I would like to get more into the topic of internet availability and why it is hard for us to disconnect. In the last twenty years our world went through a great technical advance. We can divide these twenty years into halves or fifths. In the second half we went from a phone which was used only for its purpose and that was to call another person, to big screen smartphones from which we consume as much content as they can put out. Back then it was easier to disconnect, internet was not widely available and only with computers you were able to surf the internet. And if a telephone pole fell, or a storm stormed through it could just happen, that you were out of internet and out of connection, and it would not bother you. But back then TV’s were a problem and it seems like we just migrated from one screen to another.

Since we live in a society that is based on consumption, we consume. We consume enormous amounts of data every day sometimes unintentionally...that is when it becomes an addiction. When you cannot stop yourself from scrolling. You pull-out your smartphone and just start scrolling away. It is like an itch. And it is not “like” and addiction, it is an addiction. The crazy thing is we can be aware of this just by looking through our screen usage, which shows the percentage of most used apps when screen is on. At last i would like to propose a motion. Since the Christmas is around, and we have done our first exam, I would like to ask you If you were comfortable to just not use internet on your phone because that is the device we use most, and restrict your internet use on other computing devices as well. Try to spent as much time with your family and close-ones as you can, call them if you cannot be with them but limit yourself from the Internet and its evil intentions.

This brings up another issue in our addiction case. That is fraud and/or pishing which is common practice nowadays. In fact around 50% of emails are fraudulent. So be safe my fellow colleagues.