Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P29*  
**October 30th 2021, 1:31 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. |
| Revising work about email marketing (from the recent workshop Visited a business and checked if we could collaborate Had a meeting with TikTok expert Prepared work and planning for next week |
| Talks with some collaborators for my digital platform Preparing copyright samples Messages on Upwork, Gmail Group work on email marketing workshop |
| I focused on research: finding more businesses for my platform I revised my notes from latest webinars . seminars I read news from my industry |
| Taught French Language I did research work (planning.. checked Upworks .) Followed a Zoom webinar (entrepreneurship, media and women) |
| Went through emails Taught Modern Languages Worked on my website- Check Upworks messages Visited businesses and took pictures |
| Researching on new trendy businesses (Google, Google Alert) Searching new students, professional events (workshops, conferences) Finance planning (investments..) Visited some businesses, took pictures, and talked with some managers |
| Researching new venues in town for a digital map Planning the week ahead |

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

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| Tell us about where you engaged in work activities today. |
| At my place only |
| At my residence + at a local coworking space |
| At my residence |
| At a coffeehouse in the morning and then for the rest of my day at my residence |
| At my residence |
| At my residence and outside in some shops |
| At my place of residence |

**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. |
| 9h-13h |
| 14h-16h 16h30 – 21h00 |
| 10 am-13h 15h-17h |
| 10 am- 1 pm 3-7pm 8h to 10 pm |
| 8h00 am- 12h00 12h30-13h30 16h-19h30 |
| 9h30 am- 11h00 11h30 – 14h00 15h00-17h30 19h30- late |
| From morning 9 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. |
| Productive as the previous day, I had changed my work routine Also happy to discover something new (TikTok for business) |
| Very productive today: probably as I changed my work routine: starting time later in the day |
| Today I was feeling less dynamic, probably because I haven t practice any physical activities. Later after yoga, it gave lot of energy and focus |
| Good as I sometimes enjoy working outside in a different setting The rest of the day was pleasant At evening there are plenty of interesting online stuff (work related) but I don’t want to have the Fear of Losing Something syndrome |
| Nice as I frequently take some breaks (tea, coffee), also it is good to avoid to go out when I am not in the mood Afternoon and evening nice too |
| Morning: Nice, again because of fresh air in the morning and nice temperatures. Also as I rode a bicycle on Sunday, this helps to prepare the week as it keeps me fit On Evenings I am slower but not really tired |
| Very well |

**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. |
| With some manager of a business With the social network expert |
| Collaborator. Jenny Digital Marketing specialist Victoria: Email marketing specialist All other workers (in person) |
| Today no physical interactions with people (business purposes) |
| Online Student My App developper With people from a crowd while attending a conference on StartUps at an Hotel |
| Students Business contacts |
| Managers, artists, students, business owners |
| Alone |

**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. |
| Google calendar Gmail Telegram. Whatsapp. Upworks , LinkedIn |
| Desktop: LinkedIn, Eventbrite, Gmail, Upwork, Slack, Google Calendar, |
| Desktop + Smartphone: Google, LinkedIn, Eventbrite, Gmail, Upwork, Slack, Google Calender |
| Desktop and Smartphone: Facebook Group meeting, Skype, Gmail, Upwork, Telegram, Whatsapp, EventBrite |
| Zoom, Jitsi, Upwork ,LinkedIn , Facebook, EventBrite Google |
| Google for searching tons of info Gmail Telegram Upwork (to search a TikTok expert) -Slack (I am a member of Impact Hub which is a virtual co-working space), LinkedIn , Facebook (for events), EventBrite |
| Desktop+ Smartphone: LinkedIn, MeetUp, Google Calendar, Facebook, Instagram |

**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. |
| Lunch at the restaurant with a friend Riding the bicycle in some areas in town Meeting in a park |
| Hike in the park in the morning Visit a new coffeehouse nearby Bought an airline ticket to travel in the future Hang out for socializing after the training |
| Cooking slowly Language studying with the computer Yoga practice Browsing Internations events |
| Meeting a friend at the coffeehouse who is also a remote worker (she passed to me your contact details) Music on YouTube for light tasks Russian language in the evening |
| Taking the bus with Paul to accompany him to the shopping center as he wanted to buy shoes Talking Russian Reading news Watching paintings on the Net |
| Shopping (taking pictures of items at the supermarket Working out in the afternoon (in my room) Listening to You Tube Studying Russian + watching Russian YouTube lesson |
| Studying a foreign language, Riding the bycicle |

**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. |
| Exploring a different neighbourhood Walking in the residential part of the city At the park with my Russian teacher |
| Hiking in the park, at home, at the coffeeshop, at the coworking space |
| in my room (yoga) plus walking outside in the park- sleeping a bit Activity with my computer in the lounge |
| In a coffeehouse in town At my house In the lounge or kitchen |
| In the kitchen In my room In the city , walking in a different neighbourhood |
| In my room (Physical activities) In the kitchen (cooking) At a local coffeehouse |
| Outdoors in some neighbourhood of the city in the park |

