Mattia Rainoldi: Okay, so let's start with the very first question, so a couple of warm up questions about your life as a digital worker. So, what is your job title first?

P7: This is probably more complicated than you would think, it's primarily I would say, a freelance freelance copywriter now and I didn't complete this so much on the survey, because I didn't do any last week, but I also do some event hosting online so like conference facilitating online.

Mattia Rainoldi: Okay. And how would you describe your employment type?

P7: And freelance or self employed.

Mattia Rainoldi: So you are self employed doing freelance work, okay. So when you think about your typical day, what do you do at work?

P7: I'm pretty much writing most of the day, so yeah I would usually the night before I'll setup like decide what I'm going to do in that day and the platforms I'm using it's pretty deadlined, so I would just be working towards anything that has a deadline that day. Um, I do some like proofreading and editing as well, on top of writing, but it would just depend what's due that day pretty much yeah.

Mattia Rainoldi: Alright. And when you're not working, what do you enjoy doing?

P7: Um, primarily, I would say, like fitness activities, so I do yoga classes, running, um, otherwise, well, I did like traveling, not so much a moment, not really possible, otherwise reading and just relaxing at home.

Mattia Rainoldi: I understand yeah, very good. So, um, and when do you do your work?

P7: Um, this varies from day to day, to be honest, I work most days, it's very rare to have like a full day off, I would say just because of the nature of the work and how the deadlines are and everything. Um, I usually start first thing in the morning and just will work until I need to whether that's three or four o'clock or 10 o'clock at night pretty much.

Mattia Rainoldi: Mhmm and how do you allocated then time for your free time activities?

P7: Um, so, like the night before I always plan out my day for the next day, so if I know I have I don't know yoga class or something I'll put that into my schedule. I probably very much over schedule myself, but I feel like it's the only way to ensure I can have some like break time, as well as do my work and getting all done on time.

Mattia Rainoldi: So how do you schedule your?

P7: I actually do it on paper, so I have a week schedule and a diary which I keep day to day, which has like a planner for the day and I literally just mark out everything in order so I have a to do list but more of a timetable to do list, I would say.

Mattia Rainoldi: Mhmm, so I saw in your diary that basically your work time and your leisure time are very flexible.

P7: Mhmm.

Mattia Rainoldi: Um, why is the reason for having such flexibility?

P7: Um, just the nature of the job I'm doing, the pretty much I can decide my own schedule, to some extent. And if I now say I have things to do in a day or twos time like then now I can I know to myself how long it will take me to do each task, so I would just say if I don't have to do for two days now, for example, then I would be able to take the whole day off and I wanted to not like necessarily do that, but I feel like I have good flexibility to do, it it's only when you end up with like a loooot of things due on one day that I feel like I have to put leisure time aside and then focus on the work more I would say.

Mattia Rainoldi: Mhmm. So for you, shedulling your days off or your times off is, um, how should I say that, um, how you schedule your time off or your days offs and let's get some more -

P7: (overlap) I would do it (end of overlap) at the start of the week, I tried to plan out my day and my week to some extent. Um, the platforms I'm using for writing and not ideal for this situation because I genuinely keep offer like a five day deadline so on Monday it's impossible for me to know what I'll do on Saturday and Sunday, however there's ways to like fiddled around it, I know I need Saturday off to do something with my family or something. Then I will ensure at the beginning of the week I don't mess on my Saturday or I'll get more done earlier in the week to be able to free up the time if that makes sense, I tried to plan. I try to always look three or four days ahead, especially if I have anything going away or something that you need the time off then I try to keep quite ahead of schedule to make sure I don't have to work when I'm doing.

Mattia Rainoldi: All right, so the decision is primarily based on your work needs or do you prefer or on your free time needs?

P7: And I would say it sort of more based around my free time because free time things are probably a bit more likely have to be, I don't know if I'm meeting someone at noon, it has to be at noon there's no flexibility, whereas the work like if I know it's due at 6pm at night, I can do it anytime in the day leading up to that, so I would do that maybe at 7am in the morning to know I'm free by noon. So in my like weekly planning, I would say the leisure things are more likely to have a set time that they need to be done, whereas the work can just flow through and get done.

Mattia Rainoldi: I see yeah, so another interesting thing that I saw in your diaries you said manageable segments, you mentioned, what does it mean for you to manageable segments of work?

