Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P32*  
**September 9th 2021, 12:31 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. |
| Videocalls, Calls, Emails, Social Media messages & comments |
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| Videocalls, Calls, Emails, Social Media messages & comments |
| Emails, Social Media messages & comments |
| Emails, Social Media messages & comments |
| Videocalls, Calls, Emails, Social Media messages & comments |
| Videocalls, Calls, Emails, Social Media messages & 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. |
| Airbnb in Lagonisi, Greece |
| Airbnb in Lagonisi, Greece |
| House of my partner and Airbnb in Lagonisi, Greece |
| Airbnb in Lagonisi, Greece |
| Airbnb in Lagonisi, Greece |
| Airbnb in Lagonisi, Greece |
| Airbnb in Lagonisi, Greece |

**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. |
| 10:00 to 21:00 |
| 09:30 am to 10:00 pm |
| 10:00 am to 10:00 pm |
| 12:00pm to 01:00pm |
| 10:00 am to 12:00 pm |
| 10:30 am to 10:00 pm |
| 10:30 am to 10:00 pm, many tasks to do today with a 30 min break for lunch, 60 min break for Super Market, and 30 min break for dinner |

**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. |
| I felt very productive, fulfilled, and happy as I supported many people around the globe |
| I felt very productive, fulfilled, and happy as I supported many people around the globe, I even had a call with a client in China. |
| I felt very productive, fulfilled, and happy |
| Relaxed |
| I felt very relaxed |
| I felt very productive, fulfilled, and happy as I supported many people around the globe |
| I felt very productive, fulfilled, and happy as I supported many people around the globe |

**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 engaged with job seekers and entrepreneurs around the Globe. I also engaged with colleagues and business partners. |
| I engaged with job seekers and entrepreneurs around the globe. I also engaged with colleagues and business partners. |
| I engaged with job seekers and entrepreneurs around the Globe. I also engaged with colleagues and business partners. My partner was also working with me today, she is a Digital Nomad too. |
| With some clients and colleagues |
| I engaged with job seekers around the Globe. I also engaged with colleagues |
| I engaged with job seekers and entrepreneurs around the Globe. I also engaged with colleagues and business partners. |
| I engaged with job seekers and entrepreneurs around the Globe. I also engaged with colleagues and business partners. |

**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, Mouse, Smartphone, Wireless Earphones, Ringlight, Webcam, Zoho mail, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Calendly, Gmail, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365, Budgeting App |
| Laptop, Mouse, Smartphone, Wireless Earphones, Ringlight, Webcam, Zoho mail, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Calendly, Gmail, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365, Budgeting App |
| Laptop, Mouse, Smartphone, Wireless Earphones, Webcam, Zoho mail, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Calendly, Gmail, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365, Budgeting App |
| Laptop, Mouse, Smartphone, Zoho mail, Google Calendar, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Gmail |
| Laptop, Mouse, Smartphone, Zoho mail, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365, Budgeting App |
| Laptop, Mouse, Smartphone, Wireless Earphones, Ringlight, Webcam, Zoho mail, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Calendly, Gmail, Canva Pro, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365, Budgeting App |
| Laptop, Mouse, Smartphone, Wireless Earphones, Ringlight, Webcam, Zoho mail, Hubspot CRM, Google Calendar, Google Keep, Google Translate, Grammarly Premium, Facebook, LinkedIn Premium, Instagram, TikTok, Slack, Calendly, Gmail, Canva Pro, Adobe Acrobat DC, MS PowerPoint 365, MS Word 365 |

**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. |
| Breakfast, lunch & dinner with 3 Digital Nomads, listening to music, I will also probably watch a movie later |
| Breakfast, lunch & dinner with 3 Digital Nomads, listening to music |
| Breakfast, cooking lunch for me and my partner, enjoy some time with my partner, dinner, listening to music |
| Breakfast, lunch & dinner, listening to music, swimming in the sea for 4 hours with 4 friends, visiting my partner, Netflix TV Series |
| Breakfast, cooking lunch & dinner, listening to music, discussing with my roommates, walking outdoors, having a drink in a local bar, visited the beach with my partner |
| Breakfast, lunch & dinner, listening to music |
| Breakfast, Super Market shopping, lunch & dinner with 4 Digital Nomads, listening to music, I will also probably watch a movie later |

**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. |
| Airbnb |
| Airbnb |
| House of my partner and Airbnb |
| Airbnb, beach, and the house of my partner |
| Airbnb, local bar, beach |
| Airbnb |
| Airbnb and Super Market |

