

Internet journal

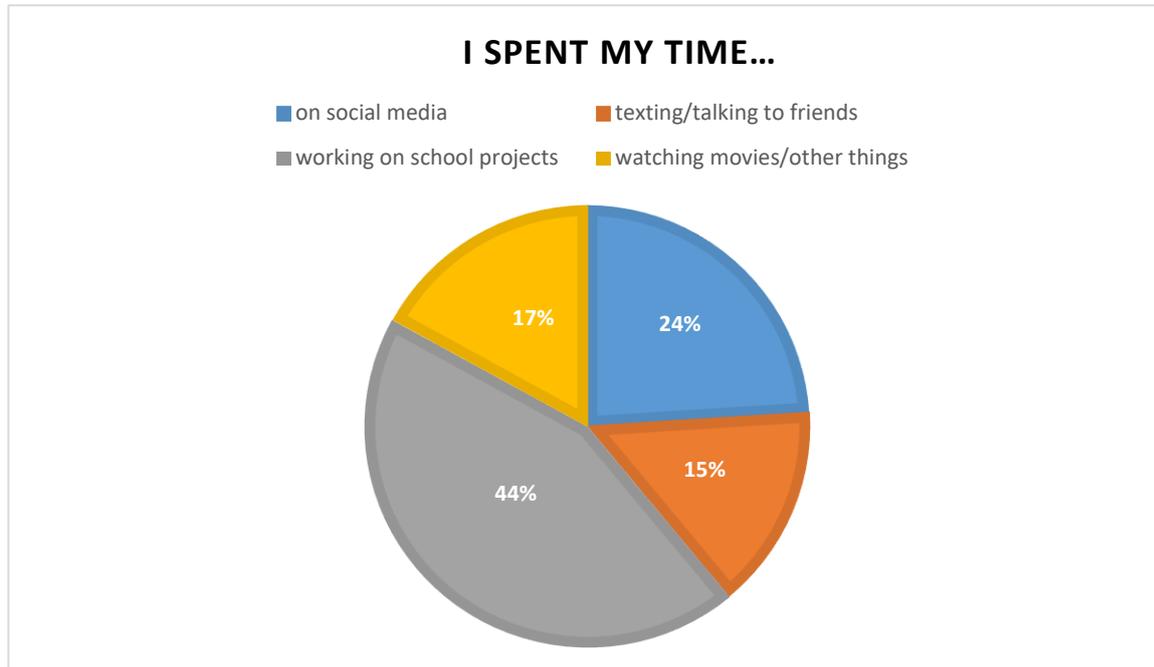
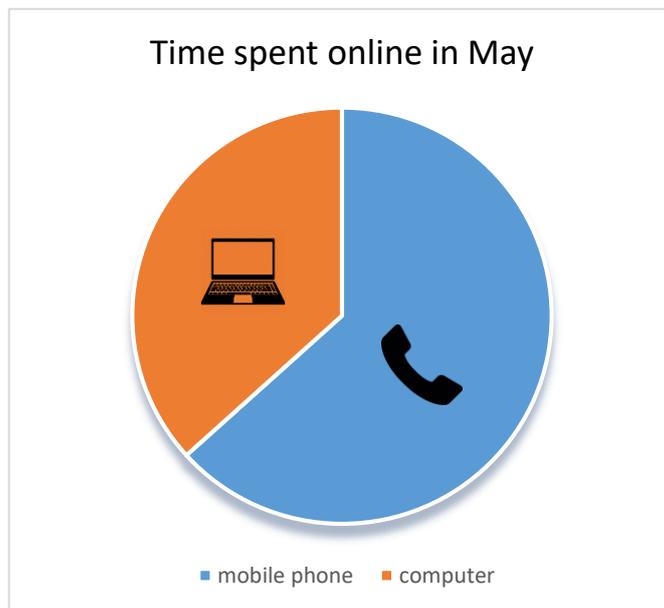
MAY

In May, due to the approaching end of the school year, I spent a lot of time making presentations or writing essays on the computer.

To be able to do this, I used the Internet to obtain the necessary information or photos.

In total, I spent about 75 hours online, which gives the average of 18,75 hours per week and 2,42 hours per day.

