Combatting cybercrime ■ Marketing automation ■ Teaching information science in India

welcome

We are so pleased many of you are joining us in Sheffield in September for our two-day residential conference on digital citizenship and libraries, more details on page 3 of this issue. We will publish an overview for those of you who couldn't make it in person.

Warm regards,

Catherine Dhanjal, Managing Editor

We'd love to hear your ideas for articles, reviews or case studies.

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technology roundup

The central nature of the mobile phone

Some time ago, an incident gained widespread coverage online as it highlighted a new phenomenon about the importance to some people of being 'connected'. It occurred 10 minutes before a performance on New York's Broadway, when an audience member climbed onto the stage right before the show and plugged his cell phone into a (fake)

electrical outlet on the set. The crew had to stop the preshow music, remove the cell-phone, and make announcement as to why you cannot do that.

We all find that funny yet there is a new term in the English language called "Nomophobia". This is the fear of being out of mobile phone contact.

Nomophobia

The term, an abbreviation for "no-mobile-phone phobia" was coined during a 2010 YouGov to look at anxieties suffered by mobile phone users. The study found that nearly half of mobile phone users in Britain tend to be anxious when they "lose their mobile phone, run out of battery or credit, or have no network coverage".

The study compared stress levels induced by the average case of nomophobia to be on-par with those of "wedding day jitters" and trips to dentist. Mobiles are "possibly the biggest non-drug addiction of the 21st century" and young people may spend up to nine hours every day on their phones

that can lead to dependence on such technologies. It is an example of "a paradox of technology" that is both freeing and enslaving.

Travel and mobiles

With the summer holiday season still in full swing, we will witness quite a few people on their travels suffering from anxiety due to diverse reasons, such as the loss of a mobile phone, loss of reception, and a dead laptop/mobile phone battery. We simply feel that we are 'missing out' when not connected.

The "real-world" simply cannot compete anymore. Neither can stunning views or other natural beauty or tourist attractions. This "over-connection syndrome" occurs when mobile use reduces the amount of face-to-face interactions and it then interferes greatly with an individual's social and family interactions.

Clinical characteristics of nomophobia are a considerably decreased number of face-to-face interactions with humans,

▶ and a growing preference for communication through technologies; keeping the device in reach when sleeping and never turned off; looking at the phone screen frequently to not miss any message, phone call, or notification, also called ringxiety; nomophobia can also lead to a increase of debt due to the excessive use of data and the different devices the person can have.

Signs of mobile phone dependency include obsessively checking a mobile phone and using a mobile phone to avoid feelings of discomfort, anguish, or stress.

Helpful travel apps

The TripIt app can quickly inform you when your baggage arrives at baggage claim. *www.tripit.com*

App in the Air can keep you updated with every detail related to your flight. It attempts to be a personal flying assistant that gives you real time status, airport tips and in-airport navigation maps and flight profile. This app also works off-line and sends you an SMS on gate changes and flight status updates without incurring any roaming charges.

In the flight, you keep yourself healthy by following in-flight courses, explore the landmarks you are flying over. *www.appintheair.mobi*

Many airlines such as Air Canada, British Airways, easyJet, SAS and more have apps so you can get notifications about your upcoming itineraries and any problems or delays. Many airlines allow you to check-in via their app and bring that to the airport.

Babbel can help you speak or at least understand language of native speakers. The app is equipped with the leading international languages so it can be useful at important junctions like airport, railway station, restaurants, bars, café shops, taxi stands etc. where instructions are written in local languages. *https://uk.babbel.com/*

The IHG Translator app allows you to speak directly into the watch, or select from a range of pre-loaded common phrases. You can translate from English into 13 different languages, in real-time with translations appearing instantly on the screen of the device in the chosen language, giving users the chance to read the word or phrase, with the help of phonetic spelling. *Free download available from the Apple store*

The last-minute booking app HotelTonight which offer a hand-picked selection of hotels. *www.hoteltonight.com*

OpenTable allows you to check for upcoming dinner reservations and find your way there with a map to the restaurant. *www.opentable.co.uk*

