



Product of ERASMUS+ project  
„A Healthy Dose of Social Media“  
2017-1-DE03-KA219-035534



# One day without social media

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# "A day without a phone"

*by Pelagia Foteini Theodoraki, 3rd Gymnasium of Heraklion Crete, Greece*

Thursday, 15/3/2018

Dear diary,

AHHHHH!!!!

WHY? WHY? WHY WOULD SOMETHING  
LIKE THIS HAPPEN TO ME?

So, it all started yesterday: I was doing my favorite hobby (what else could I do, except of posting selfies on Instagram), when my dad rudely entered my bedroom. He looked thrilled so I knew he'd suggest that I do something silly. He opened his mouth and these words came out of it:

"Hey, Sara! your mother and I decided to go camping this weekend. I'm sure you'll love spending some time in the fresh air!".

Well, I don't know what's wrong with dad, but he always adored nature. He may have a brain damage or he's just a psycho! How would he even dare to imagine that I would ever leave my babies, that is to say Instagram and Facebook, for a whole weekend?! They are the most important things in my life after oxygen and water: if I don't post 57 selfies a day, my followers will think I'm dead!

Nevertheless, unfortunately, my grand-parents had gone to a trip, so I didn't have any choice, apart from going camping without my phone! I know it sounds terrifying and so it is. When we put our stuff in the car, I looked back through my bedroom's window and saw all of my computer devices lying over my wooden desk. The time of saying goodbye to my social media apps was the hardest and tears began dripping from my cheeks. However, I turned my back and decisively got into our car.

After a whole hour being in a crowded vehicle with other four fans of nature who were singing stupid songs all over and over again, we finally reached our destination. They put up our tent, as well as unpacked our stuff, while I was crying my heart out like a helpless toddler that couldn't find her mother: I needed social media! However, there was no way a fairy would just appear in front of me, do her magic tricks using her wand and transfer me to my house, where I have Internet access! I had to take the situation in my hands...

Well, I don't know about you, but I've played thousands of video games which have to do with cars and how difficult would it be to drive a vehicle in real life? So, I sneaked into our automobile, pressed the pedal and

**BANG!!!**

Without even realizing it, I managed to crash the car onto a tree!

My parents would have killed me in zero time if they had seen it. And to save myself, I decided to hide the bonnet under branches, as well as leaves, but mum caught me in the act!... Surprisingly, though, she didn't get mad (maybe because the fresh air there had destroyed each of her brain cells). Instead, she just called a crane to come get the car, which of course means:

**BYE, BYE, CAMPING!!!**

So, here I am in my bedroom, three hours later, surrounded by my computer devices. I promise I will never leave them again for more than five minutes, since they are my purpose in life. At least as long as I'm addicted to social media, of course...

# "No phone... Still fun..."

*by Erato Kalogirou, 3rd Gymnasium of Heraklion Crete,  
Greece*

It was Monday, Annie, a 13 year old girl, had just come home from school. She was bored and was waiting for her parents to come home. After a little while they returned from work. They were exhausted and headed straight to bed. Annie was complaining, her parents had promised her they would go outdoors and have a picnic. Annie begged them and after a lot of effort trying to convince them, they finally agreed.

Annie was thrilled! She packed her backpack and headed to the door. Her parents told her to hold her horses as they needed to get ready.

Although Annie likes being outdoors, she also loves using social media. Posting pictures, chatting and sharing posts is her favourite way to spend her free time.

Her parents were ready and before long they were all set to go! Annie thought it would be better if she didn't bring her phone with her. She was worried that she may break or lose it. The family, all together, had a picnic in the forest near their home. They had the time of their lives! They were joking around and discussed various things they wanted to talk about. After 3 hours they returned home ready to go to bed. They were tired. Annie realized that she did not need her phone to have fun but rather her friends and family to keep her company.

Annie's parents decided to make it a habit to spend more quality time together as a family. That brought the family closer and shows that even though social media is amazing and has become a huge part of our lives, nowadays, real life bonds and connections are stronger than online ones.

# "The worst day of my life!"

*by Stauros Piperakis, 3rd Gymnasium of Heraklion Crete, Greece*

Yesterday was the worst day of my life because I broke my phone.

