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So it's DayOne that you've been using could you tell me a bit about how you use the app, how long you've been using it, what you use it for?

To be honest I started using it when I was on holiday earlier, when was it, God, kinda lost track of time. I was in South Africa at the end of last year. I've previously kept a diary now and again when I've been on holiday and I just found it's a great way of kinda remembering stuff that you've done, especially on holiday, because you forget so much of what you've done. So I was saying myself and my partner Leah were on holiday and I was saying 'oh, we need to keep a diary you know.' And she was like 'oh yeh, that would be really good'.

And I thought oh I wonder there must be apps out there that we could use rather than just having to write it down, it's so much easier to use an app. So I just did a bit of a kind of search in the app store, had a look at a couple, found eh DayOne, I mean it wasn't totally ideal for what I was looking for, but it'll do the job, let's you put photographs on there and just a bit of chat. So yeh, just started using because I was on holiday. And really to be honest, I've mainly used it when we were on holiday, but Leah's used it a little bit since that, adding a few bits and pieces when we've been doing things. But to be honest I think I'll probably use it again next time when we're on holiday. Because that's kinda, I mean, you're kind of doing other stuff when you're at home, so you probably should be remembering but on holiday you tend to have a little bit more time to do these sorts of things.

So at the moment you're not sort of using it on a day to day basis, but when you just go away or something exceptional...

Yeh, I've not used it on a day to day basis, but Leah has, because we share it between us, she's kind of been updating it a little but now and again since we came back.

So you've got a joint account then and you can both add to it?

Yeh. Which is good in some ways, because you know then we can both update it, but in some ways it's a bit of a pain. It would be quite nice to have it split out so that you could maybe share some parts, but maybe not others, a bit like you can with photograph apps and things like that. You know there's probably things that I would like to kinda keep. Not necessarily personal, but she wouldn't be interested in. But just, there's things from historic holidays where I've kept diaries in the past, where I thought 'aw it would be really good actually to put that on to it. But then it's kind of personal to me so I wouldn't really want to share that.

So when you're on holiday then, how practically do you write? Is that when you come back to the hotel at the end of the day and you start writing things, or is it as you're on the go.

A bit of a mixture really. Some days you kind of do it as the day went on. If you had a little bit of time maybe during a meal, having a bit of chat, you thought 'oh,

must remember that,' we'll put that into the diary. And sometimes it was maybe like 3 days later and we thought oh christ, we've not actually updated the diary for a few days, we should update it. So it was kind of a bit of fits and starts really, some days we were good at doing it all the time, other times it was a few days between entries.

What sort of things, was there anything in particular you were trying to record?

The nice thing about DayOne is that you can put images on, and a little bit of chat, so what I've tended to do was you know you would maybe put on where we had gone and some nice food, pictures of food, places we'd been. Just things that we'd done, just a mixture of everything. And we tended to put on several entries per day? Maybe one covering what we did in the morning, one 'here's some nice food that we ate', what you did in the afternoon, but mainly where you'd gone, where you'd eaten, things that you'd done, things that you'd seen. Just little funny things that happened. All that sort of thing.

And within the app, does that all come under one entry for the day, or is it several separate entries under the one day?

You have to - anytime you want to add an image you have to add a new entry, which is a bit of a pain because it would be nice to have image entry, image entry, image entry. But, actually once you've entered you can easily flick through the entries so they kinda go on one after the other based on the time you entered it on. So you would have several entries per day usually?

And sort of how much do you write? Is it something quite long and reflective or just a quick caption?

Eh... well I tend to be quite long winded with things, I've not been good at saying things in two words when I could take 20. But, so my entries would tend to be quite long. But Leah would tend to put in quite short sharp entries and let the image tell a lot of the story. So anything from 2 or 3 lines, to perhaps, you know, could go on, I don't know, 20,30 lines. So real mixture.

So besides the photographs and what you write, is there any other data that the app captures with those entries as well?

Yeh it will capture where you were so you can have your location services on, I think it's based on the image that you've taken, telling you the location of that image. And also the temperature, on that day, which is a bit random but...

