



**Anisah Osman Britton**, 24, is the founder of 23 Code Street, a coding school for women. She has lived on a boat for the last five years with her dog.

**Before detox**

Daily phone screen time:  
3 hours 50 minutes  
Number of pick-ups a day: 88



**Clive Myrie**, 53, has worked for the BBC as a news presenter and foreign correspondent for more than 30 years. He lives with his wife in London.

**Before detox**

Daily phone screen time:  
45 minutes  
Number of pick-ups a day: 11



## Anisah

I rely on my phone for everything; I leave my laptop at work, as there is no wi-fi on the boat. My top four apps are WhatsApp, Telegram, Instagram, and Twitter, and when it comes to deleting them, I think, 'I can do this!' I substitute Instagram with reading books and finish two by the end of the week, <sup>1</sup> which makes me cringe at how much time I must waste on my phone.

I struggle with insomnia and often wake up at 4.00 a.m. and scroll through my phone. I'm amazed that, <sup>2</sup> without it to hand, I simply go back to sleep. I set the alarm on my old-fashioned Casio watch now, and stay asleep a lot longer.

By day three, I'm feeling left out of my family's WhatsApp group, but I welcome taking work emails off my phone. <sup>3</sup> Things take a turn for the worse on day four, when I'm sick and have to stay home. I decide there is no way I'm doing it without my phone – I need it in bed with me – and I go back to checking work emails, WhatsApp-ing my family and watching dog videos on YouTube.

I'm not worried about switching my phone off at the weekend. I tell my family, and my business partner, Tom, that I'll speak to them on Monday. By Saturday lunchtime, <sup>4</sup> I have a meltdown. It's so dead and quiet; I can't even listen to music, as my only source is my phone. I don't see a single person until my neighbour knocks on my door on Sunday morning with some chocolate. I almost cry. Later, I walk to the supermarket, just so I can speak to someone. This is the worst weekend of my life.

### After the detox...

*I couldn't cope with...*not being able to take photos. I missed that so much.

*I can now do without...*<sup>5</sup> flicking through social media in bed before getting up. I've given myself an extra hour in the morning.

#### After detox

Daily phone screen time: 3 hours | Number of pick-ups a day: 70



- d Now read about Anisah's experience of the detox. Underline all the positive effects of the challenges, and circle the negative ones.
- e With a partner, look at the **highlighted** expressions in the article and choose the exact meaning of the **bold** words or phrases, a–c.
- a feel angry  b feel embarrassed  c feel sad
  - a in my hand  b to hold  c near me
  - a suddenly get worse  
 b change from bad to worse  
 c start to improve
  - a calm down  b break down  c slow down
  - a looking carefully at  
 b looking slowly at  
 c looking quickly at



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### P61, exercise 3d answers

**Positive:** reading more books, sleeping better, not having work emails

**Negative:** being left out of family WhatsApp communications, too quiet, not being able to listen to music, not communicating with anybody, not being able to take photos

With a partner, look at the **highlighted** expressions in the article and choose the exact meaning of the **bold** words or phrases, a–c.

- 1  a feel angry  b feel embarrassed  c feel sad
- 2  a in my hand  b to hold  c near me
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**6.6** Now listen to an interview with Clive about his experience of the detox. Answer the questions.

- 1 Do you think he found the experience more or less stressful than Anisah? Why?
- 2 What did he learn about his phone use?
- 3 Why were his results surprising?

**Listen again. What does he say about...?**

- 1 being a 'techie'
- 2 deleting apps
- 3 using phones at dinner
- 4 checking the football
- 5 preparing for *News at Ten*
- 6 the Queen
- 7 not being kept in the loop on WhatsApp
- 8 being a journalist

## Unit 7



### 6.6

**Interviewer** How much do you depend on your phone in daily life?

**Clive** I'm a journalist, and when you're a journalist, it's very difficult to turn your phone off. My job can be unpredictable – for example, being sent to Las Vegas to cover the worst shooting in American history. You know, I get a phone call and I'm on the next flight out.