P7: Um, for me, is just about because I'm just typing all day, I am writing all day, I feel I have to break it down into sections sometimes instead of saying that for like eight hours in front of the computer I prefer to do so, so two or three hours at a time or focus on one task and then have a small break. I think it breaks up the day much easier while it's not necessarily. I mean, I think it is more efficient actually in a way, but it doesn't necessary block it time like a traditional job I guess.

Mattia Rainoldi: Yeah, so you also work the whole week, seven days (both laugh), is that your typical week?

P7: I'm, to be honest I'm going away later today, just up to the London for the week, so I was especially Saturday and Sunday this week I worked way more than I usually would, just because I want to take some time off this week. And yeah, unfortunately, the freelancing platforms that I use make it very, very difficult to take a full day off, very difficult. It's got a bit quieter over the summer, maybe in the last two or three weeks since the sort of like American summer break started, but since I've been doing this like properly focused full-time, it's about December last year, it's been almost impossible to take those off.

Mattia Rainoldi: And what about holidays?

P7: And I've worked around it, I usually am still working a bit on holiday. Obviously at the moment we can't go abroad, so I don't feel it's a big problem to me like if I'm traveling in the UK, I'd probably do three or four hours a day, but I'll do like two hours in the morning and an hour or two at night, so it doesn't affect the day when impact is going out later or anything like that. Yes, eventually when I can go abroad, I think I need to take some time off (laugh).

Mattia Rainoldi: Yeah, um, and generally what are the places you work from?

P7: At the moment, I'm just working from home really, um, yeah I've considered looking at co-working spaces, but I'm not fully vaccinated yeah and, to be honest I'm comfortable working at home.

Mattia Rainoldi: You also mentioned in your diary some local stores.

P7: Yes, so they were slightly separate jobs, that um, I work as a freelancer still as well during like audits to stores, so my previous jobs before the pandemic and everything, I used to do a bit more events work so to keep up the stores, they've just sent us in, so it's literally like a 20 minute visit into stores, you complete an online report just to check a few things for different brands.

Mattia Rainoldi: I understand, okay. So the people you work with and the people there to spend time with, do they have a lot sometimes or?

P7: Um, I would say I'm not really working with anyone, I mean I like work for the client if that makes sense, but I'm not working alongside them anyway.

Mattia Rainoldi: Okay, so there is no overlap in terms of social relationship that we have -

P7: (overlap) No, I (end of overlap) don't generally work with anyone local or anything.

Mattia Rainoldi: I understand, yeah. So, in general, what do you think, so we have discussed a little bit of time and the space where we work and, um, I would like also to ask you so how do you feel? So how important is work for you and how important is leisure for you?

P7: Um, for me I'm very like passionate about being my boss so that's why I'm willing to work more than I would maybe in a traditional job just due to like experiences and everything. I think also last year, at the start of the pandemic, I was working in events at the time, and that obviously completely stopped and having had like a few months of very slow income, I feel like very pushing myself to work as much as I can now, obviously now it's like got steady, I think I need to cut back a tiny bit. Um, I would say, eventually, the reason I'm doing this type of work is, I want to be able to travel, so I feel that will be a better combination of leisure work time obviously it's just not really feasible, particularly at the moment. Um, so I would say, eventually they're more balanced, but at the moment, I think, work is taking priority a lot more.

Mattia Rainoldi: Mhmm. So let's think about that scenario where you will behavior also to travel one working. What would make up balanced day for you, for example?

P7: I think my aim then would be to cut down the hours I'm doing quite a bit, but, for me, I think the ideal situation would be able to work from like maybe something like 7am till noon one or two if I had to, and then have the rest of the day off or otherwise, I guess, have the day off and then just work in the evening I would be willing to work still seven days but I'd rather cut it down into like five or six our chance to make up the hour.

Mattia Rainoldi: I understand. So at this point I would like to go into a little bit more the role of technology in, um, in your life. So I saw that you use different types of technologies in terms of devices and platforms and so and, um, I saw that you also use them for the purposes that you use different technologies for both for for work and and for leisure time yeah. So could you please explain me why you do that, and how does it help you to achieve your goals?

P7: Yes, so I, as my main devices I use a MAC book, phone and an iPad. Um, I think, just so many of my things that easily linked, for example, like my emails. I still just use one email address that has like my work on personal things on. so I think I don't know if it's necessarily a good thing, but like it's very easy to switch between the two during my working day, so I'm checking my emails for work purposes, I would still look at personal things as well. It's the same with my phone. My phone has some of the Apps for like the sites that I use for my work. So I might check an APP but then I also be on it, I don't know to message a friend, or something as well, and then like iPad and laptop as well, a lot of my like exercise things I'm still doing on that, because not everything is fully back in person and stuff, so I guess I just continue using the screen once I finished with my work and then switch over to leisure time.