And is the location, does that do a lot for you? Is that something that's quite nice to have in there?

Eh... I mean most often you're probably saying where you were when you took it anyway. What you were doing at the time, but I guess it's a kind of, it's a nice reminder I suppose if you forget to maybe put down the exact details of that.

And a sort of final practical question. Are they sort of, is it organised in

any particular way, do you have sort of tags, or sort of favourites, or is it just kind of in the order in which you put it in, sort of in a chronological...

It's in the order that you put it in but I think you can also favourite particular entries. So I'm assuming, I haven't used it in that way, but I'm assuming you can sort of filter it by favourites. But it is a bit limited in... you know, I think it's either favourite or not favourite, I don't think you can kind of categorise it in that way.

But you don't have tags or anything like that with the entry?

I don't think there's tagging in it, but maybe there is. That's why I said Leah would be better talking to you about these things, she's probably investigated all these things, I just kind of use it, figure out what's easy for me to use and just sort of go with that.

So this was a holiday a few months ago? A year ago something like this?

Eh, it was December. **I know it's now only March, but have you looked back at it very much, or how have you looked back at the app?**

Erm, I've looked back at it a little bit, shown some friends, particularly showed the likes of my mum, coz, I thought it would be quite a nice thing for her to look through rather than me boring her with all my stories. Just like, here you go, here's a snapshot of what we did on holiday. And we showed little bits of it to some friends and stuff as well. But personally, you know, I've looked through it maybe once or twice, outwith showing other people I would say. Just as a kind of flick through going - 'oh yeh!' But I imagine it will be the kind of thing you'll look back at in a few years time more than you know looking at it...

And was that kind of what you had in mind when you were writing it? You know at the time, were you doing it very much for posterity? Or were you doing it so that when you came back you could tell people about it if that makes sense?

A bit of both I think. As I said I've taken, I've kept diaries from holidays in the past, and written down little, kind of notebooks and things. Which I keep meaning to try and find, just like, 'God, where is that diary, I must read that again.' Yeh haven't dug them out, whereas if something's on digital record, hopefully it's as long as it doesn't break or get lost in the cloud, hopefully it's quick and easy to find in the future.

So the other ones that you've written, are somewhere, but you haven't had the chance to look back at them yet?

Well yeh, I come across them now and again. Any time I'm moving house, I'm like 'ah, here's something to stop me having to pack for an hour, I'll have a read of this.'

What would you say would be a trigger, besides from other people, what would be a trigger for yourself to sort of look back at things?

Probably just, you know somebody talking about.. or maybe Leah and I chatting about it, or somebody mentioning about South Africa which was the place we

were at and going 'oh we must have a look back and have a look at our diary and the photographs and stuff'. Thing is you take so many photographs when you're on holiday now, I guess you know what it's like yourself, you take so many photos. And it's nice, I really enjoy kind of flicking through photos, but this is kind of a quick way of looking through the highlights I suppose. So yeh, it would be a kind of 'oh I must have a look back and see what it was we did.' As my memory's getting worse!

Do you see it as quite sort of public? You said you've shown it to a lot of people? Did you anticipate that, when you're writing it... is it written in a way that's meant to be shown to other people?

Yeh, probably wouldn't put anything particularly personal in there. You know it's not the sort of diary I would be hiding under the bed, and not show people... at least, I hope that's (laughter). I've probably forgotten some of the things I've written in there! Yeh, no I wouldn't write anything particularly personal, or personal thoughts or feelings that I wouldn't want to share with other people.

What's the sort of motivation while you're keeping the diary, does it ever feel like a chore to do it, or did you quite enjoy keeping the diary while you were on holiday?

Yeh, there was times when it felt like a bit of a chore, coz it was like - 'ah god, not filled that in for three days'. But then something would happen, that was you know, like took a photograph or you had a good meal, or something happened that you were like, you know, really must take a note of that, that got me to fill it again and then thought oh well I'll go back and do a little bit more while I'm at it. So yeh, good things that you wanted to remember, motivated you to keep it up to date.