I was using the computer for 27,53 hours, which is equal to 36,7% of the total time. It means that I was using my mobile phone for 63,3% of the time (47,47 hours).



The vast majority of my time was devoted to school-related matters, it was 44% of my online activity (33 hours). I spent about 18 hours on social media, mainly Twitter, Instagram and Facebook. Chatting with friends over the Internet (applications such as Messenger) lasted just over 11 hours. I spent almost 13 hours watching movies via YouTube, VLive, Netflix and Disney+.

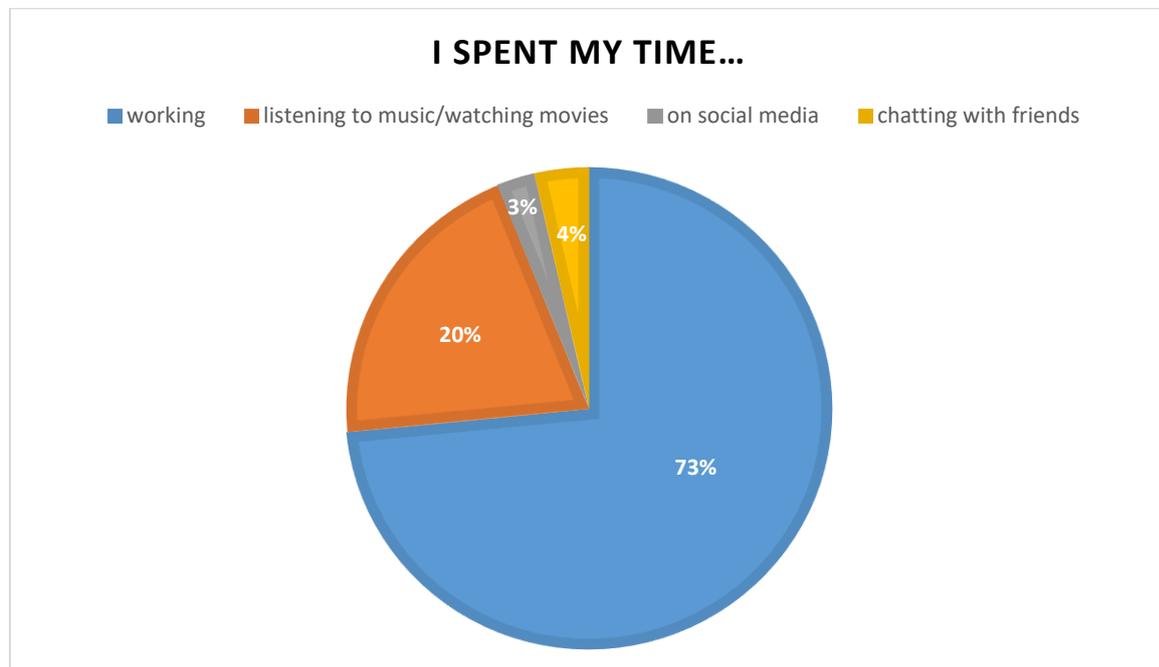
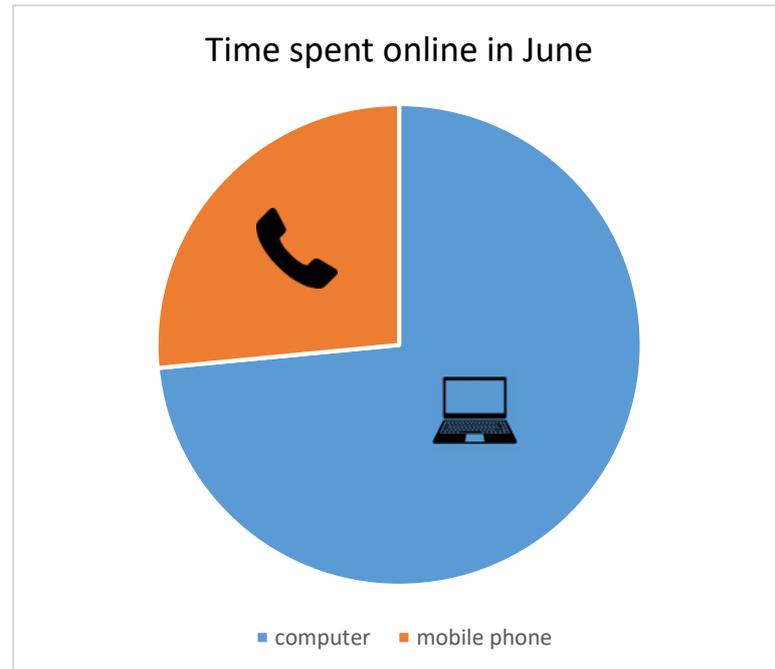
JUNE