Mattia Rainoldi: What is the reason for you for having everything in one place?

P7: (laugh) Um, I'm don't really know, to be honest, I think just when I started well, especially things like my emails and everything, I just started setting up and I guess maybe it didn't realize it will become my full time job and then I've just not really thought about separating the two. It doesn't bother me as I feel it would maybe be more complicated to have extensive accounts for anything to look at I'd like my phone I wouldn't personally get one for work, just because I don't feel I use it enough for work to justify having like two separate devices or anything.

Mattia Rainoldi: Mhmm. So, and how does it make you feel, so having everything together so to say?

P7: Um, in a way, I don't mind it because, for example, I spend most of my time working at home alone, so at least it's a way to keep me connected to other people during a working day, things like Facebook or Instagram like if I go on at least you can have some contact with other people, even if you are working alone the whole day, so from that point I still have like a.

Mattia Rainoldi: Okay, can you tell me a little bit more about it?

P7: Yeah (laugh), um, what do you want to know exactly? (laugh)

Mattia Rainoldi: Well, I'm very much interested in understanding, um, basically, um, so how do you manage also to, um, so if you have everything in one place, how you differentiate between what is leisure and what his work?

P7: Um, to be honest, I think that is a slight problem because I'm very tempted, I guess, like in the evening, if I finished work, I still am always tempted to look at like I'll look at my emails, for example, which obviously means looking at work stuff or like replying to messages, even if it's often perhaps I should be working and so that's probably one of the biggest drawbacks of it. But, for me, I just find it easier I can't imagine, for example, if I was traveling having like separate devices or anything just for leisure and work purposes, because I'd feel like I'm carrying around six devices or something crazy, so I do feel it's more convenient from that point of view. And I think, for me, I think I'm quite focused, so if I know I have to get on with work, I'm not gonna let something else that my laptop or my phone distract me, so I don't have an issue with it from that point of view, I guess.

Mattia Rainoldi: Okay, so, because what I've been reading here, so you are saying often, um, that you had a day in which you're successful in separating work from from your free time purposes.

P7: Mhmm.

Mattia Rainoldi: It is now but very interesting for me to hear that this separation -

P7: (laugh)

Mattia Rainoldi: - I would like to learn a little bit more how the separation, um, is intended?

P7: I guess, for me, perhaps the separation is not as good as it should be then, um, for example, like a day, where I finished in the week and I finished at 3.30 or 4, some of those days on those days I switched off my laptop and didn't go back on it again, which to me is like a sign of not working, because at least I'm not physically typing. I guess for me checking the emails or replying to messages about potential work, doesn't seem like work even though it is work I guess, um, so maybe that separation is not so good, but as far as like not returning to do any work that night, at least I feel that's a good separation.

Mattia Rainoldi: Okay, so so switching off your laptop is a kind of ritual for you?

P7: Um, I feel that's the end of the working day for me, yeah, because that's where I do, that's where I have to be on work, to be on Word or Google docs or some techy type that's the device, the only device I use for the physical work, so I feel that's the under the day when that's off.

Mattia Rainoldi: Okay, do you have any other sort of ritual or habit, too, to constantly, well often use to to create a kind of a boundary for you?

P7: Um, not really I don't think my boundaries for that great obviously (laugh).

Mattia Rainoldi: I understand yeah. You also said, for a couple of minutes, something that I was very interesting, so you said I don't let myself get distracted, right. If I read your diary you said a couple of times that while you were working you're also using another kind of device, um, for, for watching videos.

P7: Um, I guess for me I'm not saying that as a distraction, I only watch stuff that's very I don't need to focus on it that makes sense, so it will either be music or very like light hearted videos which I really don't need to concentrate on so, I either use like YouTube or Spotify or something but, um, for me, I think I'm used to doing that, so I don't see it as a distraction, for me, a distraction would be like stopping my writing to go back and respond to messages or emails so. I guess I don't see that as a distraction, whereas I know other people would find not distracting but it's something I'm used to by now.