So how did you decide on the day... what dictated what you would put in an entry? Would it be something that you had thought about during the day, and decided 'oh I really want to write that up', or would it be something happened and you instantly had to record it? What was the actual writing process like at the time?

Erm... it was probably... in the main, get to the end of the day, and go 'oh right, I'll update the diary, 'what did we do today?' and maybe look back through a few photographs, and go 'oh yeh, we saw that, and that's a really cool photo, or we did that, and that was fun, or that was something really funny that happened and you know, just little things like that. Would kind of remind you at the end of the day. But it would be mainly at the end of the day thinking 'right- what did we do today?' , I'll kind of write that up.

You said it can only take one photograph, did you choose just to make as many entries just as photographs you wanted to include? How did you decide how much to write?

I think it kind of evolved a little bit as I went through. The first day I probably put in one photograph and wrote loads of text. And then as you got further on, I

tended to put in.. you know if I wanted to include a photo, I would include a little bit of text. So it kind of evolved as we went through really.

Maybe, what would be really good if you could give me a couple of examples of the kind of entries that you made? If that's alright...

I should have looked at it before hand! I kind of forgot...

Just to get a flavour of the kind of entries people have got. But whatever you're happy talking about as well.

Erm... (long pause). Find one that's not too.. (pause). I can show you a nice picture of breakfast, can you see?

I don't think you've got your video on?

Oh I didn't realise! I wondered why I couldn't see myself.

Ah right there you are, hello! I just thought you maybe didn't have the camera working!

(showing picture) - **Ok. So that's a very nice vista.**

And it just says 'we enjoy a lie until fish, and Kobe has delivered our brekky to the front door, it really is a perfect day for our last full day, so the only possible choice is to head to the Franschhoek wine tram for a day of sun hills, vineyards and wines, at 11:30 we're at the bus and ready to go. "

Ok.

And we have the time... 9.30, and oh, that must have been the next day, must have put that in. And temperature, 24C, place Franschhoek.

Sounds very pleasant! All those details, the temperature, the time and the place... do you think you would miss them if they weren't there?

I probably wouldn't have... I think I probably didn't include some of them, and Leah probably went back, and she's a bit more particular about these things than I am. so she's probably went back and went 'Ah, what was the temperature?!' You know if you didn't have wi-fi or something when you were updating it it can give you that information?

Why do you think that's important to her maybe?

I think it would probably just, kind of, I don't know, she's just a bit OCD like that probably. It just kind of gives you a fuller picture of what you were doing really.

Would you mind maybe just reading a couple more, would that be all right?

I'm trying to find a shorter one, they're a lot longer than I remember.

Erm.. ok, picture of some cheetahs. **Oh lovely.**

"Our first game drive turned out to be extremely successful, this slightly spoiled us for future drives, and we had high expectations. The list of animals we spotted was as long as your arm. Lions, boks of all sorts, cheetahs, elephants, giraffes, white rhino a hippo. We contemplated a tick list of all the animals we saw, and we took dozens of pictures and videos. We were pretty wet and cold by the time we returned to the lodge at 6.50pm, but it was totally worth it. We were totally amazed by how relaxed all the animals were even though they were so close up.

Incredible.

So it sounds very well written, it's not just a quick note, it sounds like there's been a bit of thought into what you would, you know, how to sort of say it? Did you have an audience in mind did you feel when you were writing it? Were you writing to yourself or to other people?

Erm, yeh, I didn't really think about that to be honest. As I said, some of them were written by me and some of them were written by Leah, I don't know whether there's a different style, I'm sure there will be a different style between the two! (laughter)

That was my next question, was like, do you remember which one's that you wrote, or do you recognise things that you said or Leah said?

