Mattia Rainoldi: So fantastic yeah, the first question that I have for you, um, is very easy warm up question and is what, what is your job title?

P9: Um, so I guess it would be considered a yoga teacher, because I do a 12 week virtual yoga program.

Mattia Rainoldi: Okay, so to understand, you are a virtual yoga teacher.

P9: Yeah, it's interesting, interesting transition.

Mattia Rainoldi: Yeah it is. Um, and how would you like to describe your employment type?

P9: Self-employed, I guess. I own my own business.

Mattia Rainoldi: Mhmm. Um, do you consider yourself to be full time employee?

P9: Yes (laugh).

Mattia Rainoldi: So, if you think about your typical your typical day, so, what are your main activities? So what do you do?

P9: Um, Zoom calls like this, usually. Um, usually they're a little later in the afternoon, and so the coffee shops are a little quieter. But it's usually zoom calls like this with my clients and I'll have pre-recorded when I find a quiet space, it depends on where I am, I have pre recorded classes for them. So, most of the time, I am either creating content like PowerPoint presentations for my clients, going back and fixing them, doing marketing work for Instagram to get more clients or yeah, that's most of the work right now has been marketing because I'm ending the current 12 week period, I am starting a new one for new client that's kind of just been a lot of marketing and marketing research.

Mattia Rainoldi: Mhmm.

P9: Um, so, most of my time is spent on a laptop or phone.

Mattia Rainoldi: Okay, yeah interesting to hear. So and when you're not working, what is it that you enjoy P9?

P9: Um, sleeping (both laugh). I really like to explore that's the whole reason I wanted the whole like nomadic life was to explore, so I usually spend free timeline going to local park or practicing yoga but usually it's like in a park, or if there's room for a gym. There's not a gym where I'm at right now, so I haven't been able to do that, but it's been a lot of like just leisure activity and like parks or I've been visiting friends, a lot of my friends live in the same area, so a lot of time visiting friends and exploring just like random areas like I'll go to new coffee shops or antique shop lately (laugh).

Mattia Rainoldi: Right, so you just said, the word nomadic. Do you consider yourself as a nomadic worker?

P9: Um, yeah.

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

P9: Like I I just I don't know how people describe nomads but how I would describe it, I would say yes. So I guess I'm just kind of a little thick off because I'm like I guess most people don't like you said to describe their lifestyle, even if it was a life like this (laugh).

Mattia Rainoldi: Right so, and how does completely your nomadic life looks like?

P9: Um, it looks sometimes it looks like this traveling out of my car and visiting friends and sometimes it looks like staying in an apartment but just for like six months to a year, at a time and then somewhere else so it's not always like constantly like living out of a van or an RV or car sometimes it's just like settling down first few months somewhere or leaving after a year and moving somewhere far away, or just traveling a lot. We're just not rooted in one place.

Mattia Rainoldi: Alright. So where have you been traveling?

P9: Um, right now I've been traveling and the southeastern United States. I just moved moved from Michigan. I had a lease up there when I ended I put all my things in storage at my parents house. They live in Alabama and then I was, like all right I'm going to travel around in my car while it's warm for a few months and see where it goes, so I've been traveling around like Alabama, Georgia, Florida, Tennessee.

Mattia Rainoldi: All right. So and basically you work while you are traveling at the same time?

P9: Yes. That was the best option for me (laugh), but sometimes I'll take like a few days break, which is nice, so I can be present with whatever I'm doing.

Mattia Rainoldi: Okay. So that's very interesting to me, can you tell me a little bit more about it so, how do you decide when to work and when to take, um, for example, a day off just for leisure activities?

P9: Yeah, whenever I started doing like it's a feeling I kinda do it intuitively. I don't really, I'm bad at planning, that's the whole reason I like this lifestyle and adopted it because I'm really bad at planning so, um, I noticed myself like being unable to like focus, or like just like getting annoyed having to like keep doing marketing or something. I'm like okay it's time to like take a few days of a break so I'll try to like plan a few days ahead of time to get all my stuff caught up, so I can take a few days break and just kind of reset and refocus and then, after a few days I'm usually like okay time to get back to work.

Mattia Rainoldi: Okay, so and, basically, the decision to work or not work, how is that made based on what?

P9: Ah, honestly, how I'm feeling (laugh). If I'm feeling like I'm over like I've been working too much like I'm really tired and just like not really focused on my work, but more just kind of going through the motions, that's usually when I decided to take a break and travel and just take more leisure activities.

Mattia Rainoldi: Okay, yeah, interesting. Um. What is also interesting to me if you take the so called holidays?

P9: Yeah, I don't, I, some people take those I guess it's just more it for me, taking like a holiday is more like two or three days break for me than it is like a long family time.