I spent the first half of June away from the computer, spending my time rather actively. From June 20, I worked at the LOTTO Foundation, which unfortunately required 8 hours of work at the computer. This had a huge impact on my average time spent online in June and the following months. My total time online in June was 98 hours.

During the week, I spent an average of 24,5 hours online, which is about 3,5 hours a day.

Working 8 hours a day for 9 days in June resulted in a total of 72 hours spent in front of the computer. I spent the remaining 26 hours on the phone.

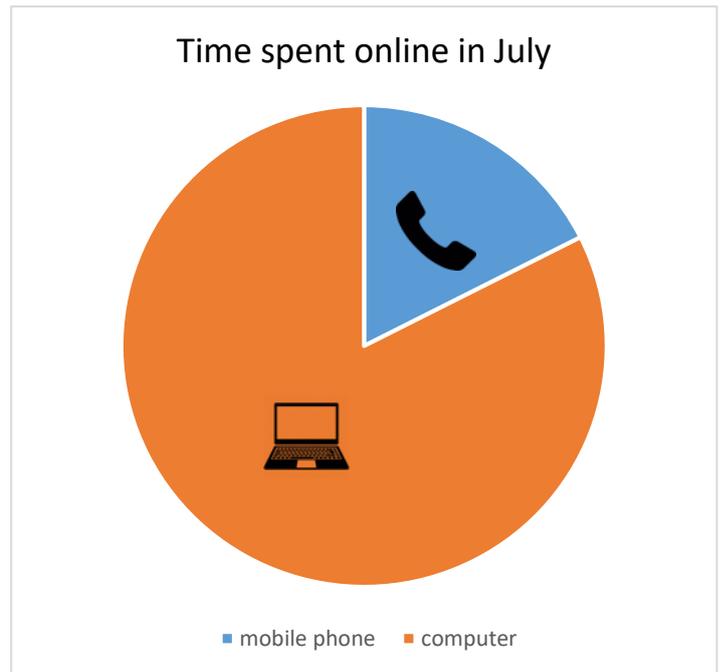
However, the time spent on social media or chatting with friends was relatively small. I listened to music on streaming platforms (Spotify) for about 18 of the aforementioned 26 hours (that is about 69,23%). This time is equal to the time I spent commuting.