I don't know it's weird actually. Because I was reading that thinking 'I think that sounds like Leah wrote it' but it might have been me! (Laughter) I'm not sure! Yeh I think it's funny, because whenever, the first time I was away with friends in Egypt on holiday and we all decided to take a diary, so we all kind of wrote a diary for the week, and it was really funny, because it was so totally different. Like one of my pals had just written, you know short bullet points, no detail whatsoever, one of them had written really humorous stuff, just shorter and sharper to the point. And I'd written it in full detail, what we did practically every second of the day. So, completely different. But I didn't really think about it, yeh when writing this, I didn't really think about the style in advance. Just kind of happened really.

Again I know it's only a few months ago, it's maybe not the same as looking through the diary from a number of years ago. When you've looked back at the diary before, what does it feel like, what sort of feeling are going through your mind when you read your diary?

It just really, you know it just kind of brings back so many good memories. I think it just sort of adds to the experience that you had when you there. Because you just forget, I don't know what everybody else was like, but I forget so easily, and when you read back over a diary, you're like 'oh my god, that was just amazing, you know, stuff that you did and you forget so much of the detail.

I guess you get to travel to so many nice places as well?

Well with my job, I wouldn't take a diary when I was on work to be honest. I don't often get a chance to see a lot of the places, but maybe I should actually. In fact, I've done a couple of blogs for work, when I've been to places, like involved in tournaments and stuff, so that's been quite nice doing that. Because I've read back over a couple of them, those blogs are a little bit like, a specific of what you've been involved in, it's kind of like diary almost. I guess I've done a little bit of that. Maybe that's kind of formed my style a bit more.

So, is there any entries in particular when you look back, are there some which are particularly interesting? Which are the ones which will remain

meaningful and interesting in years to come?

Whew. I'd have to look back at it to be honest. Yeh I haven't... My memory's so bad I haven't looked at it for a long time. I think just... yeh probably the ones about being on safari, because it's the first time that I've ever been on safari so that was kind of pretty exciting. Reminding m... well obviously we've got photographs and videos and stuff as well, it's a shorter reminder of saw all those animals, it was amazing.

How do you think something like DayOne sits besides bigger collections of photographs or things like that?

I think it's the kind of thing you probably go back and read over to give yourself a reminder, you know a short overview of the whole holiday. As photographs, I probably wouldn't be so likely to go through photographs, like all of them, because there's so many. It's like oh my god, where do you start. But also, I don't know if you're interested but Leah also produced a little iMovie. **Ah yeh, mum was telling me about that actually...** Yeh that's right, I showed her a little bit of it actually. But she produced a little iMovie which was kind of a, again a summary of the photographs and videos and stuff like that, especially the game drive of our holiday. But I suppose what that missed was the detail of what happened, you know obviously what you get from the written word other than just looking at photographs.

Do you feel like what you've got there in DayOne is enough for you, does that really bring the memories back?

Well... I hope so! I guess, eh, yeh you get a bit more of the emotion, and the things that you were thinking and feeling at the time. As well - you know you get some of that from photographs. Photographs do speak a thousand words, but they, kind of, I suppose from the written words, it kind of just adds to it, because you get a little bit more of the thinking at the time, how you were feeling. So it just kind of provides a much rounder picture the whole experience I think.

Do you use Facebook or anything like that at all?

Yeh. **And how does it compare - do you ever look back within Facebook at older photographs or older things that you have posted?**

Yeh, I don't really kinda post on Facebook that much to be honest. Leah posts a lot more on Facebook than I do, I think that, I dunno, I'm maybe a bit more private, I'm not really interested in living my life on Facebook, I'm much more interested in just living it for myself. And occasionally if there's something humorous, or you know I'll go on probably and really be more nosey about what other people are doing rather than using it for posting my own pictures and things.

SO to look back at it's not such an interesting exercise?

No, not for me.

Sorry what were you going to say?

I was just gonna say, again, I think Leah likes using it. And she uses an app

called Timehop. **Yeh.** And I think that, does that use Facebook?

Yeh, it can hook into a couple of things.

Yeh so she's always kind of saying 'look what we were doing two years ago or whatever. And it is quite nice actually, and I thought about using that, but given I don't post that much on Facebook, it probably wouldn't really work for me. But because she posts loads of stuff, you know she gets lots of stuff through in Timehop, showing what's... like, bloody hell, a few years ago!

