**A week without a technological device**

I want to start the story with the fact that in the modern world, people are hung from head to toe with various gadgets, it is quite possible to live without some of them, but there are such devices, existence without which will seem like torture to a person. Why am I saying all this? Recently, I caught myself thinking that I won’t live a day without a computer. This thought scared me a bit and I thought, what would happen if I accepted the **challenge** "computer-free week".

**Not surprisingly**, but from the very first hours I would have felt an acute shortage of my favorite device. Firstly, I study at an IT university, where there is nothing to do without a computer, and secondly, I work on my computer: conduct online lessons in preparation for computer science exams for schoolchildren. Therefore, I would **inevitably** have to postpone classes with the guys (maybe they will **take offence** on me or think that I’m a **dunce**) and explain to the teacher at almost every lesson at the university why I am without a computer.

**Naturally**, after the rescheduling of classes, I would have more free time, but I would no longer be able to spend it playing online games or watching major eSports tournaments as before. I guess I would blow the dust off the TV that I haven’t watched for 5 years and would **undoubtedly** go out with friends and sleep more. Perhaps it’s even good. I will have to live in this format for a week, but I think that after the first days I will be able to get used to it.

Summing up, I would like to say that it is certainly possible to live a short period of time without a computer, but it is not very comfortable. Moreover, after spending time without a computer, most likely, you will have to spend even more time on it than before, especially if you work online. For example, for me personally, after rescheduling classes, I would have to work twice as much next week, which would greatly affect my sleep and eyes. I would like to know if you could complete this challenge.

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