Mattia Rainoldi: Okay. So basically so the traditional holidays that takes no one week or longer or something that -

P9: (overlap) Yeah (end of overlap), I think most people go for about a week or two but I know anyway, but, for me, I guess, I just I don't know I feel like when I'm not doing work for that long it kind of like makes me unexciting to go back to work, I kinda wanna always like rechange my focus if I take that long break from like what I'm doing, I'm like 'okay, I want a whole career change now', so I try to keep it consistent and not take long breaks because it keeps me excited about what I'm doing when I'm like doing it consistently.

Mattia Rainoldi: Right and how do you differentiate between taking your short holidays and just the days, day or days off?

P9: I usually like when I take like a longer like actual like holiday like break I just like don't check my phone. I stay off social media and if I just take a day break, I usually just take a break from the to do list instead of like I still be on my phone, I'll still be talking to clients every now and then, I just kind of take the to do list out of it like I don't focus on my task.

Mattia Rainoldi: Okay.

P9: Um, yeah (laugh), yeah (laugh).

Mattia Rainoldi: That's interesting yeah, and how often do you take the holidays and how often do you take the days off?

P9: Um, I take about a day off once every two weeks.

Mattia Rainoldi: Okay.

P9: Sometimes more, I think I take about like a three day break about once a month.

Mattia Rainoldi: Okay.

P9: Or, it's like it overlaps, but I spent like five six weeks I get too tired and I will be like 'okay, time for a long break' (laugh).

Mattia Rainoldi: Alright, that's very interesting. Okay, so -

P9: (overlap) I'm trying (end of overlap) to really cultivate without like life, like. Everyone says, you need to like love your work. I'm trying to cultivate that so I don't get so tired of work that I don't love it.

Mattia Rainoldi: Great to hear that yeah. Okay. Um, now my question takes us to another aspect of your working, work and leisure. And what the interest about is also to understand wherever you work from and can you tell me something about it?

P9: Yeah, I, this is my office (laugh). Um, I work a lot from coffee shops that's usually where I tend to get the most work done at, and then my phone from wherever I'm at, it can be my car or like if I'm out and about like a dinner like exploring easy to just like have your phone, which is good that I use social media for marketing, because you can do that from wherever you're at which is nice, so if I'm hanging out with friends and, um, I know that it's like a good marketing time like there's certain times of the day, that are good marketing times, I'll you know post on my story or something but I'll have like my posts already planned. So I can handle it like overlap sometimes but it's like five seconds, so it doesn't feel like it's overlapping because you're just opening your phone posting something and then going back to whatever you're doing, um, but most of the work definitely just happens in coffee shops, like everything that I do on my laptop like the Zoom meetings or my car. The front seat of my car I don't usually do a lot of work from here, but like meetings like this, or if it's raining and I don't want to go into the coffee shop where they have to social distancing you have to sit outside I'll do it in my car.

Mattia Rainoldi: Okay that's very interesting yeah, so basically your office, it looks very different than what someone else would describe as an office.

P9: Yeah, absolutely, it's very different and when I like record yoga classes, it'll be when I find like a quiet spot at a park. Sometimes I'll use like if my friends have like a spare room and I'm like vending them I'll use that or like if I'm going to gym or something I'll just set it up to record it and I'll either do a voiceover when it's quiet of the class, or if it is quite enough to talk and record the class I can do that as well, it's kind of like everywhere is my office (laugh).

Mattia Rainoldi: Mhmm. So what is basically the motivation behind this choice?

P9: I wanted to create a life that I didn't dread. I'm a very big like, I like I like to explore and, like to see new places and I get bored of places very quick and it's not a lifestyle that I think will last forever, but I really want to have like the energy when I'm younger, I want to like explore and see things and travel the day. But I also want to build a career, so I figured if I can like the work I'm doing, I want to teach yoga in prisons, specifically my degree was in criminology and work on restorative justice. Um, but I figured while I'm building like the yoga piece and learning more about yoga, I can help other women who have a lifestyle like this, so it's really just to create a life that I enjoy, but I can also like peel it off of if I ever get tired of this lifestyle.

Mattia Rainoldi: Mhmm.

P9: That's like why I work. A lot of girls, I know that kind of do this nomadic lifestyle, still like work part time usually and they're saving money from not having like a rent payment or mortgage payment. And they'll work like part time but that's why I want to work full time so I kind of like stick money back so when I'm when I am tired of this, I can have the down payment or wherever, I want to live.

Mattia Rainoldi: I see, interesting, yeah. And are you differentiate basically between what is a place of work and what is a place of leisure for you?