I just wonder are there other ways you could be reminded about things that would be quite nice, what is it about an anniversary that makes it worth looking back on if that makes sense?

Erm.. Ach... See I.. I'm never one of these people that remembers - you know you kind of listen to music on the radio and say 'what year was this'. I'm so bad at connecting music to particular years. So I'm never been good at kind of remembering all of that sort of stuff. For me, if I was to use that kind of anniversary reminder, it would be more a case of just kind of a little nod back to 'remember when we did that, that was great'. And not really so much 'it was 4 years ago today' and just from the point of view of reminding you that you did and you had a great time.

Would you say that you're a particularly nostalgic person? Or that there's a lot of things you do to keep these sort of memories?

I mean yeh, I love looking back at old photographs, and you know people kind of.. my mum occasionally digs out a few things, and she's like 'oh found some photographs for you!' and it's like 'oh god' you know. And I've still got loads of photos that my mum and dad took from years ago. And I really enjoy looking back at those, just as much to kind of remember the things that you've done in your life. And the things that you forget so quickly. You know you pack so much into the time that you have. But I'm not sure that I particularly do anything purposeful to try and help that process. It tends to be more by accident rather than design.

So more generally, one of the things we're really interested in is not so much just photographs and written records, but all the other stuff that we increasingly create now, digitally and sort of records of things which are perhaps more accidental but sort of remind you of the past, is there anything like that you've kept track of, you know places that you've been, things like this. Is there any sort of other records you've kept besides records and the odd diary?

When I was younger and I started playing golf, and a lot of competitive golf I used to keep a scrapbook of like newspaper cuttings, and... mainly local newspaper cuttings (laughter). Newspaper cuttings of things that I'd done, and maybe some scorecards or pictures and things like that from competitions that I'd played in. And I have to say that, you know I did that when I was quite young, probably, I don't know, I would say from about 13 and about 18, something like

that, and I kind of wish that I'd done more of it since then, but I think as you get older.. you get lazy. Well I got lazier as I got older anyway. But you do occasionally come across those scrapbooks and think god, it would have been so nice to keep a record of that more. Because I'd keep a record of all the courses that I'd played, the scores that - in fact I do still keep a record of all the scores that I have when I play golf. So, you know, there's obviously no pictures in that, but you kind of remember I played in such and such a tournament.

And how do you record those?

I've got a spreadsheet. **Right, ok.** So every year - this is pretty sad really - but every year I'll create a new tab for that year and it's also kind of a handicap record. Because when you play golf, when you're playing competitions your handicap goes up and down. But also I'll put on it, you know if I finish first or if I got a prize or whatever.

(I interviewed a triathlete who kept a spreadsheet).

But what's it like looking back at a scorecard, something that's lot of numbers, but what's it like as an experience of remembering?

Again, I have a really bad memory. Because my dad used to be like 'oh do you remember when you were playing such and such a tournament and you hit that shot?' Dad, I vaguely remember playing in the tournament, I sure as hell don't remember any shots that I hit in the competition. But I mean the scorecards that I kept were probably more from when I was younger, the scores that I keep in the spreadsheet now would just be like the total score. But... again, even just looking back, I played Nairn, and I shot such and such and it was on such and such a date, I'd be like 'oh yeh, that was a really good trip, I went up there with some friends and we did such and such', so it would kind of trigger memories which was nice actually.

And then maybe you don't have some photographs for things, or maybe you do, but do you feel the absence of the photographs there if that makes sense?

You know I probably - I go through phases, but I am pretty good at having a lot of photographs. So sometimes looking back at those things you might think, 'oh, I must go and have a look at those photos and you'll go back and have a wee look'. Photographs are kind of moments in time, they don't really kind of... I don't know, different, as I said earlier, I think different things trigger different memories. Photographs will trigger certain memories, written word will trigger certain things, looking at a score you've had again will trigger different things. So again, it's all just part of the bigger picture, the different memories.

