rode by bike, cooked supper.  |
| I walked on park, cooked breakfast and lunch.  |
| I spent time with my old friend. |
| I read a book, meditated, called my mom, rode bike |
| I read a book, meditated, walked with freind, called my mom, rode by bike, drew by ipad. |
| I read a book, did yoga practice, walked, called my mother, met friends (walked in the fresh air, chatted in a cafe), rode a bicycle. |
| I read a book, meditated, walked, called my mom, brother and girlfriend, watched interviews, chatted with friends. |

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

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| Tell us about where you engaged in free time and leisure activities today. |
| I was at home and on the street.  |
| At home, in the park. |
| I gave him a city tour. We spent time at the bar. |
| At home, on the street |
| at home, on the street. |
| Houses, on the street, cafe |
| At home, on the street.  |

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

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| Tell us about when you engaged in free time and leisure activities today. |
| 10:00 - 11:00. 15:30 - 21:00 |
| I had rest every hour or two. No system, but I had many different tasks. One long walks was about 2 hours.  |
| 13:30 - 16:30
19:30 - 23:30 |
| From 8:00 to 15:00, from 20:00 to 22:00 |
| 8.00 - 11.00
14:00 - 23:30 |
| 6:30 - 9:20
10:30 - 11:00
13:30 - 15:00
17:30 - 23:30

 |
| 7:00 - 9:20
15:00 - 17:00
18:40 - 19:30
20:40 - 23:40 |

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

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| Tell us about how you felt in your free time and leisure activities today. |
| It was inspiring because I hadn't prepared for a long time and hadn't watched a movie. |
| I was happy to walk in the park. |
| I felt safe, open, fulfilled and sincere. |
| I was full of energy |
| I was full of energy, inspiration and pleasure. |
| I felt pleasure |
| I felt relax and pleasure |

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

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| Tell us about with whom you spent your free time and leisure today. |
| Alone and with my girlfriend.  |
| I was with my girlfriend.  |
| I spent free time with my friend.  |
| Alone |
| I meditated in a zoom group (10 people)
I rode my bike alone
I met a friend live |
| I spent my free time along and with my friends.  |
| I was alone. |

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

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| Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today. |
| I used Ipad for watching film.  |
| No devices.  |
| No one.  |
| Bike |
| - mobile phone
- laptop
- ipad
- zoom
- telegram |
| - mobile phone
- telegram |
| - laptop
- mobile phone
- youtube
 |

**Q17 - Think of your day as a continuous series of situations.

Tell us some examples about how you combined or separated your work and free time or leisure activities in different situations.

Tell us also some examples about how you switched between work and free time or leisure.

You can discuss planned or unpredicted situations.

When applicable please indicate in your examples:

 what did you do, say, think and/or feel in the situation
 the time and place in which the situation occurred
 which people were involved in the situation
 the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking platforms)**

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 the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking platforms) |
| I had a lot of distractions around the house. My girlfriend wanted my attention today, and I had to be distracted while working. |
| Yesterday my girlfriend returned home. Therefore, my working day was regularly interrupted by her. We often relax together during work alone when she is at home. It is not always convenient for me at the time when it is convenient for her. Therefore, sometimes it turns out not very convenient. It can be harder to concentrate. On the other hand, regular distraction doesn't feel like a long day at work. |
| My old friend and colleague came to Moscow. We spent half a day together. We are doing a joint project with him and two more of our friends. We spent half a day together and at the same time had about an hour for concentrated work. The rest of the time we walked and discussed various topics. Although sometimes during the rest, work questions also surfaced. In addition, sometimes I had calls at work and I was distracted by a call or a message. But that was not much. |
| Sunday
I wanted to work while nobody bothers me. I knew that on Monday I would not be able to fully work: I would meet with friends. I was calm but a little lazy. |
| Today there were some interesting moments. An employee of mine sent me the blueprints for review last night in a personal message. I didn’t want to answer him today because it’s the weekend and I didn’t want to disturb the person. But in the afternoon, another employee of mine sent the materials for review to the general chat. I realized that people are working and wrote comments to both at once. Although I didn't really want to do this. I sent it because people are working, and it took me only 10 minutes to answer. I did not send the task to another employee because it was a day off. It's hard for me to bother after hours. But there was also an urgent moment with the customer: I needed to call and write to a colleague. I did it without difficulty, because I knew that he was waiting for this answer as soon as possible. |
| Today work and leisure were mostly separated. The exception was a couple of short telephone conversations while I was walking after lunch.

I started my work day in bed, an urgent work question popped up while I was reading in the morning. I started answering directly from ipad.

It was good to walk and talk with friends without thinking about business. While we were walking I received two work questions in the telegram, but I did not answer them immediately, but rather late, when there was a pause in the conversation.

At the same time, it was great to concentrate on tasks and so that no one from outsiders distracted me, and I twice delayed answering my friends because of work. |
| I mostly combine work and leisure. I can switch quickly. But I prefer to set aside time for rest and work. I feel it as an inner attitude and a decision to work or rest. This is concentration on a specific activity in the moment. The place, devices, programs mean nothing to me. When I have leisure activities, I try not to use any devices, I try to move and spend time outdoors and in communication with friends or family.

For example, this afternoon I had a walk as a rest. I walked along the boulevard. At that time I was talking with my mother by phone and a little later I resolved work issues by phone. And that was not a problem for me.

When I was resting after dinner, I communicated with friends by telegram. And at the same time I was answering work questions in WhatsApp. |