Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P30*  
**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. |
| Mainly calls for future collaboration |
| Day off today but since i had some things to keep with the schedule I decide to finish everything during noon instead of packing my day tomorrow (Monday) |
| Today was a free day from work besides some social media content |
| Had to review some marketing plans |
| Calls for future collaborations and creating content for clients. |
| Creating content for clients (social media content) |
| Clearing and reorganising folders and answering emails. |

**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. |
| Home and outside in different coffee places |
| Home |
| Home |
| Home and nearby coffee place |
| Home and my parents home |
| Home only |
| all from home and 2 hours working with my laptop in a roof garden hotel. |

**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. |
| 08:00-20:30 |
| 11:00-14:00 17:30-19:00 |
| 12:30 and in random hours during the day/night. |
| 10:00-19:00 |
| 09:30-16:00 18:30-21:30 |
| i started at 08:00 at the morning took a break from 14:00-18:30 and continue until 01:00 at night |
| i don't have a set time schedule. Today i started at 10:00 |

**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. |
| One of these typical working days plus the weather changed (rainy and windy) |
| Since I went out last night I was abit tired but working from home made that easier. |
| Since it was mostly a day off it felt great. |
| I felt ok since it was Friday!! |
| This week feels very ordinary perhaps due to entering September. |
| some lack of sleep during last week has drained my energy so it was just an ordinary day. |
| It was a rather dull day today. |

**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. |
| Future Clients |
| I was alone. |
| With a graphic designer friend |
| Mainly alone and some clients phone calls |
| Calls with clients and mainly alone for the creating content. |
| some clients on quick calls and an old work partner for a certain discussion |
| I was alone at home and the 2 hour coffee break while working on my laptop |

**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. |
| Facebook Instagram zoom streamyard FB messenger video. |
| Facebook,Instagram,Canva,Storybeat mobile,laptop,desktop |
| Facebook,Instagram,Canva,Storybeat mobile,laptop,desktop |
| Mobile,laptop,desktop facebook,instagram,gmail,canva,streamyard,gdrive,slack,unsplash,ringlights,webcamer,microphone |
| Mobile/laptop/Desktop Canva,Zoom,Gdrive, Streamyard, Slack, Gmail , Facebook, Instagram |
| Zoom,canva,storybeat,facebook,instagram,LinkedIn,gmail,gdrive and google search. |
| Desktop pc,laptop,mobile phone. Slack,Facebook,linkedn,Instagram,gmail,gdrive,wetransfer among others |

**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. |
| Drinks with friends |
| Mainly socializing and networking with friends and family in my parent's village house. |
| Coffee , food and drinks with friends and swimming |
| Coffee with friends and food. |
| Coffee break, visiting parents , talking in social media with friends and enjoying a dessert! |
| during my break i mainly slept and watch a documentary on tv |
| i combined my coffee at afternoon with working from my laptop from a lovely roof garden near the sea. I was planning to go shopping but decide not to do it in the end. |

**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. |
| Bar by the sea |
| Home and my parent's village |
| Different restaraunts, beach, coffee and bars. |
| Restaraunt,coffee places |
| Home and my parents home |
| Home only today. |
| As mentioned earlier it was in a roofgarden hotel by the sea in the city of Volos (Thessaly,Greece) |

**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. |
| 21:00-00:00 |
| 10:00-11:00 16:00-17:00 |
| 14:00-04:00 |
| 19:30-22:00 |
| 17:00-18:30 21:30-02:00 |
| 14:00-18:30 |
| 18:00-20:00 31 August 2021 |

**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. |
| Felt great since I met some old friends. |
| Since I was tired I was feeling kind tired but also happy since I saw people that I havent seen in ages due to covid. |
| It felt great since it was the weekend |
| It felt nice since I met someone in person that I knew only from my online talk show. |
| Just an common everyday life |
| Just needed some sleep to keep up. |
| I had a neutral mood today due to postponing my holidays plans |

**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. |
| Friends and coworkers |
| Family and friends |
| Family and friends |
| A friend that I met for the first time (since we were talking online so far) |
| Alone mainly and few hours with parents |
| non |
| I was alone as stated earlier. |

**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. |
| Facebook Instagram,FB messenger video during the he day and during breaks |
| Facebook,Instagram, mobile,desktop |
| Facebook,Instagram, mobile,laptop,desktop |
| Mobile facebook,instagram,netflix (before going to bed) |
| Mobile/laptop/Desktop Facebook, Instagram |
| Netflix, local tv and radio. |
| Desktop pc,laptop,mobile phone. Slack,Facebook,linkedn,Instagram,gmail,gdrive,wetransfer among others |

**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) |
| Working until night then switching to drinks with old friends felt like a nice change of pace in a typical Monday . Went to my favourite bar near the sea and had some interesting conversations about Life ☺️ |
| Today I switch between things while my day off (Sunday) so I could complete my tasks and make tomorrow easier. Even though I call them days off they are not really since I also do some work but I do them as extra work to heaven the burden for the week to come and also since i enjoy doing the best for my clients, |
| Since it was the weekend it felt great to connect with people i havent met in ages and also meet people that I only knew online. Since I just randomly work today the change between work and leisure and the freedom of the freelancing remote work felt extra good. Since I can do extra stuff for work without having a deadline and people looking at my monitor! |
| During Fridays I try to complete everything early afternoon so I can see friends,family. So trying to finish everything and accomplished that was nice. Felt very relax afterwards during coffee and food break. |
| I usually try to make a break early afternoon or change the enviroment that i am working so I dont spend all time at home. I think i am abit anxious about future months so i try to stay calm and reorganise my free time according to how I feel during the day (if I dont have an appointment or deadline) |
| Well since i haven't been sleeping well due to perhaps some anxiety about new clients and schedule the next few months after having some food I decide to make a long break to chill with some netflix documentary and sleep for 2 hours during early noon/afternoon. |
| I do switch between work and "leisure" all time. Since I am a freelancer I try to combine eating out or coffee breaks with work or meeting clients. |