First of all, I couldn't get my friend's messages but worst I couldn't send messages to them. I wanted to ask my classmates something about my homework, and I had to phone my best friend but I didn't know his telephone number, so I had to find it in the telephone catalogue. After three hours searching I decided to visit him to ask him. When I got back I did my homework. After I did my homework, I wanted to do something in my spare time and I decided to go online. I thought that this would be easier if I could see a video guide on Youtube, but my mum was working on the computer. Because there were no free computers in my house, I had to use my creativity and think of something else. I got some glue, cardboard, and I was ready to start creating. What I've done was a mess in my bedroom. After spending two hours tidying my bedroom, I realized that our television was smart, so I could watch some Youtube videos on my TV. But when I pressed the Youtube button we had a black out, so my mum told me that I had to go to bed earlier that night.

The next day, I went with my parents to the shop to buy a new phone, I hope that something similar won't happen again. It was the worst day of my life!

# **"How the social media can affect us"**

*by Nikolas Bras, 3rd Gymnasium of Heraklion Crete, Greece*

A challenge was suggested by a magazine to teenagers to spend one day without any form of social media. A 14 year old boy decided to try it to see how it would go.

To start with, the rules of the challenge were simple. For 24 hours that boy wasn't allowed to use any form of social media which means no facebook, no instagram and nothing else. The challenge started on a normal Monday morning and finished in the next morning. However, the real challenge started when the boy came back from school. The boy's routine used to be like this. After school he always did his homework and then relaxed for a bit till the afternoon. When the young boy came back from school he didn't have anything to do! He thought he could read a book but because he was always online using social media he had got rid of all his books! Luckily, he had his whole afternoon full with art lessons. He had at least some fun, but it was getting dark so he had to leave. He would usually chat with his friends but he wasn't allowed!

In the next morning the challenge was finally over and he was able to use social media again. However, that challenge helped the young boy realize how affected and addicted to social media he was.

# "ONE DAY WITHOUT SOCIAL MEDIA"

## "Will my fears come true?"

*by Danae Athina Theohari, 3rd Gymnasium of Heraklion Crete, Greece*

One day I knew that this would happen. It was two minutes before when the lights went out. I was playing games on my phone at that moment and I went downstairs to see what the problem was about. My father told me that we were not the only ones that were like this but instead that the whole town had gone black. 'I have a bad felling about it' I said and I was right. When I checked at my phone's screen, I could not turn it on. I felt terrified and that's because my phone has nothing to do with home. But I...I need my phone. How will I check my chats on the app like Messenger or how many views I have on my new Youtube video or worse, how will I post and comment on my Instagram and Facebook accounts, hah? That's a disaster!

But the worst thing is that I don't know what I am supposed to do now. I have to fix this problem. I am running to the city center where there is the river that gives "power" to the whole city. I see that a lot of people had exactly the same "hero feelings" as I did. While I was not careful, someone pushed me and I fell down. Splats! I am inside the river. Now I got it. Someone unknown has cut down the ropes that was the protection area of falling into the river. But wait a minute, the machine is still working. Oh no! I will get myself killed because of internet and Social Media? Why



have I done that to my life? Why? Suddenly, a girl yells at everyone: <<Hey, there is a boy in there!>>. They started coming down and pulling me out of the water and I recognized the first faces that I saw. Oh my God, are they my parents?

"Mark? Mark, wake up!" Oh hopefully, it was just a dream! But what if that dream becomes a reality? No, I will not let this happen. "Mother, I want you to take my tablet and Videogaming equipment and give them to recycling". My mom looked at me and said "Are you sure?" "Yeah mom I want a real life, not a fake one!" I said to her. "Ok, but get ready for school now!"

## **A day without social media (year 12)**

My day would start without texting my boyfriend on Whatsapp, without knowing how he feels, without knowing what classes are not taking place, without knowing which homework I forgot because Whatsapp couldn't be used. Then I would drive to school without knowing if my friends waited for me so we can go to classes together.

During the school day I couldn't find out if I should buy some food or if my mum has cooked and I wouldn't know if my boyfriend gets home or if I have to open the door for my little sister (because she likes to forget her keys at home).

Well, once I get home my day would probably be like any other day because at home I usually watch TV shows or something like that but I couldn't ask anyone if we have homework or if there is something else I need to know for school.

My evening would be very different! I would probably go to bed way too early because I wouldn't know what to do with my life because I normally watch Youtube in the evening and we all know TV shows are just awful in today's time.

## **A day without social media (year 8)**

I go to school and use my phone to listen to music. After school I go home and eat. Then I go into my room and play saxophone or flute or listen to music. In the afternoon I go to the saxophone lessons or the orchestra. In the evening I eat with my family, listen to music and go to bed.