Mattia Rainoldi: Mhmm, but what is the reason for you for doing that? So you are in your work modus and you also create another kind of layer -

P7: (overlap) I think it's just a break (end of overlap) up the monotony, um, when you're doing the same tasks sometimes like 8 to 10 hours, I just know I'll be so bored by the end of the day, so I don't do it for all my work in a weird way I separated it, so if I know it's the type of work I need to concentrate on more then I won't have anything but I'll do my work in silence and there's some jobs, I do each week, for example, there's something I always had you on Thursday that I've done for months and months now, so I feel I can do it without focusing as much. I never like read through the final drop to my work with someone in the background, but the actual like typing and finding pictures and everything, I'd much rather have something going on as well, because it makes you know the time passes a bit quicker (laugh).

Mattia Rainoldi: Alright. Do you have other examples of such behavior?

P7: Um, I'm trying to think now, I would say that's the primary one only because the work I'm doing like writing and typing does take a reasonable amount of focus so there's nothing else I would really be doing at the same time.

Mattia Rainoldi: Alright, um, I come back again to what you were saying before, you said that you don't like to have different devices, right, um, but on devices that you have a series of applications or or other tools that you use. Do you make there a differentiation between what you use for work and what you use for your free time?

P7: Um, no like my iPod on phone screen so just organized, I don't keep a lot of Apps to be honest. I find it easy to just have them on the home screen, I think I just know which ones are work and which ones are not yeah.

Mattia Rainoldi: Mhmm. And what you would define what is working, what is not because I'm reading here, for example 'I use Facebook for work and then I switched to personal use during this time, the same thing I do it with instagram'.

P7: Um, I would say Facebook, for example, like I'm on certain groups or have certain contacts that are all work but it's still under my personal account so, for example, I might go on to Facebook to look on this group but then I'll notice I have messages and I'll reply to them anyways, so it's still on the same account but it's within the same APP.

Mattia Rainoldi: So and for you, when you see that other messages are there that do not, are not part of the work time or your work that you're doing or your leisure time that you're taking. How does it make you feel? Does it feel like -

P7: I would say it sort of depends, if I think the message is urgent well not urgent, but if I want to reply to it at the time, sometimes I, if I'm in a very focused mood that day, I think I shouldn't reply to this now I'll come back to it when I finished work for the day, um, I mean yeah it will depend, if I'm in a very distracted mood or not really in the mood to work that day, I guess, I probably will reply to the messages, but generally I try to leave them towards the end of the day.

Mattia Rainoldi: Okay, so does it feel like an intrusion to you sometimes?

P7: Im, no, not really, no, I think I sort of accept this is part of like working by yourself and working online, that you will combine some areas of like personal and leisure, leisure and work sorry.

Mattia Rainoldi: Mhmm. And do you find yourself sometimes in situation where, um, it is difficult for you to keep a clear boundary between what what is what?

P7: Yeah, I think from some of the earlier things I answered, I think that's one of the biggest problems I have, especially with things like emails, if I see them after time, unfortunately, like the platforms that I use, because you're working with clients around the world that is this sort of, I don't know, maybe I expect it to myself that you have to reply reasonably quickly if you want to secure work and everything and, um, especially, like a lot of my clients are in the US that, even though I work on UK times because that's what I prefer to do to have my evening is free, like in the evening there's still some form of responsibility, I would say, to like reply to messages.

Mattia Rainoldi: Okay, so could you do, you be able to make example, or vice versa, so where are, so, um, what is it now (laugh) sometime's complicated (laugh) so you're discussing now as a, um, having some kind of unclear boundary because you are in your free time and, um, there are also some some work activities that you're conducting, there's also some other way around, or some examples of -

P7: Yeah, I would maybe not treated as urgently if I'm honest unless like, for example, if I knew I was meeting someone that evening, and they were messaging me and the day that I would bother to reply like immediately, but I think most, if it's something that I don't feel urgent just it's like a general message from someone or something that I would be more willing to leave until the end of my working day, whereas I think work is more likely to enter my leisure time from that point of view.

Mattia Rainoldi: Okay. So, um, let me see here if I find anything else that I'd like to ask you (pause). So here's also something interesting that 'walking home from my audit job, so I checked my work emails and perhaps so so that they could have a longer break and do yoga class'.

P7: And so yeah, um, as I mentioned, I have some of my work messages and I was saying, get my email, so my phone. I think if I am like in the car as a passenger or more walking, for example, it takes like two or three minutes for me to check those, to check if anything came through while I was doing something else. And it just means that when I got home I wouldn't have to bother going my laptop or going on my iPad or anything to check emails again and I would free, feel like I can just enjoy my leisure time again.

Mattia Rainoldi: Okay, so what is the real reason behind doing that?

