Have you ever wondered what it's like to live without technology? I’m a student and I’m interested in programming. I always carry my laptop and cellphone for the work. Also, sometimes I go on hiking trips. This summer I went to the Fan Mountains, Tajikistan, and spent 10 days there. It was a wonderful experience of living without technological devices.

The first few days it was difficult for me to do without cellphone and Internet. I usually check the mail several times a day, but I didn’t have the opportunity to check it in the mountains. I didn’t have the opportunity to use the stove to cook food, I had to draw water from the mountain stream and boil it on the burner. I didn’t succeed at first, but I didn’t stop trying.

Everything became better in a few days later. In the morning, I washed in a cold mountain stream at first. After that, I had breakfast. Surprisingly for me, but by the end of the trip I learned to cook very well. Then I went for a walk along a mountain valley. When I returned to the camp, I cooked my dinner and went to bed in a tent.

Upon returning from the trip, I realized that I lived without technology and gadgets for 10 days. Predictably, I needed the cellphone the first few days. The worst part was not being able to check email, because when I returned, I received about 200 emails. I realized how much we all depend on technological devices as a result of the hiking trip.