

Tip 1: If you suddenly feel panicked, alone or have hot sweats: life is out there!

Tip 2: Be aware - your pocket may continue to vibrate, long after your phone is off.

SURVIVAL GUIDE

Tip 3: If you feel the need to take photos, practise the french art of mime and fake it!

**How to get
by without
a mobile**

Tip 4: Print "like" stickers and hand them out randomly if desired.

Tip 5: Don't worry - you won't lose friends whilst you're away!

Tip 6: Try having conversations in no more than 150 characters.