P7: Um, I think I just, I feel like with the job I'm doing you always have to try and respond as promptly as possible, especially I guess that was in the middle of the afternoon, so I feel like it's not necessarily like blocking off time for the day. So I feel like I need to double check that before I guess I can relax for the evening.

Mattia Rainoldi: Okay. So, for you, what are the perceived how, what you perceive as an advantage of a being a lot of technologies or using a lot of technologies for both for work and for leisure?

P7: Um, for works, to be honest, I don't think my job would pretty much existing if technology didn't exist, I mean it obviously did in some form before, but I don't think the opportunities would be as great at all and for me, the main thing about technology is that you do have the ability to work from anywhere, especially I think the past year as to everyone, but maybe having more flexible solutions might be the way forward and, obviously, if travel reopens. I know that technology I just pack up my laptop and phone and I could go anywhere and still be earning with the same as I've been seeing here, but maybe enjoy somewhere else in the world. And then leisure sort of has the same benefits, especially like in the past year, where, for me, like fitness classes obviously stopped I was able to still continue them, I think it gives you access like I do yoga classes with teachers around the world, I never get to do just by being here an bored and nothing that never would probably existed a year ago. And so I just think you get more connection with people or places you never get to see otherwise.

Mattia Rainoldi: Yeah and, if you think about the relationship between work and leisure. What would you see as an advantage there?

P7: Um, I think it may be it just allows you in a way more flexibility, so if you do for me, like if I did want to do, I don't know yoga class at noon in the day that's not really a reason. I wouldn't have to leave my house to go to a gym or something like you usually would which might take two or three hours out of your working schedule, like a lot more flexible to allow yeah allow the combination. You could do a quick hour class and you literally, I mean the commutes 30 seconds to set up for the class as opposed to I don't know walking 20 minutes or something with gyms allows you to combine these two things a little better, and maybe make more efficient use of your time.

Mattia Rainoldi: So okay, so is efficiency an important thing for you?

P7: Yeah I would say, I like to be very organized and I think I for the amount of work I want to get done, I feel I have to be reasonably efficient and organized, um, I think if you weren't unfortunately you'd be working 12 or 14 hours a day which I don't want to do.

Mattia Rainoldi: Okay, yeah. So we have been discussing advantages, so do you see also disadvantages of having so much, so many technologies around that you use for both, for your leisure and your work purpose?

P7: Yeah for me it's just being on screens all day, I think, is the biggest disadvantage, like, I find it very hard with both the job I'm doing and then just out some leisure things that I do, I feel you can easily spend 12, 14 hours a day, looking at screens, even if you're doing an exercise class if you still have a screen in front of you, I feel like sometimes you don't feel you get as good of a break, because you would maybe if you were doing it outside of your home, um, and I think there's just the expectation for people to be switched on 24 hours a day pretty much. I do see that as one that disadvantages, especially with the type of work I'm doing, that's the expectation for people to deliver things immediately or respond immediately, which I think is one of the biggest issues with technology.

Mattia Rainoldi: So how this make you personally feel so this constant availability that you're mentioning here?

P7: Um, I think it's very tiring, I think yeah you feel like you obviously can't have a proper break, sometimes. For me, like the weekends are always quieter from that point of view, so at least I feel I can have some time away but, um, this is sort of expectation that if you don't reply that you won't get any work and being self-employed you don't leave yourself in that situation, um, so yeah the constant switched on, I'm not a particular fan or I'm sort of willing to sacrifice one hour.

Mattia Rainoldi: So you're saying you actually dislike being, um, constantly available, um, is there anything that you do sometimes to counterbalance that or to make yourself unavailable for, um, a certain period of time?

P7: There are, there are things I could do I'm not personally use them, at least, like in the last six months, just because of the current situation, I don't feel it makes sense. I'd rather sort of saved my time off for when I can actually go abroad or do something a bit more substantial, I guess, but yeah and, for example, the platforms I use have like an out of office mode, which you probably have to check your emails once or twice a day, just to sort of protect yourself, but it would put you out of office and such.

Mattia Rainoldi: So you're basically not using any out of office system?

P7: No, not, not on a regular basis, unfortunately, the platforms I use it puts you at a disadvantage to use them, and it can cause more problems in the long term than like the short term benefit it will give you.

Mattia Rainoldi: So, what do you mean with that?

