

## Positive and negative aspects of using mobile phones

### Positive aspects

- you can use it for education
- you can use it to keep in touch with your friends and family members
- you can pay with it
- you can take pictures and videos with it
- it is small, so you can take everywhere with you
- you can use it as an alarm clock, calendar, map
- you can write notes and reminders using it
- you can write emails with it
- you can listen to music, read books, watch film and videos on it
- you can download useful apps and different games
- etc...
- **just take a look at your phone and all the applications you have on it. Now you can see how many things it can be used for.**



### Negative aspects

- young people can become estranged from each other
- huge screen can be harmful for your health (it can cause headache, it can be bad for your eyes)
- you can easily become addicted, especially to social media sites or games
- mobile phones are often expensive
- if you get messages and reminders all the time, it can also be annoying

## Positive and negative sides of traditional books and e-books/e-book readers

good option for travelling - perfect for night reading - requires internet connection and electricity - you don't need a lot of place to store it - you don't need a battery for using it - it keeps you away from screens, so it is better for your eyes - it might be harmful for your eyes - you need to charge it - you need a battery for using it - does not require internet connection and electricity - you need to store it somehow and it often needs a lot of place - it needs paper which might be bad for the environment - it uses a battery and recycling it can be problematic - it is expensive if you read a lot - it is more economical if you love reading - it is a cheaper and better option if you don't read a lot - difficult to carry it - it might not be easy to read it in sunlight - ....

Traditional books	E-books
+	+
+	+
+	+
-	-
-	-
-	-

## **Positive and negative aspects of using a laptop or a tablet**

*What advantages and disadvantages can you think of in the case of laptops and tablets?*

*Imagine you are going to university next year and your grandparents told you that they would like to give you something useful. You can choose between a laptop and a tablet. Which one would you choose?*

**it is easy to carry around - it is cheaper - it can be more expensive - smaller and lighter - more powerful - programs and games typically have more options and features for this gadget - it has longer battery life - better to use for writing tasks and exams - has more storage capacity - apps for this device are more restrictive - bigger and heavier - not so easy to carry around - has less place to store your stuff - you can take pictures and videos with it easily - can be used for more things**

**Tablets**

**Laptops**