



1. When did you first use the Internet?
2. About how many hours a day do you use the Internet?
3. Have you ever bought something using the Internet?
4. How can the internet help you learn English? Do you take advantage of this?
5. Do you think our lives have been improved by the Internet?
6. Do you have any ideas or ambitions to start an Internet company?
7. Do men and women use the internet for different purposes?
8. What are some of the ways the Internet can be used for education?
9. What are some of the ways the Internet can be used for entertainment?
10. Would you like to go on a date with someone you meet on the Internet?

# DIGITAL DETOX

## Activity 1

**Are you addicted to any gadgets or websites? What could you be doing instead of using them?**



## **Activity 2**

**Watch a video about technological detox and answer the questions:**

1. What are people struggling to understand when it comes to technology?
2. How did office work and holidays look in the past?
3. What is Radio Shack?
4. What is Daimler doing?
5. What is the aim of their project?
6. What are the benefits of a digital detox weekend?
7. What advice does the program give when it comes to technology?

## **Activity 3**

### **Discuss with your partner**

1. Why isn't spending too much time on technology good for us?
2. How could you use your gadgets less?
3. What are the benefits of a digital detox?

## **Activity 5**

**Here are some more tips on how to do a technological detox. Discuss with your partner and rank them from 1 to 10, with 1 being the most useful.**

- A. Get psychological help
- B. Re-learn how to entertain yourself without the glow of a screen.
- C. In the evenings, say "lights out" and actually mean it.
- D. Go back to your old friends, pen and paper.
- E. Put the brakes on your email.
- F. Spend time in places where cell phone use is frowned upon.
- G. Establish tech-free zones with your family and friends
- H. Reward yourself with tech-free times:
- I. Track your app/website usage
- J. Detox as a duo with a friend, partner or family member

## Activity 6

### Debate:

Schools, restaurants, concerts and other public places have the right to ban people from using their gadgets...



**Thank you!**

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