P7: Um, because, while, for example, one of the sites I use, um, if you take your like what you're selling off the site by using out of office, um, it takes a lot longer for like the algorithm to pick it up again afterwards, so a lot of people have issues with their accounts, basically, I don't know, you might have your income or something that might month after just from taking a week off, which obviously isn't really worth it at the current time for me.

Mattia Rainoldi: Okay that's, that's very interesting to hear, yeah. Okay, let me see what else, um, I can find your in your diaries. I made some other notes, I think, (pause), yeah, so it's probably something that we've touched upon you say the year 'I use Facebook per day for some work contacts, but will also combine these with messaging friends and family'.

P7: Yeah, as I said, I'll sometimes go on to look up something for work or to our work groups I need to go on, and when yeah, I see messages I may or may not reply, as I mentioned.

Mattia Rainoldi: So, do you believe that the use of technologies influence, so the time you dedicate to work activities and the time you dedicate to leisure activities?

P7: Yeah I think I think it blurs the boundaries of it more as opposed to if I went to a physical job in I don't know an office, from nine to five, I feel you physically walk away at 5pm and then you tap your leisure time, whereas I think especially working using technology and I guess it's a problem for anyone working at home, that's like an easy trap to fall into of the two becoming one pretty much.

Mattia Rainoldi: Yeah, I understand, yeah. Okay, so we, I have believed that we have touched most of, maybe this one, this last question here that we didn't discuss it very, very often, um, or in much detail. There is here a question I prepared, so the process of transition so, so how do you manage the process of translating or switching from one, um, so from one activity to the other, so from work to leisure?

P7: Um, for me, as I said, I have like physical to do list so plans for the day, so I would check off everything I can know I finished say my last piece of writing for the day would be crossed off. And then, for me, it's definitely the laptop going off too then most days that's the big shut down for me I'll put it in the office and walk away I don't really use the office when I'm not working, so I guess that's the sort of physical space I walk away from as well.

Mattia Rainoldi: Okay, that's also interesting to to see, so are there other spaces, within the house that you use for work per se?

P7: Um, sometimes I will sit in a different room I don't know depending on my mood or anything, sometimes I'll work downstairs like on the, we have a dining kitchen table, sometimes I stay there, but not primarily.

Mattia Rainoldi: I see, um, to sum it up, is there anything else that is important for you, and I didn't ask you about relating to how technologies help you or hinder you in managing the relationship between your work and your leisure time?

P7: Um, no I think we've covered everything.

Mattia Rainoldi: Okay, so let's move to the final questions, I would like to ask it to, um, take a little bit an outlook into the future, so and how do you see yourself working as a digital world are in the next in the next years?

P7: And, as I mentioned, for me, one of the big priorities is to start working abroad so whenever that becomes a reality, I don't know, maybe the end of the year, starting next year, that's a big priority for me to have that sort of I hopefully like improve quality of life, by being out to explore other places, while still working. Um, I think I'm quite clear for our chat that I probably I a need, at some point, work on setting boundaries and taking proper time off when holidays and everything like that become more of a reality that's something that I see as being one of the biggest issues from working online and something, but I think I need to focus on in the next few years.

Mattia Rainoldi: So, how does it, quality of life, how would you define it quality of life, you said that you would like to have more quality of life.

P7: Um, for me it's just more I guess freedom to explore obviously there's been so many rules here and everything so, yeah freedom to see new places, do new things and maybe to do for I mean, for example, the weather is not great, obviously in the UK, so to maybe be somewhere in the winter where the weather is nicer, yeah that type of thing.

Mattia Rainoldi: Okay. So, and what do you think are the biggest upcoming changes that will shape, um, how we will work, um, in the future, and how we will manage our work and leisure boundaries?

P7: Um, I think there will be a lot more people working in this way, either like freelancing or hopefully there's sort of a shift in cultures maybe that people maybe be a bit more respect for people's time, especially in the evenings and everything, then more understanding about maybe time differences or people not responding to messages or emails in their evening time. Um, apart from that, I guess, there may be more technology that develops or Apps and everything that help you plan your day or maybe set some form of boundaries but I'm not sure if companies will really make that (laugh).

Mattia Rainoldi: Alright. Good, then, P7, we reached more or less the end of, um, this interview. Before we conclude, if there is anything, any idea that you would like to provide that is still important for you to say, um, please go ahead (laugh).

P7: No, I think we've covered everything (laugh).

Mattia Rainoldi: Alright. Um, do you still have also any questions related to this interview or the research project in general?

P7: No, no that's all good.

Mattia Rainoldi: Alright, so then I'm going to press the stop recording button here.