P9: I feel like a place of leisure is a place where I don't have my phone. For me it's like wherever I can turn my phone off or don't have my phone I associate my phone most with work, even my friend, they they'll text me, and it will take me weeks to respond if they don't call me because I just I feel like my phone is my job, maybe one day should separate and get different phones, one for leisure and one for work, but that's kind of how I see it. Wherever my phone is not is when I'm not working and is usually purely leisure.

Mattia Rainoldi: Okay, so basically you're saying that, um, as now your phone and, um, also other devices that you have for for work are also part of your leisure life?

P9: Yeah that's like the hard part is separating that so that's like the leisure and work piece on my phone, it's really hard to separate because even when I'm like scrolling through social media, um, even on my personal account and not like my business account it's hard to like not think about things that I need to do for work like even if it's marketing or reaching out to someone so it never really feels like leisure when I have my phone, even though they kind of like get mixed in there.

Mattia Rainoldi: Okay, and why is that exactly?

P9: I'm sorry?

Mattia Rainoldi: Why is that exactly?

P9: I just like I it's hard for my brain to turn the work switch off when I'm on my phone. I don't really know why, I just always feel like I should be doing something, I'm always looking at work related stuff it's hard for my brain to turn off, it's all, cause it's easy access to everything.

Mattia Rainoldi: Yeah and do you make any differentiation on your, um, on your devices about what is for work, or what is used for work and what is used for leisure?

P9: Um, I tried to, but my I'm stubborn (laugh) so it's a hard process, I can I try to do like the timers to or like only spend so many so much time on certain apps to kind of like limit or not even to limit but just to like know where my energy is going, so I can better differentiate it but it's still a work in progress.

Mattia Rainoldi: I see, so how is it at the moment?

P9: Ah I'm sorry, did you ask her about right now, how is this doing?

Mattia Rainoldi: Mhmm.

P9: Um, for somewhere in the middle it's not doing great it's not doing awful. I'm like content with where I'm at with the differentiation, but I definitely want to eventually get it a little smoother because I want my social life and my work life, to have a healthy balance (laugh).

Mattia Rainoldi: Mhmm, and here I'm going to ask you to if you can give me a little bit more details about how do you create this differentiation?

P9: Um, well, honestly right now it's really hard to create differentiation, because I have like real life friends who like are really interested in my business and they'll be asking me questions about my business and about work and, but at the same time they're my friends and I want to spend time with them, so sometimes it's hard to, it is really hard right now to just kind of turn it off, I don't know what is. I'm still learning I think what is, what is the differentiation, what the differentiation is.

Mattia Rainoldi: Mhmm okay. So when you'd like to turn off, um, no, let's frame phrase it differently. Let's suppose you decided that you stop working right now. So how how that looks like?

P9: Um, if I decided to stop working right now I'd probably try to turn off my phone, but if I wanted to like meet up with friends or something, obviously I want my like text messages and phone calls to be available. So I just like ignore everything else on my phone and just do whatever it is that's gonna make me happy like that's going out with a friend or that's going to the park. I just kind of like set my phone off to the side as usually.

Mattia Rainoldi: So, ignoring your phone basically what it means?

P9: It just kind of takes a break from the work aspect of things.

Mattia Rainoldi: Okay. Um, and how do you take this break? This is a little interesting for me, so you see you're just saying you're ignoring it, um -

P9: (overlap) I mean I'm not ignoring it (end of overlap), um, I'll just like set it down like somewhere like I'll just put it away like in my purse or something and I just like that's how I take my break. I don't um, I just like won't check anything for a while that way it kind of like, I spend more time with my energy with the people who I'm with instead of looking at my phone and thinking about work because, even if I hop on social media like I said, my personal social media I'll be thinking about work, this is the way she kind of like, for my brain to just take a break from the virtual realm of things.

Mattia Rainoldi: Yeah so basically your strategy is to physically differentiate yourself from the phone.

P9: Yeah, yeah, cuz I feel like I since I work virtually and all like virtually too, I want like to still be in the physical world, sometimes we get really caught up in like the virtual assets so that's why I'm like put my phone away and and in my purse, that way I can really be present with myself or whoever I'm around.

Mattia Rainoldi: Mhmm. Yeah. On your phone, for example, do you have certain tools, applications, um, that you use exclusively for work or that you use exclusively for leisure or there are some that we use for both purposes?

P9: Um, I think my calendar one I use strictly for work, I don't plan anything in my leisure life usually and if I do it's like a I just write it down on a piece of paper, um so it feels like I have like a little Google calendar that I use specifically for like work related things, but most of the Apps pretty much coincide with each other, I have a few like Apps like Netflix and Hulu that I wouldn't associate with work obviously (laugh) that's definitely more of a leisure, um, but work-wise besides those two they all kind of coincide with work as well (laugh).