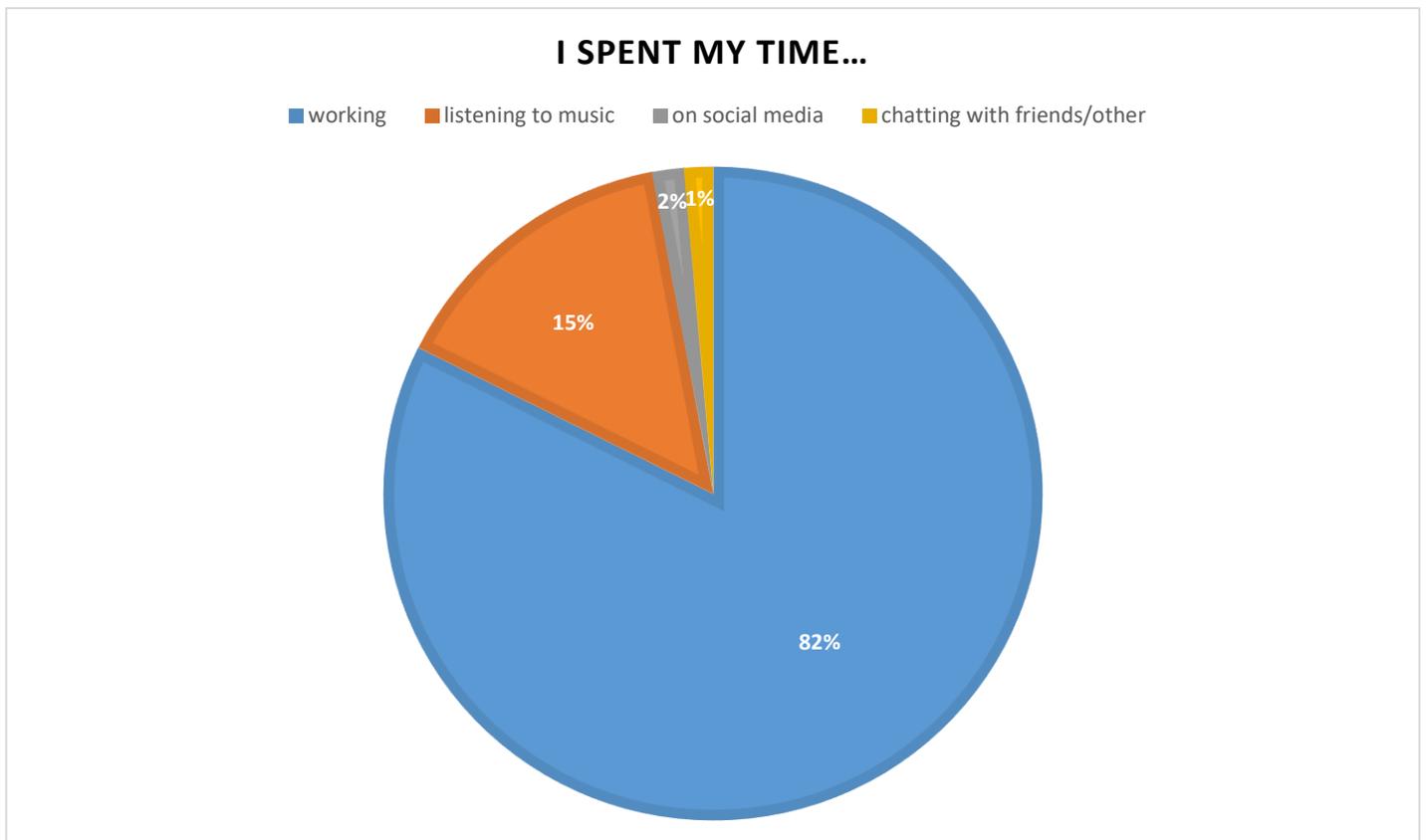
Little use of the phone and the Internet outside of work was due to the fact that I wanted to take a break from the screens and enjoy the weather as well as meet my friends.

JULY

I spent July almost glued to the computer. I signed a second contract with the Foundation which lasted until the end of September. It included remote work in the form of assessing applications in one of their programs. From Monday to Friday I spent 10-12 hours working, which completely discouraged me from any online activity. The exceptions were the occasional texting with friends and listening to music while traveling by train. There was so much work that I had to spend my weekends on it more than once.



On average, I spent 8,65 hours in front of the screen a day, the weekly average is almost 67 hours.