**Interviewer** Would you describe yourself as a techie?

**Clive** Not really. I only really use WhatsApp and Twitter. I know there's a whole world of apps out there, but I don't feel as if I'm missing out – I mean, I don't sit on the Tube frantically playing games on my phone.

**Interviewer** So deleting apps wasn't a problem for you?

**Clive** Well, I missed the two I normally use. But my phone's mainly for reading newspapers and getting information for stories.

**Interviewer** How did you find the challenges?

**Clive** Days one to four weren't a problem at all. In the evening, it feels absolutely fine to put my phone away. When I go out for dinner with my wife and leave my phone behind, it makes no difference because it would never ever be on the table. In fact, I get a little irritated if I'm in a group and someone is scrolling through a phone. I don't say anything; I just quietly get wound up.

**Interviewer** So there was nothing you missed?

**Clive** Not really. My only real guilty pleasure is checking the football, but the bottom line is, if I wasn't at work, I could live without my phone.

**Interviewer** What about the last three days?

**Clive** Days six and seven were more difficult. At the weekend, I normally work from 1 p.m. until after my programme ends, News At Ten, about 11 p.m., and without a phone it's tricky to get a heads-up on the stories before work. I considered going out and buying the papers, but part of the attraction of the phone is you don't have to go out in the cold, so I broke the

rule and turned my phone on to go through the papers. I was also panicking that if the Queen dropped down dead, or some other big news story, they wouldn't be able to get hold of me, and I'd quite like to keep my job, so I decided to keep my phone on, but just not to look at it.

**Interviewer** What did you learn from the challenges?

**Clive** What I learned is that I use my phone more than I thought. By the end of the week, I was actually using it more than when I started. I still like to think I prefer talking face-to-face, but I missed not being able to pick up the phone when I wanted to use it. And I use Twitter more than I thought.

**Interviewer** What did you decide you couldn't cope with?

**Clive** I couldn't cope with not being kept in the loop with friends on WhatsApp. There were group messages I couldn't read or respond to.

**Interviewer** And what can you do without?

**Clive** I still think I can do without social media, but as a journalist, I have to play along with it up to a point, because this is how the world works.

**Interviewer** Clive's results were surprising. His daily phone screen time had actually gone up from 45 to 50 minutes, and his number of pickups a day from 11 to 16. So maybe he just didn't need to divorce his phone in the first place!

## Technology

## 2 PRONUNCIATION /æ/ and /ʌ/

### 🔍 Fine-tuning your pronunciation: /æ/ and /ʌ/

The sounds /æ/ and /ʌ/ are quite similar and it can be difficult to hear and produce the difference. The /æ/ sound is always spelt with the letter a, e.g. *contact*, and the /ʌ/ sound is usually spelt with the letter u, though it can also be o, e.g. *coverage*, or ou, e.g. *touch*.

b 🎧 6.5 Listen. Which word or phrase in a did you hear?

- |   |                                    |                                    |
|---|------------------------------------|------------------------------------|
| 1 | <input type="checkbox"/> a hang up | <input type="checkbox"/> b hung up |
| 2 | <input type="checkbox"/> a app     | <input type="checkbox"/> b up      |
| 3 | <input type="checkbox"/> a crashed | <input type="checkbox"/> b crushed |
| 4 | <input type="checkbox"/> a ran out | <input type="checkbox"/> b run out |
| 5 | <input type="checkbox"/> a rang    | <input type="checkbox"/> b rung    |

c Practise saying the sentences.

- 1 WhatsApp is currently one of the most popular messaging services in the country.
- 2 Jack was cut off, so he hung up.
- 3 I ran out of credit, so I had to top up my phone.
- 4 I updated the software on my Mac and now it keeps crashing.

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🔊 6.4 Listen to five pairs of words. Focus on the difference between the two vowel sounds.

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