Mattia Rainoldi: Mhmm. So all those Apps at you use for both purposes, um, do you create there also some differentiation about what is working, what is?

P9: Oh yeah I have separate like with emails that I have like a work email like a person email, Instagram I have like my work Instagram and then I have my personal Instagram and it's kind of like that on everything. I kind of have like two separate like either folders or they give it to like I have on my iPod like my journal, but I also have like a work journal too so it's kind of just like I have different aspects of both of them and different accounts or different folders.

Mattia Rainoldi: Okay, so and what is doing the reason for doing that for you?

P9: Um, just so I could break up tries, to break up the personal or the leisure life and the work life.

Mattia Rainoldi: Okay.

P9: To separate them (laugh).

Mattia Rainoldi: Does it work for you?

P9: Oh, sometimes, but sometimes because I love my work, I think it spills over and I'm like I'll be journaling about just like I know what I wake up, I just kind of do like a word dunk with my journaling and sometimes I'll have like work stuff come up and I'm like how do I separate that (laugh), so sometimes it works, sometimes it doesn't.

Mattia Rainoldi: Yeah, so we've been talking about a little bit about the topic of separating different aspects of life and I would like to ask you, are you a person that likes, prefer to keep different aspects of life separated?

P9: Um, I don't know if I prefer it, but I feel like it's probably a little healthier to separate work from personal life um, yeah I feel like it's healthier. I don't know if naturally that's like what I do like prefer to do, but I definitely do think that there's like a healthier, like mentally healthier and emotionally healthier, with a little separation form the two.

Mattia Rainoldi: Mhmm. And, do you believe that, well, how does technology help you to do that or doesn't help to do that?

P9: Um, technology makes it so hard like to separate work and leisure life, just because you have it, even if you have different accounts or apps that you specifically used for work, it's all just like right there, so when the thought comes you like almost do it on auto least I always like to check it on autopilot instead of just being like 'no, you said you weren't working with as many hours like don't open the APP right now', it just kind of like, especially because I, um, I feel like I've had a cell phone since I was like twelve, so it's almost like you just kind of get used to opening everything you think of it, instead of taking a break from it.

Mattia Rainoldi: Okay.

P9: But it definitely makes it harder, I think, to separate the two technology, but it makes it easier for me to do my job so I'm like okay.

Mattia Rainoldi: Yeah I get it. Um. Yeah so you were saying that sometimes you are trying not to work and then these technologies reminds you of work. Um, how does this happen?

P9: Ah, I just I'll get a notification or something and I'll just go check it or I'm on social media a lot when I'm looking at, even my personal, I'll see like just like an ad or something and it'll like inspire like an ad creation for me, so kind of just like the constant content really like constant news and constant content on your phone.

Mattia Rainoldi: So do you feel that, um, digital technologies contributes to create intrusions into your leisure life?

P9: Um, yeah, for sure.

Mattia Rainoldi: Yeah, do you have an example?

P9: Um, the main example I can like think of is it's not like a tangible one, but it or a specific one, but it just happens a lot where I can be like even on this call like this, or just looking at something or the notification, that I forget to turn off and they'll just like drop down your phone and they'll just be like whatever it is something random and then you're like it's in the back of your mind so like this hasn't happened yet, but I'm saying like if I'm on like a call right now, and I want to like take a break afterwards like after a Zoom meeting with someone but I got that like notification in like in the back of my mind when all I really need to do is take a break, but then I saw that notifications so as soon as I get off the call and I'm gonna be like check that.

Mattia Rainoldi: Mhmm. And you said, sometimes you forget to turn off notification, is something that you do often turning off notifications?

P9: Yeah sometimes just so I don't have that distraction. Sometimes I'll put my phone on like 'do not disturb' so it just doesn't get notified like if I'm like on a Zoom call with someone I tried to turn it off that way I'm not distracted afterwards, because I feel like anytime you have a long call you take a little break you know. Um, but what those notification it just like when you get them it's kind of like a sense of urgency, even though it is that urgent, it feels like your phone is giving you a sense of urgency, and so I just gotta turn it off until I'm ready to be notified (laugh).

Mattia Rainoldi: Okay, so basically the decision of turning on and off notification depends on, um, on how you feel?

P9: Yeah.

Mattia Rainoldi: Okay. So, um, I'm thinking.

P9: (laugh) No worries.

Mattia Rainoldi: If there is a little bit more to talk about, around this topic. Well, maybe let's just move through another question that is related yeah, so we have been discussing, um, so digital technology contributing in creating so intrusion in your leisure life, and do you think that also technology contributing creating intrusion in your work life?

