1 **Do you think modern technology is important in your life? What would you do in these situations? Write your answers in the spaces below.**

**a.** You are going to meet a friend at a café and you just missed the bus. The next one won't arrive for nearly an hour. How could you get in touch with your friend to let them know you'll be late? Important: The mobile phone was never invented!

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**b.** You really wanted to see *Ice Age*: The *Meltdown* but you missed it at the cinema and it isn't playing anywhere in town. How can you see this film? Important: There is no such thing as a VCR or DVD!

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**c.** You really enjoy listening to music while you study at the library. Of course, the library rules say that you must be quiet. How can you listen to your favourite tunes? Important: Personal stereos/Walkmans/CD players simply do not exist!

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2 **Still think technology doesn't play a big part in your everyday life? Why not try a "techno-diet"? See if you can do without the following list of items for one week:**

> computer ● mobile phone ● TV ● digital camera ● personal stereo/CD player ● fax machine
> ● pocket calculator ● camcorder ● Video recorder/DVD player ● personal organiser
> ● answering machine

**Keep a journal for the week to record your experience. Each day try to include the answers to these questions:**

**1.** Which items did you want to use today? Why?
**2.** What did you do instead? (e.g. wrote a letter instead of sending an email)
**3.** How did you feel? (Were you upset, frustrated etc?)
**4.** Can you think of different ways to do the things you like without these items?

**At the end of the week write a brief summary of your techo-diet. Be sure to include the answers to these questions:**

**1.** Which item did you miss the most? Which item did you miss the least? Why?
**2.** Did your techno-diet make your life harder or easier?
**3.** Did your friends, family and teachers know about your techno-diet? What did they think about it?
**4.** Would you choose to do the techno-diet again? Why or why not?