**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. |
| 13h-19h00 |
| 8-14h 16h-16h30 21- 00 onwards |
| 13h -15h and 17h-21h |
| 13h-15h 7pm-8pm after 10pm |
| 12h00-12h30 13h30-16h00 &gt; 20h00 |
| 11:00-11:30 am 2pm-3pm Working out 5:30 pm Coffeehouse: 7.00 pm |
| from 3 pm |

**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. |
| Very relaxing going to the park Happy to discover a new place to eat Great meeting in person when the sky is blue |
| Good to change the routine, which coincides with nice weather. Good to go to a coworking space to socialize in person with people |
| A bit apathetic in the morning until the Yoga time thats why I work less, then I felt very energized |
| I felt very good . relax times are respected and also I took a nap after lunch |
| Relaxed (I always try to anticipate the big traffic in town avoiding rush hours) Talking a foreign language gives me a lot of positive energy |
| Relaxed as I switch off all devices when taking breaks-no notifications |
| Very relaexd as it was very sunny and 22 degrees |

**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. |
| New People I met Friend from Singapore Russian teacher |
| Spoke to people in my residence and also the manager Other remote workers |
| Talked to people in my residence about how to cook healthy, trips |
| By myself Also I interacted with some people in the residence (Travis, Anna) talking about sports, leisure |
| Alone + Paul (flatmate) and others people in the residence I called some friends on Whatsapp Talked with my father on the phone |
| Alone+ Flatmates (Chris). Met new people (UK) |
| Alone + Flatmates |

**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. |
| YouTube, Facebook Internations- Instagram |
| Internations IG. YouTube, Facebook Booking platform |
| Smartphone, Facebook, YouTube, Internations, MeetUp |
| Meetup, Internations, YouTube |
| Smartphone, Facebook, YouTube, Internations, MeetUp |
| Smartphone, Facebook, YouTube, Internations,MeetUp |
| 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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| 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) |
| Again today there were no situation where my work intruded my leisure time through digital technology As today it is Saturday, I checked more often Facebook for check events while I was working. I normally don’t do this but I thing that it is a normal situation, besides this I am not addicted to Facebook Situation in which work and leisure mixed together: The use of the Tik Tok social network is very new for me as I reject this type of content which is geared for very young people But while I was researching Tik Tok content for work purposes, I was having fun too and the boundaries were blurred between work ethics and fun |
| Today no situation where my work intruded my leisure time through digital technology I keep on listening YouTube daily, but when an assignment requires high concentration and keeps me very focused I switch it off, for avoiding distractions. This is a situation which mixes work and leisure together |
| Have you found yourself in a situation in which work intruded your leisure time through digital technology? For keeping boundaries between work and leisure, I switch off all notifications Also before sleeping, I allow myself one hour without any tech devices Have you found yourself in a situation in which leisure intruded your work time through digital technology? It happens when leisure intruded my work time as some friend wanted to communicate with me through Facebook (they use FB instead of Whatsapp or Messenger) while I am focusing at my work, there is a big temptation to check this social network (Facebook) I need to be very quick to quit the Facebook page for not being carried away by exciting pictures and so on Have you found yourself experiencing a situation in which you found it difficult to keep clear boundaries and differentiate between work and leisure because of digital technology? Yes I found some situations which are difficult to keep clear boundaries and differentiate between work and leisure; when some professional and social contacts are on the same digital list (for example on Telegram) I don’t want to answer immediately to people (social communication on Telegram) as it might ruin my concentration work wise Have you found yourself in a situation in which the use of digital technology created a situation in which work and leisure mixed together? Yes, there are situations in which the use of digital technology created a situation in which work and leisure mixed together: when multitasking: as I follow some webinars but as I like taking screenshots (statistics, data) which I save on my desktop. But I the same time I am checking the news or some other entertaining websites, This affects my mood and thus productivity |
| I separated work and leisure: as after I gave my lesson and I stayed in the same coffeehouse to have an informal chat with my friend I went to a conference on StartUp at a Hotel: it is not really what I am doing, but it is a good way to listen in-person to some entrepreneurial people! |
| Again I have combined work+leisure: I visited the shopping center to get to know new businesses , then I did some research on them on the Internet Also when on board the bus, I dont use my smartphone, I observe the people around me. thats an excellent way to be away from screens. I am a bit strict when I allow myself free time , which means that I am flexible but it cannot waste too many hours otherwise I feel unproductive |
| I combined work+leisure: I went out to a new bakery in order to visit a new business and bought a croissant there. I took the bicycle on purpose to save time too For leisure, I checked the Internations platform |
| I combined listening to Motivational music (Brain power -Mozart) while working, but after 3 hours of work After 2 hours I usually go to the kitchen and prepare my meals as a way to relax a bit from my work, being away from screens After lunch, I took a short walk At 6 pm I came back and felt more energized to work more until 9h30 pm (with Desktop computer) |