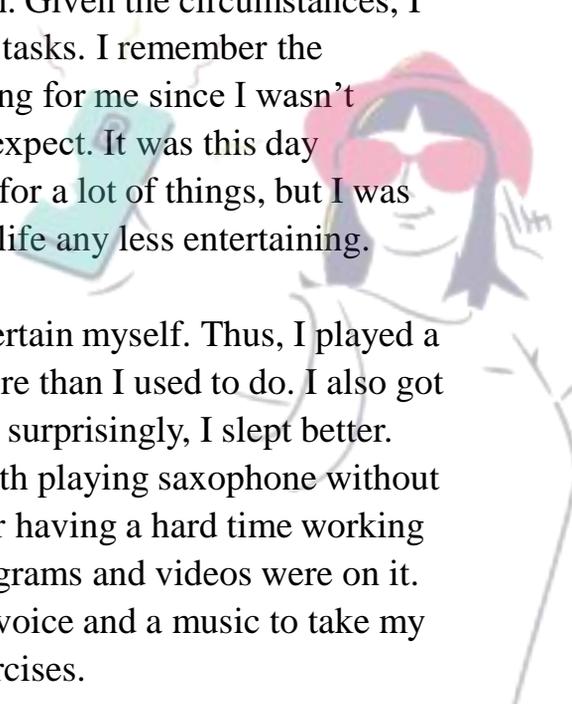


WITHOUT MY PHONE FOR AN ENTIRE WEEK

Nowadays, nearly everyone lives with technological devices. Whether it is their phones or their computers, people are used to relying on them for multiple daily tasks such as working, finding an itinerary, searching for information when we have a problem and keeping in touch with our loved ones. Those devices keep their owners updated with the news and help them in many different ways. But don't they have a bad influence on our behaviour and lifestyle? To answer this question and show the impact and huge role of technology in our daily life, I've decided to run an experiment and go without my phone for an entire week.

Before the experiment, I used my phone to wake up, to keep me in touch with my friends and family, and to help me get better at German, English and sport via applications. Additionally, I used it to divert myself from schoolwork by watching videos in English. Given the circumstances, I had to find other ways to achieve all this tasks. I remember the first day as the most difficult and challenging for me since I wasn't prepared for it and didn't know what to expect. It was this day that I realised how much I relied on my phone for a lot of things, but I was determined to keep to it without making my life any less entertaining.

Eventually, I ended up finding other ways to entertain myself. Thus, I played a lot more saxophone per day and I worked out more than I used to do. I also got used to reading before heading to bed and not surprisingly, I slept better. Inevitably, I struggled a little at the beginning with playing saxophone without my phone to listen to the piece. I also remember having a hard time working out without my phone because all the sport programs and videos were on it. Usually, there was in the video an encouraging voice and a music to take my mind off the difficult exercises.



In the past, I had read articles talking about how good it was to concentrate on the part of your body you were working on because exercising was both a physical and mental challenge. According to those reviews, when we focus, we can really feel our body making an effort and this would apparently help getting better results, but I didn't believe in it. Yet, I was pleasantly surprised when the articles turned out to be true. As a matter of fact, I find myself better off, as I focused more on my muscles and my strength. Naturally, I was making a greater effort by focusing on the pain of the demanding exercises but I realised that it really was all about the mental strength. Amazingly, the pain started to slightly decrease through the days as I worked out more and more.

As for my family, I didn't see a lot of changes due to the fact that I was already close to them and I would always put time with family before time on my phone. Besides, I usually contact my family who lives abroad via Viber during the evenings. Fortunately for me, they always call us on my parents' phones so I could talk to my grandmother, aunts, uncles and cousins, without cheating during the experience. Furthermore, my grandmother is aging and she's my only grandparent left, so experiment or not I would have talked to her either way.



Throughout the days, it became easier and easier as I became used to not having my phone. Nevertheless, I sometimes heard my phone's notifications and it was killing me to not know what was happening between my friends. The third day, my best friend, who has moved to Versailles recently, called me. Since she moved, we have not been able to see each other as often as we used to and the only way for us to keep in touch was through our phones (messages, facetime and calls). We don't have the same schedule so the opportunities to talk orally to each other were limited. For that reason, I was sorrowful when I saw her name appeared on my phone screen since I knew that I would miss the opportunity to talk to her before a long time.

As for work, not having my phone was not an issue since I usually work on my computer.

Altogether, this experience has enabled me to wake up to the fact that I relied a lot on my phone for both good and bad reasons. Through this experiment, I have understood that we'll never get the real thrill and perception of an experience or a thing, if we are always on our technological devices. In my case, I understand it through sport and the saxophone, but it might as well be having a great time and enjoying a meal with our family to name a few. In other words, the phone is a great invention made by the human to keep people and civilisation in touch, however, as many other things, we need to use it reasonably or we'll miss the opportunity to truly appreciate the people and things around us.

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