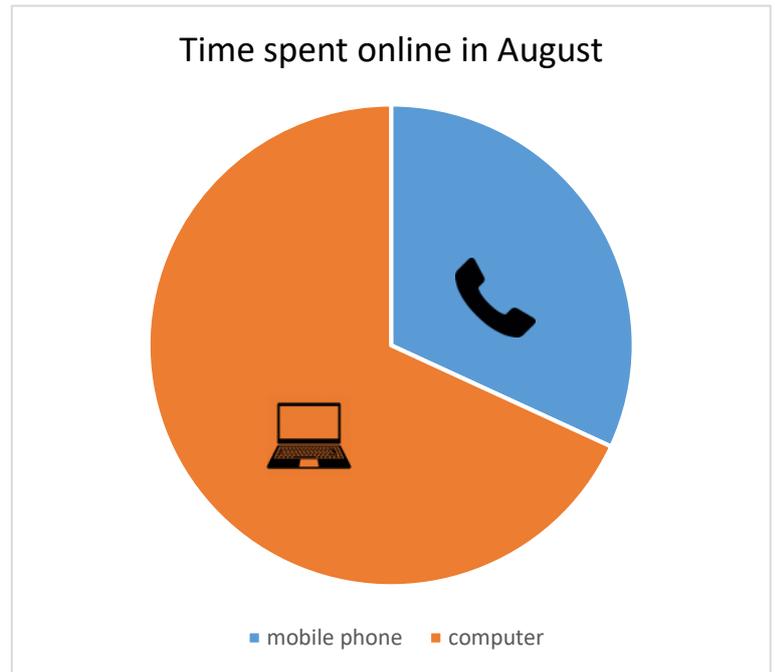


Again, the vast majority of my time was devoted to work, it was about 221 hours. A small percentage of the remaining 47 hours were social media and chatting with friends, I spent a little over 40 hours listening to music while commuting to work.

AUGUST

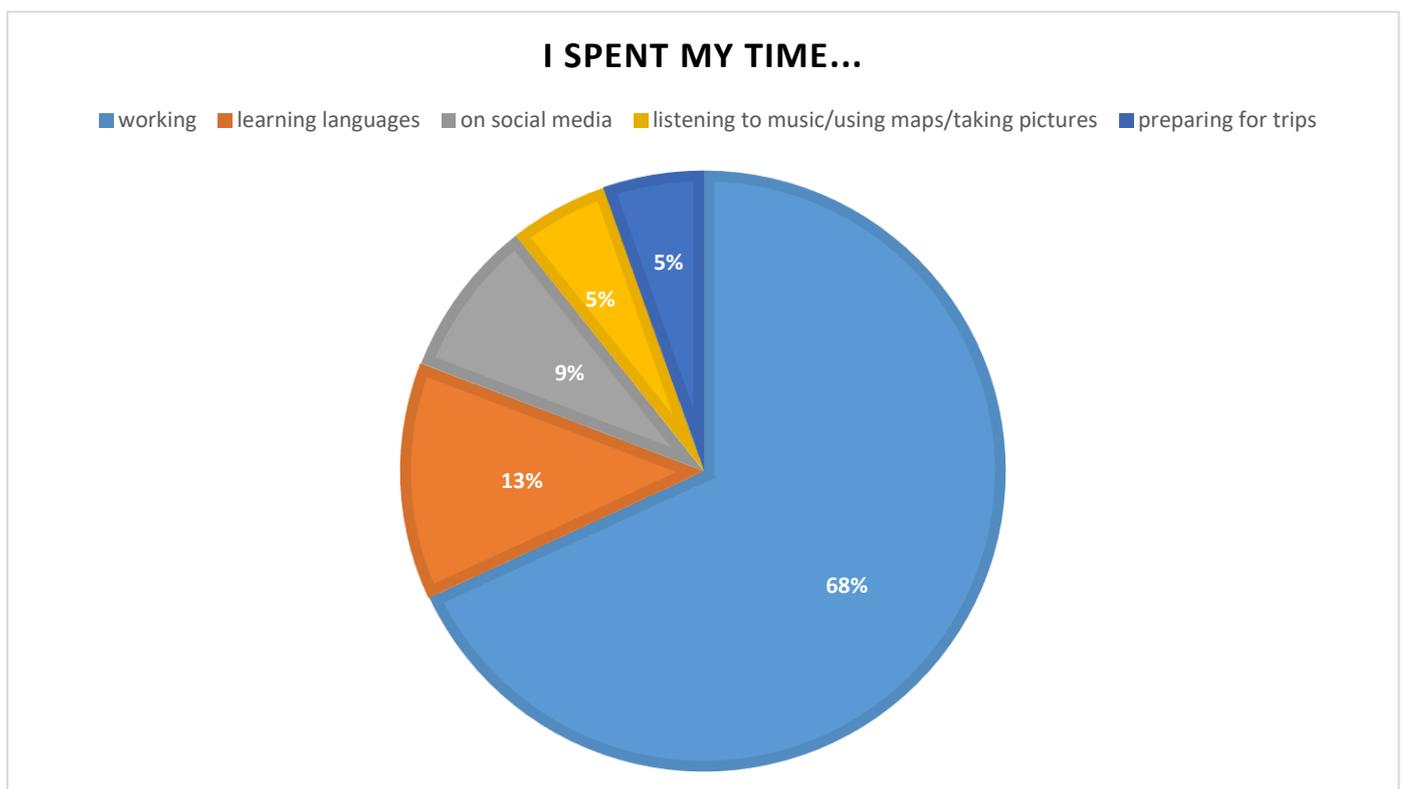
The only job I did in August was remote work, which I had started a month earlier. There is a significant decrease in the number of hours spent in front of the computer. I wanted to make the most of my free time in August, so I tried to stay outside as much as I could. I managed to visit several Polish cities - Poznan, Krakow, Katowice and Wroclaw. I used social media only when traveling to these places.

