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## Turn it Off

The development of smartphones and other portable devices that connect to the Internet has certainly made our lives easier. With these devices, we can look at our e-mails, contact our friends, get information, prepare reports and even do Internet banking from almost anywhere. Although they are useful, they can also cause problems. They make it difficult, for example, to ( 26 ) work-related e-mails. Moreover, some people become addicted to their devices, looking at them for new e-mails every few minutes. As a result, their stress levels rise, and they find it hard to concentrate on other things.

One solution is to create spaces where people cannot connect to the Internet. ( 27 ), more and more of these are being created around the world. In one big department store in London, for example, there is now an area called the Silence Room, where smartphones and other devices do not work. Some restaurants in the United States, too, have begun to ask their customers to leave their devices at the entrance when they go in. These restaurants believe this creates a better atmosphere for all customers. For many people, however, such breaks from the Internet are too ( 28 ). Experts say that, for these people, an even better idea is to take a vacation where they spend even more time away from the Internet.

Surveys show that most people remain connected to the Internet during ordinary vacations. The majority also check their work e-mail every day. This means that the vacation is not really a rest from their usual lives. Now, a number of travel companies and hotels have started to offer vacations where devices such as cell phones and computers cannot be used at all. On these vacations, traditional activities such as playing games, reading and outdoor adventures are offered. Sometimes, experts are available to help people break their addiction to the Internet and to advise them on other ways to use their time. Such vacations allow people to experience some of the pleasures of a ( 29 ) life.

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|-----|------------------|----------------|--------------------|------------------|
| 26. | a. send out      | b. search for  | c. escape from     | d. cover up      |
| 27. | a. Nevertheless  | b. Indeed      | c. Otherwise       | d. Unfortunately |
| 28. | a. strict        | b. costly      | c. strange         | d. short         |
| 29. | a. less relaxing | b. more modern | c. less convenient | d. more artistic |