

This exam comprises five questions. Read the text and the instructions to the questions very carefully. Answer all questions in English.

### TEXT

Daniel works in customer service for an online store, and his days are full of constant interruptions. His phone vibrates every few minutes with messages from customers, colleagues and automatic notifications. Even during lunch or short breaks, he checks his phone without thinking. At night, he often brings his laptop to bed, telling himself he will only answer “one last email,” but this usually becomes twenty minutes of extra work. Over time, he started feeling tired, stressed and unable to concentrate.

One Friday evening, after a particularly exhausting day, Daniel searched the internet for relaxation techniques. He found an article about “digital detox weekends,” a growing trend among young professionals. The idea was simple: no phones, no laptops and no internet for at least two days. At first, Daniel laughed, thinking he could never do it. But after rereading the article, he realised he desperately needed a break from screens.

The first few hours were uncomfortable. Out of habit, he kept reaching for his phone, only to remember it was turned off. Slowly, however, he began to enjoy the quiet. He cooked a fresh meal, cleaned his flat and went for a long walk. During the walk, he noticed things he had never paid attention to before, like a small art shop and a new bakery around the corner. On Saturday evening, he invited a friend for dinner and had a long, relaxed conversation—something he rarely had time for.

By Sunday night, Daniel felt a sense of calm he hadn’t experienced in months. He slept deeply and woke up on Monday feeling refreshed. He now tries to unplug for a few hours each weekend and encourages others to do the same. Daniel believes that technology is useful, but only when we control it, not when it controls us.

**QUESTION 1.** Write a title in English which best summarizes the story. **(1 point)**

**QUESTION 2.** Explain in English the meaning of the following phrases from the text (maximum 8 words for each phrase):

- a) “digital detox weekend” **(0,5 points)**
- b) “unable to concentrate” **(0,5 points)**

**QUESTION 3.** Answer in English the following questions in your own words as far as possible:

- a) What made Daniel decide to take a break from technology? **(1 point)**
- b) How did the weekend without devices change the way he felt? **(1 point)**

**QUESTION 4.** Complete the following sentences. Your answers must be related to the ideas contained in the text.

- a) Daniel was worried at first because... **(1 point)**
- b) Without his phone, he spent his time... **(1 point)**
- c) After the detox, he understood that... **(1 point)**

**QUESTION 5.** Would you try a digital detox? Why or why not? (minimum 70 words, maximum 100). Use your own words. **(3 points)**