Using the computer in August took about 32 hours, and the phone - just over 15. It gives an average of 11.75 hours a week, or 1.52 hours a day.



The time spent in front of the computer is once again mostly work. However, I also spent a few hours getting ready for two trips abroad, which I did in mid-August. I have read a lot about Lombardy and Riga in order to be able to visit these places with at least some basic knowledge. During my trips, I used my phone only for taking pictures and using the map.

I have been learning Italian for a year and Korean for over two years. I tried to devote some free evenings to improving language skills. In order to learn from useful websites and YouTube videos, I used both a computer and a mobile phone.



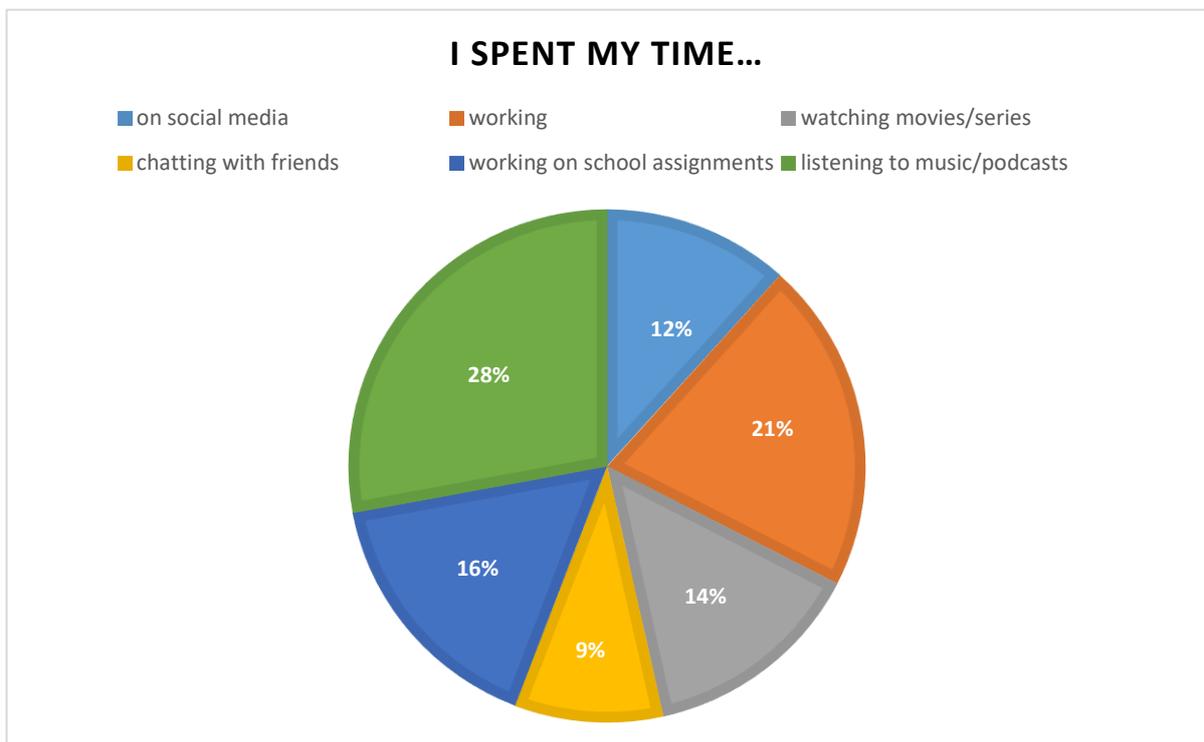
SEPTEMBER

September was the month of going back to school. This involved the first presentations and other online activities, Erasmus contributed as well. I devoted a few hours to the remote work ending in September. I spent much more time chatting with my friends to tell about vacation stories and arrange in person meetings. In my spare time, I was watching movies I had been wanting too watch for a long time.