My day is not so different because I don't have much time for my phone or social media. I would miss Whatsapp etc. because I can't write with my friends.

I can only speak to my friends in the school. Normally I also write with my friends about what they are doing. When I listen to music I am often on Instagram or write with my friends on Whatsapp so I couldn't do this. I would miss that.

Normally I check Instagram every one or two hours but my parents don't like it. I think they will be happy about a day without social media 😊

## **A day without social media (year 8)**

I think I would do more for school and I would have to go to my friends directly or call them and ask "Do you want to go out with me or do you want to meet in the city?". I would meet my friends at home or maybe we would meet in the city and go shopping together. Maybe I would visit my grandparents and play something with them (for example board games) because they do not have mobile phones and they don't like it when I am using my phone in their house.

I think I wouldn't miss social media because I have deleted it before (it was a bet with my friends from school) so I know what it is like without them. Without social media I would use the time for myself and sometimes social media make me sad because everyone is so different in social media.

Most of my day would not be so different because at home I don't use many social media because I play with my sister or help my mum and dad at home.

One thing that is difficult is the Whatsapp group with my sports team. We always write in this group and send funny pictures and jokes and we also write about practice times and our competitions. For my homework I often use google or look up words for English but I don't think that google is social media so that should not be a problem 😊

## **A day without social media**

*by Michelle Gromann, year 11*

Once upon a time there was a boy who happened to be addicted to his phone and other technical devices. But one day he suddenly lost every device he ever had and had to live without any modern media for one day.

When he woke up, he didn't notice his loss at first, but after a few minutes he noticed something. His phone wasn't ringing. A feeling of anger and sadness flooded his body but also a feeling of relief. His phone wasn't ringing. He had never felt that free in a long time and instantly jumped out of his bed to get some breakfast.

He was on his way to the local bakery and was about to grab some bread. But he thought that it might be a good idea to bring some for his parents and siblings. He reached for his phone, but unexpectedly, it wasn't there. Again, a feeling of fear came up that he might have forgotten it at home but then he remembered and felt a feeling of relief. He then bought some bread for himself and his family and went home. Once he arrived he wanted to sit on the couch and turn on the TV, but he couldn't. His family members came downstairs and were surprised by the fact that their lazy, addicted son got some bread for them. After breakfast he went upstairs to his room and played darts because he was bored. But then he remembered that his best friend lived close and so he grabbed his jacket and went outside. His best friend was surprised because he had texted him that he didn't have time. The boy was disappointed and went home to take a nap.

The other morning he woke up, his phone ringing.

## **A day without social media**

*by Pia Priesterbach, year 9*

How would my day without social media look like? Well, I think my day without social media would be very boring because I use them every day and they are part of my life.

I would get up between 8 or 10 o'clock and usually I would send a snap to my friends or text them. But on this day I can't do that, so I would have a big breakfast with my family. After breakfast I would have a warm shower, clean my teeth, brush my hair and get ready.

I think at lunchtime I would be very bored, so I would meet friends, but I can't send them a message so I would do a very crazy thing: call them via landline. I think I would call two people and then go shopping with them in the city.

After coming home I would eat something, read a book and then go to sleep.

On the next day I would be very sad, because all my flames on Snapchat were gone. And I think that some of my friends would file a missing person's report because I didn't write them.

All in all, a day without social media would be difficult and boring.

## **My day without modern technology**

*by Philipp Trelenberg, year 11*

Imagine all your modern technology, your smartphone, TV, the Internet, computers would suddenly disappear for one day, what would you do?

I would wake up too late for school, because my alarm didn't ring. Awake, I would want to check my smartphone watch. But wait, my smartphone wouldn't be there. So I would go to the bathroom and check the clock there: 9 o'clock! Too late but fortunately my school is only minutes away from home. At school I would explain my lateness to my teachers but then, the day at school would be normal. The only difference would be that I had to check my schedule in an analog way.

After school I would return home. I would start my CD-player instead of asking Spotify and maybe play some drums. Subsequently I would start my homework and instead of my smartphone I would use dictionnaires for looking up words. This would take longer than normally.

In the evening I would meet with friends but could not send a Whatsapp message like usually. I would call them on their landline. It's good that we still have such a technology in our house in 2018.