The Hotels.com app provides details about upcoming itineraries on the watch with directions if needed. It also books deals for hotels in your current location. *www.hotels.com*

Citymapper is a guide to public transit and shows you the fastest routes to wherever you wish to go. Based on your current location, it will provide step by step instructions for you to catch the nearest bus or train. CityMapper is focused on public transit, giving the optimal routes to your destination based on Google Maps data. Once you arrive, the watch will tap your wrist to make sure you know you have reached your destination. It also notes your location, providing step-by-step instructions for catching the nearest bus or train. *https://citymapper.com/*

Those fortunate to have smartwatches can also use them to add comfort when travelling. For instance, a smartwatch can come into its own for ease of use in a multi-tasking environment such as an airport.

Take the JetBlue app on a Watch which provides a countdown timer so you can know exactly when the flight would board. *www.jetblue.com/mobile/*

Both JetBlue and another watch app — TripIt could keep you informed about flight status updates and delays without ever having to reach into your pocket for your phone. On a flight, you can more easily control your music through the watch app. *www.tripit.com*

It just provides a useful alternative to the incessant reaching for the phone. A smartwatch can also be used with NFC payment terminal such as in taxis. This again is a help especially if dealing with multiple cases and attempting to work one-handed.

Apps to help survive dead batteries

For those suffering from nomophobia and realise their phone will go dead, there are some helpful apps such as:
(1) Phone about to die? **Hotel My Phone** app allows you to

▶ "check in" on another friend's phone when you've forgotten your phone--or that battery dies. By checking in to your friend's phone all the calls and messages sent to your number will be forwarded to your friend's device. The app even lets you make calls and texts with your number from your friend's phone. *http://hotelmyphone.com/*

(2) Your phone battery is going down. There is barely any juice left and you don't think it will last more than a text or two. **Last Message Android app** will text, email, Facebook message, or tweet the friends and family you select to alert them when your phone is about to die.

Boost battery life

In addition, tips to boost battery life on a phone include:

1. Dim the screen brightness
2. Keep the screen timeout short
3. Turn off Bluetooth & Wi-Fi
4. Go easy on the location services, and GPS
5. Don't leave apps running in the background
6. Don't use vibrate
7. Turn off non-essential notifications
8. Push email
9. Use power-saving modes.
   Depending on your phone, you may find the manufacturer has provided power-saving features that go beyond anything available in Android by default. Also hidden away in settings menus are usually plenty of options for disabling things like sensors or features that you never use, and more. Most of these will make a minimal impact on battery life, but combined, they can become significant.
10. On an iPhone you can disable the Raise to Speak feature in the Siri settings, which is said to increase battery life.
11. Finally, it is worth rebooting your phone from time to time, rather than leaving it in sleep mode all the time. This can sometimes cure otherwise inexplicable battery draining problems.

Out-of-office work pressure

The times are a changing and it seems that holidays will never become the 'get-away' that we experienced in days gone by.

Modern workers find it impossible to believe that they are not responsible for answering emails.

Even those who ignore those emails are only too aware of the email backlog as the email alerts fire off at a constant rate throughout their holiday. There are some moves to address this such as in France, where President Francois Hollande's Socialist Party is about to vote through a measure that will give employees for the first time a "right to disconnect". This labour law will apply to companies of more than 50 people who will be obliged to draw up a charter of good conduct, setting out the hours — normally in the evening and at the weekend — when staff are not supposed to send or answer emails. It is to be applauded but the very people it is meant to protect will be the very same who flaunt it.

I am afraid it seems too late to change what has become normal practice.....and that is to work as hard on the ocean liner, on the beaches as in the trenches back home.....

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coming soon...

November 2016

Features, including:

Advancing university learning through online platforms

Somme digital exhibition

News

Reviews

Marketing insight

Technology roundup

MMIT Conference 2016

September 2016, Sheffield, UK.
"The library's role in digital citizenship"
Find out more on the Group's blog: mmitblog.wordpress.com

Your articles, photographs, reviews, thoughts and suggestions for the journal are always welcome, just contact Catherine Dhanjal on catherine.dhanjal@theansweruk.com or call +44 (0)800 998 7990.

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