Compared to the previous months, the use of the mobile phone had a higher percentage, whereas the computer had a smaller one.

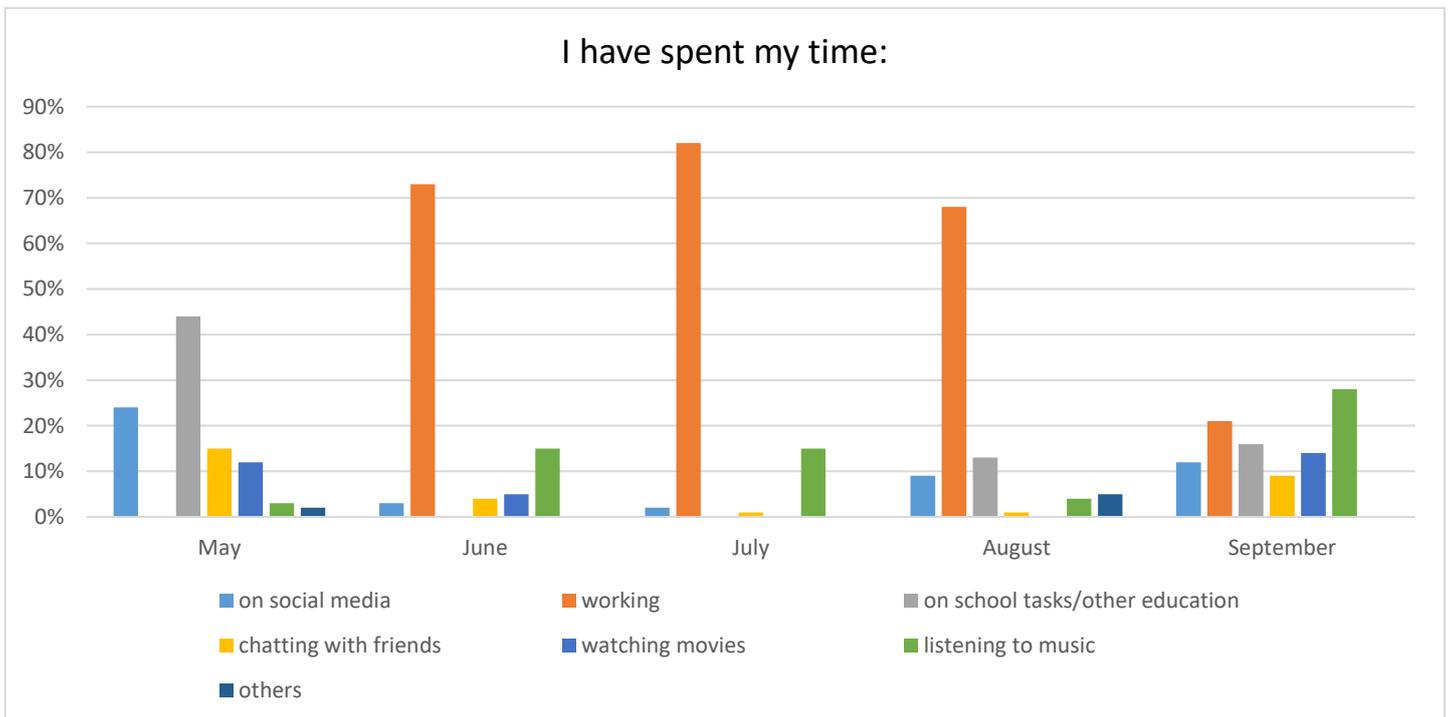
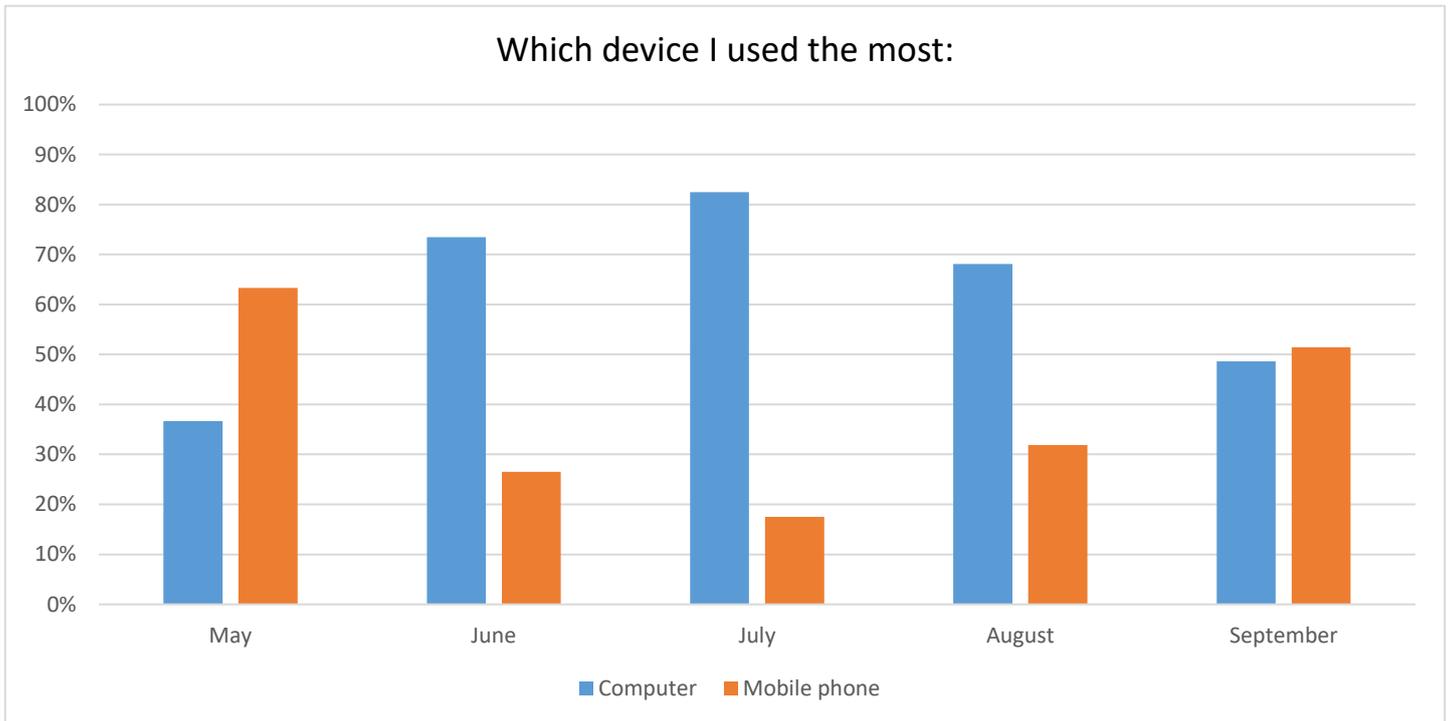


On average, I spent 1,5 hours online a day, which is almost 12 hours a week. In total, it was 23 hours on the phone and 22 hours on the computer



Time on the computer was divided between work, school assignments and watching movies and series. For the time of using the phone, it consisted of chatting with friends, scrolling through social media and listening to music or podcasts.

Summary



Average ... for the 5 months described (in hours):

- average daily time spent online: 3,48
- average daily time spent on my phone: 1,03
- average daily time spent on my computer: 2,45

- average weekly time spent online: 24,23
- average weekly time spent on my phone: 7,2
- average weekly time spent on my computer: 17,03

- average monthly time spent online: 106,5
- average monthly time spent on my phone: 31,59
- average monthly time spent on my computer: 74,91

Differences between May and September (monthly):

- average time spent online: 75 – 45 -> a difference of 30 hours
- average time spent on my phone: 47,47 – 23 -> a difference of 24,47 hours
- average time spent on my computer: 27,53 – 22 -> a difference of 5,53 hours