Resuming, a day without modern technology would be more difficult but easy to manage with some more time. And I think at night I could sleep better and more relaxed because I wouldn't spend time on my smartphone directly before going to bed. Eventually I also would start to read a new old book.

# **A day without modern media**

*by Isabel Nieder, year 11*

Once upon a time in the year 2083 a girl called Madeline woke up early in the morning. Normally she would roll over in bed and would grab her phone. But she looked around in her room and noticed something different.

"Where's my TV? Where's my phone? Where are all my technological devices?", she thought.

Madeline was confused... she stood up and walked through the house. "Mom? Dad?", she screamed and walked through the hallway. Again no technical devices... no telephone, no camera next to the entrance where you could see who stood outside of your house on the other side of the door.

She was shocked: "Mom? Dad? We were robbed! Call the police!"

Madeline's parents came out of the living room. "No, sweetheart, we don't know what has happened. Nobody in the neighbourhood has any modern devices or things to communicate with.", Madeline's mom said. "What?", Madeline whispered, "Nothing? Nothing to communicate with? "Yes, my dear. Nobody knows what happened", her dad said.

"But how can I live without my smartphone? How do I communicate with all my friends? How is it even possible to live without all these technical devices? It's horrible I don't know what to do and how to live without all this stuff...!!", Madeline cried.

She heard something ringing... "RRR... RRR". "What is it?", she asked herself. And with that she woke up from a horrible nightmare. Madeline's heart beat fast, she was sweaty and scared. Quickly she rolled over, grabbed her phone and realized that it all had just been a nightmare.

But this nightmare showed her that she was not able to live without all her technical devices.



# One day without social media

*By Haris Barancovas, 7c, Kaunas Tadas Ivanauskas Progymnasium*

Nowadays everyone uses social media a lot. There are many social media sites, such as Facebook, Instagram, Youtube and many others. Many people can't imagine a day without social media.

Having a day without social media is a good idea. You will spend less time near your computer or phone and more time with your family and friends. You will have more time for hobbies. You can do something more useful than sitting in front of a screen, that's very unhealthy. There are many people who are addicted to social media, they should really take a day-off. Unfortunately they'd strongly disagree.

Even though such a day has many uses you might miss something very important.

I personally think that a day without social media is a great idea.

## **A day without social media**

*by Austėja Milaševičiūtė 7c*

Could you imagine a day without social media? Well, I did this experiment with myself. I tried to live one day without using internet.

In school, I tried to talk with friends, or just walk in the corridors. Being without internet seemed like a very good idea, so I started to think why I didn't think about it earlier. Facebook, Instagram, Snapchat, Youtube and other programs are "eating" our time, that we can spend by just talking with others. But not all the time. Sometimes, when you really don't know what to do or just want to relax, these programs help. So, I found activities at school and almost forgot my phone at all. When I came home, instead of listening music, I did my homework. I was thinking what should I do, because it was boring and I couldn't use internet... And then I remembered... Guitar! I spent all evening playing all songs that I knew.

Then, I understood, that life without social media can be more interesting than I thought!

## **A day without social media**

*by Austė Pangonytė 7c*

Every day we use social media. It's an integral part of our life. But sometimes it's a good day to miss it.

We use social media for a large part of the day, as it is very interesting here, you can find an interesting posts, news, portals, articles. If at least one day we do not use it, we will have more free time that we could spend in a useful way.

Using social media, we chat with friends and with other people for some reason, but if we do not use it, we have a great reason to meet them, talk and get to know them better.

Without using social media we can to improve our health, because we are less likely to sight, so often don't have a headache.

However, without using it, there are also disadvantages. We can't read the news quickly, which can be very important information. Without the use of social media, we can't know how people succeed such as those who live far away from us and cannot meet. Without social media, our days are longer and more boring, because people couldn't see the photos, or share photos with friends, we can't sell or buy something.

I think that using social media is good, but not too much and not too long.

## **A day without social media**

*by Austėja Petraitytė 7c*

These days, people are addicted to the Internet. Here they find friends, lovers, even earn money. So I decided to do a little experiment and last a whole day without social media.

I was communicating face to face with my family and friends that day more than I had in a while. It also showed me, how much healthier it is to not use the social media all the time. I did more activities which is much better than to just sit on sofa and scroll through social media.

However, at some parts it was hard. I wasn't able to find all the information I needed and connect with my friends who live far away from where I live.

In my opinion, more people should try doing experiments like that. Maybe one day, they would realise that they don't always need to have phone in their hands.