P9: Ah, sometimes, but I'm trying I've been trying to break that one, so I feel like less though, because usually, when I get like notifications, or like text messages from friends and stuff sometimes, I'll be like 'oh I should respond' um, but lately, I have not been responding. I've kind of been being able to, it's easier for me to block out those because my friends are my friends and they're more patient and work people and clients, so it's easier to kind of, um, dismiss those intrusions when I get those notifications, than it is a work related notification.

Mattia Rainoldi: Mhmm. So basically the intrusion is happening and you're not acting on it, is that what you're trying to say?

P9: Yeah, it's yeah, it's easier for me, because I know like they're my friends, they know I'm busy like it's easier to not feel like it's a sense of urgency when it's like friends and family that are texting me rather than like a client here is messaging me on like a messaging app or something. I guess it's because, like my friends aren't paying me my phone so so there's like a different sense of urgency even if I'm trying to like create boundaries and not like a reply immediately, it's still like they are pending, it's almost like it's like a pending tasks that I don't want to be reminded about and so I'm ready to do work (laugh).

Mattia Rainoldi: Okay, so basically your reacting on intrusion depends on the sense of urgency that you perceive?

P9: Yes.

Mattia Rainoldi: Okay, and what you said is that basically work, um, creates a higher sense of urgency?

P9: Mhmm.

Mattia Rainoldi: Okay. Interesting yeah. So you have also found yourself in situations where is it very difficult for you to differentiate between or to draw boundaries between what is work and what is your leisure?

P9: Yeah, no, it is it's all, I've only been doing, I'm like working while traveling for like the last I guess since last year, so it's definitely something that I'm getting used to and trying to find the boundary in (laugh).

Mattia Rainoldi: Mhmm, and does technology contribute in creating this environment where it's difficult for me to draw boundaries?

P9: Um, yeah it does. I, I think it does, but at the same time it's hard to see the difficult because I'm always like well if it wasn't for technology I wouldn't be able to do like to work and travel.

Mattia Rainoldi: Yeah.

P9: So I think sometimes I'm kind of blind to it because I look at the good, so I don't look at it, as like sometimes I'm just oblivious that technology is not healthy (laugh).

Mattia Rainoldi: Mhmm. So what are the advantages of using digital technologies to, for work and leisure for you?

P9: Um, there, I can tell to obey about the advantages (laugh) I feel like the biggest advantage is being able to because of technology, like marketing, Zoom calls, everything virtual, the Internet, I'm able to work from wherever I am and make anything my office, which is definitely beneficial for me because I love to like travel and be in new places and, and then also I like it because I get to the people I work with are usually female to live this similar lifestyle. So sometimes you don't always come across those people, even if you're both traveling so it's nice to connect. Um, social media and technology has been a really good way for those like paths to connect and to be able to help each other through like Zoom calls like this, which has been really, really cool and beneficial and and then, like, I feel like I don't watch a lot of TV, but when I want to it's really nice to have like the apps to to be able to do this, watch TV from wherever I'm at because, without technology that would be something like when it's noisy like if I'm sitting in my car and like it's really noisy I definitely turn on like Netflix just to kind of block out the noise so that's the big advantage to this.

Mattia Rainoldi: And what would you describe as a disadvantage?

P9: Not being able to tell the work and the leisure lives well, that would be the biggest disadvantage, but we're learning, I'm learning.

Mattia Rainoldi: Okay, yeah. Well, let's see. So do you think that or let's say something differently, so do you find yourself in a situation where you felt uncomfortable because digital technologies?

P9: Um, I haven't, yet, no. I definitely feel like because I've had the digital technology from such a young age we're kind of like preach it all the I don't know, I was always told how dangerous it can be, and I have luckily I haven't felt any kind of unsafety coming from that. I know some girls get a little creeped out because they'll post, like their location where they're at online social media or something and then like they'll have like weird people in their direct messages, but I haven't had any of that happened to me, but I also don't tell people where I'm at until after I've like I don't let people know where I'm at while I'm there, unless it's like friends.

Mattia Rainoldi: Yeah, I see that. Okay. And do you have any rule for you or maybe rules is not the right word, maybe routine or ritual? That you have -

P9: (overlap) I, I have (end of overlap) I'm sorry, continue, I'm sorry.

Mattia Rainoldi: (laugh) Don't worry. So basically I was trying to say so, if you have any routine or rituals that you adopt to say, um, well, in the use of technologies that you make of to start working, stop working, doing leisure not stopping doing leisure?

P9: Um, I'm trying to think. I have like routines but they're not usually around technology, well sometimes if I know I need to finish work, but I can't really like I can't really stop, I need to like can't really participate in leisure activities, but I need a break, I'll like meditate. I don't know that's like kind of the same thing. I have that like little routine where like, if I have a long day ahead of me, but I really don't want to do, I'll just kind of are spending too much time on technology, I'll just take a break, take a breath like 10 minutes just kind of meditate or focus on my breath. But I have a really establishing the routines around like technology and transitioning between work and leisure.