I'm just thinking now... that sort of scrapbook thing, I just wonder what a digital equivalent of that might be. Could you imagine having used something like DayOne in a golfing context or something like that?

Yeh, I kinda had another - I didn't really look that closely to see what apps were out there, I looked at a couple. And I have to say that none of them really looked

ideal. I would like there to be more flexible apps, and there probably is something out there, I'm sure. As I said, you know, it would be great if it was much easier to kind of, yeh I don't know. It would be quite a good, it would be good if there was a way of recording things a little bit easier. I'm sure you could probably take a photograph of your scorecard, and it's easy to take a photograph of anything now, I guess you could use that sort of thing in that way, I've never really thought about it.

(Describe Evernote as one possibility)

Yeh, I guess you could always put a link to the website that's had the result, or a little story about what you've played. I actually downloaded Evernote first a few years ago, and I never used, I think it looked a bit complicated when I first downloaded.

So can you imagine yourself ever doing something like that, or is it a bit too much?

Maybe, as I say I would definitely go and have a look at it, you now that you've kinda, now that i've used the basic, I'd say OneDay or whatever it's called.

DayOne. Now that DayOne, I've used that and got used to using a basic thing, I would maybe look at using a more complicated one for kind of future. But I don't think I would get back to the habit of doing something on a daily basis. I'm not good enough at kind of setting aside time to do anything really on a regular basis. Even doing the plank for a minute a day does fit to my irregular routine.

The only last question I had, is what do you imagine.. how do you imagine you're going to keep using this in the future?

I think I would definitely take a diary whenever I go on holiday again. And once I find the diaries that I've taken historically, I would like to put them into DayOne or something similar as well so that I've got it one place and don't lose it.

Do you feel that that's very secure? To the extent that you want to make your physical diaries digital as a way of securing them?

Yeh, probably. Because you're probably more likely.. well you kind of hope that gone are the days when you used to have everything on your computer and be prone to losing it, now that everything's kind of backed up to the cloud. But then I guess people keeping talking about whether there's enough space in the cloud.

Final question, particularly your older travel diaries, how would you feel if you lost them?

I think I'd be pretty disappointed because you know as I say, I've got photographs from those holidays, but I can remember there being a lot of really funny things that happened on the holiday. And the last time that I read the diary I was like, you know it was so nice to read it, because there was so many things that had happened that I'd forgotten. And I wanted to go and read it again actually, as I said when I came back from South Africa I really wanted to find them and read them again because I thought oh god I really enjoyed reading it the last time I

went back to it. So I must go and have a look now.

I think I've asked you everything...

Are you going to design something?

(Describe PhD, go on to mention Fitbits and record they create)

I have to say that, you know I've often thought that, because Leah religiously has her Fitbit on, tracking her sleep as well as how many steps and all that sort of stuff. And I'm like, you know really? What does that add to you? You're not gonna change anything just because you've only had 7 hours 59 minutes sleep. You either feel shit or you feel ok, so you know if you need more sleep, you know?

Lorraine, before she got her Fitbit she used to put her phone under her pillow every night, and because she's away a lot, she would send me text messages saying 'OMG I've had 75% sleep, I can't function'. But it would affect her.

I don't know, I think sometimes what you don't know can't hurt you, you're as well just to get on with it.

(Describe other part of study about diaries)

I so wish, I really wish I'd kept a diary when I was at university, there was so much, especially first year university, so much happened, not all good, and I kind of, it's just all in the back of my brain somewhere, I can't remember half of what happened. I remember a lot of really shitey things happened. I can't remember them, now I'm like I think I could probably just cope with a lot of that stuff now and just go bloody hell that was...

(Discussing my travel journal, and not keeping it up)

I got behind with it (...) which is really stupid, there's no reason why you shouldn't just start where you are.

Well that was what I was saying to you, you get behind and once you were behind a couple of days you were like 'ugh'. But as long as something triggered you to fill in that day then you were ok.

(discussing my food diary)

Yeh I didn't show you any - probably about a third of the photographs on our holiday diary were of food! (laughter).