## One day without social media

Finally. It's Saturday. No duties, no extra classes. FREEDOM!!! I woke up late as usual on that day. Without even washing myself I started looking for my mobile to check how my friends were going on. Where is it? 'Mum have you seen my mobile?' 'Anyone at home?' Great, just great. Not only am I alone but also without my PHONE!

I started looking for it everywhere - I'm not kidding - exactly everywhere but I didn't manage to find it.

I couldn't even call my mum to ask where it was.

So here I am on a free Saturday sitting on my bed not knowing what to do. I can't check my emails, chat with my friends or even do my homework. Out of the boredom I started thinking how life looked like several years ago without the access to the Internet. Must have been hard.

What did the people do? How did they communicate?

Ok I thought I cannot spend my whole day lying in bed, doing nothing. So I started cleaning. After an hour I admired my 'new' room - it had never been so cleaned before. After that I took a book I had been given at Christmas from my grandparents and started reading it. It turned out to be so interesting that I couldn't stop reading it. I even found time to walk my dog and play with him. At the end of the day I found myself really relaxed and full of energy. Maybe a day without an access to the Internet isn't such a bad idea (of course only from time to time)

*by Oliwia Jabłońska 7th grade*

'A day without social media'

Today is my day off. Finally I don't have to check my facebook or Instagram account. I don't need to read posts, add photos and read comments.

Social media force us to take part in public life. They make us give information about our private lives and we have to be very careful not to give or show too much. I don't like being told what to do and I hate being observed all the time so I'm happy that I don't have to switch on mobile today.

I feel happy I can do what I want and I'm going to have an a amazing day.

First, I'm going to go jogging in the park and my dog will accompany me.

After that I will go to the nearest swimming pool to chill out. Swimming is my favourite pastime so I do it whenever I can. Next I'm going to hang out with my friends Alice and Kate. We will go to the cinema and watch the latest comedy with Ryan Gosling. He is so handsome. After that we are going to our favourite restaurant to have lunch. They serve delicious roast chicken with vegetables .For sure, we will also order huge portions of chocolate ice cream. In the evening I'm going to take part in a birthday party. My best friend Alice has just turned fifteen and I' m preparing a surprise party for her. She has no idea that twenty people are coming to her house tonight. It's going to be fantastic.

I would like to have more days like this and I hope they will come soon.

*by Kacper Jagietto 7<sup>th</sup> grade*

Today is a day without Social Media. I woke up and went to eat breakfast but this time I didn't check my facebook or messenger. I ate talking with my parents. I washed and dressed, packed my books and left the house for school.

During the way to school it was as usual, but I noticed a lot of details I would have not noticed if I used my phone. I look at the spring beginning, birds snaking nests and the first bees, but as I walked I missed my favourite song playlist.

After school I came out happy, the sun was shining strongly. Together with my friends we went to our treehouse. We were talking, laughing and talking how to enlarge it. Then I came back home. After lunch I had a lot of free time, so I decided to do my homework. I sat down and started thinking about maths tasks. Doing my homework took longer than usual because I could not ask my friends about anything. I prepared for the next day and sat on the bed. I didn't have anything to do so I took a book and started reading. It drew me a lot and I didn't notice when it got dark. In the evening I put down the book and washed myself. I ate supper alone without being able to talk to friends. I went to bed and thought about the next day.

Social Media is a great invention. They help on many levels but misusing them leads to bad results.

*by Kacper Kawatek 7<sup>th</sup> grade*

For most of us it is hard to imagine one day without Social Media. It seems that in the lives of many of us, in which Social Media play such a big role, it is impossible to endure one day without using it. This difficult and seemingly unreal thing is possible for so many of us, but it requires commitment and an incredibly strong will.

Every single moment we are out of social media, we feel the temptation and the desire to check what our friends are doing now, or to what kind of posts people give stars.

One way not to feel bored is to use Social Media in all kinds of ways. Without media, and even without the Internet, it can be tolerated and the recipe is very simple. Just do what you like - go out into the fresh air and jog, play football or stay at home and spend time with family and friends for example on a conversation or a game. You can also read a book, a magazine or edition of your favourite newspaper.

Yes Social Media are important and useful but we should not put them on 1<sup>st</sup> place and devote all our interests, passions and free time to them.



*by Julia Szczepanek 7<sup>th</sup> grade*

In the 21st century a day without social media seems to be impossible.