Mattia Rainoldi: Mhmm, okay, yeah. Right, so basically all your clients are virtual?

P9: I'm sorry, virtual?

Mattia Rainoldi: Yeah, you're clients are virtual, isn't it?

P9: Yeah.

Mattia Rainoldi: So how can you manage the relationship with them?

P9: Um, doing virtual, I talk to them on Zoom, but we also I don't give out my number but we'll do like Instagram direct messaging or will use the GroupMe and we'll talk, so that's how we build the relationship. I give them like a free meeting before they try to book where they want to work with me because I want to make sure we're going along and we have like good energy that like corresponds well through technology, so we'll send out like 15 to 20 minutes on a Zoom call to kind of get to know each other and make sure that we get set for them and there's someone that I could help working with like, I have a series of things that ask them and then, if they feel comfortable we just hop on a call once a week and then they have access to message me throughout the week to keep that relationship if they have any questions or for me to just like check in and see how they're doing.

Mattia Rainoldi: Mhmm, and they have the ability to contact you at any time?

P9: Ah yes, but my rule is that I may not respond if they contact me. I let them know that I contact them within 24 hours, unless I let them know that I'm going to be available for the next like two days or something.

Mattia Rainoldi: Okay, so basically, um, so you talk to them, so you say to them that you are not available.

P9: Yeah, like if I want to take like this three day break that I like a holiday break, we were talking about, I'll let them know like 'hey I'm like you can message me but I'm not going to respond I'm going to be like out of town or something or out of away from my phone for three days, but when I'm at my phone, I'll get back.

Mattia Rainoldi: Right and if I would be the client and I would forget about it and I would write you, want would happen?

P9: Um, I just wouldn't respond to until afterwards, because I let them know and then I'll just like if they're upset that I didn't respond, I'll just remind them that I did let them know. It hasn't happened yet, but if they did, if that does happen, I would just let them know like 'yeah remember, I told you I was gonna be unavailable for three days but here's the answer the question you asked (laugh).

Mattia Rainoldi: Yeah, I understand, yeah. Okay, so just basically postponing the communication to either, um, correct. And you say so, when are you on these small vacations of yours and you're putting away your phone, what does it exactly mean for you?

P9: Um, it kind of means that like I'm not thinking about work for the next few days or really thinking about anything in particular, just means that I'm being present with what I'm doing, whatever I'm physically doing.

Mattia Rainoldi: Yeah, and in order to do that, wat do you do with your phone, do you switch it off or?

P9: Yeah, I usually just switch it off and keep it in like my purse or a suitcase depending on what I'm doing. I just like kind of keep it, um, yeah it's the way, wherever that can be can be different from wherever I'm at.

Mattia Rainoldi: Okay, so basically that's still a strategy, then, um, so -

P9: Yeah.

Mattia Rainoldi: Okay for for safeguarding these days, um, you try to switch it off or take it away, is it correct?

P9: Mhmm.

Mattia Rainoldi: Okay, yeah, interesting, yeah. Fine, fine, let me see what questions, I prepared for you (pause). Okay, so do you totally disconnect from time to time?

P9: I'm sorry?

Mattia Rainoldi: I was asking if you also disconnect from time to time?

P9: Oh, like take a quick break from like social media and stuff?

Mattia Rainoldi: Yeah, whatever.

P9: Yeah, I think so. I think when I go on those like three day breaks I'll just stop me like kind of just disconnecting from social media and we're gonna be doing. Sometimes I'll like just disconnect for like a few hours, like at night, I tried to like not pay attention to my phone for like an hour before I go to bed, so I kind of just like unplug from technology for a bit.

Mattia Rainoldi: Mhmm. Okay. So, and how does that make you feel?

P9: Um, it makes me feel more present I think, I don't know if this is for everyone, but for me when I spend a lot of time on my phone or like on the computer, it kind of just like zaps my energy and so and I'm like being present like hanging out with friends or going to a coffee shop, sometimes it's hard to like for my mind to be present and not focused on something that like is on social media or something else I should be doing, so.

Mattia Rainoldi: So when you are at the coffee shop, coffee shops are generally places of leisure.

P9: Ah, I don't know if I would call them that, like everyone I know I guess cuz I usually do them in like college town so everyone's like doing work. Um, but I yeah I use them for work, mostly but yeah I guess I didn't think about that, for a lot of people they are leisures (laugh).

Mattia Rainoldi: Right. I would consider it as a place of leisure.

