### **Interview Transcript: Participant – Giulia, Age 22, Volleyball Player & Sapienza University Student**

**Interviewer:** May we record this interview?

**Giulia :** yes

**Interviewer:** Thanks for joining me today, Giulia! To start off, could you tell me a bit about your daily routine and how fitness fits into your life?

**Giulia:** Sure! I’m in my third year studying biology at Sapienza. I usually have classes during the day, then volleyball practice two or three times a week in the evenings. On weekends, I like to go running, especially around Villa Borghese or by the river. It helps me clear my mind.

**Interviewer:** That sounds great. Do you usually run alone or with others?

**Giulia:** Mostly alone. I like the flexibility of going whenever I want, but sometimes I wish I had someone to join me — especially on long runs. It would help keep the pace up and make it more fun.

**Interviewer:** Have you ever tried to find a running or workout buddy?

**Giulia:** A few times. I’ve asked friends from class, but not many are into running. Once I joined a running group from Instagram, but I didn’t really click with the vibe. It felt a bit competitive.

**Interviewer:** What usually helps you stay motivated with your training?

**Giulia:** With volleyball, the team keeps me accountable — we push each other. That’s one of the things I love about team sports. But with running, I sometimes skip it when I’m tired or it’s cold out. It’s harder without someone waiting for you.

**Interviewer:** Have you ever thought about meeting new people through sports or fitness?

**Giulia:** Definitely. I think it’s one of the best ways to connect — it’s natural, and you’re doing something healthy together. I’ve made some good friends through volleyball. I’d love to have something similar with running or casual training, especially with people outside my usual circle.

**Interviewer:** Have you used any apps to find people for workouts or fitness activities?

**Giulia:** Not really. I’ve tried Strava, but it’s more for tracking. I’ve seen some fitness meetups on social media, but they’re hard to coordinate or feel a bit awkward if you don’t know anyone.

**Interviewer:** What would an ideal app look like to help you connect with others around fitness?

**Giulia:** Something easy and friendly. I’d love to see who else is nearby and into the same kind of activities — like “I’m planning a 5K run Saturday morning, who’s in?” Or maybe casual volleyball games on weekends. No pressure, just people wanting to stay active.

**Interviewer:** How do you feel about fitness apps that also include dating features?

**Giulia:** Personally, I wouldn’t be into that. I feel like it adds pressure or changes the dynamic. I’d rather meet people first as workout buddies or teammates, and if something grows naturally, fine — but I’d want the focus to stay on fitness and community.

**Interviewer:** That makes total sense. Before we wrap up — how would you spend your perfect fitness-focused Saturday?

**Giulia:** I’d start with a morning run with a small group, then maybe grab a smoothie after. In the afternoon, a friendly volleyball match in the park. That would be the dream.

**Interviewer:** Love that! Thanks so much, Giulia — this has been super helpful.

**Giulia:** You're welcome! Excited to see what you build — we need something like this.