We would have to give up watching TV, listening to music, using our smartphones, tablets and computers for long 24 hours.

Nowadays people, especially the generation of schoolchildren and young people are definitely addicted to all the modern devices and they cannot imagine everyday life without the stuff. They have grown up with the Internet, catch-up TV, podcasts, news feed etc.

It is hard for them to believe that in the past people used to read only paper books, they bought newspapers every day, and when they wanted to talk to someone they had to meet them personally. Once it took a long time to send a letter, a postcard or a photo through post, but now we can do that just in a few seconds. Today we can do it all using one small device, a mobile phone, in our hand without leaving our house. We can watch films on demand, contact our friends, check the news, read books, buy things online, chat anytime we want with people all over the world. Nowadays everything is available on social media platforms. So it is not easy to make someone change their habits.

Moreover, even if we spend our holidays far away from our place, we admire stunning views, beautiful nature, we enjoy meeting new people, visiting new places, tasting new food, it is impossible not to use the phone to take some pictures, or to send a message to our friends or members of our family. The phone is also often used as a guidebook or GPS navigation.

It is so common now that people cannot exist without it. I would even say that we became the slaves of all the media devices.

Generally speaking, a day without social media seems to be completely impossible 😊

## **A day without social media**

*by Raquel Bras, 8ºA*

In the 21<sup>st</sup> century, it's really rare to find anybody who is more than 11 years old, and doesn't have a phone or social media.

Today, I decided to try something new. What is it like to spend a whole day without checking your friend's stories on Instagram or snapchat, without going on Facebook, or even without going on twitter, just to see what people are doing on now? We get so attached to our phones that we totally forget how these days are, so I'm going to tell you how mine was.

The first hours were the worst! I went to school, but I had to leave my phone home (so I couldn't use it during breaks). Usually that would be the only way to access all my social media, but we use tablets instead of books in my school, so... bigger challenge I guess.

When we were having lunch I told my friends that they should do the same, we decided to do it once a week.

Since I couldn't ignore everything around me by looking at whatever people were at the moment, I had to entertain myself by simply looking around, it ended up to be a waste of time because almost everybody was just doing something with their phones, and I was trying to forget that I didn't have mine.

During the day, I realized that when you take your eyes off your phone, you have more time to actually observe people, we usually just see them, but if we all started to pay more attention it would be so much easier to get to know each

other! We tend to judge everybody by their looks, or by their followers on social media, but once you have no access to social media and you actually really look at a person, and with that I mean talk to the

person, see through the appearances, that's how you make real friends! Those friends aren't with you because of ulterior motives, and you know that for sure.

My conclusion is that it isn't that hard to spend a day without social media, you start understanding grown-ups a little bite more (about this topic and how they're always saying that we spend too much time with our phones, it really is kind of true), and maybe you won't like it (I know I didn't love it), but if you take advantage of it, you will end up learning.

***by Rita Rosário, Portugal***

A disconnected, moody teenage girl named Elizabeth Scrooge sits in her room, accompanied only by her phone and portable computer. Summing up, surrounded by her Instagram, Facebook, Tumblr, Twitter, Snapchat- the forms of social media she abuses the most. Her four-year-old sister, Bonnie, enters her room, "Eliza!" she calls, wanting to go play outside in the snow, since it's December, a couple days until Christmas.

"Leave me alone! Go away!" Eliza replies, not once raising her head from her phone. A sad Bonnie eyes her sister, then leaves the room, wondering to herself: *why doesn't she want to go play with me? The snow is so fluffy; we would have so much fun!*

And so, the little girl went alone to their garden, to play in the snow. And even alone, Bonnie started to have a lot of fun, giggling out loud as if she was enjoying the best day of her life. Jumping, falling, rolling around in the snow, her laughter grew louder.

Inside of her room, Eliza couldn't help but listen and see through the window how her sister was enjoying herself. Could she too be having that great of a time? It looked like fun to- *Ohh!* Another notification! *I have to answer this one!* She thought.

Later that evening, already sound-asleep in her warm bed, Eliza receives a chilling visitation from a ghost. In a majestic red velvet clad, the spectre looks just like her younger self, and radiates the memory of her happy childhood: playing at the park, running in the streets with her friends, and building snowmen in the snow- free of screens and of having to incessantly check out her dash.

After introducing herself as the Ghost of Media Past, and taking Eliza by the hand in a surreal journey across her childhood, a time where media was simply the contact established by people, talking face to face and actually going out with friends, not through a screen- the phantom leaves the girl in her room, disappearing.