P9: Yes.

Mattia Rainoldi: Um.

P9: Sometimes it is leisure, though, like if I'm going with friends that I'm not going to do work it is yeah it is, yeah.

Mattia Rainoldi: Um, and basically the decision to go there for you is what it is?

P9: I'm sorry?

Mattia Rainoldi: When you go there to work, so why do you choose these places for working exactly?

P9: Um, usually, there's other people working, at least like everywhere I've been there's usually someone like people are usually like reading or they're not very, they are loud, like sometimes people are loud when they are with a group of people and they usually have free WiFi and I can usually get like a coffee and breakfast and just settle in and do work and then I have like a desk setup and everything and yeah and usually like I said, usually there's a couple of other people who are doing work there too, at least the ones I've been to, so I'm not the only one doing work, but sometimes there's like friends and staff, it just seems like a good environment to be in to, um, to get work done.

Mattia Rainoldi: Alright, and do you believe in these places, can you feel present in in your work? Is your work thing -

P9: (overlap) Um, yeah (end of overlap).

Mattia Rainoldi: - in your leisure time so I would like to hear a little more about that.

P9: Um, like if I'm present in my work while I'm at coffee shop?

Mattia Rainoldi: Yeah.

P9: Um, I feel like I am able to be very present. I don't know if it's because, like when I was at university, I did a lot of like my studying and stuff and coffee shops, instead of my roommates are very loud, so it is good at coffee shops. So I feel like that definitely helps me, be able to just kind of like turn everything else off while I'm at coffee shops and just focused on what I'm doing, I usually put like headphones in and sometimes I don't even play music in the headphones sometimes they're just to kind of like cancel noise if it's loud. And yeah, I just kind of like focus, but when I, my friend, I don't have that problem because I usually don't have like my laptop or something with me so it's easy to kind of switch it out.

Mattia Rainoldi: Alright. I think what we haven't discussed much is, um, how you deal with your laptop.

P9: Um, my laptop I usually use it when I am only in the coffee shop because I don't really have a space in my car to like open it up all the way, I mean, I guess, I could but it's not very comfortable (laugh). And and that's another reason I always go to coffee shops, because I like charge my laptop there and pack it up and put it in this case when I'm done, so I use it for, um, Zoom calls when I have the space and emails and it's just I could do everything on my phone, but the laptop is just bigger and makes it easier for me than just staring at a little phone screen.

Mattia Rainoldi: Alright. Do you use your laptop exclusively for work?

P9: Um, at this point yeah. I don't do, sometimes I do online shopping, but it's very rare I usually use it for mostly work yeah.

Mattia Rainoldi: Alright. Okay. And when you go to your vacations for when you take a day off, do you still use your laptop?

P9: No.

Mattia Rainoldi: Alright, so what happens with it (laugh)?

P9: I'll just do the same thing that I would do is my phone. I'll just leave it packed up or like it depends on where I'm at, like if I have it with me, I just kind of leave it packed up and it's in my backpack in the case that it's in. Um if I'm going somewhere like abroad or something I'll just like leave it at my parents house or with a friend like because I don't want to like ruin it or lose it because a laptop but I just keep it very often.

Mattia Rainoldi: Alright. Great. So let's see here, I've made a few notes from your diary, maybe there is something that we can discuss about more in detail, um, few things we have already been discussing. This is very interesting to me, and this is your first day of the diary and you said that you tried to group your work in few hour segments. Um, how does that work?

P9: Um, so sometimes I'll try to like work for a few hours, like maybe in the morning and then I'll take like a few hours of a break and then I'll work again for a few hours, just to kind of like I don't know split it up, sometimes I feel like when we were like full like six hours or eight hours to get like burnt out, so I kind of just try to like group it up until a little segments sometimes when I know I have a lot to do so I don't get burnt out.

Mattia Rainoldi: Okay, so and how you schedule these segments, so do you organize them?

P9: Um, I usually just try to do it by time. I'll spend like a few hours, like say like 10 till noon, 12 to do work and then I'll spend like I don't determine exactly what I'm going to do in my leisure time but I'll be like all right from 12 to 2 I'm going to like take a break and spend time not working, and then I'll be like a 2 I'm going to come back from 2 to like 4 come back and do where something like that.

Mattia Rainoldi: Yeah, okay. Does digital technology help you there in some kind of way?

P9: Um, it helps me to keep track of time (laugh).

Mattia Rainoldi: Okay, yeah. And does it help you to organize the switch between segments of work and leisure and?

P9: Um, I don't really, I mean I I guess it could, but I don't usually use it, I just like I said based it off of time for switching so I just keep up with the time. I know I guess I could set reminders and such but I don't do that.

