

# This is an imaginary logbook. Please enjoy.

**Day 1:** My phone was on the table. It called me. I could hear it.

“Hey, look at me, you have some news. Look at me. Instagram and Facebook are waiting for you. Look at me. Look at me. I know you want this. Look at me, look at me, look at me, **LOOK AT ME!**”

*“Oh god, we are all addicted, I swear.”*

I left the room quickly as possible. You know, I have heard about a new challenge: live without technology for a week straight. And I thought “Why not, why not try it out?”. It was a new objective for me. I will manage living without my phone during a week. I can do it. So, I had to turn off my phone in order to not be noticed. Naturally, it was so boring. I took a book, a great story but it was not sufficient to while away the time. My home was too silent, almost noisy. Then I put on music and began to dance and sing.

**“IT’S THE FINAL COUNTDOWN”**

Poor neighbors...

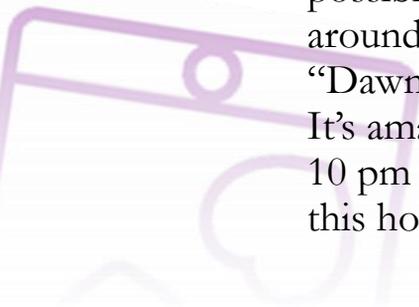
Fortunately for me, I was on holiday and I had a lot of homework.

“Good, something to do, let’s work. Maybe I will while away the time more quickly”

About ten exercises of math, an essay in history and a lesson of physics later I was so exhausted. How a day could be so long? I was in hell, there wasn’t other possibilities. I was like an animal caged, wandering around like a lost soul.

“Dawn, it’s so boring. This day won’t have an end at all? It’s amazing how a day can be so long.”

10 pm rang, finally. I didn’t feel sleepy. However, to end this horrible day, I joined my bed.



## Day 2: BIP BIP BIP BIP

“Bruh, please shut up!”

7.30 am

I was in a terrible mood. I wasn't familiar with this piercing ringing. Eyes closed; I was looking for my phone on the table. Not surprisingly, my hand caught just the old alarm clock.

“Ah, it's true, the challenge”

In a slow step, I went to the kitchen. I was hungry. I sat down at the table, with my bowl of cereal. My eyes fell on the packet. I was like the child I had been in the past, amazed by the same thing. My thoughts stemmed to my old memories. All my happy memories, I remembered them. With a new determination, I organized my day. I wanted to be active not passive. I will have a good day, not boring but interesting. I made a calendar. I will cook, paint, write a story, clean my home, meet people. I was determined. However, after cleaning the kitchen, I felt odd. I became stressful. If my family needed me, if they were in danger ?

“Don't worry about that, they know you don't have your phone” I said to myself.

I decided to go for a walk in the park. I took my paint and my brush,^^ I wanted to capture the lovely view.

When I arrived, the fresh air invaded me. It was so pleasant, like a sensation of freedom. Children were playing, their mom watching them with attention. Inevitably, I saw people on their phone, just looking at their screen. How could they dare not admire this incredible view?

It was almost a crime. I sat on the ground after putting a blanket. I began to draw the first sketch. The colors seemed more intense to me. It was like I was a new person, with a new look. My brush was dancing on the paper, covering it with some warm colors. The autumn scenery was on fire with its red leaves.

-Excuse me. It's beautiful. You are such a great artist. Declared a young man.

-Oh, thank you. The scenery inspired me.

-Can I have your phone number?

-Oh, you don't beat about the brush. I replied surprised

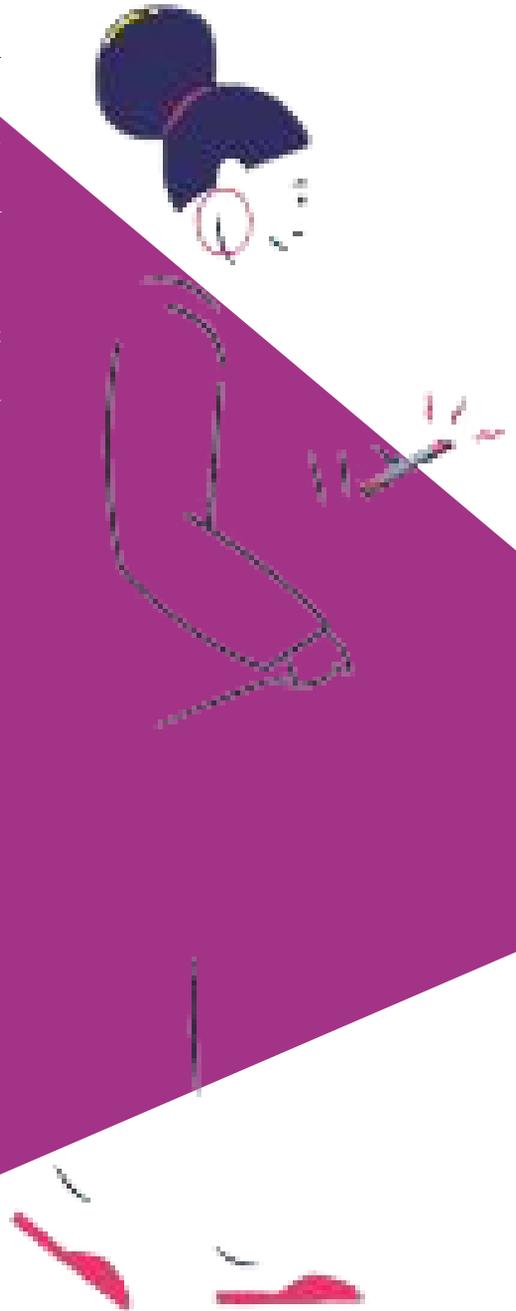
-Sorry, I find you attractive.

-I'm sorry but I'm doing the challenge one week without technology.

-We can communicate with letters

-What a good idea, I agree.

Then, we exchanged our addresses.



In conclusion, this day I achieved two of my tasks on my list. I met a nice guy without my phone or social media. During the four following days, we corresponded every day. Every day, I was excited to receive his letters. Every day, I was in pure happiness to read them. And letter by letter, step by step, he became a new friend. He knew how to use words, with lovely sentences. Finally, after the week, I turned on my phone. It was special and strange. I rediscovered my phone, and its blue light hurt my eyes. Not surprisingly, I was flooded with messages. I would like to say that make this challenge was a great experience. I kept it up but it was hard in the first days. However, I didn't give up, never. In addition, I met a new friend, a good friend. I was more inspired. *I recommend this experience.*

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