The Ghost of Media Present, looking haggard and pale, then takes Eliza... not somewhere that special, but flying around her own bedroom. The spirit, eyes peered black with a glazed tint of emptiness, skin flat and pale looks scarily alike her teenage self, making her realize how unhealthy she might be looking. Eliza watches in awe as several 3D images of herself are scattered across the place: one sitting at her desk, scrolling through her Facebook on her pc; another lying in her bed, eyes glued to some post on Instagram she's checking on her phone. The multiple apparitions seem disconnected from the world around them but entirely connected to that mass media. As they circle the room, the spirit guiding the teenager by her hand ages, becoming noticeably older and ailing. She shows Eliza the world outside her window and as the girl stares off into yet another screen, portraying the blogs she's addicted to instead of the houses of her street, the ghost vanishes instantly and Eliza notices a dark, hooded figure coming towards her.

The Ghost of Media Yet to Come leads Eliza through a sequence of sad, nostalgic scenes relating to a young woman's monotonous future- a future without physical contact between family and friends; a depressive and real-experiences-lacking future. Eliza, anxious to learn the lesson of her latest visitor, begs to know the name of the young woman. After pleading with the ghost, she finds herself before the spirit, as it removes its dark hood and reveals an older version of herself. "It's you, Eliza. This I am," The spirit

motioned towards its form, "will soon be you and I was hoping to save you from sharing the same fate. Do you understand now?"

Eliza looks at the phantom in shock, taking in the lifeless, sallow look of her supposed adult form: that was what was waiting for her?! The future of discouragement, lack of will she could see in the ghost's eyes? A future where she tried things only to post them online, but not for her own enjoyment? A future where she had become so addicted to social media and technology that she completely wasted her life clinging to those unimportant things?

No! How silly of a thought it was! She had control over herself! She knew when to stop; she knew when she was beginning to get too addicted to her apps! There was no way she'd end up like that!-

-Or was there? Or did she? - In a terrifying moment, Eliza realized just the path she had been going down. She'd long lost balance between social media and real social life.

She desperately implores the spirit to alter her fate, promising to renounce her uncontrolled, subconscious, dependent ways and to enjoy life with all her heart. *Whoosh!* She suddenly finds herself safely tucked in her bed, the wraith having disappeared. Eliza collapses into a deep sleep.

Overwhelmed with joy by the chance to redeem herself and grateful that she has been returned to the next day, Eliza deletes the apps she abuses the most from her phone and rushes out into her sister's bedroom, hoping to share her newfound free, adventurous spirit. She tickles Bonnie awake, eagerly rushing her sister to get dressed warm, to the stifled surprise of the four-year-old.

As the day goes by, she holds true to her promise: she helps Bonnie build a snowman, then they destroy it; they engage in a snowball fight; they make angels in the snow; she pushes the little girl in their sleigh. Occasionally, after some quieter moments of contemplation, like a nervous tick, she thinks, "I should tweet about this", but then quickly pushes the thought away.

And by the end of the day, as they are back inside their warm house, Eliza is happy. She had never thought a whole day free from social medias and her phone would be this good, but the truth is she feels deeply satisfied: her head no longer hurts from staring at a screen for hours, and there's a feeling of fulfillment deep in her gut for it had been a long while since she had last experienced something fully.

Of course, she knows she won't be capable of living every day like this, as the magnetizing media consumption and technology usage will always call her, but she wants to spend more days like this one. She can't even care if what happened the night before was simply a nightmare, or actually real.



# One day without Social Media

*by Mariana Santos 9ºB*

It all started when I went to school last Friday, my friends challenged me. They said that I had to spend an entire day without even thinking about technology: no TV, no phones, no computers, no tablets, nothing!

I thought that it was going to be really easy, what could possibly happen?

Let's just say I was wrong.

When I woke up the next day, I felt so bored... Apparently, I didn't have anything to do!

On a normal day, I would get out of my bed and quickly go to my iPhone, but on that day I couldn't do it!

So, I only went downstairs, and had my breakfast... with no TV on!

To be a hundred percent honest, I seriously don't know how I handled it, I couldn't wait for that day to end, but it had a bright side: I spent a lot of time with my family, and I really enjoyed it! That day was actually one of my favourite days ever!

Summer was ending, it was September, but there was still time to go to the beach or maybe to the pool!