Mattia Rainoldi: Yeah, alright. Another day you were saying that your work and leisure activities overlapped, you were journalling doing work at a coffee shop.

P9: Mhmm.

Mattia Rainoldi: Can you tell me a little bit more about what you perceive us as an overlap?

P9: Um, I feel like it overlaps often but, um, sometimes I like at a coffee shop and I like look at my phone, I'll find myself like scrolling my personal Instagram when I should be working or like getting sidetracks from work, because the personnel or vice versa, sometimes I want to be like doing personal stuff for now. It's kind of the same strategy, the the same issue we're talking about with like the boundaries between leisure and work, it's kind of like that same idea, sometimes leisure activities spill over into work while I'm like at the coffee shop working, I'm like 'okay, I want to do this now like I forgot I want this leisure activity to happen today' so I just like step back.

Mattia Rainoldi: Mhmm, yeah and there is any reason for you for doing that because another thing you're saying here 'it takes few breaks to scroll just through Instagram'. Is there any reason to take a break from the work or interrupt the work for scrolling through?

P9: Um, there's not. I just have been so used to doing it, sometimes I'll just call it a break, just feel like see what my friends are up to, or something, um, but it usually just like throws me off, so, um, sometimes I'll be like 'I need a break' and I'll just find myself scrolling through Instagram instead of just like decompressing so, not always the most helpful but.

Mattia Rainoldi: So basically those breaks are unplanned?

P9: Yeah (laugh).

Mattia Rainoldi: Okay. All right. Wait a second, let's see for some more that we haven't discussed, yeah (pause), yeah this day you're saying that you started to work early, but then you were influence to meet up a friend and you made the choice to stop working and to work later.

P9: Yeah.

Mattia Rainoldi: So what is you you're saying you were influenced to meet up with some friends, how that happened?

P9: Um, they, so, I am traveling in an area where my friends are, near where my friends are not like necessarily right where they are, um, but they have jobs and stuff so when they have free time I kind of like to take advantage of that so I can see them so and they texted me that they had some free time I was, like alright, well, my friends are more important than working [inaudible].

Mattia Rainoldi: Ah okay, I understand, yeah. So and that's okay. Great. Um, so we are moving towards the end of the interview so I've maybe an outlook for you, an outlook question so, how would you see yourself working in your future?

P9: Um, I don't know, that's a great that's a great question. I want to, I don't want to be stuck in one place, even if I have like even it's like I'm living in one place, I don't want work to ever be something that just happens in an office for like eight hours a day, um, that's that's for sure. I think I've established that but I don't know that I want to be my own boss and work solely from my phone forever either so I'm not 100% sure, but I know that it won't be in like one space for eight hours a day (laugh).

Mattia Rainoldi: Alright. So, according to you, to your perspective, what are the biggest changes that will come up in the way that we were going to conduct work in the future?

P9: Um, I feel like like as a whole, like my view is like I said, like collectively, I think we're eventually going to realize that we can do everything via technology and we don't actually have to be in an office for eight hours a day to do work that can be done virtually like there's definitely work that can be done virtually but, for the work that can be done with technology like Zoom meetings instead it's like everyone gatherings like I feel like Zoom meetings will be like office meetings or like whenever it's the whole office have to get together at a specific time sometimes when you're working for a company. I feel like collectively we're going to realize that those can all be done via Zoom especially with the last year with a pandemic and it's just going to start to change, I think the amount of social interaction, we have to have with people who work with. Like face to face social interaction anyway, obviously you still have to communicate, but I think it's going to change the amount of yeah social interaction, we have to have with the people we work with and where we communicate and do that work.

Mattia Rainoldi: Yeah, alright. Um, before we conclude, is there anything like that you believe is important and about the topics that we have discussed, so work, leisure and technology, um, that we didn't discuss about and?

P9: I don't, I think it's important to find balance so we definitely discuss that and that's definitely something I'm trying to do, um, I don't think so, I think, sometimes we not, not us, but like I see it, a lot on Instagram whether this kind of lifestyle is glamorized which I love it, but I definitely know it's not for everyone, and I know people who try to like do it thinking it's going to be so fun and and they're miserable, I don't know if that's like important to like point out, but it's definitely not a lifestyle, I think, is for everyone, or they need to like learn a little bit more into a little bit more research before they try it out, because they may have some different kind of idea of what all that entails, but aside from that, I don't think so, no.

Mattia Rainoldi: Okay. And do you still have any questions related to the interview?

P9: Um, no, I don't think so. I think, I don't think so, no. I was trying to think of if I did have any questions but you covered everything that I was curious about.

Mattia Rainoldi: Alright. Then I'm going to officially conclude the interview, thank you very much and I'm go to stop the recording.