

Transkrypcje nagrań

Zad. 3

3.1 (chłopak)

I didn't think I was addicted to my phone until my screen time showed eight hours a day. I even use my phone while eating and brushing my teeth. When my battery is low, I feel nervous. My parents say I should take breaks, but I always say "just five more minutes". Of course, it's never five minutes.

3.2 (chłopak)

Last weekend, I tried a "phone-free day" challenge. At first, I was bored and didn't know what to do. I kept reaching for my pocket. Later, I went outside, met my friends and forgot about my phone completely. I realised I don't need my phone all the time – only when I'm bored.

3.3 (dziewczyna)

My phone helps me a lot. I use it to study, listen to music and talk to my friends. The problem starts when I use it late at night. I go to sleep too late and feel tired at school. I don't want to stop using my phone, but I know I should use it more responsibly.

3.4 (dziewczyna)

I knew my phone was a problem when my little brother asked me to play and I said "later" for the fifth time. I was watching videos that I don't even remember now. That moment made me feel bad. Now I try to put my phone away when I'm with my family.

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Zad. 4

4.1 (dziewczyna)

I forgot my phone at home today, and I feel like I've lost a part of my body.

4.2 (chłopak)

My parents say I spend too much time on my phone, but I think they exaggerate.

4.3 (dziewczyna)

I'm trying to stop using my phone before bedtime because I'm always tired at school.

4.4 (chłopak)

My phone battery died in the middle of chatting with my girlfriend.