So I went to my best friend's house, Joana, and invited her to go to my pool and we had such a good time!

After that, we decided to go to an amusement park, we went to the rollercoasters, ate a lot of popcorn and we found some friends there too!

We came back to my place, and when I looked at the clock, it was midnight already!

I started screaming out of nowhere, my friends stopped everything they were doing, just to see me getting crazy! I really have the best friends, don't you think?

Basically, this day taught me a lesson, human beings depend a lot on technology, but life is not just about that. It's about people and the moments we spend with family and friends!

# One day without social media

*by Catarina Santos 6ºD*

On a sunny winter day, when I woke up, I decided to make an experiment. I wanted to try spending a day without any technology. To start my day, I went skating in a park near my house. After that, I went shopping with my friends, to relax and rest. Then, I chose to go to the countryside and take a quiet walk to enjoy nature. Later, in the afternoon, after making a long nap, I walked my neighbor's dog and I stopped to eat an ice cream.

Later that evening I had dinner with my family in a restaurant that I usually go and I ended up by talking to my sister in our bedroom until it was very late.

That was it, my first day without technology!

I learned a very important lesson, without technology we have more freedom to do many things, like being with family and friends and enjoy the simple things in life!

## **To be without a social media for a day**

*by Leonor Simão n°11 9ªB and Leonor Melgás n°13 9ªD*

Nowadays, teenagers can't imagine how it would be like living without social media. Most of us have grown with this reality, the virtual world it's an important part of our lives.

If we could manage to "survive" one day without it, I think that it would be awkward, maybe some of us would feel a little bit lost, but it would surely be a great opportunity to spend some quality time with our family and friends.

Social media has a huge impact on our lives, with both positive and negative aspects. On one hand, it provides us lots of useful information and allows us to keep updated and know what is going on with the world at every second.

It has shortened the geographical distance between people, for instance, if we have family members who live far away can "see" each other in our mobile phone or our computer because there are several applications that have face time functionality.

On the other hand, vulnerable kids can be influenced by others, people can be "catfished", people can know where, when and who you are with, people can easily be bullied, the privacy decreases and in long term it can cause negative health consequences such as depression.

Social media can also make teenagers feel frustrated because they see all the time "perfect" people, with perfect bodies, expensive clothes, beautiful houses and having wonderful vacations in the most amazing places. Though this doesn't exist in real life because we all have insecurities and flaws, teenagers are led to think that people they follow on social media are exactly like this.

Sometimes I think of it and see it as the modern fairy tale. You no longer want to be a princess and wait for Prince Charming to come and rescue you in his beautiful white horse. Social media has changed our dreams patterns. You aspire to be flawless, wake up with your make up on, have a wealthy life, an expensive and fast car, go to Coachella, meet your favorite superstar, go to the same parties they go,

have a mansion with a huge swimming pool and a housekeeper (or more). Oh... and forget stretch marks and cellulite, there is no such thing like that on social media... it's not allowed, I guess ... Honestly, people seem to be losing their values. They are constantly focused on superficial things. People live behind an image they've created to please others but sometimes they don't even know themselves. We are living in an age of make believe. This can be quite scary but that's just the way I see it.

Don't think I don't like social media. I love it. But I also can see how dangerous it can be if we don't know how to manage it. Our generation would find very hard to live without it. We are so used to use technology all the time that if we didn't use it only for a day we would go crazy. People are so addicted that its absence could be considered painful by some. In my opinion, not having social media maybe would give us some time to do a very important thing: THINK and to realize that most of us seem to be living in a shell, lonely and isolated from real interactions.

Technology and social media have indeed brought us lots of benefits, there is no doubt about it but there is a price to pay. The question is: are we willing to pay it? We all need human touch, we need to express our feelings and emotions in a real way, with no filters. We can't feel a hug on social media, we can't smell a flower or a good perfume, we can't feel the sand in our feet or the ocean breeze in our face just by looking at a beautiful picture from the seaside, we can't pet our dog or our cat, we can't hold a baby in our arms, we can't lay down in the grass and count the stars in a hot summer night, we can't feel the snow in our hands neither the sun in our skin... We just can't!

Social media is great, we learn to write fast, we learn the meaning of BAE, BFF, LOL at so many other things, we use lots of fun emojis that quickly express our feelings... but the truth is We are missing so much more...

So what would be like a day without social media? Would we survive? Of course, we would. Maybe we all should challenge ourselves and just try it.

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