**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. |
| Breakfast at 09:30 am, lunch around 14:00, and dinner around 21:30 |
| Breakfast at 09:00 am, Lunch and Dinner around 2 & 8 pm |
| Breakfast at 09:30 am, lunch around 3 pm, relaxing with my partner 3-4pm, dinner around 10:30pm |
| Breakfast at 11 am, Lunch around 4 pm, and Dinner around 9 pm. Swimming from 3pm to 7pm, Movie with my partner around 11pm |
| 12:00pm-02:00am |
| Breakfast at 10 am, Lunch and Dinner around 2 & 11 pm |
| Breakfast at 10 am, Super Market around 3 pm. Lunch and Dinner around 5 & 9 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. |
| Relaxing and having fun |
| Relaxing and having fun but a little bit tired as I had super many calls today. |
| Relaxing, being loved, and having fun |
| Very relaxing and calm |
| Relaxing, joyful, loved, connected, fulfilled |
| Relaxing |
| Relaxing and having fun |

**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. |
| With 3 Digital Nomads and sometimes alone during the day |
| With 3 Digital Nomads |
| My partner |
| my 2 roommates, a friend, a couple (friends of my roommate), and my partner |
| With my 2 roommates most of the day, and my partner (girlfriend) during the evening |
| Alone |
| With 4 Digital Nomads |

**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. |
| Smartphone, Facebook, Instagram, LinkedIn, TikTok, Spotify, Netflix |
| Smartphone, Facebook, Instagram, TikTok, Budgeting App, Spotify |
| Smartphone, Laptop, Facebook, Instagram, TikTok, Budgeting App, Spotify, LinkedIn |
| Smartphone, Facebook, Instagram, TikTok, Budgeting App, Google Maps, Spotify, Netflix |
| Laptop, Smartphone, Speaker, LinkedIn, Facebook, Instagram, TikTok, Budgeting App |
| Smartphone, Facebook, Instagram, TikTok, Speaker |
| Smartphone, Facebook, Instagram, TikTok, Budgeting App |

**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) |
| I had breakfast with 1 of my roommates, lunch alone, and dinner with 2 roommates while listening to music. I also plan to watch a movie with them later. We also had an unpredicted situation. The Airbnb didn't have water for around 24 hours, it was super challenging to live without water in a house with 3 more people, but we managed it. The water is back again, and everything runs smoothly. I also had 2 video calls today (I had 5 yesterday). When I have a video call I move to my room for a quiet environment and after making the calls I go back to the living room (co-working space) to join my roommates. |
| I had breakfast around 09:00, after that I had 6 calls in a row with just a 1-hour lunch break. I joined my 2 roommates in the evening and we also had one more guest, Digital Nomad from abroad. We had dinner together and some soft drinks. After that, I decided to continue working as I had to finish some more tasks. |
| I started the day at the house of my partner with breakfast around 9:30 am. I worked there till around 14:00, then we moved together to the Airbnb, I cooked lunch for both of us, and we relaxed for around 1 hour, after that we continue working, then relax for around 1 hour. She left for a meeting, and I had dinner while listening to music. |
| I only worked for 1 hour today, sending some emails and messages and replying to a few social media comments. I had breakfast before that. Then I went swimming in the sea with friends. I had a snack for lunch. I stayed on the beach for 4 hours. I came back to the Airbnb, I had dinner (cooked by my roommate), and later I visited my partner at her house, and we had dinner (again), and we watched Netflix |
| I ate breakfast around 9:30 am and I started working at 10:00 am, I worked for 2 hours, and then I was relaxing by replying to some messages and comments on Social Media posts. I cooked lunch around 3 pm, I had a nice chat with a roommate after lunch, I went for walking around 6 pm, and I came back to the Airbnb. I cooked dinner around 8:00 pm and I left the apartment at 9:30 pm with my partner to have a drink in a local bar, after that, we visited the beach and we came back home to sleep around 02:00am |
| I prepared breakfast in the morning, I cooked lunch later around 2 pm. I decided to do a short photoshopping (Digital Nomad photos with laptop in nice parts of the apartment). I listened to music and I cooked dinner. I was alone today as my roommates left the Airbnb in the morning to visit the city center of Athens and work from there. |
| I paused my work to go shopping to the Super Market (unplanned) with 1 more Digital Nomad. Upon our return, we ordered food and drinks for 5 Digital Nomads (unplanned) as we are 3 people that rent an Airbnb close to the beach, and 2 friends joined us. We had a nice lunch on the terrace with a nice view of the sea while listening to music. I felt very relaxed and nice as I met 2 new people and I learned more about what they do, how they do it, we had a brainstorming about our jobs and Digital Nomadism with interesting thoughts. We were 2 freelancers and 3 remote workers, the 3 of them representing the same company. They were colleagues. I combined Social Media platforms (FB, Insta, TikTok, LinkedIn) by using my smartphone. I used them mostly when I stayed alone. I stopped using the apps when I joined the other guys. I only used LinkedIn with my laptop for around 10 minutes to give them some self-branding tips. |